

Central Australia Chapter



# PROSTATE SUPPORTER

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

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

**MAY 2014**

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

**Volume 7:  
Number 2**

## Financial assistance allows our chapter to grow more

PCFA has enjoyed a great boost from major sponsorship and donations – especially from such corporate supporters as Subway® and The Good Guys retailers.

Through the past year, The Good Guys has embraced PCFA as one of its preferred charities, and has already raised more than \$50,000.

Part of this contribution has allowed a huge surge in the number of new support groups throughout the Central Australia Chapter. This targeted aim of PCFA is a costly exercise – each start-up requires at least \$2500 – but it plays a vital role in giving more access to support for all men dealing with prostate cancer, along with their partners and families, while also providing heightened information and awareness about prostate cancer for all Australians.

The impact of The Good Guys' contribution can be seen in the impressive



**ABOVE: Whisky Live Adelaide 2014 was the nation's largest consumer whisky tasting program, with more than 250 participants tasting more than 100 whiskeys in the University of Adelaide's Bonython Hall on April 11 and 12 – and PCFA was sole beneficiary of the event's fundraising efforts. Several thousand dollars was raised and SA looks forward to hosting this event again in 2015.**

list of new support groups identified on Page 12 of this newsletter.

The Good Guys' South Australian stores have one more cheque to present to PCFA as a result of its year-long commitment. This

involved checkout counter bins in each of The Good Guys stores, collecting tokens

from customers that nominate PCFA as their chosen charity to receive donated funds.

• **CONTRIBUTIONS** from all Support Group members to the quarterly 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)

## Prostate Cancer Action Group

# Enthusiastic volunteers make a mark at field days

Linking with new participants and local support group volunteers makes a big difference to event outcomes, as David Merry from the Prostate Cancer Action Group reports.

**A** LEAP into action for 2014 by the Prostate Cancer Action Group has been complemented by Trudi Bizilis joining the fold. Trudi is a theatre nurse and has frequent contact with local urologists in her role as a representative for American Medical Systems.

Our year began with a well received appearance at the South-East Field Days in Lucindale on March 21 and 22.

Jeff Roberts reports that six Action Group members travelled to Lucindale for the group's third visit to this popular event and were joined by seven members of support groups from Mount Gambier, Naracoorte and Kingston. A wide range of brochures, posters and banners were displayed at our site.

The event is run in a fantastic manner by the Lions Club of Lucindale and has attracted an average attendance of about 20,000 people for each of the past 10 years. The Lions Club again showed its great generosity by donating \$1000 to our group.

As we have found during more recent field day presentations, the assistance of local support groups is vital. These members were known to many people who passed our site and were able to engage in numerous meaningful conversations. Networking is another important aspect at these events and we were able to supply brochures to other health groups, and gain some useful contacts.

Jeff would especially like to commend everyone who attended the site for the excellent way they fitted in, which ensured two very enjoyable days for everyone involved with the booth.

A large number of brochures, books, and booklets were distributed and I believe we left the event with the satisfied feeling that



**ABOVE:** The Action Group joined with members of local support groups to stage a very successful information stall at the South-East Field Days.

## COMING EVENTS

- **The Prostate Cancer Action Group SA holds its meetings on the second Tuesday of each month, in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The May meeting starts at 5.30pm on Tuesday, May 13. Entry is via the rear stairway.**
- **For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at [www.pcgsa.org.au](http://www.pcgsa.org.au) or make contact by phoning David Merry on 8270 2227, or email [djmerry@adam.com.au](mailto:djmerry@adam.com.au)**

we had highlighted the need for prostate cancer awareness to a significant number of people.

## FURTHER PLANS FOR 2014

THE Action Group's plans for 2014 include an Awareness Evening at the Christian Gospel Centre, Victor Harbor on Monday May 5, at which Dr Kym Pese will be the lead speaker. Traders and offices in the Victor Harbor area have

readily supported our advertising for this event. Information stalls presented during the year will be supported by members of the local support groups at:

- Riverland Field Days in September.
- Gawler Show in August.
- Clare Show in October.

The Chapter Council is also keen for us to present at least one more Awareness Evening during Spring.



Barossa Prostate Cancer Support Group

# Highlighting the necessity to clean out lymphatic systems

Members of the Barossa support group were impressed to learn more about the function and proper care of our lymphatic system, as co-ordinator Don Piro reports.

