



March 2012
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**VIEW THE
EVENTS IN THE
PLANS FOR 2012
SECTION AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

This coming week-end March 9-11th we will be at the Mega Speed Car Show at the International Centre. The Senior Moments Racing Team will be there as well with our bold PCCN Brampton Logo wrapped around its sleek body. If you have time to drop by the event, please do, and contact Jim Dorsey if you can volunteer a few hours at our booth.

We are already in the midst of planning for our 12th Annual PCCN Brampton Golf Tournament at the Acton Golf Club on Monday, June 25th. It's always a lot of fun and a great way to spend an inexpensive day supporting a great cause. The modest \$90.00 fee covers your Green Fees, Cart, Lunch and Prizes. We could use your help in a variety of ways.

We always need to recruit new golfers so if you know of any please pass the information on to them and or sign up a foursome yourself if you'd like to play. We always have room for a few singles and doubles if you come up short.

The next task that takes up the best part of our time before the tournament is rounding up some small prizes for our participants. Nothing exotic, but we like to give all of our golfers a small prize for coming out to the event. If you know of a company or individual that might be able to help us in that regard, please contact a member of the golf committee:

Ron Clayton: 905-584-2095

Morris Rambout: 905-793-8843

Gary Foote – Editor / Treasurer

Tel: 905-458-6650, Fax: 905-458-1812

E-Mail: gary.foote@pccnbrampton.com



[Next General Meeting, Tuesday, March 13th, 2012](#)

Dr. Michael Greenspan, Urologist, speaking on the topics of Incontinence and Erectile Dysfunction.

These common side effects of Prostate Cancer treatment can be dealt with and Dr. Greenspan will bring us up to date and some of the latest therapies that can improve a patients quality of life should they encounter these difficulties.

**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, February 14th, 2012](#)

Maureen Rolands & Jennifer Gray, Prostate Cancer Canada

Maureen Rowlands, *Director, Support Services*, provided an overview of current and future services that will be provided to Prostate Cancer victims based on extensive input from the local PCCN chapters. We all know that help is needed from the point of diagnosis thru recovery and in dealing with the more common side effects. These programs will be a great resource for patients, their families and their supporters.

Jennifer Gray, *Director, Father's Day Walk / Run*, told us more about this major fund-raising effort in preparation for our Second Annual FDWR at Chinguacousy Park on June 17th. This event has excellent growth potential and the association of Father's Day and Prostate Cancer Canada's efforts can do a lot to help to raise awareness as well as funds for Prostate Cancer Research.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, March 13th, 2012
Dr. Michael Greenspan, Urologist,
Incontinence and Erectile Dysfunction

Tuesday, April 10th, 2012
Dr. Uri Lindnor, Urologic Oncology Fellow,
A Recent Development - Focal Therapy Treatment for the Newly Diagnosed

Tuesday, May 8th, 2012
Daniel Santa Mina, Exercise Guru,
Latest Developments in Exercise for Cancer Patients

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

Sunday, June 17th, 2012
2nd Annual Peel Region Father's Day Walk / Run, Chinguacousy Park

Monday, June 25th, 2012
PCCN – Brampton Golf Tournament, Acton Golf Club

Sunday, September 9, 2012
6th Annual Cruisin' for a Cure, Powerade Centre

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 a speaker due to unforeseen circumstances.

We will always try to provide as much advance notice as possible when a reschedule occurs.



[Peel Region Father's Day Walk / Run Meeting, March 10](#)

We will hold the second of our monthly organizational meetings at the Chinguacousy Park Ski Chalet at 2 p.m. on Saturday, March 10. The Chalet is located at the southwest corner of Bramalea Road and Central Park Drive. Enter off Central Park Drive. The meeting room is upstairs and there is an elevator.

We have a good core group of volunteers, but all are welcome to attend; there is a lot of work to be done to make 2012 much more successful than last year's walk / run.

Jennifer Gray, PCC's *Director, Father's Day Walk / Run* joined us for our first meeting. Her enthusiasm and expertise are impressive. We learned a lot from our time with Jennifer. Since that meeting, PCC has started distribution of generic brochures at key locations around the Peel Region. Additionally, brochures customized for our Peel Region walk will be available shortly.

