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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.

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.

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.

DECEMBER 2007 NEWSLETTER (No45)

Your own local Newsletter

Our Christmas BBQ was held at Willunga Lions Saleyard on Sunday, 2nd December.

Present: 35

Apologies: Carl & Erika Maughan, Norman Andrew, and Willunga Lions Club President Mick Allinson, and his wife Phyllis, and Wolf Hirsch.

It was good to see our members & visitors enjoying a great BBQ together on a very nice day.

It is always good to meet like this and be able to enjoy each other`s company in a totally relaxed setting, and we really do appreciate the Willunga Lions Club for allowing us to have the use of such a user friendly facility, and our sincere thanks once again to Brian & Rhonda Foreman for the big effort that they put in to make sure that we all got the maximum benefit from our time together.

Thanks also to our other volunteers who helped to share the workload.

Peter Kiley, who collected the meat and kept it refrigerated overnight and who also peeled the onions, Juli Ferguson for slicing the onions, and for making and presenting us all with the lovely "Happy Holidays" Christmas stocking & sweet, John Hauxwell for assisting Peter Kiley with the raffle. Juli also made sure that we sold some extra raffle tickets. Thanks also, to all who donated raffle prizes.

Our Patron, Councillor Artie Ferguson said how proud he was of the work that our Support Group has been doing, not only to support Men and their partners on their Prostate Cancer journey, but our desire to work tirelessly to provide information to our local community about Prostate Cancer, and to let them know that they are not alone - we will always be there to support them.

Artie has been our greatest support in our efforts to do this. Thank you Artie.

I have been so impressed with the work that both Artie & Juli have been doing both in the Community, and to help our Support Group, that I felt moved to ask them to tell us a little bit about themselves so that I could bring you their story.

Believe me, this definitely *is* only a little bit. They are two wonderful people, whose heart, mind, body and soul, etc. are all most definitely in the right place. (John)



~Juli & Artie Ferguson~

Juli & Artie Ferguson have been married for 34 years. They have two children Alex 32 years old and Victoria 24 years old and 1 grand child-Chelsea. They have lived in the Onkaparinga area for the last 30 years. Artie is semi retired and worked for Bridgestone TG Ltd at Edwardstown. He now works full time as Councillor of the Mid Coast Ward in the City of Onkaparinga.

Both, Juli & Artie have been active people working in the community. They originally formed the Southern District Residents Action Group which fought to have uranium core samples removed from the hill above Christies Downs. Then later the issue of clean water for the south was fought from their lounge room with a group of concerned residents who made the state government address the filtration of the Happy Valley & Myponga Reservoirs. They both comment with laughter, that they were fighting water issues in the south well before anyone else.

Artie was elected onto the Noarlunga Council in 1983, one week before his daughter Vicki was born, and was instrumental in Noarlunga becoming a nuclear free zone.

Artie builds bridges between local people and the decision makers at all levels and works with all people no matter what their political persuasion. He proudly wears the mantle of "The Mouth of the South"

Currently Artie is working to establish the Witton Bluff Walk-way Development and the Pt Noarlunga RSL Car park & Memorial Gardens.

Juli works as a consumer consultant with the Department of Health, Flinders University and the local Health Service and is currently working with Cancer Australia, travelling around each state helping the Commonwealth Government develop initiatives to disperse disparities in Cancer control & Cancer care, while working with the State Government to action the South Australian Cancer Control Plan through the State Wide Cancer Clinical Networks.

She says that although she works at a national & state level she really enjoys working with her local community. Because of Juli's experience with cancer in her family, she, with other consumers, are developing a local cancer support network. She says that this is an excellent opportunity for us all to get together and raise awareness, advocate for better services in the local area and provide correct information to all the community.

Artie is very proud to help the Onkaparinga Prostate Support Group and as Patron assisting them to open doors for promotion & fundraising while giving the group advice.

Artie was diagnosed with prostate cancer and is currently on hormone treatment. He always says that there are other people worse off than himself and always keeps a positive attitude.

His passion is the Carlton Footy Club followed closely by his "shags" lifesavers group, [tattoo on his arm to prove that] his Scooter and lawn bowls, while Juli enjoys gardening, cooking and being with her children.

They both enjoy live theatre & music, appreciate the great outdoors and long walks on the beach.

Together Juli & Artie are two people who believe in community service. They hope they do that by leading by example, having a great sense of fun while empowering community people to fight the issues and together, all of us making it a great place to live, work, love & play. Juli & Artie.

Now that Juli & Artie have led the way, perhaps you would like to have a story about your Prostate Cancer journey included in a future Newsletter.

I believe that a personal story can be a great benefit to others, not only to those who attend the Support Group meetings, but because our Newsletter reaches out to the wider community, it may encourage others who have - sadly – chosen to go it alone, to perhaps attend our meetings and find that they definitely are not alone, and that they too have a valuable story to share.

Now back to our BBQ, it was very pleasing to once again, welcome Lorraine Rosenberg, Mayor of the City of Onkaparinga to our BBQ.

Lorraine is very interested in Cancer Support and the work that is being done by local Groups to bring people together to talk, as lay people, about a subject that can sometimes have a devastating effect upon a man, his wife/partner and sometimes, his whole family, and it was reassuring to hear Lorraine`s words of encouragement to all members of our Group. Thanks Lorraine.

We also had the pleasure of the company of Amanda Rishworth, the new member for the seat of Kingston.

Congratulations Amanda, and as a non political, Community minded Group, we wish you well, and look forward to your support for our Group.

PCFA Newsletter.

Phyllis and myself, along with other Support Group leaders and Action Group members, attended a meeting at the Oxford Hotel on Wednesday, 12th December 2007 to discuss work in progress on "The Centralised Newsletter".

An apology was received from Malcolm Ellis, Chairman of the Association of Prostate Cancer Support Groups (SA) Inc.

The meeting was called by Karyn Foster, of Foster Hill PR & Marketing, on behalf of the PCFA, and was also attended by Paul Redmond who is the PCFA (Sydney) Support Group Service Manager.

This was a surprise to me as I was not aware that there was a Support Group Service Manager, and is another good reason why we need better communication from the PCFA. Paul talked to us about his appointment and how he became involved with the PCFA through David Sandoe(OAM), and hopefully we will soon hear about Paul`s appointment, and have a written record of what his role is.

After introductions the meeting was then addressed by David Sly who has come on board with Karyn to produce and distribute the Newsletter next year.

David is a colleague of Karyn`s, and a journalist with considerable experience, over 30 years in Adelaide with publications such as The Advertiser and The Adelaide Review, as well as SA Life and various niche publications both locally and nationally.

David discussed design, layout, timing, content and contacts (us) and asked for input from members, to combine with his own to make sure that the Newsletter is one that will meet the needs of all Support Groups as well as being a publication that is of interest to the wider community, especially Urologists, GP`s and Allied Health Professionals.

David has a very professional approach and I have every confidence that he has the ability to produce a Newsletter that not only looks good, but is good.

Our next meeting is a General Discussion /Round Robin evening on Wednesday, 6th Feb 2008.

**WE HOPE THAT YOU CAN PLEASE GIVE SOME TIME TO ASSIST US AT THE INFORMATION DAY
AT COLONNADES ON FRIDAY FEBRUARY 2ND 2008, BETWEEN 9.00AM AND 5.00PM.
WISHING YOU ALL A SAFE HEALTHY AND HAPPY CHRISTMAS AND NEW YEAR.**