

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

NOVEMBER 2012

Volume 5: Number 10

Time to grow a Movember moustache

The new slogan of Movember & Sons aims to encourage men across generations to get involved in this year's Movember fundraising and awareness campaign.

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



MOVEMBER is on in earnest – and the Movember organisation's support for Prostate Cancer continues to grow, especially its valuable contribution of funds to provide specialist prostate cancer nurses around Australia.

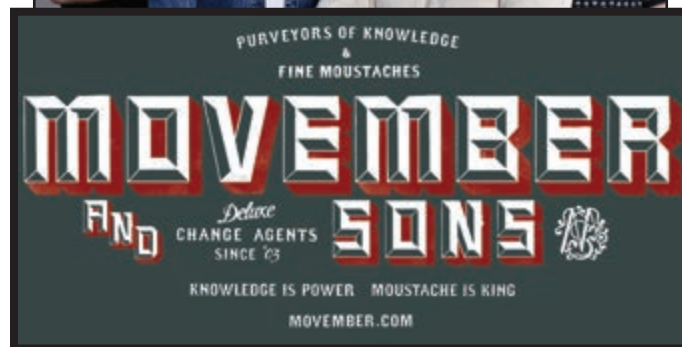
By registering at www.movember.com, guys start on November 1 with a clean-shaven face and for the remainder of the month, these generous Mo Bros groom, trim and wax their way into the annals of fine moustachery. Supported by the women in their lives – the Mo Sistas – Movember participants raise funds by seeking out sponsorship for their Mo growing efforts.

Through doing this, Mo Bros effectively become walking, talking billboards for raising awareness and prompting conversations about men's

health issues – and this year it is hoped that multiple generations will accept the challenge, prompted by the Movember & Sons slogan.

Support for Movember participation continues to grow through the business world as well. Jim's Mowing customers may notice their gardeners are looking a little hairier because more than 1500 Jim's Mowing franchisors across Australia are supporting Movember this year. "We are very excited to announce that we are a corporate partner of Movember for 2012," says Greg Puzzolo, Divisional Manager of Mowing.

Last year, Jim's Mowing raised \$12,000 in their first attempt at a collective fundraising initiative for Movember. "This year, we want to raise more than \$40,000 and we believe we can do this as the majority



of franchisees are pledging just \$20 and franchisors \$50 to kick-start the campaign," Greg said. Jim's Mowing customers can also pledge money through their Jim's franchisee.

• A VERY DIFFERENT and equally valuable fundraising exercise will be hosted by Chateau Tanunda winery in the Barossa, with its Wickets for Wine gala cricket match being held on November 16

and 17. Funds will be donated to PCFA from a gala dinner held on the Friday evening and a celebrity match on the Saturday, featuring former Australian Test player Stuart MacGill. For further details, please phone 8563 3888.

PCFA chairman David Sandoe and his wife Pam will be attending the event, and members of the Barossa Prostate Cancer Support Group also hope to be present.

• CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karyn.foster@pcfa.org.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

Wrapping up a busy year

THE Action Group completes a busy year by staging two Awareness Evenings in November. Jeff Roberts and John Monten (of Yorke and Lower North Health Service) organised a meeting in the **Clare Town Hall** meeting for **November 4**, while David Merry with Vanessa Hickman and John Monten have organised a meeting in the **Yorketown Golf Club** on

Monday November 19. The Action Group and Central Australia Chapter Council are hopeful that new support groups may be formed as an outcome of both these meetings.

We are pleased to learn that PCFA has funded a digital projector, laptop and software for the Riverland Support Group, and look forward to hearing whether our presence

at the September Riverland Field Days resulted in boosting its numbers.

A New Year challenge is to find a western suburbs service club prepared to support us in presenting a Prostate Cancer Awareness Night in that area. This is now a top priority for the Action Group.

Cancer Council SA demographics reveal that this region has the highest

incidence of reported prostate cancer cases in the State.

A booking for a stall site at the 150th annual Mount Pleasant Show in March has also been earmarked, following a rewarding presence this year, with great assistance from Murray Bridge support group members.

THANK YOU DEAN WALL

OUR longest standing active member and past chairman Dean Wall has been forced to retire from the Group through ill health.

