

Central Australia Chapter



PROSTATE SUPPORTER

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

www.prostate.org.au

**NOVEMBER
2014**

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

**Volume 7:
Number 4**

Trousers off to grab more prostate cancer attention

SANT and Abel clothing company is making a radical move to grab more people's attention – by encouraging men to drop their pants for prostate cancer awareness on Friday November 28.

The first national Pants Day Off will have PCFA encouraging all Australian men to give their trousers a well earned day off on November 28 – and wear a pair of Sant and Abel boxer shorts or even their pajamas to work instead.

The Sydney clothing company, noted for its 100 per cent pure cotton range of underwear and sleepwear, has come onboard as an enthusiastic supporter. Sant and Abel will donate \$5 to PCFA for every pair of its boxers or pajamas sold.

You can do the pants drop on your own, or team up with with colleagues and register as a group for a fun event with serious objectives.

All registered participants will be set up with a personal Everyday Hero online sponsorship page to raise



**DROP EVERYTHING FOR
PROSTATE CANCER**

PANTS DAY OFF
DROP EVERYTHING FOR PROSTATE CANCER
On Friday, November 28, 2014, give your
pants a well earned day off.
Wear a pair of **Sant and Abel** boxers or
pyjamas to work instead.

To get involved, visit
www.santandabel.com/pantsdayoff

Sant and Abel
SYDNEY
www.santandabel.com

 Proudly Supporting
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Foundation of Australia

money for their pants off endeavours – a great way to get family, friends and colleagues to support the cause and increase awareness.

Participants will also be rewarded for their pants off efforts, with prizes offered for the highest fundraisers and the most creative photos of men being caught in their Sant and Abel's at work.

To get involved, post your snaps to Facebook, Instagram

or Twitter with the hashtag #pdo4prostate. Prizes will be awarded to best individual photo, best team photo, top fundraising individual and top fundraising team. Sant and Abel is also offering all participants discounted

garments: Boxer shorts, \$30 (usually \$45); Sleep shorts, \$35 (usually \$50); Pyjama pants, \$40 (usually \$55). These can be purchased online at www.santandabel.com/pantsdayoff or www.prostate.org.au/santandabel

• **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

As the rural shows go on, so the action group gets active

The hectic schedule of attending country shows is bringing pleasing results for the Prostate Cancer Action Group, as David Merry and Jeff Roberts report.

THERE has been an abundance of action in the past few weeks for Prostate Cancer Action Group members, and we continue to receive a good reception and plenty of rewards from our activities in promoting prostate cancer awareness.

PCFA maintains steady support for the group with the release of a recently-edited brochure range and new booklets. Andrology Australia, the Continence Foundation and Cancer Council SA staff are also providing good support material for the Action Group to distribute.

Perfect Spring weather brought out large crowds for the Gawler Show on August 20 and 21, and with an excellent stall site, Lynton Carle and helpers from the Gawler Support Group, together with David and Judy Merry, and Bob Wood, were kept fully occupied by the many visitors. By the end of the second day, the Action Group information stall was almost bare!

As we have noticed at recent functions the Action Group has attended, more men are now admitting to annual check-ups – and more are aware of this need.

This observation also applied at the Riverland Field Days on September 19 and 20. Allan Dand's helpers, particularly the two Rods, with Trudi, Jeff, Ian and David from the



ABOVE: The Action Group made a strong impression on visitors attending the Riverland Field Days in September.

Action Group, were kept busy. Hopefully, a large number of the men who spoke with us about their prostate cancer journey will go on to contact the Riverland Support Group.

On Monday October 6, Ron Lehmann and members of the Murray Bridge Support Group were kept busy at the Strathalbyn Show. This group had arranged this return visit to Strathalbyn after enjoying an especially good reception and response at the 2013 show.

The Action Group's final country show appearance for this year will be at the Clare Show on October 18, when Stephen Pink and several Lower North Support Group members will be backed by Ian Fisk. Hopefully, Stephen will recruit more members to join the Lower North group from this event too.

The Action Group's badged gazebo tent has highlighted our presence at these events

and we remain grateful to the Rotary Club of Coromandel Valley for donating it.

BALAKLAVA INFORMATION NIGHT

On September 18, Action Group members Trudi Bizilis, Ian Fisk and Jeff Roberts, along with PCFA SA/NT Support Group & Outreach Coordinator Ian Richards, visited Balaklava to conduct a prostate cancer information evening in a room adjoining Balaklava Town Hall.

