



Us TOO Brampton May 2010 Newsletter

Visit our Web Site:

www.ustoo-brampton.com



Our Next General Meeting will be held on Tuesday, May 11th at 7:00 PM

Dr. Tim Davies has kindly accepted at short notice to present this talk at our upcoming chapter meeting. Recently returning to Canada from the US, Dr. Davies is pleased to join the faculty of McMaster University. He is an Assistant Professor in the Division of Urology in Hamilton and fellowship trained in Adult and Pediatric Reconstructive Urology. His clinical and research interests include urethral reconstruction, post prostatectomy incontinence and erectile dysfunction.

His talk will cover Post radical Prostatectomy (PRP) Incontinence and PRP Erectile Dysfunction - Causes, predictors and treatment options.

Please send your questions for Dr. Tim Davies to: 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 is coming up in June. 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 that built Us TOO Brampton.

Please take the time to explore the information in this newsletter before making your decision.

Last Meeting – Tuesday, April 13th, 2010

"What's Old and What's New in Hormone Therapy For Prostate Cancer?"

Dr. Andrew Bayley, BSc (Chem. Engineering), MD, FRPC, Radiation Oncologist.

Dr. Andrew Bayley's much awaited session on Hormone Therapy was attended by more than 60 members, spouses and guests. The numbers are not surprising given the fact that more than 30 percent of the audience raised their hands in response to Dr. Bayley's question as to how many were on hormone therapy - hence the immense relevance to members wanting to remain abreast of the latest findings in this field.

The talk itself was absolutely phenomenal - both on account of Dr. Bayley's excellent presentation and in terms of the significant information provided. The Question and Answer session augmented the talk with Dr. Bayley responding to specific real life scenarios.

If you missed this talk or want to revisit it we strongly recommended that you experience it by listening to the recording at your own pace - any text summary we can provide here will not do justice to the extend of detail presented or the value of the information shared by Dr. Bayley during the Question and Answer session.

Audio/Video files are available on our web-site: www.ustoo-brampton.com

2010 Guest Speakers And Events – See Website For Complete List

Tuesday, May 11th, 2010 - Dr. Tim Davies, MD, FRCSC, Henderson Hospital
- "Improving the Quality of Life after Prostate Cancer Treatment
- there is more to life than your PSA reading"

Tuesday, June 8th, 2010 - Season Ending Pot Luck Dinner and Social
- Possible presentation by Wellspring Chinguacousy
- PCCN Affiliation General Membership Voting

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

Your Steering Committee Recommends Affiliation with the Prostate Cancer Canada Network

At the second special meeting of the Steering Committee, the overwhelming majority of those present voted 'YES' to affiliating with the new national Prostate Cancer body known as the Prostate Cancer Canada Network.

This decision was reached only after a considerable amount of argument and soul-searching and discussions with various groups and individuals who were either for or against affiliating. We covered both sides of the situation in depth.

Helene Vassos and Derek Lawrence from Prostate Cancer Canada Network (PCCN) came out to our first special meeting and fielded the questions uppermost in our minds. Helene is a new face to us, but our friend Derek Lawrence from the Newmarket Support Group has been involved with Prostate Cancer support since the beginning. There were some hard, often hostile questions asked and the straight forward answers that Helene and Derek provided did a lot to put our minds at ease.

We have confirmed that:

- 1) We will NOT be asked to assess any kind of dues on our members.
- 2) PCCN will not ask for our membership list in order to raise funds
- 3) All 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.
- 4) 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>
- 5) We will have access to all National Awareness materials distributed by PCCN – Brochures, Flyers, DVD's and other materials as they become available – at no charge.
- 6) 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 the large number of Canadian citizens for whom Prostate Cancer Canada is speaking on issues of concern to us, both in the press and in government.

Several members of the Steering Committee observed that if we decide to affiliate and change our name to *Prostate Cancer Canada Network – Brampton*, we will no longer have to explain what we do since the explanation is in the name. Currently, we always have to explain what *Us Too! Brampton* is and what we do.

We will be allowed to call ourselves *Prostate Cancer Canada Network – Brampton / Us TOO Brampton* for up to one year in order to ease the transition.

Needless to say, the most actively involved of the older members will continue to think of the group as Us Too! Brampton amongst ourselves.

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 turn out for the next two meetings.