Dean's support for the group is legendary. He has also been a most committed Ambassador Speaker. Our members all extend their best wishes and most grateful thanks to Dean and his wife Del for their wise counsel and many years of great service to the Action Group.

COMING EVENTS

NOVEMBER MEETING:
The final meeting for 2012 of the Prostate Cancer Action Group SA will be held in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday, November 13. Entry is via the rear stairway.

• For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at www.pcagsa.org.au or phone David Merry on 8270 2227.

Free Prostate Cancer Awareness Evening



Monday: 19th November 2012

Speaker: Urologist Dr Kim Pese MB(BS Adelaide)
FRACS Urology

Topics: An overview of prostate cancer
Yorke and Lower North Health Services
An overview of community services
Prostate cancer survivors speak about their own experiences
Carer of prostate cancer survivor

Time: 7.00 m – 9.30 pm

Where: Yorketown Golf Club

Contact: Register at– Minlaton Community Health reception on 88533500

All are welcome to attend

The evening is sponsored by Prostate Cancer Foundation of Australia Central Australia Chapter with assistance from Yorke and Lower North Health Services, conducted by Prostate Cancer Action Group (S.A.) Inc.
www.pcagsa.org.au

For more information

Yorke and Lower North Health Services Community Health Minlaton
Phone: (08) 88533500.



McLaren Districts Prostate Cancer Support Group

Strong ambassador speech begins quarterly meetings

The decision by the McLaren Districts support group to change its meetings from monthly to quarterly has been met with enthusiasm and support by people from the southern region, as group member Collin Griffin reports.

THE first of the quarterly support group meetings for the McLaren Districts support group was held on October 25 in the administration building of our local hospital – and was very well attended.



ABOVE: Malcolm Ellis.

Support group chairman Bryan Hearn, who is also the hospital board chairman, was able to fill us in on the hopes of the board as it grapples with the task of trying to run a good community hospital under the constant threat of funding cuts.

Bryan then introduced Malcolm Ellis, who delivered a Men’s Health Ambassador Presentation to the group, and we consider ourselves very privileged to hear and see it. There are more than 130 prostate cancer ambassadors delivering these presentations across Australia and it is their effort and dedication that illustrates the very essence of our prostate cancer support groups.

Malcolm’s presentation highlighted what has been learned and discovered in

dealing with prostate cancer. It began by explaining the reasons and risk factors involved. He has strong personal views and considers that all men over the age of 40 years should have a PSA and digital tests each year. The PSA tests are to measure the antigens in the blood and digital tests indicate physical changes in the prostate.

Many people agree with Malcolm on this matter, but not all doctors will do both tests unless they are specifically asked to do so by the patient.

These tests will indicate whether a visit to a urologist is needed. Malcolm warns that if the urologist orders a

QUARTERLY GROUP MEETINGS

- The McLaren Districts Prostate Cancer Support Group will now conduct its meetings on a quarterly basis, with the next meeting scheduled for **FEBRUARY 2013**.
- For further information, phone support group president Bryan Hearn on 8323 7924. The meetings start at 7pm and are conducted in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

biopsy, it will be a somewhat less than enjoyable experience and receiving an anaesthetic for the procedure would be a good idea.

There are other ways of diagnosing cancer, such as bone scans, CT scans, and magnetic resonance imaging (MRI scans). The main treatment options are radiotherapy, hormone therapy, chemotherapy and surgery. The patient should certainly have a say in the treatment decision and should not be reticent to request a second opinion.

Malcolm spoke of the side effects of the treatment, particularly those of hormone therapy. This was expanded upon by one of our group’s members, who has

unfortunately experienced all of the negative side effects of hormone treatment: loss of libido, hot flushes, low energy levels, depression and loss of strength.

There are things that we can do to aid recovery after treatments. Physical exercise is one solution and attending support groups is another.

One interesting suggestion is to eat more fish – and this is at a time when flathead is \$38 per kilogram! Eating less red meat was another suggestion.

It was a useful and entertaining presentation, and Malcolm was happy to answer questions without trying to blind us with science. We were privileged to have had him with us.

Port Pirie Prostate Cancer 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, phone group coordinator Allan Manfield on 08 8632 1324.

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

Barossa Prostate Cancer Support Group

Busy year of reaching out to the wider community

The Barossa support group concludes a very busy year of activities with an intimate shared meal – reminding us that the core function of a support group is to provide care and support for each other, as support group co-ordinator Don Piro reports.

