



Prostate Cancer  
Foundation  
of Australia

# PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups  
of South Australia and Northern Territory

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

FEBRUARY - MARCH 2009

Volume 2: Number 1

## Smart progress made by new Central chapter

The first meeting of the new chapter was most fruitful, reports PFCA's Paul Redman.

THE first official meeting of the Central Australia Chapter Council was held in Adelaide's Chifley Hotel on January 14, making significant progress in understanding how the council will operate and its responsibilities.

The council elected Bryan Hearn of the McLaren and Districts Group as secretary after amicable discussions with Ian Fisk, who had been elected originally in 2008 but found the workload too much. The Council is still looking for a treasurer. In the meantime, Bryan is acting in this role.

The council unanimously accepted the application for affiliation from the Alice Springs Prostate Cancer Support Group, which has been sent to PCFA for confirmation. Subsequently, Alice Springs group's Murray Neck was asked to join the chapter council and elected unanimously, bringing council membership to nine.

The proposed rules for the

operation of the council, including all future elections, were discussed and adopted unanimously after some minor amendments. This document provides for the smooth and effective running of the council in a democratic and transparent fashion.

Plans to support the initial meeting of a proposed new support group at Murray Bridge were made, with assistance obtained from Karyn Foster for publicity and media materials.

The council will prepare its budget and budgets for all support groups in the chapter and present them at the next council meeting, in the Barossa Valley at the Vine Inn at 10am on March 19.

It was agreed to hold council meetings in various locations where current support groups meet, allowing regular support group members to observe the workings of the council and to make relevant contributions.

Newsletters can also be read online at [www.pcagsa.org.au/pages/supporter.html](http://www.pcagsa.org.au/pages/supporter.html)

### in brief...

**PUBLIC LECTURES:** The Freemasons Foundation Centre for Men's Health is hosting two public lectures hosted by public health expert John B McKinlay PhD: "Is There a Male Andropause? The Medicalisation of Normal Ageing" on February 16 at 4pm, and "Race/Ethnic Disparities in Disease Rates: the Fallacy of Misplaced Concreteness" on February 17 at 3.30pm. For more details keep your eye on the Foundation's website, and for specific details of these events hit the page: [www.adelaide.edu.au/menshealth/docs/5459-Flyer-JMck\\_v5.pdf](http://www.adelaide.edu.au/menshealth/docs/5459-Flyer-JMck_v5.pdf)

**THE IMPACT OF MOVEMBER:** As an example of the extraordinary public support for the national Movember campaign, the Angove Family Winemakers' Movember team, based in South Australia (including brothers and sisters, pictured left), raised more than \$3500 for the Prostate Cancer Foundation and Beyond Blue. The Angove team did this primarily in support of the company's NSW Sales Manager Steliano Cusmiani, who was diagnosed and treated for prostate cancer last year. Thankfully he is out of the woods but this contribution will hopefully help the 18,000 men who will be diagnosed with prostate cancer in Australia this year.



**CONTRIBUTIONS** from all Support Group members to the newsletters are welcome; email items and images to [prostate-news@fosterhill.com.au](mailto:prostate-news@fosterhill.com.au)

The next council meeting will consider growth of the chapter and the development of individual support groups as its main topic.

For a new committee, the depth of discussions and

the good harmony within the members was especially notable. It augurs well for a very successful council – and its goal to grow and expand the chapter to reach all men and families in South Australia and the Northern Territory.

The Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99  
or visit the website [www.prostate.org.au](http://www.prostate.org.au)

**COMING  
EVENTS**

**FEBRUARY MEETING**  
in the upstairs  
meeting room,  
Cancer Council  
SA building, 202  
Greenhill Road,  
Eastwood at 5.30pm  
on Tuesday February  
10. Enter via the back  
stairs.

The Action Group  
will be running an  
information booth at  
the Man Alive! festival  
on the Semaphore  
foreshore lawns on  
Sunday March 15.