The evening proved to be very successful, with 78 people attending. They enjoyed a presentation from visiting urologist to the area, Dr Kim Pese. This was the seventh occasion he has spoken for the Action Group at these events.

Jim Bryan, leader of the local support group, and Ian Fisk spoke as survivors, while Ian Richards supplied information on PCFA, CALD and Support Groups. Jim and David

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 November 11 meeting starts at 5.30pm. Entry is via the rear stairway.

- For more information, visit the Action Group website at www.pcagsa.org.au or phone David Merry on 8270 2227, or email djmerry@adam.com.au

Appleby provided information on the local support group, and Jeff Roberts was MC for the evening.

The event was well promoted, mainly due to the efforts of Trudi Bizilis, Jim Bryan and other local support group members.

As a result of this evening, there appears to be good prospects of increased numbers of people joining the local support group.

New PCFA fundraising and awareness initiative

Letts work together!

Having successful prostate surgery with the Da Vinci robot last year has prompted Melbourne Cup-winning jockey John Letts into action as a vigorous advocate for prostate cancer awareness – and fundraising through SA TAB.

SOUTH Australian horse racing legend John Letts has taken a proactive stance against prostate cancer after his recent episode with the disease. He's striving to raise money for treatment, research, awareness and support – with the valuable assistance of the South Australian TAB, TAB Radio and Prostate Cancer Foundation of Australia.

South Australian TAB agencies have installed special moneyboxes to collect change from patrons. Nearly 50 agencies and numerous hotels are participating, with the coins being collected by PCFA volunteers.

John's inspiration for this collection concept came after his successful treatment by his surgeon using the Da Vinci Robot at St Andrew's Hospital last year.

John was later horrified to learn that this machine, which has saved so many lives, was about to be de-commissioned, leaving South Australia with



John Letts: "We've got to get the message out to get tested – and while I'm at it I'm going to raise as much money as I can."

no robotic surgery technology for the treatment of local patients. It's notable that the Da Vinci robot is also used for surgery on head and neck cancers, women's cancers, kidney cancer, bladder cancer, colorectal cancer and patients with cardiac problems.

Eventually, funds were found for a replacement machine at St Andrew's Hospital (which can be accessed by public patients).

Letts is determined to rectify this and has been not only

lobbying the private sector and government for a new machine available to public health patients, but is also involved in fundraising on many levels.

This unique TAB initiative has been proudly supported by SA TAB agencies network, and Tony Flanagan, general manager of SA/NT TAB, says the company is thrilled to participate in such a worthwhile project.

"We are especially pleased to raise significant funds and

to assist in raising awareness of prostate cancer in the community," says Tony.

John Letts says the new TAB initiative is the best way to get the prostate cancer awareness message across to his peers.

"Prostate cancer is often poorly understood and many men want to ignore it, but it is the most common cancer diagnosed amongst men in Australia," says John.

"Last year it was estimated that almost 20,000 Australian men were diagnosed with prostate cancer. Tragically, more than 3300 lost their life to this disease. One man dies every three hours. This has to stop, and together we can make a difference.

"Why am I doing this? For all of us. We all have a father, a brother, a son, a friend, a colleague, a partner, a mate. We've got to get the message across to all of them to get tested, and while I'm at it I'm going to raise as much money as I can."

Vote for PCFA to help snare a \$50,000 donation from Dick Smith Foods

• The Dick Smith Foods Foundation is donating \$1 million to charity this year, and the company allows its customers to decide how this sum is divided by a voting system. The more votes that get placed, the more money is allocated to each nominated charity – which means PCFA could receive up to \$50,000. So far, the Dick Smith Foods Foundation has donated \$6 million to charities; the first round for 2014 saw 38 charities receive a share in \$510,000 donations. These charities are ineligible to receive a donation in the second round at the end of 2014 – and PCFA is now registered as a hopeful recipient. You can register your vote by sending a text (just add an email address in the phone number field for texting) or email a photo showing a Dick Smith Foods product in your pantry. Send the image to charity@dicksmithfoods.com.au and add Prostate Cancer Foundation of Australia, with your name if you wish. The more products submitted, the more votes that get credited to PCFA's tally. For more information, visit the website: www.dicksmithfoods.com.au/charity-breakthrough

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Whyalla Prostate Cancer Support Group

Forging links with local Men's Sheds to spread the message

The Whyalla support group recently learned more about the great value placed on men's support groups in rural areas, as co-ordinator Terry O'Brien reports.

