

# Who are you at your best?



A guide to leaving  
a gift in your Will.



Prostate Cancer  
Foundation of Australia

At your best  
you are *generous*  
you are *kind*  
you are *creating*  
**a legacy.**



For more information on becoming a Legacy member visit [www.prostate.org.au/gifts-wills](http://www.prostate.org.au/gifts-wills) or contact our Gift in Wills Manager on 1800 220 099



**Prof Jeff Dunn AO, CEO**

## **If you are reading this, you have taken the first step in a quest that will continue.**

This information booklet contains inspiring stories of lives lived to the fullest, and the ways that Prostate Cancer Foundation of Australia helps Aussie families.

When I started as the CEO of Prostate Cancer Foundation of Australia in March 2019, I quickly realised the enormous scale of the challenge we face.

Each year 20,000 Australian men are newly diagnosed, 3500 will die of the disease, and over 200,000 men are living with it every day.

A significant number of these men – our friends and loved ones – are suffering from the physical and emotional side effects of treatment, and many of them are confronting that battle without adequate support.

Leaving a gift in your Will to Prostate Cancer Foundation of Australia can help us change the game in a way that no other organisation can.

A gift in your Will creates a lasting legacy, enabling us to continuously expand our reach in order to help more men in need and keep up the pace of lifesaving research.

Perhaps more importantly, it allows us to focus on emerging horizons for prostate cancer, both locally and globally. This is work that the Prostate Cancer Foundation of Australia is uniquely skilled to do – harnessing world-leading evidence and engaging experts from clinical care, medical research, and allied health fields to find new and innovative ways of connecting with men to help detect it early, treat it effectively, and – one day – beat it.

We would be humbled to help you create a remarkable legacy – a legacy that could help to give the gift of a healthy life to so many others. Any amount makes a huge impact towards a future free of prostate cancer.

Thank you for taking the first step today.

I am honoured to invite you to be a part of our Legacy Circle.

Professor Jeff Dunn AO  
CEO | Prostate Cancer Foundation of Australia

## **To join the Legacy Circle is to be you, at your *best*.**

# Who we are

Prostate Cancer Foundation of Australia is a broad-based community organisation and the peak national body for prostate cancer in Australia. We are dedicated to reducing the impact of prostate cancer on Australian men, their partners and families, recognising the diversity of the Australian community.



Prostate Cancer  
Foundation of Australia

# The values that drive us

**INTEGRITY** We are honest, and driven by strong moral principles.

**OPTIMISM** We are confident in the future and the success of our vision.

**COMPASSION** We are caring, understanding and empathetic.

**RESPECT** We treat our community with admiration and thoughtfulness.

**COMMITMENT** We are completely dedicated to eliminating prostate cancer.

# What we do



Promote and fund world leading, innovative research into prostate cancer



Implement awareness and advocacy campaigns and education programs for the Australian Community, health professionals and Government



Support men and their families affected by prostate cancer through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses

# Why we're needed



Australia has one of the highest rates of prostate cancer in the world



Nine men die of prostate cancer every day. Tragically that is 3,500 deaths per year



One in seven men are likely to be affected by prostate cancer

**20,000** men a year receive a new diagnosis 

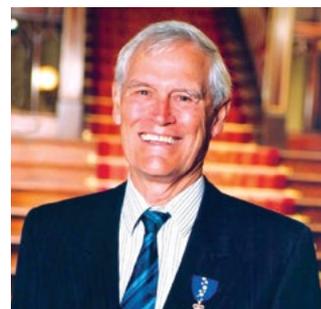
# A proud heritage of giving

Prostate cancer was discovered relatively recently, in 1853.

At the time it was routinely diagnosed as a urinary obstruction, and doctors knew very little about how to treat the disease and care for men affected. Today it is the most commonly diagnosed cancer in Australian men, with incidence numbers that are now growing at a much faster pace than many other chronic diseases.



