

Toowoomba Fresh supports Flexischool

Toowoomba Fresh green grocer supplies fruit and vegetables twice a week for students of the Flexischool. Flexischool Volunteer and TOMNET Member Allan Jones says, *“The food is always fresh and allows us to cook dishes that the students will eat, which in turns helps them concentrate.”*

If you are in Grand Central, please go and support this local business helping disadvantaged youth in our community.

Interested in learning how to play lawn bowls?

We are keen to get a group of interested TOMNET Members to learn how to play Lawn Bowls together.

Contact the TOMNET Centre and put your name on the list, and we will update you if there is enough interest.



Level 2, Grand Central Shopping Centre | 07 4572 3854

For more information visit
www.toowoombafresh.com.au



Allan Jones lays wreath for ANZAC Day

Mystery Social Trip - Local Destination

Wednesday 7th September.

Partners Welcome —\$10/head.

Register your interest, and we will let you know more details closer to the date!

what's on

MONTHLY MEETINGS

WEDNESDAY 10th AUGUST 2022
WEDNESDAY 14th SEPTEMBER 2022

10am - 12.00 noon, followed by a BBQ lunch

\$2 entry & RAFFLES - GUEST SPEAKER
ALL MEMBERS WELCOME

South Toowoomba Baptist Church,
279 Geddes St

WEEKLY MEETINGS

MONDAY, TUESDAY, and THURSDAY
9.30 a.m. to 11.30 a.m. | TOMNET Centre

LUKE'S WORKSHOP

SATURDAY 20th AUGUST | 9.00 a.m.
TOPIC: Mateship | TOMNET Centre

LUNCH WITH MATES

FRIDAY 19th AUGUST | CAFE 63
FRIDAY 16th SEPT. | GOWRIE RD HOTEL

Contact the TOMNET Centre to book
these events - 07 4638 9080.

MANAGEMENT COMMITTEE NOMINATIONS INVITED

This year, TOMNET Members can nominate for election to the TOMNET Management Committee. There are **two Executive Positions, President and Secretary (four-year terms), and seven General Committee member positions (two-year terms)**. In addition to new nominations, current Executive and Committee Members are eligible for re-election.

Our Management Committee coordinate events and activities and manages the organisation's responsibilities. Meetings are held on the third Wednesday of every month. All Committee Members are obliged to act in the association's best interests.

If you feel you have the appropriate skills and experience to contribute to the future of TOMNET, we encourage you to nominate for a position.

A candidate must be a TOMNET Member and must also be nominated by a fellow TOMNET Member. Those wishing to nominate for Secretary must be a resident of Queensland or live within 65km of the Queensland border.

Nominations open on **Monday 8th August and close on Thursday 1st September 2022**. Nomination forms are available at the office.

Should more nominations be received than positions, all Members will receive a postal ballot by late September. Candidates successfully elected will be announced at the Annual General Meeting on **Wednesday 12th October**.

If you wish to know more about the role, contact Stan Carroll or Louise at the office
on 07 4639 9080

Volunteers visiting men in Aged Care

TOMNET Volunteers visit these Aged Care facilities in 2022.

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

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

Infin8care	Looking for Volunteers	
Brodrigg Home	Friday 26th August	9.30 a.m.
Yukana	Monday 22nd August	2.30 p.m.
OzCare	Wednesday 25th August	2.30 p.m.
Glenvale Villas	Thursday 11th August	2.00 p.m.
Lourdes Home	Monday 25th August	11.30 a.m.
BUPA	On hold until further notice	

10 EASY AND FUN BRAIN BOOSTERS

If you are struggling with brain health issues, such as lack of focus, low moods, anxiousness, or memory problems, you may be relieved to learn that you are not stuck with the brain you have.

Below are simple, brain-boosting activities that build neuroplasticity as well as bring enjoyment, fun, and meaningful social connections!

This article is the final instalment from the previous newsletter.

6. Play a musical instrument.

Learning to play a musical instrument improves your memory, as well as activates both hemispheres and multiple brain regions, which delivers a host of brain benefits at any age. A study examining people ages 60 and 85 who received piano lessons for 6 months “showed more robust gains in memory, verbal fluency, the speed at which they processed information, planning ability, and other cognitive functions” than the control group. Research shows that even listening to music is good for the brain and mood!

7. Start a new hobby.

Find a hobby you’ve always wanted to develop, and jump in. If you need structure and guidance, most communities offer classes in a number of activities such as cooking, baking, painting, photography, knitting, and many others. Learning something new causes the brain to build connections between neurons, replacing some of those we lose over time. Research indicates that hobbies and leisure activities are great stress relievers, too. Anything that reduces stress is good for the brain.

