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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.**

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, Willunga Lions Club, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market, toneraction CHRISTIES BEACH, and to all who support our Group.

APRIL 2009 NEWSLETTER (No 59)

Your own local Newsletter

**Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA
On Wednesday April 1st 2009, from 6.30 pm to 9.00pm.**

Chair: John Shields

Present: 17

Apologies: Artie Ferguson, Dawn Hammerl, Peter Kiley, Carl & Erika Maughan.

Tonight was a Round Robin, general discussion meeting and this gave our members the opportunity to share the experiences thus far on their Prostate Cancer journey.

Once again it was good to see that one third of those present were our number one source of support-our ladies.

As is always the case with a Round Robin, some lively discussion was generated, as members were able to talk openly about the good, and the not so good aspects of their particular treatment. Yours truly reported that even though my PSA reading says undetectable after 5 + years, there are times when the nearest toilet seems to be too far away, however this is nothing and our thoughts are with those who are having ongoing problems as a result of their treatment.

I have just had a phone call from The Alzheimers Association to say that they will not be able to provide a Speaker for our May meeting as it is an evening meeting and we are "way out there" in Noarlunga. They did say however that one of their Speakers will be addressing a meeting- during the day- out this way (way out here) sometime soon and that we are welcome to attend. The latest news is that Guest Speakers from the Alzheimers Association will be at Seaford Active Seniors on Tuesday May 19th 2009 at 1.30pm approx. Cnr. Main Street & Grand boulevard Seaford.

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A word-or two from our Vice President Malcolm Ellis, who is also Chairman of the Central Australia Chapter of the Prostate Cancer Foundation of Australia, and a PCFA Ambassador. Beverley, myself and your President and Treasurer John and Phyllis Shields, attended the National Men's Health Discussion Forum at the Stamford Grand Hotel Glenelg on Wednesday 22nd April, to have an active role in the formation of the Federal Government's development of a Men's Health Policy for Australia.

There were close to 100 Men and Women in attendance, all of whom had a keen interest in Men's Health issues and the glaring absence of a National Policy on anything to do with Men's health. It will be a wonderful thing to be able to report, sometime in the not too distant future, that our State and National Political representatives are in absolute unison, and that the Policy has passed the many and varied stages needed, and has now become law.

We now have 7 PCFA Ambassadors in South Australia, and at least one more within the next month.

A new Support Group has started in Katherine, Northern Territory, and another will commence in Murray Bridge on the 7th May. (Thanks Malcolm.)



Some photo's from the Forum:

Malcolm Ellis and Professor Villis Marshall--Phyllis Shields, Beverley & Malcolm Ellis. Professor Villis Marshall is Clinical Director Surgical Specialties R.A.H. We will send details of our meeting dates to him, with a view to being our guest speaker later on.

(I must apologise for the photo's, but they refuse to stay in place)

Newsletters received with thanks from: Melbourne & Heidelberg Support Groups, Us TOO, PCFA PROSTATE NEWS, P.C.S.G Jacaranda Lodge NSW and our own SA PROSTATE SUPPORTER. (12 Pages)

OUR NEXT MEETING

WEDNESDAY MAY 6TH 2009 AT 6.30PM

**AN ADDRESS BY OUR V.P-CHAIRMAN OF THE CENTRAL AUSTRALIA CHAPTER
MALCOLM ELLIS**

FOLLOWED BY THE DVD-ERECTILE RESTORATION & INCONTINENCE MANAGEMENT

THE MID YEAR BBQ

**WILL BE AT THE WILLUNGA LIONS SALE YARD
ON SUNDAY 7TH JUNE 2009 AT 11.00AM.**