MORETON BAY REGIONAL PROSTATE CANCER SUPPORT GROUP

TEN YEAR HISTORY

Established in August 2012
at
Redcliffe Hospital

Affiliated with the Prostate Cancer Foundation of Australia
and
Supported by
Redcliffe Hospital Urology
"The Y "(formerly YMCA) and
Moreton Bay Regional Council

Published 8th September 2022

ACKNOWLEDGMENTS

As the author of this book, I am truly indebted to the support of certain members of the group who have supplied information, especially photographs, that made the completion of this book possible.
The support of the these members is greatly appreciated.

In particular, Tim McNickle, Peter Ham, John Dowling, Ian Millard and Bill Hogan provided many of the photographs included in this book thus enabling a great record of our 10 year history

Further, one of the group's main aims is to dispel the depression that accompanies the diagnosis and treatments of prostate cancer. Joy Ham and her team of willing supporting ladies has done an excellent job in providing the necessary social activities to assist in overcoming this.

For large proportion of the 10 years, Peter Ham has provided the controls necessary for our financial activities whilst ensuring that the group remains credible and honest

Other long term committee members such as Larry Hamilton, Brian Stegman and Garry Dingley, have played key roles in providing additional management team support for special events, mailing, and gift cards

And one person who should not be overlooked is the guy who organized the design and procurement of our shirts and caps. I refer, of course, to Greame Kemp. We stand out in the crowd because of him.

Fred Travis
Foundation President
PCFA Max Gardener Award
PCFA Ambassador

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FORMATION OF THE GROUP

The Queensland Chapter Council of the Prostate Cancer Foundation of Australia (PCFA) has been trying to establish a support group in the Northern environs of Brisbane thus providing assistance for men wanting information about prostate cancer but had difficulty attending the Brisbane, Beerwah or Sunshine Coast meetings. Daryl Hyland and Ian Smith of the Queensland Chapter Council initiated discussions with Queensland Health in 2012 and Ian made contact with Dr Keith McNeil, the CEO of the Metro North Health Service. Arrangements were made to meet Caboolture and Redcliffe Hospital Managers in March 2012.

Although Caboolture and North Lakes were considered to be better centrally located for the Moreton Bay Region, the best opportunity was at Redcliffe Hospital where there was not only a Urology Department and suitable facilities for meetings but also willing support. In April 2012, Daryl and Ian met with Dr Meyer, the Senior Urologist at Redcliffe Hospital and Nurse Practitioner Yvette Sullivan. They were extremely enthusiastic since they had tried to arrange something with the PCFA Head Office in Sydney but had received no response.

The Moreton Bay Regional Group was formed in August 2012 after the Urology Department of Redcliffe Hospital volunteered to provide facilities for the conduct of meetings at the Education Centre. Yvette Sullivan, initially, arranged for refreshments free of charge through a sponsor and arranged for our first meeting room. It was the first integrated group set up in a hospital in Australia.

The Group is indebted to the efforts of Urologist Dr Jon-Paul Meyer, Nurse Practitioner Yvette Sullivan, PCFA's Support Group Co-ordinator Daryl Hyland and Brisbane Deputy Convener Ian Smith who initiated those original discussions with the Queensland Health Department and Redcliffe Hospital as well as the affiliation procedure with the Prostate Cancer Foundation of Australia.

Fred Travis, previously Secretary of the Queensland Chapter Council, was asked to take on the role of Group Leader at the inception of the group. Ian Smith continued to volunteer as Group Co-Leader until August 2014 when the Group welcomed the services of Bill Hogan who acted as Co-Leader for the next 7 years. In November 2013 Peter Ham became a member of the group and stepped in as Co-Leader in 2018 after Bill Hogan resigned assisting Fred and also taking on the role of Treasurer for the group. In 2014, Peter's wife Joy stepped forward to become the Social Activities Leader arranging various social event for the group.

The group was originally designated as the Redcliffe Prostate Cancer Support Group but it became apparent that, for it to be recognised throughout the Moreton Bay Council Region, a name change was needed. We became the Moreton Bay Regional Prostate Cancer Support Group and the change was approved by the Prostate Cancer Foundation of Australia (PCFA) in 2014.

In 2018, it was recognized that because the group was located at Redcliffe it was too remote to fully service men throughout the Moreton Bay Region. A vote from members at the time agreed to move to a more central location. That move culminated in Queensland Health providing a venue at the North Lakes Health Precinct in November 2018.

