



February, 2016
Volume 16 Issue 2

INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 4** The Prostate Cancer Canada Website
- 5** Symposium on Aging, 11th Sled Ride of Hope
- 6** Cruisin' for a Cure Promotions, PCC's Rock the Road Raffle
- 7** An Invitation to Former Members, Kiss2Cure - An Historic Joint Awareness Campaign
- 8** Recently Diagnosed?

This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

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

PCCN Brampton
www.pccnbrampton.ca
info@pccnbrampton.ca

Phone No: 905-458-1812

Fax No: 905-840-9474

PCCN Brampton News

January found us at our new meeting location at Norton Place Park Community Centre north off Clark Blvd, West of Dixie road. The facility is nice and new, and equipped with improved lighting and a good quality Internet source to show on-line videos and webinars. We found it a nice change, after the sometimes cavernous meeting room at Terry Miller.

The slightly smaller venue seems well suited to bringing people together to discuss problems and issues within the group. As a small plus, it is even a little less expensive.

Sean, one of the staff members at the centre is involved with a number of different programs throughout the city of Brampton. We were given booklets, outlining the numerous different courses and fitness activities that are a part of their seniors program. These programs are relatively inexpensive and well worth your time to investigate if you are interested.

As a bonus, the new location has lots of free parking and is located on the first floor so there are no stairs or elevators to deal with. If you haven't already seen it, it is worth checking out Tuesday, February 9th when Dr. Stuart Edmonds drops by to bring us up to date on the latest news on PCC programs, research and potential advances in prostate cancer treatment.

If you can spare the time before 7:00 pm, we could always use help, setting up tables and chairs and other equipment.

This is now even more of an issue since two of our long time volunteers have now retired from active duty. We would like to express our sincere gratitude to both Margaret Butterly and Tilly Netherton for their very considerable help over the years.

Gary Foote, Jim Dorsey - Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com

Next General Meeting, Tuesday, February 9th, 2016 – 7:00pm

Prostate Cancer Canada Research Portfolio: From Discovery to Impact presented by **Dr. Stuart Edmonds, Vice President Research, Health Promotion and Survivorship** at **Prostate Cancer Canada** will cover:

- The prostate cancer research landscape in Canada
- How PCC makes decisions about research
- The difference PCC research investments are making



Dr. Edmonds joined Prostate Cancer Canada in February, 2012. Since then, he has spearheaded the launch of the **Research Strategic Plan**, providing the direction for research and survivorship activities for 2012-2015. From this plan, PCC has launched numerous new research programs based on the key pillars: Collaboration, Innovation and Talented People. Dr. Edmonds has also instituted a fair and transparent peer review process to steward and safeguard funds raised in support of prostate cancer research and to ensure that only the most promising, high quality research is funded.

Prior to joining PCC Dr. Edmonds held leadership roles at the **Canadian Cancer Society**, the **Canadian Partnership Against Cancer**, the **Canadian Cancer Research Alliance** and the **National Cancer Institute of Canada**. Dr. Edmonds holds a doctorate in pharmacology from **Oxford University**.

FLASH: On February 1, **Rocco Rossi, President and CEO of Prostate Cancer Canada** announced that **Dr. Paul Rennie** and **Dr. Artem Cherkason** have developed “...a new prostate cancer treatment that has consistently demonstrated in a lab setting that it provides a line of defense against even the most aggressive, resistant cancers.

“This particular treatment has shown so much promise that the pharmaceutical industry has deemed it worthy of moving into clinical trials. This may be the lifeline men with drug-resistant cancer have been waiting for. It’s a real game changer, and I’m proud to say: This life-saving breakthrough is based on research people like you helped fund through Prostate Cancer Canada!”

Dr. Edmonds has agreed to provide us with more information on this particular research effort, which may eventually benefit some of our members!

Last General Meeting, Tuesday, January 12th, 2016

As described at the last meeting, **we have moved our monthly meetings to Norton Place Park Community Centre, 170 Clark Boulevard**. It is NOT easy to find, being up a lengthy driveway across from the **Brampton Transit** barns at 185 Clark. The sign for the property is only visible once you turn into the narrow driveway just east of the **Zoom Zoom Storage** yard. (The Community Centre **GPS coordinates** are **43°42'27.5"N 79°43'39.5"W**)

We started the meeting with a presentation by **Sean Friedman** from the **Recreation and Culture Division of the City Brampton**. He described the wide variety of programs that the City offers for older adults of all ages and physical levels. **Flower City Seniors Centre** is a one-stop experience that offers programming for everyone, but programs available at other locations throughout the City include drop-in billiards, fitness, walking, dominos, supper club, computer programs, arts and more. Sean also mentioned that they would undertake to offer courses on any subject. Perhaps it is time to request an exercise program specifically tailored to prostate cancer survivors.

The balance of the meeting was a lively “**Stop, Start, Continue**” discussion of what PCCN Brampton currently does and what we might do differently in the future to better support those affected by prostate cancer and to more efficiently increase public awareness of the disease.

By popular agreement, we will again be implementing:

- the **name tags** that we used for so many years and
- the **monthly phone calls** to remind members about the meetings.

The phone calls can only happen if we have sufficient volunteers to do the calling. If YOU are interested in an opportunity to get to know other members better, please contact **Jim Dorsey**, either by email at jfdorsey@yahoo.com or by telephone at 905-453-3038.



Property sign, which faces the sidewalk.



The loong driveway.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Saturday, February 6th, 2016

Walnut Foundation - Free Symposium on Aging, Century Gardens Recreation Centre.

Tuesday, February 9th, 2016 (NEW LOCATION!)

Dr. Stuart Edmonds – Update on PCC Research Initiatives.

