

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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2015**

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

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Get ready to host your own Big Aussie Barbie

SEPTEMBER is nearly upon us and it's time to start thinking about what PCFA materials you would like to distribute at Big Aussie Barbie events.

This year, PCFA hopes to place more emphasis on raising awareness ahead of fundraising, so it would be fantastic if you can arrange for PCFA brochures, PCFA postcards, editions of Prostate News and other PCFA materials to be distributed at your state event so we can spread the Prostate Cancer message – and not just have people enjoy some hot snags.

The Big Aussie Barbie campaign promotes getting together with family, friends and colleagues to encourage discussions about prostate cancer, especially with men over the age of 50 years.

To achieve this, PCFA has launched a new website – www.bigaussiebarbie.com.au – that helps prepare the perfect Aussie barbecue for prostate cancer awareness.

Associate Professor Anthony Lowe, Chief

Executive Officer of PCFA, says the Big Aussie Barbie has the potential to change the impact of prostate cancer in Australia.

“It is through ongoing community support for the Big Aussie Barbie campaign that we are able to achieve amazing results,” said Associate Professor Lowe.

How can you get involved?

- Visit www.bigaussiebarbie.com.au and register your barbecue. Also request PCFA materials to share with guests.
- Invite friends, family, neighbours and work colleagues to come along to your Big Aussie Barbie.
- Collect donations (no matter how big or small) to help support and sustain PCFA's research, awareness and support services.
- Follow PCFA's Facebook, Twitter and Instagram to get all the latest Big Aussie Barbie news.
- Inspire others by sharing your own Big Aussie Barbie photos (don't forget to include #bigaussiebarbie).



Australian cricket legend and Big Aussie Barbie ambassador Matthew Hayden says hosting a barbecue is an easy way to support PCFA. “Many of us will be outdoors enjoying barbecues through September, so it's the perfect time to go that extra step and encourage discussions about prostate cancer.”

- Remember to serve a smart and healthy meal with lean meats, fresh salads and vegetables, and keep the consumption of processed meats and alcohol to a minimum.

• **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

New participants help us fulfil a busy plan of action

The Prostate Cancer Action Group has a very full list of commitments for the rest of this year and is looking to muster all the help it can find, as David Merry reports.

THE Prostate Cancer Action Group was delighted to welcome John Thornton and Gordon Frith to the June meeting, helping to swell our numbers and assist with a busy program of activities that has been booked for the remainder of this year.

The Tea Tree Gully Lions Club has willingly agreed to our request for assistance to present an Awareness Evening at the Wynn Drive Salvation Army Hall in Wynn Vale at 7pm on Tuesday, August 25. The club has also offered to promote our advertising flyers in the surrounding districts. Lead speaker for this evening will be urologist Dr John Bolt.

The Action Group's country show and field days program is underway, with information stalls at a series of country centres to be manned by our group members and helpers from local support groups.

Bookings have been made with country show organisers for:

- August 29-30, Gawler Show.
- September 29-October 1, Yorke Peninsula Field Days.
- October 4, Kingston SE Show.
- October 25, Callington Show.

The Action Group is also planning to host an Awareness Evening at the Life Care Active Centre on Payneham Rd, Evandale, for October or November.

This centre's staff and our group are keen to see the creation of a designated fitness class specifically tailored to the needs of both treated and advanced prostate cancer patients. The benefits of regular fitness sessions under a physiotherapist or exercise physiologist are well documented.

The only other local group embracing this ideal is the Adelaide Hills Community Health Service at Mount Barker, under physiotherapist Sue Tulloch.

COMING EVENTS

- The Prostate Cancer Action Group SA holds its meetings at 5.30pm on the second Tuesday of each month – in the PCFA office at 144 South Tce, Adelaide. Entrance is from the side lane. The next meeting is on August 11, commencing at 5.30pm. For more information, please visit the Action Group's website at www.pcagsa.org.au or phone David Merry on 8270 2227, or email djmerry@adam.com.au

Darwin Prostate Cancer Support Groups



Katie Woolf (right) and her mum Leslie at last year's Run For Dad.

- Katie Woolf organised the first Run For Dad in Darwin last year, in memory of her father Rod who died in March 2014 after an 11-month battle with prostate cancer. The event was a great success, attracting more than 1000 participants and raising \$20,000 for PCFA. Now Katie is organising the second Run For Dad, which will be at Darwin's East Point Reserve on Sunday September 6, starting at 7am. Last year, local members of parliament Michael Gunner and Natasha Fyles ran the barbecue at the reserve, and have committed to do the same this year, providing all the meat and bread, and donating all the money they raise from food and drink sales.
- 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. For more details, please phone Don Lockley on 0439 952 625.
- The NT Rainbow Prostate Cancer Support Group helps men and their partners dealing with a current diagnosis, or are survivors. They meet on the last Wednesday of each month at NTAHC in Darwin from 5.30pm to discuss shared experiences, learn more about the disease and how to manage it. Every other month we go to dinner at the Cavanagh Hotel in Darwin. Please contact Peter Moore (0408 845 272) or Peter Kay (0439 778 769) for more details.

