



“Older Men Supporting Older Men”

September 2015

The BOMNET Bulletin

Issue 18

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

President's Message

Welcome to the September 2015 issue of the BOMNET Bulletin.

Well, the AGM has been and gone, and we now have a few new faces among our office bearers, plus some old faces too. For a full list of BOMNET Office Bearers and their contact details check out Page 8.

You don't have to be an office bearer to help out with the day to day running of BOMNET, or the special projects that arise from time to time; just step up and offer your services, which will be greatly appreciated I can assure you.

We are planning on having more guest speakers and more day trip outings this coming year, and members are encouraged to put forward, in writing, suggestions for both. Day trip suggestions involving members wives/partners would be appreciated too.

I would like to take this opportunity to thank all BOMNET members for making BOMNET such a success.

I would also like to thank all our sponsors and friends for supporting us with the important work we undertake.

2015 AGM - 28th July



Front Row, left to right
Alister Dodd - Committee Member
Bob Jones - Vice President
Colin Nielsen - Committee Member
Ben Jansen - Treasurer
John Balding - President & Secretary
Back Row, left to right
Wayne Chamberlin, Ken Baulch,
Eddie Crane, Peter Pickering, Bob
Stephensen, Keith McDowell and
Mark Britton.



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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

Happy Birthday

Best wishes and Happy Birthday to the following BOMNET members
Mark Britton - 6th September,
Ed Murray - 11th September.



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!



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 Helping Hand!

Senior's Expo - Tuesday 18th August 2015

The Senior's Expo is an annual event, and this is the second year that the blokes from BOMNET have participated by manning an information stand at the Civic Centre.

The Senior's Expo is part of Senior's Week and is coordinated by COTA (Council on the Aging) during August each year. Seniors Week is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contribution of older people. The Senior's Expo gives local seniors an idea of what services are available to them, and enables them to mix and mingle with other seniors too.

This year was a little different for us as due to insufficient helpers from BOMNET on the day we had some of our mates from the Bundaberg Central Men's Shed helping us out. They were John McCormack - President, Ray Sonter - Secretary, Harry Peck - Committee Member, and Frank Duggan - Member.

The following BOMNET blokes, Graham Harris, Colin Nielsen and Mark Britton gave their time and energy too.



Left to right. Harry Peck , John Balding and John McCormack

Thanks for your help Men's Shed members and BOMNET members, it was really appreciated I can tell you as we were kept busy dispensing information to both men and women.

The men were looking for something to do for a few hours each week, and the opportunity to meet new mates, and the ladies were looking for a way to get their husbands out from under their feet for a few hours each week.

In Appreciation!

BOMNET and many other not for profit organisations in the Bundaberg area owe a great deal to BCAS the (Bundaberg Community Admin Support), and Tabetha Fogarty, their Career Development Coach, for their help in creating, producing and colour printing newsletters, brochures, other advertising and office material for just the cost of the paper as part of a work for the dole activity funded by the Australian Government.

We took the opportunity to present Tabetha with a Certificate of Appreciation at the Senior's Expo, for which she was most appreciative.

You can contact Tabetha and BCAS on 41516391.



"Reflections of an old bloke"

Written by Professor Glen Postle, TOMNET Patron

The years teach much which the days never knew. ~Ralph Waldo Emerson

A man's age is something impressive, it sums up his life: maturity reached slowly and against many obstacles, illnesses cured, griefs and despairs overcome, and unconscious risks taken; maturity formed through so many desires, hopes, regrets, forgotten things, loves. A man's age represents a fine cargo of experiences and memories. ~Antoine de Saint-Exupéry, *Wartime Writings 1939-1944*, translated from French by Norah Purcell

These two quotes capture the potential that age provides us and our communities. However, too often this potential is masked by a prevailing view which would have us believe we have reached our 'use-by date'. This can make us feel disconnected. Boredom, resentment and depression are all sentiments of disconnectedness. They present life to us as a broken connection. They give us a sense of not-belonging. In interpersonal relations, this disconnectedness is experienced as loneliness. When we are lonely we perceive ourselves as isolated individuals surrounded, perhaps, by many people, but not really part of any supporting and nurturing community. Loneliness is without doubt one of the most widespread diseases of our time. Its effects are particularly felt in retired life but unfortunately it affects family life, neighbourhood life and business life. It causes suffering not only in elderly people but also in children, teenagers and adults. Those of you who mentor at Flexi School will vouch for that. Out of all of this pervading loneliness many cry, 'Is there anyone who really cares? Is there anyone with whom I can feel at home?'

I'm not telling you anything you don't already know but you have the answer to such loneliness in what TOMNET offers. However, maybe you haven't yet seen TOMNET as what I call a 'community of practice'. It may be useful to encourage you to think about this idea.

Wenger (2007) suggests there are three elements which are crucial in distinguishing a community of practice from other groups and communities:

(a) A community of practice is something more than a club of friends or a network of connections between people. It has an identity defined by a shared focus or interest. Membership therefore implies a commitment to this focus, and therefore a shared competence that distinguishes members from other people. What is your focus? What was your interest in joining TOMNET?

(b) In pursuing their interest, members engage in joint activities and discussions, help each other, and share information. They build relationships that enable them to learn from each other. What are the 'joint activities' that help 'build relationships' in TOMNET?

(c) Members of a community of practice are practitioners. They develop a shared repertoire of resources: experiences, stories, tools, ways of addressing recurring problems—in short a shared practice. This takes time and sustained interaction. What is in place to help members address recurring problems?

