

Central Australia Chapter



Prostate Cancer Foundation of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

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Blue days in the saddle

Newsletters can also be read online at www.pcagsa.org.au/pages/supporter.html



The Southern Flinders Trail Horse Riding Club is making a big blue statement to help raise awareness of prostate cancer, as club member Shan Daw explains.

SEPTEMBER 24 will be a BLUE Day for Gladstone and prostate cancer awareness, thanks to the Southern Flinders Trail Horse Riding Club.

The riding group has a full book of 40 riders coming from around Australia for its Champagne, Steam & Saddle Trail Ride from Gladstone to Quorn over 10 days – and the first day of the ride at Gladstone and the last day of the ride at

Quorn will be BLUE Days to raise awareness and funds for prostate cancer research.

All the riders on the trail to Quorn will be wearing PCFA T-shirts and the horses will be decked out with blue saddle cloths and ribbons. This will be the first BLUE Day horse ride in Australia.

It is also hoped that up to 60 One-Day Blue Riders will participate. They will travel with the main group of riders

to Laura and have lunch at the North Laura Hotel.

The Southern Flinders Trail Horse Riding Club has been working closely with the National Cancer Research Foundation based in Adelaide in preparation for this event.

The club has designed and printed a very colourful T-shirt, which was launched in June with a media ceremony featuring horses decked in blue travelling along the main

street of Gladstone. These T-shirts are the main fundraiser for this event and are now available for \$20 from Happy Rock Cafe in Gladstone and the Pichi Richi souvenir shop at Quorn.

The 10 sponsors who have underwritten the T-shirts all have their logos printed on the back of the T-shirts. Other businesses are sponsoring and donating to the prostate cancer cause in different ways.

• **CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karynfoster@adam.com.au**

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website www.prostate.org.au

Prostate Cancer Action Group

Wonderful awareness concert

COMING EVENTS

JULY 12 MEETING:

The next meeting of the Prostate Cancer Action Group SA will be held in the upstairs meeting room at the Cancer Council SA, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday, July 12. Entry is via the rear stairway.

- Please make a note on your calendar that the Action Group's August meeting is on August 9.
- The Action Group is always keen to welcome interested people to its meetings, and for them to engage in Action Group activities. If you want to be involved in this vital area of prostate cancer awareness and support, please contact David Merry at djmerry@adam.com.au for more details.

• For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at <http://www.pcagsa.org.au>

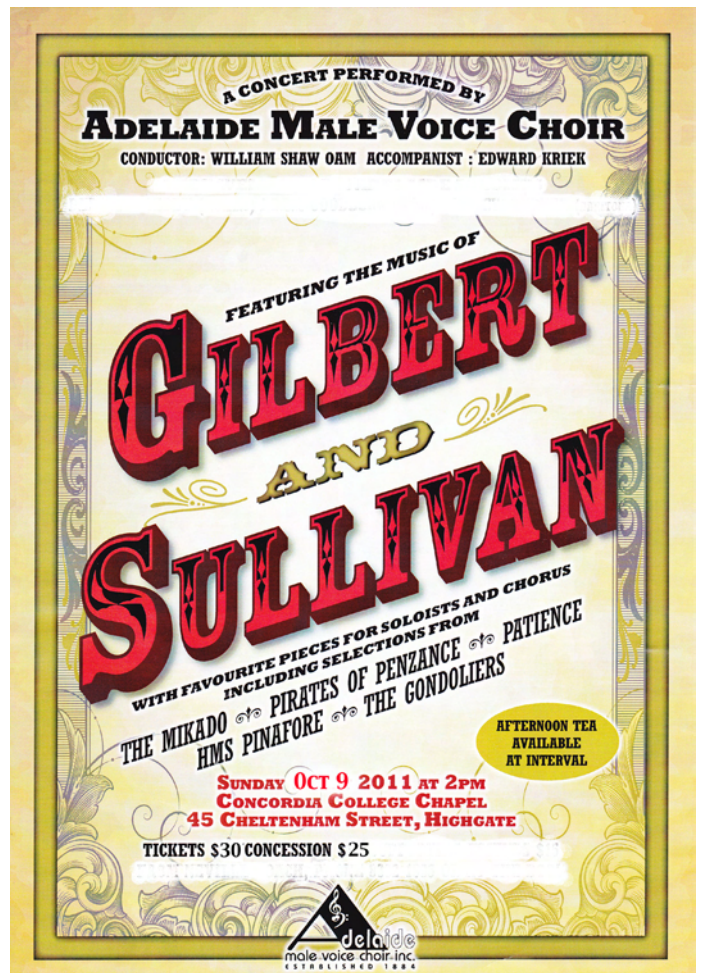
A very generous agreement by the Adelaide Male Voice Choir will bring a new audience to prostate cancer awareness, as Action Group member Jeff Roberts reports.