Remember that this is one of two major fund-raising events operated by Prostate Cancer Canada every year, the other being Movember. As discussed when we affiliated with PCC last year, all funds raised by our Prostate Cancer Canada Network – Brampton team can be shared 50:50 with Prostate Cancer Canada. Your donation of \$20 or more will receive a receipt for income tax purposes.

This gives us a great way to generate funds for our expanding awareness operations while giving you a break on your income taxes. So please remember to pledge our team in June. To make a donation go to www.fathersdayrun.ca, click on the Peel Region link on the map and choose the Team Search option. Search for the Prostate Cancer Canada Network Brampton team, Captain Paul Henshall and follow the directions.

Of course, you can also register and then join the Prostate Cancer Canada Network Brampton team. We would love to have you join us on Father's Day.

Updated information will be forthcoming in the Newsletter as we approach Father's Day,

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



[7th Annual PET Sled Ride of Hope, February 18 Update](#)

Steve Hutton's sled ride raised over \$20,000 for Prostate Cancer & Men's Programs at Wellspring. Way to go, Steve and team!

For a better idea of PET's efforts, check <http://www.prostateextremeteam.com>

[PCCN – Brampton Additional Plans for 2012](#)

Here are some other events that we are planning for 2012. As always, volunteers are most welcome.

Mega Speed Car Show, International Centre, March 9 to 11

We are sharing a booth with Phil Nedham's Senior Moments Motorsport again.

Local Health Events, throughout the year

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

Drag-racing Season, Cayuga & Grand Bend, May - September

We are sponsoring the Senior Moments Motorsport Top Dragster again. **Phil Nedham** and our members who crew for him will speak to hundreds of interested individuals in the pits. Thousands of people in the stands will again cheer for "our" car, which bears prominent PCCN – Brampton logos.

12th Annual PCCN Brampton Golf Tournament, June 25th

Always an enjoyable day at the Acton Golf Course

6th Annual Cruisin' for a Cure, Sunday, September 9, 2012

Cruisin' has grown steadily since our first small show in 2007. Each year, some 15% of the men tested have had elevated PSA levels.



PCCN Brampton Bram-O-Gram

Movember, The Month of November

This is Prostate Cancer Canada's other major fundraising event of the year. We can share pledges made to our PCCN – Brampton team with PCC.

Brampton Board of Trade Santa Claus Parade

We will almost certainly take part in our fourth Parade.

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 know of events that we should join or groups that we should address, please do not hesitate to bring them to the attention of any member of your Steering Committee.

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

Interesting Internet Links:

The Internet is an extremely valuable tool for those of us who are concerned with the causes, diagnosis and treatment of Prostate Cancer. In fact, there is so much information available that it is easy to be overwhelmed.

The Prostate Cancer Canada website is a good place to start – and perhaps to end up as the site keeps improving. Check out www.prostatecancer.ca and explore the contents of the various tabs across the top, like Prostate Cancer, Research and In the News.

The balance of the Home Page provides various useful links, e.g., to the PCC Network, Shop PCC and the PCC blog.



YouTube.com includes some fascinating video clips relevant to Prostate Cancer. For example, **Paul Henshall** suggests watching a Da Vinci surgical robot peeling a grape at http://www.youtube.com/watch?v=vThf_sEWndU But be warned: Once you get into You Tube, it suggests related videos. You can easily spend four or five hours wandering through the various clips suggested to you.

www.yananow.org is an interesting site operated by Terry Herbert, diagnosed in 1996. Terry chose not to undergo any of the standard treatments available until 11 years after diagnosis. Since there were few sources of information available, he started his own source, using the acronym for You Are Not Alone.

The home page features a “Don’t Panic” button that leads to ...”five initial steps to help you deal with a Prostate Cancer diagnosis.” The first step: DON’T PANIC! Terry’s slogan is “Prostate men need enlightening, not frightening”. His site features testimonials from over 1,000 men describing their own diagnosis and treatment. Highly recommended!

Website News & Issues:

We have built a new discussion forum for our members to share news and prostate cancer stories. There is a link on the front page of our website.

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 General 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.

Our Steering Committee Meetings are held two weeks plus a day later on a WEDNESDAY of every month except July & August in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

Note that Sean Butterly has offered to be available during our Steering Committee Meetings to meet you one on one at Fortino's if you prefer.

Family members, friends and supporters are always welcome at any of our Monthly General Meetings or Steering Committee 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 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.