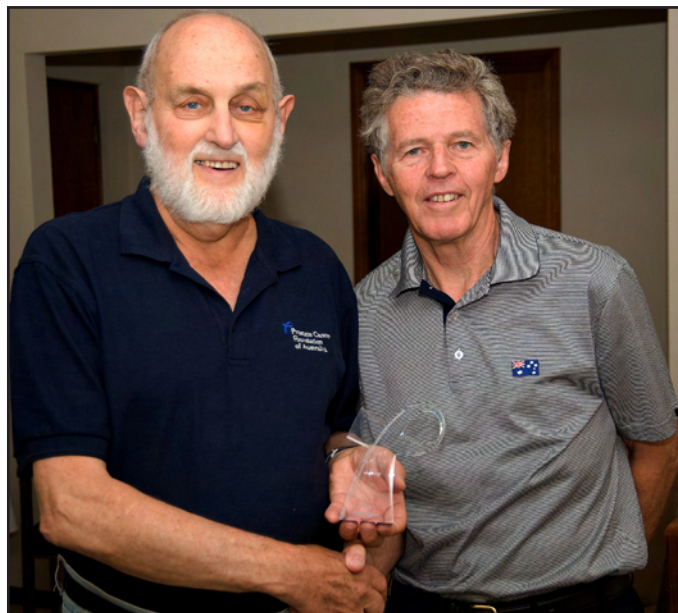
• For more information  
about the Action  
Group, visit the South  
Australian Prostate  
Cancer Action  
Group's dedicated  
website, with detailed  
archives containing its  
newsletters, at [http://  
www.pcagsa.org.au](http://www.pcagsa.org.au)

# Man of Action given fitting recognition

**A stalwart of the Prostate Cancer Action Group has been presented with a national award, as Dean Wall reports.**

**T**O start 2009 on a note of great happiness, it is wonderful to report that Prostate Cancer Action Group member Trevor Hunt was awarded the Max Gardiner Award during the inaugural Prostate Cancer Foundation of Australia National Men's Health Seminar, held at the Royal Pines Resort on the Gold Coast during November. It was one of only three such awards presented at the event.

Unfortunately, Trevor was unable to attend due to ill health, but the award, for service to promoting prostate cancer awareness and recognising his long-standing service, particularly to the PCFA Support and Advocacy



Committee, of which he was a foundation member, was received on his behalf by Jeff

Roberts, and duly presented to Trevor (above, left) on Jeff's return to Adelaide.

## Action Group's Awareness Evening prompts a new group

THE Action Group's final event for 2008 was an Awareness Evening at Murray Bridge, held with the co-operation of the three Masonic Lodges in the area. Keynote speakers were urologist Dr Adrian Porter, and Dr Graham Lyons, who spoke about the role of good diet in the prevention and control of prostate cancer, with particular reference to the role of selenium as a trace nutrient.

Dr Porter's powerpoint presentation was arguably the best and most informative talk on the subject we have seen delivered, even offering those of us who have been involved

for several years pieces of new information and insights into the mechanisms by which the disease spreads.

In addition to the keynote speakers, two of our survivor members shared their own experiences of the disease and their treatment history.

This was the most successful rural awareness evening yet, with almost 170 people in the audience. Special thanks must go to the local Community Health service – especially Janet Chambers, who went out of her way to assist us – and to Peter Robinson of the Masonic Lodge, who previously helped our awareness evenings at

Blackwood, Stirling and Mt Barker. Others from the Masonic Lodge who provided great assistance were Sue and Darryl Pahl, and Tom Haig.

### MURRAY BRIDGE GROUP

AS a direct result of an outstanding response to assessment forms returned from the Murray Bridge Awareness Evening, enough interest was expressed to form a new Prostate Cancer Support Group in the region. An initial meeting has been arranged for Friday February 6 at 10.30am, to be held in the Our Well-Being Place, 108 Swanport Rd, Murray Bridge. Several members from Adelaide

metropolitan support groups and Central Australia Chapter members will be attending.

### NUMBERS NEEDED

UNFORTUNATELY, some Action Group activities have been cancelled due to a lack of numbers. We had been offered a site at the Port Elliot Fleurieu Fair but were unable to come up with the required numbers to run the site. We are still hopeful of attending the Man Alive! festival on the foreshore at Semaphore in March, but will require assistance from any willing member of a support group to attend the event for only a few hours.

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

## COMING EVENTS

## FEBRUARY 16 MEETING:

The Adelaide Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton.

