

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

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## Mt Gambier golf day to support PCFA

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

PROSTATE Cancer Foundation of Australia and the Limestone Coast Prostate Cancer Support Group have secured support from local television station WIN with its Biggest Golf Day fundraiser on Friday October 26.

Now in its seventh year, the Coopers WIN Television Biggest Golf Day – which is also sponsored by Bendigo Bank: Mt Gambier and District Community Bank – has enjoyed sellout participation.

The Biggest Golf Day involves a field of 18 hole sponsors plus 18 competing teams, with all available positions hotly contested and filled weeks in advance. The event is held at the Attamurra Golf Course, which is ranked in Australia's top 100.

“The 2011 event raised \$32,000 and with the involvement of PCFA and the Limestone Coast support



group this year, we hope to raise even more,” says Jim Kirkup, Mount Gambier manager of WIN Television and one of the Biggest Golf Day committee members.

While golf is the main player on the day, a gala 19th Hole lunch will be another significant feature. Food will be prepared by Mount Gambier's The Barn Catering, with wines and Cooper's ales.

Other notable features will be an address from keynote speaker David Parkin (who has had prostate cancer surgery), a raffle and auctions to help raise the most possible funds.



ABOVE: Mount Gambier's Biggest Golf Day has grown into a very popular and successful community event – and this year prostate cancer groups are going to be a beneficiary from the fundraising.



• Karyn Foster still needs a few volunteers for several public barbecues being hosted by PCFA SA this month. We have nearly 50 events in September and have most of them covered – although more helpers are needed for September 25 at Royal Adelaide Hospital from 11am to 2pm, for cooking and information distribution. Anyone who wants to offer their services as volunteers can phone Karyn on 8231 6339, or email [karyn.foster@pcfa.org.au](mailto:karyn.foster@pcfa.org.au)

• 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](mailto: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](http://www.prostate.org.au)

# Our busiest year ever but more members are needed

The Action Group is broadcasting the prostate cancer awareness message more vigorously than ever but more helpers are needed, as David Merry reports.

ON August 14, the Action Group held its Annual General Meeting, and a review of our activities revealed that this has been our most active year ever.

As our primary purpose is promoting prostate cancer awareness, activities have focused on opportunities to spread information at country field days, country shows and the presentation of Awareness Nights, amounting to 12 major events for the year.

Heartening support to help stage many of these events has come from members of regional Prostate Cancer Support Groups.

This has been the Action Group's 15th year of activities and we have held 31 Awareness Nights in that time (with an average attendance of more than 100 people) and have assisted at many other events.

However, our member numbers are shrinking. With only six active members now participating in the Action Group, anyone interested in participating in hands-on promotion of prostate cancer awareness would be most welcome to join us.

It is a most rewarding role, always receiving great encouragement from the public at events that we attend. Monthly meetings are



**Strong numbers that attended the recent Port Lincoln prostate cancer awareness night has successfully translated to the formation of a new support group.**

Photograph: Ian Fisk

held at the Cancer Council building, Greenhill Rd, on the second Tuesday of each month, at 5.30pm.

## PORT LINCOLN SUCCESS

JEFF Roberts and David Merry were well received at the prostate cancer information stall that was presented at the Port Lincoln Show on August 26.

They were also greatly pleased to welcome 15 men to a meeting on Monday August 27 to discuss and implement a new prostate cancer support group for Port Lincoln. A core group of five people have swung into action and are presently planning group activities.

## BARBECUE ACTIVITIES

FATHERS' Day weekend saw the Action Group looking after a prostate cancer

information stall adjacent to the barbecue run by Bunnings staff at the Bunnings Kent Town store.

The supportive staff also provided a Jumbuck two-burner hooded barbecue for the PCFA raffle prize.

We extend our grateful thanks to the Bunnings staff for this very generous contribution!

## BARBECUE ACTIVITIES

FOR the Riverland Field Days, being held at Barmera on September 19 and 20, the Action Group will be attending to host a prostate cancer information stand – working in conjunction with Alan Dand and helpers from the new Riverland support group.

