

CANADIAN PROSTATE

CANCER NETWORK

BRAMPTON CHAPTER



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UsToo! Brampton - March 2007 - Newsletter

Our Next General Meeting will be held on TUESDAY, MARCH 13th, 2007 at 7:00 PM

Dr. Robert Bristow – New tests to aid in Prostate Cancer Detection

Up until now Prostate Cancer Detection and Treatment Options were primarily dictated by the common PSA test, Digital Rectal Exam and ultimately your Biopsy Results. Dr. Bristow will discuss some of the new detection and diagnostic tests on the horizon and review the role they may play in facilitating more accurate diagnoses and the best forms of treatment for specific individuals. Members can be assured of a highly informative session touching upon the latest in PCa research.

Dr. Bristow's has a brilliant background with degrees, scholarships, awards, research, positions and publications all far too numerous to list here. He is involved across a vast scope of research activities and programs both provincially and at international levels.

Amongst the key positions he holds currently are:

* Chair, Scientific and Medical Advisory Committee, Prostate Cancer Research Foundation of Canada (PCRFC)

- * Chair, Biomarkers Planning Committee, Canadian Prostate Cancer Research Initiative (CPCRI)
- * Full Member, Institute of Medical Science (IMS), University of Toronto
- * Senior Scientist, Ontario Cancer Institute

If you have any specific questions for Dr. Bristow please contact:

Fred Norris, Chairman, 905-877-8092 or e-mail: fred.norris@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.

2007 Guest Speakers And Events

Tuesday, May 8th - Dr. Peter Chung (Topic to be announced)

Tuesday, Oct 9th - Dr. Tom Hudson from the Ontario Institute of Cancer Research will talk about genome research.

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

Last Meeting - FEBRUARY 13, 2007 – Cruisin' for a Cure DVD & Discussion

Twenty-one members, wives and guests braved a very wintry evening to view a DVD from the Fifth annual Cruisin' for a Cure, held in Costa Mesa , California in September, 1994. In this episode of the popular Speed Channel TV program, "Car Crazy", host Barry Meguiar interviewed Debbie Baker, the founder of Cruisin' for a Cure, and a number of men whose lives were probably saved because they took a free PSA test at Cruisin' for a Cure. Between interviews, some wonderful "California Custom Cars" are seen and heard!

Debbie started this event because her husband Jim was diagnosed with Prostate Cancer in 1985 and today he continues to suffer from the side effects of the treatment available to him at that time.

Debbie took it upon herself to create this event in order to increase public awareness of Prostate Cancer and to generate funds for Prostate Cancer research on behalf of the Jonsson Cancer Center Foundation at UCLA.

Jim Dorsey from Us Too! Brampton worked along with other Survivors at the Testing Center at the "Lucky 7th" Cruisin' for a Cure at the Costa Mesa Fairgrounds in September, 2006. At the Testing Center , technicians from UCLA administered a total of 970 PSA blood tests and a doctor from UCLA

provided (significantly fewer!) DRE's. Debbie tells us that 91 of those tested had elevated PSA scores and were told to seek further diagnosis. To date, 5 of the 91 have already undergone surgery!

In addition to viewing 3,479 classic and custom cars and trucks, 25,000 paying guests were able to purchase auto-related clothing, parts and accessories. Throughout the day, rock & roll and country entertainers appeared live on a central stage where many trophies were awarded at the end of this one-day event. The bottom line: \$279,000 was raised for Prostate Cancer research and a great time was had by all.

Jim came away convinced that we could do something similar to increase Prostate Cancer awareness here in Brampton and to help fund Prostate Cancer research in Ontario. If OHIP will not provide free PSA tests and if the Federal Government will not contribute to research into this disease, then we will have to do it. Hopefully our efforts will help to shame the various levels of government into according Prostate Cancer the public recognition and funding that it deserves.

