

*Your local voice*



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## Minutes of General Meeting Wednesday, 31 July, 2013

### 1. Opening of Meeting

The meeting was opened at 7.30pm by Acting Chair Pat McGinn. Pat welcomed members and guests, Steve Sweet, ACT Prostate Cancer Support Group, and Harry Redfern, Melba Men's Shed.

**Apologies:** Tom Anderson, Margaret Anderson, Lance Williamson, John Milne, Sue Liebke. Approximately forty-five persons attended the meeting.

2. Steve Sweet from the ACT Prostate Cancer Support Group spoke about prostate cancer. He said that the Support Group members are men who have experienced prostate cancer or their carers. The Support Group can help by telling their story to others so new sufferers can know how others deal with the cancer and its treatment.

Steve explained that the prostate is about the size of a walnut, and produces a fluid that nourishes sperm. The prostate is located between a man's penis and bladder. It surrounds part of the urethra, the tube that carries urine from the bladder during urination and semen during ejaculation. Because of this location it is difficult to manage prostate cancer.

- There are three kinds of prostate disease:
  - Benign prostatic hyperplasia, which is enlargement of the prostate that is not cancerous;
  - Prostatitis, inflammation (infection) of the prostate, also not cancerous;
  - Prostate cancer, when there is a malignant tumour that may spread.
- Symptoms of prostate cancer
  - frequent urination
  - nocturia (increased urination at night)
  - difficulty starting and maintaining a steady stream of urine
  - hematuria (blood in the urine)
  - dysuria (painful urination)
  - Prostate cancer may also cause problems with sexual function and performance, such as difficulty achieving erection or painful ejaculation.
- How is prostate cancer detected?
  - PSA blood test, but this is not definitive
  - Digital rectal examination (DRE)
  - Biopsy on extracted prostate tissue
  - If tumours are found, the extent of localisation or spread is determined through radiology

scans.

- Prostate cancer is the most commonly diagnosed cancer in men, and in Australia 20,000 men are diagnosed with prostate cancer every year. By the time a man is 75 years of age, he has a 1:11 chance of getting prostate cancer. (By contrast, the chance of a woman getting breast cancer by the same age is only 1:8.)
- Prostate cancer is the second-most common cause of cancer death in men, after lung cancer. There are 3,300 deaths every year from prostate cancer, more than for breast cancer.

### **Early detection saves lives.**

- Treatment options
  1. Watchful waiting and active surveillance
  2. Surgery to remove the prostate. Keyhole surgery is often used, and a tiny robot may be used by the surgeon.
  3. Radio-therapy. There are several types of radiotherapy, including brachytherapy.
  4. Hormone therapy

Treatments can have shorter or longer-term side-effects, such as:

- incontinence
- impotence, erectile dysfunction
- bodily weakness, which may recover in time.

### **Good News**

- Prostate cancer is usually slow-growing. Survival rates in cases of slow-growing cancer are higher than for fast-growing cancers.
- If localised, the chances of enduring remission are high/
- If the cancer has advanced beyond the prostate, it can be managed.

**Good website for information:** [prostate-cancer-support-act.net](http://prostate-cancer-support-act.net)

Steve spoke about his own experience with prostate cancer, then Chris, a member of the audience, spoke about his experience.

3. Harry Redfern from the Melba Men's Shed spoke about how the Melba Men's Shed had started. He said it is different from most other Men's Sheds, which usually make things, in wood or metal. Melba Shed does not make things, instead its members mostly just talk.

The Melba Men's Shed was begun about four years ago by a small group of local residents who wanted to make things. They used a room in a community centre that had originally been part of the Melba Flats public housing complex, which has now been demolished. The room was long and thin, too small for the necessary equipment to be used easily. In addition, the adjacent room was used as a meeting place for mums and bubs, and the proximity to tools and machines was dangerous for the children. Eventually the Men's Shed members decided that they liked meeting and talking most, and they stopped making things. The local Rotary group got involved, and a joint operation with Ginninderra Rotary was established, and the Melba Uniting Church gave some funding.

