

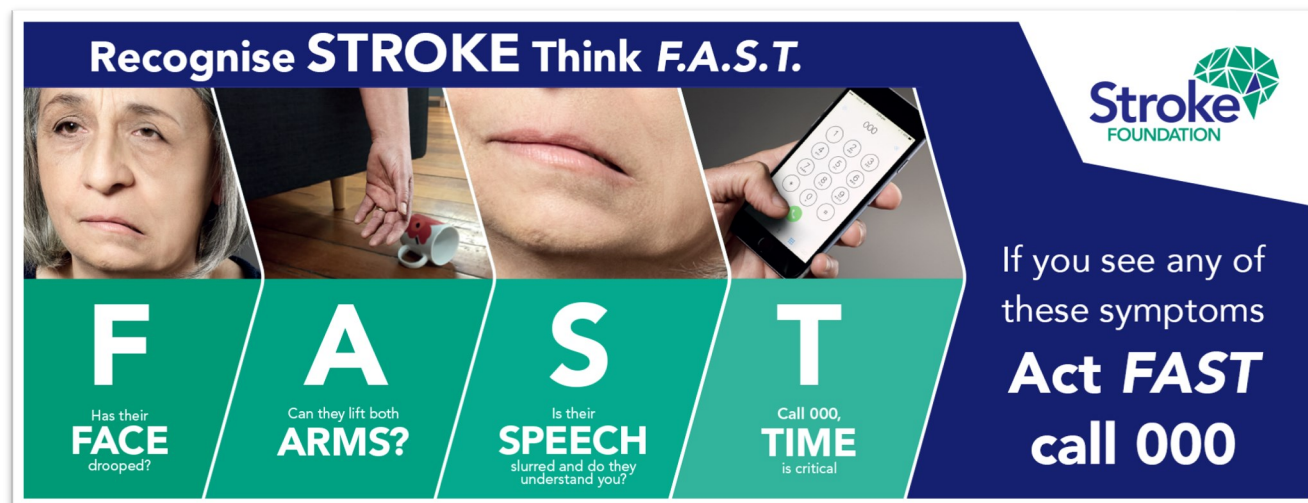
APRIL 2021

# TELEGRAPH

**TOMNET**  
The Older Mens Network

223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | admin@tomnet.org.au | www.tomnet.org.au

## More than 80% of strokes can be prevented.



The **Stroke Foundation** have created a brochure to help us understand and prevent stroke. The brochure covers topics such as :

1. What is a stroke?
2. How to prevent a stroke
3. The F.A.S.T. test

**Click the Link to Download**  
[Understand and prevent](#)  
[Stroke Guide](#)

(should open on your computer)

Stroke can be prevented, it can be treated, and it can be beaten.

### About the Stroke Foundation

The Stroke Foundation is a national charity that partners with the community to prevent stroke, save lives and enhance recovery.

## TOMNET Management Committee

<b>President</b> Stan Carroll	<b>Vice President</b> Alan Yorkston	<b>Treasurer</b> Allan Jones
<b>Secretary</b> Greg Jones	Greg Sellars	Rob Burey
Bernie Moran	John Miners	Jim Aulbury
	Ross Lange	

The Mgt. Committee meets on the 3rd Wednesday of each month.



