



Us TOO Brampton December 2009 Newsletter

Visit our Web Site:

www.ustoo-brampton.com



Our Next General Meeting will be held on Tuesday, December 8th at 7:00 PM

Our Year End Christmas Pot Luck Social Get Together and Lucky Draw

Just kick back, relax, chat, have a buffet meal, listen to light music and make it a fun evening!

Our year end Lucky Draw will be held as usual.

It's your opportunity to win great prizes while making a worthwhile contribution to our cause.

Remember almost everyone goes home with a prize !

Don't forget to bring along your favorite recipe!

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, November 10th, 2009

"Prostate Cancer Treatment - from Focal Therapy to Combined Therapy"

**Presented By Dr. Charles Catton, Radiation Oncologist – Princess Margaret Hospital
Associate Professor Radiation Oncology – University of Toronto**

An audience of over 40 members, wives and guests attended this very informative talk by Dr. Charles Catton.

Dr. Charles Catton's high tech presentation provided detailed background information on prostate cancer, Radiotherapy and the latest research in combining treatments. The initial part of his talk recapped some of the topics he had covered last year because of their close relevance and bearing on the emerging new treatments options and research. He then went on to cover extensively the areas of combined treatments deploying cutting edge technology, the ongoing research programs and emerging treatment directions with vastly improved outcomes and side effects expectations.

The talk was followed by a Questions and Answer session covering many areas of interest from the audience. Some queries related to member's particular condition. Dr. Catton provided his advice and opinion and detailed answers to member questions.

Despite a technical glitch with our microphone system this evening, the talk was captured almost in its entirety with only a minor portion being missed. (Steps have been taken to address the glitch and I don't anticipate a reoccurrence in our future sessions) Overall, it was a fantastic evening and the talk provided us with immense information and insights on latest treatment therapies combining various leading edge technologies and approaches.

The very same night I received in my email the picture below (sent via Dr. Catton's iphone) depicting a huge banner outside the hospital entrance with Dr. Mary Gospodarowicz (Medical Director, Cancer Program The Princess Margaret/UHN) upholding their mission statement "Conquer Cancer in our Lifetime"

Given the high tech world we live in and the level of on going research presented by Dr. Catton one can be hopeful to see the fulfillment of this goal.

We are pleased to offer Audio and Presentation material downloads of this session.

Audio and pictures of the events are available on our web-site: www.ustoo-brampton.com

2009-2010 Guest Speakers And Events – See Website For Complete List

Tuesday, 8 December 2009 – Year-End Christmas Pot Luck Social and Lucky Draw.

Tuesday, 12 January 2010 - Dr. Woods - Maple Leaf HIFU clinic will present the latest information and updates on High Intensity Focused Ultrasound (HIFU) Treatment.

Tuesday, 9 February 2010 - Dr. Sandy Sehdev - Topic : To Be Announced (but will be related to latest in Chemotherapy)

**We have an exciting line up of speakers and events throughout 2010!!
Please watch for announcements on this website, in our newsletter and at our meetings.**

Suggestions are always welcome !

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

Our Santa Claus Parade Float

Our float promoting Us TOO Brampton, our own Cruisin' for a Cure and the Prostate Extreme Team's Snowmobile Tour of Hope won an Honourable Mention at the Brampton Board of Trade's Santa Claus Parade on November 21, apparently taking third place. Pretty impressive for our first effort. We were also asked to display the float at the Winter Lights display at Chinguacousy on December 2 from 6 to 9pm.

Thanks go out to all those who supported the effort and especially those who did so much:

Sean O'Neill for pushing us to enter and for being our contact with the City of Brampton.

Steve Hutton of Prostate Extreme Team for sharing the cost and for arranging for the very special snowmobile that appeared on the float.

Bill Stellings of BramCity Transmission & Automotive for providing his Special Events van as the tow vehicle, for obtaining a hay wagon from Stewart's Farm Equipment, for providing staff & decorations and for being one of our best supporters.

Bill's fiancée, Kris, who shopped for decorations, came up with the beautiful blue ribbon bows that decorated the two Christmas trees on the float and fed the crew.

Kris's brother Gary who put in a lot of effort on our behalf.

Bill Robbins of J & W Alignment for providing his gorgeous yellow 1931 Model A roadster that appeared on the float.

Ryan Vollick of Vollick's Custom Sleds for bringing his special snowmobile all the way from Orillia to appear on our float.

Lorne & Wendy Bland of JST Printing in Orangeville who helped so much with the decorating ideas.

All of the folks above plus our own Denis Paris, Gary Foote and Morris Rambout who put so much work into the initial assembly of the float and / or the reassembly for its second appearance at Winter Lights.

My job was so easy on this one - I signed a cheque and strung a few lights! And the results were fantastic, probably the most publicity we've ever garnered for such a small investment.

Jim Dorsey, Cruisin' for a Cure Coordinator

3rd Annual Cruisin' for a Cure Status Report

After reviewing the summary of the 298 PSA tests administered on September 13, we can announce that 47 men have been advised to seek further diagnosis.

We contributed \$2,500 to awareness programs at Wellspring Chinguacousy. As usual, the event was subsidized substantially by Us TOO Brampton, but the Steering Committee believes that the investment was well worthwhile.

Next year's show is planned for Sunday, September 12. Planning is already underway. Artwork has been created by Debbie Baker's team at Cruisin' for a Cure in Costa Mesa, CA and will again be adapted for our purposes.

Please put your minds to ideas for sponsors, media contacts, exhibitors, vendors and other additions to the event. We want to continue to improve the content of the day to attract more spectators and to increase its impact of public awareness of Prostate Cancer.

By the way: If you happen to know somebody who ordered one of our spectacular T-shirts at the show and hasn't received them yet, please have them call me to arrange pickup. We got back from California with the shirts in mid-October and then had to leave the country again due to the death of Sandi's Dad in Oregon.

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

Financial Matters

November was a good month for the group. Over and above our usual efforts we donated \$2500. to Wellspring Chinguacousy on behalf of UsToo Brampton and Cruisin' For A Cure.

We made a first time appearance in the Brampton Santa Claus Parade together with the Prostate Extreme Team and that garnered us lots of publicity and media attention.

November, or Movember in some vocabularies, was Prostate Cancer Awareness month with a fair number celebrities, like Lanny MacDonald, taking part. Television and Radio coverage particularly on the Fan 590 Sports Station was excellent.

All in all a good month with more to come.

Financially, in spite of the loss of our Theatre Night, the group is doing well. Our Golf Tournament combined with the Gentlemen's Choice event and increased revenues from Cruisin' For A Cure helped offset the increased cost (\$8000) to the group for the PSA tests.

I would still like to call on the general membership for volunteer callers. These callers are typically assigned about 10 members to contact once a month to invite them out to the meetings and events and to check on their wellbeing to see if we can be of help. If you can spare an hour or two a month to help out please contact:

Stewart Cornell – (905) 866-6918 scornellc543@rogers.com

Gary Foote, Financial Controller, 905-458-6650 or gary.foote@ustoo-brampton.com

CALL FOR VOUNTEERS

As always we are in need of volunteers. We need people to serve on calling committees and to attend and contribute to our monthly Steering Committee Meetings held this month on Wed, Jan 27th at 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinguacousy Rd. If you can commit even a few hours a month please speak to us at the next General Meeting or come out to our next Steering Committee Meeting. You will be more than welcomed and have a chance to further our goal of promoting Prostate Cancer Awareness and Research.

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! 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 arrange a meeting:

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 of address changes.

Gary Foote - Newsletter Editor

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