



“Older Men Supporting Older Men”

November 2014

The BOMNET Bulletin

Issue 8

The official Newsletter of the Bundaberg Older Men's Network (BOMNET) Inc.

President's Message

Don't miss reading the article titled “ Being alone is not the same as being lonely” on Page 3, written by Rob Brabrook, a TOMNET Volunteer Counsellor.

Thanks Rob and TOMNET for allowing us to use this article; the message comes through both loud and clear.

Another article well worth reading is titled, “ Mental Health” written by Vince Little, another TOMNET Counsellor...you'll find it on Page 5.

Our Christmas luncheon is being held at the RSL on December 15th at 11.30 am, and full details can be found on Page 2 .

Our next guest speaker will be Carol Chapman from Queensland Alzheimer's, and Carol will speak to us in detail about Alzheimer's/Dementia at 9.30 am on Tuesday 18th November...more details available on Page 7.

We've been able to solve the transport problems of getting some of our members and prospective members to and from our meetings...check out Page 7 for more details, and a BIG welcome to our latest supporter COMLINK, see their ad on Page 6.

BOMNET polo shirts are still available, and anyone wishing to purchase one to wear it to our Christmas Luncheon, and then to our weekly meetings or various functions still has time to order one. Contact John Balding on 41542452 for details of price, and how to go about ordering one.

Well doesn't time fly when you're having fun! We launched BOMNET back in April this year and have watched it go from strength to strength these past six months. It has been well received by both the community, those wishing to become members and help those in need, and those who need the help...all in all it's been a resounding success.



Some of the original BOMNET members and friends, taken back at the end of April. (I must get a more recent photo as membership has grown since this one was taken)



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"BOMNET Drop In Centre"

When: Every Tuesday .

Time: Between 9.00 am and 12.00 pm.

Where: Stadium Kitchen YMCA.

Address: 7 Quinn Street, Kepnock.

Join us for a cuppa and a chat. in a quiet , private, safe environment. If you're feeling lonely, isolated, depressed, or just seeking friendship, pop in and say 'g'day.

Phone John Balding on 41542452 for more details, or email johnbalding@bigpond.com

Christmas is Coming!

Christmas is well and truly coming, and as I write this there are only days to go before Christmas Day...scary isn't it??

This will be the blokes from BOMNET's very first Christmas together as a group. And we meet for a traditional Christmas lunch with our wives/partners/ etc. in the Bistro of the RSL on Monday 15th December at 11.30am.

If you haven't done so already you needed to RSVP to John Balding by the 28th October, and if you're coming the meal needs to be paid for by then too. You can contact John via email at johnbalding@bigpond.com, or telephone 41542452.



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Meet Our Sponsors

Sponsorship by way of this newsletter is of paramount importance to the growth of the Bundaberg Older Men's Network (BOMNET) Inc., for without the generosity of sponsors we would have little in the way of funds to offset the costs of running our programs.

To date the following businesses have taken out ads in our newsletter, made donations, offered their support by way of a venue for our meetings, or offered reciprocal ads in their own newsletters, and in doing so have become sponsors, and or supporters.

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If any of our growing list of friends and supporters would like to become sponsors, or donate prizes that can be raffled, please contact John Balding by phoning 41542452, or by emailing johnbalding@bigpond.com

Please support those
who support us!

Being Alone Is Not The Same As Being Lonely

Most people dread the prospect of loneliness. A sufferer feels a strong sense of emptiness, distress and aloneness - an experience of hunger for human contact. As humans, we crave the feeling of being connected to others and enjoying intimate communication.

Loneliness has intensified the world over as the pace of life has increased and family size has decreased. Experiences as an only child or as part of a sheltered family can predispose us to loneliness later in life. Homesickness is common after commencement of our schooling, especially so if inadequate parenting leaves us with low self-esteem.

Loneliness is the most prevalent problem of mental health, but rarely finds its way into the medical text books. It is sometimes confused with depression and treated as such, but medication for depression is no help for loneliness.

