

Central Australia Chapter



PROSTATE SUPPORTER

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

www.prostate.org.au

**November
2015**

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

**Volume 8:
Number 4**

Home of distinction as Telethon lottery prize

PCFA will benefit greatly from being selected as one of the charities to obtain proceeds from the Telethon Distinctive Home and Land Lottery 2015.

This major annual project has become a South Australian fundraising institution, and it's important that PCFA support groups show our support by purchasing tickets for a chance to win a fabulous furnished home at the exciting Playford Alive housing precinct in Adelaide's northern suburbs.

Telethon gratefully acknowledges the donations of Distinctive Homes for its Burnalta 4 home design, 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 new home from Distinctive Homes, valued at over \$470,000 (or take \$300,000 cash instead).

Other great prizes in the lottery include cash prizes



An artist's impression of the magnificent Burnalta 4 home being offered by Distinctive Homes for the Telethon Home and Land Lottery 2015.

of \$10,000 – and a separate \$5000 draw takes place for the winning book buyer who purchased whole books of six for \$50.

Books or individual tickets for \$10 each 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 obtain tickets by clicking the Buy Online button at www.telethon.com.au

The lottery home is open for inspection at 21 Faulding Avenue, Munno Para.

Telethon General Manager Pamela Howell says the organisation is yet again delighted to be involved with PCFA, especially because

it helps send a crucial men's health message to the community. "I urge all men over the age of 50 (or 40 if prostate cancer is in the family) to ask doctors about being tested as part of an annual health check."

• 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

Many helpers arrived to answer our call to action

The Prostate Cancer Action Group has completed a very busy year of activities - thanks to the help of many volunteers throughout the state, as David Merry reports.

THE Lions Club of Tea Tree Gully provided very helpful assistance for a Prostate Cancer Awareness Night that the Action Group presented at the Wynn Vale Salvation Army Centre on August 25. While numbers were down for the meeting, those present enjoyed a comprehensive presentation by Dr John Bolt. Cancer survivors Bob Wood and Gordon Frith spoke of their journeys through radiotherapy and robotic surgery, and a physiotherapist from Life Care Active at Evandale spoke of the significant benefits of having a tailored exercise program after treatment, and for men with advanced prostate disease. While we had hoped to encourage the formation of a new support group in the area, insufficient interest was shown on the evening.

The Gawler Show on August 29 and 30 proved a fertile ground for spreading information about prostate cancer, as well as lending an interested ear to hear about of the journey of others. Our stall was busy and ably manned by Lynton and Lesley Carle of the Gawler Support Group and seven Action Group members.

The prostate cancer information stall at the Yorke Peninsular Field Days in late September received terrific support from support group members in nearby towns.

Tony Hall and six helpers came from Minlaton and Maitland, and are joined by Joan and Allan Manfield and John Rowe from Port Pirie, Don Piro and his Barossa team of Terry Bradbrook, Trevor Miller, and John Hill, plus Lynton and Lesley Carle from Gawler. Peter Fairweather, Kay McBryde, Jeff and Theban Roberts, and David Merry from the Action Group completed the team.

We also hosted Evan Kalliopolitis from PCFA National Office, who made time to introduce us to the New Holland farm machinery team, which is now a major sponsor for PCFA. The Field Days attracted an enormous crowd, as usual, in superb weather conditions. It was a delight for the Action Group to have so much assistance from regional support groups, and thanks go to all involved.

The Callington Show on Sunday October 25 was the final awareness and educational event for this year. It was our first venture to the Callington Show with a team from the Action Group.

An Awareness Night that had been planned for Bordertown on November 5 has now been moved to February/March 2016, when the local area's urologist can attend as lead speaker.

The final Action Group meeting for

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.

• 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

2015 will be held at 144 South Terrace, Adelaide at 5.30pm on November 10, followed by a dinner at 7.30pm.

On this occasion, we will sadly be farewelling Jeff and Theban Roberts from the Action Group after years of loyal and energetic commitment since 1999. Their contribution has been outstanding and will be much missed, however the Action Group will continue to uphold its activities that were initiated in 1997.

