



Out in the shed with Ted.

Ted McEvoy

Your Prostate.

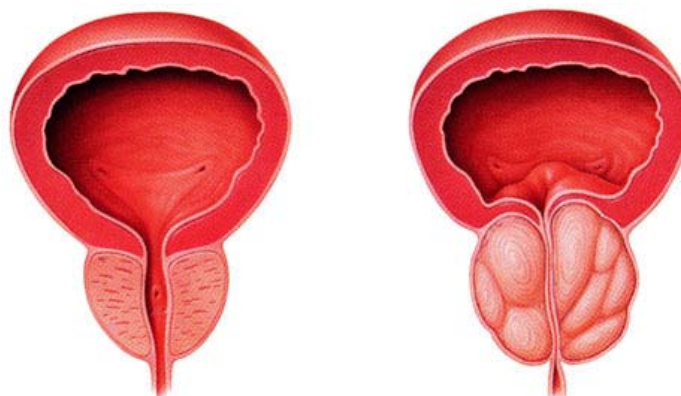
Dr Phil Ted

The Prostate is an organ which forms part of the male reproductive system. It is located immediately below the bladder and just in front of the bowel. Its main function is to produce fluid which protects and enriches sperm. In younger men the prostate is about the size of a walnut. It is doughnut shaped as it surrounds the beginning of the urethra, the tube that conveys urine from the bladder to the penis. The nerves that control erections surround the prostate.

There are four main disorders of the prostate, [Prostatitis](#), [Benign Prostatic Hyperplasia \(BPH\)](#), [Prostatodynia](#) and [Prostate cancer](#). The first 3 are not life threatening, but the fourth one is a doosey.... All can have similar symptoms, which may include one or more of the following:

- Waking frequently at night to urinate
- Sudden or urgent need to urinate
- Difficulty in starting to urinate
- Slow flow of urine and difficulty in stopping
- Discomfort when urinating
- Painful ejaculation
- Blood in the urine or semen
- Decrease in libido (sex urge)
- Reduced ability to get an erection

Some enlargement of the prostate is usual in most men from age 50 onwards. If the enlargement is sufficient to squeeze the urethra, which passes through the prostate, difficulties with urination may occur.



Normal Prostate

Enlarged Prostate

Being tough, brave and strong, most men tend to accept the onset of one or more of these symptoms as being a natural consequence of ageing. However, anyone experiencing any of the above symptoms is advised to consult a doctor without delay. One of the most worrying aspects is that many prostate cancers develop without men experiencing ANY SYMPTOMS. Early expert diagnosis and treatment is important and may avert potentially serious health consequences.

Definition. Bed rail – A device to provide added thrust at low revs..

Every year, around 18,700 Australian men are diagnosed and more than 3,000 die of the disease, making prostate cancer the second largest cause of male cancer deaths, after lung cancer. Almost one man in eleven will develop prostate cancer during his lifetime.

The Department of Veterans' Affairs (DVA) has produced an excellent booklet to give men a better understanding of the complex issues and management options for the disease. It is hoped this book will encourage men to seek early medical intervention for any health issues troubling them

You can download a copy of the booklet [HERE](#).

Also, research has shown that Vietnam Veterans, who were exposed to Agent Orange, are at an increased risk of aggressive recurrence of prostate cancer. See the full report [HERE](#).



A veteran is someone who, at one point in his or her life, wrote a blank cheque made payable to the Commonwealth of Australia for an amount of
"up to and including my life."

That is honour and integrity and courage and there are far too many people in this country of Oz who no longer understand this!

A few quieties??

This bloke has had a few – click [HERE](#)

Pensions

If you receive an aged or service pension you would have noticed an increase in your pension. From the 20 September, if you are a single person and you receive the maximum pension, you would have noticed an increase of possibly \$102.10 – and if you are a married person and you and your wife/husband receive the maximum pension, you would have noticed an increase of \$30.60 per fortnight each!!

However, although this might look good at first – the Government has giveth with one hand and taketh with another. What you don't get anymore are the following:

- Goods and Service Tax supplement.

- Utilities Allowance.
- Telephone Allowance at the higher internet rate.
- Pharmaceutical Allowance.

So, in actual fact, the single pensioner is only \$20.20 per fortnight better off and the married couple are \$20.30 (total) per fortnight better off.

Click [HERE](#) for the latest DVA Fact sheet which outlines the full list of pension rates..

Below is a before and after comparison of pension rates WEF 20th September.

