



Bundaberg & District Prostate Cancer Support Group

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P.O. Box 1043, Bundaberg. Qld. 4670

Affiliated with the

Prostate Cancer Foundation of Australia

Web Page - www.prostate.org.au

and supported by

Cancer Council Queensland



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NEXT MEETING

Our next meeting will be on Thursday 24th March 2016. The meeting will be held in the Family Centre, Kensington Street, opposite the back entrance to the Burrum Street Medical Centre. Morning tea will be available from 9.15am with the meeting commencing at 10.00am. If possible, a small plate of goodies for morning tea would be very much appreciated but is not essential.

If you know of anyone who is suffering from Prostate problems or who has been diagnosed with Prostate Cancer, please feel free to have them contact me on 41599419 or Allan on 41551767.

CONVENER'S CORNER

Well what a great Guest Speaker we had in Peter Macklin. From feedback everyone enjoyed his address and found it very interesting and informative. Great to see folk talking to Peter after the meeting. I always feel really good when the members interact with the speaker as we know they have listened and enjoyed the address.

I am now very happy to advise you all that Peter has agreed to come and visit us again later in the year, probably August when the weather is cooler, and he is going to set up an exercise program for us to participate in at the meeting. I will be wearing my leotards as will Alma so would expect that everyone else will do the same. (Ha Ha)

I hope everyone has found the information put out by PCFA regarding PSA testing interesting. Whilst this may not impact on most of us anymore, it is always good to have this knowledge should someone ask a question regarding PSA testing and Prostate Cancer.

RAFFLE ROSTER

Thank you to Kevin and Carol for their lovely prize and we have Tony C providing the March prize. (Have included the "C" as we have now have 5 Tony's at our meetings). For April we have Alan & Lynelle and I understand it will be a Mother's Day prize. My goodness, isn't the year flying by. Congratulations to all the winners and thanks Jim for the eggs.

GUEST SPEAKER

Previously we mentioned that our Guest Speaker for March would be Beth Knight of Knight Allied Health, however Beth isn't able to attend our March meeting as she is a very busy lady but she will be coming along in June.

Instead of Beth we will have Maria Burnet, the Manager of Bundaberg Health Services Foundation coming along to let us know just what the Foundation does and who it helps people in the community.

If you know of anyone you think would be a beneficial guest speaker to the group, please let Alma know so she can make contact and get things organized.

COMING EVENTS

AGRO TREND: Friday 6th & Saturday 7th May 2016: We need 2 men for Friday afternoon 1.30pm to 5.00pm and 1 man for Saturday morning 8.30am to 1.30pm. Please ring me if you would like to help out.

BIGGEST MORNING TEA: Thursday 26th May which is our usual monthly meeting day.

SENIOR'S EXPO: August 2016 – Will let you know the exact date when to hand.

RELAY FOR LIFE: Saturday 13th & Sunday 14th August: It would be good if those of us who are able could take part in the Relay for Life Walk on Saturday afternoon. We will discuss this at our next meeting.

REFLECTIONS

Have you ever sat and wondered just how your son or sons will be like when they get to your age? I have often wondered this. Most people tell me that my 2 sons and myself are like 3 peas in a pod and I shudder when I think of this as I hope I have not passed on to them the same health problems that I have experienced and with God's help I will not have.

As we mature it seems that we have a lot of time to reflect on things that matter most to us and I have no doubt that first and foremost for all of our group it is the wellbeing of our family.

I have mentioned before that I am always in awe of the knowledge that our guest speakers have and particularly just what the young ones can impart and when it comes to learning things from them, you will all agree "THAT WE ARE NEVER TOO OLD TO LEARN".

LET'S LAUGH

The following is an Email which Terry sent. I am sure it will give everyone a good laugh.

IRISH SAUSAGES

A customer asked, "In what aisle could I find the Irish sausages?"

The assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am, but let me ask you something..."

If I had asked for Italian sausage, would you ask me if I was Italian?

Or if I had asked for German Bratwurst, would you ask me if I was German?

Or if I asked for a kosher hot dog would you ask me if I was Jewish?

Or if I had asked for a Taco, would you ask if I was Mexican?

Or if I asked for Polish sausage, would you ask if I was Polish?"

The assistant says, "No, I probably wouldn't."

The guy says, "Well then, just because I asked for Irish sausage, why did you ask me if I'm Irish?"

The assistant replied, "Because you're in Bunnings".

AND I THOUGHT BUNNINGS SOLD EVERYTHING

WORDS OF WISDOM

*Every day may not be good
But there is something good in every
day*

Till next time stay well, laugh a lot, be kind to people and take care of your loved ones.

Rob