

WELCOME TO 2025

LUNCH WITH MATES

BARBECUES

VOLUNTEERING

BUS TRIPS

LUKE'S WORKSHOPS

INFORMATION
SERVICE

WEEKLY MEETINGS

Informal meetings are currently held 4 (four) times per week at the TOMNET Centre.

- Monday, Tuesday, and Thursday mornings **Time:** 9.30 a.m. to 11.30 a.m.
- Tuesday afternoon **Time:** 1.00 p.m. to 3.00 p.m.

MONTHLY MEETING

A monthly meeting is held each month on the second Wednesday.

Meeting Location:

- South Toowoomba Baptist Hall
279 Geddes St, Toowoomba
- Regular Guest Speakers

Meeting Time:

- Morning from 10.00 a.m. to 1.00 p.m.
- FREE Barbecue after the meeting

WHAT'S ON

BMS Barbecue

SATURDAY 8th February

SATURDAY 8th March

9 - 1pm | BMS Stenner St store

Monthly Meeting

WEDNESDAY 12th February - 10am

Sth Toowoomba Baptist Church

Guest Speaker - Don Burstow

FREE BBQ | Raffles

Lunch with Mates

FRIDAY 21st February

FRIDAY 21st March

Starts at 12:30pm | Rink 46,

46 Gipps St, Toowoomba

Luke's Workshop

TOPIC: Loneliness

SATURDAY 15th March

9.00 a.m. | TOMNET Centre

Member Spotlight

Q. What's something new you've learned recently??

A. To listen - not talk all the time!

Q. What skill would you like to master?

A. Learn how to cook - I'm hopeless!!!

Q. Looking back, what career advice would you give to your younger self?

A. Become a chippy/builder so I could build myself a house.

Q. What would you choose if you had to choose one meal to eat for the rest of your life?

A. Yorkshire pudding, roast lamb, veggies with gravy.

Q. What keeps you up at night?

A. NOTHING!!! Sleep like a log!!!

Q. Where was your first job? What was your role there?

A. Working at Coles supermarket in Wollongong as a counter- jumper.

KEN DALE

Ken has been a Member for 11 years, visits older men in aged care, has cooked many bbq's, and always has a smile on his face.



lunch with mates

Friday, 21st February
Friday, 21st March

RINK 46
46 Gipps St,
Drayton

Meals at own cost
Meet at 12.30pm

BOOK NOW

www.tomnet.org.au

To book - call TOMNET on 4638 9080
or email admin@tomnet.org.au



LOCKYER VALLEY MEN'S MEETINGS

men
50
plus

9.30 a.m. to 11.30 a.m.

MONDAY & TUESDAY
LOCKYER COMMUNITY CENTRE
14 CRESCENT ST, GATTON

WEDNESDAY **9.30 a.m. start**
PORTERS PLAINLAND HOTEL, PLAINLAND

THURSDAY **9.30 a.m. start**
WYMAN ROOM, LAIDLEY LIBRARY

Weekly meetings for men 50 and over to catch-up with each other, find support, and have a chat over coffee or tea.

- **GET INVOLVED IN YOUR COMMUNITY**
- **BUILD FRIENDSHIPS**

Download our Retired Bloke's Book for ways to help navigate retirement.

Scan the QRCode



TOMNET
The Older Mens Network Inc.



Contact Ben on **0468 858 087**
The Older Mens Network - Gatton/Laidley

07 4638 9080 | www.tomnet.org.au | PO Box 7801, Sth Toowoomba

MINSTRALS REFORMED

Jim, Charlie, and Glenn have reformed the TOMNET Minstrals and are singing at several Retirement Villages on the second Friday of the month.

Singing a repertoire of classics through to gospel tunes, Jim, Charlie, and Glenn are bringing joy to residents with their visits.



Want to join us?

**Contact Jim via the TOMNET
Centre - 4638 9080**

Some experience singing, dancing or
having fun might be required

NEED COMPUTER HELP?

CALL CHARLIE

Internet problems?

Help with emails?

Help finding that app on your iPad?

How to stay safe online

Meet at TOMNET or over the phone help.



Call TOMNET to book - 4638 9080

by tech guru Charlie

What's Your Purpose? (excerpt)

Having a purpose in life may decrease your risk of dying early, according to a study published Friday.

Researchers analyzed data from nearly 7,000 American adults between the ages of 51 and 61 who filled out psychological questionnaires on the relationship between mortality and life purpose.

What they found shocked them, according to Celeste Leigh Pearce, one of the authors of the study published in JAMA Current Open.

