



**February 2012**  
*Volume 12 Issue 2*

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**VIEW OUR  
EVENT LIST FOR  
2012 AND  
CONSIDER  
VOLUNTEERING  
IF YOU CAN**

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PCCN Brampton

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

[info@pccnbrampton.com](mailto:info@pccnbrampton.com)

Phone No: 289-752-6316

Fax No: 905-840-9474

## **PCCN Brampton News**

We now have a new dedicated phone line and the number is:

**289-752-6316**

This number will be checked regularly and will auto answer with a recorded message from PCCN Brampton. We hope that this will help us to reach out to more newly diagnosed men and their families and help them through a difficult time.

In our January regular meeting a last minute speaker cancellation was put to great use by converting the evening to an open mike night with some excellent personal stories and question and answer periods. All in all it was a good meeting.

The January Steering committee meeting brought more good news as we received additional money from PCC to cover our Santa Claus Parade expenses and a generous donation by Gentleman's Choice, the result of their annual Charity Golf Tournament in September. These monies allowed us to make a donation to Wellspring Chinguacousy and help fund the Senior Moments / PCCN Brampton Racing Team for another year starting with the March Mega Speed Car Show.

Our 2012 event schedule is filling out already with our Golf Tournament set to go on Monday, June 25<sup>th</sup>. We opted to go a week after the Fathers Day event this year to give our volunteers a little break. We can always use volunteers for these events so give us a call if you feel you can help out in any way. Many hands make light work at these events.

**Gary Foote – Newsletter Editor / Treasurer**

**Tel: 905-458-6650, Fax: 905-458-1812**

**E-Mail: [gary.foote@pccnbrampton.com](mailto:gary.foote@pccnbrampton.com)**



**Next General Meeting, Tuesday, February 14<sup>th</sup>, 2012**

**Maureen Rolands & Jennifer Gray, Prostate Cancer Canada**

We know it's Valentine's Day, but we are honoured to have these two ladies from Prostate Cancer Canada joining us. They both provided excellent presentations to the PCCN Annual Conference in Halifax in October.

Maureen Rowlands, *Director, Support Services*, will provide an overview of future services that will be provided to Prostate Cancer victims based on extensive input from the local PCCN chapters.

Jennifer Gray, *Director, Father's Day Walk / Run*, will be telling us more about this major fund-raising effort in preparation for our Second Annual FDWR at Chinguacousy Park on June 17th.

**We look forward to seeing you in Room #2, upstairs,  
The Terry Miller Recreation Center, 1295 Williams Parkway,  
at the southwest corner of Williams Parkway & Bramalea Road.**

**Parking as always is free.**

**Please forward your questions or suggestions to: [info@pccnbrampton.com](mailto:info@pccnbrampton.com)**



**Last General Meeting, Tuesday, January 10<sup>th</sup>, 2012**

**“Open Mike” Night**

When our speaker unexpectedly cancelled, we were obliged to throw the floor open to members wishing to describe their journeys. We were concerned that the change would result in low attendance, but such was not the case.

Six of our members took the mike to share with the audience of more than 30 members and supporters. All testimonies were heart-felt and interesting. Treatments ranged from the usual surgery, radiation and hormone therapy to more unorthodox regimens. The one thing most had in common was that they were diagnosed as the result of a PSA test. By itself, it is not definitive when it comes to diagnosing Prostate Cancer but it is excellent at detecting advanced cancers and establishing a baseline whereby sudden increases in PSA can trigger the necessary next steps in diagnosis and treatment when and if they are required.

The men who spoke were diagnosed between the ages of 45 and 65 and many had highly aggressive cancers with Gleason Scores as high as 9. Had these men not been referred to treatment by the PSA test many of these cancers would likely have spread significantly before they were detected. As it is, early treatment has given them a good shot at beating the disease. Our thanks to Dave, Domenic, Glenn, Ewan and Mike for sharing their stories with us on such short notice.

In addition to his own Prostate Cancer story, Jim Dorsey also provided a brief history of his involvement originally with Us Too Brampton and now PCCN Brampton. That history led him to get involved with the Cruisin' For A Cure event first in California and now for the last 5 years here in Canada with our sixth annual event coming next September.

Valuable discussions followed each speaker's presentation.

We are now considering holding an open mike night at least once a year.



