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F O R



Y O U

and Your Family



PROSTATE CANCER SUPPORT  
Onkaparinga Group  
South Australia

*An affiliate Member of the Prostate Cancer Foundation of Australia*

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Patron: Artie Ferguson

A Member of the Association of **Prostate Cancer Support Groups (S.A) Inc**  
**Patron: Artie Ferguson**

## **APRIL 2004 NEWSLETTER**

Meeting held at Noarlunga Community Hospital  
on Wednesday April 7<sup>th</sup> 2004 from 6.30 pm to 8.30pm

**Thank you to Noarlunga Community Hospital for allowing us to use the conference room for this our 6<sup>th</sup> meeting.**

**Thanks also to our Sponsors, Woodcroft Community Health Services and Port Noarlunga Christies Beach RSL and to everyone who is supporting us, especially the City of Onkaparinga for the \$2000.00 grant.**

**Chair: John Shields.**

**Guest Speaker: Mrs Kay Wilson, Volunteer Information Officer, Aged Care and Housing Inc.**

**Present: 19**

**Apologies: Harold and Ann.**

**And a big welcome to James and Jessie.**

**James has an appointment with Doctor Sinclair at Repat to discuss Hormone Therapy and to see what his options are, and it was good to see so many members talking to James about the subject.**

**This is the main focus of our meetings, sharing our own experiences with others in an atmosphere of trust. A safe place,( to quote our good Patron Artie Ferguson)**

**Thanks to Arties wife Juli for making some marshmallow bunnies to help us raise some money. Great idea Juli, we raised \$24.00 thanks to you, and Juli will also make up some jars of jam for the Quiz Night on September the 18<sup>th</sup>.**

**All contributions will be very welcome as we want to make the Quiz Night a huge success, and remember, the RSL will give us a donation at the end of the night.**

**Following talks that I have had with Artie previously about having an information table at Colonnades Shopping Centre, we agreed that I write a letter to Artie, as our Patron,**

asking him to approach Colonnades Management requesting a suitable site where we can be clearly seen, and approached.

Our community has been starved of information about Prostate Cancer and the more we keep on doing something positive about that the better.

There is an abundance of information available and we will be Pro Active in our efforts to get that information out into our community.

This, together with our presence at events like the Surf Lifesaving Clubs Championships is all part of the work that we are doing to prepare the way for a Public meeting that we have been planning to have later in the year.

It has been our intention to invite Doctor Elder to be our Guest Speaker.

The meeting tonight, started with a general chat and the small amount of business was attended to including an explanation of what we have in our Library for our members to borrow if they wish.

And the good news is, that Peter Kilie has offered to be our Librarian.

Thank you Peter, and, I believe, special thanks to Peters wife Chris for her very much appreciated suggestion.

Our Ladies are not only our number one source of support, they are a very necessary part of our Support Group. Thanks again to Peter and Chris..

Our Guest Speaker, Mrs Kay Wilson, then talked to us about Aged Care and Housing and the services that are available to residents in the southern area.

Kays talk was very informative and presented in a way that we were all able to relate to.

The feedback even before we left was very positive. Thanks Kay.

### TREASURERS REPORT

#### Income

Brought forward from February	27.15
Collection from March Meeting	25.70
Collection from April Meeting	8.20
Marshmallow bunnies (Juli)	24.00
Donation from Abbott Australasia Inc	<u>250.00</u>
Total	335.05

#### Expenditure

Extra mugs	20.00
Stamps	15.00
Envelopes	3.00
Gift for Speaker	8.50
Association of Prostate Cancer Support Groups	20.00
PO Box (twelve months)	87.00
Bank charges	<u>12.70</u>
Total	166.20
Bank Balance (as at 17 <sup>th</sup> April 2004)	168.85

**An interesting news item from Jack and Christine Doward after returning from a drive through the Meadows area.**

**Jack and Christine noticed a Caravan with a big yellow banner encouraging members of the Public to make a donation to the Hanson Centre for Cancer Research at the Royal Adelaide Hospital.**

**They then saw two ladies who were riding tandem from Adelaide to Port Mc Donald to help raise some money for this very worthwhile cause.**

**Jack and Christine stopped and made a donation and it would be interesting to know how much was raised as a result of the big effort of these two ladies.**

**The figure is not in yet as they only arrived at Port Mc Donald on Anzac day.**

**The two ladies, Jan Cullen`Habner and Ann Fensom are both residents of Port Mc Donald, and Jan`s last effort to raise money for Cancer Research was a Pontoon sit in the bay at Port Mc Donald.**

**Congratulations to both Jan and Ann for riding tandem for around 900kms to raise some much needed money for Cancer Research, it would not have been an easy ride, and something that I could not even think about doing these days.**

**What a tremendous example these two ladies have set.**

**Some more good news on the home front is that Artie has received the results of his last PSA test and it is now down to 6.**

**A huge drop from 306 a few months ago, and we wish Artie well and hope that the reading continues to fall.**

**While chatting with Artie at the Port Noarlunga, Christies Beach RSL after the Dawn Service, Artie suggested that we should lay a wreath on behalf of the Prostate Cancer Support Onkaparinga Group at each Dawn Service and on Remembrance Day, and also advertise our Group on the RSL advertising screen.**

**We approached the RSL Sub Branch President, Paul Kemp who agreed that I should write to him and set out the details of our request.**

**OUR NEXT MEETING  
IS ON WEDNESDAY MAY 5<sup>TH</sup> 2004  
From 6.30pm to 8.30pm**

**Our Guest Speaker is:- Mr John Browning, from The Cancer Council South Australia.**

**The topic of the presentation will be Skin Cancer.**

**We look forward to seeing you there.**