

Below the Belt!

Vol. 10 No. 2

March – May, 2011

Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.
(ABN No. 35 871 442 176)



Join us
30th April & 1st May, 2011
and take part in this years
Penrith Relay for Life
to help raise much needed money
for
Cancer Research
The Relay will be held at
Howell Oval, Mulgoa Road,
Penrith



This is a fun, social weekend that raises much
needed funds for a great cause.
Come along and join us.

Contact our team Leader and Organiser
Ian Davis to register in one of our Teams

What's to Come

Group Meeting – Monday March 21st

Robyn Yates, Manager Blue Mountains Cancer Help
How they help cancer sufferers

Group Meeting – Monday April 18th

Assoc Professor Manish Patel, Westmead Hospital
Management of men on hormone therapy.

Group Meeting – Monday May 16th

Fred Kong, formally head of the Richmond Fellowship
Combating depression.

Nepean/Blue Mountains Prostate Cancer Support Group Inc.



28th January 2011

ABN 35 871 442 176 – CFN/2037577
Affiliated with the Prostate Cancer Foundation of Australia
Affiliated with Us TOO International (USA)

President: Alan Moran

Honorary Secretary: Ross Baker
34 Rivendell Crescent
WERRINGTON DOWNS NSW 2747

Dear Member,

Welcome to another exciting year. The purpose of this letter is twofold:

1. **Membership Fees:** An invitation to you to continue your membership of our support group by the payment of an annual membership fee of \$10.00 per family. The payment of your membership fee entitles you to vote at formal meetings, to stand for election to our Board of Directors and at the same time is a way of supporting our group by assisting to offset our running costs.
2. **Membership Update:** We need to regularly update our Membership Data Register to help us to be more efficient in our delivery by:
 - i. having the latest address and contact details;
 - ii. having the latest changes in your circumstances;
 - iii. enabling us to better match requests for information from our member data base;
 - iv. determining whether or not you wish to receive communications from us by e-mail or via Australia Post.

(A Membership Update Form is included on Page 8 of this Newsletter)

With the rising costs of postage and copying, e-mail has become a more cost effective alternative which frees up more of our money to be used towards the continued education and support of prostate cancer sufferers, survivors, families and carers in our local community.

Please note, you do not have to be a member of our support group to attend our meetings and you are free to access information about our activities, including our newsletter 'Below the Belt' which is available from our informative website, www.prostatesupport.org.au

If you have any questions or concerns about this request, we would invite you to contact our Secretary, Ross Baker by mail, phone or e-mail as listed at the top of this letter.

With best wishes,

Alan Moran
President

Motto: YOU ARE NOT ALONE

Where does the money go?

As you are most likely aware, our support is a registered charitable organisation. We are able to raise funds for worthwhile causes and all donations made to us are fully 'Tax Deductable'. We gained this status when we became an incorporated organisation. (Indeed, this was one of the reasons we became incorporated.)

In 2007, a group of businesses based in the Blue Mountains held a fund raising dinner and donated the funds raised to us and also the Blue Mountains Cancer Help group.

These funds were the start of our charitable efforts.

From this initial donation we purchased a Bladder Scanning Machine (Valued at \$17,000.00) for the Nepean Cancer Care Centre (NCCC). Since that initial donation we have made a number of other contributions to the local community.

In 2008 we purchased two self injecting analgesic pain relief pumps. These were given to Blue Mountains Hospital for use by palliative care patients. Cost \$1,500 each.

Also in 2008 we purchased furnishings and prints for the "Quiet Room" at the Cancer Care Ward, Nepean Public Hospital. Cost \$1,500.

In 2009 we contributed to the purchase of a vehicle for Greater Community Transport for, among other things, transporting cancer patients to NCCC for treatment. Our contribution was \$5,000.

In 2010 we contributed to the purchase of a treatment chair for Day Ward patients at the NCCC. The total cost of the chair was \$2,900. Our share was \$1,400. This chair will be in Honour of our late friend, President and Secretary, Victor Cipants and will be known as "Victor's Chair". The remaining \$1500.00 of the purchase price came from money donated by those that attended Victor's funeral. This chair has been purchased and is being held in storage until renovations at the Cancer Care Centre are complete. We will advise you when the 'handover' will take place.



