



Newsletter

Prostate Cancer 101, Inc.

<http://prostatecancer101.org>

August, 2005

The Prostate Cancer Information and Support Group of the Mid-Hudson

In Memory of Ronald A Koster Educator, Innovator, Friend

Ron Koster was born in Perry, a small village in western New York State. As a youth, he played the piano and saxophone, but was better known for his vocal talents. He was President of his high school fraternity and Editor of both his yearbook and the high school newspaper. Graduating from high school at 16 he entered what was then known as New York State College for Teachers at Albany, now the State University Center at Albany.

Ron majored in Business Education, but was more involved in activities associated with English and other humanities, which explains why he was selected as a member of the Dramatics and Arts Council,

though he carefully avoided the



stage. He was the guy usually asked to design the cover for the student directory or to illustrate

other literary endeavors. History repeated itself when he became editor of THE PEDAGOGUE, his college yearbook. His greatest honor, however, was to have been selected as one of thirteen students to membership in MYSKANIA, the colleges' esteemed judicial organization.

Ron's first teaching assignment was in another small western New York State village: Medina, the hay fever center of the North East! When he became engaged to his college sweetheart, Marilyn, he left Medina knowing it was most unlikely that his bride would leave her beautiful Catskill Mountains.

In teaching at Onteora Central School, he was assigned as faculty advisor of the TOMAHAWK, the school yearbook.

Feb. 23, 1934 – Aug. 11, 2005

Since the concept of a prepaid subscription to the yearbook had not been the norm, a number of fund-raising events were created, one of which, The TOMAHAWK QUEEN contest, continues to this day. He was also Student Council advisor at Onteora, which was one of the first groups in New York State to sponsor a foreign student. As the creator of a number of innovations he was then invited to join the faculty of the New York State Student Leadership Program at the University of Rochester. This was a unique



summer program in which leaders, or would-be leaders from high schools throughout the state were invited to come, learn, and share leadership techniques. He taught some specialized Retailing courses and set up, as a laboratory, one of the first school stores in the nation.

Marilyn and Ron were married on June 21, 1958. They built a home in back of what was then the Woodstock Playhouse. Ron attended graduate school,

taking Saturday courses in Albany to earn his Masters Degree and school administrations certificates. Their daughter, Lyn Mari, was born while he taught at Onteora.

When Ulster County Community College opened its temporary doors on West Chester Street in Kingston, he joined their part-time faculty, advancing to

full-time in 1964, the college's second year of operation. Business administration and some office management courses were his specialty. In 1969 he was asked to assume the position of Director of Continuing Education, which involved responsibility for all part-time faculty and students. Ron's greatest interest was in *developing credit-free programs* to draw everyone in the community, from those who did not have a high school diploma, high school

graduates, those with a variety of college learning experiences, as well as those who had advanced degrees.

He was a founding member of the Continuing Education Association of New York State, the organization for continuing education administrators of public institutions of higher learning in

New York State. In 1982, he was

elected President of the organization, and in 1983 was recognized for most "outstanding leadership" in a ceremony at the Hotel Otesaga in Cooperstown, N.Y.

The family moved to Kingston in 1973, where daughter Lyn attended the John A. Coleman School, and was the piano accompanist for a number of children's musical productions. Marilyn and Ron were drafted as Presidents of

the Coleman Parents Association in Lyn's sophomore year. They initiated a number of fund raising activities, including the Christmas Arts and Crafts show and the spring YAG (Yard, Attic and Garage) sale, which continue to this day. They raised 6000% more funds than had been raised before or since.

Lyn graduated from Coleman in 1979 and entered Franklin and Marshall College in Lancaster, PA. The trip home, after leaving her at her dorm room, was pretty solemn. Shortly thereafter, Marilyn was asked to take over for a newly hired, but homesick guidance counselor at the Bailey School and was soon in it up to her ears. Ultimately she became the career model for Lyn who, after graduating from F&M in Psychology, earned her Masters degree and Guidance Counselor certifications at SUNY Albany.