THE Action Group is delighted to announce that a concert by the Adelaide Male Voice Choir will be raising funds for prostate cancer support groups. The choir will perform this special concert at the Concordia College Chapel in Highgate on Sunday October 9, from 2pm until 4.30pm.

The Adelaide Male Voice choir, founded in 1884 and originally known as the Adelaide English Glee Society, has performed in many venues throughout Adelaide and the metropolitan area, undertaking several trips to country SA and interstate – and was even engaged in stints of ABC broadcasting through radio station 5CL.

The choir's current conductor, Mr William Shaw OAM, took up the position in 1985 and has gradually expanded the choir's repertoire and performance opportunities. Its name also changed in 1986 to the Adelaide Male Voice Choir.

The choir has long maintained a tradition of supporting charities in the local community and further afield. Indeed, the proceeds of the choir's 125th Anniversary Celebration Concert in 2009 were donated to The Freemasons Foundation Centre for Men's Health, which is an innovative partnership between The University of Adelaide and the Freemasons Foundation that promotes life-changing research into ways of improving men's health.



For many years this choir has sung at the Cross of Sacrifice on Anzac Day, accompanied by the Salvation Army's Adelaide Citadel Band.

In concert performances, the choir performs a wide ranging repertoire, including opera and operetta, songs from musicals, religious music, folk songs, spirituals and arrangements of modern popular pieces.

It regularly invites talented young Adelaide soloists to perform at its concerts, enabling them to perform a

range of operatic and popular music works.

For the choir's October concert, the music content will include favourite songs by Gilbert & Sullivan, including selections from *The Mikado*, *Pirates of Penzance* and *HMS Pinafore*.

Tickets are priced at \$30 or \$25 for concession card holders, which is a fantastic price for what will certainly be a marvellous afternoon of entertainment.

McLaren Districts Prostate Cancer Support Group

Discovering chocolate's rich influence on history

There's a sweet story running through almost 3000 years behind why chocolate is such a popular food, as McLaren Districts support group president Bryan Hearn reports.

BAD weather kept numbers down at McLaren Districts Prostate Cancer Support Group's June meeting, but those who did attend enjoyed a very interesting presentation from Peter Collin and his wife Carolyn on the history of chocolate.

Peter and Carolyn have owned and operated The Chocolate Box in the McLaren Vale shopping centre for the past 10 years and are well known to many support group members.

Chocolate was developed by the Incas in 600AD. They harvested cocoa beans and mixed them with various spices to form a drink. They believed this drink provided them with wisdom and power.

Indeed, it is recorded that Montezuma, one of the early Inca leaders, used to drink "50 golden goblets of the chocolate drink a night before visiting his harem".

Cocoa beans were so highly prized that they were also used as a form of currency for trading.

In 1492, Christopher Columbus took cocoa beans back to Spain, where they were developed into various industries.

However, the chocolate of those days had a very bitter taste and it was not until sugar

COMING EVENT THURSDAY JULY 28

- The McLaren Districts group will next meet on **Thursday July 28** at 7pm in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale. Group president Bryan Hearn is in the process of organising a surprise guest speaker – and all will be revealed on the night.



was added to the mixture that this taste problem was resolved.

Incredibly, this secret remained in Spain for about 100 years but eventually got out and the chocolate industry gradually spread around Europe.

The first bar for drinking chocolate was opened in England in 1657 by a group of four Quakers – Fry, Cadbury, Terry and Rowntree – in a bid to counter gin palaces that were prevalent at the time.

However, because chocolate

was so expensive this was something that only the rich could indulge in. In time, the manufacture of chocolate spread from Europe to the US and other countries around the world.

Cocoa beans, known as nibi, are removed from the large cocoa pods and dried – by smoke in US and heat in Australia.

Once dried, the beans are pressed to form a cocoa butter, which is a very healthy oil. This process leaves a residue of cocoa powder, referred to

as mass, and some of the mass is mixed with the oil to form chocolate.

This mixture would not combine with water but a gentleman named Fry developed a process to transform it into solid blocks of dark chocolate by mixing it with an evaporated milk produced by Nestlé.

It is readily accepted now that dark chocolate does have some health benefits, although it is thought that about 100 grams per day is the reasonable limit.

Peter explained how Lindt chocolate gained its smooth texture and how Bourneville chocolate was named after a small stream, the Bourne, which ran adjacent to the company's first factory near Birmingham in England. Peter also read out a very humorous poem he had written about the history of chocolate.

Best of all, our meeting concluded with Carolyn delivering samples of locally-produced milk and dark chocolate to all members for tasting.

Meet the people within the family of Support Groups

Bringing strong support group experience to prostate network

Valuable experience and success with forming health-related support groups led John Shields to become a strident leader within local prostate cancer support groups.

