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

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PCCN Brampton News

PCCN Brampton, previously Us TOO Brampton, has now been in existence for 21 years! To mark the occasion at our December meeting, we purchased dinner from the **Mandarin Buffet** instead of holding our usual potluck. 36 enthusiastic people turned out and made short work of the dinner!

Anne Breakey Hart from **Prostate Cancer Canada** joined us so that we could again present PCC with a cheque for ten thousand dollars. This money came from our annual Charity Golf Tournament and Cruisin' for a Cure events with the support of our loyal sponsors, who help us in so many ways.

The biggest news that we had to share at the December meeting was that **we are moving our monthly meetings**, starting with January's meeting. We will meet at **Norton Place Park Community Centre, 170 Clark Boulevard**. Directions are provided on the **Next General Meeting** page.

Our new meeting location solves a number of problems that we encountered at Terry Miller. At Norton Place, there are no stairs to climb or a rickety elevator to ride, there is plenty of parking in a well-lit parking lot and we have a modern, comfortable space to meet. All who have seen the new space are very excited by the opportunities here.

A lot of us made resolutions last January, some even vowing to improve their physical and emotional health. Hopefully those resolutions were fulfilled, but just in case, we will start 2016 with a brief presentation about the many programs for seniors that the City of Brampton offers. We will spend the balance of the evening exploring possible ways to improve PCCN Brampton's impact on the victims of prostate cancer and on public awareness. Bring your thoughts and concerns!

Gary Foote / Jim Dorsey - Newsletter Editors
E-Mail: visact@rogers.com / jfdorsey@yahoo.com



PCCN Brampton Bram-O-Gram

Next General Meeting, Tuesday, January 12th, 2016 – 7:00pm

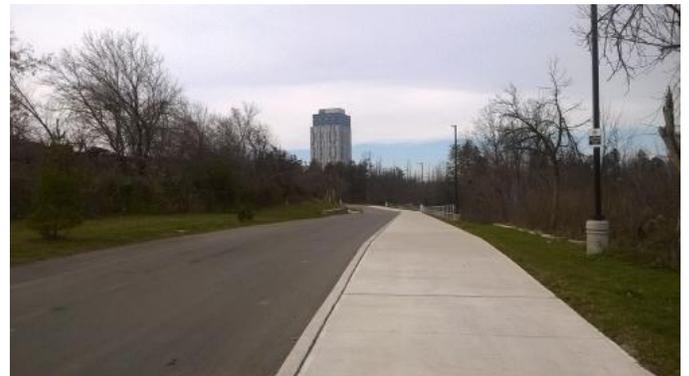
As described at the last meeting, **we are moving our monthly meetings to Norton Place Park Community Centre, 170 Clark Boulevard.** It is NOT easy to find, North off of Clark Blvd, West of Dixie Road, across from the **Brampton Transit** barns at 185 Clark. The sign for the property is only visible once you turn into the narrow driveway just east of the **Zoom Zoom Storage** yard.

We will start the meeting with a presentation by **Chris Hogg** from the **Recreation and Culture Division of the City Brampton**. She will describe 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.

The balance of the meeting will be a **“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.



Property sign, which faces the sidewalk, not passing traffic.



The loong driveway.



Bear left at the first opportunity – plenty of free parking, well illuminated.



Forward questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-1812.

Last General Meeting, Tuesday, December 8th, 2015

Our annual Christmas Potluck and Social Evening was modified slightly by substituting excellent Chinese food from the Mandarin for the usual excellent potluck. Just as in years past, the evening featured good food, good people, good conversation, door prizes and our unique 50:50 draw with the pot split between two lucky ticket holders.



Anne Breakey Hart of Prostate Cancer Canada was our special guest again this year and we presented her with a cheque for \$10,000 that PCC will use in its many programs.

