



“Older Men Supporting Older Men”

November 2015

The BOMNET Bulletin

Issue 20

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

President's Message

A BIG welcome to our members, sponsors, supporters and friends to the November issue of the BOMNET Bulletin. We hope you enjoy the articles and news we bring to you each month.

This month we feature new member Jeff Bussey on page 3...welcome aboard Jeff, it's good to have you as part of the crew.

On Page 4 you'll find part 2 of an interesting article titled "How to help...yourself and others". If anyone would like a copy of this article in its entirety, please give me a call on 41542452, or email me at johnbalding@bigpond.com and I'll get a copy to you.

Rick Whittle from the ABC Radio came and did an interview with some of the blokes from BOMNET... you can read about it on Page 5. I have asked the ABC for a copy of Rick's interview.

We are currently exploring the possibility of donating medical equipment to the Bundaberg Base Hospital via the Bundaberg Health Services Foundation. You can read about it on Page 3.

If any of our sponsors or supporters would like to contribute financially to this worthwhile cause, please contact me on 41542452 or email me at johnbalding@bigpond.com

Members please note: As you are all aware we are holding our Christmas luncheon on Wednesday, 16th December, at café 1928 and have requested that the RSVP's are all in by Wednesday 18th November. If you haven't notified me that you are attending by this date I'm afraid it will be too late.

If any of our members has a guest speaker that they'd like to hear speak, please let me know and I'll contact them and see what I can do for next year. Guest speakers can make our meetings even more interesting, and at the same time we can learn something of interest.

If there was a guest speaker in the past that you particularly enjoyed and got a lot from their talk, we can always get them to speak again as a refresher.

Advertising in our monthly newsletter

Bundaberg businesses are invited to advertise in our monthly newsletter, and in doing so support us and the valuable work we undertake for older men in the community.

We offer Bundaberg businesses a business card sized ad (90mm x 55mm), or a footer ad (210mm x 55mm). This means you can support the Bundaberg Older Men's Network (BOMNET), whilst promoting your own business. For rates please contact John Balding on 41542452, or email: johnbalding@bigpond.com



Promoting Health and Happiness
www.coralcoastpharmacies.com.au

Locals caring for locals and proud of it.

Burrum Street 4152 5527 Eastside 4153 2860 Gin Gin 4157 2184
Plaza 4152 1110 West Bundaberg 4153 4133



"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



Best wishes and Happy Birthday
to the following BOMNET
members :

Peter Pickering, 10th November,
Bob Jones, 14th November,



A BIG "Get Well Soon" to any BOMNET members who aren't feeling the best at the moment . We hope that you are on the mend soon.

A special shout out to Col Nielsen who is presently in Melbourne receiving treatment.

We're In The Building Industry

We don't build houses, toys or furniture, but we do help build relationships, trust, self esteem, confidence and communities.

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.

A & C Hearty Foods (Sponsor)

Australian Hearing Bundaberg (Sponsor)

Boylans Produce (Sponsor)

Bundaberg Mobility Centre (Sponsor)

Bundaberg Regional Council (Sponsor)

Café 1928 (Sponsor)

Coral Coast Pharmacies (Sponsor)

Des Allen & Co Funerals (Sponsor)

Diabetes Education Outreach Service (Sponsor)

Inn Style Mensland (Sponsor)

Ken Baulch Plumbing (Sponsor)

Northwest Insurance (Sponsor)

Subway - Bundaberg - Sponsor)

Synergy Property Specialists (Sponsor)

4BU Classic Hits - Billy Healy (Supporter)

COMLINK Bundaberg (Supporter)

YMCA (Supporter)

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!



The blokes from BOMNET welcome our latest member Jeff Bussey who joined us in Sep-

tember. Here is a short introduction from Jeff.

I was born and bred in Bundaberg, and have lived here all my life.

I became a motor mechanic by trade, thence on becoming an Insurance Assessor of damaged motor vehicles, travelling for twenty five years.

Weekends were enjoyably spent as a member of the Bundaberg Surf Life Saving Club.

My wife Jan and I have two daughters and four grandchildren.

On retirement we caravanned around Australia, then spent six months travelling throughout Britain, Europe and Africa. I then became a gentleman farmer for fifteen years.

Recently I read about the Bundaberg Older Men's Network (BOMNET) Inc. and popped in to their Tuesday "Drop In Centre" for a look.

I liked what I saw, and became a member as I seemed to fit in well, plus most of them hadn't heard my jokes before, so are they in for a treat.



