

Central Australia Chapter



PROSTATE SUPPORTER

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

www.prostate.org.au

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2013**

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

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Generous local supporters thanked, acknowledged

As a busy year of progress in SA/NT draws to a close, PCFA took pause to applaud some of its many helpers.

AFTER the final PCFA Central Australia Chapter Board meeting for 2013, National Chair David Sandoe OAM graciously agreed to officially name the Boardroom in the PCFA offices at 144 South Tce, Adelaide.

A plaque notes the marvellous contribution of \$30,000 for the fitout of the office, which was donated by the Australian Hotels Association and Independent Gaming Authority through Hotel Care Projects.

David Basheer and Lucy Hood were on hand to celebrate the occasion, as representatives of these organisations. Also

acknowledged was the recent contribution of the Metropolitan Fire Service and the United Firefighters Union.

David Sandoe presented PCFA coffee table books *BBQ to Boardroom* to the MFS and UFU representative Mick Smith.

Assistance from these groups was unparalleled locally, as they hosted South Australia's Biggest Aussie Barbie and an 891 ABC Radio outside broadcast at MFS headquarters, then provided volunteer staff along with on-duty personnel and appliances at the ABC Gardeners' Market fundraiser.

• See Page 12 for photos.

• **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



Just a mo... that's a 'tash cab!

ABOVE: Ardent Movember supporters Des's Cabs and Hertz in Whyalla have 30 taxis and 10 buses on the road, and 22 members in their team who all pitch in to support prostate cancer through Movember, distributing posters and donation tins. Now the crew even has a dedicated Movember car painted in Prostate Cancer Blue – sporting its own black Mo.

"This year we have 10 men growing moustaches for Movember, and one who just can't bear to shave his off and start again, so he has turned his pure white mo blue," says Hertz sales assistant Ellie Glover. "We have donation tins in all our taxi and bus fleet, and very enthusiastic team members, so it looks like it'll be a good month." We certainly look forward to getting their final donation figures later this year.

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

Prostate Cancer Action Group

Nurses express thanks for scholarship study program

The first two recipients of Trevor Hunt Fund Scholarships complete their prostate cancer nursing studies, as David Merry from the Prostate Cancer Action Group reports.

THE Action Group has received excellent news from our two inaugural Trevor Hunt Fund Scholarship winners – Tanya Webber and Frances Watkins. Tanya, who comes from the Riverland Community Health Service, and Frances, from the Barossa, Hills, Fleurieu and Kangaroo Island Community Health Service, have now completed their LaTrobe University course for Prostate Cancer Nurse Care, and are awaiting the outcome of their final major assignment, with results expected in mid-December.

Both nurses have advised us that they are benefitting from the breadth of knowledge gained from the course. Tanya is working with a local urologist to have pre-op input and to streamline pathways for local clients with prostate cancer.

Frances is already applying her knowledge on a daily basis. A strong area of interest for her is empowering, supporting and educating men with prostate cancer to live well with their disease. In conjunction with physiotherapist Sue Tulloch, they run an exercise class and prostate cancer support group in Mount Barker, and also a fatigue management program for individuals unable to attend the group.

Both nurses have expressed their thanks to the Central Australia Chapter Council and the SA Action Group for facilitating the Trevor Hunt Scholarships, and add that Coralie Hunt and her family must be greatly encouraged that their and Trevor's wishes have resulted in this endeavor, to improve the lives of men living with prostate disease.

COMING EVENTS

FEBRUARY MEETING: The Prostate Cancer Action Group SA will hold its first meeting for 2014 in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The meeting starts at 5.30pm on Tuesday, February 11, and all interested people are welcome to attend. Entry is via the rear stairway. Other monthly meetings of the Action Group will be held on the second Tuesday evening of each month throughout the year.

- For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at www.pcagsa.org.au or make contact by phoning David Merry on 8270 2227, or email djmerry@adam.com.au

Following the completion of the LaTrobe course contact studies, the scholarship selection trio and Coralie Hunt will again meet with Tanya and Frances for a celebratory afternoon tea.