People who didn't have a strong life purpose — which was defined as "a self-organising life aim that stimulates goals" — were more likely to die than those who did, and specifically more likely to die of cardiovascular diseases.

"I approached this with a very skeptical eye," says Pearce, an associate professor of epidemiology at the University of Michigan. "I just find it so convincing that I'm developing a whole research program around it."

People without a strong life purpose were more than twice as likely to die between the study years of 2006 and 2010, compared with those who had one.

This association between a low level of purpose in life and death remained true despite how rich or poor participants were, and regardless of gender, race, or education level. The researchers also found the association to be so powerful that having a life purpose appeared to be more important for decreasing risk of death than drinking, smoking or exercising regularly.

"The need for meaning and purpose is No. 1," Rozanski adds. "It's the deepest driver of well-being there is."

Visit the original article by typing into your browser:

Read the full article: [tomnet.org.au/purpose](https://www.tomnet.org.au/purpose)

<https://www.npr.org/sections/health-shots/2019/05/25/726695968/whats-your-purpose-finding-a-sense-of-meaning-in-life-is-linked-to-health>
Article by Mara Gordon

Is Generation X Facing a Retirement Crisis? (excerpt)

You've seen the headlines... and they're not pretty.

Here's just one recent example from Forbes:

Generation X On The Brink: The Stark Reality Of Their Grim Retirement Outlook

Speaking as a Gen Xer myself, we've grown up with the idea that at some point in your mid-60s, you stop working and begin your "golden years." Retirement was the well-deserved reward for working hard, raising a family, and being a productive citizen.

It was just how things worked, right? And now it feels like retirement is just one more thing we're getting the shaft on.

Truth is, retirement has been around for less than 100 years. And even once the concept was introduced, it was viewed as a strange and unattractive idea by many Americans.

When Social Security was introduced in 1935 (US), the whole idea of "retirement" was essentially new. It was a bold move to protect older people, many of whom did backbreaking manual labor and needed a way to stop working while still paying the bills. **It wasn't completely an act of goodwill though.**

The headlines are calling it the "retirement crisis," simply because a relatively new idea about stopping



work at an arbitrary age is already unraveling. If there's a true retirement crisis, it's the crippling depression and lack of purpose and meaning that retirees often experience.

People over the age of 65 make up a disproportionate number of all suicides, with men in this age group at the highest risk of all demographics to take their own lives.

Financial planners know that the primary risk for retirees is longevity. This is due to the twin pressures of people living longer and healthier lives, and the certainty of periodic financial crises and downturns that will significantly impact retirement savings and income.

Visit the original article by typing into your browser: [tomnet.org.au/purposecrisis](https://www.tomnet.org.au/purposecrisis)

https://further.net/x-retirement-crisis/?utm_source=further.beehiiv.com&utm_medium=newsletter&utm_campaign=the-gen-x-retirement-crisis
Article by Brian Clark | further.net

VISITING OLDER MEN IN AGED CARE HOMES

Why not join other TOMNET members visiting older men who are seeking friendship and lively conversation?

TOMNET Members currently participate in visiting 7 aged care facilities within the Toowoomba region. Members provide social contact to older men living in aged care facilities.

TOMNET Members visit as a group, to talk, bring the news of the “outside” world, and develop new friendships. Visits generally last for 1.5 to 2 hours long. Members have afternoon or morning tea with residents.

Facility	Times	
Glenvale Villas	2.00 p.m. - 3.30 p.m.	2nd Thursday of month
BUPA - Glenvale	10.00 a.m. - 11.30 a.m.	4th Friday of month
BUPA - Rangeville	11.30 a.m.- 1.00 p.m.	1st Tuesday of month
OZ Care	2.30 p.m. to 4 p.m.	3rd Monday of month
Yukana	2.30 p.m. - 3.30 p.m.	Last Monday of month
Lourdes	11.30 a.m.- 1.00 p.m.	Last Thursday of month
Palm Lake	2.00 p.m. - 3.30pm	2nd Thursday of month

Contact the TOMNET Centre for more information.

 07 4638 9080

 tomnet.org.au



TOMNET Management Committee

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

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

Member Spotlight

Q. How do you think the world has changed during your lifetime?

A. It's changed dramtacially, from hand-written material to computerised functions. It gets harder for older people to understand.

