



**Affiliated with Prostate Cancer Foundation  
of Australia**

**And supported by Redcliffe Hospital,  
YMCA and Moreton Bay Regional Council.**

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## **Monthly Newsletter Issue 119 September 2023**

### **Where We Meet:**

The group meets at 6pm on the 1st floor of the Mango Hill YMCA Community Centre. Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd THURSDAY of the month (Except January). Refreshments are provided from 6pm and guest speaker at 6.30pm.

I feel like there is a problem with my prostate.....but I can't put my finger on it.

### **A.G.M.**

The group's AGM was held at the last monthly meeting on September 14<sup>th</sup>. The following office bearers were elected.

Interim Group Leader: Peter Ham, Vice Group Leader Larry Hamilton, Treasurer Len Weis, Events Officer Larry Hamilton, Newsletter editor Michael Phillips, Membership Coordinator Neill Evans, Social events Coordinator Joy Ham, Shirts Acquisition officer Joy Ham, Speaker Acquisition Officer John Haberecht, New Member Induction officer Lindley Deslandes.

At present the positions of Secretary and Media Officer remain vacant. The position of Group Leader is also vacant. but is being temporarily filled by Peter Ham. If any of the membership feel they can help out in any of these positions, please contact one of the committee members. Several committee members hold multiple positions and others have been in their positions for a number of years. Contact details are at the foot of this page or if unable to read it is 0435 119 628.

It would be good to see some younger members putting their hands up as the needs for a growing group like ours is on the increase. Our newsletter editor Michael recently addressed a group of twelve men from the local Salvation Army men's group. When he asked them how many of them had had or knew someone with prostate cancer. They all put their hands up.

### **Fun Run.**

It was suggested at our AGM that the group should probably not organising another annual fun run next year. The committee would like to accede to the views expressed by some of the members that they would prefer to see the group be more involved with the welfare of our members rather than concentrating on fund raising. There is also the fact that organising such a major event has taken a significant toll on some of our committee members. The committee is now entering into discussions to perhaps operate the fun run next year in conjunction with some other organisation more capable of running such an event.



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Support Group**

[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com)

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Living with cancer is like living with your mother-in-law. You can't get rid of her, so you learn to put up with it.

## Guest Speakers

Our guest speaker for September was Emily Gould from the Uniting Care Seniors Enquiry Line. The Seniors Enquiry Line is a free state-wide telephone helpline which provides information on topics such as scams awareness, social media and online safety and the concessions and support available to seniors in Queensland. You can call the Seniors Enquiry Line on 1300 135 500 or access their website at, <https://seniorsenquiryline.com.au/>.

Our October guest speaker will be from Icon Cancer Centre North Lakes. They offer treatment such as radiation therapy, chemotherapy, treatment for blood disorders and their new theranostic service. Theranostics is a new form of treatment combining diagnostic and therapeutic procedures.

You can check out their website at <https://iconcancercentre.com.au/>.



## Social Events



This candid photo is from last Month's men's morning tea. These events are an important avenue for new members to meet with the group in an informal setting. The next morning tea will be at the North Lakes sports club at 10 am on October 21. The next lady's morning tea will be at Degani Capestone on the October 19. A lunch will be held at the Sands Social Club at Sandgate on November 1. Please RSVP on 0408795248 or 38865511 by October 27 to arrange a booking.



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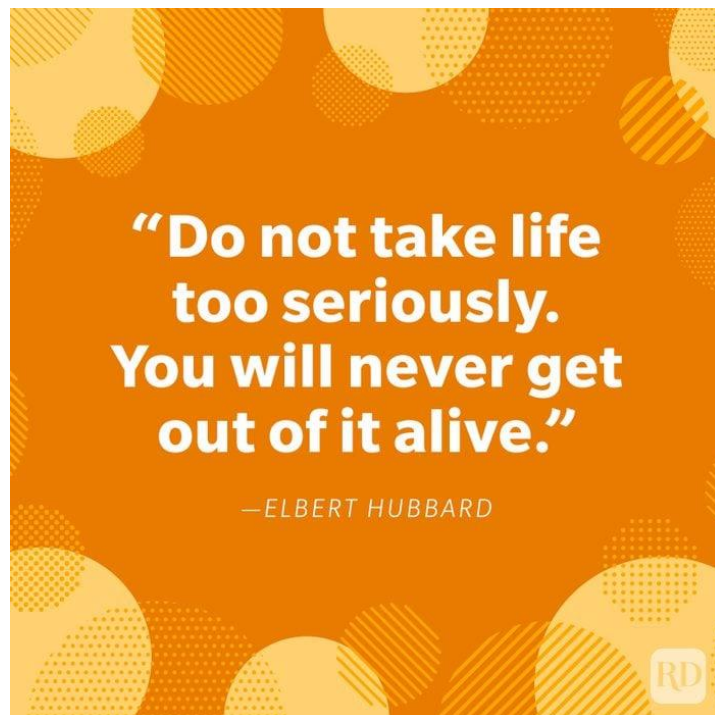
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## Life Force Program



The life force program is the new form of a program run by the Prostate Cancer Foundation of Australia which was previously known as the Ambassador Program. The aim of the Life Force Program is to raise awareness of prostate cancer in workplaces and communities across Australia and encourage more men to take action to improve their health outcomes. Their vision is a future where no man dies of prostate cancer.

The program uses volunteer speakers including our editor Michael, to give talks to workplaces, community groups and organisations about prostate cancer. If you or anyone you know would like to book a presentation, contact Michael or call 1800 22 00 99 or email [lifeforce@pcfa.org.au](mailto:lifeforce@pcfa.org.au).



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## Longman Seniors Expo

On the 26<sup>th</sup> of September Peter and Joy Ham with Lindley Deslandes manned a stall at the Longman Seniors Expo at Morayfield. Seniors Expos are becoming an important way of getting information to the public about reminding men to get a regular PSA check and to make men aware of our support group, particularly for men recently diagnosed with prostate cancer.

The Expo was very well attended, and our message was well received. We now expect to have 5 new members attend our October meeting.



A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."



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