JOHN Shields, chair of the City of Onkaparinga Prostate Cancer Support Group, enjoyed an active and varied working life, from initially working at Sunshine Harvesters in Melbourne, studying management in Melbourne and Adelaide University, and working at Kiwi Co-Operative Dairies in New Zealand, the largest dairy factory in the southern hemisphere.

Most of John's family had moved to New Zealand over the years and when his father became very ill, John also moved across the Tasman Sea to be near his parents and other family members.

Then, after moving back to Australia 10 years later, John worked as a personal care worker at a local residential care facility, helping people who had Alzheimers Disease.

"I was asked by management to start a support group for the families of people who had dementia and were living at home with their carer," says John. "This group ran successfully and as a result I was asked to start another support group for families of people with dementia who were residents in the unit where I worked.

"Perhaps it was meant to be that I ran those groups for some time (and they are still active), because the year after I retired and went to my GP



Onkaparinga support group chair John Shields (back row, centre) with his wife Phyllis (rear row, second from left) at a recent family birthday gathering.

for my annual blood test, it showed that I needed to have a biopsy, which indicated that I had prostate cancer. I was one of the very lucky ones, having agreed to be tested and then had surgery to remove my prostate gland, because the cancer was still confined inside the prostate gland.

"That was eight years ago and the results of my last annual blood test show that prostate cancer is still undetectable. Several other blood tests were done at the same time and my GP complimented me for being in fine health for a man of my age. I sometimes wonder how I would be if I had said no to being tested for prostate cancer back in 2003."

After being diagnosed with prostate cancer, John immediately started looking for a support group and found that there was only one in

Adelaide, at Burnside Hospital. "We attended the next few meetings and I was very impressed with everything that I saw and heard. I was greatly encouraged by the enthusiasm shown by all members.

"On the way home from a meeting I said to my wife Phyllis that I was thinking about starting a support group in Noarlunga, where we live. Phyllis encouraged me and with strong support from our local health service, we had our first meeting at Noarlunga Community Hospital a month before my radical prostatectomy."

As well as being chair of the Onkaparinga support group, John is now treasurer of PCFA Central Australia Chapter Council and enjoys working with a group of men and women who all have the best interests of others at heart, and

are prepared to give their time, energy and experience for the benefit of other people.

More information about the Onkaparinga Support Group can be found on the website www.pcsog.org – and thanks go to Ian Fisk from the Adelaide Group for setting up this website and keeping everything up to date. This support group's name and web address can also be seen on the rear bumper of John's car, providing an excellent and cheap way to advertise a local support group.

Beyond the support group, one of John's interests is singing. "When I was recording some of my favourite songs at a studio in Adelaide 21 years ago, I called into the Richmond Hotel on my way home and met – then later married – my lovely wife Phyllis, who has been a tower of strength throughout my prostate cancer journey. We also worked together at the local residential care facility for about 20 years and I would gladly do it all again.

"I have gained a lot of satisfaction and good friends through my involvement in prostate cancer support and I look forward with confidence to the future as we work together with our members and the other Chapters, and the new PCFA CEO Dr Anthony Lowe, and other new staff members at head office."

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Calling on more participants for crucial new cancer survey

Important research work on prostate cancer patients needs input from more support group members, as Ian Fisk reports.

THE June meeting of the Adelaide support group, held on a very wet and windy night, featured Kevin O'Shaughnessy as guest speaker. After being introduced by Ian Fisk, Kevin gave the group an update on his research into prostate cancer recurrence and then involved the group in a survey development workshop.

The group was told that following initial treatment (including prostatectomy and radiation therapy) the return of cancer has clinical and psychological implications for men diagnosed with prostate cancer.

Kevin also noted that while prostate cancer recurrence has a natural history of disease progression to distant metastasis and death in men, this natural history can be long but variable.

Unfortunately, little is currently known about the relationship between prostate cancer recurrence and psychological symptoms such as empowerment, depression, anxiety, social support and disease progression.

It was explained that it is unclear what the support needs of men faced with recurrent prostate cancer are, or what potential interventions might best help their needs.

Kevin noted that there is even less research on the impact of prostate cancer treatments on men's spouses and loved ones,



Kevin O'Shaughnessy is undertaking research to explore new help options for when cancer returns.

and how this changes their relationships.

Kevin explained that the aim of his study is to identify the needs of men faced with prostate cancer recurrence and their wives and partners, then to develop appropriate support interventions that best meet these needs.

He went on to describe how he has conducted several focus group interviews with prostate cancer survivors and their partners. Kevin explained that he is hoping to conduct a survey that will test the findings of these focus group interviews with a wider audience of prostate group survivors and their families.

After the meeting, Kevin described how delighted he was to have members of the Adelaide Prostate Cancer Support Group contribute to his workshop and to be

involved in testing and piloting sections of his proposed survey – especially on a winter's night when the weather was so miserable.

