



**April, 2016**  
**Volume 16 Issue**

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**CHECK OUT OUR  
AWARENESS  
ACTIVITIES AND  
CONSIDER  
VOLUNTEERING**

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## *PCCN Brampton News*

March's guest speaker was Breanne Yacobucci from Tweed Marijuana Inc. Tweed is a supplier of medical Marijuana and works in conjunction with medical professionals to treat a variety of ailments, including pain, nausea and convulsions, using the primary components of Marijuana, THC & CBD.

These two compounds have significantly different affects and different varieties of the plant produce different levels of each component. The variety prescribed depends on the needs of the patient's condition, and what is most effective to treat the symptoms that they may be experiencing.

In my opinion, the movement to decriminalize the medical use of drugs allows us to more effectively examine their benefits. We've used morphine for years for extreme pain relief but its counterpart heroin has caused a lot of problems and so we have tried to control it. As a general observation though, the war on drugs has been a colossal and expensive failure with big money going to illegal operations and where there is a lot of money at stake, there is a lot of violence as well.

Drug addiction should be treated as any illness and drugs provided to addicts while they get treatment and counselling to get off them. Less dangerous drugs, like Marijuana, could be legalized, regulated and taxed to reduce law enforcement expenses trying to control them and provide revenue for the treatment of addicts. Less expense, more revenue, better treatment for addicts, it is a formula other countries have used with great benefit. When something is not illegal, this even reduces the allure for some people and maybe they don't get caught up in the problem to start with.

**Jim Dorsey, Gary Foote - Newsletter Editors**

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**Next General Meeting, Tuesday, April 12<sup>th</sup>, 2016 – 7:00pm**



**Dr. Andrew Loblaw of Sunnybrook Health Sciences Centre will discuss *The Future of Prostate Radiotherapy*.**

As long-time members know, Dr. Loblaw is a particular favourite of our group. He drops in frequently to update us on his research into innovative radiotherapy treatments and on resulting patient experiences.

His objectives this time are:

**To review historical outcomes for external beam radiotherapy for prostate cancer**

**To understand the biology of high dose per day radiotherapy**

**To review current standards and future directions in prostate cancer treatment**

At our first meeting at Norton Place Park back in January, we agreed to reduce the number of professional presentations with more general interest speakers and especially with discussions of member experiences. Please bear with us as we had speakers already lined up for the February through May meetings.

You can forward your questions for Dr. Loblaw or speaker suggestions for future speakers to [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone our message number at 905-458-1212.

We look forward to seeing you at ***our NEW meeting location, Norton Place Park Community Centre***, 170 Clark Boulevard, Brampton, Ontario. The building is located north of Clark, east of West Drive and west of Dixie Road.

**(GPS coordinates 43°42'27.5"N 79°43'39.5"W)**

Parking is both plentiful and free.

**Last General Meeting, Tuesday, March 8<sup>th</sup>, 2016**



**Breanne Yacobucci, a Community Engagement Worker for [Tweed Marijuana Inc.](#) will discuss **Access to Medical Marijuana.****

Tweed is a licensed marijuana producer based in Smith Falls, ON and approved by **Health Canada** to supply medical cannabis to individuals with prescriptions. "Better by Tweed" offers locations in Hamilton, Guelph and Etobicoke that provide free information and support to anyone going through the process of accessing medical cannabis.

Breanne provided some valuable insight to the benefits of Marijuana in treating certain conditions. Marijuana has two primary components, THC & CBD and there are varieties that are high in one component or the other.

The variety selected for treatment depends on the condition you are treating. Cannabis has been used during cancer treatment to reduce nausea after chemo and radiation. It has been found to reduce some forms of cancer pain and help improve appetite for some people undergoing treatment. It is also useful in palliative care, providing the same benefits.

Plants high in THC provide the Euphoric effects and are useful as an analgesic and to treat nausea and seizures and spasticity. The CBD component is non-euphoric and has attributes that are anti-inflammatory, neuro-protective, anti-psychotic and anti-anxiety in nature.

Relative to the past, the application for medical treatment has been streamlined so a form signed by a medical practitioner and submitted to a licensed supplier is all you need to get started. There are even specialized Cannabis clinics that evaluate and prescribe it now.