Pension	Old fortnightly rate	New fortnightly rate
Special Rate (TPI) Pension/ MRCA Special Rate Disability Pension	\$1,011.90	\$1,022.10
Extreme Disablement Adjustment	\$558.50	\$564.10
100 per cent General Rate of Disability Pension	\$359.50	\$363.10
Intermediate Rate Disability Pension	\$686.60	\$693.50
Service Pension – single	\$569.80	\$671.90*
Service Pension – couples	\$951.80 couple \$475.90 each	\$1,013.00* couple \$506.50* each
War Widows/ers Pension	\$607.00	\$679.00
Income Support Supplement	\$170.20	\$202.50*

*New rates include new supplements which replace allowances previously paid quarterly. The new Pension Supplement replaces, and incorporates the full value of the Utilities Allowance, Telephone Allowance (at the higher internet rate), the GST Supplement and the Pharmaceutical Allowance.

Retirement Benefit scheme

Recently, Senator Steve Fielding gave a speech in Parliament. He is very supportive of the Ex-Service men’s cause and deserves our gratitude for this support. You can hear the speech [HERE](#).

I just got an email from a Charity asking me to donate some of my clothes to the starving people throughout the world. I knew it was Spam straight away and I told them to ping off!! Anybody who can fit into my clothes ain't starving!!

Medals

If you've got any Australian War Medals or Campaign Stars which were awarded to you for military service, you should seriously think about insuring them. There are lots of people out there who will pay lots of money for them. The two following adverts were recently seen on Ebay.



Australian Vietnam Medal - Unit Citation Recipient

Item condition: --

Price: **AU \$945.00** [Buy It Now](#)

You can also: [Watch this item](#)

Postage: Read item description or contact seller for details. | [See all details](#)
Estimated delivery time varies

Payments: **PayPal**, Money order/Bank cheque, Personal cheque, Other - See seller's payment instructions | [See details](#)
Pay with PayPal and you may be protected up to \$20,000. Conditions apply

Returns: 7 day money back, buyer pays return shipping | [Read details](#)

[Enlarge](#)



Militaria: Australian Pair of Vietnam War Medals

Item condition: --

Price: **AU \$449.99** [Buy It Now](#)

You can also: [Watch this item](#)

Postage: Read item description or contact seller for details. | [See all details](#)
Estimated delivery time varies

Payments: **PayPal**, Visa/MasterCard, Money order/Bank cheque, Personal cheque | [See details](#)
Pay with PayPal and you may be protected up to \$20,000. Conditions apply

Returns: 7 day money back, buyer pays return shipping | [Read details](#)

[Enlarge](#)

WEARING OF DECORATIONS, CAMPAIGN STARS AND WAR MEDALS.

War medals may only be worn on the left breast by the persons upon whom they were conferred. The honour afforded remains with the individual and does not pass to a widow, parent, son or relative when the recipient is dead. Similarly, the same rules apply in cases where a posthumous award is made.

The policy, as it stands, is that on the death of a recipient, technically, any honours and awards revert to the commonwealth in the first instance. The reality of course is that family members have an ambient claim and the commonwealth would not seek to intervene in medals being passed on directly within the family.

Family members may wear their forebears medals on the right breast which indicates that they are not their own. There is no limitation or formal policy on what occasions they should be worn. In essence, the wearing of forebear's medals on the right breast is a convention passed down over the years that is largely dictated by the occasion and (ideally) a measure of decorum fitting the event. They should not be worn lightly or where it would be inappropriate to do so.

For uniformed personnel, on ANZAC and Remembrance days only, modification of normal service dress code is allowed whereby they wear their own medals on the left breast accompanied (if they wish) by their ancestor's on the right.

War Medals (with certain exceptions) are worn on the left breast of the coat, or in a corresponding place on the dress, as the case may be. They will be worn in a horizontal line, suspended from a single bar, of which no part is to be seen, or stitched to the garment. When worn on the coat, the coat should be buttoned up.

The ribbon should not exceed one inch in length, unless the number of clasps require it to be longer. The uppermost clasp should be one inch below the top of the ribbon. When two or more medals and decorations are worn, they will be so arranged that the lower edges (or lowest point of a Star) are in line.

War medals are worn to show the Sovereign's head.


War medals (or Campaign medals) are worn in the order of the dates of Campaigns for which they have been conferred, the first obtained being farthest from the left shoulder.

Oshkosh.

If you want to see some great video of aircraft taken at Oshkosh earlier this year, click [HERE](#) – but, who goes to Oshkosh to look at the silly old planes anyway???



Telstra.

To my friends who prefer to, or who can only, pay their Telstra phone bills 

Telstra thought it would be a good idea to charge their customers \$2.20 for the benefit of paying their bills in cash, the idea was to try and get all their customers to pay their bills electronically, making it easier for Telstra. Seems common sense finally got a look in and the 'fee' has been dropped. If you've paid it, it will be automatically credited to your account.

You've got to wonder sometimes.....

Chilli.

If you like a bit of chilli in your meals – be careful, see [HERE](#)

Juke Box.

Click on any year and a Juke Box pops up and plays the top 20 hits of that year! While the Juke Box is open, you can scroll down the page to get the 80's and 90's as well.

