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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 PCFA Central Australia Chapter

<http://pcfacentralaustraliachapter.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.

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 and Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc. The Original Open Market, and to all who support us.

SEPTEMBER 2009 NEWSLETTER (No 64)

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 6.30 pm on Wednesday September 2nd 2009.**

Chair: John Shields.

Present: 19

Apologies: Jules Van Kekem, Cr Artie Ferguson, Geoff Nixon, Norman Andrew, Dawn Hammerl, Bill & Rosalie Griffin, and Ann Goodman.

Visitors-New Members.

Our Group welcomed Denis Pennington, David & Gloria Hill and Les & Joy Belton to our meeting. Denis, David & Gloria were interested in learning more about treatment options before making up their minds about which treatment is best for them, and Les and Joy who are members of the Adelaide Group have moved to Seaford. We look forward to catching up again and following the choice that Denis, David & Gloria have made, and know that Les & Joy will enjoy living at Seaford.

 ***Paul Redman:***

Paul, who is the PCFA Support Group Services Manager has advised that his resignation from that position will take effect at the end of September.

We believe that Paul has not been well and his valuable assistance to our Support Group will be missed. Paul you have been an inspiration and we wish you well. Thanks also for the PCFA Banner received recently Paul.

Willunga Lions Club Donation:

Many thanks from our members to the Willunga Lions Club for their generous donation of \$1000.00. This will certainly help our Support Group to continue on a

sound financial footing, and help our work in both providing support to men and their wife-partner, but also enabling us to get more information out into the community and be able to place a good advertisement in the local paper when we have a Medically qualified Guest Speaker attending our meetings. A letter of thanks is being sent to Willunga Lions on behalf of our members.

Support Group leadership:

Are you interested in taking part in Support Group leadership training? If so, please have a chat with John Shields or Malcolm Ellis as it is important that we have continuity of all roles in the Support Group. I have asked for the development of a Central Australia Chapter Council, Support Group Leaders Manual containing a Support Group Procedures Kit, with input from Support Group Members, to be put on the agenda for the Central Australia Chapter Council meeting in Darwin on the 17th of this month, as I believe that this valuable resource will address a very important aspect of Support Group survival and should be the responsibility of the Chapter Council to make sure that all Support Groups have a succession plan, and that the Support Groups leader gives a report regarding any training progress at each Chapter Council meeting. I have designed a certificate to be awarded to everyone who satisfies the Chapter Council of their competency to lead a Support Group. (This can be re-worked) Potential Support Group Leaders would have training by their local Support Group Leader, then attend a Chapter Council meeting to satisfy Council members of their ability to lead a Support Group. They would then receive the competency certificate. Training guidelines will be in the S.G Leaders Manual. These things will be carefully considered by the Chapter Council and I am hopeful that very soon, every Support Group Leader and Librarian will have a copy of the Manual so that they and Support Group members will be able to refer to & study it, and potential Leaders will have confidence in taking on the role of S.G Leader. It will be interesting to see what the Chapter Council members think of this idea.

Cancer Survivors Meeting.

Malcolm, John & Dawn and Phyllis & myself attended the meeting, chaired by Dolph Young, in the Auditorium at Southern Primary Health Noarlunga, on Thursday 6th August. The meeting commenced with a brief but relaxing time of meditation and I appreciated this as I was next, to talk about the Service that our Support Group provides to our community. I started by putting forward a similar proposal to the one that I have outlined above, with the main difference being that I want the Support Group Leadership sessions to be local, hopefully in the Auditorium, and attended by local Support Group leaders and interested Support Group members. It will be good to have a Guest Speaker, provided that the topic is specific to Support Group Leadership training. I then explained the composition of our "team" and other meeting details, including some of the Guest Speakers and the BBQ's etc. Other people attending were Ann Young-Chief Social Worker Southern Primary Health, Nicole Burke (Health) Juli Ferguson SAHS Consumer Council, and Cancer Survivors including the Seaford Gardening Group.

Trudi Bizilis RN BNg : Guest Speakers.

Malcolm, Phyllis and yours truly then had lunch with Trudi who is a Registered Nurse and who has already arranged Guest Speakers for the Payneham Group. Trudi has many contacts in the Medical profession through her work with some of the Doctors who we need to hear from. Like me, Trudi has a very real interest

in recognizing the value of the ladies in our group and is very much aware that they need our support as well, and that there are illnesses that affect women that can be discussed at our meetings. Trudi is organizing Speakers for the first half of next year and has just advised me that she has arranged a Guest Speaker who will talk with us about Womens health, for our May 2010 meeting. I will give you more details later on.