The February 16 meeting is the group's Annual General Meeting with the Election of Officers and general discussion.

Because of the uncertain future of the Adelaide support group, no speakers have yet been organised for meetings in 2009.

• For more information, visit the Adelaide Group's dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org)

# Crisis meeting will decide group's future

**A dire lack of volunteers for office bearers has placed the Adelaide Group in a difficult situation, as Ian Fisk reports.**

AS reported in the November 2008 *Prostate Supporter*, the Adelaide Group urgently requires a new convenor, treasurer and librarian. The group will not be able to continue if these positions are not filled at our meeting on February 16.

If a convenor is not found, perhaps the position could be rotated between two or three individuals, to ensure the group stays afloat.

Coralie Hunt will no longer be able to organise our supper in 2009; her efforts are concentrated on caring for her husband, Trevor. I am sure all the group members wish Trevor all the best. An update on his condition will be given at our February meeting.

Pam Daniel kindly looked after the supper for the November meeting, and has volunteered to do the same for our February meeting, but if the group is to continue a volunteer is required for the rest of 2009.

Thanks go to Arthur and Kathie Seager for their talk on diet, supplements and healthy food and demonstration of a prostate-healthy meal at the November meeting.

Those attending the November meeting were informed of the seriousness of the situation facing the Adelaide Group, though there were no volunteers for any of the vacant executive positions.

It would be a shame if the

first South Australian Prostate Support Group were to fold. So many over the years have devoted tremendous efforts keeping the group going – especially Gerry McCreanor and Reg Mayes.

If anyone wishes to volunteer for a position, ring Ian Fisk on 8296 3350 to discuss any concerns, and please attend the February 16 meeting.

Ian Fisk is willing to stay on as secretary and Pam is willing to continue looking after the name tags.

Finally, thanks to Phil Davis and Arthur Seager for their efforts in the past for the Adelaide Support group – and we wish them good luck with the new Payneham Support Group.

## Opportunities offered to spread the word about prostate cancer

THE Prostate Cancer Foundation of Australia has the opportunity to attend the Combined Rural Traders conference in Adelaide, from February 13 to 15.

The foundation views this as an excellent opportunity to make friends and spread awareness about prostate cancer among the rural and farming community, which represents a very important group of men to reach with our vital men's health message, and to engage in the fight against prostate cancer.

The PCFA would like to have some local representation at the conference, to show support and help run an information stall. The

association would be grateful if any support group members would be willing to work with the PCFA at this event.

If you have any questions or want to confirm your attendance, please contact Melissa Harris, NSW Events Co-ordinator of the PCFA, by email at [mharris@prostate.org.au](mailto:mharris@prostate.org.au) or phone her office on 02 9438 7000 or Freecall 1800 22 00 99.

### MORE NUMBERS NEEDED

THE ACTION Group is looking to host an awareness site at Karoonda in the Murray Mallee region on April 3 and 4, 2009. The group will be looking for volunteers to help in staffing their stall on both days.

Any volunteers should contact Jeff Roberts by phoning 8277 3424.

### PAID VOLUNTEER WORK

A REQUEST has been forwarded via the Action Group for a paid volunteer, received from Jane Tillett, a lecturer at Flinders University.

Jane is looking for a male, aged from 40 to 65 years, with a normal prostate gland. The volunteer will be paid \$75 per hour for a two-to-three hour session, during which medical students will perform DRE's as part of their medical training.

Further details can be obtained from the Action Group's Dean Wall by phoning 8390 3030.

**COMING EVENTS  
FOR 2009****MARCH 4 MEETING:**

Guest speaker will be Loretta McFarlane from the Council On The Ageing, and the subject of her presentation will be Beyond Maturity Blues. This Support Group meeting will be held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday, March 4 at 6.30pm.

**APRIL MEETING:**

The support group's meeting on April 1 will be a Round Robin general discussion evening.

• For more information, visit the City of Onkaparinga Support Group's dedicated website at [www.pcsog.org](http://www.pcsog.org)

• Special thanks are extended to the City of Onkaparinga Support Group sponsors:

- Southern Primary Health Woodcroft
- Port Noarlunga-Christies Beach RSL Sub Branch
- toneraction Christies Beach
- The Original Open Market

– and to all who provide valuable support to our group, especially the **City of Onkaparinga Council**.

