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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~

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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 and to all who support us.

AUGUST 2010 NEWSLETTER (No 73)

Your own local Newsletter

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

JULY MEETING

Chair: John Shields.

Present: 13

Apologies: Don & Margaret Cramond, Laurie Fletcher, Phillip & Pat Green, Gladys Curtis Bill & Rosie Griffin, John & Dawn Hammerl, Carl & Erika Maughan and Ann Goodman.

We welcomed Mark & Cynthia Reynolds and John Henderson to our meeting tonight. It was good to hear the accounts of their Prostate Cancer journey and their enthusiasm in joining in with the other members during our round robin discussions.

 Update on Malcolm Ellis your Support Group Vice President and Chairman of the Central Australia Chapter.

Malcolm has recently had treatment for Angina and is still recovering from this.

Malcolm attended the first meeting of the PCFA SA Board on Thursday July 1st and said that the meeting was very positive and that we can look forward to some great things in the future.

- Malcolm has just been to see Radiation Oncologist Dr Phuong Tran who has agreed to be our Guest Speaker at the September 1st meeting.**

 BUNNINGS BBQ.

A reminder that we will be having the all day BBQ at Bunnings Noarlunga Store on Sunday August 1st and will need as many people to assist as possible.


We must be there conducting the “Sausage Sizzle” from 9.00am to 4.00pm. If you have some spare time and would like to help please phone John on 8382 6671.

New Whyalla Support Group report.

The meeting to set up the Whyalla Prostate Cancer Support Group was held on Tuesday July 6th at 7.00pm, at the Whyalla Foreshore Motor Inn. Central Australia Chapter Council members who attended this meeting were Jeff Roberts, Bryan Hearn, John Baulderstone and John Shields. (An excerpt from Central Australia Chapter Secretary Bryan Hearn's email) Jeff Roberts, Karyn Foster and local Ambassador Brian Marshall all worked hard to get this proposal off the ground.

Of course Paul (Redman) was also involved with budget approval and his usual efficient co-ordination of all activities. A considerable amount of local publicity occurred including some local TV ads.

9 people including one couple attended the meeting and others made email and phone contact expressing an interest but tendering their apologies for missing this particular meeting. The meeting was addressed initially by local general surgeon Rosemary Hepworth. This was followed by addresses from visiting Central Australia Chapter Council members after which two individuals volunteered to take on the role of organising the new group. Thanks Bryan.

 Yours truly then presented a copy of the Prostate Cancer Support Group Leadership Manual to each of the two new leaders (Terry & Stan), explained the contents of the manuals and wished them well for the future. Terry expressed their appreciation and referred to the manual as his "bible". The Guest Speaker Rosemary Hepworth stayed on after the meeting and it was very encouraging to see her genuine interest in the new group.

Chapter Council meeting at Katherine on July 15th 2010.

Although the Katherine Group are few in number they are very close to each other and keen to see the group grow. The evening meeting was held outdoors in perfect weather with nibbles on the table and a hot or cold drink ready when we sat down. I will leave the report to Bryan again and wish the members of the Katherine group all the best for the future.

The next Chapter Council meeting will be held here in Adelaide on September 16th.

An awareness meeting will be held in Mount Gambier on Wednesday September 8th following positive feedback from both Malcolm Ellis and Jeff Roberts.

Newsletters received with thanks from Sydney Adventist Hospital PCSG, Prostate Melbourne & Prostate Heidelberg and Andrology Australia.

 **We are working toward having a PCFA Click for Prostate Cancer site.**

**OUR NEXT MEETING
6.30PM WEDNESDAY 4th AUGUST 2010
IN THE BOARDROOM, NOARLUNGA COMMUNITY HOSPITAL
OUR GUEST SPEAKER IS COLIN INGHAM FROM INDEPENDENCE AUSTRALIA
COLIN WILL TALK WITH US ABOUT INCONTINENCE PRODUCTS**