

20 YEARS
VODAFONE



Sir Peter Leitch's Mad Butcher Club

AT MT SMART STADIUM, HOME OF THE MIGHTY VODAFONE WARRIORS

Newsletter

3rd September 2015

#88a

To subscribe or unsubscribe email: stephan.maier@medstar.co.nz

“Man Up And Give Prostate Cancer The Finger!”

EVERY MAN has one, but most men don't know anything about it.

It is only when problems arise that men generally tend to take it seriously.

What we are talking about is the prostate gland – a small gland about the size of a walnut that sits just below the bladder. And what most men don't know is what their prostate gland does – it produces some of the fluid in semen and is a critical part of a man's sex life.

The prostate gland can cause men quite some grief, particularly as they age. There can be infections, it sometimes becomes enlarged and causes urinary problems.

It also develops prostate cancer. This disease is serious, but if detected early can be treated effectively.

The risk of developing prostate cancer increases as men age. It is not common in men under 50 unless there is a family history of the disease in close male relatives. If a father or brother has been diagnosed, then the risk is doubled; if there are two or more relatives diagnosed under the age of 65 then the risk increases 5-11 times!

Prostate Cancer is the number one cancer in New Zealand men. About 1 in 10 men will get prostate cancer in their lifetime. This is why regular checks are important.

Blue September is about making men aware of the risk of prostate cancer and encouraging men to “get checked”. There are two checks that men should consider:

The PSA blood test that measures a protein in the

blood specific to prostate conditions and is a good, but not totally reliable, indicator of the presence of prostate cancer.

The digital rectal examination (or DRE) – the physical examination doctors perform to assess the condition of the prostate gland.

Men over 50 should consider having a regular check for prostate cancer using both tests. Because of the limitations of the blood test, and the difficulty in examining the whole of the gland, having a combination of both tests gives the best indicator to the health professional of the possibility of disease.

This year's Blue September campaign features prominent New Zealand actor and Blue September Ambassador Mark Hadlow and sends a very direct message to men. It features a new TV commercial with the key message “Don't die of embarrassment. Man up and give prostate cancer the finger.”

“Men seem to have a great inhibition to having the ‘finger test’ on their prostate,” says Graeme Woodside, Chief Executive of the Prostate Cancer Foundation. “In this year's campaign Mark's very confrontational message is to tell men to get over their sense of embarrassment and have a routine prostate check. We hope this results in more men saved from an untimely death from prostate cancer.”

As well as spreading the message, Blue September is also about raising funds to support the work of the Prostate Cancer Foundation. Kiwis up and down the country will be wearing their blue ribbons, showing their support and holding events and activities to raise funds. Corporate sponsors, community groups and businesses, and many individuals are getting involved to make this a great Blue September.

For more information and to find out how you can be involved go to www.blueseptember.org.nz

BLUE SEPTEMBER has kicked off for 2015. We are looking for a really big effort to make a huge impact on prostate cancer awareness among New Zealand men.

Check out the new website www.blueseptember.org.nz and watch the TVC here

Events coming up - For Tickets contact claire@prostate.org.nz

- Sept 10 Poker Night at SkyCity - Tickets Available
- Sept 13 Bikers in Blue
- Sept 18 Oktoberfest at Shed 10 - Tickets Available
- Sept 27 Distinguished Gentlemen's Ride

Social Media

Please use Tweets to send messages and updates on the campaign, post on Facebook and Instagram.

Wear blue accessories and send out selfies of outrageous blue outfits and challenge your mates to better the look! Get blue and post crazy photos and #blueselfie, #blueseptembernz

And be prepared to get "blue accessorised" by us at events!

Blue September Launch Event



Blue September ambassadors from left Blues musician Darcy Perry, rugby legend Stu Wilson, Black Stick-Natasha Fitzsimons, mountaineer and double-amputee Mark Inglis and comedian Tarun Mohambhai.

Georgia Brendling just after she won a \$10,000 Michael Hill jewellery voucher.



Me in my blue gear!



from left to right: Blue September ambassadors - front row: Stu Wilson, PlaceMakers Blue Streak, Mark Hadlow and Tarun Mohambhai. Back row: Ray Wolf, Shane Cortese, me, Natasha Fitzsimons (from the Black Sticks), David Hartnell, Slade McFarland, Darcy Perry, Mark Inglis, Stephen McIvor and Brett McGregor.



Two prostate cancer ambassadors Shane Cortese actor had parts in Shortland street And plenty more TV shows 6 that I know of and Stu Wilson former ALL BLACK WHO PLAYES 34 tests plus 51 game.



MAN UP! AND GIVE PROSTATE CANCER THE FINGER



It's Blue September and me and my mates went along to the Sky Tower for the launch of the Prostate Cancer Foundation's campaign to encourage men to Man Up! And give prostate cancer the finger!

The message is simple – if you're a bloke aged 40 or over, have regular prostate checks if there is a family history of prostate cancer. If a father or brother has been diagnosed with prostate cancer, then the risk is doubled. If there are two or more relatives diagnosed under the age of 65 then the risk increases 5-11 times so don't muck around, just get it done!

