



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 126 May 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.

How many telemarketers does it take to change a light bulb? Only one, but he has to do it while you are eating dinner.

### Guest Speakers.



Our guest speaker for the month of April was Greg McGrath from the U3A. Greg talked about the origins of U3A and the various courses available to its members. U3A has campuses at Redcliffe, Kallangur and Bribie Island which can be accessed by anyone over the age of 50. Their websites can be accessed using the following links:

<https://www.u3apinerivers.org.au/>

<https://www.u3aredcliffe.org.au/>

<https://u3abribie.org.au/>

<https://www.u3aonline.org.au/>

Our next meeting will be held on Thursday June 13<sup>th</sup>. The guest speaker will be Jenni Milton who is the Prostate Cancer Specialist Nurse at Greenslopes Private Hospital in Brisbane. She has an undergraduate degree in Nursing and Health Services Management with (HONS) and has completed a Master of Nursing by dissertation where she studied the supportive needs of men receiving androgen deprivation therapy for prostate cancer.

**Moreton Bay Regional Prostate Cancer Support Group**

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org) 0435 119 628  
[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com) ABN: 13 817 326 992





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

### Diary Dates.

A successful group picnic was held at Jamieson Park at Scarborough with 19 people attending.

The next morning teas will be the Ladies at Degani Capestone at 10 AM on the 20<sup>th</sup> of June. The men's morning tea will be at the North Lakes sports club at 10 AM on the 22<sup>nd</sup>. These morning teas offer a chance for new members to seek advice on upcoming treatment in an informal setting. For the ladies it offers a chance to gather with other women who have a common interest. Pictured below are the men's and women's groups for the month of May.



The group will be holding a stall at the annual Raise it for Redcliffe fun run on the 23<sup>rd</sup> of June. We will also have a stall at the annual Redcliffe Show on the 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> of June. Members who wish to help out at the show will be reimbursed for entry fees. If you can help, contact Neil Evans on 0438099587.



"The computer says I need to upgrade my brain to be compatible with the new software."

**Moreton Bay Regional Prostate Cancer Support Group**

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org) 0435 119 628  
[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com) ABN: 13 817 326 992





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

**Press Release.** The following press release has been contributed by group leader Peter Ham.



**Moreton Bay Regional Prostate Cancer Support Group**

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org) 0435 119 628  
[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com) ABN: 13 817 326 992



The following article has been reprinted from The New Daily website May 24 2024.

**Seinfeld star Michael Richards reveals cancer battle**



Seinfeld star Michael Richards has revealed he secretly battled prostate cancer six years ago.

The 74-year-old actor – who has daughter Sophia from his previous marriage to Cathleen Lyons and a young son with his wife Beth Skipp – initially believed he was “ready to go” when he received the shock diagnosis in 2018. He has since admitted his family was a catalyst for him electing instead to have life-saving surgery.

“I thought, well, this is my time. I’m ready to go. But then my son came to mind just a few seconds later and I heard myself saying, ‘I’ve got a nine-year-old and I’d like to be around for him. Is there any way I can get a little more life going?’,” Richards told *People* magazine.

“It had to be contained quickly. I had to go for the full surgery. If I hadn’t, I probably would have been dead in about eight months.”

“Old age isn't so bad when you consider the alternative.” Maurice Chevalier.

**Moreton Bay Regional Prostate Cancer Support Group**

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org) 0435 119 628  
[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com) ABN: 13 817 326 992





**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**



**Moreton Bay Regional Prostate Cancer Support Group**

[www.prostatesupportgroup.org](http://www.prostatesupportgroup.org) 0435 119 628  
[mbrpcsg@gmail.com](mailto:mbrpcsg@gmail.com) ABN: 13 817 326 992

