

SHED TALK

THE NEWSLETTER OF
MT GRAVATT MEN'S SHED

VOLUME 17. MAY 2026 NO. 5



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Plitvice Lakes National Park - Croatia

Plitviče Lakes National Park is a 295-sq.-km forest reserve in central Croatia. It's known for a chain of sixteen terraced lakes, joined by waterfalls, that extend into a limestone canyon. Walkways and hiking trails wind around and across the water, and an electric boat links the twelve upper and four lower lakes. The latter are the site of Veliki Slap, a 78m-high waterfall. The waters flowing over the limestone and chalk have, over thousands of years, deposited travertine barriers, creating natural dams which in turn have created a series of beautiful lakes, caves and waterfalls.

Past President, Lloyd Ackeroyd, captured this image recently on a trip to Venice and beyond.

Vision

Provide Mateship and Support for Men

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Treasurer Kingsley Manickam

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Mark Hastings, Bart McKnight,

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Workshop Projects Fred Darvill

Community

Projects Bart McKnight

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Recreation Room Colin Smith

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President's Ponderings

Greeting Shedders,

As June approaches, I've been reflecting on how far we've come as a Shed and the exciting journey ahead with our upcoming extension.

While it may seem like just additional floor space, it signifies so much more. This new building is about creating room—not only for tools and workbenches but also for individuals, ideas, and the sense of camaraderie that defines our community.

We've all experienced how bustling things can get at times. Adding a few more walls and creating extra elbow room will significantly enhance safety, comfort, and accessibility for everyone. Whether you're working on a project, learning something new, or simply sharing a cup of tea and a conversation, this extra space will truly make a difference.

What excites me the most is the future it promises. This extension allows us to welcome new members while maintaining the friendly and relaxed atmosphere we cherish. It also paves the way for increased community involvement and a broader range of activities—something many of you are eager to see.

Ultimately, the Shed has always been about more than just what we create with our hands; it's about the connections we forge with each other. This extension ensures that we can continue fostering those connections effectively for many years to come.

There's so much to look forward to, and I'm sure you'll all agree—it's an exhilarating time to be part of the Shed.



Until next time,

Peter Tyley

0458 553 330

peter.tyley@bigpond.com

An Invitation

You and your wife or partner are invited to the Annual Service of Thanksgiving, celebrating The Mt Gravatt Men's Shed Inc. It is at St Bartholomew's Anglican Church on Sunday 31st May at 8:45 am for a 9:00 am start. The church is on the corner of Logan Road and Mountain St, Mt Gravatt.

Wear your Shed shirt.

St Bart's was instrumental in seeking public support for the Shed in 2009 and donated significant funds towards the building of our original Shed.

My Journey with Parkrun

In April 2022, driven by a sincere desire to enhance my physical health, I stumbled upon Parkrun—a free community event now active in 22 countries. Participants can walk, jog, run, volunteer, or spectate at this 5 km event held every Saturday morning. Parkrun has gained immense popularity; for instance, last week's Southbank Parkrun attracted 746 participants, and there are over one million registered Parkrunners in Australia—an astounding figure representing 4% of the population!

Parkrun began in London on October 2, 2004, at Bushy Park, with just 18 participants: 13 runners and five volunteers. Fast forward to April 25, 2026, and that same event had grown to 1,797 runners and 82 volunteers—a remarkable increase!

I've become quite the Parkrun enthusiast, completing 132 Parkruns across 13 locations, including London and Singapore. Back in Australia, I've participated in events from Albert Park in Melbourne to Bowen in north Queensland, as well as Kedron Park, Chermiside, Southbank, Stones Corner, Mansfield, and New Farm in Brisbane.

This experience is not unique to me; just last weekend, I spoke with a visitor who had completed Parkruns at 130 different locations. Parkrun has truly become a healthy obsession for me.

My Home Parkrun

My "home" Parkrun is Wishart, where around 300 participants regularly finish. The course follows a shaded path along the Bulimba Creek floodplain. I'm sharing my story to encourage any Shedder interested in giving Parkrun a try.

I carefully decided to tackle my first Parkrun at Wishart. A few days before the event, I visited the venue, reviewed the map, followed the directions, and even did a warm-up run. I was ready to go, and I was not disappointed.

On April 30, 2022, at 6:30 am, I arrived at Wishart Community Park for Parkrun No. 362. My first step was to attend the briefing for newcomers and visitors. The Run Director stood on a picnic table, welcoming everyone and outlining key rules such as "People before PBs," "Children under 11 must ensure their parents keep up," and "Dogs must be on a short leash." The crowd responded with enthusiastic applause for the volunteers!

The Run Director led the crowd in a rallying cry, saying, "As we walk, jog, or run at Wishart today, take a moment to look up and say..." Everyone joined in: "How good is this!"

With that, I set off alongside 152 other runners, finishing my first Parkrun in 54 minutes and 43 seconds. I was exhausted and drenched in sweat.

In contrast, on Anzac Day 2026, there were 299 finishers—almost a 100% increase since I started attending at Wishart.

I had a fantastic time and made new friends along the way.

Why Parkrun?

There's no doubt my physical and mental health have significantly improved since joining the Parkrun community. The atmosphere is incredibly supportive. On the day I completed my 100th Parkrun, countless fellow parkrunners cheered me on with waves, shouts of "Good onya, Dave!" or "Well done, mate," and offered low-fives as I jogged past.