After Lyn's marriage to Richard Umble, they gave Ron and Marilyn two of the most important people in their lives; their grandchildren, Brad and Dana. Both have inherited their grandfather's love of and talent for music, as well as his love of learning.

Ron retired from Ulster in 1990. On New Years Eve, 1991, he had his biopsy, and on January 7, 1992, was informed that he had Prostate Cancer and must have surgery within the month. He knew that was not going to happen.

Five years earlier a good friend had been diagnosed and his urologist sent him to Dr. Patrick C. Walsh at Johns Hopkins. Ron called for an appointment which took three months to get. In March Dr. Walsh he told him that he would be leaving the hospital after surgery with a catheter which must remain for three weeks. At that time, it was to be removed by an Urologist, no other doctor, or nurse, an UROLOGIST! Arriving back in Kingston he called every Urologist in the city and asked them if they would do it, each refused, suggesting he go back to Baltimore to have it removed. Eventually, Dr. Lieberman in Poughkeepsie was not only willing, but anxious to be "working with Dr. Walsh". It turned out Dr. Lieberman had a son who lived in Baltimore, and every time Dr. Lieberman went to visit, he arranged to observe Dr. Walsh perform an RRP.

On June 18, 1992 Ron had a radical retropubic prostatectomy at Johns Hopkins University Hospital in Baltimore. After the allotted three weeks, Dr. Lieberman removed the catheter and continued the periodic follow-up visits at his Poughkeepsie office.

With his new found medical interest, he organized a

Prostate Cancer Bulletin Board on Prodigy and started what would eventually become a more than 400 page collection called the Prostate Cancer Library. There were about 400-500 participants on this Bulletin Board, which eventually spun off to become available to anyone on the Internet as the Prostate Problems Mailing List. Within a week of its introduction it had about 1400 subscribers! Seed-Pods, Ice Balls, The Circle, and all the other Prostate Cancer mailing lists are spin-offs of PPML, with the little Prodigy Bulletin Board being the grandfather of them all.

Back in the Poughkeepsie office of Dr. Lieberman, Ron noticed a poster by Dennis O'Hara about a first meeting of M2M, Poughkeepsie, to be held in July, 1994. About 14-15 survivors of various treatment modalities met in a very crowded room, and that was the beginning. It was a tough job getting new members, and when he was asked to help start a group in Kingston, his immediate thought was, "it'll never work"! Poughkeepsie had a much larger population, and membership just dragged along.

Ron met with John Breithaupt and John Decker,

and they agreed to give it a try. The first meeting of M2M, Kingston was held in February 1995. The group grew slowly, but surely.

They started inviting speakers to meetings at the Hurley Reformed Church and the publicity emanating from those events helped newly diagnosed men find them. They did their best to utilize free public service announcements (Interestingly called PSA's) to encourage newly diagnosed men to come to meetings so that they could be introduced to ALL treatment modalities available. Ron was fortunate to meet and become a friend of James F. Mullen, founder of the Man-to-Man movement. He was partly responsible for Ron's invitation to join those forming the grassroots National Prostate Cancer Coalition on July 20, 1996 in Las Colinas, Texas.

On September 6, 1996, the little organization sponsored what turned out to be the most heavily attended Prostate Cancer Forum in the United States. They were lucky to get some "big name practitioners" and even more fortunate to get a lot of financial support from the big pharmaceutical firms in the country. There were almost 500 in attendance, and the volun-

teers, who directed the parking at the Coleman School, counted license plates from 22 states!

Because ACS couldn't pay for, or even issue checks for the display ads placed in Kingston, Poughkeepsie, and Middletown newspapers, a checking account was established with the M2M parent organization in Sarasota, FL. That may have been the best thing that ever happened for they now had more control of their destiny.

Ron was also honored to have been selected by the National Cancer Institute to participate in their first Prostate Cancer Progress Review Group in July, 1997. It was there that he first got to know many of the important physicians and researchers that he had read about in medical literature.

When the regular monthly meetings got too big to address the needs of newly diagnosed men, Prostate Cancer 101 was introduced; a meeting designed specifically for newly diagnosed men, their families and friends. This monthly meeting has been running for several years, and is now being emulated throughout the country. Several men and/or their spouses try to address the concerns of the newly diagnosed each month in a smaller, more

intimate setting.