WE HAVE arrived at that time of the year when we head for a well-deserved break from a busy year of activities and look forward to Christmas with our family, friends and loved ones. It can also be a valuable time for reviewing our progress and planning for the next 12 months.

The Barossa Valley support group had a theme of Reach Out for 2012. We specifically wanted to connect with more men in the community and let them know more about the existence of this support group.

To achieve this, we had several events that took us out into the community, such as hosting an information stand at the Kapunda Farm Fair, and presenting such important guest speakers as MP Bob Such and Dr Denby Steele.

Barossa group members also went along regularly to the new Gawler group's meetings

as they got established and, as chairperson, I was invited to be a guest speaker at times.

Things continue to progress for the Barossa group. We will soon be having our first local barbecue outside a Mitre 10 store, our Christmas gathering will feature Asian cuisine at a member's home (see box at right for details) and we have organised more local print media advertising of our group meetings.

When we review our activities, it's clear to see that we certainly got out and about and increased our community profile during the past year.

However, beyond all this, what I think helps most is making direct contact with men, reaching out to where they are, speaking to them, inviting them, putting them on the mailing list and then contacting them again to see how they are going.

While the support group has grown in size, its capacity to maintain direct contact with all the group members

has remained one of our priorities.

Quite a few of the group have recently not been enjoying good health (and not always related to cancer issues), so it has been great that we contact each other, ring each other often, visit, pop around, offer practical gardening support, transport or whatever else is needed to help each other.

Meetings have involved a lot of business but the main element is always to foster strong contact and support among each other.

We all want to know how everyone is, especially if members are having health concerns, and offer our assistance if there is anything we can do to help each other.

When we have activities and events that require organising and volunteers to help, it was the personal approach that achieved more positive responses.

Not everyone could help at times because of their health, and that was OK. Whatever

COMING EVENTS

- The Barossa Prostate Cancer Support Group's Christmas function will be on Saturday November 24, from 6pm at John Hill's home, 4 Vintage Way, Greenock. We will be enjoying Asian cuisine for our meal. Our special guest speaker will be Australian soldier David Searles, who will share his service experiences in Iraq.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.

help could be given was appreciated.

I would like to thank everyone for their help during our very busy year and I think 2013 will be a quieter year.

Whyalla Prostate Cancer Support Group

- The Whyalla support group meets at 7.30pm on the first Tuesday of each month, in Room 69 of the University of SA campus, Nicolson Ave, Whyalla Norrie.
- Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for more details. Everybody is welcome to attend these meetings – indeed, the wives and partners of group members are an integral part of this group, because any cancer affects the whole family.

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or visit the website www.prostate.org.au

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Huge range of devices to help independent living

Difficulties performing everyday tasks can be made much easier with aids that are easily accessed, as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

THE Adelaide Prostate Cancer Support Group enjoyed a good variety of interesting speakers through 2012 – and the change of meeting location to the community room at the Fullarton Park Centre saved quite a lot of money, proving to be adequate for the numbers that have been attending meetings.

Our October speaker was Jennifer from the Independent Living Centre, which provides free information and advice on equipment to help individuals improve their quality of life and maintain their independence.

The Independent Living Centre is staffed by occupational therapists who give advice about equipment hire, loan and purchase, and techniques to assist with everyday tasks, including:

- Bathroom, toileting and incontinence
- Clothing and dressing
- Household and kitchen equipment
- Building fixtures and design for access
- Lifting, transferring, ramps and hoists
- Seating
- Mobility/walking aids
- Wheelchairs, scooters (gophers) and buggies



Jennifer from the Independent Living Centre showed a range of useful items to help perform tasks more easily.

- Vehicle modifications
- Communication aids and telephone access
- Computer and vocational aids
- Recreation

The centre, located at 11 Blacks Rd, Gilles Plains, has about 6000 different items for the public to browse and try out, with more than 12,000 items in its online catalogue. The centre also provides a free advisory service that travels around South Australia, allowing equipment trials and discussions with an occupational therapist.

