

CALLING ALL RETIRED FARMERS



JOIN

**OTHER RETIRED FARMERS FOR COFFEE
AND A CHAT EVERY TUESDAY AT 10 A.M.**

TOMNET CENTRE EVERY TUESDAY 10 AM - NOON

**223 HUME STREET, TOOWOOMBA
Contact Trevor or Anthony - 4638 9080**

TOMNET is **The Older Mens Network Inc.** TOMNET provides older men (50+) with opportunities for mateship, and the chance to re-connect with the community. Our aim is to reach out to older men who are lonely, isolated, and in need of friendship.

Is that you, or someone you know?

Know your Management Committee

President Stan Carroll	Vice President Alan Yorkston	Treasurer Alan Jones
Secretary Terry Pailthorpe	John Miners	Peter Pickering
Greg Sellars	Chris Martin	Jim Aulbury
	Paul Ede	

Peter Pickering - Mgt Committee Member

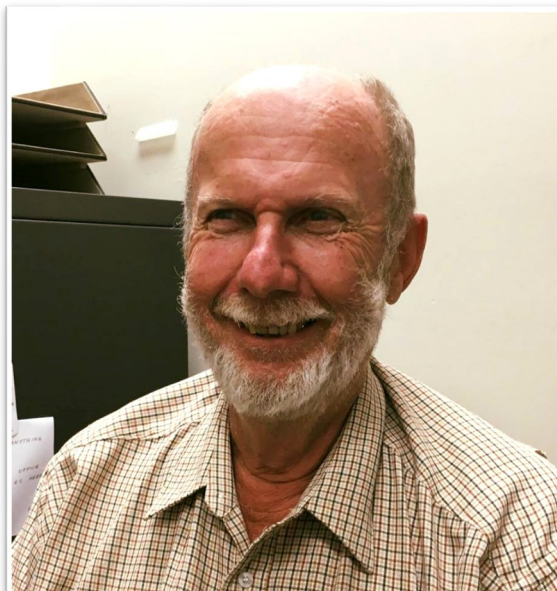
I was born in Melbourne in 1940, a good place to be born at that time, during World War II, away from everything. Also, in the 1950's Australia was in a boom and there was opportunity for anyone to do anything they wanted to. All you had to do was get out of bed and work.

I come from a working class family on both sides. Neither my Mother nor Father had the opportunity for much secondary education. With their support, I completed secondary school and went on to University where I obtained two degrees.

My initial profession was in dentistry, later on with maxillofacial surgery. After 20 years of this profession, I sold the business and retired to a rural property that I had bought and re-developed.

I was approached to work for the Victorian Aboriginal Health Service and spent a couple of years working in the Victorian Aboriginal community, which I found most interesting. I was then approached by the University of Melbourne to teach at the dental school and spent a number of years

teaching oral surgery. This was probably the most rewarding of my professional career in that I enjoyed working with young adults and guiding their path to professional success. Also at this time, I was involved with training in dental matters of doctors who were to man the Australian Antarctic Bases. This resulted in me going to Antarctica in the summer of 2000.



Shortly thereafter, my eyesight began to fail, and I decided to come to Queensland. I met my partner Jo, and we finally settled in the Toowoomba area, where my earliest ancestors in Australia had settled in the 1850's. While living in Bundaberg I had joined BOMNET, an Affiliate group of TOMNET, through which I learnt of the existence of TOMNET,

and here I am.

Thursday mornings at TOMNET are probably the highlight of my week. I enjoy the companionship of the other TOMNET Members and the conversation we have together.

TOMNET Members working in the Community

TOMNET Members do many, many, volunteer hours in and around our Community, and I'd like to inform all our Members of the little volunteer work that I am personally involved with and some of the results it has in the Community. Anyone interested in either of the following mentoring programmes, please contact me, or enquire at the TOMNET Centre. Alan Yorkston | Vice President | Phone: 07 46350236

Braking the Cycle commenced at the Toowoomba PCYC in April last year.

There are 52 Volunteer drivers, including **ten to twelve TOMNET Members**, and has provided around 1500 Volunteer hours to the Community, with 24 young adults to date obtaining their "P" licence.

With my work at the Flexi School and now the PCYC, I've come to realise that, for a young adult, obtaining their licence to drive is a major mile stone in their lives, and certainly helps them in their endeavours to obtain employment.



