



## Us TOO Brampton June 2010 Newsletter



Visit our Web Site:

[www.ustoo-brampton.com](http://www.ustoo-brampton.com)

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

**Our Season's Ending Social & Pot Luck Supper**

**An evening of Caring, Information, Food, Fun, Laughter, Music, Sharing and more!**

**Don't forget to bring along your favorite recipe for the Pot Luck !**

**If you have any suggestions or questions for the evening,  
please email them to: [questions@ustoo-brampton.com](mailto: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.**

**The vote to join PCCN ( Prostate Cancer Canada ) will be held at this meeting. The majority of the Steering Committee has decided to recommend the affiliation after considerable time spent weighing the benefits and possible downside of affiliation. For the most part we feel that it is a positive step and should benefit the cause of Prostate Cancer Awareness in Canada.**

**Our affiliation with Us TOO International will remain and we will continue to honour the memory of those members that helped to build the Us TOO Brampton Support Group.**

**Please take the time to explore the information in this newsletter before making your decision. A speech delivered by Aaron Bacher of Toronto's Man to Man Support Group was provided to deliver the perspective of another group that has made the decision to join PCCN.**

**If you are unable to attend and wish to vote, contact a member of the Steering Committee and if possible submit an e-mail or written copy of your intention to vote Yes or No to them.**

## Last Meeting – Tuesday, May 11th, 2010

**"Improving the Quality of life after Prostate Cancer –  
There's more to life than your PSA reading"**

**By Dr. Tim Davies, MD, FRCSC, Henderson Hospital, Hamilton.**

**Dr. Tim Davies' talk was attended by around 40 members, spouses and guests. The talk covered 2 separate topics - Post Radical Prostatectomy (PRP) Incontinence and PRP Erectile Dysfunction. Dr. Davies provided detailed explanations of each area covering the Causes, Treatment Options and Side Effects and cited data from many studies to support the relative merits and the likely candidate profiles for different options.**

**While the ED and Incontinence treatments were dealt with as resulting from Post Radical Prostatectomy, from time to time Dr. Davies touched upon applicability to similar impacts occurring from other forms of PCa treatment. His presentation used excellent color graphics and the functioning samples of many implants making it easy to understand. Many humorous slides interspersed in the presentation made the session lively and fun for all.**

**The talk was followed by an interactive question and answer session to address member's queries and concerns. Overall the session proved most informative.**

**Useful handouts, brochures, patient education material and CDs were made available at this session - these proved very popular with the members and were rapidly snapped up.**

**Audio/Video files are available on our web-site: [www.ustoo-brampton.com](http://www.ustoo-brampton.com)**

## 2010 Guest Speakers And Events – See Website For Complete List

**Tuesday, June 8<sup>th</sup>, 2010 - Season Ending Pot Luck Dinner and Social  
- PCCN Affiliation General Membership Voting**

**Tuesday, September 14<sup>th</sup>, 2010 - Jennifer Hunter, Nutritionist  
Topic: General Nutrition (45 minutes) + Q/A**

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

## Your Steering Committee Recommends Affiliation with the Prostate Cancer Canada Network

By an overwhelming majority, the Steering Committee has voted 'YES' to affiliating with the new national Prostate Cancer body known as the Prostate Cancer Canada Network (PCCN).

Initially, most of the Steering Committee members were completely against affiliation, mainly because of the way in which it was first presented to us. But we agreed that the logical approach would be to investigate the opportunity instead of simply rejecting it for emotional reasons.

We covered both sides of the situation in depth, speaking to representatives of PCCN and to individuals who were either for or against PCCN. Aaron Bacher and others from the Toronto affiliate, Derek Lawrence representing both the Newmarket affiliate & PCCN and Helene Vassos from PCCN were particularly helpful during our investigation.

