

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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Fundraisers that need our support

Prostate Cancer Foundation of Australia will receive proceeds from several significant events held this month in South Australia – but your support is needed to ensure their success.

ON behalf of PCFA, Karyn Foster attended the local chapter of the Urban Development Institute of Australia's lunch with the Premier of SA, Jay Weatherill. For the first time, UDIA is supporting a charity – and PCFA will be the beneficiary of their bi-monthly lunches for 2012.

PCFA will assist with the UDIA raffle through prizes and hopes to assist with at least one keynote speaker. It's a very blokey bunch of engineers, builders, developers, planners and architects – making it a perfect environment for PCFA to not only raise vital funds but also raise awareness.

• Peter Shearer Menswear is establishing a PCFA fundraising program at its two stores, in Rundle Mall and Jetty Road, Glenelg, so

remember to support our partners when you are out shopping (www.petershearer.com.au).

• The sinking of RMS Titanic in 1912 is very much on the radar this year – with a major charity fundraising event to commemorate the 100th anniversary of the Titanic's tragic voyage being held in April. This event will include a series of multi-level linked activities at the Adelaide Convention Centre. Profits are to benefit PCFA and the National Breast Cancer Foundation.

This big event is being promoted via presentations and displays at various locations, online Facebook and Twitter feeds, plus flyers and posters. Tickets are available through the website www.1912theevent.com

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



Balls4Life Foundation director Scott Matthews has expanded his organisation's PCFA fundraising ability by including website sales of Australian test cricket memorabilia in addition to signed AFL match footballs.

Photo courtesy of Barossa Photo Company

• Karyn Foster needs volunteers for the Boileau VeloAdelaide cycling event supporting PCFA on March 18. Give her a call on 8231 6339 if you can assist on the day – and if you are a cycling enthusiast, remember to register for the ride at www.bikesa.asn.au/BoileauVeloAdelaide or call 8168 9999.

• The Balls4Life Foundation, started by Scott Matthews in a bid to raise funds

and awareness of prostate cancer, has expanded its operation to now include sales of Australian cricket memorabilia from the recent Test series via its website.

Follow the foundation on Facebook and Twitter, and register your interest at www.balls4life.com.au to make a bid on cricket gear or an AFL match ball signed by your favourite players throughout the 2012 football season.

• **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

Mark down a busy list of events in your diary now

It's action stations throughout 2012 with a long list of prostate cancer awareness events needing volunteer help, as David Merry from the Action Group reports.

THE Prostate Cancer Action Group is currently planning for its customary information booth to be present at the Lucindale Field Days this month, signalling the start of a very busy year of prostate cancer awareness activities.

A team of Action Group members will be supported by seven members of the Limestone Coast Prostate Cancer Support Group attending the Lucindale this year to be held on March 16 and 17.

Jeff Roberts has coordinated the Action Group attendance at the Lucindale Field Days for several years and we always receive good support from the crowd that attends this event.

The Action Group has a full year ahead with requests for many awareness nights coming from various communities throughout the State, as well as attendance at rural shows and Field Days.

Our small group will be calling for assistance from the Chapter Council and Support Groups to provide volunteers for each event.

It is a very positive and enriching experience for Prostate Cancer Support Group members to meet men in the community at these events and to discuss their prostate cancer journey and treatment with members of the community who often have



Jeff Roberts (centre) beside the Prostate Cancer Awareness stall at the 2011 Lucindale Field Days.

Photograph: Ian Fisk

been exposed to misguided information, and are usually anxious to discuss their own issues one-to-one.

This provides an opportunity to inform more people about local support groups, or direct them to sources of helpful information they may wish to follow up.

The 2012 Action Group diary features these events:

- Saturday March 3: Mundulla Show.
- Friday March 16, Saturday March 17: Lucindale Field Days.
- Saturday March 17: Mount Pleasant Show.
- Friday March 30, Saturday March 31: Karoonda Farm Fair (with the Murray Bridge Support Group).
- Friday April 20, Saturday April 21: Kapunda Farm Fair (assisting the Barossa Prostate Cancer Support Group).

- Saturday May 5: "The Fit Element" City of Playford (assisted by the Gawler Support Group).

- May Awareness Night at Mount Barker (assisted by the new Mount Barker Prostate Cancer Support Group).

- Monday June 25: Awareness Night, Port Lincoln.

- Wednesday September 19, Thursday September 20: Riverland Field Days at Barmera (assisted by the Riverland Support Group).

We are also working with John Montan, Men's Health Promoter from the Yorke Peninsula and Lower North Health Service, to plan for three presentations in his area later this year.