Greg (left), Stan (middle), Marcus, and Greg (far right) cheer Hayley for starting the Braking the Cycle program.

I have been involved in the "Mentoring" programme at the Flexi School since inception, some 9-10 years ago. It is one of the most rewarding things I have been involved in throughout my lifetime.

To see students around 15 years of age commence grade 10 at the School and walk beside them throughout three years of schooling as they mature into open, confident, young adults is truly amazing.

There about thirty Mentors, who all Volunteer under our organisation, together with three or four dedicated TOMNET Members who turn up each day to work in the kitchen providing food for the students.



A new project for TOMNET Members to be involved with is the Lions Club "Recycle for Sight", where the Lions Club collects used spectacles. The spectacles are then checked by a team of volunteers, cleaned, assessed, and then sent to less fortunate countries where they are distributed to the needy.

Your old spectacles sitting in a drawer at home could provide sight to a poor unfortunate person elsewhere, rather than be extra clutter around the house.

Sunglasses are also required in desert and snow bound communities, where the sun can be quite blinding. Anyone wanting to donate, can contact me, drop them in at the TOMNET on Wednesday meeting each Wednesday afternoon, or simply drop them into the TOMNET Centre.



Something to ponder: Paradox of our time

The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep

profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes.

These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember to spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your

heart and it doesn't cost a cent.

Remember, to say, 'I love you' to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

And always remember, life is not measured by the number of breaths we take, **but by those moments that take our breath away.**

Source: Dr. Bob Moorehead



Catch up with mates, enjoy good times!

Each week, TOMNET Members gather together and share stories, catch up with a mate, tell yarns, make new friends and for some, help each other deal with life's issues. **Why not come along and join in - you are most welcome.**

Weekly Meetings for Members

TOMNET ON WEDNESDAYS

**Wednesdays at
Gold Park,
341 Hume St
1.00 p.m. until 3.00 p.m.**

Light Afternoon Tea provided.

ALL WELCOME
Gold Park from 1 p.m.

Thursday - Chew the Fat

**Thursdays at the
TOMNET Centre,
223 Hume St
9 a.m. to 11.30 a.m.**

Light Morning Tea provided.

ALL WELCOME
TOMNET Centre from 9 a.m.

Chess players

Come along and meet
other keen chess players
for a game.
Wednesday from 9 a.m.

Cards anyone ?

Monday 9 a.m. to noon -
"500" card game
Wednesday 9 a.m. to noon
- playing Euchre and "500"

A big thanks to supporters of TOMNET



at Northlands
Shopping Centre



**THE
TWISTED
LOAF**

cnr Spring St and
Ramsay St, Middle Ridge



West
Toowoomba
Bowls Club



Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

Helping you deal with life's issues

Men at Work

10.00 a.m. – 11.30 a.m. St Barts Church, Stenner St

Second Friday of each month

There is no cost to attend Men at Work

All discussions at our sessions are Confidential

The Men at Work group is set up to assist men to talk, listen, or simply being there in order to understand life experiences such as grief and loss, as well as the experiences of others. This will also provide an opportunity to share with others who may have similar issues.

So come along and *dip your toe* into a very meaningful approach to the support that we can give you, through TOMNET.

For more information please contact the TOMNET Centre on 4638 9080

Future Meetings:

Friday 9th February, 2018 and

Friday 9th March, 2018

Second Friday of each month

All discussions at our sessions are Confidential

Pioneers Room

A quiet and private space to relax after the ceremony and appreciate the value of reunion.



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Trevor - your link to valuable Services

Members have access to a host of resources compiled by Trevor at the TOMNET Centre. If you are looking for information regarding services available to help you at home and live an active and independent life, call, or visit the Centre to talk to Trevor.

"Services I can help you with include **form filling, taxi subsidy questions, community transport options, identification options after surrendering your Driver's licence**, to list a few", said Trevor.

"Let me know how we can help you gather the information you need to make informed decisions", he says.

Call Trevor on 4638 9080, Monday to Thursday, 8.30 a.m. to 4 p.m. and 8 a.m. to noon on Fridays.



Need help with Centrelink services ?

Some TOMNET Members have **difficulty accessing mainstream** Centrelink services. You may make an appointment to meet with a Centrelink representative **at the TOMNET Centre**. Take advantage of speaking personally and confidentially with a Department of Human Resources representative.

