

CANADIAN PROSTATE

CANCER NETWORK

BRAMPTON CHAPTER



Visit our Web Site:

<http://www.ustoo-brampton.com>

FEBRUARY 2007 - NEWSLETTER

Us -Too! Brampton's Next General Meeting will be held on TUESDAY, FEBRUARY 13th, 2007

We don't have a guest speaker for this meeting but will be presenting a number of video presentations. One video will provide an overview of the Crusin For A Cure event held annually in California. We are planning for a similar Canadian event this September and this video will give you a good idea as to the nature of the event. See Jim Dorsey's column below for further information.

Fred Norris, Chairman, 905-877-8092 or e-mail: fred.norris@ustoo-brampton.com

We look forward to seeing you in Room #2, The Terry Miller Recreation Center, 1295 Williams Parkway at the southwest corner of Williams Parkway & Bramalea Road. Parking is free.

Last Meeting – JANUARY 9th, 2006 – Natural Health Presentations

Dr. Kelly Nolan, BSc. Pharm., Naturopath and Pharmacist

Hasina Ireland, Registered Nutritionist.

About 60 members, wives and guests attended this evening. Dr. Kelly Nolan presented first on "Integrative Medicine & General Health" while Hasina Ireland followed with a talk about the energy centers of the body which correspond to particular organs, particularly the prostate - the sacral chakra.

Dr. Nolan defined Integrative Medicine and how knowledge of mainstream drugs and herbal remedies and their interactions could provide an integrated approach to address health concerns such as Hormonal imbalance, Rapid Ageing, Benign Prostatic Hypertrophy, Prostate Cancer, Weight Gain, Digestive Imbalance, Depression etc.

Detoxification was the missing link according to Dr. Nolan and she stressed the need for Herbal Detoxification to improve the body's nutritional absorption ability and bring about improved health benefits and balance in the body. Dr. Nolan has offered a complimentary consultation to any of our interested members.

Hasina Ireland discussed the meaning of disease on a spiritual level and briefly explained the 7 main energy centers (chakras). She went on to cover the spiritual aspects usually at the root of Prostate imbalance and provided suggestions to balance the activity of the sacral chakra and to address the flow of sexual energy related to Prostatic disease.

The talk was followed by a lively discussion with many diverse questions and topics related to natural medicine. Members openly expressed and shared their experiences. Several One-on-One sessions were also held between members and Kelly & Hasina.

Many thanks to Dr. Kelly Nolan and Hasina Ireland for an interesting and lively evening, and our thanks to the Yoga Loft, Brampton for helping arrange the presentations.

2007 Guest Speakers And Events

Tuesday, 13 March 2007 - Dr. Robert Bristow – New tests to aid in Prostate Cancer Detection

Additional speakers will be announced shortly. Please forward any suggestions to:

Mukul Luthra, Speaker Committee, 519-853-4075, e-mail: mukul.luthra@ustoo-brampton.com

A Message From The Chair

Lets start with the good news: The City of Brampton is backing our plan to put on a "Cruisin' for a Cure" event this year. Do you realize the work and effort that Jim Dorsey and John Sleath have put into getting this first step accomplished?

Now the hard work starts and Jim is going to need some volunteers to plan and carry the event through to fruition in September. Prostate Cancer Research will be the beneficiary of this event and now we need the hands to make it happen. Once again we have been forced to review our newsletter funding issue. There are 55 members presently receiving the newsletter who have not yet forwarded the very nominal \$10 annual subscription fee.

Costs dictate to us and if you are one of the delinquents you have one month to rectify the situation if it is just an oversight on your part. I am sad to report that two of our long-time telephone callers, Alec Gardiner and Clure Cheyne, have had to call it quits. Our thanks to them for the yeoman service over the years; it was much appreciated. And our thanks to Tilly Netherton and Aileen Sleath for stepping up to take their places and to Sandi Dorsey for volunteering to be a backup caller. Stew Cornell could still use a few more backup callers. Any Volunteers?

Fred Norris, Chairman, 905-877-8092, e-mail: fred.norris@ustoo-brampton.com

RECENTLY DIAGNOSED? Contact Us Too! Brampton

If you have been recently diagnosed with prostate cancer and would like to talk to someone who has been there, please call ahead and we will arrange to meet you at a convenient time and place.

