

The TOMNET Newsletter will now be published bi-monthly and posted to Members. The newsletter will cover two months worth of events, future dates, and relevant information for men.

## 20TH ANNIVERSARY LUNCHEON

22nd September 2021

Noel Hannant, founder of TOMNET commented back in 2005, "The great and growing need existing in our communities for TOMNET's unique services, and that our emphasis on 'older men supporting older men' is the right recipe." As TOMNET celebrates its 20th year, these words continue to be relevant for men in our community.

Whilst many new services have started in our community, the need for men to meet and talk in a safe environment cannot be replaced. TOMNET provides the opportunity for men to enjoy fellowship, the chance to have a yarn with mates, and make new ones.

Celebrating our 20th Anniversary with a luncheon at the Middle Ridge Golf Club on 22nd September is an opportunity to reflect on the tremendous efforts of Members and Staff, both past and present.

The TOMNET organisation in 2021 continues to support older men in the community whilst providing opportunities for social interaction and inclusion.



### Marcus Mission Workshops

Workshops designed to offer support to build the skills, knowledge, and connections of men, as well as their families, friends, and communities. **Contact TOMNET to learn more.**

### Workshop Dates

7th October 2021  
4th November 2021

### Luke's Workshops

Facilitated workshops by Luke, covering a variety of topics relevant to retired men. **Contact TOMNET to learn more.**