The Central Australia Chapter now waits with interest to learn details about the placements of the next 13 Prostate Cancer Specialist Nurses for training in the new year, made available through additional Commonwealth funding.

TAILORED EXERCISE PROGRAMS FROM LIFECARE ACTIVE

IN its recent newsletter to clients, LifeCare Active announced it is pleased to now be working with PCFA to ensure patients living with prostate cancer can access safe, effective, affordable exercise options with access to qualified health professionals.

LifeCare Active, located at 230 Payneham Rd, Payneham, has impressive facilities and can offer

tailored programs of exercise for men rehabilitating after prostate cancer treatment, those undergoing diagnosis and those with advanced disease.

Contact Judith Lowe, physiotherapist and Liaison Officer at LifeCare Active, by phoning 8168 7600 for details. Also check the website active@lifecare.org.au for information on all the courses offered.

BADGED PCFA TENT REMINDS CRICKETERS OF OUR CAUSE

SA Action Group's badged tent made a significant appearance on Friday November 22 at Chateau Tanunda in the Barossa for the Saverglass Wickets for Wine fund raiser. Don Piro and the Barossa Support Group were busy providing breakfast for the 10 Barossa winery teams entered in the round-robin cricket tournament held in the beautiful setting, with proceeds from the tournament and gala dinner going to PCFA.

Barossa Prostate Cancer Support Group

Members engaging with conferences and roadshows

When group members attend prostate cancer events, the knowledge they obtain gets passed on to others, as Barossa support group co-ordinator Don Piro reports.

IN recent weeks, members of the Barossa support group have been attending different events that provide valuable information and knowledge about cancer. Attending these events has highlighted the importance of obtaining knowledge, of speaking and asking questions of the health professionals helping us and our families with our cancer journey.

A few of the group members travelled to attend the Rural Roadshow at Berri, where we heard doctors, a prostate cancer specialist nurse and radiologists discuss prostate cancer issues. They also answered many questions that the audience had.

A couple of us also went to the recent Cancer Consumer Forum in Adelaide. This was a special forum planned by Cancer Voices SA before the Clinical Oncology Society of Australia Conference, where the forum audience heard both professionals and consumers discuss all types of cancers, research, treatments and the impact of all this on families.

I later attended the conference thanks to Cancer Voices SA and was impressed with the work that so many men and women are doing in the field of cancer. It was explained how they conduct research to find the best evidence-based ways to help cancer patients, and produce better



• The Barossa group's Don Piro is excited to have recently joined the Joint Consumer Advisory Group (pictured above) that assists two valuable research organisations – PC4 and PoCoG.

• These groups conduct research into primary health care and the psychosocial and psychology issues for those who are travelling with cancer.

• Please consider participating in research because cancer survivors (consumers) are really valued for their experience, thoughts and knowledge.

• If you want to explore the work of these organisations further, visit their websites www.pc4tg.com.au and www.pocog.org.au

treatments and outcomes. It is really fascinating to see the many aspects involved and the dedication of so many people.

PCFA was represented at the conference by David and Pam Sandoe, and Ian Richards. An exhibit of PCFA information presented information about some of the various projects PCFA is involved in. These include:

- Prostate cancer booklet on The Next Generation: 2013 Community Attitudes survey.
- Young men's conversations

about prostate cancer and health.

• Health concerns for gay and bisexual men.

• Collaborative Research Update 2012: A booklet outlining current research programs and update from the Research Advisory Committee, supported by Movember.

It is worth noting that Movember has invested \$32 million between 2007 and 2011 in prostate cancer research nationally, with more

COMING EVENTS

• The Barossa Prostate Cancer Support Group meets on the third Tuesday of each month, from 2pm to 4pm, at a variety of different locations.

• The group's first meeting for 2014 will be at Carl Lindner's Car Showroom, 55 Basedow Rd, Tanunda, from 2pm on Tuesday, February 18. The group's second meeting is scheduled for 2pm on Tuesday, March 18, in the boardroom of the Vine Inn, Nuriootpa.