# Christmas cheer sets a tone for the new year

**Generous help from many members made the Onkaparinga group 2008 break-up a great success, reports John Shields.**

**T**HE City of Onkaparinga group's end of year barbecue, held at the home of our patron Councillor Artie and his wife Juli Ferguson, was a great success, and we extend a hearty thank you to them on behalf of our members. Thank you to all who attended, and a special welcome once again to our Mayor, Lorraine Rosenberg, and Willunga Lions Club members Bob and Jac Bishop, who always make an effort to attend.

It was a fun day enjoyed by all the members, especially because Juli presented a raft of great interactive games: Word Scramble, Body Parts, People Bingo and Pass the Parcel.

Our raffle offered many prizes for the winners – and Jules Van Kekem still has a bottle of red to collect at our next meeting. Many thanks to those who donated items for the raffle, especially the Willunga Lions Club, which again donated many soft, cuddly prizes.

The barbecue meal was very enjoyable, with the ladies tantalising our tastebuds with great salads. Thanks to Peter Kiley for bringing the meat.

Special mention must be made for Brian Foreman's tremendous effort to make sure we enjoyed a first class barbecue by bringing the huge "Barbie" with him. Thanks go to Brian, Rhonda, and all those who helped make the day a great success.

## Prostate Cancer Awareness Day Shield offered for local football

**THE** City of Onkaparinga Support Group Patron, Councillor Artie Ferguson, has arranged with the South Adelaide Football Club to have a Shield – donated by him and auspiced by The City of Onkaparinga Prostate Cancer Support Group – awarded to the winner of an annual SANFL match between South Adelaide and Sturt.

South's next home match against Sturt, at Hickinbotham Oval, Lovelock Drive, Noarlunga Downs, is on Saturday July 18, and with advertising and support from the City of Onkaparinga Support Group to spread the word about this prostate cancer awareness event, a large crowd can be expected to attend the match.

It is anticipated that the Shield match between these clubs will be at Sturt's home ground in 2010, and back at Noarlunga in 2011, alternating annually.

Artie is also arranging with the PCFA to have a good supply of booklets and other professionally prepared information about Prostate Cancer to be handed out at the match – as raising awareness is the name of OUR game. An update will be in the next newsletter, after the group's February meeting.

### ANDRE RIEU

SEVERAL support group members still have stars in their eyes after attending Andre Rieu's recent concert at AAMI Stadium in Adelaide. We were enthralled by this great entertainer and his hugely talented entourage.

It was a wonderful spectacle – a highlight for me being the homage paid to one of the world's greatest tenors,

Luciano Pavarotti, when the ensemble's three tenors sang Puccini's *Nessun Dorma* – acknowledged by a standing ovation from the audience.

Another outstanding song was from the movie *Titanic* – *My Heart Will Go On*. It was interesting to note that the show's young Australian singer Mirusia Louwerse (of Dutch heritage) recently won the Dame Joan Sutherland Opera singing award.

Mitcham Prostate Cancer Support Group

# Reflecting on our strengths

Reviewing the past year and looking forward to 2009 gives Mitcham chair Terry Harbour an optimistic outlook.

THE past year seemed to go so quickly – a sign of aging, perhaps? – yet the support group saw consistent attendances at meetings, with a few new members.

Through the excellent efforts of Jeff Roberts, who seems to take on myriad roles and responsibilities, the group has been fortunate to listen to some excellent speakers, including Dr Peter Sutherland, Dr Samantha Pillay, Dr Graham Lyons and Dr Lloyd Evans

Equally important, the group has enjoyed good fellowship and support through open discussions, coupled with a welcome cuppa and biscuits at the end of each meeting.

In November, we once again did away with a formal meeting format for a social dinner at the Colonel Light Gardens RSL, which was enjoyed by about 24 participants.

Our first meeting for 2009

## Vale - Ian Anderson

IT IS with deepest regrets that we announce the death of Ian Anderson, who passed away on December 8, 2008.