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Central Australia Chapter Council

New era as Joan drives our chapter council

The introduction of a woman into the leading role within the Central Australia Chapter Council is a move that has met with strong approval, as David Sly reports.

IN A significant development for the prostate cancer support and awareness movement, the Central Australia Chapter has announced its first (and Australia's first) female chapter council chair. Joan Manfield, wife of prostate cancer survivor and Port Pirie support group convenor Allan Manfield, took over the role in February 2015, having joined the council in November 2012 and served as secretary from July 2014.

Joan comes to the role of chair with a wealth of experience in committees and as a volunteer, although she never saw herself as a leader. "I had to be coaxed into this," she admits. "I was asked and said no, but people kept persisting."

It was the encouragement of Port Pirie palliative and cancer care nurse Nicola Champion, who was instrumental in setting up the Port Pirie Prostate Cancer Support Group, that finally gave Joan the impetus to take on the position of chapter chair.

"Nicola told me it doesn't matter whether it's a man or a woman who has the leading role in the prostate cancer organisation; it just has to be someone who is passionate about doing the job. Well, that certainly describes me, so I decided to accept the offer to become chair," says Joan.



Joan Manfield, on accepting the role of Central Australia Chapter Chair: "It has to be someone who is passionate about doing the job. Well, that certainly describes me."

Interestingly, Joan has been joined by another woman chair in PCFA's chapter councils, with Margaret Amm recently taking on the role of chair in Western Australia.

For any men querying Joan's credentials to take on this important role in a crucial area of men's health, she has a quick retort: "I have travelled the prostate cancer journey beside my husband, and I know every step of the way," says Joan. Her husband Allan chimes in: "If anything, Joan now knows more about prostate cancer than I do. She has attended

so many conferences, and her study into the disease has been enormous."

This deeply inquisitive nature is something that many women bring to health aspects of their relationships with husbands and partners, and it is a central factor in ensuring that men do not travel alone on their prostate cancer journey, helping them to know that support is close at hand.

Joan says one of the great challenges ahead for the Central Australia Chapter is to increase communication among support group leaders,

and encourage support groups across the state to show more interest in each other's activities.

"We have a great disadvantage with huge distances between support groups throughout the Northern Territory and South Australia, but that doesn't mean the members of support groups need to feel isolated or cut off from the chapter, its councillors, or the members of other support groups," Joan says. "It's important that we link up and work together as a strong network."

Joan has also emerged as a very visual ambassador for prostate cancer awareness, with an image of her and Allan featured on the cover of an informative and nationally distributed brochure, titled "Caring For Someone With Prostate Cancer". She is also photographed in a PCFA advertisement aimed specifically at women, and placed in women's rest rooms, to alert them of the possible prostate cancer risks that could be facing their husbands.

"I only became aware of it once my line dancing instructor called me, and then my bridesmaid also rang to say she saw the advertisement in the toilet at the airport! That was a bit of a surprise - but at least it shows that people are paying attention and reacting to the campaign."

Australian Advanced Prostate Cancer Support Group

Crucial support offered to advanced cancer patients

Jim Marshall, Brisbane-based convenor of the Australian Advanced Prostate Cancer Support Group, offered this letter of thanks after a recent visit to Adelaide.

Neville Black and I would like to thank all those who made our visit to South Australia in May so useful and enjoyable.

It was delightful for us to put faces to the names of several South Australian support group members and their partners, and fellow PCFA affiliate leaders and their partners. It was equally pleasing to meet more new people in the prostate cancer support network.

Our interview on ABC Adelaide 891 with Ian Henschke on the Wednesday morning went longer than planned, and attracted a number of callers. Our plan to speak about advanced issues and a local issue (PCFA prostate cancer nurse at the Royal Adelaide Hospital being discontinued) was hijacked by the Monday night ABC Lateline program on prostate cancer specialists, but I only heard kind words from those who listened to the broadcast.

We were humbled on the Wednesday night when an audience of 15 South Australian Support Group leaders, Prostate Action Group



Above: Jim Marshall and Neville Black with Cyril Harrison at the Adelaide-Mitcham group meeting. Photo: Ian Fisk

members and their partners turned up to hear about advanced cancer issues and kept our question and answer session going for 90 minutes.