Two years ago, after a number of differences with the ACS, the entire group left M2M as a whole and formed Prostate Cancer 101 as a separate organization. It is recognized as a 501-c charitable/educational corporation by the IRS and State of New York. PCa101 continues to provide support for the newly diagnosed, those who have received treatment and have concerns, and for their families and interested friends. The Distinguished Lecture Series for 2005 has a line up of some of the most notable men in the prostate cancer field, a wonderful gift of hard work and diligence from Ron.

This was condensed and edited from a biography that Ron had written three years ago when he was to be honored at a dinner at the Hillside Manor.

I hope you will learn more about the man he was and be as impressed as I was by all his accomplishments.

Diane Sutkowski

Eulogy by Reverend Charles Stickley of the Hurley Reformed Church
August 15, 2005
St. Colman's Church
Kingston NY

I saw the obituary of Ron Koster in the Freeman and it does not do him justice, even though it was a well defined recollection of the activity of this life. I took heart in the fact that the obituary included a photo of Ron and I said, "That is what he was all about." Then I was very happy when I came to the Church this morning and on the front page of the order of worship was his picture. You look at it and you feel that you would like this man, even if you had never met him before. A sort of "teddy bear" man as you look at his picture and recall his face and character...the dancing eyes; the white hair, the little smile that always graced the round and soft face. You just feel that it would be good to know this man.... and it was.

I will always remember him as we met for the last time at his home. I had come to know Ron in his work with the prostate group that met at the Hurley Church and we would converse and interact as he met and as he directed meetings with so many who shared the need for information and the ability to face and deal with prostate cancer. One of the "group" stopped at my office and said, "Rev., did you know that Ron was

really having a hard time and that his condition is a lot worse?" My reply was, "No, but I will get in touch with him." I had seen the tank of oxygen and the difficulty climbing the stairs, but the man said it was now worse than that.... the phone call followed and I went to meet with Ron and spend some time with him prior to leaving for a wedding in Michigan.

We talked about life and death...about faith and promise and I know that Ron Koster believed what Paul was writing to the Church at Thessalonica [Thessalonians 4, 13-18] in the hope and gift of God that I have read with you. Facing the sure encounter of death we could look at life and we talked about what God had promised and given to us in Christ and we talked about the legacies we would leave; agreeing that we all would leave them and they would be far beyond our tombstones and obituaries. Surely his would be more than that, as we looked at what he would leave behind

To me it was a horizontal and

vertical legacy on his part. Many people have the vertical and can have a relationship with God, thanking Him for all of His love and blessings and attending Church to honor and give Him praise, but it ends there with them and it is theirs and only theirs. Ron saw the vertical in relation to what God had given him in so many ways, but it did not end there. He knew the love and care of God, but it had to manifest itself somehow in life. For him it was to share what God had given with the people around him, doing that in his own quiet and servant kind of way.

How many lives did he touch in the field of education alone? How many more in his labor of love in the whole prostate cancer encounter? What was given to him was to be shared with others and that would become his legacy. He wanted to be part of people and he needed people to make himself whole, reaching out on the horizontal to others. Like the song says, "People who need people are the luckiest people in the world." Ron Koster

Dattoli Cancer Foundation names “Ron Koster Library”