If you're between 50-70 then get an annual prostate check that includes both a PSA blood test and a digital rectal examination (DRE).

PROSTATE CANCER IS THE MOST COMMON CANCER IN NEW ZEALAND MEN.

1 IN 10 WILL DEVELOP PROSTATE CANCER IN THEIR LIFETIME

Last year approximately 600 Kiwi men died from prostate cancer – that's roughly the same number as women who died from breast cancer. The insidious thing about prostate cancer is it often has no symptoms until it has really taken hold and started to spread to other parts of the body. Don't let this horrible disease touch your family on the shoulder – a simple test is all it takes to put your mind at ease.

www.3news.co.nz/tvshows/paulhenry/paulhenrys-9-in-10-winner-georgia-in-auckland-2015090109#axzz3kRTtgbDJ



Join in these great events to be part of Blue September

Saturday 12 September

Invercargill Scooter Challenge with Buck Shelford

Saturday 12-18 September

Masters Rugby League Tournament games at Manurewa Sports Complex, Mountfort Park

Saturday 12 September

Masters Rugby League Tournament
Prostate Cancer Foundation charity auction, music till midnight, Ellerslie Event Centre, Auckland \$20 buffet

Sunday 13 September

Blokes & Sheila's Blue September Breakfast - Waikato

Bikers in Blue

Tuesday 15 September

Battle of the BBQs Applejacks Restaurant Pakuranga with Celebrity cook-off, with Sir Peter Leitch and Monty Betham \$60 per person and almost sold out. Cover price includes food.

Friday 18 September

Masters Rugby League Tournament Farewell and Prizegiving, Prostate Cancer Foundation charity auction, music till midnight at the Ellerslie Event Centre, Auckland.

David Hartnell's Celebrity Quiz Night, Surrey Hotel Auckland

Oktoberfest, Shed 10, Auckland Viaduct

PlaceMakers Golf Day with Buck Shelford at Denby Golf Club, Whangarei

Thursday 24 September

Blues, Brews & BBQ The Hunter Lounge, Victoria University, Wellington

Quiz Night with Tarun at the Smith & McKenzie, Chartwell Mall, Hamilton

Friday 25 September

Blue September Mystery Cruise, Bushy Park, Tauranga

Saturday 26 September

The Cory's Rally with Monty Betham, 30 cars go on a quest from Pukekohe to Hahei

Blues Night, Thirsty Dog, off K Rd with Ray Woolf as MC

Sunday 27 September 7pm

Distinguished Gentlemen's Scooter Ride, Auckland

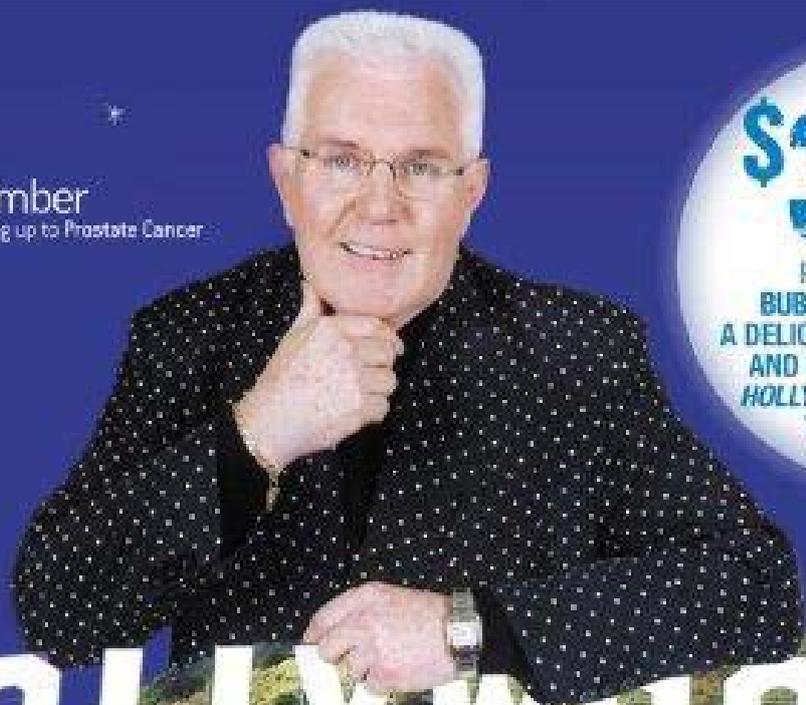
Saturday 3 October

Gala Dinner Riccarton PlaceMakers

And heaps more! Check out www.blueseptember.org.nz

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\$35pp
 PRICE INCLUDES
 BUBBLES ON ARRIVAL,
 A DELICIOUS ARRAY OF FOOD
 AND A COMPLIMENTARY
 HOLLYWOOD TRIVIA BOOK
 TO TAKE HOME

