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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.

JANUARY 2011 NEWSLETTER (No 79)

Your own local Newsletter

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

~HAPPY NEW YEAR~

We hope that you had a really good Christmas and New Year break, and we send our best wishes to you and your families for 2011.

BBQ Held at Willunga Lions Saleyard on Sunday December 5th 2010, in lieu of the Support Group meeting at Noarlunga Hospital.

Present: 25

Apologies: Don & Margaret Cramond, Gladys Curtis & Rhona Stanley.

Our Christmas BBQ was once again a very enjoyable occasion and helped to confirm that our members do enjoy a break away from the format of a formal meeting at the Hospital. It was good to see members of the Willunga Lions Club in attendance and many thanks to them for joining with our members to provide some great prizes for the raffle, we really do appreciate the generosity of Willunga Lions for allowing us to use this great facility. It was also good to catch up with Ruth Dohnt again.

The floods sweeping Eastern Australia:

On a sadder note, our hearts go out to all who have been, or still are affected by the terrible forces of nature that do not as yet seem to have abated, and I feel sure that all members will join with us as we send our sincere condolences to the families, relatives, loved ones and friends of those people who lost their lives, and those who lost everything in the horrific floods that are now so close to our own back doors.

It is hard to imagine the terror that so many adults and children experienced as they were caught up in the raging floodwaters and we are so thankful to have been spared.

We also hope that the Federal Government will be more generous than they appear to be, with their financial assistance to those who have suffered such a great loss, and that Insurance companies will be more realistic with their interpretation of water damage.

Central Australia Chapter Council meeting held on Thursday 20th January 2011.

The meeting was held at the Arkaba Hotel Motel 150 Glen Osmond Road Fullarton, which is an ideal central venue for the meetings.

The meeting got off to a very good start with Chairman, Malcolm Ellis presenting the past Chairman of the Action Group, Dean Wall with a certificate of service, and Deans contribution to Prostate Cancer Support & Awareness, and as a Men's Health Ambassador, was recognised by the warm applause that he received from all who were present at the meeting.

I will leave the report of the meetings proceedings to the acting Secretary, Beverley Ellis, but as Treasurer, I would like to mention that Support Group Treasurers will now send claims for reimbursement, and all financial matters to the Chapter Treasurer, instead of sending them to Head Office in Sydney. The postal address is, John Shields PO Box 627 Noarlunga Centre SA 5168. Or, Phone (08) 8382 6671---Mobile 0409 715 782 Support Groups can be reassured that this will not delay processing of their claims. John.

Our Support Group meeting.

Our first meeting this year is in the Boardroom at Noarlunga Hospital on Wednesday 2nd February at 6.30pm, and this will be an opportunity to catch up and renew friendships after the holiday break.

It will also be good for us to have a "Round Robin" and talk about our own Prostate Cancer journeys and this is especially valuable for any visitors who are trying to make up their mind about certain treatment options, and are eager to hear what other Men-and their Wife/Partner-have experienced after having one of the variety of treatments now available.

Further to this each Support Group has recently received a copy of the latest edition of Localised Prostate Cancer from the PCFA, for their libraries. Like the previous edition, this is very informative and helpful to anyone who has just been diagnosed with Prostate Cancer and is considering the treatment options as mentioned above. I certainly found it helpful when I was diagnosed back in 2003, so will order some more copies for our library.

Dr Charles "Snuffy" Myers.

Just a reminder:

Most of the Support Groups are aware of the information provided free of charge each week by Dr Myers on his website, however for those who do not have access to these helpful talks, and for new members, I would just like to repeat the information that Karyn Foster passed on to us on the 28th October last year. (Thanks Karyn) I believe that this service is free for the first twelve months from that date.

<http://www.askdrmyers.wordpress.com>

I certainly enjoy listening to what Dr Myers has to say and would encourage anyone who has not "registered" to receive a free weekly email from him, to do so.

Father's day and Prostate Cancer:

Last year I suggested that we try and organise a "Blue Footy day" to raise awareness about Prostate Cancer, but this was considered to be too big a project as it would need too many people as volunteers at a major footy match for this to be effective.

What I am now suggesting is that we concentrate on **Country Football** and get members of our Support Groups living in country areas involved and help to raise Prostate Cancer awareness throughout Central Australia. Father's Day is in September so this gives us plenty of time for planning of these smaller events. The time to start planning is now. Country football matches are smaller but the need for awareness is very big indeed. I encourage you to put your full weight of support behind a "Blue Footy Day"-John.

OUR WEDNESDAY 2nd MARCH MEETING 2011 IS AT 6.30PM.