If you are tempted to join in with any of our planned

## COMING EVENTS

**SEPTEMBER MEETING:** The next meeting 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, September 11.

- 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](http://www.pcagsa.org.au) or phone David Merry on 8270 2227.

Action Group activities, please speak with David Merry (8270 2227) or Jeff Roberts (8278 3424) to obtain more information.

Barossa Prostate Cancer Support Group

# MP Bob's input continues to make such a difference

The energy that politician Dr Bob Such puts into supporting the prostate cancer movement could prove very valuable as South Australia fights to maintain its Da Vinci Robotic Surgical System, as Barossa support group president Don Piro reports.

**A** Morning with Bob Such was arranged by the Barossa Prostate Cancer Support Group on Saturday August 25 and attracted an audience of 30 people at St Petri Church Hall – an ideal venue that allowed people to mingle and enjoy refreshments before and after the talk.

Dr Bob Such is a well-known and long-serving member for Fisher, a former Chairman of Committees and Speaker in South Australia's House of Representatives.

After leaving school at 14 and working for a time on a farm at Alford, he embarked on an academic journey that led to double degrees, a PhD and a period teaching before he entered politics.

His interest in men's health was sparked by a GP who encouraged rigorous testing – which led to early diagnosis of his prostate cancer in 2005.

Dr Such's PSA had started to rise and he was referred to a urologist. The biopsy that followed (which was not as painful as Dr Such thought) confirmed the presence of a malignant tumour in the prostate.

The indications were that it was localised and not too aggressive, which suggested surgical treatment – a choice



**Dr Bob Such.**

supported by his urologist, Dr Peter Sutherland.

After Gordon Pickard's successful treatment for prostate cancer in 2004, he arranged a donation of \$3 million to the Royal Adelaide Hospital to purchase a new Da Vinci Robotic Surgical System. Dr Peter Sutherland was the urologist who became the leader in its use and Dr Bob Such was one of his early patients to undergo treatment with this new system.

A prostatectomy with the da Vinci machine has several benefits over traditional surgery for prostate cancer, including a reduced hospital stay, less likelihood of any complications and a more rapid post-operative recovery.

However, this treatment is expensive, although the State Government promised ongoing funding for replacing parts necessary after every treatment. These parts will not be available after 2013, necessitating the purchase of a new machine.

At this stage the Government is unwilling to provide the necessary funds and is arguing that the \$3 million required should come from the private hospital system.

This appears unlikely, leaving stakeholders in the prostate cancer movement to apply pressure to the State Government to accept responsibility for the continuation of laparoscopic treatment by robotic surgery.

One big hope in the next few years is that advances in laparoscopic surgery may enable the possibility of the removal of tumours in the prostate, while leaving the rest of the prostate intact.

Dr Such concluded his very interesting and informative talk by referring to several general issues:

- All men need to overcome a reluctance to talk about their disease.
- Country men are dying in significantly greater numbers than those in the cities.

## COMING EVENTS

• The Barossa Prostate Cancer Support Group meets on the third Tuesday of each month and will be sharing the venues around at different members' homes.

For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359.

• Regular checks by both PSA and DRE is essential for all men from the age of 50 (or 40 for those at greater risk). If a doctor is reluctant to test, change your doctor.

• While some men still experience incontinence and impotence as a result of prostate surgery, the incidence of these side-effects is decreasing and treatments are continually improving.

• Research will reveal new, improved treatments for prostate cancer – and one interesting current research focus is directed at improving the body's immune system.

## Port Pirie Prostate Cancer Support Group

# Sharing personal experiences teaches us of cancer journey

The Port Pirie support group was enlightened by three local people who spoke about their very different cancer journeys, as group member Richard Kruger reports.

**A**T recent Port Pirie prostate cancer support group meetings, several support group members and their partners have spoken very openly about their medical journeys.

