

# CANADIAN PROSTATE

## CANCER NETWORK

BRAMPTON CHAPTER



Visit our Web Site:

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

### UsToo! Brampton – January 2009 – Newsletter

**Our Next General Meeting will be held on Tuesday, January 13th at 7:00 PM**

**A Presentation by the 'Wellspring Center' including the "Healing Journey Program"**

**Jane Thomas Yager (Program Facilitator)  
Roy Robertson (Co-facilitator & Prostate Cancer Survivor)  
& Judi Perry Brinkert, Regional Director, Wellspring**

**About Wellspring. The Wellspring Story.  
The newly opened Wellspring Chinguacousy (Brampton)**

**Founded in a welcoming coach house in 1992, Wellspring is an innovative network of centres providing high-quality cancer support, education and coping skills to a growing number of individuals, family members and professional caregivers in Canada. At the core of the Wellspring network is the Centre of Innovation, which fosters new program development, research and evaluation, quality control, expansion and outreach to under-served communities.**

**Wellspring programs are free of charge and open to individuals and caregivers who are coping with any type of cancer, at any stage. They include individual and group support, coping skills, expressive therapies, energy work and educational workshops and presentations and are housed at warm, non-institutional Wellspring centres**

**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, December 9th, 2008**

## **December Pot Luck & Draw with Sandy Hawley**

**Around 45 members, wives & friends were treated to an excellent talk about his life and his cancer survival story by a great Canadian, Sandy Hawley. Sandy Hawley "Living Proof" that Cancer can be beaten.**

**Accompanying Sandy Hawley was Glen Crouter, Vice President of Media Relations and Sponsorship, Woodbine entertainment. Glen briefly talked briefly about Woodbine and about Sandy's achievements prior to formally introducing Sandy to the group.**

**Sandy Hawley twice winner of the Lou Marsh award as Canadian athlete of the year, entertained the members with humorous stories of his racing days in both Canada and the United States He talked about his cancer diagnosis and his survival journey. Sandy finished his talk with a brief question and answer session.**

**Members and guests enjoyed a sumptuous meal to the accompaniment of music videos from the 40's and 50's era.**

**The evening included a fund raising charity raffle and concluded with the annual favorite top prize, the Afghan, being finally won.**

**The event Picture Gallery is featured on our web-site: [www.ustoo-brampton.com](http://www.ustoo-brampton.com)**

**Our Grateful thanks go out to Sandy Hawley, Glen Crouter, Woodbine Entertainment and to all of you who contributed to the prizes.**

**The Raffle is not only a worthwhile cause it always adds an interesting and exciting closure to the event.**

**This was a delightful evening. Thanks everyone – we hope you had a great holiday season!**

## **2009 Guest Speakers And Events**

**Tuesday, 13 January 2009 - A presentation by the 'Wellspring Center' including the "Healing Journey Program" - Jane Thomas Yager (Program Facilitator), Roy Robertson (Co-facilitator & Prostate Cancer Survivor) & Judi Perry Brinkert, Regional Director, Wellspring**

**Tuesday 10 February 2009 - Dr. Andrew Matthew -Topic to be Announced.**

**We have an exciting line up of speakers and events throughout 2009 !!**

**Mukul Luthra, Speaker Committee: 519-853-4075, or [mukul.luthra@ustoo-brampton.com](mailto:mukul.luthra@ustoo-brampton.com)**

## **Financial Matters**

**I would like to thank Gerry Brunjes for his 10 years of service as Treasurer for the group. Long Term committed volunteers are the life blood of groups like UsToo! Brampton.**

**With the loss of our Theatre Night which typically contributed \$1500-\$1800 to the cause we will need to think of ways to cover the potential shortfall for 2009. Memberships and door receipts don't even cover the costs at Terry Miller and our basic newsletter and operating expenses, so we need other financial means to promote prostate cancer awareness. This may take the form of another event or just a retuning of our other two major events.**

**Our Golf Tournament hit an all time high in attendance last year and hopefully will continue in this vein this year. Crusin' For A Cure also increased in attendance and community involvement in spite of the weather. For both events we need volunteers to help secure corporate sponsorships and involvement to lessen the financial strain on the group.**