### Workshop Dates

9th October 2021  
20th November 2021

**Phone:** 07 4638 9080



# **TOMNET MONTHLY MEETINGS**

**WEDNESDAY  
8th SEPTEMBER 2021**

**WEDNESDAY  
13th OCTOBER 2021**

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

---

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

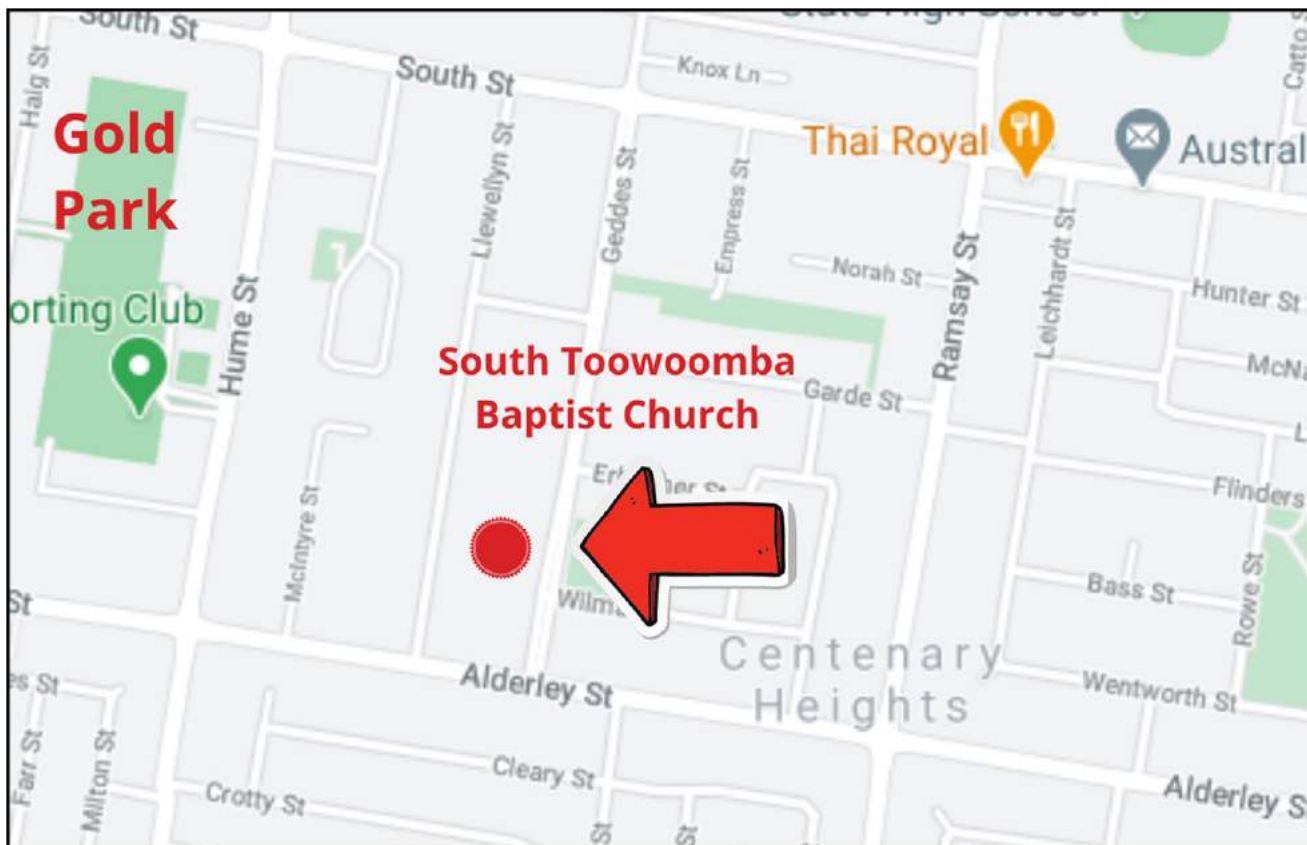
---

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

**ALL MEMBERS WELCOME**

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

## Location of monthly meeting



## Volunteer Visiting Teams

Visiting and meeting other older men is a worthwhile opportunity that provides friendship and conversation for men living in aged care facilities or retirement villages. Consider donating two hours of your time each month; your visit will be appreciated.

**TOMNET Volunteers visit these organisations in 2021.**

Glenvale Villas	2nd Thursday of each month	2.00 p.m.
BUPA	4th Wednesday of each month	10.00 a.m.
Brodribb Home	3rd Friday of each month	9.30 a.m.
Yukana	Last Monday of each month	2.30 p.m.
Lourdes Home	4th Thursday of each month	11.30 a.m.



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

# DATES

**Friday, 17th September 2021**  
**12 noon | Gowrie Road**  
**Bridge St, Toowoomba**

**Friday, 15th October 2021**  
**12 noon | Downs Hotel**  
**Brisbane St, Toowoomba**

For a full list of venues, or to join this program call 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.



TOOWOOMBA OAKEY DALBY WARWICK GATTON

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

**BURSTOWS**  
Funeral Care  
Since 1900



## TOMNET Management Committee

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

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

## Older Persons Mental Health Workshop

---

Do you want to learn the skills and gain the confidence to provide mental health first aid to individuals with mental illness?

The 12-hour **Older Person Mental Health First Aid** course is for **any interested adult**, particularly those who work with, live with or care for older people, including families and carers.

You will learn how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, **using a practical, evidence based action plan.**

**Dates:** Wednesday 29th September and Wednesday 6th October 2021

**Location:** TOMNET Centre

**Duration:** 6 hours each session

**More details:**

Contact Anthony at TOMNET - 07 4638 9080



## Senior's Expo 2021

---

**National Seniors Australia Garden City Toowoomba Branch** is hosting a Seniors Expo at the Clive Berghofer Recreation Centre opposite USQ. This is a great opportunity for retirees, those approaching retirement and in fact all ages to ask questions of and collect information from a wide variety of exhibitors.

TOMNET will be hosting a stall at the Expo to showcase our Retirement Book, and talking with men about the benefits of having mates in retirement.

**Date:** Thursday, 21st October, 2021

**Location:** Clive Berghofer Recreation Centre,  
Baker St, opposite USQ

**Time:** 10.00 a.m.

# I feel sick every time I watch or hear the news. Is this normal and what should I do?

Indeed, daily updates with statistics and graphs of coronavirus cases and deaths is very anxiety provoking.

It can be distressing to see images of sick people in hospital, health professionals wearing personal protective gear, coffins and photos of people who've lost their lives

It is confronting to see lines of people at testing clinics, Centrelink or hoards of people panic buying. Seeing all this can make us cry, worry, get angry or frustrated, feel shocked, hopeless or helpless.

These emotions are understandable and natural responses. However, if you're finding that it's taking you a long time to bounce back after media exposure, you can take active steps to change the way you consume the news.

