



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, 14th April at 6pm

PROSTATE CANCER NURSING SERVICE TIM WRIGHT (Redcliffe Hospital)

The prostate cancer specialist nursing service is proving to be a boon for patients fraught with concerns over their treatments and likely side effects. The nursing service is a move to allay all those concerns.



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

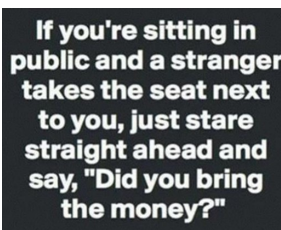
SOCIAL ACTIVITY
PUT THESE IN YOUR DIARIES NOW
MORNING TEAS FOR MARCH
Both men and ladies morning teas are now on at the same time to overcome transport difficulties. The next date is the 21st April at the North Lakes Sports Club, Flinders Parade, North Lakes at 10am
We have another picnic planned for 1st May at 10.30 am at Jamieson Park. It's another BYO food and drink event
PLEASE GET INVOLVED

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 2

THE MARCH MEETING
Ian Therkelson presented us with a picture of the different types of strokes and what causes them. He then outlined the positive preventive measures that we can all follow to try and avoid these. Not only did he deliver an interesting talk but he also stayed to the end of the evening to talk to members

LOOKING FOR FUN RUN RAFFLE PRIZES
Your support group is planning its 3rd Redcliffe Hospital Fun Run in August but we need sponsors and raffle prizes. Already Phil and Christine Tozer have shown their keenness to be involved and have not only donated some crystal glasses but are also looking to make contact with business to see whether they can obtain other sponsored raffle prizes. The Mango Hill Tavern have also donated \$100 vouchers as prizes.
If you can help in some way, we would have a more successful event and fundraising effort

Have you looked at our website yet
www.prostatesupportgroup.org



PCFA NEWS

PCFA's Community Engagement Officer has now taken on the role of sexual functions program leader

A new appointment is imminent relating to the Community Engagement Officer and he/she will be based in Brisbane to assist support groups with some of their needs

Apart from the very successful Telenursing Service (1800 22 00 99) the PCFA plans to start a psychology service in May to assist men and their partners with any depression issues.

The price of gas is getting so ridiculous, that when I went to the gas station and asked the cashier for \$5 of gas, he farted and handed me the receipt.

womenafter50.com

MOST OF THE TIME....
WHEN YOU'RE CRYING,
NOBODY NOTICES YOUR TEARS.

MOST OF THE TIME....
WHEN YOU ARE HURT,
NOBODY FEELS YOUR PAIN.



MOST OF THE TIME....
WHEN YOU ARE HAPPY,
NOBODY SEES YOUR SMILE.

**BUT WHEN YOU FART
JUST ONE TIME....**

DespicableMeMinions.org



Irish wolfhound
with sub-woofers

I GO IN, AND WHEN I COME OUT I'M AT THE VET... THEN I GO BACK IN, AND WHEN I COME OUT I'M HOME...



COULD IT BE?
A WORMHOLE!

Your husband is now 82, and he still enjoys chasing girls. Aren't you upset?

Why should I be upset?



Dogs chase cars, but they can't drive.

It's a toe truck



LET'S HAVE A MOMENT OF SILENCE FOR ALL THOSE WHO ARE STUCK IN TRAFFIC ON THEIR WAY TO THE GYM TO RIDE STATIONARY BICYCLES.

GROUP MANAGEMENT

Co-Leader & Treasurer : Peter Ham

Co-Leader, Speaker Acquisition & Welfare—Tim McNickle

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

Special Events Officer – Larry Hamilton

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

Group email: mbrpcsg@gmail.com

Group Website: www.prostatesupportgroup.org

I see people my age out there climbing mountains and zip lining and here I am feeling good about myself because I got my leg through my underwear without losing my balance.

THIS MONTH'S QUOTE

Your time is limited, so don't waste it living someone else's life

Don't be trapped by dogma which is living with the results of other people's thinking. Don't let the noise of other opinions drown out your own inner voice. Have the courage to follow your heart and intuition—Steve Jobs