

We are here  
F O R Y O U  
and Your Family



# PROSTATE CANCER SUPPORT

City of Onkaparinga Group  
South Australia

An affiliate Member of the Prostate Cancer Foundation of  
Australia

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***Our Patron***  
***~ Councillor Artie Ferguson ~***

We are also a member of  
The Association of Prostate Cancer Support Groups (S.A.) Inc.

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**OUR GOLDEN RULE:** We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.  
We do however give you our wholehearted support.

\* **GENTLEMEN: PLEASE ENCOURAGE YOUR WIFE/PARTNER TO ATTEND THE MEETINGS WITH YOU.**

## **APRIL 2006 NEWSLETTER**

Meeting held in the boardroom at  
NOARLUNGA COMMUNITY HOSPITAL  
IN THE CITY OF ONKAPARINGA  
On Wednesday April 5th from 6.30pm to 9.00pm.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Woodcroft Community Health Services, Port Noarlunga-Christies Beach RSL Sub Branch, and to all who support our Group.

Chair: John Shields.

Present: 22 (6 Ladies)

Apologies: Geoff, Ken and Helen, Carl and Erika.

A special welcome to New Members and Visitors, Wayne and Sally, Malcolm and Beverley.

**Our Guest Speaker: Cherene Wessels.**

***“The pain of the thorns conceals the beauty of the blossom”*** Cherene

**Understanding Loss & Grief.**

- \*Identifying loss.
- \*Grief principles.
- \*How Men, Women & Children Grieve.
- \*Stages of Grief.
- \*Rebuilding after loss.
- \*Anniversaries.
- \*How to help.

***“It is one of the most beautiful compensations of life that you cannot sincerely try to help another without helping yourself”*** Ralph Waldo Emerson.

Cherene gave an excellent Power Point Presentation on this very important subject, and even though Cherene had been explaining about some of the negatives that are there, when people are faced with **Grief**, the feedback that I have received from our members, has been very positive indeed.

When asked to identify **loss**, we were able to think of quite a few of the more obvious ones, however Cherene was able to show us **38 different losses**, and all of them cause **Grief**.

### **Each Family Member Grieves as an Individual.**

How people deal with **Grief** varies considerably from one person to another depending on their own life experience, and to some extent, their upbringing. (Boys don't cry etc.)

#### **Grief is:**

- \*Self Centred.
- \*Internal.
- \*Individual.
- \*Unique.

Cherene explained how **Men Grieve** differently from Women.

**Women Grieve** differently from Men, and **Children Grieve** differently from Adults.

She then told us about **7 ways** that we can help another person who is Grieving, and of the many different things that Men, Women & Children do, when faced with challenging issues.

Cherene then spoke with us about **10 Stages of Grief**, and explained that not everyone goes through each and every stage, or in any particular order.

We were then shown how to **Rebuild after Loss**, and how to help another person who is experiencing Loss.

Cherene had emphasised that **Anger** comes from **Fear**, and closed first, by quoting from Scripture.

“God did not give us a spirit of fear. But a spirit of power, love and self discipline”. 2Tim. 1:7”

“Perfect love drives out all fear”. 1John. 4:18

Then, exhorting us to **GO M.A.D.**

**Go**  
**Make**  
**A**  
**Difference**.

If anyone would like a copy of the notes that Cherene gave to us, please let me know and I will post a copy to you, together with the format of a LETTING GO LETTER, and a RESPONSE LETTER.

#### **Men's Breakfast:**

Yours truly was Guest Speaker at a Men's breakfast on Friday, 17<sup>th</sup> March.

Artie “dobbed me in” to BIG JOHN, who Co-ordinates the Men's breakfast at Seaford/Moana Neighbourhood Centre.

Artie introduced me and spoke about our Support Group, and the work that we do, presenting Professionally prepared information to the members of our Community.

I found the Group of 25, very easy to talk to, and showed them part of the DVD provided by the Prostate Cancer Foundation of Australia in their Speakers Kit.

This excellent DVD needed very little comment, as it speaks for itself.

The men asked several questions at the end and it was good to see the interest that they showed.

They all checked out the information on the table, and took plenty of it home with them.

All in all, it was a very successful morning.

Thanks to Artie, for “dobbing me in”!!!

**BBQ:** We have 23 names for the BBQ. If you were not at the meeting and you & your family would like to attend on Sunday, 7<sup>th</sup> May, please phone and let me know, as I need to know how much meat to buy.

We will provide Meat, Onions, Bread, Plastic/Paper plates, Tea/Coffee, Milk, Sugar and Cups.

You will need to bring a Salad, etc, plus Cutlery.

Your friends are welcome to attend, just so long as I know how many.

Artie is on the lookout for some wine for us to raffle.

Thanks Artie.

**RAH: New Cancer Machine.**

The new conformal X-Ray, Linear Accelerator No5 Machine was presented to the RAH by the Hon John Hill, M.P. on Tuesday 28<sup>th</sup> March.

It is highly computerised, and delivers the required dose of Radioactivity to affected Cancer “hot spots” a lot more accurately than previous Machines. (Per Reg)

I attended along with members of our Association and the PSA Adelaide Group, Gary Bowes, Barry Oakley, Reg Mayes and Ian Fisk. (Thanks for making sure that I attended, Reg.)

In the presence of almost sixty people, Professor Ian Olver, Director of the RAH Cancer Centre, Ms Virginia Deegan, RAH General Manager, Associate Professor Eric Yeoh, Director of the RAH Radiation Department and Ms Adeline Lim, RAH Senior Radiation Therapist, all welcomed the new Machine, and thanked everyone who was involved with its purchase, or who is working with it. (Thanks to Reg Mayes for the names).