**M**EMBERS of the Barossa Valley Prostate Support Group went to a recent talk on lymphoedema awareness, at the Vine Inn in Nuriootpa given by Professor Neil Piller.

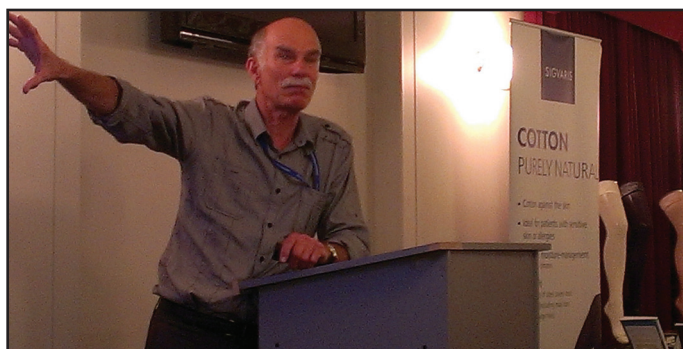
Professor Piller, a world-renowned lymphologist and director of the Lymphoedema Research Unit at the Flinders Medical Centre, highlighted how this disease impacts men and woman cancer patients.

He explained lymphoedema as being the accumulation of excessive protein-rich fluids in the body, resulting in swelling in one or more regions of the body. This is due to the breakdown of the lymphatic system when the nodes are damaged, which can happen in cancer treatment when they are removed through surgery or following radiation treatment.

Professor Piller says we need to pay more attention to our lymphatic system. It acts as a filter removing sludge, like a sewer, and it needs to be cleaned.

Good flow is needed for cell health. Better flow and more fluids help flush the toxins from our body. Reduced flow means more infections.

In a normal day, 100ml needs to be drained from our arms, and another 400ml from our legs. Even 5ml left over will increase fat in the body. The



Professor Neil Piller gives his talk on lymphoedema, attended by Barossa group members Trevor, Robert and Don Piro.



lymphatic system impacts our immune system and is important for our body's defense against bacteria.

We don't realise that everyday movements such as sitting or crossing our legs stops the natural flow of drainage, increasing pressure that results in poor flow and poor drainage.

Other issues that can impact our lymphatic system are skin difficulties, high blood pressure, wounds, excessive weight, fats in our diet, and even tight clothing can impact our lymphatic flows.

Professor Piller says we need

to think holistically when considering the lymph system.

The goal is to have good flow through our system – so keep an eye on our movements, be active, do exercise, reduce pressure on our body and eat healthier.

Our goal is to detect fluid accumulation early and prevent lymphoedema. When we do exercise, it is important to warm up and warm down.

We need to drink more fluids to help flush the lymphatic system. Other treatments are massage, aqua therapy, tai chi and chi kung. Compression garments also assist in the

## COMING EVENTS

- The Barossa Valley Prostate Cancer Support Group meets on the third Tuesday of each month, from 2pm to 4pm, at a variety of different locations.
- The next meeting, on May 20, will be from 2pm-4pm at the Vine Inn, Nuriootpa, featuring guest speaker Noah Bostock from Community & Aged Care Services.
- On June 24, the meeting from 10am-noon at St Petri Hall, Second Ave, Nuriootpa, will discuss Wellness: Healthy Bladders & Bowels (free morning tea will be provided).
- For more information, phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

uptake into lymphatics and reduce outflow from vessels.

Professor Piller is an entertaining speaker and for more information, go to the websites www.lympho.org, www.lymphonet.org and www.lymphoedema.org.au

## Community Support For Prostate Cancer Awareness

# Meander team has

It was an unforgettable week of friendship and achievement for crews in the 2014 Murray Meander, as Limestone Coast support group member Graham Hinze reports.

**C**RUISING down the Murray River from Mildura to Goolwa on the Murray Meander fundraiser event from February 22 to March 1 was a great, relaxing time for the many participating crews, who met new friends and spread the word about the importance of testing and awareness of prostate cancer and breast cancer.

On Friday February 21, the Limestone Coast crew of Doug Redman, Malcolm Porter and Graham Hinze headed to Mildura, where we met up with Geoff Berkin and Terry Waddington from Adelaide and PCFA CEO Dr Anthony Lowe. Together, we were known as the Brave Hearts team.