However, the arrival of COVID-19 pandemic saw the Health Precinct close its meeting rooms for clinical services and the group was without a venue. Fortunately, during the lockdown in 2020, due to the pandemic, there was time to investigate an alternative. After many enquiries around that central area of North Lakes, the new YMCA building, that had just been built, was able to provide a room for the group and we became their first tenant and the first meeting occurred in October 2020 when the lockdown was lifted.

THE GROUP'S ROLE

The group continues to provide an opportunity for men throughout the Moreton Bay Region from Caboolture, Bribie Island, Samsonvale, Brendale to Redcliffe. However, it now attracts men from the Brisbane suburbs since the Central Brisbane group ceased operating in 2015.

The group provides talks from speakers associated with medical disciplines (Urologists, Radiologists, Physiotherapists, Dieticians, Exercise Therapists, etc) as well as other health issues affecting men and even any age related topics. The social events provide activities with a view to suppressing the depressive nature of prostate cancer treatments & journeys and to increase camaraderie amongst members. These include morning teas, lunches, picnics and excursions.

There is ample opportunity for members to 'bend the ear' of the specialist speakers and to meet and discuss prostate cancer journeys with other men and these activities have been very successful for all prostate cancer survivors, especially newly diagnosed men. There is also an increasing role to target men throughout the region to get tested before it is too late

CURRENT GROUP MANAGEMENT (2022)

At the group's first annual general meeting in August 2021, a management committee was updated to include:

- Leader .....Tim McNickle since March 2022
- Co-Leader & Treasurer .....Peter Ham since 2018
- Speaker Acquisition & Welfare Officer.....Tim McNickle in 2021
- Special Events Co-ordinator .....Larry Hamilton since 2020
- Social Event Leader .....Joy Ham since 2014
- Men's Induction Officers .....Brian Stegman, Garry Dingley, Lindley Deslandes
- Ladies Induction Officers .....Penny Millard, Joy Ham
- Apparel Officer.....Joan Penman in 2021 (assisted by Keith Penman)
- Newsletter .....Fred Travis since 2012
- Mailing Officer.....Brian Stegman since 2020
- Meeting Minute Officer.....Jenny Gehrke in 2021

The founding president, Fred Travis, stepped down in March 2022

Mention is needed here for:

- Bill Hogan for acting as Co-Leader after Ian Smith returned to the Brisbane Group in 2014 and for his efforts in the acquisition of our strip banner and expo banner.
- Ian Millard who, for a short time was on the management committee but assisted the group to set up its first Facebook page, the group's first website, the acquisition of our table cloth and signage for expos, the acquisition and facilitation of the group's Square Card for funding by electronic banking.
- John Dowling for his efforts organizing our fun runs in 2020, 2021 and 2022, providing great media activity and assisting the committee as its media specialist.
- Helen Garside, who was the daughter of one of the members and volunteered to act as mailing officer, until early 2020, for mail to members who did not have computers .
- Greame Kemp who organized our first shirts and carried out procurement of shirts and caps until 2021.
- Larry Hamilton for his excellent work in 2022 attracting a great number of donations and prizes for our fun run raffles.
- Fred Travis, past president, continues to provide the monthly newsletter and monitors the group's membership database whie providing his 10 year experience to assist the current committee.

GENERAL MEETINGS

General meetings are held on the first floor of "The Y" building on the second Thursday of each month, except January, and attendees are expected to role up at 6pm to partake of the refreshments provided and to listen to group news. The speaker is scheduled for 6.30pm and the meeting closes at 8.30pm.

Attendees are asked to complete the registration record and are asked to provide a gold coin donation to cover meeting expenses. As at February 2022, any gold coin donation attracted a ticket in the monthly raffle.

Where a speaker does not turn up, videos and discussions are arranged. This has only happened twice in the last 10 years.

A great deal of discussion occurs after the speaker's presentation whether it's with the speaker or conversation between members.

The December meeting of 2021 took a different approach with a social event of food and drink and the presence of Irish entertainer Geordie Heaney

Also, after the first Annual General Meeting, in September 2021, the group submitted its constitution and strategic plan to the Australian Charities and Not For Profits Commission (ACNC) and received registration as a charity which was closely followed by the same recognition by the Australian Taxation Office. Donations to the group are now a tax deduction.

