

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



Visit our Web Site:

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

UsToo! Brampton – March 2008 – Newsletter

Our Next General Meeting will be held on TUESDAY, March 11th at 7:00 PM

"Brachytherapy for Prostate Cancer: Who should consider it and why"

Presented by: Dr. Juanita M Crook, FRCPC, MD

**Professor of Radiation Oncology, University of Toronto,
Staff Radiation Oncologist, Princess Margaret Hospital**

In her talk Dr. Juanita Crook will cover several topics of interest to our members:

- 1. Selection criteria**
- 2. Seattle experience with over 15 years of follow-up**
- 3. Princess Margaret Hospital experience with over 1000 cases**

Dr. Crook is the Head of the PMH/UHN Prostate Brachytherapy Program. Over 900 men have been treated in this program since it was established in March 1999. Dr. Crook is one of the Canadian pioneers in the use of intermittent androgen suppression for recurrent or metastatic prostate cancer, establishing a Phase 2 trial in Ottawa in 1993.

She has published 2 book chapters and 2 articles on the use of Brachytherapy for penile cancer and is a world-renowned authority on this subject.

If you have any questions for Dr Juanita Crook please email: questions@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 as always is free.

Fred Norris – Princess Margaret Hospital Donation Fund

Us Too Brampton has decided to make a \$500. Donation to Princess Margaret Hospital / Prostate Cancer Research in honour of Fred Norris and his contributions to the group. There will be a donations box available next meeting for anyone who would like to contribute.

Last Meeting – Feb 13th, 2007

"A Tribute to Fred Norris" by Gerry Brunjes - Us Too! Brampton - Treasurer

We had a relatively modest turn out at this meeting due to a fierce snow storm and hazardous conditions leading to massive traffic back ups. Many a phone call came in enquiring about cancellations. Despite the conditions, some 25 members and guests braved it to the hall. Understandably our guest speaker Dr. Andrew Loblaw could not make it - given the evening's conditions it would have taken him nearly 3 hours to get through Toronto to the Terry Miller. We'll seek an alternative evening to have him back.

It was a solemn evening. Gerry Brunjes read a tribute to our dearly missed chairman Fred Norris, recalling his life, war time service and his contributions as a pillar of Us Too Brampton. This was followed by an Audio Visual slide show " Remembering Fred Norris ... Our Hero" Members then observed a minute of silence in his honor .

We watched and explored through The Prostate Center's interactive CD "A Patient's Guide to Recovery from Prostate Cancer " and the members found this CD very informative.

Announcements were made about Us Too! Brampton's participation in an upcoming event during the "Black History Month Celebration" to promote prostate cancer awareness and the need for early testing.

In addition, our annual Theatre Night was announced with a request to help sell tickets.

2008 Guest Speakers And Events

Tues, April 8, 2008 - Topic to be announced

Dr. Michael A. Jewett - Professor of Surgery (Urology) University of Toronto,
Department of Surgical Oncology of Princess Margaret Hospital,
Clinician investigator at the University Health Network

Tuesday, 13 May 2008 - Incontinence and ED (details to be announced)

Dr. Sidney Radomski
Associate Professor In Surgery (Urology)
Toronto Western Hospital (University Health Network)

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

Financial Matters

I need hardly remind the membership that our group's fund raising efforts are an essential part of our year. As a group, we could not exist without income, much the same as any of our members and their families. No money...no survival. Both our fund raising efforts occur within the next four months, our annual Theatre Night and the Golf Tournament.

I have managed to secure 150 tickets for the "Neil Simon's" comedy called "Last of the Red Hot Lovers" for Wednesday April 23rd. The price is \$15.00 per ticket of which we now have to pay \$1.50 to the City of Brampton for the use of the theatre.

Still, with a sell out we could add \$2000.00 to our treasury, which we need to offset a part of the cost of our biggest awareness event: "Cruising for a Cure" in September.

The theatre is The Lester B. Pearson in the Civic Centre beside the City Centre, and curtain time is 8pm. Tickets are available from me now, and also at the general meeting. If a number are needed on consignment, no problem. Just contact me. Contact your friends and relations for a fun evening April 23rd.