Adelaide Hills Prostate Cancer Support Group

• 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 this year's final meeting, on Friday November 20, dietician Effie Skoumbros returns to talk about "Food, Glorious Food", followed by an end-of-year lunch.

• For more details about the Adelaide Hills support group and its activities, please contact group leaders Sue Tulloch or Emlyn Lewis by phoning 8393 1833.

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Central Australia Chapter Council

The function of PCFA chapters explained



What does a PCFA Chapter Council do and what is its role? Central Australia Chapter Council Chairman Joan Manfield explains the form and function of the council, and how it assists local support groups.

PCFAs have five Chapter Councils across Australia: Central Australia (covering South Australia and Northern Territory), Victoria/Tasmania, New South Wales/ACT, Queensland and Western Australia, and their chairmen – along with an independent chairman – form the National Support Group Committee.

I was appointed chairman of the Central Australia Chapter Council on February 4, 2015, having been a councillor since December 2012, serving as secretary from July 2014. When the chairman resigned, I was appointed to the position, and while I am female, I still call myself chairman because, to me, man means human, and is not gender specific.

The Chapter Councils follow the five values of PCFA: integrity, optimism, compassion, respect and commitment. Our objectives are to collaborate with National/State and Territory-based teams to achieve the vision and mission of PCFA; to raise awareness of prostate cancer in the community; to provide

peer guidance to chapter-based support groups, and to act as a link between support groups and the National/State based teams. This will help raise awareness of issues facing individual groups and the broader network.

We also collaborate with the National/State/Territory-based teams to strategically grow the network of support groups, providing advisory input to PCFA and senior management about organisational strategies that support people dealing with prostate cancer.

We also communicate the objectives, policies and procedures of PCFA to the Chapter-based support network, and advise the National Support Group Committee of the needs of the support groups.

A Chapter Councillor's role is to mentor designated support groups through regular communication, and to foster the sharing of information and skills between support groups.

This will strengthen the capacity of groups to

appropriately support people dealing with prostate cancer, to remain aware of issues facing support groups, and assist in raising community awareness of prostate cancer.

The aim is to promote the role of support groups and their ability to support people dealing with prostate cancer with evidenced-based information, and to provide advisory input into organisational strategies for supporting people dealing with prostate cancer.

This means we are here to help support groups fulfil their role as supporters of men diagnosed with prostate cancer, and their families. We will assist them with information and resources so they can help others, and raise awareness in the community about prostate cancer.

I am hoping, in my term as chairman, to bring the Chapter Council and support groups closer together, and for councillors to have close mentoring with their designated support groups.

I would also like support

group members to know they can discuss any issues or problems with me, or any council members.

A recent planning day for the Chapter Council worked out a plan of action for the next financial year, outlining our aim of arranging a mini conference, detailing how we can help our support groups and specifying what each Chapter Councillor brings to the Chapter. We also discussed the lack of a Prostate Cancer Specialist Nurse at the RAH and planned a campaign to have a nurse re-instated to that position.

In Darwin, PCFA undertook negotiations with the Darwin hospital about the same position and a business case was successfully submitted in NT for a urology cancer nurse coordinator position with the title of Prostate and Urology Cancer Nurse Coordinator, showing the community the position still had emphasis in prostate care. This position has now been filled and remains affiliated with the program.

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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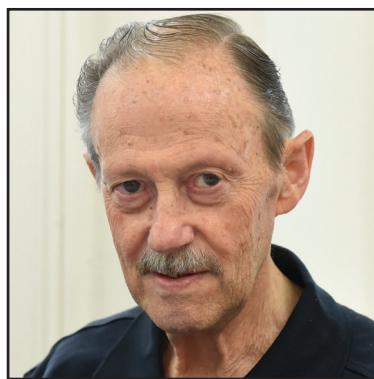
2015 Max Gardner Award Winners

Recognition for years of giving outstanding service

PCFA recently paid fitting tribute with awards for two long-serving members of the prostate cancer support group network and Central Australia Chapter.