The August 2022 meeting was the group's 10th birthday celebration (refer pages 26 to 29)

MANAGEMENT COMMITTEE MEETINGS

The management committee started meeting at the Norths Leagues and Services Club until the pandemic lockdown in March 2020. It resumed meetings a the home of Peter and Joy Ham late in 2020 but now meets at Mango Hill Tavern on the third Tuesday of each month.

RESOURCES

- Initial resources such as the amplifier and microphones in 2013 were made possible by a donation by the then Mayor of the Moreton Bay Regional Council, Alan Sutherland.
- Subsequent equipment such as a laptop, project, screen and platform trolley were purchased from funds provided when the Queensland Chapter Council of PCFA was disbanded in June 2016.
- An equipment Register was established in 2018 showing all equipment procured or donated over the last 10 years.
- All equipment is stored either at the residences of key members since "The Y" does not have storage facility for tenants.
- Committee resources are drawn from members interested in providing assistance for the group's activities (see page 5).
- Until late 2021, John Dowling, provided excellent support as the group's media officer
- Sue McEvoy was employed in 2021 to manage the group's website which was initially designed by Fred's son Brett in 2018.
- Brett also designed our logos used for mail and other promotional material (see front page)
- Our funding resources are described on pages 22 to 36

MEMBERSHIP

The membership records are stored on an excel database and includes categories for medical contacts, committee members, active members, new enquiries and past members who want to be retained and receive news. External contacts are also maintained as well an archive as part of our history. Since 2012, 349 men and partners have been involved with the group. 226 men and partners are still actively involved. We have had 13 known deaths in that time.
As at this date, we still have 8 of our foundation members on the active list although 4 are unable to attend meetings.

Name tags are provided for regular members at meetings but these are slowly being phased out as men and partners purchase the subsidized shirts with their names on them. Shirts are subsidized 50%.

As at August 2022, members come as far afield as Runcorn, Manly, Mt Gravatt, Thornlands, Bribie Island, Warner, Dayboro, Caboolture, Woodford, Wamuran, Elimbah, Redcliffe, Scarborough, Sandgate, Mt Pleasant and Mt Mee. As well as members from Brackenridge and Geebung in the North Brisbane region

Partners who attend meetings are now considered as voting members at general meetings and the Annual General Meeting.

SUCCESSION PLANNING

Since 2018, the group has been planning for succession in order for the group to remain sustainable as management committee ages. As the group's 10 year anniversary is reached, we can see that several other groups in Queensland alone have folded through lack of interest or lack of succession planning.

As can be seen on page 3, there are still committee members who can step in to fill the vacancy that may occur when others steps down. Other members of the committee are also becoming familiar with the group's operations and the group's Operation Procedure Manual (page 6) covers almost all of the needs of the group. The Constitution and Strategic Plan were first developed in 2018 and have been updated to meet ACNC and ATO requirements.

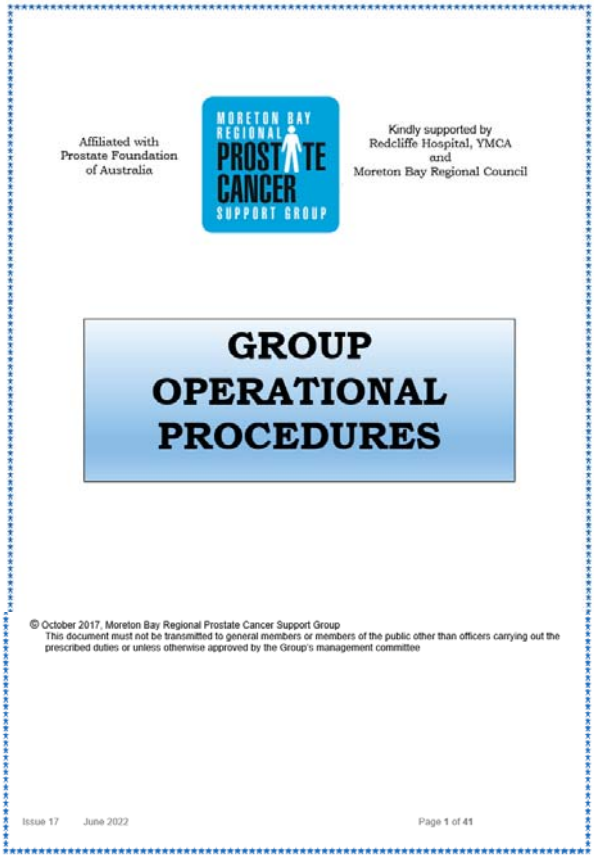
This is an ongoing plan and activities such as secretary, media officer, newsletter editor and membership officer are still to be sourced.