We checked in, pitched tents and then made our presence felt, with Doug, Graham and David Henry from Melbourne playing several tunes on bagpipes while standing in the back of our boat.

After our boat had passed scrutineering, we went over the road to the Gateway Tavern for a welcome dinner and a chance to plan final preparations for the trip.

Saturday morning saw us tour Mildura, selling some tickets and rattling the donation tin before buying lunch and provisions for the next two days. The boats were



**ALL ABOARD:** The Brave Hearts team of Geoff Berkin, Terry Waddington, Graham Hinze, Malcolm Porter and Doug Redman. Anthony Lowe is missing from the photo.

launched at 1pm but within 30 minutes we almost met with disaster as we found ourselves stuck on a sand bar. We finally managed to get the boat off the sand – and because the impact knocked the lid off the esky, Anthony Lowe suggested we should have a drink. Good thinking.

We arrived at Wentworth, set up camp, had a wonderful dinner at the Wentworth Club and then tried to get some sleep.

The next day involved long travels through four locks and taking everything with us (boat, fuel and food). We arrived at Lock 7 on the Rufus River by Lake Victoria, where there were very limited facilities, yet the evening turned into a Hawaiian Night

with skirts and leis for those who wanted to wear them. Who would have thought we would still enjoy a magnificent roast and veggies for dinner, almost 100km from Renmark or Wentworth?

At dusk, a “pie-eyed” piper provided some entertainment from the water’s edge, and this was well received.

On Monday, it was my turn to drive a support vehicle, while the boat crew dealt with a minor issue on the boat, mainly due to low water levels and sand bars. They eventually arrived in Renmark, desperate for a drink and with the road crew nowhere to be found. Apparently, just as the boat was tying up, a massive Murray Cod swam past and Anthony decided to try and

catch it. He spent most of the evening drying cards and everything else in his wallet.

We then met Alan Smith from the Renmark Masonic Lodge and had a great talk before heading to the Renmark Hotel for dinner, and some unexpected fun and games.

During the evening, Geoff got his fingernails painted and some unsuspecting people had their toenails done – without knowing it was happening.

Next morning we said farewell to Anthony Lowe and it was great to have had him with us. I had some business in Berri, so I drove again and met the boat for a coffee break, and it was a great sight, watching the boats go past the Berri Information Centre.



Community Support For Prostate Cancer Awareness

# journey to cherish

We had lunch at Loxton, then continued on to Cobdogla, where the boat issue was fixed before we enjoyed another great tea at the Cobdogla Club.

Next morning, we moved on to Morgan, under the Kingston Bridge, and had lunch at Waikerie. Having arrived early, we all jumped into the car and headed to one of SA's oldest hotels, The Overland Corner Hotel. It's a very interesting hotel, well worth a visit.

Back at Waikerie for lunch, we met several local Lions club members, including Zone 13 Chairman Joe Vikor, who seemed very positive about supporting future projects. Malcolm Porter hopes to holiday in the Riverland in the future and will address some of the Lions clubs to seek support for future Murray Meanders.

We all managed to get past Cadell without being detained in the Training Centre, and went on to Morgan for tea at the local hotel. A drive around the town and a check of the old wharf concluded a great day.

We met Loreena Bloomfield from the OTIS Foundation, which was formed in Central Victoria and is responsible for running the 20 plus Breast Cancer Retreats that are held throughout NSW, Victoria and SA. These retreats provide free accommodation for those suffering breast cancer and further information is available at [www.otisfoundation.org.au](http://www.otisfoundation.org.au)



The Brave Hearts team with OTIS Foundation's Loreena Bloomfield.

Loreena and her parents spent the remaining time with us, which continued with the trip from Morgan to Mannum – the longest day on water (164km) and through the last lock at Blanchetown. The river seems wider here, and the houseboats increase in numbers and size.

With help from Trevor Muirhead of the Murray Bridge Prostate Cancer Support Group, a large group went to the Mannum Community club for tea, where we met several other members and partners from the Murray Bridge group. It was great to meet these people, and our thanks go to Trevor for his help.

Next morning, the boat headed to Wellington, with a stopover in Murray Bridge where we met several more support group members – and the local press provided the

best report for a newspaper that we received.