Jennifer showed us a small selection of what is available, including a handy bar and swivelled cushion to make it easier getting in and out of vehicles, adjustable shoes (using Velcro), long shoe

horns, a versatile grabbing device to extend your reach, walking sticks, an aid for cleaning between toes, aid for putting socks on, chair lifts, garden trowel and other equipment to help make it easier for people with challenged wrist strength, big handles for keys, two handled cups, jar opener, seal popper, lots of aids for those with sight issues, including phones with large buttons and personal alarms. It was a very interesting meeting.

Our November 19 meeting will be our final for the year. Professor Ross McKinnon, director of Flinders Centre for Innovation in Cancer, will speak to us – and any ideas for next year's meetings will be very welcome. A merry Christmas and happy New Year to all!

COMING EVENTS

NOVEMBER 19 MEETING:

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

The November 19 meeting – which will be the last for 2012 – will feature Professor Ross McKinnon, Director of Flinders Centre for Innovation in Cancer.

• Please note that the Adelaide support group's first meeting in 2013 on February 18 will be our Annual General Meeting.

• For more information and a detailed archive, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or phone Ian Fisk on 8296 3350, or send email to info@psaadelaide.org

Murray Bridge Prostate Cancer Support Group

Great incentive to continue maintaining our brainpower

Working to maintain a healthy and agile brain is a great way to ensure healthy ageing, as Murray Bridge support group secretary Max Klenke reports.

MURRAY Bridge Prostate Cancer Support Group chairman Trevor Muirhead welcomed 24 members to the October meeting (13 apologies were received), along with Wendy Hall, our guest speaker. This was the second time Wendy had addressed our group, and her subject of dementia covered some points from her earlier presentation, and taught us much more.

Wendy explained that a healthy brain helps to ensure healthy ageing.

Heavy alcohol and drug use can increase the risk of dementia, while stress can block brain relaxation and force the brain to work harder. Wendy explained that brain cells can and do regenerate.

Older people have had a lot more living and

experiences than younger folk, and with more in their brain, it takes more searching to find what older people require.

Wendy compares our brain to a filing cabinet, and to recover what we need as we grow older, we need to accept that our mental filing cabinet is much fuller. We may be able to help find things through greater motivation, concentration and organisation.

A brain may think of about 50,000 thoughts a day. Negative thoughts and stress tends to block the brain from working at peak efficiency. After Wendy's talk, numerous questions from group members were addressed.

The chairman also spoke about a recent sub-committee meeting. Our support group is concerned about improving the

quality of the foods we use, and the committee of Trevor Muirhead, Ron Nance, Doris Klenke and Malcolm Piggott have been researching what is generally being done in this area.

Malcolm, in particular, has done a large amount of investigating many aspects of this subject.

This will be addressed by two of our guest speakers in 2013 – Dr Graeme McIntosh on Wednesday March 20, and Dr Graham Lyons on Wednesday, April 17.

We would especially like to thank Julie Marker from Cancer Voices SA and Tina Gibson from Cancer Council SA for helping to secure these guest speakers.

The financial statement supplied by the treasurer

COMING EVENT

• The Murray Bridge support group conducts its monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting – on **WEDNESDAY, NOVEMBER 21** – will include our annual dinner.

• For more information about the group, phone group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

showed a credit balance at October 17 of \$1728.88 due to two Bunnings barbecues contributing \$1011.35.

Winning prostate awareness support from unexpected organisations

• **SUPPORT** for raising prostate cancer awareness continues to grow, and sometimes in unexpected places, such as the Tri State Games – a week-long sporting event that attracts about 300 athletes from disability organisations throughout Victoria, New South Wales and South Australia.

These annual games focus on promoting active participation,

friendly competition and positive social interaction for adults with a disability – and this year's event is being held from November 11 to 16 in the Adelaide Hills, at the Mount Barker Community Centre.

During the week, there are two theme nights for all the participants – and this year, one of the themes is Blue, in support of prostate cancer awareness.

The big supporters of this initiative are SA's Triangle Trekkers, a team with disabilities who are predominantly from Yorke Peninsula competing at the Tri State Games.

There are 17 participants in this team plus eight support staff/volunteers, led by Leanne Jarvis, accommodation manager of Disability Services at Kadina.

Prosper Darwin Prostate Cancer Support Group

Perseverance pays off to secure 'lost' barbecue funds

Sometimes it's not so easy to liaise with other parties in fundraising ventures – although perseverance will often get an ultimate good result, as Prosper Darwin support group facilitator Keith Williams reports.