• For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

than 57 grants having been issued around Australia.

PCFA is clearly working hard for men travelling with prostate cancer. Obtain a booklet when you can to see what is being achieved, or visit the website www.pcfa.org.au

Mitcham Prostate Cancer Support Group

Merging two groups to meet challenges in 2014

Group meetings have been well-attended during 2013, with excellent guest speakers and the smooth merging of two local support groups into a strong single unit, as Mitcham support group's chairman Roland Harris reports.

THE annual round robin shared discussion among members of the Mitcham support group was held on October 24 and was yet again well-supported, with 27 members and visitors attending.

As City of Onkaparinga group chairman John Shields noted on Page 11 of the October Prostate Supporter newsletter, it is good to experience the value of face-to-face support, which is the prime purpose of our monthly meetings.

We didn't even need to fill in time with a short 1947 film titled *Christmas Under the Sun*, about wooing immigrants from Europe to Adelaide, and to Colonel Light Gardens in particular. However, it was screened during refreshments after the group discussion, to

remind us how Adelaide and the suburbs have changed over the past 66 years!

On the following Monday, October 28, an informal meeting between Ian Richards (PCFA Support Group and Outreach Coordinator for SA/NT), Ian and Pam Fisk, Roland Harris and Jeff Roberts discussed the merger format of the Adelaide and Mitcham support groups, management of funds and leadership roles.

Our final event for 2013 was held at Racquets sports club, St Marys, on November 28. About 50 support group members and partners enjoyed good company and food, and also enjoyed reflecting on the variety of excellent speakers arranged by Jeff Roberts for our benefit through 2013.

COMING EVENTS

FEBRUARY MEETING

- The Mitcham support group's first meeting for 2014 will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday February 27.

- This will be the first official meeting where we welcome members of the Adelaide support group to join our fold. This will also be the Annual General Meeting of the support group.

- Please note that tea, coffee and cake are provided for those attending the meeting. Car parking is now available within the RSL grounds.

- For more information on support group activities, visit the Mitcham Group's website at www.psamitcham.org or phone Roland Harris on 8277 2138.

Gawler Prostate Cancer Support Group

- **MEMBERS** of the Gawler Prostate Cancer Support and Awareness Group held a very successful information booth at the Gawler Rotary Club Village Fair on Saturday, November 2. About 3000 people attended the event in perfect weather, so it was a great opportunity for our support group members to distribute brochures, talk to interested people, and to make many local people more aware of our existence. The raffle of a beautifully presented barbecue kit, put together by PCFA's Central Australia Chapter Events Co-ordinator Janie Green, was well supported and raised \$187.

- Gawler support group meetings are held in the conference room at Gawler Health Service, 21 Hutchinson Rd, Gawler East, at 7pm on the first Tuesday of each month. For more information, phone Lynton Carle (8524 4086) or Kylie Fotheringham (8521 2080).



Gawler support group members at the information booth (from left): Leslee Carle, Kathie Hudson, Lynton Carle, Neil Hudson and Doug Lloyd.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Update on local research into prostate cancer biomarkers

A detailed presentation about prostate cancer research in Adelaide gave support group members a valuable insight, as Adelaide support group's Ian Fisk reports.

THE Adelaide support group was very fortunate to have a fascinating talk delivered by Dr Luke Selth at the group's October meeting. Dr Selth holds the position of Prostate Cancer Foundation Research Fellow at the campus of the Institute of Medical & Veterinary Science in the IMVS-Hanson Institute Building, Adelaide.

Dr Selth spoke about prostate cancer biomarkers and pre-clinical models. He explained that he works with 26 people at the Dame Roma Mitchell Cancer Research Laboratories, located within the University of Adelaide campus. Their research includes new biomarkers for prostate and breast cancer, combinatorial drug therapies for prostate cancer and basic research into the role of hormone receptors (androgen and oestrogen receptors) in prostate and breast cancer.