AT a recent meeting of the Whyalla support group, Dr Gary Misan from UniSA presented an address on the findings of his recent studies into rural men's health, and the connection to Men's Sheds.

Dr Misan explained in detail what country people understand to be significant issues for men living in rural and remote areas, which often lead to depression and suicide.

During question time we discussed the difficulties facing prostate cancer sufferers, both physical (with treatment, travel and medication) and mental issues.

Dr Misan has a personal interest in supporting Men's Sheds – community-run skills workshops and gathering places for men – and has been instrumental in setting up the Men's Shed in Whyalla.

Not surprisingly, the Whyalla prostate cancer support group also participated in the opening of the local Men's Shed.

The opening ceremony presented an opportunity for the support group to link the Men's Shed activities with men's health, and a number of

COMING EVENTS

• **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.**

group members manned the prostate cancer information display during proceedings.

Guests at the opening came to the group's display stand with



ABOVE: Enjoying the Men's Shed opening in Whyalla were prostate cancer support group members Dalton Hoskin (left) and Terry O'Brien, who provided prostate cancer information to one of the Men's Shed female guests.



ABOVE: Support group members David Rudiger, Peter Corbett and Dalton Hoskin enjoyed the recent presentation from UniSA's Dr Gary Misan (far right).

many questions, and received valuable answers. A number of the queries were from women – probably partners of the Men's Shed members, with an interest in their man's health.

The prostate cancer support group is considering having a future meeting at the Men's Shed, to explain some of the support group's activities to the Men's Shed members.

Barossa Prostate Cancer Support Group

• 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 group's Christmas lunch will be at noon on Sunday November 30 at the Weintel Restaurant, Barossa Valley Way. The first meeting for 2015 will be on Tuesday, February 17. For more information, phone Don Piro on 8562 3359 or email don@dpccs.com.au

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Community Support For Prostate Cancer Awareness

Riding with distinction

A new international fundraising initiative serves the dual purpose of supporting prostate cancer awareness and fundraising – and presenting motorcycle enthusiasts to the community in a more positive light.

ON September 28, The Distinguished Gentleman's Ride 2014 provided huge support for PCFA as thousands of motorcycle riders around Australia dressed dapper to raise funds and build awareness of prostate cancer.

The initiative was born in 2012 in Australia when event organizer Mark Hawwa was inspired by a photo of Don Draper from hit TV series *Mad Men* astride a classic motorbike and wearing his finest suit. Mark decided a themed ride would be a great way to combat the often-negative stereotype of men on motorcycles and to support a worthy cause.

In 2013, the ride raised \$250,000 for PCFA. This year, the event aims to raise \$1 million in Australia, and the scale of The Distinguished Gentleman's Ride has grown to now include more than 20,000 participants across 250 cities in 56 countries, raising more than \$1.5 million for charity.

More than 1200 Australian motorcycle riders took part in 18 locations across Australia, including X-Factor Australia



ABOVE: PCFA community fundraising and campaigns manager Kathryn Jones with X-Factor Australia judge Ronan Keating, dressed for the occasion before the start of the Distinguished Gentlemen's Ride in Sydney.

LEFT: The assembled classic bikes and riders.

judge Ronan Keating, who wore his Sunday best to participate in the Sydney ride.

For a glimpse at the Sydney ride as reported by Channel 10, visit: <http://www.youtube.com/watch?v=J7O3XPznmY>

"We are the first charity ride that focuses on marvellous classic-styled motorcycles," says Mark Hawwa, "and it's a great feeling riding our classics with thousands of people while raising awareness of prostate cancer and helping

PCFA rid our community of this insidious disease."

Associate Professor Anthony Lowe, Chief Executive Officer of PCFA, says the Distinguished Gentleman's Ride allows people to have fun while spreading the word about prostate cancer.

"If you take all the most recent mortality numbers for prostate cancer around the world we are dealing with a disease that claims 1,300 men each day," says Associate Professor

Lowe. "It is inspiring to see how an Australian concept has spread like wildfire across the globe and is playing a major role in helping organisations such as ours continue the fight against one of the most commonly diagnosed cancers in our country."