Ian and his wife Daphne were very early members of the Mitcham Prostate Cancer Support Group, when it was formed in 2005.

We acknowledge the support and fellowship that Ian and Daphne provided to other members in those early days of the group.

The sympathy of all members of the Mitcham Group goes to Daphne and family on this sad occasion. May Ian rest in peace.

is on Thursday February 26, and we have arranged for a viewing of a DVD, followed by general discussion between members on a variety of issues, including our group's intended direction in 2009.

As this meeting is also the Mitcham Group's AGM, office bearers will be elected for the

coming year: chair, deputy chair, secretary, treasurer, liaison/welcoming officer and a promotions officer. It is vitally important that we fill these positions to ensure continued strength as a viable and enthusiastic support group for our members, and for Prostate Cancer Support Groups in general.

## COMING EVENTS

### FEBRUARY 26 MEETING

The first Mitcham Support Group meeting for 2009 will be held on Thursday February 26, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. This meeting is our AGM, which will include election of office bearers, followed by a DVD presentation and general discussion.

• For more information on events and group activities, visit the Mitcham Group's dedicated website at [www.psamitcham.org](http://www.psamitcham.org)

## Group budgets required by new chapter council

Bryan Hearn reports on proceedings from the first Central Australia Chapter Council meeting in January.

AS part of PCFA's efforts to provide financial and administrative support to all Prostate Cancer Support Groups throughout Australia, several new chapters have been formed as the responsible local administrative body in the various states. The Central Australia Chapter, covering the Northern Territory and South Australia, was officially established at the PCFA National Conference in

November 2008, and its council comprises Malcolm Ellis, chairman (Noarlunga Group); Keith Williams, vice chairman (Darwin Group); Bryan Hearn, secretary (McLaren District Group) and council members Terry Harbour and John Baulderstone (Mitcham Group), Jeff Roberts and Dean Wall (Action Group), Murray Neck (Alice Springs Group) and Ian Fisk (Adelaide Group).

The Central Australia

Council met officially for the first time on January 14, and adopted a set of administrative guidelines for the chapter's future management. All member support groups will soon be provided with a copy of these guidelines.

The PCFA has confirmed that financial support will be provided to all support groups following their submission and adoption of a budget. All

groups have been forwarded this information, with an example draft budget and a blank budget submission form for completion and return to the chapter secretary.

This development represents a wonderful opportunity for support groups to obtain financial support that will ensure their ongoing success. Many thanks to those groups that have already submitted their draft budgets, and could those remaining groups please submit their budgets as soon as possible.

## Barossa and Gawler Prostate Cancer Support Group

# Mayor offers new meeting venue

To start 2009 with a special support group dinner function, a special Barossa venue has been organised, as Alan Hall reports.

**A**FTER having previously advised that the first meeting of the Barossa/Gawler Prostate Support Group for 2009 will be held at Alan Hall's home in Angaston, a generous offer from Barossa Mayor Brian Hurn has seen the venue changed to the Barossa Council Chambers in Nuriootpa.

As the meeting on February 17 will include a meal and a presentation from Prostate Cancer Foundation of Australia support groups services officer Paul Redman, it was decided that the council facilities are more appropriate for such a catered function.

The dinner will comprise a

set three-course meal of soup, roast beef with vegetables and chocolate pavlova, prepared by Angaston's Roaring Forties Restaurant.

The meal will be provided at no cost to members. Mayor Hurn has kindly arranged for the facilities to be provided free of charge, and the Prostate Cancer Foundation of Australia will pay for the meal.

A limited amount of liquid refreshment will also be supplied, but you may like to supplement this with some of your own drinks.

The main objective of the evening is to enjoy a social gathering in a relaxed setting.

There will also be some time reserved for formalities after everyone has enjoyed the meal. In addition to Paul Redman, Mayor Hurn will also be present at the meeting.

**6.30pm-7pm:** Gather in the courtyard on the southern side of the Council Chambers. Use parking spaces on the Nuriootpa side of the building rather than those nearest the road.

