



# Below the Belt!

Vol. 12 No. 3

June – Aug. 2013,

Newsletter of The Nepean / Blue Mountains Prostate Cancer Support Group Inc.

(ABN No. 35 871 442 176)

## IMPORTANT NOTICE

For any Group, such as ours, that is involved in raising funds for worthwhile projects, it is important that we keep the actual running costs of the group as low as possible. To help offset these running costs we charge a small membership fee. (Currently this fee is \$10.00 per family per year)

One of our major regular expenses is the printing and mailing of this newsletter. To keep this expense as low as possible our current practice is to place each new edition on our web site and send all members with email access a link to the web site. This does not cost us anything.

For members without email access we currently mail out a hard copy of the newsletter. This costs us in excess of \$200.00 per quarterly issue.

At a recent Group Board Meeting it was decided that the practice of mailing out this number of newsletters would cease and that only Financial Members (not on email) would receive a hard copy of the newsletter.

What does this mean?

Members with email access (whether financial or not) will continue to receive an email advising when a new edition has been placed on the web site.

Financial Members not on email will continue to receive a mailed hard copy.

Non Financial Members will cease to receive the newsletter. If these members wish to continue to receive the newsletter they can do so by (1) paying the membership fee or (2) if they have email access, by advising their address.

Obviously if you are not financial, we would welcome your renewal as membership subscriptions (only \$10 per family per year) are used along with other monies received to meet our principal objective which is the raising of public awareness of and promotion of the cause of prostate cancer, to provide support for those who have prostate cancer, or suspect that they may have prostate cancer and their carers, to ensure that such people know they are not alone.

(See page 10 for our contact details)

## What's to Come

**Group Meeting – Monday June 17<sup>th</sup>**

Professor Mohamed Khadra

Incontinence Treatment, Robotic Surgery

**Group Meeting – Monday July 15<sup>th</sup>**

To Be Advised

(Refer to Local Press prior to meeting date.)

**Group Meeting – Monday August 19<sup>th</sup>**

To Be Advised

(Refer to Local Press prior to meeting date.)

**All meetings :-** Gather at 6-30pm for a 7-00pm start.

# Food for Thought

At our Christmas Party in December, one "Goodie" that proved very popular was Coral's Licquorice All Sort Slice. For those that wanted it here is the recipe.

This recipe originally came from our sister in law, Theonie, and her CWA contacts.

I make no claims that it is cancer curing or even healthy, but it is very tasty!!

## **Coral's Licquorice Allsort Slice**

1 pkt morning coffee biscuits finely crushed

2 tbs coconut

Licquorice Allsorts (as many as you like cut up into about 8 pieces.)

1/2cup condensed milk

125 g butter.

Blend biscuit crumbs and coconut. Add licquorice allsorts.

Melt butter and condensed milk over low heat and add dry ingredients. Mix well.

Press into a slice tin and chill for 30 mins.

Topping:

125 g chocolate

60g capha.

Melt chocolate and capha together & pour over the top of the slice.

Chill and cut into small pieces.



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## **Tomato and broccoli recipe to fight cancer**

Eating tomatoes and broccoli in the same meal could help men fight prostate cancer.

A study suggests that when they are both present in a regular diet, the two foods - known for their cancer-fighting qualities - help reduce tumours more effectively than when they are eaten separately.

Researchers from the University of Illinois believe that different compounds in the vegetables can work together to attack cancer cells along different biological pathways.

They suggest men should regularly consume servings of up to three quarters of a head of raw broccoli and two to three tomatoes to help fight the disease.

The university's food science and human nutrition professor, John Erdman, said men should consider consuming three to five such servings a week.

"Studies have shown that men who regularly eat servings of fresh tomatoes have up to a 40 per cent reduced risk of developing prostate cancer, while the sulphur compounds in broccoli are known to be a mechanism that delays cancer growth," he said.

"They are quite different agents and do not have to be eaten together, but their effects seem to be very complementary."

In a study published in the US journal Cancer Research, the scientists fed a diet containing 10 per cent tomato powder and 10 per cent broccoli powder to rats implanted with prostate cancer cells. Other rats received either tomato or broccoli powder alone; or lycopene, the red pigment in tomatoes thought to be an effective cancer-preventive agent; or finasteride, a drug prescribed for men with enlarged prostates.