8. Meditate.

Meditation is a powerful and simple brain booster you can do at any time of the day. Even a few minutes of simple breathing meditation can calm and

relax the body. One study found that just ten minutes of meditation improves focus, making it helpful to those with ADHD. That may be because meditation increases greater blood flow, according to studies, which boosts brain function. If you make meditation a regular habit, even better. Researchers have found that **years of meditation** can actually **change** the structure and function of the brain!

9. Take a new route.

Get out of your daily commute routine and take a new route. Or switch up your mode of transport by carpooling, riding your bike, or hopping on public transport. (Take the train and let your mind drift as you look out the window.) Finding new routes activates the hippocampus and other areas of the brain believed to store spatial memory, according to research. When you take a different route, you’ll see new things and you may have to problem solve or be creative. This will make new connections in your brain. Research shows that seeking newness also makes us feel good as it releases dopamine, the feel-good hormone.

10. Play a game of chess.

There’s a very well-known and studied relationship between chess playing and improved memory function, but there are multiple benefits. In a study that appeared in *Cognitive Brain Research*, researchers performed MRI scans on chess players. They revealed activity in both the left and right hemispheres of

Brain Boosters continued...

the frontal, parietal, and occipital lobes of the brain. This indicated that a single game of chess can stimulate planning, follow-through, attention, impulse control, direction sense, and visual-spatial ability. That's a lot of brainpower payoff for simply playing a game of chess.

Engaging in any of these activities that boost neuroplasticity in your brain ultimately makes your brain more resilient. When combined with a

foundation of a brain-healthy diet, restorative sleep, and exercise, you can make great strides in improving your brain health, moods, focus, and cognitive function!

<https://www.amenclinics.com/blog/10-ridiculously-simple-ways-to-boost-your-brain/>

TOMNET ANNUAL GENERAL MEETING

All TOMNET Members are hereby advised our **Annual General Meeting** will be held on **Wednesday 12th October 2022** at the South Toowoomba Baptist Church at 10.00am. It will be followed by a free BBQ at noon.

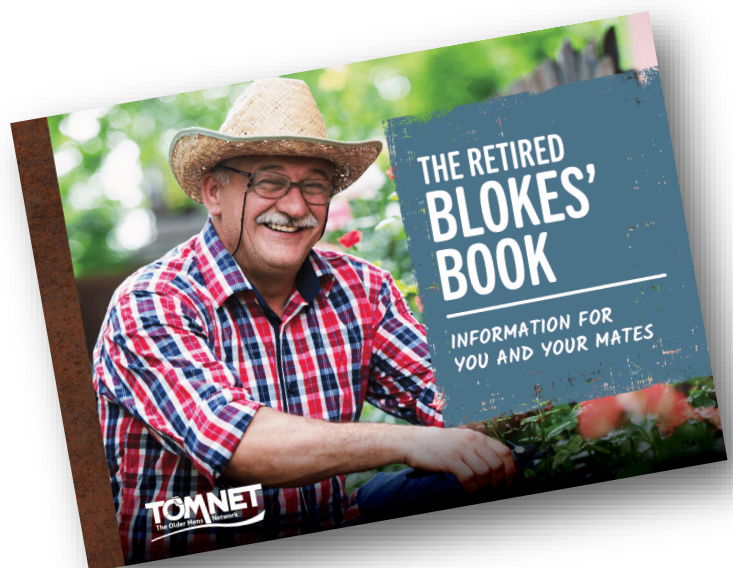
All members are invited to attend.

Tell us where you have seen the Retired Blokes Book around Toowoomba...

Where can YOU hand it out?

Anywhere that men visit. Places such as Chemists, Doctors surgery, Dentists, your Specialist, your local gym or physiotherapist.

You could also give a copy to your mates, or to someone you know that might be seeking information about local services or retirement.



We have delivered nearly 2500 copies throughout the Darling Downs, help us give out the next 2500.

Health Check: how to start exercising if you're out of shape

Perhaps your GP has recommended you exercise more, or you've had a recent health scare. Maybe your family's been nagging you to get off the couch or you've decided yourself that it's time to lose some weight.

How do you find the motivation, time and resources to get fit, particularly if you haven't exercised in a while? How do you choose the best type of exercise? And do you need a health check before you start?