Membership kept growing, and at present there are about 80 members on the books. There is a meeting every Friday morning, and about 40 men come each week. The group found it needed to expand its room. Both Rotary and the Uniting Church contributed \$10,000 each, and with money saved by the Men's Shed members (\$2 for coffee each week, and money from working

bees at Bunnings, etc), they were able to gather \$30,000. They found a builder at the Uniting Church and with the members of the Men's Shed helping, they extended their room.

They produce a newsletter every week, which is emailed to all members and about 80 other people. It provides a good way for communicating.

At weekly meetings there is usually a guest speaker, then a general meeting. Each month two men are responsible for morning tea, which they prepare from 9am. Members gather at 9.30, and the general meeting starts at 10am. There is no formal meeting, no minutes, no financial report, but members tell stories, jokes, read poems, report on the week's events. At 10.30 the guest speaker makes his presentation, and the meeting finishes by 12 noon.

There are several outbreak groups - a bike-riding group, bush-walking group, and a bowls group. About six members are involved in a Meccano group, which operates in two local schools. In this group, each Men's Shed member works with one boy for several hours each Wednesday to make something with Meccano. After 7 or 8 weeks, the boys show what they have made at a special school assembly. The boys are chosen by the teachers, and include boys who need a male role-model or who have some learning difficulty.

The Melba Men's Shed is incorporated through AMSA, the Australian Men's Shed Association.

After Harry had finished, Martin Bowling from the Tuggeranong Men's Shed spoke. He mentioned that the Lanyon Men's Shed is now meeting at the Weston Creek Community Centre.

The Tuggeranong Men's Shed started in 2007 as a church men's group. They got support from Lions. They have a workshop area where they do woodwork and metal work. They are about to move to a dedicated building at Greenway, where they will have a games room as well as a workroom. On Tuesdays they have social events, such as cards, darts, coffee and chat, computer lessons, etc. On the last Tuesday of each month they have a BBQ, and do fund-raising through doing BBQs at Bunnings. They get help from Communities at Work with applications for grants, and have had a lot of success in getting grants for equipment.

**If you want to start a Men's Shed**, it is easiest if you can use an existing group as a base. Communities at Work can help with ideas and support.

A Men's Shed does NOT have to mean doing woodwork or things with tools; it is a place for men to meet, to talk to each other, and also to give back to the community.

Tuggeranong Men's Shed has 94 members on the books plus about 20 who are considering joining. There is a fee of \$10 to join, and \$20 per year membership fee. For new members, they provide a polo shirt and a cap (\$27).

After a short break, the meeting reconvened.

### **Minutes of Previous Meeting**

**Motion:** That the Minutes of the previous meeting be approved as circulated. (Moved: Jenny Adams; Seconded: Chris Wilson) Motion carried.

### **Treasurer's Report**

WCCC has \$11,002.38 in the bank. The books have been sent for audit.

There are two bills to be paid: \$1415.32 to Australia Post for delivery of a flyer; and \$627 to D. R. Print for printing of a flyer.

**Motion:** That the Treasurer's Report be accepted. (Moved: Simon Hearder; Seconded: Rosemary Drabsch). Passed.

## General Business

WCCC Acting Chair reported on the following matters:

- There have been complaints that at Glenloch Interchange, the road under the bridge on to Parkes Way has potholes;
- Refurbishment of Chapman shops will start soon;
- Refurbishment of Waramanga shops continues;
- A meeting of the Planning and Development Forum (PDF) discussed the issues of building certifiers not adhering to planning regulations, and of notification to neighbours for development applications;
- The need for a second petrol station in Weston Creek becomes more pressing as each day passes. Gai Brodtmann, MHR for Canberra electorate, has raised a petition to put a petrol station at the junction of Cotter Road and Fitzpatrick St at North Weston;
- For over two months there has been a hole in the ground at Logue Place, Stirling, with orange mesh around it. The hole is 2 feet deep, and the government has done nothing to repair it.

Rosemary Drabsch suggested that at WCCC meetings the General Meeting should come before the guest speaker, since otherwise many people who come to hear the speaker disappear to go home when the speaker has finished, and don't stay for the General Meeting.

Most people at this meeting agreed with Rosemary's suggestion. The committee will consider this suggestion at its next meeting.

The meeting closed at 9.45.

The next public meeting, which will include the AGM, will be held on 28 August 2013.