



Below the Belt!

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June – August, 2022

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

Did You Attend our monthly Group meeting in May?

No? Don't worry you were not the only one.

I apologise if these two comments are a bit harsh and to the point, but, we, the Board Members of the group, are struggling to come up with ways to entice members to become involved in the Group's activities.

The May meeting attracted very few members. (Only two who were not Board members or their partners.)

In times past we regularly had in excess of thirty members attend our monthly get together.

There are of course, many reasons for this non involvement.

The dreaded 'Covid' and its associated disruptions are probably the major reason. The current 'flu season is also a factor.

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What's to Come

Group Meeting – Monday June 20th
Speaker on Incontinence

Group Meeting – Monday July 18th
To Be Advised

Group Meeting – Monday August 15th
To Be Advised

Meetings are now held at the Emu Sports Club (Home of Leonay Golf Club)
Gather at 6-30pm for a 7-00pm start.



Our Web Site "www.prostatesupport.org.au" is now sponsored
by the Members of Emu Plains Lions Club

I believe that over the last 2 – 3 years, many of us have drifted away from the idea of ‘going out’. Much safer (?) and easier to just stay at home.

I know my wife and I are somewhat reluctant to ‘get out and about’

There are many more ways that you can become involved in the group’s activities apart from just turning up to Group meetings.

Check out page 7 for details of upcoming awareness events. If you are interested in assisting in these and other activities why not contact our hard working Promotions Officer, John Kemp, and give him your name. (johnchriskemp@gmail.com)

These awareness events are not hard work and are a great way of socialising and meeting with other people while spreading the Prostate Cancer message.

Now, back to our regular Group Meetings,

(3rd Monday of the Month at Emu Sports Club Leonay.)

What do **YOU** want from our Group Meetings?

Do you want more / less Guest Speakers? What topics do you want to hear about? Those purely related to Prostate Cancer and men’s health or would you like to hear speakers on different subjects?

Do you want more / less ‘Open Forums’ where we can discuss all aspects among ourselves?

Have Support Groups ‘run their course’? With all the vast amount of information available via the internet are support groups still needed?

The ‘appeal’ of Support Groups has been further reduced by the huge success of the Prostate Cancer Specialist Nurse and the Specialist Telenursing programs. Two great initiatives introduced by the PCFA.

Personally I think it is beneficial to sit and discuss the subject with a fellow survivor than read about it on a computer.

We really would like to hear from you, our Members.

If you have any suggestions on how to improve the functioning of the Group please email me at [‘nbmpcsgnews@gmail.com’](mailto:nbmpcsgnews@gmail.com) and I will pass them on to the Group’s Board.

That’s it. Rant over!

See you next Monday night.

Alan Howard

Newsletter Editor

Penrith 'Relay for Life' - 2022

After a break of two years because of Covid, the Cancer Council 'Relay for Life' in Penrith once again took place.

Given the general uncertainty of being able to hold such functions, support for this year's relay was very low. The final decision to go ahead with the relay was only made a couple of weeks out.

Owing to the lower amount of support, it was decided that the relay would only be held over one day (Saturday) rather than the traditional 24 hours.

The weather in the weeks leading up to the event also contributed to the lower amount of support.

On to the day.

There was steady heavy rain falling while John and Alan were putting up our marquee, this rain fortunately had stopped a little while before the official opening.

The official opening speeches, including one from our Support Group President, David Wilkinson, were held in the Grandstand.

Our Team Captain, John Kemp, was asked to read the Relay Oath and cut the opening Ribbon,



John reading the Relay Oath

John, Eric Kent and Peter Murphy from our group, were supported by the Cox family, to carry the Relay Banner for the opening Survivors / Carers 2 laps.

Due to the reduced number of teams, the length of the lap was reduced and as you can see from the photos (and John's choice of footwear) the track, to use a horse racing term was 'Heavy Going'.

Never the less John, with help and support of his friends, was able to complete his target of 78 laps! (One for each candle on his birthday cake!)

Considering the conditions, this was a tremendous effort.



Commencement of the 'Survivors and Carers' laps

More Relay Photos



“Before” and “After” photos of the walking track



John and his Supporters at the end of the day. This gives you an excellent view of the conditions

Bathurst 12 Hour Motor Race.

The Prostate Cancer Foundation (PCFA) was the official charitable partner at the recent Liqui Moly 12 Hour Sports Car Race at Bathurst.

Champion racing driver, Craig Lowndes, who has won the event two times previously, teamed up alongside Alex Davison, Geoff Emery and Scott Taylor to raise funds and awareness for the Prostate Cancer Foundation of Australia (PCFA) dedicating their entry to the cause

Both Lowndes and Davison have been personally impacted by Prostate Cancer in their lives, Davison's father Richard has battled the illness while Lowndes has been a long-time supporter of the foundation since the diagnoses in his family.