Kevin is continually looking for more volunteers to participate in his prostate cancer research, especially those men diagnosed with a recurrence of prostate cancer and their partners.

If you would like to participate in the research, Peter "Kevin" O'Shaughnessy can be contacted at the University of South Australia, by email to Kevin. O'Shaughnessy@unisa.edu.au or by mobile phone: 0412 173 617.

There is also a link on the Adelaide support group's own dedicated website – www.psaadelaide.org – to obtain further information about Kevin.

COMING EVENTS

JULY 18 MEETING:

The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, starting at 7pm.

The group's July 18 meeting will feature Luke Bain as guest speaker, from Men's Health SA and Centre Link.

- The Adelaide group's August 15 meeting will feature Stephanie Miller as guest speaker, from Health Consumers Alliance of SA Inc.

- For more information about coming events and a detailed archive of support group activities, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact organiser Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

Prostate Cancer Fundraising Activities

Preparing a Titanic event

A huge event marking the Centenary of the Titanic's maiden voyage next year is already presenting fundraising and awareness opportunities, as Karyn Foster reports.

THE Titanic Centenary fundraiser in 2012, being coordinated by the Balloon Artists and Suppliers Association of Australasia, is offering an immediate awareness opportunity for PCFA support groups.

Called 1912 The Event, to commemorate 100 years since the RMS Titanic sank to the bottom of the Atlantic Ocean on her maiden voyage, the



anniversary dinner will be held at the Adelaide Convention Centre on April 14 next year. This event has been eight years in the planning and is expected to attract 2000 people. It will feature a Guinness World

Record attempt for the world's largest balloon drop with 191,200 balloons.

Margie Monk, SA president of 1912 The Event, has organised a promotional stand to sell tickets for this event in the Jubilee Pavillion during the Royal Adelaide Show, from September 2 to 10. There will be three daily shifts, from 9am to 1pm; 1pm to 5pm and from 5pm to 9pm. Margie has managed to get volunteer

groups for many of these shifts but does need additional help.

Karyn asks that any PCFA support groups that can assist on a shift please phone her on 8231 6339 (leave a message if she is not at the office). Alternatively, email karynfoster@adam.com.au

Showground passes are available but parking cannot be provided. Take the opportunity to do a shift and then spend a day at the Show for free!

ODE TO THE PROBLEMS WE FACE WITH PROSTATE CANCER

Published in the recent Victoria/Tasmania Chapter Prostate Supporter newsletter.

Submitted by Peter of the Bayside Support Group; written by his wife Heather, about Peter's prostate cancer journey.

"It's cancer," said the doctor,
And he didn't bat an eye.
But my insides were battling.
I wished that I could fly.
If I didn't listen to him
As he spouted all this stuff,
Maybe it would go away,
And I could still feel tough.

We took home reams of paper
Filled with articles and such,
About so many different options
Getting it right would take such luck.
Our first thought was get rid of it
I don't want this thing in me!
But then as we read further
They all sounded good to me.

We saw many different doctors
And they all said "My way's best"
But when we wrote all the pros and cons
Only one could pass our test.
Brachytherapy was the way
That we decided to go,
But some of the medicos shook their heads,
"It will not work," they said. No! No!

The best advice we were given
Was whatever you decide is right.
Make up your mind and stick to it

And then be prepared to fight.
We went ahead regardless,
And soon it was time to measure.
I lay there in all my glory
While they fiddled around with my treasure.

"You have a very long prostate," they said
[I guess something had to be long]
With that and other nice comments
I knew I hadn't had the gong.
They poked around for ages!
An invasion was taking place!
But they did it all so nicely
I felt I didn't lose face.

All too soon it was seeding day.
To the Alfred Centre we went
But the doors were shut and the lifts didn't work.
Perhaps the wrong letters were sent?
We found some others who were also lost,
And we formed some scouting teams.
We went left and right and up and down
And we beat their dastardly schemes.

Finally I got into theatre,
And after a nice little nap
I woke up feeling quite comfortable,
Except for the pad in my lap.
I stayed in hospital overnight
cos they said they'd dropped a seed.

Maybe they thought they could catch it
The very next time I weed.

It turned out they were joking,
So I went back home to mend,
Armed with a little tea strainer
And an old fella that wouldn't unbend.
Since then we've worked on this problem,
With a certain amount of success,
And now when he's called on to function,
He stands up straight and says YES!

So what if I need the little blue pill?
The result is just the same.
And I've learned from my Prostate Support Group
There's other ways - if you're game.
At Beaumaris there's a great little group
Of very friendly blokes
We discuss our flows and Willies and Joes
And tell very corny jokes

They and the folk at the Alfred
Help everyone to cope
They should all be given medals
For providing us with hope
It's been 18 months since my journey began
And everything's gone to plan
I guess I really don't have to say
I'M A VERY HAPPY MAN!