Thursday started with a long, leisurely lunch meeting at Hahndorf in the Adelaide Hills, putting a face to the name of an Advanced Support Group member and his partner.

Thursday evening was the focus of our visit – the launch of the first in our DVD series. More than 40 people ignored inclement weather for the screening at the Adelaide-Mitcham group meeting.

The first DVD is on Gleason score, and is filmed in the style of the quiz program *Qi*. More

than an hour of questions and answers followed the screening, which was very encouraging.

All in all, Nev and I feel that during our visit to Adelaide we helped to raise the level of awareness about advanced prostate cancer issues, and about the function of the Advanced Prostate Cancer Support Group.

We would particularly like to thank the following people:

- Associate Professor Anthony Lowe, PCFA CEO, for a briefing on the prostate cancer nurse situation in Adelaide;
- Karyn Foster, PCFA State Manager (SA/NT), for organising the radio interview,

for chasing up information on breast cancer nurses in South Australia (there are 11 breast cancer nurses to one prostate cancer nurse. One of the breast cancer nurses is in the Royal Adelaide Hospital, where the prostate cancer nurse was let go recently), and for making PCFA offices available for the group leaders' meeting;

- Joan Manfield, Central Australia Chapter Council Chair, for travelling from Port Pirie to lend her support;
- Support group leaders and Action Team members, some of whom travelled quite some distance to be involved;
- Advanced Prostate Cancer Support Group members and their partners who met with us, some of whom travelled significant distances to make contact;
- Folks who provided us with coffee and nibbles;
- Finally, we want to thank Adelaide-Mitcham Prostate Cancer Support Group leaders Cyril Harrison, Jeff Roberts and Ian Fisk for their very professional organisation of the visit, their helpfulness, and their wonderful hospitality.

Westside Prostate Cancer Support Group

- Westside Prostate Cancer Support Group meets at 7.30pm on the last 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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Adelaide-Mitcham Prostate Cancer Support Group

Diverse guest speakers give smart information

Special guests have provided valuable insights for the Adelaide-Mitcham support group, as Jeff Roberts reports.

THE Adelaide-Mitcham Prostate Cancer Support Group has had an excellent range of speakers give interesting presentations during the past three months.

Graeme Ruwoldt from Uniting Communities spoke at the April meeting about Lifeline Services. This service was formed in 1963 by Rev Dr Sir Alan Walker, after he received a telephone call on a Friday evening from a person in a very disturbed state. They talked at length and agreed to meet the following week, but the person's body was found the following Monday along with a letter to Rev Walker. It spurred Rev Walker into action to establish an all-hours crisis communication service. On its first day of operation, Lifeline received 50 calls from troubled people; it has grown to take 1800 calls each day.

Lifeline now has 1000 staff throughout Australia, plus 11,000 volunteers mostly taking phone calls. The 24-hour crisis line is manned by volunteers from 6am to midnight, when paid staff take over the phones. Lifeline holds domestic workshops and operates a Kids Helpline.

The support group's May meeting welcomed Jim Marshall from Brisbane as guest speaker, who presented to a strong audience of 43 guests, including several members from other support groups. Jim is convenor of the Australian Advanced Prostate Cancer Support Group, which meets once a month by phone hook-up. Jim has produced a DVD titled Gleason Score, which he showed to the meeting and answered the audience's questions.

His presentation was very informative, especially for those suffering from advanced prostate cancer. Jim can be contacted online at JimJimJimJim.com.



Photo: Ian Fisk

DONATION: The Adelaide-Mitcham Group wishes to express its great appreciation for a very generous donation by Associate Professor Nick Brook (pictured) to further the activities of the group.

It was nice that Jim sent an email thanking everyone who helped organise his visit to South Australia, and voicing appreciation of all who attended the Adelaide-Mitcham group meeting.

Extra chairs had to be arranged to accommodate the crowd for Associate Professor Nick Brook at the June meeting. He delivered an excellent overview of prostate cancer, its symptoms, diagnosis and treatments. He also addressed post-treatment issues; the side effects of incontinence and erectile dysfunction, and a range of corrective measures.

The information was explained succinctly and with clarity, with Associate Professor Brook never labouring any one point while dealing plainly with complex issues. His use of animated projection showing various treatments for incontinence and erectile dysfunction was most informative.

