

Prostate Gathering in the Southern Cascade Mountains

The Sixth Annual Jan Zlotnick Memorial, August 5-10, 2020

Lake Siskiyou, Mt Shasta, California



Thank you for your interest in the Sixth Annual Jan Zlotnick Memorial Prostate Gathering. This year's Gathering will take place in the Mt Shasta area close to Lake Siskiyou in the Southern Cascade Mountains of Northern California. Providing Covid-19 restrictions are lifted. My name is Ken Malik. I am the founder and executive director of the PAF and this year's group leader. I am also a prostate cancer veteran of twenty-five years. Please visit www.prostateawarenessfoundation.org to learn more about the PAF. The foundation is a not for profit 501(c) (3) corporation (#31-1633278). All of the PAF services are provided free of charge and include: regular monthly discussion and support group meetings both in person and virtually on Zoom, a mentor program and a "Sustainable Prostate Blog" that provides regular tips on men's health issues and consulting services providing men and their families with patient driven information.

This year's *Gathering* will include prostate cancer veterans, their family members and those interested in learning more about prostate health. This is gourmet car camping at its finest. We will enjoy healthy, homemade meals in camp. There will be three venues each day: an easy hike for the less physically active, a more aggressive hike for those in good shape and plenty of sightseeing available for those just wanting to relax and take in the ambiance. This is a great way to get or stay in shape while sharing the camaraderie of those with similar health interests. Past participants have ranged in age from 15 to 76. As always, women are welcome and encouraged to participate. A prostate friendly menu will be served to all participants. There will be daily discussions on prostate health issues on the trail and around the campfire.

We hope you will give serious consideration to taking part in this year's *Gathering*. We have room for up to 18 participants. **We need your commitment no later than July 15th.** This will be a first come first served event with a great deal of interest so please sign up early to assure your place on the team. We would love to have you join us on this memorable gathering.

If you have not visited the Mt Shasta area you are in for a treat. At 3,500', Lake Siskiyou offers great weather conditions both night and day. The Prostate Gathering is a summer alpine paradise. I do not exaggerate!

Mt Shasta was one of Jan Zlotnick's favorite places. As you may know, he passed away at the end of 2014 from advanced prostate cancer. Jan was a friend and mentor to so many of us at the PAF. We honor his memory each year with the *Annual Prostate Gathering*.

The goals of the *Gathering* include: increase awareness about prostate health issues and how to deal with them pro-actively, raise critically needed funds for the PAF's ongoing outreach and education programs and to inspire men and their families dealing with this epidemic affliction with hope. You as a participant will take part in all four components of the PAF protocol for a healthy prostate: A prostate friendly diet, regular exercise, stress management and a zest for life.

APPROVAL POLICY: All potential participants will need to have a telephone interview with Ken Malik, *the Gathering* leader. This will ensure the safety and integrity of *the Gathering*. This interview will also give you an opportunity to ask any questions you may have. If you have participated in a prior PAF Prostate Gathering the approval process is waived.

EQUIPMENT: The weather in the High Country can change rapidly. August has historically had some of the best weather conditions, but weather is always unpredictable in the mountains. See the attached equipment list for a concise list of things you will need.

ACCOMMODATIONS: We will be staying at Lake Siskiyou Campgrounds. There are bathrooms with hot showers, a camp store, laundry and a large lake with water craft rentals available. This is tent camping at its best. If you do not have a tent please let us know, we have loaner tents available. You will need your own sleeping bag and air mattress or cot. A limited amount of cabins are available for rent.

Pre and Post Gathering Accommodations in San Francisco: If you are coming in from out of town and would like to stay in San Francisco we suggest the Ocean Park Motel. Please call Mark at the Ocean Park Motel at 415-566-702 and mention the Prostate Awareness Foundation. The Ocean Park Motel is a funky, clean Art Deco motel within walking distance of the ocean, Zoo and public transportation. The rooms are the most reasonable we have found in San Francisco.

TRANSPORTATION: You can bring your own vehicle or possibly ride share with someone. We can also chip in and rent a large van if there is enough interest. Please let Ken know if this is of interest to you so we can plan in advance.

ITINERARY: You can decide each day between a leisurely day or one filled with more strenuous activities. Come for the whole week or just for a day or two. Preference will be given to those staying for the entire gathering. Please plan on leaving for the Gathering early on Wednesday, August 5th. We will break camp and head for home on Monday morning August 10th. Hikes will include: Castle Crags, the McCloud River water falls, Black Butte and Mt Eddy.