However, having arrived in Wellington, it was very disappointing to learn that the next day's final leg across Lake Alexandrina was cancelled due to unfavourable weather. It prompted some crews to head home early.

We headed to Goolwa and the mouth of the Murray River for some fishing. I think we were the only team to reach it by water, although some teams drove along the sand to say they had reached the river mouth.

The Victor Hotel hosted the final dinner and presentations – and the Brave Hearts team was fourth highest of 28 fundraising teams, raising more than \$10,000, and we wish to thank everyone for their support.

The evening finished with a great selection of tunes on the bagpipes, including Scotland the Brave, We're No'awa Tae Bide Awa (We're Going Away But We Will Return) and Auld Langsyne.

In conclusion, it was a great trip with everything well-organised, wonderful breakfasts and evening meals.

On most nights, someone had friends or relatives join the group, and the scenery – especially the cliff faces and bird life – were magic along the river, making the trip well worth our effort.

This trip was made possible by the generous donation of the boat by Swampys Leisure and Sale in Naracoorte and we also thank Noel Barr in Mount Gambier for providing a free service on the team's support vehicle

## Adelaide-Mitcham Prostate Cancer Support Group

# A strong new group has emerged from a merger

The first meeting of the newly combined Adelaide-Mitcham support group attracted a great amount of interest from participants, as Robin Gratton reports.

THE first meeting in 2014 for the new Adelaide-Mitcham Prostate Cancer Group was held at the Colonel Light Gardens RSL on Thursday February 27 with 45 people attending – and such a large attendance bodes well for the future of this group.

Treasurer Graeme Bradley presented the Mitcham PCSG financial report for 2013-2014 before Ian Fisk of the Adelaide PCSG presented a detailed Financial Statement for 2013/2014, followed by a very informative chairman's report in which he thanked everyone who helped in various capacities through the years.

Mitcham's Roland Harris presented his annual chairman's report, after which his great commitment during his term as chairman was acknowledged by members.

Ian Fisk, on behalf of the Adelaide Group, made a financial contribution to the Mitcham group which was accepted by Roland. The group then authorised its annual donation to the Colonel Light Gardens RSL, and a donation to the Craniofacial Australia Foundation.

The election of officers for 2014/2015 produced the following results: Chairman – Robin Gratton; Treasurer/recording secretary – Graeme Bradley; Promotion officer – Jeff Roberts; Catering officers – Theban Roberts with Marilyn Harris; Sound engineer – Ian Fisk; and Pam Fisk volunteered to care for name badges.

Roland introduced Ian Richards, who gave an overview of his activities with PCFA, which includes him travelling up to 25,000km visiting support groups. There are now 25 support groups in the Central Australia Chapter, and he enjoys the interaction with the Support Groups and Action Group. Ian is looking at exercise awareness groups. He suggested a need



Guest speaker Judith Lowe from LifeCare Active, Payneham.

for Adelaide-Mitcham to contact other support groups, as there are only four groups in the metropolitan area. Perhaps we can invite representatives from those other groups to visit our meetings.

At the support group's March meeting, 26 people heard guest speaker Judith Lowe, project coordinator with LifeCare Active in Payneham. This place is promoted as the only Allied Health & Fitness Centre in South Australia for men and women over 55 years.

Judith talked about the benefits of exercise for us all, particularly those diagnosed with prostate cancer. Health organisations recommend at least 150 minutes each week. Her comments included the importance of progressive weight training. She suggested that the best type of exercise is what you enjoy enough to continue doing.

Judith gave examples of what are good exercises for your heart and lungs – and your brain. She went on to discuss muscle problems and prostate cancer. Hormone treatment (ADT) is a common and often

## COMING EVENTS

• The Adelaide-Mitcham support group's next meeting will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday May 22. Tea, coffee and cake are provided. Car parking is available within the RSL grounds.

• For more information, visit the Adelaide-Mitcham Group's website at [www.psamitcham.org](http://www.psamitcham.org) or phone Robin Gratton on 8374 1236. • For an archive of the former Adelaide Support Group, visit its dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org)

successful way of treating advanced prostate cancer but can have significant side effects, such as muscle loss. Resistance and aerobic exercises can assist the upper and lower body muscle groups to help reduce these problems. Stretching exercises are recommended to maintain strength during treatment. Although there is limited data on the effects that exercise has on sexual function and continence issues, studies have shown some positive results.

