

Fall Prostate Gathering on the Mendocino Coast

A Jan Zlotnick Memorial Event

Sunday, September 26 to Friday to October 1, 2021

MacKerricher State Park, Ft Bragg, California



Thank you for your interest in this Fall Prostate Gathering. This is gourmet car camping at its best, with a variety of outdoor activities to keep us all active. Because of the challenging fire season in California we will be visiting the Mendocino Coast. September can be some of the best weather on the coast and the air should be clean and smoke free.

My name is Ken Malik, I am the founder and executive director of the prostate awareness foundation and this year's group leader. I am also a prostate cancer veteran of 26 years. Please visit www.prostateawarenessfoundation.org to learn more about the PAF, a not for profit 501(c)(3) with a tax ID# of 31-1633278.

Due to Covid-19 we will adhere to social distance, face mask usage indoors and other intelligent strategies to keep everyone safe. Because of the highly contagious Delta Variant we are asking everyone to be double vaccinated or present a negative Covid test result taken 72 hours before the Gathering begins.

This *Fall Prostate Gathering* will include prostate cancer veterans, their family members and those interested in learning more about prostate health. We will enjoy healthy prostate friendly homemade meals in camp. There is lots to do in the Ft Bragg, Mendocino Coastal area including: hiking, biking, walking, kayaking, beach combing and exploring the town of Ft Bragg and Mendocino. This is a great place to relax, get some exercise and escape from the cares of the world.

Past participants have ranged in age from 15 to 78 years of age. As always, women are welcome and encouraged to participate. There will be daily discussions on prostate and other health issues on the trail and around the campfire.

We hope you will give serious consideration to taking part in the Gathering. We have two campsites that can accommodate up to 16 participants. Come for the full 5 nights or just a couple. We are asking for your commitment no later than Thursday, September 23rd so we can plan logistics and shop. This is a first come first served event with a great deal of interest. A \$100 deposit assures you place, please sign up early. Preference will be given to those spending the full five nights.

The goals of the Fall Gathering include: # 1 is to have a great and memorable time. Also to: Increase awareness about prostate health issues and how to deal with them pro-actively. Raise critically needed funds for the PAF ongoing outreach and education programs. Inspire men and their families dealing with prostate health issues with hope. You as a participant will take part in all four of the PAF focused strategy: A prostate friendly diet, regular exercise, stress management and a zest for life.

Approval Policy: All participants will need to have a telephone interview with Ken Malik (415-407-3961), the *Gathering* leader. This will give you an opportunity to ask questions and learn more about this fun event.

Equipment: It is always cooler on the coast than inland. September is usually a sunny month on the coast, but one never knows. See the attached suggested equipment list for more information.

Accommodations: MacKerricher State Park has a very good reputation. Clean rest rooms, food storage lockers, tables, hot showers and fire rings. The towns of Ft Bragg and Mendocino offer comfortable lodgings for those not wanting to camp. If you do not have a tent we have loaners. Please contact Ken for details.

Transportation: You can bring your own car or possibly ride share with someone. Please let us know if you need a ride and we can help arrange.

Directions, Details, and Itinerary: MacKerricher State Park is located 3 miles north of Ft Bragg on Hwy # 1. There are 3 camps in the park, ours is called East Pine Camp and we have campsites #21 and # 22. Check in time is 2pm, check out time is noon. You can decide each day between a leisurely day or one filled with more strenuous activity. Options include: Lake Cleone bird watching, Russian Gulch State Park hikes, Kayaking on the Noyo River, Bike, horseback riding, fishing, tide pool beach combing, Mendocino Coast Botanical Gardens, Ft Bragg Skunk Train ride thru the forests to Willits and back.

Cost and Fundraising Option: This is a fundraiser for the PAF. But we want to keep the cost affordable for everyone. The cost is \$500 for the full five nights, or \$100 per night. You have three options: **#1:** You can fundraise by asking friends, family and associates to make a tax deductible donation to the PF. There is a fundraising flier available at www.prostateawarenessfoundation.org or we can send you hard copies by mail. If you choose the fundraising option the minimum fundraising requirement is \$500. **Option #2:** Pay the fee of \$100 per night to participate. **Option # 3:** is a combination of #1 & #2. Your fee includes breakfasts, you make lunches with lots of choices and dinner. It does not include lunches out, snacks, beverages besides water and juices and your transportation to the camp.

Accounting: The PAF will keep a full and fair accounting of all incoming donations on your behalf. We will keep you informed about donations and send out thank you letters to all your donors. All donations should be made payable to the PAF and can be tax deductible. Please ask your donor to reference your name on the check memo line so we can know who to credit.

Donor Contribution Options: Pay by check, PayPal or credit card at www.prostateawarenessfoundation.org.

To Reserve Your Space:

- 1) Contact Ken Malik at 415-407-3961 to let him know you want to sign up and then take part in a brief question and answer session. You can also contact Ken @: kamalik@prostateawarenessfoundation.org.
- 2) Once this is done, send a check with your \$100 deposit payable to the PAF and mail to: PAF, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95 409

PLEASE PASS THIS INFORMATION ON TO OTHERS WHO MAY BE INTERESTED

Suggested Gear:

Parka or Down Jacket with a hood: it can get cool on the coast

Gloves: A light pair is great for cool mornings, evenings and bike riding

Face Mask: For indoors

Bandana: to save your face from sun and wind.

Flip-Flops for beach walking

PLUS: Sun glasses, hiking boots, sun hat, warm evening hat, lip balm, water bottles, towel, bathing suit, tent, sleeping bag, air mattress camp chair, positive attitude, patience and a good sense of humor.