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And, your Family



CITY OF ONKAPARINGA **Prostate Cancer Support Group** **South Australia**

**An affiliate Member of the Prostate Cancer
Foundation of Australia, and a member of:-
The Central Australia Chapter**

www.pcfcentralaustraliachapter.org

Our Patron

~Councillor Artie Ferguson ~

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**We are also a member of
The Association of Prostate Cancer Support Groups (S.A.) Inc.**

Mission Statement: Our Mission is to provide Support based on our own personal experiences, to Men who have had a diagnosis of or treatment for Prostate Cancer, plus their Wife/Partner and Family in a safe environment that guarantees privacy for each person's personal information relating to Prostate Cancer. 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, as we have your best interests at heart.

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.

NOVEMBER 2009 NEWSLETTER (No 66)

Your own local Newsletter

Our President/Editor John Shields accepts responsibility for the content of this newsletter.

Meeting held in the Boardroom at NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA, at 6.30pm on Wednesday 4th November 2009.

Chair: John Shields.

Present: 13

Apologies: Our Patron Councillor Artie Ferguson who with wife Juli, is embarking on a round Australia cruise on the Dawn Princess for the next two months, Geoff Nixon who with wife Josie is off to "the land of the long white cloud"-New Zealand- for a couple of weeks, Don Cramond and Jules Van Kekem whose friend Alison is recovering from treatment for Breast Cancer. We have sent a get well card to Alison on behalf of our members.

Visitors: We welcomed Jeff Roberts from the Adelaide Group to our meeting tonight and Jeff gave us an update on the work that the Adelaide Action/Awareness Group have been doing including a report about the recent Awareness night at Blackwood. Attendance at this meeting was very good and our congratulations to Jeff and all who have been involved in raising awareness about Prostate Cancer right throughout South Australia and now as part of the Central Australia Chapter, hopefully in the Northern Territory as well. For the full report see page 2 Oct/Nov Supporter. A warm welcome was given as well to Ian Fisk also from the Adelaide Group, Ian who is the Central Australia Chapter Website Manager is a regular visitor who is always helpful and very much appreciated.

Did you notice anything different about our Newsletter this month? Please let me know. jshields@iinet.net.au If you have any interesting Prostate Cancer stories, or jokes to tell please either email them or snail mail them to me and I will make sure that they are included. Remember, laughter is the best medicine. (John)

A word – or two, from our Vice President, President of the Central Australia Chapter and President of the Association of Prostate Cancer Support Groups SA Inc, Malcolm Ellis. The inaugural AGM/Chapter Conference was held at Mount Lofty House on the 16th and 17th of October and was attended by 35 people including guests. I was also able to attend even though I was part way through Radiation Treatment which has now, thankfully been completed. The enclosed minutes of the Conference are now available on www.centralaustraliachapter.org

The next meeting of the Chapter Council is in Port Pirie on the 19th November and the minutes of that meeting will also be available in the near future. (Malcolm)

Our Guest Speaker was unable to attend tonight however we had a good meeting with everyone including the Ladies-as always-contributing by giving us an update on their Prostate Cancer journey and how well they are all coping. Even though the journey for some members has not been smooth, their spirit is very encouraging and and it was good to see the hope that is engendered by getting a good PSA report from their GP. It is also good to hear from, and have the opportunity to show our gratitude to, those who we love and who share their lives with us, for the loving and caring support that we receive from them.

Election of officers: The election has been postponed until a later date when hopefully, there will be more potential office holders present. All members are in possession of the lists of officers duties and it was felt that this is a comprehensive list so should be a guide to anyone who is thinking about holding an office.

Christmas BBQ.

We need to know, for catering purposes, if you are going to attend our end of year BBQ at the Lions Willunga Sale Yard at 11.00am on Sunday 6th December. Would you please phone Phyllis Shields on 8382 6671 by Thursday 3rd December if you are attending, as we need to order the meat in time to collect it on the Saturday.

Teleconference: The Chapter Executive Teleconference on the 5th November was very good with some interesting discussion taking place. Aply led once again by Central Australia Chapter Vice Chairman Keith Williams, topics discussed were feedback from the Mount Lofty House Conference-very good, November Chapter Teleconference-it was decided that this was too close to the Conference and has been deferred to Wednesday the 9th of December at 10.30am, a copy of the revised calendar for 2009/10 (Executive Teleconference, Council Meeting, Chapter Teleconference, Awareness Day, AGM & Conference)- is enclosed, and is also on the Chapter website. Succession Planning, Work Solutions and Nova-which is Keiths computer. As you can see, these teleconferences are an essential part of the Chapter management process and your input to the Chapter Teleconferences through your representative Peter Kiley is strongly recommended.

Newsletters on the table from other Groups, received with thanks.

Andrology Australia, Prostate Melbourne & Prostate Heidelberg, Cancer Support Centre Jacaranda Lodge, Payneham SG, and Prostate Supporter.

Central Australia Chapter meeting at Port Pirie on Thursday 19th November 2009.

We had the pleasure of meeting a wonderful group of people at Port Pirie and it was not hard to see why they work so well together, because the friendship that radiated from them, not only toward us as visitors, but the friendship that was so obviously an important part of their own interaction with each other was worth the trip to "Pirie".

