



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**

#### **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



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

#### **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**

#### **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



**People who ask me what I'm doing tomorrow probably assume that I even know what day of the week it is.**



**If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"**

## 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](mailto: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](mailto:mbrpcsg@gmail.com)**

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