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 27. Tea, coffee and cake are provided. Car parking is available within the RSL grounds. Guest speaker Martin Lewis from COTA SA will talk about Controlling My Life.
- The September 24 meeting will feature Andrew Ramsay from Alzheimer's Australia SA presenting an overview of dementia.
- The October 22 meeting will be a discussion evening among group members and visitors.
- On November 26, the support group will enjoy its annual members dinner, with more details to be confirmed.
- For more information, visit the Adelaide-Mitcham website at www.adelaide-mitchampcsg.org or phone Cyril Harrison on 8298 6384, Jeff Roberts on 8277 3424 or Ian Fisk on 8296 3350. For archived information of the former Adelaide and Mitcham Support Groups go to www.psaadelaide.org or www.psamitcham.org

The presentation was a valuable reminder for longstanding support group members about the various aspects of the prostate cancer journey.

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Alice Springs Prostate Cancer Support Group

Remembering a great teacher and campaigner

Central Australian Morgan Flint was a dynamic character and robust supporter of prostate cancer awareness, as Matt Skoss remembers in this obituary.

MORGAN Flint, social sciences teacher extraordinaire and community raconteur, commenced teaching in the Northern Territory in October 1973, with just enough time to acquire possessions blown away in Cyclone Tracy, Christmas 1974. Morgan, born on June 1, 1944, was married to fellow teacher Mary, and is father of Julian, Alex and Ashleigh.

From 1977-79, he taught at Nhulunbuy High School, but there are a few missing years, as Morgan's service pre-dates the Education Department's computerised service records.

Morgan was the larger-than-life SACE Senior (now known as Humanities) at Alice Springs High School from 1986-89. In those days, air conditioning wouldn't kick in until 8am, as part of May Shotton's austerity measures. Morgan was noted

for arriving at school in summer before 7am, to sit down to a mountain of marking, dressed in just his undies and his lurid floral shirts. Students arriving at 7.45am got a shock, and a comment from Morgan: "...as you were..."

My big regret as a young teacher in 1987 was turning down an offer from May Shotton to teach one line of SACE. It would have been a broad education for a young teacher working with Messers Flint, Sharp and Jeisman.

In 1990, Morgan took leave to become active in the tourism industry, working for Dennis Hornsby at Chateau Hornsby. He became the public face of many TV advertisements promoting the Central Australia and Barkley regions.

Morgan resumed teaching Humanities at Sadadeen

Secondary College/Centralian College from 1992-99. Never one to stay out of the classroom, he helped at remote schools doing relief teaching at Harts Range and Ti Tree between 2000-2002.

Morgan enjoyed some quiet time as caretaker of Hamilton Downs Youth Camp for several years, and was an active participant in the Rotary Henley-on-Todd Regattas. I can remember my car stopped at the Billy Goat Hill lights, only for a Viking to descend on the bonnet and clamber over the windscreen – which was Flinty in full flight!

In recent years, Morgan was passionate about supporting men suffering prostate cancer and the local Men's Shed initiative. He was dearly loved, and many people hold cherished memories of their time with him. Vale Morgan Flint!

COMING EVENT

- The Alice Springs Prostate Cancer Support Group has moved the location of its meetings to the Alice Springs Golf Club for the first Thursday of each month, from 6pm until 7.30pm. Meals are available at the club immediately after each meeting.
- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195 or email grantbut@hotmail.com

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. 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).

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 support group meeting will be held on Tuesday, September 8. For more information about the Riverland support group, please phone Riverland support group convenor Allan Dand on 08 8582 1651, 0488 994 803, or email alglan@iprimus.net.au

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Adelaide Hills Prostate Cancer Support Group

Benefitting from advice

The Adelaide Hills support group is enjoying great input from experts, as group member Ian Wagner reports.

THE Adelaide Hills support group has enjoyed presentations by several good speakers at recent meetings. Following an interesting talk by dietician Effie Skoumbros at the April meeting, it was decided to invite her to talk to the group again this year. Effie will come back as speaker for the November meeting, which will be followed by our Christmas Around the Corner lunch to end the year's activities.

In June, urologist Dr Richard Wells provided an address on "The Prostate Journey". This meeting was well attended to hear Dr Wells give an excellent overview of issues from testing to diagnosis, through to treatment and options for advanced cancer. The group was very appreciative that Dr Wells was able to give his time for this daytime meeting.

July was a social meeting at Auchendarroch Tavern, Mount Barker, for



Adelaide Hills support group members Neal, Andrew and Peter with support group convener Sue Tulloch and Francis Watkins.

a Christmas In July lunch, complete with a Christmas-themed menu. A happy time was had by all who attended.

Speakers have been arranged for several of the remaining meetings for this year (although a guest for August has not yet been confirmed).

- September: Jill Sanderson will talk about advance care planning in her presentation "Dying to chat about Living to the End".
- October: PHD candidate Kath Morel will talk about prostate cancer research.
- November: Dietician Effie Skoumbros returns to talk about "Food, Glorious Food", followed by an end-of-year lunch.

