



April 2011
Volume 11 Issue 4

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**WE ARE BACK AT
TERRY MILLER THIS
MONTH AFTER A TRIP
TO WELLSRING
CHINGUACOUSY**

PCCN Brampton

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PCCN Brampton News

Our March Meeting was held at Wellspring Chinguacousy where Jodi Steele and Daniel Santa Mina gave us an informative presentation on the benefits of exercise before, during and after cancer treatment. The visit gave our members an opportunity to view the excellent support facilities that Wellspring provides to patients with all forms of cancer. They also allow us to hold our monthly Steering Committee meetings there as well.

After that short sojourn we are back this month to the familiar confines of the Terry Miller Recreation Centre. We don't have a formal speaker this month but we will be presenting the personal stories of a number of members, taking you through their individual experiences in the battle with Prostate Cancer.

In addition, we will be showing the DVD:

"Prostate Cancer – It's A Family Affair"

This presentation was prepared by our Thunder Bay PCCN Affiliate and has been recommended by Prostate Cancer Canada to distribute among the numerous PCCN Affiliates.

Earlier this month we participated in the Performance World Show with the Senior Moments Racing Team. The event was well attended and we would like to thank all of the volunteers that made the time to come out and assist with the event.

The Fathers Day Run/Walk for Dad (I'll be walking unless something chases me) will be held on Sunday, June 19th at Chinguacousy Park in Brampton. We would like to invite you and your family to participate, so sign up and join our team.

Our Annual Golf Tournament will also be held in June on a Monday, most likely the 20th or 27th. We could use several more volunteers to help solicit prizes for the event so if you can help please let us know. Forward your name and/or that of your foursome if you would like to play in the event as well.

Gary Foote – Treasurer & Newsletter Editor

Tel: 905-458-6650, E-Mail: gary.foote@pccnbrampton.com



Next General Meeting, Tues April 12th 2011

Speaker: Various Members
"Personal Journeys With Prostate Cancer"

Several members will recount their personal stories during their diagnosis and battles with Prostate Cancer. Let us know if you would like to share your story as well.

"Prostate Cancer – It's A Family Affair"

We will be playing this DVD prepared by PCCN Thunder Bay

Please forward your questions or suggestions to: info@pccnbrampton.com

We meet at the Terry Miller Recreational Centre in Brampton
Room 2, 1295 Williams Parkway is the location; parking is always free.

Upcoming PCCN Brampton Meetings:

Tuesday, April 12th, 2011 – Personal Journeys
- Prostate Cancer – A Family Affair

Tuesday, May 10th, 2011 – To Be Announced

Tuesday, June 14th, 2011 – Summer Pot Luck Dinner
"Season Wrap Up & Get Together"

Speaker suggestions are always gratefully welcome, please watch our website for complete meeting agendas and updated speaker profiles!

Al Hutton, Speaker Committee:
(905) 274-5394 or Email @ alhutton@sympatico.ca

*Please Note: We try as best we can to plan great speakers and topics however from time to time we may have to reschedule the speaker due to unforeseen circumstances.
We will always try and provide as much advance notice as possible when a reschedule occurs.*

Last Meeting, Tues March 8th 2011



**Guest Speakers – Jodi Steele + Daniel Santa Mina
"The Benefits of Exercise In Cancer Treatment"**

Our March Meeting was held at Wellspring Chinguacousy where Jodi Steele and Daniel Santa Mina gave us an informative presentation on the benefits of exercise before, during and after cancer treatment. Both Jodi and Daniel were deeply affected by several of their friends and family developing Cancer years ago and those experiences affected them to the point that their career choices were then pointed in the direction of trying to help those that are afflicted with the disease.

Jodi and Daniel organize Cancer Exercise Classes at Wellspring Chinguacousy and at Princess Margaret Hospital respectively. Both are active in researching and promoting Exercise as a way to improve general quality of life during Cancer Treatment. This research has shown that there are benefits to exercise before, during and after treatment. Exercise can reduce the incidence of and reoccurrence of many cancers.