We have confirmed to our satisfaction that:

1. The affiliation agreement that we are being asked to sign is NOT a binding legal document. It is simply an agreement that can be terminated at any time if we feel that the arrangement is not to our advantage.
2. If we do not choose to become *Prostate Cancer Canada Network – Brampton*, some other group will be asked to do so.
3. Sadly, we must change our name in order to become part of a united voice for Prostate Cancer awareness in Canada. We will be allowed to call ourselves *Prostate Cancer Canada Network – Brampton Us TOO* for up to one year in order to ease the transition.
4. We will NOT be asked to assess any kind of dues on our members.
5. PCCN will not ask for our membership list in order to raise funds.
6. The proceeds from any of our own fundraising efforts – the annual Golf Tournament, Cruisin' for a Cure and any similar events that we may initiate in future – will NOT be shared with PCCN in any way unless we choose to do so.
7. If we choose to participate in PCCN's national fundraising programs, we have the option of splitting any funds we raise 50:50 with PCCN. These events currently include Movember and the Father's Day Walk/Run as described at <http://www.prostatecancer.ca/Get-Involved/Events.aspx>
8. We will have access to all National Awareness materials developed and distributed by PCCN – Brochures, Flyers, DVD's and other materials as they become available – at no charge.
9. We do NOT have to end our long-standing relationship with Us TOO International in the United States. The Hot Sheet will continue to be provided for our monthly meetings and our group will still be listed on their web site.

In the final analysis, we can confirm that **NOTHING WILL CHANGE** except the name of our group. The same people will be running our group, but we will ultimately be called *Prostate Cancer Canada Network – Brampton*, a name that is consistent with the new national group's aim of presenting a unified voice for Prostate Cancer awareness and lobbying across Canada.

As part of the Prostate Cancer Canada Network, our members will be counted among those Canadian citizens for whom Prostate Cancer Canada is speaking on issues of concern to us, both in the press and in the halls of government.

We will continue to provide the same services to newly-diagnosed men and their families. In fact, we hope to attract even more active volunteers and to be able to offer more and better services to these men and their families in the future.

So please, consider the question carefully and vote at the Monthly Meeting on June 8th.

**Steering Committee Members Who Support Affiliation:**

Margaret Butterly,	905-454-4237
Ron Clayton,	
Stew Cornell,	905-866-6918
Jim Dorsey,	905-453-3038
Gary Foote,	905-458-6650
Paul Henshall,	
Al Hutton,	905-274-5394
Steve Hutton,	905-840-7937
Mike Loughnan,	
Tilly Netherton,	
Denis Paris,	519-927-3471
Morris Rambout,	905-793-8843
Oscar Tachini,	
Bob Vandrish	

**Steering Committee Members Who DO NOT Support Affiliation:**

Mukul Luthra,  
John Sleath

Jim Dorsey, Steering Committee Member, Tel: (905) 453-3038,

Or e-mail: [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)

## June 8 – VOTE on Affiliating with the Prostate Cancer Canada Network

At the June 8<sup>th</sup> General Meeting we will ask the members in attendance to vote on the Final Affiliation Process. The majority vote of those in attendance plus absentee votes will determine whether we affiliate with the Prostate Cancer Canada Network.

We hope that you have taken the time since May to become aware of the facts behind the affiliation issue. You can address any questions that you may still have to any member of the Steering Committee.

If you have not done so already, please do check out the Prostate Cancer Canada web site at <http://www.prostatecancer.ca> There are sections of the web site that will explain who is involved in Prostate Cancer Canada, what Prostate Cancer Canada is, what Research is being conducted, what news exposure has occurred and how to get involved with Prostate Cancer Canada as a volunteer and as a donor. You can also subscribe to various publications on line. Under the “*About*” menu on the main website, the first item is *Prostate Cancer Canada Network*. Click there to be directed to a revamped version of the CPCN website, <http://www.cpcn.org/> . The quality of this website and its content is very evident.