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

Or e-mail: jim.dorsey@ustoo-brampton.com

The Next Steps in the Question of Affiliating with the Prostate Cancer Canada Network

At the May 11th General Meeting, we will place one copy of the Prostate Cancer Canada 1 in 6 Training Program folder on each table. We also have a limited number of copies of a DVD that you can borrow and view at home.

Please take this opportunity to assess the quality of the awareness materials that are being provided by Prostate Cancer Canada.

At the June 8th General Meeting we will ask the members in attendance to vote on the Final Affiliation Process. Those that can't make the June meeting may vote in advance. The majority advanced vote plus that of those in attendance will determine the outcome.

So between now and June 8th, we ask that you please become aware of the facts behind the affiliation issue. Address any questions that you have to me or any other member of the Steering Committee.

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 subscribe to various publications on line.

Note particularly the public awareness coup that Prostate Cancer Canada pulled off on March 31st when every MP wore either the Prostate Cancer Canada man's necktie or lady's scarf on Parliament Hill in support of Jack Layton when he announced that "*this year, more than 25,000 Canadian men will be diagnosed with treatable prostate cancer and I have recently learned that I'm one of them.*" This is publicity that we only ever dreamed of in the past - it's sad that it took Jack Layton's diagnosis to gain this kind of visibility, but God bless him for those words!

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

Or e-mail: jim.dorsey@ustoo-brampton.com

Financial Matters

Just a reminder that our 10th Annual Charity Golf Tournament will be held on Monday, June 21st 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 pack. Most prizes are golf related but we 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

Wellspring Exercise Program

Wellspring is planning a 10 week Exercise Program which will start May 11th and run Tuesdays and Thursdays from 2:00 until 3:00 PM for UsToo & Wellspring Members.

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



The Fourth Annual 2010 MOTORCYCLE RIDE FOR DAD - PEEL REGION

"If I had gotten checked this time last year, I wouldn't be planning my own funeral today."

- Charlie Pester, Kingston educator and role model

It was the words of Charlie Pester in 2000 that inspired a group of friends to do something to raise awareness and funds for the fight against prostate cancer.

From its humble beginnings, the Ride For Dad has grown to include 25 cities across Canada and plans are underway for several more. Today, more than 100,000 men, women and children have been involved... raising over \$5,000,000 to fight prostate cancer.

The Ride For Dad is an annual fundraiser that sees riders raise money through pledges for prostate cancer research and education. The event brings together motorcycle enthusiasts, members of the community, members of the local police service and community leaders.

Join the fight!

The 2010 Peel Region Motorcycle Ride For Dad will take place on Saturday June 5, 2010. This event raises money for Education and Research into Prostate Cancer. This Poker Run will cover a scenic route through Peel and Halton Regions. Approximately 180 kilometres in length, the ride starts and finishes at the Peel Regional Police Association, 10675 Mississauga Road, Brampton, Ontario.

Registration: \$25 or Free if you bring in \$100 or more in pledges.

Riders receive a complimentary gift bag and a barbeque lunch.

Lots of Prizes to be won!

CHECK OUT THE WEBSITE FOR YOUR REGISTRATION FORM, UPDATES AND ALL OF THE DETAILS!

<http://www.motorcycleridefordad.org/peel/>

Early Registration will take place on Friday June 4, 2010 at the Peel Regional Police Association at 10675 Mississauga Road, Brampton, Ontario

Ride Day Registration will take place starting at 7:00 am at Peel Regional Police Association at 10675 Mississauga Road, Brampton, Ontario

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.

We 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.

Steve Hutton and I continue to meet with Mike Hardcastle, the General Manager of the Powerade Centre to plan the fine points as we get closer the day!

Our good friend Lorne Bland of JST Printing in Orangeville surprised us last week by offering to print 5,000 of the beautiful fliers / posters designed by Fernando Pacheco *at no cost to us*. If you need printing done, please contact Lorne at (519) 941-1218 or email him at jstprinting@sympatico.ca. You will not be disappointed. Please support our sponsors!

The 2010 "Cruising Season" is upon us. We will be distributing our fliers / posters at cruise nights and car shows throughout Ontario and Western New York.

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

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 this month on Wed, May 26th at 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.

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:

John Sleath, Awareness Coordinator, 905-456-9943, or john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

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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