New research is now placing more focus on another part of our body – not bones or muscle, but the connecting tissue that holds the body together, known as FASCIA.

Judith gave an excellent and informative presentation, which was confirmed by the significant number of questions from members.



## Port Pirie Prostate Cancer Support Group

# Racing legend Lettsie gives PSA testing as his main tip

The presence of famous sporting celebrities who have travelled their own prostate cancer journey certainly helps to spread the awareness message of this disease, as Port Pirie support group member Richard Kruger reports.

**T**HE popular medical figure Dr Andrew Fuller, who performs prostatectomy procedures using the Da Vinci robot machine, was guest speaker at a recent meeting of the Port Pirie Prostate Cancer Support Group.

Dr Fuller explained to the group the usual sequence of events for a patient with a high PSA who consulted him. This would often lead to a Digital Rectal Examination, which can also be performed by a local GP. A member of the audience asked whether he could get his wife to do it, to which Dr. Fuller replied: "Certainly. In fact, you could even do it yourself!"

If the DRE indicates an abnormality, a biopsy is usually performed, where 12 tissue samples are taken with needles through the rectum wall and into the prostate, using ultrasound to guide the operator. If surgery is the necessary outcome of prognosis, it is now usual to have robotic surgery of the prostate using the Da Vinci robot.

After this informative talk, Dr Fuller introduced the audience to the famous SA jockey, two times Melbourne Cup winner and prostate cancer survivor, Johnny Letts. Like many men – and even more women –



FROM LEFT: Dr Andrew Fuller with Lynn Akkers and Johnny Letts at the recent Port Pirie support group meeting.

Johnny had little idea about the prostate and problems that can occur, so when he had his PSA checked it was the beginning of a whole new experience and journey in his life. The best part of his DRE and biopsy, he remembered, was the fact that he didn't have to face the doctor.

When told that his tests revealed he had prostate cancer, Johnny was devastated. He says he was very angry that an uninvited guest – cancer – had come into his home and attacked him. He felt most grateful that Dr Fuller had metaphorically held his hand along the way, and given him great support.

When asked what it felt like to ride the winning horse in the Melbourne Cup, Johnny replied that it was fantastic

– much better than having prostate cancer. He explained that the buzz from being the focus of thousands of people at Flemington racecourse, and around the nation, is something that stays with you forever.

Johnny made it clear that Dr Fuller and he had formed a very close and firm friendship – and that he was happy Dr Fuller was prepared to use Johnny as a high-profile identity prompting men to get their PSA checked.

Another member of the audience asked Johnny if he could give them a good tip. Rather than talk about horse racing, he focused on something much more important. "Yes," he said. "Get your PSA checked!"

## 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 in the BHAS Bowling Club, Halley St, Port Pirie.
- 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 the Port Pirie support group coordinator Allan Manfield on 08 8632 1324.

## Limestone Coast Prostate Cancer Support Group

# Taking research-based information to libraries

Members of the Limestone Coast Prostate Cancer Support Group have been active in the community, and their efforts are reaping results – as Richard Harry reports.

**I**N January, two of our Prostate Ambassadors, Malcolm Porter and Richard Harry, gave a second presentation to residents at Rendelsham (near Millicent) with another good rollup of attendees. The following evening, Garth Wootton was a guest of the Rotary Club of Mount Gambier West, where he also gave a presentation, and was in turn given a cheque to assist our group.

The group has placed a set of books about prostate cancer – several which we purchased – and a set of DVDs provided by PCFA into five libraries throughout the Limestone Coast. It is important that this research-based information endorsed by PCFA is now available within support groups, and to residents all over South Australia via the library one-card system.

Our 2014 meetings began with a thought provoking presentation about Anxiety and Depression from Eve Barratt, CEO of Lifeline South East. Eve mentioned that Lifeline receives a phone call somewhere in Australia every 47 seconds, with the main cause being grief. Regarding prostate cancer, some treatments can trigger depression in many men.

Eve explained that “men seek solutions”, while “women



**WORKING TOGETHER IN THE COMMUNITY:** Richard Harry hands the new prostate cancer information resources to Port MacDonnell Library Manager Vicki Hutchinson.

seek support”. She also mentioned that one in seven men suffer depression, while one in five women also suffer from this problem.

