

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, and a member of :-
The PCFA Central Australia Chapter**

<http://pcfacentralaustraliachapter.org>

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.

AUGUST 2009 NEWSLETTER (No 63)

Your own local Newsletter



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

On Wednesday August 5th 2009, from 6.30pm to 9.00pm.

Chair: John Shields

Present: 14

Apologies: Geoff Nixon, John & Dawn Hammerl, Carl & Erika Maughan & Federal MP Amanda Rishworth. Amanda had said that she would try and attend a meeting soon.

New members: A warm welcome was given to Eddy & Laurel Cross. Eddy has had Radiotherapy treatment and was interested in hearing what other men's experiences were after having Radiotherapy. This generated some good discussion and input from our members who had made Radiotherapy their treatment choice. I feel sure that Eddy & Laurel went home with some good suggestions from those members who had been on a similar Prostate Cancer journey.

MEN'S HEALTH AMBASSADOR SPEAKER.

Our guest speaker tonight was our own Vice President Malcolm Ellis, who is a Men's Health Ambassador Speaker.

There are a variety of presentations to choose from and tonight, Malcolm's presentation was about the Prostate Gland and Continence issues. For many of us, continence problems are a constant problem that can be eased by regular Pelvic Floor exercises. I am not sure that it can be permanently solved. Some members said that they do not have continence problems. I must remember to do my pelvic floor exercises!! (Then I may be able to say the same thing). Our members thanked Malcolm for his interesting presentation, and perhaps one night we may see one of the others.

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Jules: (08) 8325 8100

Brian: (08) 8556 2012

There are three Ambassador Speakers in South Australia, Malcolm Ellis, Ian Fisk (Adelaide Group) and Dean Wall (Action Group). If you know of any Group that is looking for a Men's Health Speaker, please contact Malcolm on 8326 5588 or the PCFA 1800 22 00 99 or (02) 9418 7942 for more information and/or to take part in Ambassador training next year.

And now a word-or two from the man himself. I have commenced the Radiation treatment procedure now so will keep this brief. A reminder about the EXPO.

**VETERANS' HEALTH WEEK-EXPO
Wednesday 26th August 2009 10am to 3pm.
Torrens Parade Ground War Memorial Drive.**

*** Free giveaways *Health Checks *Fun Activities *Exhibitions *Free Parking.
As your representative & Ambassador Speaker I look forward to seeing you there.
Malcolm Ellis.**

*** Community Grant:**

As reported at the BBQ, the outcome of our application to The City of Onkaparinga Council, for a community grant for a replacement photocopier was successful. I am pleased to report that Malcolm, Phyllis, our Patron Artie Ferguson and myself attended a meeting at the Council Offices recently to receive the grant and I have since purchased a small Canon Multi-function Copier. Our sincere thanks to Artie, Mayor Lorraine Rosenberg, & to all of our Councillors.

*** Teleconference:**

The first Chapter Council Teleconference is on Thursday 13th August at 10.30am. A report should be ready for our September meeting.

*** Messenger Press Noticeboard:**

I noticed that Messenger Press has re-instated the Noticeboard in the "What's On" page. Rosemary Griffin has kindly volunteered to email our Support Group's meeting details to Messenger Press each month. Thanks for being our volunteer, and for the lovely cakes for our supper, Rosemary.

*** Our Librarian: Peter Kiley.**

Thanks also to Peter for the great job that he does as our S.G Librarian. I have given Peter three copies of the new D.V.D, Men's Health Matters and if you are on the "net" you may like to check out www.menshealthmatters.com.au

*** Central Australia Chapter Meeting/2010 PCFA Website.**

Minutes of the Alice Springs meeting were on the table, together with some copies of the request from Support Group Services Manager Paul Redman, for help designing the 2010 PCFA Website. Any help that you can give will be appreciated and it would be good to be recognised as someone who has had a role in designing the new PCFA Website. If you would like a copy of these or any other information please phone me. John.

Newsletters received with thanks from: Melbourne and Heidelberg Support Groups, Us TOO, PCFAPROSTATE NEWS, Sydney Adventist Hospital P.C.S.G, Payneham Support Group, and our own SA PROSTATE SUPPORTER.

**OUR NEXT MEETING
WEDNESDAY 2ND SEPTEMBER 2009.
6.30PM TO 9.00PM.**

**An opportunity for you to talk about your Prostate Cancer Journey.
This is one of the most important aspects of attending a Support Group.**