SUPPORT group stalwarts Ian Wagner and John Shields are both deserving recipients of the Max Gardner Awards for 2015. Named in honour of former PCFA Chairman Max Gardner AM, who died of prostate cancer in 2004, the awards are given for outstanding and significant contributions to prostate cancer support groups.

• **Ian Wagner** joined the Alice Springs Prostate Cancer Support Group in 2009 and became convener of the group in 2011, writing monthly newsletters and being a tireless organizer of information stalls and barbecues. Ian joined the Central Australia Chapter



WORTHY WINNERS:
Recipients of PCFA's 2015 Max Gardner Awards – Ian Wagner (left) and John Shields (right).

Photos: Ian Fisk

Council and subsequently became chairman in 2012, then became chairman of the National Support Group Committee in late 2014. Ian has been instrumental in establishing the Adelaide PCFA office and has contributed greatly to

support network governance documents and resources.

• **John Shields** formed the City of Onkaparinga Prostate Cancer Support Group in 2003. John was chairman until 2013, and serves as deputy chair and secretary. John was also a member of the

Association of Prostate Cancer Support Groups SA Inc until the formation of the Central Australia Chapter Council, which he served as treasurer for seven years. Together with his wife Phyllis, John has been extremely active in raising prostate cancer awareness in Adelaide's southern area.

Narracoorte Men's Cancer Support Group

When groups come together

THE Naracoorte Men's Cancer Support Group continues to meet regularly on the fourth Wednesday of each month, although the August gathering had a change of format. The group met for lunch at the Naracoorte Hotel, with a good number of wives and partners also attending to ensure a great social day was enjoyed by all.

The September meeting was addressed by Cassianne Carman, who was planning a fundraising walk from Naracoorte to Apsley (just over the border in Victoria). Several members planned to assist as marshals or helpers at refreshment stops,

as a way of flying the group's new banner and promoting the group's activities to the local community, but unfortunately Cassianne had to change her plans.

A fundraising walk has instead been organised around Lake Wallace at Edenhope, starting at 8am on Saturday, November 7. It is a bit over 5km around the lake and is hoped that people can walk six laps to total 32km. Cassianne is involved with Cancer Council SA and the walk is raising funds "To walk away from Cancer".

November's group meeting will again

be a luncheon at the Naracoorte Hotel, on Tuesday November 24, and members of the Limestone Coast support group from Mount Gambier may hire a mini bus to be part of the event. It is also possible that some guests from Kingston will attend, along with Central Australia Chapter representative Ron Lehmann and Murray Bridge support group colleagues.

There will not be a meeting in December but the group will meet again at the Naracoorte Hotel on January 27, 2016. Further details are available from Martin Gull on 0437 299 760 or Graham Hinze on 0408 803 793.

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Adelaide-Mitcham Prostate Cancer Support Group

Key speakers keep our membership informed

Group chairman Cyril Harrison reflects on another successful year for the Adelaide-Mitcham support group.

THE Adelaide-Mitcham Prostate Cancer Support Group had an unexpected guest arrive before the start of its July meeting. Martin Hamilton-Smith (member for Waite Electorate) came to meet and greet our members, having been invited by Graeme Bradley. This occurred after the recent decision by the State Government to not sponsor the position of Prostate Care Nurse at the Royal Adelaide Hospital.

Sally Sara, who is the Prostate Care Nurse at the Repatriation General Hospital, Daw Park, also attended the meeting and spoke about a few points she had overlooked on her March visit, when she was guest speaker.

Mr Hamilton-Smith listened to what Sally had to say and he promised to take up the matter of an RAH Prostate Care Nurse with the Minister for Health.

The group's July meeting continued as a discussion evening, with several members updating their diagnosis and progress. Ian Fisk gave an insight to the Prostate Supporter, which can be viewed online.