Noel Boyle, who is involved with the National Trust in Millicent and the Family History Group, gave a light hearted talk at our March meeting, telling stories of when he was involved with the Globe picture theatre in Millicent (before it burnt down) and the drive-in theatre that opened in 1960. Quite a few of our generation may have entered this drive-in via the boot of a mate’s car.

A problem facing all generations is safety when using electronic media. Detective Sergeant Tony Scott from the Mount Gambier

CIB gave a very interesting talk about computers and electronic media, identifying scams perpetrated by crime gangs from Nigeria, Russia, Rumania and Australia, and the online activities of paedophiles. It was interesting to note that 79 per cent of 5-to-14-year-olds use the Internet and 48 per cent of children use Facebook. This has led to bullying being a major problem in some areas.

Tony described problems through Facebook as “horrendous” and he strongly suggested that children using a computer at home should use it in a family area and not in their bedroom. Tony also covered areas of identity theft and scams involving those people doing computer share

## COMING EVENTS

- **THE Limestone Coast Prostate Cancer Support Group meets on the first Thursday of each month at the District Council of Grant offices, 324 Commercial Street West, Mount Gambier, at 7.30 pm. The next meeting will be on Thursday June 5.**

- **For more information about the Limestone Coast support group, phone coordinator Richard Harry on 08 8724 9057 or 0427 978 898, or email richardharry@bigpond.com**

trades. These share scams are estimated to scam in excess of \$300 million in Australia alone. The high number of questions showed the concern of people in the audience.

The Limestone Coast, Kingston/Robe and Naracoorte support groups assisted the Action Group from Adelaide at the Lucindale Field Days, distributing 600 fliers and a heap of other information that advised people of the three support groups within the region, and detailing some of the information and assistance



## Murray Bridge Prostate Cancer Support Group

# Paul's inspiring stair climb

The efforts of one brave and very fit man from Mannum has helped to draw the attention of his entire regional community to the plight of men and families dealing with prostate cancer.

THE iconic Mannum Golden Stairs was the site of a very gutsy charity climb on Sunday, March 30, when Mannum man Paul Paech set a new climbing milestone to raise money and awareness for PCFA.

Paul climbed up and down the historic 86-step staircase for a whopping eight hours from 6am, completing 241 circuits. He was able to also encourage a number of local participants to do parts of the climb and descent with him, involving even more people in the prostate cancer awareness event.

If this wasn't enough, Paul also organised a major fundraising event that was held on the same day at the Mary Ann Reserve and Mannum Bowling Club, focussed on community health and wellbeing,

and titled the Mannum Family Active Sunday. Paul was supported in this endeavour by Mannum prostate cancer survivor Trevor Muirhead as an ambassador for the event.

Paul secured sponsorship and support from the Mannum Heart Foundation Walking Group, Mannum Little Athletics, Mid Murray Council, OPAL, Healthy Murraylands and the Fun 4 YOUth program – raising more than \$4000.

“What started as a simple idea, to run up and down the stairs as a fundraiser, snowballed into a much bigger and better event,” says Paul.

“The support I have received from business, individuals and organisations has been incredible, to help raise more funds for prostate cancer research.”

THE Murray Bridge support group has met with Murray Bridge Golf Club officials, and will most likely have a fundraising golf day with Cancer Council SA during the year.

To also help raise the profile of prostate cancer awareness – and

promote the benefits of joining the Murray Bridge Prostate Cancer Support Group – three fundraising and promotional barbecues at local Bunnings stores have been arranged for 2014. The first was held on March 23, with two others planned for later in the year.



ABOVE: Murray Bridge Support Group president Trevor Muirhead (left) presents Paul Peach (centre) with a certificate of thanks for his efforts after climbing the Mannum Golden Stairs on March 30.

### COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month. The May 21 meeting will be at 7.30pm in Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. 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.

## Whyalla Prostate Cancer Support Group

- THE Whyalla Prostate Cancer Support Group meets at 7.30pm on the first Tuesday of each month, from February to December, in Room 72 of the UniSA 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)

## Naracoorte Prostate Cancer Support Group

# Taking a positive step turns chats into a support group

**A**FTER 12 months of meeting on a casual basis for coffee and a chat, it was finally decided at a special meeting on February 19 to officially form a support group in Naracoorte and become affiliated with PCFA.

