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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

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*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.

## MARCH 2008 NEWSLETTER (No 47)

Your own local Newsletter

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

*On Wednesday March 5<sup>th</sup> 2008, from 6.30pm to 9.00pm.*

**Chair: John Shields.**

**Present: 18**

**Apologies: Artie Ferguson, Jules Van Kekem, Carl & Erika Maughan, Lewis & Ruth Dohnt, Dave Williams, Gladys Curtis and Karyn Foster.**

**Lewis Dohnt has not been well but is home again after a stay in Noarlunga Community Hospital. Get well soon Lewis.**

**A word – or two – from our Vice President, and President of the Association of Prostate Cancer Support Groups (SA) Inc., Malcolm Ellis.**

**Malcolm said that there is nothing to report this month, but that he is now having a six month PSA test as the last one was slightly elevated. We hope that the next test is back to undetectable and that Malcolm remains as cheeky as ever.**

**Our Guest Speaker: Pam Lawton**

**I phoned the Carers Association to see if Pam was doing a power Point Presentation and was told that “Pam is no longer with us”, and we did not know about your meeting.**

**I thought that they were the ones who arranged with Pam to be our Guest Speaker.**

**They said that because they are short staffed it may be September before someone is able to talk with our Group, which is sad really, as Carers/Partners are affected by our Cancer, sometimes more than is realised, and I have always been led to believe that this is what the Carers Association of South Australia is there for.**

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**👤 With no Guest Speaker we had a brief but interesting Round Robin, our usual chat during suppertime, and an early minute.**

**VALE: JOE BRIDGES.**

**Sadly Joe passed away soon after returning home from FMC where he had just had a triple heart bypass. Joe will be remembered for his walk to Melbourne and his ongoing fundraising efforts for both Breast and Prostate Cancers. Joe will be missed**

**👤 Teleconference:**

**I have included the notes I received & will bring some copies to the next meeting.**

**👤 BBQ**

**Our thanks to Jeff (Port Noarlunga Hotel) for the bottle of wine for our BBQ raffle.**

**We decided to have our BBQ on Sunday, June.8<sup>th</sup> and Brian will let us know if this date is OK. This will be an opportunity to have a raffle at our May 7<sup>th</sup> meeting, so please bring along something to raffle, if you can, and if we have too many items they can be held over until the BBQ, or we could Auction each item individually.**

**👤 Information Day at Seaford Shopping Centre.**

**Our Information day at Seaford has been confirmed and paid for.**

**Many thanks for the offers of assistance with tables, chairs and help on the day.**

**👤 Our Roll up Banner.**

**Guess who forgot to check with our members to see what you would like us to have displayed on the banner. Our email members who responded have agreed that the wording will get our message across, is brief and to the point, and easy to read. I have sent out eight emails requesting a quote, and so far Ezy Banner is easily, the best one. I am hoping to have the roll up banner for the April meeting, to be photographed with Graeme Goodings standing beside it.**

**We can then do this each time that we have a Guest Speaker.**



**GRAEME GOODINGS WILL BE GUEST SPEAKER  
AT OUR NEXT MEETING  
WEDNESDAY, 2<sup>ND</sup> APRIL 2008.  
IN THE CAFETERIA DINING ROOM  
NOARLUNGA COMMUNITY HOSPITAL  
ALEXANDER KELLY DRIVE  
NOARLUNGA CENTRE**