

## FUNDRAISING BARBECUE TO SUPPORT HIDDEN ABILITIES

TOMNET men cooked a barbecue for the Hidden Abilities event held at The Annex, behind the Toowoomba Council building. The event showcased amazing performers from Toowoomba, along with singing sensation Tim Mc Callum, and International Speaker, Tom Nash.

Thank you to Ray, Jim, Greg, Leo, and Darrell for their efforts. TOMNET raised \$200 from gold coin donations on the day.



## CELEBRATING THE LIFE OF ROYCE PERKINS - TOMNET MEMBER AND FRIEND

TOMNET Members gathered amongst family and friends at Burstows to celebrate the life of Royce Perkins, who passed away on the 22nd of May, 2023. Royce was a Life Member and during his 15 years of active membership, was involved with many aspects of the daily running of TOMNET.

Royce was instrumental in supporting change within TOMNET, he wanted to see TOMNET as a place for men to feel safe, supported, and free to engage in the activities provided without judgement. Royce was a significant part of that change and what TOMNET is today is a reflection of who Royce was.

Thank you to the TOMNET Members who were able to attend and celebrate Royce's life.



# 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 MEETINGS

**Wednesday 9th August**  
**Guest speaker - Peter Hardwick**  
**(Tmba Chronicle)**

**Wednesday 13th September**  
**Guest speaker - TBC**

**10am start | bbq | raffles**  
**Venue: 279 Geddes St, Toowoomba**

## LUNCH WITH MATES

**Friday 18th August**  
**Friday 15th September**

**Venue: South Bowls Club | 331 Hume St**  
**meet at midday**  
**pay for own meals/drinks**

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



# RUTH LOGAN ASKS "WHAT'S YOUR NUMBER?"

As part of Men's Health Week 2023 on the Darling Downs, The Older Men's Network invited Ruth Logan from the It's a Bloke Thing Foundation to speak to Members at their monthly meeting. The theme for **Men's Health Week 2023** was Healthy Habits. The Older Men's Network invited Ruth to Toowoomba and help spread the message of detecting Prostate Cancer as early as possible, and how staying healthy helps our prostate.



Ruth provided **current statistics** on prostate cancer, the various **techniques** used to check the health of our prostate, and how we can **take action** if symptoms appear. Ruth presented the meeting in a serious, but light-hearted way, and Members were thoroughly engaged. One Member commented, "The clarity of Ruth Logan's topic was such that the silence in the room by the TOMNET members, was deafening."

PCFA says 75% of Australians still don't know the PSA test guidelines and only 36% of prostate cancers are detected at the earliest stage, when treatment is most effective.

**Do you know your number, and what the prostate does?**

**Follow this link: [tomnet.org.au/whatsyournumber](https://tomnet.org.au/whatsyournumber)**



## 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

# MANAGEMENT COMMITTEE NOMINATIONS

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This year, TOMNET Members can nominate for election to the TOMNET Management Committee. There is one General Committee member position available (two-year term).

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 7th August and close on Thursday 31st August 2023. 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 11th October.

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

## DO YOU HAVE FREE TIME EACH WEEK TO CALL A FEW MATES?

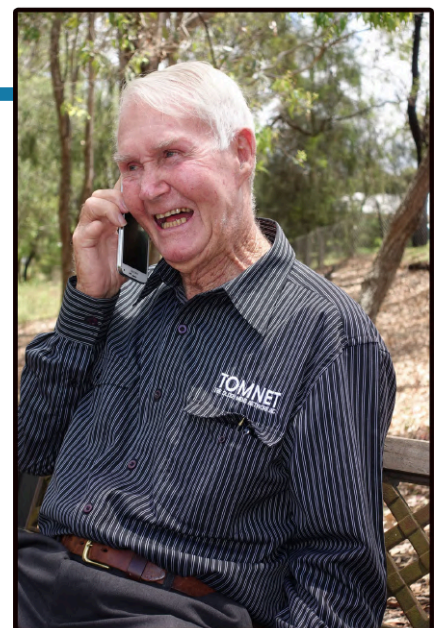
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**Our Telephone Support service continues to grow, but we need more Volunteers to keep up with demand.**

As a Volunteer, we connect you with TOMNET Members who are not able to attend meetings, have given up their licence and no longer drive, or are unable to leave home easily to meet with friends or have a chat.