This occurred after Ian Richards, Support Group and Outreach Coordinator for SA and NT, attended our January meeting and explained the benefits of formalising a group with an average attendance of 12 members. As a result, Martin Gull has taken on the role as group chairman of the new Naracoorte Men's Cancer Support Group, with Graham Hinze as secretary/co-ordinator. Because Naracoorte is a small community, the group is not solely for prostate cancer patients but for all men

with cancer – and even those who have (or have lost) a partner with cancer. The group hopes to work closely with the Naracoorte branch of the Cancer Council of SA and work with the local Men's Shed, in which some members are involved.

The new Naracoorte and Kingston SE groups got off to a good start as the result of a very successful Secret Men's Business fundraising event last year, where money was donated to kick start the two groups

During the past year, we had a luncheon where our partners were invited – and they were also present at last year's Christmas barbecue. Already at our meetings, some members' cancer questions have been

answered and hopefully we have helped our members along their cancer journey.

Graham Hinze will be attending the Central Australia Chapter Conference this month, and we hope to have a couple of members attending the Ambassadors training course later in the year.

The group meets at 10am on the fourth Wednesday of each month at The Naracoorte Hotel, and are finished by noon. In the past, the hotel has provided us with free tea and coffee, which has been much appreciated by the group.

Further information about the Naracoorte group can be obtained by phoning Martin (8762 1430), or Graham (8737 2779, 0408 803 793).

## Westside Prostate Cancer Support Group

### COMING EVENT

• **Westside Prostate Cancer Support Group meets at 7.30pm on the final Wednesday of each month, at the Temple Uniting Church, 214 Military Rd, Henley Beach. For more information, contact Andrew Luciani (phone 8356 0887 or 0422 639 828; email [andandcl@adam.com.au](mailto:andandcl@adam.com.au)) or John Cox (phone 8356 8650 or 0419 955 606; email [candjcox@adam.com.au](mailto:candjcox@adam.com.au))**

## Group's great beginning

**F**OR the first meeting of the Westside support group at Henley Beach, we were privileged to welcome John Letts, the famous South Australian horse racing jockey, as guest speaker on February 26.

John underwent a robotic Prostatectomy in December 2013. He is a very thought-provoking and entertaining speaker, and the new support group members appreciated listening to him recount his

prostate cancer journey and his treatment.

John's aim is to raise awareness about prostate cancer in the wider community, and the need for at least one more robot machine to be used for prostatectomies in this state.

On June 25, the Westside support group hopes to welcome urologist John Miller to speak at our meeting. There is always plenty of time for a general

chat and discussion at the meetings, which usually end with a cuppa around 9pm.

One of the main aims of the group is to provide social support for those in the western suburbs of Adelaide on the prostate cancer journey.

Our meetings are always welcoming and reasonably informal – and new members are always welcome to attend.

## Riverland Prostate Cancer Support Group

• **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 June 10. For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651, 0488 994 803, or email [alglen@iprimus.net.au](mailto:alglen@iprimus.net.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)**



## City of Onkaparinga Prostate Cancer Support Group

# When new speakers arrive, the crowds will surely follow

The City of Onkaparinga support group is moving through a period of leadership transition, as John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had only nine people in attendance at its April meeting, but the assembled group had an interesting round robin discussion before watching a DVD.

It took a little time to sort out the set up for the overhead projector before we were able to enjoy the very informative DVD on *Sexuality & Mid Life Changes-Ageing*, presented by Dr Lesley Yee.

Dr Lee is a very relaxed presenter and she gave a very good talk, especially attuned for the ladies in the audience, with interesting question time included at the end.

I would recommend that any support group members not present at the meeting should borrow this DVD from our library, and sit

down with their partners and enjoy watching it together.

### NEW LEADERSHIP

MALCOLM Ellis has taken over the role of Support Group Leader of the Onkaparinga group, and we wish him well.

John Shields is his deputy and all other official positions remain the same.

We are still waiting to have a meeting with Ian Richards to try and get some guest speakers who are prepared to venture out to Noarlunga, and as soon as that happens, I feel sure that our group membership will improve.

### BARBECUE PLANNING

THE group's annual fundraising barbecue at Bunnings will be held on Saturday August 23.