Dr Dick Wilson, a member of PCFA's South Australian Board and also a director of Australian Rotary Health, has been most helpful in assisting

COMING EVENTS

MARCH 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, March 13.

Entry is via the rear stairway.

New members to Action Group meetings are always welcome.

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

us engage the Rotary Club of Port Lincoln for support to present an Awareness Night in Port Lincoln during June.

Dr Wilson is also working to help the Action Group secure support for an Awareness Night in Adelaide's western suburbs for later in the year.

McLaren Districts Prostate Cancer Support Group

Tips on hobbies that so many of us find relaxing

Having a skillful amateur photographer as guest speaker provided keen interest for group members, as McLaren Districts support group president Bryan Hearn reports.

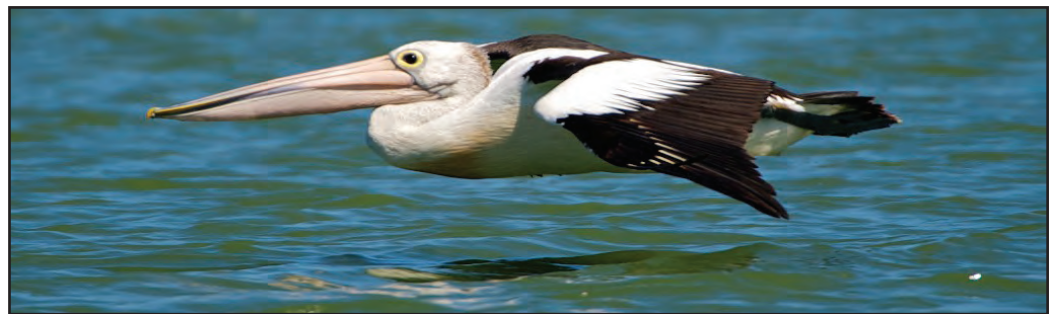
McLaren Districts Prostate Cancer Support Group welcomed its members back to regular meetings on February 23 – and also welcomed guest speaker Colin Cock, who entertained us with his talk on birds of the Fleurieu Peninsula.

Colin is now retired but spent some time as an inspector with the RSPCA. His major passion is photographing birds – something he has been doing for many years, but now has more time in retirement to devote to this hobby by visiting locations for longer periods. He graciously acknowledged the difficulties this often causes for his wife, who remains in full employment.

As a member of the Friends of the Onkaparinga Park group, Colin also spends a lot of time assisting with park re-vegetation projects throughout the Onkaparinga River estuary. These efforts include the regular and ongoing removal of feral olive trees that have infested the area. These are being replaced with native vegetation.

Members also spend considerable time creating walking trails and paths through the park for public use.

Colin presented a lengthy PowerPoint presentation



Capturing images of birds near water is one of the great photography tips shared by McLaren group's guest speaker for February, Colin Cock.

of photographs depicting a wide range of birds of all different types. These had been taken over several years and consisted mainly of birds seen regularly in the Onkaparinga estuary area. It also included some from NT and Queensland, as well as many locations around SA.

More than 120 different varieties of birds can be seen regularly in the Fleurieu area. These range from many types of water birds to owls, hawks and other commonly recognised species.

While Colin has some impressive and expensive camera gear, with especially long lenses, he explains that it is still advisable, where possible, to get within three or four metres from the target bird. This provides a reasonable photograph with fine detail, which can be cropped on a computer so the bird fills the frame.

Colin passed on one useful trick for budding

COMING EVENT

MARCH 22

• The McLaren Districts Prostate Cancer Support Group will conduct its next meeting on **Thursday March 22.**

The meeting will be at 7pm in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

photographers with a similar passion for bird life. He pointed out that birds always find a water hole to drink from, and many of these can be tiny.

He showed us some wonderful photos of birds drinking in a water hole that appeared no bigger than a dinner plate. His tip is to push a stick or large twig in the ground adjacent to or over the top of a water hole. Birds

seeking a drink usually perch on the stick first before having a drink. At this time they are usually looking out for any danger or perils, though while they are on the stick, it provides photographers with a great opportunity for good photos.

In an attempt to attract more birds to any specific location, Colin plays sounds from an MP3 player, on which he had recorded some bird calls. He had not yet incorporated these sounds into his impressive PowerPoint presentation but is working towards that goal.

The passion with which Colin spoke on his topic was obvious – and it was interesting that many of the support group members have similar interests.

Not surprisingly, Colin's question and answer session took quite some time, and group members showed their appreciation by acclamation for Colin at the end of the evening.

