



January 2013
Volume 13 Issue 1

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**CHECK OUT
OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

We do hope everyone enjoyed the holiday break and will find time to come out to our January Meeting. We are pleased to announce that Percy Bedard and Heather Redick will be joining us at our January meeting. The publicity associated with Percy's Story, which we were proud to support at our Annual Cruisin' For A Cure event, helped pave the way to finally have Zytiga approved by the Ontario government for treatment of advanced PCa.

Zytiga is one of those rare drugs that both extends life and improves quality of life for those afflicted with advanced prostate cancer. It's our hope that the next stage will be to have it approved without going thru a long period of chemotherapy first. Unlike Zytiga, Chemotherapy often has considerable side effects and is often ineffective even then.

Our Speaker Co-Ordinator, Al Hutton, has likewise fought many long battles with prostate cancer after being diagnosed many years ago with a PSA reading of over 2000. Recently, Al has been absent as a result of a fall and other health issues. We wish him well as he continues to fight this disease and all of its associated problems. We hope that he will be able to get home soon.

We are always looking for good speakers with topics of value to our members. If you have a doctor or other practitioner who would be willing to speak to the group please let us know.

Gary Foote / Jim Dorsey – Newsletter Editors

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Next General Meeting, Tuesday, Jan. 8th, 2013 – 7:00pm

Percy Bedard and Heather Redick – Percy’s Story

“Percy’s Story”
Join our facebook group



*Demand funding approval for Zytiga!
Contact the Minister of Health and your local MPP*

We are fortunate that Percy and his caregiver Heather are available on January 8th to tell us about Percy’s journey from apparent good health to his shocking diagnosis with Stage 4 Prostate Cancer through two years of treatment and a successful battle to have Zytiga approved for payment by OHIP.

Percy has been on Zytiga since November and the results have been nothing short of spectacular as Heather recently reported:

I can tell you that the drug (first hand knowledge) is unbelievable. Percy has had no side effects....no waits in the chemo room.....no pain....just a continued feeling of well being. It is almost criminal to think that men had to wait 15 months.... suffer for 15 months....some died in the 15 months....while Ontario, oblivious to pain and suffering, put off/ignored/failed/disregarded funding approval. Lesson to all: Fight for what you believe in and don't accept Government ignorance and indecision! Make them listen! Make noise! Make them accountable!

Theirs is a unique, inspiring story that shows what ordinary people can accomplish when they decide to take on an indifferent bureaucracy. Please don’t miss this opportunity to meet Percy and Heather!

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



Last General Meeting, Tuesday, December 11th, 2012

Our Annual Christmas Potluck and Social Evening

Our annual Christmas Potluck and social evening was its usual success and was topped off by door prize and 50/50 raffles. Just before we sat down to eat, Jim Dorsey narrated a presentation put together by Steve Hutton on some of the events that we participated in during 2012. Jim has put together a calendar of events for 2013 and we invite you to join us at any event that peaks your interest.

While we have some good ones, you can never have enough volunteers.

Upcoming PCCN Brampton Meetings / Events:

Al Hutton, our Speaker Co-ordinator, has been in and out of hospital again. We wish Al the best in his recovery efforts and we thank him for all of his efforts on our behalves.

Tuesday, January 8th, 2013
Percy Bedard & Heather Redick – Percy's Story

Tuesday, February 12th, 2013
Dr. Robert Bristow, Princess Margaret Hospital – Topic TBA

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

Jim Dorsey, Acting Speaker Committee:
(905) 453-3038 or Email: jfdorsey@yahoo.com

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.

December Donation – Investment Planning Counsel

For the second year, the men and women at Investment Planning Counsel ran an unofficial Movember program in tribute to **Bill D'Silva**, one of their employees who is also a PCCN - Brampton member. This year, the money they raised was again donated directly to us.

Chris Reynolds, President & CEO of Investment Planning Counsel presented a cheque for \$1,049.86 to **John Hughes** and **Morris Rambout** on December 13.

IPC is located at 2680 Skymark Ave., Suite 700
Mississauga, Ontario, L4W 5L6
Telephone: 905-212-9799



This generous donation will go far to help fund our planned 2013 activities.

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



PCCN – Brampton Plans for 2013

Subject to final approval by the Steering Committee, here are the events that we are planning for 2013. As always, volunteers are most welcome.

Prostate Cancer Canada Information Events

Last August 12th, we appeared on PCC's behalf at **Tim & Brenda's Place**, a car show in King City that raised over \$70,000 for PCC in its second year.

We also participated in PCC's first **Truck n' Tailgate**, which brought Toronto's best food trucks to Lombard Street to attract the public and increase awareness of Prostate Cancer. This very successful event on September 20 was the culmination of **Prostate Cancer Awareness Week** in Toronto.

No requests have been made by PCC yet, but we may be asked to provide members to work major events in 2013. Where required, PCC does cover any parking costs that volunteers may incur.

Local Health Events, throughout the year

Mid January, we have been invited to participate in at least two of Chrysler Canada's **Working Toward Wellness** health fairs, to be held at the Brampton Assembly Plant, the Mississauga National Parts Distribution Centre and the Etobicoke Casting Plant.

We will probably be invited back to the **Circle of Hope** and **Evening of Hope** events in April.

MegaSpeed Car Show, March 22 to 24

This show takes place at the International Centre. We are hoping to share a booth with **Danni Stockley** and the ladies of the Chrome Divas Ladies Motorcycle Club and **Phil Nedham's** Senior Moments Motorsport dragster.

Our appearances there over the last two years have generated a lot of awareness and a number of contacts who subsequently got involved with Cruisin' for a Cure.



Father's Day Walk / Run, June 16

In our second year, we raised over \$26,000 for PCC. The planning for 2013 is already well underway.

This year we have to attract more teams, especially corporate teams, and we have to increase the funds raised by the PCCN – Brampton team as we can claim back 50% of the amount raised by our team to cover our chapter expenses.

Annual Golf Tournament, June 10th ??

The Tournament will again take place either the week before or the week after Father's Day to make life easier for our members who work both events every year.

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. **Phil Nedham** and acting Crew Chief **Steve Hutton** got the car running very well this year. We got to speak to many interested individuals between races and spectators continued to cheer for "our" car, bearing prominent PCCN – Brampton logos.

Cruisin' for a Cure, Sunday, September 8, 2013

This will be our seventh Cruisin' for a Cure. The event has grown steadily since 2007. We drew a record 400+ vehicles on September 9th and roughly 12% of the 308 (!) men tested had elevated PSA levels.

BramCity Transmission, Oscar's Roadhouse, Hugger Covers and other loyal local partners in Cruisin' continue to support us. We expect that with support from new, larger sponsors like **Kal Tire** and **Auto Glym** and new community partners like **Pink Slips Ladies' Car Club** and **Chrome Divas Ladies Motorcycle Club**, we will garner much more public exposure this year.



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 fifth Parade.

All Other Opportunities as They Arise

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

So if any of these events interest you, please do not hesitate to volunteer or to suggest other things that we should be doing to support men with Prostate Cancer and to increase public awareness. 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



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 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.

Steering Committee Meetings are held two weeks plus a day later on a WEDNESDAY in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2. Sean Butterly has offered to be available during these Meetings to meet you one on one at Fortinos if you prefer.

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