Martin Lewis from COTA SA (Council on the Ageing) was the guest speaker at the support group's August meeting and his topic was "Controlling my own life – making the best use of consumer-directed care".

The presentation covered the help that can be obtained that enables people to be domiciled in their own homes, rather than in an aged-care facility.

His advice is that funding is available in certain cases, such as when a person qualifies for the assistance and needs help with gardening, cleaning, or transport to appointments. Further information can be found online at www.myagedcare.gov.au

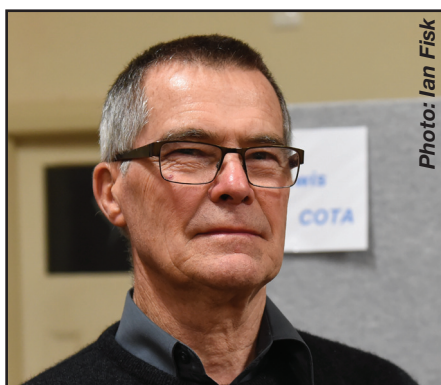


Photo: Ian Fisk

Guest speakers Martin Lewis from COTA SA (above) and Andrew Ramsay from Alzheimer's SA.



Photo: Ian Fisk

Our September meeting had Andrew Ramsey, general business manager of business operations at Alzheimer's SA. His presentation explained how the disease starts in one section of the brain and steadily progresses to all parts of the brain. Noticeable signs can be a change of memory, language, motor skills and personality.

Unfortunately there is no cure for this disease, but exercise is an important factor in managing the affects, accompanied by an increased oxygen intake. Alzheimer's disease is not restricted to those in the older age bracket, as younger people have also been diagnosed.

COMING EVENTS

- The Adelaide-Mitcham support group held its final meeting for 2015 at the Colonel Light Gardens RSL Club on October 22.
- On Thursday November 26, the group's annual dinner will be held at The Southern (formerly Racquets), 1303 South Road, St Marys, at 6.15 pm for 6.30 pm. Details have been advised at the past two meetings. If you have been absent from these, but would like to attend the dinner, please contact Jeff 8277 3424 or email thebanjeff@bigpond.com
- The first meeting for 2016 will be held on Thursday February 25 at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm The format for the evening will be the AGM, plus a discussion on prostate cancer issues among members and visitors. Light refreshments are provided and car parking is available within the RSL grounds.
- 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

Alice Springs Prostate Cancer Support Group

Lots for everyone to learn about living with cancer

Smart presentations are helping the community understand prostate cancer, and keep the Alice Springs support group fully informed, as Grant Butler reports.

SEPTEMBER was a busy month for the Alice Springs support group, starting with a huge PCFA Big Aussie BBQ held at the Central Australian Aboriginal Congress. This was followed by a presentation at a meeting of the Alice Springs Men's Shed. We also helped with the Stride for Health walk in collaboration with Bosom Buddies.

Our ambassador David Mather gave a presentation to Alice Springs Town Council employees. The group had a stand at the Living With Cancer forum held from 6-8pm on Monday, September 14 at the Andy McNeil Room, Alice Springs Town Council, Todd St, Alice Springs.

The forum was for anyone affected by cancer, including people with cancer, cancer survivors, carers, family, friends and health professionals. It was an opportunity to network with people in similar situations and learn how to access services available in our local community.

Guest Speakers included Dr Paulo De Ieso (Radiation Oncologist, NT Radiation Oncology) and Marg Lavery (Cancer Support Nurse, Cancer Council NT). The forum also presented a number of interesting round table presentations on:

- Exercise, by Pippa Tessman of Alice Springs Physiotherapy.

- Advance Personal Planning, by Fred Miegel of Territory Palliative Care.

- Nutrition & Cancer, by Anthea Brand, a community dietician and nutritionist.

- How to access subsidised physiotherapy, dietician visits and other allied health care.

- Yoga & Mindfulness, by Marilyn O'Keefe, a yoga teacher at Yogaway Studio.

Many of the Alice Springs support group is involved in Lift for Life activities, which has free yoga classes for cancer sufferers available.