Donations supporting the Distinguished Gentleman's Ride and the Prostate Cancer Foundation of Australia can be made at www.gentlemansride.com/sponsor

• **PROSTATE SUPPORTER NEWSLETTERS** for 2015 will be published quarterly, in February, May, August and November. To make sure your support groups feature prominently in the pages, please submit stories and photographs by the deadlines of January 15 (for Feb issue), April 15 (for May), July 15 (for August) and October 15 (for November). Please send all materials by email to Karyn Foster (Karyn.Foster@pcfa.org.au) and journalist David Sly (slywords@bigpond.net.au).

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Adelaide-Mitcham Prostate Cancer Support Group

Fascinating presenters enlighten our members

The Adelaide-Mitcham support group has attracted record numbers of people attending its meetings thanks to great guest speakers, as Robin Gratton reports.

THE Adelaide-Mitcham Prostate Cancer Support Group has had three very informative meetings since the last report included in Prostate Supporter. In July, Roger Lush – a volunteer at the Daw House Hospice – spoke at length about the activities and support offered by Daw House, which is not only for patients but also family.

Support is provided on a one-on-one basis between patient and nurse, who can also assist and advise family members. Some of the activities that brighten days for the patients and their families are a Christmas in July event and Pet Therapy, where a friendly dog roams around Daw House and visits the patients.

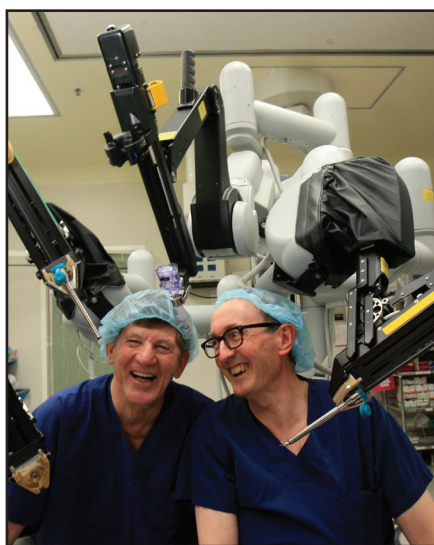
Other support comes from specialised nursing, music and art therapy, as well as spiritual and cultural support. Bereavement advice and services are also available.

Financial support for these services is provided through the Daw House Foundation and entirely comprises voluntary donations, Foundation memberships, fundraising presentations and philanthropy.

Roger also explained that Daw House is used as a respite service for patients, and not just the terminally ill. Some patients have been in and out several times utilising Daw House's services. Roger also said the facility is always looking for volunteers to help in many different ways.

In August, the support group's largest attendance (57 people) were privileged to hear Dr Peter Sutherland, visiting senior urologist at the Royal Adelaide Hospital, present a fascinating address.

Dr Sutherland screened a very dramatic video showing the removal of a prostate



ABOVE: Dr Peter Sutherland (right, pictured with Gordan Pickard) had the audience enthralled by a video depicting the robotic surgical removal of a prostate.

using robotic surgery at St Andrews Hospital. He gave a very clear step-by-step explanation of the procedure, and explained that the robot at St Andrews is also used for public patients. This is because the robot at the Royal Adelaide Hospital is now out of date and funds are not available for a new one. Apparently, there are several of these new machines currently in service in Victoria and New South Wales.

Dr Sutherland also spoke about new drugs that are being developed for prostate cancer, including enzalutimide and abiraterone, which is currently being used in a trial procedure for men with incurable and terminal prostate cancer.

The support group's meeting in September was an informal gathering of about 25 group members and visitors, and provided an opportunity for everyone to

COMING EVENTS

- The Adelaide-Mitcham support group's final meeting for 2014 will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday November 27. Tea, coffee and cake are provided. Car parking is available within the RSL grounds.

- Support group meetings will resume in February 2015, and will be held on the fourth Thursday of the month.

- 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

talk freely, discussing our experiences and progress with addressing prostate cancer. This was an enlightening and rewarding experience for all, and was followed by the customary shared supper.

In closing, we wish everyone a joyful Christmas, a Happy New Year and safe travelling, and look forward to sharing more support group information in the New Year.

Organisations supporting our support groups

Small change is adding up to a big contribution

PCFAs money boxes in Subway Restaurants have collected an amount that far exceeded expectations! Banking since the program began in January 2014 recently reached \$50,000 – a fact celebrated with gold balloons by Karyn Foster, PCFA national chair David Sandoe OAM and SA & WA Development Agent Martin Koehne (pictured at right).