These sites work spasmodically, if they don't work when you try them, wait a while then try again.

[40's JuKeBoX](#)
[1955 JuKeBoX](#)
[1956 JuKeBoX](#)
[1957 JuKeBoX](#)
[1958 JuKeBoX](#)
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Apologies if you're a cat lover....I can't help it, but I find this very very funny. Click [HERE](#).

Discrimination.

Discrimination in any form is ugly. Just when we think we are making headway against any form of it, this pops up.....It's sad, but once again discrimination rears its ugly head....



Will it ever end?

Arthur Douglas Tucker.

Recently a great Australian Airman passed away, at age 89. Arthur Tucker was one of the few who, in 1942, flew Kittyhawks against the Japanese in PNG, with 75Sqn, under the command of “Old John” Jackson (after whom Port Moresby airport is now named). After the war, he studied medicine and spent the remainder of his working life distinguishing himself in the field of medicine.

On the 12th September, *The Sydney Morning Herald* had a wonderful eulogy on this great man, and you can read it [HERE](#).



Formation Flying.

And speaking of flying, if you want to see some fabulous formation flying, in Bi-planes, click [HERE](#).

VIETNAM VETERANS' DAY ADDRESS

The 18th August is Vietnam Veterans Day. On 18th August 1988, with the anniversary of the Battle of Long Tan, the then Prime Minister, Bob Hawke, declared it “Vietnam Veterans Day”. Originally to commemorate the 1966 [Battle of Long Tan](#), it has since been adopted by all Vietnam Veterans.



18 Australians lost their lives at Long Tan, they were *Richard Aldersea; Peter Clements; Glen Drabble; Kenneth Gant; Earnest Grant; Victor Grice; James Houston; Jack Jewry; Paul Large; Dennis McCormack; Warren Mitchell; Douglas Salverton; Gordon Sharp; David Thomas; Francis Topp; Maxwell Wales; Colin Whiston.*

It is unclear how many Vietnamese lost their lives that day, but the official Australian count was 245 Viet Cong dead and 150 wounded.

Brig Ian Bryant AM (Ret), who was the commander of the 3rd Cavalry Regiment (APC), later renamed the 1st Armoured Personnel Carrier Troop, delivered an address this year and you can read it [HERE](#).

Short holiday.

If you've got a bit of spare time and would like a short holiday in a campervan at a cost of only \$1.00 per day, then this might be just the thing you are looking for. A lot of campervan rental companies do 'one way rentals' which means they can end up with a bunch of vans at a place where they would prefer them not to be.

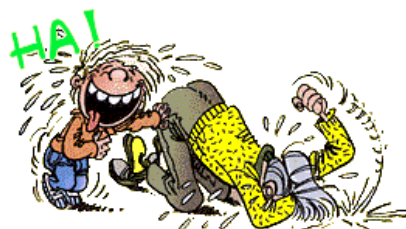


They are always looking for people to drive them back to where they should be and provided you are a fit and proper person, hold a current license and subject to availability, you could enjoy a short break driving one back to its proper home, and they will pay the fuel.

Interested?? then click [HERE](#)

TPI's and the Ambulance.

There's an issue doing the rounds of the TPI community about interstate ambulance travel. Hopefully the advice below is helpful and will quell some concerns.



Veterans to the nearest available treatment location that most appropriate mode of transport applicable in each and requires ambulance transport for their clinical needs another state then the Department would fund that the state of residency.

However, if a veteran travels to another state for non medical reasons such as recreation and then requires ambulance transport to a hospital or other facility this would only be covered from their place of temporary residence to the nearest suitable

treatment facility. The veteran will not be able to elect to be transported back to their home state for treatment or back to their permanent residence after treatment. Such transport is not dictated by clinical need, only personal preference. The Department would transport them back to their temporary residence after discharge from hospital via the most appropriate transport mode.

Transport of veterans between facilities whether within states or between states is based on clinical need and at the discretion of the medical professionals treating the veteran. This is not something the veteran can elect to do and be funded by the Department.

Veterans are encouraged to take out travel insurance when making long trips interstate.

You can find further information in the DVA ambulance Fact Sheet HSV120 which you can read [HERE](#) and in "Before You Travel" HSV 129 which you can read [HERE](#).

A couple has a dog that snores.

Annoyed because she can't sleep, his wife goes to the vet to see if he can help. The vet tells the woman to tie a ribbon around the dog's testicles, and he will stop snoring. "Yeah right!" she says. A few minute after going to bed, the dog begins snoring, as usual. The wife tosses and turns, unable to sleep. Muttering to herself, she goes to the closet and grabs a piece of red ribbon and ties it carefully around the dog's testicles. Sure enough, the dog stops snoring. The woman is amazed...