The support group is planning its Christmas dinner for Thursday December 3 at the Alice Springs Golf Club.

COMING EVENT

- The Alice Springs Prostate Cancer Support Group meets at the Alice Springs Golf Club on 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

Murray Bridge Prostate Cancer Support Group

- 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.

Smart speakers enlighten group

THE Murray Bridge Prostate Cancer Support Group has enjoyed good attendances at its recent meetings, with the August 19 meeting featuring an interesting talk by diabetes nurse Nicola Thompson. She spoke to us about the benefits of exercising, offered tips on sensible diets and how to reduce weight, and reiterated that you don't smoke if you want to maintain good health. She was able to answer many questions from those attending the meeting.

The group had a very successful fundraising barbecue at Bunnings' Murray Bridge store

for Father's Day on Sunday September 6, with help from many members.

For the group's September 16 meeting, we welcomed two guest speakers from the local historical society, who delivered an interesting talk about restoration work they are involved with. This includes restoring historical buildings at Murray Bridge's railway station to their original state.

To close out 2015, the support group has again decided to have our end-of-year break-up dinner at the local Golf Club Rooms, on November 18.

Port Pirie Prostate Cancer Support Group

The genius of da Vinci

DOCTOR Andrew Fuller recently addressed the Port Pirie support group to talk about Adelaide's second da Vinci Surgical System robot.

This talk came at an opportune time, as a lot of local progress has been made over the past year. Port Pirie now has its own biopsy machine, and since it arrived, more than 100 men have had biopsies – which amounts to 100 grateful men who didn't have to go backward and forward to Adelaide for treatment. They waited less than four weeks to be treated, rather than the six months it took previously.

Adelaide building magnate Gordon Pickard donated the first da Vinci machine to the Royal Adelaide Hospital and it proved so popular that he has now donated a second machine to St Andrew's Hospital. In addition to prostate surgery, the machine can also operate on kidneys, colorectal problems and much more.

Although the term robotic surgery is often used to refer to the technology, it can give



ABOVE: Doctors using the da Vinci Surgical System.

the impression that the da Vinci System is performing the surgery autonomously. However, the current da Vinci Surgical System cannot function on its own, in any manner, as it lacks decision-making software.

By providing surgeons with superior visualisation, enhanced dexterity, greater precision and ergonomic comfort, the da Vinci Surgical System makes it possible for more surgeons to perform minimally invasive procedures involving complex dissection or reconstruction.

For the patient, a da Vinci procedure can offer all

the potential benefits of a minimally invasive procedure, including less pain, less blood loss and less need for blood transfusions.

The da Vinci Surgical System can enable a shorter hospital stay, quicker recovery and swifter return to normal daily activities. Patients should review the risks associated with all surgical approaches with their surgeon and talk to their doctors to decide whether the da Vinci Surgical System is right for them.

The purchase and use of this highly complex surgical system enhances the enviable reputation of St Andrew's

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.

Hospital as one of Australia's leading private hospitals, and importantly provides an excellent clinical service for their patients. Doctor Fuller is one of several doctors who now use this facility.

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.



Terry O'Brien (left) with a customer at a Men's Health expo, and the support group members (right) at the October meeting.



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Limestone Coast Prostate Cancer Support Group

Lots of local exposure

A series of high-profile events has made the work of the Limestone Coast Prostate Cancer Support Group visible in the local community, as Richard Harry reports.

EVERETT Barret from Lifeline South East was guest speaker at the September meeting of the Limestone Coast support group, covering the topics of depression, anxiety, and suicide. Her opening remarks mentioned that Lifeline counsellors take a call every 37 seconds, and that 2600 people committed suicide in this country last year – a number larger than the Australian road accident death toll.

There are more suicides in rural Australia compared to city counterparts, and men are five times more prone to commit suicide than women. Cancer patients can develop anxiety that may lead to depression and more dire events. Eve's presentation identified the importance of such patients seeking help before problems become overpowering.