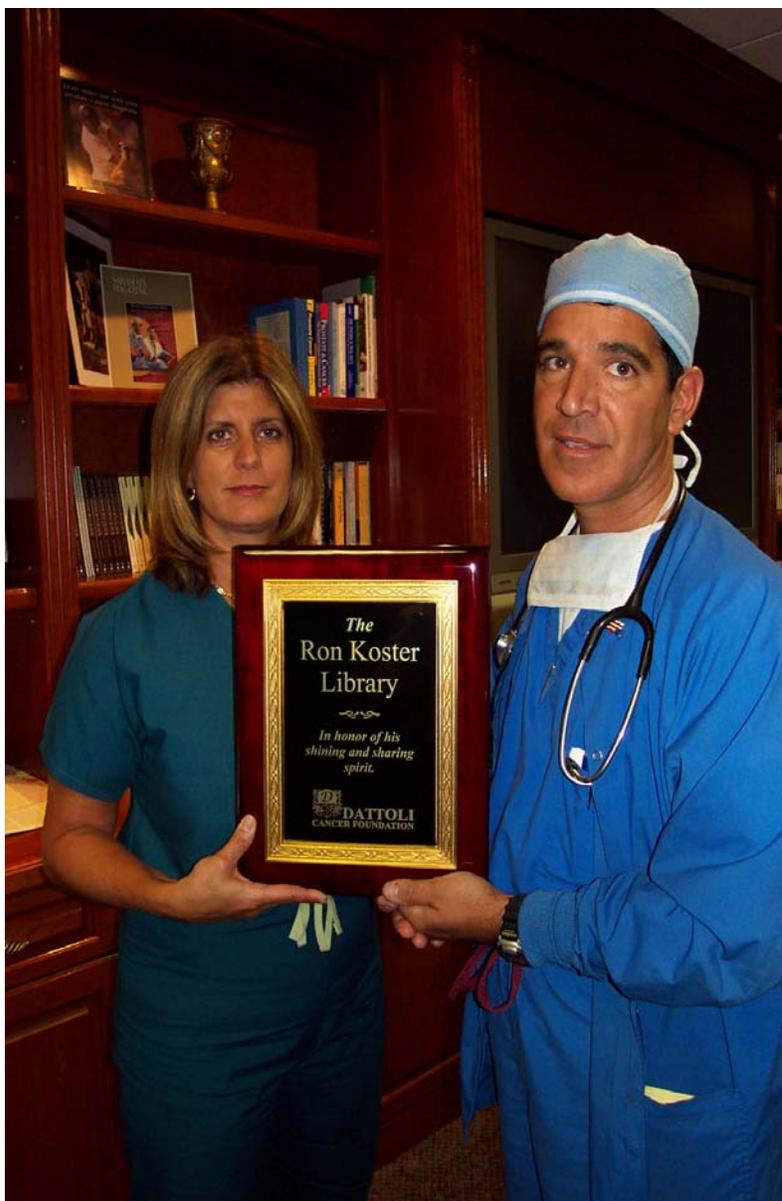
needed others to complete his journey... to connect the vertical with the horizontal and to make the Cross of Christ in the midst of life. He needed others to be involved in his legacy and he touched many along the way. In his gentle spirit and in his caring concern he shared and not only formed his legacy, but also served Christ. He did not keep it to himself in the vertical walk of life, but shared it and in that he completed the Cross of Christ's love in others.

It was an honor to know him and it is indeed a joy to be part of his legacy as he came to touch many of our lives and in doing that, he gives us cause to rejoice for what he now inherits in God's love and care, because of his faith in God and his love of people...He stands before his heavenly Father and the Son and the words echo over him....“Come ye blessed of my Father, inherit the kingdom that has been prepared for you before the foundation of the world.”

He is blessed, as are we, for having known him and sharing a bit of his journey with us...May God give him peace, now and forever.

Reverend Charles Stickley

When Dr. Michael Dattoli and his staff at the Dattoli Foundation were informed of the seriousness of Ron's illness, they wanted to do something special to recognize the lending library at their Sarasota, Florida facility after Ron. This library is used by men who are being treated for prostate cancer,



his commitment to educating men many others who visit and notably the staff. It is a place to find cer. It seemed natural to name

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books, videotapes, newsletters and uplifting correspondence from patients from all walks of life and from all over the world, as well as a quiet spot to recoup and unwind.

With the assistance of Ginya Carnahan of the Dattoli Cancer Foundation, Dr. Dattoli and Jennifer Cash were able to coordinate with Ron's wife, Marilyn, so she was able to tell him of this honor in the days prior to his death. Though the plaque was not ready in time for him to see it, the thoughtfulness and the relaying of that important message was.

The plaque reads "The Ron Koster Library - In honor of his shining and sharing spirit."