Overcoming barriers to exercise

Understanding the effect a sedentary lifestyle has on your health often hits home only after a serious event such as hearing bad news from your doctor. For some people, that's often enough motivation to get started.

Surviving a serious illness as a result of an inactive lifestyle, such as a heart attack or stroke, can also be frightening enough to provide a great deal of motivation.

So, if you have not exercised for several years or haven't exercised before, it's a good idea to get a health check with your GP before starting.

Then you need to keep motivated enough to stick with your exercise program. You can track your training or fitness level and set some achievable goals to keep going.

Lack of time

Finding the time and effort to fit exercise into your daily routine is challenging. We know being "time poor" is a common reason for not exercising. And many people such as office workers, vehicle or machine operators have low activity levels at work and don't feel like exercising after a long day.

One way to get around these barriers might be to attend a group exercise session or join a sports club. If you find exercise boring, you

can encourage a friend to join you or join an exercise group to make it enjoyable. If you played sport in your youth, that might provide an option.

Having a friend to exercise with or team mates to support you gives a sense of commitment so that you have to be there and will be challenged if you fail to show up.

Resources

You don't need to join a gym with a lot of fancy equipment to get fit. There are many YouTube videos of safe routines that you can follow and adjust as you get fitter.

Many exercises – including squats, push ups and sit ups – don't need special equipment. And rather than improving muscle strength with weights at the gym, you can fill milk bottles with water instead.

Yes, you'll huff and puff. But it gets easier.

You might be thinking about starting aerobic exercise like the cardio workout above, or walking, jogging, swimming or cycling. All need oxygen to provide energy over several minutes or longer.

When we perform aerobic exercise, our heart rate increases along with our breathing rate and depth. This is because this type of exercise requires oxygen to provide energy to keep going.

When we are not used to this type of exercise our body is inefficient at using the oxygen we breathe to generate energy for our skeletal muscles. That's why when we start an exercise program we huff and puff more, get tired quickly and may not finish the exercise.

But if we keep exercising regularly, our bodies become more efficient at using oxygen and we become better at generating

enough energy for our muscles to work.

Over weeks of regular exercise, the number and efficiency of our body's mini-powerhouses – mitochondria – increase in each cell. This increases the energy they can supply to the muscles, exercising becomes easier and we recover faster from each session.

That's why it's important to continue and repeat exercise sessions, even after a shaky start or a few set-backs. Yes, it can be a big challenge, but aerobic exercise gets easier over time as the body gets used to providing the energy it needs.

In a nutshell

Once you've decided to start exercising, and had a medical check if needed, start slowly and build your exercise routine up over

weeks and months. Make it interesting and enjoyable, perhaps by working out with a friend or group. Set some achievable goals, try to stick to them and don't give up if you have a set back.

Weight loss and getting fit requires different approaches for different people so find what works for you and make it part of your lifestyle. Increase the intensity and frequency of your exercise gradually from a minimal three times a week for 20 minutes to longer, more intense sessions more often.

This article is republished from The Conversation under a Creative Commons license. Read the original article -

<https://theconversation.com/health-check-how-to-start-exercising-if-youre-out-of-shape-114437>

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.

