

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



Visit our Web Site:

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

UsToo! Brampton – Sept 2008 – Newsletter

Our Next General Meeting will be held on TUESDAY, Sept 9th at 7:00 PM

"Erectile Dysfunction"

by Dr. Jack Barkin M.D., F.R.C.S. (C), F.A.C.S., F.I.C.S., D.A.B.U.

Director of The Male Health Centre, Toronto

Chief of Staff: Humber River Regional Hospital, Toronto

Assistant Professor: Dept. of Surgery, University of Toronto

Erectile dysfunction has been an interest of Dr. Barkin's due to the demand from his patients for more information.

Dr. Barkin has been active in clinical drug research since 1989 and has done numerous journal papers and presentations since graduating from medical school.

Please send any questions for Dr. Barkin to: e-mail: 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.

Last Meeting – Tuesday, June 10th, 2008

Our June meeting was a Pot Luck Social event without a speaker. The members attending were treated to a good meal and almost everyone went home with a prize from the raffle. Our thanks to those that brought food and donated gifts for this event.

2008 Guest Speakers And Events

Tuesday, 9 September 2008 - "Erectile Dysfunction" - Dr. Jack Barkin

Director of The Male Health Centre, Toronto
Chief of Staff: Humber River Regional Hospital, Toronto
Assistant Professor: Dept. of Surgery, University of Toronto

Tuesday, 14 October 2008 - "Management of Urologic Malignancies With Minimally Invasive Techniques" - Dr. Tony Finelli

MD, MSc, FRCSC
Division of Urology Minimally Invasive Surgery,
Department of Surgical Oncology, Princess Margaret Hospital

Tuesday, 11 November 2008 - Topic to be confirmed but will most likely include PSA Testing, Biopsy, Gleason Scoring and Staging - Dr. Gerard Morton

Radiation Oncologist - Odette Cancer Centre, Sunnybrook Health Sciences Centre.
Assistant Professor - University of Toronto.
Head of brachytherapy program - Sunnybrook.

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

Financial Matters

We don't have a final tally at the time of the newsletter but this year's Golf Tournament was an unqualified success with over 105 people in attendance. While it's a lot of work, this event has become one of our best yearly fundraisers. Our thanks to Morris Rambout, the members of the Golf Committee and all of the Volunteers for all of their help making this event a success.

About a dozen members and their families attended this year's Relay for Life event at the Brampton Fair Grounds. A quite reasonable sum was raised for the Canadian Cancer Society and a good time was had by all of the attendees.

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

The Mission?

In 1994, Fred Norris and the other founding members started Us Too! Brampton. Their mission was to provide support to newly diagnosed men and their families and to increase awareness of Prostate Cancer in Brampton and area. The intent was to ensure that they did all that they could to prevent any other family going through what they had gone through.

When I attended my New Member meeting in June, 2000, I was made welcome by Fred, Alec Gardiner, Don Grant, Doug Hancock and others. During the first part of that meeting, we new members learned more about the disease that had turned our lives upside down than our doctors had told us. We each then spoke one-on-one with a man who had gone through what we were about to undergo. Doug Hancock prepared me for the details of my radiotherapy, greatly reducing Sandi's and my anxiety.

Over the next few weeks, Sandi & I received frequent supportive phone calls from Fred, from Don and from Doug. After my treatment, Jack Dainton, my Telephone Committee caller, took over, calling me each month to remind me of the Monthly Meeting and to see how I was doing. Along the way, Don Grant, with that pixy grin of his, took over my life by hooking me on the mission as well. But that's another story.

Question: What has happened to that mission? With the exception of the few people who serve on the Steering Committee and the few others that we can draft when needed for large projects, the majority of our members seem content to simply attend the monthly meetings. There are people hurting out there and we aren't finding them or helping them enough when they manage to find us. At least, we are not helping them as much as we longer-term members and our families were helped.

Something vital has gone out of the organization since Don, Alec and Fred died. We need YOU - both men and women - to step up, get actively involved and help us get back on track so we can pursue the mission set for us by those extraordinary men who started Us Too!

Wellspring Chinguacousy and The Healing Journey

We have a remarkable new resource in the community, located in a large new building at 5 Inspiration Way, near Torbram Road & Father Tobin Way. Wellspring Chinguacousy is a combination of a drop-in centre and classrooms.

Most staff members are volunteers and all staff are dedicated to helping the victims of ALL cancers endure their ordeal. Drop in to see the facility or phone 905-792-6480 to see what Michelle Adamski and her volunteers have to offer. Amazingly, "All programs are offered free of charge, and without referral." Other programs include yoga, tai chi and meditation.

In August I attended the introduction to The Healing Journey, the self-discovery, self-healing program developed by Dr. Alastair Cunningham at Princess Margaret. Dr. Andrew Matthew described the program to us during a monthly meeting in 2006 and I finally decided to obtain more information. I will be taking the program starting this fall. Hopefully I can learn how to overcome the lingering psychological effects of dealing with Prostate Cancer and my own mortality. As Dr. Matthew suggested, we survivors are all suffering to some degree from Post Traumatic Stress Disorder, which we have to acknowledge and work through if we are to be fully healed. The program recognizes that caregivers and family members are in the same boat and require the same efforts.

If you have internet access, check out <http://healingjourney.ca>. If you don't have internet access, phone the Healing Journey Program office at 416-946-2062 or contact Wellspring and look into the program. One starts at Wellspring in September. It is offered elsewhere in the GTA as well.