Adeline said that the new Machine cost \$2.5 million dollars, and during the three years that it took from the first enquiries, through the tender and decision making process, to installation and having the Machine “up and running”, a newer 3D Model, costing \$3 million dollars, has been procured and it will hopefully, be installed and ready for use by January 2007.

(Reg said, that the total cost including building alterations and extensions, cost \$6 million plus.)

Adeline also said that from the beginning of the next financial year on July, 1<sup>st</sup> 2006, Treatment will be available to 26 Public Patients, and they are hoping to double that number, so if you want to have this Treatment as a Public Patient, now is the time to register.

After an excellent morning tea, we spent some time with Professor Ian Olver, who is moving to Sydney to take over from Professor Coates as CEO of the Cancer Council of Australia.

Gary asked the good Professor if he was going to have a PSA test, and it was good to hear, that unlike Professor Coates, he said yes, I am in my early fifties, and will have a PSA test by the time I am 55.

He added that perhaps there will be a better marker by then.

One could be a bit cynical and say, this also gives Professor Olver plenty of time to change his stance, given his reaction when members of the PSA Adelaide Group spoke about their PSA results at a meeting when Professor Olver was Guest Speaker some time ago.

CANCER AUSTRALIA BILL 2006. – Second Reading – Speech 30/3/06

Mr SWAN (Lilley)

The CANCER AUSTRALIA BILL 2006 is a very deep breath of fresh air, and as a Prostate Cancer Support Group leader, I endorse the BILL 100%.

Wayne Swan MP, who is a Prostate Cancer survivor himself, has put his hand up, (not his finger), and is leading the way Politically, to validate what we have always believed, and have strongly recommended to Men, (from our own experience), that they should talk to their Doctor about Prostate Cancer, and have a PSA test and a Digital Rectal Examination.

We know that a Biopsy is the only definitive way of telling whether we do have Prostate Cancer, however the first step is to talk to our Doctor, and have the PSA test and the DRE.

**Early detection is essential.**

Many people (both Men and Women) have found that it is helpful to attend a Prostate Cancer Support Group and talk with others about their own situation.

Please let me know if you would like a copy of the Bill, together with an Australian Financial Review article (30/3/06) about “Avoiding the barbs of prostate cancer”, and I will post them to you.

PS: I wonder if Wayne Swan`s BILL, had anything to do with Professor Coates “moving on”? mmmm.

**INFORMATION DAY AT COLONNADES  
VOLUNTEERS NEEDED PLEASE.**

**OUR INFORMATION DAY AT CENTRO COLONNADES  
IS ON TUESDAY APRIL 18<sup>TH</sup>. FROM 8.30AM TO 5.00PM.**

**WE WILL BE IN THE SAME POSITION UPSTAIRS, IN THE DIRECT PATH  
OF PEOPLE COMING IN FROM THE POST OFFICE AND BANKS, OR FROM  
THE COUNCIL AND LIBRARY AREA.**

**WE WILL APPRECIATE SOME HELP DURING THE DAY.**

Cancer Support Network – Onkaparinga Management meeting held on Friday, 31<sup>st</sup> March 2006.

A lot of effort has been put into the progress that is being made in setting up the three new Support Groups for Bowel, Lung and Ovarian Cancer.

A decision has just been made, and Elizabeth Moncrief-Philp has been confirmed as Project Officer.

Elizabeth has been doing a great job as interim Project Officer, and I am confident that she will continue to work hard and efficiently toward making the proposed Support Groups a reality.

Congratulations Elizabeth.

**MEETINGS: OTHER PROSTATE CANCER SUPPORT GROUPS.**

The PSA Adelaide Group will meet on Monday 24<sup>th</sup> April at 7.00pm, at Burnside Hospital.

This will be an "Open Discussion Night" amongst members.

A twenty minute video of extracts from TV SBS's "Insight Discussion Program" about various types of Cancers. There is an interesting segment showing Wayne Swan, M.P. and Professor Coates talking about Prostate Cancer. And to use one of Reg's favourite sayings. ROLL UP for a very interesting evening.

Also on May 15<sup>th</sup>, Dr Alan Stapleton will give his annual lecture on Prostate Cancer.

(You had better give our good Doctor a bell a couple of days before this eh, Reg! We would not want him to forget now, would we?)

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The Mitcham Support Group will meet on Thursday 27<sup>th</sup> April at the RSL Clubrooms 4 Prince George Parade, Colonel Light Gardens.

John Mayes from the PSA Adelaide Group will talk about diets and lifestyle.

Supper is provided and everyone is welcome to attend.

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The Barossa Gawler Group will not meet until May 16<sup>th</sup>.

Dr Christine Hoff, will be the Guest Speaker.

The Onkaparinga Group **WILL NOT MEET ON WEDNESDAY, 3<sup>RD</sup> MAY 2006.**

**WE WILL HOWEVER**

**MEET ON SUNDAY, 7<sup>TH</sup> MAY AT 11.00AM**

**FOR AN INDOOR BBQ**

**AT**

**THE LIONS WILLUNGA SALE YARD**

**CORNER BINNEY AND STROUT ROADS WILLUNGA**

**A MAP OF THE AREA IS ON THE BACK PAGE.**

[DETAILS ARE ON PAGE THREE]

ANZAC DAY DAWN SERVICE

PORT NOARLUNGA CHRISTIES BEACH RSL SUB-BRANCH

CORNER OF ESPLANADE AND CASTLETON AVENUE PORT NOARLUNGA

AT 0545 HRS

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