**Gary Foote, Financial Controller, 905-458-6650 or [gary.foote@ustoo-brampton.com](mailto:gary.foote@ustoo-brampton.com)**

### **Relay for Life 2009, Brampton Fairgrounds, Friday, June 20<sup>th</sup>**

**We have just registered the Us Too! Brampton team for this year's Relay for Life. Please consider getting involved this year. The Canadian Cancer Society continues to be a good friend to our group. They are always there when we need brochures or publicity for our events. It is important for us to support their efforts against our common enemy as well.**

**We want to make a much bigger splash this year, hence the earlier than usual start. Mike Loughnan, our resident ball of fire, is the chief instigator of this move. It is his opinion that all of our active members and their supporters should appear for at least the free Survivors' Reception and the initial Victory Lap.**

**We have chosen the Brampton Relay for Life rather than the Georgetown event because the location is much closer for our members and we have found the facility better overall.**

**While the Relay for Life is based on walkers staying all night, we have decided to recognize the relatively advanced ages and the infirmities of many of our members by encouraging more of you to come just for the Reception and Victory Lap, departing with the sun. A few of the members may choose to stay the night, but the number willing and able to do so has declined every year since we first got involved.**

**Note that this year there will unfortunately be 30 Luminaries in our circle dedicated to our departed members. Note also that you can purchase Luminaries either in memory of loved ones who have succumbed to any form of cancer or in support of somebody still fighting.**

**Once again, I am personally unable to attend as Sandi and I are again involved in a car show in Lewiston, NY, but we will be there in spirit and we will make our donation as usual.**

**Jim Dorsey, Relay for Life Team Captain, (905) 453-3038, [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com).**

**URGENT APPEAL: 3<sup>rd</sup> Annual Cruisin' for a Cure, Chinguacousy Park**

Your Steering Committee members have unanimously approved a third Cruisin' for a Cure, to be held once again in Chinguacousy Park . The date will be either Saturday, August 29 or Sunday, August 30. The actual date will be determined by other events that might conflict with ours. We are getting started much earlier this year because we need to obtain more sponsorships from the general public to finance the “free” PSA tests. Given the state of the economy, this will be difficult, so we MUST start early.

Additionally, we have lost one of our two annual fundraising events. Brampton Live Theatre is sadly no more, so our Theatre Night is a thing of the past. We must accordingly look for other ways to raise money to pay for Cruisin' for a Cure.

Note that despite all the promises, it appears that the Provincial Government will not be doing much to help reduce the need for our clinic. Therefore it is more important than ever that we continue to provide free PSA blood tests, especially to men who have been laid off and therefore cannot afford to pay for them.

If you can suggest potential corporate sponsors for Cruisin' for a Cure, please contact me directly and we will approach them in January. ALL potential major sponsors set their budgets for charitable donations very early each year, so we must plan accordingly. Please do not be afraid to make suggestions. We will not use your name unless you wish us to do so.

Please remember that the PSA test is just one of the two most useful tests currently available to help in the early detection of Prostate Cancer. All testees are always advised to request the other test - the dreaded DRE or Digital Rectum Exam - to complete the prescreening process.

This two-stage annual test can work to fulfill our primary mission of helping other families avoid the misery that our own families have all suffered in the course of our diagnoses and treatment regimens.

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

### **CALL FOR VOUNTEERS**

This year as always we are in need of volunteers. This often requires only a few hours of your time a month, but participation is essential to ensure the continued health of the organization. We need people to serve on calling committees to remind members of meetings and to attend and contribute to our monthly Steering Committee Meetings held this month on Wednesday, November 25<sup>th</sup> 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.

### **FUND RAISING**

With the loss of the Theatre Night, UsToo! Brampton will need to come up with additional ways to help fund awareness events like Crusin' For A Cure that together with the “Free PSA Tests” that we provide are a net cost to the group. If we could negotiate some early corporate sponsorship for the event, then that would certainly offset our need to raise more funds. As

the event grows, sponsorship complete with additional volunteers will be essential to help make sure that we are still able to manage both financial and manpower requirements.

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

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.

Gary Foote - Newsletter Editor

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