Key figures tackling prostate cancer research in Australia

Adelaide researcher wins a crucial international award

Ground-breaking prostate cancer research work being undertaken in Adelaide – which has benefitted significantly from PCFA support – has now won the attention of major US awards program, putting Dr Luke Selth's work on the international map.

DR Luke Selth – working within the Adelaide Prostate Cancer Research Centre, at the University of Adelaide's Hanson Institute Building – has received the prestigious Young Investigator Award from the Prostate Cancer Foundation in America, providing him with exciting career opportunities and vital project support for three years.

This award was created to identify future international leaders in the field of prostate cancer research, ensuring the continued introduction of vibrant, new ideas.

Since the award was established in 2007, only two previous recipients have not been based in the US, making Dr Selth's success a significant landmark for Australian prostate cancer research.



Dr Luke Selth: Winning international recognition for his prostate cancer research projects in Adelaide.

Dr Selth's project is focused on the androgen receptor, which mediates the action of male sex hormones (androgens) that are known to promote metastatic prostate cancer.

The primary treatment for metastatic prostate cancer is androgen deprivation therapy, though unfortunately almost all patients develop resistance to this treatment and their cancer progresses to an

incurable form of the disease, which is termed castration-resistant prostate cancer.

Recent research has revealed that highly active variants of the androgen receptor rather than the normal protein may be the key drivers of this form of cancer.

Dr Selth and his team will investigate how these variants enhance metastasis, and measure their levels in men who have died from prostate cancer to determine how often they are associated with lethal disease.

Dr Selth's findings will provide critical information on mechanisms underlying the development of metastatic prostate cancer – which will be vital in developing effective new drugs and clinical management strategies.

New support group stages its first meeting in Berri

ON February 14, Central Australia Chapter Councillor Malcolm Ellis and former Council secretary Bryan Hearn (with their respective wives, Beverley and Kay) drove to Berri to assist with the launch of a new prostate cancer support group.

This development was the result of a well attended prostate cancer awareness

meeting in Berri last year, stirring the interest of many locals.

The meeting was convened at the Berri Hotel, where 13 members of the public attended with local convener Alan Dand from the local Lions Club. A number of apologies were also received.

Malcolm and Bryan presented details of several

logistical aspects relevant to running a support group, such as financial implications and administration duties.

Other more detailed group organisational aspects included the implication of using hire vehicles as opposed to members' own vehicles, involvement in field days and an overall view of the administrative structure of PCFA, from a national level to

regional support groups.

The meeting elected Alan Dand as the group convener, Rod George as secretary and Wayne Edwards as group treasurer. A venue for regular meetings will be resolved in the near future.

The first formal meeting of the new group will be held on Tuesday, March 13. Contact Alan Dand for more details.

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or visit the website www.prostate.org.au

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Considering how to attract more people to meetings

While numbers at monthly meetings have slipped, the Adelaide support group has decided that is important for this foundation group to continue, as Ian Fisk reports.

THE Adelaide support group's Annual General Meeting in February resulted in no changes in office bearers for 2012. Jeff Roberts and Ian Fisk will continue sharing the convenor position, while Ian will also continue as group secretary, treasurer and librarian. Pam Fisk will continue looking after name tags and Pat Delpin will continue as supper co-ordinator.

Our finances are healthy thanks to the money raised at the Bunnings barbecue during 2011, and due to the reduction in room rent for the smaller Community Room at the Fullarton Park Centre that is now being used for monthly meetings.

This smaller Community Room has proved to be adequate for the numbers that attended the February

meeting, and we would like to thank all people who regularly assist at the meetings, especially with washing dishes and putting out and packing away chairs.

We did not have a guest speaker in February, but one member told how his PSA has gone from 1130 down to 0.05 after treatment.

Jeff Roberts passed on some news about coming Action Group activities, including attendance at the Lucindale Field Days in March and an awareness evening in Port Lincoln during June.

The Adelaide group's future was discussed, as our numbers have been down for a while. Some type of combination or co-operation with the Mitcham group was considered, although it was generally felt that it would be good to continue as the Adelaide group – especially

after all the efforts put in previously by such people as Gerry McCreanor and Reg Mayes to establish this first SA support group.

In an effort to consider more efficient ways to run the group in the future, one member questioned the number of Prostate Supporter newsletters being sent out to people who are not attending meetings.

He then asked whether some should be culled from the mailing list as a means of stimulating more frequent attendance and involvement in support group meeting.

