



The newsletter of the Prostate Cancer Foundation of New Zealand Inc



# Prostate Matters

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### Introducing... Blue Ribbons

Ribbons have become universally accepted as symbols for charities and causes. They come in many colours and combinations and are worn with pride by donors and supporters of those organisations.

We are about to introduce blue ribbons as our charity symbol for prostate cancer in New Zealand in what we expect will be a major publicity feature for Blue September. Each of our major sponsors will be featuring these blue ribbons and collecting a gold coin donation for each ribbon.

Here's where our great network of supporters and contacts can help. Order a supply of ribbons, and a dispensing donation box, and place that where you work, play or meet. Let's get New Zealand in behind this year's Blue September Campaign and have blue ribbons on show ... everywhere!



Graeme Woodside  
Chief Executive



Claire Gard  
National Operations Manager

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[www.prostate.org.nz](http://www.prostate.org.nz)

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## Prostate Cancer Foundation National Conference

**“Prostate Partners – Working Together” - Sunday July 27, Te Papa Museum of New Zealand, Wellington**

All our members and friends are welcome to attend this year’s National Conference in Wellington. This year, we will be extending invitations to medical professionals and the general public in the Wellington Region to make this a more “public” event.

Keynote speakers this year will include **Professor John Nacey**, Chair of the Prostate Cancer Working Group, and **Dr Stephen Mark**, Chair of the New Zealand Section of the Urological Society of Australia and New Zealand (USANZ).

The theme reflects the growing network of organisations involved with PCFNZ as we work to support prostate cancer patients and also promote awareness and educate the men of New Zealand about prostate cancer. Speakers from several of those networked groups will also be presenting at what will be a very interesting and innovative conference.

Please plan to attend. Registration is necessary and can be completed on the [website](#) or phone the National Office for more information.

### New Support Groups

Extending our network of Support Groups is a key priority for the Foundation and we are delighted to report on two new groups that have begun recently.

- **Tauranga**

This group began in February

and has had several well-attended meetings so far this year. **Rob Stephenson** is the Co-ordinator and **Jan Williams** (EAP Works) is facilitating the group.



Contact:  
Rob Stephenson  
07 576 7191

- **Rotorua**

About 15 people arrived for the new Rotorua support group in May that is led by local identity **Charles Sturt**. Charles had a recent diagnosis and treatment for prostate cancer and is highly motivated to provide both support, and an active awareness programme in the Rotorua region.



Contact:  
Charles Sturt  
0274 836 306

### New Groups Beginning Soon

- **Hamilton**

A new group is planned to begin in Hamilton to be co-ordinated by local barrister **Peter Gorringe**. For details, call him on 07 856 3134

- **Porirua**

**Danny Bedingfield** is preparing to start a new group in the near future. For details, call him on 0275 364 099

### Advanced Prostate Cancer Patient Education Forum

We have been concerned for some time at the lack of information for those living with advanced, or metastatic, prostate cancer. Between 10 and 20% of men with prostate cancer develop to advanced prostate cancer within 5 years of diagnosis and this has led to us planning a

**Patient Education Forum** to help those men, and their families, understand more about treatment for advanced disease.

We have arranged to host public events that will provide information from a range of medical professionals on current treatment options and disease prognosis. These will be held in several centres in August.

**Janssen Pharmaceuticals** will be sponsoring the Foundation in hosting these events and we are grateful for their support.

The events will be held in:  
**Wellington**  
- Thursday evening August 21  
**Auckland**  
- Saturday afternoon August 23  
**Christchurch**  
- Tuesday evening August 26

Details of the venues and times are still to be finalised but will soon be available at [www.prostate.org.nz](http://www.prostate.org.nz)

### New Ambassadors

We are very pleased to have several high profile New Zealanders join our team of Ambassadors promoting the work of PCFNZ.

- **David Hartnell MNZM**



Well-known media personality and gossip columnist **David Hartnell** turns

70 this year and clocks up 50 years reporting on show business internationally. But it was his close friend’s long battle with prostate cancer that sadly ended late last year that drew him to offer to

support this Foundation as an Ambassador. We appreciate having him work with us.

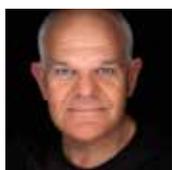
- **Deborah, Lady Holmes**



After living through Sir Paul's very public battle with prostate cancer, **Lady**

**Holmes** is committed to ensuring the awareness message reaches out to New Zealand men so they are informed of the need for regular prostate cancer checks.

