

**F** *We are here* **Y**  
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**R** **U**

*And, your Family*



## **PROSTATE CANCER SUPPORT** **City of Onkaparinga Group** **South Australia**

**An affiliate Member of the Prostate Cancer  
Foundation of Australia, and a member of:-  
The PCFA Central Australia Chapter**

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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.**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health and to all who support us.**

### **JULY 2011 NEWSLETTER (No 85)**

**Your own local Newsletter**

**Our President/Editor John Shields accepts responsibility for the content of this newsletter.**

**Meeting held in the Boardroom at  
Noarlunga Community Hospital  
In The City of Onkaparinga**

**On Wednesday 6<sup>th</sup> July 2011, from 6.30pm to 9.00pm.**

***Chair: John Shields.***

**Present: 11**

**Apologies: Gladys & Mary.**

**Welcome to Peter who is interested in finding out more about Brachytherapy. We have given Peter the contact details for Bryan Hearn, Chairman of the McClaren Districts Prostate Cancer Support Group and who has had Brachytherapy. This Support Group is also closer to where Peter lives.**

**Our Guest Speaker: Ian Cramond  
Senior Sergeant 1<sup>st</sup> Class  
Officer in Charge  
Forensic Response Section  
Forensic Services Branch  
SA Police.**

**Ian gave an excellent talk about his work in Forensics and has kindly given us a précis of his presentation which is an overview of the SAPOL Forensic Services Branch:**

- 1. DNA Management Unit**
- 2. Fingerprints**
- 3. Armoury**
- 4. Forensic Response**

**Ian talked specifically about the disciplines of Forensic Response Section including:**

- \*Ballistics examination**
- \*Crime Scene Investigation**
- \*Fire Investigation Unit**
- \*Photographic and Crime Drafting Unit**
- \*Physical Comparisons, Tool Marks,**
- \*Vehicle Identifications**
- \*Composite FACE identifications**

Ian also provided a case study on the Richard Kelvin (Family Murders) and forensic evidence that led to the conviction of Bevan Spencer Von Inem.

Our sincere thanks Ian for an exceptionally well presented and very interesting, interactive presentation that I wholeheartedly recommend to all of our Support Groups.

Our thanks also to Support Group members Don & Margaret Cramond, who have every right to be very proud parents.

#### Fund raising concert:

A Prostate Cancer fund raising concert will be held at Concordia College Chapel, Highgate on Sunday 9<sup>th</sup> October 2011 at 2.00pm.

Central Australia Chapter representatives on the organising committee are Jeff Roberts [thebanjeff@bigpond.com](mailto:thebanjeff@bigpond.com) and John Shields [jshields@iinet.net.au](mailto:jshields@iinet.net.au) who will be working with all of our Support Groups to help sell tickets.

Perhaps you may know some people, or Groups, who may be interested in helping to raise funds for this worthy cause by attending the concert.

Please let us know if you do.

I hope to have more information about the concert to update you at our August meeting.

#### Fleurieu Cancer Network:

Just a reminder, FCN is doing a Cancer conversation project this year and need people to tell their stories.

Please give this some serious thought and get back to Juli Ferguson on 8186 0048, as we would like to get this up and running in the very near future.

#### Prostate Nurses Update:

PCFA Nursing Education Grants Scheme.

Many thanks for a welcome email from Julie Sykes, National Manager-Prostate Cancer Specialist Nursing Program forwarded to us by Carla Demos, to let us all know that the Prostate Cancer Foundation of Australia (PCFA) is offering Australian nurses the opportunity to further their education and gain Prostate Cancer-specific skills through its Nursing Education Grants Scheme.

Nurses caring for men with Prostate Cancer, work within a variety of healthcare settings in both Metropolitan, and Regional Australia. The intention of this PCFA grant is to foster the development of professional networks, nursing knowledge and skill, and ultimately improve the care delivered to men with prostate cancer by supporting nurses in their educational journey. The Barry Collins Nursing Internship Grant provides funds for the successful applicant to travel and spend time in a health care environment where they can examine and refine their nursing practice in the field of prostate cancer care and learn about the challenges of delivering care in different contexts.

The Grants can be used in one of three ways:

1. To fund a Nurse to visit a major Urological or Oncology Department of their choice in Australia.
2. To fund a Nurse to visit a Regional or Rural area to learn about the challenges of providing Prostate Cancer care in Regional communities.
3. To fund a Nurse to visit a major Urological or Oncology Department overseas.

Two PCFA Nursing Internship Grants, valued at \$5000.00 each, will be awarded to two Nurses registered to practice in Australia.

This is certainly a great step in the right direction and we look forward with anticipation to future reports on the progress of this excellent Grants Scheme. (John)

**Edith Cowan University  
Health and wellness Institute  
Joondalup Campus**

**Exercise programming and counselling preferences in men with Prostate Cancer.**

**Information relating to the program was made available to our members at the meeting together with a reply paid envelope.**

**I would encourage members to fill out the questionnaire and assist Courtney White with her research.**

**I will have some copies at our August meeting for anyone who missed out last time.**

**Dr Snuffy Myers:**

**For our new members and those who do not have it, I will include the email address for Dr Myers free weekly video. [www.askdrmyers.wordpress.com](http://www.askdrmyers.wordpress.com)**

**A lot of interesting information provided by Dr Myers is also on [www.prostateforum.com/](http://www.prostateforum.com/)-**

**Bunnings update:**

**I have now received the registration and information pack from Melena at Bunnings for our BBQ on Saturday September 3<sup>rd</sup>, and have asked Carla Demos for a certificate of currency from the PCFA. I have also completed the Temporary Food Event Notification Form for Noarlunga Council. As some of us will remember, our Mayor Lorraine Rosenberg has kindly offered to slice the onions for us. I need to let her know that Melena has suggested that we buy 20-25 kilos of onions and that will be quite a big job for Lorraine.**

**OUR NEXT MEETING  
WEDNESDAY AUGUST 3<sup>rd</sup> 2011 AT 6.30PM.  
PCFA DVD LIFE MATTERS**