Friday, February 12th through Monday, February 15th, 2016

Prostate Extreme Team 11th Sled Ride of Hope, Gravenhurst, ON.

Friday, February 19th through Sunday, February 21st, 2016

The Motorcycle Show, Enercare Centre, Exhibition Place.

Tuesday, March 8th, 2016

Breanne Yacobucci, Tweed Community Engagement Worker: Accessing Medical Cannabis.

Friday, March 11th through Sunday, March 13th, 2016

Motorama Custom Car & Motorsports Expo, International Centre.

Tuesday, April 12th, 2016

Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre, topic TBA.

Tuesday, May 10th, 2016

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

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

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/> continues to improve and is continuously updated as well with news items, results of research, new and improved methods of diagnosis, treatment and support and many other aspects of prostate cancer. This site 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>

Symposium on Aging, February 6th - Very Late Notice!

Our friend **Dr. Winston Isaac** of *the Walnut Foundation*, a black men's health group based in Brampton is offering another free information session on a topic that affects us all: **Aging**.

DATE: Saturday, February 6, 2016

TIME: 10:00AM to 2:00PM; Doors open from 9:30AM

LOCATION: Century Gardens Recreation Centre

340 Vodden Street E., Brampton (Vodden and Rutherford Road), Room 2, 2nd Floor
Refreshments Will Be Provided

Registration is FREE but limited

Call: 905 799 2759 or e-mail: info@thewalnutfoundation.com with name and phone number

SPONSORED BY: The Walnut Foundation and its Men's Health Interest Group and the Prostate Cancer Support Group

11th Annual Sled Ride of Hope, February 12th to 15th

Steve Hutton's Prostate Extreme Team (PET) is once again holding its annual **Do it for Dads Sled Ride of Hope** over the Family Day Weekend at the beautiful **Residence Inn by Marriott** in Gravenhurst, ON.

Steve holds this event to support **Prostate Cancer Canada**. To date, **PET has raised nearly \$190,000** for PCC's prostate cancer awareness and support programs!

Full details are available at http://prostateextremeteam.com/2016_ont_sled.html

If you or your younger, more flexible friends or relatives are into sledding, this is an amazing event. Steve and his wife Mary are definitely the host and hostess with the mostest!





PCCN Brampton Bram-O-Gram

Cruisin' for a Cure Promotions



Our **TENTH Annual Cruisin' for a Cure Canada** happens on **September 11, 2016** at the **Powerade Centre**. We start promoting earlier every year.

February 19th through 21st, we will be a part of the **Chrome Divas** booth at [The Toronto Motorcycle Show](#) at the **Enercare Centre at Exhibition Place**.

From **March 11th through 13th**, we will again set up at the [Motorama Custom Car and Motorsports Expo](#), at the **International Centre**.

Jim Dorsey at **905-453-3038**, email jfdorsey@yahoo.com.

PCC's Rock the Road Raffle - Draw Date February 19th



Prostate Cancer Canada

8 hrs · *

80% SOLD - Tickets going fast! Order now for a chance to WIN a custom 2016 Audi S5 and other great prizes!

\$20 a ticket or 3 for \$50

To order, call 1-855-441-1267

For more info visit: www.rocktheroadraffle.ca... See More



Rock the Road Raffle - Win a custom 2016 Audi S5!

80% sold! Buy your tickets now for a chance to win this custom 2016 Audi S5 and other great prizes in support of Prostate Cancer Canada. LL#7707

ROCKTHEROADRAFFLE.CA

Once again, **TADA (Trillium Automobile Dealers Association)** has donated a gorgeous automobile, valued at \$119,433 as the grand prize in this lottery.

For the first time, there are also subsidiary prizes.

iTravel 2000 has donated a tour of Germany, worth \$8,500 and **Air Canada** has donated two round-trip tickets to Germany, valued at \$1,500.

As these prizes have been donated, 100% of the proceeds go to PCC!

All prizes will be awarded at the [Canadian International AutoShow](#) on Friday, February 19th.

An Invitation to Former Members

If you have ever been a member of this group but have not attended for some time, please be assured that PCCN Brampton is always here for you.

If you wish to attend a meeting, either because a specific topic interests you or because you are having new issues with prostate cancer, please contact us or simply come out to a meeting. You are always welcome!

Further, if you want to discuss your personal situation, you can arrange for a one-on-one discussion at your convenience. Simply call **our main phone number, 905-458-1812**. If no one is available to take your call, please leave a message; we will get back to you quickly.

Kiss2Cure - An Historic Joint Awareness Campaign

For the first time ever, **Prostate Cancer Canada** has teamed up with the **Canadian Breast Cancer Foundation** to raise both awareness and funds to combat these two “family diseases.”

www.kiss2cure.ca will take you to the Facebook page for this innovative campaign.

Five flights for two donated by **Air Canada** will be awarded to five lucky people who submit photos of great kisses to the contest.

Appropriately enough, the campaign comes to an end on Valentine’s Day.



Prostate Cancer Canada shared Kiss2Cure's photo.
January 14 at 3:01pm · 🌐

Kiss2Cure
January 14 at 2:30pm · 🌐

Today is the first day of #Kiss2Cure! Prostate Cancer Canada & the Canadian Breast Cancer Foundation are making history by coming together in the name of love.

Simply share a photo kissing a loved one using the tag #Kiss2Cure and you could WIN 1 of 5 romantic flights for two from Air Canada!

You can upload to our official page at <http://bit.ly/1JMV5MS>, or use Instagram or Twitter!

After sharing your kiss, please make a heartfelt donation. You'll be helping two great causes at once!



[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're a new member. 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

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>