



January 2012
Volume 12 Issue 1

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

PCCN Brampton

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PCCN Brampton News

December as always is a fairly peaceful month from the perspective of PCCN activities. It is a time to reflect on what has been accomplished in 2011 and we did just that during our annual December "Pot Luck Supper" social event.

For a relatively small group we accomplish a lot during the course of a year. At the December meeting some of these accomplishments were reviewed by Jim Dorsey and Paul Henshall with a video presentation supplied by Steve Hutton.

These events in combination with the ongoing work of Prostate Cancer Canada have done a lot in the last year to raise the profile of Prostate Cancer in Canada. Jack Layton's untimely passing has also reinforced the seriousness of the condition and the need to diagnose it early and treat it effectively.

Jim Dorsey has provided an extensive list of our planned events for 2012 in the newsletter below. Take a look and see if there is an event that you can help with. Volunteering may involve nothing more complicated than setting up tables or stuffing goody bags for an event but every person is always welcome.

2011 also revived the PSA test controversy; the argument being that some patients are having biopsies unnecessarily and those with non aggressive cancers are being treated where no treatment may be necessary. We agree that the PSA test is not perfect but it is the only way to detect aggressive cancers while they can still be treated.

Gary Foote – Newsletter Editor / Treasurer

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Next Meeting, Tuesday, January 10th 2012

“Open Mike” Night

Unfortunately, our planned speaker cancelled and we were unable to find a replacement in time. Accordingly, this meeting will be an “open mike” night.

Needless to say, the floor is open to ALL in attendance, survivors and supporters alike. We hope that you will join us and tell us about your experience and your concerns.

We will also have some thought-provoking presentations available if we have time.

The past year has been extremely hectic and it appears that 2012 will be even more so as we continue to work to combat Prostate Cancer in our community through education and support.

We will outline our plans for 2012 later in this issue; please read them carefully and bring us your feedback!

**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.

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



Last Meeting, Tuesday, December 13th 2011

Our Year-End Christmas Pot Luck Social Get-Together and Lucky Draw

Our Annual Christmas Potluck & Social Evening was attended by 40+ members, spouses and new members. It appeared that a good time was had by all and the buffet tables were heavily laden.

A brief summary of our many activities during 2011 was presented by Jim Dorsey with inputs from Paul Henshall, Steve Hutton and others.

Members were advised that in the coming months they will be sought out individually and asked to take part in the many activities that we are planning for 2012.

Morris Rambout and Gary Foote conducted the raffle prize drawing with some great prizes being awarded to many of those in attendance.

Thanks to all who attended our Pot Luck Dinner.
Congratulations to all our door prize winners!



Upcoming PCCN Brampton Meetings/Events:

Tuesday, January 10th, 2012
“Open Mike” Night and Selected Videos.
Share your experiences and your concerns with the group!

Tuesday, February 14th, 2012
Sandra Saville, Dietitian

Tuesday, March 13th, 2012
Dr. Michael Greenspan, Oncologist

Tuesday, April 10th, 2012
TBA

Tuesday, May 8th, 2012
TBA

Tuesday, June 12th, 2012
Potluck Dinner and Semi-Annual Review

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

***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.***

December Donations

In December, we received two notable donations to Prostate Cancer Canada Network – Brampton.

The Gentlemens Choice Golf Tournament

Reno Porco, owner of The Gentlemens Choice barber shop once again donated the proceeds from his September golf tournament to us - \$1,007.

The Gentlemens Choice is located inside Shoppers World; telephone 905-459-9757



Morris Rambout accepted the cheque from Reno.

Investment Planning Counsel

In tribute to our member, **Bill D'Silva**, the men and women at Investment Planning Counsel ran an unofficial Movember program that raised \$900, which they donated directly to us.

IPC is located at 2680 Skymark Ave., Suite 700

Mississauga, Ontario, L4W 5L6

Telephone: 905-212-9799



Paul Henshall and **Jim Dorsey** accepted the cheque from **Bill D'Silva** (3rd from the left) and his team. **Bala Balasubramaniam**, between Paul & Jim, grew the best "Mo" on the team.

These two generous donations will go far to help fund our planned 2012 activities.

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com



PCCN – Brampton Plans for 2012

Subject to final approval by the Steering Committee, 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.

PCC Information Tables, through April

No requests have been made by PCC yet, but we will probably be asked to provide members to work major events like the Boat Show and The Sportsmen's Show. These indoor shows are held at the CNE grounds and at the International Centre. PCC does cover parking costs for such events.

Local Health Events, throughout the year

We will probably be invited back to the Circle of Hope and Evening of Hope events in April. At every opportunity, we offer to provide speakers and information to companies and other groups interested in Prostate Cancer.

MegaSpeed Car Show, early March

This show takes place at the International Centre. We are hoping to share a booth with Phil Nedham's Senior Moments Motorsport again.

Our appearance there last year generated a lot of awareness and a number of contacts who got involved with Cruisin' for a Cure.

Father's Day Walk / Run, June 17

As many of our members know, last year was an interesting learning experience, but we still raised nearly \$20,000 for PCC. This year PCC has hired a number of individuals who are dedicated to helping us make our second try even more successful. The planning is already well underway.



Annual Golf Tournament, June ??

The Tournament will take place either the week before or the week after Father's Day as a number of our members worked both events last year. Two major events over a three-day period proved to be very hard on those individuals!

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, May - October

We are hoping to sponsor the Senior Moments Motorsport Top Dragster again. Last year was a fascinating experience. **Phil Nedham** and our members who crewed for him learned a lot while running the car.

We also spoke to hundreds of interested individuals in the pits. Thousands of people in the stands cheered for "our" car, which bears prominent PCCN – Brampton logos.

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 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

Paul Henshall and Morris Rambout will dedicate themselves to raising awareness among friends and relatives by attempting to grow mustaches (Mo's) during the month.

Eikonic House of Barbers will again be our official Mo Shop for the month.

Brampton Board of Trade Santa Claus Parade, November ??

Our float was well-received as always, so we will likely take part in our fourth Parade.



PCCN Brampton Bram-O-Gram

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 any member of your Steering Committee.

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com

[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



[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 later on the 4th WEDNESDAY of every month except July & August at Wellspring Chinguacousy, but we always accept calls throughout the year. Family members, friends and supporters are always welcome at any of our meetings!

[Counselling Associates:](#)

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

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

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.