Q. What's something new you've learned recently?

A. How to manage my finances, now that I am retired.

Q. What would you choose if you had to choose one meal to eat for the rest of your life?

A. Chicken Chow Mein

Q. If you could have dinner with anyone, who's one person you'd go with?

A. My wife. She looks after me, cares about what we do together, and makes sure we eat healthy meals.

Q. What skill would you like to master?

A. Staying alive! Ocean sailing, I want to sail around the Pacific Ocean.

ALLAN JONES

Alan has been a member for 10 years. Allan cooks at Flexischool, cooks BBQ's, and is heavily involved in supporting veterans.



Nominated for Citizen of the Year

The Flexischool nominated **Allan Jones** for the **Citizen of the Year award** as part of Australia Day celebrations this year. While not winning the award, Allan was a part of a prestigious range of citizens nominated. Here is an excerpt of his achievements provided by the Flexischool.

Allan Jones has been an integral part of the Toowoomba Flexi School community and a dedicated volunteer mentor since 2015. Over the past nine years, Allan has taken on numerous roles, with the most significant being the Flexi School lunch program cook. He is also involved in several community organisations, including Mates4Mates, The Older Men's Network (TOMNET), and Flexi School Community.

Throughout his time with Flexi School, Allan has volunteered for over 640 days in the school canteen, preparing more than 32,000 nutritious meals for students and families facing food insecurity. He takes great pride in contributing to the school's rotating, fortnightly menu, sourcing and providing recipes that not only meet nutritional guidelines but are also enjoyed by the students.



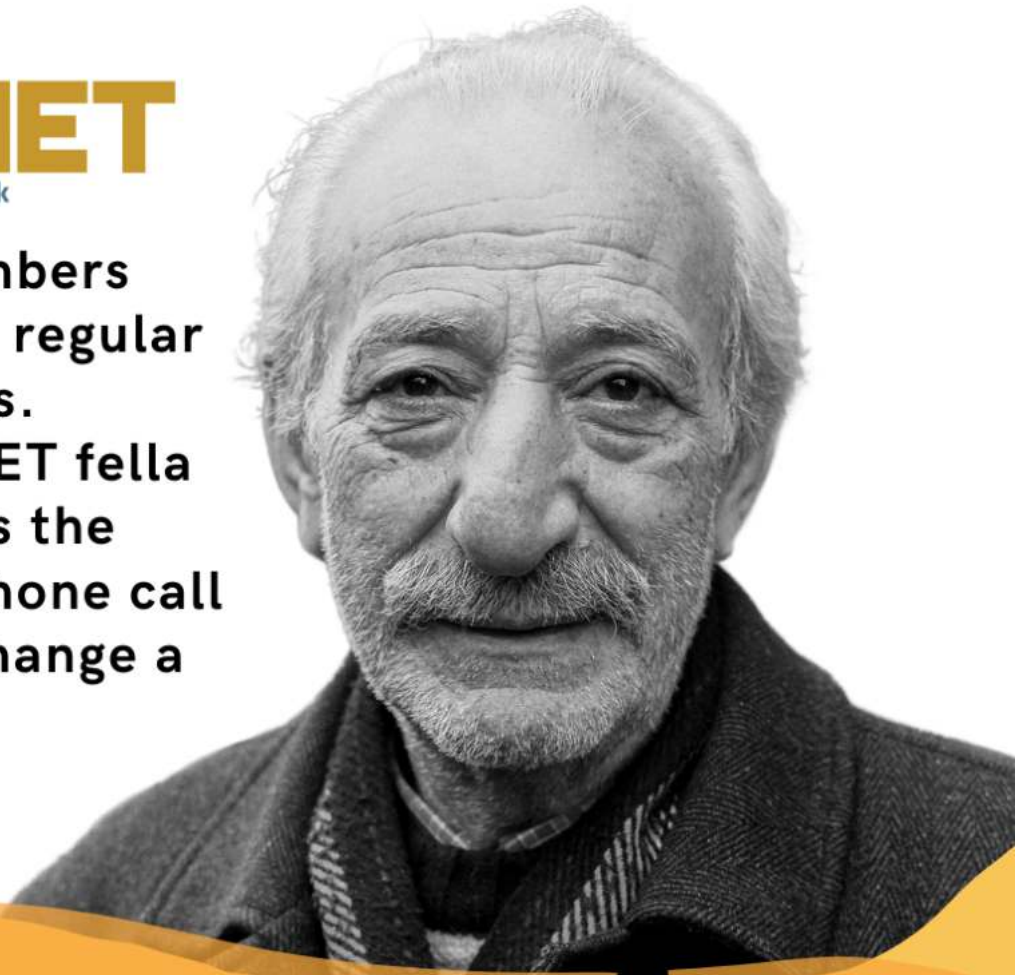
Allan has participated in cooking at barbecues for TOMNET on many occasions and is a valuable Member of the organisation supporting men in the community.