What a fitting commemoration of a man who was an educator all of his life, not only as a teacher in New York State, but even after retirement as a giver of knowledge and hope to those men diagnosed with prostate cancer.

Photograph -Michael Dattoli, MD and Jennifer Cash, MS, ARNP, OCN

Ron Koster

Sept. 17, 2002

*An interesting fellow indeed
This pundit of RP and Seed,
Guiding many lost soul
To look at the whole
Avoiding rash decisions and
Uro greed.*

*A nurturing man all your life
Devoted to Marilyn, your dear
wife
College sweethearts, 'tis true
But we've ALL cause to love
you
For counseling our medical
strife.*

*From Perry, Albany and Me-
dina you two -*

*Choose your beloved Catskill
Mountains true.*

*In Woodstock then Kingston
town,*

*To raise your family and settle
down,*

*Helping so many in the foot-
hills you knew.*

*The proud parent of daughter
Lyn Mari - and -*

*Two times over a father -
grand,*

*Who carry your musical bent
The scholarly tradition you
sent*

*To Brad and Dana with a kind
helping hand.*

*A teacher, adviser, our foun-
der and friend,
Innovative fund raiser, and
editor all blend -
In that generous man we all
well know*

A fine, good natured, gentle fellow -

*'Twas Koster who championed
our warrior trend!*

*Now most of us men who are
here present*

*Will understand, for we too've
cause to resent*

*The nasty DRE with a high
PSA*

*Indicating we've the dreaded
PCa*

*Thus generating fear of an
unacceptable descent.*

*But after considering all of the
tests*

*Ron choose the nation's very
best*

*The famous Doc. Patrick C.
Walsh to execute his RRP*

*And Doc Liberman to do all
the rest.*

*You've survived your first
productive decade,
Helping many whose quality of
life - you've saved,*

Steered to Man to Man

And to PCa-101,

*Through your valiant Prostate
crusade.*

Resolution honoring Ron Koster, his inception and many contributions to PCa101

*Our man of many letters, BS
and MS,*

*NYSCTA, UCCC, PPML and
ACS -*

*Of M2M, PC-101 and dare
you brag*

*Even the once famous YAG!
To the man behind the letters
we say 'God Bless!'*

*So thank you Ron, we all
wish you the very best,
Knowing none of us has quite
- finished our test.
But you've made our lives
lighter,
Our futures are much
brighter*

*And all with the bonus - of
your witty E-mail jest!*

~ ~ ~ ~ ~

*With fond appreciation on behalf of
all your M2M friends,
by Dakin Morehouse
(From the heart of the Catskill
Mountains)*

The unanimous decision to honor Ron was brought up at the July 7th Board Meeting. Thanks to Ward Miller for starting the thought processes flowing with his wonderful phrases; Diane Sutkowski was able to add to his ideas and finish the creation in short order.

A framed resolution was given to Ron on July 28 on behalf of all the members of our organization. Present at Ron and Marilyn's home were: Bill and Arlene Ryan, their grandson and our mascot, Benjamin, Yavuz Birturk and Diane Sutkowski. Ron was both surprised and delighted to know how much we all held him in regard.

*Be it hereby known that on July 7, 2005 by unani-
mous approval
of the Board of Directors of PCa 101
a Resolution was passed to honor
our founder and President*

Ronald A. Koster

We hereby acknowledge with gratitude and admiration the gifts of your time, talent and knowledge which you have given to so many men and their families throughout the region. Over the past dozen years you have educated hundreds in the options available in prostate cancer treatment and its management. Your sound advice and encouragement prompted many to get that second opinion and find the right course of treatment. Your gentle counsel met emotional needs when sorely needed.

Many men are enjoying a better quality of life and health as a direct result of the role the organization you founded has played in their lives. You have earned the respect of us all, as well as of the many renowned doctors, medical professionals and lay people whose lives you have touched.

We can not begin to fill your shoes, but will do our utmost to continue your legacy. Our deepest thanks and gratitude to our founder, president and friend, the Officers, Board of Directors and members of PCa 101.

