

OUT AND ABOUT WITH TOMNET MEMBERS

The Millmerran Health Expo was the perfect spot for Darrell, Ross, and Bevan to speak with local health agencies and local men about the opportunities TOMNET has to offer on the Darling Downs.

30 exhibitors descended on Millmerran to showcase their services and share information. Organised by the Millmerran Community Support Service, the expo was a free event TOMNET has supported for over 6 years.



TOMNET Volunteers cooked a barbecue at the recent Wear it Purple Day, held on the 25th August. Thank you to John, Ray, Darrell, Graham, and Leo for supporting the event and donating your time.



Date Claimer

Your invitation to the TOMNET Annual General Meeting to be held on Wednesday October 11th, 2023

Location: Baptist Church Hall,
279 Geddes St

Time: 10.00am
Barbecue after meeting

BUS TRIP 2023

BRISBANE PLANETARIUM &
MT COOT-THA BOTANICAL
GARDENS

Tuesday 24th
October

Itinerary

Depart Church Hall 9.30am

Arrive at Mt Coot-tha 11.00am

**Planetarium Exhibition,
Cosmic Skydome Show
at midday**

Lunch / Depart by 2.00pm

\$15 pp

including entry
fees, MT, and
lunch



Funded by



It's going to be a
CONNECT
FEST OCT 2023
QUEENSLAND
SENIORS
MONTH

BOOK NOW

4638 9080

Members and their partners
are welcome.



HOW TO ENGAGE IN SMALL TALK DURING GRIEF

KEY POINTS

- Small talk can feel huge when you're grieving.
- You're in control of how much you decide to share.
- As with most things grief-related, there's no right or wrong.

One of the surprising things for grievers is how many minefields there are in an average Tuesday. Questions that seem utterly harmless can throw you for a loop at best and make you want to run back to bed...and stay there...at worst.

Here's what it looks like.

You're mourning the loss of your sister. You're at a work meeting with a new team and the introduction prompt is to share how many siblings you have. Your stomach clenches and your hands start to sweat as you wonder how to escape the room before your turn.

Or maybe you spent the weekend cleaning out your mother's apartment, a task you've been putting off since she passed away three months ago. You go to get your hair cut, and the hairdresser asks how your weekend was. "Do anything fun?"

It's not only that these questions flood you with sadness; it's also that you might not know how to respond. Do you change the tone of the work meeting by sharing that your sister passed away the previous year.

Do you open the gate to all kinds of questions from your hairdresser when all you wanted was a bit of escape and a good blowout? The answer is it's entirely up to you. It's your loss, your truth to share or keep to yourself.

So how might you respond? Consider the situation. Do you feel comfortable being vulnerable with the person asking the question? Is it the time and/or place where you want to bring up your loss?

If the answer is, "yes," share whatever you feel like sharing.

Don't worry about tailoring your response to protect the other person's emotions. Your loss may feel raw, trigger something in somebody else, or create an awkward silence, but that doesn't mean you need to soften the way you speak about it.

You might even find an unexpected connection with someone else when you're open about your grief.

If, on the other hand, you don't want to talk about it, that's OK, too.

You aren't being disloyal to the person you lost by not bringing them up. If you want to say, "My weekend was fine, thanks," even though it was unbearably difficult, that's your prerogative. If it feels easier to say you don't have any siblings, your sister would understand.



You're not obligated to explain anything you don't want to. Your biggest obligation is to yourself and your own healing process.

So how do you move on with the meeting or the haircut or whatever situation has made you feel like there's a tennis ball lodged in your throat?

- Take some deep breaths. When we're stressed or anxious, our body releases cortisol, which is your body's fight-or-flight response.

Slow, deep breaths signal your nervous system to calm down.

- Excuse yourself from the room for a few minutes. Take some time to settle yourself and return when you think the conversation will have moved on.

- Call a trusted friend. You know, the one who will tell you it's outrageous that people would even bring up siblings or ask how your weekend was.

- Distract yourself. Think about something peaceful. You might still be sitting in the meeting, but, in your mind, you can be relaxing on a beach or drinking café au lait in Paris.

- Reward yourself. Plan the vacation or binge-watch your favorite show. Treat yourself gently.

One of the trickiest things about grief is that seemingly simple encounters are fraught with anxiety and can be yet another reminder of how life feels off-kilter.

In a world that might seem wildly out of control, remember that you are in control of how you engage with others around your loss.

Share what you want, when you want, how you want. Source: <https://www.psychologytoday.com>

SOCIAL MEDIA EXPLAINED - 23RD SEPTEMBER

As we grow older, maintaining connections with family and friends becomes more important. Social media can assist in this endeavour, reducing feelings of loneliness and isolation. In my workshop, on Saturday 23rd September, we will explore the benefits of social media for seniors, discuss the risks present, and ways to help us stay safe online.

Some benefits of social media include -

- the opportunity for entertainment, such as online chess, gaming, brain games, movies, and watching old classics;
- we can create a sense of belonging, allowing us to communicate with people of the same interests;

Some of the risks -

- social media can be time consuming;
- we can become addicted very easily;
- cyberbullying and scams are ever present;
- there can be misinformation and fake news.



Come along to my workshop to explore these topics and discuss how your fellow Members manage the risks and rewards of social media.