SOCIAL ACTIVITY

Since Joy Ham took on the role of Social Activity Officer, the group has enjoyed great general meeting refreshments, monthly morning teas, picnics, lunches and breakfasts. These activities are an important requirements for a successful group especially considering the depressive nature of the prostate disease.

Joy is ably supported by a team of ladies in organizing and conducting these functions. These ladies include Penny Millard, Sue Dingley, Monica Shaw, Robyn Selwood, Gwenda Williams, Sonya Gambold, Robyn Stegman, Joan Penman, Julia Tello and Jenny Gehrke

THE GROUP'S OPERATING PROCEDURES



Affiliated with Prostate Foundation of Australia

MORETON BAY REGIONAL PROSTATE CANCER SUPPORT GROUP

Kindly supported by Redcliffe Hospital, YMCA and Moreton Bay Regional Council

GROUP OPERATIONAL PROCEDURES

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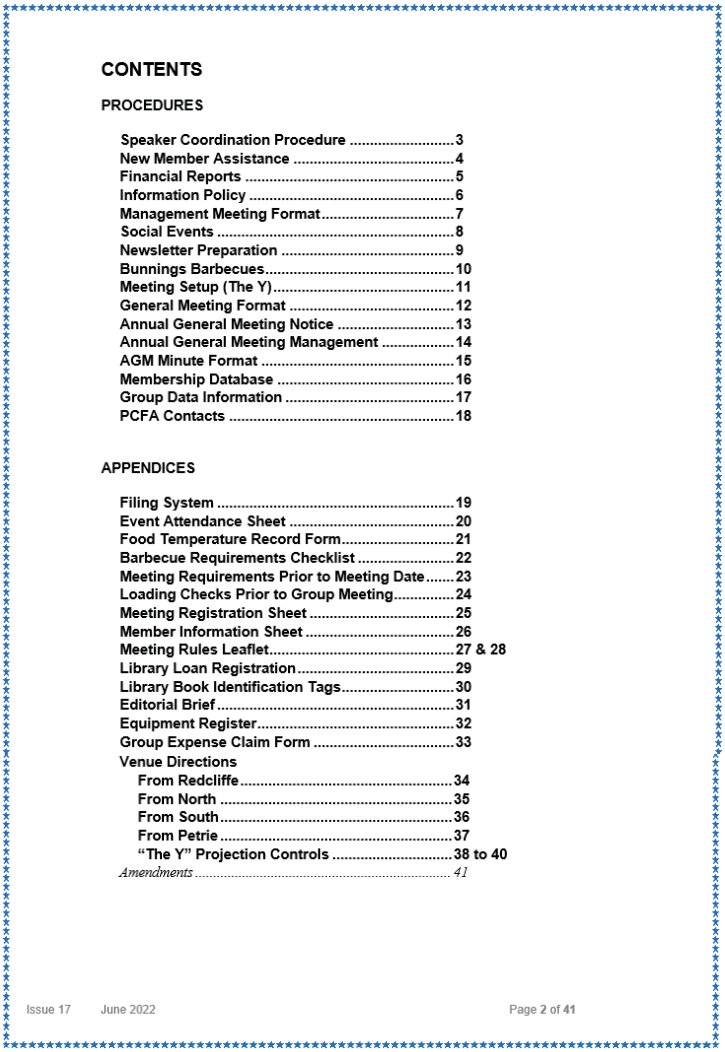
This document must not be transmitted to general members or members of the public other than officers carrying out the prescribed duties or unless otherwise approved by the Group's management committee



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These operational procedures were developed by Fred Travis in 2018 and have been added to and maintained since then to match changes in the group's activities.