Jeff Bussey

All For A Good Cause

Over the past few weeks we have been liaising with Maria Burnett, Manager of Bundaberg Health Services Foundation, regarding the possibility of the Bundaberg Older Men's Network (BOMNET) Inc. purchasing medical equipment and donating it to the Bundaberg Base Hospital Surgical Ward via the Bundaberg Health Services Foundation.

The majority of BOMNET members are in favour of doing this, and we will now meet with Maria on 17th November to iron out just how we go about achieving this.

The Bundaberg Health Services Foundation is a not-for-profit organisation and receives no ongoing financial support from any Government department.

By donating to the Foundation we will be improving the quality of health care provision for people in the Wide Bay and North Burnett. The Bundaberg Health Services Foundation's vision is to provide:

- Medical equipment for Bundaberg Hospital (not funded by the government),
- Funds for research into the nature, origin and causes of disease,
- Professional training for medical and nursing staff, and
- Programs relating to the prevention and control of disease.

The Foundation was established 1999 when a large bequest was made.

It helps not only Bundaberg patients but also those from the Wide Bay Health Service which includes Monto, Mundubbera, Gayndah, Eidsvold, Biggenden, Agnes Water, Childers, Gin Gin and Mt Perry.

The Foundation is run by dedicated volunteers who are community and business leaders. Members of the Board are appointed by the Governor-in-Council upon the recommendation of the Minister for Health for terms of three years.

If any BOMNET sponsors or supporters wish to help us help the Foundation by donating, please contact John Balding on 41542452.

How To Help... yourself and others - Part 2

Relocation – having to start

somewhere new.

Whether it be moving house or moving town, relocation can cause a number of hardships for older men. Moving for older men is typically due to failing health or following retirement and often men play little part in the decision making process.

This challenging time can cause some significant changes to everyday life, leading to the loss of friendship, support networks, and loss of a place within the community. Often it can be too daunting and exhausting to have to make a new network of friends which can lead to feelings of isolation and loneliness.

This is especially so if moving into care which causes a major loss of freedom and independence, limited opportunities to engage with others, and not much to do with most activities being oriented towards women.

Becoming a carer

It is very hard to understand the true physical and emotional toll becoming a carer can have on a person, particularly if it is unexpected.

A constant focus on the needs of the person being cared for can see the carer's needs get pushed aside. Feelings of resentment and guilt are a common part of caring, and are often hidden. When the caring role stops, carers can feel they have lost their identity and reason for getting up each day. No longer do nurses or other support persons come calling and the social interaction ceases to exist, leaving a sense of isolation

This is compounded by the loss of their partner from the home or life itself.

Loss – losing a partner

Losing a partner can be a particularly difficult time for older men. Not only have they lost their wife or long-term partner but also their most trusted companion, the person who connects them socially to the outside world and is typically the driving force behind the home and family. The grieving process overwhelms many with complex emotions, and life changes so dramatically they begin to fall apart. These men are at significantly higher risk of depression and suicide. Every experience is unique and people don't just 'get over it'. They need to learn to live with it and move forward.

Every day, these issues become too big to handle for more than one Australian man over 65 who takes his own life.

For thousands more, there is little enjoyment left.

Loneliness and isolation

Everyone can feel lonely sometimes, even those with a supportive family. The difference with older men is they are usually wary about revealing their inner most thoughts and so keep this loneliness hidden.

Continued on Page 6.



DES ALLEN & CO
— FUNERALS —

Bundaberg

Office and Chapel
22 Toonburra Street

Ph: 4153 2424

Des Allen & Bevan Rehbein



SPRINGFIELD GARDENS
— CREMATORIUM —

Elliott Heads

ABC Radio Interview

Recently we had the pleasure of a visit from the ABC Wide Bay Radio's Rick Whittle.

Rick popped in and shared a cuppa with the blokes from BOMNET, and interviewed four of us regarding BOMNET, and the good we do for older men in the community who take the time to seek us out and become members of our caring, supportive group.

This interview was played on ABC radio in full the following week, and was also featured as a local news item.