Well done Allan.



"Many Members cannot attend regular activities.

Be the TOMNET fella who breaks the silence. One phone call a week can change a life."



BE A BUDDY, NOT JUST A PHONE CALL

07 4638 9080 TO FIND OUT HOW TO GET INVOLVED

What would you like to learn?

IS THERE INTEREST IN HAVING CLASSES AT TOMNET?

Contact us at TOMNET with your ideas on what you would like to see. It could be art classes, learn a language, or brain games.

Let us know your idea and we can find out the details.

Contact us: 07 4638 9080



Pioneers Room

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Burstows kindly print the TOMNET Newsletter.
burstows.com.au

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



at the Hooper Centre



Stenner St store



at Westridge Shopping Centre,
West St

TOMNET joins Volunteering Queensland

TOMNET is now a Member of Volunteering Queensland. Membership allows us to advertise for volunteers on their state wide database. We also have access to resources and guidelines on managing volunteers to meet State and Federal rules.

Volunteering Qld offer training, volunteer events and provide input into Australia's strategic plan.



volunteering
queensland

Ralph Lee: volunteering for TOMNET at a Daycare Centre

I have been volunteering at Creative Garden Childcare Centre for over a year now and find my skills and abilities are the right fit. I have always been interested in woodwork and volunteering allows me to help the children with small projects. These projects include building a carpenter's tool box, making a bird feeder, designing and building children's chairs.

The children help me with cutting, measuring, using a screwdriver, and learning to hammer nails into scrap wood. The children have also used real cordless drills and spanners. I have been teaching the children how to use a rasp to knock off the sharp edges and splinters.



As a result, one of the children's grandfather has been helping, and a child's father who is a mechanic is getting involved as well. One of the other projects was making a miniature carpenter's saw horse, it was a great hit with the children as they had fun painting it with me.

I look forward to my visits to the daycare and so happy I took the chance to get involved. **Ralph**

Youtube Playlist for Seniors and Ages 70+ Visit Here: tomnet.org.au/WillHarlowYoutube

About Will Harlow

Welcome to HT Physio – The Over-Fifties Physiotherapy Specialists!

We are the leading specialists in helping over-fifties to overcome painful problems, regain mobility and maintain independence.

Founded by Will Harlow, physiotherapy clinic owner and published author, HT Physio helps over-fifties to avoid pain killers, injections and surgery – even when their doctor told them there is no other option!

All videos are the property of Will Harlow.



3 Things Everyone Over 50 Must Do DAILY for Healthy Feet
HT Physio – Over-Fifties Specialist Physio • 26K views • 1 day ago



One Critical Mistake That Costs Seniors Their Mobility
HT Physio – Over-Fifties Specialist Physio • 267K views • 5 days ago



Improve Your Walking Instantly with 1 Simple Move (65+)
HT Physio – Over-Fifties Specialist Physio • 500K views • 2 weeks ago



Arthritis Will Continue to Get Worse Unless You Do THIS
HT Physio – Over-Fifties Specialist Physio • 43K views • 2 weeks ago



3 Exercises to Strengthen Your Legs & Boost Blood Flow (50+)
HT Physio – Over-Fifties Specialist Physio • 1.3M views • 3 weeks ago



How To Get Up From The Floor: 3 Moves EVERY 50+ Should Know
HT Physio – Over-Fifties Specialist Physio • 112K views • 3 weeks ago

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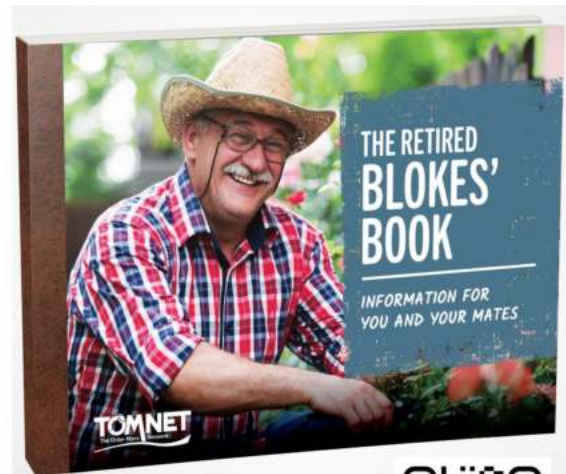


The Retired Blokes' Book

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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