Alice Springs Prostate Cancer Support Group

Activities abound for seniors within big national group

The National Seniors group provides much more than just an independent voice for the over-50s age group on political matters, as Murray Neck reports.

Jan Dowson, president of the National Seniors Central Australian branch, was an informative and interesting guest speaker at the Alice Springs support group's June meeting. While this seniors group only reached Alice Springs six years ago, it was inaugurated 35 years ago and now has more than 280,000 members across Australia.

As this seniors group has grown, so has its aims and aspirations. Numbers are sufficient to present a significant voice in Canberra through lobbyists, and the group's buying power provides a wide range of benefits for its members.

A glossy bi-monthly national magazine called *50 Something* provides excellent reading and also updates members on the national scene.

Locally, a monthly newsletter with added regular emails

ensures that everyone is well briefed.

The many and varied activities arranged by National Seniors branches include golf lessons bowling, billiards and darts tournaments, lunches, dinners and guest speakers at monthly meetings.

With the aid of donated laptops and a knowledgeable volunteer computer instructor, members can also be introduced to updated on the latest communications innovations.

Many hobbies can be either introduced or advanced by help from tutors working with the group.

Briefing members on bodily health and nutrition also plays an important part in member's education.

A discount card helps with local purchases, while the cost of insurance and travel can be reduced through their national agencies.

August is National Seniors Month and this year the Alice Springs branch will hold its bi-yearly expo in the council's Andy McNeil meeting room on August 16 and 17. The Alice Springs Prostate Cancer Support Group will again have an information booth present at this expo and have offered an awareness guest speaker.

National Seniors branch discussions include topics such as future dilemmas facing Australia's aging population, the prospect of voluntary euthanasia, and compiling a seniors wish list for the next Federal Budget.

For annual membership fees, of only \$35, Jan maintains that the wide range of benefits provided represents great value.

For further information, Central Australian residents can phone Jan Dowson on 08 8952 3344 or email ckselect@ozemail.com.au or national contact can be made by phoning 1300 765 050 or visit the website www.nationalseniors.com.au

COMING EVENTS

JULY MEETING: The Alice Springs Prostate Cancer Support Group will meet on Thursday July 14 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. The meeting will be a forum at which four members who had varying types of treatment will speak of their journey from diagnosis through to recovery. They will mention problems encountered along the way and, in hindsight, what other treatment option, if any, they would have preferred. This will be of special interest to any member who may be in a "wait-and-see" category.

Barossa Support Group

COMING EVENT JULY 19 MEETING

- The next meeting of the Barossa Valley Prostate Support Group will be held from 2pm to 4pm on Tuesday July 19. The venue has not yet been decided. Please contact group coordinator Don Piro for further information on 8562 3359 or 0419 863 124.
- Please note that meetings are usually scheduled on the 3rd Tuesday of each month at this time and please contact Don at the above number for more information.

Port Pirie Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at the BHAS Bowling Club, Halley St, Port Pirie. For further details, contact group coordinator Allan Manfield on 08 8632 1324.

City of Onkaparinga Prostate Cancer Support Group

Enjoying an informal meal

The value of an informal social gathering for support groups became evident again at an annual mid-year barbecue meal, as Onkaparinga support group chairman John Shields reports.

THE City of Onkaparinga support group held its annual mid-year barbecue at the Willunga Lions Saleyard on Sunday June 5, with invited guests including Onkaparinga Mayor Lorraine Rosenberg, MP for Kingston Amanda Rishworth and Lions President Lou Pfeiffer and his wife Shirley.

We had a very enjoyable day and support group members said they appreciated an opportunity to meet in a less formal and relaxed setting.

A special thank you is extended to everyone who donated prizes for the raffle, which is always popular and raised \$84 for our group.

Thanks also go to Brian and Peter for their work on the barbecue – and especially to Mayor Lorraine Rosenberg for taking care of the onions, which is never an easy job.

Unfortunately this will be the last barbecue held at Willunga as our good friend Brian is finding it difficult to host these events. We understand this, and thank Brian and Rhonda,

for enabling us to have held our barbecue gatherings there for so long.

REVITALISED FLEURIEU CANCER NETWORK

OUR FRIEND Jules at the Fleurieu Cancer Network has asked whether any of our members would like to tell their prostate cancer stories, to help add weight to a new southern suburbs lobbying voice.

FCN is hoping to rebuild and move a step forward, and wants to build a coalition of representatives from various support groups within the Onkaparinga region, to help improve cancer services for Adelaide's southern suburbs.

John Shields will be finding out more about this idea and will bring support group members up to date at future group meetings.

PREPARE FOR ANOTHER BUNNINGS BARBECUE

BUNNINGS will once again be allowing the Onkaparinga Support Group to host a barbecue at Bunnings

Noarlunga Store on Saturday September 3, from 9am to 5pm.

