

We are here
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*

NEWSLETTER

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Patron: Artie Ferguson

FEBRUARY 2004 MEETING

Our meeting was held at Noarlunga Community Hospital on Wednesday February 04 at 6.30pm.

Thank you to the City of Onkaparinga, Our Sponsors, Woodcroft Community Health Services and Port Noarlunga /Christies Beach R&SL Sub Branch, and special thanks to the Prostate Cancer Foundation of Australia, The Cancer Council South Australia, and our Patron Councillor Artie Ferguson.

Chair: John Shields.

Present: 16

Apologies: Norman, Jim and Kath, and Geoff.

A big welcome to our new members, Peter and David.

Our first meeting for **2004** started with an enthusiastic chat that I am sure made **Peter and David** feel welcome.

Members talked about some of the experiences that made them feel happy since we last met in **December**, and, as is the nature of things, there will always be an event that brings sadness. Members also took the opportunity to update us on their own progress and I drew strength from listening to what they had to say, we are definitely not alone in our own experiences, yet how many people try to battle on relying on their **own** strength.

There was some very **positive thinking evident** and it was a tremendously uplifting experience to sit back and listen to so many **positive thinkers**, everyone was very realistic about their own situation and very understanding toward others.

It is very encouraging to see the **VISION** of our **Support Group** being put into practice. This is a **positive foundation** for us to build on, and with a willingness to work together, we can only go from **strength to strength**.

THE VISION OF OUR GROUP IS TO BRING TOGETHER MEN WHO HAVE PROSTATE CANCER, PLUS THEIR WIVES / PARTNERS AND FAMILIES, TO GIVE SUPPORT, BASED ON OUR OWN EXPERIENCES.

We also watched the **Video** that **Doctor Elder** loaned us when he was **Guest Speaker** at our first meeting.

[Next page](#)

The **Videos** name, **The Choice Is Yours**, says it all. It is an information only Video and the **Disclaimer** states:- Testing for **Prostate Cancer** is a controversial issue. It is strongly recommended that each **Man** discuss the issue of testing for **Prostate Cancer** with his **Doctor / an appropriately qualified Medical Practitioner**, and went on to say that most **Men** die of other conditions such as **Lung Cancer, Heart Attack or Stroke**.

There were four choices discussed.

1. Don't worry about having the test, just forget about it.
2. Wait a while, give it some thought, maybe have a test later on.
3. Have a once off test to see where you stand right now.
4. Have a regular test every year or 2nd year. Read up, think about it, and talk about it with your **Wife/ Partner, and Family**.

Some people don't want to know believing that the **Cure** is worse than the **Complaint**.

Some worried about knowing, others worried about not knowing.

Others believe that **prevention** is better than **Cure**. More about this aspect next month.---
(Natural Therapies)

There was plenty of food for thought in the **Video** and a big thank you to **Doctor Elder** for lending it to us and for his patience awaiting its return.

I have told my younger brother (61), and my son (28), which is all that I can do. Now, like the **Video** says the choice is **theirs**.

HELP

HELP

HELP

Our Library.

I mentioned at the meeting that we have enough **Videos, Books and Audio tapes** to start our **Library**.

Phyllis has listed them in an exercise book so that we can keep track of them.

What we need now is a **Librarian** to look after your Library.

Are there any **Volunteers?**, please.

We should have the **Library Trolley** by next meeting and this will make things a lot easier. The trolley will be the same as the ones that you see at the local **Library**.

They are not heavy and will easily fit into the back of any car.

Barry's Book.

Sales of this great little book are slow which is surprising, it was selling like hot cakes at the **Adelaide Group** meetings.

Just a reminder. The book costs **\$5.00**, **Barry** gets **\$3.00**, and our **Group** gets **\$2.00** from each sale. So far we have sold three.

Email Addresses:

Would you like to receive your **Newsletter by Email?**

This will save your **Group** some money and make sure that you get your copy as soon as it has been finished.

[Next page](#)

If so, please give your **Email Address** to me at the next meeting.

Our Email address is: jshields@ astromail.com

Web sites:

Our Web site is www. pcsog. com

The PSA Adelaide Groups Web site is: www.psaadelaide.org

Association of Prostate Cancer Support Groups (SA) Inc.