He spoke of the high incidence of prostate cancer, its diagnosis, treatment, and emphasised that localised cancer is often curative, although metastatic cancer presently is not curative.

Major clinical questions being considered by the researchers include:

- Are we over-treating



Dr Luke Selth gave a detailed talk at the October meeting of the Adelaide support group.

prostate cancer by not being able to accurately differentiate indolent (harmless) from aggressive cancers?

- Is there a better marker of prostate disease than PSA?
- How can we treat men with advanced disease who have become resistant to hormonal treatment?

Dr Selth also noted that we are unable to accurately differentiate between life-threatening and indolent tumours.

A number of slides were shown on MicroRNA biomarker identification from material collected from patients and mouse

models of prostate cancer. Some conclusions included that serum microRNAs can be used to predict men who are likely to relapse with metastatic prostate cancer following surgery. They are assessing the utility of these new biomarkers in larger cohorts of men.

They are also investigating seminal fluid (SF) as a source of prostate cancer biomarkers.

Androgens and prostate cancer were discussed and it was noted that "better approaches to block androgen action in prostate cancer cells are urgently needed".

Also discussed was the tissue explant model. Prostate cancer cell lines and mouse models are mainly used for drug development; they are easy to use, but do not accurately recapitulate the complexity of human disease. Dr Selth's team approaches this by utilising patient tumour tissue removed during radical prostatectomy – a tissue explant model. They concluded that "human prostate cancer explants have the potential to provide more clinically relevant data".

Sadly, there was a very low attendance at our October meeting, reinforcing the justification to merge with the Mitcham support group from the start of 2014.

IMPORTANT NEWS FOR 2014

• Please note that the November meeting was the final gathering of the Adelaide Prostate Cancer Support Group.

• In 2014 our members are encouraged to attend the Adelaide-Mitcham meetings that will be held on the fourth Thursday evening of each month, from February to November, at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens.

• The first meeting for 2014 will be on February 27.

• 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

Channel 9 Telethon hosts major fundraising events

CHANNEL 9 Telethon has held a raft of fundraising events recently in South Australia, providing valuable funds for PCFA – one of its charities of choice for this year.

The La Dolce Vita Luncheon was held at Longview Winery in the Adelaide Hills township of Macclesfield. The award-winning winery hosted a magnificent lunch on what was a beautiful day. More than 300 people attended, participating in auctions, silent auctions and raffles.

A few weeks later, more than 400 racing enthusiasts enjoyed a Melbourne Cup lunch at the Stamford Grand Hotel. Guests were entertained by an impromptu performance from *Australia's Got Talent* entrants Mike and Steve Foenander, a fantastic fashion parade, a silent auction and the race projected on giant screens.

Presenters at the Channel 9 Telethon Melbourne Cup Luncheon this year were Brenton Ragless, Kate Collins, Lisa McAskill, Mike and Steve Foenander (finalists in *Australia's Got Talent*) and



LEFT: Channel 9 presenters Lisa McAskill, Kate Collins and Brenton Ragless with some of the Telethon toys that will be offered for sale at the giant Christmas Tree, stationed in the entrance foyer of the Stamford Grand Hotel at Glenelg.

Monique Bowley (contestant in *The Great Australian Bake Off*).

The Stamford Grand is also assisting fundraising efforts by featuring a giant Christmas tree festooned with soft toys for sale. Part-proceeds will benefit PCFA through Channel 9 Telethon.

PCFA's thanks go to the dedicated team at Channel 9 Telethon, to local identities and the fabulous on-air celebrities from Channel 9 – Kym Dillon, Kate Collins, Brenton Ragless, Lisa McAskill, Monique Bowley – and auctioneer Michael Pratt.



ABOVE: Models take to the catwalk during this year's the Channel 9 Telethon Melbourne Cup Luncheon.