This is the day before Father's Day, which will be very busy as everyone has to walk past the barbecue to enter and leave Bunnings – and the smell of the fried onions proves very hard for most people to resist.

If you can spare some time during the day to assist with the barbecue, we will certainly appreciate your help.

Mayor Lorraine Rosenberg has kindly offered to give her time and energy to take charge of the onions, so now it's up to the rest of the support group to also pitch in and help.

HELPING TO START A NEW SUPPORT GROUP

CENTRAL Australia Chapter Chairman Malcolm Ellis and his wife Beverley, with myself and Phyllis, Bryan and Kay Hearn and John and Dianne Baulderstone, went to Gawler for a meeting on June 22 to help establish a new prostate cancer support group in that town. It was important that we attended, as it showed

COMING EVENT

AUGUST MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, August 3, held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

• For more information, visit the City of Onkaparinga Support Group's website at www.pcsog.org

• Special thanks to our sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, Cartridges Now Christies Beach, The Original Open Market and The City of Onkaparinga Council.**

those who were present that Chapter members have the best interests of the new group at heart and are prepared to support their efforts to get an effective support group up and running quickly.

And now for something completely different ... a touch of humour

• AFTER being married for 44 years, Fred took a careful look at his wife one day and said, "Darling, 44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25-year-old girl. Now, after a lifetime of my

hard work and toil, we have a \$750,000 home, a \$45,000 car, a nice big bed and plasma screen TV, but I'm sleeping with a 65-year-old woman. It seems to me that you're not holding up your side of the bargain."

Fred's wife is a very reasonable and extremely shrewd woman. She told

Fred that he was welcome to go out and find a hot 25-year-old gal to sleep with, and that she would subsequently make sure that Fred would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching that same, crappy little 10-inch black and white TV.

Prosper Darwin Prostate Cancer Support Group

Dealing with loss is a tough task for all support groups

The passing of a beloved support group member is a very sad and reflective time for all his surviving mates, as Prosper Darwin group convenor Keith Williams reports.

JUNE was a challenging month for the Prosper Darwin Prostate Cancer Support Group, as we lost Albert Goodrich, a stalwart and inspirational member of the group for the past five years.

Readers of the Prostate Supporter newsletters will probably remember Albert's appearance in several articles over the past 18 months, detailing aspects of his long cancer journey.

In what I would think was an unusual gesture, Giam Kar, Practice Manager of the NT Radiation Oncology Unit in Darwin, attended the funeral service because, to use his words, "Albert was special. We all loved him and he was an inspiration to everyone at the unit – among both staff and patients."

I was able to say a few words on behalf of the Darwin support group at the funeral, explaining that Albert will be greatly missed but will always remain an inspiration to others on their prostate cancer journey.

Always outward looking to the end, one of the last things that Albert did was to talk with an SA support group member by telephone about his chemotherapy experience. Albert did this from his bed in Darwin's palliative care hospice.



NORTHERN EXPOSURE: Terry Harbour (front left; vice-chair of Mitcham support group and Central Australia Chapter Councillor) and his wife Pat recently enjoyed some time in Darwin with Pat and Keith Williams, as part of the Harbours' wide ranging caravanning trip.

COMING EVENT

The Prosper Darwin support 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.

At about the same time, our support group secretary Graeme was in Adelaide for a major cardiac operation. Thankfully it went very well and Graeme and his wife Chris are back in Darwin, building up gradually for a return to the very full life they usually lead.

The old saying that "it's an ill wind that blows no good" was certainly true for Graeme and Chris, as they

had to leave their mini-ranch on the outskirts of Darwin for several weeks.

However, fortunately for them our Queensland visitors Graham and Cynthia were still in town, and loving Darwin so much they were very happy to stay and mount guard over the property. They may well set an Australian record for the number of guest visits to another prostate cancer support group.

In a further interesting twist, I was contacted by a recently diagnosed bloke, who mentioned that his father (who had died some months previously) had been a member of the Gympie prostate cancer support group. When I mentioned this to Graham, he said that he and Cynthia had attended that man's funeral, yet again proving that it's a small world.

The Darwin support group's June meeting was an informal gathering at our favourite eating rendezvous on the wharf. As anticipated, it was only a small gathering, but was nevertheless a very pleasant evening.

The Darwin Support Group's next meeting – on Monday July 13 – will feature a speaker talking about dealing with depression. I should learn something, I hope.

FOSTERING ENTHUSIASM FOR SPECIALIST NURSES

JILL NAYLOR from the NT Cancer Council recently expressed her interest in becoming a specialist prostate cancer nurse – and I forwarded onto her the details about PCFA's prostate cancer nurse project, which has inspired Jill even further. She now says is looking seriously into the possibility of starting training in the not-too-distant future.