All help will be very much appreciated and we have just four months to plan for this event.

### MEETINGS AHEAD

THE Central Australia Chapter Council AGM Conference is only five weeks away (May 21-22) and if you are interested in attending on those days at the Arkaba Hotel in Adelaide, please contact Malcolm on (08) 8326 5588.

- For more information about this support 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.**

## 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. For more details, please phone Don Lockley on 0401 116 851.

## Alice Springs Prostate Cancer Support Group

### COMING EVENT MAY MEETING

- The Alice Springs Prostate Cancer Support Group conducts its monthly meetings at the Medicare Local NT, 5 Skinner Street, Alice Springs on the second Thursday of the month. The next meeting, on Thursday May 8, will run from 6.30pm to 8.30pm.
- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195 or email [grantbut@hotmail.com](mailto:grantbut@hotmail.com)

## NEW ADDITONS TO THE PROSTATE CANCER SUPPORT GROUP NETWORK

# Significant rise in local support group numbers

**T**O build the network of prostate cancer support groups within the Central Australia Chapter, PCFA's Support Group and Outreach Coordinator (SA/NT) Ian Richards has spent a very busy few months working to establish a raft of new support groups.

- **Gay Prostate Support Adelaide** meets from 6.30pm to 8pm every fourth Wednesday of each month (except December) at 49A Ormond St, Hindmarsh. For more details, contact David by email: davidcnsalisbury@yahoo.com.au

- **Westside Prostate Cancer Support Group** meets on the final Wednesday of each month at 7.30pm in the Henley Fulham Uniting Church, within the Temple Worship Centre, 214 Military Rd, Henley Beach. For more details, contact Group Leader

Andrew Luciani (08 3560 0887, andandcl@adam.com.au) or secondary group leader John Cox (08 8356 8650, candjcox@adam.com.au)

- **The Men's Engagement Network** meets fortnightly on Wednesdays between 6pm and 8pm at the Gospel Centre Meeting Room, George Main Rd, Victor Harbor (entry is from the council car park). For more details, contact group leader Lud Allen (0422 459 660, ludcounselling@gmail.com) or group secretary Bill Harris (08 8552 3004, deacbill@dodo.com.au).

- **Kingston And Robe Prostate Cancer Support Group** meets on the third Monday (bi-monthly) of even months at 7.30pm in the Kingston Bowling Club, James St, Kingston SE. For more details, contact group leader Bob Hancock (0408 672 288, rrhancock1@

bigpond.com.au) or group secretary Jeff Pope (0407 114 700).

- **Lower Eyre Prostate Cancer Support Group** will soon be staging meetings in Port Lincoln. For more details, contact group convenor Ross Allen (0478 228 399, rossallen200@msn.com) or facilitator Hilton Trigg (0427 762 032, hilton.liz@bigpond.com)

- **Lower North Prostate Cancer Support Group** meets from 7.30 pm to 9pm on Wednesdays (bi-monthly; odd months) in the Community Room at Clare Hospital, Webb St, Clare. For more details, contact group leader Steve Pink (08 8842 2607, stv\_pnk@bigpond.com).

- **Yorke Peninsula Prostate Cancer Support Group** meets at 7.30pm on the second Monday of every month at the Minlaton Community Health

Centre, South Tce, Minlaton. For more details, contact group leaders Tony Hughes in Maitland (0448 400 031, sarj@internode.on.net), Trevor Franke in Yorketown (0428 827 903, tjfranke@bigpond.net.au) or Robert Kidd in Minlaton (08 8853 2594).

- **The Northern Territory Rainbow Prostate Cancer Support Group** meets at the NTAHC, 46 Woods St, Darwin, on the final Wednesday of each month, from 5.30pm to 7pm. For more details, contact Peter Moore (0408 845 272, dar080808@hotmail.com) or Peter Kay (0439 778 76, peterkay3@bigpond.com).

The other new addition is the Naracoorte Prostate Cancer Support Group, which has submitted a report on its first meeting – published on Page 10 of this newsletter.

## 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. Currently, the Gawler group is finding it hard to attract members to its meetings. This seems to be a common problem throughout the past year, but at least the main aim of having a local contact from the support group to telephone in times of need is still in place. Despite these difficulties, the Gawler group is making a big effort to continue.

- **EVERYONE** 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.

- **MORE** information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).