

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)

APRIL 2013

Volume 6: Number 3

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



Present at the Central Australia Chapter Council meeting in the new SA office (from left): David Merry, Richard Harry, Joan Manfield, Alan Dand, David Sandoe, John Shields, Karyn Foster, Ian Wagner, Kay Hearn and John Friedsam.

## Welcoming the start of a new era for PCFA in SA

**T**HE Central Australia Chapter Council of PCFA held its first meeting for the year in the new PCFA South Australian office, located at 144 South Tce, Adelaide.

It marked the first official business to be conducted in the new facility – albeit with loaned furniture to ensure the large group could attend to the important business at hand.

PCFA South Australia and Northern Territory State Manager Karyn Foster was able to brief the chapter council members attending, as well as visiting PCFA National Chair David Sandoe and John Friedsam (PCFA National Manager, Support Groups), on how the new office will eventually be fitted out – and also explained Karyn's quest for donations of plants to fill the lovely atrium.

The new office will be officially opened on May 9 by the Governor of South Australia, Rear Admiral Kevin Scarce – a coup for the organisation to have such a prestigious dignitary taking keen interest in the activities

of prostate cancer support and awareness in this state.

The new office will become an important hub for PCFA activities, especially after the introduction soon of Ian Richards as part-time support group and outreach officer.

• **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)

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## NEW CENTRAL AUSTRALIA CHAPTER INITIATIVE

# Appreciating a woman's



A new place for women's involvement within prostate cancer support groups has been introduced with the announcement of Support Group and Chapter Contacts for women, as Central Australia Chapter Councillor John Shields explains in this report.

**A**FTER much recent discussion, the Central Australia Chapter Council strongly recommends that every Prostate Cancer Support Group within the chapter appoint at least one woman in the role of an advisory contact for the wives and partners of men who have prostate cancer.

Recognition of this important new position will not only extend an offer of help to those women who currently attend support group meetings, but also for women in the community who may be suffering in silence.

These partners of prostate cancer sufferers often feel that they have no-one to turn to – and they need someone to talk with in confidence about the effect that their partner's diagnosis and treatment is having on them.

This initiative is to be supported by a proposed booklet: *A Helpful Guide for the Lady in the Life of a Man Who Has Prostate Cancer*.

While this document is currently in development, it will hopefully be available not only at support group meetings, but also at community events and gatherings.



**STANDING SIDE BY SIDE: Men and women form a crucial partnership in effective prostate cancer support – as depicted above, with Allan and Joan Manfield beside Lorraine and Colin Lang at the 2008 PCFA-SA Conference.**

Part of the role for these new female advisory contacts will be to encourage other women within the support groups – and in the wider community – to become more vocal in making their needs known.

This can begin at the start of each support group meeting. After the Chairperson has welcomed the support group members, it would be prudent to then invite the female advisory contact to present a report on concerns raised with them by other women – without divulging the identities of any courageous

participants in confidential conversations.

This element of confidentiality is essential if ladies are to feel confident about opening up and talking of their insights into problems associated with prostate cancer.

Such interaction will form an important bridge between men and women addressing this difficult issue.

If a woman feels uncomfortable talking in front of her husband or partner about how prostate cancer is affecting her life, then having a contact person to speak with privately

can be most beneficial – especially through offering her some valuable peace of mind. Being able to talk about their partner's health problem with someone who understands can have a tremendous influence on the healing process for them.

In time we would hope that women will feel more relaxed about sharing their experiences and building on the foundation that the Chapter Contact Ladies have laid down.

To strengthen the circle of support, three women currently positioned on the Central Australia Chapter Council have made themselves available as contacts for all women within support groups.

**Kay Hearn, Doris Klenke and Joan Manfield** are prepared to give practical advice about how women can deal with prostate cancer issues, based on their personal experience.

- **Kay Hearn** lives at McLaren Vale and will be the contact person for women in metropolitan Adelaide, as well as the Adelaide Hills, Gawler and the Northern Territory.

Contact Kay by phone (08 8323 7924), mobile (0410 539 274) or email (bk@chariot.net.au).

NEW CENTRAL AUSTRALIA CHAPTER INITIATIVE

# part in the journey



**FUNCTIONAL:** Female partners provide important support at PCFA activities, as shown by Kay Hearn (left) and her husband Bryan sharing a lighter moment with Jill Brew at a PCFA function in Alice Springs, July 2009 (with Terry Harbour, Jeff Roberts, John Shields, Caroline Anderson and others in the background).