**7pm:** Move to dining room.

**7pm-8.15pm:** Dinner.

**8.15pm-9pm:** Meeting and discussion.

Group members are welcome to bring friends or acquaintances who have an

### COMING EVENT

#### FEBRUARY MEETING

- The group's first meeting for 2009 will be a dinner meeting at the Barossa Council offices, 43-51 Tanunda Rd, Nuriootpa, from 6.30pm on February 17.

interest in prostate cancer information and the support group, but **it is essential that numbers are confirmed by February 3.**

Please advise Alan Hall by email (jalful2@bigpond.com), by phone (8564 2015), or post to Alan Hall at P.O. Box 395, Angaston, SA, 5353.

## New agenda to bolster Barossa/Gawler group for the new year

Group members Robert Reimann and Alan Hall have discussed possible changes to help steer the future course of the Barossa/Gawler Prostate Support Group, in light of problems that have emerged in recent years:

- Numbers attending meetings have decreased and the introduction of new members has ceased.
- Leadership of the group has been concentrated on too few people, resulting in a work overload and increased stress on the two men who have borne most of this responsibility.
- A radical rethink is required about the way the support group is currently operating, which is characterised by a degree

of formality and a focus on providing information and guest speakers.

- A positive sign was that afternoon meetings introduced last year were very well received.

For 2009, we propose that the support group no longer has a designated meeting place. In fact, we feel that it should no longer have regular meetings, replacing these instead with social gatherings that could comprise a mix of the following:

- Afternoons at members' homes, similar to the function held last year at Margaret and Robert Reimann's home at Greenock – though not with a guest speaker. Staging such events will

be made easy if everyone brings a plate of afternoon tea to share.

- Afternoons at wineries in the region; for instance, Whistler winery now has a couple of resident kangaroos close to its very pleasant outside eating and meeting area. Several wineries provide light snacks, such as cheese plates.
- Visit places of interest, such as Monarto Zoo or the Birdwood Motor Museum.
- Plan to visit the meetings conducted by other support groups in South Australia, which would allow opportunities for all individuals to discuss their treatments and progress with others.

• The support group needs to advertise more widely that it exists to help and support people affected by prostate cancer, with the support for affected individuals being offered through attending our social gatherings, through telephone conversations, and by meetings arranged with individuals from the group.

Some issues associated with the decline in the strength and vitality of support groups will be addressed by Paul Redman at the special dinner meeting in the Barossa Council Chambers on February 17. Members are encouraged to also discuss suggestions expressed in this notice at the meeting.

## Prosper Darwin Prostate Cancer Support Group

### Proposed PCFA changes explained to members

THE Darwin Prostate Cancer Support Group has been a valuable operation for more than a decade, having celebrated its 10th anniversary in September 2008.

It remains a relatively small group with a mailing list of about 45, and usually between 12 to 15 people attending the monthly meetings. Keith Williams has been convenor throughout this group's existence.

As the Darwin group now enjoys inclusion within the new Central Australia Chapter of the PCFA,

it wishes to acknowledge the friendship and support given to us by the Queensland Chapter over many years. We look forward to establishing similar ties with the Central Australia Chapter, now that we have moved affiliation from Queensland to South Australia.

Darwin is proactive in promoting advocacy and awareness in our local community. We have two PCFA Ambassadors and Keith Williams regularly addressing local groups about prostate cancer.

#### COMING EVENT

MONDAY FEBRUARY 9

The Darwin Group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, corner of Smith St and the Esplanade, Darwin, at 7.30pm. Guest Speaker at the meeting on February 9 will be oncologist Dr Mathew George from Royal Darwin Hospital, who will speak on recent developments in cancer treatment.

## McLaren Districts Prostate Cancer Support Group

# Sharing jolly stories provided welcome cheer to end the year

The value of friendship and shared experiences within a support group came to the fore at a memorable Christmas function, as Bryan Hearn reports.

TO conclude a very successful year of support group activities during 2008, the McLaren Districts Prostate Cancer Support Group conducted a most pleasant social gathering at the McLaren Vale & Districts War Memorial Hospital on December 18, with catering provided by the hospital kitchen staff.

It was especially pleasing to see a number of wives in attendance, as well as regular members.

The gathering prompted a lot of entertaining tales to be shared among the group members – and because many members are avid travellers and have visited the same places, many were able to

#### COMING EVENT

THURSDAY FEBRUARY 19

No meeting for the McLaren Districts group was held during January, so the first meeting for 2009 will be in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale, at 7pm on Thursday, February 19. Guest speaker will be local naturopath and herbalist Debra Cooper.