In an interview prior to the race Craig said

“My family has a strong history of Prostate Cancer so it is an issue that has always been close to my heart, I have had a long relationship with the Foundation and their efforts to raise awareness about the disease. It can be a taboo subject for many men and it is important to talk about it and go and get checked. Hopefully what we are doing this year will encourage people to go and do just that.”



The team's car was a Porsche 911 GT3 (Car No. 222) and carried advertisements supporting the Prostate Cancer Foundation.

Support Group Members were asked to assist PCFA in raising awareness of PC and help in fund raising at the event.

David Wilkinson and John Kemp from our group were able to travel to Bathurst and assist members of the Bathurst group.

As part of the fundraising effort, for a \$50 donation, contributors could get to 'autograph' the car.

Craig and his team had a successful day finishing in 10th position overall and first place in Class 'C'

Overall winners on the day were the one of the Mercedes teams.

This year's 12 Hour, like our Penrith Relay for Life, was the first running of the event for two years.

The race was shifted from February to May due to the pandemic which made it difficult for overseas teams to make the trip as the European season is in full swing. This accounted for the relative small field of only 20 cars.



David and John with Craig Lowndes

And the winner is.....
John Kemp!
(Don't think much of the
'Grid Girl' presenting the
trophy!)



Upcoming Group Events

Council of Motor Clubs 'Shannons Sydney Classic'

Sydney Motorsport Park, (Eastern Creek) Sunday, August 14th, 2022.

We have been invited by PCFA to man an information stand at this car show.

Over 1800 Veteran & Classic vehicles from over 150 clubs on display and on parade, including cars, motorbikes, scooters and military vehicles, police vehicles, ambulances & fire engines. AND it's on rain, hail or shine.

Double-decker bus rides around the track (gold coin donation for the Bus Museum).

Trade displays and merchandise in Pit Garages all day, with entertainment for the kids, face painting, balloon sculptures & live music to boot!

John Kemp will be asking for assistance on this day so check your diaries and see if you can help out!



Bunnings Barbecue

Bunnings North Penrith – Saturday, August 27th, 2022

After a lay off for a couple of years, we will once again be running our Bunnings Barbecue. (This is not our traditional date of the day before Father's Day – We missed out on that one!)

Again, John will be looking for assistance to help out on the day. You do not need to commit for the whole day. If you can spare a couple of hours your help would be greatly appreciated. As John says 'Come when you can – Leave when you have to'



Hawkesbury Classic Paddle



Saturday 29th October, 2022

We have once again been asked to help out at this year's Hawkesbury Canoe Classic where crews paddle 111km overnight down the Hawkesbury from Windsor to Brooklyn. (This is another event that has had a two year lay off.)

We assist with the scrutineering of the boats (i.e. check that they have all the required safety gear etc.)

We are only involved on the Saturday. We need to be on site at Windsor at about 8.00am and pack up about 2.00pm.

Lunch is provided (and you will acquire yet another T shirt!)

We have been involved with this event for many years. (Does anyone know how many?) All members who have assisted in the past have ways had an enjoyable day.

We will be calling for volunteer closer to the event – Are you available? Check your diaries!

What can I do to improve my bone health?

Many of the treatments offered for Prostate Cancer can affect our bone health.

You can improve your bone health by:

- eating [healthy foods](#) and [keeping active](#) with weight-bearing exercises
- reducing or stopping smoking
- drinking alcohol in moderation
- getting enough vitamin D from sunlight and calcium from food sources

Healthy diet

Eating healthy foods is one of the most important things you can do for your bones. A healthy diet is one that provides your body with all the nutrients it needs (without eating to excess), and this can change [depending on your age](#) and stage of life.

Your diet should include at least 3 servings every day of a [calcium](#) rich food such as milk, cheese, yoghurt, almonds or firm tofu. Choosing low fat cheese and milk doesn't reduce the amount of calcium you are getting and can help you maintain a healthy weight.

Being [underweight](#) or [overweight](#) can increase your risk of broken bones. If you are not sure what a healthy weight would be for you, you can check using a [BMI calculator](#) or arrange to speak to your doctor, dietitian or nurse.

Keep active

Staying active helps to keep your bones healthy. A combination of weight bearing exercises (such as brisk walking, hiking, stair climbing, running or skipping) along with resistance training — also called [strength training](#) or weightlifting — can strengthen your muscles and bones. These exercises should be done at a moderately hard intensity to achieve the greatest benefit.

Short bursts of high intensity and/or high impact exercises such as jogging, jumping or skipping are more effective at improving bone health than longer bouts of lower impact activities like walking.

You should try to do moderate-intensity to vigorous resistance training 2 or 3 times each week, with at least one day off in between sessions.

Another option is to participate in [exercise classes](#) that improve your balance and coordination such as tai chi, which can also strengthen your bones and decrease your risk of falling.

Talk to your doctor before starting any new exercise activity to make sure it is right for you.

