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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.

OCTOBER 2007 NEWSLETTER (No 43)

Meeting held in the Boardroom at Noarlunga Community Hospital
In the City of Onkaparinga, on Wednesday, October 3rd 2007.

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, The City of Onkaparinga Council, Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc, The Original Open Market, and to all who Support our Group, especially Willunga Lions Club for their BBQ facilities.

Chair: John Shields

Present: 22

Apologies: Ivan Garraway, Jules Van Kekem, Geoff Nixon, Artie Ferguson.

**Our Guest Speaker Dr David Elder - Urologist
Southern Specialist Centre, Morphett Vale (Pictured)**



Dr Elder gave an excellent presentation on the Prostate Gland, where it is, what it does, and everything that can go wrong with it, including Cancer, and explained the treatment options, plus the benefits and possible side effects of each treatment.

Dr Elder took questions during the presentation, then sat down afterwards and answered many more questions from the audience.

This has always been a feature of Dr Elders presentations and is very much appreciated.

The feedback from our members since the meeting has been very good indeed and we are fortunate to have a local Urologist who is prepared to come to our meeting and talk "with" our members and be so generous with his time.

Thank you Dr Elder.

Newsletters from other Support Groups and the Action Group received with thanks.

*** Our Library:**

Librarian, Peter Kiley has several books, videos, DVD's etc available for you to borrow, and if there is something new that you know about that can be added to the library, please let us know, as we are keen to build the library up.

*** Who said that? KEEPING FIT.**

I came across this exercise for Seniors, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on. The article suggested doing it three times a week. Begin by standing on a comfortable surface where you have plenty of room on each side.

With a 2.5kg potato bag in each hand, extend your arms straight from your sides, and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you will find that you can hold this position a bit longer.

After a couple of weeks move up to 5kg bags. Then eventually try to get to where you can lift a 10kg potato bag in each hand, and hold your arms straight for a full minute.

Once you feel confident at that level, put a potato in each of the bags.

Thanks to Josie Nixon for that one.

*** Treasurers report:**

I have enclosed the Treasurers report for members who receive the Newsletter by post, and have emailed a copy to the email addresses.

*** XMAS BBQ:**

Brian Foreman has phoned to say that we can have our Xmas BBQ, at Willunga Lions Saleyard, on Sunday, 2nd December. Many thanks to Willunga Lions Club.. The BBQ will take the place of the December meeting at the hospital.

BBQ RAFFLE \$44.00, PLUS \$11.30 SUPPER COLLECTION.

Thanks to all who donated prizes , and to Peter Kiley for organising the raffle.

Many thanks also to Dawn Hammerl and Rosie Griffin for bringing some lovely home-made goodies for supper, they were really appreciated ladies.

It would be good to have a BBQ Committee, any volunteers?

Who else should we invite to our BBQ?

Kym Richardson MP attended our last BBQ and presented us with the Government Grant cheque, and the Mayor of the City of Onkaparinga, Lorraine Rosenberg also attended.

Should we always invite the sitting Member of Federal Parliament, and the Mayor, to our Xmas BBQ?

I have also been thinking about inviting other local Cancer Support Groups. They could bring their own food etc - what do you think? It is your decision.

Please let me know ASAP so that I can contact them in plenty of time if you agree.

*** Your Association's AGM.**

Your Association of Prostate Cancer Support Groups (SA) Inc. AGM was held at the Oxford Hotel, North Adelaide on Thursday, 4th October 2007 at 2.00pm.

There were 8 Support Group members present.

Election of Officers:

Our Vice President, Malcolm Ellis was elected President, Phil Davis (Adelaide Group) was elected Vice President, and Ian Fisk (Adelaide Group) was elected Secretary, and will also be Treasurer and Public Officer Pro-tem, until someone else puts their hand up for either of these Offices.

All Office holders were elected unanimously.

PCFA CEO Andrew Giles, arrived in time to attend most of our meeting, and agreed to confirm in writing to us, that the PCFA would respect autonomy, and our Association would work as equal partners with the PCFA.

Karyn Foster, from Foster Hill PR and Marketing, who is our PCFA contact here in Adelaide now, was the minute taker for the meeting, and I will enclose copies of the minutes for your discussion at our November meeting.

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

On the 4th October, John and I attended a meeting of the Association of Prostate Cancer Support Groups (SA) Inc. to decide the future for the Association. The outcome is, that we will keep going for now and work to find the best way to continue and work for the Welfare of all the Support Groups.

I will give a more detailed report at the next PCSG meeting. Malcolm.

*** Men's Health Day:**

Unfortunately I was unable to attend this event as I had been "off colour", but I will (hopefully) bring a report to our next meeting. John.

OUR NEXT MEETING

WEDNESDAY, 7TH NOVEMBER 2007.

**OUR GUEST SPEAKER IS UNABLE TO ATTEND
SO THIS WILL BE A ROUND ROBIN/GENERAL DISCUSSION EVENING**

**GENTLEMEN PLEASE BRING YOUR WIFE/PARTNER WITH YOU
THEY ARE OUR NUMBER ONE SOURCE OF SUPPORT.**