Contact group president Bryan Hearn on 8323 7924 or 0410 539 274, to confirm your attendance and meeting details.

swap tales of similar and often amusing experiences they have enjoyed on the road.

An outstanding contributor to the evening was Keith Gregory, who engrossed us by explaining his "acquaintance" with a ghost-like figure while

working in his small vineyard at Tatachilla several years ago.

Keith said he was initially loathe to mention this "vision" but once he did it turned out that several other locals had seen the same "vision". Discussion

within the local community suggests this apparition was a dairy farmer who once worked the same land. It's thought he might still be out looking for stray cows.

Keith also told of his experience with a stray turkey from the nearby turkey farm, describing in detail how he was trying to "prepare" the turkey for dinner and the difficulties he had holding it – before the even more difficult task of plucking and dressing the bird before cooking.

His description and accompanying actions had us all in fits of laughter – a fitting way for the McLaren Districts group to close 2008 and prepare for even more good shared experiences in 2009.

## Payneham Prostate Cancer Support Group

# New group helps expand the prostate supporter network

**T**HE new Payneham Prostate Cancer Support Group, which aims to help sufferers and survivors in Adelaide's north eastern suburbs, is holding its first meeting in the Payneham RSL Centre, 360 Payneham Rd, Payneham, on Tuesday February 17 at 7pm.

Future meetings will be held every third Tuesday of the month, through to November.

Convenor Phil Davis was diagnosed with prostate cancer in 2005. He is a survivor with side effects after a variety of treatments, but his experiences have helped him realise the limited community support available in Adelaide for men and their loved ones who are affected by prostate cancer.

"During such a difficult time, the experience, understanding and advice that a support group can offer is truly invaluable to anyone who has been affected by a diagnosis of prostate cancer," says Phil.

The Payneham Prostate Cancer Support and Awareness Group will aim to provide both men – and the women who love them – with a friendly and comfortable environment to share their experiences and concerns about prostate cancer, in both a group and a one-on-one environment. It is hoped that regular guest speakers will be organised, offering current, practical and valuable insight and advice on a variety of related issues.

Speaker for the February 17 meeting is Kevin



**Phil Davis (right) meets Thomas Kirk, president and CEO of American prostate cancer support organisation Us TOO, at the National Conference in November.**

O'Shaughnessy, a registered nurse who will speak on his recent research in SA concerning men who have had a prostatectomy. For more

information, phone Phil Davis on 8263 2217 or 0411 181273, oremailclassic100@bigpond.com.au

## Alice Springs Prostate Cancer Support Group

# Great progress after only 12 months of service

**Having celebrated our first year with a Christmas Party, the Alice Springs group is preparing to tackle new challenges, as convenor Murray Neck reports.**

**G**ROUP chairman Tony O'Brien welcomed 40 members and partners to our first social night – a Christmas Party – which also celebrated the Alice Springs group's first year of service.

Tony indicated that the group now has a nucleus of dedicated members and felt confident in tackling new challenges during 2009. These can be achieved by expanding the committee to a larger body, with each member accepting a specific

responsibility. The group's main challenges include:

- Supporting the new Central Australian Chapter.
- Developing a small and experienced group through the ambassador program to assist men with prostate cancer problems.
- Getting the message through to the "Under 55" males via local sporting clubs.
- Establishing regular contact with Tennant Creek, Yulara

and Aboriginal Communities.

- Initiate a program to have regular liaison with local medical providers and other cancer related organisations.
- Plan a community awareness program for the year.
- Expand the distribution of the monthly mailing newsletter.
- Encourage members and partners to attend national and chapter conferences.

The group thanks the South Australian Prostate Cancer

Support Groups for inviting and welcoming the Alice Springs and Darwin groups to join the Central Australian Chapter. Alice Springs' Murray Neck has been elected to the chapter council.

The Alice Springs support group meets on the second Thursday of each month from 6.30pm to 8pm in the conference room of the Central Australian Division of Primary Health Care, Skinner St, Alice Springs.