

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. 200 - May 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 -
**IT IS WITH REGRET THAT THERE
WILL BE NO MEETINGS OF THE
NORTHERN BEACHES PROSTATE
CANCER SUPPORT GROUP UNTIL
FURTHER NOTICE**

When? is the question

When will we be able to have another monthly meeting? That's the question on everyone's lips. At the present time we have no idea. It depends on the government's relaxation of rules and the availability of the Cottage where we hold our meetings. We must abide by HammondCare's directions as to when it is safe for us all to meet again.

This doesn't mean that the wheels have stopped working, just slowed a bit. Whilst we are all self isolating as much as possible and taking care of our families, the world has carried on and PCFA especially has been active behind the scenes making sure that men with prostate cancer and their families are still cared for. The same goes for our Northern Beaches Support Group. Please don't hesitate to contact any of the committee if you need any help or just someone to talk with. Our details are on the back page of the newsletter.

Stay safe and well until we can all meet again.

Mary

BLUE SKY NEWS

The first new look edition of Blue Sky News, replacing Prostate News, is available on line at <https://tinyurl.com/yczxhtwk> and we will have *the printed edition available at our next meeting* – whenever that might be.

Articles in the April edition of Blue Sky News include:

LEADERSHIP WITH GLOBAL IMPACT:

PCFA JOINS WORLD CANCER LEADERS

Every 25 seconds, one man will be newly diagnosed with prostate cancer somewhere in the world.

AUSSIE FATHERS & SONS AT HIGH FAMILY RISK - WE'RE TAKING ACTION - FAMILY HISTORY CAMPAIGN

Prostate cancer survivor Tim Stollznow has decided to leave a gift in his Will to support our work, aware that the disease could affect his son and future grandsons.

We're urging men to check their family history of prostate cancer, issuing a warning to health authorities that the growing number of new cases could be a ticking time bomb for Australia.

5 YEARS & \$31M for research - 6 GAME-CHANGING PROJECTS

When it comes to research, we're doing work that matters.

NEED HELP WITH ERECTILE DYSFUNCTION?

Don't despair, research is making a difference.

We're here to help with the ups and downs

Treatments for erections have come a long way since Viagra was introduced in 1989. The drug took the world by storm, becoming the first drug to beat \$1 billion in revenue in a 12-month period, signifying the importance of a healthy sex life to all of us – and especially to men impacted by prostate cancer.

LET'S TALK ABOUT PROSTATE CANCER

Help us celebrate Men's Health Week from **June 15-21** by bearing all about prostate cancer and organising a morning tea or community presentation.

Our goal this year is to raise awareness of the side-effects and symptoms, which can have life-long impacts on quality of life and wellbeing.

6 KEYS TO HEALTHY SURVIVORSHIP

Consumers and experts achieve consensus

HIRE A HUBBY RAISES \$500,000

For Aussie blokes battling prostate cancer

TURF CLUB CHAIRMAN quits the grog for Dry July. Read about how this prominent community leader dared to make a difference

THE SIMPLE BLOKE'S Blue Potato Salad (with Lemon Basil Vinaigrette!)

By Ross Alexander - Founder of the Outback 4WD Adventure

THE BLUE BONDI MOCTAIL

By Chris & Gail Dunne AM Founders of the Long Ride

GET READY AUSTRALIA –

We're welcoming 34 new nurses to help tackle prostate – and we need many more! Survivor numbers set to swell. Early detection key to saving lives

PROSTATE CANCER AWARENESS MONTH THIS SEPTEMBER

Every 25 minutes an Aussie bloke is diagnosed with prostate cancer.

PCFA need to raise \$1million for research and support this September

2021: 25 YEARS OF ACTION

A future free of prostate cancer is in our sights

Next year marks the 25th Anniversary of Prostate Cancer Foundation of Australia and to celebrate, we need your help. We're digging back through the archives to gather old newspaper clippings, photos, relics, and stories. If you have a photo or story to share please get in contact via enquiries@pfa.org.au or call 1800 22 00 99

Just Announced - Max Gardner Awards

Our congratulations go out to the recipients of this year's Max Gardner Award for Distinguished Service:

Mrs. Elizabeth Allen OAM, of Dubbo. Elizabeth co-founded the Dubbo Prostate Cancer Support Group in 1996, after her husband John's diagnosis, and has dedicated over two decades of her life to supporting those impacted by the disease. Over the course of twenty years Elizabeth has helped to form six other support groups, convened two conferences, given hundreds of community presentations, and devoted thousands of hours to supporting men and partners affected by prostate cancer.