On average, about \$5000 each month is banked from just over 100 stores across SA. The collection boxes are also in WA and Melbourne's metropolitan area, in partnership with the World Police & Fire Games Club (WPFGC).

PCFA thanks the marvellous team at Subway Restaurants

for supporting this initiative, the WPFGC and the public with deep pockets!

A dedicated team of volunteers assists Karyn Foster with collection and banking of cash in SA. Several of this team are support group members, while some are simply interested members of the public.

The contribution made by this crew is invaluable – but more drivers are needed to cover routes when someone takes a break and as the network grows. Please call Karyn if you have wheels and are available for one day a month.

Karyn is also looking to extend the money box collection system and already



has rolled out boxes into independent TAB outlets, Barossa Fine Food stores and Charlesworth Nut shops. The moneyboxes are supplied with contact details, chain and keys.

If you think you have a shop

interested in taking a money box, contact Karyn (0417 733 447 or karyn.foster@pcfa.com.au). The store needs to deal mostly in cash rather than credit cards, and ideally there should not be another charity collection box on the counter.

Support programs and support group information

- **Stay Strong Prostate Exercise Group at Life Care Active (230 Payneham Rd, Payneham)** is an exercise program specifically designed for men who have been affected by prostate cancer. This centre is not a gym or a fitness studio offering a one-size-fits-all approach, but instead provides a range of specialist allied health services and treatment to complement a person's fitness or movement program. The program is low cost, due to the centre tapping into various government allied health funding. To book, call Judith Lowe or Debra Gabrovsek on 8168 7600.
- **Gay Prostate Support Adelaide** meets from 5pm to 6.30pm on the fourth Wednesday of each month (except December), usually at 49A Ormond St, Hindmarsh. If you are interested in attending a meeting, please call David on 8242 3432 for details, as sometimes events are organised away from the usual meeting room.

Port Pirie Prostate Cancer Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at 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.

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Limestone Coast Prostate Cancer Support Group

Busy time for active group

Members of the Limestone Coast Prostate Cancer Support Group will close out 2014 with a busy schedule of activities and social events, as Richard Harry reports.

SEPTEMBER is always a busy time for prostate cancer support groups – and the Limestone Coast support group was no exception. The September meeting had three guest speakers covering the topic of sleep apnoea, with local input from Di and Tara, and Michele coming from Philips Home Healthcare Solutions in Adelaide.

They explained that symptoms of sleep apnoea can present with heavy snoring, the feeling of being hung-over in the morning, pausing in breathing during sleep, impotence, depression and several other factors.

It was also mentioned that there is strong evidence that sleep apnoea is associated with heart attack and stroke. Sleep apnoea occurs more in middle age, and is more common in men than women. It is often associated with being overweight.

Di's husband John came along to the meeting, to be wired up with the equipment for testing that can be done in a patient's own home.

It must be remembered that testing can only be done after



ABOVE: The Bunnings barbecue featured (from left) Doug Redman, Richard Harry and Malcolm Porter.

a referral from your GP.

The guest speakers explained the treatment and types of equipment used, illustrating this with the help of our group's new projector (used for the first time). This enabled everyone to easily see what was being shown. It was a very interesting presentation that prompted lots of questions

Two days later, the group held its annual fundraising and awareness barbecue at Bunnings on the Saturday before Father's Day, with funds used for running the support group.

The group's October meeting was a social luncheon instead of the normal evening meeting.

It signalled the start of a very busy period for the group, with the Win TV Big Golf Day – of which we are one of the recipients – being held on October 31.

The Prostate Cancer Roadshow will then be held in Mt Gambier on November 6 and 7. It is hoped that members of the other prostate support groups within the region will be able to attend to hear the top presenters at this event. We will supply

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 Thursday November 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

further information after the event.

Our final gathering for the year will be on December 7, with a Christmas barbecue to be held at noon at Umpherston Cave.

Please note that no meeting of the Limestone Coast support group will be held in January 2015.

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

Murray Bridge Prostate Cancer Support Group

Neither rain nor big wind thwarts hardy volunteers

Testing weather conditions has made life difficult for the Murray Bridge Prostate Cancer Support Group volunteers, as group secretary Max Klenke reports.

THE Murray Bridge support group has been active in the community, but it hasn't always been easy for the group volunteers to do their part to promote prostate cancer awareness.

In September, the group meeting included a discussion night among our members, as our speaker failed to turn up. The group talked about their cancer journeys, but also future group activities, including the Strathalbyn Show information stall and our break-up dinner at the Murray Bridge Golf Club in November.