PROOF of a successful Project Recovery finally occurred during October 2012, when \$806 raised during last year's Bunnings Awareness/Fundraising project at Darwin's Palmerston store was handed over by Bunnings' Nicole Lord (pictured at right).

Modern technology ensured that the money was returned from Bunnings head office to Palmerston, where it sat for a year in the "Don't know what to do with it" basket, until I connected with Nicole, who got it sorted quickly.

It's worth adding that months earlier I was advised by Carla at national office to get receipts, to help us track the money. We started the process with the stores this year and hope to continue refining this process for next year. Thanks to John Shields (Central Australia Chapter Treasurer) for his support in issuing receipts for monies received.

Moving on to much simpler



matters, it is pleasing to report that our prostate cancer presentation to about 20 Qantas staff was very successful.

Following a suggestion from the Qantas organiser (who had contacted PCFA and was told they would be happy to organise the involvement of Darwin's prostate cancer nurse Lachlan Circuit), both Lachlan and I worked out a presentation using his PowerPoint technology and

COMING EVENTS

- The Prosper Darwin support group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, cnr Smith St and the Esplanade, Darwin, at 7.30pm.

- For further information on the group, please phone Keith Williams on 08 8981 4506.

my experiences, both personal and driving the support group.

Lachlan is great to work with, and we handled plenty of thoughtful questions. We were asked to leave behind supplies of brochures for placement in the staff canteen. Another presentation is planned for about six months, to catch a different pool of staff at the airport. Our thanks, again, to the Alice Springs support group linking us to the Qantas people in Darwin.

This experience reinforces that members of support groups have a vital role to play in the areas of prostate cancer awareness and advocacy, and we will continue to be active as appropriate. I look forward

to speaking to and working collaboratively with any Ambassadors as the program becomes activated in the future. A fresh start would be warmly welcomed!

Our October meeting was a relaxed in-house evening. We did have a first-time attendee, who happily shared his story about the early stage of his diagnosis and was very grateful for advice offered.

He even offered to review a stack of recently arrived DVDs for future use, probably as soon as our November meeting. Please note that our December meeting will feature the traditional informal Christmas meal.

Gawler Prostate Cancer Support Group

- **THE** Gawler Prostate Cancer Support and Awareness Group has been formed to support men in the Gawler area diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment.

- **ANYONE** is welcome to attend the Gawler support group meetings, which are held in the conference room at the Gawler Health Service facility (21 Hutchinson Rd, Gawler East, phone 8521 2000) at 7pm on the first Tuesday of each month. The next meeting is on November 6. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

Limestone Coast Prostate Cancer Support Group

Prevailing through the ups and downs of a testing year

The Limestone Coast support group considers its future direction, as 2012 convenor Graham Hinze reflects on the highlights and challenges of a most difficult year.

AS this is the final report for the year – and perhaps my last report before someone else takes over as convenor – I must admit it has been a difficult year for the Limestone Coast support group. We had four different people as secretary for the year, which has not helped me as convenor, as there were other issues besides the support group I had to deal with.

Although numbers have dropped off at our monthly meetings, the most important thing is that the blokes still look forward to the regular morning coffee session once a month, as we all find this is a good time to just sit and have a chat, even if some of us drive a 130km round trip to do so

We had some interesting speakers early in the year, including Dr John Miller and Mark Forster from Angel Flight, and the privilege of hosting David and Pam Sandoe for the second year running. Having some daytime meetings during the winter helped us to add some variation to our group offerings.

Our October meeting was very entertaining – and it was only disappointing that there were not more present to hear our support group member John O'Brien (with his wife Jo to keep him honest with the story) talk about his trip



ABOVE: Graham Hinze (second from left) worked tirelessly to drive interesting events and fundraising for the Limestone Coast support group through 2012.

to Darwin about 15 years ago. This was no ordinary trip, as John collected a bottle of sea water from the Southern Ocean at Port MacDonnell, drove to Darwin with four other men – and a camel – in two vehicles, then John tipped the water into the Timor Sea at Darwin, refilled his bottle and headed home.

