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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**

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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 2011 NEWSLETTER (No 86)

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**

On Wednesday 3rd August 2011, from 6.30pm to 9.00pm.

Chair: John Shields

Present: 18

Apologies:

Welcome to Colin and Gina, who were advised of our Support Group by Doctor David Elder, who will be our Guest Speaker for the November 2nd meeting. Thanks Doctor Elder.

Tonight we listened to the ABC "Life Matters" CD, Sex after Prostate Cancer, which was provided to all Support Groups by the PCFA, together with the DVD 's Mens Health Seminar-Mens Business Revealed and Rural Health.

This is a very interesting talk given by a variety of people who are well known to many Support Group members, and I will give this together with the DVD's to Peter to put in our library, and have made copies of the CD for those members who asked for one.

If you do a Google search of Talkback sex after prostate cancer-Life Matter-ABC you can click on DOWNLOAD AUDIO and you will have it on your computer.

I have also made some more copies of the Pelvic floor exercises DVD so we can have something else to offer our new members to take home for their own use.

Patient Vouchers:

Carla Demos from the PCFA has sent us 10 vouchers for the Localised Prostate Cancer pack, for new members/visitors who have recently been diagnosed. These packs will be available from several Chemists in the Noarlunga area and I will extract the details from the Australia wide list, and bring a list of local Chemists who will have supplies of the

pack, to each meeting and also give a copy to Peter. PS: You may find that initially, the Chemist will only get supplies after they have had an enquiry. It is quite an impressive pack and will take some time before all Chemists receive their supplies.

UPDATE-BUNNINGS BBQ:

CAN YOU PLEASE HELP WITH THIS FUNDRAISER?

We need a minimum of EIGHT people spread over the whole day, to make this a success and not overload anyone.

We will also have a table set up inside the main entry so that we can hand out brochures and have our blue pins and balloons for sale, so if you would prefer to do that instead of helping with the BBQ please come along and give us your support. You may even like to alternate between the BBQ and handing out the "Be a Man" and "What Every Man Should Know" Brochures. The BBQ must start at 9.00am and finish at 4.00pm so some of us will need to be at Bunnings by 8.00am to set the Gazebo up and get everything ready so that we can start serving piping hot sausages at 9.00am.

As promised, our Mayor Lorraine Rosenberg will cut up 5kg of onions-thanks Lorraine, and Peter has offered to provide his Onion cutter and will help us cut another 20kg on the Friday morning-thanks Peter, and Malcolm.

UPDATE-ANOTHER FUNDRAISER, ANOTHER CALL FOR HELP:

FUNDRAISING CONCERT

On Sunday October 9th from 2.00pm to 4.30pm, the Adelaide Male Voice Choir will be singing at Concordia College Chapel, 45 Cheltenham Street Highgate, to raise funds for Prostate Cancer Research, Awareness and Support and I have quite a lot of posters to distribute throughout our very large community and we would like to get as much help as possible to get them into the many shops, Chemists, Community Health Centres, Libraries and other Community Sports and Social Clubs etc, as soon as possible, so if you live in the outlying areas we would appreciate it if you would take some posters home with you after the September 7th meeting and I am hopeful that local members will also help.

I have a good supply of both A4 (30cm x 21cm) and A5 (15cm x 21cm) posters to choose from and October 9th is not all that far away. I am waiting to receive Tickets in the mail very soon and the price is \$30.00 or \$25.00 concession and proceeds will go as I have said to the various Prostate Cancer areas that need as much assistance with funding as they can get. If anyone is unable to attend the concert and would like to make a donation in lieu, that will certainly be appreciated too and I will give them a receipt.

The PCFA provides financial assistance to all of the Support Groups throughout Australia and is itself reliant solely on fundraising to exist, so every dollar that we can raise to help the PCFA, means that we are in turn helping ourselves, and the other Support Groups.

CHAPTER COUNCIL MEETING, ANNUAL CONFERENCE:

I will leave the main report to the Chapter Secretary however we need to know by the 9th September how many people will be attending and who needs accommodation.

Apart from our Council members and their wives, the PCFA will sponsor 3 people from our Group and it will be up to members to decide at our September 7th meeting who they will be, and for anyone else it will cost \$50.00 which is still very cheap.

**OUR NEXT MEETING
WEDNESDAY 7TH SEPTEMBER 2011 AT 6.30PM
IN THE BOARDROOM
AT NOARLUNGA COMMUNITY HOSPITAL.
(Yes, parking is still free)**