

# CANADIAN PROSTATE

## CANCER NETWORK

BRAMPTON CHAPTER



Visit our Web Site:

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

### UsToo! Brampton – February 2008 – Newsletter

#### Fred Norris 1925-2008

It seems inappropriate to even start this month's newsletter without acknowledging the passing of our chairman and co-founder of UsToo! Brampton. Fred Norris passed away in mid January after he was hospitalized in mid December due to a reoccurrence of the disease that he had dedicated his life to fighting. Unfortunately, in the last year we have also lost Don Grant, another founding member of the group. Through their continuous efforts even up to and including the December Pot Luck Dinner in Fred's case, the cause of Prostate Cancer Awareness has been advanced. The efforts of such dedicated Volunteers, Physicians and Researchers has begun to stem the tide in this battle with measurable improvements noted in the outcome of those diagnosed with this disease. Dietary Prevention, Early Diagnosis and Patient Specific Treatments hold the promise of one day eliminating the sense of loss that we feel at this time. We extend our sympathies to Fred's family and at the same time express our admiration of the man and of a job that was always well done. His legacy will live on.

Our Next General Meeting will be held on TUESDAY, February 12th at 7:00 PM

**Dr. Andrew Loblaw: "The Timing of Hormones After Treatment Failure & New RT Techniques"**

Staff Radiation Oncologist, Director of Radiation Oncology Research,  
Sunnybrook Health Sciences Centre

In his talk Dr. Andrew Loblaw will cover several topics of interest to our members:

1. To understand the benefits, side effects and risks of Androgen deprivation therapy.
2. To understand recent research findings in the treatment of localized prostate cancer with radiation
3. To review new radiation treatments which implement the findings of #2

If you have any specific questions for Dr. Andrew Loblaw, please feel free to ask him at the meeting during the question and answer period or forward your questions to:

Gary Foote – Newsletter Editor – (905) 458-6650 or e-mail: [gary.foote@ustoo-brampton.com](mailto:gary.foote@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 – Jan 8th, 2007

**Dr. Charles Catton - "Post-operative Radiotherapy for Prostate Cancer"**

An audience of 65 members, wives and around 10 guests attended this very informative talk by Dr. Charles Catton. Some guests came from as far away as Brighton to attend Dr. Catton's talk, ask question and seek his advice.

Dr. Charles Catton's presentation provided detailed background information on prostate cancer, on Radiotherapy and went on to focus on new research directions and on combining treatments for prostate cancer. The area of combining treatments was not only unique and specialized but included leading edge research findings and some of the latest techniques, providing us with much new information about treatment possibilities previously unknown.

The talk was followed by a Question and Answer session with lots of interesting questions from the audience. Most queries related to member's particular condition with Dr. Catton providing his advice and opinion. A question received by email was also read out and answered in detail. All of the questions and Dr. Catton's answers can be found in the Audio Recordings of this event under the Q&A session on our web-site.

### 2007/2008 Guest Speakers And Events

**Tues, March 11, 2008 - "Brachytherapy for Prostate Cancer: Who should consider it and Why"**

**Dr. Juanita Crook, MD, FRCPC**

Head of the PMH/UHN prostate Brachytherapy program.

Clinical Studies Resource Centre Member, Ontario Cancer Institute (OCI)

**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](mailto:mukul.luthra@ustoo-brampton.com)**

## Financial Matters

It is with mixed emotions that I write.

I say that because, in the first place, we have lost a great friend and adviser in Fred Norris, a reliable man whose judgments were always in the best interest of the majority.

In the second place, we were honoured to have such a man as our leader for so many years.

Beyond this, I want to give great credit to his daughters and family who gave him such love and support to the end.

Therefore, in his honour, the steering committee are resolved to carry on his great work and to strive to reach and attain the goals he wanted to achieve, the foremost of which was for your "US TOO" group to be a leader in the promotion of prostate cancer awareness.

God bless you Fred. We shall never forget.

### An insert from Fred's 10 Anniversary with the group:

Fred was born in Canada and moved with his parents to England when he was seven years old. My math tells me that would be about 1932. He was evacuated from London when war broke out, and spent his mid teen years in Devonshire. At 17, in the middle of the war, he volunteered for service in the RAF, and became a flight engineer.

He was obliged to put his life on the line many times, flying bombing missions over enemy territory and being shot at by anti aircraft guns and enemy fighter planes. Fred flew these missions in Lancaster bombers. You may have seen these amazing aircraft in the movie "The Dam Busters".

As you can imagine, just getting off the runway in an aircraft loaded with 20,000 plus lbs of high explosives was very hazardous. And he survived 33 such takeoffs and landings while so many of his friends, acquaintances and fellow airmen did not.

How lucky we are. Here ladies and gentlemen, in our midst, is a real live hero in the fight for freedom.

Now... You may or may not know that tonight is the 10th. Anniversary of the first meeting of the Brampton US Too! group.

Your committee decided, on the membership's behalf, to honour the man who has guided this group through its entire life span.

You see, after 33 missions over enemy territory, Fred learned something...he was allowed to live doing a job where many have died, and as a result, he works selflessly to leave the world a bit better off than he found it.

Gerry Brunjes, Financial Controller, 905-791- 3043 or [gerry.brunjes@ustoo-brampton.com](mailto: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 meeting 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, Relay for Life, our Annual Golf Tournament, Cruisin' for a Cure, etcetera.

But I say again, we need your help starting with the Awareness Demonstration at the Jamaican Ex-Soldiers Association Black History Month Celebration on Saturday Afternoon, February 16<sup>th</sup>. It would probably help the cause if we could recruit some of our members with African origins. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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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(905) 458-6650

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