My experiences align with scholarly research highlighting numerous benefits of participating in Parkrun, such as:

- Significant improvements to health, well-being, happiness, and self-esteem.
- Increased opportunities for social engagement and informal interactions.
- Reduced stress levels, particularly for novice runners.
- Decreased feelings of social isolation and depression.
- Economically, it's estimated that Parkrun participants have saved the government billions in healthcare costs—yes, billions!

Remarkably, some GPs are now prescribing Parkrun to their patients instead of medication.

Special Memories

I have two special memories from Parkrun that I'd like to share. Recently, I connected with a fellow parkrunner, a student who had just graduated from Year 12 at Cav Road. The student confided that they achieved an impressive ATAR score of 97.5, qualifying for entry to the prestigious Bond University. Before we set off, I shared this exciting news with the Run Director. He then silenced the crowd and announced the student's incredible accomplishment. With tears of joy streaming down their face, the student proudly shouted, "NINETY-SEVEN POINT FIVE!" The crowd erupted with applause and cheers, genuinely celebrating this remarkable achievement.

Another special memory occurred on April 18. To kick off the Anzac Day commemorations, members of Charlie Company from Loganlea, which includes both Reserve and Regular soldiers, took over all volunteer roles at Wishart Parkrun. Two medics, equipped with full kits, marched behind the runners for any needed medical assistance, and a recruitment stall was also present.

Conclusion

As you can see, I wholeheartedly recommend participating in Parkrun. If you're seeking more information, feel free to reach out to me, David Stubbs, in the office, or to Neil McPhail, a fellow Shedder and Parkrun enthusiast.



Letter to the Editor, Wayne

I write to you with some apprehension to discuss the challenges currently facing the Mt. Gravatt Men's Shed.

A Critical Moment

We find ourselves at a turning point. When I refer to the original team, I mean not only the President and Committee members, but all members who have come and gone. It is essential that we rejuvenate their strength and enthusiasm—why? Because I have a deep love for this club.

My Background

Having been a member of the Shed for over 12 years, I have attended approximately 90% of the monthly Social Meetings, which I have thoroughly enjoyed. Throughout my career, I have worked as a Metallurgist, Patent Examiner, Economist, Forecaster, and Demographer. I have served as a Board Member for a Credit Union and currently hold a Board Member position for an Aged Care organisation. Additionally, I was the Secretary for The Economic Society of Australia (QLD Branch) for over 20 years and have been Treasurer for various other associations.

Member Engagement Concerns

A significant concern for the Shed is the low participation of members in our activities, particularly the monthly Social Meeting. While I have come to greatly appreciate these meetings, I recognise that typically, only one-third of members are unable to attend due to circumstances beyond their control, one-third prioritise other commitments, and one-third regularly attend. This suggests that we should ideally have around 120 members at our monthly Social Meetings, yet we are only seeing about 80. It's important to remember that as a voluntary organisation, we rely on members' contributions and attendance to support one another.

Proposed Solutions

What can we do to improve this situation? One approach is to start by engaging new members. We regularly attract new members because we are one of the best sheds in Australia, but we must actively involve them.

We have an induction program, and I commend the hard work of Lloyd and Fred; however, they need additional support. It should be mandatory for new members to attend the next Social Monthly Meeting to be introduced to existing members and officially welcomed to the Shed.

During the induction, it would be beneficial to provide a booklet outlining our principles and objectives. The focus should be on fostering *Mateship and Support for Men!* This can only be achieved by attending the Shed Meetings.

In this booklet, I propose including a welcome letter from the President, along with articles that explain how the Shed operates and how members can best support one another. The articles by Kim Tvede and Phil Vardy—and a follow-up article by an unknown writer—should be considered essential reading for anyone wishing to join the Shed, as they clearly articulate how a volunteer organisation should function. Additionally, our constitution should be included, and I would be happy to assist in its production.

Importance of Monthly Social Meetings

Returning to the monthly Social Meetings, the Member's Discussion period has noticeably dropped in the last couple of meetings. This segment is just as important—if not more so—than any other part of the agenda.

The Big Topic: The Shed Extension

This brings us to the current major topic: The Shed Extension/New Building/Reallocation. We have received approval for a huge grant to construct an upgraded facility for our members. Other sheds would envy this level of funding.

According to the March '26 Newsletter, a survey of members has been conducted, and the results need to be shared with everyone to clarify what the new building will entail. Having built my own house and participated in various building projects, I understand the importance of early preparation and establishing a timeline to identify resources and potential challenges.

The September '25 Newsletter indicated that major updates would be included in future newsletters, yet these updates seem to have been provided on an ad hoc basis. Given the scale of the million-dollar project, it requires its own dedicated section in both the Newsletter and at the Monthly Meeting to facilitate thorough discussion. It was evident at the last meeting that there is significant interest in the expansion.

Conclusion

In conclusion, I cannot stress the significance of meaningful information exchange (including reports to the Management Committee), the necessity of strong attendance at Monthly Social Meetings, and the promotion of active interaction among members.



Hi Wayne

I just visited the Broome Men's Shed. Alvin, the vice-president, gave me a quick tour. They have 25 members (5 active). They are set up in an old ambulance station and have a well-equipped wood shop, metal shop and paint shed.

Mark Gillow - MGMS Secretary



Hi Shedders,

A few years ago, an elderly woman visited the shed seeking assistance with assembling a set of flat-pack shelves for her home. I was surprised to hear that she was told we do not provide that service. This revelation caught me off guard. I later discovered that various factors were discussed, including insurance conditions, the safety of the woman with an unfamiliar man in her home, and other concerns.