• **Doris Klenke** lives at Murray Bridge and will be the contact for women living in Murray Bridge, the Riverland, Barossa, Gawler, Limestone Coast, and any new support groups that may be formed in rural areas.

Contact Doris by phone (08 8532 1936), mobile (0414 249 372) or email (max.klenke@gmail.com).

• **Joan Manfield**, who lives at Port Pirie, will be the contact for people living in Port Pirie, the lower Eyre Peninsula, Whyalla, lower Yorke Peninsula, Clare, the Mid North region and any new groups that form in northern regions of South Australia.

Contact Joan by phone (08 8632 1324), mobile (0437 863 299) or email (jaman@live.com.au).

Please be aware that these Chapter Council contact women may choose to rearrange the allocation of different regional responsibilities if they find a need to share the workload more equally.

Although these three women are all busy as Chapter Councillors, they are confident that they can be effective leaders in both areas.

They are especially hopeful of encouraging women in support groups to build a good rapport with each other.

While support groups obviously focus on men and how prostate cancer is affecting them, sometimes we do not appreciate just how much the disease is also affecting wives and partners.

It is now time to address this

situation by pledging our support and encouragement of women prepared to talk about the issues they face, as an important aspect of prostate cancer support.

For ladies in our community suffering in silence with prostate cancer issues, it will also be important that GPs, urologists and Health Service Networks in metropolitan and country areas are made aware that the network of prostate cancer support groups also place a strong emphasis on giving wholehearted support to women.

It is vitally important that we all recognise that their lives are also greatly affected by their men who have been diagnosed with, or are undergoing treatment for, prostate cancer.

We hope all support groups welcome this change.

## A REPORT FROM ALAN DAND

• The March meeting of the Riverland support group had seven members, including two new guests who spoke about their journey with prostate cancer.

We are still struggling to get more people to attend our meetings but with further advertising, I am sure this will improve. One attendee came after he heard me on ABC radio; another was referred by Dr James Aspinall.

I have now become a PCFA Central Australia Chapter council member, to gather information that could help get our message out for more men to have regular checks.

I also attended ambassador training, an excellent two-day program. 24 members took part and were presented with certificates and an ambassadors' tool kit (a USB containing everything needed for a presentation). I now feel confident to present my first talk soon for the Rotary Club of Mt Barker.

The next meeting for the Riverland support group will be at the Combined Services Club Rooms, Kealy St, Berri, at 7pm, May 14.

## Prostate Cancer Action Group

# Rotary club steps in to ensure Awareness event

## COMING EVENTS

### APRIL MEETING:

The Prostate Cancer Action Group SA holds its monthly meetings in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The next meeting starts at 5.30pm on Tuesday, April 9. Entry is via the rear stairway.

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

**A small setback won't stop the Action Group from remaining active and positive about spreading awareness of prostate cancer throughout 2013, as David Merry reports.**

THE Prostate Cancer Action Group's meeting in March brought news that a very good former arrangement, which ensured one of three Cancer Council staff attended our monthly meetings on rotation, would now cease.

Instead, Cancer Council representatives will only come to the Action Group meetings once every six months.

This disappointing news has reduced our links with the Cancer Council and also curtails the service previously offered for Action Group members to be able to frequently extract relevant research news from the Cancer Council's library of medical journals and other reports.

Despite this setback, Action Group activities

continue to forge ahead for 2013.

Plans for awareness events to occur during the year are in hand, including our presence at the Yorke Peninsular Field Days in September.

Importantly, the Rotary Club of Charles Sturt Grange has agreed to support the first Awareness meeting planned in Adelaide's western suburbs for 2013.

Jeff Roberts is currently recording the history of the Action Group, which is now in its 16th year. So far, Jeff has reached 2008 in his reasearch efforts.

Under the new budgeting rules of PCFA, detailed estimates of costs for running events will be required for approval by the Central Australia Chapter Council before any

future events are held by the Action Group.

## A NEW DRUG WORTH TAKING ACTION TO ENSURE PBS LISTING

The Action Group endorses the request of PCFA staff in approaching the Federal Minister of Health and other members of Parliament in efforts to have the new drug Abiraterone (Zytiga) listed on the Pharmaceutical Benefits Scheme.