Studies have shown that increase physical activity reduces the overall incidence of Prostate Cancer and vigorous physical activity reduces the incidence of aggressive forms of Prostate Cancer. Similar results can be found in studies of other cancers.

It is thought that the mechanism behind this is an improved immune system for those that exercise regularly. Exercise during Radiotherapy has also been shown to help reduce side effects and improve tolerance and coping mechanisms.

Most of the exercise programs they administer are tailored to the individual needs of the patient taking into account overall fitness, age and other medical factors. The recommended frequency of exercise is typically 3-5 times a week at a moderate intensity to raise the heart rate to an optimal level for an extended period of time.

They usually combine Aerobic, Resistance and Impact Training to give the patient a good overall workout improving fitness, core stability and bone health as well.

Additional postural exercises may be recommended to help deal with incontinence.



PCCN Brampton Bram-O-Gram

Upcoming 2011 Prostate Cancer Events:

Prostate Extreme Team "ATV Ride of Hope", Saturday June 4th 2011
www.prostateextremeteam.com/atv.html

Motorcycle "Ride for Dad", Saturday June 11, 2011
<http://www.motorcycleridefordad.org/pel/about-us>

PCCN-Brampton "Peel Region Father's Day Walk / Run", Sunday, June 19th 2011
http://www.pccnbrampton.com/2011_walk.htm

PCCN-Brampton "Annual Golf Tournament", Monday, June 27th 2011
http://www.pccnbrampton.com/2011_golf.htm

Cruisin For a Cure Canada, Sunday Sept 11th 2011
<http://www.cruisinforacurecanada.com>

Peel Region Father's Day Walk / Run

We will be hosting this event at the new & improved Chinguacousy Park on Sunday, June 19. Details will be available soon.

Since this is one of the two major Prostate Cancer Canada fund-raising events, we can split the proceeds of any funds raised with PCC. In return, PCC will provide extensive publicity in all public media as well as a website that includes a sophisticated registration procedure.

Our team has already been set up and is called the Brampton Blue Knight Crusaders, in keeping with the team name that Paul Henshall set up when he took part in Movember last year.

Please mark the date on your calendar. The event will run from 8 a.m. registration until about Noon.

Jim Dorsey, Steering Committee:
Tel.: (905) 453-3038, or Email: jim.dorsey@pccnbrampton.com

2011 Performance World Car Show

March 11-13 2011

PCCN-Brampton was invited to the 2011 Performance World Car Show which is one of the largest indoor shows of its kind in Canada! Along with the help of our brothers from the [Prostate Extreme Team](#) and Senior Moments Racing we put together a 10x40 display booth to help spread the word about Prostate Cancer. We would like to thank all our volunteers who did a superb job speaking to the public about this terrible disease.



This show not only allowed us to talk to men & their families about Prostate Cancer but it also gave us an opportunity to promote our very own Cruisin' For a Cure Car Show at the PowerAde Center on September the 11th 2011. Above is a photo arrangement of the 2010 Cruisin' For a Cure Show and various hand outs on one of the three tables that we had set up over the weekend.



PCCN Brampton Bram-O-Gram

As you can see Performance World gave us a prime location in an effort to help us spread the word about Prostate Cancer, thank you Performance World we appreciate your support!

Misha Lobo from [Prostate Cancer Canada](#) came down on Sunday to help us work the booth and we would like to thank her as well as Prostate Cancer Canada for their continued support of our new venture.

Last, but certainly not least, we would like to extend a very special thanks to Phil Nedham & Mike Etter from Senior Moments Motorsport for bringing the car to the show and for being there all weekend to answer many questions from race fans.

**Many people from all ages made a donation for Prostate Cancer and had their photo taken inside the car.
The Steering Committee strongly feels that this show is a great fit with one of our primary goals at PCCN-Brampton which is to spread public awareness about Prostate Cancer and its prevention.**

We hope to return to Performance World in 2012!