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings/Events:

**Tuesday, February 14<sup>th</sup>, 2012**  
**Maureen Rowlands and Jennifer Gray, Prostate Cancer Canada,**  
**Information on Future PCC Support Services and the Father's Day Walk / Run**

**Tuesday, March 13<sup>th</sup>, 2012**  
**Dr. Michael Greenspan, Urologist,**  
**Incontinence and Erectile Dysfunction**

**Tuesday, April 10<sup>th</sup>, 2012**  
**Dr. Uri Lindnor, Urologic Oncology Fellow,**  
**A Recent Development - Focal Therapy Treatment for the Newly Diagnosed**

**Tuesday, May 8<sup>th</sup>, 2012**  
**Daniel Santa Mina, Exercise Guru,**  
**Latest Developments in Exercise for Cancer Patients**

**Tuesday, June 12<sup>th</sup>, 2012**  
**Potluck Dinner and Semi-Annual Review**

**Sunday, June 17<sup>th</sup>, 2012**  
**2<sup>nd</sup> Annual Peel Region Father's Day Walk / Run, Chinguacousy Park**

**Monday, June 25<sup>th</sup>, 2012**  
**PCCN – Brampton Golf Tournament, Acton Golf Club**

**Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!**

**Al Hutton, Speaker Committee:**  
**(905) 274-5394 or Email: [alhutton@sympatico.ca](mailto: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 a speaker due to unforeseen circumstances.***

***We will always try to provide as much advance notice as possible when a reschedule occurs.***



### [Peel Region Father's Day Walk / Run Meeting, February 11](#)

Last year we ran our first Peel Region Father's Day Walk / Run at Chinguacousy Park. Despite the fact that we did not really know what we were doing, the event attracted around 200 walkers and runners who raised nearly \$20,000 for Prostate Cancer Canada.

We will hold the first of our monthly organizational meetings at the Chinguacousy Park Ski Chalet at 2 p.m. on Saturday, February 11.

The Chalet is located at the southwest corner of Bramalea Road and Central Park Drive. Enter off Central Park Drive. The meeting room is upstairs and there is an elevator.

We have a good core group of volunteers, but all are welcome to attend; there is a lot of work to be done to make 2012 much more successful than last year's walk / run.

Jennifer Gray, *Director, Father's Day Walk / Run* and John Cowling, *Manager, Father's Day Walk / Run* will join us for this first meeting. Both Jennifer and John are experts at running fundraising events. We expect to learn a lot from them on February 11.

Remember that this is one of two major fund-raising events operated by Prostate Cancer Canada every year, the other being Movember. As discussed when we affiliated with PCC last year, all funds raised by our Prostate Cancer Canada Network – Brampton team can be shared 50:50 with Prostate Cancer Canada. Your donation of \$20 or more will receive a receipt for income tax purposes.

This gives us a great way to generate funds for our expanding awareness operations while giving you a break on your income taxes. So please remember to pledge our team in June. More information will be forthcoming in the Newsletter as we approach Father's Day.

**Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**



### 7<sup>th</sup> Annual PET Sled Ride of Hope, February 18

Many of you have encountered Steve Hutton, our current Webmaster and Steering Committee member. He volunteered shortly before we chose to affiliate with PCC and saved us from some major problems that arose at that time. Steve is in his 40's and he is NOT a Prostate Cancer survivor – hopefully he never will be.

Some of you may not be aware that Steve is also the President of the Prostate Extreme Team (PET). In 2006, Steve organized the first ever snowmobile and ATV events in support of Prostate Cancer in Canada. He came up with the idea after his Dad, Al Hutton was diagnosed with PCa. Al IS a survivor and also a member of our Steering Committee. (Al is nicknamed “Mister 2000” for his initial PSA scores.)

So far Steve and his teams in Ontario, Manitoba and Saskatchewan have raised some \$116,000 for Prostate Cancer. Steve is working with groups in other Provinces to create additional rides. His groups' efforts should be applauded and recognized.

This year, the Ontario Sled Ride of Hope will be held in Gravenhurst over the Family Day long weekend and is certain to be the best ever. As Steve explains in a recent press release, *“For the first time in the Sled Ride of Hope's history we were forced to close registration three weeks prior to our main event.*

*“The astonishing fact about this is that we have had very little snow within 3 hours of Toronto and yet folks are still committed to supporting our cause and have not cancelled their hotel rooms.*

*“It seems that our fight against Prostate Cancer is finally gaining steam and for that fact alone I am personally thankful to each and every one of our Supporters & Sponsors!*

*“I would like to give a very special thank you to our hosts Residence Inn Muskoka Wharf and Snow Crest Riders Snowmobile Club for helping make this year the success it is sure to be!”*

For a better idea of PET's efforts, check <http://www.prostateextremeteam.com>

**Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**



### **PCCN – Brampton Additional Plans for 2012**

Here are the events that we are planning for 2012. As always, volunteers are most welcome. As mentioned at the December Potluck, we will be approaching members individually to ask for their assistance.

#### **Spring Fishing and Boat Show, International Centre, February 17 to 20**

A number of our members will work at the PCC Information booth at this show.

#### **Mega Speed Car Show, International Centre, March 9 to 11**

We are sharing a booth with Phil Nedham's Senior Moments Motorsport again.

