

## Oakey TOMNET CELEBRATES 20 YEARS SERVING THE COMMUNITY.

In May 2004, at a public meeting in Oakey, the decision was made to establish an Oakey TOMNET. From the first meeting in an old shed near the local tennis courts, 15 men were present, keen to bring something new in the story of their lives. TOMNET meant a great deal to these men, names such as Fr Kerry Costigan, Doug Dart, Ron Scheurle, George Lipman and current President Bruce Hoppe. During the twenty years of Oakey TOMNET, the group has been blessed with men who wanted to make the idea of “older men supporting older men”, work.



Bernie Moran (TOMNET President, Bruce Hoppe (Oakey President), Fr Kerry Cosstigan.

extract from  
Oakey TOMNET  
history

**Congratulations to Oakey TOMNET for 20 years of service, and for your continued support of men in the community.**

## Member Spotlight

*What would you choose if you had to choose one meal to eat for the rest of your life?* **A. Chicken Parmigiana**

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

**A. Nothing, He would not listen anyway, he had to make his own mistakes.**

*Q. What book or movie has had a big impact on you?*

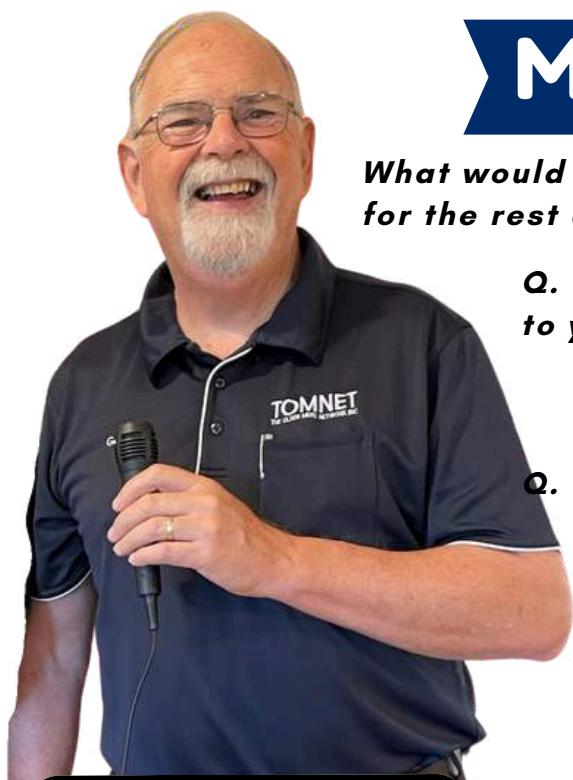
**A. The Bible, and The Spirit of Kokoda**

*Q. What do you hope never changes?*

**A. Day and Night**

*Q. What keeps you up at night??*

**A. Apprehension of missing an early morning alarm, and being late to an appointment.**



**GLENN GREEN**

# Monthly Meetings

**Sth Toowoomba Baptist Church**  
**Geddes St, Toowoomba**

**WEDNESDAY 10th July 2024 - 10am**

**Speaker: Kylie (Niagra Therapy)**

**WEDNESDAY 14th August 2024 - 10am**

**Speaker: Prof Andrew Maxwell (UniSQ)**

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## BMS Barbecues

**SATURDAY 13th July 2024,**

**SATURDAY 10th August 2024,**

**9 - 1pm | BMS Stenner St store**

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## Luke's Workshops

**SATURDAY 10th AUGUST 2024**

**Topic: Ageing at Home**

**SATURDAY 21st SEPTEMBER 2024**

**Topic: The Journey Ahead - Planning  
for the Future**

**Bookings are advised**

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# TOMNET VOLUNTEERS VISITING OZCARE GLENVALE

Every month TOMNET Volunteers visit Ozcare Glenvale to meet with male residents. Volunteers and residents share afternoon tea and chat about their lives, careers, and hobbies. OZcare Glenvale has several TOMNET Members in residence, making the meeting extra special.

Volunteers attend once a month for about 2 hours.