In other planning matters, suggestions were made for future speakers this year. So, the Adelaide group will continue through 2012 – and all readers of Prostate Supporter are always welcome to come to our meetings.

COMING EVENTS

MARCH 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 March 19 meeting will feature a talk by the Hon Bob Such, MP, who is also a PCFA Men's Health Ambassador Speaker.**

• *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

• **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 is on WEDNESDAY, MARCH 21.**

THE Murray Bridge support group held its Annual General Meeting on February 15, attracting a good number of interested participants to hear a president's report from Trevor Muirhead which reflected on the strong list of guest speakers who had made the 2011 meetings so enjoyable and popular.

Office bearers elected for 2012 are: president: Trevor Muirhead; vice president: Ron Nance; secretary: Max Klenke; treasurer: Richard Parsons; auditor: Sandra Burgess; and Doris Klenke has graciously agreed to continue as refreshment organiser.

After the official AGM business was concluded, the assembled members enjoyed an informative presentation from Carolyn Kilpatrick, an audiologist with the Hearing Services Division of Guide Dogs SA/NT. She explained the background and function of the Guide Dogs organisation, and outlined the availability of free services that are made available to people suffering from hearing impediments.

Please remember that the Karoonda Farm Fair is on March 30 and 31, and we intend having an information stand present, so workers are required to volunteer for each day.

Support group news reaches further than you may expect

It pays to get the prostate cancer support and awareness message broadcast as clearly as possible, as Prosper Darwin group convenor Keith Williams reports.

AS I was desperately casting about for ideas to replace a defaulting guest speaker for the Prosper Darwin support group's February meeting (on the morning of the meeting), I was fortunate that the phone rang. It was Gary Howkins, accommodation coordinator for the YWCA, who also manages Barbara James House – Darwin's cancer patient accommodation. He was very keen to plug his cause and readily agreed to come and speak to our group that evening.

Gary gave the group a very positive outline of the YWCA's total accommodation offering, and also pushed quite strongly for our group to switch its meeting venue to Barbara James House, at no cost and with ample facilities.

Gary is in the process of encouraging all relevant groups to use Barbara James House as a common resource. Our group members asked lots of questions but, after Gary had left, decided to remain at Christ Church Cathedral, where we are comfortable and well looked after.

Among business discussed at the February meeting were suggestions for re-drafting



This photo dramatically illustrates the dangers of living in Australia's northern frontier. Recently my nephew called me to our aviary and pointed out this snake, which looked like a deadly taipan. We did the sensible thing and called a professional snake catcher – who emerged from the aviary with what turned out to be a Children's Python. We weren't scared. Honestly.

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.

the front page template of the Prosper Darwin group's own newsletter. This came about because one of our friends who receives the newsletter puts her copy out for her organisation's clients to read – and this attracted two suggestions.

These were to include a short mission statement of the group's purpose, and to make sure appropriate

contact details should be included. I realise that other groups may well be more efficient in these matters, but they hadn't occurred to us as we largely figured this newsletter was an "in-house" publication for only our support group members. It just goes to show how far the reach of our support groups extends, so we have added the following information:

"The Prosper Darwin Support Group exists to be a positive and beneficial experience for families who have to tackle the challenge of Prostate Cancer. We meet on the 2nd Monday of every month in the Harbour Room, Christ Church Cathedral, opposite Parliament House, at 7.30 pm. Contact can be made at any time with Keith Williams on 8981 4506, or Allan McEwan (ah) 8927 9703."

HELP GIVEN – AND HELP RECEIVED

LAST month, I mentioned that a man from Katherine came to Darwin for chemotherapy treatment at the Radiation Oncology Clinic. He appreciated us making contact before and while he is in Darwin (he's staying at Barbara James House), and will come to our next meeting – health permitting, then join the Katherine Group when he returns after treatment is completed. He clearly appreciated the connection.

And in reciprocal care, one of our stalwart couples has gone to Adelaide for knee replacement surgery. Contacts have been set up on behalf of these Adelaide visitors, and hopefully they will be able to attend some support group meetings while they are in Adelaide.

Alice Springs Prostate Cancer Support Group

Preparing ways for the group to move forward

New efforts are being made to spread the prostate cancer awareness message both near and far, as Alice Springs support group convenor Ian Wagner reports.

AS the Alice Springs Prostate Cancer Support group commences its fifth year of service to the community and district, several of the group's unfulfilled projects are nearing their final planning stage.

The Lions Club of Alice Springs has generously donated \$2076 towards a marquee shade, appropriately emblazoned with the support group's name and Prostate Cancer Foundation of Australia logo.

