

What's been happening at TOMNET

NAIDOC Week Barbecue

TOMNET was invited to cook the barbecue for the Annual NAIDOC Week event at Laidley on the 9th August. Rod, Gary, JT, Bruce, Paul, Kim, Steve, and Cec pitched in to cook a wide variety of food from kebabs to sausages serving people attending the event. A great day was enjoyed by everyone, with giveaways, live music, and lots of conversations with people attending the event.



Rod, JT, Gary, Bruce, and Paul



Steve, Cec, and Kim

Monthly Meeting Guest Speakers

Our Monthly Meetings have been packed with valuable speakers sharing their knowledge:

- **Jade from Seniors Connect** spoke about the discounts and rebates available from the Queensland State Government.
- **Kylie from Niagara Therapy** discussed simple, non-medicated solutions to help improve our overall wellness and long-term mobility as we age.
- **Michael from Seeway** introduced Members to a new organisation that supports people with low vision and explained the services available.
- **Fi from the Gatton Fire Station** explained the new laws surrounding fire alarms and what we need to do to be compliant. Fi also gave practical examples of how to stay safe at home.
- **Ophelia from Moneycare** spoke about a new service with the Salvation Army who provide financial counselling and information.

Volunteers have been cooking hundred's of sausages at the following barbecues in both Toowoomba and the Lockyer Valley:

- **Lockyer Basketball (PCYC)** – 3rd Thursday each month
- **Mitre 10 Toowoomba (Stenner Street)** – Monthly from 9:30am – 1:00pm
- **ANZAC Day** at the Goods Shed in Toowoomba for the RSL
- **Lockyer ValleyFest** in Gatton
- **BBQ for St Vincent de Paul** – Open Day for their clients
- **2 x BBQ's for St Vincent de Paul** - to support their clients living in the accommodation houses

Workshops at the TOMNET Centre

Members participated in three workshops hosted by Luke at the TOMNET Centre. These sessions covered:

- **"Retirement and Relationships"** - maintaining harmony at home.
- **"Becoming a Carer"** - discussed the emotional and physical challenges, with solutions to manage these changes.
- **"Men's Mental Health"** - we talked about the myths and stigma surrounding men's mental health.

These sessions are designed to be practical and real, tackling issues that affect older men but don't always get talked about enough. Dates of future workshops will be included in text messages, flyers, and emails sent out regularly to Members.

Darrell, Shane, Bevan, Ray, and Graham firing up the BBQ for the Kulila Kindergarten Fun Day



Learning all about the Big Cow at Highfields Pioneer Village



MANAGEMENT COMMITTEE NOMINATIONS INVITED

This year, TOMNET Members can nominate for election to the **TOMNET Management Committee**

There is **one Executive Position (President), and six General Committee member positions (two-year terms)**. In addition to new nominations, current Executive and Committee Members are eligible for re-election.

Our Management Committee coordinate events and activities and manages the organisation's responsibilities. Meeting on the **third Wednesday of every month** and 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. Those wishing to nominate must be a resident of Queensland or live within 65km of the Queensland border.

Nominations open on **Monday 3rd August and close on Thursday 27th August 2026**. 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 8th October.

If you wish to know more about the role, **contact Bernie Moran or Shannon** at the office on 07 4639 9080

TOMNET attends the Volunteering Qld Awards celebration at Brisbane City Hall

On the 15th of May, several members travelled to Brisbane to attend the Volunteer Queensland Awards celebration at Brisbane City Hall. Members were treated to a lovely morning tea and live entertainment while listening to the awards being presented.

Each year, these awards honour volunteers from all walks of life, whether they're long-term change makers, fresh faces with bold ideas, passionate young people, or those supporting others behind the scenes. Volunteers are the backbone of Queensland communities, and without them

many vital services and initiatives simply wouldn't exist.

TOMNET was nominated in the Qld Volunteering Impact Award - Community, Government, Corporate category.

While we did not win, it was exciting to be amongst all the finalists, and having TOMNET recognised on the Queensland stage for the work that we do is especially important.

Thank you to all TOMNET Volunteers who give up their time to support the valuable programs available.



Lunch with Mates - Lockyer Valley

Lunches have been held at QN Hotel, Royal Hotel in Gatton, Falvey's Hotel, and the Golden Lor in Plainland. Thanks to all the fellas who attend and enjoy the friendships.



Luke's WORKSHOP

SATURDAY

19th September

9.00 a.m. to 11.00 a.m.

