



May 2012 Volume 12 Issue 4

INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 Last General Meeting
- 3 Upcoming Meetings
- 4 Father's Day Walk / Run
- 5 Circle of Hope
- 6 Drag Race Schedule
- 7 Recently Diagnosed?

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

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PCCN Brampton News

We have to apologize for the mishap with our April speaker. Unfortunately a break down in communications resulted in a last minute cancellation due to illness that we were not aware of until after 7:00 on the night of Dr. Lindner's talk.

We will try and make it up this month with not one but two separate presentations. First Daniel Santa Mina is returning with a review of Exercise and Cancer on Tuesday, May 8th.

Roughly a week later on Monday May 14th, again at 7:00 pm at Terry Miller, Dr. Sandeep Raj Sehdev will be speaking on Prostate Cancer Treatment in Brampton. His talk is sponsored by Janssen who have graciously offered us their sponsorship for our 2012 Annual Cruisin' for a Cure event.

We have formed our team for the Father's Day Walk/Run and you can either join our team or support it at the web-site: my.e2rm.com/TeamPage.aspx?team We have set a modest fundraising goal of \$2000. and we hope you can help us reach that goal once again this year.

At the same time plans continue for our upcoming 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 \$90.00 fee covers your Green Fees, Cart, Lunch and Prizes.

If you have any questions about the event, contact a committee member:

Ron Clayton: 905-584-2095
Morris Rambout: 905-793-8843

Gary Foote – Newsletter Co-Editor

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



Next General Meeting, Tuesday, May 8, 2012

Daniel Santa Mina, “Latest Developments in Exercise for Cancer Patients”.

Daniel has been studying the effects of exercise on cancer patients for some time. He will be bringing us up to date on the latest findings and developments in this area. These findings offer hope to those dealing with cancer and trying to avoid a recurrence of the same cancer after treatment. At the same time exercise can lessen the side effects of treatment and help patients to deal with them.

Special Meeting, Monday, May 14, 2012

Dr. Sandeep Raj Sehdev, “Prostate Cancer Treatment in Brampton”

Dr. Sehdev in association with Janssen will be delivering a presentation on some of the new developments in Prostate Cancer Treatment in Brampton.

There will be an additional reminder sent out regarding this presentation.

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



Upcoming PCCN Brampton Meetings / Events:

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

Monday, May 14th, 2012
Dr. Sandeep Raj Sehdev
Prostate Cancer Treatment in Brampton

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

Saturday, September 15th, 2012
6th Annual ATV Ride of Hope, Port Severn Ontario
Proceeds to Benefit PCCN-Brampton

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 – Sunday, June 17th](#)

We continue planning to make the 2012 event even more successful than last year's. We will need lots of volunteers the day of the event so if you can spare the Sunday morning please contact Paul or Jim below.

PCC has started distributing generic brochures at key locations around the Peel Region. And we now have brochures customized for our Peel Region walk / run. We will distribute samples at the April General Meeting; ask us if you need more.

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 sponsor our Prostate Cancer Canada Network Brampton team.

Go to: my.e2rm.com/TeamPage.aspx?team where you can click the appropriate button to either "**Join this Team**" or "**Sponsor this Team**". You can also click on any of the Team Member names to sponsor that person if you prefer.

Of course, you can also register and then join the Prostate Cancer Canada Network Brampton team from www.prostatecancer.ca/Fathers-Day-Run/2012/Peel-Region/Home. We would love to have you join us on Father's Day.

We will continue to update this page as we approach Father's Day.

Our Team Captain is **Paul Henshall**, 905-601-1519, hslrallysport@gmail.com

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



9th Annual Circle of Hope, April 15th

The Circle of Hope Afternoon

This year marks the 9th annual presentation of Circle of Hope. This was the 4th year at Century Gardens on Vodden. Nelia Junipero received a diagnosis of thyroid cancer and was quickly joined by two close friends for moral support. From that grew the Circle of Hope, bringing in others diagnosed with a variety of cancers. The number of survivors participating has now grown to over 80. Each received a wonderful assortment of items collected by the committee from about 110 sponsors.... There were many items also in a draw. In addition, there were many supporters and volunteers at the luncheon, the total numbering about 300.

I had the opportunity to set out a display of PCCN-Brampton information along with Wellspring and the Canadian Cancer Society. Numerous presentations during the afternoon made for a marvelous and sometimes poignant time. Jamie Holton, Pastor at North Bramalea United Church said a prayer and blessing at the start. After Nelia's welcome, a new web site was previewed. John and Marilyn Morrison spoke next about his lymphatic cancer journey. She is Mayor of Caledon. Councillors Elaine Moore and John Hutton, himself a survivor, also attended.

The real heart wrencher came next: two children who told of their treatments. The boy, 12, had survived brain tumor operations, chemo and radiation and has a plate in his head, but is so full of beans! The girl had just completed chemo for something that I did not hear clearly. The keynote speaker was Dr. Loraine Oman-Ganes, Chief Medical Officer for RBC. She focused, however, on her career as a Paediatrician, and more importantly, a clinical geneticist. She had a marvellously clear and simply-put message about how genetics plays the central role in so many of our health issues. She used excellent analogies such as road signs and exits on the 401 to describe what she sees as she studies genes. She did say, by the way, you can thank your mother for who you are genetically...

All the survivors then formed a circle around the outside of the room and walked hand in hand. That was very emotional, I can tell you. Finally, we assembled for a group photo of the survivors and then we went on our various ways. Attendance is an open invitation so members of PCCN-Brampton are most welcome to attend.

Visit the Circle's web site at www.thecircleofhope.com

[Drag Racing Schedule, May to September, 2012](#)

Here is this year's tentative appearance schedule for the Senior Moments Motorsport Top Dragster, driven by **Phil Nedham** with some of our members crewing for him:

- May 18 – 20 Cayuga Quick 32 Victoria Day Weekend Challenge
- June 22 – 24 Cayuga Quick 32 “Canadian Nitro Nationals”
- July 21 – 22 Grand Bend IHRA MOPAR Nitro Jam Nationals
- Aug. 3 – 5 Cayuga Quick 32 Community Weekend
- Aug. 10 – 12 Grand Bend Quick 32 NAPA/ Stratford “Hot August Nights”
- Aug. 31 – Sep. 2 Grand Bend Quick 32 Teamsters “Thunder by the Beach”



We will once again speak to hundreds of interested individuals in the pits at each meet, while thousands of people in the stands will again cheer for “our” car, which bears the prominent PCCN – Brampton logos.



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 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 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 Fortinos 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.