

Inspire a love of reading in the younger generation!

Our **NEW reading program** connects TOMNET Members to children in day care centre's to help them with their reading, and read to them. A great way to use your experience and passion to instill a love of reading in young children.

We are looking for Volunteers to join the **NEW Reading program**. The program will start in February and involves reading to young children in a supervised environment.

What a great opportunity to have some fun, and know you are inspiring a new generation of young readers.

Volunteers must have a valid Qld Blue Card, which we can organise.

Members and their partners are welcome.



Call TOMNET for further information, and make a difference in a child's life. Call Anthony - 07 4638 9080

Supporting the Flexischool

TOMNET provide Mentors and Volunteers to support the Flexischool's Intergenerational program. Mentors chat with students and support them by offering a friendly face and smile every week. If you would be interested in helping contact TOMNET to find out how.

Toowoomba Fresh is a local grocer providing weekly food packages to the Flexischool, whereby Allan and Ray prepare morning tea and lunches for the students. Thank you for supporting the youth at Flexischool.



what's on

WEEKLY MEETINGS

MONDAY, TUESDAY, and THURSDAY
9.30 a.m. to 11.30 a.m. | TOMNET Centre
Come along and join in.

MONTHLY MEETING

Wednesday 8th February and
Wednesday 8th March
guest speaker | 10am start | bbq
Venue: 279 Geddes St, Toowoomba

LUNCH WITH MATES

Friday 17th February | midday
Venue: South Bowls Club

LUKE'S WORKSHOP

Retirement

Strategies to assist us understand, accept,
and cope with the challenges and changes.

SATURDAY 4th March 2023 | 9.00 a.m.

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

Head to Health - resource navigator

Head to Health is a free confidential service from the Australian Government

It connects you with the help and support you need to keep mentally healthy. Finding the right services for you can be hard. Head to Health is here to help you find and access services that meet your needs - including free and low-cost mental health services where appropriate.

HEAD TO HEALTH

We find the mental health support that's **best for you**

1800 595 212

To find digital mental health resources and trusted service providers, visit the website: www.headtohealth.gov.au

Head to Health is a collaboration between The Department of Health and Aged Care, the community, and the mental health sector.

Let's support Westridge Fruit and Vegetables

Luke Boulus purchased Westridge Fruit and Vegetables in 2007 and is a family owned and operated local business. Luke and his family have been involved in the industry their entire lives.

Luke and his team support many charities and organisations throughout Toowoomba.



TOMNET purchases gift vouchers at Westridge Fruit to offer as prizes in the weekly and monthly raffles. Prior to COVID-19 lockdown, Luke was providing a heavily discounted fruit box at the monthly raffle.

Please support this local business who supports us.

Some tips for everyday mindfulness

- When you first wake up in the morning, before you get out of bed, bring your attention to your breathing. observe five mindful breaths.

- Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.

- Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing—use any sound as the bell of mindfulness. Really listen, be present, and awake.

- Throughout the day, take a few moments to bring your attention to your breathing. Observe five mindful breaths.

- Whenever you eat or drink something, take a minute and breathe. Look at your food and realize that the food was connected to something that nourished its growth. Can you see the sunlight, the rain, the earth, the farmer, the trucker in your food? Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.

- Notice your body while you walk or stand. Take a moment to notice your posture. Pay attention to the contact of

your feet with the ground under them. Feel the air on your face, arms, and legs as you walk. Are you rushing?

- Bring awareness to listening and talking. Can you listen without agreeing or disagreeing, liking, or disliking, or planning what you will say when it is your turn? When talking, can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?

- Whenever you wait in a line, use this time to notice standing and breathing. Feel the contact of your feet with the floor and how your body feels. bring attention to the rise and fall of your abdomen. are you feeling impatient?

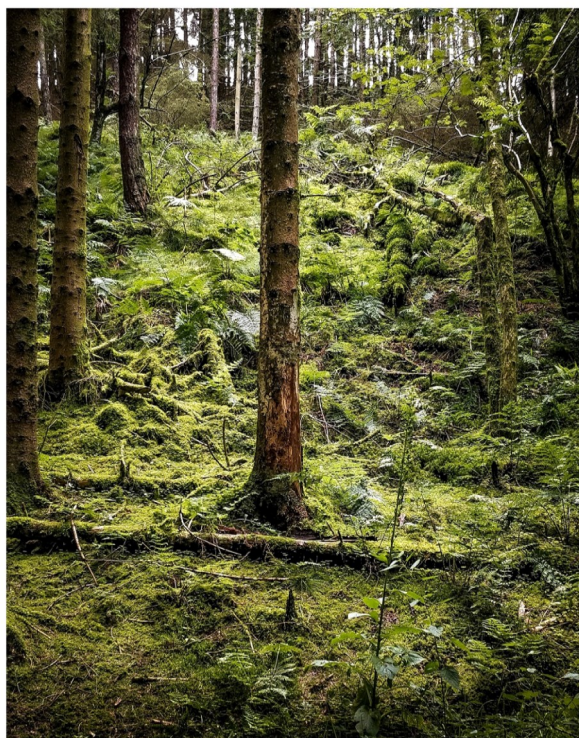
- Be aware of any points of tightness in your body throughout the day. See if you can breathe into them and, as you exhale, let go of excess tension. is tension stored anywhere in your body? for example, your neck, shoulders, stomach, jaw, or lower back? if possible, stretch or do yoga once a day.