At present, while the benefits are recognized, the cost is not covered under most insurance plans so you would need to shoulder the cost yourself. Marijuana can be purchased as seeds which can be eaten or vaporized and in an oil format that can be added to food. The product arrives via Canada Post and no more than a 30 day supply can be ordered at one time.

For more information visit their web-site: [www.betterbytweed.com](http://www.betterbytweed.com)



### Upcoming PCCN Brampton Meetings / Events:

Sunday, April 10<sup>th</sup>, 2016, 7 p.m.

Evening of Hope, North Bramalea United Church, 363 Howden Blvd., Brampton

Tuesday, April 12<sup>th</sup>, 2016, 7 p.m. to 9 p.m.

Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre, *The Future of Prostate Radiotherapy*.

Sunday, April 24<sup>th</sup>, 2016. 12 p.m. to 4 p.m.

Circle of Hope for Cancer Survivors, Sagan Banquet Hall, 7180 Edwards Blvd., Mississauga

Tuesday, May 10<sup>th</sup>, 2016, 7 p.m. to 9 p.m.

Dr. Calvin Law, Sunnybrook Health Sciences Centre, *topic TBA*.

Saturday, June 4<sup>th</sup> and Sunday, June 5<sup>th</sup>, 2016

Fleetwood Country Cruize-in, Plunkett Estate, London, ON

Tuesday, June 14<sup>th</sup>, 2016, 7 p.m. to 9 p.m.

Our annual end-of-year Social Evening and Potluck or BBQ. Details TBA.

Friday, June 17<sup>th</sup> to Sunday, June 19<sup>th</sup>, 2016

Prostate Extreme Team's 10<sup>th</sup> Annual ATV Ride of Hope, Parry Sound, ON.

Saturday, August 20<sup>th</sup>, 2016, 8 a.m. Registration

16<sup>th</sup> Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50, Caledon.

**NOTE:** We are actively searching for ways to get more members involved in meetings as we have come to believe that "preaching to the converted" is pointless.

***Please, PLEASE share your interests and suggestions with us!***

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

Jim Dorsey, Acting Speaker Coordinator:  
(905) 453-3038 or Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)

*Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances. We will always provide as much advance notice as possible when a speaker has to reschedule.*

### The Prostate Cancer Canada Website

The PCC website at <http://prostatecancer.ca/> is continuously updated and is definitely worth browsing regularly. Recordings of the many excellent **Expert Angle Webinars** can be accessed at <http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>



## PCCN Brampton Bram-O-Gram

### 16<sup>th</sup> Annual Charity Golf Tournament, August 20<sup>th</sup>, 2016



### 16<sup>th</sup> ANNUAL CHARITY GOLF TOURNAMENT

A golf tournament to benefit one of Canada's best Prostate Cancer Support Groups.

**DATE** Saturday August 20th , 2016  
**LOCATION** **GLEN EAGLE GOLF CLUB**  
15731 Regional Rd 50, Caledon  
**TIME** **9:00 A.M.(SHARP) Shotgun Start**

Registration Opens at 8:00 a.m. Optional Coffee & Breakfast available at 7:30 AM  
For more information please visit – [www.pccnbrampton.ca](http://www.pccnbrampton.ca)

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 **18 HOLES**  **SHOTGUN START**  **SCRAMBLE FORMAT**

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**Golf & Dinner Only \$120 Per Person**

**Your Day Includes**  
**18 Holes of Golf with Cart on Championship Course, Competition**  
**Holes, Top Team Awards, Prize Table & Fabulous Lunch**

Contact: Steve Hutton 416-716-6582

[steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com)

**A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS**



### [Paid Participation Opportunity for Prostate Cancer Study](#)

Researchers at **Ipsos Healthcare** want to learn about the experiences and needs of patients with prostate cancer. This study might be a good fit for you if:

- You have been diagnosed with prostate cancer.
- You have received treatment to lower your hormone levels.
- You are willing to help Ipsos understand what it's like to walk a mile in your shoes.

You can participate in two ways:

- You may take part in a 60-minute telephone interview.
- You may be asked to keep a diary/journal for a week. You will be given a blank journal with some writing prompts.

