



Below the Belt!

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

(ABN No. 35 871 442 176)

A Year in Retrospect

As another year comes to a close, I thought it would be a worthwhile exercise to list what we, as a group, have achieved and experienced over the past year.

Our monthly meetings are always well attended. We usually attract about 35 to 40 members and their partners to our meetings. These meetings are always informative and entertaining affairs.

We have welcomed 30 new members to our group. Sadly, over the same period 12 members have passed away.

The group has participated in many events over the past year. These are often in our own right and increasingly as representatives for the Prostate Cancer Foundation of Australia (PCFA). Some of these latter events included manning an information booth at the Barry Sheene Festival of Speed Historic Motorcycle races at Eastern Creek over Easter, running the barbecue at the Wallabies training session at St Marys, running the barbecue at the 'Mango Auction' at Flemington markets, manning an information booth at the Hot Rod show at Windsor.

Over the years we have participated in a number of annual events. These included the Penrith Relay for Life (8th year of participation) The Hawkesbury Canoe Classic (9th year) Dragon Boats at Darling Harbour (3rd year).

September, being Prostate Cancer Awareness Month, provided us with a number of opportunities to 'show the flag' and help raise awareness of prostate cancer. Bunning's Hardware stores invited us to set up stands at all three of their stores in the Penrith area to both publicise the disease and raise funds. These activities were coordinated by Eric Kent. Panthers Glenbrook Bowling Club again hosted their Father's Day family bowls tournament, where a number of our members and friends and family enjoyed the hospitality of the club.

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You're Invited !

To

The Group Christmas Party

Monday, December 20th,

2010

6-30pm



Venue:-

Building SWAHS2, at the rear of car park No.3
(Our usual meeting venue)



Food, Drinks and Music Provided.

(If you have a special treat that you would like to share, please bring it along)

Food for Thought

The Humble Pumpkin

The pumpkin, a member of the Cucurbita family including squash and cucumbers, got its name from the Greek word "pepon" for large melon. Seeds (pepitas) from related plants have been found in Mexico, dating back over 7000 years to 5500 B.C.

Many native American tribes were well aware of the pumpkin's healing properties. These included treating burns and wounds, pumpkin seeds either fresh or dry were used as a medicine for kidney support, a mixture of powdered squash and water was used for urinary support.

Modern folk healers believe the pumpkin to be beneficial in ridding the body of intestinal worms and also believe the ground stem of the pumpkin brewed into a tea may help ease women during their menstrual cycle!

Whether age old remedies have ultimate healing powers or not the nutrients present in just one serving of pumpkin are a testament to the health benefits of this timeless fruit.

Here are the stats on what's in one cup of pumpkin puree:

Pumpkin Nutrition Facts (1 cup cooked, boiled, drained, without salt)

- Calories 49
- Protein 2 grams
- Carbohydrate 12 grams
- Dietary Fiber 3 grams
- Calcium 37 mg
- Iron 1.4 mg
- Magnesium 22 mg
- Potassium 564 mg Zinc 1 mg
- Selenium .50 mg
- Vitamin C 12 mg
- Niacin 1 mg
- Folate 21 mcg
- Vitamin A 2650 IU
- Vitamin E 3 mg

Pumpkins are 90 percent water!!

Antioxidant Rich

Beta carotene---The rich orange color is a dead give away to the nutrients present in pumpkin. Research shows that people who eat a diet rich in beta-carotene are less likely to develop certain cancers than those who fail to include beta-carotene-rich foods in their diet.

Loaded with Potassium---Studies show people who have a potassium rich diet lower the risk for hypertension. Potassium rich foods include bananas, broccoli, avocados, pomegranate and many others.

Recent “Boating” Activities

As you may be aware our group is associated with a couple of “Boating” activities.

For the past nine years we have been involved with the running of the Hawkesbury Canoe Classic.



This event is a major supporter of the Arrow Foundation. The Arrow Bone Marrow Transplant Foundation is a charitable foundation funding medical research into the cause, prevention, treatment and cure of leukaemia and other diseases treatable by bone marrow and adult stem cell transplantation. Last year alone over \$130,000.00 was raised by the organisers of the ‘classic’

The ‘Classic’ is an event for paddlers of all ages and abilities and requires competitors to paddle, overnight, down the Hawkesbury River, from Windsor in Sydney’s North West to Brooklyn, north of Sydney, a distance of 111 kilometres. Our part in this event is to provide assistance in the scrutineering of the boats to ensure that they have all the necessary safety equipment etc. on board. For our efforts we earn about \$3,000.00 to assist us in our local fund raising efforts while promoting awareness of Prostate Cancer.