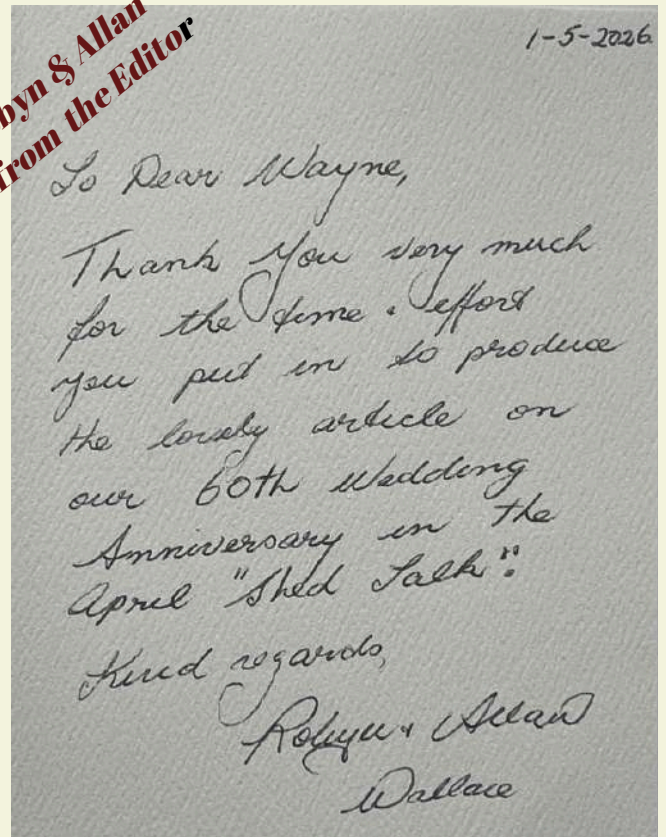
To enhance our support for readers tackling home projects, I am excited to introduce a new permanent section in the newsletter titled **TRUSTED TRADIES**.

If you are aware of a local tradesperson who offers a reliable service for a fair price, please share their contact details. This list will also be displayed in our office to assist anyone who walks in.

Best regards,
The Editor



*Many Thanks - Robyn & Allan
Congratulations from the Editor*



Body



Cover

Around the Shed



New members for May, in no particular order: Oli Lucius, John McIntyre, Hans Gottlieb, Bern White, Nath Sudswong, Ron Fish, Vic Estillore, Martin Pennings, Glen Druiitt, Phil Irwin