# **TOMNET MONTHLY MEETING**

**FRIDAY 14th MAY 2021**

**10am - 12.00 noon  
followed by a BBQ lunch**

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**SOUTH TOOWOOMBA BAPTIST CHURCH  
279 GEDDES STREET TOOWOOMBA**

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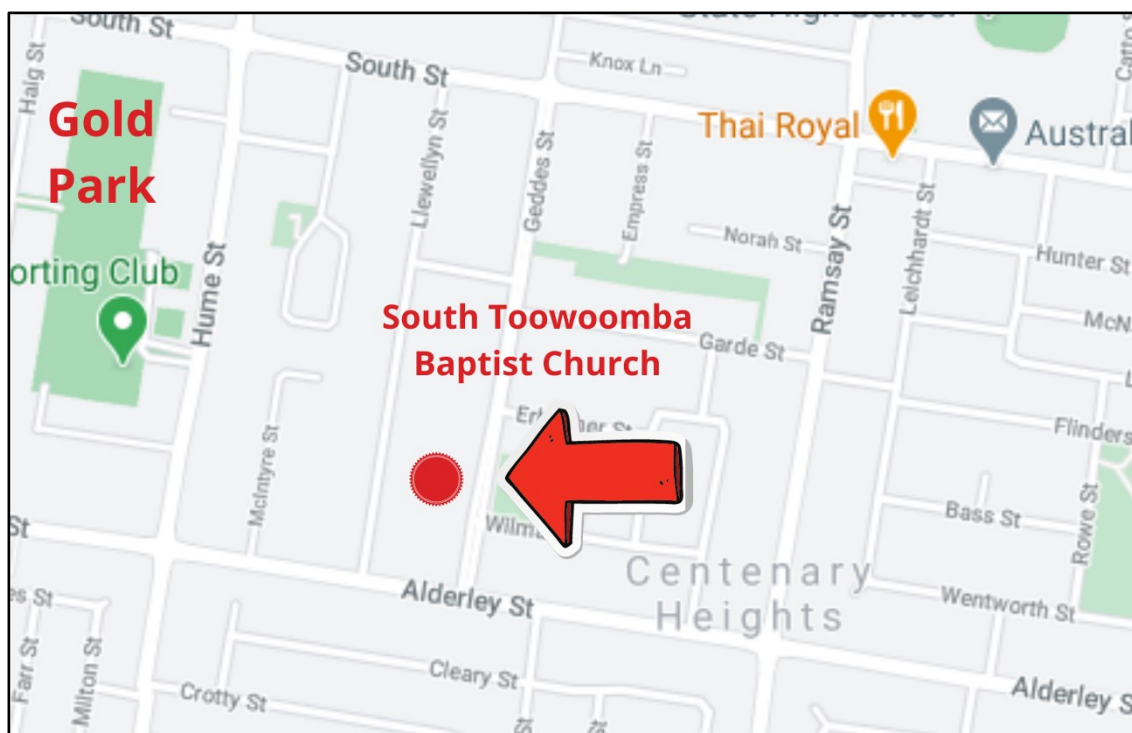
**\$2 entry & RAFFLES - GUEST SPEAKERS**

**ALL MEMBERS WELCOME**

**NEXT MEETING: WEDNESDAY 9TH JUNE**

**(PLEASE NOTE: TOMNET WEEKLY  
MEETINGS will continue)**

## Location of monthly meeting



## Aged Care Visiting Teams

TOMNET Volunteers visit these Aged Care facilities in May 2021.

**Aged Care visits are a worthwhile opportunity to provide friendship and conversation with men living in aged care facilities.**

**Consider donating two hours of your time each month;  
your visit will be appreciated.**

Infin8care	Commencing in second half of 2021	
BUPA	Wednesday 26th May	10.00 a.m.
Brodribb Home	Friday 21st May	9.30 a.m.
Yukana	Monday 31st May	2.30 p.m.
Lourdes Home	Thursday 27th May	11.30 a.m.

**If interested in attending these meetings contact  
Anthony at the TOMNET Centre on 4638 9080.**



# RESILIENCE BUILDING

## WORKSHOPS

### THE PROGRAM

The program is free and provides men with the practical tools to support their mates going through challenging times.

Building resilience and optimism to help us navigate life's difficult times.

## UPCOMING WORKSHOPS

Thursday 8th April, 2021

Know Thy Self: Understanding my Strengths & Struggles



Thursday 6th May, 2021

Knowing Others



Thursday 3rd June, 2021

My Future: Maintaining Optimism & Life Balance



## THE FINER DETAIL

- ✓ Location: 223 Hume Street
- ✓ 3.30 - 5.30 p.m.  
Light refreshments from 3 p.m.
- ✓ Highly practical, discussion led and activity driven
- ✓ Workshop open to men aged 18+

**TO REGISTER: CALL 07 4638 9080**



# Cash for Containers

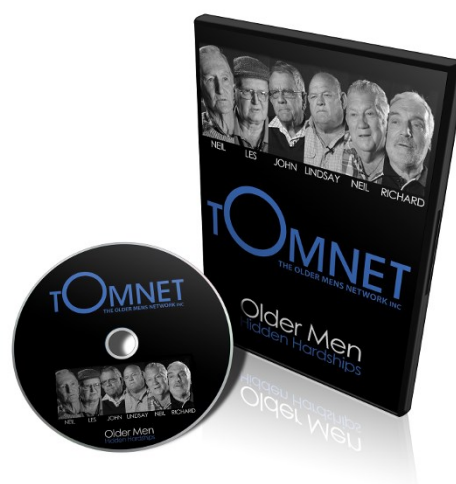
TOMNET is registered with the **Containers for Change Scheme**. By collecting eligible containers and returning them to a container refund point, you can nominate TOMNET to receive **10 cents per container**.