Jim Dorsey, Steering Committee Member,  
Tel.: (905) 453-3038,  
Or e-mail: [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)

## Financial Matters

Just a reminder that our 10<sup>th</sup> Annual Charity Golf Tournament will be held on Monday, June 21<sup>st</sup> at the Acton Golf Club. The slow economy has put something of a strain on our usual contributors. For this reason we are asking all our members to help out where they can. If you or your friends golf and can attend please refer them to one of the Golf Committee Members.

If you or your company is in a position to donate a small gift that would be much appreciated. Each year we try to send the 100 or so golfers that attend home with at least a small prize package. Most prizes are golf related but we will take anything you would like to donate.

### Golf Committee Members:

Ron Clayton	905-584-2095	Morris Rambout	905-793-8843
Gary Foote	905-458-6650	Sean Butterly	905-454-4237
Bob Vandrish	905-791-5595	Jack Dainton	905-793-0205
Steve Hutton	905-840-7937		

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

## Wellspring Exercise Program

Wellspring is planning a 10 week Exercise Program which will start sometime in the fall for UsToo & Wellspring Members. The exact timing of the fall program is yet to be determined.

The Program is designed for MEN in that there will be a strong emphasis on weight bearing exercises. As you know one of the "keys" to survival is to maintain your bones and exercise is usually one of the suggested routes.

The program begins with 4 Cardio Exercises and 4 Non Cardio and works up to 6 Cardio and 6 Non Cardio over the 10 weeks. This could vary based on the individual's personalized physical fitness assessment and the exercise plan devised by Wellspring.

The recent November, 2009 Wellspring Cancer Smart Pamphlet emphasizes the need for Cancer survivors to maintain exercise as one of the secondary preventions of having less chance of the cancer returning. For Hormone participants, it is imperative that they maintain their bones as the Hormone Treatment "weakens" the bones and you need to supplement your Calcium and Vitamin D3 intake as well as doing a regular exercise routine.

Please notify a member of the Steering Committee if you would like to participate in this exercise program at Wellspring along with a list of times that you would be available.

Al Hutton

## Cruisin' for a Cure Canada – Sunday, September 12, 2010

This year's car show will be held in the north parking lot of the Powerade Centre at 7575 Kennedy Road South. The lot can accommodate 700+ vehicles. We will also have a private meeting room to hold the PSA Blood Clinic as well as a large portion of the lobby area to house the registration, health fair and raffle prize areas.

When discussing this year's show, please be sure to emphasize the new location. There is a rumour circulating that Cruisin' for a Cure is cancelled because Chinguacousy Park is closed for renovations. Please squelch that rumour every chance you get.

The 2010 "Cruising Season" is upon us. We are distributing our fliers / posters at cruise nights and car shows throughout Ontario and Western New York. Response has been better than ever before; people come looking for our fliers.

If you are willing to pass them out at events that you know of near your home or cottage, please contact me for a supply.

From now until September 12, we would appreciate your usual support. Talk about the event, pass along contact information for any interested parties or make suggestions on how we can improve the event. We need vehicles to display and sponsorships of all kinds. PLEASE get involved; YOU can make a big contribution to the cause of Prostate Cancer awareness.

This year, we will be much better organized than we have been in the past. Be assured that when you volunteer this year we will assign you a role, either in the days before the event or just on the day of the event or both! This event is becoming very recognizable as the public is becoming more and more aware of us each year. We no longer have to feel as if we are “pulling teeth” when we approach businesses or individuals to support us.

Jim Dorsey, Cruisin' for a Cure Coordinator, Tel: (905) 453-3038,

Or e-mail: [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@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 on Wednesdays, two weeks after the general meeting at 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinquacousy 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.

## 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:

### Counseling Associates

John Sleath, 905-456-9943, or [john.sleath@ustoo-brampton.com](mailto:john.sleath@ustoo-brampton.com)

Sean Butterly, 905-454-4237

Morris Rambout, 905-793-8843, or [morris.rambout@ustoo-brampton.com](mailto:morris.rambout@ustoo-brampton.com)

Regular Mail Costs Us about 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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