**Ask Anthony how you can get involved with visiting men in other facilities. We currently visit BUPA Rangeville, Lourdes, Yukana, BUPA Glenvale, Glenvale Villas.**



## lunch with mates

**Friday, 19th July**

**Friday, 16th August**

Rink 46,  
Drayton Bowls Club  
46 Gipps St, Drayton

Meals at own cost  
Meet at 12:30pm

**BOOK NOW**

[www.tomnet.org.au](http://www.tomnet.org.au)

To book - call TOMNET on 4638 9080  
or email [admin@tomnet.org.au](mailto:admin@tomnet.org.au)



## OVER 60 YEARS OLD? SHARE YOUR EXPERIENCES

If so, you are invited to participate in a research study about life satisfaction across the lifespan. This survey should take about 20 minutes of your time. Your sharing and experiences are important and will help our researchers understand the predictors of life satisfaction. We are interested to find out which psychological attributes (e.g., attitudes, beliefs, social connections) are most important in predicting and maintaining life satisfaction across the life span.

**You can go here to learn more and start the survey:**

**<https://tinyurl.com/satisfaction2024>**

For any questions, or if you need assistance to complete this questionnaire, please do not hesitate to contact: Professor Sunil Bhar, Principal investigator, Department of Psychological Sciences Swinburne University of Technology, H99, PO Box 218, Hawthorn Vic 3122, Australia, **Email:** sbhar@swin.edu.au.

**Wellbeing Clinic for Older Adults**

## SCAM OF THE MONTH - THE TECH SUPPORT CALL

**Tech support scams** are unfortunately common occurrences where scammers pose as legitimate technical support representatives to gain access to personal information or money. They often use scare tactics, such as claiming your computer has a virus or malware, to convince you to provide access to your device or pay for unnecessary services.

**To avoid falling victim to these scams:**

**1. Be Skeptical:** If someone contacts you claiming to be from tech support, be cautious, especially if you didn't initiate the contact.

**2. Verify Identity:** Ask for the person's name, company, and contact information. Legitimate companies will provide this information.

**3. Don't Give Control:** Never give control of your computer to someone who contacts you out of the blue. Legitimate tech support will not cold call you.

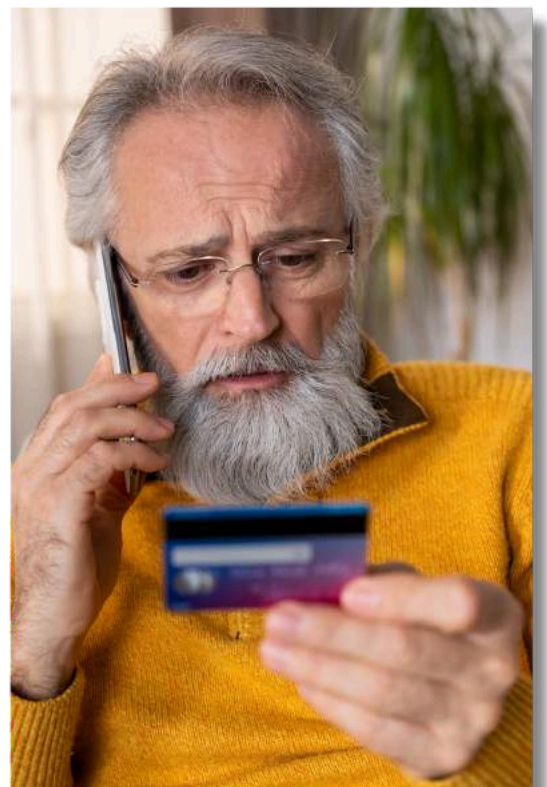
**4. Use Reliable Services:** If you need tech support, contact the company directly using a number or email from their official website or documentation.

**5. Keep Software Updated:** Keep your operating system, antivirus software, and other programs updated to minimise vulnerabilities.

**6. Educate Yourself:** Learn about common scams and tactics used by scammers so you can recognise them.

**7. Report Scams:** If you encounter a tech support scam, report it to the appropriate authorities. This can help prevent others from falling victim.

**Remember, legitimate tech support representatives will never ask for your password or payment information unsolicited.** If you're unsure, it's best to err on the side of caution and seek assistance from a trusted source.



# HISTORIAN RAY COOK RECOUNTS STORIES BEHIND WAR MEMORABILIA

**TOMNET** invited local historian Ray Cook to speak at the monthly meeting in June. Ray is an avid collector of Light Horse Brigade and WWII memorabilia, of which Ray brought along a selection of items to the meeting. Ray recounted many stories relating to the origin of each item, and how it was used during the war.

Ray has agreed to visit TOMNET again in the future. Any Member interested in visiting a **private collection of memorabilia**, please let Anthony or Shannon know, as we are organising a trip in the next few months.