Ron in action



Barry, Bryan and Sam building the caravan



Tim and Patrick making a child's table



Cover



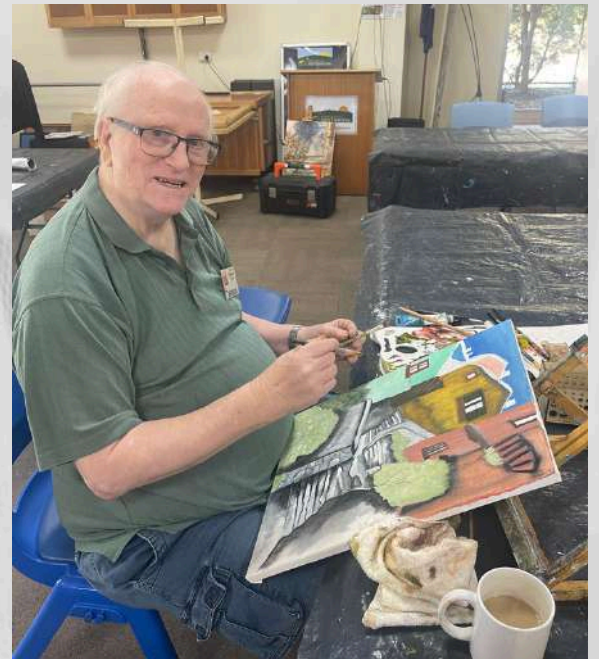
Skinny, Allan and Steve



New members Glen & Philip with their ukeleles



Steve and Skinny



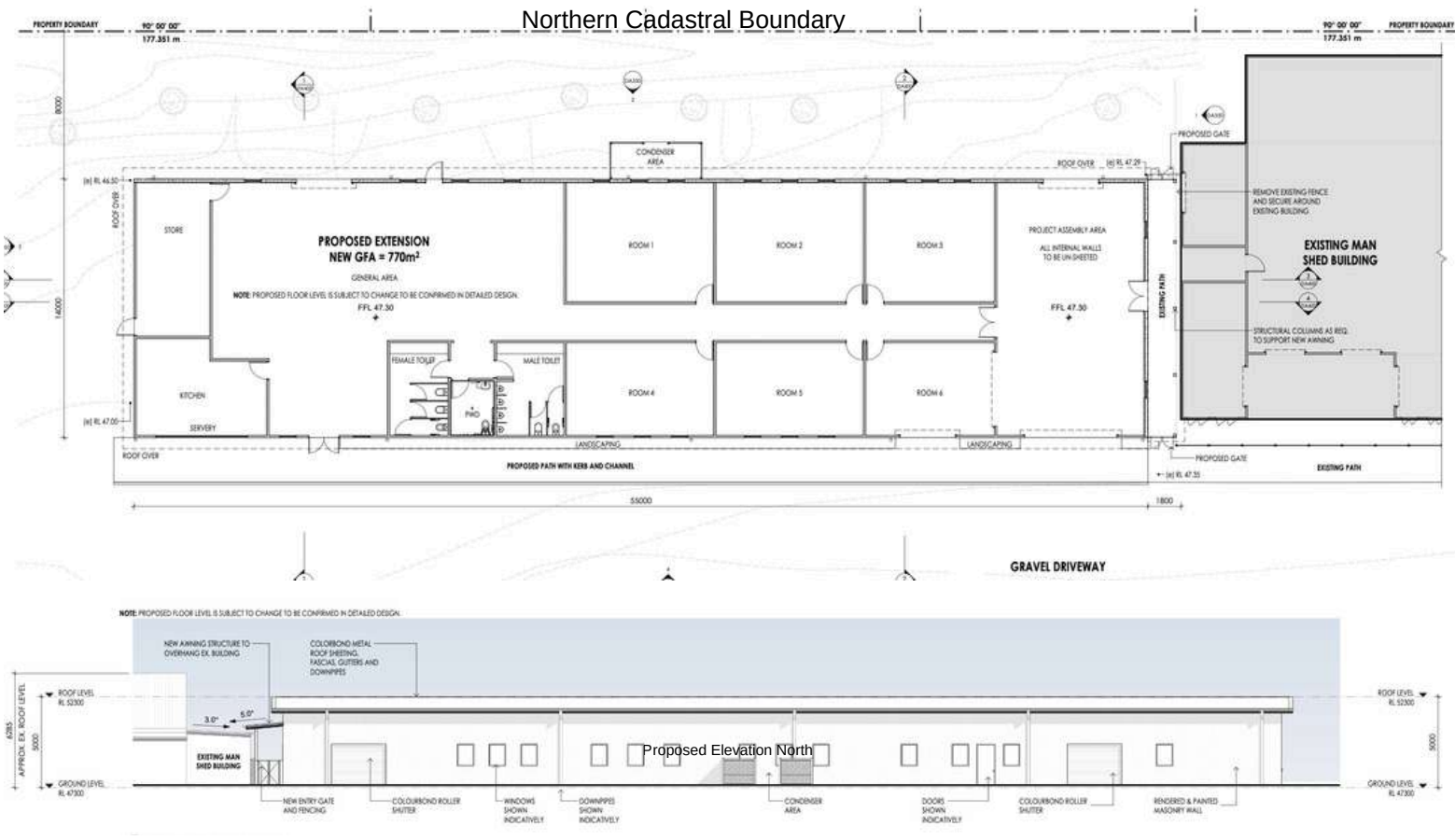
Robert Fraser is back painting after a short absence



New member Tony Sheahan



Bol building solitary native bee hotels



MGMS – New Building Sub-Committee Update

- Three meetings have been held between the MGMS Sub-Committee and Trowse constructions
- The concept shed footprint is 55m long and 14m wide (subject to DA approval).
- The structure is a metal frame with outside walls to have a similar finish to the current Men's Shed
- The Budget is \$2,200,000 (GST inclusive)
- The Sub-Committee has negotiated with Trowse Construction to have a fixed price contract to fit in with the budget framework, which will avoid cost overruns.
- The Development Application (DA) process is variable; however, a 6–9-month timeframe is expected

Trowse Construction has given a time frame for construction as:

- Commencement date: January 2027 (subject to timely DA approval)
- Completion date: September 2027
- Handover date: October 2027

The next steps for the project are:

Agreement to be gained from the MC for final plan sign-off

An agreement to be gained from the Showground Trust for the final plan sign-off

Contract between MGMS MC and Trowse Construction to be finalised and signed

Trowse to submit plans to BCC for DA approval.

Sub-Committee Chairman

Skinny Burke





The cubby-house project

Drawn December '25

Every year, the shed constructs or renovates a cubby-house, and then raffles it to raise funds. The principal driver of this activity is Bart McKnight, a long-standing member of the shed (no. 89). Over the years, the cubby-house project has raised more than \$80,000.

Each cubby-house project involves numerous shed members. Those with woodwork and metalwork skills construct/renovate the children's play-house while those with painting skills decorate it. And then there's the small army of members who make and sell raffle tickets.

This year, Bart located a caravan-shaped cubby at Mt Tamborine. With others, Bart transported the cubby to the shed where members renovated it with a Bluey theme.

Bluey is an Australian animated television series produced in Brisbane. It premiered on *ABC Kids* in October 2018 and subsequently became an international media sensation. The series follows Bluey, a six-(later seven)-year-old Blue Heeler pup. Overarching themes include family life, growing up and Australian culture. The choice of Bluey as the theme of the 2025 cubby house project was inspired. Increased sales of raffle tickets.



Collecting the cubby from Mt. Tamborine mid 2025



Collecting the cubby was not all work. Bart McKnight, Allan Wallace, Peter Tyley & Dave Tate lunching at the Bearded Dragon.



Cubby workers, Ian Swennsen, Ross Howard & Skinny Burke



Bart handing over the keys. May Day weekend, the Cubby was collected by the winner Daniel Matricardi. He arrived with a trailer which was too small. So what does a single young plumber do? "Barty, I will tow it home." Which he did.





Burpengary & District Men's Shed Inc.

A Not-for-Profit Project for the Community of Burpengary and Districts.

Email - info@burpengaryshed.org

ABN 88358391

P.O. Box 699 Burpengary Q.4505

ATO registered Deductible Gift Recipient

Good day Wayne,
I just wanted to pass on the wash-up from today's visit. What a wonderful day we all had. Please pass on our sincere thanks to all your men for making us feel so welcome and for keeping us entertained, educated, and—best of all—well fed! When we arrived, President Peter was out the front to welcome our bus, and from that moment it was all systems go. Once unloaded, our men disappeared into every corner of your Shed, and as I wandered around looking for them (while touching and admiring everything myself), I could see them completely engrossed and taking it all in. Every one of my men was taking notes or taking photos of things to follow up on once back home. I feel I am going to get a lot of follow up from them over the next week or so. From all our members from today, a big THANK YOU. Russell also offloaded a steel guillotine to us - I will organise to have it collected. From my Shed to yours - Thankyou!

