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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

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.

MARCH 2006 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday March 1st 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: 14

Apologies: Peter, Barry, Doug and Rona

A special welcome to Hans.

We had a short meeting from 6.00pm to 6.45 pm, then attended the Bowel Cancer Awareness meeting in the Cafeteria.

Dr Sweeney gave an excellent talk about Bowel Cancer and it was interesting to hear the similarities Between Bowel Cancer and Prostate Cancer, where testing is concerned.

Discussion: BBQ at the Willunga Lions Sale Yard.

Members agreed to have another BBQ at the Willunga Lions Sale Yard on Sunday, 7th May at 11.00am. We will finalise arrangements at the April meeting and are hoping to make this a real family day.

“BE A MAN” Talk to your Doctor about Prostate Cancer - Adelaide launch.

The “big day” was on Friday, 17th February 2006, in the Canopy area in Rundle Mall, at 12.00 noon.

It was great to have free parking in the Torrens Parade Ground for this event, many thanks to Gary Bowes, Chairman of our Association for arranging this for volunteers and guests.

Volunteers met in the “Green Room” - Hotel Richmond Function Room, in Rundle Mall, at 10.00am and received their “BE A MAN” T-Shirt and the information show bags plus our P.C information pamphlet.

Artie, Peter, John and Dawn, with Phyllis and myself, met with other volunteers to receive instructions from Sue Davies before making our way to Rundle Mall and the crowd that was gathering around the stage waiting for the “show” to begin.

The wait was certainly worthwhile, as the entertainment led by showbiz veteran Wilber Wilde, attracted a large number of people to the stage area.

It would have been really good if the Guest Speakers had come on immediately after the entertainment as some of the onlookers started to drift away before the main event.

However, on a beautiful sunny day, there were certainly enough people there, to hear the “BE A MAN” talk to your Doctor about Prostate Cancer message, and keep us volunteers busy handing out the info.

Lehmo, from radio station SAFA (5SSA) breakfast show did a very good job as the MC.

Congratulations to Sue for the great job that she did in organising this very successful event.

And thank you to our volunteers who contributed to it`s success.

After the launch Volunteers and invited guests, returned to the “Green Room”, for light refreshments and to listen to thank you speeches from the organisers.

Leaders of our Support Groups were in attendance, so we had a meeting of the Association of Prostate Cancer Support Groups immediately after refreshments.

I will give a full report on this meeting when I receive the minutes.

Cancer Support Network – Onkaparinga. (Onkaparinga Cancer Support Project)

I was in Melbourne and unable to attend the February meeting but I will let you know if there was anything of interest to our Group – once again - when I receive the minutes.

Information Day at Colonnades.

We are still waiting to hear from Centro Colonnades, re our application for another Information Day.

Community education through quality information is an important role for our Support Group. The last Information Day that we had at Colonnades was a great success and we hope that Centro Colonnades will again support us in our efforts to educate our Community.

Artie is following this up with Centro Colonnades Management.

BAROSSA/GAWLER PSA GROUP.

Another interesting, easy to digest Newsletter from Tony and his Group, who are maintaining a positive outlook.

I was sorry to hear that Merv has had some very bad side effects from an Orchidectomy. I certainly would not recommend having one either Merv.

Meet Andrew Giles, CEO Prostate Cancer Foundation of Australia.
At the Mitcham Support Group Meeting

Jeff Roberts, acting Chairman of the Mitcham Support Group, advised me that Andrew Giles, would be attending the meeting on Thursday, 16th February.

This was the night before the “BE A MAN” launch and would have been a good opportunity to meet Andrew away from the beehive of activity at, or even after, the launch in Rundle Mall.

Ah well, at least I tried.

Artie flew the flag for our Group, Thanks Artie.

The Mitcham Group now has a new Chairman – Terry Harbour, who will take up that role when he returns from holidays in two months time.

Congratulations Terry, we wish you well as Chairperson, and sincerely hope that you never aspire to being called “PRESIDENT”.

I totally rejected the notion, and I have over fifteen years experience as a Support Group Leader, and have a Support Group Leaders certificate to go with it

How anyone can call themselves “PRESIDENT”, of a Support Group is beyond me.

The next meeting of the Mitcham Group is on Thursday, 23rd March 2006, at 7.15pm.

Meetings are now held on the fourth Thursday each month, at the Colonel Light Gardens RSL Club, 4 Prince George Parade. (Don` t forget your street directory?)

The Guest Speaker is Mr Ken Hancock who is a member of the Mitcham Group, and also a retired Psychologist.

Ken will talk about his own Prostate Cancer diagnosis, and involvement with the Cancer Care Centre.

POMEGRANATE JUICE.

In the PSA Adelaide newsletter, there is mention in an item about Pomegranate Juice that “John” (not this John), said that sugar feeds Prostate Cancer and is a no-no.

This is the first time that I have heard that one.

My own experience is that my body has been a no added sugar-free zone, for most of my life I will not add sugar to anything, I am definitely not a sweet tooth, and I try to avoid eating anything that has too much added sugar, and yet I still got Prostate Cancer.

All of the information that I have read about Prostate Cancer, is also a sugar free zone.

There is no mention about sugar in any of it. I wonder why?

I Google searched, Prostate Cancer – Sugar, and got 1-10 results of about 3,210,000.

We live and learn.

Then I Google searched Prostate Cancer – New Treatments, and got results 1-10 of about 27,100,000 !!!

The mind boggles.

GERRY McCREANOR

Gerry has announced his retirement due to poor health, as the inaugural Chairperson of the Adelaide PSA Group.

It was due to Gerry`s efforts that the PSA Adelaide Group was formed eleven years ago, and from the short time that I have known Gerry, he has proved to be a credit, both as a Man and a Chairman.

We wish you all the best Gerry, and congratulate you on a job well done.

Our congratulations also, to the new Chairman, Barry Oakley, Vice Chairman, Jeff Roberts, and to all Office bearers for the year 2006.

There is no need for me to say, “keep up the good work”, because I know that you will

The new guidelines for future Newsletters and Meetings are an interesting innovation for your Group.

City of Onkaparinga Volunteer Cinema Day 2006.

Just a reminder about the Volunteer Cinema Day, to be held on Monday, 15th May 2006.

Volunteers still need to let me know by our next meeting if they want to attend

Brachytherapy Treatment.

As reported in our last Newsletter, The Hon John Hill MP, was a surprise visitor to our February meeting and is checking out some information relating to the cost of Brachytherapy Treatment for Carl and Dave. [Dave got the all clear for his].

John is still checking the question of cost out, as there was a bit of a mix up during communication, and I received a reply that had nothing to do with the question:-

If the cost of Brachytherapy has been removed from Medicare, WHY, and if it is going to be re-instated as FREE, in our Public Hospital, WHEN.

ANZAC DAY DAWN SERVICE

I have just received an invitation for our Support Group, to lay a wreath at the Port Noarlunga-Christies Beach RSL Clubrooms on the Esplanade, Port Noarlunga, on Tuesday 25th April, at 0545 hrs.

A cooked breakfast and refreshments will be available in the Clubrooms after the service.

**OUR NEXT MEETING – WEDNESDAY APRIL 5TH 2006.
6.30PM TO 9.00PM**

OUR GUEST SPEAKER IS:

**CHERENE WESSELS
MANAGING DIRECTOR OF GRIEF MANAGEMENT SERVICES P/L**