



**WEDNESDAY  
11TH DECEMBER 2019**

# **CHRISTMAS PARTY**

**12 noon start**

**All Seasons  
Function Venue  
302 North St,  
Toowoomba**

Members and their  
partners/carers are welcome

**\$20.00 per person**

(Sorry, NO refunds after 5th December)

Please RSVP and pay for your  
seat/s before

Thursday 5th December by  
contacting

the TOMNET Centre

07 4638 9080 or

admin@tomnet.org.au

Proudly organised by your  
Management Committee.



# TOMNET Life Members 2019

Life Memberships are presented to TOMNET Members dedicated to fulfilling the mission of *oldermen supporting older men*.



Bob Jarvis and TOMNET Secretary Greg Sellars

## Bob Jarvis

Joined TOMNET 2012

Dedicated Wednesday meeting Volunteer

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## Ken Dale

Joined TOMNET 2013

Aged Care visiting Volunteer

Promotional Support at Expos

Volunteer at Weekly meetings

Barbecue Team



Ken Dale and Greg Sellars

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## Kev Flemming

Joined TOMNET 2010

Aged Care visiting Volunteer



Kev Flemming

# TOMNET Life Members 2019

## Allan Jones



Allan Jones and Greg Sellars

Joined TOMNET 2014

Flexi School cooking

Promotional Support at Expos

Newsletter Folding team

Barbecue Team

Management Committee

- 2016 to Current

- Treasurer

## Terry Martin

Joined TOMNET 2011

Passionate Member of the TOMNET Minstrals, regularly performing at Aged Care Facilities.



Terry Martin and Greg Sellars

## Nev Naumann (posthumously)

TOMNET Member 2014 - 2019

Aged Care visiting Volunteer

Helped setup Aged Care visiting at Infinite Care, Mt Lofty

Thursday meeting setup



Lyn Naumann and Greg Sellars

## Thinking about retirement differently, no matter your age.

**T**OMNET offers a new program for all men that explores the challenges of retirement and growing older. We discuss ways to get involved with activities that benefit both you, and the community. We talk about retirement differently.

Our program is a great way to help you develop resilience against the effects of loneliness, create a plan to positively age, and manage the ups and downs of retirement.

The program includes up to twelve face to face or telephone sessions. We provide you with practical tools and materials to plan a positive and meaningful retirement, help manage anxiety and depression, and to help link you with community and health services.

### Topics we discuss include:

- 1. Retirement** – your experience or expectations, and practical ways to help make your retirement phase a positive experience.
- 2. Anxiety and Depression** – with 9 out of 10 men experiencing these issues, we talk about how you identify the symptoms, and offer some coping strategies other men use to manage it.
- 3. Linking to other support services** – helping you identify and access support that might be available in your community.

Invest a few hours to think about retirement in a different way, connect to fellow men in the community, and live your retirement to the full. All sessions are free, confidential, and tailored to your needs.

**Contact Anthony or Louise at TOMNET to discuss the program in-depth.  
Ph: 4638 9080.**

## Where are the TOMNET Minstral's playing ?

November/December		
Monday	18/11/2019	BUPA
Monday	02/12/2019	Brodrigg

**The TOMNET Minstral's entertain residents with singing in Nursing Homes on a weekly basis. If you are interested in helping out and can donate time on a regular basis please call Perry - 0409 074 632**



The Minstral's entertaining the public at Laurel Bank Park during the 2019 Toowoomba Carnival of Flowers.



## Toowoomba Friendly Chess

*Anyone interested in playing friendly games of Chess?*

We are not a club, we are just people who get together at the Library for friendly games. Whatever your skill or age, join us when you can. Children are welcome, but must be accompanied by a responsible adult.

Join us on Fridays 9.30 a.m. to 12.30 p.m. at Toowoomba Library.  
See Stephen at the library with any questions.

# RETIRED FARMERS

## at the TOMNET CENTRE

# JOIN

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

## TOMNET Centre Opening Hours

Monday to Thursday

8.30 a.m. - 4.00 p.m.

phone: (07) 4638 9080 | email: admin@tomnet.org.au

## 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"

## Know your Management Committee

<b>President</b> Stan Carroll	<b>Vice President</b> Alan Yorkston	<b>Treasurer</b> Alan Jones
<b>Secretary</b> Greg Sellars	John Miners	Rob Burey
Darryl Brunton	Greg Jones	Jim Aulbury

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

**Have you checked out our online Events calendar?** Our Events Calendar lists activities, meetings, and Volunteering opportunities that occur on a regular basis. Access the calendar here: [www.tomnet.org.au/events](http://www.tomnet.org.au/events)

## October Management Meeting Items

**T**he October meeting was a relatively long meeting but the committee members had a lot to discuss. Ross Lange was welcomed to his first meeting as a casual member of the committee.