This is an excerpt from an article “Healthy Bones” published on the Australian Government web site “Health Direct” For the full article follow the link :-

[‘https://www.healthdirect.gov.au/healthy-bones’](https://www.healthdirect.gov.au/healthy-bones)

A Laugh at Life !

Sales talk

A little old lady answered a knock on the door one day, only to be confronted by a well-dressed young man carrying a vacuum cleaner. "Good morning," said the young man. "If I could take a couple of minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners. "Go away!" said the old lady. "I haven't got any money!" and she proceeded to close the door. Quick as a flash, the young man wedged his foot in the door and pushed it wide open. "Don't be too hasty!" he said. "Not until you have at least seen my demonstration." And with that, he emptied a bucket of horse manure onto her hallway carpet. "If this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder." The old lady stepped back and said, "Well I hope you've got a damned good appetite, because they cut off my electricity this morning."



A Guilty Conscience?

A guy goes to the supermarket and notices an attractive woman waving at him. She says hello. He's rather taken aback because he can't place where he knows her from. So he says, 'Do you know me?' To which she replies, 'I think you're the father of one of my kids.'

Now his mind travels back to the only time he has ever been unfaithful to his wife and says, 'Are you the stripper from the bachelor party that I made love to on the pool table with all my buddies watching while your partner whipped me with wet celery???'

She looks into his eyes and says calmly, 'No, I'm your son's teacher.'

Moral of the message: Always understand what a person is saying before responding.

A Fascinating Story..

A teacher asked her students to use the word "fascinate" in a sentence. Mary said, "My family went to Taronga Zoo, and we saw all the animals. It was fascinating." The teacher said, "That was good, Mary, but I wanted you to use the word 'fascinate.'" Sally raised her hand and said, "My family went to the Western Sydney Zoo and saw the animals. I was fascinated." The teacher said, "Good Sally, but I wanted you to use the word 'fascinate.'" Little Johnny raised his hand. The teacher hesitated because Johnny was notorious for his bad language. She finally decided there was no way he could damage the word "fascinate," so she called on him. Johnny said loudly, "My sister has a sweater with 10 buttons." The teacher said, "That was good, Johnny. However, you did not use the word 'fascinate' in your sentence." Little Johnny continued, "But her boobs are so big, she can only fasten eight!"



Airline Food

An airline had messed up. A flight had 100 passengers on board but only 40 meals to hand out. However, one flight attendant had an idea. About 30 minutes into the flight she nervously announced, "I don't know how this happened but we have 100 passengers and only 40 dinners". When the passengers muttering had died down, she continued, "Anyone who is kind enough to give up his or her meal so that someone else can eat will receive unlimited, free liquor for the duration of the flight".

Her next announcement came an hour and a half later. "If anyone wants to change his/her mind we still have 40 dinners available."



Strange things people say...

When people say 'life is short'. What the hell?? Life is the longest damn thing anyone ever does!! What can you do that's longer? (*so, make the most of it!*)

If it walks like
a duck
and talks like
a duck
you're drunk.
Ducks don't
talk.



Today I gave my wife a
taste of her own
medicine.

I took her into 10
different pubs, only to
go back and buy a drink
from the first pub we
went in.

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PAYMENT OF Membership Fees. Members can pay their annual Group Membership Fees by direct deposit to our bank account.

Our Westpac Account Name is 'Nepean / Blue Mountains Prostate Cancer Support Group'. BSB is 032-837 and the Account No. is 206701. Current Fees are \$10.00 P.A. per family. Don't forget to advise who you are in the Lodgement Reference i.e. " John Smith Fees 2022"



Would you like to make a cash donation to our group?
Do you know any Group or Organisation that would like to make a donation?
We are a registered charitable organisation and all donations are fully tax deductible.
All donations help us to support cancer and health related projects in our local area.
If you are able to assist, contact our Treasurer, Graeme Renshaw.

Board Members of the Nepean / Blue Mountains Prostate Cancer Support Group for 2022 are as follows:-

President :-	David Wilkinson
Vice President / Treasurer :-	Graeme Renshaw
Secretary :-	Wayne Singleton
Medical Advisor :-	Liz McKervey
Librarian :-	Bob Wittrien
Newsletter Editor:-	Alan Howard
Web Site Manager :-	John Parsonage
Promotions Officer :-	John Kemp

The Nepean / Blue Mountains Prostate Support Group Inc. is grateful for the support of its members and various local groups. This enables us to produce this newsletter and cover other incidentals in the running of the group. The Below the Belt 'Zipper' logo (Page 1) is copyrighted to Ms. Caroline Redwood and is used with her kind permission

The views expressed in this newsletter are not necessarily the views of the Group.

The Group does not offer medical or other professional advice.

Articles presented in this or any other issues are presented only as a means of sharing information and opinions with members.

It is important that health professionals should be consulted before making any decisions about any treatments.

This newsletter has been compiled by Alan Howard from material culled or provided.

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Nepean / Blue Mountains Prostate Cancer Support Group Web Site www.prostatesupport.org.au