

The knowledge gained at meetings and social activities helps to allay men's fears that arise during initial diagnosis and subsequent treatments and to dispel depression. We also consider other age related issues confronting men and their partners. The Support Group welcomes partners of men as active participants since the disease has an effect on families.

Group News



HAPPY NEW YEAR

THURSDAY, 10th February at 6pm
STROKE SAFE

IAN THERKELSEN (The Stroke Foundation)

It is estimated that thousands of strokes will be experienced by Queenslanders this year alone. Ian will talk about what causes strokes, how to recognize symptoms and what action to take



To attend our meetings you need to provide proof of full vaccination for COVID-19 and you must sign the registration sheet

WHERE WE MEET

The group meets at 6pm on the 1st floor of the Mango Hill Community Centre (The Y). Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd **THURSDAY** of the month. It's the tallest building in Mango Hill.

Refreshments are provided from 6pm.
If you need more info see contact details page 6

DECEMBER 2021 MEETING

What a night. Plenty of food and drink thanks to Joy and her team. Geordie Heaney excelled again with his music. He also hung on longer than expected so that we could continue enjoying the evening while the storm passed over. 43 members and partners attended.

SOCIAL ACTIVITY

PUT THESE IN YOUR DIARIES NOW

MORNING TEAS FOR FEBRUARY
Ladies on 24th Feb and men on 26th Feb
At North Lakes Sports Club, Flinders Parade,
North Lakes at 10am

**GET INVOLVED.
AND PUT HEALTH WORRIES ASIDE**
This group is all about meeting friendly faces
and enjoying ourselves

I got caught taking a pee in the swimming pool today. The lifeguard shouted at me so loud, I nearly fell in

Local man addicted to brake fluid says he can stop anytime he wants....

MAKE THE GOLDEN YEARS YOUR BEST YEARS

Some of us have reached our golden years, and some of us have not. But these suggestions should be read by everyone. They have been collected from many a senior, each with his or her own piece of advice. Some you may know, some may surprise you, and some will remind you of what's important. So, read well, share with your loved ones, and have a great day and a great life!

1. IT'S TIME TO USE THE MONEY YOU SAVED UP. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries and this is a time for you to enjoy some peace and quiet.

2. STOP WORRYING ABOUT THE FINANCIAL SITUATION OF YOUR CHILDREN AND GRANDCHILDREN. Don't feel bad for spending your money on yourself. You've taken care of them for many years and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

3. KEEP A HEALTHY LIFE, WITHOUT GREAT PHYSICAL EFFORT. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor and get tested even when you're feeling well. Stay informed.

4. ALWAYS BUY THE BEST, MOST BEAUTIFUL ITEMS FOR YOUR SIGNIFICANT OTHER. The key goal is to enjoy your money with your partner. One day, one of you will miss the other, when money will not provide any comfort. So, enjoy it together.

5. DON'T STRESS OVER THE LITTLE THINGS. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. REGARDLESS OF AGE, ALWAYS KEEP LOVE ALIVE. Love your partner, love life, love your family, love your neighbour, and remember: "A man is not old as long as he has intelligence and affection."

7. BE PROUD, BOTH INSIDE AND OUT. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. DON'T LOSE SIGHT OF FASHION TRENDS FOR YOUR AGE BUT KEEP YOUR SENSE OF STYLE. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

9. ALWAYS STAY UP TO DATE. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to sign up to a couple of social networks. You'll be surprised which old friends you may meet. Keeping in touch with what is going on and with the people you know, is important at any age.

10. RESPECT THE YOUNGER GENERATION AND THEIR OPINIONS. They may not have the same ideals as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

11. NEVER USE THE PHRASE: "IN MY TIME". Your time is now. As long as you're alive, you are a part of this time. Have fun and enjoy life.

12. SOME PEOPLE EMBRACE THEIR GOLDEN YEARS, WHILE OTHERS BECOME BITTER AND SURLY. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. DO NOT SURRENDER TO THE TEMPTATION OF LIVING WITH YOUR CHILDREN OR GRANDCHILDREN. Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. DON'T ABANDON YOUR HOBBIES. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.

15. EVEN IF YOU DON'T FEEL LIKE IT, TRY TO ACCEPT INVITATIONS. BAPTISMS, GRADUATIONS, BIRTHDAYS, WEDDINGS, CONFERENCES. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

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The more I get to know people, the more I realize why Noah let only animals on the boat.

16. BE A CONVERSATIONALIST. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. PAIN AND DISCOMFORT GO HAND IN HAND WITH GETTING OLDER. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life has added to you. If they become your entire focus, you lose sight of the person you used to be.

18. IF YOU'VE BEEN OFFENDED BY SOMEONE, FORGIVE THEM. If you've offended someone, apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die."

