



## **PCCN Brampton Sept 2010 Newsletter**



Visit our Web Site:

[www.pccnbrampton.com](http://www.pccnbrampton.com)

### **PCCN Brampton Begins**

After an almost unanimous vote of the General Membership, Us Too Brampton decided to join the Prostate Cancer Canada Network and will now be known as Prostate Cancer Canada Network – Brampton, or PCCN Brampton for short, from now on.

The decision to affiliate with Prostate Cancer Canada was not taken lightly. It was thoroughly researched and made with the best intentions to promote Prostate Cancer Awareness and continue the Support of the Newly Diagnosed which has always been our mandate.

Since joining PCCN, we have already experienced a number of positive benefits. In conjunction with member groups from Toronto, Newmarket, Orillia and Oshawa we were able to man a booth at the Rogers Cup arranged by Prostate Cancer Canada in conjunction with Tennis Canada. Events like this give us far more exposure and reach a lot of people that we would not have been able to reach without the help of PCC. The Toronto group was previously involved with the Sportsman's Show and the booth there was also arranged by PCC.

PCC has helped us with prizes for our Golf Tournament and will be assisting us financially and helping with the organization of our PSA Blood Clinic at this year's annual awareness event: Cruisin' For a Cure Canada on Sunday, September 12<sup>th</sup> at the Powerade Centre.

We feel that this new association with PCC and our other member groups will continue to provide benefits to our group in the pursuit of our goals in the coming year.

This change however has not come without some loss, and we now have to soldier on without a couple of our long time volunteers and major contributors who were not in favour of the decision. For this reason we could use a few volunteers to help with our Audio Visual, Speaker and Caller Committees. If you can spare some time to help out, it would be most appreciated. Other duties might inadvertently fall through the cracks during this transition, so please feel free to remind us if we seem to have forgotten something that we usually do.

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

**Our Next General Meeting will be held on Tuesday, September 14th at 7:00 PM**

**Speaker - Jennifer Hunter, Registered Nutritionist**

**Topic: General Nutrition And Improved Health**

**Jennifer has taken a keen interest in nutrition ever since high school.**

**She believes that good nutrition in the form of Whole Foods and a largely vegetarian diet is key to maintaining good health and avoiding a variety of common diseases including Cancer and Heart Disease. She will be providing some basic guidelines to a healthy diet.**

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

**Last Meeting – Tuesday, June 8th, 2010**

**Our June Pot Luck Supper was attended, at our request, by Helene Vassos from Prostate Cancer Canada and Derek Lawrence from the Prostate Cancer Canada Network.**

**After a very brief introduction to Prostate Cancer Canada (PCC) and the Prostate Cancer Canada Network (PCCN) they were actively engaged answering questions about the goals of Prostate Cancer Canada. They also addressed the concerns of a few of our members with respect to the effects that it would have on our local support group. Once those concerns were put to rest and all of the questions were answered, it was put to a vote and the attending 50+ members voted unanimously to proceed with Affiliation with Prostate Cancer Canada.**

**All that this means for the group is that our name will change to:**

**Prostate Cancer Canada Network - Brampton**

**We will retain our affiliation with Us Too International, and we will continue to honour the contributions of our founders and long time members. A small number of members were opposed to the affiliation with the fear that it would somehow lead the group away from our goals of PCa Awareness and Support for the newly diagnosed and their families. On the contrary, we could sense during the meeting both a renewed commitment to the cause and a brand new sense of optimism that our voices would finally be heard on the provincial and national stages. PCC Organized Events over the summer have only reinforced this opinion.**

**More information is available on the web-site:**

**<http://www.pccnbrampton.com/junmeeting2010.htm>**

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

**Tuesday, September 14<sup>th</sup>, 2010 – Jennifer Hunter, Registered Nutritionist  
Topic: Good Nutrition – The Key To Better Health**

**Tuesday Oct 12th, Daniel Santa Mina.  
Department of Surgical Oncology University Health Network**

**Tuesday Nov 9th, Elizabeth Stanton.  
Peel Area Manager, Ontario Osteoporosis Strategy, Osteoporosis Canada.**

**We have an exciting line up of speakers and events throughout 2010 & 2011.  
Please watch for announcements on this website, in our newsletter and at our meetings.**

**Suggestions are always welcome !**

**Al Hutton, Speaker Committee: (905) 274-5394 or [al.hutton@pccnbrampton.com](mailto:al.hutton@pccnbrampton.com)**

### **Financial Matters**

**Our Golf Tournament was its usual success with close to 100 golfers participating.  
Our thanks to our many contributors, most of whom are listed on the web-site. The Golf  
Committee did an admirable job to make sure the event came off as planned. A special thanks  
to Prostate Cancer Canada who provided prizes, pins and pamphlets for the participants.**

**Prostate Cancer Canada has also offers to help financially with our annual Cruisin' For A Cure  
2010 event PSA Blood Clinic and will also provide us with a couple of volunteers to help us  
with the logistics of the clinic. It is our hope that with their help Cruisin' for a Cure Canada  
may become a national event.**

**As always we need volunteers for the day of the CFCC 2010 event.  
Please contact Jim Dorsey if you have time to help on Sunday, September 12<sup>th</sup>.**

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

### **PCCN Conference – September 22nd – 25<sup>th</sup> In Toronto**

**The Prostate Cancer Canada Network Conference will be held in Toronto this year on  
September 22nd to 25th at the Royal York Hotel. A couple of our members have volunteered to  
attend the conference and we will report back on the event in next month's newsletter.**