GROUP CONSTITUTION

Affiliated with Prostate Cancer Foundation of Australia

MORETON BAY REGIONAL PROSTATE CANCER SUPPORT GROUP

Kindly supported by Redcliffe Hospital, YMCA and Moreton Bay Regional Council

GROUP CONSTITUTION

- AIMS & OBJECTIVES
- MEMBERSHIP
- MANAGEMENT
- ELECTION OF COMMITTEE
- FIINANCE
- DUTIES OF COMMITTEE MEMBERS
- DISCIPLINE OF MEMBERS
- RIGHT ODF APPEAL OF DISCIPLINED MEMBER
- NON-PROFITABILITY
- STANDING RESOLUTIONS
- COMFLICT OF INTEREST
- WINDING UP
- AMENDMENTS
- CERTIFICATION

Contents extract from Group Constitution that was originally developed in 2018 by Fred Travis and updated in 2021 by Fred & Peter Ham to meet ACNC requirements

EXTRACT FROM GROUP'S BUSINESS PLAN

BUSINESS PLAN CONTENT

- EXECUTIVE SUMMARY
- VISION

  The group has a vision to become the leading prostate cancer support facility in the Moreton Bay regional area and beyond and coordinating with the Sunshine Coast and Ipswich support groups as the remaining support providers in the south east Queensland area.
- MISSION

  Our mandate is to provide an exemplary support service for prostate cancer survivors and their partners throughout the Moreton Bay Regional area and beyond and continue to enhance our reputation for service to men and their partners.
- BENEFITS TO SURVIVORS
- STRATEGY
- SWOT ANALYSIS
- MANAGEMENT TEAM
- MEMBERSHIP CONTROL
- MARKETING GOALS
- MARKET RESEARCH & ANALYSIS
- FUTURE PLANS
- THIRD PARTY INVOLVEMENT
- GROUP ACHIEVEMENTS
- KEY PERFORMANCE CRITERIOR
- CURRENT ACTIVITIES
- ASSETS
- PLANNED BUDGET

This is an extract of the plan developed in 2018 by Fred Travis and updated to meet ACNC requirements in 2021

THIS WAS THE GROUP'S FIRST NEWSLETTER

PROSTATE CANCER EDUCATION EVENING

SPEAKERS:

Ian Smith – Co-Convener of Brisbane Prostate Support Group

In Australia, 20,000 men are diagnosed with prostate cancer each year.
In many instances there are NO SYMPTOMS.
Our aim is to educate men and increase the community awareness of the need to have regular checks. If it's caught early (normally before symptoms appear) then it can often be cured.

Yvette Sullivan – NP Urology Department, Redcliffe Hospital

Dr Jon-Paul Meyer – Urologist, Redcliffe Hospital and Peninsular Private Hospital

Dr Meyer will discuss diagnosis, treatment and local and advanced prostate cancer issues.

Partners, Family and Friends are welcome to this informative evening

It's a free event

on

Tuesday, 11th September at 6pm for 6.30pm

at the

Education Centre, Redcliffe Hospital

Plenty of parking available

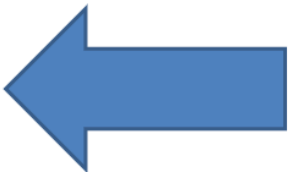
Light refreshment will be provided

Prostate Cancer Foundation of Australia

THE GROUP'S FIRST DIRECTION SIGN
AT REDCLIFFE HOSPITAL IN 2012

PROSTATE CANCER SUPPORT GROUP

Education Centre



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THIS WAS THE ORIGINAL DIRECTION SIGN AT 'THE Y"
BEFORE OTHER TENANTS WERE IDENTIFIED IN 2021