For example, rather than constantly checking, you can put limits on how much you read/watch so that you get the information you need.

You can choose which articles to read now, or later. You can also choose to read or watch the news at certain times of the day, for example when you feel you can cope better so you can get on with the rest of your day.

Or, you might decide not to read or watch at night if that will help you unwind and get to sleep better. You can also limit how much time you spend scrolling your news feed on social media.

I'm feeling anxious about all the new COVID-19 restrictions and rules. How can I manage this?

We are all facing a lot of change and uncertainty at the moment. Many people are feeling overwhelmed when everyday, new announcements are made by government and health officials about where we can or can't go, what we can or can't do, who we can and can't

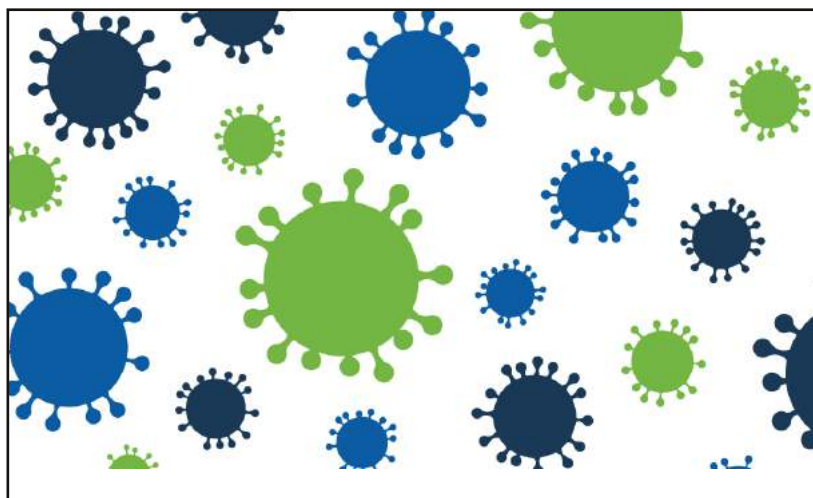
see, the criteria for who should be tested for coronavirus, what services are still open or closed, the economic relief efforts and more.

Stay informed as best you can from reliable sources. Give yourself the time and space to take in all the new information, and

work out how this will affect your life. The reality is that day to day life is looking very different for us all. With this "new normal" comes a process of adjustment. It can be hard to accept change, especially when it wasn't of our choosing.

While a lot of things are outside of our control, we can choose to focus on what is in our control. Consider the steps you and your household can take to better adjust to, and cope during this time of transition. There may be ways of preserving some resemblance of normality with some planning. This may mean coming up with a new or different set of routines that will help you feel as calm, grounded and settled as possible.

<https://thiswayup.org.au/covid-19/>





# MELBOURNE CUP LUNCH

**Date:** Tuesday 2nd November 2021

**Location:** City Golf Club

254 South St Toowoomba

**Time:** 12 noon

Partners welcome



**Bistro Menu available**

**Dessert and Coffee available**

(Meals and Drinks at own cost)

Prize for Best Dressed, and Fanciest Hat

Entertainment provided by City Golf Club

**Call TOMNET to book - 07 4638 9080**

**RSVP by Thursday 21st October**

## 5 Simple Tips for health and fitness

---

Hi there, it's Shelley from **Integratedliving Wellness Centre**. I am the Wellness Coordinator for our Centre, as well as a qualified wellness coach and personal trainer.

This month I will share 5 simple tips that can assist to help with your overall health and fitness, especially as we get older.

**1. First have a chat with your GP** – As we get older, it is always a good idea to check in with your GP for a regular health check-up. Your GP can check your blood pressure, cholesterol, overall heart health, and see if you are in a healthy condition for starting any new fitness programs.

**2. Cut down on Alcohol** – As you get older, different health issues can develop that alcohol can affect in different ways. Cutting back, can help decrease your risk of developing long-term health problems. You may even lose weight and have more energy and feel better.

**3. Get Motivated** – fitness for men can help to predict lifespan. As a man's fitness improves, his

risk of death from all causes drops by 15 percent, and his risk from heart disease reduces by 19 percent.