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

Prostate Cancer Awareness

Fred Norris was, Prostate Cancer Awareness! But until his "*graduation*" we didn't realize just how much time and effort he put into steering US-TOO Brampton, Fred's absence was more than apparent at our last steering committee meetings and whereas we are not rudderless we are in serious need of help. We would like to be able to continue to respond to companies and organizations that request presentations by our group, on the incidence and seriousness of prostate cancer and the options available. We do not council or offer medical advice but through our monthly meetings where doctors and other health care workers are usually our guest speakers we become a conduit for sound medical advice and let's face it," we have all been there". We are going to continue to keep this group that Fred Norris founded, focused on awareness and support for people newly diagnosed and on our secondary objective, to raise money for prostate cancer research, through the various fund raisers we hold during the year, our Theatre Night, our Annual Golf Tournament, Cruisin' for a Cure, etcetera.

Our next major awareness event is:

The 4th Annual Evening of Hope at the North Bramalea United Church on April 6th

Prostate Cancer is a disease that knows no racial bounds and it affects us all. Please try to give us a hand. Contact John Sleath if you feel you could spare a few hours.

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

Canadian Cancer Society 'RELAY FOR LIFE' 2008

We have not yet decided which Relay for Life we will join this year. The Brampton event takes place at the Brampton Fairgrounds on June 20 - 21, while the Georgetown event happens at Gellert Community Centre on June 6 - 7.

Last year we walked at Georgetown because I had a conflicting event and because that location was handy for Fred Norris. I have the same conflict this year, and it might be appropriate to honour Fred by walking at Georgetown again. If not, any one of our regular walkers can be Co-Captain this year. Your suggestions are welcome. Once we decide on the location, we will provide you with more information on registering to walk with us and on making pledges to support the team.

As always, the schedule will include: Registration opening at 6 p.m. on Friday evening; Opening Ceremonies starting at 7 p.m. and Closing Ceremonies at 7 a.m. Saturday morning. There will likely be a Survivors' Reception at 5 p.m. on Friday as well. We hope that many of you will join us for the Reception, stay for the very moving Opening Ceremonies and take the Survivors' Victory Lap with your fellow survivors. You've earned the right.

You can also purchase Luminaries for \$5 each to honour someone who has succumbed to Cancer or to support someone who continues to fight it.

Finally, you can join Tilly Netherton and volunteer to assist with the operation of Relay for Life. 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. We share a lot of laughs and a few tears throughout the night of the Relay.

Jim Dorsey, Team Captain, 905-453-3038 or e-mail: jim.dorsey@ustoo-brampton.com

Cruisin' for a Cure Canada (CfaCC) Report

The CfaCC Committee met at the Chinguacousy Curling Club on Saturday, January 19. A number of our key members were unable to attend, but those who did attend are obviously raring to go. The meeting was quite useful; many ideas were contributed and discussed.

The event flyers and posters are once again being created by our Graphic Artist, Fernando Pacheco, and they will be available soon. At that point, we can start promoting the event, much earlier than we did last year.

If you are going to help on September 13, please contact me immediately and advise me of your shirt size(s). This year, we are going to provide special free "STAFF" shirts to everybody who works at the event. You WILL want one as they will be as striking as were last year's Survivor and Participant T-shirts. So please contact me.

Last year, Stew Cornell and Paul Paradis provided me with invaluable assistance, contacting local merchants who provided us with door prizes and auction items. We need two or three more people to help with this effort this year.

Even if you cannot devote a lot of time to helping out, you can still help by providing us with contact information for local car dealers and other businesses that we can approach to sponsor this worthwhile event. ALL businesses are potential sponsors, not just those associated with the automotive industry. So please put some thought into identifying people that you know who might want to help us increase awareness of this deadly disease that has affected all of us so deeply.

If you know people who are "Car Crazy" and have a vehicle that would be of interest, please provide me with their names as well. Classic vehicles, hot rods, customized and special interest cars & trucks and motorcycles are all welcome at Cruisin' for a Cure Canada. If YOU have considered getting involved with Cruisin' for a Cure, please either see me at the February meeting or contact me or my wife Sandi at any time. We need you!

Jim Dorsey, Cruisin' for a Cure Canada Coordinator, at 905-453-3038
or e-mail: jim.dorsey@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, or john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

Gary Foote, Newsletter Editor, 905-458-6650, or gary.foote@ustoo-brampton.com

Regular mail costs us almost a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote. If you already receive your newsletter via e-mail make sure to notify us if your e-mail address changes. Anti-Spam features occasionally stop the newsletter from going thru so if you don't receive it for any reason please notify me and we'll get you a copy somehow.

Gary Foote - Newsletter Editor

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