The Committee thanked Louise, our General Manager, for her successful application to the Department of Communities Age-Friendly Grant for \$64 830 for TOMNET's Home Visiting Program. TOMNET was advised very recently and the funding allows for the employing someone for 4 days a week for the next 12 months and \$2000 for publicity. Alternative funding will be needed after the 12 months if the program is to continue in this form.

The committee would like to thank the following people;

- Perry Goebel for organising the **NASA Museum trip** and Darryl Brunton for driving.
- Jim Aulbury for organising the **Toowoomba Bypass trip**.
- Anthony Hegarty for co-presenting with Dr Debbie Mulligan at the Queensland State Community Conference. He will be explaining TOMNET's goals and successes. The presentation is titled '**TOMNET: Saving the lives of older men**'.

Some of the more interesting motions carried this meeting were;

- A letter is to be written to Anthony Hegarty for successfully completing a Certificate IV in Mental Health. A Certificate IV requires a lot of work and Anthony completed the certificate in his own time. Thanks to Anthony for his commitment to the Members of TOMNET and the general community.
- The Chronicle has decided to make TOMNET their charity for the 2019 Chronicle Awards. TOMNET is to be the beneficiary of the proceeds for the only raffle. The committee decided to fund 3 gift vouches to the value of \$1200. It is anticipated the raffle will raise \$4000.
- The TOMNET Office will be closed from Friday 20 December 2019 and reopens on Wednesday 6 January 2020.

**Greg Sellars**  
TOMNET Secretary

# 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:**

<b>Alan Yorkston</b>	<b>0408 750 416</b>
<b>John Page</b>	<b>0427077858</b>
<b>East Creek</b>	<b>4639 2755</b>



**TOMNET ID - C10157846**

The Older Mens Network 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. Contact Anthony (4638 9080) to find out how.

## The Pavilion

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



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

# A big thanks to supporters of TOMNET



at Northlands Shopping Centre



cnr Spring St and Ramsay St, Middle Ridge



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



## Visiting teams schedule

TOMNET Volunteers visit these Aged Care facilities in Nov/Dec 2019.

**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.**

Symes Thorpe	Friday 15th November	10.00 a.m.
Infin8care	Tuesday 26th November	10.00 a.m.
BUPA	Wednesday 27th November	10.00 a.m.
Brodribb Home	Friday 29th November	9.30 a.m.
Yukana	Monday 25th November	2.30 p.m.
Lourdes Home	Thursday 28th November	11.00 a.m.
Salem	Tuesday 3rd December	9.30 a.m. - 11.00 a.m.
Westhaven	Thursday 5th December	1.30 p.m. - 2.30 p.m.

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

## Joint Presentation at Empire Theatre

The Qld Community Development Conference was held at the Empire Theatre on 23rd - 25th October through which community practitioners and community members come together for professional development, and support each other to bring positive change within their community.

Dr Debbie Mulligan and Anthony Hegarty presented to the conference on the topic, **TOMNET: saving the lives of older men**. Debbie presented her research project based on TOMNET and the Mens Shed, the contributive needs of older men, and the results from the surveys. Anthony talked about the importance of meaning and purpose in retirement, how TOMNET supports older men in retirement, and an overview of the activities suitable for retirees to 'get involved', including Volunteering. The conference was a fantastic opportunity for TOMNET to be showcased on a state wide platform.



# Melbourne Cup Luncheon

A great day was enjoyed by Members and guests at the City Golf Club for the Melbourne Cup luncheon. Thirty-three people enjoyed the atmosphere, lunch and entertainment provided by the City Golf Club before and after the big race.

The Golf Club organised the sweeps, and we watched the race on numerous televisions around the room.

Here are some photos taken on the day of the happy Members and guests.



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)

Major funding provided by:



Queensland  
Government



Clive  
**BERGHOFER**  
GROUP

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

[www.tomnet.org.au](http://www.tomnet.org.au)