Steve Hutton

Webmaster & Event Coordinator

A big thank you to all of you for spending time at Performance World over the weekend.

It was a highly successful event in terms of literature and awareness items distributed, potential vendors and sponsors identified and of course men and women contacted.

I know that all of us spoke to men who are either survivors or recently diagnosed as well as men who had no clue about prostate cancer or the risks thereof. As usual, many of these men had partners who were very concerned and very supportive. It was also very obvious that a lot of men ARE taking responsibility for their own health, especially some of the younger ones.

Jim Dorsey

Cruisin' for a Cure Canada Coordinator www.cruisinforacurecanada.com



Doug Hancock

Sadly, Doug Hancock passed away on March 17. Doug was one of the founding members of the original Us Too! Brampton Prostate Cancer Support Group and was very active from the beginning until health problems made it impossible for him to carry on. His wife Shirley was always by his side.

When I attended my New Member meeting in June, 1999 at Shoppers' World, Alec Gardiner, Fred Norris and Douglas Hancock were the first three Us Too! folks that I met.

You all remember the fears that kept you awake at night after your initial diagnosis. When I came to that New Member meeting, I had been through six months of hormone treatments and was due to start 38 radiation treatments in August. Dr. Crook had of course explained what I was going to experience, but only from the hospital's side. My imagination had created all kinds of horrors to come. As intended, the entire meeting calmed me down a lot.

After the general information portion of the meeting, I sat down one-on-one with Doug and was immediately put at ease by his warm, calm manner and by his personal knowledge of the ordeal that I was about to go through. After talking with Doug, I knew exactly what to expect at Princess Margaret - and what he told me was 100% accurate!

From then on, every time Doug saw me or Sandi anywhere, he always had one of his patented bear hugs for us. He was a unique individual and Sandi and I will both miss him a lot. It hurts that we will not be able to attend the funeral. Our condolences go out to Shirley and to the rest of his family. The following was in the Toronto Star:

Douglas Charles Hancock - December 10, 1927 - March 17, 2011

Peacefully on Thursday March 17, 2011 at the William Osler Health Centre in Brampton at the age of 83. Beloved husband of Shirley (nee Ward). Loving father of Ward (Chris), Mark (Sue) and Neil (Teresa) and the late Paul. Dear Grandpa of Rachel, Brooke, Ryan, Jackie, Evan and Adam. Dear brother of Ruth Wight (Montreal) and the late Bill. He will be fondly remembered by all of his family and friends. A Celebration of his life will be held at St. Andrew's Presbyterian Church, 44 Church Street E., Brampton, on Tuesday March 22, 2011 at 2 p.m. Visitation from 1-2 p.m. In memory of Douglas, donations may be made to St. Andrew's Presbyterian Church or a charity of choice. To place an online condolence please visit www.etch.ca



[Recently Diagnosed? – Contact PCCN-Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk that you're a new member on arrival. One of our counsellors will welcome you and listen to your concerns. Sean Butterly has also offered to be available during our Steering Committee Meetings to meet you one on one at Wellspring Chinguacousy if you prefer.

Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August at Terry Miller Recreation Centre. Our Steering Committee meetings are held two weeks plus a day later on WEDNESDAY of every month except July & August at Wellspring Chinguacousy, but we accept calls all throughout the year. Family members, friends and supporters are always welcome!

[Counselling Associates:](#)

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

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 905-458-6650, E-Mail: gary.foote@pccnbrampton.com

If you already receive your newsletter via regular mail or e-mail, be sure to notify us of any address changes so we can continue to get it out to you.

[Website News & Issues:](#)

Our Website continues to receive minor updates and will continue to be a work in progress. We appreciate all the feedback that we have received to date as it really helps us make it more user friendly, keep the feedback coming folks! If you would like to advertise an upcoming local Prostate Cancer Event please contact:

Steve Hutton – Webmaster/Event Coordinator
(905) 840-7937 or via email: steve.hutton@pccnbrampton.com