In my own words: Ladies and Gentlemen, congratulations, you did Port Pirie proud. There is no need for me to say a lot more because the minutes of the meeting will be available in the near future, however I just wanted to say how impressed we were, with the Welcome to Port Pirie pack we received, with all of the information about Port Pirie and the tourist attractions. But much more than that-how we were made to feel so welcome. It was the thought behind the welcome pack that impressed us so much. To the members of the Port Pirie Prostate Cancer Support Group, their Wives, Families, and their very dear friends, you are a great example of everything that we are trying to achieve in bringing Men and Women together to share their Prostate Cancer experiences and to have a sincere understanding of what others are experiencing in their lives without a diagnosis of Prostate Cancer. You meet because you care about each other. The more people who are talking about Prostate Cancer, the better and what a great example to us all were “the three stooges”, who are a tremendous support to each other, and to listen to your testimonies was a great encouragement to me. On behalf of Phyllis and myself-we thank you.

Leadership Training and Succession Planning.

I distributed the Draft copy of my Leadership Training Manual to all Support Group leaders who were present, and the PCFA`s Paul Redman and explained briefly what the contents were, as it is self explanatory. I would like the members of all Support Groups-Our Central Australia Chapter, the SAC members-past and present, the Action Group members-past and present, to go through it with a fine tooth comb to make sure that we do not leave anything out, and that when a new member looks at it they will immediately have a clear understanding of every aspect of Prostate Cancer Support and, very importantly, what happens within the four walls of the Prostate Cancer Support Group meeting room, for their own information, and what is involved in every Officers Duties, for themselves and other Support Group members who may want to go on and take on a leadership role in the Support Group, or become a member of the Chapter Council, the SAC or the Action Group, should they so desire, everything that they need to know will be there in the Support Group`s Library for them to study and prepare themselves for the role of their choice, having read up to date, and correct information-provided to them by-you.

That, to me, is the first step in succession planning.

The Boy Scouts Motto “Be Prepared” certainly applies here, and I want to make sure that we make that process as easy as possible for everyone.

I always acknowledge the ladies who are our number one source of support and I have previously prepared information for them to start their own Support Group, and I still have that in my “library” if they would one day like to take me up on the offer. So it automatically follows that the ladies-who walk this Prostate Cancer Journey with us-will also have all of the information readably available to them, to prepare themselves to take a leadership role if they so desire, and that would be good to see. Please forward your comments and-or further information to me jshields@iinet.net.au and when this is in all of our libraries, you will have the satisfaction of knowing that you have contributed to its content.

The History of the Association of Prostate Cancer Support Groups South Australia.

Our visit to Port Pirie held great significance to me because I was part of the Association of Prostate Cancer Support Groups committee who had planned a visit to

Port Pirie prior to our President Garry Bowes, becoming very ill due to the problems that he was enduring with his own Prostate Cancer.

We were able to visit the Barossa Group previously, and had a very good meeting there. However I want to assure everyone that our goal was to do exactly what the current Chapter is doing today. The only reason why we did not achieve all of our goals back then, is because the three driving forces behind the Association-at various stages-passed away.

All three would be very pleased with what we are now doing.

I have started to compile a history of the Association so that we have a permanent record of its activities.

There were two members of our group on the committee. Brian Foreman, who was Public Officer, and myself. We will provide all of the information that we have and ask if there is anyone with information about the Association would you please forward it to me jshields@iinet.net.au so that we get the full picture.

The "Association", of which I am proud to have had an active role in, soon after its formation back in 2003, when I was diagnosed with Prostate Cancer and started attending the "Adelaide Group", and started the City of Onkaparinga Prostate Cancer Support Group, had obtained a Government Grant to cover Support Group expenses, and was in the process of planning visits to other Support Groups to let them know that they were not alone, and that there was a group of Men & Women who cared very much about people suffering with Prostate Cancer and the ongoing problems that can occur, and those who were near and dear to them, needs to be remembered, so any information that you can contribute will be appreciated. (John.)

Just a reminder that the next two Chapter Teleconferences are on Wednesday 9th December at 10.30am and on Thursday 11th February 2010 at 10.30am.

Please liaise with your representative Peter Kiley on 8382 1032 if you would like to have anything discussed.

Our first meeting next year is on Wednesday the 3rd February 2010 at our venue in the local Hospital Boardroom at 6.30pm.

SEASONS GREETINGS

ON BEHALF OF THE MEMBERS OF THE CITY OF ONKAPARINGA PROSTATE CANCER
SUPPORT GROUP, WE WISH YOU A SAFE AND HAPPY CHRISTMAS
AND ALL OF THE VERY BEST FOR 2010.

OUR NEXT MEETING

We will not meet at the Hospital as is usual, and will have our CHRISTMAS BBQ at the Willunga Lions Saleyard, Corner of Strout and Binney Roads Willunga at 11.00am on Sunday the 6th of December 2009, and look forward to seeing you there. If you have not already done so, please let Phyllis know that you will be attending.

Please bring some items for our raffle.

WE DO NOT GIVE MEDICAL ADVICE-WE DO HOWEVER GIVE YOU
OUR WHOLEHEARTED SUPPORT