Heather Rogers spoke of things that happened during cancer diagnosis to her husband Ron, which he found a very confronting and a completely foreign experience.

In the early days, she spoke about this with a friend, Colin, who advised her to never let Ron go to see a specialist alone, as he could freak out. He survived the DRE, although after the biopsy he announced, "I'll never have that again!"

After the usual tests, including MRI and bone scan, it was revealed that he had a pinhead-size cancer and was given the options of wait-and-see reaction, chemotherapy, radiotherapy or surgery.

After talking to a support group friend Bob, he elected to have surgery – and Heather believes that it was just as well they hadn't told Ron about the catheter until it actually happened or he may have backed out.

Apart from losing Ron in the lift at the Royal Adelaide Hospital, which apparently happens to patients quite frequently, all went well.



**ABOVE, FROM LEFT:** Guest speakers who shared their personal cancer experiences with the Port Pirie prostate cancer support group were Jeannette Valente, Henry Mudge and Heather Rogers.

## COMING EVENT

• **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.**

**H**ENRY Mudge's description to the support group of his journey was similar to most, but his presentation was quite different. He started by pointing out in a very straightforward manner that he was a farmer: "You know that you're a farmer when your wife has to hose you down on the lawn before she'll let you in the house for a shower."

He explained that the clean-out medicine he took before the biopsy didn't work until he was at Two Wells on the way home.

His voyage of discovery

through his cancer treatment stretched beyond the medical to unlikely areas of personal learning: During his walk from Greenhill Lodge across the South Parklands to Adelaide Radiotherapy on South Terrace, he discovered lots of mushrooms and the tents of the homeless.

After treatment his bladder and bowel functions gradually returned, but he found that erections were "like when I had the mumps on our honeymoon. It knocked the hell out of it!"

Coralene, his lovely wife,

was most understanding about this delicate situation though. "She said that I'd had a very good go anyhow!"

**J**EANNETTE Valente wanted to share the story of how she and her husband Mario lost their daughter Julie to bone cancer at the age of eleven. During the year that Julie received treatment, Jeannette had several run ins with health care professionals, one who soon became familiar with Jeannette's broad and colourful vocabulary.

Most doctors and other staff, though, were very helpful, which encouraged Jeannette and Mario to hold out hope for Julie's recovery, right up until the last few days.

Eventually, Julie had to have a leg amputated and by the time that she passed away she only weighed 15kg.

In memory of Julie, Jeannette started quietly fundraising and sending money to Adelaide. It was only in the past few years that she promoted the Biggest Morning Tea event, from which she raised \$800 last year and is trying to collect \$1000 this year.

It is refreshing and inspiring for all of us – especially within the local support group – to learn about the work and dedication of people such as Jeannette who, despite her grief, has the passion to quietly go about doing good deeds.

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Cataloguing the advances of radiotherapy technology

The history of radiotherapy provided a fascinating insight to current cancer treatment – and future hopes, as the Adelaide Prostate Cancer Support Group's Ian Fisk reports.

THE Adelaide support group's August meeting welcomed a presentation from Dr Eva Bezak, head of Department of Medical Physics at the Royal Adelaide Hospital where she and her team provide specialist physics services to radiation oncology. She spoke about radiotherapy, now and into the future.

Dr Bezak explained that almost immediately after X-rays were discovered in 1895 and radioactivity in 1898, it was observed that radiation impacted on growth of some tumours and from historical records it appears that the first cancer case was cured in 1898. These were mostly cures of superficial cancers.

By 1913, radium was being mined in America and the first X-ray tubes were manufactured by GE. Radiation therapy started to be applied to cancers of breast, head and neck, lymph nodes after the production of the first X-ray medical linear accelerator in 1953.

The Royal Adelaide Hospital purchased its first linear accelerator (linac) in 1957.

The introduction of computed tomography (CT) technology in the late 1970s enabled the visualisation and ability to delineate the extent of disease relative to normal tissue.