19. IF YOU HAVE A STRONG BELIEF, SAVOR IT. The key is not to waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. LAUGH. LAUGH A LOT. LAUGH AT EVERYTHING. Remember, you are one of the lucky ones. You've managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So, what's not to laugh about? Find the humour in your situation.

21. TAKE NO NOTICE OF WHAT OTHERS SAY ABOUT YOU AND EVEN LESS NOTICE OF WHAT THEY MIGHT BE THINKING. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

Capital cities quiz questions and answers

Questions

1. What is the capital of Bulgaria?
2. What is the capital of New Zealand?
3. Beirut is the capital of which country?
4. What is the capital of Canada?
5. Hanoi is the capital of which country?
6. What is the capital of Argentina?
7. The capital of Iceland is?
8. Slovakia's capital is?
9. What's the capital of Belgium?
10. What is the capital of Brazil?

Answers

1. Sofia
2. Wellington
3. Lebanon
4. Ottawa
5. Vietnam
6. Buenos Aires
7. Reykjavik
8. Bratislava
9. Brussels
10. Brasilia

FREEZER BAGS: They are male, because they hold everything in...but you can see right through them.



TYRES: Tyres are male, because they go bald easily and are often over inflated



HOT AIR BALLOONS: Also a male object... Because to get them to go anywhere....you have to light a fire under their backside.



WEB PAGES: Female...because they are constantly being looked at and frequently getting hit on.

PONDERISMS

I used to eat a lot of natural foods until I learned that most people die of natural causes.

How important does a person have to be before they are considered assassinated instead of just murdered??

Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

POSSIBLY HALVING RISK OF DEATH FOR PROSTATE CANCER PATIENTS (Daily Mail 24/12/2021)

A ReVOLUTiOnARY treatment that could halve the risk of prostate cancer deaths is being considered by the nHS.

Abiraterone – which is taken in tablet form – is already used as a type of hormone therapy for men with prostate cancer that has spread to other parts of the body.

It works by stopping the production of testosterone, which helps keep the disease under control. But now a study has found the treatment is effective in patients with locally advanced prostate cancer which hasn't yet spread.

It could slash the risk of death in these patients who have the disease at an earlier stage by 50 per cent – and is now being considered for use by nHS england. the study, published in the Lancet journal, is part

of a trial which followed patients over a sixyear period and was led by a team at University College London and the institute of Cancer Research.

A total of 1,974 patients were enrolled across two arms of the trial – 988 were given the current standard treatment while the rest were given this combined with abiraterone.

Around half of those in the abiraterone group were also given another hormone therapy called enzalutamide.

After six years of monitoring, the researchers found that adding abiraterone – whether alone or alongside enzalutamide – improved survival and decreased the chance of the cancer spreading. Some 7 per cent of men on abiraterone died

from prostate cancer during the follow-up period, compared with 15 per cent of those receiving standard care.

Those who had a combination of both hormone drugs recorded similar results, but with an increase in side effects.

These results, the scientists say, indicate that using abiraterone to treat earlier stage prostate cancer could extend lives and prevent the cancer from spreading.

More than 52,000 men are diagnosed with prostate cancer every year in the UK and around 22,000 patients are considered at 'high risk' of their cancer spreading.

Current standard treatment for those whose cancer hasn't spread yet involves hormone therapy with or without chemotherapy, often combined with radiotherapy. the researchers hope health watchdog the national institute for Health and Care excellence (NICE) will soon publish updated guidance based on their findings.

Study co-leader Professor nick James said: 'Currently, abiraterone is only given to patients with very advanced prostate cancer.'

'Our latest findings are the first to show the drug can also benefit men whose cancer is at an earlier stage – improving survival and reducing the chance of progression.'

'The next step is for NICE to consider and implement our findings, so that men can benefit from abiraterone before their cancer has spread.'

**SOME PEOPLE
WON'T ADMIT THEIR
FAULTS. I WOULD,
IF I HAD ANY.**

- There's a village in southern Norway actually named 'Hell'. And get this: every winter it freezes over!
- The basketball court on the top floor of the US Supreme Court Building has a nickname? You guessed it: "The highest court in the land".
- Lake Superior State University in Michigan offers a unicorn hunting license. Unsurprisingly, the 'Chief Herald of the Unicorn Hunters' was once quoted as saying: "The pursuit of the unicorn is a lonely quest." Quite so. We wish his hunters nothing but good luck!
- The blob of toothpaste that sits on your toothbrush has a name. It's called a 'nurdle'.
- In 2012, a man wore 60 shirts and nine pairs of jeans on an 11-and-a-half hour flight from China to Africa because he didn't want to pay the extra baggage fee. Ridiculous, but not recommended.
- Dolly Parton once entered a celebrity look-alike contest, without revealing her true identity, at a club in San Francisco. She lost to a drag queen.
- If you eat enough carrots – about three large carrots a day for several weeks – it increases the beta-carotene in your blood and could turn your skin orange.
- While it might be a word that you won't find yourself using any time soon, the burnt part of a candlewick is called the 'snaste'.
- As of 2017, Ayanna Williams, a resident of Houston, Texas, hadn't cut her fingernails in 23 years. They measured between 24 and 26 inches each.
- The Empire State Building isn't only an iconic building, it's also the location of so many businesses that it had to be given its very own post code – zip code10118.
- There are more than a million ants for every person on earth. Human count: 7.4 billion. Ant count: 10,000 trillion. We wonder who did the counting and how.



