



“Older Men Supporting Older Men”

October 2014

The BOMNET Bulletin

Issue 7

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

President's Message

Welcome to yet another informative “BOMNET Bulletin”, filled with lots of interesting “stuff”.

Lloyd Enkelmann's talk on the 9th September was very well attended and also very interesting, so much so that many of the attendees have requested copies of the notes that Lloyd used for his talk, which can be found in this newsletter beginning on Page 3..

The cheque from the Bundaberg Regional Council's Community Funding Grant arrived recently, so now we can purchase some of those capital equipment items that have been on our “wish list” since our inception. We would like to take this opportunity to thank Bundaberg Regional Council for their generosity.

This month we welcome A & C Hearty Foods to our list of newsletter sponsors, and thank them for their sponsorship.

Popular sponsor, Subway, has just opened another store at Southside Central, Cnr Walker and Barolin Streets. Congratulations Troy & Kate on the opening of your new store, that makes three in Bundaberg, you must be excited...see their ad on Page 6.

Over the coming months we will feature some articles written by TOMNET members who have offered to

share their thoughts with us, so make sure you get your copy of the BOMNET Bulletin. Our next feature article is titled “Being Alone Is Not The Same As Being Lonely”, written by Rob Brabrook.

Anyone who reads this free newsletter, but is not a regular subscriber, can contact John Balding by emailing johnbalding@bigpond.com or phoning 41542452 to get placed on the newsletter mailing list.

Don't forget our next monthly meeting is being held on Tuesday, 7th October at the YMCA Stadium Kitchen, at 9.00 am sharp.

Cheers,

John Balding - BOMNET President

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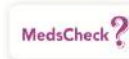
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"BOMNET Drop In Centre"

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

Wesley LifeForce Suicide Prevention Training

On Wednesday 24th September Ben Jansen and I represented BOMNET and attended a four hour training workshop facilitated by Mike Cassidy from the Wesley LifeForce and funded by the Federal Government at the Burnett Riverside Motel.

About twenty or so interested people from different organisations, walks of life and age groups attended the workshop, which was really informative with plenty of interaction from the participants, and covered most aspects of suicide and how to try and prevent it in the first place, and what to do if you know someone who is contemplating suicide.

Some really interesting statistics became available at the workshop; Statistics like older men being at more risk of committing suicide than women.

How to spot warning signs, the fact that Indigenous people experience high rates of suicide, suicide can run in families, and certain groups of people are at a higher risk of suicide than others were just some of the topics that came under discussion.



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!

Lloyd's Enkelmann's Talk

OLDER MEN'S NEEDS IN RETIREMENT - SUMMARY OF TALK

TOMNET member, Lloyd Enkelmann, was our guest speaker on 9th September, and owing to the large number of participants, we had to use the YMCA Community Room as there just wasn't sufficient space in the Stadium Kitchen.

After Lloyd's talk we all retired to the stadium kitchen for a delicious lunch provided by local Subway franchisee's Troy and Kate Sobczak...thanks Kate and Troy for looking after us so well; we love your food.

The aim of the talk was to draw attention to older men's needs in retirement. In order to identify these basic needs and having them met for a good quality of life, three frames of reference were presented. These references can also serve as check points to assist men to better understand themselves, the life they lead and to move towards their highest aspirations.

MASLOW'S HIERARCHY OF NEEDS

These needs apply to everyone. The idea of a "hierarchy" is important. Without having lower order needs progressively met first it is unlikely that higher order needs will be realized. From bottom to top needs range from the "biological" to the highest of "transcendence". The ascending order of needs is as follows:

Biological Needs: e.g. food, drink, shelter, sex, sleep.

Safety Needs: e.g. security, protection, order, law, freedom from fear.

Social Needs: e.g. affection and love, belonging - from work groups, friends, family, community, and

Romantic relationships.

Esteem needs: e.g. achievement, mastery, status, prestige, recognition and respect from others.

Self-Actualization: e.g. realizing personal potential, self fulfilment, creativity and peak experiences.

Transcendence: e.g. going beyond self to help others to experience their own self-actualization especially in cognition and aesthetics.

OLDER MEN'S NEEDS

These needs are not confined to older men but are particularly relevant to them. The needs are based on experience of The Older Men's Network in Toowoomba and South Western Queensland, TOMNET. Of course the same needs reach beyond any particular organization.

Continued on Page 5.



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

Your Health Solutions

There are many ways that you can look after your health, regular physical activity and eating well balanced meals are the starting points that we all can easily implement.

But there are times when our bodies need some extra help and this is where natural medicines can assist.

We all know them as vitamins, minerals, herbs and other food supplements. Not all natural medicines are suitable for every person as there are many other factors that need to be considered such as prescription medication and your current health status. And our needs change, depending on our ages, different situations that we encounter in our day to day lives and even the seasons of the year, these can all impact on our health.