Magnetic Resonance Imaging



Guest speakers Dr Raghu Gowda (sixth from left) and Dr Eva Bezak (seventh from left) with members of the Adelaide support group .

(1973) and positron emission tomography (1981) scanners were developed to enhance the ability to diagnose and target cancer and other diseases.

The probability of tumour control increases with radiation dose: the higher the dose, the more likely a biological effect (tumour cell death). There is documented evidence of improved treatment outcomes (cure) with radiation dose escalation in patients with prostate cancer.

More radiation to the tumour, on the other hand, will result in more damage to the healthy tissues. As a result, the aim of radiotherapy is to deliver as high and as uniform a radiation dose as possible to the target volume while minimising the dose to healthy tissue.

To achieve this, intensity modulated and image guided radiation therapy technologies were developed (based on new

diagnostic advances) to target radiation dose with millimetre accuracy. These modalities can be delivered either with modern linacs or new "hybrid" machines like tomotherapy or cyberknife.

Interestingly, all patients react differently to radiation. In the future, treatments will be more customised to personalise treatment for each patient.

Dr Raghu Gowda, a radiation oncologist at RAH, came to the meeting with Dr Bezak, and was able to elaborate and add information to the presentation.

At a recent conference in Europe, he learned about cutting-edge DCMI imaging technology, which will be able to clearly identify specific areas in the prostate where cancer is present. In the future, these areas will be able to be targeted with higher radiation levels.

## COMING EVENTS

SEPTEMBER 17 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 guest speaker will be RAH Prostate Cancer Nurse Lauren Wood.

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

A large number of members attended this very interesting evening – more than we have entertained for a long time.

Among them was Tony, who had been going to the now defunct Payneham Group. He very generously brought a box of antioxidants to give to future guest speakers, so we extend a special thank you to Tony.

## Murray Bridge Prostate Cancer Support Group

# Reading the body to look for ways to achieve balance

The path to good health can embrace many ideas, therapies and regimes to achieve good balance – including naturopathy and reading the body's trace elements from hair follicles, as Murray Bridge support group secretary Max Klenke reports.

**M**URRAY Bridge support group president Trevor Muirhead welcomed 22 members to the group's August meeting, with nine apologies received from absentees.

Trevor thanked the group for help on Sunday August 5 at a Bunnings barbecue – although the weather was atrocious – and Doris Klenke reported that the gross takings, including a few donations, was \$271.40. With costs of \$66.40 removed, the group banked \$215; a reasonable effort.

In other business, Trevor attended the Port Adelaide football match at AAMI Stadium to assist with fundraising in late August, and members were reminded of a support group dinner meeting that will be held in November.

Malcolm Piggott introduced the members to Carmen Bubner, a local

naturopath who has worked in the health care industry for the past 16 years. She has a passion for educating people about how they can improve their health through natural means, and explained to the support group that many prescribed medications can deplete the body's resources of vital nutrients essential for our general health and wellbeing.

Carmen explained diagnostic pathology that may be used during a naturopathic consultation.

Mineral balance in the body can be detected through hair analysis, as hair connects with blood, lymphatic and intracellular fluids before its extrusion from the scalp. Therefore, hair accumulates various elements, including minerals, that are present in a cell environment.

Two important nutrients for the prostate that Carmen highlighted were selenium

and zinc, and each member at the meeting had a zinc test see if their levels were adequate. She explained to members the food sources that can increase certain mineral levels in the body if there is a deficiency.

Carmen also discussed the impact of toxic heavy metals and how they can play a part in affecting our mental functions, mineral balance in the body, bone health, gut health and a general depletion of the immune system.

She explained that the presence of heavy metals in the body can be detected through hair analysis. Heavy metals need to be removed from the body slowly and at the body's own comfortable rate, with Carmen giving advice on how to best protect the body through such a process, such as tips for aiding digestion, the liver and the immune system.