Rick receiving a Certificate of Appreciation from John Balding

TIM MCCOLLUM
 Licensed Real Estate Agent / Auctioneer
 Principal / Owner

mobile 0427 523 088
 email tim@synergypropertyspecialists.com.au

www.synergypropertyspecialists.com.au

Northwest Insurance

David Coe
 c.dec, Dip. Fin. Serv. (Ins Broking)
 Q.P.I.B.
 Authorised Representative No: 343910

M. 0422 257 431
 T. 07 41516001
 F. 07 41524290

E. david@northwestinsurance.com.au
www.northwestinsurance.com.au

P.O. Box 201 Bundaberg Qld 4670
 4B Targo St Bundaberg Qld 4670

Authorised Representative of NAS
 Insurance Brokers
 AFSL No. 233750

"Eat Fresh"

Bourbon Street, Bundaberg - Phone: 41314220
 Heidke Street, Bundaberg - Phone: 41314230
 Cnr. Walker & Barolin Streets - Phone: 41518922

<http://www.subway.com.au>

A&C Hearty Foods
 Nutritious Convenient Ready Made Meals

1300 HEARTY (1300 432 789)

Chef prepared meals
 you can heat and enjoy

Delivering to Bundaberg weekly
www.heartyyfoods.com.au

Gear to make you look Grand!

INN STYLE MENS LAND

23 Electra Street Bundaberg Queensland 4670
 Phone: 07 4151 6788 - Fax: 07 4153 1810 - Mobile: 0419 334 467
 Email: sales@innstylemensland.com.au - www.innstylemensland.com.au

Bundaberg Mobility Centre

Scooters | Power Chairs | Bathroom Aids | Daily Living Aids
 Walkers | Rollators | Wheel Chairs | Lift Chairs | Beds

Ruth & Reon Robert
 PROPRIETORS

FOR ALL YOUR MOBILITY SOLUTIONS

PH 41 536 536 9/9 Maryborough Street, Bundaberg. 4670

"You don't stop laughing because you grow old. You grow old because you stop laughing"

How To Help... yourself and others - Part 2

Continued from Page 4.

Having a group of men to talk to, where they feel safe to express their concerns, opinions and thoughts is extremely important and this is where men only groups can help to support these friendships and conversations and reduce the loneliness and isolation.

Depression in older men

Depression is not a normal part of ageing, however around 15 percent of older persons and around 35 percent of those in aged care are affected by the illness in Australia. Men tend to be conditioned not to show weakness in any form and are therefore less likely to admit they are suffering.

Depression in men is often masked, and tends not to show up as feeling hopeless or helpless, but as being irritable, angry and discouraged, so may be difficult to recognise. Even if a man realises that he is depressed, he may be less willing to seek help. Support from concerned family members or friends, and encouragement to seek help, can make a difference.

If you haven't retired yet, ask yourself some questions.

- 1 What will retirement be like?
- 2 What will change in my life?
- 3 What will I miss?
- 4 What can I do to make these changes easier?

There is hope for a better life.

Your life really can start at 65.

"This is what I say to men dealing with hardships: don't let it beat you.

We are all mates, and there is always someone to talk to. Throughout my boxing career, I never gave up. And with TOMNET's help, nothing can beat me."

– Neil Geddes

How can you help an older man ?

Do you know an older man doing it tough? Here are some easy ideas to help you connect with them and to make a difference in their lives.

START a meaningful conversation with your father, brother, uncle, neighbour, or other older man.

TALK with genuine interest about what they are doing and how they are feeling.

VALUE their life skills, abilities, and their past and present contribution to family and community.

Continued on Page 7.




KEN BAULCH
MPAQ
PLUMBING & DRAINAGE
BACKFLOW ACC.
30 Years Local Experience
0418 438 985
Fax 4154 1945
Email: kbaulch@hotmail.com
BSA No. 42177



Free hearing checks
Australian Hearing is offering hearing checks to pensioners.
Australian Hearing Bundaberg
Ulton Building, 62 Woondooma St
Bundaberg QLD 4670
131 797
www.hearing.com.au

Café
1928 4153 1928

info@cafe1928.com.au
Bundaberg Botanic Gardens
Corner Mt Perry Rd & Young St
North Bundaberg Q 4670
Dine-In or Take-Away


Boylans Produce

John Boylan
PROPRIETOR

Ph: (07) 4151 3826
Fax: (07) 4153 1698
A.Hrs: (07) 4159 3454
Mob: 0427 797 617
Email: bboylans@bigpond.net.au

PO BOX 402
29 WOONDOOMA ST.,
BUNDABERG QLD. 4670


Take the Plunge
Immerse Yourself

Beth & Justine
0468 855 449

17 ELECTRA STREET
(Opposite Hinkler)
BUNDABERG Qld 4670

 email ~ taketheplunge@outlook.com.au

How To Help... yourself and others - Part 2 Continued from Page 6.

ENCOURAGE them to come up with their own ideas on how they can lead a fulfilling life and support them to make it happen. Some examples are joining a network like TOMNET, volunteering, exploring their interests, and keeping in touch with family and friends.

Encourage them to seek **PROFESSIONAL HELP** for any unresolved issues.