Half the world's population lives if the area shown in red

FUN FACT:



Humans are deuterostomes, which means that when they develop in the womb, the anus forms before any other opening. Which basically means at one point you were nothing but an asshole. Some people never develop beyond this stage.

I don't understand why people have to "get ready" for bed. I'm always ready for bed.

I never thought I'd be the kind of person who'd wake up early in the morning to exercise ...
And I was right.

I had my patience tested.
I'm negative.

I still have a full deck... I just shuffle slower.

In the 1980's I fell off my bike and skinned my knee. I'm telling you this now because we didn't have social media then



The oldest computer can be traced back to Adam and Eve.
Surprise! Surprise!
It was an Apple.
But with extremely limited memory.
Just 1 byte.
Then everything crashed.

How do you milk sheep?

Bring out a new iPhone and charge \$1000 for it.

Aussie Bush Etiquette

In General:

- 1) Never take an open stubby to a job interview...
- 2) Always identify people in your paddocks before shooting at them.
- 3) It's tacky to take an Esky to church.
- 4) If you must vacuum the bed, it's time to change the sheets.
- 5) Even if you are certain you're included in the will, it's rude to take your ute & trailer to the funeral.



Eating Out:

- 1) When decanting wine from the box, tilt the paper cup & pour slowly so as not to bruise the wine.

- 2) If drinking directly from the bottle, hold it with only one hand.

Entertaining at Home:

- 1) A centrepiece for the table should never be anything prepared by a taxidermist.
- 2) Don't allow the dog to eat at the table, no matter how good his manners are.

Personal Hygiene:

- 1) While ears need to be cleaned regularly, this should be done in private, using one's OWN ute keys.
- 2) Even if you live alone, deodorant isn't a waste of money.
- 3) Extensive use of deodorant can only delay bathing by a few days.
- 4) Dirt & grease under the fingernails is a no-no, it alters the taste of finger foods, & if you are a woman, it can draw attention away from your jewellery.

Theatre/Cinema Etiquette:

- 1) Crying babies should be taken to the lobby & picked up after the movie ends.
- 2) Refrain from yelling abuse at characters on the screen. Tests have proven they can't hear you.

Weddings:

- 1) Livestock is a poor choice for a wedding gift.
- 2) For the groom, at least rent a tux. A tracksuit with a cummerbund & a clean football jumper can create a tacky appearance.
- 3) Though uncomfortable, say "yes" to socks & shoes for the occasion.

Driving Etiquette:

- 1) Dim your headlights for approaching vehicles, even if your gun's loaded & the roo's in your rifle sight.
- 2) When entering a roundabout, the vehicle with the largest roo bar doesn't always have the right of way.
- 3) Never tow another car using pantyhose and duct tape.

- 4) When sending your wife down the road with a petrol can, it's impolite to ask her to bring back beer as

Tomatina is the Biggest Tomato Festival in the World! It's in Spain, where the annual Tomatina festival takes place. This is a festival of a day-long food fight, in which participants throw tomatoes at each by the tonnes! The food fight is, of course, all in good spirit, as a festival should be. The only ones truly harmed are the tomatoes... This must be a great way to blow off some steam.

https://youtu.be/U_6NRddULq4

GROUP MANAGEMENT

Group Leader- Fred Travis,

Co-Leader & Treasurer : Peter Ham

Co-Leader & Speaker Acquisition—Tim McNickle

Social Events – Joy Ham-at petejoyham53@bigpond.com or 3886 5511

Special Events Officer – Larry Hamilton

Membership Officer—Mark Broughton

Welfare Officer—Tim McNickle

Induction Officers (Men)- Brian Stegman, Garry Dingley & Lindley Deslandes

Induction Officers (Ladies)-Penny Millard & Joy Ham

Mailing Officer-Brian Stegman

Shirt Acquisition—Joan Penman

Minute Officer—Jenny Gehrke

Group Telephone: 0435 119 628

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Group Website: www.prostatesupportgroup.org

Behind every angry woman

stands a man...

**Who has absolutely no
idea what he did wrong.**



THIS MONTH'S QUOTES

- ♦ It's good to push yourself and do what you don't necessarily want to do. If you're not automatically good at it, you should still try. Trying is important—Meryl Streep
- ♦ When you are asked if you can do a job, say yes then get busy and find out how to do it – Theodore Roosevelt