Many questions were

## 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 support group's next meeting will be held on **WEDNESDAY, SEPTEMBER 19.**

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

asked of Carmen, who answered them very well. Her talk was very good and informative, and Max Klenke thanked Carmen with our group's usual presentation of a certificate and a bottle of red wine.

## McLaren Districts Prostate Cancer Support Group

### COMING EVENT – QUARTERLY SUPPORT GROUP MEETING

- The McLaren Districts Prostate Cancer Support Group will now conduct its meetings on a quarterly basis, with the next meeting scheduled for **OCTOBER 27**. 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. For further information, phone support group president Bryan Hearn on 8323 7924.

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

Prosper Darwin Prostate Cancer Support Group

# Learning more than we had anticipated from speakers

Sometimes guest speakers give support groups a little more than they bargain for – which is just another reason why attending regular monthly meetings is so beneficial, as Prosper Darwin support group facilitator Keith Williams reports.

THE Prosper Darwin Support Group’s guest speaker for its August meeting was a physiotherapist, who spoke very well about his profession. However, he then proceeded to discuss broader, philosophical aspects of good health – and delivered this in a way that clearly entertained and informed everyone present.

He concluded his presentation with the information that the Dalai Lama would be visiting Darwin for the first time – as part of another Australian visit, in 2012.

## 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.**

He also gave us the information necessary to ensure a successful

application for tickets. Judging by the reaction, there will be several of our members in attendance, and I certainly intend to be there. (Would it be too much to invite the Dalai Lama to be a guest speaker at one of our monthly meetings?)

For our meeting in early September, the group had exercise physiologist Rowena Yeomans as guest speaker, a presentation that was greatly anticipated by our group members.

In the first week of September, the Bunnings project will be just about over for the year. The

fundraising aspect of this collaboration will be more important for the Darwin group than ever, with direct support possibly reduced in the change to “top-driven initiatives”.

This year, the support group members will still be manning stalls for prostate cancer awareness and raffle activities and prizes have been contributed thanks to Bunnings’ generosity.

Bunnings will be conducting Sausage Sizzles at its stores, but unfortunately the support group doesn’t have the capacity to be involved.

## Whyalla Prostate Cancer Support Group

- **THE Whyalla Prostate Cancer 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.**

## Gawler Prostate Cancer Support Group

- **THE Gawler Prostate Cancer Support and Awareness Group has been recently 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 will be held on August 7. 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](http://www.prostate.org.au)

## Limestone Coast Prostate Cancer Support Group

# Coast group caught in the grip of a mad September

The month of September is always a busy time for support groups, with a barbecues and community presentations filling the diary, as Graham Hinze reports.

ALTHOUGH August was relatively quiet, September is shaping up as a busy month in the Limestone Coast. On August 11, eight support group members assisted on a promotional stand at Bunnings in Mount Gambier – one of several groups invited by Bunnings to participate on this day, and it was surprising to witness large numbers of people who came through, as another major retail hardware store had opened that week in Mount Gambier.

We kick off September with the major Bunnings barbecue on September 1, then cook a barbecue at Pirtek on September 14 and will possibly assist at the Commonwealth Bank later in the month

In additional local events, the Men's Shed at Penola is holding a barbecue at IGA Penola on September 8 and the proprietors of the Bushman's Inn in Penola are having a fundraiser on September 20 with the assistance of the Penola Lions club. They hope to target workplaces around Penola and Coonawarra wineries, delivering food to them as a means of increasing revenue.

I recently attended a meeting in Mount Gambier run by the South East Community Health Service with regards to holding a two-day Sexual



ABOVE (FROM LEFT): John O'Brien, Graham Hinze, Gerry Remliens and David Stacpoole at the PCFA information stand in Bunnings' Mount Gambier store.

Health Expo in February next year. A variety of speakers and timetable is being produced and it is hoped that someone from the prostate cancer support group can speak and that PCFA information will be made available.

