

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

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Channel 9 Telethon helps us again with big lottery

PCFA will benefit greatly from being selected as one of the charities in Channel 9 Telethon's Distinctive Home and Land Lottery 2014.

This major annual project has become a South Australian fundraising institution, and it's important that we show our support by purchasing tickets for a chance to win a fabulous furnished home at Playford Alive.

Channel 9 Telethon gratefully acknowledges the donations of Distinctive Homes, Playford Alive, Taste Furniture and Supreme Kitchens to make this lottery possible.

For just \$10 – or \$40 for a book of five tickets – you will be in the running for the keys to the Ibis home from Distinctive Homes, valued at over \$450,000 (or take \$250,000 cash instead).

Other great prizes in the lottery include cash prizes of \$20,000 – and on December 4 a separate \$10,000 draw takes place for the winning book buyer who purchased whole



ABOVE: An artist's impression of the \$450,000 Ibis home which is first prize in the Channel 9 Telethon's Distinctive Home and Land Lottery for 2014.

ticket books for \$40. Tickets can be purchased from the PCFA-SA office at 144 South Tce, Adelaide, or contact the PCFA office by phoning 8231 6339 with your credit card details. You can also click the Buy Online button at www.telethon.com.au

The lottery home is open for inspection between 1pm-

5pm every day from Sunday 10 August to Sunday 30 November at 19 Faulding Avenue, Munno Para.

Channel 9 South Australia General Manager Sean

O'Brien says the station is yet again delighted to be involved with PCFA, especially because it helps send a crucial men's health message to the community.

• **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**

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

Prostate Cancer Action Group

Awareness events reaching further across the regions

The efforts to bring awareness evenings to more areas is paying great dividends, as David Merry from the Prostate Cancer Action Group reports.

THE Prostate Cancer Action Group's activities for 2014 began with a very successful awareness night held at Victor Harbor on May 5, attracting an attentive audience of 70 people. Dr Kym Pese was the lead speaker, supported by local GP (Dr Andrew Benson), while Bill Toop and Ian Fisk gave talks as survivors after prostate cancer treatment.

The Action Group is currently negotiating for an awareness evening to be held at Balaklava in early September. The small support group that has been formed at Kingston/Robe is also keen to host an Awareness evening, which we hope to present in late October.

Bookings have also been made for the group to attend and present an information stall at the two-day Gawler Show in August, the Riverland Field Days in September and the Clare Show in October.

CATALOGUING OUR HISTORY

ACTION Group member Jeff Roberts has undertaken the task of documenting the 12-year history of this group, and says he is close to completing the job. Well done Jeff on undertaking this important task, and we can expect it will make interesting reading.

The Central Australia Chapter is in a time of positive growth, with Ian Richards reporting that new support groups are being established all the time. These new groups are being supported, along with our current groups, through support group leader teleconferences. The July 31 conference had a guest speaker, David Blashki, from Prostmate (www.prostmate.org.au) and Ian wants suggestions about psycho educative information for support group leaders at future teleconferences. Send your ideas to lan.Richards@pcfa.org.au.



ABOVE: The Action Group presented a successful Awareness Meeting at Victor Harbor on May 5, featuring Dr Kim Pese and David Merry.

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 August meeting starts at 5.30pm on Tuesday, August 12. 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 or make contact by phoning David Merry on 8270 2227, or email djmerry@adam.com.au

Vale Loretta Wagner

Loretta Wagner, the wife of Central Australia Chapter Chairman Ian Wagner, died on Friday April 11, and PCFA wishes to extend its sympathy and condolences to both Ian and his family. Two daughters and a grandson were by Loretta's side with Ian and Loretta's sister, and it is worth noting that Loretta was being cared for by Francis Watkins – a nurse sponsored by the Trevor Hunt Memorial scholarship – in addition to palliative care nurse Sue Tulloch, who is also the Adelaide Hills Prostate Cancer Support Group Convener. PCFA national chair David Sandoe OAM flew from Sydney to attend the funeral, with Karyn Foster also present, representing PCFA Central Australia Chapter.