Remembrances of Ron

A Note from the Koster Family

Thank you for the beautiful floral spray, and for all the love and support you gave to Ron over the years,

Sincerely,
Marilyn, Lyn, and family

Bonnie and I were saddened to hear of Ron's untimely passing. In the short few months that I communicated with him by e-mail and in May when I finally was fortunate enough to meet him, I felt we were old friends. I admired him as a capable leader of PCa 101 and most of all as a warm, caring human being. Please forward our sincere sympathy to his lovely wife and daughter. We too shall miss him.

Dr. Ming and Bonnie Chu

Ron and I were frequently in contact by mail, e-mail, phone and personal visit. It was business and fun as well. We were available to each other on a moment's notice.

One day he was going to give me some keys, I said, "I will come to your house."

He said, "No, I will come to your house."

Then we made a compromise. We were both going to come, to an undetermined point on Lucas Avenue. He started from Kingston, and I from Cottekill. As I was driving, I had visions of us colliding. If I didn't stop laughing, it might well have happened! Before I got to Hurley, I stopped at a suitable parking area. He came from the opposite direction 30 seconds later. We both got out – he gave me the keys. We chatted about some business. We also wondered if we looked like a couple of thugs exchanging you know what! We drove back to our homes before the DEA arrived!!!

Yavuz Birturk, Board of Directors, Programs, PCa 101

As founder and president he has done so much for the men who have or had prostate cancer and their families. Ron meant so much to so many of us over the years we knew him.

It is a large loss for our organization, our good friend and leader.

Peter Randlev, PCa 101

Ron's heart was {and still does} what kept me so engaged. I knew that I could send anyone to him, no matter how scared, blasé or 'hard nosed' and they would get the absolute best that Ron could muster. Which brings me to his magnificent intelligence. How so many facts and pieces of information could be both stored in that head AND also be right at the tip of his tongue with no more than a slight delay sometimes kept blowing me away.

Ron has left the world MUCH improved and, while typically, he kept no records to substantiate my assumption, I can't help but

believe that what he gave, gave many men and women in their lives so much more from their lives. I know this is true for me.

Jac Conaway, Member PCa 101

In loving memory of Ron Koster. May he forever rest in peace, knowing he has saved many men's lives.

Ward Miller, Membership, PCa 101

I first met Ron Koster over 13 years ago, when I was working at a walk-in medical office, which was "hosting" what was probably the region's first free PSA testing (the local urologists had volunteered their time). ACS had given us literature and briefed us on what to tell the men when they signed in.

Back then the PSA test was rather new, so we were all pretty uninformed regarding it. Well, that did not last long because I walked this big teddy bear of a guy with a huge smile, and it was Ron. He immediately took charge of the ever-growing number of men in line, passing out information, fielding questions and staying until we were finished. I was so impressed by his kindness and the wealth of information that he passed on to the men. When the results came through a few days later and several men were found to have elevated PSA's, we referred them to an urologist, and I remember calling Ron with questions I had.

Little did I know that years later we would meet again; only this time it was at PCa101 and my husband, Bill, was the "newbie." Like many other men and their spouses, our heads were spinning and we were scared stiff. Bill's Dad had died of the disease and that was foremost in our minds. Ron calmly and patiently answered our questions that night and then I e-mailed him almost daily with even more questions. IMRT was fairly new four years ago and I had a question that he couldn't answer, however, typical of Ron....he contacted Dr. Dattoli's office and obtained the correct information.

These past few weeks many accolades have been written, but when I think of him I will remember that Ron always went that proverbial "extra mile," and for this my husband and I are so grateful. As members of PCa 101, we will both do our best to keep his legacy alive by continuing what he had started all those years ago.

Arlene Ryan, Board of Directors, Programs PCa101

It has only dawned on me how Ron affected my life in a huge way. He once e-mailed me a beautiful picture of a zebra butterfly on a flower, and I thought it would make a very nice greeting card. He gave me the address of the photographer and this wonderful lady allowed me to use it, but, more importantly, she told me about a site called Shutter City where she posted her

pictures. I started posting my pictures there and made some amazing friends; traveling through South Africa and Namibia with two of them. Last year we stayed with a couple in the Netherlands and met another couple in England, with whom we traveled the Lake District.