Men's Barriers to Social Participation

- ✓ What prevents older men from engaging
- ✓ Addressing how grief, financial strain, and pride impact daily participation.
- ✓ Overcoming the fear and hesitation of re-joining community activities.

TOMNET Centre, 223 Hume St, Toowoomba

Register Now : 07 4638 9080

lunch with mates

Toowoomba

Friday, 21st August
Friday, 18th Sept.

RINK 46
46 Gipps St,
Drayton

Meals at own cost
Meet at 12.30pm

Lockyer Valley

Friday, 14th August
Gatton Golf Club

Friday, 4th Sept.

Please Note: One week earlier
Location TBA

Meals at own cost
Meet at 12.00 noon

Venue may change please, contact TOMNET to confirm.

BOOK NOW

TOMNET on 4638 9080 or email
admin@tomnet.org.au

The LiveUp "Fitness for All" webpage

Provides **free, accessible exercise** resources designed to help older adults build strength, mobility, and balance.

- **Guided Full Exercise Class:** A complete, follow-along video class tailored for older adults, designed to be done at a comfortable, personal pace.
- **Downloadable Guides:** Free printable workout sheets (including PDF guides for upper and lower body exercises) with step-by-step instructions and safety tips.
- **Minimal Equipment Needed:** Accessible exercises that use simple everyday items, such as a sturdy chair, food cans, or light handheld weights.
- **Expert Support & Safety Guidance:** Developed with healthy ageing consultants, offering tailored advice for safe participation and access to personalized advice via LiveUp Navigators.

LiveUp is powered by not-for-profit organisation iLA and funded by the Department of Health, Disability and Ageing.



Menu & Search

◀ [Back to Home](#)

Fitness for All

Be active, feel well, and stay independent with Fitness for All. Designed in collaboration with Kamilla Haufort, a healthy ageing consultant, these free online resources help you build strength and balance. Enjoy the benefits of regular movement today!



Press play to watch this video with healthy ageing expert Kamilla Haufort and our group participants.

<https://www.liveup.org.au/fitness-for-all>

SEEWAY - Living well with changing vision

People living with a vision condition such as macular degeneration, glaucoma, or diabetic eye disease may be adjusting to changes that affect everyday life.

Some of these changes are practical, others emotional, and many sit outside what is discussed in a clinic appointment.

Having the right support can help ensure these shifts don't quietly lead to disconnection, from activities, confidence, or the people and routines that matter.

SeeWay – an initiative of Guide Dogs is a free national service designed to support people living with changes in their vision, as well as their loved ones. It's a practical platform to compliment the care of an eyecare professional, so you can live well while navigating changes in your vision.

With SeeWay, you can access:

- Easy to understand vision information and resources
- Help using your mobile phone, tablet or other device
- Support for your mental wellbeing

If you or someone close to you is navigating vision changes, gentle guidance and practical ideas are available at:

[**www.seeway.com.au**](http://www.seeway.com.au)

Phone: 1800 733 929



MEN'S MEETINGS

OLDER MEN SUPPORTING OTHER OLDER MEN

TOOWOOMBA

Monday, Tuesday, Thursday

9.30 a.m. to 11.30 a.m.
inc. Tuesday 1.00 p.m. to 3 p.m.

Weekly Meetings - 223 Hume St,
Toowoomba

Monthly Meeting

2nd Wednesday of the month

10.00 a.m. to midday.

279 Geddes St, Toowoomba

Call Anthony for more information:
07 4638 9080

**MONTHLY GUEST
SPEAKERS**

FREE BARBECUE

MEET NEW FRIENDS

GET INVOLVED

All men over 50 years are welcome.

Our Members come from a wide variety of backgrounds and walks of life. All come with a wide range of skills and life experiences, all men are considered equal.

LOCKYER VALLEY

Monday & Tuesday

9.30 a.m. to 11.30 a.m.
Lockyer Community Centre

Wednesday

9.30 a.m. to 11.30 a.m.
Glenore Grove Hall

Thursday

9.30 a.m. to 11.30 a.m.
Hopeland Hall, Laidley

Monthly Meeting

Last Monday of each month

9.30 a.m. to 11.30 a.m.

Call Anthony for more information:
07 4638 9080

LEARN MORE:

www.tomnet.org.au

07 4638 9080

MAIN CENTRE:

223 Hume Street,
Toowoomba QLD

admin@tomnet.org.au

New Smoke Alarm Laws are coming

Interconnected compliant smoke alarms which means when one goes off, they all go off.

All existing private homes, townhouses, units and manufactured homes require interconnected photoelectric smoke alarms by 1 January 2027. All registered caravans and motorhomes must also be fitted with a photoelectric smoke alarm.