Central Australia Chapter Conference

Governor presents awards to notable corporate supporters

The Central Australia Chapter Conference in May recognised some outstanding donation contributions from major supporters, as David Merry reports.

PCFA Central Australia Chapter Conference was held on May 21 and 22 at the Arkaba Hotel in Adelaide, and was officially opened by His Excellency Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia.

The Governor, who later confirmed he would accept the role of PCFA-SA patron, also used this occasion to present honoured guests Jason Dansie, representing The Good Guys, and Martin Koehne, representing Subway® South Australia and Western Australia, with the Corporate Community Award of Merit.

Master of ceremonies Michael Brock (who is also deputy chairman of PCFA-SA) thanked the Governor for the official opening, and was able to detail the significance of the special awards to the conference audience.

It was explained that it takes a lot of money to set up and sustain a prostate cancer support group, to meet the aims of raising community awareness of prostate cancer and underwriting vital research – and this is why fundraising is vital.

This is why representatives were present from two businesses that have made fundraising growth possible – Subway® Restaurants and The Good Guys.



The Governor of SA, Rear Admiral Kevin Scarce (centre), presents merit awards to Jason Dansie of The Good Guys (far left) and Martin Koehne of Subway® SA and WA (far right), in the company of PCFA National Chairman David Sandoe OAM (left) and PCFA-SA Deputy Chairman Michael Brock (right).

Subway® Restaurants have been onboard as a prostate cancer supporter for only six months but the company has already contributed more than \$37,000 from its special PCFA fundraising programs in SA and Western Australia.

In the next month, Subway® is rolling out the same campaign in Victoria, so it is anticipated that the incoming funds for each month could double.

In addition to this valuable support, The Good Guys retail stores in South Australia have made a massive contribution, providing more than \$50,000 in two short years. This is an outstanding effort, as the sum represents the input of just five franchisees.

In recognition of their financial contributions and their commitment to raising awareness of prostate cancer through their stores, Governor Scarce was called on to award

each of these organisations with The Corporate Community Award of Merit.

Ian Richards, Support Group & Outreach Officer for the Central Australia Chapter, and several chapter council members planned the remainder of the conference program, which attracted 42 attendees, representing 18 of the chapter's 23 current support groups.

An introduction and comments were made by PCFA National Chairman David Sandoe OAM, before three interactive training modules were interspersed between talks from guest speakers.

The training modules focused on What type of Support Group Do You Lead?, Managing Challenging Behaviours and Self Care for a Group Leader.

The opening plenary

session by psychologist Dr Nadine Pelling gave valuable information on Depression First Aid – how to identify and treat depression, providing tips for support group leaders and carers.

Dr Eleanor Need of the Basil Hetzel Institute at the Queen Elizabeth Hospital, presented impressive research on androgen receptors. It was tremendously reassuring to learn that such significant research is being performed in South Australia.

Associate Professor Nick Brook, who came direct to the conference from a study tour in the United States, blitzed us all with an update on virtually every aspect of prostate cancer, its treatment and surveillance.

Short talks were also delivered by Dr Peter Sutherland (about prostheses), Gillian Miller from Cancer Council SA (about what services it makes available), and physiotherapist Judith Lowe (about exercise and prostate cancer).

An enjoyable conference dinner was augmented by a special treat – a performance by bush poet extraordinaire Trevor Kuchel.

The conference program covered an impressive range of topics that were particularly well presented, and included much new information for the benefit of all of us. It was an event that was certainly enjoyed by all present.

Barossa Prostate Cancer Support Group

Gently addressing the often unspoken incontinence issue

The Barossa support group was told of the many insidious issues that surround incontinence – with a gentle touch of humour, as co-ordinator Don Piro reports.

THE Barossa Valley Prostate Cancer Support Group hosted a forum on Living Well With Incontinence in June. The guest speaker was Norah Bostock, General Manager of Community and Aged Care Services at Carecommunity, and she discussed how common bowel and bladder incontinence is for people of all ages – from children to the elderly – and how it affects their daily living.