Mr. Wolfgang Schoch, of Melbourne. Over the course of fifteen years Wolfgang has devoted hundreds of hours to supporting men affected by prostate cancer, both as Prostate Melbourne Support Group Leader and as an Ambassador and Community Speaker. He became involved in the Network following his own diagnosis with prostate cancer in 2003.

Mr. Kerry White, of Inverell. Since his diagnosis in 2009, Kerry has devoted hundreds of hours to supporting men affected by prostate cancer, both as Inverell Prostate Cancer Support Group Leader and as an Ambassador and Community Speaker. He is well known in the Inverell region as a champion for PCFA's work and a founding father of the local Network.

Their tireless advocacy and dedication to the cause provide great inspiration for our mission.

Their Network leadership has helped to ensure that men and their families do not have to walk the journey of prostate cancer alone. They have played a vital role in providing information, comfort, and support, calling on their own personal experiences to make a difference in the lives of others.

Elizabeth, Wolfgang, and Kerry, as distinguished Network members, have changed many lives for the better.

We congratulate them on their awards and embrace all Network members and volunteers with heartfelt thanks.

Jeff Dunn

Blackmores 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 (3.5 kilometre) 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

Who will join me?

Let's have a team Northern Beaches

I have participated in the City to Surf in years past, so I reckon I can take 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! Let's make up a team and support Prostate Cancer along the way.

Give me a call for more details–

Mary 0409 909 356

Have you mastered Zoom?

So many new skilled have been learnt during this Covid 19 epidemic, social networking via Zoom being one of them.

We have experienced grandchildren's birthday parties via Zoom, attended meetings, held choir

sessions, even Pilates workouts. Who would have thought this time last year that the world would change so much.

“Nothing great was ever achieved without enthusiasm”

Ralph Waldo Emerson 1803 - 1882

Norma's May Quiz

1. Which musical is set in Calfish Row. Porgy and Bess, Cats or West Side Story?
2. Which H G Wells novel was originally called Chronic Argonauts?
3. What kind of creature was Dr. Seuss's Yertle Salamander, snake or turtle?
4. Which book was banned in London in 1538 and in Spain in 1551, The Decameron, The faerie Queen or The Bible?
5. In what year was John Lennon's last concert, 1971, 1972, 1973?
6. Which metal did Charlie Chaplin invest much of his money in, Platinum, Gold or Uranium?
7. What was Hammerstein and Rodgers first co-written musical, Allegro, Carousel or Oklahoma?
8. Which country owns Cartier Island and The Ashmore island, Canada, New Zealand or Australia?
9. What is Australia's main crop Bananas, Apples or Pineapples?
10. Why did Captain Cook give New Caledonia that name, it reminded him of Scotland, It was a very cold region or he discovered it on St. Andrews Day?

Answers to Norma's April Quiz

1. Who won the European Song contest with a song called "Puppet on a String"? *Sandie Shaw*
2. Which Michael travelled from pole to pole on his TV programme? *Michael Palin*
3. In which decade did Prince Charles marry Diana Spencer? *The 80's*
4. Which Alfred invented gelignite? *Alfred Nobel*
5. Which Sir Francis gave his name to a scale to measure wind force? *Francis Beauforte*
6. Which English cricket captain was involved in the 1994 ball tampering claims? *Mike Atherton*
7. Which Errol was a philandering film star, born in Tasmania? *Errol Flynn*
8. Who, with the initials JRR wrote The Hobbit? *John Ronald Reuel Tolkien*
9. Who lost a leg after complications with Syphilis was it the artist Manet or Monet? *Manet*
10. Which Greek hero killed the Nemean lion, was it Jason, Theseus or Hercules? *Hercules*

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.

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