On Tuesday September 8, Mount Gambier's local newspaper *The Border Watch* had a five-page promotion on prostate cancer, featuring local and general information, together with editorial on local men who have had prostate cancer.

Also in September, Federal Member for Barker Tony Pasin hosted a barbecue outside his



From left: Richard Harry, Tony Pasin MP (Federal Member for Barker), Troy Bell MP (State Member for Mount Gambier), Des Hinton and Malcolm Porter.

office in Mount Gambier. With the assistance of members from the Limestone Coast Prostate Cancer Support Group, many sausages were cooked and – more importantly – a lot of information was distributed to the general public, including one man who was just about to undergo robotic surgery. Tony added to donations from the barbecue to ensure a total donation of \$1000, and has expressed a wish to conduct another fundraising barbecue next year.

The Mount Gambier Racing Club also wanted to be involved with PCFA in September and ran a race called the Prostate

Cancer Awareness Month Handicap. A donation from the drink sales on the day will go to PCFA, and a painting by the late Freda Bartsch was offered as a prize to the owner of the PCFA race's winning horse. The racing club would like to do the same event for PCFA next year to promote the cause of prostate cancer, with the assistance of the LCPCSG.

Steve Bain, the regional coordinator for Australian Red Cross, spoke to the support group members at the October meeting, explaining what services can be provided by Red Cross to help country and city patients gain access

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.

- 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

to appointments, services and transport. This information was of particular importance to our regional members. Also present at the meeting were two members of the Mount Gambier Cancer Support Group – Lorraine Musgrove and Jeanette Breda – who explained their group's guidelines for assisting cancer patients, often in a financial way.

The group is looking forward to its next meeting on November 5, when Dr Michael Chong will be our guest speaker.

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).

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Darwin Prosper Prostate Cancer Support Group

Supporters make a huge impact on NT community

A GROUP of PCFA supporters were recently hosted for afternoon tea at Government House in Darwin with The Administrator of the Northern Territory, the Honorable John Hardy OAM, and Mrs Hardy. The Hon John Hardy was recently announced Patron of PCFA in the Northern Territory and this was his first official function in this important role.

Darwin's organisers of the Distinguished Gentleman's Ride showed off their vintage motorcycles to The Hon Mr Hardy, who has expressed a desire to participate in the event next year!

This year, more than 70 guys in Darwin got on their motorbikes for a 45km ride, and raised \$14,000. This event was part of The Gentleman's Ride held all over Australia and through 80 countries on the same day, as a means of promoting awareness about prostate cancer.

Innovative fundraiser Katie Woolf and her mother Leslie Woolf presented a cheque for \$20,000 to PCFA, for the second year running. The proceeds came from Run With



TOP LEFT: The Honourable John Hardy OAM and Mrs Hardy with Gentleman's Ride participants Peter Grice, Che Holmes, Dan Leather and Neil Williamson.

ABOVE: Leslie and Katie Woolf present a cheque to PCFA for \$20,000.

LEFT: Karyn Foster and Darwin Support Group representatives Peter Kay and Don Lockley present the Hon John Hardy with a PCFA pin.

Dad, which is held in Darwin on Father's Day – as Katie's memorial for her late father Rod, who had prostate cancer and died in March 2014. The annual run has not only grown in size in Darwin, attracting 1500 participants this year, but looks set to be established in other major regional centres next year. Katie says Run With Dad 2016 will hopefully be conducted in Mount Isa, Townsville and Alice Springs.

COMING EVENTS

- 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.

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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Barossa Valley Prostate Cancer Support Group

Busy spreading the message

Efforts to inform the community about prostate cancer have kept members of the Barossa Valley support group busy in recent months, as Don Piro reports.

THE Barossa Valley Prostate Cancer Support Group has been involved in some interesting activities in recent months. We visited Carl Lindner's Jaguar Car Showroom in Tanunda once again. Carl – one of the Barossa's significant wine industry figures and owner of an outstanding classic car collection – has prostate cancer, and has been a very generous supporter and friend of the Barossa Valley support group. For this visit to his showroom, we had a different list of guests attend, who shared their stories and interests with everyone.

