

Prostate Cancer Support Group - Northern Beaches

Affiliated with the Prostate Cancer Foundation of Australia

Proudly sponsored by Hammond Care, Health and Hospitals Limited
*A program of support serving men of all ages, their families, carers and friends
before, during and after diagnosis*

Newsletter No. 202 - July 2020

Editor: Mary Jones

All meetings are suspended until further notice

At this stage, there is still no hint of when we will be able to resume normal meetings but we will keep you informed.

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Monthly Meetings – usually!

All people are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact us via the website.

When:

Meetings of our support group are held on the 1st Tuesday of the month except in January.

Usual Location:

The Cottage, Mona Vale Hospital, Coronation Street, Mona Vale.

Time: 6:30pm till 8:30pm

Due to Government restrictions on Covid-19 -
**THERE WILL BE NO MEETINGS OF
THE NORTHERN BEACHES
PROSTATE CANCER SUPPORT
GROUP UNTIL FURTHER NOTICE**

No Meetings As Yet

Jo-Ann has advised that no meetings are allowed in the Palliative Care Cottage at the moment.

Strict hygiene and social distancing rules are in place to protect both staff and patients.

Whilst we are all feeling this distancing immensely, we can only hope that all our members stay safe and well.

Please feel free to reach out to any of our committee if we can help in any way. Our details are on the last page.

Mary

As always much has been happening behind the scenes.

Media release Monday, July 6 2020

Low awareness can be lethal: Prostate cancer coalition calls for action

Alarming new research has revealed about 70 per cent of Australians don't know the signs and symptoms of prostate cancer, prompting Prostate Cancer Foundation of Australia to call for greater public investment in targeted community awareness activities.

The findings have been reported in the *Not All Prostate Cancer is the Same* report, released by the Prostate Cancer Patient Coalition – Asia Pacific (PCPC).

Prostate Cancer Foundation of Australia CEO, Professor Jeff Dunn AO, said the research was a call to action.

“With a growing Australian population and increasing life expectancy, the number of men diagnosed with prostate cancer will continue to increase,” he said.

“It’s vitally important that we do more to improve awareness of the disease and raise understanding of options for early detection and treatment, while supporting survivors with the long-term side effects of their illness.”

“These findings clearly demonstrate that we have a long way to go if we want to raise awareness of prostate cancer to the same level we see in breast cancer, where increased awareness has had a significantly positive impact on diagnosis rates and overall survival.”

To read the full report please go to

<https://tinyurl.com/y67ad9r8>

Once again!

Who will join me?

We already have a **SMALL** team ready to take on the challenge – let’s make it a **LARGE** team effort. Go to <https://tinyurl.com/yawdhw13>

On this page you can register – our team name is Northern Beaches Prostate Cancer Support Group – *what else could it be!*

I will be taking part in the 3.5km Family Fun Run – walking 3.5km over the Harbour Bridge should be a wonderful way to spend a Sunday morning!

If you’re more energetic, perhaps running the 10k run or half marathon may be your thing.

Let’s have fun and support Prostate Cancer along the way.....

Blackmore’s Running Festival

The Blackmore’s Sydney Running Festival, scheduled for Sunday, 20 September 2020, is an annual running and walking event with a range of distances to suit everyone, all of which run over the Sydney Harbour Bridge. Described as one of the most scenic and spectacular courses in Australia, the festival attracts around 33,000 participants annually. It consists of four exciting events, with the Marathon, Half Marathon and Bridge Run (10 kilometre certified) distances finishing at the iconic Sydney Opera House and the Family Fun Run (3.5kilometre) that finishes at Sydney’s prestigious Conservatorium of Music.

Runners, joggers and walkers of all skill levels and ages will experience a challenge or a fun day out to explore the extraordinary scenic views of Sydney.

Distances/Events -

3.5K - Family Fun Run

10K - Bridge Run

Half Marathon

Marathon

**Give me a call for more details–
Mary 0409 909 356**

If you want to think about more exercise you can combine your Blackmore’s run with –

The LONG run – organized by PCFA

What - The Long Run is an awareness and fundraising event inspiring you to run, walk or wheel 72km to raise awareness and funds for Australian men and families impacted by prostate cancer. You can cover the distance during the month of September anyway and anywhere you like. On Father’s Day (6 September) you’ll be invited to take part in the 4k Family Fun Challenge.

If 72km is more than you can manage, you can also set your own distance and goals, suited to your fitness level.

When - September 2020

Pre-registration opens Monday July 20

Where - Anywhere in Australia – Online via your own personal Fundraising Page, on Facebook, Instagram, and Twitter.

How -

1. Sign up for the challenge at – www.thelongrun.org.au
2. When you register, you’ll be automatically set up with a personal fundraising page
3. Download resources from the website to help with your fundraising
4. Share your story and track your training miles on social media
5. Invite others to join the campaign and donate towards your challenge

Along the way, you’ll earn virtual badges for display on your fundraising page, keeping you motivated and inspiring your fundraising.

Who - You! The Long Run is open to people of all ages, from diverse backgrounds, and with different fitness levels – whether you’re a beginner or a pro.

Goals -

The goal is to raise awareness and funds for prostate cancer research, support, advocacy, and outreach. We hope you’ll be one of 1750 Australians taking part, to reach our fundraising target of \$498,000.

Go to www.thelongrun.org.au

thelongrun@pcfa.org.au

or phone 1800 22 00 99

Vale

It is with great sadness that we inform our members of the passing of Eric Rogers.