Accordingly, Us Too! Brampton will be sponsoring the First Annual Cruisin' for a Cure Canada at Chinguacousy Park on Saturday, September 2nd, 2007. We will also offer free PSA tests to all men attending the event. This location has been obtained through the kindness of Mayor Susan Fennell. John Sleath had contacted Mayor Fennell and presented her with a copy of the DVD shown at our February meeting. Recently, Jim and John met with Harvey Newlove, Director of Recreation Facilities & Programs as the first step in making this event happen.

During the question and answer period that followed the video, Jim, John and Fred Norris fielded questions about where, when and how the event is to be held. By the end of the evening, nine members had kindly volunteered to join the Cruisin' for a Cure committee.

The last California show was run by 170 volunteers. While our first event will not be nearly as large, we will still need all the bodies that we can get to help. No matter your age, sex or physical condition, you can contribute something to the effort. Friends and family are of course welcome to join the committee. Let's Help Make Prostate Cancer History! (With apologies to our friends at the Canadian Cancer Society.)

Please contact Jim Dorsey, Cruisin' for a Cure Canada Coordinator, at (905) 453-3038 or e-mail: jim.dorsey@ustoo-brampton.com to sign up for this exciting event.

A Message From The Chair

At the February meeting a DVD was shown highlighting the "Cruisin for a Cure" event, which took place in California this past year. Jim Dorsey attended that event and returned with the rights to stage such an event here in Brampton. With the Mayor and parks committee on board, a sub committee has been formed to work out all the details to ensure September the 2nd will be a successful day.

Apart from viewing all the vintage cars we expect to run a free PSA clinic and all the proceeds from this day will be given to research for finding a cure of Prostate Cancer. This is one time where we can say: Join us and do it for Dad. Our Relay for Life team will walk this year in the Georgetown event on June 1st and several of us will also participate in the Brampton meet as well on June 22nd.

Peter Barhydt has agreed, once again, to organize the annual golf tournament with a firm date to be announced shortly and lastly we will once again participate in an "Evening of Hope" at Bramalea United Church on the 1st of April. February has been a horrid period but the events listed above will go a long way toward increasing Prostate Cancer Awareness in Brampton and beyond. The steering committee have done their jobs and now we need your support to make these events happen.

Fred Norris, Chairman, 905-877-8092, e-mail: fred.norris@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, e-mail: john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

Fred Norris, Chairman, 905-877-8092, e-mail: fred.norris@ustoo-brampton.com

Subscription Fee Update

In response to our recent notice to those of you who have not paid our nominal annual subscription fee for the 2006-2007 season, a relatively new member e-mailed a lengthy reply that initially angered me. However, this member's response should be addressed calmly because it reflects a total lack of understanding of how we are funded, of what we at Us Too! Brampton do, and of why we do it.

First and most significantly, we are a self-funded VOLUNTEER organization. None of our volunteers are supposed to go out of pocket on our behalf, but we often have to almost force them to accept repayment. While we are a chapter of the Canadian Prostate Cancer Network (CPCN), they do not provide us with any money. Quite the opposite: Us Too! Brampton has on occasion given significant amounts to the CPCN to help with special public awareness projects.

Every dollar that we have available comes from the fund-raising events that our volunteers run every year, from donations from members and other interested parties and from the annual subscription fee. As Fred Norris and Gerry Brunjes have stated over and over again, this fee barely covers the cost of generating the Monthly Newsletters that are mailed out ten times per year. It is only because so many of our members have opted for e-mail delivery of the Newsletter that we have been able to hold the subscription fee at \$10 per year since 1994.

The second important point is that our primary goal is to provide support to those men and their families who most require information and understanding. We do this through the efforts of the all-too-few members who have the dedication to organize and conduct the monthly meetings, to maintain the Us Too! website, to maintain the Newsletter plus the underlying membership database and to call each member every month to see if they are doing well and to remind them of the monthly meeting time and topic.

Every month, Fred Norris is advised of all members who are having problems with diagnosis, treatment or side effects. Fred then contacts each one to see what we can do to help.

