



June 2015
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**CHECK OUT
OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

PCCN Brampton
www.pccnbrampton.ca
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Phone No: 905-458-1812
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PCCN Brampton News

June is usually a busy month with our season ending Pot Luck Social event falling on June 9th. It's always an enjoyable evening, so be sure and plan to attend.

Our Mississauga Father's Day Walk/Run has been cancelled for this year due to a variety of complications beyond our control. Our thanks and apologies to the volunteers, who worked on the event, prior to its cancellation this year.

That leaves our **15th Annual PCCN Brampton Charity Golf Tournament** at the Glen Eagle Golf Course on highway 50 near Bolton. This is one of our two major fund raising events and it is always a lot of fun as well.

We are currently at around 60 golfers but would like to get to at least 80 if possible. If you are hoping to attend, please send us your entry form as soon as you can, so we can finalize arrangements with the golf course. We are also always looking for more sponsors and possible prizes for our participants and the raffle, so if you or your company have anything that you can provide, please let us know.

For this event we could use a few volunteers to help with morning registrations, setting up equipment, posting the sponsorship signs, selling raffle tickets, and so on. If you can spare some time during the event, please let us know and we will put you to work. Volunteers are treated to a free lunch if they do not enter and play in the tournament.

For more information or directions please visit the web-site:

<http://www.gleneagle.ca/>

Gary Foote / Jim Dorsey - Newsletter Editors

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

Next General Meeting, Tuesday, June 9th, 2015 – 7:00pm

This is our annual the **End of the Year Potluck and Social Evening**.

Please bring your favourite recipe and a good appetite. Our members always put on a great spread for this evening; no one goes away hungry.

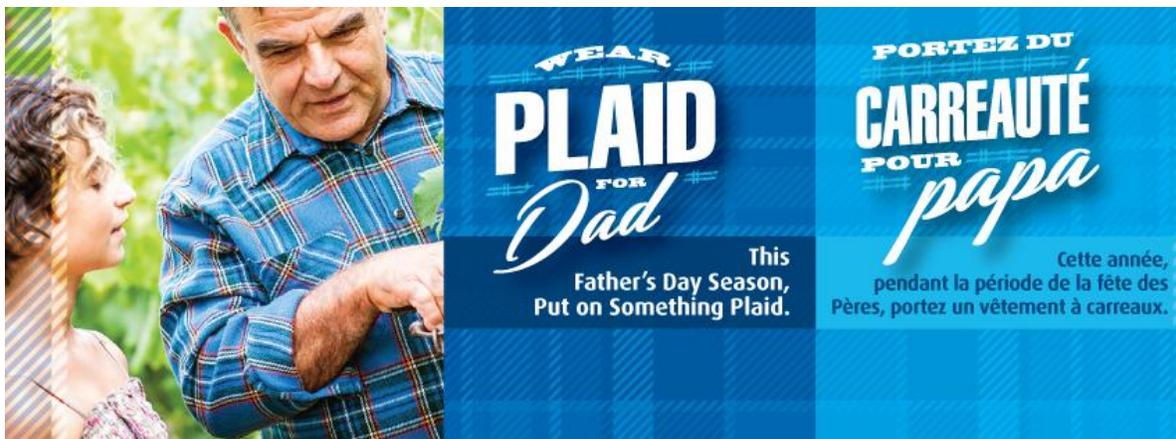
Prostate Cancer Canada has recently launched an interesting awareness-raising event called [Wear Plaid for Dad](#). It's simpler and less time-consuming than events like our late, lamented **Do it for Dads Fathers' Day Walk/Run**.

Although designed for workplaces, there is no reason that **Wear Plaid for Dad** couldn't be adapted to work for support groups like ours as a way to get people talking about prostate cancer. ("Why are you wearing that horrible get-up?!")

So far the initiative has been supported by challenges from people ranging from **Vice-Admiral Mark Norman**, Commander of the Royal Canadian Navy to comedian **Dave Thomas** to sports icon **Don Cherry**. (One can only imagine the quality of plaid garments that "Grapes" can dig up!)

There have been lots of social media posts, including to [the PCC Facebook page](#).

For the fun of it, we hope that all of our members will wear plaid – the wilder the better – to the June Potluck and Social Evening so that we can take a group photo to submit to PCC.



You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-1812.

We look forward to seeing you in Room #2, upstairs at The Terry Miller Recreation Center, 1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road. Parking as always is free.



Last General Meeting, Tuesday, May 12th, 2015

Tyler Small of the **MOvember Foundation** and **Maureen Rowlands**, *Director, Health Promotion & Survivorship* at **Prostate Cancer Canada (PCC)** brought us up to date on the status of the innovative [True NTH initiative](#) and its component projects and MOvember's role in the funding.

The "Advance Care Planning" project is one of the first of the True NTH components to be released to the public and is a collaboration between the **Canadian Hospice Palliative Care Association (CHPCA)** and **PCC**.

Anna Johann and **Nanci Corrigan**, who came down from Ottawa courtesy of **CHPCA**, delivered a workshop entitled "**Advance Care Planning: Support for Men with Prostate Cancer, their Partners, Families and Caregivers**".

Advanced Care Planning is planning for the inevitability of end of life. Surprisingly, few people have had this conversation with their family. Should the situation arise where you are unable to express your wishes, your family may be stuck making very difficult decisions. If you make those wishes known in advance it can alleviate the pressure and possible feelings of guilt that they may have, not knowing what you would like them to do in the situation.

There are 5 primary steps to this process:

- 1) Think about what you would want
- 2) Learn about options and alternatives
- 3) Decide on courses of action in different situations
- 4) Talk to your loved ones and your doctor to get their input
- 5) Record your wishes so there can be no disputes over them later

Then you should determine your decision makers who will advocate for your care should you become unable to do so. This may be a single person or several family members.