Sincerely,
Rodney Hansen
President
E: president@burpengaryshed.org
M: 0481 480 486



Burpengary and District Men's Shed Inc.

921 followers · 7 following

The Burpengary and District Men's Shed was established in 2015 and is an incorporated assoc. focusing on the needs of men and the communities in which they live . All men over the age of 18 are welcome .

■ Community organisation

Message

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Visit from the Burpengary Shed

28th April 2026



Cover





The photo above shows some of the members of the Tuesday morning guitar learner group in action, still going strong in the shed meeting room. From the left are Bryan Esparro, Nick Tedesco, Terry Thomson (leader and standing) and Geoff Jones. The group started from scratch (with no basic knowledge) and has learned how to play major scales, read sheet music, understand the time values of musical notes, and locate these notes on the guitar neck fretboard. Also, how to play song melodies such as “Baa, Baa Black Sheep”, “On the Bridge at Avignon”, “Jingle Bells”, plus the “Peter Gunn Theme”, “Satisfaction” riff and accompaniment methods using basic strumming patterns in 3/4 and 4/4 time.

These musicians during the weekly lessons have progressed further and know how to read “tablature”, play a little more advanced strumming patterns, understand many basic major and minor chord fingering position diagrams and chord progressions of songs, including the “12 bar blues”, “Leaving on a Jet Plane”, “Skip to My Lou”, “I Walk the Line”, “Yellow Submarine”, “Blowin in the Wind”, “Banks of the Ohio” in the keys of “C”, “D”, “G”, “A” and “E”. They are as “keen as mustard”, enjoying what they are doing and showing much improvement every week. What a fantastic achievement from this fantastic fine body of men. It will not be too long before they are confident enough to join in with either the ‘Girl Guides Hut Guys’ or the ‘Recreation Room JAM’ group.

The image on the right shows the group working on the fingering positions for the “E”, “A” and “B7” chords using the song “Goodnight Irene” which is in 3/4 time as their example and tapping their foot while counting the beats. Great effort!

“Shine on You Crazy Diamond”. G. W. W.





Wellbeing WRAP UP



Positive Relationships

The smallest indivisible human unit is two people, not one; one is a fiction. (Kushner)

*Relationships, whether personal or professional, are **foundational** to having a good life. Quality relationships are based on **interdependence**, therefore you have a responsibility to cater to some of the psychological needs of others, on the basis that others will take care of some of your needs.*

1. Notice when others are doing good things and **let them know they are appreciated**.
2. Every day be kind, and express gratitude for the things you value about others and what they do for you; this builds up the **emotional bank account**.
3. **Really listen** to what others are saying. Suspend judgments and invest effort to understand their needs and desires before responding. Building trust contributes to commitment.
4. Spend time getting to know others' interests, likes, dislikes, favourite stuff, and friends. Remember, people change over time. Updating what you know about each other is essential. Maintaining a friendship is critical. Contribute to fulfilling each other's **dreams**.
5. Make deliberate plans to spend time with others by having fun, and building shared experiences and memories. **Quantity time** together is very important.
6. Negotiate, and agree upon, expectations and rules for interactions. Make **requests**, not demands.
7. Conflict is normal. When in conflict with others, look for the aspirations and future goals within that conflict. The presence of contempt, criticism, defensiveness, and stonewalling in conflict is highly destructive. **Repair** relationship strains and ruptures ASAP.
8. Manage your **stress**, anxiety, low mood, and anger levels by learning techniques to reduce your physiological and psychological symptoms such as increased heart rate, tightness in the body, and an unhelpful thinking style.
9. When others bid for your attention, turn **towards** them and show genuine interest. Bids and turns are the basis for human connection (turning **away** and/or **against** is unhelpful). Make lots of bids.
10. Breathe and **keep calm**. Speak and listen non-defensively. Validate others. *(Adapted: Gottman)*

Practice, practice, practice...and maintain a sense of humour!

Article by Dr John Barletta, PhD
(Maleny Men's Shed)
Health and Wellbeing Specialist
Queensland Men's Shed Association
johnb@qmsa.org.au

