



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 121

How many procrastinators does it take to change a lightbulb?
I don't know; I'll have to get back to you on that.

November 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.

What's on

With the busy Christmas period already upon us the group has the following activities planned for the month of December.

Dec. 2nd – Caboolture River Fishing Club – Christmas Dinner, cost \$20 per head – contact Larry Hamilton for ticket & details on 0403754192.

Dec. 3rd – Our annual Christmas Picnic at Jamieson Park, Scarborough, free but let Joy know if you are coming for catering purposes on 0408795248. You will need to bring your own chairs, plates and cutlery. Chicken, salads and bread rolls will be provided. Partners are catered for but anyone extra will be \$10.00 each

Dec. 9th – Bunnings BBQ fund Raising at Rothwell, please let Neil know if you are able to assist for some time during the day on 0438099587.

Dec. 14th – Our regular monthly meeting will be our Christmas Party. There will be no speaker but there will be a mystery entertainer. It will be a “Mix & Mingle” evening from 6pm and a chance to chat with other members in a relaxed and enjoyable atmosphere. Please bring a plate of food to share. There will be a prize for best Christmas dressed man and woman.

Dec. 16th - Men's Morning Tea at North Lakes Sports Club at 10am.

Dec. 21st – Lady's Morning Tea at Degani Cafe, Capestone at 10am.

January 18th. Ladies morning tea at Degani Café Capestone 10 am.

January 20th. Men's morning tea North lakes sports club 10 am.

Please also note there will be no monthly meeting in January.



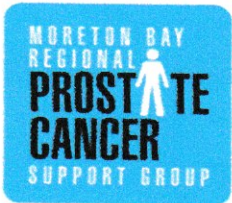
Moreton Bay Regional Prostate Cancer
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Guest Speakers:

Our guest speaker for November was Thomas Harris who is a physiotherapist from Ramsay Healthcare. Tom talked about the power of exercise in the treatment of prostate cancer. His presentation can be viewed via the following link.

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fnb7q5wdKd9A%3Fsi%3D5pkM084A1qGxWNqI&data=05%7C01%7C%7C421b279ae67643cd29c408dbe1b21526%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638351927220230685%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=CZHDXVPfZGAZChGa8%2FXIpaLVx%2BUJsbVG9aICLHQLvFU%3D&reserved=0>

There will be no Guest speaker for the December meeting which will be our Christmas meeting.

Burpengary Men's Shed.

The Redcliffe Sunshine Rotary club recently sponsored an information night at the Burpengary Men's Shed. The night consisted of a sausage sizzle followed by a presentation by Doctor J.P. Meyer who is a urologist at Peninsula Private hospital. Photos from the night can be seen on the following page.

Doctor Meyer is well known for his expertise in urology and was instrumental in the establishment of the Moreton Bay Prostate cancer support group. He is also actively involved in advocating for men's health issues.

**Paddy was driving home
absolutely hammered.**
Keep Calm And Oh Feck It Enjoy Some Craic
**Suddenly, he had to swerve
to avoid a tree, then
another, then another.**
**Eventually, a Garda pulled
him over and asked why he
was driving like a lunatic.**
**Paddy explained all about
the trees in the middle of
the road.**
**The Garda replied "For
feck's sake Paddy, That's
your air freshener!"**



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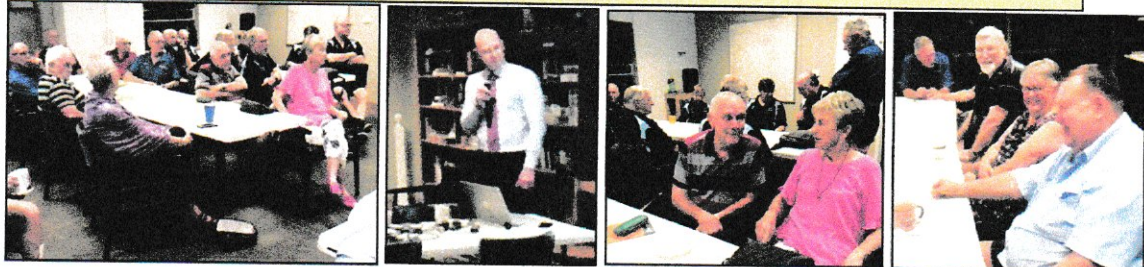
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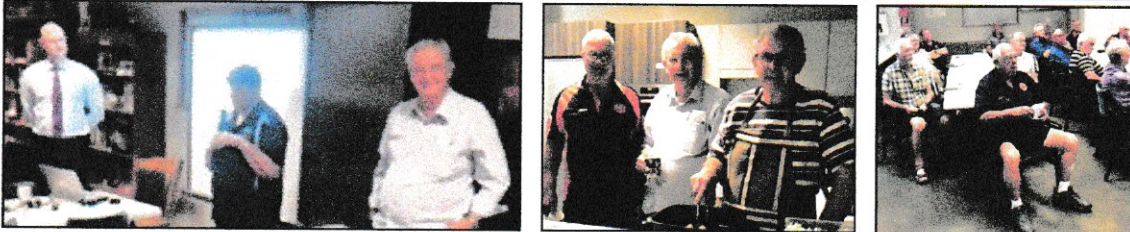
CLUB SERVICE ACTIVITIES



With kind thanks to Mary and Hugh for these photos and words from the Men's Health Night held recently at Burpengary East Men's Shed with guest speaker Dr P J Meyer.



From Niels, Sandgate Mens Shed, Re Mens Health night
 "Gentlemen - thank you for organizing a very informative evening. JP is a very good speaker. The session was very timely for me at this time in my medical journey. My Sandgate Men's Shed colleagues had similar words of praise. Thank you again."



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Ladies Morning Tea:



Pictured above is a group of ladies at the October ladies morning tea. These valuable gathering give ladies who live with a prostate cancer survivor the chance to network and support each other. They provide essential support to many of the members of our group as well as catering for meetings and other functions. The value of their contribution to the group cannot be understated. Any ladies with an interest in the group are most welcome to attend. The next morning tea will be at Degani Café Capestone at 10 am on December 21.

My Obese parrot died today.

**Sad news but it's a huge
weight off my shoulders.**

RUMOR HAS IT... WWW.PUN.ME



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