Take **WARNING SIGNS OF DEPRESSION AND SUICIDE** seriously and act immediately. Don't keep the plans a secret. Seek professional help.

Reaching out could save a life.

"Its not always easy, indeed its mostly very hard for older blokes to tell you how they really feel."

- **Royce Perkins**

Editors Note: Anyone wishing to obtain the complete "How to help Yourself and others", please contact me on 41542452 and I'll get a copy to you.

- Domestic Assistance
- Respite Care
- Personal Care
- Information and Referral
- Transport
- Social Support
- Centre Based Day Care
- Bus Services



Phone: 1300 761 011

Diabetes Education Outreach Service

Pat A'Bell, RN CDE Credentialed Diabetes Educator ABN: 68 876 462 866
Bundaberg Business Enterprise Centre Cnr of Quay & Tantitha Streets Bundaberg
Phone (07) 4153 1536 Mobile 0418 149 081 Fax (07) 4153 6867

Email diabetes01@bigpond.com.au

www.diabeteseducationoutreachservices.com.au

DIABETES MANAGEMENT IS ALL ABOUT SELF MANAGEMENT

Come and speak to your local Credentialed Diabetes Educator Pat A'Bell today

One Life. Make the most of it

Meet Our Supporters

7 Quinn Street Kepnock - Phone: 41328232



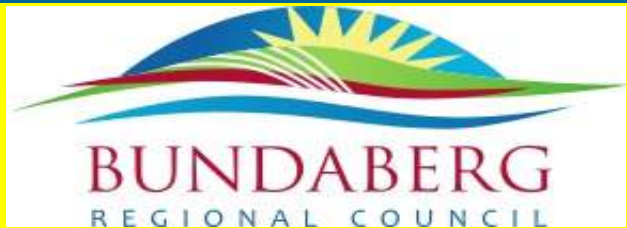
Many thanks to Phill Sellwood and staff for their support, and for helping us out with use of the Stadium Kitchen for our Drop In Centre and monthly meetings.

This newsletter was printed by BCAS (Bundaberg Community Admin Support)

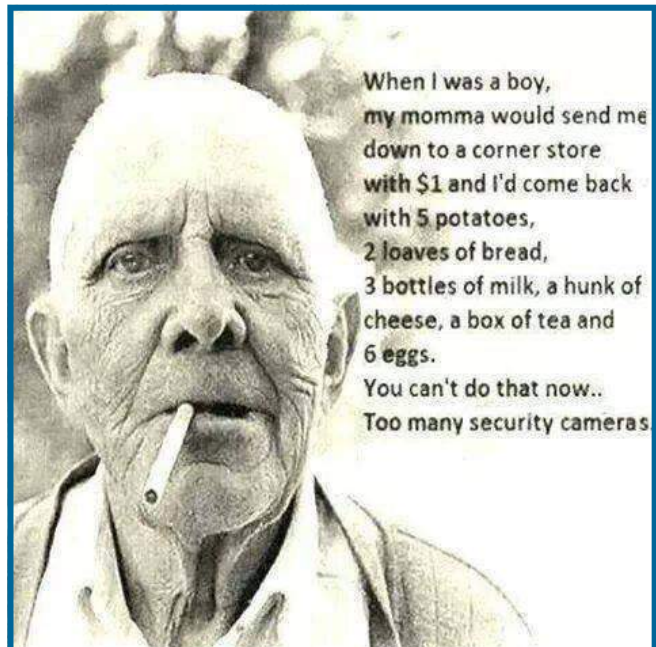


A work for the Dole Activity funded by the Australian Government.

A BIG thanks to Tabettha and the Team



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



When I was a boy,
my momma would send me
down to a corner store
with \$1 and I'd come back
with 5 potatoes,
2 loaves of bread,
3 bottles of milk, a hunk of
cheese, a box of tea and
6 eggs.
You can't do that now..
Too many security cameras

Please support those
who support us.

Bundaberg Older Men's Network (BOMNET) Inc.

Office Bearers for 2015/2016

President /Secretary /Newsletter Editor - John Balding - Phone: 41542452,
Email: johnbalding@bigpond.com

Vice President - Bob Jones - Phone: 41534834, Email: wendya.d23184242603@Gmail.com

Treasurer - Ben Jansen - Phone: 0412 195 681, Email: bjansens@optusnet.com.au

Committee Member - Alister Dodd - 41518041, Email: bigaldodger@zonenetelecom.net.au

Committee Member - Colin Nielsen - 41523045, Email: colgnielsen@opusnet.com.au

All correspondence to: The Secretary, BOMNET, 16/14 Stedman Street, Norville, Qld. 4670