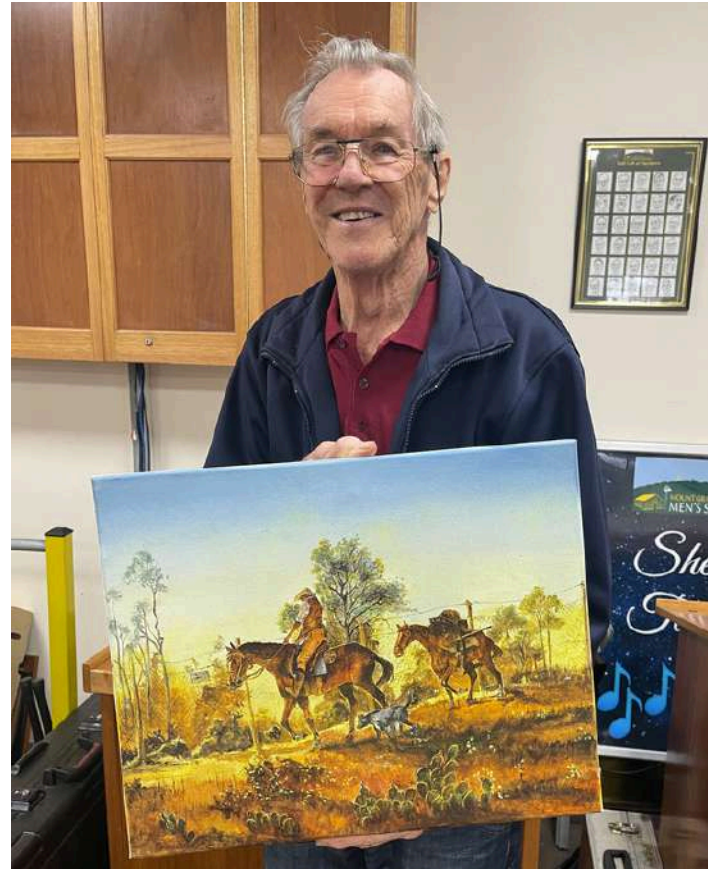
Published 2026

Art / Painting

In 2001, Alan retired from his business that specialised in manufacturing women's shoes. Having painted during high school, he was reintroduced to art when his daughter gifted him a box of Windsor and Newton paints, prompting him to pick up the brush once more. After spending about six months painting solo, he chose to join an art group led by a retired individual who hosted sessions at his home. However, local neighbours voiced their complaints, leading the group to rotate locations each week.

In 2013, Alan Carter reached out to the Founding President, Brian Wheeler, to express his wish to establish a painting group at the Mt Gravatt Men's Shed. Brian encouraged Alan to present his idea at the next Social Meeting, which led to Bart McKnight becoming the inaugural member of the group. Initially, eight members joined, and the classes were planned to run for eight weeks. They painted outside on tables in an open grassy area, braving the elements. While the course was meant to last for 12 weeks, it has flourished over 13 years, now boasting around 20 members.

Alan offers free tuition, so if you're interested in adding some colour to your life and having a great time, feel free to join the group every Friday from 8:30 am to noon. No prior experience is necessary.



Alan with one of his oil paintings of an outback scene.



Ross and his turtle



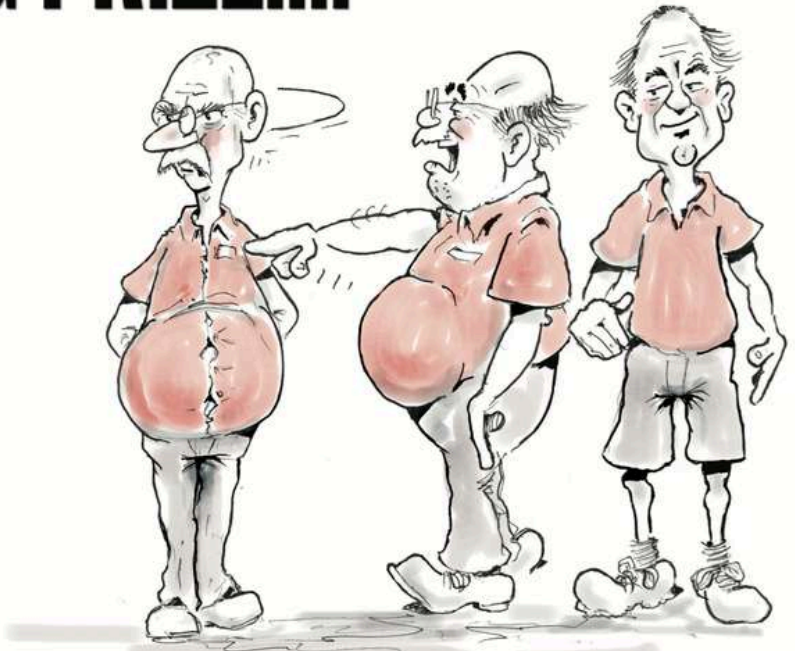
New member Bruce



John with a sheep muster



THE GLITTERING PRIZE....



"Well, does that make you happy!!!!..."



BREAKING NEWS: A man was admitted to the hospital today with 25 plastic toy horses inserted in his rectum. Doctors have described his condition as stable.



Humans Are The Only Species That Sprays Food With Poison So That Other Animals Won't Eat It - And Then Go Ahead To Eat It Themselves.



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Social Meeting Minutes

11th May 2026

President's Report

- Workshop: Not cleaned properly. Reminder to members: Please clean up after yourself.
- Cubby House: Raffle tickets. Give each member a book of tickets

Welfare (David):

- Members with health updates (Kim Tvede's knee replacement)
- Now getting meals for the incapacitated.
- RSV injection is free for over 75s.

Workshop (Tony G.)

- Tools: Reciprocating saw, band saw, metal shop.
- Equipment: Big Oven Kiln has been removed (Gift from Churchie)

Music (Terry)

- Singalong: Went well. 2 new members.
- Shed Beats: Sound great, good acoustics.
- Gig: Performance at TriCare Mt Gravatt.

Travel Group (Kevin S.)

- Ferry Trip: Next Thursday is full to Macleay and Russell Islands. Putting on another one in a month.
- Christmas: Booklet booked.
- Trip: Heron Island booked.
- Other trips to be organised.

Guest Speaker: Dr John Barletta

The members agreed that John was one of the best guest speakers in our sixteen years of operation. He has kindly offered to provide Wellbeing WrapUP articles for this and future newsletters.

See page 12.