This is very important, as it is the first new treatment for advanced prostate cancer to become available in Australia for more than a decade.

Please refer to lobbying suggestions from Margaret Bennett of PCFA National Office to make your voice heard. For details, visit the website [www.pcfa.org.au](http://www.pcfa.org.au)

## Barossa Prostate Cancer Support Group

### COMING EVENTS

- The Barossa Prostate Cancer Support Group has scheduled its 2013 meetings for the third Tuesday of each month, from 2pm to 4pm at various support group members' homes. The next meeting is being held on Tuesday April 16.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email [don@dppcs.com.au](mailto:don@dppcs.com.au)

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## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Learning the importance of our national health scheme

The new year started with a new insight into the national system for regulating health practitioners, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

**P**RIOR to our invited speaker's presentation in February, the Adelaide Prostate Cancer Support Group held its Annual General Meeting. There were few changes in the officers for the group. Jeff Roberts and Ian Fisk remain co-convenors of the group, the secretary and treasurer is Ian Fisk, Pam Fisk will continue looking after name tags and – most importantly – Pat Delpin will continue as supper co-ordinator. Violetta kindly volunteered to look after our library.

Thanks to all those who have assisted during the past year. The support group is also financial thanks to money raised at the Bunnings barbecue in September.

The speaker at our February 18 meeting was Bradley Williams from the Australian Health Practitioner Regulation Agency. The AHPRA is responsible for implementing the National Registration and Accreditation Scheme and Bradley explained the organisation's structure and function.

The Council of Australian Governments decided in 2008 to establish a single National Registration and Accreditation Scheme for registered health practitioners, as each state had its own independent body.

On July 1, 2010, the following professions became nationally



Guest speaker Bradley Williams, from the Australian Health Practitioner Regulation Agency.

regulated by a corresponding National Board: chiropractors, dental practitioners (including dentists, dental hygienists, dental prosthetists and dental therapists), medical practitioners, nurses and midwives, optometrists, osteopaths, pharmacists, physiotherapists, podiatrists, and psychologists,

In July 2012, four additional professions joined the national scheme: Aboriginal and Torres Strait Islander health practitioners, Chinese medicine practitioners (acupuncturists, Chinese herbal medicine practitioners and Chinese herbal dispensers), medical radiation practitioners (including diagnostic radiographers, radiation therapists and nuclear medicine technologists) and occupational therapists.

A service charter sets out the

values that guide the AHPRA, the standards of service you can expect, and steps you can take if these standards are not met.

Anyone can notify AHPRA about the conduct, health or performance of a practitioner. Concerns should be lodged on a notifications form or contact AHPRA on 1300 419 495.

Details about any practitioner in Australia can be looked up on the website [www.ahpra.gov.au](http://www.ahpra.gov.au)

It was a very interesting presentation, and we thanked Bradley for informing us clearly about the AHPRA.

The support group's May meeting and some later in the year may have to be convened by someone other than Jeff or Ian, as both may be away at meetings. Therefore, volunteers are needed please!

## COMING EVENTS

### APRIL 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 April 15 meeting will feature guest speaker David Cronin, who will show us how Fun, Laughter, Humour and Play have helped many patients through illnesses, and how to increase our enjoyment levels in life with some helpful tools and models.

• 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)

## Murray Bridge Prostate Cancer Support Group

# New officers signal a fresh renewal for support group

A strong AGM to start the year has members prepared to pitch in and help make 2013 a successful year, as Murray Bridge support group secretary Max Klenke reports.

**T**HE Murray Bridge Prostate Cancer Support Group started 2013 with its Annual General Meeting in February. President Trevor Muirhead welcomed 22 members to the meeting (two apologies were accepted), which was eventually held at the venue where the support group has regularly met since its inception – Our Wellbeing Place.

The committee had been investigating other options due to a change in ownership of the venue, but literally at the last minute we were made aware that these rooms will still be available to our meetings for at least six more months.

During the meeting, new officers for the support group were elected for 2013. They are: president, Ron Nance; treasurer, Richard Parsons; secretary, Max Klenke (who initially declined offer but later accepted the position

before a week had passed). Doris Klenke stepped down from being in charge of providing coffee, tea and biscuits, and Bronwyn Lehmann and Margaret Parsons were elected to take up this position.