Loneliness can occur at any stage of life: from separation distress in infancy, through school and workplace bullying, to retirement and old age, and even when part of a crowd or feeling shy among friends. Abuse of power can lead to alienation and subsequent loneliness. A relationship event, such as a partner being unable or unwilling to adequately express affection, can result in a stressful transition from togetherness to loneliness. When this is shared in an attempt to reach out for friendship, friends may be critical if they think of this as disloyalty. This reflection increases the isolation.

It is common for loneliness to be accompanied by other emotions such as guilt or shame exacerbating vulnerability and loneliness. As we age, chronic loneliness can be a serious, stressful, life-threatening condition characterised by poor sleep quality, higher blood pressure, and increased risk of stroke, cancer, or suicide. Hearing loss, dimming eyesight or financial problems can worsen the condition and trigger an

inability to reach out socially. This can apply particularly to men who are often less in touch with their feelings, and so less able to talk about this troubling emotional problem.

Being alone is not the same as being lonely. Sometimes solitude is sought for the undisturbed privacy it provides. This can potentially be a source of creativity and self-development as well as an opportunity to examine feelings. Solitude is the state of being alone without being lonely. It can at times be a necessary diversion from intimacy.

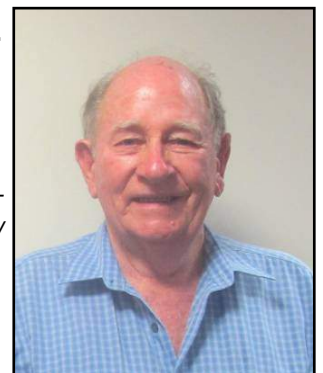
Some of us have now reached that time of life when we fear the death of a spouse or we are already learning to cope with grief without our lifelong companion, and struggling to manage our affairs alone and coping with grief at the same time.

We are fortunate there is help, such as the company of a loved pet, gardening, hobby groups, and organisations such as TOMNET (The Older Men's Network) and BOMNET (Bundaberg Older Men's Network Inc.) to provide fellowship and friendship.

In the meantime we are wise to take care of our health, find compassionate friends who are good listeners, and to be aware of those around us who might be lonely and with a need for someone to attentively listen and understand their situation.

**By Rob Brabrook, TOMNET
Volunteer Counsellor**

*References: various, including
Compassionate Therapy
by Jeffery A. Kottler*



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A Word From Our Sponsors... A Regular Feature Column

Food, Fitness, Friendships and Fun.

Food – Eat a healthy diet of fresh fruit and vegetables, cereals and grains, fish and lean meats while limiting salt and fat intake. Enjoy your food – savour each mouthful and take your time so you do not over eat. Be sure to drink enough water each day. Listen to your body – is it hungry or actually just thirsty?

Fitness - Enjoy regular physical activity: 30 minutes per day. Enjoy a brisk walk along our beautiful walkways, enjoy a swim, attend a yoga class, ask a gym what activities they have for seniors, play a round of golf or enjoy a game of bowls.

Friendships and Fun – Looking after your mental health is as important as looking after your physical health. Keep your mind stimulated – join a club or group similar to BOMNET for older men, learn something new, smell the roses and laugh with your friends.

Submitted by the team at Subway Bundaberg.



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Do You Suffer With Chronic Persistent Pain?

The Bundaberg Pain Support Group meet between 10.00 am and 12 noon on the second Saturday of each month at Room 3, St Mary's Catholic Community Centre in Boston Street, Bundaberg.

Their next meeting will be held on Saturday 8th November, 2014.

For more information phone Shelley on 0456 159 583.



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Mental Health

Vince Little BTeach (FET), BScPsych,

M.Counselling - TOMNET Counsellor

To be or not to be.....now that is a trick question. Mental Health is a very broad area in which to delve.

It has been suggested that 1 in 4 people have a mental health issue. Defining normal in order to determine whether or not a person has a mental illness is a challenge in its own right. However years of diagnosing and treatment has led to a good compilation of ideas as to how a mental illness may present.

Normal may be accepted in very simple terms as behaviour recognised in a person as that which is socially acceptable. There are individuals who have severe mental illness resulting from incidents at birth, including genetic factors, brain damage through injury, stroke disorders and other disorders of the functioning brain that impair a person's ability to reason and process social interaction.