At the monthly group meetings, we had a guest speaker who discussed Advanced Care directives. Several members of the Barossa Valley group also supported the Action Group to present a PCFA information stall at the annual Paskeville Fair.

To spread his knowledge about cancer issues, Barossa Valley support group coordinator Don Piro has been involved



Don Piro with Tricia La Bella, who shared their cancer stories at the recent ENGAGE forum.

in organising an ENGAGE Forum, which is about gastro-intestinal cancer that affects the stomach, bowel, oesophagus and pancreas.

The forum, which was held on October 28 at the Gawler Jockey Club, featured such interesting guest speakers as Associate Professors Dr Tim Price and Dr Kris Karapetis, who described what GI cancers are, their affects and the latest research progress being made in

• The Barossa Valley Prostate Cancer Support Group meets from 2-4pm on the third Tuesday of each month at the Vine Inn Hotel, Nuriootpa. Our final meeting for 2015 is in November and we recommence on Tuesday February 16, 2016. Please contact group coordinator Don Piro by phoning 8562 3359 for any further information.

this area. Don and Tricia La Bella also shared their stories about how they have managed a good quality of life during their cancer journeys.

The Barossa Valley prostate cancer support group proudly encourages and supports men with all types of cancer to come along to our regular meetings and share their stories. So far we have had many men with bowel, lung and brain cancer join us.

New cancer-related fatigue program commences at Memorial Hospital

THE Memorial Hospital Day Rehabilitation Unit has recently introduced a specific Cancer Related Fatigue Program – an evidence-based program aimed at cancer sufferers and survivors who may be experiencing side effects of previous or current cancer treatments. Exercise programs are individually tailored to suit each person's current activity levels and general health.

The debilitating effects of cancer related fatigue is gaining increased recognition.

Recent evidence supports establishing exercise programs in supervised settings to benefit a participant's physical function, fatigue levels and quality of life, while countering their anxiety, depressive episodes and fear.

To meet the needs of patients suffering from the signs and symptoms of CRF, the program also provides multi-disciplinary allied health education sessions, with input from physiotherapists, speech therapists, dieticians and occupational therapists.

All patients are assessed and supported through the program by rehabilitation physicians to ensure a comprehensive, structured and goal-oriented approach of this issue facing patients with cancer.

This rehabilitation program has, in its short time of operation, already enjoyed positive feedback from patients and their family members. Physiotherapist Daniella Albanese drives the program and is keen to work with PCFA in this and other

areas of helping prostate cancer sufferers. Patients can be referred to the program if they have private health cover (hospital) with the completion of a referral form. In most cases, no gap charge and no extras cover is required.

For copies of patient information and medical practitioners information brochures, referral forms, or further information about this service, phone Daniella Albanese on 8366 3419 or email daniella.albanese@acha.org.au

City of Onkaparinga Prostate Cancer Support Group

PCFA's library of DVDs provides great insight

Information materials provided by PCFA keep the City of Onkaparinga support group members informed on many health matters, as John Shields reports.

THE City of Onkaparinga support group's August meeting started with a very informative round robin discussion, before Malcolm Ellis thanked Mark Milosevic for his excellent work arranging speakers and organising recent Community Information Days at Baptist Churches in the Christies Beach area. Another will be at the Hackham Baptist Family Church, 88 Penneys Hill Rd, from 3-6pm on November 20. A flyer for this Information Day is available.

Guest speaker for the August meeting was group member Oscar Fuhlbohm, who gave an interesting insight to his time as a missionary and school inspector in Papua New Guinea.

The support group's barbecue at Bunnings was a success, thanks to the willing workers who helped raise funds that will enable the support group to continue on solid financial footing. Many thanks go to Mark Milosevic, Oscar Fuhlbohm, Steve Everard, Michael Morris, Alistair Robertson, Alan Giles, Kit Deland, John Shields, Jordan and Shane Bowes, Michelle Hall, Shannon Laaks, Ivan Garraway and Malcolm and Beverley Ellis for helping on the day.