Our most recent donation took place at the February 2011 group meeting where we handed over a cheque for \$5,050 for the purchase of two self injecting analgesic pain relief pumps for the Mount Druitt Hospital Palliative Care Unit.

(Picture shows President, Alan Moran handing the cheque to Sheryn Carner from Mt Druitt Hospital Palliative Care Unit)

Where do we get this money from? A number of sources!

Helping out at the Hawkesbury Canoe Classic is one of our regular sources of income, the Glenbrook Panthers Bowling Club have adopted us as one of their charities (We receive the proceeds from their 'scottie' tin – the bowling equivalent of a 'swear box'). They also run a Fathers Day Family Fun day at the club giving us the proceeds.



Once again we have been invited to man an information stall at this event.

The work is not difficult and can be an interesting day out (Particularly if you are interested in Old Motorcycles!)

If you are able to assist on either (or both) days please contact Alan Moran or Ross Baker

Blokes Day - 2011



The Hawkesbury Men's Group will once again be hosting their annual "Blokes' Day" This day celebrates the contribution that men and boys make to the community, as well it is a chance to provide health and community information.

Our Group has once again been asked to man an information booth at this event.

Due to the increase in interest and participation, this year Blokes' Day will be held at the **Hawkesbury Showground, Clarendon on Sunday 5th June** between the hours of **10am and 3pm** (it has previously been held in the grounds of the Hawkesbury District Health Service).

If you are able to assist on this day could you please contact Alan Moran or Ross Baker.

You may just be interested in attending on the day. It is an interesting and informative experience.

ABOUT ALAN & GABRIELLE

(Some time ago, I published an item about Rob & Ruth Dowthwaite, our first President & his wife. I have been chasing Alan & Gabrielle for a similar article. At last, here it is.)

Gabrielle was born and raised in the UK and came out to Australia for a holiday following a personal tragedy. She was offered a secretarial position with a QC in Phillip Street, Sydney, found that she loved the freedom from the constraints of an English upbringing, then married the son of an English concert violinist and a Norwegian seaman, giving birth to a daughter in 1970. Alan has five sons and four daughters, losing his first wife, Nancy, at the age of 43. He worked for many years as a Manager/Administrator of a non-Government drug and alcohol rehabilitation organisation.

Prior to her untimely passing Nancy was heavily involved in trying to get the Willmot Neighbourhood Centre of which child care was to be a component up and running. After her demise Gabrielle (who had by then been separated from her husband for sometime), was approached by Blacktown Council to take over this role which she did, in the course of which she met Alan. At that time Gabrielle was running the local Brownie pack, was a volunteer social worker with Anglicare, and a volunteer English language tutor at TAFE. Interestingly though whilst still happily married she saw Alan at a local petrol station and commented that she felt strange and unsettled. The same strange, unexplicable feeling happened again a few years later when she saw Alan at the school gates collecting some of his children. At this time Gabrielle was working for both the Probation and Parole Service at Mt. Druitt and a local M.P, Alan was also studying social welfare at TAFE in the evenings.

Alan's proposal was not a romantic one. He told Gabrielle that they could have a good life together because they shared similar values and interests, they were intellectual equals, but that he also found her very desirable. She, on the other hand thought that 'at least he's honest.' Family and friends said it would never work, the children made life often very, difficult as they can do, but Alan would hold Gabrielle close and reassure her that everything would be fine. Following their marriage at the Neighbourhood Centre, Gabrielle went back to work full-time with a local engineering company where she was to remain for just over 26 years. During this period they worked on a number of both State and Federal elections, and Gabrielle was acting, writing and producing plays for amateur theatre. Nearly a year after they were wed Alan took Gabrielle out for a celebratory dinner, when she asked what they were celebrating he said "the fact that I find myself deeply in love with my wife."

Since retiring Gabrielle has studied criminology and psychology at U3A, is currently involved in a drama workshop, in 2009 she made a short film for Seniors Week, is Chairperson of the volunteer Management Board at St. Marys corner and also on a performing arts sub-committee at The Joan. Her involvement with the Support Group is governed by her strong belief that there are always positives in negative situations. She is also a presenter at the forthcoming State Conference on prostate cancer in Canberra. Ask Alan what his hobbies are and he will smile and say 'my wife'.

