

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.**

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, toneraction CHRISTIES BEACH, and to all who support our Group.

SEPTEMBER 2008 NEWSLETTER (No 53)

Your own local Newsletter

*Meeting held in the Boardroom at
Noarlunga Community Hospital in-The City of Onkaparinga
On Wednesday, September 3rd 2008, from 6.30pm to 9.00pm.*

Chair: John Shields.

Present: 18

**Apologies: Artie Ferguson, Geoff Nixon, Phyllis Shields, Bill & Rosie Griffin,
Don & Margaret Cramond.**

**Our President welcomed members and visitors to the meeting, with a special
welcome to our ladies.**

**Visitors/New Members: Wayne Holt - Wayne has also included his wife Christine as a
new member, so a big welcome to Wayne & Christine. It was also good to see Alastair
Robertson & Graham Lawes again, and to hear how they are doing. The weather had
not been the best and several members have been feeling its effects with some very
bad colds. Phyllis was actually at the Hospital, not to attend the meeting, but as a
patient, with fluid on her lungs (I keep telling her that this is the only time that she
really is patient). OUCH!! We hope all are well again.**

**Both Phyllis and myself appreciated the visits and the phone calls during her stay in
hospital.**

**Tonight we had a round robin, with everyone telling us the story of their Prostate
Cancer journey and how they are right now. It was good to sit back and share our
experiences again, and to be reminded of what others are going through at times and
are still holding their heads up high, and with a smile on their face.
Members talked about their PSA levels, some that fluctuated and others that stayed
unchanged, diagnosis, and the variety of treatment options they had to choose from.**

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Wayne Holt:

Our new member Wayne, was introduced to the meeting by our Vice President, Malcolm Ellis. Wayne, who is the Chairperson of the local Buffalo Lodge - GLE, has started to collect money at each Lodge meeting, for Prostate Cancer and is in the process of organising this as a regular collection at every Buffalo Lodge meeting in South Australia. Money collected will go to the PCFA who have given their assurance through Paul Redman that they will henceforth, provide funding to all Prostate Cancer Support Groups in Australia, so money raised through Wayne's initiative will eventually find its way back to Support. This fund will be perpetual and we should have an appropriate name for it, and even though (thankfully) Wayne is alive and well, I believe that it should be named, "The Wayne Holt Memorial Fund". Congratulations, and many thanks Wayne, from every Support Group member, and of course, on behalf of the PCFA. It would be great if this was to become National.

Speaking of the PCFA, Malcolm, Beverley, Artie, Juli, Phyllis & yours truly attended a conference at the Grand Chancellor Hotel on Monday 22nd September - all day. The conference was called to discuss the structure & purpose of the Association of Prostate Cancer Support Groups SA Inc which had their first meeting at the end of 2003 - ref the Adelaide Group's Christmas 2003 Newsletter.

I will leave the Association reporting to Chairman Malcolm Ellis.

The concept & structure of a Chapter within the constitution of the PCFA

The bringing together of the Support Groups from the Northern Territory - Darwin and Alice Springs - and possibly Broken Hill, to join with us and become known as the Support Groups of Central Australia, and what structure and form is suitable.

We look forward to working with all of these Groups and wish them well for the future



Above: Members from Port Pirie, Alice Springs, and Darwin, a great group of people. More conference news & pic's in the next edition, hopefully with everyone's names.

The Health Promotion day at "Perry Park" was very quiet due mainly to a lack of advertising which was a shame as there was good representation from Health Groups. Thanks to Peter and Chris Kiley who helped our Group on the day. Our next Information day is at Normanville on the 4th October at 9.00am, at Normanville Shopping Centre in the main street. A busy day expected, all help will be appreciated.

OUR NEXT MEETING

**WEDNESDAY, 1ST OCTOBER 2008 AT 6.30PM
SANDRA BUTTERY - PEER EDUCATOR C.O.T.A
WILL BE OUR GUEST SPEAKER.**

TOPIC: QUALITY USE OF MEDICINES & BRAND NAME OR GENERIC.