Mount Gambier was one of the regions chosen to "host" one of PCFA's new convenience advertising campaigns (see story on Page 12). Information has been placed in about 10 public toilets around town and we are waiting to see how many phone enquiries are made from the region. To my knowledge, no contact was made about which conveniences should be chosen and at our recent Blokes Cuppa it was felt they could have been placed better

with some local input.

I was very interested in the article by Bryan Hearn in last month's edition of the Prostate Supporter about some issues at the McLaren Districts PCSG. Unfortunately there are too many similar situations, and many organisations struggle to fill offices.

Limestone Coast support group numbers have remained stable, with a few new members but unfortunately some we have not seen for some time, for a variety of reasons. We do not have a speaker at every meeting and those nights enable more business to be done or we all just enjoy time to sit and chat over a cuppa. I sometimes wonder if the true meaning of "support" has been lost

## COMING EVENTS

**OCTOBER 2 MEETING:** The next meeting of the Limestone Coast Prostate Cancer Support Group will be held at the Grant District Council Office, in Commercial St West, Mount Gambier, at 7.30pm on Tuesday on October 2.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone Graham Hinze on 8737 2779 or 0408 803 793.

and support groups get stuck in a rut dealing with PCFA politics. There seems to be a lot of national requirements that put more pressure on volunteers, however I know and understand that someone has to look after the collective interests of our Chapter and groups, and those involved do a great job.

After some misunderstanding and lost emails, confirmation has now come through of support for the Win TV golf day at Mount Gambier on October 26. More details and information will be available from Karyn Foster soon.



Alice Springs Prostate Cancer Support Group

# Welcoming the riders who support men's health issues

Motorcycle riders and prostate cancer supporters linked arms in a recent show of mutual support, as Alice Springs support group convenor Ian Wagner reports.

ON Friday August 24, members of the Alice Springs support group assisted the Alice Springs Lions Club with a barbecue lunch on the banks of the Todd River to welcome more than 240 bikers to Alice Springs for the end of the annual Black Dog Ride for 2012.

In near perfect weather, Alice Springs Mayor Damien Ryan welcomed these riders who travel to Alice Springs each year from all parts of Australia.

Organiser Steve Andrews began the Black Dog Ride as a personal quest in 2009, to complete a solo motorbike trip around Australia and raise community awareness of depression and suicide prevention.

Angry Anderson AM, the Black Dog Ride Ambassador, was in Alice Springs to greet the riders as they arrived. Channel 9 supported the ride, with Simon Bouda filing reports for Nine News, while Today Show weatherman Steve Jacobs also travelled to Alice Springs and presented weather forecasts.

By the time riders reached Alice Springs \$226,000 had been raised and with further contributions expected the 2012 target of \$250,000 should be exceeded.



LEFT: Alice Springs support group convenor Ian Wagner with Angry Anderson.

BELOW: The massed motorbikes of the participants on the Black Dog Ride made a spectacular sight at ANZAC Oval in Alice Springs.



### AUGUST MEETING TWIST

THE support group's August meeting offered a change from the usual medical/health guest speaker to instead be entertained with some local history. Geoff Purdie presented an audio visual history of Alice Springs reaching back before the 1930s. Geoff has acquired a large quantity of old 8mm silent film that has been converted to digital format with sound.

This was an interesting evening and members were entertained with

good photos and film that brought back memories for some of the town's long-term residents. Geoff does not claim to be a historian but prefers to be known as a visual archivist. He believes that the type of history he preserves should be available to everyone and is very happy to assist others converting old print and film to digital format.

Murray Neck, founding member of the Alice Springs group, was especially interested to see a photo of his grandfather outside his Todd St saddle shop in the 1920s.

### COMING EVENTS

**SEPTEMBER MEETING:** The Alice Springs Prostate Cancer Support Group will meet on Thursday September 13, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs. This will be a group forum meeting.

September is International Prostate Cancer Awareness Month, and on Saturday September 29 the support group will host a fundraising barbecue at Mitre 10 Hardware, sponsored by the Alice Springs Lions Club.

