



Prostate Cancer Canada Network-Brampton

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Feb 2002 Newsletter

NEXT US TOO MEETING - TUESDAY FEBRUARY 12, 2002

CAMPUS AUDITORIUM, WILLIAM OSLER HEALTH CENTRE, 7:00 - 9:00 P.M.
BRAMPTON MEMORIAL HOSPITAL, 20 LYNCH STREET, BRAMPTON, ONTARIO.

SPEAKER - DAN CHRISTANTE

We are honoured to have Dan Christante from Body Wise International with us at our next regular meeting. He will talk about the immune system and how it keeps you healthy. Dan has had an interest in health and wellness for a long time and has taken a number of courses on vitamins, minerals and nutrition. He volunteers weekly in a hospital trauma unit in Toronto.

JANUARY MEETING

Close to 60 members, wives and guests were treated to an excellent presentation by R.N. Mary Joan Pope from the Sunnybrook Cancer Centre. Her talk on a very delicate subject contained four topics: Information about My Treatment, Managing My Pain, Managing My Fatigue and Information about Community Resources to Help Me at Home. Joan has promised to provide us with the talk's binder, when it becomes available.

WHAT'S AHEAD

Our March meeting will hit a topic close to home when Dr.David Saul will discuss "Erectile Dysfunction." The April, May and June topics were not confirmed at press time, but we have some ideas that we would like you the members to discuss. Also possible: Another Survivor Night, which was very popular last year; a computer night, when you can see what's on our web site and what we have planned for new members; and a yoga demonstration. Let us know what you prefer.

NEW MEMBERS

In 2002 the new member meetings will be held on the fourth Tuesday of every month or two weeks after our regularly scheduled get-togethers. All new member meetings will be held in the auditorium and begin at 7 p.m. an hour later than usual. During 2001 a record 53 new members joined our ranks, an increase from 35 in 2000. The following joined our group in January: Don & Lorna Davis, Ed Nicol, Willard & Lucia Salmon, Wim Vanderlugt, Jack & Julie Ward and a

couple who have requested privacy.

WEB SITE

Once again we would like to mention that, like our bigger brother in Manitoba, YOU can get this newsletter right off the web site by clicking on the "newsletter" link. You can even print it. Want to put a face to your steering committee? Just scroll down to the "Meet the Committee" link, click on it and follow the instructions. By the time you get this newsletter we will have had our 3,000th hit. Truly remarkable for a web site not selling anything but HEALTH.

FINANCES

Gerry Brunjes has asked me to remind you that your \$10 membership fee is due. We have received payment from over 100 members, which leaves about 50 still owing. If you can't make a meeting and wish to remain on our mailing list, you may send a cheque made out to US TOO - Brampton to: Gerry Brunjes, 8 Duke Rd., Brampton, Ont. L6T 3K1. This month we will put a little reminder note in the mailed out newsletter to those who we think have not paid, please let us know if you are in agreement of our assessment.

"THE WILD GUYS"

Wasn't that a blast ? I don't know about you, but I haven't laughed so hard in a long time. I had a very enjoyable evening at Lester B. Pearson Theatre on Friday February 1st viewing "The Wild Guys." The Bramalea Live Theatre group donated 200 tickets and our membership was able to sell close to 180 tickets. The proceeds of close to \$2,400 will be used for prostate cancer awareness and for our continuing goal of a prostate cancer centre in the Brampton area. YOU, the membership, should be very proud for moving 90% of the tickets. We couldn't have done it without a great overall effort by each and every one of you. It was a real team effort. I would like to single out some people for their contributions. First of all to finance officer Gerry Brunjes for making it all happen by obtaining the connections at Bramalea Live Theatre. His idea turned into a very profitable venture for US TOO - Brampton. Other help came from Marg & Sean Butterly, who are always around to help when a special job is required and to Ian Smith and George Redmond for their efforts. Special thanks to the Brampton Guardian for its support.

RELAY FOR LIFE

Several members of US TOO - Brampton have decided to enter a team in this year's Relay For Life, operated by the Canadian Cancer Society. Last year a group of 8 to 10 of us participated by walking the Survivors' Victory Lap which is the first lap of the relay. The Relay For Life involves teams of 10 - 12 people who participate in an overnight non - competitive relay. Participants take turns walking, running or strolling around a track. All interested parties should contact team Captain Jim Dorsey, (905) 453-3038 or Ian Smith (905) 454-3880. This year's Relay for Life will be held at the Caledon fairgrounds on Friday, June 21st.

HEALTH WATCH

Two of our main Steering Committee members have been having health problems. I'm glad to report that both Chairman Fred Norris (kidney infection) and New Member Coordinator Alec Gardiner (heart) are on the mend and plan to be at our next regular meeting, February 12th. These two gentlemen play a big role in the chapter and are, in part, responsible for the success of US TOO - Brampton. Nice to have you back, gentlemen.

HELP WANTED

VICE CHAIRMAN: The vice chairman's job is to back up and learn the role of Chairman. This person would help out when our Chairman Fred Norris is on vacation or under the weather. Nominations should be forwarded to secretary Marg Butterly.

LIBRARIAN: We have gathered quite a collection of video and audio tapes, books and pamphlets. We are looking for someone to help us set up a Library. It would involve being at regular meetings early to set up a display after a system is in place. Can you help ?

AWAY

I have decided to take a leave of absence for a couple of months.(playing golf in Florida) Jim Dorsey has agreed to fill the role of your Communications Officer. Please give him your support as you have with me. See you in May.

Don Grant - Communications
(905) 793 - 7376

LET'S MAKE CANCER HISTORY.

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PROSTATE CANCER AWARENESS!

Prostate Cancer Canada Network - Brampton

· Tel: · Fax: 905-840-9474 · Email: info@pccnbrampton.com

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