To understand what is the best solution for you, speak with a natural health professional, they can make an assessment of your current condition and advise you on which supplements will be the most effective for you, and offer other lifestyle hints and suggestions.

Deb Bright is the Coral Coast Pharmacies Naturopath, and she can be contacted for appointments through the Coral Coast Pharmacy's West Bundaberg store on 41534133, or by emailing d.bright@ccpharm.net.au

Coral Coast Pharmacies.

**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 11th October.

For more information phone Shelley on 0456 159 583.



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Lloyd's Talk - Continued from Page 3

Involvement: Members like to be involved in some aspect of TOMNET and develop a sense of belonging to the network. Members who identify with the organization experience a sense of pride and achievement.

Satisfaction: Members feel a sense of well-being knowing that they are part of a worthwhile organization that is producing positive benefits for its members.

Autonomy: Members have freedom to be themselves and not have to relinquish their own way of doing things. Each member can bring his own "tool box" of knowledge and skills to the task.

Integration: members do not have to go it alone or function in isolation. Each member is supported by the TOMNET team to multiply the magnitude of his contribution.

Creativity: The reservoir of actual and potential creativity in the lives of TOMNET members is enormous. Tapping into this abundant resource and sharing it for the common good is facilitated by the TOMNET model of older men supporting older men.

PHASES OF RETIREMENT

Pre-Retirement Phase: This phase can represent pain or pleasure. For some making the transition from work to retirement means multiple losses and dread. For others it is gladly anticipated and can't come soon enough. *It is a matter of attitude as well as circumstance.*

Honeymoon Phase: Here experiencing a preferred lifestyle to the rigours and constraints of work may materialize. Plans can now come to fruition and doing what was not possible before means great enjoyment. It can be a life changing experience.

Disenchantment Phase: But honeymoons don't usually last for ever. Lustre fades. New challenges occur and expectations are not always realized. Such things like the loss of good health and well-being, reduction in income, for example, can spoil one's quality of life.

Reorientation Phase: So its back to the drawing board. Taking a reality check, and revising plans

mean making minor or possibly major adjustments. This phase becomes necessary if one is to cope with and enjoy life as far as possible.

Consolidation Phase: Having realistically adjusted to a realistic lifestyle, sometimes limited though this is, may be the best fit between the individual and his retirement and needs to be managed. Settling for the best fit, can be a beneficial experience. It is worth having.

Terminal Phase: Here independence is often largely lost and generally health matters become problematic.

It is a time of accepting help and support while retaining recognition as a person of dignity and respect. Even to the end a man still has something of himself to offer by enhancing the lives of other.

In drawing together and linking these frames of reference, older men can better understand themselves and their needs. Who they are in retirement and what they do with it remains a challenge. They are encouraged to press on in their pursuit of a quality of life and make the best of satisfying the legitimate needs they possess for the benefit of themselves and that of others.

By Lloyd Enkelmann
(TOMNET member)

Editor's Note:

Lloyd was also responsible for helping the BOMNET Committee get BOMNET up and running after a meeting with him back in April this year, and we are deeply indebted to him for his advice and guidance.



Lloyd displaying his Certificate of Appreciation

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Identity Fraud Talk

On Tuesday 23rd September Roz Turner gave BOMNET members a talk on "Identity Fraud", and how to prevent it.

Roz has a unique way of commencing her talks, but I won't spoil it by telling those who weren't there what it is just in case you get the opportunity to hear her at some time in the future.

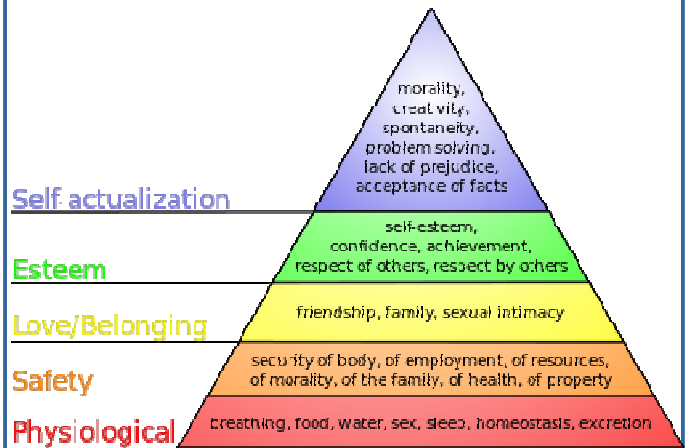
As a civilian Police volunteer, Roz now spends much of her time talking to community groups about identity fraud, and how to overcome it..

We were amazed to hear all the different ways that "scammers" can get your personal details without the victim becoming the slightest bit suspicious.



Roslyn with her Certificate of Appreciation.

MASLOW'S HIERARCHY OF NEEDS



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Rob McCulloch - Convener

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Email Address: ra.mcculloch@bigpond.com

Photos From Lloyd's Talk

Here are a few photos of some of the BOMNET group dining on Subway at the YMCA after Lloyd's talk.



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.

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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.



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



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