COMING EVENT

- The Adelaide Hills Prostate Cancer Support Group meets at 10am on the third Friday of each month, from February to November, at the Adelaide Hills Community Health Service on Wellington Rd at Mount Barker.
- For more details about the group and its activities, contact group leaders Sue Tulloch or Emlyn Lewis by phoning 8393 1833.

Barossa Valley Prostate Cancer Support Group

- Barossa Valley Prostate Cancer Support Group has a regular gathering of 12 to 14 men who attend each meeting. We have guest speakers at meetings who share a topic of their interest with members. Our most recent meeting was at Carl Lindner's classic car showroom, where the group was able to see his Jaguar car collection. The support group members also like to support each other between meetings by enjoying social activities together, such as bike riding, playing chess and sharing coffees.
- The Barossa Valley Prostate Cancer Support Group meets on the third Tuesday of each month, from 2pm to 4pm, at the Vine Inn Hotel, Nuriootpa. The next meeting will be on Tuesday, August 18. For more information, phone Don Piro on 8562 3359 or email don@dppcs.com.au

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.

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Murray Bridge Prostate Cancer Support Group

Council help is at hand

The Murray Bridge Prostate Cancer Support Group learned that local councils have a range of support available to help local residents, as Max Klenke reports.

THE Murray Bridge Prostate Cancer Support Group continues its monthly meetings, although attendance has been down a little during winter. Bad weather has been an obstacle; a scheduled barbecue at Bunnings on July 12 was called off early in the morning, because of rain and a dire weather forecast.

Guest speaker for May was Debbie Burton, a support worker for Murray Bridge Council. Her talk was very informative, explaining what help is available from the council at what cost, for those in need including the elderly and people with a disability. Council help includes window, gutter and house cleaning, bus trips and transport help. Many questions were answered by Debbie, who was thanked



ABOVE: Guest speaker Debbie Burton is thanked by Murray Bridge support group's Richard Parsons.

by Richard Parsons with a certificate and a bottle of wine.

The June meeting featured a talk from John Pohl, a paramedic who had a long involvement with St Johns and SA Ambulance. John spoke about fatalities he had attended, a stabbing that later

involved in court case, and many other cases, supported by a visual presentation.

Now retired, he is restoring an old Holden ex-ambulance, which has been a private vehicle in Murray Bridge for a long time. He also spoke about different models of

COMING EVENTS

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month, at 7.30pm in Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- For more information about the group, phone Murray Bridge support group secretary Max Klenke on 8532 1936.

ambulances he had been involved with, and answered many questions from the audience. Dirk Stegmeyer thanked John with a certificate and a bottle of wine.

Big donation provided through new RAH builders

• THE Hansen Yuncken Leighton Contractors' joint venture and the new Royal Adelaide Hospital Project held its fourth charity gala dinner on July 4 at Adelaide Oval, and this year the consortium directed its proceeds to Prostate Cancer Foundation of Australia.

The event was a major success,

attracting more than 580 guests, who enjoyed entertainment from Ding Productions and Triplescore, and a gourmet dinner with wines.

Most importantly, the organisers presented PCFA with a cheque for \$35,121 from the proceeds.

HYLC Joint Venture development director Peter Salvesson made

special mention of the event's major sponsors Estillo Commercial, BOC, Lucas Total Contract Solutions, Getinge Group, Colourtech and Facialista's.

This year's donation is part of \$170,121 that the joint venture has provided from its fundraising dinners in the past four years.

Limestone Coast Prostate Cancer Support Group

• 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 Thursday August 6. 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

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Port Pirie Prostate Cancer Support Group

Finding financial help

The Port Pirie support group learned where to find financial assistance when the medical bills start to mount up, as Richard Kruger reports.



ABOVE: Guest presenter Ingrid Meissner with Allan Manfield at the Port Pirie support group meeting.

INGRID Meissner from the Regional Health Service in Port Pirie gave a presentation on “Financial Assistance When You Have Cancer” to a recent meeting of the Port Pirie Prostate Cancer Support Group. Ingrid told the attentive group that the main forms of assistance are income protection, Centrelink, superannuation, credit providers and the Cancer Council. As with other debilitating diseases, cancer sufferers can find themselves with significant financial expenses, which can create huge problems dealing with their situation.

- Income Protection includes standalone insurance, clauses built into superannuation, components of a life insurance policy, or help may be included with some loans or credit cards. Different policies may have different waiting times, such as 28 days, and/or requiring medical evidence that you are unable to work. You should contact your insurer or check your policy early, so that you know what you are covered for, and can make maximum use of the available cover. Insurers will usually pay for a maximum period of two years,

and a maximum 75 per cent of normal salary.

- Centrelink has several allowances that can be accessed.

