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PROSTATE CANCER SUPPORT City of Onkaparinga Group South Australia

An affiliate Member of the Prostate Cancer
Foundation of Australia

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 our Group.

NOVEMBER 2010 NEWSLETTER (No 77) Your own local Newsletter

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

On Wednesday October 6th 2010, from 6.30pm to 9.00pm.

Chair: John Shields.

Present: 16

Apologies: Patron Cr Artie Ferguson, Peter Kiley, Don & Margaret Cramond and Bill & Rosie Griffin.

Thanks Rosie for putting the advert for our meeting in the local Messenger.

Welcome: Michael Liddicoat, Luigi & Maxine Gabellone & Peter & Sybil Johnson.

Our Guest Speaker: Dr Grant Buchanan.

Dr Buchanan gave an in depth power-point presentation about Molecular Biology. This was well received by our members, though some found parts of it a bit hard to fathom. However, Grant went out of his way to explain as much as possible and we were left in no doubt about the make-up of our Prostate Gland and what happens to it when it is invaded by Prostate Cancer.



Dr Buchanan is an engaging person who arrived early for the meeting and was willing to answer questions about Prostate Cancer before his presentation began, and stayed on to talk with members over supper, and was one of the last to leave. No-one wanted to go home.

Dr Buchanan was a Guest Speaker at the recent Chapter Conference at the Barossa Novatel Resort so I will not add more here except to say that Dr Buchanan has said that he is happy to talk with other Support Groups and contact details can be obtained from Chapter Council member David Merry

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MEETING AT MOUNT GAMBIER:

This was attended by Chapter chairman Malcolm Ellis and his wife Beverley, Action Group member and prime mover Jeff Roberts, Chapter Secretary Bryan Hearn and his wife Kay, John Boulderstone and yours truly.

I will leave the reports to Jeff and Bryan but I must say that I was very impressed with the number of people who attended and the interest shown by them. A lot of work went into organising such a well attended and successful event and I wish to congratulate all who were involved. If the interest shown is any indication of what to expect from a newly formed Support Group, then my expectations are very high that a well organised group of people will work together and form a very strong Support Group on Thursday October 7th 2010. (John)

Update: Yes, the inaugural meeting was very successful and the newly formed Limestone Coast Prostate Cancer Support Group has a committee of six, as at times some members of the committee will be away on extended leave. (Grey Nomads Richard calls them).

Now that is what I call good succession planning, and my expectations have already been realised. (cc email from Richard & Heather Harry 20/10/10).

CENTRAL AUSTRALIA CHAPTER CONFERENCE:

I will leave the Conference report to our Chapter Secretary Bryan Hearn

CHAPTER COUNCIL MEETING:

The next Chapter Council meeting will be at Murray Bridge on Thursday November 18th 2010. Council members will attend the Murray Bridge Support Group's meeting on the Wednesday evening and the Group's Chairman Ron Lehman is a newly appointed Chapter Council member, congratulations Ron, we know that you will do Murray Bridge proud.

Ron had previously volunteered at the 18th March Chapter Council meeting in Murray Bridge to fill the casual vacancy for the remainder of the year when Terry Harbour went overseas, so Ron already has some "runs on the board" as a Chapter Council member.

We will not have a bus for this trip however since Murray Bridge is not all that far from Adelaide, it would be a good opportunity for members of other Support Groups to attend.

[Click for Prostate Cancer: I fully intend to press on with my desire to have a "Click for Prostate Cancer" website similar to the Click for Breast Cancer site \[www.thebreastcancersite.com\]\(http://www.thebreastcancersite.com\) that I click on daily. It is always the first thing that I do and for those who do not know, every daily click helps to raise money for Breast Cancer Research and the American site has the support of many organisations who have a variety of products to sell and help raise money for this worthy cause. They do not have a Prostate Cancer site so we would not be competing with them. An Australian site for Prostate Cancer Research and Support-with an emphasis on Support-can only be a good thing, so I will keep putting this item on the Chapter Council meeting agenda to keep it in the forefront of everyone's mind until the day comes that this very plausible idea becomes a reality. John Shields.](#)

SAC MEMBERSHIP.

Another item from me for the agenda is membership of the SAC. I believe that all Chapter Council Executive members must be members of the SAC, otherwise why are we executive members? It seems logical to me that all executive members should automatically represent our Support Groups at PCFA level, plus any Support Group member who has proven by their actions that they would be an asset to the SAC. To my way of thinking the qualifications for SAC membership must be that the person already has a proven track record so that the SAC would benefit from the input of people who were actually doing something for the good and benefit of their own, but more particularly, other Support Groups. And to all of the SAC members who are really doing a great job-keep up the good work. (John)

**OUR NEXT MEETING
WEDNESDAY, NOVEMBER 3rd 2010 AT 6.30PM
OUR GUEST SPEAKER
Dr DAVID ELDER-UROLOGIST**