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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.

AUGUST 2007 NEWSLETTER

Meeting held in the boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA

On Wednesday August 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: 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 Group.

Chair: John Shields.

Present: 15

Apologies: Jules Van Kekem, Artie Ferguson, Phyllis Shields, Ian Curtis, John & Dawn Hammerl, Bill & Rosie Griffin.

Phyllis home again.

After another stint in Hospital-Repat this time-with more heart and fluid problems, Phyllis returned home this afternoon, but still not quite well enough to attend our meeting. Thanks to all who either phoned or sent their best wishes to Phyllis.

After welcoming our members on a cold winters night, and having a Round Robin to get an update on where we are all at health-wise, it was a pleasure to welcome once again, Justice Mel Smith, who gave us an excellent demonstration on First Aid.

Many of the methods that were once used have now been changed, so it was good to both hear about the changes, and then be shown how to put them into practice. It was a bit hard on the knees getting down on the floor to do this but worth the effort as it is the only way that I will remember what to do.

Mel emphasised the need to commit to memory, and get into the habit of saying zero-zero-zero when talking about the emergency phone number, not ooo, as o is a letter of the alphabet and on a telephone o is 6, and we don't want to dial 666 do we? For more First Aid information from Mel please phone me on (08) 8382 6671

STOP PRESS 1. Change to e-mail address.

Due to an overload of spam mail-almost 2500- I will ask Ian to change our e-mail address to info@pcscsoog.org In the meantime I will revert to jshields@aandr.com.au

STOP PRESS 2. Change of date for the Information Day at Colonnades:

Due to a recent change of Staff at Colonnades, the information day will be re- scheduled to a later date. To Be Advised.

Sorry for any inconvenience caused by this.

We will be joined by the Cancer Support Network Onkaparinga, to have a big display and are hopeful of getting a prominent location amid some heavy pedestrian traffic.

STOP PRESS 3. Official opening Seaford Garden.

This will be held on Thursday 23rd August at 2.00pm.
If you would like to attend, please RSVP Dolph on 8382 9266.

STOP PRESS 4. Next PSA Adelaide Meeting.on 20th August at 7.30pm.

Graham Goodings will be Guest Speaker at the next meeting of the Adelaide Group.

The meeting will be held in the Loungeroom, at Fullarton Park Centre 411 Fullarton Road, Fullarton. This is much larger than the Park View Room, so please roll up.

Most of us know that Graham is a Bowel Cancer survivor, and an interesting speaker, so if you know anyone with Bowel Cancer please let them know.

Ian's Prostate Cancer Presentation to Probus

Ian gave an excellent presentation to a large audience. Some of them were Prostate Cancer survivors, those who were not were given a very clear picture about the many aspects of Prostate Cancer. Ian was well received by an appreciative audience.

*** Meeting re PCFA Office in Adelaide.**

Phyllis and myself attended a meeting at the Norwood Hotel on Monday 6th August to hear about Andrew Giles plans to open an Office in Adelaide, in response to a request from some Support Groups. We have made no such request but would support other Groups who have. The minutes from that meeting give a very brief outline of items on the Agenda, but do not give any detail.

We will be pleased to receive a copy of Andrew's report on this meeting

Ian Fisk recorded the meeting so I will wait for Ian's report to bring you up to date so that we can discuss Andrew's report and the meeting dot points, and prepare a submission for a meeting of our Association of Prostate Cancer Support Groups.

OUR NEXT MEETING

WEDNESDAY 5TH SEPTEMBER 2007.

GUEST SPEAKERS: JULES VAN KEKEM & LYN SUTTON

SEXUALITY AND PROSTATE CANCER.

GENTLEMEN: PLEASE BRING YOUR WIFE/PARTNER.