TOMNET Management Committee

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

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

Pioneers Room

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





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

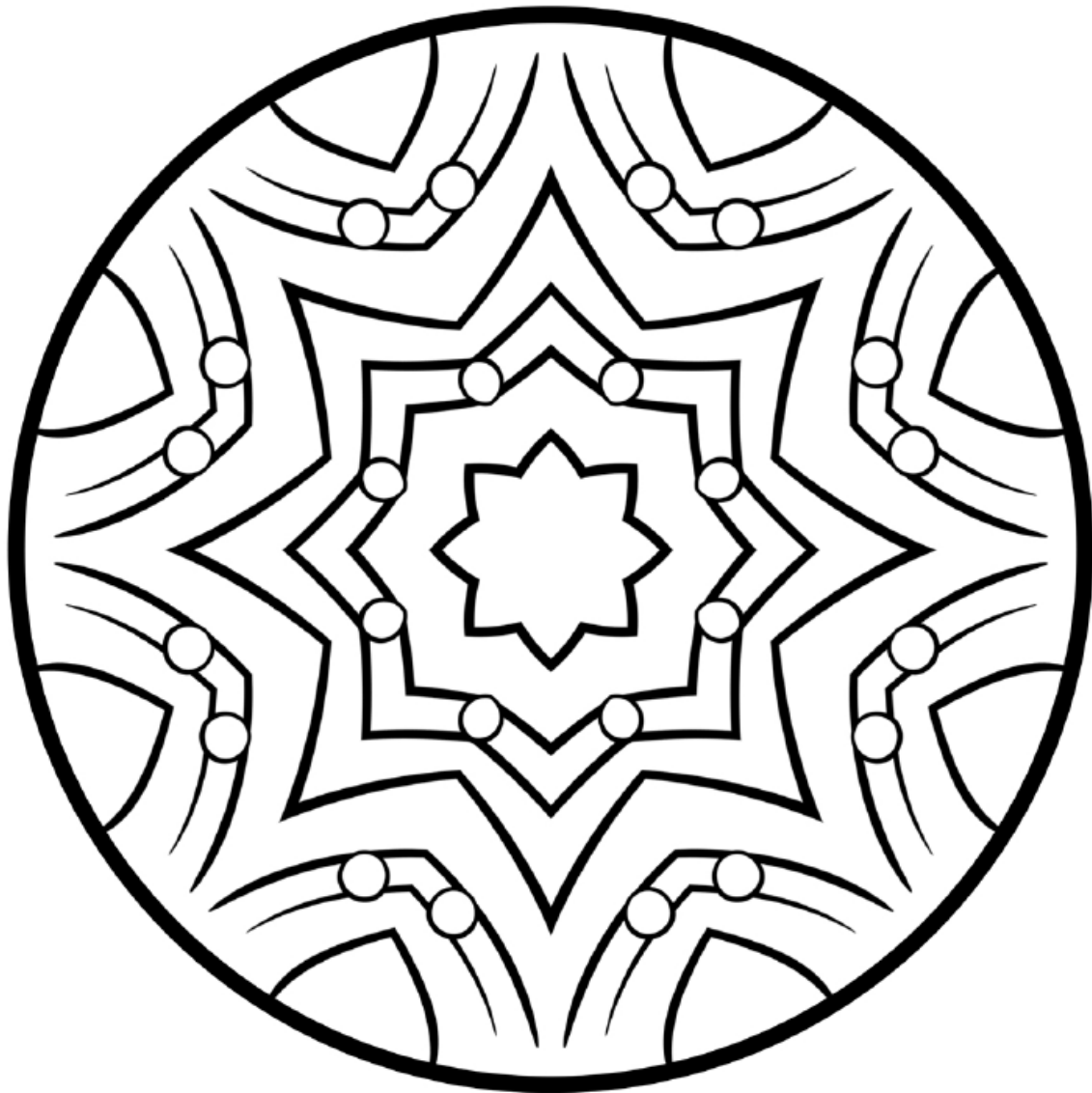
Have you heard of mandalas? Give it a go...

Mandalas bring along a feeling of relaxation

Designing and colouring mandalas can help you focus your attention. That's why they're a great exercise for **calming down** when you're stressed and **waking up your mind**.

Here are some benefits of mandalas:

- A great stress reliever
- They bring peace and tranquility.
- Looking at them will give you a feeling of calmness.
- They help with concentration.
- They make it easier to be mindful.
- They can reduce anxiety, but also refresh your brain.



Mandalas are also a kind of meditation that can help you focus your attention.

So why don't you give one a try? Let me know how you go.

Anthony (TOMNET)

Postal Address:
PO Box 7801
Toowoomba South Qld, 4350

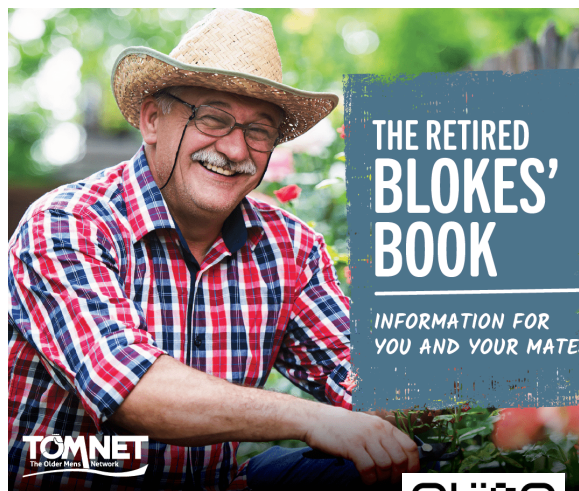
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The Retired Blokes' Book

The Retired Bloke's Book is a directory of services, contacts, support groups, and current information from services in your community.

This book is a free resource to help you plan for a meaningful retirement and make it one of the best chapters in your life.

Call TOMNET for your copy
074638 9080
www.tomnet.org.au



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the QRCode.



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