Roger Climpson OAM



Max Gardner



Rotary Club of Lane Cove

Almost 25 years ago, in response to this burgeoning need, two unsung Aussie heroes - Rotary Club of Lane Cove member and TV personality Roger Climpson OAM and his friend Max Gardner helped form Prostate Cancer Foundation of Australia, gathering together their partners and friends to do something about this deadly disease.

Today, we are Australia's peak body for prostate cancer research, awareness, and support. Each year we reach out to tens of thousands of men, their loved ones, and the community in our quest to beat prostate cancer.

**Each day we get a step closer, thanks to them. And you.**

At your *best*  
you are *creative*  
you are *inspired*  
you are *bold*.

Guy Warren has always believed in living the best life possible. But what does ‘best’ mean to one of Australia’s great painters? It means being able to do what it takes to follow your vision.

For Guy, his vision started in the rainforests of Papua New Guinea, where, as a member of the Australian army stationed in Bougainville during World War II, he first encountered the dynamic majesty of nature.

*“The colours and shapes, the rich detail and abundant life, was overwhelming.”*

Guy is 98 years old, and he continues to paint every day, exploring the power of colour and shape to tell stories. Finding inspiration after a lifetime of painting isn’t his only challenge, Guy has prostate cancer.

*“I’ve seen six of my friends lose their lives from prostate cancer. It’s dumb luck that I’m still here,”* he says.

*“I was first diagnosed with a prostate problem when I was 50. I had a prostatectomy and thought I’d never have a problem again. But that wasn’t the case. 20 years later I discovered I had prostate cancer. So I’ve lived with that ever since. It’s outrageous 3,500*

*men die of prostate cancer every year – we must do something.”*

With support from the Prostate Cancer Foundation of Australia, Guy has the best possible care for his prostate cancer, and has been able to minimise the harsher side effects. Because of that, his creative life has continued at full steam.

*“I’ve always had this primal urge to make a mark. All artists say the same. It happened in the first place when some idiot picked up a burned stick, and made a mark on a stone wall somewhere on the side of a cave. And that magic has been happening ever since.”*

**Guy continues to travel, having just returned from a painting trip in Cairns, and continues to be an inspiration to students and fellow painters. Today, we want him to be an inspiration to you – a man living his best life. It’s the life all Australian men deserve.**

“Curiosity is the thing that keeps human-kind going...how do we relate to the world? How do we cope with the changes that are happening everywhere?”



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At your best  
you are committed  
you are focussed  
you are fearless  
in the face of  
prostate cancer.



“If you want to improve  
Australian men’s lives,  
support Prostate Cancer  
Foundation of Australia!”

## Tim Stollznow knew that prostate cancer was inevitable. His father had prostate cancer, as did his father before him. “Even my grandfather’s brother had prostate cancer. And he died from it,” Tim explained.

Tim was 50 when the urologist gave him the news he’d been waiting for – a positive diagnosis for prostate cancer.

*“While it was a shock to me, and a concern, I always expected it. I just thought I would hear it a little later than 50,”* said Tim.

*“I chose the watch and wait option. I wasn’t sure that was the right option, but I knew there were lots of men who lived with prostate cancer. I did some research on the Prostate Cancer Foundation of Australia website and looked at some of the discussion groups on there. And I got on with my life.”*

It was with his second biopsy, a year later, that Tim’s prostate cancer became a threat. *“The cancer had advanced, to a Gleason seven, and I made up my mind that I was going to have a radical prostatectomy. Once I made that decision, I couldn’t get my prostate out fast enough!”*

Tim’s operation was a success, and his recovery was less painful and difficult than he imagined. Over the course of a few months his discomfort subsided and Tim continued to improve to the point where his PSA is still negligible or undetectable. Thanks to the advancements championed by Prostate Cancer Foundation of Australia, Tim’s life has returned to normal.

Tim is now passionate about prostate cancer awareness, advocating for regular testing and early intervention.

*“We need help to get the support groups and the networks and promotion and the community education happening. We need to get the story out there, and we’re only going to be able to do that if people contribute,”* he explained.

Tim believes that Australian men need a strong, proactive organisation to tell their stories.