MORETON BAY REGIONAL PROSTATE CANCER SUPPORT GROUP

PROSTATE CANCER SUPPORT GROUP

MEETING ON 1ST FLOOR

IF THE DOOR DOES NOT OPEN
PLEASE RING 0408 795 248
AND WAIT FOR SOMEONE
TO COME DOWN FROM 1st FLOOR

GENERAL MEETING TOPICS SINCE AUGUST 2012

2012
September—general introduction—Ian Smith, Dr Jon-Paul Meyer, Yvette Sullivan
October—Director of Radiation Oncology at RBWH—Dr Roger Allison
November—Oncology & prostate Cancer—Dr Kieron Bigby
December – Partners of Men with prostate Cancer—Wendy Marshall
2013
March—Incontinence—Peter Dornan
June—Exercise & Prostate Cancer—Vicki Graham
July—Coping with Worry of Prostate Cancer—Bob Wyborn
August—Targeting Prostate Cancer with Radiotherapy—Dr James MacKean
September—Impact of prostate Cancer on relationships—Sylvia Burns
October—prostate Cancer Awareness—Dr Jon-Paul Meyer
November—relationships After Prostate Cancer—Sylvia Burns
December—neuro-Linguistic Hypnosis—Dr Ian Lochlin
2014
February—Motivation for Better Health—Vicki Graham
March—Managing Chronic Conditions—Greg McDougall
April—Physiotherapy for Prostate Cancer—Rachel Hollingworth
May—A GP's Perspective 0 Dr Judith O'Malley Ford
June—Radiation Oncology & Brachytherapy—Dr Michell Grogan
July—Robotic Treatment perspective—Phlip Stewart
August—The Prostmate Program—Fred Travis
September—Diagnosis by MRI—Dr Les Thompson
October—PCFA and It's Activities—Miff Pate
November—Couples Coping with Prostate Cancer—Brigid Hanley
December—Amazing Boat Modelling—Brian Jenkinson
2015
February—Open versus Robotic Prostatectomy—Dr John Yaxley
March—Erectile Dysfunction & Rehabilitation—Dr Michael Gillman
April—The Changing English Language—Professor Roly Sussex
May—Hearing Difficulties & Solutions—Anna Drews
June—Prostate Recovery MAP—Craig Allingham
July—Stroke Prevention—Bernadette Brearly
August—Entertainment—John Beattie
September—Coping with Cancer—Geoffery Cake (Beyond Blue)
October—Mindfulness—Sylvia Burns
November—Cyber Crime & Fraud—Sgt David Tramacchi
December—Christmas Special
2016
February—Radiation Oncology—Dr David Schlect
March—Motivation for Better health—Vicki Graham
April—Incontinence –Jason Crow
May—Canine helper—Andrew Holmes
June—overcoming Depression—Dr Davis Schlect
July—Wills, POA, Estate Planning—Lisa Harrison
August—Latest prostate Cancer research—Pamela Russel
September—Group Sausage Sizzle
November—Biopsies & Prostatectomies— Dr Jon-Paul Meyer
December—Respiratory Ailments—Dr Lydia Mowlem

2017
February—erectile Dysfunction—DR Michael Gillman
March—Domestic Violence—Ross Patching
April—Hyperbaric Medicine— Karren Simpson
May—Dispelling Depression—Bryan James
June—When the Talk Turns to Survival—Jim Marshal
July—Getting the Best Out of Your Pharmacist—Lakis (Lucky) Zeniou
August—Radiation Oncology—Dr James MacKean
September—Irish Humour & Music—Geordie
October—Think Mobility—Jacqui Barton
November—Exercise Physiology—Kelly Prosser
December—Irish Musician—Geordie
2018
February—Urology—Dr Troy Gianduzzo (DNA) - No show—Videos
March—Naturopathy—Pam Hird
April—Wounded Heroes—Pete Riches (DNA) - No show—Videos
May—Kidney Support—Liz Hancock
June—Body Treatments _ Sally Misso Dymond
July—Urology - Dr Jon-Paul Meyer
August—Physiotherapy—Nathanial Kirsch
September—Road Rules—Sgt Neil Bennett
October—Blood Sugar Management—Sue Carbone
November—Psychology—Gerhard Venter
December—Scams—Bob Walker
2019
February—My Aged Car—Jessie Woolley
March—Heart Disease—Neville Blomeley
April—Radiation Developments—Damian Mason & Dr Jim Jackson
May—Incontinence, Bladder & Bowel Issues—Agnes Kesmarki
June—Men's Health & Managing ED—Dr Steve Osman-ToddHall
July—Chiropractic Services—Jen Gonnet
August—Dementia & Alzheimers—Jodi Peel
September—Oncology Rehab—Jen McKensie
October—St John's Ambulance—Darryl Stewart (DNA) - Videos
November—Funeral Planning –Karen Blue
December—Age & Disability Advocacy—Lyn Wyer
2020
February—Latest in Urology—Dr Jon-Paul Meyer
March—Advocating for Age Care reforms—Renee Eaves
April to September—Pandemic Lockdown
October—Immunotherapy for prostate Cancer—Dr Matt Roberts
November—Radiation and Decisions—Dr James MacKean
December—Erectile Dysfunction—Dr Michael Gillman
2021
February—New Cancer Drug - Dr Des Richardson
March—Prostate Cancer Nurses—Tim Wright & Natasha Roberts
April—Exercise Physiology—Ari Singh
May—Mindfullness –Sylvia Burns
June—Penile Implants—Tim McNickle & Dr Eric Chung
July—PCFA News—Ken Houliston
August—COVID Cancellation
September—Prostatectomy Update—Dr John Yaxley
October—Men's Health Down Under—Peter Fairgray
November—Hearing Loss—Lorelle Silveira
December—Social Function with Musician Geordie Heaney