- Sickness Allowance has certain eligibility criteria – over 21 but under age pension age; have a job or are getting Abstudy as a full time student; over 24 but under age pension age and getting Austudy as a full time student; meet income, asset test and residential requirements; provide a medical certificate from your doctor that you cannot work or study and have work or study waiting for you when you are better.

COMING EVENTS

- **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.**

- Newstart Allowance clients must be over 21 but under age pension age, looking for suitable paid work, are prepared to enter into an employment pathway plan and meet the requirements in it, are not involved in industrial action, meet income, assets, residence and activities test requirements.

- Disability Support Pension clients must be between 16 and age pension age, meet the requirements for residence, assets and income, and are permanently blind, or are assessed as having a physical, intellectual or psychiatric impairment, and are unable to work, or be retrained for work for 15 hours or more per

week at or above the minimum wage within the next two years because of their impairment. They must have also actively participated in or completed a program of support, if required.

- Carer Payment is for persons who personally provide constant care in the home to someone with a disability or medical condition, or who is frail, aged and meet the income assets tests, live in Australia and meet residence requirements.

- Pension Supplement is received automatically if you receive an age pension, bereavement allowance, carer payment, disability support pension (except if you are under 21 and have no children), widow or widow B pension.

- Superannuation can, in some instances, be accessed early, if you can prove severe financial hardship, terminal illness, permanent incapacity, balances of \$200 or less, or permanent departure from Australia.

- Credit Providers may provide some assistance if you are experiencing financial hardship, by reducing payments and extending the term of loan. It is important to let the credit provider know that you are experiencing financial hardship, and the reason why.

- Cancer Council can help with legal and financial referral services. It may also be able to help with a one-off payment towards a utility account, or similar.

- More information can be obtained from the websites www.ato.gov.au or www.humanservices.gov.au/customer/dhs/centrelink

In Remembrance

A wall of strength who led the prostate awareness call

Ray Power of the Prostate Cancer Action Group provides this tribute to the late Dean Wall, who was an integral part of the Action Group and its history.

THE members of the Prostate Cancer Action Group have been greatly saddened by the recent passing of their respected and valued foundation member, Dean Wall. The former chairman and secretary of the Action Group had a 23-year encounter with prostate cancer, and was on hormone therapy for more than 17 years.

In the mid 1990s, as the first prostate cancer support groups were being established throughout Australia, Dean became an active member of the Adelaide group. By the late 1990s, it became clear that a need had emerged for a dedicated group to inform the community on prostate cancer, and Dean became a founding member of the Prostate Cancer Action Group.

He maintained continuous service as chairman, secretary, public officer and committee member, and while he was unable to attend recent functions, he maintained interest in our activities to the end. Dean's contributions included:

- Chairing Awareness evenings across South Australia.
- Speaking as a Cancer Survivor at Awareness evenings.



VALE - DEAN WALL: December 29, 1938 – June 1, 2015. Photo: Ian Fisk

- Attending country shows and field days, meeting and talking to local communities.
- A PCFA Ambassador Speaker, who addressed many service clubs, institutions and business groups.
- A regular visitor to Mobilong Prison at Murray Bridge, where he spent time with inmates and staff to inform them about prostate cancer.

Dean's prostate cancer journey was long and challenging, but he was always cheerful, maintaining a strong sense of humour and a positive outlook.

Dean had a remarkable life of community service. He was in the Country Fire Service for 15 years and was captain of the Greenhill Brigade during the fateful Ash Wednesday fires on February 16, 1983. The bushfires took 28 lives on that day in South Australia, with four in the Greenhill area. Dean almost lost his own life during this deadly fire, but managed to survive and save his crew.

Following this tragedy, he became a lay minister, and was for many years a Scout leader.

He was active in Prisoner Outreach programs, assisting persons released from custody to re-establish their lives in the community. He was also an authority on goats and travelled across Australia judging goats at Agricultural Shows.

Dean is survived by his wife Del, daughter Deborah, sons Stephen and Timothy, and nine grandchildren. Dean loved his fellow man and contributed unselfishly to the community, and will be remembered for a life well lived.

Naracoorte Men's Cancer Support Group

- The Naracoorte Men's Cancer Support Group will hold its next meeting on Tuesday August 25 (note the change of date). A luncheon will be held at the Naracoorte Hotel, commencing with a gathering of the men at 11am, then lunch at noon with partners welcome. It is a seniors lunch with a two-for-one special price. All are welcome but bookings would be appreciated. Normal meetings are held on the fourth Wednesday of each month at the Hotel. For more information, phone Martin Gull on 0437 299 760 or Graham Hinze 0408 803 793.

