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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

Our Patron

~Councillor Artie Ferguson ~

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

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 BRING YOUR WIFE/PARTNER TO THE MEETINGS WITH YOU.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health-Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc. The Original Open Market, and to all who support our Groups.

DECEMBER 2006 NEWSLETTER

Meeting held at
Willunga Lions Sale Yard
On Sunday, 3rd December 2006.

Chair: John Shields.

Present: 28

Apologies: Ian, Peter-Chris and Family, Rona, Hans.

A special welcome to Wolf Hirsch (Willunga Lions Club President) and his wife Merle, and Bob and Jac Bishop, (Lions Club Members), and Josie, Alison, and (Student) Co.

BBQ:

Our indoor BBQ was held at the Willunga Lions Sale Yard, on Sunday the 3rd of December, and was a great success.

It was good to see the visitors, including the President of the Willunga Lions Club, together with his wife and two other Lions Club Members. (See above)

The Lions Australian Prostate Cancer website is www.prostatehealth.org.au

We were entertained by Victoria Ferguson, who provided excellent background music, singing and playing her guitar, during our enjoyable stay.

Thanks to Rona Standley for her kind donation of a beautiful hand-knitted rug for our raffle. (Won by, guess who? Yes, Artie.)

Special thanks also to Juli for donating the cutlery, and making all of those lovely Gingerbread Christmas trees-yes, very nice- I am just eating mine.

Thanks also to Artie and Jeff (Port Noarlunga Hotel) for the bottles of wine for the raffle. They were very much appreciated, as were the other gifts that Members gave.

The money raised from the raffle went a long way towards paying for the meat.

Thank you once again to the Willunga Lions Club for allowing us to have our BBQ at the Sale Yard again, and a big thank you, to Brian and Rhonda Foreman, for the huge effort in setting everything up for us, and Brian (again) who was Chief Chef.

We will have to organise some help in the future as there is a lot of work involved (before and after) in taking the tables and chairs out of storage and setting them up to make it comfortable, and easy for everyone to see each other when we have our meal, then putting everything away afterwards.

Our next BBQ:

We hope that members would like to have another mid-year indoors BBQ, with plenty of heating, possibly on the first Sunday in June 2007, and also invite representatives of Groups that have helped us financially during the year.

Can we do better?

We all enjoy the opportunity to get together at our BBQ to have a chat and enjoy some entertainment and each others company, however, can YOU think of anything that can be done to make it even better?

We can make this, and helping, a topic for discussion at our first meeting next year.

CONGRATULATIONS ARTIE:

Our Patron, Cr Artie Ferguson, was re-elected to The City of Onkaparinga Council for a further four years. We know that Artie will serve our community well, and support our Group, with the same enthusiasm that he has shown to us in the past.

PETER GLUTH.

We were saddened by the news that Peter has passed away after a long illness. Peter had been a Joint-Leader of the Prostate Melbourne Group, and was a tireless worker in the interests of Prostate Cancer Support.

He was a member of the National Support and Advocacy Committee, and a member of the Governance Committee.

Peter will be sadly missed, by the many friends he has made over the years.

MAX HANCOCK.

A large number of friends and Ex-Service Men and Women joined with Max`s Family at the Florey Chapel, Centennial Park, to honour the life of one of the most selfless members of the Port Noarlunga-Christies Beach RSL Sub Branch.

Max was always there-for someone else, and if I could possibly emulate anyone`s life, it would most certainly be Max`s. He was a man who I both admire and respect.

Max has left some big shoes to fill.

May he rest in peace.

LEST WE FORGET

Correspondence: Newsletters received, with thanks, from PSA Adelaide, Barossa/Gawler, Mitcham, Prostate Melbourne, Prostate Heidelberg, the Prostate Cancer Action Group (SA) Inc. & Sydney Adventist Hospital Prostate Cancer Support Group.

Our thanks to everyone for these (always) interesting Newsletters. I will have some copies, and will put together a selection of information from each one to give to our members at our next meeting. Seasons greetings to all of these Groups.

PROSTATE CANCER ACTION GROUP (SA) INC. New Members.

Malcolm Ellis and myself have been invited to be an active part of the PCAG (SA) INC.

We look forward to joining with Jeff and other members to help promote Prostate Cancer Awareness throughout our State.

The “Action Group” started having Awareness Evenings five years ago, and have worked hard again throughout 2006, and have an excellent record of success.

Would YOU like to help?

If so, please phone Jeff Roberts, on 8277 3424, you will be glad that you did.

Awareness meeting at Mount Barker.

85 people attended the Awareness meeting at Mount Barker, including Peter, Malcolm & Beverly, &, Phyllis & Myself, and the meeting was a huge success.

The Guest Speakers were:

*** Dr Christopher Switajewski (Urologist) presented an overview on Prostate Cancer.**

*** Dr Graham Lyons, B Agric Sci MPH PhD, University of Adelaide, who gave a presentation on Diet and Prostate Cancer.**

Dr Switajewski gave an interesting talk about the Prostate Gland and the things that can go wrong with it.

This was appreciated by the audience, many of whom could relate to what he was saying, and we also enjoyed the sense of humour that Dr Switajewski has.

Dr Graham Lyons B Agric Sci MPH PhD.

After supper, Dr Lyons gave a presentation on Diet and Prostate Cancer, and emphasised the importance of adding SELENIUM to our daily food intake.

He also provided us with some sample packets of Lauke Wafer Grains with Bio Fort SELENIUM-Organically Fortified-Effective Cellular Uptake-Immune System Health & Antioxidant Action. They also contain wheat * maize * rye * triticale & linseed.

I enjoy eating these wafers and, since our main meal is at lunchtime, I find that three of them with a single topping, is filling enough for my evening meal. They can also be crunched up and added to your Cereal for breakfast.

The important ingredient for Prostate Cancer is SELENIUM.

Lauke Wafer Grains are available from Foodland Supermarkets, and if they do not have them in stock, they will get some in for you. Try Foodland, on the corner of Seaford and Robinson Roads Seaford. Phone 8386 1632 and ask for Ben.

- **Dr Lyons provided notes for us to take home, and I have reprinted these on a previous occasion, and will have some more copies available at future meetings.**
- **These notes are also on the PCAG website www.pcagsa.org.au**

The Awareness meeting was sponsored by the Freemasons of Mount Barker, Hahndorf, Stirling & Blackwood, with assistance from the Adelaide Hills Community Health Service, The Cancer Council SA, and was conducted by the Prostate Cancer Action Group SA.

REMINDER: We must not be seen to be giving Medical advice, as we are not covered by PCFA Insurance if we do. Support Groups can only provide- Support.

If anyone asks for medical advice, Support Groups must refer them to their Doctor.

OUR NEXT MEETING

WEDNESDAY, 7TH FEBRUARY 2007 AT 6.30PM.

GUEST SPEAKER: BEN STEVENSON-HOSPITAL PHARMACY SERVICES-TAXOTERE.

GENTLEMEN: PLEASE ENCOURAGE YOUR WIFE/PARTNER TO ATTEND

~We wish you all a safe, healthy and happy, Christmas and New Year~