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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, and a member of:-  
The CCFA Central Australia Chapter

[www.pcfcentralaustraliachapter.org](http://www.pcfcentralaustraliachapter.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, Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc, The Original Open Market, and to all who support us.

## JUNE 2009 NEWSLETTER (No 61)

Your own local Newsletter

**BBQ HELD AT WILLUNGA LIONS SALEYARD  
ON SUNDAY JUNE 7<sup>TH</sup> 2009.**

**Present: 29**


**Apologies: Norman Andrew, Ian & Gladys Curtis.**

**Mid-year BBQ.**

Welcome to our visitors, Mayor Lorraine Rosenberg, MP Amanda Rishworth, Lions Club members, President Mick and Phyllis Allison and Past President Wolf and Merle Hirsch, Rhona Stanley, Ruth Dohnt, Chene` Kiley and Brian and Rhonda`s daughter and their Grandson Jasper.

We will make sure in future that we do not have our BBQ on a long weekend or when there are Wine festivities in McLaren Vale, and the roads are congested.

This did not stop us from having another very pleasing get together and enjoying each other`s company along with some very nice food, however to make getting to and from this excellent venue a lot easier, we will definitely avoid those days now.

 A word – or two, from our Vice President, and President of the Association of Prostate Cancer Support Groups SA Inc, and Chairman of The Central Australia Chapter of the Prostate Cancer Foundation of Australia, Malcolm Ellis.

Hi, I have a follow up appointment on Friday 26<sup>th</sup> June to check for Prostate Cancer!!

### Teleconference:

The next C.A Chapter Council Executive Teleconference is on July 2<sup>nd</sup> at 10.30am. If you have anything relating to Prostate Cancer Support that you believe needs to be

discussed, please contact either myself or John on the above phone numbers or email address, or Malcolm on [malell@iinet.net.au](mailto:malell@iinet.net.au)

**The next Central Australia Chapter Council meeting.**

The venue is Alice Springs on Thursday 16<sup>th</sup> July, and some items on the agenda are, list of loan DVDs available from the PCFA, C A Chapter logo, proposed new PCFA guidelines, template for Group reports, Paskeville Awareness Days arrangements.

If you have anything that needs to go on the agenda also, please contact us as above. Yours, in Prostate Cancer Support. Malcolm Ellis.

**An Apple a day keeps Cancer away.**


I notice on the “net” a big advert telling us about the importance of an apple a day to help safeguard us from certain Cancers. How many of us do eat an apple a day? (John)

 **PROSTATE SUPPORTER: Congratulations to David Sly, Karyn Foster, and all who work on producing this outstanding Newsletter. A good read guaranteed.**

Karyn, has there been any progress re-Rex Jory, and a Support Group column, or The Advertiser and Sunday Mail re-free advertisements that are periodically available and called “house fillers”? John Shields.

 **Dolph Young, Cancer Support Network –Onkaparinga:**

We are disappointed to have to report that the tremendous work that has been done by Dolph Young with the Cancer Support Network ONKAPARINGA, is coming to an end. Dolph has done a great job, and along with his smiling face will be greatly missed. Why this wonderful, necessary service to our Community cannot be continued is hard to understand and I can assure our members that I believe that Dolph has given 100% in his efforts to achieve the best results for Cancer Support in the City of Onkaparinga. Congratulations also to Ann Young, Juli Ferguson and all who have worked so tirelessly along with Dolph to ensure that every member of our community who is affected by Cancer, has the opportunity to attend a local Support Group and talk with others who are in a similar situation to themselves and those who are near and dear to them, as this is such a very important part of everyone`s Cancer journey.

 **An Information Day will also be held at Woodcroft Shopping Centre later in the year, Possibly September, and we will have a look at Aldinga and The Hub Shopping Centre at Aberfoyle Park, to see if we can have a presence there also.**

 **VALE Trevor Hunt.**

We have just received the sad news that Prostate Cancer Support stalwart Trevor Hunt has passed away. Our sincere condolences to Coralie and their family. A full report will be given by the Groups that Trevor was closely associated with.

**OUR NEXT MEETING.  
WEDNESDAY, 1<sup>ST</sup> JULY 2009.  
GUEST/SPEAKER-PAUL REDMAN  
PCFA SUPPORT GROUP SERVICES MANAGER**

**WE ARE HERE FOR YOU, YOUR FAMILY, FRIENDS, AND THE COMMUNITY (John)**