So what, you may say – but the catch is that John walked home. His good friend Murray Weston from Coonawarra rode a camel and John walked. They even deviated from the straight highway route; after Katherine they headed down the Victoria Highway, the Buntine Highway to Tanami Mine, Rabbit Flat and along the Tanami Track to Alice Springs. They then crossed over the Stuart Highway and followed the old Ghan Railway track to SA's mid north and headed across to the Murray

River, down through the Murray Mallee and eventually arrived home after five months away. If any group wanted a good speaker to entertain then, I can certainly recommend John (and Jo).

The WIN-TV Golf Day in Mount Gambier was a great success, with early reports of more than \$30,000 being raised. It is interesting that Bill Burley, manager of the Blue Lake Golf Club (where the support group has its regular bloke's cuppas, committee meetings and winter daytime meetings), has proposed a similar golf day for January 20, 2013. Details are still being finalised, so the first report from this group next year should have an account of that day.

It is pleasing to note that through the efforts of Central Australia Chapter, money raised from some of these

COMING EVENTS

DECEMBER 2 MEETING: The next meeting of the Limestone Coast Prostate Cancer Support Group will be on Sunday December 2, from 11.30am to 3pm. Numbers would be appreciated to help with catering: call Graham Hinze on 87372779 or 0408 803 793.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone Graham Hinze.

events can stay in South Australia and go to local projects, and this will certainly help win future support for local fundraising events. It's worth noting that the Chapter may have to guide some groups about how they can retain fundraising money.

By the time this is distributed, we will have had our AGM and look forward to the results of our survey to decide the group's future direction. Next year, I'll continue my effort through the Cancer Council branch to establish a prostate group of some description at Naracoorte.

Alice Springs Prostate Cancer Support Group

A call to exercise more inspires our members

A dynamic guest speaker can provide the necessary motivation to get people moving, as Alice Springs Prostate Cancer Support Group convenor Ian Wagner reports.

THE Alice Springs Group was fortunate to have a very dynamic speaker for its October meeting. Lucinda Coobs, the Healthy Communities Coordinator with Alice Springs Town Council, presented an excellent motivational talk on the benefits of exercise and diet to maintain a healthy life style.

Lucinda is a qualified and accredited exercise leader in physical exercise and oversees a group of instructors who run a range of programs, including:

- Heartmoves: a gentle physical program suitable for anyone who hasn't done exercise in a while.
- Heart Foundation Walking: A Saturday morning walking group for people interested in increasing fitness, and to help reduce cardiovascular disease and other chronic diseases.
- Aquatics: Classes for people with, or at risk of chronic disease or obesity. Aqua classes are a great work out with the comfort and support of water creating resistance without strain on joints.
- Lift for Life: A unique strength training program that makes exercise easy for people with, or at risk



ABOVE: Alan Bruce of Big O Mitre 10 Hardware and Lions Club treasurer Paul Barreau present Ian Wagner with cheque for \$1000.



ABOVE: Lucinda Coobs with Alice Springs Mayor Damien Ryan at the start of a Saturday walk.

of developing a range of chronic conditions.

- Yoga for Breast Cancer.

All of these programs are free and sponsored by Alice Springs Town Council. This National Partnership Agreement on Preventative Health Initiative is funded by the Australian Government – Department of Health & Ageing.

Currently, Alice Springs has 50 weekly classes with more than 1000 registered participants – and as a result of Lucinda's

visit, five support group members have joined various programs.

STRONG RESULTS FROM AWARENESS MONTH

THE Alice Springs Group's September Sausage Sizzle and Information Stand, held in partnership with the Lions Club of Alice Springs at Big O Mitre 10 Hardware, was a huge success.

As a result of two joint-barbecues, the Lions Club presented the Alice Springs Group with a cheque for \$1000.

We sincerely thank the Lions Club and Alan Bruce, General Manager of Mitre 10 Hardware for their ongoing support.

COMING EVENTS

NOVEMBER MEETING: The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday November 8, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs.

- December: Christmas Social Function. Murray Neck is arranging for the Alice Springs Group to have their Christmas Dinner at the Alice Springs Golf Club. Day and date to be advised.

There will be no Group meeting in January. The first meeting for 2013 will be held on Thursday 14th February.

- For more information about the Alice Springs support group – which usually meets on the second Thursday of each month at NT Medicare Local, 5 Skinner St, Alice Springs – phone group chairman Tony O'Brien on 0438 530 366, or convenor Ian Wagner on 0409 534 950.