The mind, like the body, fairs well if exercised and given a healthy diet. The mind can be exercised through engaging in reading, numbers games, word games, jigsaw puzzles and manual crafts and other hobbies such as model railways and collecting item such as stamps. This list mentions just a few of the many activities that one can engage in to stimulate the mind. Activities such as these may also be considered as a healthy diet.

Thinking outside of the self and focussing on activities that help others may also provide a healthy stimulus to the mind. People also benefit from knowing their strengths and weaknesses. In other words, *to better know ones self*. This allows people to capitalise on their strengths and overcome their weaknesses.

In other words, *to better know ones self*. This allows people to capitalise on their strengths and overcome their weaknesses.

Most times we don't always understand that at times, we can be our own worst enemy. When people are engaged in activities and doing what they love and love what they are doing, they can consider that they are well adjusted to life and mentally well.

Reproduced with the kind permission of

Vince Little - TOMNET Counsellor, and TOMNET





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Anyone For Darts?

Darts player extraordinaire and BOMNET member John "Bulls Eye" Scarbrow was instrumental in BOMNET purchasing a dart board for members enjoyment, which was then installed by YMCA volunteers. John then donated two sets of darts to go with the dart board...a BIG thanks to everyone involved.

The darts now add to the number of games either purchased by BOMNET or donated by members or the general public for the benefit of BOMNET Members; which include chess, drafts, cribbage, packs of cards. Anyone who has a scrabble set that they're not using, and who would like to donate it to BOMNET it would be gratefully received and helps to provide social contact.

Below is a photo of John hamming it up in front of the dart board after having the honor and glory of throwing the very first dart, and Christening the dart board.



John "Bulls Eye" Scarbrow hamming it up with a bulls eye after throwing the very first dart.

Get Well Soon!

Both Bob Jones and Alister Dodd have had stints in hospital since our last newsletter...get well soon fellas; our thoughts are with you.

BUNDABERG
REGIONAL COUNCIL

WE are most grateful to the Bundaberg Regional Council for the approval of our grant application, thus enabling us to purchase most essential capital equipment items to produce this newsletter, among other things.

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Email Address: ra.mcculloch@bigpond.com

November Guest Speaker

Our guest speaker for November is Carol Chapman from Queensland Alzheimer's, and Carol will speak to us in detail about Alzheimer's/Dementia at 9.30 am on Tuesday 18th November in the YMCA Stadium Kitchen, 7 Quinn Street, Kepnock.

BOMNET members and their wives/partners are invited as Alzheimer's/Dementia knows no bounds when it comes to gender, and both men and women can be effected equally.

I realise that the 18th November is only days away, which is all the more reason to mark the date in your Diary.

Transport

Some of our members have had difficulty arranging transport to and from our meetings. Prospective members also suffer the same problem, that is until now.

We now have made arrangements with COMLINK for members to be collected from their residence, dropped at our meetings, then picked up and returned home for a very affordable price. Contact John Balding on 41542452 for full details.

I've Learned...By Andy Rooney

I've learned...that the best classroom in the world is at the feet of an elderly person.

I've learned...that when you're in love, it shows.

I've learned...that just one person saying to me, "You've made my day!" makes my day.

I've learned...that having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned...that being kind is more important than being right.

I've learned...that you should never say no to a gift from a child.

I've learned...that I can always pray for someone when I don't have the strength to help him in some other way.

I've learned...that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned...that sometimes all a person needs is a hand to hold and a heart to understand.

I've learned...that simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned...that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned...that we should be glad God doesn't give us everything we ask for.

I've learned...that money doesn't buy class.

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Many thanks to Keith Pitt and staff for their support and advice. This newsletter is generously printed by them as a community service.



Our thanks go out to 4BU and Billy Healy for his ongoing support and regular "On Air" chats.



Hon John (Jack) Dempsey MP
State Member for Bundaberg



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Many thanks to Jack Dempsey and staff for their support and advice. Their offer to assist with our printing needs is appreciated too.

7 Quinn Street Kepnock - Phone: 41328232



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Many thanks to Phill Sellwood and staff for their support, and for helping us out with use of the Stadium Kitchen for our Drop In Centre and monthly meetings.



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Des Limkin
Grad Dip. (Couns); Grad Cert (H.S.)
Counsellor

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