- **Mark Hadlow – Actor**



One of New Zealand's best known actors, Mark is currently preparing for a

one-man show **MAMIL** – Middle Aged Man In Lycra to be staged in Auckland (July-August) and Wellington (September). This incredibly funny, yet touching play is about a businessman whose world falls apart, he takes up cycling, and, among other disasters, he is diagnosed with testicular cancer. As well as entertaining the audiences, Mark hopes men will heed the health message in the play and will use this performance to highlight testicular and prostate cancer.

- **John Sellwood**  
– **Campbell Live Reporter**



Some years ago John was the patient for a digital rectal examination on the Holmes

Show that clearly demonstrated his commitment to making men aware of health issues, especially prostate health. We appreciate John becoming an Ambassador and

using his media and presenting skills for PCFNZ.

### Events and Fundraising

#### Auckland Marathon – Run for Prostate



Ever wanted to face the challenge of running a marathon, or half marathon? Well here's your chance – and to run to support the Prostate Cancer Foundation.

We have been selected as one of the official charities and allocated 15 places for Golden Runners who commit to running and raising funds for PCFNZ. There are still several places available so here's your opportunity to join Ambassadors **Kerry McIvor** and **Brett McGregor**, and a number of others and Run for Prostate.

We welcome enquiries from any willing to run for us. Call the National Office or click [here](#).

#### Grum Goes Global



**Graham Frith (aka Grum)** has left New Zealand and begun his epic 43,000km ride around the world – on his bicycle!

Read more about his challenging journey [here](#).

He is currently crossing Australia and then heads on up into Asia, and beyond. You can follow his progress on his website.

On his travels Grum is both spreading the message of prostate cancer awareness and raising funds for PCFNZ. To support him click [here](#).

#### Z Energy Good in the Hood



We appreciate the support of Z Energy through their Good in the Hood Campaign. The Greville Road service station (Auckland) allocated \$1960 of the \$5000 on offer to PCFNZ.

We thank them, and all the customers who chose to use their tokens to support PCFNZ.



**Auto Super Shoppes Onehunga**  
**Mayne Automotive** donate \$10 for every WOF check to PCFNZ and with it, give a clear message to their customers about having a male WOF check at their local GP clinic.



Well done, we appreciate the support from all the Auto Super Shoppes around the country.

### Kayak the Mekong River

In 2008 Sydney-based New Zealander **Bryan Rowe** was diagnosed and treated for prostate cancer. Since then he has had some ongoing treatment, but has also developed a burning desire to do something significant to both test himself, and also to raise awareness and funds for prostate cancer.

After taking a "trial paddle" in Vietnam, he is now heading back to tackle a paddling expedition travelling some 3000kms down the mighty Mekong River from China through Myanmar, Laos, Thailand, Cambodia and Vietnam to the South China Sea.

The voyage is scheduled to commence mid July 2014 and will take approximately 3 months.

Around 50% of the journey is wilderness or sparsely inhabited and Bryan will spend many nights in a tent on the river bank fervently hoping that he can exist on rice and noodles and not be attacked by any of the local wildlife.

Bryan is committed to raise funds for prostate cancer research. To support him click [here](#).

### Corys Electrical Managers' Conference



Sir Peter Leitch, Steve Priest General Manager Corys Electrical, Graeme Woodside

PCFNZ Patron **Sir Peter Leitch** and CEO **Graeme Woodside** attended Corys first Managers' Conference in March, with over 70 of their Senior, Branch and Support Team Managers from all around New Zealand. It was a pleasure to promote the work

of PCFNZ to one of our major sponsors and for Sir Peter to motivate them to perform even better, and then to congratulate their numerous award winners from their branch network.

### Make a Donation

Donations to support the Prostate Cancer Foundation can be made directly [online](#) through credit card or internet banking, or sent direct to the Foundation office.

Tax receipts will be issued for all donations. As a charity with no Government funding we appreciate the financial support of members, sponsors and donors who enable us to achieve our Mission.

### Become a Member

The Prostate Cancer Foundation is a membership-based organisation and encourages those interested in our activities to join as members. Members have a key role in decisions made by the organisation through the election of the Board and the opportunity to attend the Annual General Meeting. Membership rates are \$20pa Single; \$30pa Couples and are renewed from 1 August each year.

For more information or to request a membership application form, contact the National Office or visit the [website](#).



**For More Information**  
**Postal:** PO Box 301313, Albany, Auckland 0752  
**Location:** Suite D Building E, 42 Tawa Drive Office Park, Albany, Auckland  
**Phone:** 09 415 2405 or 0800 477 678  
**Email:** [info@prostate.org.nz](mailto:info@prostate.org.nz)  
Registered NZ Charity No. CC30635



**Support Groups**  
Join one of our peer-to-peer Support Groups networked throughout New Zealand. Check our [website](#) for details.