Collect your refund or Donate to TOMNET. To donate your refund to TOMNET, when returning containers quote our unique scheme ID **C10157846**. All monies collected will be deposited into TOMNET Members bank account and used to help fund barbecues, social events, and Member activities.

For more information visit  
[www.containersforchange.com.au](http://www.containersforchange.com.au)



The 28 min DVD features the lives of six older blokes sharing their stories of **hardship** and **personal struggles** in an effort to **highlight** older men's issues. To order your copy of the DVD, please contact the TOMNET Centre on (07) 4638 9080.



## The Pavilion

A relaxed outdoor funeral service venue or simply an area for loved ones to gather and reflect.



*The Burstow Family*  
 (A fifth generation family firm)

24 freecall 1800 803 196  
[www.burstows.com.au](http://www.burstows.com.au)



TOOWOOMBA OAKEY DALBY WARWICK GATTON

Burstows kindly print the TOMNET newsletter.  
[www.burstows.com.au](http://www.burstows.com.au)

THE OLDER MENS NETWORK

# LUNCH WITH MATES

Join fellow TOMNET Members for lunch  
at a different eatery each month!

- Meals at own cost.
- Group sizes will be limited.
- TOMNET Members only.
- Own transport required, or  
share a ride with another  
Member.

Call TOMNET to book 07 4638 9080



**FRIDAY, 21ST MAY 2021**

**12 NOON | SOUTHERN HOTEL  
839 RUTHVEN ST**

For a full list of venues or to join this program call the  
TOMNET Centre on 07 4638 9080.

# How do I help someone who's grieving?

Author: Nik Wignall

**B**eing supportive and helpful to someone who is experiencing grief can be a daunting task for many people. Many people feel awkward or uncomfortable discussing the topic of grief and loss, while others often fear saying the wrong thing or somehow making things worse.

Here are a few quick tips for helping someone who is grieving:

**If you're not sure how to help, just ask.**

This can seem strange at first blush, but there's nothing wrong with simply asking someone how you can be most supportive or helpful to them. For example, you could invite them to go grab lunch and in the invite simply say, "I know this is a tough time and I just want to help in whatever way I can. Would it be helpful to talk about your loss at lunch or would you rather not?"

**Don't give advice unless asked. And even then, be cautious.**

We're all trained to be problem solvers. But

advice-giving is rarely a good idea when it comes to supporting someone who's grieving. The reason is, it often comes across as invalidating; that is, even though it's not your intention, giving advice can make the other person feel like their grief is a problem to be fixed rather than an experience to work through. Instead of giving advice, try to [be a good listener](#); be validating; and just be there with them.



**Support them indirectly.**

Just because a close friend or loved one is grieving doesn't mean you have to be their counsellor or that talking is the only way you can be helpful.

Organise a group of people to make them meals a few nights a week; invite them to activities you think they'd enjoy; offer to help them out around the house one weekend. In other words, you don't have to talk about their grief directly to support them in their grieving process. You can support them in all sorts of ways and indirectly you will be helping them in their grief.

Source: <https://nickwignall.com/grief>

## Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs as part of the "Donate It" service.

Call **1300 991 443** to arrange a pick up.  
[www.lifelinedarlingdowns.org.au](http://www.lifelinedarlingdowns.org.au)

## Need a JP ?

A Justice of the Peace is only a phone call away.

**Contact:**

**Alan Yorkston**  
**East Creek CC**

**0408 750 416**  
**4639 2755**



## Challenge Accepted by TOMNET Members

Author: Greg Sellars

**T**OMNET Members, Greg Jones and Greg Sellars, accepted the challenge to renovate the chair set outside the TOMNET Centre. In consultation with Louise and Anthony it was suggested that the choice of colour should reflect the "R U OK?" program.

"R U OK?" is an Australian non-profit suicide prevention organisation, founded in 2009. It revolves around the slogan "R U OK?", and advocates for people to have conversations with others.