On Sunday Sept 30, Stride for Health is a Cancer Support Groups event at Olive Pink Botanic Gardens.

• 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 fundraising initiatives

# SA achievers take up the fight to lift prostate profile

A new book called *BBQ to Boardroom* is putting prominent South Australians in the spotlight and simultaneously helping to promote prostate cancer awareness – through significant publicity and the added bonus of a large donation from book proceeds.

AUSTRALIANS tend to have an uneasy relationship with high achievers – more so when those achievements are broadcast to the public. However, Adelaide-based author and publisher Ashley Knoote-Parke hopes to change this with her new publication *BBQ to Boardroom*.

This book presents a profile of 66 highly successful South Australian men – and almost \$40,000 from sales has been given to Prostate Cancer Foundation of Australia.

South African-born Ashley has dedicated herself to promoting high achievers, particularly those she finds in her adopted home of South Australia.

Her first foray into this line of promotion was the publication of *Lounge to*



**David Baker (right) from Adelaide stockbroking firm Baker Young shows off his more aggressive side as a martial arts devotee in the book *BBQ to Boardroom*, which has supported PCFA with a large donation.**

*Boardroom*, featuring a collection of SA's high-achieving women, and now she has followed it up with *BBQ to Boardroom*. This book was launched at Festival Function Centre in July, when former

Australian Test cricketer, Wayne Phillips, represented Prostate Cancer Foundation of Australia, the charity benefitting handsomely from the largesse of men featured in the book.

Among those men featured in the book are former SA Premier and head of Anglicare Lynn Arnold, the Salvation Army's Reno Elms, Sean Disbury of the Gotta Getta Group, Richard Turner of Zen Energy, David Baker from Baker Young Stockbrokers and VIP's charismatic founder and CEO Bill Vis.

Copies of the book are available for \$44.95 through Tish'n Enigma Books at [www.tishnenigma.com](http://www.tishnenigma.com) For further details, phone Ashley Knoote-Parke on 8289 0540 or 0403 944 199, or email [books@tishnenigma.com](mailto:books@tishnenigma.com)

## Mitcham Prostate Cancer Support Group

### COMING EVENTS – SEPTEMBER MEETING

The Mitcham support group will meet on Thursday, September 27, featuring the return of popular guest speaker Dr Lloyd Evans OAM, who will speak about the Royal Flying Doctor Service. In August, the group enjoyed a talk from former SA politician Dr Don Hopgood AO, moving away from the regular medical topics to instead hear an historical insight on US President Woodrow Wilson and his efforts to achieve peace during World War I and its aftermath.

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

## City of Onkaparinga Prostate Cancer Support Group

# The latest Bunnings barbie sets sizzling fundraising sum

The local community got behind another barbecue to help raise awareness about prostate cancer and contribute significant funds, as Onkaparinga support group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group got the spring barbecuing season rolling with its most recent cooking and information distribution event at Bunnings' Noarlunga store on Sunday August 26.

It proved to be a great day, with a strong number of support group members hard at work on the stall from 8am. Such dedication did not go unnoticed by the public, who bought a lot of our sizzling sausages and embraced our information message.

Most pleasing of all, the fundraising venture was a great success, as the barbecue and sales of uncooked sausages raised \$2020.

Many thanks go to Karyn Foster who arranged for the donation of the sausages and soft drinks, and for delivering them to our doorstep. Also, we extend a big thank you to Brian Foreman, Joel and Cathy, Malcolm and Beverley, and Phyllis for working tirelessly throughout the day.

## INFORMATIVE DVD IDEAL FOR HOME VIEWING

FOR the support group's August meeting, we were few in number, once again, but we had a very enjoyable meeting, with everyone happy to share their Prostate Cancer journey and talk about their general

health. We also watched a DVD: Your Prostate - from the inside, which is a very informative DVD. However, I would not recommend it for a Support Group meeting because it is quite long and detailed in its descriptions, and after a while it does become boring.