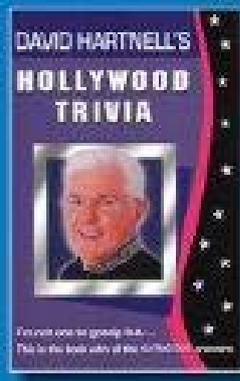
HOLLYWOOD

**David Hartnell's
 CELEBRITY QUIZ NIGHT**

**Friday 18th Sept, 7pm
 The Surrey Hotel
 465 Great North Road, Grey Lynn**

featuring
**Award-Winning Magician
 Mick Peck**

Enjoy a fun evening with the legendary gossip columnist David Hartnell MNZM, in support of Blue September raising awareness of prostate cancer. Featuring magic from the unforgettable Mick Peck, it's guaranteed to be a night of fun and laughter and by attending this event you will receive a signed copy of David's *Hollywood Trivia* book value \$29.95!



Register now at
<https://goo.gl/97mlfJ>



www.blueseptember.org.nz

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Masters of Rugby League New Zealand

International Tournament 2015

Mountford Park, Manurewa, Auckland, September 12th - 18th

Auckland
Council



Te Kaunihanga o Tāmaki Makaurau



NEW ZEALAND
RUGBY LEAGUE™



www.mastersofrugbyleague.co.nz

ALL ENQUIRES

Email: pwc.campbell@xtra.co.nz

Mobile: 021424041

BATTLE

OF THE BBQS

6pm, Tuesday 15th Sept 2015
Applejack's, 2 Dunrobin Place, Pakuranga



CELEBRITY GUESTS
TALENTED LOCAL CHEFS
LIVE MUSIC FROM DUO BAND
LIVE AUCTION
SILENT AUCTION

All proceeds go to the Prostate Cancer Foundation

Proudly brought to you by



We also support the Breast Cancer Foundation

Play for Pink &
Make a Difference



"Doing it for our Girls"



Charity Golf Tournament

In Support of

**The New Zealand Breast Cancer
Foundation**

Play 4 Pink - Dress in Pink
• Prizes for Best Dressed

Great Prizes

Great Prizes and Charity Auction

**Come and Join Us For a Great Day and
Show Your Support for NZBCF**

Charity Auction

- John Daly signed golf balls
 - Signed Crusaders rugby jersey
 - Other sporting memorabilia
- And more*

Sunday 18 October 2015
11am 'Shot Gun' start
AMBERLEY GOLF COURSE
Men's & Women's Competitions
Non-handicap Section
Entry fee: \$30 per player

Entries Limited to 120

Contact : Juli Tyler

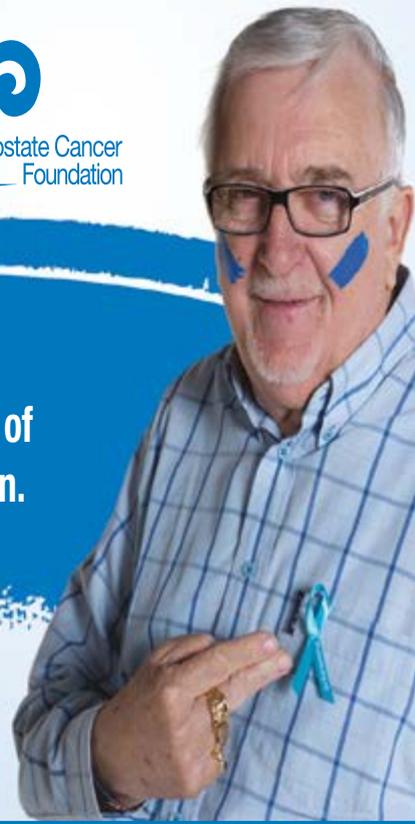
Phone: 027 6630173 / 03 3148002

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Proceeds will benefit The New Zealand Breast Cancer Foundations initiative and programmes

Proudly supported by Amberley Golf Club

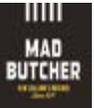


MAN UP! AND GIVE PROSTATE CANCER THE FINGER

Join Sir Peter in supporting the Prostate Cancer Foundation and raise awareness of prostate cancer among New Zealand men.

Visit one of our sponsors outlets and support Blue September with a gold coin donation and be sure to wear a blue ribbon to show your support.

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If you wish to **subscribe** or **unsubscribe** please email Stephen Maier at stephan.maier@medstar.co.nz

Our Sponsors

A VERY BIG THANK YOU TO ALL OUR SPONSORSHIP PARTNERS! Without our sponsors' fantastic support the Mad Butcher Club wouldn't be as great as it is. If you get the opportunity to support them please do whenever you can.



The Newsletter Team

Here is the team that help me make the newsletter each week. Between us we make the newsletter happen - and like everything it's a team effort.



Sir Peter Leitch
Editor



David Kemeys
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Hayden Woodhead
Graphic Designer



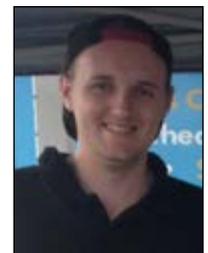
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