With the addition of new tables, the support group will soon be ready to present an information booth at the fortnightly Todd Mall Sunday Markets. Overtures have been made to the local Breast Cancer Group to join us at these events.

While we don't yet expect to establish a support group in Tennant Creek (the total population is 3000, of whom 60 per cent are indigenous), we have found a local contact interested in assisting with arrangements for a visit by our group to make a prostate cancer awareness presentation.

In February, the support group's monthly meeting was attended by 15 members. Together we reviewed the previous four years'



Alice Springs support group member Morgan Flint is pictured doing his best impersonation of RMS Titanic's Captain Edward J Smith, to help promote an April fundraiser titled "Titanic in the Desert Dinner" on behalf of the Desert Sports Foundation.

achievements, discussed our community awareness program and concluded the meeting with a forum.

We also learned that the 40-year-old son of a group member living in the UK is progressing well after a prostatectomy.

This is the same pleasing result that another older new member to the group has reported to us after his recent surgery – and he believes that his dedicated persistence with pelvic floor exercises has resulted in only minor continence problems.

Alice Springs support group

secretary Morgan Flint recently underwent a bone scan, but did not receive good news and is about to commence chemotherapy treatment.

Morgan's inspirational zest for life and positive attitude will surely serve him well in his recovery.

As an example of this rousing spirit, in April Morgan will be posing as the RMS Titanic's Captain Edward J Smith to head a fundraiser titled "Titanic in the Desert Dinner", being conducted on behalf of the Desert Sports Foundation.

We wish Morgan well through his treatment.

COMING EVENTS

MARCH MEETING:

The Alice Springs Prostate Cancer Support Group will meet on Thursday March 8 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs. The guest speaker will be Alice Springs massage therapist and trainer Toni-Maree (TM) Carter.

APRIL 3 MEETING

The support group's scheduled April meeting will now be conducted on a different date – Tuesday, April 3 – to accommodate a presentation by visiting radiation oncologist Dr Sid Baxi, from the Alan Walker Cancer Care Centre in Darwin. This meeting will be held in the support group's usual meeting place – the conference room of General Practice Network NT, Skinner St, Alice Springs, from 6.30pm to 8pm.

Limestone Coast Prostate Cancer Support Group

More Coonawarra support

The Limestone Coast group is providing great support activities for its members – and winning fantastic financial support from generous local organisations, as Richard Harry reports.

FEBRUARY proved to be a bit quieter for the Limestone Coast support group than the past three months, although there was still plenty happening – including cooking a barbecue for a promotion day at Landmark in Mount Gambier.

The group is also assisting in preparations for the Relay for Life, with many of our members taking part in the official Survivor/Carer walk.

The most recent men's morning cuppa gathering was well attended and the group is looking at also organising a get together on the Glenelg River – a fishing day that will

hopefully have us taking a good catch home for dinner! We are grateful to Angelo for offering his river-side shack as a base for this gathering.

The Women's Secret Business afternoon tea was also well attended, with discussion revolving around "who cares for the carer", reinforcing the value of our ladies getting together.

One of our members, Doug, has donated 60kg of beef to be raffled, comprising three prizes of meat that is cut up and packaged.

Tickets are available from Limestone Coast support group members and the raffle

will be drawn at the Lucindale field days on March 17, when several group members will also be helping the Prostate Cancer Action Group at the information stall.

There is some wonderful news from the Coonawarra Vignerons Association, which has again agreed to donate \$10,000 to PCFA from its Coonawarra Cabernet Festival celebrations. This is a wonderful gesture and appears to have come about due to Karyn Foster's initiative and our efforts to thank the CVA for their previous donation.

David and Pam Sandoe are planning a visit to the

COMING EVENTS

The Limestone Coast Prostate Cancer Support Group will hold its next meeting at 7.30pm on **Thursday March 29 (please note this change of date)** at Grant District Council Office, Commercial St West, Mount Gambier.

- Guest speaker will be Adelaide urologist Dr John Miller, who has agreed to address the group while he is in Mount Gambier.

Limestone Coast region later this year, so we hope to be able to co-ordinate the presentation of these funds to PCFA at the same time.

Port Pirie Prostate Cancer Support Group

Emergency service

PORT Pirie Prostate Cancer Support Group was recently addressed by Steven Cantell of SA Ambulance, who explained how the service operates and some recent important changes.

Steven is based at Port Pirie and services the surrounding area, although Port Pirie no longer has its own call centre.