A community of practice involves much more than just being together to undertake some task. Members of communities of practice are usually involved in building relationships over time and communities develop around things that matter to people. The fact that they are organized

Continued on Page 6.



Bundaberg

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Des Allen & Bevan Rehbein



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Elliott Heads

One Good Turn Deserves Another!

We have been using the Stadium Kitchen at the YMCA ever since our inception back in April 2014, and have never been asked to contribute a cent towards rent or utility costs during this time, which is something we have greatly appreciated as early in the piece we had no money anyway.

CEO Phill Sellwood and staff at the YMCA have gone out of their way to always make us feel welcome, and that fact has never gone un-noticed.

Just prior to our AGM, and during our General Meeting, John Balding moved that we make a monetary donation to the YMCA to show our gratitude for everything they have done for us. A figure of \$500.00 was decided on as this amount was raised by various raffles etc, and John Balding presented a cheque to Phill Sellwood during a delicious light lunch provided by our friends at Subway.

Unfortunately most of our Community don't realise YMCA Bundaberg is a local charity and doesn't receive any funding from the National and/or International YMCA movement. They trade under a YMCA name but the association is a stand alone operation.

All monies raised/received through YMCA fund raising and other endeavours are used to improve/expand their facilities and services for the Bundaberg Community.



John Balding presenting YMCA CEO Phill Sellwood with a cheque for \$500.00

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“Reflections of an old bloke” - Continued from Page 4

around some common sense of purpose gives members a sense of joint enterprise and identity.

Communities of practice have been around for as long as human beings have learned together. At home, at work, at school, in our hobbies, we all belong to communities of practice, a number of them usually. In some we are core members. In many we are merely peripheral. And we travel through numerous communities over the course of our lives. In fact, communities of practice are everywhere. They are a familiar experience, so familiar perhaps that it often escapes our attention.

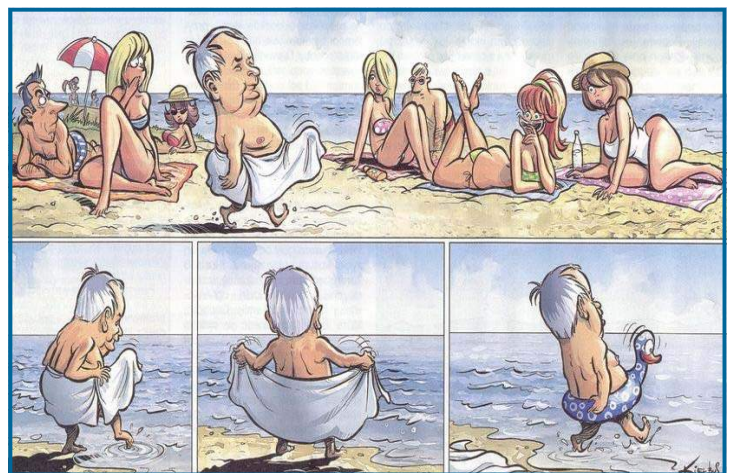
I would suggest that a key focus for TOMNET is about making a contribution, having an influence in the community, sharing knowledge and experience. In some communities even today the elders are considered the 'wise' and the 'respected'. In some cultures the elders still pass on values and mores through narratives and stories. Our modern-day culture seems to have left that behind but I'm confident that we can resurrect elements of the traditions of past community life, not in the way it used to be for society has changed and it won't return to those times. However, the values and mores that bind a community need to be transmitted – we need to find a way to do this and we as elders have a role to play in that. The TOMNET 'community of practice' is such a way. We should try to avoid regretting what we've lost and focus on what we've achieved. Becoming an influential community of practice captures the potential of community elders.

Seniors are great volunteers, but I think that sometimes the menial tasks that charities often ask of elders fails to capitalise on the resources that elders have to offer. As Everald Compton has said 'They (elders) want to get out to the coalface of life where the action

is and where they can directly help people in need. They have the life experience to take part in sensitive human situations and they can save governments millions of dollars by doing so. The good part about the greying of the world is the opportunity that it opens for those of innovative spirit'.

Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well; making them old men and women inexorably enough, but leaving their hearts and spirits young and in full vigour. With such people the grey head is but the impression of the old fellow's hand in giving them his blessing, and every wrinkle but a notch in the quiet calendar of a well-spent life. ~Charles Dickens

Editors Note: This article was written by Professor Glenn Postle, the TOMNET Patron. TOMNET is a Toowoomba based successful older men's support network, and one that we try and model ourselves on., We thank them for allowing us access to some of their articles.




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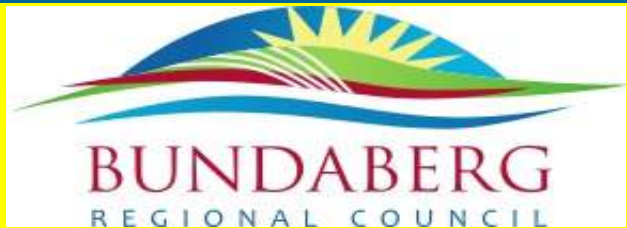
Many thanks to Phill Sellwood and staff for their support, and for helping us out with use of the Stadium Kitchen for our Drop In Centre and monthly meetings.

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



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A BIG thanks to Tabetha 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.

Please support those who support us.

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Honda Today 50cc Motor Scooter

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Bundaberg Older Men's Network (BOMNET) Inc.

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