*“We need to educate the community!”* he said. *“Unless an organisation like the Prostate Cancer Foundation are out there holding lunches, holding education nights, or employing prostate cancer nurses, or engaging ambassadors, men will suffer needlessly.”*

**With your help, Prostate Cancer Foundation of Australia can continue to raise awareness of prostate cancer and the life changing difference that early detection can make.**

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# Leave a gift in your Will and support men to live their best life.

Prostate Cancer Foundation of Australia is dedicated to reducing the impact of prostate cancer on Australian men, their partners and families. When we formed in 1996, there was no national body helping men to understand prostate cancer. This meant that the sensitivity surrounded the subject was compounded by confusion, misinformation and fear.

With the help of passionate people like you, we've been able to develop groundbreaking treatments, lead vital shifts in social attitudes, and drive an increase in awareness of prostate cancer. No longer is it a taboo subject, spoken about in hushed tones over the barbeque.

Our research is paving the way to better treatment options that are tailored to an individual man's cancer. With greater awareness and resources, more Australian men will be diagnosed earlier, and treated more effectively.

**Prostate Cancer  
Foundation of Australia  
has committed to helping  
men live their best lives.  
Will you commit to a  
legacy that gives men their  
best chance of survival?**





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# Your support will enable the best future for men.



## Prostate Cancer Specialist Nurses

A Prostate Cancer Specialist Nurse is an experienced registered nurse who has received additional training to make them an expert in prostate cancer care. Established in 2012 as a pilot program with 12 nurses, the program now boasts 51 nurses at 46 sites in every state and territory across Australia.



With your help it can grow even further, providing specialist prostate cancer nursing care to every patient in Australia who needs it.



\$2-\$5 million per year to ongoing prostate cancer research.

**\$60 million over 10 years.**

## Research

Prostate Cancer Foundation of Australia's strategic research goal is to create and promote the uptake of knowledge that will improve the lives of Australian men with prostate cancer, their partners and their families. We give between \$2-\$5 million to support life changing and ongoing prostate cancer research annually and have contributed a total of over \$60 million in the last 10 years.



Your gift will help to keep up the momentum and accelerate the next research breakthrough.



100 volunteers.  
10,000 info packs.  
**INCLUDING:**  
LGBTIQ specialised  
information.

## Awareness Programs

Increasing awareness and early detection is one of the most effective ways to improve prostate cancer outcomes. Over 100 volunteer ambassadors speak to thousands of men annually to inform and educate on prostate cancer risk and the support available. We also distribute over 10,000 free prostate cancer info packs per annum, including specialised versions for younger men and members of the LGBTIQ community.\* The prostate cancer general information leaflet has been translated into the six most commonly spoken languages in Australia and is available through our website.



**You can help us expand these programs so that no man misses out on information that could save his life.**

*\*Prostate Cancer Foundation of Australia is the only organisation in Australia to have a LGBTIQ targeted information pack on prostate cancer.*



**170**  
PCFA affiliated  
support groups  
nationwide.

## Support Groups

Studies have documented that a diagnosis of cancer can be very stressful. Support from people with similar experiences has been found to be very effective in reducing this stress. The Prostate Cancer Foundation of Australia support group network consists of over 170 affiliated groups who meet locally to provide one to one support, giving a vision of life and hope during and after treatment.



**Your gift helps sustain a powerful source of ongoing support and relief for people impacted by prostate cancer.**

# How to leave your gift in your will.



## How to leave your legacy

If you decide to leave a gift in your Will, make sure you speak to your loved ones about your intentions, so you can make sure your wishes will be met.

You should then contact your solicitor or an appropriate legal adviser to make sure your Will is written or updated in the correct format.

You can either include the bequest when you write or update your Will, or add a codicil to your existing Will. If you'd like your gift to support a specific aspect of our work, please get in touch with us so we can make sure this happens.

If you don't have a solicitor Prostate Cancer Foundation of Australia has a selection of Solicitors who offer low costs wills. Please visit

[www.prostate.org.au/gifts-wills](http://www.prostate.org.au/gifts-wills)



## Letting us know about your gift

Leaving a gift in your Will is one of the most thoughtful ways you can support life-changing research and people with prostate cancer.