Gay Prostate Support Adelaide

- Gay Prostate Support Adelaide is a support group that meets from 6.30pm to 8pm on the fourth Wednesday of each month (except December) at the Relationships Australia offices, 49A Ormond St, Hindmarsh. For more details, please contact group organiser Ivan Wooller by phone (0429 673 712) or email igwooller@gmail.com

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

City of Onkaparinga Prostate Cancer Support Group

Planning and decisions needed for funeral plans

It's a solemn contemplation but the members of the City of Onkaparinga support group learned how to make sensible funeral plans, as John Shields reports.

GUEST Speakers at the City of Onkaparinga support group meeting on May 6 were Steve Dunn and Verity McAvaney from Blackwell Funerals, although support group member Robert Hart first told the meeting of his experience as an employee of Tobin Brothers Funerals in Melbourne for about 20 years. Tobins had an association with Blackwell Funerals. Robert then introduced Steve and Verity, who wanted to dispel some myths about funerals, gave us a brief account of their work, and explained what happens when someone dies.

Most people don't know what to do when someone dies. Firstly, phone a funeral director to let them know of the death. This information can come from the family, nursing home, hospital, hospice or the police (especially if there are suspicious circumstances).

The funeral director will ask the caller about their relationship to the deceased person, and other delicate questions need to be asked: has a pre-paid funeral been organised? Are you ready to have your loved one collected? Although the situation may be traumatic, make sure that you give very clear and precise information. Sometimes people die in the strangest places and the funeral director needs to know exactly where they died.

The funeral director talks to everyone

but reports only to an authorised person for the funeral. Also note that when someone dies, a doctor signs a Medical Certificate. It is not a Death Certificate, which comes from Births, Deaths and Marriages office (a government department), and has nothing to do with the funeral service.

If you are arranging a funeral, questions that need to be addressed will include whether you want a burial or a cremation? A church service, a chapel, or a memorial service somewhere else? Do you want a simple or elaborate funeral? Would it be a public or private funeral?

Costs are also a significant factor, and it pays to compare prices. For instance, coffins are much cheaper than caskets, starting at around \$500 while a casket may start at \$2500, and this is additional to the cost of the funeral.

MEMORABLE MID-YEAR MEAL

THE support group's mid-year luncheon was held at the local Aussie Inn on Sunday June 14, and 15 members enjoyed meeting each other in a very relaxed and informal way, sharing good company over a nice meal. Sadly, there were many apologies due to illness.

Unfortunately, our July meeting was cancelled when members did not arrive, perhaps thinking that the meeting was on the following Wednesday evening.