Alternatively, come early to one of our monthly meetings and inform the front desk of your arrival. One of our counselors will welcome you and listen to your concerns. Our monthly meetings are held on the 2nd TUESDAY of each month except July & August but we accept calls all through the year. Family members or friends and supporters are welcome! There is no obligation to join anything. We have been there and we think we can help you deal with this very difficult period in your life. If you would like our support, please call any one of the following to obtain meeting dates and locations:

John Sleath, Awareness Coordinator, 905-456-9943, e-mail: john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

Fred Norris, Chairman, 905-877-8092, e-mail: fred.norris@ustoo-brampton.com

Finance

I often wonder that if I had my life to live over again, would I change anything. You bet your life (and in this case, "my life") I would. Naturally, as I dream on, in the state of euphoria I am in during these moods, I start at the beginning, which is of course my school days. Not much doubt here, I would have worked harder, much harder, and won all kinds of scholarships, finished university, wrote my first book before I was twenty, did my military service and of course ended up today as an Admiral, possibly Admiral of the Fleet. On the other hand, if I chose a business career, I would easily have out trumped Donald Trump, and likely become the world's richest man.

Naturally I would tell my wife that I would not dream of marrying someone else. I would want the same wonderful family. No changes there...well it would keep the peace anyway. Then, as L'il Abner might say, "If I had my druthers", perhaps I could be a famous violinist, not that I cared much for the violin, I preferred the piano, which brings me to tell you I had a great fondness for Liberace, that is from his magical musical point of view , nothing else. But dreams and wishes are just that, dreams and wishes. I hardly need to say that it hurts no one if you dream and wish, but unfortunately it gets nothing done or accomplished.

So,... lets smarten up and live in reality with our current state of well being, and ask ourselves " What can I accomplish with the time I have left allotted to me". Well, keep calm. Ask yourself " What would I like to meaningfully accomplish in the next five years"? (All good businesses have at least a five year plan). But, such plans are simply targets, and lets be honest, it's doubtful we would hit the bulls eye. However, if we do not try, if we don't aim, we certainly won't. I don't keep my target or targets a secret. So I'll let you in on mine. I want to be a cog in the wheel, albeit a small one, in finding the cure for prostate cancer. Ambitious perhaps. I'm not looking to get my name in lights, just getting behind "CRUISIN FOR A CURE". Join us, it promises to be a hell of a ride. Ask Jim Dorsey. He's had a taste of it already.

Gerry Brunjes, Financial Controller, 905-791-3043, e-mail: gerry.brunjes@ustoo-brampton.com

Cruisin' for a Cure Canada Has a Tentative Location & Date

After months of frustrating searching, we are pleased to announce that the First Annual "Cruisin' for a Cure Canada" will be most likely be held at Donald M. Gordon Chinguacousy Park. The tentative date is Saturday, September 2. Much to our delight, Mayor Susan Fennell has thrown her support behind the project. John Sleath and I have already met with Mr. Harvey Newlove, Director of Recreation Facilities & Programs to establish the feasibility of using Chinguacousy Park.

The next step is to present the project to City Council. With their approval in hand, we will then be able to meet with the staff of Chinguacousy Park to begin the hard work of planning all the details of this huge event. And now we need your help to locate sponsors, enroll exhibitors, sign up businesses, sell tickets, supervise customer parking and all the other tasks that must be accomplished if this event is to be successful. If you are Car Crazy or if you know others who are, come on out and get involved.

See <http://www.cruisinforacure.com> for the California site.

If you have a High Speed Internet connection, watch Debbie Baker, the founder of Cruisin' for a Cure, being interviewed at the 5th Cruisin for a Cure event in 2004 by Barry Meguiar for his Car Crazy television show at http://www.carcrazycentral.com/cc_tv.aspx?contentid=661

Jim Dorsey, Cruisin for a Cure Coordinator, 905-453-3038, e-mail: jim.dorsey@ustoo-brampton.com

Canadian Cancer Society 'RELAY FOR LIFE' - Friday, June 1 to Saturday, June 2, 2007

This year, the Us Too! Brampton Team will take part in the Relay for Life to be held overnight in Georgetown at the Gellert Community Centre, located at 10241 8th Line.

Registration opens at 6 p.m. on Friday evening; Opening Ceremonies start at 7 p.m. and Closing Ceremonies at 7 a.m. Saturday morning. Even if you are not interested in walking in the Relay, please join us for the Survivors' Reception at 5 p.m. on Friday, stay for the Opening Ceremonies and then take the Survivors' Victory Lap with your fellow survivors. You've earned the right!

You can also purchase Luminaries for \$5 each to honour those who have succumbed to Cancer or who continue to fight it.

Finally, you can join Tilly Netherton and volunteer to assist with the operation of the Relay for Life. I am hoping that all available walkers from previous teams will join us again this year: Bill Blance, Charles Busby, Ian Clarke, Kenneth Clarke, Frank Connolly, Gary Foote, Julia Foote, Megan Foote, Michael Loughnan, Mukul Luthra, Tilly Netherton and Denis Paris. If you have never walked before but wish to join our team, please don't be shy. Phone, e-mail or see me at a monthly meeting. Your participation will be most welcome.

Jim Dorsey, Us Too! Brampton Team Captain, 905-453-3038

e-mail jim.dorsey@ustoo-brampton.com

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote

Gary Foote - Newsletter Editor

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Us Too! - Brampton

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