Photo courtesy of Joel Roosa Photography

Murray Bridge Prostate Cancer Support Group

- The Murray Bridge Prostate Cancer Support Group conducts its meetings at 7.30pm on the third Wednesday of each month at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting will be on **WEDNESDAY, FEBRUARY 19.**

- For more information about the Murray Bridge group, phone Murray Bridge support group president Ron Nance on 08 8532 2873, or group secretary Max Klenke on 08 8532 1936.

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

Port Pirie members learn how to de-stress

With a touch of humour, a few clever exercises and a lot of smart advice, the Port Pirie prostate cancer support group learned how to combat stress and prevent it from overwhelming them, as Allan Manfield reports.

THE monthly meetings of the Port Pirie support group for 2013 concluded with guest speaker Ian Richards entertaining 32 members of our group by outlining his qualifications and role as PCFA Support Group and Outreach Co-ordinator for SA/NT.

Ian then proceeded with a talk about de-stressing. Most people focus on the stress itself but do not figure out how to de-stress. Sometimes we get so overwhelmed that we think that we are unable to do anything in stressful circumstances.

Ian started by showing us a stress reduction kit, which included a paper with a circle on it with the words "bang head here". This created a lot of laughter and many comments.

Ian explained that there are many kinds of stress – both good and bad – and both sometimes pile up on each other. It is usually the last little stress on this pile that causes us to burn out or collapse.

Stress is a normal reaction to

something that our brain thinks is threatening and the brain starts to release chemicals for us to react or respond to the threat.

De-stressing is about doing something rather than not doing anything, and being mindful of the here-and-now rather than thinking of what we have done wrong in the past, or worrying about the future.

Ian showed us how we can focus on something else by showing us a picture of a flower and telling us to focus on what else it contained beside the flower. He also produced raisins for everybody to look at, as well

as taste. By the time we finished these exercises, we realised that by only focusing on these things, we had forgotten our other problems.

One member said that in future when her husband gets stressed, she will throw him some sultanas to help him de-stress.

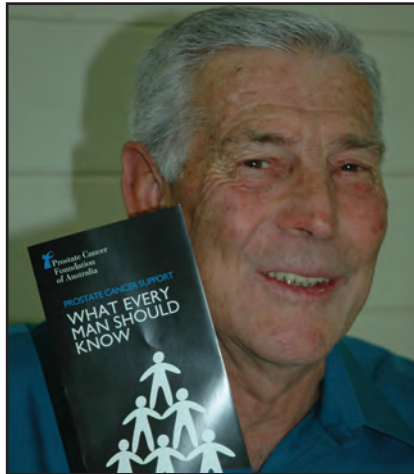
Stress can cause problems with other diseases, and by relaxing and focussing on other things, we can even stop some pain.

Ian then conducted a breathing exercise, which helps to get rid of the clutter in your brain, reduces heart rate, blood pressure, the

build-up of chemicals in your body and, hence, reduces stress levels. It was so successful that a few of the members nearly went off to sleep. Most commented that they felt more relaxed.

Ian said relaxing and focussing on the present means you control the stress rather than having stress control you. A lot of questions followed, with some other suggestions for relaxing and focussing.

Our support group's year will finish with a Christmas Party on December 3 and we hope it will be very enjoyable with a special visit from Father Christmas.



ABOVE: Bev Jamieson, Ian Richards, and Denice Fetherstonhaugh at the October meeting. LEFT: Allan Manfield, from a recent *Flinders News* article on prostate cancer.

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. The next meeting is on February 4.
- There is usually an excellent guest speaker, and late supper is provided for the 30-to-40 ladies and gentlemen attending each meeting. For further details about the group and its activities, please phone Port Pirie support group coordinator Allan Manfield on 08 8632 1324.

Naracoorte Prostate Cancer Support Group

Great enthusiasm for new South-East groups

A big crowd attending a men's health night in Naracoorte has signalled the rise of two new prostate cancer support groups, as Graham Hinze reports.

ON November 7, a men's health night was held at Billy Mac's Bistro in the Naracoorte Hotel, and 198 men attending (as reported in the local paper) had a very enjoyable night.