Norah told the audience that because of incontinence issues, people often have to plan their shopping, day trips and all other travelling around their toileting needs.

People struggling with incontinence would therefore know where all the available public toilets are, how long they have got before they will need to go, and often chose not to go out at all because of fear of accidents and social embarrassment.

Many people, of course, do not talk about this serious problem and are adept at covering it up.

If incontinence is not managed and treated well, the person with it may experience feelings of loneliness, rejection, social isolation, dependency and a general loss of control in their lives.

Carers can also be overwhelmed with the stress



Norah Bostock of Carecommunity gave a very detailed and informative talk about incontinence to the Barossa group.

and changes that happen to their relationships, as a consequence of partners not wanting to talk about the problem, the burden of costs involved with continence care and aids, and the amount of time spent on cleaning clothes and bedding.

Norah deftly explained this delicate subject by addressing the issues with a touch of humour and light heartedness, bringing the subject down to a level that everyone could talk about easily.

She had diagrams of the anatomy of the bowel and bladder, explained its role within the body and to help us understand what these organs do, outlining how medical issues, cancer, treatment, illness and infections can affect them.

Norah explained that with a good assessment, management and treatment program, the incontinence problem can sometimes be cured – and

even if it cannot be cured, it can be managed better.

The importance of eating good foods and proper fluid intake to stay well hydrated was emphasised.

Norah recommended to drink a total of between 1.5 and 2 litres of fluid, spread across the day, and not to restrict fluids. She warned to take care with caffeinated drinks and alcoholic drinks such as coffee, tea and cola, as these make the bladder irritable and cause people to go to the toilet more often.

Norah discussed the problems that face men who have undergone prostate treatment, with both urinary and bowel incontinence as a consequence of surgery and treatment, and she explained what products and equipment can be accessed to assist with these problems.

General recommendations about continence to consider are:

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.

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

- Speak to your GP, health professionals or specialised continence nurses for advice about suitable treatment and medications.

- Do at least 30 minutes of physical exercise each day.

- eat good healthy food and drink at least 1.5 to 2 litres of fluid daily;

- Maintain a healthy body weight.

- Don't smoke cigarettes, and minimise alcohol and caffeine intake.

- Practice healthy sleep habits.

For more information about these issues, call the National Continence Helpline on the Freecall number 1800 33 00 66, or visit these websites: www.continence.org.au, www.bladderbowel.gov.au or www.prostatehealth.org.au

Community Support For Prostate Cancer Awareness



The Thies mining team at Prominent Hill in South Australia has donned prostate blue hi-vis shirts as a fundraiser for PCFA-SA – and it has raised more than \$24,000 for the cause. “Over 300 jackets were produced and have proved so popular among the men and women of the Thies mining teams, they look like they’ll be a permanent fixture at the worksite, at least until this lot wear out,” according to Alison Bussey of Thies. Team Gecko-Emu (pictured left) joins the Bilby-Corella, Dingo-Hawk, Dragon-Eagle and Goanna-Thorny Devils teams now clad in prostate blue.

Prostate Cancer education roadshow goes to Port Lincoln

PCFA’s Rural Prostate Cancer Education Roadshow Program continues its national tour with a stopover in Port Lincoln during August.

A specialised team of men’s health experts, headed by local specialists, will present two comprehensive education sessions on Monday August 18 and Tuesday August 19 to help raise awareness of prostate cancer among local healthcare professionals and the broader community.

The roadshow program, funded through a Federal Government grant, seeks to increase the knowledge of regional and rural healthcare providers from all disciplines who may be involved in supporting prostate cancer patients and survivors.

EDUCATION ROADSHOW SESSION TIMES

- **Community education session on Monday August 18, from 7pm to 9pm, in the Flinders Room at the Port Lincoln Hotel, 1 Port Lincoln Highway. Light refreshments will be provided.**
- **Healthcare Professionals education session on Tuesday August 19, from 7am to 9am in the Ballroom of the Port Lincoln Hotel, 1 Port Lincoln Highway. Breakfast will be provided (please advise event organisers of any dietary requirements).**

The roadshow is part of PCFA’s commitment to improve prostate cancer support and services to remote areas of Australia, which are often places that experience the highest impact of this disease.