So many of us have been affected by Ron. Ed shares that he got steered down the path in the right direction (by Ron) and now has a PSA reading of zero.

It's not just the men from PCa101 who have received Ron's expertise and love, but I also received his incredible encouragement for my new found photographic hobby. Yes Ron certainly made a difference in my life!

Vasuda Donnelly, 50/50 Committee PCa 101

For years on a weekly basis Ron Koster made his message available to newcomers and all members of the PPML mailing list. Recently, because of Ron's illness, Nancy Peres has posted his informative message.

Ron survived PCa or more than 13 years. Yesterday, pulmonary fibrosis took him away from us. I am going to miss Ron because he was a good friend and a loyal long-term advocate for prostate cancer awareness. Farewell, my friend! You are now in good hands and breathing freely, but we will miss you! Godspeed,

Ralph Valle, Prostate Problems Mailing List

(Ron) heard through the grapevine that I had a prostate problem so he called me with all kinds of very interesting information. So interesting that I thought it ought to be shared with a bigger audience. It turned out that I didn't have a problem, but his concern and thought(fullness) was very appreciated. I am so sorry.

Alan Chartock, President & CEO, WAMC/NPR

The first time we met Ron was at a Prostate Cancer 101 meeting just about a week after my husband, Walt, had been diagnosed. I saw the ad in the Daily Freeman and brought it to Walt's attention; frankly Walt thinks it's about the best use the Freeman has ever been! Ron eased our minds and, while we had already done some research on our own, gave us information about who was the "best." How do you say thank you for helping give you a quality of life that is a lot better than it would have been? Do I hear a loud Amen?

Walt's treatment choice (with Ron's encouragement) was better than we ever hoped. On our return from Florida and the Dattoli Center we came back to the group and rather quickly became quite involved. The next thing we knew we were on the Board of Directors of our new venture as PCa 101, Inc. A couple of those Board Meetings were filled with laughter (Dakin and the sub-way), quips and commentary; others were equally colorful one way or the other.

Ron, thank you for being an angel in disguise to so many of us.

Diane Sutkowski, Secretary Treasurer PCa 101

I would like to tell you and your family how important a person you have been to me and to our PCa cause. I remember the first time we met at ACS in the tower building back in 1993. I can still picture you there at the end of the table rambling on and on. I said to myself, this guy knows his stuff. You were way ahead of the curve. I can also remember you telling us that you were from Kingston. Either I or someone else suggested you should start your own group, and low and behold, you did.

I, for one, know how difficult a task starting and maintaining a program such as ours is, and how difficult and virtually impossible it is, always trying to get others to take over a bit of the burden. You have been a moving force in the Hudson Valley spreading the word about PCa and helping so many of us.

I owe you a debt of gratitude and have admired your many accomplishments. I still do not know how you got so many top shelf speakers. You have been an inspiration to me and so many others and all I can say is thank you and your family for giving up the precious minutes, hours and days of your lives to talk to and guide the many, many men who have interrupted your meals, holidays and vacations.

My family and I will be praying for you and your family.

Dennis O'Hara, Founder & Facilitator M2m Poughkeepsie

I had sent him a couple of emails when I belatedly got the news of his problems. We first met on Prodigy CaP. His upbeat attitude and willingness to help was always refreshing. Gonna miss the man from the foothills of the Catskills.

Mike Vanecek, Prostate Problems Mailing List

My sympathies to all. I am so sorry. Thank you for informing us as it is truly a loss to all.

Leslie Rico, Times Herald Record

I was very saddened to hear of Ron's passing. I have remembered him in prayer. He was very helpful with my own section of treatment and just the normal human support needed as one faces this issue.

John Kingsbury, Member PCa 101

I was so very sorry to hear of Ron's passing. Ron and I have sporadically corresponded via the Internet. Ron was such a wealth of information, and so kind and gracious about sharing that information. I have shared much of the info he shared with me with our local PCa support group. I know how much the support group meant to Ron. Please accept my deepest sympathy and condolences.