Reports were received from President Trevor (highlighting a good year) and a financial report from group treasurer Richard Parsons, which showed our financial position to be favourable. Richard also presented a proposed support group budget for 2013, which was accepted by the meeting.

## HELPING OUT WITH INFORMATION STALLS

**OUR GROUP** was requested to provide help at the Prostate Cancer information stand being presented at the Mount Pleasant Show for its 150th anniversary event on March 16. Secretary Max Klenke said he would drive to this event and would have room for three more passengers in his car. To their credit,

Ron Nance, Trevor and Pat Muirhead indicated they would attend.

Yet again the Murray Bridge support group will be represented with a display stall at the Karoonda Farm Fair on April 5 and 6.

## SUCCESSFUL SUPPORT FROM BUNNINGS

A REPORT detailed that the Bunnings barbecue held on Sunday February 17 was, thanks to a very hot Murray Bridge day, a success and we were able to clear \$244 – a fair effort for the day.

The support group's next fundraising and awareness barbecues are being held on Saturday July 20, and our favourite, the Fathers' Day barbecue, will be on Saturday August 31.

It was nice that Bunnings invited people who participated in the previous barbecue to enjoy an evening as guests at a special hosted barbecue on February 28, designed

## COMING EVENT

- The Murray Bridge support group conducts its monthly meetings at 7.30pm on the third Wednesday of each month.

For the immediate future, meetings will continue to be held at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting will be on **WEDNESDAY, APRIL 17.**

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

as a reward for those who volunteer. In response, the Murray Bridge Group presented Bunnings with a certificate to express our thanks.

## Port Pirie Prostate Cancer Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at the BHAS Bowling Club, Halley St, Port Pirie. There is usually an excellent guest speaker, and late supper is provided for the 20-to-30 ladies and gentlemen attending each meeting.
- For further details, phone group coordinator Allan Manfield on 08 8632 1324.

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Prosper Darwin Prostate Cancer Support Group

# Trying to lend support to men who require it most

Some men resist advice and deny the potential harm of prostate cancer when they are newly diagnosed – and these are men that most urgently need to connect with support groups, as Prosper Darwin support group facilitator Keith Williams reports.

NEW members keep coming to the Prosper Darwin Prostate Cancer Support Group in roundabout ways – sometimes via Darwin’s prostate cancer nurse, often via literature we have distributed through the community, or as a consequence of radio broadcasts where I have mentioned the group’s activities and monthly meetings.

Sometimes, however, after men have considered the support group for a long time, they unexpectedly make initial contact with us.

We had this happen recently, when a man who had initially overlooked the contacts leading to our group gave me a call and had a chat.

We cannot disclose the details of his story, because we can’t tell the story of medical patients through

## 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.

this medium without his consent – and unfortunately, after an initial positive connection with me, he has since changed his mind and decided not to have anything to do with the support group, closing himself off to this valuable line of advice and support about dealing with prostate cancer treatment and recovery.

I know that there will always be many men who won’t accept a support group’s help, but it still upsets me that they are prepared to sacrifice an important aspect of quality living to help them through their cancer journey.

Speaking of Darwin’s prostate cancer nurse, he proved himself as a most valuable, comforting contact for one of our support group members who recently had robotic surgery, from which the early PSA results were concerning.

## RESEARCH PROJECTS

RECENTLY I got involved as a consumer representative in two research projects, conducted by researchers at Edith Cowan University. The first investigates the benefits of exercise for the sexual and psycho-social health of men, particularly those receiving ADT. The

second investigates the benefits of a community based exercise program, specifically designed for cancer survivors.

More participants are being sought for both projects, and if any readers are interested, please get in touch with me (ma.pa.willi@bigpond.com or phone 08 8981 4506).

Some of the Darwin support group are linking up to these projects, and within a few minutes of my monthly community radio session,

I had two phone calls from men interested in taking part in one of the projects – and also linking up with the Darwin support group.

Finally, we’ve earned a break and will be travelling, so it is likely that there won’t be articles in the next couple of Prostate Supporter newsletters. I’ll be too busy cheering the Magpies on at the MCG on ANZAC Day.