COMING EVENTS

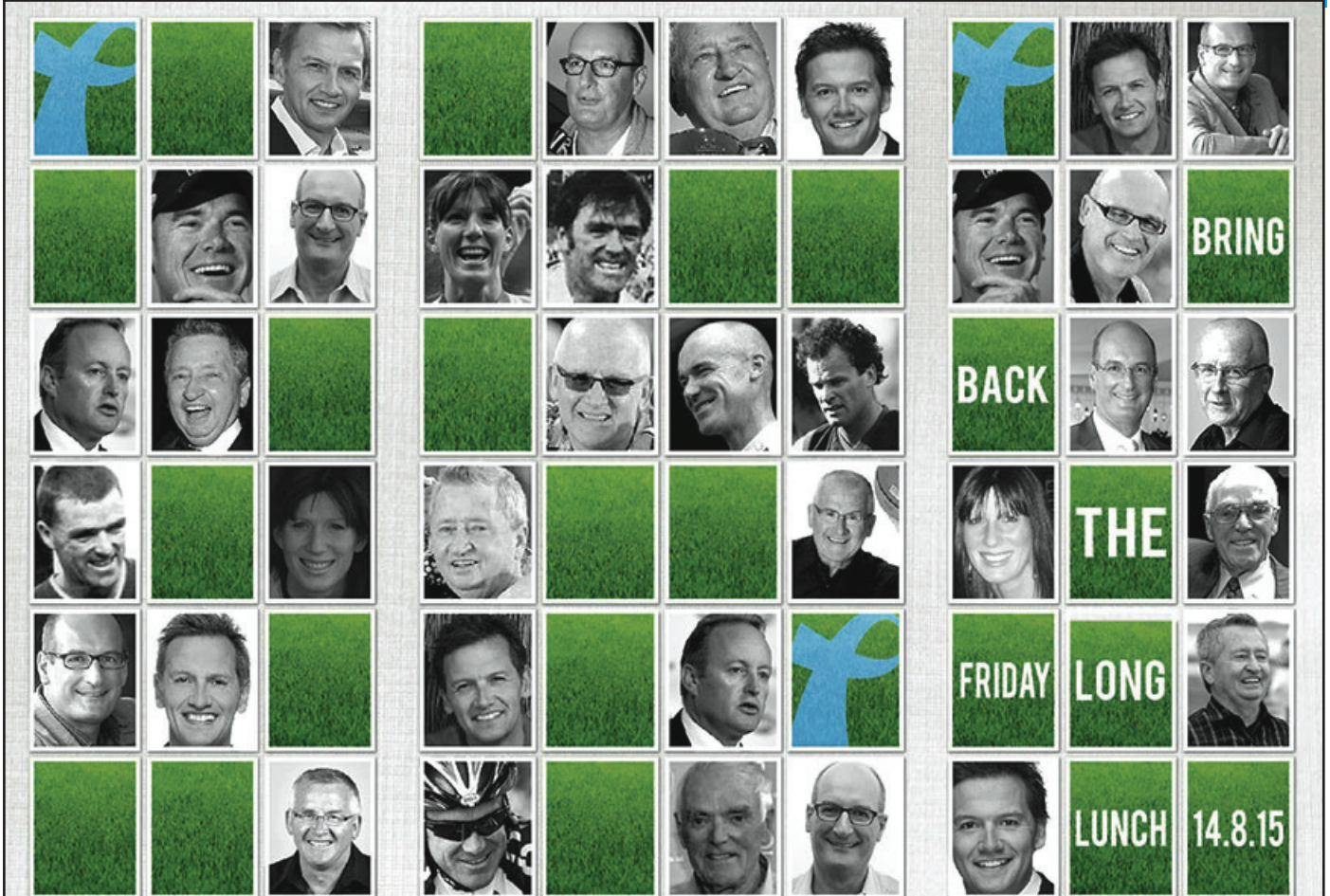
- The Onkaparinga support group conducts its monthly meetings in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on the first Wednesday of each month at 6.30pm.
- Guest speaker for the August 5 meeting will be pharmacist Andrew Wong, from Carrig Chemists, Colonnades.
- Other speakers organised for this year are continence nurse Kerry Santoro from Repatriation General Hospital (September 2), support group member Oscar Fulbohm speaking about his work in New Guinea (October 7) and urologist Dr David Elder (November 4).
- 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.
- For more information, visit the City of Onkaparinga Support Group website at www.pcsog.org, or phone Malcolm Ellis on 8326 5588, or John Shields on 8382 6671.

The Men's Engagement Network

- The Men's Engagement Network is a Victor Harbor-based support group that 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).

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

Major PCFA Fundraising Event



PCFA reinstates long lunch

A welcome return of Friday afternoon revelry will see some of SA's great sporting stars tell yarns over a long lunch at Adelaide Oval, to raise funds for prostate cancer.

REMEMBER the days when the weekend started on Friday at noon? When lunch was long and filled with great food and wine but also a few tall tales and true? Well, the FRIDAY LONG LUNCH makes a welcome return in Adelaide for one special event in August, thanks to PCFA.

Channel 7's David Koch will entertain guests with an array of SA sporting legends at the iconic Adelaide Oval from noon on Friday, August 14.

The impressive list of speakers includes former Tour

de France stage winner Stuart O'Grady, multiple Melbourne Cup-winning jockey John Letts, Australian basketball champion Rachel Sporn, legendary SANFL player and coach Neil "Knuckles" Kerley, Magarey Medalist and Norwood premiership player Michael Aish, ABC radio journalist Peter Walsh, Adelaide Crows chairman Rob Chapman, and Channel 7 sports announcer Mark Soderstrom.

Be a sport and support PCFA by purchasing a ticket and inviting your friends to this gala event for \$145 per head,

which includes a gourmet three-course meal, award-winning wines and premium beer. As well as addresses from the sporting panel, there will be live entertainment and major auctions for trips and a car. It adds up to four hours of fun and fundraising for a great cause. To book tables of 10 for the lunch, email karyn.foster@pcfa.org.au, phone 8231 6339 or visit www.trybooking.com

The big list of sponsors for this gala event is led by Solitaire Automotive as leading partner, Channel 7 as media partner and a long team of event partners: Baker Young

Stockbrokers, Harcourts, Dr Jones & Partners, Clinpath Laboratories, dbusiness, Device Technologies, Vater Group, Garuda Indonesia and Raw Pearls.

We also thank a large contingent of beverage partners contributing to the event: Aramis Vineyards, Burge Family Winemakers, Gemtree, Hardys Tintara, Hardys St James, Heineken, Kangarilla Road, Longview, Majella, Moet & Chandon Champagne, Mumm, O'Leary Walker, Peter Lehmann Wines, Sidewood, Spring Seed Wine Co, Heineken and Schweppes.

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