Over the last couple of years we have also become involved in the sport of Dragon Boat racing. This started in 2008 when one of our members, Brett Sowerby, participated in the “Dragons Abreast” regatta at Sydney’s Darling Harbour. The crew on this boat was made up of ten breast cancer survivors and ten prostate cancer survivors.





Dragons Abreast is an organisation that helps breast cancer patients to get on their feet again and regain a full, fun and active life after treatment.

In 2009 we were invited to enter a boat crewed entirely by prostate cancer survivors or their immediate family (i.e. sons). We won two races before the event was cancelled due to extreme weather conditions.

For 2010 we again entered a boat. This year we were fully sponsored by 'Pirtek' arranged by the Prostate

Cancer Foundation of Australia (PCFA) (each boat entered must raise at least \$2,000 sponsorship) this year Brett's daughter, Cassie, also paddled with us.

This year the regatta was able to be successfully completed. We competed in three races, for a fourth, a second and a third placing. We improved our time from 1min 20sec in the first race to 1min 16sec in the second and third races. These efforts were not enough to see us through to the final of our division. Our division (the Social Challenge Division) was won by the team from The James Squire Tavern. This team was 'camped' alongside us and what a fit looking team they were! Trim, taut bodies, rippling '6 pack' stomach muscles! (And that was just the girls!!) This team had a race time of 1min 6sec so we have a bit of catching up to do! (At least we defeated the boat crewed by State Politicians)

This was not our only dragon boat outing this year. In September we were invited to compete in a regatta at Nowra on the Shoalhaven River. Three of us went down and together with members from the Illawarra and Goulburn support groups we formed a crew known as



"The Blue Blokes". While our dragon boat paddling was not overly successful, an information booth was manned throughout the day and we did show that irrespective of having had prostate cancer we were still more than capable of getting out and having a good time.

A Laugh at Life !

'ave a good weekend.

An elderly man and a beautiful young woman walk into a jewellery shop in Sydney late one Friday afternoon.

They walk up to the jeweller, "I want to buy the most expensive diamond ring you have for this young lady" says the man. The jeweller goes out and comes back with a large diamond encrusted ring. "This one is worth \$5000.00" he tells the man. The young woman is obviously impressed, her eyelids flutter and she breaks into a huge smile.

"That's not enough," says the man. "Show me your most expensive diamond necklace as well." The jeweller goes out and returns with a huge necklace dripping with diamonds. "I can let you have this, together with the ring for \$50,000.00," says the owner.

By this time the young woman is obviously extremely impressed. Her mouth drops open and she is unable to speak. "I'll take it." says the man. At this the young woman starts to swoon and has to grip the man's arm tightly to stop her from falling over.

The man gives the jeweller his bank account details and says "I know that you have to check my bank details, so if you can do that by Monday morning and call me, we will come in then and pick up the jewellery".

This arrangement suited the jeweller so they shook hands and the man and the young woman walked out of the store arm in arm, the young woman still smiling broadly.

Come Monday morning, the jeweller phones the man, "I don't know what you think you're playing at," says the jeweller, "Your bank account has nothing in it. You can't possibly pay for that jewellery."

"I know that!" says the man. "Now do you want to hear about the weekend that I have just had!!!"

A new retirement plan

So you're a sick senior citizen and the government says there is no nursing home available for you - what do you do?

Our plan gives anyone 65 years or older a gun and 4 bullets. You are allowed to shoot 2 MP's and 2 Ministers – not dead, just 'wing' them!

Of course, this means you will be sent to prison where you will get 3 meals a day, a roof over your head, central heating, and all the health care you need! New teeth - no problem. Need glasses, great. New hip, knees, kidney, lungs, heart? All covered. (And your kids can come and visit you as often as they do now).

And who will be paying for all of this? The same government that just told you that you they cannot afford for you to go into a home.

Plus, because you are a prisoner, you don't have to pay any income taxes anymore.

IS THIS A GREAT COUNTRY OR WHAT?

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Baby's First Doctor Visit

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first check up.

The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle-fed.

'Breast-fed,' she replied.

'Well, strip down to your waist,' the doctor ordered.

She did so. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination.

Motioning to her to get dressed, the doctor said,

'No wonder this baby is underweight. 'You don't have any milk.'

'I know that,' she said, 'I'm his Grandma, but gee I'm really glad I came.'