At the Port Lincoln events, Adelaide-based urologist Dr Darren Foreman, radiation oncologist Dr Marcus Dreosti

and medical oncologist Dr Christopher Hocking will join with urology nurse Leigh Pretty to deliver presentations on the themes of “Living better with prostate cancer” and “Treatment and management matters for prostate cancer in the local area”.

Katie Dundas, PCFA’s Rural Education Roadshow Project Officer, says the program is

helping rural Australians in remote areas learn more about the disease, which affects more Australian men than any other cancer.

“PCFA is proud to be bringing the roadshow to Port Lincoln for the first time,” says Ms Dundas. “The program is a great way to broaden the education and skills of local healthcare professionals and community members about improved prostate cancer management, particularly in regional areas generally highly affected and in need of additional resources.”

For more information on the Port Lincoln roadshow sessions or PCFA’s roadshow program, please contact Katie Dundas by phoning 02 9438 7018 or email roadshow@pcfa.org.au

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

Adelaide-Mitcham Prostate Cancer Support Group

Good numbers welcome interesting group guests

The Adelaide-Mitcham support group is continuing to attract good numbers through its engaging and interesting guest speakers, as Robin Gratton reports.

THE Adelaide-Mitcham Prostate Cancer Support Group has had two very successful meetings since the previous Prostate Supporter newsletter. In May, group leader Robin Gratton spoke briefly about the PCFA Conference and the benefits that he gained from attending his first conference.

Robin then introduced registered nurse Rosalie Donhardt from the Independent Living Centre at Gilles Plains.

Rosalie spoke in detail about the services provided by the Independent Living Centre and showed an array of products it has available, designed to help people achieve a better quality of life.

This ranged from kitchen aid equipment, safety equipment for use in the home and various other products that can be purchased or obtained on loan. There is also a range of personal hygiene products that can be purchased.

Rosalie also talked about general health management, including various exercises that can be performed and practising good toilet management for more comfortable living.

For more information about these subjects, please contact The Resource Centre at 11 Blacks Road, Gilles Plains, by phoning 08 8266 5260. The centre welcomes visitors and enquiries regarding how to improve quality of life.

THE ROLE OF RADIOTHERAPY

AT the Adelaide-Mitcham support group's June meeting, the topic for the evening was "The Role of Radiotherapy in Prostate Cancer Management".



ABOVE: Guest speaker Dr Phuong Tran with a group member at the Adelaide-Mitcham support group's June meeting.

A large and very interested group of people welcomed guest speaker Dr Phuong Tran, a radiation oncologist at the Adelaide Radiotherapy Centre (located within the Tennyson Centre at Kurralta Park) and also at other consulting locations.

Using her enlightening power-point presentation, Dr Tran presented a very clear and in-depth study of prostate cancer and the effects of radiotherapy in its treatment.

Dr Tran explained the various types and stages of prostate cancer, and the different appropriate treatment methods.

Dr Tran also explained rehabilitation following treatment and surgery, and her very informative presentation was greatly appreciated by the audience.

This represents a fantastic start to the new support group's list of interesting guest speakers, which will continue in the coming months.

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 August 28. Tea, coffee and cake are provided. Car parking is available within the RSL grounds.

- Guest speaker will be Dr Peter Sutherland, Senior Visiting Consultant Urologist, providing an update on current treatments for prostate cancer. This will include details about new drugs that are available, or soon to be available, for prostate cancer, and robotic surgery procedures for prostate cancer at St Andrews Hospital in Adelaide.

- At the September 25 meeting, an open discussion will be encouraged among members and visitors.

- At the October 23 meeting, the guest speaker will be urologist Dr Denby Steele.