Another group was castrated. After 22 weeks, the rats given tomato and broccoli in combination were found to have smaller tumours.

Professor Erdman said: "When eaten together, we see an additive effect. Cooked tomatoes may be better than raw tomatoes.

"The lesson is to eat a variety of fruits and vegetables prepared in a variety of ways."

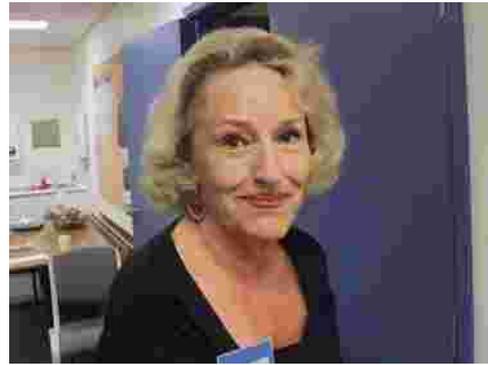
Kirstie Canene-Adams, who carried out the study, said: "Older men with slow-growing prostate cancer who have chosen watchful waiting over chemotherapy and radiation should seriously consider altering their diets to include more tomatoes and broccoli."

Julie Sharp, of Cancer Research UK, said effects on humans were still unclear.

"We do know that a balanced diet can help reduce the risk of cancer and should include plenty of fresh vegetables and fruit," she said.

# Alan & Gabrielle Moran

## O.A.M.



It is with a great deal of pride that we advise all Members of the recent awarding of Order of Australia Medals to Alan & Gabrielle Moran. Both are recipients of the Medal for service to the community of Penrith, particularly through health support organisations.

Alan & Gabrielle received their awards in the recent Queen's Birthday Honours List.

We are all aware of the tireless and never ceasing efforts of Alan and Gabrielle in creating awareness of Prostate Cancer and their support of sufferers and their partners but this is only part of this remarkable couple's achievements.

Alan, a fitter and turner by trade, was involved in trade union activities and was later employed in the Drug and Alcohol Counselling field where he was the manager of the Wayback Committee Ltd., a "not for profit" organisation that operated in the Drug and Alcohol field.

He became the inaugural President of the Network of Drug & Alcohol Agencies (NADA) (NSW) and remained in that position for 5 years, subsequently receiving a life membership for services rendered.

During this time he was also involved with the DOCS Family Crisis Service.

Alan has also had a long involvement with the International Lions Club movement.

In 1994 he received the Lions Secretary of the Year Award for Sydney District which comprises 102 Clubs...

He has been a member of the Cambridge Park Lions Club for more than twenty years where he held the positions of President and Secretary and was awarded Life Membership of that club. He also received a "Life membership Award" from Lions Clubs International. This award was for service to Lions Clubs

Alan became involved in local community affairs with the Willmot Neighbourhood Centre (where he held the positions, over time, of President, Secretary and Treasurer) He, together with his late wife Nancy, helped establish the Willmot Neighbourhood and Childcare Centre in 1979, this subsequently became the Nan Moran Neighbourhood & Childcare Centre. Sadly Nancy passed away in 1978 leaving Alan to raise their nine children.

It was during his ongoing involvement with the Childcare group that he first met Gabrielle.

In 2004 Penrith City Council recognised Alan's efforts by granting him a Community Service Award

Alan was diagnosed with and treated for Prostate Cancer in 2000

In 2001, following meetings organised by local service clubs and representatives of the medical profession, it was decided to form a locally based Prostate Cancer Support Group to not only provide support for survivors but also increase awareness of this disease. Alan was elected to the position of Honorary Secretary of the Nepean/Blue Mountains Prostate Cancer Support Group at this formation meeting. In 2008 he was elected President of the group, a position which he still currently holds. Over this period of time the Group has grown from a modest 35 members into a dynamic Incorporated Association of 320 members and growing. During this time Alan has represented the Group at several National Support & Advocacy Conferences, and he is also the delegate to the NSW Chapter of Prostate Cancer Support Groups.

Alan has become the 'face' of Prostate Cancer in the Penrith and Blue Mountains area. He has been interviewed by the local media (both print and radio) on a number of occasions to promote the awareness of this insidious disease.

