

## GLENNIE SWIMMING CARNIVAL BARBECUES

**TOMNET** cooked two barbecues for the Glennie Swimming Carnival on the 30th June and 21st July at Glennie School. Volunteers braved the cool mornings to cook egg burgers and sausages to the starving swimmers throughout the morning and lunch breaks between races.

**Glennie Swimming Club President Luke Osborne** said "Both teams were absolutely AMAZING! I really don't know how we would have made our way through without them. They ran like a well oiled machine and nothing was too much trouble for them. They came and set-up and were cool, calm and collected all day long."

**TOMNET Volunteers** included **Bernie, Geoff, Darrell, Ray, Leo, Glenn, and Nannetta**. "Without your team my stress level would have been through the roof!" commented Luke.

Thank you to the Glennie Swimming Club for inviting TOMNET, and thank you to the Volunteers making it happen, once again.



Top photo: Darrell, Geoff, Leo, and Ray  
Bottom photo: Bernie, Ray, Nannetta, Darrell, and Glenn

## FUTURE EVENTS - add to your calendar

- ✓ **Ipswich Bus Trip - Rail Museum**  
Tuesday, 29th October
- ✓ **New Acland Mine Trip**  
Tuesday, 15th October
- ✓ **Melbourne Cup Luncheon**  
Tuesday, 5th November - Rink46
- ✓ **Workshop with Luke**  
21st September and 2nd November
- ✓ **International Men's Day**  
Tuesday, 19th November
- ✓ **TOMNET Christmas Lunch - 4th December**

# Monthly Meetings

● 11th September 2024 ●  
Speaker: Wendy Williams  
(ILS Mobility Toowoomba)

● 9th October 2024 ●  
Annual General Meeting  
Guest Speaker:  
METphys Highfields

**FREE Barbecue**

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

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## BMS Barbecues

**SATURDAY 14th September 2024**

**SATURDAY 12th October 2024**

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

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## Luke's Workshops

**SATURDAY 21st September**

**Topic: The Journey Ahead**

**SATURDAY 2nd November**

**Topic: Mateship**

**9am TOMNET Centre**

# SIGN UP FOR OUR COMPUTER COURSES

## First Session:

Wednesday 4th September  
9am to noon - TOMNET Centre  
Morning Tea included

### First session topics:

- Identify the parts of a computer
- How to stay safe online
- How to use email
- What is the Internet

**There will be future courses - add your name to our list and be notified of the dates.**



**Call TOMNET to book - 4638 9080**

**presented by tech guru Charlie**

# lunch with mates

**Friday, 20th September**  
**Friday, 18th October**

Rink 46,  
Drayton Bowls Club  
46 Gipps St, Drayton

Meals at own cost  
Meet at 12:30pm  
Stay for a game of bowls afterward



**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)**



**TOMNET**

**\$15**  
PP

# IPSWICH BUS TRIP

Queensland Museum Rail Workshops

 **29th October 2024**  
**Tuesday**

 **Depart 9am | back 3.30pm approx.**  
**279 Geddes St (Baptist Church)**


  
**Queensland  
Seniors Month  
2024**

**What's included:**

- Entry Fee to the Museum**
- Morning Tea & Lunch**
- Members and partners welcome**

Funded by  
  
**Queensland  
Government**

  
**COTA**  
QUEENSLAND

**Call to Book**   
**07 4638 9080**

**GET ON BOARD NOW**

**RSVP by 18th October**

# PROSTATE CANCER AWARENESS MONTH IN AUSTRALIA

**September** marks **Prostate Cancer Awareness Month** in Australia, a crucial time dedicated to raising awareness about the most commonly diagnosed cancer among Australian men. This month-long campaign aims to **educate the public** about the importance of early detection, which significantly increases the chances of successful treatment. Prostate cancer often develops **without noticeable symptoms** in its early stages, making regular screenings vital for men over 50, or over 40 for those with a family history of the disease.

Throughout September, various events, including community walks, educational seminars, and fundraising activities, will be held nationwide to support research and provide resources for those affected by prostate cancer. This year, the **Prostate Cancer Foundation of Australia (PCFA)** emphasizes the theme "Know Your Risk," encouraging men to discuss their risk factors with healthcare providers and to take proactive steps in managing their health. Let's help **spread the message** about the importance of early detection and support the ongoing fight against this prevalent disease. Together, we can make a difference in the lives of countless men and their families.