#### **Local Health Events, throughout the year**

At every opportunity, we will continue to provide speakers and information to churches, companies and other groups interested in Prostate Cancer.

#### **Father's Day Walk / Run, Chingaucousy Park, June 17**

Our second event will be even better than our first!

#### **Annual Golf Tournament, Acton Golf Club, June 25**

**Morris Rambout, Gary Foote, Ron Clayton** and their merry volunteers continue to operate one of the best golf tournaments in Southern Ontario.

#### **Drag-racing Season, Cayuga & Grand Bend, May - September**

We are sponsoring the Senior Moments Motorsport Top Dragster again. **Phil Nedham** and our members who crew for him will speak to hundreds of interested individuals in the pits. Thousands of people in the stands will again cheer for "our" car, which bears prominent PCCN – Brampton logos.

#### **6<sup>th</sup> Annual Cruisin' for a Cure, Sunday, September 9, 2012**

This will be our sixth Cruisin' for a Cure. The event has grown steadily since our first small show in 2007. As usual, some 15% of the 284 men tested had elevated



## PCCN Brampton Bram-O-Gram

PSA levels. We will have more community support than ever as we work to generate public awareness of Prostate Cancer. BramCity Transmission and Oscar's Roadhouse are long-term partners in Cruisin'.

### **Movember, The Month of November**

This is Prostate Cancer Canada's other major fundraising event of the year. We can share pledges made to our PCCN – Brampton team with PCC.

### **Brampton Board of Trade Santa Claus Parade**

We will almost certainly take part in our fourth Parade.

So if any of these events interest you, please do not hesitate to volunteer. Keep an open mind; you can definitely contribute, regardless of your abilities or experience. The only prerequisite is that you must be a Prostate Cancer survivor or the supporter of a survivor.

Also, please remember that we will take any opportunity offered to us to generate awareness. If you have events that we should join or groups that we should address, please do not hesitate to bring them to the attention of any member of your Steering Committee.

**Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

### ***Interesting Internet Links:***

The Internet is an extremely valuable tool for those of us who are concerned with the causes, diagnosis and treatment of Prostate Cancer. In fact, there is so much information available that it is easy to be overwhelmed.

**The Prostate Cancer Canada website** is a good place to start – and perhaps to end up as the site keeps improving. Check out [www.prostatecancer.ca](http://www.prostatecancer.ca) and explore the contents of the various tabs across the top, like Prostate Cancer, Research and In the News.

The balance of the Home Page provides various useful links, e.g., to the PCC Network, Shop PCC and the PCC blog.





**YouTube.com** includes some fascinating video clips relevant to Prostate Cancer. For example, **Paul Henshall** suggests watching a Da Vinci surgical robot peeling a grape at [http://www.youtube.com/watch?v=vThf\\_sEWndU](http://www.youtube.com/watch?v=vThf_sEWndU) But be warned: Once you get into You Tube, it suggests related videos. You can easily spend four or five hours wandering through the various clips suggested to you.

**www.yananow.org** is an interesting site operated by Terry Herbert, diagnosed in 1996. Terry chose not to undergo any of the standard treatments available until 11 years after diagnosis. Since there were few sources of information available, he started his own source, using the acronym for You Are Not Alone. The home page features a "Don't Panic" button that leads to ..."five initial steps to help you deal with a Prostate Cancer diagnosis." The first step: DON'T PANIC! Terry's slogan is "Prostate men need enlightening, not frightening". His site features testimonials from over 1,000 men describing their own diagnosis and treatment. Highly recommended!

### **Website News & Issues:**

We have built a new discussion forum for our members to share news and prostate cancer stories. There will be a link added to the front page of our website shortly.

Please feel free to sign up and start a discussion today, when you sign up please use your first and last name as a User Id.

Although this is a new tool for us it is still under construction and we are looking forward to some member feedback to enhance this new feature. We feel this will be a very valuable tool for us to share what is new and it will give us a new way to discuss current issues with all our members. We look forward to communicating with you on our new forum.

If you have any questions or technical issues with the forum please send an email to Steve Hutton at the following address  
[steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com)



**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 General 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.

Our Monthly General Meetings are held on the 2nd TUESDAY of each month except July & August at the Terry Miller Recreation Centre.

Our Steering Committee Meetings are held two weeks plus a day later on a WEDNESDAY of every month except July & August in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

Note that Sean Butterly has offered to be available during our Steering Committee Meetings to meet you one on one at Fortino's if you prefer.

Family members, friends and supporters are always welcome at any of our Monthly General Meetings or Steering Committee Meetings!

**Our New Hot Line Number:**

**(289) 752-6316**

Note that we accept phone calls throughout the year.

**If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.**

**Regular "Snail Mail" Costs Money – Please Consider Email**

Regular Mail Costs Us close to 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](mailto: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.