Lorna Bartlett, California

It was such a privilege to know such a caring, giving, gentleman. The Man to Man organization has lost a great representative. At his wake we were once again reminded of all his accomplishments. We had felt as honored to attend the lovely dinner given for him at Hillside Manor several years ago. His wife, and daughter and her family, were so blessed to have such a fine man in their lives. He will be missed.

Arthur and Lisa Callaghan

I am saddened by the news of Ron's passing. He will be greatly missed. May all of you be comforted in the days ahead.

Pam Geskie, Hudson Valley Newspapers

I am so sorry to hear of the passing of Mr. Koster. From all of the staff at WDST, our deepest condolences to the group and to Mr. Koster's family.

Alex Klauber, WDST

Dr. Beer and I went down to calling hours on Sunday. I personally shall miss his many emails. I felt him a friend as well as an educator. I learned a lot from him and always felt he was my first reference when we had someone having trouble deciding what treatment choice was best for them. If we can help in any way with the group please do not hesitate to get in touch. When we were down there Sunday (we) saw many old friends. Marilyn is quite a lady as well!!

Ellen Briggs, RN, Dr. Beer's office

A big loss for us all.

I feel happier and a better person, improved and fulfilled, for having gotten to know Ron. Though we only corresponded, I felt familiar with and close to him. He had such correctness, duty, lack of egoism, and moderation. I never knew him to do anything that was not supportive. Sometimes he had asked me to rein myself in across the years.

He just asked nicely in the simplest, friendliest way. I could never really disagree with him. His bylines were so poetic, "From the foothills of the Catskills," "Embrace the unexpected, it makes life interesting," "Be a dreamer, they change things," "Sometimes, it takes just one person to work a miracle." I guess it's the estrogen that I take that makes me feel so moved. So long, Ron Koster.

Jim Howell, Prostate Problems Mailing List

He will be missed, but remembered. Our deepest sympathy to his wife and family.

HWT, SeedPods

I had several wonderful conversations with Ron. In addition to PCa, we shared a common friend in the last Murray Pearlman of Woodstock. I shall miss them both.

Jerry Kutcher, Tewksbury, SeedPods

I am so sorry to hear of Ron's passing. I'm also thinking of the others we lost last year like Burky.

Carol, SeedPods

I am so sorry. He was always trying to help others. He was a friend to me and to all. He will be missed by all. Please accept my deepest sympathy and condolences.

Aubrey Pilgrim, SeedPods

He was invaluable in helping us with his knowledge and expertise in the treatments available for Prostate Cancer. Ron "made a difference" in this world.

Carol and Art Aldridge, PCa 101

He will be missed.

Mark & Carolyn Cranfield

He was a self-less man who devoted his entire "retirement" years to helping others. Thank you.

Alyce & Lloyd Littlefield

May his work continue to help others.

Patricia Gleason

Prostate Cancer 101, Inc.
8 Alcazar Avenue
Kingston, NY 12401-4302

1st

Tuesday

3rd

Tuesday

4:30 p.m. monthly

SEMINAR
For
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Hurley Reformed Church Hall, Hurley, NY

Contributions made in Memory of Ron Koster

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Lorna Bartlett
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Paul & Mary Ann Totta

Memorials can be sent to:
PCa101
c/o Diane R. Sutkowski
8 Alcazar Avenue
Kingston, NY 12401-4302

Distinguished Lecture Series

September 20, 2005

Erin Murphy, RN with Dr. Ashutosh K. Tewari, Cornell Weill Medical College
“Robotic/Laparoscopic Prostatectomy”

October 18, 2005

Dr. Michael Dattoli, Dattoli Cancer Center, Sarasota FL
“Brachytherapy & IMRT Treatments of PCa”

November 15, 2005

Dr. Peter Scardino, Memorial Sloan Kettering Cancer Center, NY, NY
“The treatment of early stage prostate cancer: a 25 year perspective”

Ron worked so hard to get a line up of some of the top medical personnel in the prostate cancer field to come speak to us this year. It is his last gift to us all. Please come to hear the last three lectures for this year. You just might learn something that will help yourself or a friend who has a problem. What's the rest of your life worth?