



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

**THURSDAY, 10th March 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

#### **THE FEBRUARY MEETING**

Who knew that podiatry included everything from the hip down. What an informative talk from Scott from Kallangur Podiatry. But he was humorous as well and, to top it off, he didn't mind disclosing costs. A very enjoyable talk about something that affects nearly all of us

#### **SOCIAL ACTIVITY**

**PUT THESE IN YOUR DIARIES NOW**

##### **MORNING TEAS FOR FEBRUARY**

**Ladies on 24th March and men on 26th March  
At North Lakes Sports Club, Flinders Parade,  
North Lakes at 10am**

**AND be at our picnic at 10.30am on 20th  
March at Jamieson Park and its BYO food and  
drink this time**

##### **GET INVOLVED.**

**AND PUT HEALTH WORRIES ASIDE**

**These events are all about enjoying ourselves**

#### **THE MORETON EXPO**

The group was able to get a stall at this Redcliffe show and our Special Events Officer, Larry Hamilton, ably assisted by Peter Ham got us through a complicated registration process. It was damn hot for all 3 days and, as usual, it was difficult to get men to even acknowledge us. While we don't expect a great deal of interest at these shows, it's a necessary part of our marketing to get people to begin to realise that we are in the area for them at any time. Even our pens and lollies failed to swamp us with customers.

Thanks must go to Barry, Brian & Robyn, Tim & Jacquie, Ian & Penny, Ken, Bruce & Robyn, Garry and Fred who gave of their time to assist at the stall. Of course, the stalwarts, Larry, and Peter did the setting up and were ably assisted by Jenny and Joy at the bump out on Sunday.



**Have you looked  
at our website yet  
[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org)**

## PROSTATE CANCER RESEARCH REVIEW

For those of you who are able, you can get a lot of information from the jam packed review at <https://tinyurl.com/2p922hsw> (copy & paste into browser)

### PCFA'S TELENURSING SERVICE

In March this year PCFA celebrates the 1<sup>st</sup> Anniversary of PCFA's Specialist Telenursing Service, a vital lifeline that has answered thousands of calls over the past 12 months.

In 2021 the service rapidly responded to lockdowns and treatment delays, and many of you called us for help.

As the service has grown, we have worked hard to create awareness of the support available, so that Australian men don't suffer in silence.

And the good news is, you can call about absolutely anything related to prostate cancer.

Men and women call the service for a range of reasons:

- Information about prostate cancer
- Understanding various treatment options
- Incontinence and urinary issues
- Erectile dysfunction and erectile rehabilitation
- Relationships and sexual issues
- Worry and uncertainty about the future
- Managing side effects
- Referrals to support groups and MatesConnect

One thing people are often hesitant to call about is their mental health, but I encourage you to call – it can make a big difference talking to someone who understands what you're going through.

Once you've spoken with a telenurse they can link you with a Prostate Cancer Specialist Nurse in your region if you haven't already been connected, or arrange to give you a follow up call the following week if you'd like one.

Our Telenurses are available Monday to Friday, 9am to 5pm, with opening hours extended to 8pm AEDT each Wednesday. If you call us outside of these hours, simply leave a message and we'll return your call.

The number to call is **1800 22 00 99**. Remember to let your loved ones know they can call us at any time too.

I asked a supermarket market worker where they kept the tinned peaches. He said, "I'll see," and walked away. I asked another and he also said, "I'll see," and walked away.

In the end I gave up and found them myself, in Aisle C.

Last night, my wife asked me if I'd seen the dog bowl. I said, "I didn't know he could."

It's weird being the same age as old people.

Glass coffins ... will they be popular ??? Remains to be seen !!!

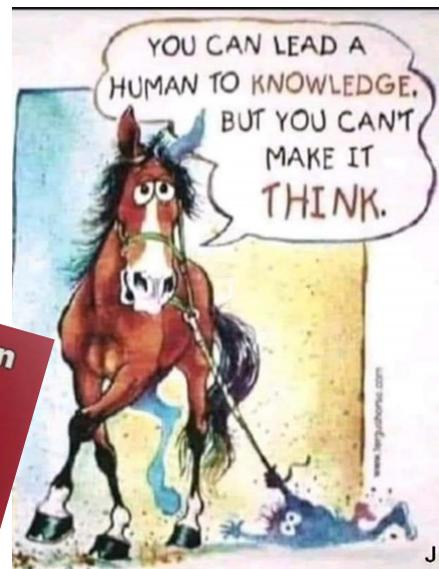


When I say "the other day," I could be referring to any time between yesterday and 15 years ago