- For more information, visit the Adelaide-Mitcham website at www.adelaide-mitchampcsg.org or phone Robin Gratton on 8374 1236, Jeff Roberts 8277 3424 or Ian Fisk 8296 3350. For archived information of the former Adelaide and Mitcham Support Groups go to www.psaadelaide.org or www.psamitcham.org

Port Pirie Prostate Cancer Support Group

Finding the easy way to prevent home hazards

The efficiency of our home is often overlooked – which means that it can present a lot of hazards, and all of these can be easily prevented with some careful planning, as Port Pirie support group member Richard Kruger reports.

PHIL Maxwell was the very interesting guest speaker at a recent meeting of the Port Pirie Prostate Cancer Support Group. Phil is an occupational therapist with Community Health who spoke about Fall Prevention. Phil noted that while the age range of the support group spans several decades, everyone is aging and may encounter a fall at some stage, so a little knowledge is helpful to everyone.

It's necessary for all of us to take a fresh look to see whether our homes are set up to stay independent and active.

Are we truly compatible with our homes? More than 60 per cent of slips, trips and falls happen in and around the home, so the answer is that we should reassess our home safety.

Most hazards in the home are easily overlooked but can be easy to fix. Therefore we should check for and fix home hazards regularly. It's good to seek professional help in this matter: occupational therapists can help identify hazards around the home and discuss options available to maximise our independence.

Inside the home we can remove clutter, including such items as potentially



ABOVE: Occupational therapist Phil Maxwell with Port Pirie support group member Ken Blieschke, showing how to use a "picking-up tool".

dangerous mats, rugs and trailing electrical cords, or have them well secured. Make sure that there is good lighting throughout the home. Consider installing grab rails and similar safety equipment. Store items within easy reach to reduce the need to bend down low or climb step ladders. Pay attention to minimise wet or slippery areas, and always dry up spills and wet areas, or else consider using non-

slip surfaces, such as properly designed bath mats.

Outside, the edges of steps and paths can be clearly marked with coloured strips so that they can be seen by day and night. Keep paths clear of debris and fix uneven paths. Councils can advise and assist with these tasks. To ensure safe walking around your property, always wear the correct optical glasses, hearing aids,

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 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.

supportive footwear and use your walking aid, if you have one. Many falls result from the use of ladders, so only use appropriate safe equipment or ask for help from family, friends or contact the council to reach higher areas, even if you have to postpone the task.

For a more comprehensive checklist of how to make your home safer, ask your doctor or health professional.

Limestone Coast Prostate Cancer Support Group

Expanding our knowledge

Members of the Limestone Coast Prostate Cancer Support Group continue to learn about valuable health issues from guest speakers – as Richard Harry reports.

THE May meeting of the Limestone Coast Prostate Cancer Support Group featured an illustrated presentation by the local members of the team Swampy's Brave Hearts (Graham Hinze, Doug Redman and Malcolm Porter), which was involved in the Murray Meander to raise funds for both prostate cancer and breast cancer organisations.

Graham's detailed report of the journey was featured in the May edition of Prostate Supporter, but we had the advantage of seeing all the photos taken on the trip to get a better visual understanding of what happened.

The support group's June meeting occurred on a very cold and wet evening, which produced a smaller than usual group to hear a talk delivered by Andrew Thomas, Limestone Coast Operations Manager for South Australia Ambulance Service.

Andrew explained the operations that are put in motion when someone phones 000 and makes a request for an ambulance.

The group learned that when a person phones 000, the

call is answered by a Telstra operator, who then directs the matter to the appropriate emergency service – or even all three essential services of police, fire brigade and ambulance, if necessary.

Andrew explained how the ambulance communication centre works at its Greenhill Road centre in Adelaide, and how resources and staff were both dispatched to an incident.

He explained how the caller was kept on the phone, so they can give updates on the patient or even to be given directions over the phone to assist the patient until paramedics arrived on scene.

It was a very interesting evening that was unfortunately cut short – because Andrew was summoned for duty via a pager.

The support group's format changed for its July meeting as it held a social luncheon in the middle of the day, instead of a customary evening meeting.