**Toowoomba Prostate Cancer Support Group - contact Cyril 0427 133 439**  
**1st Tuesday of the month, Hope Horizons Centre**

## PROSTATE CANCER AND MENTAL HEALTH?

**Many men diagnosed with prostate cancer experience poor mental health. We need to support them better.**

Every year more than **24,000 Australian** men are diagnosed with prostate cancer, making it the most frequently diagnosed cancer among Australian men. Despite high survival rates – around 96% of men diagnosed with prostate cancer will survive for at least five years – prostate cancer can significantly affect men's mental wellbeing. This can apply through all stages of the **illness, including diagnosis, treatment and follow up.**

Rates of anxiety, depression and suicide are higher among men with prostate cancer than in the general population. In our recent study, we wanted to understand the scale and timing of mental health issues among men with prostate cancer. Our findings suggest we need to offer them more support, sooner.

### Men may be less likely to seek help

Our research suggests there's a tendency for men to **take medication** rather than get help from mental health services. This may reflect a preference for medication, but could also be due to limited availability of services, or stigma around getting help. Research shows many cancer patients are **reluctant** to seek help for mental health concerns.



**To continue reading, visit the original article:**  
**<https://tomnet.org.au/prostateoriginalarticlelink>**

**Source:** *theconversation.com*  
 August 9, 2024 6.20am

# WHAT IS AI? AUGUST GUEST SPEAKER

At the August monthly meeting, TOMNET Members welcomed Associate Professor Andrew Maxwell from UniSQ. Andrew's task was to explain "What is AI?", how it could affect us, and demonstrate some everyday uses of AI. He did an excellent job explaining what AI is and how developers attempt to mimic the human brain. Andrew presented some unique graphics that illustrated how AI relates to our brain through **pattern matching** - truly fascinating, albeit a bit complex.

Key takeaways from Andrew's visit included the importance of not relying on a single source for news and fact-checking from various sources. He highlighted that some news articles are now written by AI **without human editing**, which can lead to inaccuracies. Andrew discussed how products labeled as being AI are not truly intelligent. For instance, he mentioned an advertisement for a toothbrush with AI, which in reality had no intelligence at all.

Finally, he discussed that true intelligence requires creativity, curiosity, adaptability, and understanding. Most AI systems lack these traits, as they simply follow a set of instructions to complete tasks without any creative influence or thought process. We are still a long way from a **thinking** AI product.

Andrew's talk was quite technical, and we are still puzzled about why he brought a guitar, it was however wonderful to have a University Professor share his knowledge with us older fellas.



Assoc. Professor Andrew Maxwell at the August Meeting.

## Member Spotlight

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

**A. Tommy Cruise - roast lamb with roast potatoes and pumpkin with gravy!**

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

**A. Advances in technology (good and bad)**

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

**A. Oppenheimer**

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

**A. RM Williams**

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

**A. My bladder, hahahaha**



**PETER WHITE**

# ATTITUDE IS EVERYTHING

The longer we live the more we realise the impact of attitude on life.

## **Attitude is more important than facts.**

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than most other people think or say or do.

It is more important than appearance, physical strength or skill.  
It will make or break a company, a church...a home.

The remarkable thing is **we have a choice** every day regarding the attitude we will embrace for that day.

We cannot change the fact that people will **act in a certain way**.

We cannot change the inevitable.  
The only thing we can do is decide what our attitude will be.

Life is 10% what happens to us and 90% how we react to it.  
Our attitude is the most vulnerable part of our existence, it is also the only part of our existence over which we have total control.



**Our attitude is everything.**

## AGED CARE VISITING TEAMS

<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>Infin8care</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.

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



Life after retirement is about living with purpose! It's not about slowing down but embracing every moment with joy and laughter, just like this wonderful photograph entitled 'I'm Retired Not Expired'. Bring along a mate to join the TOMNET community, where friendships grow, and every day brings something new.

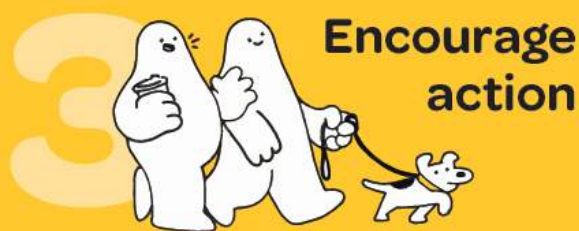
**A lot can** happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day. And they're not alone, with 72% of Australians reporting elevated levels of distress.

Regular, **meaningful conversations** with the people close to you can help prevent small things from becoming big things. By checking in regularly, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

So don't wait for R U OK? Day on **September 12**, **Ask R U OK?** Any Day of the year because a conversation could change a life.

# Ask R U OK?™ ANY DAY

## The 4 steps of an R U OK? Conversation



Find tips at [ruok.org.au](http://ruok.org.au)



# CHECK REBATES AND CONCESSIONS FOR SENIORS

Check the range of savings available to seniors to help make your money go further. Save on vehicle registration, electricity, gas and other expenses.

