



Summer Gathering on Lake Siskiyou

at the base of Mt Shasta in the Southern Cascades

A Jan Zlotnick Memorial Event

Sunday, July 21 return Friday, July 26, 2024

The Prostate Awareness Foundation will be hosting the annual Summer Prostate Gathering in memory of our dear friend, Jan Zlotnick. Last year's trip was so popular that we decided to go back in 2024! We will be visiting beautiful Lake Siskiyou at the headwaters of the Sacramento River and just outside of the town of Mt Shasta.

We have a great campsite at Lake Siskiyou Resort that will accommodate up to twelve participants. The outing is gourmet car camping at its best, with a variety of outdoor activities. Come join us for the full 5 nights or just part of the outing. *Priority will be given to those staying for the entire trip.* Max. participants: 12.

This Summer 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. This is a great place to relax, get or stay in shape and get away from the cares of the world.

There is plenty to do, including: hikes, both aggressive and easy; swimming; watercraft rentals and exploring the town of Mt Shasta.

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.

My name is Ken Malik, I am the founder and executive director of the Prostate Awareness Foundation (PAF) and this year's group leader. I am also a prostate cancer veteran of 29+ 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.

Activity Options: The weather will be a deciding factor when it comes to the day's activities. Day time temperatures should be in the 80's and 90's. Evening temperatures can go down into the high 40's.

Things to do include: Hiking in Castle Crags, time on Mt Shasta, McCloud River Falls, Castle & Beauty Lakes, Deadfall Lake, exploring the town of Mt Shasta, Black Butte, Mt Eddy summit, hiking around Lake Siskiyou, renting watercraft and just hanging out.

The Campgrounds and our campsite: We have stayed at Lake Siskiyou Resort a number of times. (www.lakesiskiyouresort.com). **The address is 4239 W.A. Barr Rd., Mt Shasta City, CA 96067.** There is a camp store, laundry and hot showers for a price. We will have solar showers available at the campsite. Check in time is after 1pm, checkout by 11am.

Cost: This is a PAF fundraiser and we want to keep the cost per person low. **Your fee is \$150 per night for a total of \$ 750.** You can either pay out of pocket or fundraise or a combination of the two. A fundraising flier will be available both on line and we can send you a supply of hard copies to pass out to friends, family and associates.

Meals: Your fee includes breakfast, dinner and supplies for you to make your own lunches. It does not include trail snacks, alcohol or eating dinner out the last night in camp.

Gear: We will send you a list of suggested gear once you pay your non-refundable deposit of \$150. Some of you may wish to bring a bike.

The goals of the Summer Gathering include: #1: is to have a fun and memorable time. #2: and just as important is to Increase awareness about prostate health issues and how to deal with them pro-actively. #3: Raise critically needed funds for the PAF's ongoing outreach and education programs. You as a participant will take part in all four of the PAF's pro-active focused strategies: A prostate friendly diet, regular exercise, stress management and a zest for life.

Transportation: We encourage carpooling. 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. Can anyone bring a truck or SUV? Please advise.

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 may be tax deductible. Please ask your donor to reference your name on the check memo line or PayPal donation so we can know who to credit.

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

Approval Policy and to Reserve Your Space: All participants will need to have a telephone interview with the Gathering leader, Ken Malik (415-407-3961), to take part in a brief question and answer session to assess fitness levels and to help us with planning the itinerary. You can also send an email inquiry to kamalik@prostateawarenessfoundation.org



www.ProstateAwarenessFoundation.org