A strong group of 26 people enjoyed a relaxed meal in good company, with the only down side to meeting at this time being that some of those at work are unable to attend.

It was also a sad time for our group, as we acknowledged losing the fantastic input of our group chairman Garth Wootton and his wonderful wife Sharron. They have retired and are planning to head back home to Western Australia. We certainly wish them both well in their retirement.

AMBASSADOR EVENTS

GARTH and Richard Harry staged an Ambassador presentation at Padthaway on June 5, which attracted a good audience of about 20 men.

Graham Hinze and Martin Gull from the Naracoorte Men's Cancer Group also attended, representing the closest prostate cancer group for these men in the audience.

Several weeks later, a chap from Padthaway phoned Richard and said that after the presentation he had gone and had himself checked, with the outcome being that he would possibly have to embark on some form of treatment.

Therefore, as a result of the Ambassador program, not only was public awareness raised about prostate cancer through this presentation, but

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 August 7.**

• **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**

hopefully a good outcome for this patient due to his prompt action.

The support group's next meeting on August 7 will feature a talk on sleep apnoea, with a local tester and a specialist from Adelaide speaking to our group in the training room in the District Council of Grant office in Mount Gambier.

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.**

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

Central Australia Chapter Council Meetings

Chapter applauds progress

The Central Australia Chapter Council meeting in May took stock of the rapid growth in support group and specialised nursing support – and identified a notable path of progress for the future, as Chapter Secretary David Merry reports.

PCFCA Central Australia Chapter Council held its most recent meeting on May 20 and secretary David Merry reports that eight of the nine councillors were present, along with the National Board Chairman, David Sandoe OAM, and the Director of Support Groups Networks, Marie-Claire Cheron-Sauer.

Reports were given about new support groups that have been established in South Australia, at Victor Harbor, Naracoorte, Balaklava, Lifestyle Active Centre Payneham and a special group for young men with prostate cancer.

An information update from PCFA National Office advised of three new publications that have been made available: the Advanced Prostate Cancer resource pack, resources specifically for young men,

and for gay/bisexual men with prostate cancer.

The Support Group Network Director reported that this development is part of the establishment of 57 new support groups across the country since the start of the Cancer Australia funding agreement.

The program for Chapter Council Training Conferences is proceeding, following the success of the NSW meeting in Wagga during April. Meetings with all State Cancer Councils are proceeding to continue fostering our partnerships for more collaborative work.

The appointment of an additional 14 prostate cancer specialist nurses across Australia was announced to the council, with this number complementing the 13 existing positions for nurses.

The PCFA Rural Roadshow program continues to roll out across the country, with specialist presentations for the community and for GPs scheduled in Port Lincoln during August.

The Central Australia Chapter Council also determined that it will retain nine councillors for 2014/2015.

Finally, the National Chairman pleaded for all support groups and Councils to assist in upgrading the National Office data base with current office bearer and member contact details.

AGM OUTCOMES

THE Central Australia Chapter Annual General Meeting was held on May 21 at the Arkaba Hotel in Adelaide, preceding the Central Australia Chapter Conference. A gathering of 36

people representing 15 support groups and the national PCFA office were present.

Ian Wagner presented the Chairman's report, followed by John Shields presenting the treasurer's report. A healthy bank balance was recorded.

Three Councillors have retired – Doris Klenke from Murray Bridge, Kay Hearn from McLaren Vale and David Merry from the Action Group.

A ballot was held to find candidates to fill these positions, with the results showing that Trudi Bizilis (Action Group), Ian Fisk (Adelaide-Mitcham) and Ron Lehmann (Murray Bridge) have been elected to the Central Australia Council for three-year terms. Office bearer positions were decided at the first meeting of the new council on July 16.

Murray Bridge Prostate Cancer Support Group

- 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

Riverland Prostate Cancer Support Group

Making an effort to attract more members to the group

THE Riverland support group continues its efforts to get the important prostate cancer awareness message across to the men of the Riverland, emphasising the importance for all men to have a regular health check-up with their doctor.