A very successful fundraising barbecue was held by the support group at Bunnings Murray Bridge on September 6. The weather was good and help was well supplied by our members.

However, the group's efforts at the annual Stathalbyn Show provided another story. After the volunteers had left Murray Bridge early to be at the showground by 8.30am, it seemed as though we didn't

have a site available to erect a prostate cancer information stall.

A good site was finally allocated to us after some time, and all went well until about 11.30am, when the weather looked like changing – and boy, did it change! VERY extreme wind (116km/h) and heavy rain lashed the showground, so we decided to pack up and leave at about 12.30. After all, they were saying another front was coming, and we got all the experience we needed from this one.

Help from our members was limited on this difficult day, but at least Ron and Bronwyn Lehmann, Doris and Max Klenke, and also (thank goodness) Ron's daughter's family of five greatly helped hold the tent down during the worst of it, which lasted about 20 minutes.

Finally, we are looking forward to our break-up dinner in November at the Murray Bridge Golf Club as a fitting way to close the year.

COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month.
- The November 19 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.

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)

Gawler Prostate Cancer Support Group

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

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Riverland Prostate Cancer Support Group

Reaching out to service groups with our message

THE Riverland support group's most recent meeting had eight members attend, and the primary task was to organise members to take part in the Riverland Field Days in support of the Action Group.

Group secretary Rodney reports that the two-day event went extremely well, with special thanks to David Merry and his merry crew for their efforts.

Group convenor Allan Dand was asked to speak at a Berri Rotary Club meeting about prostate cancer and was

impressed by the number of men and women who spoke to him afterwards. Several things he said struck a chord with the audience, especially when he mentioned that getting up several times in the night to urinate could be a sign to get the prostate checked.

One lady told Allan that her husband was at this stage, but he also has Alzheimer's Disease and this made life hell. She is going to take him to the doctor, to have his prostate checked, and let's hope they get a good result.



• These beer mug donation tins are part of the Bottoms Up! fundraiser, and can be obtained from the PCFA-SA office. They are supplied with a chain and padlock and hold up to \$50. So far, more than 300 bars, hotels, golf clubs, sporting associations and RSL clubs have them. People who take them must be responsible for emptying them, with cash deposited at the SA office or any NAB bank.

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.
- For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651, 0488 994 803, or email alglan@iprimus.net.au

Naracoorte Men's Cancer Support Group

More progress as new group grows

NARACOORTE Men's Cancer Support Group continues to gain strength with several new faces coming along to our meetings.

A very successful luncheon was held at the Naracoorte Hotel on August 26 with about 30 people present, including two visitors from Mt Gambier. Presentations were made to the proprietors of the hotel, and to Rob Hansen from Office National for their support and

assistance in establishing this new support group.

September's meeting got down to business, with many and varied coming events discussed – including a potential training day to be held at Naracoorte by PCFA's Ian Richards for all the groups in the Limestone coast area; our future guest speakers; hosting a barbecue lunch; the Prostate Cancer Roadshow in Mt Gambier and the Great Outdoor expo in Mt Gambier. It was also decided to get some suitable

signage that could be put on display outside our meeting venues.

The Naracoorte group's October meeting will have physiotherapist Eloise Zanoni talking about bladder and bowel dysfunction, and prostatectomy pelvic floor exercises. On November 26, the group will host a lunchtime barbecue in Apex Park, Naracoorte, before it has a break over Christmas and New Year to meet again on Wednesday, January 4, 2015

COMING EVENT

- The Naracoorte Men's Cancer Support Group usually conducts its meetings on the fourth Wednesday of the month at 10am in the Naracoorte Hotel. The hotel has generously provided free tea and coffee for the meetings.
- Further information about the Naracoorte group can be obtained by phoning Martin (8762 1430), or Graham Hinze (8737 2779, 0408 803 793).

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City of Onkaparinga Prostate Cancer Support Group

Guests keep support groups connected to the community

Guest speakers have kept the City of Onkaparinga support group informed on many community matters, as John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had Senior Sergeant Ian Cramond, officer in charge of SAPOL Forensic Services Branch, as guest speaker at its August meeting. His interesting talk covered a broad range of police activities: responding to chemical hazard materials and counter-terrorism activities; bomb investigations; funding and training; preservation of crime scenes; cooperating with interstate authorities and the Australian Federal Police; controlling and preventing incidents from occurring.

