



“Older Men Supporting Older Men”

October 2015

The BOMNET Bulletin

Issue 19

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 October issue of the BOMNET Bulletin. We hope you enjoy the articles and news we bring to you each month.

This month we begin by featuring an introduction from one of our newer members, Ernie Bowles. Welcome to the fold Ernie. You can read Ernie's interesting intro on Page 3.

We also include articles on “Tips for Preventing Falls”, Page 5., “How to help yourself...and others”, Page 6, and “Save the Date” Page 5

Also this month, October 20th, we are lucky to have engaged the services of Rick Whittle as our guest speaker. Rick is a radio announcer each Saturday for the ABC Radio, among other things.

The venue for Rick's talk will be the YMCA Stadium Kitchen, and the start time will be 9.30 am sharp.

Please let me know if you are attending Rick's talk so I have a good idea of numbers for seating and morning tea.

The “ Save the Date” on Page 5 refers to our BOMNET Christmas party/luncheon.

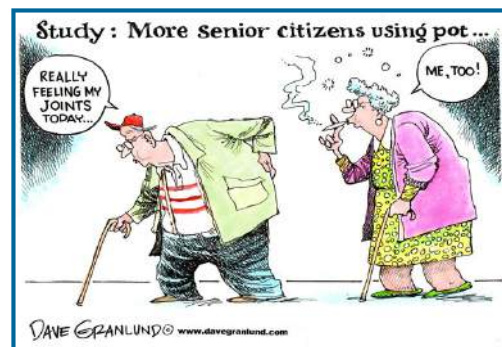
This year we are holding the Christmas party/lunch at Café 1928 in the Botanic Gardens, and you couldn't find a better spot if you tried. All the booking arrangements have been made, and all you need to do is trot along on the day. All you need to bring is your hunger and your spouse, wife or partner, because everything else is free.

Invitations will be sent out in the very near future, just make sure you keep the date available.

WANTED!

Someone with a sewing machine who would be prepared to make up four table runners to decorate the tables at Café 1928 for our Christmas lunch.

I have the material, all we need is someone with a sewing machine to make up the table runners. Please give me a call on 41542452 if you can help out.



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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



Best wishes and Happy Birthday to the following BOMNET members :

Leon White:- 12th October,

Ben Jansen - 20th October,

Ernie Bowles - 26th October.



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.

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.

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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!



The blokes from BOMNET welcome our latest member Ernie Bowles, who joined us in August.

Here is a short introduction from Ernie.

My name is Ernie Bowles. I was born in Monto in 1939 and received my education at the Bancroft State School and Torbanlea State School.

On completing Scholarship I went to work for John Bellet at Harrami mustering and droving until I got a drivers licence. I was then employed by the Department of Primary Industries as a herd recorder.

After Pat and I married in 1963 we bought a dairy farm at Splinter Creek, just south of Monto. We sold the farm just after the milk industry was deregulated. I farm sat and milked for various farmers until we bought a Dry Cleaners and Carpet Cleaning business.

We sold that business in 1997 with the idea of retiring, but decided that retirement was too boring, so I took on lawn mowing for Blue Care in Monto, eventually working for myself, mowing about forty yards a month.

Three and a half years ago I suffered a stroke, which lead to open heart surgery and other complications,



Ernie Bowles

so we sold up in Monto and moved to Alloway in May, mainly to be closer to better health services.

Pat and I have two children; Ken, who works in Sydney, and Robyn, who works in Bundaberg.

In my younger days I played tennis and football, with a bit of boxing and rough riding. When son Ken started to play football in the under 12's I took up refereeing until I was in my mid 50's.

My hobby is breeding and showing poultry, mainly Leghorns.

Even a suspicion - don't hesitate to call 000

More than 795,000 people every year suffer a stroke. Many of them will die from complications. Strokes are the leading cause of adult disability and the third leading cause of death in the U.S. alone.