Gabrielle was born and grew up in the United Kingdom. She initially came to Australia in 1968 on holiday with her mother.

She liked the country and the lifestyle so much that she decided to stay.

Gabrielle was previously married and has one daughter.

She became involved in voluntary work with the Royal Blind Society including door-knock appeals

Through her daughter she was involved in the Girl Guide movement and ran a local brownie pack.

She became Secretary of a group formed to establish the Willmot Neighbourhood and Childcare Centre in 1979, this subsequently became the Nan Moran Neighbourhood & Childcare Centre. It was in the course of her involvement with this group that she first met Alan. She became friends with Alan and they were subsequently married at the Neighbourhood Centre in 1981.

After marrying she returned to work full time securing employment with Crane Australia Pty Limited. She retired from full time employment in 2006.

During this period Gabrielle also spent time as a volunteer English teacher with Mt. Druitt TAFE.

After Alan was diagnosed and treated for Prostate Cancer in 2000 the Nepean / Blue Mountains Prostate Cancer Support Group was established.

Gabrielle has been involved with the Prostate Cancer Support Group since its inception, both to support Alan and to honour a commitment she made that if Alan survived she would do her utmost to generate some positive outcomes from what was a devastating situation. Gabrielle has held the position of Vice President of the Group and is currently a member of the Board.

There was virtually nothing around for carers at that time, so gradually over a period of time Gabrielle has developed a Carer's programme, believing that carers also travel an often difficult pathway whilst supporting the patient.

Following comments made in regard to a lack of information for carers at conferences, in 2010 Gabrielle was invited by the Prostate Foundation of Australia to make a presentation to

the NSW State Conference held in Canberra during March 2011. This presentation was critically acclaimed.

elle was one of three women presented with an Award from the Prostat Foundation of Australia for her work on behalf of carers. This award was presented by the N.S.W. governor Professor Marie Bashir in March of 2011.

Gabrielle's involvement with the Prostate Cancer Support Group is only one of her many community involvements.

She is on a Performing Arts Sub-Committee, at the Joan Sutherland Centre, Penrith. This involvement came about because of a passionate believe that the people in the Western Sydney area are entitled to have high quality, affordable entertainment, and that any small contribution she could make in achieving this goal would be worthwhile. She has been on this Committee since 2008

She is also the Publicity Officer for the Penrith Branch of the Country Women's Association.

In 2009 Gabrielle contributed to a book on volunteering produced by Penrith City Council. Gabrielle is Chairperson of the Voluntary Board of Management of St. Marys Corner & Cultural Centre In this role she is regularly called upon to assist in evaluating applicants for the NILS (No Interest Loan Scheme) which is one of the programmes run by the Centre. She has also been involved with a group of Creative Writers and has both assisted and contributed to the production of several annual Spring Anthologies.

She is convenor of the 2011 Creative Writing section of the Penrith City Eisteddfod

In 2009 she was selected to make a short film in Sydney for Seniors Week

In 2010 volunteered to write and direct a play for the Blue Mountains Harmony Chorus.

In 2011 she wrote another (short) play for a drama group run through U3A

She also put together a programme for 10-14 year olds 'Writing for Fun' to encourage children to use their imagination and develop skills in this area.

In 2009 she also made a contribution to a book written by Bettina Arndt.

Gabrielle was also responsible for the setting up of a separate Carers Group within our Support Group.

In 2012 Gabrielle was herself diagnosed and treated for Breast Cancer. An eight month journey involving surgery, radiation and chemotherapy. A journey she claims "teaches you a lot about yourself"

Other awards that Gabrielle has received include;

September 1991- For a contribution to Mt. Druitt Adult Literacy

Presented by His Excellency Admiral P. Sinclair (then Governor of NSW)

January 2010 - Australia Day Community Award Recipient, predominantly for her contribution to Prostate Cancer awareness/support.

March 2011 - Award for contribution to Prostate Cancer Awareness, particularly highlighting the role and needs of carers in the treatment of this disease.

