



THE WALNUT

December 2011

Newsletter of the Prostate Cancer Support Group - ACT Region Inc.

Affiliated with the Prostate Cancer Foundation of Australia



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Monthly meeting

When:

Meetings of our support group are held monthly on every 3rd Wednesday except in December.

Location:

Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT 2607.

Time:

6:30 for 7:00

All people are welcome to attend without notice. See [our web site](#) for details and map.

Next meeting

There is no monthly meeting in December 2011. The next monthly meeting is on Wednesday 18 January 2012. The name of the guest speaker and the topic for his/her talk will be notified to all members when determined.

Contact us

Postal address

Prostate Cancer Support Group - ACT Region Inc.
PO Box 717, Mawson, ACT 2607

Web site

See our web site for details about the activities of the group, meetings, map and contact persons.

prostate-cancer-support-act.net

Personal support

If you would like immediate support, advice or assistance contact any of these people:

President: Peter Daley

Ph. 02 6291 0612

Email: monashmm@bigpond.net.au

Secretary: John Hayhoe

Ph. 02 6235 0161

Email: jchayhoe3@yless4u.com.au

Jim Clough

Ph. 02 6255 2380

Email: jclough@grapevine.net.au

Disclaimer

From time to time in these newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles and views of various people. However you should note that the view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases.

Information in research and reports that we cite has not been verified through independent, authoritative medical sources and may not be applicable in your particular case.

Therefore, the information and views presented in this newsletter are for information only and should not be interpreted as being endorsed by the Executive. While information reported here should be of interest, it is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

From the editor

This is the final edition of this newsletter for 2011. Again this was a very busy year. Editions of this newsletter reported many events, presentations and activities undertaken by the group and presentations made by speakers at our meetings. Congratulations to all those who were involved!

My best wishes for your end of year and new year celebrations.



If you are aware of news, products, publications, web sites, services or events that would be of interest to members of the group I'd be happy to be informed of them.

If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. I'm happy to also add any of your friends to the email list.

Mike Boesen
Editor

Email: mboesen2@gmail.com

President's message

Our November meeting, on Wednesday, 16 November was our last for 2011 and as in previous years, we celebrated this as our Christmas meeting. With no Guest Speaker engaged, members were invited to talk about individual situations – a lengthy and informative discussion period followed. With the formal meeting over, we enjoyed a period of good fellowship with pizzas, beautiful tasty spring rolls provided by Pamela Manyoun, chocolates from Antonio and Rosette Coelho and drinks to acknowledge the Festive Season.

Once again November was a busy month with attendance at the turning of the first sod for the Integrated Cancer Centre being built at The Canberra Hospital, an Awareness Table to welcome riders in 'The Long Ride' which was to finish the following day in Sydney after some 4,000kms in Eastern Australia, a BBQ stall at Bunnings Tuggeranong, an awareness presentation to the Kambah Lions Club and a presentation to Ernst and Young's Canberra staff where Movember participants were acknowledged. Ernst and Young offices through Australia have raised considerable funds for this year's Movember project.

Members were advised at the meeting that the Group had purchased a Flow Meter for use within the Urology Department at The Canberra Hospital. This gift will be acknowledged at a formal presentation shortly and the item will carry a plaque indicating that it has been provided by our Support Group. The executive is presently considering the purchase of an additional unit which, we have been informed, is required at The Calvary Hospital.

At our first meeting for 2012 on Wednesday 18 January we will be looking for volunteers to man the awareness tents at the Canberra Multicultural Festival on Saturday, 11 February and at the Murray Grey Breeders Association section of the Royal Canberra Show which is to be held over the period 24 to 26 February. Although we are still negotiating our part in this latter event, we may require a substantial list of members to cover up to three days. Lists will be available at the meeting.

Patricia and I wish all members good health and the very best wishes for the Festive Season. See you all in 2012!

Keep Well,

Peter Daley

Secretary's report on the 16 November 2011 monthly meeting

The meeting was attended by 22 people, including three newcomers. There was no guest speaker.

General Business

President Peter welcomed the new members and invited them to talk about their prostate experience. Two members spoke about incontinence issues after prostate surgery – one reported favourably about his recent ATOMS sling operation which was performed during the visit to Canberra of the overseas urologist who developed this procedure. Once again there was quite a bit of discussion about the management of urinary incontinence and this discussion continued informally during supper.

Peter reported on several recent events:-

- The turning of the first sod for the Integrated Cancer Centre at The Canberra Hospital
- An awareness presentation at Kambah Lions Club on 8 November
- An awareness tent in Canberra on 11 November 2011 for riders and supporters of the long motorbike ride (Sale to Sydney), an event which raised about \$105,000 for the Prostate Cancer

Foundation. Some 240 bikes and their riders and supporters were involved.

- A tradesmans' breakfast BBQ organised by Bunnings Tuggeranong.
- Purchase by our Group of a EURO 111 Flow Meter for The Canberra Hospital. This will be formally acknowledged at a morning tea in due course

This was the final meeting for 2011 and was celebrated with the now customary pizza supper and drinks complemented on this occasion with a tray of tasty homemade spring rolls from Pamela Manyoun and chocolates from the Coelho's – many thanks for these kind gestures.

Coming Events

The coming events known at this stage are:

- 11 February 2012 – awareness stand at the Canberra Multicultural Festival
- 24 to 26 February 2012 - awareness stand and presentation for the Murray Grey Breeders Association at the Royal Canberra Show. This will also be a fundraiser for our Group
- 12 February 2012 - we have booked an awareness stall at the Canberra Multicultural Festival and will be seeking volunteers to help with this event.
- 9 to 11 March 2012 - the annual NSW Chapter Council Conference will be held in Tamworth. All members are welcome to attend – our executive will consider subsidising the registration cost involved.

Next monthly meeting

The next monthly meeting will be on Wednesday 18 January 2012.

John Hayhoe
Secretary

The Long Ride

In November 2011 hundreds of bikers from all over Australia participated in an event called 'The Long Ride'. This involved riders from Queensland, Western Australia, Northern Territory, South Australia, Victoria and New South Wales. The objective of the long ride was to raise awareness about prostate cancer and to collect funds that would be donated to Prostate cancer Foundation of Australia.

The riders arrived in Canberra on 9 November. The ride finished in Darling Harbour in NSW on 12 November 2011.

The riders gathered on Federation Mall (between Parliament House and the old Parliament House) on

11 November. Peter Daley, John Lucas and Chris Hansen from our Group manned an information tent there.

In addition to making a significant contribution to increasing awareness about prostate cancer, the riders collected more than \$110,000 for the PCFA. Well done all those riders!

A few pictures taken on that day are presented below and on the following page.

Mike Boesen
Editor



(See more pics on the following page - note our group's tent in the background.)