## **What Can You Do to Help with Cruisin' for a Cure – Sunday, September 12**

**This year's show is shaping up to be bigger and better than ever. Pre-registrations are 50% higher than last year and we are receiving many telephone inquiries.**

**As always, we need your help.**

- 1. Most importantly, if there are men in your life who have refused to be tested, please bring them to the Powerade Centre between 9 a.m. and 4 p.m. on Sunday, September 12.**
- 2. We still need volunteers to help with**
  - Parking Control**
  - 50:50 Ticket sales**
  - Raffle Ticket sales**
  - Raffle Table security (raffle items were actually stolen from the tables last year!)**
  - Visitor assistance**
  - Ballot counting**
- 3. We can use additional items for door prizes and auction or raffle table items. If you have any new, unused items that you would like to “re-gift”, please call to schedule a pickup or bring them the day of the show. Anything is welcome; it need not be related to automobiles.**
- 4. We all deal with various businesses every day. Every one of them is a potential source of products or services that we can raffle or auction to generate funds to help cover our costs and to increase our donation to Wellspring Chinguacousy.**

**In return, we will gladly promote these merchants by distributing their promotional materials at our show. They will also be listed in the event program and mentioned by our DJ.**

**Call me if you want appeal packages to provide to the businesses that you frequent. Each package contains our show flier, our new PCCN – Brampton brochure and a cover letter.**

**PLEASE get involved; YOU can make a big contribution to help further Prostate Cancer awareness in our community.**

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

**Or e-mail: [jim.dorsey@pccnbrampton.com](mailto:jim.dorsey@pccnbrampton.com)**

## Follow-up to Our Affiliation with the Prostate Cancer Canada Network

The decision to affiliate with the new national support group organization, Prostate Cancer Canada Network (PCCN), has already yielded some significant results.

### *Father's Day Walk / Run*

On Father's Day, June 20, Gary Foote, Al Hutton, Steve Hutton and I took part in the Mississauga Father's Day Walk/Run for Prostate Cancer at the Meadowvale Conservation Area near Mavis Road & the 407. We provided information about our group and worked with PCC staff to provide information about Prostate Cancer and PCC.

This event was organized by a South Asian family group that started just two weeks before the event and still managed to raise a substantial amount of money for Prostate Cancer Canada. Our hats go off to them for their spirit and energy. Information about the Father's Day Walk/Run is available at [www.prostatecancer.ca/Father-s-Day-Run/Home.aspx](http://www.prostatecancer.ca/Father-s-Day-Run/Home.aspx)

We are considering setting up a Peel Region Father's Day Walk/Run to be held at the New & Improved Chinguacousy Park on June 19, 2011.

### *Roger's Cup, August 7 – 15, 2010*

During the week of August 9<sup>th</sup>, Paul Henshall, Morris Rambout and I each worked four-hour shifts at the Prostate Cancer Canada booth at the Men's Rogers Cup at York University. Gary Foote manned the booth on Saturday, August 7. None of us put in nearly the hours that Tilly Netherton contributes every year, but speaking for myself, I don't look as good in shorts as Tilly does. ☺ We handed out our new PCCN-Brampton fliers and Cruisin' for a Cure fliers.

This was the first cooperative effort between a number of local Prostate Cancer support groups. Toronto, Newmarket, Orillia, Oshawa and Brampton were all represented. We hope to take part in many similar events in the future.

PCC's participation drew a lot of media attention and on Tuesday, August 10, the day was devoted to Prostate Cancer, with all spectators being issued with "1 in 6" literature specific to the Rogers Cup and special announcements being made over the public address systems throughout the day. The tag line for the event was, "If we are united across Canada in the fight against prostate cancer, we will win – game, set and match." This clearly expresses why we chose to affiliate with this new national body.

In May, our own Mike Loughnan met with Tom Fischer from PCCN to describe the process that we have followed in running our PSA clinics at Cruisin' for a Cure every year. Remember that we provided 298 PSA tests on September 13 last year; and we hope to do many more this year.

The staff at PCC took Mike's input and worked out a procedure that virtually eliminates most of the issues that we have had with our clinics in the past. PCC then provided free PSA Blood tests to the public over the course of the Rogers Cup. The technicians from Life Labs drew 377 vials of blood during the four days that blood was drawn. The initial report was that of those 377, 72 were judged to be elevated by Dr. Lawrence Klotz, who reviewed the test results; 21 of those were deemed to be significantly elevated.

Under the procedures developed by the team at PCC, every patient's family doctor received a letter over Dr. Klotz's signature advising that the patient had requested a PSA blood test and advising the doctor that the results would be coming directly to him in about ten days. For those whose PSA's were determined to be severely elevated, a second, registered letter went out from Dr. Klotz to the family doctor recommending timely follow up.

We know that Prostate Cancer Canada will be contributing a great deal to our Cruisin' for a Cure on September 12. We are working with their in-house experts to make Cruisin' for a Cure an even more significant awareness event for Southern Ontario.

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

### CALL FOR VOUNTEERS

As always we are in need of volunteers, more than ever with recent departures. 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 Wellspring Chinguacousy at the corner of Torbram and Father Tobin Road. 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: PCCN - 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, 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

Sean Butterly, 905-454-4237  
Morris Rambout, 905-793-8843, or [morris.rambout@pccnbrampton.com](mailto:morris.rambout@pccnbrampton.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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