The patrons enjoyed a great meal and plenty of refreshments, looked after with great care by the attending "nursing staff" dressed up in their theatre gowns and overseen by "Matron" Sue Norcock.

The big crowd enjoyed listening to some excellent speakers that included urologist John Miller, cardiologist Phil Tiedemann, skin specialist Tony Cohen, diabetes expert Dr Sarker and local GP, Dr Brian Norcock. Orthopaedic surgeon Barney McCusker from Mount Gambier and Tim Gerritson from ABC compared the night.

Geoff Taylor spoke about the Cat Scan project in Naracoorte and local auctioneer Bruce Redpath conducted a well organised auction of various goods.

Unfortunately, this night clashed with the Limestone Coast Prostate Cancer Support Group meeting,

however Doug Redman and Graham Hinze were able to attend in Naracoorte and represent the region's existing support group.

The evening was arranged by the Kingcraig Medical Centre in Naracoorte, with assistance and support from Hanson Print, the Naracoorte Hotel, Teys Bro (which supplied meat) and some local wineries.

This follows a golf day that was held at Naracoorte in October that also raised funds. Proceeds from the golf day and this men's health event are to be divided between three local groups – including the Naracoorte Men's Shed and the local campaign to raise funds for the new Cat Scan Project.

A highlight of the night at Billy Mac's Bistro was the presentation of replica cheques to these groups, with the final amounts to be confirmed after collating all receipts.

The big surprise of the evening came when I was presented with a cheque for \$3000 to go towards formally setting up prostate cancer support groups in Naracoorte, and also in Kingston SE.

An informal group in



ABOVE: Graham Hinze receiving a cheque from Dr Brian Norcock. BELOW: Part of the big crowd at the men's health night in Naracoorte.



Naracoorte has been going for over 12 months and early next year should see the group become official.

At present, we currently get 10-to-12 people attending every cuppa-and-chat session, and they are all keen to take the next step and formalise the group. Probably half of this group are prostate cancer survivors, but the rest

have other forms of cancers. All of them enjoy the shared company and chat.

I look forward to next year, when – with the help of such people as Richard Harry, Ian Richards, David Merry and many others from PCFA Central Australia Chapter – we can start setting up the new support groups in both Naracoorte and Kingston SE.

Ambassadors raising prostate cancer awareness

A mine of information

The message about prostate cancer awareness is now reaching unexpected areas, as Malcolm Ellis reports.

A FEW months ago, I was contacted by Katie Dundas from PCFA in Sydney, asking if I would be interested in doing an Ambassador Presentation for BHP Billiton workers at the Olympic Dam mine in the northern desert area of South Australia.

The idea appealed to me, so on Tuesday November 5, I was flown from Adelaide – compliments of BHP Billiton – to Olympic Dam.

When I arrived at 4pm, I was met by Joanne, an occupational nurse at the mine site, who gave me a tour of the Roxby Downs township.

Joanne then took me out to the mine site for induction and a run through safety procedures before delivering me to the camp, which was my accommodation for the night.

On Wednesday, I was required to make a very early



LEFT: The prostate cancer awareness meeting begins at Olympic Dam – 420 metres underground.

BELOW: Ambassador Malcolm Ellis, dressed in protective gear and ready to make his presentation.



start, so I was up at 4am, ready for breakfast. After collecting all my gear, I was taken by Joanne to the mine site office.

Before going down the mine, I had to dress in fresh underclothes, overalls and boots supplied by the company (as I would need my own clothes to change back into after showering and leaving all the contaminated clothing to be collected and cleaned).

From there we proceeded to the medical section, where I was issued with a helmet, light and a respirator to hang on my belt. That was quite a bit of extra weight to be carrying for someone who is not as fit as I once was!

With my escort, I was then transported by ambulance to

the 420 Plat area – located 420 metres underground, where the presentation was done in an area used for training.

I believe this is the first time in Australia that an Ambassador Presentation has been given underground.

The presentation, which began at 7.30am, was very well received by the 30 men present and a good discussion ensued.