## Gawler Prostate Cancer Support Group

- THE Gawler Prostate Cancer Support and Awareness Group has been formed to support men in the Gawler area diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment.
- ANYONE is welcome to attend the Gawler support group meetings, which are held in the conference room at the Gawler Health Service facility (21 Hutchinson Rd, Gawler East, phone 8521 2000) at 7pm on the first Tuesday of each month. The next meeting is on November 6. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

## Limestone Coast Prostate Cancer Support Group

# Humour provides a key to help us all feel better

Sharing laughter with a mate from the local community can often be the best medicine for a support group meeting, as group co-ordinator Richard Harry reports.

As a respite from featuring medical speakers, the Limestone Coast support group added a light-hearted note to its March meeting by asking Noel Boyle to talk about some of his experiences working at the Millicent Post Office.

Noel is president of the South East Family History Group based in Millicent, an active member of the Millicent National Trust, and a volunteer on the management committee at Lake McIntyre recreation area near Millicent.

Noel's father was a Post Master General linesman, so it comes as no surprise that Noel was asked to deliver Christmas parcels in December 1964, while still attending school.

After leaving school, Noel worked for the PMG by delivering telegrams on a

bicycle for an annual salary of £465. At that time telegrams had to be delivered within 20 minutes of being received at the post office, and each had to be delivered separately – although for a wedding it was not unusual to ask the addressee after the first telegram if the rest could be held and delivered in one run.

The bicycles used at this time were former World War II surplus – not the most comfortable machine to ride. Noel's job also required him to ride to public phones and collect the coin boxes, but because of the weight he was only able to carry two at a time.

Noel went on to tell us of his run-ins with dogs, unpaved roads and the weather in a series of hilarious tales that people of a more senior age could heartily reflect on and appreciate. In later years,

Noel progressed to riding postal motor scooters, with his training comprising one lap around the local oval before being told to go and get a licence from the local policeman, who would never issue one on the first test.

It was not unusual for Noel, when delivering mail, to help a local round up their sheep that had escaped from the paddock, before resuming his round. As many roads were still unsealed, it was also not unusual for his scooter to get bogged. Noel advanced through various jobs at the Millicent Post Office and retired in March 2010. His jolly tales were greatly appreciated.

At supper Noel and his wife Sheila spoke with many members of our group to conclude a great evening with much laughter and shared humour.

## COMING EVENTS

**APRIL MEETING:**  
The next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, Mount Gambier, on Thursday April 4 at 7.30pm. The guest speaker at the meeting will be Alison Aston, a diabetic educator with Community Health.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone coordinator Richard Harry on 8724 9057 or mobile number 0427 978 898.

## Mitcham Prostate Cancer Support Group

### NEXT MEETING, THURSDAY APRIL 18

THE Mitcham support group's Annual General Meeting on February 28, saw the following positions filled for 2013: Chair, Roland Harris; speakers and promotion, Jeff Roberts; catering, Theban Roberts & Co; treasurer/recorder: Graeme Bradley. A special vote of thanks was delivered

to John and Dianne Baulderstone for their dedicated service since the group was formed in May 2005. They never missed a meeting and are now taking a well-deserved break from office.

• The March 28 meeting featured guest speaker Lauren Wood, Prostate Cancer Specialist Nurse at the Royal Adelaide Hospital.

• The Mitcham group's April 18 meeting will feature guest speaker Bronwyn Chant from Craniofacial Australia, and this meeting is being held one week earlier than usual due to RSL Anzac Day commitments.

• The Mitcham support group meets at the Colonel Light Gardens RSL Club, 4 Prince George Parade,

Colonel Light Gardens, from 7pm to 8.45pm. Car parking is now transferred to within the RSL grounds, where the bowling greens previously existed.

• 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 Roland Harris on 8277 2138.

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## Alice Springs Prostate Cancer Support Group

# Discovering the risk factors with diabetics

Diabetes educator Mary Woolcock provided some timely advice about the disease and its symptoms to the Alice Springs Prostate Cancer Support Group during its most recent meeting, as group deputy convenor Murray Neck reports.

At the March meeting of the Alice Springs support group, Mary Woolcock from Health Living NT was the guest speaker who entertained and informed an attentive audience – especially considering a large number of members were out of town and several apologies had been received.

Diabetes is a disorder that begins when blood sugar (glucose) levels become higher than normal. It currently affects about 1.5 million Australians – and is especially problematic in the Northern Territory, where 1 per cent of the 10,000 Aborigines who live in Central Australia depend on dialysis for survival.