Workshops start at 9.00am Saturday 23rd September

Call to book Luke's Workshops - 07 46389080

Monthly Men's Meeting - 13th September

Guest Speaker:

Prof. Jonti Horner, UniSQ Astronomer

Jonti is an astronomer and astrobiologist at the University of Southern Queensland, where he spends his nights and days searching for **alien worlds**, and trying to learn more about our place in the Cosmos.

Jonti received the great honour of having an **asteroid named after him**, in recognition of his research. That asteroid, (32520) Jontihorner, is a four-kilometre-wide rock in the asteroid belt, halfway to Jupiter, and poses no threat to humanity in the future!



Join UniSQ's Professor Jonti Horner for a journey through the science of Alien Worlds. In this talk, Professor Horner will explain the **main methods used** to find planets around other stars, and **describe** the journey that brought humanity to the momentous discovery of the first alien worlds. He will also describe how Australia continues to **play a leading role** in that journey – thanks to the University of Southern Queensland which has built, in regional south-east Queensland, an observatory at the forefront of global research.

W H A T ' S O N

Patio/Carport Opening

**Thursday 7th SEPTEMBER 2023, 11am
at the TOMNET Centre, FREE BBQ**

Monthly Men's Meeting

Wednesday 13th SEPTEMBER 2023

10.00 a.m. | Geddes St Hall

Guest Speaker:

Prof. Jonti Horner, UniSQ Astronomer

Lunch with Mates

FRIDAY 15th SEPTEMBER 2023

starts at noon | Bowls Club

Hume St, Toowoomba

Luke's Workshop

TOPIC: Navigating Social Media

Saturday 23rd SEPTEMBER 2023

9.00 a.m. | TOMNET Centre

**Talk to Shannon or Anthony for more
information, or to book.**

MELBOURNE CUP LUNCHEON



Date: Tuesday 7th November 2023

Location: TOMNET CENTRE

233 Hume St Toowoomba

Time: 12 noon

Partners welcome

Cost: \$15 per person

Barbecue, Chicken, Salad and Dessert

BYO Drinks. Some softdrink will be provided

Numbers are limited to 35 max.

Sweeps, prizes for Best Dressed, and Fanciest Hat

Call TOMNET to book - 07 4638 9080

RSVP by Thursday 28th October

Please pay when booking.

CLIMATE CHANGE ENERGY SAVERS

Rebates of between \$300 and \$1,000 will be available for eligible Queensland householders who replace old appliances with 4 star-rated (or higher) appliances and hot water systems from 4 September 2023 until the program closes.

Eligible appliances must be purchased and installed on or after the program commencement date to be eligible for a rebate.

Eligible appliances

- Washing machines and dryers
- Dishwashers
- Refrigerators (including fridge/freezers)
- Air conditioners (AS4755 compliant and 4 star-rated or higher for cooling)
- Solar hot water and heat pump hot water systems

Only one rebate will be available per household. Rebates provided under the program cannot be higher than the total cost to purchase / install an eligible appliance. A maximum of 1,500 rebates will be available for energy efficient hot water systems.

Visit energyrating.gov.au for more information about the energy star rating system.

More information

For more details about the rebate, call 13 43 87.



Queensland Government

AGED CARE VISITING TEAMS

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

Symes Thorpe	last Friday of each month at 11.30 a.m.
Glenvale Villas	2nd Thursday of each month at 2.00 p.m.
Ozcare	3rd Monday of each month at 2.30 p.m.
Lourdes Home	4th Thursday of each month at 11.30 a.m.
Brodribb Home	4th Friday of each month at 9.30 a.m.
Yukana	4th Monday of each month at 2.30 p.m.
BUPA Rangeville	2nd Tuesday of each month at 11.30 a.m.

TOMNET MANAGEMENT COMMITTEE

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

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

BRUCE HOPPE RETURNED AS OAKLEY PRESIDENT

Bruce Hoppe has been returned as President of the Oakey TOMNET group. Congratulations to Bruce for his efforts, along with the men of OAKLEY TOMNET for their support of older men in the Oakey community.



Pioneers Room

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

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TOOWOOMBA OAKLEY DALBY WARWICK GATTON

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



at Westridge Shopping Centre



at the Hooper Centre

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

NEW TRANSPORT NETWORK IDEA








We are exploring the idea of a transport network within our Membership. The service would offer transport to meetings for Members who either do not drive, or are uncomfortable driving to and from meetings.

We are in the very **early stages** of the idea, but are interested in your thoughts either as a driver, or passenger.



If this is of interest to you, either as a driver, or needing a lift, please contact either Shannon or Anthony at the TOMNET Centre - 46389080.

FUTURE EVENTS

- 
TOMNET Carport/Patio Opening Cermeony
 7th September - Free Barbecue
- 
International Peace Day - Barbecue
 Village Green - 30th September
- 
Kings Birthday - Public Holiday
 Monday 2nd October
- 
BMS Garden Expo - Barbecue
 BMS Stenner St - Saturday 7th October
- 
TOMNET Annual General Meeting
 Wednesday 11th October
- 
Bus Trip - Planetarium and Botanical Gardens
 Tuesday 24th October
- 
Seniors Expo
 Showgrounds - Thursday 26th October

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 with your
phone.**



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