It would probably be easier to digest the information at home, so for anyone who would like to borrow a copy and extract some information from it that is relevant to your own situation, please see Peter, the Onkaparinga support group's librarian.

## DR SNUFFY MYERS' FREE EMAIL INFORMATION

I AM a big fan of the free weekly Ask Dr Myers email, in which many cancer questions from readers are answered by Dr Snuffy Myers – although it is worth noting that these are strictly the opinions and thoughts of Dr Myers.

Last week's forum questions posted by Dr Myers were most interesting too, including PSA Screening and PCa, PSA and Advanced PCa, Da Vinci Robotic Surgery and Incontinence, Finding the Right Balance of Fats, Proteins and Carbs, Indications of Cancer spread, and Shingles Vaccine.

If you would like to subscribe to this free information

service, please email [jessica@prostateforum.com](mailto:jessica@prostateforum.com) with your request.

## LOCAL CANCER SUFFERERS PROGRAM

A NEW free community program called Staying Healthy After Cancer was recently offered to people in the southern suburbs – a program specifically designed for people who have recently completed treatment.

The program was held at Noarlunga GP+ Super Clinic, Alexander Kelly Drive, Noarlunga Centre until late August. Hopefully, it will be repeated at Noarlunga next year. The program will be held three more times this year, in October and November at Fullarton, Eastwood and Gawler. For more information or to register for one of these courses, please call the Cancer Council Helpline 13 11 20 or visit the website [www.cancersa.org.au](http://www.cancersa.org.au)

## FLEURIEU CANCER NETWORK PROGRESS

NOMINATIONS for the management committee of the Fleurieu Cancer Network are currently being accepted. Meetings for this group are held on the third Thursday of each month for one hour at the Christie Downs Community Centre. For more information, phone Jules on 8186 0048 or email [info@fcn.org.au](mailto:info@fcn.org.au)

## COMING EVENT

### OCTOBER MEETING:

The Onkaparinga Support Group will conduct its regular monthly meeting in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday October 3 from 6.30pm.

• For more information about the group and its activities, visit the City of Onkaparinga Support Group's website at [www.pcsog.org](http://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.

PROMOTIONAL EVENTS THAT BUILD PROSTATE CANCER AWARENESS

# PC message delivered at your convenience

A NEW national advertising campaign has been launched that will promote the availability and benefits of PCFA's information, educational resources and affiliated support groups. The main aim of this campaign will be to encourage men and their families affected by prostate cancer to take action and get in touch with their local support group.

The campaign began at the end of July and will run for three years, featuring A4 posters and take-away cards located in public conveniences throughout Australia.

As part of the national campaign, the areas that surround 20 support groups have been chosen at random to cover a cross section of urban, suburban and rural locations. These areas will be more heavily targeted for a trial period to see if this type of advertising campaign is an effective way to change the way that men seek help regarding prostate cancer.

PCFA has set up a dedicated 1300 phone number for the campaign and phones will be manned by experienced volunteers drawn from PCFA's support group network. The aim is to ensure that everyone who calls the 1300 number will speak directly to someone who understands from firsthand experience the issues faced by men and their

**IF YOUR PARTNER  
DISCOVERS HE HAS  
PROSTATE  
CANCER**

**HE'S NOT ALONE.**

Around 120,000 Australian men are living with prostate cancer. It's important for anyone with prostate cancer and their families to know they're not alone. There are 125 Prostate Cancer Support Groups across Australia where they can get support from people who know what they're going through.

**If you need support, call 1300 109 831  
between 9am-6pm, Monday to Friday.**

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



**Prostate Cancer Foundation of Australia. Supporting people with prostate cancer.**

families affected by prostate cancer. These volunteers will put callers in touch with their local support group.

PCFA will be carefully

evaluating the success of the campaign from focus group testing of the advertisements, through to analysis of call volumes, the nature of enquiries and ultimately

changes in attendance at support groups. This evaluation will assist the organization to refine a model that can be used more broadly in future.

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