

CANADIAN PROSTATE

CANCER NETWORK

BRAMPTON CHAPTER



Visit our Web Site:

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

JANUARY 2007 - NEWSLETTER

Us -Too! Brampton's Next General Meeting will be held on TUESDAY, JANUARY 9, 2007

We are pleased to announce, in association with the Yoga Loft, an evening on Natural Health with Dr. Kelly Nolan, BSc., Naturopath and Pharmacist and Hasina Ireland, Registered Nutritionist.

Kelly Nolan will cover 'An Integrative Approach' for:

- * Hormonal Imbalance (Testosterone)
- * Erectile Dysfunction (ED)
- * Rapid Ageing
- * Benign Prostatic Hyperplasia (BPH)
- * Prostate Cancer
- * Male Infertility (Low Sperm Count)
- * Weight Gain
- * Digestive Imbalance
- * Depression

Hasina Ireland will briefly speak on the energy centers of the body which correspond to particular organs, particularly the prostate - the sacral chakra:

- * The meaning of disease (on a spiritual level)
- * Brief explanation of the 7 main energy centers (chakras)
- * Spiritual aspects usually at the root of Prostate imbalance
- * Suggestions to balance the activity of the sacral chakra
- * The flow of sexual energy related to prostatic disease

Come and join Kelly & Hasina and learn how Integrative Medicine can naturally support prostate health and lifestyle !

Send any questions for Kelly & Hasina to:

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 - DECEMBER 12, 2006 – Christmas Social & Pot Luck Supper

Around 50 members and guests showed up at the event and just had fun, relaxed, chatted and enjoyed a buffet meal! Although we did not have live entertainment, spirits were high nonetheless as a music play list was specially prepared for the evening. The twin CD set was eventually won as a prize. Members and guests certainly enjoyed the camaraderie and spirit of it all. The event closed with our customary lucky draw and many wonderful prizes were won.

Many thanks to all those who donated the prizes for the Raffle.

2007 GUEST SPEAKERS & EVENTS

Tuesday, 13 Feb 2007 - Open - (To be announced)

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

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

A MESSAGE FROM THE CHAIR

As we enter 2007, preparations are well under way for the Prostate Cancer Conference that will be held at the Toronto Westin Hotel in late September. The first conference held in 1997 blended the various cancer factions into a group that set out to fight this insidious disease. It also prompted the formation of the CPCN (Canadian prostate cancer network) which was to be an integral part of the main group.

Ten years on and spearheaded by the Canadian Prostate cancer research initiative (CPCRI) we are ready to showcase the progress and achievements made in the scientific medical fields and its application to the patients. It will be an exciting conference, which should go a long way in cementing cancer relationships even further.

A happy and Healthy New Year to you all.

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

And so, we have reached the year 2007, putting 2006 behind us. It's history. It is therefore time to reflect on the past year, to ponder our mistakes, to resolve any unattended problems and to consider our resolutions for the new year. Beyond that, your committee is studying what went well in the old year in the hope of doing it again sometime in the future.

We look at membership attendance for the individual speakers we have had, that is "who" drew the best (and worst) audiences. This gives us an idea of preferred subjects by the group, and maybe even trends. It is of interest also to see the female concern. Usually a popular topic cannot be repeated quickly as this would lead to disinterest.

The question has arisen as to what to do about delinquent membership subscriptions. As you know, the subscription request is for a mere \$10.00 a year. However, we can only conclude that members who do not submit this mere pittance, and who never come to general meetings, have little interest in the support group and the work that we do. That's men for you. I think the attitude would be very different if we were a breast cancer support group. Anyway, as a result, we may be forced to trim the membership list down to those who show interest, or at least pay their subscription although this is not a step we want to take. We will continue to e-mail newsletters to everyone on our list but the regular mail list may be trimmed down to active members. Anyone who would prefer to receive the newsletter via e-mail should contact Gary Foote: gary.foote@ustoo-brampton.com

To look at another potential problem, your Chairman and Treasurer are not getting any younger. We need younger blood now to join the committee, and eventually evolve into these positions.

So, with these thoughts in mind, I leave you for now with my wish for a "Happy New Year" to you and yours, and for the easy but useful new year resolution, ...Pay your Dues.

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

Cruisin for a Cure Canada

It is our intention to hold a car cruise in support of Prostate Cancer Awareness and Research. This event, to be called "Cruisin for a Cure Canada", will be modeled on the highly successful Cruisin for a Cure created by Debbie Baker of Orange County, California. I attended the 7th edition in Costa Mesa on September 23rd and worked at the Testing Van on Friday night and Saturday. The statistics were amazing: 3,400+ custom, classic and special interest cars & trucks were on display, 25,000+ admission tickets were sold, \$279,000 was raised for Prostate Cancer research at UCL and most importantly - 970 men received free PSA tests and/or DRE examinations.

I witnessed many men dragging their friends in to be tested and as always there were still men whose wives had to do everything but give blood to get their husbands tested. It was an amazing experience, but nobody was embarrassed and everybody KNEW why they were there. Debbie's inspiration was to get a lot of men in one location having fun with their friends and their favourite toys and use the opportunity to introduce them to the very serious topic of Prostate Cancer. Her results have been amazing and ours will be as well - with your help.

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 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

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Us Too! - Brampton

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