## INTERESTING FACTS ABOUT AUSTRALIA

- ◆ Our whole identity used to be football, meat pies and caravans, now it's overseas holidays with focaccias and more sophisticated pursuits, he told news.com.au.
- ◆ We used to be the land of the long weekend, but now we work more hours than any other nation — in terms of working hours, plus commute — and deliver success equal to any comparable nation.”
- ◆ We've also changed in terms of landscape from when our icons were the beach and outback. Now, it's more about urban environments, cafe culture, city cuisine and a 24/7 lifestyle with gentrified living.
- ◆ The latest census data showed us a changing of the guard, not only in that one in three Australians are born overseas, but more overseas born Australians are coming from Asia than Europe,” he said.
- ◆ Indigenous Australians have increased almost threefold with the 1986 census showing 227,000 indigenous Australians.
- ◆ Now, 30 years on, there has been a 186 per cent increase with 649,000 indigenous Australians
- ◆ Australia Day is the fifth least common day of the year for babies to be born.
- ◆ Queensland has seen the highest number of interstate arrivals over the past five years with 220,000 people moving to the sunshine state.
- ◆ Over one-fifth of employed men work as tradespeople or technicians.
- ◆ Around 69 per cent of Australians drive a car to work.
- ◆ Hobart is the capital city with the most people who walked to work (5.5 per cent) and Canberra has the most people who ride (2.6 per cent).
- ◆ The average weekly earnings is \$1543.80.
- ◆ At the time of writing, the resident population of Australia is projected to be 24,809,395, with one birth every 1 minute and 44 seconds and one death every 3 minutes and 17 seconds.
- ◆ The proportion of older people in Australia's labour force has increased over the past 10 years, with about 14 per cent of people aged 65 years and over still working.
- ◆ Australia is quite conservative with more than 80 per cent of brides taking on the groom's surname
- ◆ 35 per cent of Australian men and 42 per cent of women feel they are always rushed or pressed for time.
- ◆ More than one in four Aussies said they cannot survive the day without coffee, with three in four saying that have at least one cup per day.

**Who would've thought one day we'd be smoking weed at a family gathering, but the illegal part would be the family gathering. 🤔**



**Did you know on the Canary Islands there is not one canary? And on the Virgin Isles? Same thing - not one canary there either!**



**Can't believe the amount of people that don't understand erectile dysfunction... I mean, it's not that hard.**

Pre internet chat room using An old version of windows...



## DID YOU KNOW

- ◆ In terms of DNA information, a single sperm carries about 37.5 MB of data. This means that a single ejaculation can transfer 15.87 TB of data in seconds, on an average.
- ◆ A mosquito has 47 teeth, or sharp edges on their proboscis (sucking organ) which help them to penetrate our skin.
- ◆ A dog's nose print is like the fingerprint of a person: no two are alike.
- ◆ Cows are deadlier than sharks, according to research data. The U.S. Centre for Disease Control and Prevention statistics state that on an average, a cow kills 22 people every year, by stomping or goring. On the other hand, according to the non-profit organization Oceana, sharks kill four people on an average in the world every year
- ◆ An adult human body generally carries two to nine pounds (0.9 – 4 kg) of bacteria in it.
- ◆ When you shuffle a deck of cards, chances are that the new order may have never existed before. For a deck of 52 cards, there are  $8 \times 10^{67}$  different ways to re-order by shuffling.
- ◆ For one very brief moment of time, you were the youngest person on Earth
- ◆ An average human body has 60,000 miles of blood vessels; they'd stretch the entire circumference of Earth more than twice if you laid them out end to end.
- ◆ The tongue of a blue whale can weigh as much as an elephant, and its heart is about the size of a Volkswagen Beetle car and can weigh up to 450 kg. Their aorta, the major blood vessel of the heart, is big enough for a human child to crawl through.
- ◆ Australia's 31,000-mile-long (50,000 km) coastline is connected by over 10,000 beaches. That means you can go to a new beach every day for over 27 years!
- ◆ There are some buildings so big and vast that they have their own weather! One among them is NASA's Vehicle Assembly Building
- ◆ Nutella was invented in the 1940s, when cocoa was in short supply due to World War II rationing. Pietro Ferrero, the founder of the Ferrero company, used hazelnuts to extend his chocolate supply and it soon became the Nutella as we know it. The first Nutella café is in the grand mall in Dubai

Cast in space on September 5<sup>th</sup>, 1977, from the launch complex at Cape Canaveral, Florida, Voyager 1 is the now the farthest human made object from earth at 17,922,521,702 Km

The reason Tinker Bell didn't have a tail was to make the story more realistic. After all, no one really believes in fairy tails.

**Karl Marx is a historically famous philosopher but no one ever mentions his sister, Onya, the inventor of the starting pistol...**

### 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](mailto: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  
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**Group Website: [www.prostatesupportgroup.org](http://www.prostatesupportgroup.org)**

THE OLDER I GET, THE MORE I HAVE IN COMMON WITH COMPUTERS. WE BOTH START OUT WITH LOTS OF MEMORY AND DRIVE, THEN WE BECOME OUTDATED, CRASH UNEXPECTEDLY, AND EVENTUALLY HAVE TO HAVE OUR PARTS REPLACED!



### THIS MONTH'S QUOTE

“Over-50s are too often typecast as ‘set in their ways’ and ‘stuck in the past’, despite their extensive experience and perspective,” notes Geoff Keough, Head of Apia Customer Value “Age is nothing but a mindset and, as our research shows, we’re actually more confident than ever in challenging ourselves to try new things.”