What is a stroke?

A stroke indicates a lack of blood flow to the brain. The reason could be a clot in the blood vessel or a ruptured vessel. If it is a clot, it needs to be broken up within minutes or hours for any chance of a recovery. It is important to remember to get medical help as soon as possible to reduce the risk of serious damage to the brain. This is what will save your life, look out for these warning signs.

Symptoms:

Brain Dysfunction - Stroke is often marked by the inability to speak, a strained expression, confusion, or all of the above.

Dizziness, Loss of coordination.

Loss of balance, sudden headache.

Numbness in the arms, leg, or face, especially if on one side of the body.

Trouble seeing out of one or both eyes.

Throwing up or having the urge to be sick.

Overall **fatigue**, trouble **walking**.

Remember, that a stroke will come on suddenly.

So if you have one or more warning signs for more than a few minutes, do not wait. Seek medical attention as soon as you can. (Source: www.stroke.org)

To help recognise the onset of a stroke, remember to act

FAST

See Page 8 for full details.

The Black Spot

One day a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper, with the text facing down as usual.

Once he handed them all out, he asked his students to turn the page and begin. To everyone’s surprise, there were no questions....just a black dot in the center of the page. The professor seeing the expression on everyone’s face, told them the following: “I want you to write what you see there.”

The students confused, got started on the inexplicable task.

At the end of the class, the professor took all the answer papers and started reading each one of them aloud in front of all the students.

All of them, with no exceptions, described the black dot, trying to explain its position in the middle of the sheet, etc. After all had been read, the classroom silent, the professor began to explain:

“I am not going to grade you on this, I just wanted to give you something to think about. No-one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives. We have a white paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift, and we always have reasons to celebrate – nature renewing itself everyday, our friends around us, the job that provides our livelihood, the miracles we see everyday...”

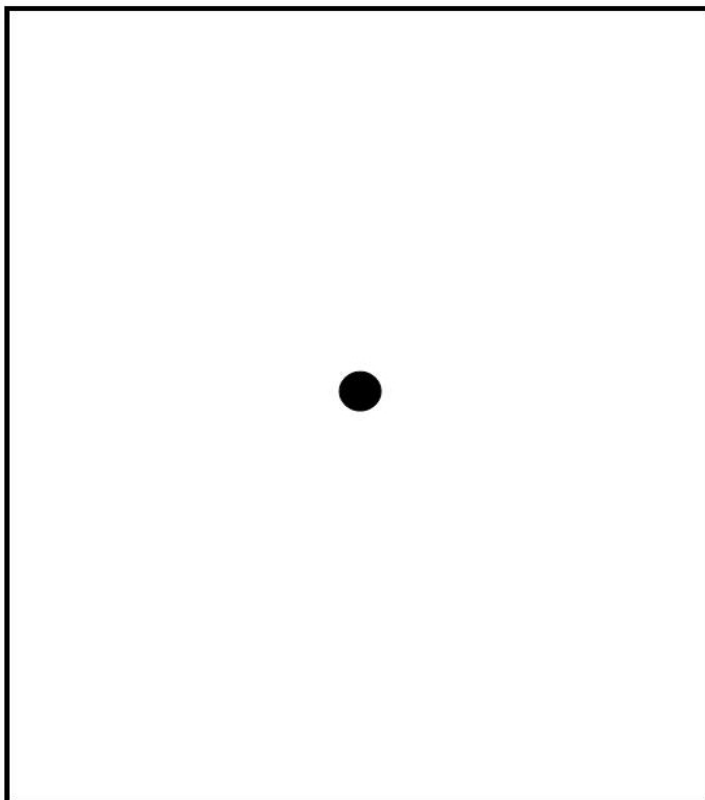
However, we insist on focusing only on the dark spots – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend, etc.

The dark spots are very small compared to everything we have in our lives, but they are the ones that pollute our minds.

Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you.

Be happy and live life positively!