Ian also explained his involvement in a Capex exercise at Virginia Beach, USA, comprising teams from the US, Canada, UK and Australia/New Zealand. These training events are held biannually. Ian answered many questions throughout his interesting talk.

The group's very successful Bunnings barbecue was held on August 22 and several group members helped at different times, making the set up and cleaning much easier. Dennis Ashby of Arkaba Gourmet

Butchers supplied sausages at a very generous discount (he is happy to assist other groups in a similar way). We were extremely fortunate to have help for the full day from four wonderful young people – the Shields' grandsons, Jordan, Shane and Joel, and the Ellis' granddaughter, Michelle.

Guest speakers for the September meeting were Allison Bowden, Team Leader Community Programs, and Stacey Dutton, Recreation Services Officer, from The City of Onkaparinga Council. They talked about events run by the council and explained the huge number of services available in our local community.

They left us with an abundance of information booklets and pamphlets about every local service – including some I didn't know existed. A good supply will be available at our next support group meeting, or make further enquiries by phoning the council on (08) 8384 0666.

Guest speaker for October was clinical psychologist Simon Canny, who gave an interesting interactive talk about

psychosocial aspects and sexual recovery after prostate cancer treatment. Simon explained that research on erectile dysfunction treatment embodies the hope that men can return to their ideal pre-cancer functioning. However, this is often impossible due to nerve and tissue injury during treatment. Men's reluctance to seek help in sexual recovery may represent unresolved disappointment with medical treatment's inability to recapture spontaneous sexuality.

Men recovering from prostate cancer treatment should be made aware of the potential impact that the loss of sexual functioning will have on their sexual relationship. Describing typical changes in sexual response due to various treatments can encourage realistic appraisal of sexual changes and reduce men's feelings of isolation and helplessness.

Partner and couples research alerts us to the importance of a partner's wellbeing as a factor in positive sexual outcomes for a prostate cancer survivor. Partners clearly benefit from participation in the treatment and sexual recovery process.

COMING EVENT

- 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 November 5 will be urologist Dr David Elder, generously continuing his annual visit and prostate cancer discussion with the group.
- 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.

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

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

SUPPORT OUR PROMINENT PROSTATE CANCER SUPPORTERS

Christmas gifts that give proceeds back to PCFA

WITH Christmas fast approaching, PCFA is thrilled to be the beneficiary of these wonderful Christmas gift campaigns.

• **Christmas Cards in retail-stores:** Simson Cards have been long-term supporters of PCFA and each year the company generously donates royalties from the sale of PCFA-branded Christmas cards, which are now available in David Jones and Myer stores, some Australia Post outlets and newsagencies.

• **Corporate Christmas Cards:** Charity Greeting Cards has a range of PCFA-branded Christmas cards available for businesses wishing to send cards to their customers, clients or other stakeholders. Orders require a minimum number of 50 cards



ABOVE: Charity Hampers make an ideal Christmas gift.

for any purchases. These cards can be personalised with your own message, text and logo, and can be ordered online at www.christmascards4charity.com.au/pcfa

• **Christmas Gift Baskets:** Charity Hampers has a large

range of hampers and features gift baskets for all budgets. The company will donate 10 per cent from every hamper purchase to PCFA. Online orders can be placed at www.charityhampers.com.au/prostate-cancer-foundation-of-australia

Great Grange book offer

• Adelaide photographer Milton Wordley recently won at the Gourmand World Cookbook Awards with his stunning book *A Year In The Life of Grange*. To celebrate, he is offering a special Christmas price to PCFA supporters, for \$600 (\$150 off retail price) and with part-proceeds being donated to PCFA. Details at wordley.com.au

A year in the life of Grange



There's still time to purchase Channel 9 Telethon lottery tickets

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

This major annual lottery has become a South Australian fundraising institution, and this is your last chance to enter – so show your support by purchasing tickets for a chance to win a fabulous furnished home



at Playford Alive. 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). The lottery includes a cash prize of \$20,000, with a \$10,000 prize for the winning book seller.

See the lottery home at Faulding Ave, Munno Para from 1pm-5pm daily until November 30.

Tickets can be purchased from PCFA-SA, 144 South Tce, Adelaide, or phone the PCFA office on 8231 6339 with your credit card details. Tickets can also be purchased by clicking on the Buy Online button at the top of the Telethon website at www.telethon.com.au

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