Your gift is proof of your foresight and commitment, but we understand it is also a private matter. If you wish to let us know, it will help us plan for its use, and prepare to receive it.

Of course, we'd love to share our appreciation for your support. As a Legacy Circle member, you and your family will also be invited to exclusive events, and be kept up to date with our work.

# Choosing the best gift for you.

There are a number of ways you can leave a gift in your Will. We've provided the following suggestions for wording you can include in your Will, which we recommend you discuss with your solicitor or legal adviser.

## TYPES OF BEQUESTS

### Residual bequest

When you leave a portion of your estate as a gift. It's commonly stated as a percentage of your estate residue, or the amount that's left after you've taken care of your loved ones and expenses. As a percentage, it holds its value over time, and automatically adjusts to changes in the value of your estate.

## SUGGESTED WORDING

### Residual bequest

I give and bequeath to Prostate Cancer Foundation of Australia ABN 31 521 774 656 the rest and residue of my Estate for the general purposes of the Foundation including its research, awareness and support programs or other use as the Foundation determines and I declare that the Receipt of its Chief Executive, Treasurer or other authorised officer shall be a complete discharge of this gift.

### Percentage bequest

When you give a percentage of the overall value of your estate. These gifts also allow for growth or depreciation in the value of your estate.

### Percentage bequest

I give and bequeath to Prostate Cancer Foundation of Australia ABN 31 521 774 656 \_\_\_\_\_% of my Estate for the general purposes of the Foundation including its research, awareness and support programs or other use as the Foundation determines and I declare that the Receipt of its Chief Executive, Treasurer or other authorised officer shall be a complete discharge of this gift.

### Specific legacy

Also known as a pecuniary bequest, this is when you specify the exact sum of money you wish to leave. As it's a specific amount, these gifts don't allow for inflation or changes in the value of your estate.

### Specific legacy

I give and bequeath to Prostate Cancer Foundation of Australia ABN 31 521 774 656 ("the Foundation") the sum of \$\_\_\_\_\_ free of any taxes or duties for the general purposes of the Foundation including its research, awareness and support programs or other use as the Foundation determines and I declare that the Receipt of its Chief Executive, Treasurer or other authorised officer shall be a complete discharge of this gift.

### Physical gifts

This can be any non-monetary gift. Common examples include real estate, stocks, bonds, shares, artwork and jewellery.

**If you'd like any help with any aspect of leaving a gift in your Will to Prostate Cancer Foundation of Australia, please contact the Gift in Wills Manager on 1800 220 099 or email [enquiries@pcfa.org.au](mailto:enquiries@pcfa.org.au)**

Prostate Cancer Foundation of Australia only exists because of the support of everyday Australians like you. Every gift is significant. We deeply appreciate your support – it shows your commitment to helping men live their best lives.

# Our promise to you

We know that leaving a gift in your Will to Prostate Cancer Foundation of Australia is a deeply personal decision. That's why we make the following promises to everyone who joins our Legacy Circle:

We recognise that taking care of your loved ones must always take priority, and we're profoundly grateful for any gift you choose to leave.

Your privacy and your wishes will be respected at all times.

You and your family will be given as much choice as possible as to how your gift will be used to help men with prostate cancer live their best lives.

If you let us know that you've left a gift in your Will, we'll make sure that, as a Legacy Club member, you're kept as up to date as you wish to be on all of our work.

We'll use your gift in the most careful and cost effective way, so that it gives as many men as possible the best chance of survival.

You will always have the right to change your mind about any aspect of your gift.

## Be you, at your *best*.

Join the Prostate Cancer Foundation of Australia Legacy Circle and leave a legacy that changes men's lives.



**Contact the Gifts in  
Wills manager**

**P** 1800 220 099

**E** [enquiries@pcfaustralia.org.au](mailto:enquiries@pcfaustralia.org.au)

**W** [www.prostate.org.au/gifts-wills](http://www.prostate.org.au/gifts-wills)