There are essentially two expressions of the disease.

Type one, or insulin dependent diabetes mellitus, begins as a sudden illness in children or young adults and is marked by great thirst, passing a lot of urine, lethargy, blurred vision, hunger and tingling in the toes and feet.

This is caused by insulin-producing cells of the pancreas being permanently damaged, possibly by a disease. Without insulin,

most cells cannot survive because they are unable to convert the sugar in the bloodstream into energy.

The treatment, which is often urgent, is to inject manufactured insulin that will mimic as closely as possible the ebb and flow of the hormone released by the pancreas gland in response to food in the stomach. This reverses the symptoms and prevents serious complications.

It is necessary for these diabetics to adopt a healthy diet and exercise program and maintain a healthy body weight forever.

Type two diabetes account for about 90 per cent of the cases. It can occur in children but usually begins in older people and becomes progressively more common with age.

Statistics show that certain racial and cultural groups tend to be more at risk with this form of the disease and it also tends to run in families.

It is caused mainly by a poor diet and lack of exercise. Indeed, obesity is the chief risk factor for developing type two diabetes, as the majority of the patients are grossly overweight.

This causes insulin resistance, so these people need very large amounts of insulin to maintain normal blood sugar levels.

Other people with type two diabetes may not have any symptoms for decades but when they do show, they are usually similar but milder than those of type one.

It can become a chronic disease with serious complications which can progressively worsen if left untreated.

High blood sugar levels cause narrowing of blood vessels and poor blood circulation resulting in damage to the heart, brain, legs, eyes, kidneys, nerves and skin.

When kidneys malfunction, causing renal failure, connection to a dialysis machine may be necessary for survival.

Treatment of high blood pressure and cholesterol can prevent some of the complications of diabetes.

Monitoring blood sugar levels which can be done at home with a simple affordable monitoring device, is an essential part of diabetes care.

It provides instant information that is needed

## COMING EVENTS

**APRIL MEETING:** The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday April 11, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs. The guest speaker for this meeting will be Natasha Murray, Dietician at the Alice Springs Hospital.

- For more information about the Alice Springs support group – which usually meets on the second Thursday of each month – phone group chairman Tony O'Brien on 0438 530 366, convenor Ian Wagner on 0409 534 950, or deputy convenor Murray Neck on 8952 3550.

to make any treatment and adjustments. People with diabetes benefit greatly from learning about the disease, understanding how diet and exercise affects their blood sugar levels and knowing how to avoid complications.

## McLaren Districts Prostate Cancer Support Group

# Group members have fascinating tales to tell

Moving away from strict health matters can provide unexpected treats during group meetings – especially when support group members reveal that they have been involved in extraordinary incidents in their lives, as Collin Griffin reports.

**T**HE quarterly meeting of the McLaren Vale Prostate Cancer Group held in February had the privilege of enjoying a most unexpected presentation by Bryan Hearn.

Bryan, the driving force behind establishing this support group, was previously a policeman in the UK and was able to give the group a fascinating insight to The Great Train Robbery of 1963. His authoritative insights stem from the fact he guarded and talked to some of the prisoners during their trial.

Bryan revealed that Bruce Reynolds did much of the robbery planning, although no one person was in total control, and details were elaborated on at infrequent discussions. Accomplices were added to the group when special skills and inside knowledge were needed.

The robbers chose to stop a mail train known to carry money on a regular basis between Glasgow and London. They expected to steal about £300,000. Some say they hadn't reckoned on a public holiday in Scotland adding to the size of their haul, which was a massive £2.45 million, mostly in small denomination rolls – although this bonanza was ultimately to prove unhelpful because of

its bulk. The train consisted of 12 carriages carrying about 72 postal workers who collected, sorted and distributed mail en route. They threw out and collected bags of mail as they went along.

From information obtained, the thieves knew that the mail was in the second carriage behind the engine, so having stopped the train by replacing a green light with their own red one powered by a car battery, they uncoupled the train in order to separate the engine and the front two carriages from the rest of it.

They planned to drive the engine with its two carriages forward to the site they had chosen to unload the booty. They found they could not do so themselves, then struck unwilling train driver Jack Mills on the head with an iron bar. Jack was never able to work again.