The member in question stated that some of these activities and by logical extension all the others, don't take a lot of effort. That, sir, is your opinion and you are welcome to it - despite your lack of involvement as a volunteer. The point is that the few members who do the majority of the work have

lives and would rather NOT spend time performing any tasks that are unnecessary, e.g., telephoning members who do not require any support or printing and mailing newsletters to those same people.

Hence our recent mailing to people who have neither attended any meetings since September nor paid the subscription fee. In the absence of any other information, we can only assume that these members do not require any further support from us. If that is so because they have fully recovered from their ordeal, then we couldn't be more pleased for them.

As we stated at the end of the recent notice, we will be here for them if, God forbid, they should ever need our support again. In the meantime, please understand that we must direct our limited resources toward those who DO need our help either because they are newly diagnosed or because they find value in continued involvement with Us Too! Brampton and with the other members.

Those who come out regularly for the monthly meetings and other activities, clearly find value in our relationship. Please note that every member has the right to miss any meeting if the meeting topic is of no interest. That's one of the reasons that the Telephone Committee calls every member every month.

The gentleman who started this tirade did have one very valid point: We will continue to send the newsletter out by e-mail to everybody who has been receiving it that way, even if the annual subscription fee has not been paid. This in fact costs us nothing. Note that if you do not wish to receive the Newsletter by e-mail, you can contact the Editor, Gary Foote, and he will stop delivery immediately.

In the meantime, we will continue to provide support for our members who need it, to strive to increase public awareness of Prostate Cancer and to generate funds for research into better ways to prevent, diagnose and treat it. Hopefully one day no man will have to suffer the indignity, fear and side effects that we have all gone through.

God bless us every one!

Jim Dorsey, Resident Curmudgeon, (905) 453-3038, e-mail: jim.dorsey@ustoo-brampton.com

Doing his best impression of:

Gerry Brunjes, Financial Controller, 905-791-3043, e-mail: gerry.brunjes@ustoo-brampton.com

Canadian Cancer Society 'RELAY FOR LIFE' - Friday, June 1 to Saturday, June 2, 2007

This year, the Us Too! Brampton Team will take part in the Relay for Life to be held overnight in Georgetown at the Gellert Community Centre, located at 10241 8th Line.

Registration opens at 6 p.m. on Friday evening; Opening Ceremonies start at 7 p.m. and Closing Ceremonies at 7 a.m. Saturday morning. Even if you are not interested in walking in the Relay, please join us for the Survivors' Reception at 5 p.m. on Friday, stay for the Opening Ceremonies and then take the Survivors' Victory Lap with your fellow survivors. You've earned the right!

Sue Scarfone of the Canadian Cancer Society has also invited all of us to join her for the Reception and Victory Lap at the Brampton Fairgrounds on June 23, even if we have already taken part in the Georgetown event. Two free meals!

You can also purchase Luminaries for \$5 each to honour someone who has succumbed to Cancer or someone who continues to fight it. Finally, you can join Tilly Netherton and volunteer to assist with the operation of the Relay for Life.

It is very simple to go online and sign up for the Victory Lap, join the Us Too! Brampton team, add a pledge in support of one of the team members, buy luminaries or volunteer to help at the event. Just log on to the Canadian Cancer Society website at <http://www.cancer.ca>, click on Ontario, then click on '2007 Relay for Life', then choose what you want to do. You will have to create an account on their secure website, but you can opt out of any further contact and you can obtain a receipt online for any contributions that you make.

I have not been able to contact a number of people who walked with us in previous years. I'm hoping that Bill Blance, Charles Busby, Ian Clarke, Kenneth Clarke and Frank Connolly will join us again this year. And 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 have a lot of fun throughout the evening.

Jim Dorsey, Us Too! Brampton Team Captain, 905-453-3038
or e-mail: jim.dorsey@ustoo-brampton.com

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote

Gary Foote - Newsletter Editor

Us Too! - Brampton

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