In return, Anne presented us with a beautiful plaque that read, "***THANK YOU! From all of us at Prostate Cancer Canada to PCCN Brampton For faithfully creating awareness about prostate cancer and supporting men and their families living with prostate cancer throughout the Brampton region and for supporting Prostate Cancer Canada for more than 20 years.***"

The plaque will be displayed proudly at our monthly meetings and includes eight well-chosen photographs:

- our display at a CAA awareness event
- a photo of "Mighty Mouse", the dragster that we sponsor every year
- **Tilly Netherton** at a PCC blood clinic
- a group photo from our annual Charity Golf Tournament
- the **Abrams Towing** display at Cruisin' for a Cure
- **Margaret Butterly** and daughter **Jennifer** at the Cruisin' for a Cure blood clinic
- **Dan Amadori**, a PCC Board member, accepting a token cheque at Cruisin'
- A group photo of some of our members "**Clad in Plaid for Dad.**"

Thank you, Anne!



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Friday, January 8th through Sunday, January 10th, 2016
North American Motorcycle Supershow, International Centre.

Tuesday, January 12th, 2016 (NEW LOCATION!)
1st Meeting @ 170 Clark Blvd., City Programs for Seniors, "Stop, Start, Continue"

Tuesday, February 9th, 2016
Dr. Stuart Edmonds – Update on PCC Research Initiatives.

Friday, February 19th through Sunday, February 21st, 2016
The Motorcycle Show, Enercare Centre, Exhibition Place.

Tuesday, March 8th, 2016
Speaker & Topic TBA.

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>

Cruisin' for a Cure Updates



Our **TENTH Annual Cruisin' for a Cure Canada** happens on **September 11, 2016** at the **Powerade Centre**.

Our key community partner, Brampton-based **Over 'n' Under Car Club** will look after the operation of the gates and show vehicle parking as well as running their highly successful **U Choose Raffle**.

The **50:50** program will again be handled by **Bonnie Hamilton** and her crew: husband **Bob Perkins** and friends **Darlene & Morris Philips**.

Food and drink will be provided by **Lisette Stauch** of **Oscar's Place** and **Bill Stellings** of **BramCity Transmission**.

We owe all of these ladies and gentlemen a huge **"Thank You!"** for all that they do for the cause of prostate cancer awareness.

We are already handing out our flyers, using the artwork created by **Fernando Pacheco**.

As described last month, your Steering Committee made the decision in 2006 to "go where the boys are," rather than waiting for them to come to us. We do this with the aid of a number of independent organizations operating as components of "Team Blue," most notably **Steve Hutton's Prostate Extreme Team** and **Danni Stockley's Chrome Divas**, a ladies' motorcycle club.

January 8th through 10th, we will be included in the **Prostate Extreme Team** booth at the [**North American Motorcycle Supershow**](#) at the **International Centre**.

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**](#), also at the **International Centre**. (*We are proud to announce that through our efforts, the official charity of this event will be Prostate Cancer Canada!*)

The results have been highly gratifying as we are now sought out by attendees at these events, rather than being avoided. We have many valuable conversations, especially with newly-diagnosed men and with men whose cancer has recurred. (Of course, these conversations are often initiated by their female partners.)

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

Held Over: Real Men DO Talk About Their PCa Journeys

Our members **Geoff Hoar** and **Victor Horvath** recently took part in a frank discussion about prostate cancer "...as part of the launch of the **Canadian Partnership Against Cancer's** spotlight report on prostate cancer control in Canada."

Check out the first four **Prostate Cancer Chats** excerpted from the DVD:

1. Hearing the "C" word - <https://www.youtube.com/watch?v=NZUCmtvQrKI>
2. Living with Side Effects - https://www.youtube.com/watch?v=tY3_TfsxUIw&feature=youtu.be
3. Finding Support - <https://www.youtube.com/watch?v=5eIBdbKZ5Wc>
4. Life after Cancer - <https://www.youtube.com/watch?v=gJnHPJk2An0>



Geoff Hoar, Kevin Trotman (PCCN Mississauga/Oakville) and **Victor Horvath** from the Life after Cancer excerpt. Great job, guys!



[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>