Legislation introduced on 1 January 2017 requires all smoke alarms to comply with Australian Standard 3786-2014, and requires pre-existing smoke alarms to be replaced with interconnected smoke alarms if the smoke alarm has expired; does not work anymore and/or converting the home into a rental property.

You don't need to tell the Queensland Fire Department about your smoke alarm compliance. When selling a home, you may need to provide proof that you have complied with the legislation.

What does it mean to be compliant?

Smoke alarms must:

- be photoelectric.
- be interconnected with every other smoke alarm in the dwelling so all activate and go off together.

- comply with the Standard AS3786-2014 which is marked on the body of the alarm. To locate the marking, you may need to remove from the bracket to look underneath.
- not contain an ionisation sensor.
- **be hardwired installed by a licensed electrician** (e.g. 240v) to the mains power supply with a secondary power source (eg. non-removable 10-year battery, or a user-replaceable 9V battery) or;

- **be powered by 10-year non-removable batteries type photoelectric smoke alarm** that can be installed yourself.



Installing smoke alarms:

Private homes, townhouses and units

Smoke alarms must be installed:

- on each storey
- in each bedroom
- in hallways that connect bedrooms and the rest of the dwelling
- if there is no hallway, between the bedroom and other parts of the storey; and

QFD recommends recording or setting a reminder for when you need to update your alarms.

More Information:

Queensland Fire Department

www.fire.qld.gov.au/fire/smoke-alarms

Read the Smoke Alarm Installation Guide: [Click Here](#)

Virtual Emergency Care Service

Help for non-life-threatening conditions

The Virtual Emergency Care Service can help you with conditions that need immediate specialist Emergency Doctor attention but aren't life-threatening.

This includes but is not limited to:

- acute respiratory illnesses
- allergic reactions
- rashes and bites
- pain
- infections
- burns
- children with fevers
- gastroenteritis
- vertigo
- and many more.



Scan the QR code to
access the service.



In an emergency, always call **Triple Zero (000)**



**Queensland
Government**

Check out the new LED sign at the Lockyer Community Centre



The Lockyer Community Centre have installed a new LED sign. The sign highlights the activities and resources that are available at the Centre.

TOMNET is keen to continue supporting the Community Centre by hosting our weekly and monthly meetings for Members and men in the community.

Visit the website to see what they offer the community:

<https://www.lockyercommunitycentre.org.au/>



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 talk over the phone.



Call TOMNET to book - 4638 9080

by tech guru Charlie

300 Downloads

IN 3 WEEKS!!

TOMNET was featured in an email campaign by the Qld Government **Seniors Connect** which is emailed to over 200, 000 email subscribers. We submitted an article outlining the programs and activities that you (our Members) are involved in e.g. **Volunteering, Mentoring, Meetings, and Events.**

We also included a link to our Retired Bloke's Book, which has been downloaded **over 300 times** since the email was sent to their subscribers!

This a fantastic result and we are proud that our Retired Bloke's Book is being read by so many fellas!



VISITING OLDER MEN IN AGED CARE HOMES

Join other TOMNET members visiting older men who are seeking friendship and lively conversation?

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

Contact the TOMNET Centre for more information.

LOCAL BUSINESSES SHOW THEIR SUPPORT TO TOMNET BY DONATING PRIZES AND GOODS FOR OUR MEMBERS.



at the Hooper Centre



Stenner St store



at Westridge Shopping

SUPPORT BUSINESSES THAT SUPPORT TOMNET.

TOMNET MANAGEMENT COMMITTEE

President Bernie Moran	Vice President Darrell Pierpoint	Treasurer Ross Lange
Secretary Charlie Brun	Pat Mc Namee	Rob Burey
Dan Turner	Angus Grant	Jim Aulbury

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)



TOOWOOMBA OAKEY DALBY WARWICK GATTON

24 freecall 1800 803 196
www.burstows.com.au



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Members and partners gather to celebrate opening of Criterion Hotel

TOMNET Members and their partners were invited to join in the celebrations at the Criterion Hotel in Helidon to witness the refurbishment. 15 Members along with their partners represented TOMNET. We were treated to delicious food, entertainment, and a beautiful morning on the 26th June.

More events are planned to include partners as a way to build friendships and connections with our community. Thanks to Dan for leading the event organising.



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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Major funding provided by:



**Queensland
Government**

Newsletter printed by:



Articles for the Telegraph must be
received by the 3rd Monday of the month, and may be edited.

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