Guest speaker Dr. John Barletta, Peter Lindsay & Lionel Armitstead



Matthew Tarrant is a contender to represent Australia at the Winter Paralympics. Matthew lost both legs below the knee.



First Aid Course members and instructor Annette Woodford
L - R: David Rosened, Barry Ridley, Peter Collins, Bryan Esparon



Cover

Prostate Cancer

Prostate cancer is the growth of abnormal cells in the walnut-shaped gland that produces seminal fluid. It is the most commonly diagnosed cancer in Australian men, typically affecting older adults. While early-stage cancer is highly treatable and slow-growing, advanced stages can be aggressive and require immediate medical care.

Symptoms

Early-stage prostate cancer often shows no symptoms. As the tumour grows and presses on the urethra, it can cause the following changes.

- Frequent urination, especially at night
- Difficulty starting or stopping a urine stream
- Weak or interrupted urine flow
- Blood in urine or semen
- Pain or burning during urination

Screening and Diagnosis

Early detection significantly improves survival rates. A doctor evaluates prostate cancer risk primarily through two methods

- **PSA Test:** A simple blood test that measures Prostate-Specific Antigen levels.
- **DRE:** A digital rectal exam to physically check the prostate for lumps or irregularities.

Current Australian guidelines recommend that men over 50 (or over 40 for those with a family history or specific genetic risk factors) discuss regular PSA testing with a doctor.

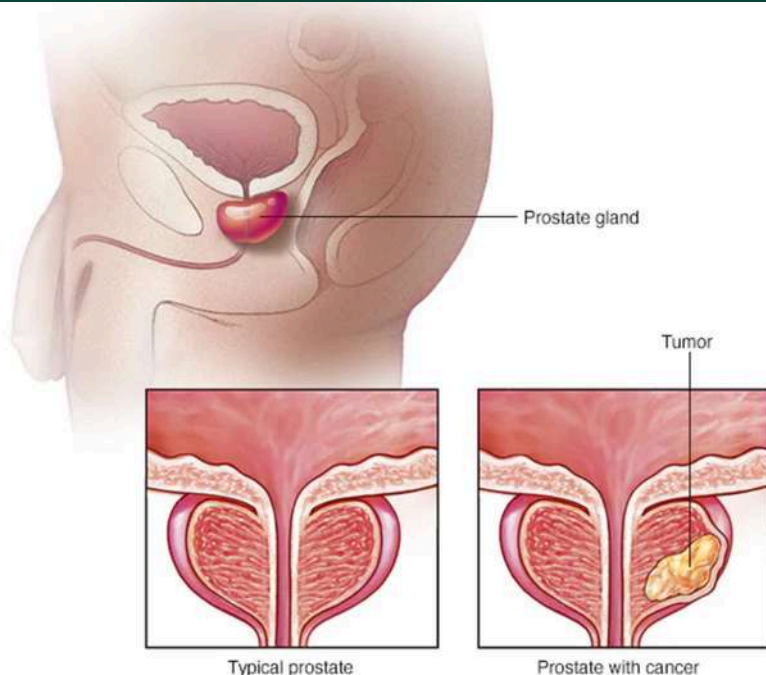
Treatment Options

Depending on the stage of the cancer, age, and overall health, treatment options include:

- **Active Surveillance / Monitoring:** Close observation if the cancer is slow-growing and confined to the prostate.
- **Surgery (Prostatectomy):** Surgical removal of the prostate gland.
- **Radiation Therapy:** High-energy rays used to kill cancer cells.
- **Hormone Therapy:** Treatments designed to stop cancer cells from getting the hormones they need to grow.

Prostate cancer is a growth of cells that starts in the prostate. The prostate is a small gland that helps make the fluid part of semen. It's found just below the bladder. The prostate is part of the male reproductive system. Prostate cancer is one of the most common types of cancer. Prostate cancer is usually found early, and it often grows slowly. Most people with prostate cancer are cured.

People diagnosed with early prostate cancer often have many treatment options to consider. It can feel overwhelming to learn about all the options and make a choice. Treatments may include surgery, radiation therapy or



carefully watching the prostate cancer to see if it grows. If the cancer grows beyond the prostate or if it spreads, there are still many treatment options. Prostate cancer that spreads can be more difficult to cure. But even when a cure isn't possible, treatments can slow the growth of the cancer and help you live longer.

If the prostate cancer spreads, other symptoms can happen. Prostate cancer that spreads to other parts of the body is called metastatic prostate cancer. It also might be called stage 4 prostate cancer or advanced prostate cancer.

Signs and symptoms of advanced prostate cancer can include:

- Accidental leaking of urine.
- Back pain.
- Bone pain.
- Difficulty getting an erection, called erectile dysfunction.
- Feeling very tired.
- Losing weight without trying.
- Weakness in the arms or legs.

Risk factors

Factors that can increase the risk of prostate cancer include:

- Age greater than 50.
- Family history of prostate cancer.
- Obesity.
- Smoking tobacco.

[Click Link to website](#)

HUMOUR



A sign in a shoe repair store, "We will heel you, We will save your sole, We will even dye for you!"