We started our September meeting with another excellent round robin discussion and our members were glad for this opportunity to talk openly about their own experiences with prostate cancer, and to get valuable feedback from the

other group members. We then watched one of the Men's Health Matters DVDs – "Managing the Mind", that features three interesting speakers.

- Dr Deepi Miller explained that clinical depression is a medical diagnosis, and that there is a connection with anxiety (a state of excessive worry, producing a huge adrenalin rush that depletes serotonin) leading to depression. Clinical depression requires treatment by a psychiatrist, and the person first needs to let someone know they are struggling. Talking about the problem with family and friends is the key to staying healthy.

- Professor Kerry Phelps explored aspects of integrative medicine, talking about having a co-ordinated approach and managing the issues of prostate cancer; the importance of daily exercise; evidence-based advice; supplements, and communicating with your medical team.

- Nutritionist Jamie Rose Frenzelkps talked about diet, lifestyle and prostate cancer; having a dietician as part of your health team; personal meal plans; understanding food labels and your body mass index (BMI).

A guest speaker was unable to attend the group's October meeting, so we watched a DVD about advanced prostate cancer. This shows the benefit of our library having the Prostate Cancer Education Collection: Men's Health Matters.

COMING EVENTS

- The City of Onkaparinga Prostate Cancer 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, starting at 6.30pm.
- Guest speaker for the November 4 meeting will be urologist Dr David Elder.
- A pre-Christmas get-together will be held at The Aussie Inn, 108 Main South Road, Hackham, on Sunday December 7.
- The group's first meeting for 2016 will be held at 6.30pm on Wednesday February 3 at Noarlunga Community Hospital.
- 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



A capacity crowd fills the Magarey Room at Adelaide Oval for PCFA's inaugural Friday Long Lunch fundraising event. • All photographs courtesy of Ian Fisk



PCFA-SA chair Michael Brock (centre) with Stuart O'Grady (left) and James Juers (right).



John Letts offers an amusing tale.

Loving a long lunch

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

THE return of the Friday Long Lunch in August proved to be a very beneficial day for PCFA. The event attracted a capacity crowd of 550 people in the prestigious Magarey Room in the Adelaide Oval – and the generous attendees raised nearly \$70,000 for PCFA on the day.

Channel 7's David Koch entertained the guests with an array of SA sporting legends. The impressive list of speakers included 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, Adelaide Crows chairman Rob Chapman, and Channel 7 sports announcer Mark Soderstrom.

It is notable that John Letts and Michael Aish are prostate cancer survivors, and they helped draw attention to the disease and its impact on society.

As well as addresses from the sporting panel, there was live entertainment and major auctions for trips and a car.

Leading Adelaide urologist and PCFA-SA board member Dr Peter Sutherland also gave a fine address, explaining the need for greater community awareness of prostate cancer and pulling focus onto the reason for the lunch.

The big list of sponsors

for this gala event was led by Solitaire Automotive as leading partner, Channel 7 as media partner and a long team of wonderful event partners: Baker Young Stockbrokers, Harcourts, Dr Jones & Partners, Clinpath Laboratories, dbusiness, Device Technologies, Vater Group and Raw Pearls.

PCFA-SA would also like to thank a large contingent of beverage partners which contributed to the event: Aramis Vineyards, Burge Family Winemakers, Gemtree, Hardys Tintara, Hardys St James, Kangarilla Road, Longview, Majella, Moet & Chandon Champagne, O'Leary Walker Wines, Peter Lehmann Wines, Sidewood, Spring Seed Wine Company, Heineken and Schweppes.



PCFA-SA's Karyn Foster (centre) in PCFA shirts with Michael Wood and Judi O'Brien.



PCFA-SA board member Margie Andrewartha (left) with Yalumba's Annabel Hill Smith.



Dr Peter Sutherland.

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