Seniors Card

Visit the website below to check what might be available:

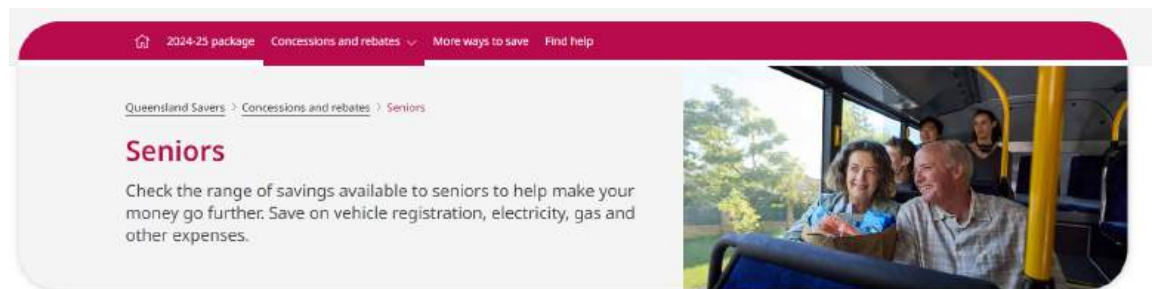
Home Assist Secure

**Rebates and Concessions - Qld Government**

<https://www.queenslandsavers.qld.gov.au/concessions-and-rebates/seniors>

Water Subsidy

Rates Subsidy



## USEFUL INFORMATION FOR SENIORS

The **Services Australia website** lists the most useful pages as voted by other users of the website.

**Examples include:**

Income test for Commonwealth Seniors Health Card

Assets test for Age Pension

Who can get Age Pension

How much Age Pension you can get



The page can be accessed here (copy and paste into your browser):

<https://tomnet.org.au/ServicesAustraliaLink>

## LUKE'S NEXT WORKSHOP

**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 stage of their life.

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

# 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.

## 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

*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.**



at the  
Hooper Centre

# VOLUNTEERS OUT AND ABOUT

**TOMNET Volunteers** Bernie and Carmel spending time at Creative Gardens daycare in Glenvale interacting with the children. The children look forward to the visits and . The program is part of our Intergenerational programs at TOMNET. Ralph visits Creative Gardens at Southtown.



**Bernie**



**Carmel**

The **TOMNET Minstrals** sang for residents at Yukana recently. The Minstrals have secured several Aged Care homes as part their singing rotation. Charlie and Ross accompanied Jim to sing to a very appreciative audience of residents.

Anyone interested in joining the group, please call TOMNET on 4638 9080. Glenn is another Minstrals member.



**Charlie, Jim, and Ross  
at Yukana**

## Member Spotlight

**Q. If you could have dinner with anyone, who would that be?**

**A. A friend who had many dealings with Joh and the liberal party back in the 70's.**

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

**A. Nothing much has changed in my lifetime. The names have changed. The locations have changed. I'm told that Jenny Woodward still does the weather forecast on the ABC.**

**Q. What do you hope never changes?**

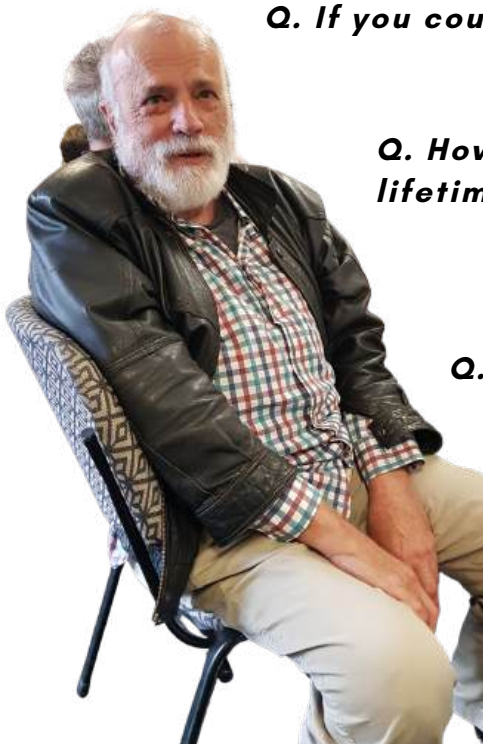
**A. The smile I get on my face when I hear my son disciplining his sons and I realise that he ain't getting anywhere either.**

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

**A. George Lazenby as James Bond in On Her Majesty's Service - the opening scene is iconic with his lines "This never happened before."**

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

**A. Mixed kebab with lettuce, tomato, onion, and olives with tahini sauce and a bottle of sparkling water.**



**GARRY SPOWART**

Postal Address:  
PO Box 7801  
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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.

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