**4. Try and Stick to the Exercise Guidelines** – It is recommended that older adults do a least 30 minutes of moderate intensity of physical activity on most days, preferably all days. This could also include, walking around the block or doing some gardening.

**5. Don't be afraid to ask for Help** – Not too sure where to start when it comes to exercise? Think about seeing an Accredited Exercise Physiologist. An exercise physiologist specialises in designing and delivering safe and effective exercise programs for all population groups.

Here at Integrated living we have our friendly Exercise Physiologist Jodie, and our expert Personal Trainer Bre on hand. They will assist you with finding your starting point to making changes that may just improve the quality and the length of your life.

**Shelley at Ingrated Living**



## Volunteers needed for Meals on Wheels

---

Volunteers at Meals on Wheels fill many roles from being drivers and navigators, delivering meals into people's homes. Others may be able to provide office skills helping set up databases, writing newsletters or preparing promotional flyers for events.

No matter what an individual can offer, every bit of help adds up to a happier and healthier community.

Meals on Wheels Toowoomba is powered by

over 300 dedicated volunteers that prepare and deliver more than 250 hot meals per day to our disadvantaged, elderly and disabled citizens.

If you are considering being involved, please call MOW 07 4632 8255 or visit their Centre at 81 Herries Street, Toowoomba.





# Notice of AGM and Special General Meeting

---

All Members are advised a **Special General Meeting** will be held at **10.00am Wednesday 13th October** at South Toowoomba Baptist Church, 279 Geddes Street, South Toowoomba.

Matter to be decided: To make the following proposed **minor and inconsequential** changes to TOMNET's Constitution. A motion will be put forward as below:

## Proposed Changes to the TOMNET Constitution

- Page 5      Section 7.2(b) change unanimously to majority  
                 Section 7.3(b) change unanimously to majority
- Page 6      Section 9.4 inclusion of organise in "The secretary of the association must  
                 organise, as ...."
- Page 7      Section 12 now includes Section 12.6 (taken directly from sample constitution)  
                 which is:

"However, the management committee may, on the application of a Member of the association, withhold information about the Member (other than the member's full name) from the register available for inspection if the management committee has reasonable grounds for believing the disclosure of the information would put the member at risk of harm."

- Section 12 now includes Section 12.7 (taken directly from sample constitution) which is:

"The secretary of the association must organise, as soon as practicable after the management committee decides to accept or reject an application, to give the applicant a written notice of the decision."

- Page 8 Section 13 to include Section 13.3  
                 "All provisions of the associations' policy "Your Privacy" apply at all times

*If any Member would like a full copy of the Constitution including proposed changes, please call the office on 07 4638 9080, or if you have any questions whatsoever in regards the Constitution, kindly contact Alan Yorkston (0408 750 416) or Greg Jones (0457 877 831).*

## Notice of Annual General Meeting

All Members are advised TOMNET's AGM will be held on **Wednesday 13th October** following the **Special General Meeting**.

All Members are welcome at both meetings, and will be followed by a barbecue lunch. Please note, in the event of further COVID19 Restrictions, the AGM may need to be either postponed or held using technology.

Greg Jones  
Secretary

**Date Claimer:**

**TOMNET Christmas Party - Wednesday 15th December, 2021**

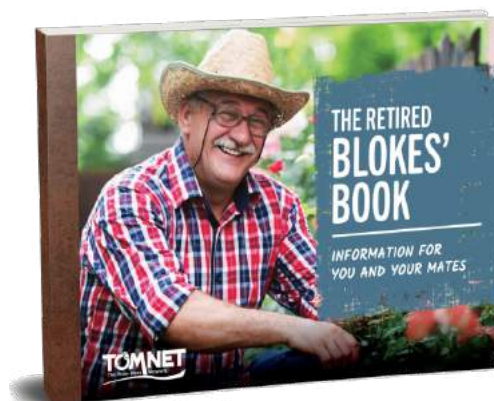
POSTAGE  
PAID  
AUSTRALIA

## The Retired Blokes Book

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

This book is a 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.  
Ph: 4638 9080



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

Newsletter printed by:



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)