**Bernie and Ray with War memorabilia.**

## MANAGEMENT COMMITTEE NOMINATIONS

This year, TOMNET Members can nominate for election to the TOMNET Management Committee. There are two (2) Executive Committee Member positions (Vice-President and Treasurer) and six (6) General Committee member positions available (four year and two-year terms respectively).

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.**

Nominations open on Monday 5th August and close on Thursday 29th August 2024. 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 9th October.

**If you wish to know more about the role, contact Bernie Moran or Shannon at the office on 07 4638 9080.**

### Date Claimer

Your invitation to the TOMNET Annual General Meeting to be held on Wednesday, October 9th, 2024

Location: Baptist Church Hall,  
279 Geddes St

Time: 10.00am  
Barbecue after meeting

## ARE YOU AT GREATER RISK IN A HOUSE FIRE?

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**Did you know that people aged 65 and over are at greater risk of being injured or dying in a house fire?** Queensland Fire and Emergency Services - QFES has launched a new home fire safety campaign – Plan to survive. The campaign highlights the importance of having a home fire escape plan and interconnected photoelectric smoke alarms, to survive a home fire.

**If you're an older person, or care for one, here are some simple steps you can take to help you escape:**

- test your smoke alarms regularly and ask someone else to do it if you can't reach them
- if possible, sleep in a room on the ground floor to make escaping easier
- keep your wheelchair, walker or walking stick by your bed to help you escape faster
- keep a telephone nearby, with emergency phone numbers, so you can call Triple Zero (000)
- install a smoke alarm that uses lights and a vibrating pillow for anyone who is deaf or has a hearing impairment. **You can order one through the Deaf Connect Smoke Alarm Subsidy Scheme <https://deafconnect.org.au/com.../smoke-alarm-subsidy-scheme>**
- ensure any doors or windows with security bars have quick-release devices to open them immediately. These devices won't compromise your safety, but let you open the door or window from inside if there is a fire.

**To find out more, visit <https://www.qfes.qld.gov.au/plantosurvive>**

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## SMOKE ALARM SUBSIDY SCHEME (QLD)

### What is the Smoke Alarm Subsidy Scheme?

There is a subsidy available from the Queensland Fire and Emergency Service (QFES) for specialised smoke alarms to Deaf and hard of hearing people, who do not currently have an NDIS plan. It is managed by Deaf Connect and is called the Smoke Alarm Subsidy Scheme (SASS).

### Who is eligible?

To be eligible for the subsidy you must be:

- Deaf or hard of hearing
- Living in Queensland
- Not on the NDIS

### How do I apply?

**Visit the website below, and fill in the Online Application Form, or call TOMNET and we can help you.**

**<https://deafconnect.org.au/community-resources/smoke-alarm-subsidy-scheme>**



## MINSTRALS REFORMED

**Jim Aulbury and Glenn Green** have reformed the TOMNET Minstrals and are singing at Bluecare Retirement Village on the second Friday of the month.

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



**Jim and Glenn**

## LUKE'S WORKSHOPS

### SATURDAY 10th AUGUST 2024

#### Topic: Ageing at Home

We will explore the options available to you that will allow you to stay in your home for as long as possible and discuss strategies on how this can be achieved.

### SATURDAY 21st SEPTEMBER 2024

#### Topic: The Journey Ahead – Planning for the Future

In this session we will introduce and explore different aspects facing men as they enter the twilight years of their life.

**These workshops are at the TOMNET Centre in Hume St. Workshops start at 9.00am. Workshop discussions are confidential.**

## AGED CARE VISITING TEAMS

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

<b>Glenvale Villas</b>	2nd Thursday of each month at 2.00 p.m.
<b>BUPA Rangeville</b>	2nd Tuesday of each month at 11.30 a.m.
<b>Ozcare</b>	3rd Monday of each month at 2.30 p.m.
<b>Lourdes Home</b>	4th Thursday of each month at 11.30 a.m.
<b>Palm Lakes</b>	to be confirmed
<b>Yukana</b>	4th Monday of each month at 2.30 p.m.
<b>BUPA Glenvale</b>	4th Friday of each month at 10.00 a.m.

# TOMNET MANAGEMENT COMMITTEE

<b>President</b> Bernie Moran	<b>Vice President</b> Alan Yorkston	<b>Treasurer</b> Ross Lange
<b>Secretary</b> 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.