Finding Sponsors for Cruisin' for a Cure and Other Events

We all have difficulty asking for anything from friends and family members, never mind from people that we don't really know. It's tough to ask for a donation or other contribution to an event like Cruisin' for a Cure or the Annual Golf Tournament.

But people respond to an appeal for assistance for our cause. Nearly everybody has been affected by Prostate Cancer in some way. You will be amazed by the reactions that you will receive. Yes, some will simply turn you down, but others will leap at the chance to help out, often in memory of somebody who has died or in support of somebody who is suffering now.

Recent contributors to Cruisin' for a Cure include Wimpy's Diner, a relatively new diner located at Torbram and Queen. Sandi & I love their breakfasts and we recently broached the subject to the manager, who contributed gift certificates as door prizes.

Bill Stellings of BramCity Transmission has championed the cause and will be providing a free hot dog and a soft drink to each of his customers who brings in a coupon received at his business. He stepped forward at last year's Cruisin' event and has been a key member of our committee this year.

Carman McClelland, a local lawyer and the new head of the Brampton Board of Trade, heard Bill Stellings discussing Cruisin' for a Cure on Car Connection, Nile Jenkins's Saturday morning program on WDCX, 99.5 Buffalo. Carman has stepped forward to help us promote Cruisin' for a Cure to the members of the Board of Trade.

We add new supporters to the rolls every day. Please consider who you might approach to help and ask for the appeal letter and flyer that we are using.

Status of Cruisin' for a Cure

The Blood Clinic - Mike Loughnan is again setting up the clinic with Canadian Medical Laboratories. As was the case last year, Margaret Butterly and Tilly Netherton will maintain order. We expect that many more than 131 men will be tested this year.

Publicity - You have probably noticed full-colour ads in the Guardian. The Brampton Guardian is sponsoring us this year. Our event is listed in various car hobby publications including Old Auto and Hot Rods & Customs and on a number of City of Brampton and car hobby websites.

Vehicles Signed Up - As of August 31, we had 40 vehicles enrolled. With two weeks to go last year, we had fewer than 10.

Vendors & Exhibitors Appearing

Antique fire trucks from Brampton and Toronto will be on display. Working trucks from the Brampton stations will arrive throughout the day, bringing on-duty firefighters to be tested.

Meguiar's, the leading manufacturer of car care products will be there. Almost every car lover has a trunk full of their products!

Roswell Park Cancer Center from Buffalo. A number of our members have obtained treatment there; they are a first-class facility.

Wellspring Chinguacousy will provide information on the various programs offered. Justine Blainey Wellness Centre staff will be there with details of their chiropractic services.

Of course, Us Too! Brampton will provide information about Prostate Cancer. Others are yet to be confirmed.

Entertainment

Bob McKerron will once again provide disk jockey services, playing 50's rock and roll and public address services. Bob is a former Brampton resident who specializes in car shows. He is kindly contributing his services to Cruisin' for a Cure. Bob recently lost his beloved wife Sue to complications of Rheumatoid Arthritis and as a result is working hard to increase awareness of that dreadful affliction.

Remember that Chinguacousy Park offers many interesting features. There are greenhouses, a petting zoo and a miniature golf course for the more sedate among us. There is also a new skateboard park for the children and grandchildren. I believe that there are even volleyball courts near the ski hill north of the show site. Opportunities to walk safely abound in "Ching".

Food Services

Bill Stellings of BramCity Transmission will operate a hot dog cart, supplying a hot dog and a soft drink to his customers who bring in a coupon obtained from his business. BramCity will remit \$3 to Princess Margaret for each coupon redeemed during the day.

Peter & Paula Trasias of P & P Catering have agreed to supply hot dogs, hamburgers and sausages to everybody else throughout the day. They will also serve soft drinks, coffee and tea.

Mr. Cool, the excellent ice cream vendor who attended last year's 1st Cruisin' for a Cure, will return along with his classic Chevrolet Camaro.

In addition to inside seating in the Curling Club, Rob Gasper's crew will be setting up a number of picnic tables at the west side of the parking lot in a pleasant grassy area. After the show, Peter & Paula will cater a sit-down buffet dinner in the Curling Club. Sandi says that P & P's chicken souvlaki is the best she's ever had. It will be served with salad, rice, dessert and coffee or tea. The price will be less than \$18 per person.

There will be a number of people taking photos and videos throughout the day. Mukul Luthra will be providing an audiovisual program for your enjoyment before and during dinner.

Please join us for this social event and meet some of the people who bring their cars to help us attract reluctant men so that Tilly and Margaret can persuade them to take free PSA blood tests. Car crazy people are some of the finest people you could want to meet. You can sign up for dinner at the September 9 meeting or contact me directly.

Organizational - Organizational meetings have taken place upstairs at the Curling Club every Wednesday night throughout August. The second last organizational meeting will be at 7 p.m. on Wednesday, September 10. The final organizational meeting will take place at 7 p.m. on Friday, September 12. We'll need help with preparing the Curling Club contents and everybody who plans to work the day should come in to discuss their responsibilities. Both meetings will be held upstairs at the Curling Club.

SHOW HOURS

The gates will open at 7:30 a.m. Saturday morning, September 13.

Staff, exhibitor and vendor parking will be accessed off Bramalea Road.

Spectator parking will be available off Central Park Drive either on the west side near the Fire Department building or on the north side near the Ski Chalet.

The Blood Clinic will operate from 9 a.m. till 4 p.m. in the basement of the Curling Club.

The Car Show will open at 10 a.m. and end at 4 p.m.

The dinner will be served at 5 p.m. on the Curling Club floor.

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

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 be 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.

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