(Thanks again to Willunga Lions for helping us to advertize these events properly)

Trudi has also given us some DVD's, a book-His PROSTATE and me-A couple deals with Prostate Cancer, for our library, and information about Erectile Dysfunction, Penile Prostheses and Continence. Many thanks from our Group Trudi.

Bunnings Pre Fathers Day- Support Group Event



Peter Kiley, John Shields &, Brad

John & Dawn Hammerl & Chef Janie

It is pleasing to report a successful day at Bunnings Noarlunga Branch today Thursday 27th August 2009. The weather was good for a BBQ and the smell of hot sausages & onions was a bit hard for people passing by to resist. We were told that the aroma was drifting right into Bunnings and so people came straight up to get their hot tasty snack on their way out of the store.

Our thanks to Peter & Chris Kiley who assisted in the morning & John & Dawn Hammerl who took over the afternoon shift. Your efforts helped raise \$622.00 Many thanks also to Bunnings and the staff members who assisted during the day, especially Janie who was head Chef. That's Janie holding the bottle of sauce. Peter suggested that we should have another BBQ at Bunnings later on so I checked with Bunnings this morning and got the green light to go ahead and plan for that. We would have to run the BBQ ourselves, and be prepared to be quite busy as the weather will be warmer and we would also be selling cold drinks. Milena recommended that we have the BBQ on both Saturday and Sunday if possible, and we would need public liability insurance, which the PCFA have provided us with. This is another excellent opportunity to help the PCFA help us, and we now have the PCFA Banner so will have an information table as well.

Dr David Elder-Urologist.

Many thanks to Dr Elder who has kindly donated a CD/DVD player to our group. This will be very useful in helping us to get information about Prostate Cancer and our Support Group out into the community. Dr Elder has been a great supporter of our group since its inception almost 6 years ago and will be our Guest Speaker again next month.

Teleconference:

A good teleconference was held this morning with items discussed being- Establishing a new Support Group-Initial Contingency Plan, the Central Australia Chapter-Roles of Council members, the Agenda for the Chapter Council meeting on September 17th, including my proposal to have Support Group Leader training, plus create a Support Group Leaders Manual and a Support Group's Procedures Kit. I will distribute the minutes of the Teleconference and that meeting later on.

Celebrate International Prostate Cancer Awareness Month.**~BLUE SEPTEMBER~**

Malcolm, Beverley, Phyllis and yours truly attended a function at the State Library on Monday 7th September where the Guest of Honour was Mike Rann, Premier of South Australia, who praised the work of The Prostate Cancer Foundation of Australia, particularly for research and raising awareness. There are more people aware of Prostate Cancer and its insidious nature now, than ever before. People are talking about it, and more importantly, Men are doing something about it, though they often need a lot of "encouragement" from their Wife/Partner. There were many familiar faces there and representing the PCFA were Andrew Giles CEO, & Board members, Chairman Graeme Johnson and David Sandoe OAM. There were also several Men's health Ambassadors, including our own Vice President Malcolm Ellis, Ian Fisk, Dean Wall and Dr Bob Such. Representing the Medical Profession were Dr Carole Pinnock, Professor Willis Marshal and Dr Peter Sutherland. I feel sure that there would have been others in attendance who were not known to me.

It was also good to catch up with a smiling Jeff Roberts, who has just returned looking refreshed, after a holiday with Theban, in Western Australia. Jeff has devoted many years of his life to Prostate Cancer Awareness, a valuable devotion, and I admire your untiring efforts Jeff. Where do you get the energy from? PCFA CEO Andrew Giles spoke about the work of the PCFA, Blue September and the various activities with the Commonwealth Bank, and Bunnings, and thanked the Support Groups for their involvement, and providing information about Prostate Cancer by word of mouth and handing out PCFA pamphlets. Many thanks to Karyn Foster from Foster Hill for an excellent evening. My report is from memory so please forgive any errors or omissions. **John Shields**



David Sandoe OAM & Phyllis Shields-Mike Rann & Andrew Giles. Phyllis & Mike. Newsletters received with thanks from Cancer Support Network Onkaparinga, Sydney Adventist Hospital PCSG, Prostate Melbourne and Prostate Heidelberg, Andrology Australia, US TOO and Payneham Support Group.

OUR NEXT MEETING.**WEDNESDAY, 7TH OCTOBER 2009. 6.30 TO 9.00PM****OUR GUEST SPEAKER: Dr David Elder Urologist.**