The group is currently waiting for permission to conduct an awareness day at the major shopping centres in the region, and it has already prepared by stocking up on prostate cancer information brochures to give out.

Support group leader Allan Dand has been asked by the Lions Club of Renmark to be a guest speaker at a major fundraising event that is designed to raise money for prostate cancer research.

This evening follows on from a similar event held last year for breast cancer, for which the Lions Club raised in excess of \$5000. It is a fun evening

COMING EVENT

• 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 August 12. 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

with fashion parades and dress up antics performed by local police, firemen and doctors. Hopefully, a similar amount will be raised this year to help support our cause.

The Riverland Field days will be happening in September, and the Riverland support group will be encouraging all its members to help out the Action Group in the prostate cancer information booth on the day.

At our last meeting, it was embarrassing that only four people turned up, because

we had our first guest speaker attending – Tania, who is an incontinence nurse and, through the Flynn initiative, is training to become a prostate cancer specialist nurse. We can only presume that it was a foul night with terrible weather that kept a respectable number of group members away.

This indicates that the fledgling Riverland group is still trying to progress – and after our awareness days in the local shopping centres, we may get more members to join.

Naracoorte Prostate Cancer Support Group

THE Naracoorte Men's Cancer Support group is progressing well since forming in February. Although meeting only once a month for coffee and a chat, an average of 11 men attend from 16 group members.

Thanks to donations from the Secret Men's Business event last year, the group has purchased its own computer, set up a bank account and a post office box. We thank Rob Hansen of Hansen Print and Office National for his valuable support.

Some group members travelled

to Padthaway, joining Limestone Coast support group members for an Ambassadors presentation. Although the presentation emphasised the importance of healthy eating, in true country hospitality an afternoon tea was served – with Swiss roll, scones, jam and cream and apple cake! Well done Padthaway, and it is hoped that several group members can be gained from this outing.

The date of the August meeting is being changed – one day earlier, on August 23 – and a luncheon will be held at the

Naracoorte Hotel with all wives and partners welcome.

The group usually meets at 10am on the fourth Wednesday of each month at The Naracoorte Hotel, and are finished by noon. The hotel has provided 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

• 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) or John Cox (phone 8356 8650 or 0419 955 606; email candjcox@adam.com.au)

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or visit the website www.prostate.org.au

City of Onkaparinga Prostate Cancer Support Group

A piece of advice to enjoy a greater sense of inner peace

The City of Onkaparinga support group received a valuable lesson in mindfulness, as John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group Guest Speaker for the July meeting was Tina Gibson, who gave an interesting talk about Mindfulness and ways that can help everyone on their prostate cancer journey.

Tina explained Mindfulness as being in the present moment – relishing the here and now – and getting to know yourself a bit better in the process. She advocates taking the time to stop and smell the roses.

There are no rules regarding meditation. Some people prefer to sit quietly, get comfy in a spot and let their body relax, while others find it easier to meditate while walking.

The support group members found it easy to relate to this topic and spoke about their own experiences, detailing how they benefit from putting into practice things they had learned already about Mindfulness.

Tina guided our group through a three-minute process to focus on our breathing. She said be a human being, not just a human doing.

Tina said that everyone is different and talked about good attitudes of curiosity and kindness, and awareness of thoughts, sound, taste, touch, movement, listening and memories.

Tina then spoke about Peace, saying that if you want more peace in your life, you

have to also practice Peace:

- P for Pause - take time.
- E for Exhale - breathing.
- A for Allowed to be there.
- C for Choices we make – have compassion and see yourself in others.
- E for Engage - in what you are doing.

Tina explained to us that Mindfulness is a personal thing, so it's important to get familiar with yourself – and friendly with yourself – to find out more about yourself.

BARBECUE PLANNING

THE group's annual fundraising barbecue at Bunnings Noarlunga store will be held on Saturday August 23. Any help to set up and run the barbecue will be very much appreciated.

- The Onkaparinga support group conducts its monthly meetings in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on the first Wednesday of each month at 6.30pm.