Postal workers on the train thought that the stoppage was legitimate and continued their work while the robbers handed 121 bags down an embankment and loaded them onto waiting vehicles.

They took the money to a deserted farmhouse, as arranged by John Wheeler, who was a crooked solicitor. They stayed here for two days, divided the spoils into 17 even

### COMING EVENT

#### MAY MEETING

- The McLaren Districts Prostate Cancer Support Group now conducts its meetings on a quarterly basis, with the next meeting scheduled for **MAY 2013**.

- For further information, phone support group president Bryan Hearn on 8323 7924. The meetings start at 7pm and are conducted in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

parts, then went their various ways.

By this time a police search was well under way, including the Flying Squad and famous detective Jack Slipper.

A tip from a local farmer led police to the abandoned farmhouse, which had unexpectedly been cleaned, although fingerprints were found on a Monopoly board and tomato sauce bottle.

These prints led to the arrest of several gang members when notes were found stashed between the inner and

outer walls of their caravan involved in an accident. Tip offs and good police work led to other arrests, and by January 1964, 12 of the 15 robbers had been arrested, tried and found guilty. The three remaining robbers were caught and jailed within five years of the hold up.

The men were sentenced to prison for up to 30 years, but the drama did not end there. Charles Wilson and Ronald Biggs escaped from prison in less than two years. Wilson was recaptured in Canada in 1968, but Biggs became the UK's most famous fugitive by evading capture for 35 years.

He finally flew back to the UK from Brazil, where he was hiding in 2001, and gave himself up to the authorities. In the meantime he had lived in Adelaide, Melbourne and Barbados, as well as Brazil.

On his return to the UK, he was jailed, but released due to poor health in August 2009.

Bryan said that those who had robbed the train were crooks that could not go straight if they tried. Bruce Reynolds, who recently died, said after a fellow robber's funeral: "We hated going straight. We were criminals more for the hell of it than for the rewards. It was hard for us when we quit. You never stop missing the buzz."

City of Onkaparinga Prostate Cancer Support Group

# Community input provides a spark to our support groups

The input of people from the local community – guests and prostate cancer patients – adds great potency to support group meetings, as Onkaparinga support group chairman John Shields reports.

FOR the March meeting of the City of Onkaparinga Prostate Cancer Support Group, our chairman welcomed the presence in the audience of Carol Tasker, a registered nurse who works with RDNS Morphett Vale and had been attending Phyllis Shields (wife of group chairman John Shields) for some time after her appendix operation.

During one of her visits to the Shields' house, Carol spoke of her interest in the aspect of prostate cancer being so important to men's health, and said that she would like to attend one of our meetings. Beyond this, Carol has also volunteered to be guest speaker at our next meeting on April 3. Carol is also interested in further education as a Prostate Cancer Nurse, and I would like to wholeheartedly support Carol in her desire to pursue this very desirable aspect of her career, and will ask to have Carol invited to the next Central Australia

Chapter Council meeting on Wednesday June 5 to discuss this further.

At the Onkaparinga group's March meeting, an apology was received from Lauren Wood, Prostate Cancer Specialist Nurse RAH, who unfortunately was unable to attend due to another commitment. Lauren has indicated that she will attend another of the support group meetings in due course.

Before watching a DVD about advances in Advanced Prostate Cancer treatment, members participated in a round robin discussion about their recent prostate health experiences since the group last met. It's good to know that members are quite happy to talk in detail about the effect that illness is, or has been, having on their lives.

During this discussion, members were particularly interested in getting an update on Peter Kiley, who has been a stalwart of our group for nearly 10 years. Peter is someone who people

always look up to as a strong personality, an excellent character and a wonderful example to anyone who is going through an unrelenting illness like advanced prostate cancer. What's more, we understand that his wife Christine is a tower of strength in offering Peter support.

Another of the support group's original members, Brian Foreman, gave us a detailed report of his activities over the past month and how much travel it involves. Brian is very competent in his woodwork – evident by the useful gong and gavel that he presented to our support group many years ago.

Still, it would be nice if Brian didn't have to travel all the way to St Paul's College, Gilles Plains, to apply woodworking skills. Brian and Rhonda are coping well with his prostate cancer treatment progress and it is good to see them, like other couples, together at each meeting to give their support to new members and visitors.