Mitcham Prostate Cancer Support Group

PC confidential – offering support through rapport

Our experiences with prostate cancer are as individual as ourselves – and make compelling stories that help us learn, as Mitcham support group joint-chairman Roland Harris reports.

THE June meeting of the Mitcham support group gave members the opportunity to “tell their story”, according to the format described by Jeff Roberts on Page 5 of the June edition of Prostate Supporter.

To assist members, we printed onto a whiteboard Jeff’s five recommended stages, which were:

- Prior to diagnosis – had you been tested?
- What was your reaction to diagnosis, and your partner’s reaction?
- Were you able to make an informed decision on treatment?
- What was the result of treatment?

COMING EVENT

JULY MEETING

The Mitcham support group’s next meeting will be held on Thursday July 28. The group meets on the fourth Thursday of each month at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. The meeting will feature a presentation by the Arthritis Foundation of South Australia.

- *For more information on events and group activities, visit the Mitcham Group’s dedicated website at www.psamitcham.org*

• What is your current prostate cancer situation?

With this prompting, 12 men managed to condense stories about their prostate cancer journey into the 72 minutes

allotted for this part of the meeting.

The lucky thirteenth volunteer, Graeme, who didn’t have enough time to talk at the June meeting will

be given a spot to tell his story at our next meeting on July 28.

The six ladies present at the meeting declined to comment, but their support throughout our experiences was mentioned by some and greatly valued by all.

This session was, of course, confidential, and it helped us to realise that sensitivity towards another person’s journey is essential to the focus of peer group support.

I recommend that other support groups should hold a similar event that follows this five-stage whiteboard format, to assist men as they present a succinct verbal account of their personal experience.

Gawler Prostate Cancer Support Group

Heralding the start of new support group

Strong numbers of PCFA group members visited Gawler to help a new support group take shape, as Central Australia Chapter Council secretary Bryan Hearn reports.

ON Wednesday June 22, Central Australia Chapter Councilors Malcolm Ellis, John Shields, John Baulderstone and Bryan Hearn and their wives attended a meeting held at the Health Centre in Gawler, to assist with the launch of a new support group.

This gathering was designed as a follow-up event after an encouraging public meeting held earlier this year.

Also in attendance were several

members from the Barossa Prostate Cancer Support Group, as well as members of the local community and representatives from both of the local Rotary clubs in Gawler.

Phil Davis, who had previously been instrumental in creating the Payneham Prostate Cancer Support group, acted as convener of the meeting. He also indicated his willingness to head the proposed new group in Gawler.

All present engaged in healthy and open discussion about how groups should be administered, with many good points being made. It was subsequently resolved that every effort will be made to establish a prostate cancer support group within Gawler as soon as possible.

A PCFA affiliation form was provided to those looking to set up this group, and it is anticipated that the group’s first meeting will take place in the very near future.

Limestone Coast Prostate Cancer Support Group

Pledge for more wine money

Generous financial support from the local winemaking community will continue for the fledgling Limestone Coast support group, as Karyn Foster reports.

HAVING provided a generous \$10,000 donation to PCFA from its 2010 Coonawarra Barrel Series 13 Wine Auction, the Coonawarra Vignerons Association has now confirmed that PCFA will also be the recipients of this year's fundraising auction at the coming event in October – and another large donation cheque can be eagerly anticipated.

The Barrel Series Auction is an annual event falling within the Coonawarra Cabernet Celebrations, with the barrels of wine that are auctioned representing the “best of the best” Coonawarra cabernet from



David and Pam Sandoe, photographed at the NSW/ACT Conference in Canberra earlier this year.

the previous year's vintage. The net proceeds from the highest selling barrel are donated to charity.

PCFA will have a very strong presence in the region for the weekend of festivities in October, as the National Deputy Chair of PCFA David Sandoe OAM and his wife Pam (co-leaders of Sydney Adventists Hospital Prostate Cancer Support Group) have agreed to travel from Sydney, to meet with and address the Limestone Coast support group.

This will include support group chairman Richard Harry and his wife Heather, secretary Jenny Hinze and her husband Graham, with a presentation by David and Pam to the Limestone Coast support group followed by a Q&A session.

Whyalla Support Group

The recently established Whyalla support group meets on the first Tuesday of the month. Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for details.

Murray Bridge Prostate Cancer Support Group

Getting a taste for other parts of the world

MURRAY BRIDGE support group president Trevor Muirhead opened the June meeting with 18 people present, uncluding two new faces – Andrew and Graham.

Trevor reported on the recent Men's Health Day seminar at the Adelaide Entertainment Centre, and because the group's secretary Richard Parsons was recently in hospital, Trevor also asked members to consider volunteering for the position of assistant secretary – which Max Klenke gallantly agreed to do.