To thank them for their time, patients who take part in telephone interviews will receive \$125, while those who keep diaries will receive \$400.

To take part in the research study or for more information, please contact Tugce at [Tugce@crcresearch.com](mailto:Tugce@crcresearch.com) or call 1-866-711-5948, Toll Free.

### [Prostate Extreme Teams' 10<sup>th</sup> Annual ATV Ride of Hope](#)

Canada's original ATV ride in support of prostate cancer will take place in **Parry Sound** on the Father's Day Weekend this year. Over the years, riders in Ontario and Manitoba have raised some \$20,000 for the cause.

The proceeds from this year's Ontario ride will go to benefit the **Prostate Cancer Canada Network**, 70+ affiliated support groups across Canada that provide public education about prostate cancer and peer support to men and their families affected by the disease.

If you or a relative or friend happen to be a serious ATV rider and would like to spend the weekend with a great bunch of people doing what they love to do while working for the cause, please consider joining Steve Hutton and his team this Father's Day Weekend.

For more information and to register, go the **ATV Ride of Hope** link on the PET website at [http://www.prostateextremeteam.com/2016\\_atv\\_ride.html](http://www.prostateextremeteam.com/2016_atv_ride.html)

## Motorama Custom Car Show, March 11<sup>th</sup> to 13<sup>th</sup>

As mentioned last month, Prostate Cancer Canada as represented by PCCN Brampton was the official show charity this year. It was a first-time experience for us and for the Motorama executive. Our thanks to **David Weber, Mike Galipeau, Greg MacPherson** and **Gary Challice** of Motorama and to **Randy Hutchings, Marla MacLeod** and **Anne Breakey Hart** of PCC for making it happen.

As usual, we set up a large display consisting of our canopy and **Mighty Mouse, Phil Nedham's** Top Dragster that is sponsored by both PCC and PCCN Brampton. We ran our \$2 Tootsie Pop Draw for the third year. Through sales of lollipops and awareness items plus donations for photos taken in Mighty Mouse, we raised nearly \$1,000, more than enough to cover all of our expenses.

Most importantly, we had more conversations than ever before with both men and women affected by prostate cancer and with others who were merely curious. On Sunday, **Donovan Quackenbush** of Midland was presented with the **PCC / Cruisin' for a Cure Feature Pick** award for his highly modified 2003 PT Cruiser. This was the first award that we have presented at any major car show, but it will not be the last. The audience response when we presented the award was highly gratifying.

Many thanks to our volunteers, both PCCN Brampton members and our friends & supporters.

**Chrome Divas Women's Motorcycle Club:** Danni and Kevin Stockley

**Ontario PT Cruisers:** Bonnie Hamilton and Robert Perkins

**Over 'n' Under Car Club:** Don & Michelle Gilchrist, Jim McGowan & Neila Boniface, Wes Manwell, Les Price, Barry & Sylvia White

**Prostate Cancer Canada:** Anne Breakey Hart

**PCCN Members:** Irving Frydman (Toronto), Paul Henshall, Steve Hutton, Victor Horvath, Kevin Moore, Meaghan Sloski, Kevin Trotman (Oakville),

**Senior Moments Racing Team:** John Cisterna, Matt Porter, Phil Nedham (also PCCN Brampton).

Special thanks to **Janssen Pharmaceutical Companies** for renewing their ongoing support for Cruisin' for a Cure. Much appreciated.



Kids of all ages had their photos taken



A view of our 10' x 40' display

Jim Dorsey, (905) 453-3038, Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.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 with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Norton Place Park Community Centre**.

Steering Committee Meetings are held two weeks plus two days later on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. Steering Committee Meetings are held in the Community Room at the **Fortino's at Main and Bovaird**.

Family members, friends & supporters are always welcome at any of our Meetings!

**[Jim Dorsey:](#) (905) 453-3038**

**[Gary Foote:](#) (905) 458-1812**

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 printing and mailing now costs us well over a dollar per person per month.**

**Anyone who would prefer to receive this newsletter via e-mail should contact:**

**Gary Foote, 905-458-1812, E-Mail: [visact@rogers.com](mailto:visact@rogers.com)**

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

**Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>**