

## Lunch with Your Mates in 2020

### Get together with other TOMNET Members for lunch

ONCE a month | 3rd Friday of each month

Different eateries each month

Small groups - 10 maximum

TOMNET Members only | At own cost

**Friday 21st February**  
**City Golf Club | noon to 2.00 p.m.**  
**RSVP Friday 14th February**

**Bookings are essential** - Call Stan, Anthony  
or Louise to book, or for  
for more information - 4638 9080.



## Know your Management Committee

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

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

## January Management Meeting Items

The January meeting was a 3 hour meeting instead of the usual 2 hour meeting. The meeting included the usual activities including;

- Welcoming **Keith Berry** as a Member of TOMNET.
- Welcoming **Juanita Lynam** as a new member of staff. She is presently employed part – time on a 12(twelve) month contract to deliver the new Community Home Visiting Program. More on this later in this report.
- Thanking Jim Aulbury, Alan Jones, Greg Jones, Ross Lange and Greg Sellars for delivering a barbecue for 150 new staff at Rural Health. The staff at Rural Health is very complimentary about TOMNET's Barbecue Service.
- Thanking Rob Burey, Ken Dale, Ross Lange, Greg Sellars, and Greg Jones for preparing barbecues at the Wednesday and Thursday groups.

I speak for the committee in thanking our General Manager, Louise Adcock, for all the work she does behind the scenes. It is not possible to list all the things she does to run TOMNET so efficiently. Some examples from the January meeting are listed below.

Preparing a detailed Agenda that includes:

- Organising the Inwards and Outwards Correspondence, and the Financial Report.
- Consulting with Juanita Lynam regarding the new Community Home Visiting Program. The new program is designed to re-engage men back into the community, rather than long term visits with men. Juanita will communicate the details to Members at a later date.
- Consulting with Anthony Hegarty about re-invigorating the Telephone Support Program. Anthony will communicate the details to Members at a later date.
- Prepared and submitted the following reports to appropriate agencies since our November meeting;
  - **Department of Communities** – Human Services Quality Framework Self Audit – Submitted 19 December 2019
  - **Annual Return** for Office of Fair Trading (Incorporation requirement).
  - **Charities and Not for Profit Commission Annual Report**
  - **Department of Communities Quarterly Report** and Directors Certification
  - **PHN Quarterly Report.**
- Prepared a booklet for planning member events and activities for 2020. Regular bus trips and barbecues were planned, including some new activities were presented. New activities will be published when all arrangements have been finalised. Thanks to Louise for researching these exciting new offerings.

The January meeting was very busy, but I think I can speak for all the committee that it was very productive. I hope TOMNET Members get involved for a great 2020.

**Greg Sellars**

**TOMNET Secretary**

# Barbecues, Sausages, and Mates



Allan, Greg, Jim, Ross, and Greg (taking photo)

Members served a barbecue for 150 staff and students at **UQ Rural Health Clinic** in January. The guys have been asked back for two further barbecues in March and May. Well done guys.

Members cooked at a barbecue for the opening on the **Steve Jones Community Centre** in Withcott. The Mens Shed will incorporate a TOMNET section to further support men in the Lockyer region.



Ray, Stan, Greg, and Lindsay

## Future Barbecue Dates

| March 2020  |            |                 |
|---|------------|-----------------|
| Wednesday   | 11/03/2020 | UQ Rural Health |
| Tuesday   | 17/03/2020 | Harmony Day     |
| April 2020  |            |                 |
| Easter Monday   | 13/04/2020 | Bunnings North  |
| Thursday  | 23/04/2020 | Bunnings North  |
| <b>Volunteers needed for these barbecues.</b><br><b>Contact Anthony to get involved - 4638 9080</b> |            |                 |





## Anyone need a plumber ?

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit, and his ancient one ton truck refused to start.

While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked up the front walk, he paused briefly at a small tree, touching the tips of the branches with both hands.

When opening the door he underwent an amazing transformation.. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car.

We passed the tree and my curiosity got

the better of me. I asked him about what I had seen him do earlier.

'Oh, that's my trouble tree,' he replied 'I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home.



Then in the morning I pick them up again.' 'Funny thing is,' he smiled, 'when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before.

Life may not be the party we hoped for, but while we are here we might as well dance.

**We all need a Tree!**  
**Author Unknown**

## Daily Gratitude and Time travel

We've already got the most advanced and finest time machine - our minds. With it, we **travel back to the past** to revisit our cherished memories, our "firsts"; and to the future, planning ahead in anticipation of what happens, building our wishes and dreams.

Yet sometimes, this time machine can take a life of its own. It compels us to re-experience past traumas, failures, and loss. We worry and ruminate about the next day, next year, taking the wrong step, and suffering catastrophic consequences we can't bear.

What then happens to the present? We are often so caught up travelling back and forth in time, reliving and correcting and preparing, these alternate timelines consume us. We neglect the present, and the beauty of the moment.