2022
February—Podiatry— Scott Greenbanks
March—Stroke Safe— Ian Therkelson
April—PCa Nurse—Tim Wright
May—Men's Breast Cancer—Peter Bennett & George Moras
June—Living Lives in Darkness and Light—Chris Madden
July—Radiation and Brachytherapy—Dr Gail Tsang
August—10th Birthday celebration (Refer pages 24, 25 & 26)
September—AGM & Bowen Therapy

SOCIAL ACTIVITIES

LUNCHES

MORNING TEAS

PICNICS

EXCURSIONS

2019 River Cruise

2021 River Cruise

GENERAL MEETINGS 2017

March

April

May

June

July

August

September

October

November

GENERAL MEETINGS 2018

March

May

May

June

July

GENERAL MEETINGS 2018

Decision meeting (September)

Decision meeting (September)

October

November

December

December

December

GENERAL MEETINGS 2019

March

March

May

June

June

July

November

FIRST MEETINGS AT 'THE Y' (2020)

after COVID lockdown from March to October

October

October

November

December

2021 MEETINGS

February

March

May

October

June

November

In the new room

DECEMBER 2021 MEETING

2022 MEETINGS

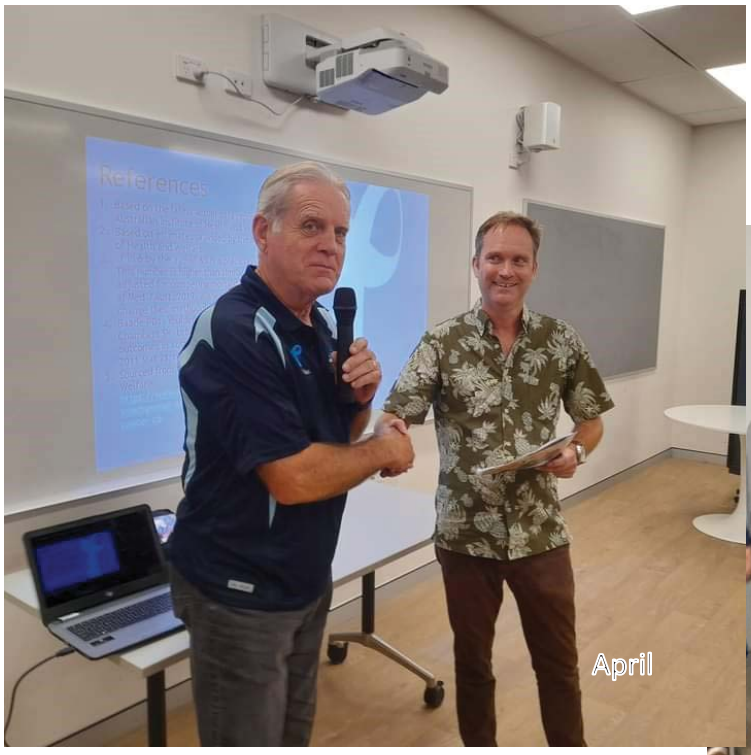
February

March

March

April

2022 MEETINGS



April

June

JULY

10th BIRTHDAY CELEBRATION IN AUGUST 2022

10th BIRTHDAY CELEBRATION IN AUGUST 2022

10th BIRTHDAY CELEBRATION IN AUGUST 2022

Group founding organisers
Fred Travis, Yvette Boucher and Dr Jon-Paul Meyer

PRESENTATIONS

Redcliffe Hospital Wheelchair Donation

RBWH Foundation Donation

RBWH Foundation Function-2022

Visit by Jim Lloyd of PCFA

SPECIAL EVENTS

2019 Senior's Expo

2021 Senior's Expo

FUNDING ACTIVITIES

BUNNINGS SAUSAGE SIZZLES

The group regularly managed to obtain sausage sizzles at Bunnings Warehouses but the last one was in October 2020 due partly to restrictions imposed by Bunnings due to COVID-19 and also since the group managed to attract good funding from the fun run events.