The next service date is **Monday, 19th February, 2018**
at the TOMNET Centre. **Time: 1 p.m. to 3 p.m.**

Please call the TOMNET Centre to book on **4638 9080**.
Appointments are mandatory.

Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs. One of the ways Lifeline helps strengthen the local community is by offering to pick up furniture for **FREE** as part of the "Donate It" service.
Call 1300 991 443
to arrange a pick up.
www.lifelinedarlingdowns.org.au

Need a JP ?

TOMNET has several qualified **Justices of the Peace** amongst our midst.

The Members details are below:

Alan Yorkston
Terry Pailthorpe

0408 750 416
4613 5227

Extra help to live an independent and active life ?

As we age, the day to day chores around the home, getting to appointments, driving, vacuuming, may seem to be get a little overwhelming or even just a touch to awkward to carry out.

The Australian Government's My Aged Care phone line and website may give you handy information and help you access aged care services to support you in your own home.

To get started you can simply call My Aged Care on 1800 200 422, have your Medicare card ready and the staff member will ask you a series of questions to help point you in the right direction. Your answers will help them understand your care needs.

Based on the information you give My Aged Care, you may be referred for:

- a home support assessment with a Regional Assessment Service (RAS) if you need low level support to stay independent in your home
- a comprehensive assessment with an Aged Care Assessment Service (ACAT) if you have more complex care needs.

For more information please call Trevor at The Older Mens Network (TOMNET) on 07 4638 9080, visit the TOMNET office at 223 Hume St, Toowoomba or view the My Aged Care website.



www.myagedcare.gov.au



Management Committee Report

January 2018

In order to setup a 2018 Strategic Plan, Committee Members opened discussion at this year's first meetings of the Wednesday, and Thursday groups. The aim was to find out what could be done that was new, what was being done that may need change, and what is working well and does not need change.

The response from the meetings was open and frank, and the Committee considered *all matters raised*. This column is one of the first outcomes of that.

Another concern was bus trips. Planning is forging ahead for two major trips this year with the option of smaller trips if demand warrants.

Members *suggested* for consideration, changes to Chew the Fat, the Christmas party, and seating outside the TOMNET Centre. These ideas are being addressed. The President gave

both meetings a summary of the Members finances, another outcome of your wishes.

General matters:

There was a vacancy (temporary), on the Committee and Greg Jones was appointed to the position. There is a spill of positions this October and you will be given notice of this in due course.

Most of our grant monies have been confirmed for at least the next 6 months.

Visits were made to Crows Nest and Oakey affiliate groups, and more visits are in the planning stage.

It was noted we received donations of money or food from supporters. it was thought we should acknowledge these more openly.

Next Management Meeting:
21st February 2018

Terry Pailthorpe (Secretary)

TOMNET CENTRE OPENING HOURS

Monday to Thursday 8.30 a.m. - 4 p.m.

Friday 8.30 a.m. - noon

Drop in for a coffee and chat with other TOMNET Members.

Emergency Contact Card

An Emergency Contact card is available for all TOMNET Members. Fill in the details below and a card will be made for you to place in your wallet in case of an emergency.

Your Name: _____

Address: _____

Emergency Contact Details:

Name: _____

Home Phone: _____

Mobile Number: _____

Additional Info: (e.g. Blood type, Health directive,
Heart issues)



Hand the details in at the TOMNET Centre and the card will be made and ready to pick up as quickly as possible.



Ted and Ken show off the different styles of TOMNET Member shirts. All shirt styles feature a pocket and embroidered TOMNET logo. The business shirt is available in long sleeve, and is charcoal colour with a silver stripe. Ken also models the TOMNET cap with embroidered logo.

Prices:

Polo Shirt - \$35 each

Business Shirt - \$45

Caps - \$15

Vest - \$35

**Call in to the TOMNET Centre to order your gear.
We have stock available right now in many sizes.**

Postal Address:
PO Box 7801
Toowoomba South Qld, 4350

Phone:
07 4638 9080

Fax:
07 4646 2489

E-Mail:
admin@tomnet.org.au

Website:
www.tomnet.org.au
www.oldermenhiddenhardships.com



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Do you know a mate who could be interested in The Older Mens Network?

We have a range of brochures to help you introduce your mate to TOMNET. Brochures contain relevant information about TOMNET, the challenge of retirement, what worries older men, and what to do about it.

TOMNET membership is open to men aged 50 years and older.

Come into the Centre to see our range, and do your bit to help a mate.



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

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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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