This will confirm that we are now part of the above **Association**.

The **Committee** is made up of two members (**Delegates**), from each of the six **Groups**, and our representatives are **myself** and **Brian Foreman** who, as **Public Officer**, was already on the **Committee**, which will meet as often as may be required to conduct the business of the **Association** and not less than **2 times each calendar year**.

All offices will be declared vacant at each **Annual General Meeting** and I will be happy to step aside next year if someone else would like to be a **Delegate**.

Each of the six **Support Groups** is an **Affiliate Member** of the **Association** and we are entitled to only **one vote** at a meeting of the **Association at which we are present**. **Voting by Proxy is not permitted.**

Australian Surf boat Open:

Thanks to Artie, Jack and Christine, Phyllis, Norman, John and Ian for your help. It was very much appreciated on these very hot days.

This certainly was the big event that everybody said it would be, the sun shone very brightly and the visitors flocked to the beach in their droves.

We had several enquiries, though not as many as we had hoped.

Nevertheless, our **Patron, Artie Ferguson**, circulated amongst the throng several times, armed with a collection jar and came back each time with some very welcome donations. We collected **\$9.60** on Saturday and **Artie** boosted this to **\$89.05** by the end of the day on Sunday. Great work **Artie, thank you very much.**

The stall and information table was well set out and we had overhead protection from the sun, so everything was done to help us make a success of it.

Thank you to **John Smith** and the **South Port Surf Life Saving Club** for letting us have the information stall and for making everything so easy for us.

More about Surfing:

The **Port Noarlunga Surf Life Saving Club** will be holding an event on **Saturday 2 and Sunday 29th February 04**, and we will be having an information stall there too, so please put those dates in your diaries and help make a success of this as well.

It will be the **Christies Beach Surf Lifesaving Clubs turn in July, dates TBA.**

[next page](#)

More Community Support:

The Port Noarlunga–Christies Beach R&SL Sub Branch have just given us a donation of **\$100.00** and have arranged a **QUIZ NIGHT** for us on **Saturday, September 18th at 7.00pm for an 8.00pm start.**

Please bring along a prize to help us have a big and interesting prize pool.

The Sub Branch will also donate some prizes.

This is a wonderful gesture and the **Committee** are to be congratulated for their fine sense of **Community**, they saw a need and they have **generously responded** to it.

Thanks also to **Jeffrey Delaney** for donating two reams of **A4 Premium copy paper**.

This will certainly be put to good use and also very much appreciated.

The Port Noarlunga --- Christies Beach R&SL Club Rooms are situated on the Esplanade next to the old Caravan Park and Bowling Club, up from the Jetty.

Treasurers Report:

Income

Collection from February meeting	21.90
Donations from Surf Boat Open	89.05
Donation from PNCB R&SL Sub Branch	100.00
Sale of Barrys book (1)	5.00
Total Income	\$ 215.95

Expenditure

Brought forward from December	119.55
Bank charges	10.00
Stamps	10.00
Gift for Speaker (December meeting)	11.05
Copy Paper	28.20
Floppy Drive (2nd hand)	10.00
Total Expenditure	\$ 188.80
Balance in Bank	+ \$ 27.15

OUR DOLPHIN LOGO The Dolphins, We are here for you and your family.

THE DOLPHIN IS A FRIENDLY MAMMAL THAT IS KNOWN FOR ITS DESIRE AND ABILITY TO HELP AND SUPPORT A SWIMMER IN DIFFICULTY, IT ASKS NOTHING IN RETURN.

THE DOLPHINS REPRESENT OUR DESIRE TO SUPPORT OUR MEMBERS AND THEIR FAMILIES IN A FRIENDLY MANNER, GIVING OF OURSELVES AND ASKING NOTHING IN RETURN. THE MORE DOLPHINS IN THE POD, THE MORE PEOPLE THEY CAN SUPPORT.

THE MORE WILLING MEMBERS WE HAVE THE MORE SUPPORT WE CAN GIVE.

NEXT MEETING: Wednesday 3rd March, 6.30—8.30 pm