**Savour the present moment this week starting with Daily Gratitude.**

**"Enjoy the little things in life. One day you'll look back and realise they were the big things" - Kurt Vonnegut.**



**Prizes**

# St. Patrick's Day 500 Cards Competition

**Where:** The TOMNET Centre  
223 Hume St  
Toowoomba

**When:** Monday 16<sup>th</sup> March  
9am - 12pm

**Cost:** \$2 per player

**Registration:** Contact TOMNET  
office to register and book a seat  
Ph (07) 4638 9080

**Best Hat Contest**

**Doors Open  
8:30am**

Want to learn to  
play 500 ...  
Join the Beginner's  
Table

**TOMNET**  
The Older Members Network  
Encouraging Older Folks

## Where are the TOMNET Minstral's playing ?

| February/March 2020                |            |            |
|------------------------------------|------------|------------|
| Monday                             | 17/02/2020 | Brodrigg   |
| Monday                             | 02/03/2020 | Infin8care |
| Monday                             | 16/03/2020 | Salem      |
| <b>Singing starts at 9.30 a.m.</b> |            |            |

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 9 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](mailto: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"



## Juanita joins the TOMNET team

**G**reetings!

My name is Juanita Lynam, and I am TOMNET's new part-time Community Home Visiting Program Coordinator.

In 2019, TOMNET was successful in receiving a 12 month funding grant through the 2019-2020 Advancing Queensland: an age-friendly community grants program that support seniors through an innovative age-friendly approach.

The grant will fund a TOMNET Community Home Visiting Program that aims to help older men increase their social participation. The program will involve TOMNET and community volunteers visiting older men in their homes to provide them with information and support to help them access enjoyable and affordable activities in the community.

Thank you to TOMNET for the opportunity to assist you in supporting older men to create and live meaningful and productive lives. I hope to use my training and work in the community sector for over 20 years to help increase older men's connection to the community and improve their wellbeing.



*Juanita explains the Home Visiting program to TOMNET Member Perry Goebel.*

I will keep you updated with information about the Community Home Visiting Program in future newsletters, and how you may support the program.

I look forward to meeting you and hearing your ideas for creating a successful Community

Home Visiting Program.

**Juanita Lynam**  
Community Home Visiting  
Program Coordinator

### 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 free and open to men aged 50 years and older.

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



## 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  
 John Page  
 East Creek

0408 750 416  
 0427077858  
 4639 2755



**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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[www.burstows.com.au](http://www.burstows.com.au)

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[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 February 2020.

**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 21st February    | 10.00 a.m.             |
| Infin8care    | Tuesday 25th February   | 10.00 a.m.             |
| BUPA          | Wednesday 26th February | 10.00 a.m.             |
| Brodribb Home | Friday 28th February    | 9.30 a.m.              |
| Yukana        | Monday 24th February    | 2.30 p.m.              |
| Lourdes Home  | Thursday 27th February  | 11.00 a.m.             |
| Salem         | Tuesday 3rd March       | 9.30 a.m. - 11.00 a.m. |

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

## 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.**

## Next Time you Have a Discussion with Someone...

**D**o you ever interrupt people, or rather than listening to them, think more about your own opinions and stories while they are talking?

If like all of us, you're an imperfect human being, the answer is presumably yes. To relate well with people, yes, it's important that we self-disclose and share a part of ourselves with them – these narratives can help us find common ground and **bring two people closer together**.

While sharing of ourselves can be fine in some contexts, telling another person too much of our narrative can quickly make a discussion seem very **one-sided, needy and unenjoyable for another**.

If we hope to connect well with our fellow human beings, we must decide upon one overriding purpose for all of our future conversations.

If our goal is to build disengaged connections with people, we need only talk about ourselves, our feelings, opinions and past experiences. **If we want to tire people, we need only talk of ourselves.**

If our goal, however, is to build strong, healthy and connected relationships, we must prioritise protecting and maintaining connection and trust before all other things. Maintaining connection and trust looks like us listening to people to hear and understand them.

One ironic thing that can happen in our desire to connect with people is that we sometimes **detach ourselves from the present moment**. When we lose this presence in the moment, we destroy our ability to remain engaged and connected with another person.

The moment we focus more on what we want or what we're thinking about, than on what another person is telling us, we kill the connection with them and consequentially the trust.

Next time you have a discussion with someone and you catch yourself thinking ahead of them, **take a minute to stop your thinking** and redirect your focus back onto what **they're saying** once again.

Don't think about how you can subjectively identify with what they are telling you, or hunt in your memory banks for a suitable story of your own to interrupt with – just listen to them instead.

Listening to people genuinely is a fulfilling experience, for both you and the other person.

**Sometimes it's good to listen more than we speak.**

Q) What might the people who know you most say your strengths and weaknesses are when interacting with people conversationally?

**Kain Ramsay – Principles into Practise**

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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