## A big thanks to supporters of TOMNET

*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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**at Northlands Shopping Centre**



**cnr Spring St and Ramsay St, Middle Ridge**




**at the Hooper Centre**

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

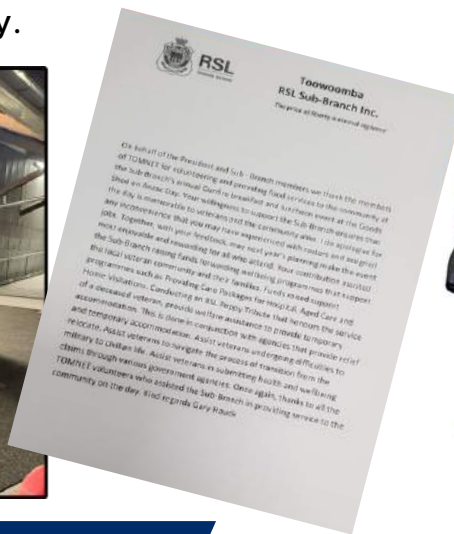


# SUPPORTING AND REMEMBERING ANZAC DAY

**TOMNET Member** Allan Jones represented TOMNET on ANZAC Day by laying a wreath at the Mother's memorial, thank you Allan.

**TOMNET Members** helped with the gunfire breakfast on ANZAC Day at the Good's Shed. Glenn and Nannetta Green helped feed the masses during breakfast. Members Bernie, Bevan, Darrell, Neil, Leo, and Greg cooked the lunch and helped serve well over 700 people.

**We thank** Toowoomba RSL for inviting TOMNET to help commemorate ANZAC Day.



**Allan Jones  
and his best  
mate**

## Member Spotlight

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

**A. Bill Gates, and Paul Allen, who passed away due to non Hodgkin Lymphoma ).**

**Q. What book or movie has had a big impact on you?**

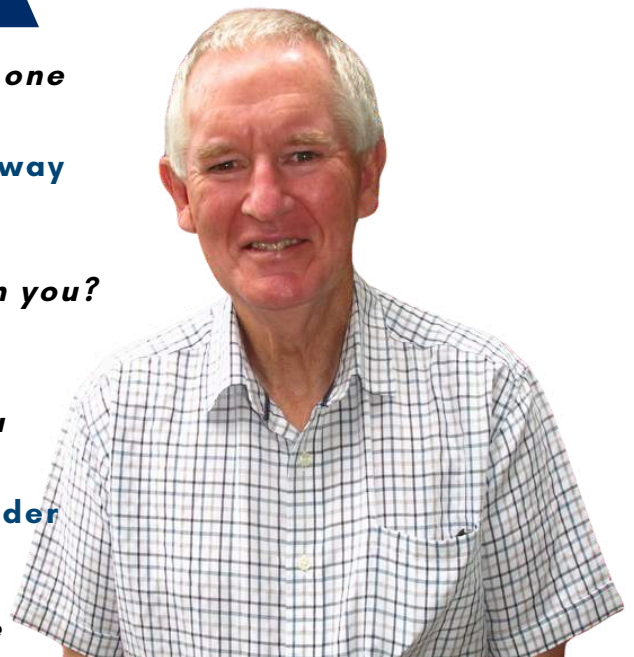
**A. What really happened in Wuhan, China.**

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

**A. Do not act on impulse; take time to consider the facts before making the final decision.**

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

**A. Anne, my wife , makes a pie which she calls "An Impossible Pie" - ask for the recipe :)**



**RICK THESSMAN**

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Toowoomba South Qld, 4350

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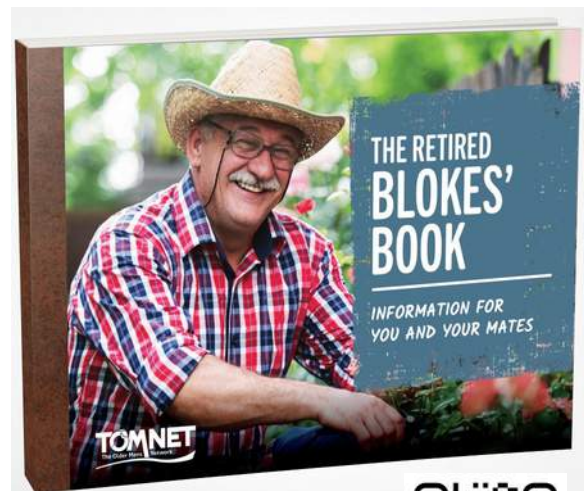


## The Retired Blokes' Book

**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](http://www.tomnet.org.au)**



**Download by scanning  
the QRCode with your  
phone.**



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