It was decided to paint the seat set blue as a tribute to the Blue Tree Project, an extension of the "R U OK?" program. In your travels you may see a dead tree painted blue on the side of a country road. The Blue Tree Project is helping raise awareness around mental wellbeing by sparking difficult conversations and that it's OK to have a blue day.

The final chair project can be viewed outside the TOMNET Centre. Greg and Greg both enjoyed the project. Repairing the seats involved dismantling, welding, using a thicknesser, and sanding to strip paint. The guys used car filler to replace rotten wood, painted with primer and topcoats, and reassembled. A bit of touching up and painting "R U OK?" labels made the project complete.

We hope you enjoy sitting on the seats and having a chat with each other.

**Greg Jones and Greg Sellars.**



## The story of the 'Original Blue Tree' retold...

Author: Tjarda Tiedeken

**A**ll kinds of stuff lay around us in the shed: rusty car parts, bent screwdrivers, torn ropes, loose screws, torn blankets with holes.. and some buckets. It was thirty-five degrees and work did not particularly excite us that day. Your

dad asked us to go through the things in the shed and let him know if there was anything that could be thrown out. We opened the first bucket. The dried white paint clung to the lid and covered the walls of the bucket. A brush was stuck in the concrete-like mass.

(cont. next page)



# The story of the 'Original Blue Tree' retold...

(continued)

Next bucket, same thing: dried, hardened white paint. However, when I picked up the next bucket I could feel it sloshing. You took one of the nearby screwdrivers and pried off the paint-glued lid. It lay before us: a deep blue, flowing sea of colour, smoothly sending waves against the sides of the bucket as it moved in your hand. The paint tins were some of the few things your dad wanted to throw away, much to our disagreement. And so, we decided that if he did not want to use the paint, we would save it from drying out.

What did we want to do with it?

Luckily, we still had a few hours of work ahead of us and by the evening we had the crazy idea that made us both smile when thinking of it. We would drive around the farm and pick a tree on a remote path to paint.

The blue colour would be perfect standing out from all its surroundings. We imagined how your dad would drive past and wonder where the heck this thing came from. We could not wait for work to finish and without taking a shower, we drove to Sippes hardware in Mukinbudin, bought a brush and another bucket of blue paint (the first bucket would certainly not be enough to paint a whole tree). It was already dark when we got home, but that would not stop us.

After 20 minutes of driving around, we found the perfect tree: it was big enough,

but not so big that we needed a ladder, dead, so we wouldn't harm it, and was on the side of a not too busy path.

We came back at night, equipped with torches, gloves, brushes, the blue paint and dressed in some old clothing. To reach the top of the tree, you would lift me up on your shoulders and I would try to get the last bit of the tree whilst blue paint was dripping from the brush into your hair. We were freezing but giggling the whole time, as we imagined what your dad would do and how

confused he would be when first seeing the bright blue tree on his farm. It became a two-day job and we really hoped we would not get caught by your dad. It was probably because we accidentally placed that wish upon so many



shooting stars whilst painting the tree that faded into the night in its new dark blue dress. It was only several years later he would find it...

Oh, and the purple plant pots? Well, I think they were also meant to be thrown out. But of course you had other ideas for them. One day, when I was no longer working on the farm, you sent me a picture of how you had added them to our tree. I had not laughed that hard in a very long time.

We all miss you and your crazy ideas.

**Reference: Our Story | Blue Tree Project**  
[www.bluetreeproject.com.au/our-story](http://www.bluetreeproject.com.au/our-story)

# Toowoomba Men's Health Matters Workshop

Join us in Toowoomba for this one-off men's health event on 11th May.

Secure your spot at this lively workshop delivered by CheckUP Australia and a registered psychologist, along with ABC Southern Queensland breakfast presenter David Iliffe as the emcee. Get your free health check while you're there and collect your gift bag. You could win a lucky door prize on the night and all registered attendees will go in the draw to win a Weber® Baby Q® Premium RRP \$349



Partners, friends, family, co-workers and the wider community are all welcome. Places limited, register today.

Register here: <https://bit.ly/zQe8I1N>

223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | [admin@tomnet.org.au](mailto:admin@tomnet.org.au) | [www.tomnet.org.au](http://www.tomnet.org.au)

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An Australian Government Initiative

Major funding provided by:



**Queensland  
Government**

Newsletter printed by:

**BURSTOWS**  
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**Articles for the Telegraph must be  
received by the 3rd Monday of the month, and may be edited.**

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