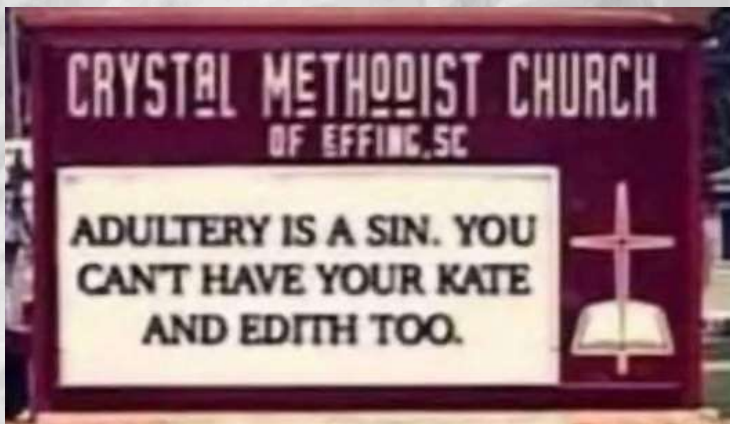
At an Eye Clinic: "If you don't see what you're looking for, You've come to the right place."

On a Plumber's truck: "We repair what your husband fixed"

In a Restaurant window: "Don't stand there and be hungry, come on in and get fed up."

In the front yard of a Funeral Home: "Drive carefully. We'll wait."

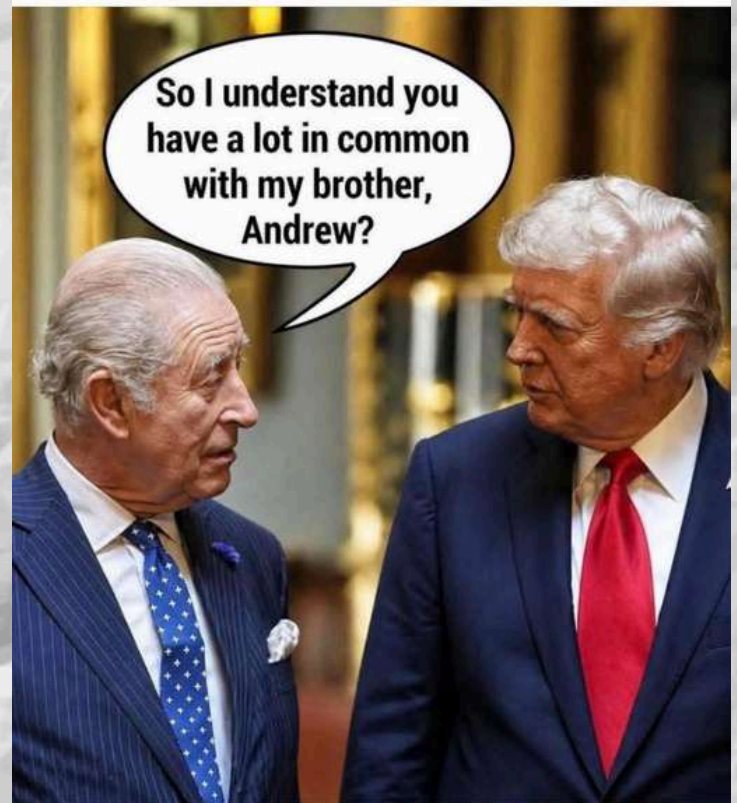
Sign on the back of Septic Tank Truck: "Caution - This Truck is full of Political Promises"



**Have you ever realized that
Women's "I'll be ready in 5
minutes"**



**..and a man's "I'll be home
in 5 minutes"
are exactly the same 😂**



I met an older woman at a bar last night. She looked pretty good for a 60-year-old. In fact, she wasn't too bad at all, and I found myself thinking she probably had a really hot daughter. We drank a couple of beers, and she asked if I'd ever had a Sportsman's Double?

'What's that? I asked. 'It's a mother and daughter thrsome, she said. As my mind began to embrace the idea, and I wondered what her daughter might look like, I said, 'No, I haven't.**

We drank a bit more, then she said with a wink, 'tonight's your lucky night'. We went back to her place. We walked in. She put on the hall light and shouted upstairs: 'Mom... you still awake?'

When I was young I decided to go to medical school. At the entrance exam, we were asked to rearrange the following letters "PNEIS" and form the name of an important human body part which is most useful when erect. Those who answered SPINE are doctors today, while the rest are on Facebook...



**"Only the guy who isn't rowing
has time to rock the boat."**

June 2026

Saturday 6 NB# 2:45 for 3 pm: Arvo Entertainment Group bring a plate of food to share if interested.

"Woodworking Introduction" 8.00 am to 12.00 pm on Thursdays. The wood-shop area is **shared only** with the wood-turning group.at these times to limit noise during instruction.

Monday	Tuesda	Wednesday	Thursday	Friday
June 1 Social Meeting Community hall 10:15 for 10:30 start, \$8 for lunch	2 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (21/22/24 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT	3 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning	4 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 12:45 Carpet Bowls	5 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT (Shed Rec Rm)
8 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making	9 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (21/22/24 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT	10 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning 1:00 MC meeting	11 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 10:30 Cooking 12:45 Carpet Bowls	12 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT (Shed Rec Rm)
15 8.00 Induction 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 10:30 Sausage sizzle guest speaker \$5 12:00 Toy-making	16 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (20/22/24 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT	17 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:00 Welfare 9:30 Emerging technologies (Vcarve & CNC router) 10:00 Travel group (Broadwater Park) 12:00 Woodturning	18 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 10:00 Native Bees 12:30 Photography 12:45 Carpet Bowls	19 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT (Shed Rec Rm)
22 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making	23 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (21/22/24 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT 1:00 B&G meeting	24 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning 1:00 WOC meeting	25 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 10:30 Cooking 12:45 Carpet Bowls	26 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT (Shed Rec Rm)
29 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making	30 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (21/22/24 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT	July 1 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning	2 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 12:45 Carpet Bowls	3 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT (Shed Rec Rm)

Cover