Author unknown.



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“Save the Date”

The Bundaberg Older Men's Network (BOMNET) Inc. are holding their 2015 Christmas Luncheon on

Wednesday 16th December at Café 1928

located in the Botanic Gardens.

Time 11.30 am for 12.00 noon.

All BOMNET members, honorary members, their wives, and or partners, are invited to this Christmas Luncheon. This is being paid for by the BOMNET Christmas Party fund, which most members have contributed to throughout the year by way of in- house raffles on Tuesdays.

Invitation to follow - Contact John Balding on 41542452, or email johnbalding@bigpond.com for more details.



Tips For Preventing Falls

It is estimated that at least one - third of people aged 65 years and over fall one or more times a year.

How to avoid falls and injuries

Exercise to improve your balance, strength and flexibility - home or group exercise programs are good examples.

Wear shoes that are comfortable and fit well - they should be wide enough in the toe area, have low Or no heels, and have slip resistant soles.

Get a medical alert system.

What do you do if you fall at home?

Stay still for a few minutes and try to calm down.

Call for help if you can.

Use your personal alarm, if you have one.

Dial triple zero (000) to telephone emergency services or call your local doctor for help. Keep your telephone in easy reach of the floor - a low table is a good idea.



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How To Help... yourself and others - Part 1

Many things worry older men...

Ever wondered how tough it can be for an older man?

These are some of the hidden realities for ordinary Aussie men, some tips on how men can help themselves to overcome these challenges, and how families and friends can help an older man to rediscover a fulfilling life.

Hidden Hardships

Physical Health Problems

Sometimes no matter how active and healthy you are, you can experience physical health problems. Physical illness is tough enough to deal with on its own, however it can often trigger a range of emotional issues that men find hard to talk about.

Health issues can shatter the dreams and dignity of a man. These issues may result in the loss of their highly valued independence, a lack of mobility, not being able to do tasks, and having to ask for help. They may feel they need to remain stoic and strong for the family and some think they become a burden.

Retirement - when is the honeymoon over?

When we are busy working, it is hard to envisage what the emotional impacts of retiring will be. We talk about it for so long and dream about the holidays, doing jobs around the house and having the time to do the things we enjoy. The reality is often after a few years of retirement, the novelty wears off and the honeymoon is over, leaving many to ask, "what's next?".

So often, men associate their self-worth and purpose in life with their job. Without a job to go to, many men lose their identity, their sense of achievement and contribution. Without something to do, they no longer feel valued for their skills and experience, and their confidence can suffer. This is made worse by societies unwillingness to value older generations.

In addition to this, the workplace is often where men find friendship and support with their work colleagues. With retirement this network disappears, and a sense of disconnection may occur as the world moves on without them.

Adapting to change can be very challenging for a lot of older men. Many have had only one or two jobs over the past 50 years, which can make it difficult to adapt to being at home all the time. This also brings about changes to relationships with their partners, who are now together most of every day. There is also a change in daily routine and a change in role from being the provider and protector of their family which can be confronting to some.

To be continued in the November edition of the BOMNET Bulletin.

Editors Note:

"How To Help...yourself and others was taken from the TOMNET brochure put together for the recent TOMNET 2015 Muster Tabloid, held in TOOWOOMBA, QLD., and is re-printed with their permission.

Above is part 1 in the series, part 2 will continue in the November issue of the BOMNET Bulletin.



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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.



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.

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

Please support those who support us.

To help recognise the onset of a stroke, remember to act **F A S T**

F - FACE
Ask him/her if they can smile. If they can check to see if one side of the face droops.

A - ARMS
Ask him/her to raise their arms. Check to see if one arm drifts downwards.

S - SPEECH
Ask him/her to repeat a simple word phrase. Check for slurred or odd speech.

T - Time.
If you observe any of the above , call 000 ASAP!

Bundaberg Older Men's Network (BOMNET) Inc.

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