This person must be at least 16 years of age, willing and available to make those decisions.

Ontario health care requires that a responsible person give consent to provide or refuse many forms of health care, so determining this person or persons can be very important. For more information on this subject, please visit their web-site:

<http://www.advancecareplanning.ca/>



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, June 9th, 2015, 7 p.m.
Annual End-of-Year Potluck and Social Evening**

**Friday, June 19th, 2015
Prostate Cancer Canada's Wear Plaid for Dad Awareness Event
<http://www.wearplaidfordad.ca/>**

**Saturday, June 20th, 2015
Do it for Dads ATV Ride of Hope, Parry Sound, ON.
http://www.prostateextremeteam.com/2015_atv_ride.html**

**Sunday, June 21st, 2015
CANCELLED – Peel Region – Mississauga Do it for Dads Father's Day Walk/Run
Events in London, Toronto and Whitby will take place.
doitfordads.ca**

**Saturday, June 27th, 2015
15th Annual Charity Golf Tournament, Glen Eagle Golf Club, Bolton.**

**Tuesday, September 8th, 2015
Dr. Richard Casey, Urologist and one of our chapter's favourite speakers.
Topic to be announced when confirmed.**

**Sunday, September 13th, 2015
9th Annual Cruisin' for a Cure Canada, Powerade Centre, Brampton.**

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

**Kim Vogel, Speaker Coordinator:
(416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com**

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. Definitely worth browsing regularly. The excellent Expert Angle Webinars can be accessed at <http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E> .

[Canadian Cancer Society Releases 2015 Statistics](#)

[In a news release dated May 27](#), CCS predicted that “*The number of new cancer cases in Canada is expected to rise about 40% in the next 15 years....*” and stated that “*The Canadian Cancer Society is calling for a coordinated and comprehensive plan to address this serious challenge.*”

Under **General highlights**, the release includes the statement that “*4 major cancers (**lung, breast, colorectal and prostate**) will account for the majority (51%) of newly diagnosed cancers.*”

In an earlier section entitled **Preventing cancers, taking action**, the CCS recommends that members of the public “*Get screened. If you’re in a certain age or population group, there are screening tests to help find **breast, cervical and colorectal cancer** before you’ve even noticed symptoms. Learn more at cancer.ca/screening.*”

The question immediately arises: “**Why is screening for prostate cancer not included in this very valid recommendation?**”

Some of our members will recall that for many years, Us TOO Brampton fielded a team at the Canadian Cancer Society’s annual Relay for Life and raised funds for the CCS. This ended when an incoming CCS President informed a meeting attended by our late, lamented Chairman **Fred Norris** that henceforth prostate cancer would not be a priority for the Society.

As an indication that the CCS’s position is widely accepted, this literature stand, apparently provided by the Province of Ontario, is now seen in many physicians’ offices:



We are extremely glad to see these brochures in our doctors’ offices and we hope that they do indeed lead to early detection and successful treatment for more potential victims of breast, cervical and colorectal cancer. But we must protest the glaring absence of prostate cancer from this display.

Hopefully Prostate Cancer Canada can change this bizarre mindset through its continuing advocacy efforts on our behalves.

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



PCCN Brampton Bram-O-Gram

15th Annual PCCN Brampton Charity Golf Tournament

Our Golf Tournament will be held this year on Saturday, June 27th at the beautiful Glen Eagle Golf Course north on highway 50, near Bolton. Registration will begin at 8:00 am with a shotgun start for the tournament at 9:00 am. The course offers coffee and breakfast items at the snack bar and free use of the driving range, starting at 7:45 am.

The cost is \$120 which includes use of the driving range, green fees, power cart, lunch and small prizes for the participants. Please forward this information to any golfers that you may know who may be interested in attending.



Glen Eagle Web-Site: <http://www.gleneagle.ca/>

For more information please contact a member of the Golf Committee:

Ron Clayton 905-584-2095

Gary Foote 905-458-6650

Morris Rambout 905-793-8843

John Hughes 905-793-4627

Jack Dainton 905-793-0205

Steve Hutton 905-840-7937

9th Cruisin' for a Cure, September 13, 2015 – Help Needed

Our 9th Annual Cruisin' for a Cure Canada will be dedicated to **Percy Bedard**, one of our heroes, whose successful 2012 campaign led to OHIP covering the cost of Zytiga and similar drugs for Ontario men. Percy's family and his amazing caregiver and prostate cancer advocate, **Heather Redick**, will join us for a tribute to Percy.



HELP! One of our most valued community partners, Brampton's **Over 'N' Under Car Club**, will again operate the "**U Choose Raffle.**" Last year, they raised over \$4,000, collecting suitable prizes from community donors, organizing & transporting the prizes, selling tickets and drawing the winning tickets. They are willing to do the organizing, selling and drawing again, but **Prostate Cancer Canada Network Brampton must find at least 65 suitable prizes in order for this raffle to be a success this year.**

If you have unused items that you would like to donate, **PLEASE contact me and we will arrange for pickup.** Prizes need not be automobile-oriented. Past prizes have included bathroom accessories & towels and tea kettles right alongside car cleaning kits and hand tools.

Remember that the net amount raised from Cruisin' for a Cure goes to Prostate Cancer Canada for its awareness, education and support activities.

For more information: **Jim Dorsey** at 905-453-3038 or email 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'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 Terry Miller Recreation Centre.

Steering Committee Meetings are held two weeks plus a day later on the **FOURTH WEDNESDAY** of each month, September through June, at 7:00 PM. Steering Committee Meetings are held in the Community Room at the Fortino's at Hurontario 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>