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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.

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, The Original Open Market, and to all who support our Group.

AUGUST 2008 NEWSLETTER (No 52)

Your own local Newsletter

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

On Wednesday August 6th 2008, from 6.30pm to 9.00pm.

Chair: Malcolm Ellis.

Present: 14

Visitors: Alastair Robertson.

Apologies: Carl & Erika Maughan, Ian Curtis and John & Phyllis Shields.

The dreaded "BUG" got both Phyllis and your scribe too, and it still loves our company, so I will make this short and sweet – so to speak.

Malcolm has advised me that Paul Redman will not be attending our September meeting now as he has a birthday celebration to attend to – his own. I do not know the date but, Happy Birthday Paul.

Guest Speaker: Liz Randall, Infection Control Nurse, Noarlunga Hospital. I must apologise for not having a report, but Malcolm said that Liz gave an interesting presentation.

General information for us from Dolph Young, Project Officer, Cancer Support Network Onkaparinga.

I am enclosing updates on some future/current programs and events from Dolph regarding (1) Look Good - Feel Better program for men. Phone Dolph – 8384 9490 (2) The Garden Group. Phone 8392 4500 (3) A new exercise brochure, phone Dolph 8484 9266 (4) Meditation For Better Health. Ph 8384 9266 (5) Leukaemia Coffee Mornings. Ph Judy 1800 620 420 (6) A MINI FIELD OF WOMEN EVENT.

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Ph Nicole 8384 9266 (7) A Carers afternoon. Ph Dolph 8384 9266 (8) A Survivors Celebration being planned for early November (9) The Cancer Council are offering a new 8 week program called Managing Cancer Stress. This is free and commences on Tuesday 18th September 2008. For further information or to register phone 13 11 20 If anyone would like a copy with full details, please give me a call. (John)
Or email: Dolph.Young@health.sa.gov.au

I have also enclosed the flyer and Registration form re Look Good...Feel Better for Men, sent to us by Jules Van Kekem. Thanks Jules.

MEDIA RELEASE: (Also enclosed)

Millie's Bakery's Selenium range of Biscuits using Lauke Flour Mills Bio-Fort selenium flour.

Adelaide Hills Marketing. Mobile phone: 0402 107 727 or email:
mikylagilbert@internode.on.net

Also a letter from the SA Government seeking our assistance in ensuring people affected by the recent issue relating to radiation treatment at Royal Adelaide Hospital between July 2004 and July 2006 are able to get any counselling or support that they may require.

They have also included the Cancer Council's support line Phone number 13 11 20

Mosaic – cancer support groups newsletter August 2008.

A great photo of the Vegetable Garden at Seaford Primary Health, an update on The Cancer Support Network Onkaparinga by Project Officer, Dolph Young and a reminder about the national Prostate Cancer Call – in, on Thursday 11 September, ph 13 11 20

Vale: Lewis Dohnt.

Phyllis and myself attended the funeral of Lewis who had been ill for quite some time. We had previously visited Lewis during his stay at Noarlunga Hospital and Eldercare Seaford Aged Care Facility, and have been saddened by his passing. There were over one hundred people at the service, held at the Uniting Church in McLaren Vale.

The Video and tributes by family members told us many things about Lewis that we did not know, however the emphasis that Lewis was a true gentleman is something that we all do know and value.

Yes Lewis, to us you always have been, a true gentleman, and we will miss you.

Information day at Perry Park.

We have been invited to a Health Promotion Day, "Open The Window To Health" at Perry Park Aged Care Facility, 26 River Road Port Noarlunga, on Thursday September 4th, from 9.40am to 2.00pm. They would also like two or three of us to give a five minute talk about our Prostate Cancer journey, so if you would like to participate, please let me know. (John)

My PSA. (yours truly)

My annual blood test results still say "undetectable" after 4.5 years, so that is good.

OUR NEXT MEETING

WEDNESDAY, 3RD SEPTEMBER 2008 AT 6.30PM

A "ROUND ROBIN" GENERAL DISCUSSION EVENING.

**AN OPPORTUNITY FOR YOU TO TALK ABOUT YOUR PROSTATE CANCER JOURNEY,
AND A TIME FOR US TO SUPPORT EACH OTHER.**