After the presentation, we returned to the surface in the Whenan cage – an experience I found very interesting, as I had operated similar machinery many years ago at a Tennant Creek gold mine.

A second presentation was planned for 11am on the surface, but unfortunately I was hit by a mild dose of food

poisoning, and was taken to the medical centre for treatment, and that presentation had to be cancelled. Hopefully, it can be rescheduled when another date can be arranged.

Fortunately, I had recovered enough to make my flight home at 2pm, although the medical staff had considered keeping me there overnight.

It could be said that I have now taken the Ambassador Presentation to an all time low – but at least we have upheld the philosophy of the Ambassador Program and our aim of spreading the prostate cancer awareness message: “Any time; any place”.

Whyalla Prostate Cancer Support Group

- THE Whyalla Prostate Cancer Support Group meets at 7.30pm on the first Tuesday of each month, from February, in the new temporary location at 6 Zeven Street, Whyalla – until we find a new home.
- 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.

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

Ventures to help support prostate cancer awareness

Grand Grange gesture

Darwin Prostate Cancer Support Group

• The Prosper Darwin prostate cancer 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. All guests and visitors are invited to attend – especially prostate cancer support group members who are visiting Darwin from other parts of Australia.

ADELAIDE photographer Milton Wordley recently launched the grand book *A Year in the Life of Grange*, tracing the journey of Penfolds' Grange wine from growing to production to consumption, in words and images. Better still, he has directed a portion of proceeds from book sales towards PCFA, in honour of several friends dealing with prostate cancer.

Milton says he embarked on this book project because he realised a deeper story about Grange had not yet been told.

"I'd never seen a great photo essay about a single wine," says Milton. "I realised Grange should be the one."

The 132-photos contained within the large format book reveal photography taken between January 8 and December 14, 2012, having taken him to vineyards across South Australia, to New York



Milton Wordley's new book *A Year in The Life of Grange*, pictured in the Max Schubert Cellar at Magill Estate.

for a tasting of historic Grange vintages from 1952 to 2010, and to Los Angeles for the Wine Spectator Grand Tasting, where he used Greg Norman's pass to gain admission. It took almost another year to finish the book, costing Milton more than \$200,000 in production costs to realise his vision.

His confidence has been justified. Orders for the premium books – 1000 limited

edition copies at \$785 each, 250 winemakers edition copies at \$1000 each, 100 collectors edition copies at \$4000 each – have been brisk. Many have come from overseas, and books can be ordered at www.wordley.com.au

"We did much more than pull together a bunch of pretty pictures," says Milton with a note of pride. "We've catalogued a piece of history."

Riverland Prostate Cancer Support Group

COMING EVENT FEBRUARY MEETING

- The Riverland Prostate Cancer Support Group conducts its meetings on the second Tuesday of alternate months at the Combined Services Club Rooms, Kealy St, Berri, from 7pm. The next meeting will be on Tuesday February 11.
- The Riverland group has been steadily building during 2013, with more members attending its regular meetings. Encouraged by this response, several group members have decided to get out and spread the word even further in the local community. They are declaring that help for men with prostate cancer is close at hand within the local support group, and they plan to set up prostate cancer information stations in shopping plazas in each town through the Riverland. They are confident this will promote greater prostate cancer awareness and hopefully get men to have medical check-ups regularly.
- As a trained prostate cancer ambassador, support group convenor Allan Dand is also planning to speak to local Men's Shed Groups, the Vietnam Veterans Association and various service clubs through the Riverland.
- For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651 or 0488 994 803, or email alglen@iprimus.net.au

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or visit the website www.prostate.org.au

City of Onkaparinga Prostate Cancer Support Group

Welcoming a guest speaker who offers us great support

The continuing relationship between Dr David Elder and the City of Onkaparinga support group provides lasting benefits, as group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had Vice Chairman Malcolm Ellis taking charge of the October meeting – at which the membership welcomed Bob, Marjorie and Oscar as new visitors.

Malcolm had not long returned from BHP Billiton's Olympic Dam site near Roxby Downs, where he gave a talk about Prostate Cancer as an Ambassador Speaker for PCFA (read his report on Page 9 of this newsletter).