- Focus attention on your daily activities such as brushing your teeth, washing up, brushing your hair, putting on your shoes, doing your job. bring

mindfulness to each activity.

- Before you go to sleep at night, take a few minutes and bring your attention to your breathing. observe five mindful breaths.

MADELINE KLYNE



Killarney Bus Trip to Men's Shed

TOMNET Members were invited to the Killarney Men's Shed for a quick visit and barbecue on the 3rd February. A big thank you to **East Creek Community Centre** for offering their minibus for us to travel in style. The Men's Shed has been open for approximately 6 months and organiser Pat Palmer regularly contacts TOMNET to have a chat about men's health and how we can all contribute to making men's lives better. Thank you to Pat and the Killarney Men's Shed for making us welcome and cooking a fantastic barbecue for us all to enjoy.



Harmony Day Barbecue - 25th March 2023

Harmony Day is being held at Picnic Point this year on the 25th March. Come along and join in the festivities and celebrate the different cultures that make our city who we are. Keep up to date on our Facebook page - <https://www.facebook.com/TOMNETinc>

Need help connecting to Aged Care services?

Services Australia are making it easier for you to find out about My Aged Care services. If you are looking for help at home or thinking about entering an aged care home, they are there to help.

You can:

- go to myagedcare.gov.au
- call MyAgedCare on 1800 200 422
- visit any Services Australia service centre

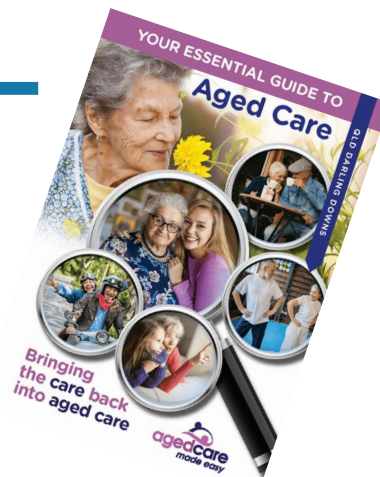


Aged Care Made Easy booklets

Are you looking for information on anything related to Aged Care on the Darling Downs? TOMNET has copies of the latest booklet available for Members.

Call in for your copy today.

www.agedcaremadeeasy.com.au - online directory



Aged Care Visiting Teams

TOMNET Volunteers visit these Aged Care facilities in 2023.

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	
Glenvale Villas	Thursday 9 th February	2.00 p.m.
Ozcare	Monday 22 nd February	2.30 p.m.
Lourdes Home	Monday 23 rd February	11.30 a.m.
Brodribb Home	Friday 24 th February	9.30 a.m.
Yukana	Monday 27 th February	2.30 p.m.
BUPA	Looking for Volunteers	

Passing of Members



Kev Flemming passed away on 26th December, aged 94 years. Kevin was a TOMNET Member since 2010 and attended weekly and monthly meetings, Volunteered visiting older men in aged care. Kev was a Life Member.

Colin Dukes passed away on 5th December, 2022, aged 92 years. Colin was a regular at the Wednesday meetings until ill health prevented him from attending. Colin was a Member since 2007.



John Smith passed away on 13th December, 2022, aged 88 years. John was a TOMNET Member since 2008 and always had a smile on his face. His cheeky attitude and quick wit will be sorely missed. John had a private service.



Frank Byrne passed away on 22nd October 2022, aged 89 years. Frank was a Member since 2017 and enjoyed attending the Farmer's meeting each Tuesday. Frank's was always keen to share a story or two about his time on the land.



Thank you to the Members who attended the funerals of Kev, Colin, and Frank.

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

Need a JP?

A **Justice of the Peace** is only a phone call away.

Contact:

Alan Yorkston
East Creek CC

0408 750 416
4639 2755

Mentoring: Centenary Heights FlexiSchool, PCYC Braking the Cycle

TOMNET Management Committee

President Bernie Moran	Vice President Alan Yorkston	Treasurer Ross Lange
Secretary Graham Miller	Pat Mc Namee	Rob Burey
Stan Carroll	Ian Bray	Jim Aulbury
	Bill Mc Millan	

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.



The Burstow Family
(A fifth generation family firm)



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www.burstows.com.au



TOOWOOMBA OAKLEY DALBY WARWICK GATTON

Burstows kindly print the TOMNET newsletter.
www.burstows.com.au

A big thanks to supporters of TOMNET



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

Join us at the monthly BMS barbecues

Every month on the 2nd Saturday, TOMNET blokes setup the BBQ trailer and sell the good 'ol sausage in bread to willing customers at BMS Stenner St.

Come along and join in, or simply say hi to these hard working Volunteers from TOMNET.



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.

FRIDAY, 17TH FEBRUARY 2023

CLUB TOOWOOMBA

331-339 HUME ST, SOUTH TOOWOOMBA

Call TOMNET to book 07 4638 9080

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



Download by scanning
the QRCode.



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