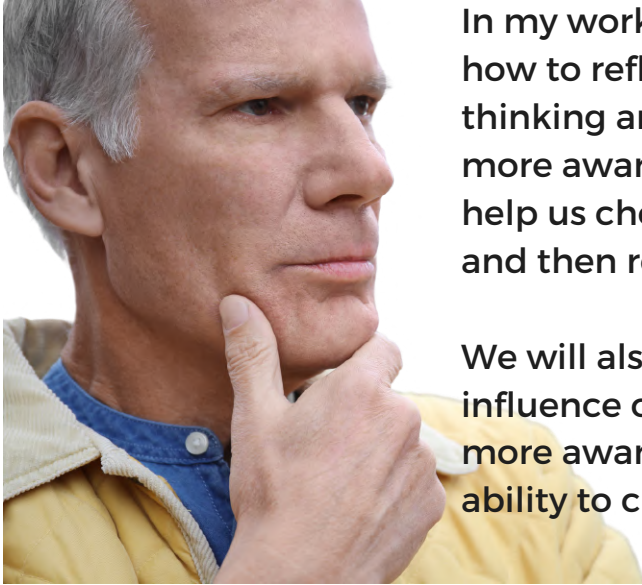
You can provide that connection to the outside world we can lose when stuck at home and lack the interaction with other people, especially our mates.

**If you are interested, contact Anthony at TOMNET to find out more information. If you would like a call from a mate, please call Anthony as well.**



# *Come along to my workshops... Luke*

## THINKING ABOUT YOUR THINKING - 12TH AUGUST



In my workshop on the **12th August** we will discuss how to reflect on, understand and manage our thinking and learning. We will learn how to be more aware of how we think and learn, which can help us check if we are doing things the right way, and then reflect on how well we did.

We will also talk about how our beliefs can influence our thinking. The outcome is to become more aware of our thought processes and the ability to change our thoughts and behaviours.

## 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 each Saturday**  
**Call to book Luke's Workshops - 07 46389080**



# MAKE A DIFFERENCE IN ANOTHER MAN'S LIFE

The Older Men's Network offers volunteering roles for Members to visit men living in residential and lifestyle villages. This can be very rewarding and life - changing experience.

**Here are 5 benefits to you as a Volunteer:**

**1. Sharing your skills and knowledge:** We all have skills, wisdom, and stories that we have accumulated over time. As a volunteer visitor, you will have plenty of opportunities to share your unique wealth of knowledge.

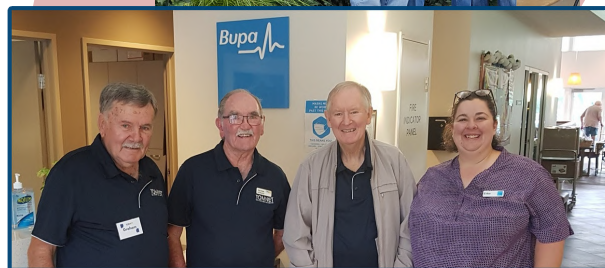
**2. Giving back to the community:** a great way to make a difference in the lives of older Australians and make a positive impact on the lives of the residents by having a chat and sharing stories.

**3. Building friendships:** visiting provides you the opportunity to form meaningful connections and friendships with these men, the staff, and other Volunteers.

**4. Gaining a new perspective on life:** Volunteering in aged care can provide you with a new outlook on life and help you appreciate the things that really matter.

**5. Learning new things:** When you volunteer in aged care, you have the opportunity to meet a group of people with different backgrounds, interests, and opinions.

We are always looking for new Volunteers to visit men in aged care facilities, contact Anthony to find out how you can get involved today - 07 4638 9080



## AGED CARE VISITING TEAMS

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

<b>Symes Thorpe</b>	last Friday of each month at 11.30 a.m.
<b>Glenvale Villas</b>	2nd Thursday of each month at 2.00 p.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>Brodrigg Home</b>	4th Friday of each month at 9.30 a.m.
<b>Yukana</b>	4th Monday of each month at 2.30 p.m.
<b>BUPA Rangeville</b>	2nd Tuesday of each month at 11.30 a.m.

## SAYING GOODBYE TO DON LONGMORE

TOMNET Member Don Longmore passed away on 2nd June, 2023, aged 83 years. Don was a Member for 13 years and a Life Member for five of those years.

Don was very active in TOMNET, as a Volunteer and regular at the Wednesday meeting. Don was always giving cheek and controlled the biscuit barrel like it was Fort Knox.



Don's funeral was held at Dalby, we thank Alan and Ros Yorkston for representing TOMNET.

## lunch with mates

**Friday, 21st July**  
**Friday, 18th August**  
**Friday, 15th September**

Club Toowoomba  
331 - 339 Hume St,  
South Toowoomba

Meals at own cost  
Meet at midday

**BOOK NOW**

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

To book - call TOMNET on **4638 9080**





## 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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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.**

# TOMNET MONTHLY MEETING

Come along and join other like-minded men at our monthly meeting. Held on the 2nd Wednesday of each month, we have raffles, a guest speaker, lots of conversation, and a FREE barbecue afterwards.

**When:** 2nd Wednesday of each month

**Where:** 279 Geddes St, Baptist Church Hall

**Time:** 10am



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



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the QRCode with your  
phone.**



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