

We are here
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.

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.

NOVEMBER 2007 NEWSLETTER (No 44) *Your own local Newsletter*

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.

Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday November 7th from 6.30pm to 9.00pm.

Chair: John Shields.

Present: 22

Apologies: Carl & Erika Maughan, Norman Andrew, Ivan Garraway, Ian Curtis, and Les & Brenda Munn. A get well soon wish, to all who are not well

A word - or two - from our Vice President, Malcolm Ellis.

As President of the Association of Prostate Cancer Support Groups (SA) Inc. Malcolm emphasised the importance of our Incorporated Association being autonomous, and is still waiting to receive confirmation from Andrew Giles CEO of the PCFA, of his agreement to this at our AGM on October 4th 2007.

Malcolm also re-emphasised the need for Andrew Giles to attend one of our Support Group meetings early next year, to give us a better understanding of the PCFA and it's role regarding Support Groups.

Election of Officers for 2008.

President/Secretary, John Shields. Vice President: Malcolm Ellis.

Treasurer: Phyllis Shields. Librarian: Peter Kiley.

Welcoming Officers: Norman Andrew, and Beverley Ellis.

Welfare Officers:

**(For the Men) Norman Andrew, Ph 8325 0195 Malcolm Ellis, Ph 8326 5588
Peter Kiley, Ph 8384 1032 (For the Ladies) Phyllis Shields, Ph 8382 6671**

Representative from Southern Primary Health Woodcroft: Jules Van Kekem.

**Representative on the Cancer Support Network Onkaparinga Committee.
Our Patron, Councillor Artie Ferguson.**

**BBQ raffle raised \$62.00. Thank you to all who donated prizes and money to help
make our BBQ a real success.**

BBQ Committee:

**Peter Kiley, has volunteered to help Brian & Rhonda Foreman, Phyllis Shields and
myself with the BBQ, *and we appreciate this very much*, however we need at least
one more person, please, as most of us are already helping our Group in other ways.**

We will provide the meat, onions, bread, margarine, condiments & cutlery etc.

**Members please bring a salad & sweets & your own drinks except tea & coffee, and, if
possible, something for us to raffle.**

**Members agreed that we should invite both candidates for the upcoming election,
Kym Richardson and Amanda Rishworth, the Mayor Lorraine Rosenberg, and
members of the other local Cancer Support Groups, to our BBQ.**

Ian Fisk has also put details of the BBQ in the PSA Adelaide Newsletter, thanks Ian.

We have 27 names from our Group

A well deserved "Gong" for Joe Bridges.

**Joe told us of his plans for the future, to raise money for both Prostate and Breast
Cancer. (Joe's wife died from Breast Cancer) and Joe is dedicating himself to raising
money for both Groups. Congratulations Joe.**

**The first event is the Movie named The Heartbreak Kid, at the Noarlunga Theatre on
Wednesday 28th November 2007, and a percentage of receipts will go to Joe's
"Charity". Joe has asked for as many as possible to attend please.
To contact Wallis Theatres phone 8326 6156, or e-mail, noarlunga@wallis.com.au**

**Joe has also applied to be a contestant on Deal or No Deal and will even pay his own
way to Melbourne & back to donate his entire winnings to his "Charity".**

**He is now also well enough to have the Boxing match (four rounds) with Father Dave
Smith, next year and hopes to raise a lot of money from this event.**

**It will be televised on Channel Nines Mornings with Kerry Ann Kennerly, and we will
keep you posted when more details are available.**

What a Man. Joe's Charity should be called - The Joe Bridges Foundation. (J.S)

Our information Day at Centro Colonnades is on Friday the 1st February 2008 which is the Friday before our first meeting next year.

Would you please make a note in your diary as we will need some help on that day.

Our Patron Artie Ferguson has also given us all of the information we need to make a booking to have an Information Day at Seaford Shopping Centre next year.

It would be a good idea to have this long before winter sets in so please let me know at the BBQ if a date in March is suitable and I will make a booking.

Artie also said that there will be some Lifesaving events soon and that we can have our Information Table there too. Thanks Artie

Healthy Cities Noarlunga:



Healthy Cities Noarlunga AGM.

Cancer Support Network
ONKAPARINGA

Ms Ann Young gave an update at the AGM on the Cancer Support Network, it's funding and plans for the future, and Project Officer, Dolph Young gave an outline of what has been achieved. ie: New Support Groups and planned events, such as LIVING WELL WITH CANCER A course utilizing THE BEAUTIFUL VEGIE PATCH that began on Monday 8th October. The six week course is for people who have had a Cancer diagnosis within the past two years. For more information and Support, Phone Dolph on 8384 9266

Healthy Cities Noarlunga Chairperson Richard Hicks gave an encouraging report about the activities of its members and the progress made during 2006 - 2007.

This was followed by a confidence building report by Mayor Lorraine Rosenberg, pictured below with Council representative Rex Manson & Ms Ann Young.

Our Mayor
Lorraine Rosenberg

Lorraine, together with other HCN members is committed to promoting the health of the Noarlunga Community.

We look forward to seeing Lorraine at our Christmas BBQ again this year.



Rex Manson is an Office Bearer and the Organisational Rep for The City of Onkaparinga.

Ms Ann Young Chief Social Worker Southern Primary Health Noarlunga, is the driving force behind The Cancer Support Network.

Reg Mayes Update

Report from Ian Fisk.

Reg has spent a number of days at home in recent weeks.

On October 28th, the day before his 80th birthday he attended a birthday party at home. His children and most of his grandchildren were there to spoil him.

Thanks Ian.

**IN LIEU OF OUR NEXT MEETING
AT THE HOSPITAL ON DECEMBER THE 5TH.**

**OUR CHRISTMAS BBQ
WILL BE HELD ON SUNDAY DECEMBER 2ND .
AT WILLUNGA LIONS SALEYARDS
CORNER STROUT AND BINNEY ROADS WILLUNGA
AT 11.00AM.**

(See enclosed street map No 335 - Gregory's 54th Edition)