GATHERING COST & FUNDRAISING OPTION:

This is a fundraiser** for the PAF, but we want to keep the cost affordable for everyone. The cost for the 5 night Gathering is \$500 and you have two options: # 1: you can fundraise by asking friends, family and associates to make a tax deductible donation to the PAF (Flier available at www.prostateawarenessfoundation.org or have the PAF send you hard copies. Option # 2: pay the fee of \$100 per night to participate. If you choose the fundraising option, **the minimum fundraising requirement is \$500.** The price includes: breakfast, lunch and dinner in the high country, an “official” tee shirt and hikes each day. It does not include snacks, beverages beside water, food and lodging before and after the climb and airfare if you are flying in. **A \$100 deposit is due by 7/15 to reserve your spot.**

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations on your behalf, keep you informed about donations and send out thank you letters to all your donors. All donations should be made payable to PAF and are tax deductible. Please ask your donor to reference your name on the check memo line so we know who to credit or if they are paying by PayPal they should reference your name as well.

FUND RAISING HELP & SUPPORT: We can help compose a fundraising letter that works for you. The PAF will also supply fliers and return envelopes for your fundraising efforts. Please let us know how many copies you will need.

DONOR CONTRIBUTION OPTION: PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You can direct your donors to the Prostate Gathering section of the PAF website where they will be able to donate on your behalf. www.prostateawarenessfoundation.org

To reserve your space on the expedition:

- 1) Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at kamalik@prostateawarenessfoundation.org to arrange the phone meeting.
- 2) Once you are approved please make your deposit check for \$100 payable to PAF and mail to:

PAF
Attn: Ken Malik
PO Box # 2934
Santa Rosa, CA 95409

PLEASE PASS THIS INFORMATION ON TO OTHERS WHO MAY BE INTERESTED IN JOINING THE EXPEDITION.

Equipment List



Conditions can change rapidly in the mountains. When planning your clothing needs, think about dressing in layers. We will be camping at 3,500' and some of us may reach altitudes as high as 9' during day time hikes. The temperatures can change dramatically in the mountains from early morning, through the day and into the evening. Expect temperatures as warm as the high 50's at night. A freezing cold night is unlikely, but not impossible. Expect day time temperatures to be usually in the 80's but we've seen it as high as 95 and as low as 50. Thunderstorms can come in in the afternoons at altitude, be prepared.

Sleeping Bag - Down or synthetic rated to at least 30 degrees.

Sleeping Bag Liner - Silk. (optional, but cozy)

Hiking boots - High top hiking boots with good ankle support are encouraged. If you're planning on new boots, get them now and break them in.

Casual boots or shoes - For relaxing around the camp after a long day on the trail.

Head Lamp & extra batteries. A smart way to get around in the dark.

Daypack - Large enough to pack a lunch, at least 1 liter of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles - Optional, but highly recommended for hiking safety.

Long underwear - Poly or wool is the best. Just in case it gets cold in the evening.

Sweaters & or sweat shirts - consider a light and a heavy one.

Water Repellent Wind Breaker - Thunder showers are always an afternoon possibility in the mountains, so are windy conditions, especially at higher elevations.

Wind & Waterproof Pants - Same as above

Parka - A down jacket with hood is a great asset if the evenings get cool

Gloves - Keep those fingers warm in the night and early morning.

Socks - The new wool hiking socks are comfortable and user friendly.

Hats - 2 are suggested. One with a brim to shield the sun, the second: a warm hat for the evenings and cooler mornings.

Bandana - to save your face from the wind, sun.

Sun Glasses: The sun is very bright at altitude, plan accordingly

Sun Screen - Bring at least a 30 just to be safe

Lip Baum - High altitude sun and wind can be severe

Water Bottles - at least 2 bottles of 1 liter each or a hydration system.

First Aid Kit - a small one to meet emergency situations. PAF will bring a complete medical kit along.

Shoe Laces - an extra pair is optional but can come in handy.

Towels: Consider bringing two. A small, synthetic, quick drying towel is recommended for the trail. A bigger towel for swimming and showering.

Gaiters: Optional but good for keeping scree and gravel out of your boots.

Bathing Suit: There are opportunities to swim.

Tent: We will be tent camping. Bring your own tent or you can borrow one of PAF's. We have a couple of extras. Please let Ken know your plan.

Camp Chair: (optional but handy) There are multiple picnic tables at our group site but a comfortable camp chair is a luxury.

Mandatory: Positive attitude, patience and a good sense of humor



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