Calls placed to 000 go straight to the SA Ambulance call centre at Eastwood, where several operators attend to calls and use the Medical Priority Dispatch System which helps determine what type of response is required,

such as a single person rapid responder on a motorcycle, or perhaps an ambulance plus police, fire brigade and even an SES crew for a vehicle accident.

Operators ask questions such as the address, phone number, and name of the caller, name of the patient, nature of the problem and condition of the patient. There can be 40 to 50 questions that some callers may find frustrating, although an ambulance is probably dispatched within 10 seconds after the start of the call. There can be countless possible medical outcomes to situations, so careful screening



Port Pirie support group's Robert and Judy Mudge with Steven Cantell of SA ambulance.

questions are important. If a patient needs to be transferred to Adelaide, the Port Pirie ambulance is usually met at Port Wakefield by an Adelaide ambulance. This ensures that the Port Pirie ambulance is not beyond its home area for too long. A helicopter from Adelaide may even bring a retrieval team, comprising a

doctor and registered nurse, to stabilise and transport the patient to Adelaide.

If transport by ambulance is dealing with life-threatening or serious situations, the service is provided free, but for lesser priority matters a bill may be sent (most are covered by private health funds).

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

Port Pirie Prostate Cancer Support Group

Learning a lot from men on different cancer treks

The Port Pirie support group has benefitted greatly from hearing two guest speakers who have endured very different prostate cancer journeys, as Richard Kruger reports.

THE Port Pirie Prostate Cancer Support Group was privileged to recently hear presentations from two members, telling of their journeys with prostate cancer.

Dave Amery, who was previously a school headmaster and is now an Anglican priest, was in Darwin when he took a PSA test. The result was only 3.1 but his GP insisted a follow-up DRE, which was negative.

Although he was no great fan of the tests, Dave was fortunate that he had a persistent and determined GP who then ordered a biopsy – and after all the previous results, Dave was surprised that 50 per cent of the samples were cancerous.

After conducting a lot of his own research, Dave decided to have a robotic prostatectomy in Melbourne, where he had family support. Within days he was booked in to the Box Hill Hospital where his cancerous prostate was removed.

However, soon he was in agony after suffering an infection from his catheter. He raced back to the hospital and a new catheter was installed,



Guest speakers Dave Amery and John Rowe after addressing the Port Pirie support group.

much to his relief. This workaholic priest proceeded to travel to Drouin in western Gippsland and performed a baptism with a catheter bag strapped to his leg. Now working in Port Pirie, his life after the prostate removal continues to improve.

John Rowe, also a retired headmaster, thought he was fit as a bull, yet found himself in the waiting room of Adelaide urologist Richard Wells – and his biopsy was quite revealing.

A Da Vinci robotic prostatectomy was scheduled, yet John needed affirmation from people who had travelled the same road. His operation

went well (no catheter problems) but continence became an issue, requiring five pads a day.

He found that time alone would not be the great healer, but instead a marvelous cuff device strangled the urethra, except when the user elected to urinate.

A reservoir of saline solution in a small bladder-like container is activated by a pump inserted in the scrotum, then the cuff gradually closes and urination stops. If the bladder is not yet empty, the cuff can be activated again. John is delighted with the result and says he can go

COMING EVENTS

- The Port Pirie Prostate Cancer Support Group conducts its 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 support group coordinator Allan Manfield on 08 8632 1324.

through a day without any problems.

It was great for the support group members to have first-hand feedback from people who have experienced post-operative difficulties and found solutions.

It also reminded us that Port Pirie support group coordinator Allan Manfield and nurse Nicola Champion have a knack of finding relevant and diverse guest speakers.

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

These are actual reports from British newspapers:

- A young girl who was blown out to sea on a set of inflatable teeth was rescued by a man on an inflatable

lobster. A coast guard spokesman commented, "This sort of thing is all too common". (The Times)

- Irish police are being handicapped in their search for a stolen van,

because they cannot issue a description. It is a Special Branch vehicle and they don't want the public to know what it looks like. (The Guardian)

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Mitcham Prostate Cancer Support Group

AGM concludes - without any leadership challenge

Not every Australian organisation has troublesome leadership issues – as Mitcham support group joint-chairman Roland Harris happily reports after the recent successful group AGM.

THE Mitcham Prostate Cancer Support Group held its Annual General Meeting on February 23, and a continued strong commitment from the group's 2011 office bearers provided an encouraging start to 2012.

Our only real challenge proved to be with numbers on the night, with only 14 members attending, although 10 apologies were received.

The very good news was that the meeting attracted three new men – Ralph, Dennis and Bruce, who were warmly welcomed.