Prostate Cancer research initiatives

Your opinions are needed

People touched by prostate cancer are being called on to support Cancer Council SA's endeavour to help improve psychosocial support for people affected by cancer.

DESPITE improved survival rates, the diagnosis of cancer remains a major stress trigger for most people. Cancer treatments are often invasive and prolonged, placing significant demands on the person diagnosed, their carers, family and friends.

Cancer Council SA has commissioned a project to help us to improve the provision of psychosocial support services to people affected by cancer and their caregivers in South Australia.

Professor Afaf Girgis from the University of NSW is undertaking this project on behalf of Cancer Council SA.

If you are 18 years or older and have been diagnosed with some form of cancer, or if you are a partner/caregiver of someone diagnosed with cancer (either currently undergoing treatment, or recently bereaved), we would love to hear from you!

Please call this toll-free number 1800 080 322 (or email afaf.girgis@unsw.edu.au or vibeke.hansen@ucr.edu.au) if you would like to participate in a 30-45 minute telephone interview with a health researcher, or to simply obtain more information on this project.

We are keen to hear about your experiences regarding your need for and use of psychosocial support services in relation to cancer.

It will help determine how Cancer Council SA can better meet the needs of people affected by cancer in the future.

edu.au or vibeke.hansen@ucr.edu.au) if you would like to participate in a 30-45 minute telephone interview with a health researcher, or to simply obtain more information on this project.



BARBECUE SUCCESS STORIES

The series of prostate cancer awareness barbecues throughout the month of September has continued to grow and reach new areas of public consciousness. This year's new events included a barbecue at Hilton hosted by Steve Georganas (centre, wearing the prostate blue apron), Federal Member for Hindmarsh, which raised more than \$100.

Mitcham Prostate Cancer Support Group

COMING EVENTS: END-OF-YEAR DINNER, THURSDAY NOVEMBER 22

The Mitcham support group will conduct its annual dinner at Racquets Bistro, 1303 South Rd, St Marys, commencing at 6.30pm sharp on November 22. This is an ideal opportunity for members and partners to mingle over an excellent meal as our final activity in 2012. Ample off-street parking is available. Please phone Roland on 8277 2138 to confirm your attendance by **TUESDAY NOVEMBER 13**.

The support group's October meeting gave members a five-minute opportunity to tell their own prostate cancer stories, and they were then challenged to consider future directions for 2013. The big question beckons: *Are we meeting the needs of our membership and newcomers?* This was a worthwhile conclusion to our 2012 meetings at the Colonel Light Gardens RSL Club, and we extend special thanks to all contributors in this vital discussion.

- **DIARY NOTE FOR 2013:** The Mitcham support 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.

- For more information on events and group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org or phone Terry Harbour (8271 0513) or Roland Harris (8277 2138).

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or visit the website www.prostate.org.au

City of Onkaparinga Prostate Cancer Support Group

Group milestone prompts a reflection on where it began

In celebrating the delivery of its 100th monthly newsletter to its members, Onkaparinga support group chairman John Shields remembers a key event reported at the group's beginning.

GUEST speaker at the City of Onkaparinga Prostate Cancer Support Group meeting in October was Dr David Elder, who gave an excellent explanation of the prostate gland – where it is, what it does and everything that can go wrong with it, including cancer. He also explained the latest treatment options, plus the benefits and possible side effects of each treatment.

Dr Elder took questions during and after the presentation – a consistent feature of his presentations which is very much appreciated by the audience.

NEWSLETTER 100

IT SEEMS such a long time ago that the very first newsletter for the City of Onkaparinga Prostate Cancer Support Group was written – but I believe it's timely to revisit a report in our first newsletter following our attendance at Brian Newell's funeral.

“One man's dream becomes a research reality: Brian Newell passed away on November 7, 2003 and soon after the funeral I received a phone call from Maxine Newell to say that they would have funding available for research, and asked if the money could be

deposited through the City of Onkaparinga Support Group. I explained that the support group had just started and suggested she contact PCFA in Sydney, however she said it was Brian's wish that the money must stay in South Australia. Soon after this, the Brian and Maxine Newell Prostate Cancer Foundation was formed.