Eric and his wife Noreen were regular attendees at our meetings, always interested in the speakers and keen to learn all they could. They were also great supporters of the events we organised and could be called upon to lend a hand when needed. Eric will be sadly missed in all the activities he chose to enjoy and our thoughts and condolences go to Noreen and their family.

Norma's July Quiz

1. Which country boasts the most dams than any other country in the world?
USA, Russia, Netherlands?
2. What nationality was the thriller writer Edgar Allan Poe? British, American, Irish?
3. Which Senior Office ends on the 20 January? The Pope, Secretary of the United Nations or President of the USA?
4. What word describing composers such as Vivaldi, was taken from a Portuguese word meaning misshapen pearl?
Rococo, Baroque or Byzantine?
5. What title is bestowed on the ruler of Venice? Capo, Duce or Doge?
6. Who founded Bolshevism? Marx, Lenin or Trotsky?
7. What is the name of Israel's parliament?
Dail, Knesset or Douma?
8. Who was artist Vanessa Bell's famous sister, who apparently made some people afraid?
Margot Asquith, Dorothy Parker or Virginia Woolf?
9. Which country cans three quarters of the worlds canned pineapples?
Hawaii, Thailand or South Africa?
10. How many claws has a Manx cat?
16, 18 or 20?

Answers to Norma's June Quiz

1. Who were the first people to blow their noses into a paper tissue? Chinese, Japanese, or Indians. *Japanese*
2. Which country suffers the most earthquakes ?
China, Turkey or Japan *Japan*
3. Which country's golf caddies chose to wear helmets after 500 were hit by balls?
Thailand, South Korea or Japan. *Japan's*
4. Which Asian country is the biggest importer of oil? Japan, India or China *Japan*

5. Which country has it's capital in Pyong Yang?
North Korea, Cambodia or Laos. *North Korea*
6. Which 5th century pillage was dubbed the scourge of God? Ghengis Khan, Attila The Hun or Alaric the Visigoth. *Attila the Hun*
7. Which son of a cobbler robbed banks to finance the Russian Revolution? Stalin, Trotsky or Lenin.
Lenin
8. Who first placed a telephone on the moon?
Lyndon Johnson, Richard Nixon or Jimmy Carter *Richard Nixon*
9. Who was the first incumbent US President to survive being shot? Ulysses S Grant, Ronald Reagan or Gerald Ford *Ronald Reagan*
10. Which author moved abode some 56 times in 6 months after he was issued with a death threat? Gore Vidal, Salmon Rushdie or JD Salinger *Salman Rushdie*

Letter from Steve Callister

Dear Supporters of Prostate Cancer

I am very pleased to inform you that Prostate Cancer Foundation of Australia's CEO, Jeff Dunn, has been nominated for election to the role of *President of the Union for International Cancer Control (UICC)*.

Jeff's nomination recognises his 30 year track record of service to the UICC, to international cancer control, and to Australian men and families affected by prostate cancer.

Nominations to the UICC Board were invited from around the world, with 44 submissions and 22 candidates chosen for the 14 roles on the Board of Directors.

Jeff has been a board member for a number of years and is currently Treasurer.

Six nominations were submitted for President-elect, with Jeff one of two candidates selected for election.

The vote will take place this October by the UICC General Assembly.

To be nominated by his peers as a candidate for global leadership is truly a testimony of the impact that Jeff has had.

It also speaks to the increasing relevance and role of PCFA in reducing the worldwide burden of prostate cancer.

I know you will all join me in wishing Jeff all the very best for the election.

Steve Callister
National Chairman,
Prostate Cancer Foundation of Australia

Publicity

One of the main aims of the NB Prostate Cancer Support Group is to reach out to men and their families and provide information and emotional support for those diagnosed with Prostate Cancer. PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer. This year, we are hoping that with the support of the PCFA Ambassador Programme we may be able to reach more men's groups and clubs and spread the word about the importance of regular testing for prostate cancer.

If you know of any organisation that may benefit from having one of the Ambassador Speakers visit them please let one of the committee members know.

We are always seeking ways to reach the public and articles about our Group have appeared in Pittwater Online News and the 'What's on Pittwater' website provides information about our meetings.

Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials,

Before implementing any recommendations made in the materials that are reported, it is essential verified such conclusions and recommendations.

Any recommendations made in such materials may not be applicable in your particular case.

National Chairman

Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified professionals, as no single treatment option is better than any other in all cases. While the advice and information in this newsletter should be of interest, there is no substitute for getting informed medical from your own GP, specialist and other medical professionals.

Contact Us

Postal address

Northern Beaches Prostate Cancer Support Group
PO Box 324, Mona Vale, NSW 1660

Web site

Our web site provides details about the activities of the group, meetings, contact persons and lots of other useful information:

www.prostate-cancer-support-nb.org

Personal support

If you would like support, advice or assistance contact any of the committee:

Treasurer - Alan Taylor Phone: 02 9981 2616

Library - Ron Jones Phone: 02 9997 2709

Programme Organiser -

Denise Taylor Phone: 02 9981 2616

Catering - Jo-Ann Steeves Phone: 02 9918 6575

Eleanor Swansbra Phone: 02 9918 6428

Norma Norman Phone: 02 9918 4929

Committee member, newsletter editor and web site manager:

Mary Jones Phone: 0409 909 356

Email: info@prostate-cancer-support-nb.org

Past issues of our newsletters can be viewed on our website: www.prostate-cancer-support-nb.org

