



Newsletter



Issue 19 : November/December 2016

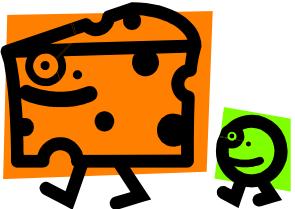
In this edition.....

Welcome from Brian
Quiz report
Jeremy's Ride
See MK Dons play

December 5th Lunch
National News
Recent Donations
PSA Testing

.... and don't forget to go to www.avpcs.org.uk for more news

Welcome from Brian



As the nights draw in I find myself reflecting on the very successful year we have had, and how time passes so quickly – more quickly it seems as one gets older. We had our first PSA testing this year, we saw increasing support locally for our efforts, and we held successful events such as our BBQ and our quiz nights. If you have ideas for future events in 2017, or if you would like to help us in taking our group forward we would like to hear from you. It's your group, and we would like to make sure we continue to provide the help and support to local men and their families. Any volunteers to join the committee?

Finally, on behalf of the committee, I would like to offer heartfelt best wishes for the season to all our members and their families.

December 5th Lunch

Don't forget to let Roger know if you plan to attend our next lunch meeting on Monday 5th December. We are organising a festive lunch for members and their partners at our normal venue of Thame Football Club. There will be mulled wine on arrival and a Christmas Turkey lunch with all the trimmings for £15 per head. There will also be a free prize draw and a small gift for all the ladies. Please let Roger know if you plan to attend as soon as possible. You can email him at rewotton@gmail.com or call on 01442 822340.



Quiz Report



We had another enjoyable quiz night earlier this month at The Chandos Arms in Western Turville. Seven teams entered and Richard Veness's team were worthy winners. As well as an excellent fish and chip supper and a great atmosphere, the raffle netted £68 for our funds. Thanks to all for making it a fun evening. Why not come along next time and make up a team! Individuals welcome.



National News

You will all have noticed how prostate cancer is receiving increased publicity. Raising awareness remains a key aspect of what we are trying to do. Well here are a couple of recent examples posted on YouTube that you may be interested in. The Mick Flinn band have produced a video, in conjunction with the FOPS support group in Chorleywood, which encourages men to grow a moustache for Movember. Just go to YouTube and search for "curl a mo" and you can see and hear the song. Prostate Cancer UK have produced a new short animation on advanced prostate cancer. If you are interested, again just go to YouTube and search for "advanced prostate cancer PCUK" and you can view the animation. You might also be interested in seeing the BBC Breakfast item shown on 15th November. Type this into your browser <https://twitter.com/BBCBreakfast/status/798436919625547781>



Jeremy's Ride

Remember the article in our last newsletter asking for support for Jeremy Buckman's 'Churches Monsoon Ride'? Well, here is Jeremy's report on the event, waterlogged but successful!



In the twenty-odd years that I've undertaken to do the Beds and Herts Sponsored Bike Ride for the Historic Churches Trust, this year topped the poll for the worst weather I've experienced! However, thanks to you and many others like you, I raised a total sponsorship of £827.00 and was determined to live up to your expectations and do the ride whatever the weather. Clad in warm layers and an (allegedly) waterproof jacket and trousers, I set off from home in Wingrave and visited the first church in Aston Abbotts at 10am, by which time it had started to pour with rain.

Onwards through Cublington, Wing, Mentmore, Cheddington and Slapton, I'd long passed worrying about being soaked; there comes a point where you can't get wetter, so you might as well carry on! Billington, Eaton Bray, Totternhoe and Ellesborough came next and I encountered so many dedicated 'meeters and greeters' bored by having so few customers and desperate to have someone sample their sandwiches, cakes and cups of tea. By this time you had to admire them for attempting to sign the sodden sheet of papier mache that was once my proof of visit to the church.

Over the fields on a bridleway to Ivinghoe, then on to Aldbury, Northchurch and to Berkhamsted, then to Tring, Aston Clinton and Buckland before being rewarded with sandwiches, cake and tea at my own



church, St Mary's at Puttenham at 4.30 in the afternoon. After setting off again and taking in All Saints at Long Marston, just three miles from home; would you believe the rain stopped and I had a dry(ish) ride back to Wingrave just in time to catch the booker-in at the URC church at 5.35pm before riding home to drip gently over the kitchen floor.



I'd cycled 51 miles, visited 29 churches in seven and a half hours and raised £827 to help the Historic Churches Trust to give grants to repair the fabric of our heritage of churches and that seemed to make it all seem worthwhile. Thank you all for your kind generosity!

Recent Donations

Brian recently attended a charity evening at St. Mary's Lodge of Freemasons in Thame where he received some £600 in donations, to be shared between Tackle Prostate Cancer and Prostate Cancer UK. David Kew, one of our members, had selected these two charities on behalf of the lodge. We are most grateful for David's efforts and those of his colleagues who made these generous donations.

**Donations
are greatly
Appreciated!**

Doug Taylor, another of our members, and in his role as Senior's captain at Princes Risborough Golf Club, decided to make prostate cancer his chosen charity for his year of office. As a consequence he was able to write a cheque for £1000 and donate the contents of a collection box to the Medical Detection Dogs charity near Milton Keynes, who are doing research into detecting prostate cancer. Well done Doug!

See MK Dons play

As our group is a partner with Prostate Cancer UK, we have been given the opportunity to benefit from the MK Dons League One match against Shrewsbury Town on 25th February 2017. All we have to do is provide some volunteers to "shake a bucket" at the match and we will receive 50% of all the donations. We need between 10 and 18 volunteers who will also get to see the match for free! For those interested please make a note in your diaries and let Bruce Cameron know. You can email him on bg.cameron1941@gmail.com





PSA Testing

After our successful PSA testing events this year, we plan to continue our efforts in 2017. We have booked one session so far, on **Saturday April 1st** at the Masonic lodge in Aylesbury, generously made available to us by their members. Look out for more details nearer the time and mention this to anyone you know is interested. Testing will take place between 10.30 a.m. and 1.30 p.m. on the day.



Future events



The Committee is currently planning events for the first half of 2017, so if you have any ideas please pass them to us. At the moment we are proposing.....

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| February 13 th | Lunch meeting Thame |
| March | Evening Speaker, Stoke Mandeville |
| March/April | Pub Quiz Western Turville |
| April 1 st | PSA Testing Aylesbury |
| July | Summer BBQ and meeting, Thame |

Brian

Roger