At the core of the foundation were profits from a book that Brian produced on The Old Ghan Railway. Two years after being diagnosed with terminal prostate cancer, Brian and Maxine travelled along the Oodnadatta Track in South Australia, following the Old Ghan railway line for several hundred kilometres. Inspired by the landscape and history of the railway, Brian made a striking photographic essay featuring more than 200 stunning images of the Australian outback.

Foundation chairman Terry Crabb, who was guest speaker at our group's December 2004 meeting, gave us the opportunity to see some of the book's photographs and to purchase a book for our library. Profits from the sale of this book went to the Maxine and Brian Newell

Foundation for research into Prostate Cancer.”

The foundation had an immediate impact. Its donations included a \$27,000 cheque to the Cancer Biology Group at the Basil Hetzel Institute For Translational Health Research in Adelaide

Brian and Maxine's friends have continued working to achieve Brian's dream of making an enduring contribution to the fight against prostate cancer. The foundation raised more than \$130,000 for prostate cancer research in South Australia, through selling 5000 copies of Brian's books and a Rail to Rocket fundraiser trip.

“On the 10th anniversary of Brian's book launch we took a trip to relive the steps that Brian and Maxine took when shooting images for the book. Fifty six people joined us and we raised nearly \$20,000,” said Newell Foundation Chairman Terry Crabb.

“I made a promise to Brian before he died that we would sell all of his books and that the money we raised would go exactly where he wanted it; to prostate cancer research in South Australia. Now I can proudly say it's mission accomplished,” he said.

COMING EVENT DECEMBER EVENT:

For the Onkaparinga Support Group's end-of-year get together, in lieu of a December meeting, a shared meal will be enjoyed in the canteen dining area of the Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, at 11.30am on Sunday December 9. It will be a similar event to what the group did in June, with members bringing their own food and staying until about 2.30pm.

- For more information about the group and its activities, visit the City of Onkaparinga Support Group's website at www.pcsog.org, or phone John Shields on 8382 6671, or Malcolm Ellis on 8326 5588.

- Special thanks go to our support group's generous sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.**

FUNDRAISING EVENTS THAT BUILD PROSTATE CANCER AWARENESS

FruChocs add sweetness to SA prostate awareness

SOUTH Australia's largest confectioner, the iconic Robern Menz, will shine a light on Prostate Cancer during November. Packets of Menz Original and GIANT FruChocs will be hitting stores around Adelaide with a new look by donning the Prostate Cancer blue ribbon.

On the heels of such a successful campaign last year, when Menz GIANT FruChocs pack turned blue for the first time to raise money and awareness for Prostate Cancer Foundation of Australia, Robern Menz felt compelled to do it again.

Robern Menz CEO, Phil Sims, says: "We want our consumers to know that not only are they serious about having fun, but they are also serious about men's health. Last year's campaign touched so many people hearts and because feedback from taking this initiative was so positive, I felt we had to do it again."

"By displaying the blue ribbon on our packaging, we're sending out a visual reminder to men and women that it's a good thing to talk about men's health among peers and with a GP. We're saying get tested today."

Robern Menz will donate 30 cents to PCFA from the sale of each specially marked pack of FruChocs. It is anticipated over \$10,000 will be raised from sales.

Channel 9 and Triple M will support Robern Menz with station celebrities – Brenton Ragless, Kym Dillon, Will McDonald, Tom Rehn, Ali Carle, Warren Tredrea, Dale Lewis, John Blake – featured in an advertising campaign over the promotional period, with added help from leading sports stars Dario Vidosic (Socceroos and Adelaide United) and Mitch Creek (Adelaide 36ers).

An additional throng of notable sports, arts and business community supporters include: Former Test cricketer Wayne Phillips, tennis greats Mark Woodforde and Roger Rasheed, former Olympian and 36er Brett

Maher; Fashionista's Trims, Joff & Razak, Liza Emanuel; dance impresario Leigh Warren; Mark Thompson of the Institute of Backyard Studies; Lord Mayor Stephen Yarwood; Douglas Gautier from the Adelaide Festival

Centre; MP Bob Such; car racer Craig Dontas; winemakers Peter Lehmann, Grant Burge and Geoff Merrill; and the entire team from the Sydney Hobart winning yacht Secret Men's Business.



ABOVE: Channel Nine news sports presenter Kym Dillon is one of many SA celebrities featured in the new television commercials promoting FruChocs' Prostate Cancer Awareness campaign.

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