REDCLIFFE 2020 FUN RUN

In 2020, Dr Sachinka Ranasinghe of the Redcliffe Hospital was given the task of conducting the Hospital's first fun run from Woody Point Jetty to Redcliffe pier. Our support group provided drink marshals at Woody point, Margate and Redcliffe. Some 40 runners were involved and a fine breakfast was had by all at the Belvedere Hotel at Woody Point. The breakfast was funded by pharmaceutical company, MundiPharma. A My-Cause funding program was set up by Sachinka and this boosted the group's funding allowing us to produce updated brochures and provide donations to associated health organisations.

Volunteer Marshalls were Lindley, Greame, Larry, Keith, Ken, Fred, Ian, Penny, Peter, Joy, John & Roslyn

2021 FUN RUN

In 2021, the fun run was held again but this time the main organisers were Dr Reece Phillips and the group's own media officer, John Dowling. Once a gain a fundraising effort was conduct with both and online raffle and a MyCause program, which again boosted the group's funds for future activities. MundiPharma came good again by sponsoring the breakfast at the Belvedere Hotel. Genesis Care donated the runners shirts for the event. On this occasion there were over 80 runners and volunteers from the support group again acted as drink marshals.

Financially, this was very successful and, once again, John Dowling excelled in the organization of the event. He was exhausted afterward.

2022 FUN RUN

Even better than 2021 both financially and in size. There were over 130 runners and walkers. There were 6 major online raffle prizes and an inordinate number of minor raffle prizes. Larry Hamilton managed to attract numerous prizes from commercial enterprises and several members also contributed. Once again, John Dowling's organising capability shone through. Mundipharma and Genesis Care were again significant sponsors for the event.

Let's hope the pandemic and financial crises doesn't curtail our efforts in 2023

2022 FUN RUN

Dr Duan Ha
Genesis Care
Federal MP
Luke Howarth
Run Organiser
John Dowling
Catherine
Solomonson
Mundipharma
METRO
& NORTH
FUN RUN

Breakfast

Moreton Bay Regional Prostate Cancer Support Group
mbrpcsg@gmail.com
Www.prostatesupportgroup.org
0435 119 628
ABN: 13 817 326 992

Thanks to all our generous sponsors and donors, Without these people our fun run 22 would not have been as successful as it was

GenesisCare

Redcliffe RSL
3897 6000

Amplifon Morayfield
5432 3011

Mango Hill Tavern
3051 7612

Burpengary Community Assn
3465 3300

Pine Rivers Golf Club
3285 3130

Jetts Gym Kallangur
3385 7155

Bridgestone Select Burpengary
3532 5535

Morayfield Medical & Dental
5316 7777

Coles North Lakes
3491 5700

Yandina Golf Club
5441 2049

The Coffee Club North Lakes
3094 2901

mundi pharma

The Sands Social
3609 2001

Eyes @ Narangba
3886 6061

BCF Morayfield
5433 0499

Hon. Luke Howarth MP
Federal Member for Petrie

Burpengary Auto Spares
3888 0225

North Lakes Bridgestone
8294 7125

Grand Prix Mazda
5438 3622

The Village Taigum
3865 8120

Rotary Club Caboolture
secretary@caboolturerotary.org

Mr Chris Whiting MLA
Member for Bancroft

SUNCORP

North Lakes Sports Club
1300 006 572

Jade Jewellers
Burpengary 3888 0995

Burpengary Tavern
3888 1040

Dolphins Leagues Club
3203 7333

The Ginger Factory
1800 067 686

Redcliffe Marine
3284 8039

The Coffee Club
Mango Hill 3491 7766

Office Works North Lakes
3482 4119

Coles Burpengary
3491 4400

Woolworths
Burpengary

Cr. Sandra Ruck
Div. 5 MBRC

Cr. Karl Winchester

Div. 6 MBRC

G & S Smith

Bundaberg

Mr J Shaw

Burpengary

G & M Nelson

Burpengary

G & W Newson

Cr. Mark Booth

Div. 2 MBRC

Mr & Mrs S Wyatt

Burpengary

Ms Jenny Hatch

Burpengary

Mr G Neal

Deception Bay

R & C Quinlan

Robertson

Ms J Fisher

M D Dickens

Burpengary

Mr G Rushworth

Upper Caboolture

Mr J McGrath

Burpengary

Mr J Edwards

Gympie

Mr Peter Perkins