- The Guest Speaker at the support group's meeting on August 6 will be Senior Sergeant 1st Class Ian Cramond, officer in charge of the SAPOL Forensic Services Branch.

- For more information, visit the City of Onkaparinga Support Group website at www.pcsog.org, or phone John Shields on 8382 6671, or Malcolm Ellis on 8326 5588.

Alice Springs Prostate Cancer Support Group

- The Alice Springs Prostate Cancer Support Group has moved the location of its meetings to the Alice Springs Memorial Club for the second Thursday of each month, from 6pm until 7.30pm. Meals are available at the club immediately after each meeting.

At the most recent group meeting, the guest speaker was Fiona Gordon, who spoke about massage and yoga techniques that can help with recovery after prostate cancer surgery and treatments.

A special presentation was made to Del Hird in thanks for her ongoing support. For the past four years, Del has been opening up the meeting rooms for our support group gatherings and closing up after everyone had gone home. She even did this when she was not well – and we certainly missed her when she went on holidays! Again, we offer Del our heartfelt thanks.

Alice Springs group leader Russell North attended the recent PCFA Central Australia Chapter Conference in Adelaide and found it a very useful event.

- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195 or email grantbut@hotmail.com

THANKING OUR PROMINENT PROSTATE CANCER SUPPORTERS

Taking an SA fundraising initiative into Victoria

THE special blue PCFA moneyboxes placed in Subway® SA stores have so far generated more than \$25,000 between January and June 30 this year – which is an amazing contribution. Let's keep this figure growing by telling everyone to eat healthy and eat Subway®!

Out of interest, the moneyboxes in the Subway® stores each hold between \$80 and \$120 in change when they are full – although we often find \$5 notes stuffed inside, and even the occasional \$20 and \$50 notes.

In Western Australia, Subway® has generated an additional \$12,000 in donations, noting that their moneyboxes went out later than the SA boxes.

It's also worth noting that from the start of July, an additional 270 Subway® stores in metropolitan Melbourne will also have the PCFA donation boxes – with all of those proceeds coming to South Australia, as this moneybox idea was a local initiative.

ACTIVITY INTERSTATE

IN Melbourne, PCFA-SA's Karyn Foster is being assisted in the distribution of moneyboxes to Subway® stores and the collection of money by firefighters from the Melbourne team of the World Police and Firefighters Games Club – and these able



ABOVE: Karyn Foster went over the border to start rolling out more than 280 PCFA moneyboxes into Subway® Restaurants throughout the Melbourne metropolitan area, spanning the city from Geelong to Portsea. Our partners in this campaign are the World Police and Firefighters Games Club of Melbourne – represented above by Chris and Eddie at the Bridge Road Subway® store, the very first store in Melbourne to receive a PCFA moneybox.

-bodied @volunteers are to be roundly congratulated for their amazing assistance.

We love the firefighters – because they continually prove themselves to be ardent supporters of PCFA and its support groups. On this note, it's appropriate to mention that the United Firefighters Union of SA is this month launching its bi-annual 2014-2015 calendar – with part-proceeds being donated to PCFA-SA.

For anyone looking for a novel gift (and something that's especially appreciated by the ladies, as the attractive calendar photos will verify),

please look out for these calendars, especially as their sales are assisting us with prostate cancer awareness.

Firefighters have a high incidence of cancer, and SA firefighters have become closely involved with PCFA-SA because a number of their men have had prostate cancer, including union representative Neil Mangelsdorf.

This group first helped PCFA-SA last September with the launch of PCFA's Big Aussie BBQ at the Metropolitan Fire Service headquarters in Wakefield St, Adelaide, featuring a live radio broadcast by ABC 891.

Then they assisted us with another crucial fundraising and awareness event staged at the ABC 891 Gardener's Market in October 2013, with fire fighting personnel donating their time on the gates, manning the displays of fire trucks and staging a thrilling abseiling demonstration down the outside of the ABC building at Collinswood.

Therefore, we love the firefighters – not only for the invaluable community service they provide, but also for their enthusiastic support of prostate cancer awareness and fundraising!

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