Later that night, her husband returns home drunk from being out drinking with his buddies. He climbs into bed, falls asleep and immediately begins snoring loudly. The woman decides maybe the ribbon might work on him.

So, she goes to the closet again, grabs a piece of blue ribbon and ties it around her husband's testicles. Amazingly, it also works on him! The woman sleeps soundly.

The husband wakes from his drunken stupor and stumbles into the bathroom. As he stands in front of the toilet, he glances in the mirror and sees a blue ribbon attached to his privates. He is very confused, and as he walks back into the bedroom, he sees the red ribbon attached to his dog's testicles.

He shakes his head and looks at the dog and whispers, "I don't know where we were ... or what we did ... but, by God we took FIRST and SECOND place.

Why is it so??

Pick a number from 1 - 9.

Multiply it by 3.

Add 3 to that number then multiply that by 3 again.

Add the two digits together and you always end up with "9"

Jokes of the year!

1. Two women were sitting together.....quietly!
and
2. One day, a long, long time ago, there lived a woman who did not whine, nag, or bitch.
But it was a very long time ago and it was just that one day.

(Ya gotta say one thing about Macca – he's a game sorta cove – tb)

What is a Companion Card?

The Companion Card is an identification card which identifies the bearer as a person who, due to their disability, requires lifelong attendant care to participate at most community facilities and events. The cardholder presents their card at [participating affiliate organizations](#) to purchase a ticket or pay an entry fee and receive a ticket for their companion at no extra charge.



For further information, and to apply, click [HERE](#)

See some classic Billy Connolly [HERE](#)

Computer Help

If you need help with any PC problems, a new website is available for you – it's called Nearby Nerds and you can access it [HERE](#)

There is a fee for the service, but the costs are very, very reasonable.

NearbyNerd was established in 2009, with the goal of becoming a bridge between two groups of people:

- Computers and Electronic devices users Who are in dire need of a cheap, fast and comfortable solution for their repair, support and guidance needs.

And

- Nerds: Computer Science students, computer games freaks and other techies Who have heaps of knowledge and experience, love to help others, and are in great need of generating some income in their free time.

This is [PRICELESS](#).

Afghanistan.

Those that served in Vietnam and received similar packages, remember how it gave you a welcome sense of home and support.

As you know, the Festive Season is quickly closing on us and it is asked that you spare a thought for our soldiers serving our country in harm's way in Afghanistan.

Perhaps you may wish to send a soldier a care package. The idea behind this is that some troops over in Afghanistan may not have family who are able to send them packages with things they may need or things that make their time over there just that tiny bit easier. There may also just be a soldier who is finding their time over there difficult and just needs a bit of cheering up. It'll get given to whoever needs it most.



To send a care package to an Australian Soldier in Afghanistan, you need to purchase a "BM" size box (weighs 175g itself) from Australia Post, they cost \$2.

They'll give you some customs forms which you will also need to fill out. The address you need to send the package to is below. Make sure you seal all the edges of the box with packing tape. If the box after being packed weighs less than 2kg, Australia Post will send it for Free.

An Australian Soldier
Op Slipper
AFPO 13
Australian Defence Force
SYDNEY NSW 2890

To give an example of what can be sent, a care package could be:

- 1 x Lynx Shower Gel Travel Size
- 1 x Pack of Schick Disposable Razors
- 1 x NON-AEROSOL Shaving Cream

1 x Lynx Role On Deodorant
1 x Small Baby Powder (Talc)
1 x Chap Stick (SPF 30+)
3 x Bags of Allen's Lollies (NOT CHOCOLATE)
1 x Beef Instant Noodles
1 x Pack of Scotch Finger Biscuits
2 x Canned Tuna (Pull Ring Style)

But don't limit it to this, let your imagination do the walking.

You may wish to also include a self addressed envelope and a letter, or include your email address as well just in case they want to contact you or have something specific they want you to get for them.

Things not to send:

Alcohol
No Clothing, Except socks
Aerosols
Cigarettes
Pork
Chocolate (melts)
Magazines with naked people. (You can send them to me!!)

You can also send a female specific care package, including feminine deo, perfume sample sachets, girly mags. All you need to do is when addressing write An Australian Soldier - FEMALE.

For those of you that are animal lovers, you may wish to do the following: sending care packages to our Explosive Detection Dogs (EDD) with the following items included:

1 x box dog biscuits
1 x beef bone (not fresh)
3 x "greenies"
1x toy
1 x tennis ball

and don't forget a couple of packets of lollies for the handler.

The dogs do a magnificent job under very trying conditions and to date, four have lost their lives serving their country.

The address is:

An Australian EDD Handler"
Op Slipper
AFPO 13



Australian Defence Force
SYDNEY NSW 2890

This is a fantastic way to help out our serving soldiers, and show your support.

[AUTHORITY](#)