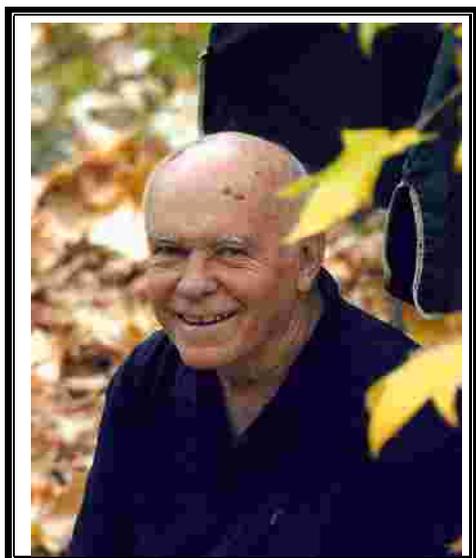
Presented by Her Excellency Professor Marie Bashir (Governor of NSW)

In 2013 both Alan and Gabrielle received National Volunteer Awards from the Federal Government.

I am sure you will all agree. Two most fitting and thoroughly deserved awards.

**Congratulations Alan & Gabrielle.**

## Victor's Chair



Many of our members will remember our past President, Secretary and friend, Victor Cippants. Victor passed away in February 2009.

At Victor's funeral, mourners were asked to make a donation in lieu of floral tributes. This money, together with an additional donation from our Group, was to be used to provide a fitting tribute to Victor's memory.

Following discussions with Anne, Victor's wife, and their children, Jane and Mark, it was decided that a treatment chair be purchased and donated to the Nepean Cancer Care Centre.

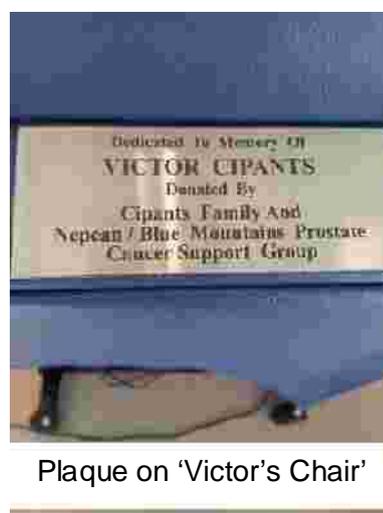
These chairs are a specialised item and are used by Day Patients receiving Chemotherapy treatment at the Cancer Centre.

The chair was purchased some time ago and a suitable commemorative plaque organised to be attached to the chair.

After a long and protracted procedure that included renovations at the Cancer Care Centre, a small 'Hand Over' Ceremony recently took place. President Alan Moran, his wife Gabrielle and Board Member Eric Kent attended the ceremony.



President, Alan Moran, tries out 'Victor's Chair'



Plaque on 'Victor's Chair'

If you happen to be visiting the Cancer Care Centre keep a look out for 'Victor's Chair' (and if you are receiving treatment, I am sure Victor will take good care of you!)



## Donation from Glenbrook Panthers



President Alan Moran receives the donation cheque

Once again our Group has received a generous donation from the Members of Glenbrook Panthers Bowls Club.

Board Members from our Group were recently invited to the Bowls Club Annual Awards Presentation function

At the function, President, Alan Moran, was presented with a cheque for \$1000.00. This money is raised throughout the year by the bowlers making 'contributions' to the fines tin whenever they send down a bowl on the wrong bias.

President Alan also presented the Members of the Club with one of our 'Appreciation Certificates' in recognition of their ongoing support over a number of years.



Treasurer, Allan Burrow, finally gets his hands on some 'Big' money!



Alan Moran presents our 'Appreciation Certificate'

## 'Prostate Dragons' at Port Macquarie



Yours Truly with Members of Pendragons Abreast prior to the Cancer Survivors race at the Port Macquarie

The Port Macquarie Dragon Boat Club (*The Flamin' Dragons*) held a regatta over the June long weekend. Feature race of the weekend was the 18k Marathon held on Saturday. This was followed on Sunday by 250 metre sprint races.

A highlight on Sunday was the Cancer Survivors Race followed by a Commemorative Ceremony (similar to that held at Darling Harbour) As a member of Pendragons Club, I was privileged to take part in these events.

*(Yes, I can assure you... 18k in a Dragon Boat is a \*#^\*#@ long way!)*

**Time to start thinking about this year's Dragon Boating at Darling Harbour in October!**