## COMING EVENT

### APRIL MEETING:

The Onkaparinga Support Group's next meeting will be held in the Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga, on Wednesday April 3 at 6.30pm. Guest speaker will be local registered nurse Carol Tasker.

• 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.**

## 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.

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)

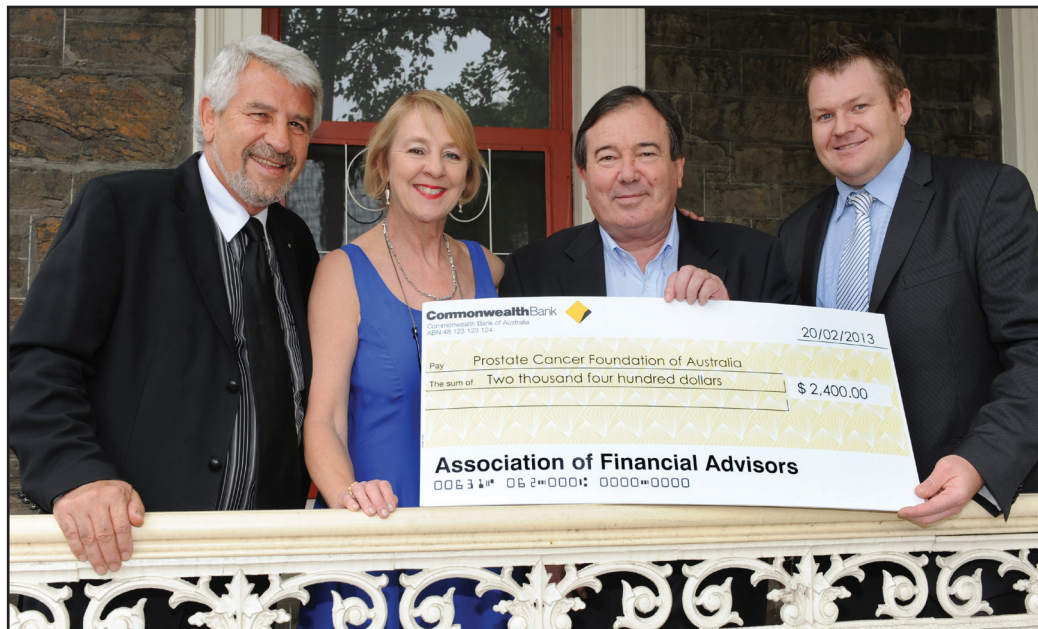
PUSHING PROSTATE CANCER AWARENESS IN THE COMMUNITY

# Awareness fuels fundraising

PICTURED RIGHT is PCFA South Australia Board Member David Baker, (of Baker Young Stockbrokers) with PCFA South Australia and Northern Territory State Manager Karyn Foster, and PCFA National Chairman David Sandoe receiving a generous fundraising cheque from Dave Slovinec of the Association of Financial Advisors.

David Baker spoke to members of the AFA at the Gen-Xt Road Show event in Adelaide during January. A fantastic sum of \$2400 was collected at this event for prostate cancer research, awareness and support initiatives.

Our thanks go to David Baker for giving his



time to make a great presentation and further the prostate cancer awareness campaign. At David's suggestion the concept of PCFA speakers for AFA events

was taken up across the country – and now PCFA speakers are addressing AFA groups state by state.

As a result of this South Australian initiative,

AFA members have raised significant funds nationally, and these will be announced at a later date. Suffice it to say we wish to thank the AFA Foundation for its ongoing support of PCFA.



**FEELING ON TOP OF THE WORLD:** Father-and-son team John and Simon Bignold have now reached the halfway point in their epic State 8 Adventure, in which they aim to scale the summit of the highest peak in each Australian state and territory within nine months. They recently completed another two mountains – Mt Kosciuszko in NSW and Mt Bimberi in the ACT (pictured left) – and have the remaining trekking dates locked in: Mt Ossa in Tasmania on April 9 and 10; Mt Zeil in NT on May 15; Mt Woodroffe in SA on May 18 and Mt Bartle Frere in Qld on June 21.

Simon is now starting to hound people for donations, for PCFA and Ovarian Cancer Australia, and would appreciate any help by directing interested donors to his email address: [simon.bignold@chemmart.com.au](mailto:simon.bignold@chemmart.com.au)