



**Affiliated with Prostate Cancer Foundation
of Australia**

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

Editor: Michael Phillips

0419779960

Michaelphillips1962

@outlook.com.au

Monthly Newsletter Issue 124 March 2024

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.

Member's Welfare Checks

Supporting our members is a vital function of our group. Fred Travis our original and former Group Leader, is assisting our committee by systematically contacting members who have not been to a monthly meeting in some time. He is endeavouring to ascertain if such members need any assistance or support from our group. These members may no longer be involved with our group due to moving away or recovering from PC. If we have not seen you for some months, you may receive a call or email from Fred.



Fred Travis. Member Welfare Officer

Moreton Bay Regional Prostate Cancer Support Group

www.prostatesupportgroup.org 0435 119 628

mbrpcsg@gmail.com ABN: 13 817 326 992





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Social Events:

Once again both our men's and ladies' morning tea gatherings have welcomed new members to the group. New members for the men's group are Greg Johnston and Robert Walker

The next Ladies morning tea will be on the 18th of April at Degani Café Capestone and the Men's event will be on the 20th of April at 10 am at North Lakes Sports Club. Pictured below are the March groups.



Ladies morning tea Degani



Men's Morning tea North lakes sports club

I was wondering why the frisbee kept getting bigger and bigger, but then it hit me.

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There will be a BYO Picnic at Jamieson Park Scarborough on the 26th of May.

Due to the popularity of our “mix and mingle” Christmas breakup it has been suggested we have a Christmas in July meeting. There will be no guest speaker, but it will be an opportunity for members to get to socialise. There will also be a raffle with 3 prizes. Tickets will be 3 for \$5.00 or \$2.00 each.

Guest Speakers.

The guest speaker for March was Scott Green. Scott is a Community Development Officer with ADA (Aged and Disability Advocacy) Australia. He introduced us to the Self Advocacy Tool kit, a valuable resource developed in collaboration with the Older Persons Advocacy Network (OPAN).



The guest speaker for April is yet to be finalised but we will follow the pattern of having a cancer speaker followed by a speaker who addresses older Australian's issues.

I bought a camouflage jacket a while back, but I had to return it. I just couldn't see myself wearing it.



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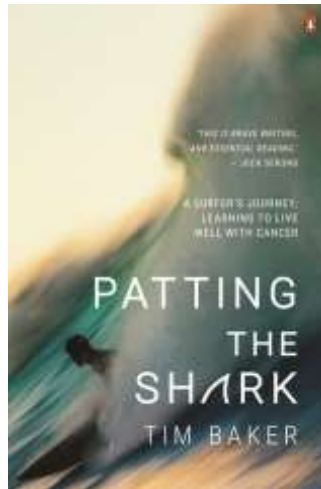
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Patting the Shark by Tim Baker



A surfer's journey learning to live well with cancer

Tim Baker was living the dream. A best-selling and award-winning surf writer with a beautiful family, a lifetime of exotic travel and a home walking distance to quality waves.

That all changed on July 7, 2015, when he was diagnosed, out of the blue, with stage 4, metastatic prostate cancer. So began a descent into the debilitating world of aggressive cancer treatments and a fight for a survival as brutal as any big wave hold down.

Tim writes candidly and with a raw vulnerability about this perilous journey through chemotherapy, hormone therapy, radiation and surgery, and his own determined lifestyle strategies to maintain mind, body and spirit. Happily, surfing provided one of his most powerful forms of therapy, and writing about his experiences has proven deeply cathartic.

In 2020, 1.5 million men were diagnosed with prostate cancer globally and 375,000 lost their lives. In Australia, one in seven men will develop prostate cancer. Yet mainstream oncology concedes its ability to keep men with prostate cancer alive has outstripped its ability to manage the often-devastating side effects of treatment. Men with prostate cancer are living longer but with a steadily declining quality of life.

Patting the Shark documents Tim's efforts to navigate his way through the maze of conventional and supportive therapies - meditation, diet, exercise, emotional support, counselling. Ultimately, it is a desperate plea for a more integrative approach to cancer care, treating the whole person and not just the cancer, allowing cancer patients a sense of empowerment and agency in charting their path through treatment.

This is a story about facing your mortality, staring down your fears, and working out what really matters in life, when so many elements of your identity are stripped away. It offers hope, comfort and empathy for anyone facing a cancer diagnosis and their loved ones.

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