Malcolm showed the support group a slide of himself in a helmet ready to enter the mine. This would have brought back some memories from many years ago for Malcolm, when he was

last down a mine – and it was some time before those who were down the mine with him at the time were able to get out.

Malcolm welcomed Dr David Elder to the meeting. Dr Elder was our guest speaker at the first meeting that our group had in October 2003, and has supported us at the end of every year since then.

Dr Elder gave another excellent presentation on the prostate gland, the problems we can have with it, the treatment options that are now available and the after effects that may be experienced.

Once again Dr Elder answered many questions and the feedback from our members was very good.

We offer another great vote of thanks to Dr Elder for his continued help and encouragement of the City of Onkaparinga support group.

NEW APPOINTMENT

PCFA has appointed Marie-Claire Cheron-Sauer as its new Director, Support Networks. Marie-Claire joined PCFA on November 25 and will be based at the national office in Sydney.

CATCH-UP BEFORE CHRISTMAS

WE wish everyone the very best for Christmas and the New Year, and look forward to catching up at the Aussie Inn, Main South Rd, Morphett Vale, for a casual social gathering on Sunday December 8 at noon.

COMING EVENT

FEBRUARY 5 MEETING:

The Onkaparinga support group will conduct its next meeting in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on Wednesday February 5 at 6.30pm.

- PLEASE NOTE that the group conducts no meeting during January.

- 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.**

Alice Springs Prostate Cancer Support Group

COMING EVENT FEBRUARY MEETING

- The Alice Springs Prostate Cancer Support Group will conduct its next meeting at Medicare Local NT, 5 Skinner Street, Alice Springs on Thursday February 13, running from 6pm to 7.30pm. Please note the **NEW MEETING TIME**. The Alice Springs group's end-of-year dinner will be held at the Alice Springs Golf Club, Cromwell Drive, Alice Springs, at 6.30pm for 7pm start, on Thursday December 5. It is anticipated that PCFA's Ian Richards will be able to attend.

- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195.

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

SUPPORTERS HELPING TO PROMOTE PROSTATE CANCER AWARENESS

Subway hangs its hat on prostate cancer fundraising

SUBWAY® restaurants across South Australia, Western Australia and Victoria will have PCFA collection boxes at every till as the result of a fresh South Australian initiative.

The money boxes resemble baseball or peaked caps and are bright blue. They carry a prostate cancer awareness message and will be in-store for at least a year.

The boxes were developed in conjunction with Subway® restaurants and manufactured in Adelaide.

PCFA National Chair David Sandoe OAM is pictured with Martin Koehne, the Subway® Development Agent for SA, in one of the first Subway® restaurants to receive the money box hats.



LEFT: PCFA National Chair David Sandoe OAM with Subway® restaurants' Martin Koehne, admiring the unique blue peaked cap design of money boxes that will collect donations for PCFA in Subway® restaurants.

It is anticipated that significant funds will be generated by this project and awareness about prostate cancer issues will also be generated by the prime location of the donation boxes on the Sandwich Unit counter

in Subway® restaurants. Thanks go to the whole Subway® team, and PCFA looks forward to a mutually beneficial relationship.

The extended PCFA family and friends are encouraged

to visit Subway® restaurants, sample the goods, check out our receptacles and leave their change so that PCFA can make a difference in the lives of people affected by prostate cancer.



ABOVE: David Basheer and Lucy Hood, representing the Australian Hotels Association and Independent Gaming Authority through Hotel Care Projects, with PCFA National Chair David Sandoe OAM for the unveiling of the commemorative boardroom plaque.

Scenes from the boardroom

The recent visit to Adelaide by PCFA national chair David Sandoe OAM culminated with a function in the PCFA SA/NT office, where invited guests witnessed the official naming of the generously refurbished boardroom.



LEFT: PCFA's Ian Richards with Jeff Roberts and PCFA SA Board Member Dick Wilson.