COMING EVENT

- The Murray Bridge support group conducts monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- The next group meeting on WEDNESDAY JULY 20 will feature a talk from natroopath Cornelis Van Dalen. As usual, the evening will finish with tea, coffee, biscuits – and some friendly chat.
- Please note that the Murray Bridge support group now has its own postal address. Please send correspondence to: PO Box 880, MURRAY BRIDGE, SA, 5253.

June's guest speaker was Barry Laubsch, a seasoned traveller who talked us through a very interesting trip around Europe. Starting at Dubai we checked out luxury hotels, sand, markets, sand and more sand, before moving on to the Czech

Republic, Georgia, Poland and Germany.

Barry's insight into people, buildings, food and cultures in those countries gave us a great understanding of how people live in other parts of our world. Ron Nance gave a vote of thanks and a gift to Barry.

Members also learned that former group president Ron Lehmann, who went with his wife Bronwyn to Western Australia for three months, took an unexpected early trip – breaking his left arm and injuring his face. We wish him a speedy recovery.

MAJOR PROSTATE CANCER AWARENESS ACTIVITIES IN ADELAIDE

Soccer club scores a goal for prostate cancer awareness

Karyn Foster reports that she learned more about soccer than she ever thought possible by helping to organise an intensive and very successful prostate cancer fundraising event with the enthusiastic Elizabeth Vale Soccer Club.

THE Elizabeth Vale Soccer Club held an amazing fundraiser on July 3, which was advertised in the Messenger newspaper, on the club's facebook page and within the clubhouse in a bid to raise greater awareness for prostate cancer.

Karyn Foster worked for six months with a team of volunteers lead by Michelle Parker from the Elizabeth Vale Soccer Club to bring together this big event.

The match day program started at 11am with City of Playford Mayor Glenn Docherty tossing the coin before the Elizabeth Vale C Team versus Elizabeth Downs C Team kick-off. Other games during the day included the Elizabeth Vale Womens Team versus Flinders Flames, and the Elizabeth Vale B Team versus Elizabeth Downs B Team.

The main event, for which Adelaide United star Marcos Flores tossed the coin to start proceedings, featured Elizabeth Vale A Team versus cross-town rivals Elizabeth Downs A Team, which won the contest. There was even a cute Under-6 match staged for half-time entertainment.

Prostate Cancer Foundation of Australia had an overwhelming presence at the event. A blue strip was created for the boys to wear, two blue balls were purchased for each team to sign and auction after the game – and even the pitch

was marked in blue! A team of 30 club volunteers in blue T-shirts (and some with blue wigs) sold PCFA stick pins and worked the crowd with PCFA donation tins.

Hundreds of gas filled balloons decorated the ground, PCFA signage and flyers were on display in the clubrooms, while children (and quite a few adults) had blue ribbons painted on their faces and arms by a dedicated team of face painters who worked throughout the day.

The 2000 strong crowd were fed by yet another Sausage Sizzle, promoted by SAFM (yes, we are the Sausage Sizzle Kings), and were entertained by a DJ playing throughout the day and into the night. The band Line 39 also played a one-hour set in the evening.

There were raffles and 20 sports memorabilia items auctioned, including a signed a team strip based on the original 1961 Elizabeth Vale outfits. Also auctioned was a signed Elizabeth Downs shirt that was worn on the day.

Official proceedings closed with the presentation of a unique Charity Shield to the winning team, created specially for the day. Most importantly, the event raised more than \$20,000.

PCFA thanks were extended to the wonderful crew at the club, especially Michelle Parker, who worked tirelessly to pull the event together.

RAH Health in Men Toolbox Meeting

Men & Sleep How to deal with shiftwork

Speaker:
Andrew Thornton
Thoracic Medicine
Royal Adelaide Hospital



When:
Friday 22nd July
12pm – 1pm

Who should attend?
Staff and all members of the
general public are invited to attend.

Meetings are held in Room 1:23
Eleanor Harrauld Building Royal Adelaide Hospital
www.rah.sa.gov.au/rahmap

Light refreshments included
RSVP essential
Call Health Promotion on 8222 5193

For more information and bookings

Royal Adelaide Hospital – Health Promotion Unit
Central Northern Adelaide Health Service
North Terrace
Adelaide SA 5000
Telephone: 8222 5193

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THE CONTINUING series of Men's Health Toolbox meetings hosted by the Royal Adelaide Hospital focuses on diverse and significant issues in men's health that are rarely discussed openly by men in our community. The next talk, at noon on Friday July 22, will be delivered by Andrew Thornton on men and their sleep patterns, assessing their problems and especially the difficulties facing shift workers.

If you are interested in attending, RSVP is essential. Please contact Jude Van Kessel from the Health Promotion department of the Royal Adelaide Hospital on 8222 5193 or email Judith.VanKessel@health.sa.gov.au