Alan retired in 2001, Gabrielle in 2006. They celebrate their 30th wedding anniversary this October, remain deeply in love and still maintain that there are not enough hours in the day to be together.

Have You got a story to tell?

Would you like to tell others of your Prostate Cancer journey? We are looking for personal stories from survivors about the trials and tribulations you have experienced for inclusion on our web site. They may provide inspiration to men newly diagnosed. Contact a Board Member if you would like to help

Nepean Blue Mountains Prostate Cancer Support Group Inc.
(Affiliated with the Prostate Cancer Foundation of Australia)

Membership Update

Please complete and send to: The Honorary Secretary.
Nepean Blue Mountains Prostate Cancer Support Group Inc.
34 Rivendell Crescent
WERRINGTON DOWNS NSW 2747

(PLEASE USE BLOCK LETTERS)

First Name: Wife/Partner:

Surname:

Address:

..... Post Code:

Postal Address:
(if different from above)

..... Post Code:

Phone: Mobile:

Email:

Treatment(s) Received:

Treatment Provided By: Date:

Are you willing to be contacted to discuss your treatment with those seeking the form of treatment you have had? YES / NO
(You will **NOT** be contacted by, or have any information about you given to anyone, without your informed consent.)

Do you wish, where there is a choice, to have our communications sent to you by:

- (a) Post YES / NO
- (b) Email YES / NO

Joining or remaining a member of the Nepean Blue Mountains Prostate Cancer Support Group entitles you to receive copies of "The Prostate News" published by the Prostate Cancer Foundation of Australia and our Support Group Newsletter "Below the Belt". Do you wish to receive either of these publications:

- "The Prostate News" - from the Prostate Cancer Foundation of Australia YES / NO
- "Below the Belt" - our Support Group Newsletter YES / NO

My annual membership fee of \$10.00 is submitted with this application in the form of:

.....
(please indicate the form of payment submitted eg. Cash, Cheque etc)

Signed: _____ Date: _____

You are advised that the information provided by you will be kept private and confidential, not just because we are required to by law, but because we respect and value your privacy.

A Laugh at Life !

AN IRISH GHOST STORY

This story happened a while ago in Dublin , and even though it sounds like an Alfred Hitchcock tale, it's true.(???)

John Bradford, a Dublin University student, was on the side of the road hitchhiking on a very dark night and in the midst of a big storm.

The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him. Suddenly, he saw a car slowly coming towards him and stopped.

John, desperate for shelter and without thinking about it, got into the car and closed the door.... only to realize there was nobody behind the wheel and the engine wasn't on.

The car started moving slowly.. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralysed with terror, watched as the hand came through the window, but never touched or harmed him. Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength; he jumped out of the car and ran to it. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had. A silence enveloped the pub when everybody realized he was crying... and wasn't drunk.

Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath. Looking around, and seeing John Bradford sobbing at the bar, one said to the other....

'Look Paddy....there's that #*#! idiot that got in the car while we were pushing it!!!!'

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## Thought for the Day No.18 :-

You know you are getting old when everything either dries up or leaks.

## THE BRIDGE

(With apologies to all our female members)

A man on his Harley was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, God said ,'because you have tried to be faithful to me in all ways, I will grant you one wish.'

The biker pulled over and said, 'Build me a bridge to Hawaii so I can ride over anytime I want.'

God replied, 'Your request is materialistic; think of the enormous challenges for that kind of undertaking; the supports required reaching the bottom of the Pacific and the concrete and steel it would take. Not to mention all the rest areas and gas stations to get you there! I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.'

The biker thought about it for a long time. Finally, he said, 'God, I wish that I, and all men, could understand women; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, why she snaps and complains when I try to help, and how I can make a woman truly happy.'

God thought for a moment and then replied: 'You want two lanes or four on that bridge?'

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One morning recently my wife asked me, "What are you doing today"

"Nuthin", I replied.

"That's what you did yesterday"

"Yeah, I wasn't finished".