We hope and expect that attendance will swell in March, because an exciting year awaits.

The new airconditioning installed in the RSL hall where we conduct our meetings was most welcome on the warm February evening of our AGM, as Jeff conducted the election of officers for 2012. The appointments are as follows:

- Joint Chairmen: Terry Harbour and Roland Harris. Terry will again be handling

COMING EVENT MARCH MEETING

The Mitcham support group's first meeting for 2012 will be on Thursday, March 22, and guest speaker will be Kevin O'Shaughnessy, lecturer from the School of Nursing and Midwifery at UniSA. 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.

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

the administrative side of the group, which fits in with his existing duties at the Central Australia Chapter and new National Support Group Committee. He also chairs monthly meetings if Roland is absent.

- Treasurer/projectionist/co-librarian: John Baulderstone.

- Minutes secretary: Graeme Bradley.

- Meeting welcome officer/co-librarian: Dianne Baulderstone.

- Caterer: Theban Roberts and friends.

- Speakers and Promotions: Jeff Roberts. This position has been quietly handled by Jeff, our group's "founding father", for almost seven years. After he described the duties involved, he was formally elected by the membership to continue this vital work.

All office bearers were elected unopposed, as often happens in voluntary organisations.

Once the AGM component of the meeting had been smoothly concluded, the membership voted to

increase our annual rent to the RSL, in appreciation of the improved amenities and inclusion of insurance cover for our library cupboard.

Jeff then told us about some of the speakers lined up for meetings this year, and we were treated to two excellent segments of a DVD titled *Men's Business Revealed*.

These segments featured Dr Phillip Katelaris from the Prostate Cancer Rehabilitation Centre in Sydney, who spoke for 28 minutes, and prostate cancer survivor David Sandoe OAM (current national deputy chairman of PCFA), who spoke for eight minutes.

Both men gave a clearly delivered and concise presentations about the two post-operative "I" words facing a prostate cancer patient – incontinence and impotence – and emphasised the importance of support groups to provide help.

I believe this PCFA-endorsed DVD is required viewing for all support groups, especially the two segments mentioned above.

WHYALLA PROSTATE CANCER SUPPORT GROUP

The Whyalla support group meets at 7pm 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

City of Onkaparinga Prostate Cancer Support Group

Calling on willing helpers prepared to take official roles

The crucial matter of succession plans for support organisation office bearers demands immediate attention, as Onkaparinga support group chairman John Shields reports.

ALTHOUGH we were few in number, the City of Onkaparinga support group had a very enjoyable meeting in February, with everyone happy to share stories of their prostate cancer journey and talk about their general health.

Malcolm spoke to the group about his recent retirement as Central Australia Chapter chairman, but voiced his strong desire to continue using the knowledge and experience that he has gained for the benefit of all existing support groups – and especially new groups that are forming.

Malcolm and Council deputy treasurer John Shields each have one more year to serve on the Council, yet do not have anyone learning how to take over their current roles. If

you are interested in learning with the view to take over treasurer duties next year, John will be happy to work with you and explain details of the financial reports. If you live in the metropolitan area, phone John on 8382 6671 or contact Chapter chairman Terry Harbour on 8271 0513 (mobile 0429 012 700) or email harbour@adam.com.au

NEW NAME FOR CANCER FRIENDSHIP GROUP

THE MEETING of the Fleurieu Cancer Network's Friendship Group at Christie Downs Community House was held on February 16 with about 14 people in attendance. The new name for this group is The Southern Cancer Club and its next meeting is on Thursday March 15, from 1pm to 3pm.

We extend thanks to FCN chairman Artie Ferguson for providing our support group with copies of FCN's My Diary. These books are a great help in keeping a complete record of every aspect of our cancer journey.

FCN is also seeking people's stories of their cancer journey to help produce a DVD and booklet.

Patients, survivors, family members, friends and carers are invited to write their story (about 500 words) by mid-March. If you know anyone willing to help – or are comfortable and willing to feature on the DVD – organiser Jules Ferguson will be happy to hear from you. Jules can be contacted by phoning 8186 0048, or through the FCN website: www.fcन.org.au

COMING EVENT

APRIL 4 MEETING:

The City of Onkaparinga Prostate Cancer Support Group will hold its next meeting at 6.30pm on Wednesday, April 4 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 go to our support group's generous 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.**

Barossa Prostate Cancer Support Group

THE Barossa support group had its first meeting for 2012 in February and enjoyed great participation with 10 members attending. It was great to see new faces, many of the regulars and also some returning after a bit of a break.

It was good to resume the essential "support" function of our group as we shared our stories, heard new ones and recognised the many struggles each person has on their cancer journey.

The meeting looked at its 2012 calendar of events, so the whole group

could obtain a clear picture of what is happening for us in the Barossa over the next 12 months.

The big event for us is the Kapunda Farm Fair on Friday April 20 and Saturday April 21. The group has committed its presence at the fair and will present a display stand on both days. We would love to welcome anyone who can spend some time with us on each of the days, to help share the load.

The group also discussed our plans and objectives, and we decided to

continue with the theme of "reaching out" to the community, with regular advertising. We aim to plan an event for Men's Health Week in June, continue supporting the Gawler group, attend the annual conference and maybe do some activities for Movember.

The Barossa support group meets on the third Tuesday of each month and will be sharing the venues around at different members' homes. For further information, phone Barossa Prostate Cancer Support Group co-ordinator Don Piro on 8562 3359.

BIG NATIONAL PCFA FUNDRAISING AND AWARENESS EVENT

Fishing for big support

FOR the fourth consecutive year, Pirtek is hosting Australia's biggest national fishing competition to help raise funds and awareness for fighting prostate cancer.

On Sunday April 15, the Pirtek Fishing Challenge will aim to attract 6000 competitors – resulting in potential \$120,000 donation to PCFA.

Stephen Dutton, group general manager of Pirtek Fluid Systems, says the company is delighted that this fun-filled family event has proved to be so popular and successful.

"After last year's Challenge, we were delighted to hand over a cheque for \$80,000 to PCFA," he says. "This year, we want to contribute even more."

The Pirtek Fishing Challenge has attracted strong continued support from a raft of associate sponsors – Evinrude, Lowrance, Berkley, Roman Camping and BCF – with the introduction this year of additional support from Ocean Kayak and BLA, presenting a non-boating category for anglers fishing from either a canoe, kayak or from the shore.

"Fishing from kayaks and canoes has risen in popularity over the last few years, giving Ocean Kayak a great opportunity to support the Challenge and showcase their exciting watercraft and accessories," says Mr Dutton.

This year's event is expected to attract increasing numbers of participants, especially due to more than \$130,000 being offered in cash and prizes.

Registration can be done online at www.pirtekfishingchallenge.com.au (each participant receives a Pirtek hat and brag mat) and every \$20 entry fee goes directly to PCFA.

The competition, held between 6am and 6pm on Sunday, April 15, challenges all competitors to catch their State's target species, photograph the fish on the Pirtek brag mat with their registered angler number, send the photo to the website, then release the fish. Each State's target species will be revealed on the challenge website after 6pm the previous day.

AUSTRALIA'S **BIGGEST** NATIONAL FISHING COMPETITION Fight a Fish to Fight Prostate Cancer



PIRTEK Fishing Challenge

just **\$20** to enter **\$130,000** IN CASH & PRIZES

100% of Entry Fees go directly to the Prostate Cancer Foundation of Australia

WHEN: SUNDAY 15 APRIL 2012
WHERE: RIGHT ACROSS AUSTRALIA

By simply registering you go in the draw to WIN...

- Evinrude E-TEC 75hp outboard ...valued at \$13,138!**
- Ocean Kayak Prowler Pack Prowler Ultra 4.3, FishFinder, Bladepro vest & Carlisle Paddle ...valued at \$4,400!**
- Fish the Challenge with ET and Guesty! (inc. flights & accommodation for two to Lake Macquarie)**
- Berkley fishing Gear and Lowrance Electronics ...valued at \$4,200!**
- \$1500 BCF Spending Spree!**

To enter log onto pirtekfishingchallenge.com.au



For full terms, conditions and licensing log on to pirtekfishingchallenge.com.au. Permit Nos: ACT Permit Nos TP 11/05320 TP 11/05318; NSW Permit LTPS/12/00031; SA Permit No T11/2826; VIC Permit No 11/2862.

There are 17 target species nationally, with prize packs for first, second and third longest fish caught in each category. Anglers aged under 16 win special prizes for each target species.

A \$4000 prize will also be awarded in each of 17 target species for the fish closest to the Mystery Length designated by the organisers.

Every registered competitor in the Pirtek Fishing Challenge will also enter a draw to win one of five great prizes.; an Evinrude E-tec 75hp outboard engine.; an Ocean Kayak Prowler Ultra 4.3 with combo fish finder; vest and paddle; a Lowrance HDS-8m Gen2 Multifunction Chartplotter; Berkley tackle pack, or \$1500 BCF gift voucher.

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