



May 2013
Volume 13 Issue 5

INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 2** Last General Meeting
- 4** Upcoming Meetings / Events
- 5** Annual Golf Tournament
- 6** Father's Day Walk / Run
- 7** Cruisin' for a Cure Canada
- 8** Recently Diagnosed?

This newsletter is made possible by an unrestricted operational grant from Janssen, Inc.

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

PCCN Brampton

www.pccnbrampton.com

info@pccnbrampton.com

Phone No: 289-752-6316

Fax No: 905-840-9474

PCCN Brampton News

April was personal experiences night at our monthly meeting. This has proved very popular in recent years and has become something of a mainstay in our meeting schedule for each year. Our thanks to the half dozen members that gave us their thoughts and experiences.

This May saw us at the Rogers Health Fair in Brampton. We were quite impressed by the size of the site and the enthusiasm of the staff that organized the event. Unlike some of the events that we attend, people seemed genuinely interested in finding out a little more about Prostate Cancer, although I was also impressed with the amount that many of them did already know as well.

Now that that is over we are well into planning the next two major events on our calendar. First up on Monday, June 10th is our Annual Charity Golf Tournament. As always we could use your help to round up a few more golfers or a few small prizes for our gift bags if you know an individual or company that may be able to provide some for us. Feel free to contact someone on the golf committee if you can help.

Our next event is the Fathers Day Walk/run at Chinguacousy Park on Sunday, Jun 16th. Jim Dorsey could definitely use your help, if you have time, as one of our volunteer organizers has been knocked out of the event by a personal tragedy. Our prayers and wishes are with Yvonne and her husband in their very personal ordeal.

Gary Foote / Jim Dorsey – Newsletter Editors

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



PCCN Brampton Bram-O-Gram

Next General Meeting, Tuesday, May 14th, 2013 – 7:00pm

Rocco Rossi, New President & CEO of Prostate Cancer Canada

Rocco Rossi, the dynamic new President and CEO of Prostate Cancer Canada, will be our special guest. He will introduce himself and describe the future that he foresees for the Prostate Cancer Canada Network, our National affiliation of Support Groups.

PCC has just obtained a Provincial lottery license and all the PCCN chapters will be able to sell raffle tickets for a very special Camaro automobile worth \$80,000. The vehicle was donated by the good folks at the Trillium Automobile Dealers Association. Rocco will update us on that new opportunity to increase public awareness. Hopefully he will also be at liberty to tell us about some interesting extensions to our very own Cruisin' for a Cure Canada.

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, April 9th, 2013

Personal Experiences Night

April was another in an ongoing series of meetings where members shared their experiences dealing with Prostate Cancer. These have become quite popular and offer a completely different insight into treatments that doctors are unable to provide. I do apologise if I get anyone's name wrong as I am prone to do it seems.

First up was Sandy Gray who described his experience with salvage surgery. Sandy initially underwent Brachytherapy for a low grade (Gleason 6) tumour. When his PSA began to rise again, 4 to 5 years later, they determined that he had developed an aggressive tumour. After radiation therapy of any kind there is significant scar tissue which makes any surgery particularly difficult. His options were hormone therapy or salvage surgery. Since there are only a small number of surgeons that perform this delicate surgery, Sandy spent time researching and choosing the surgeon and underwent the surgery in January of this year. Sandy's advice is to get good doctors and push for results. Get informed and be prepared when you meet with the doctor to ensure you both know what to expect from the procedure.

Next up was Barry who had the incontinence device implanted by Dr. Casey. This device was demonstrated at a previous meeting and involves the insertion of two small tubes with small balloons that can be inflated with water to stem the tide as it were and reduce incontinence. He reported that while not perfect it was a substantial improvement over his previous state. Another member, Victor noted that he also had had the same surgery but with results not quite as good.

Paul gave us a brief overview of his radiotherapy procedure where they had increased the dosage of his radiation and reduced the number of sessions significantly. If studies prove this to be just as effective then this would be a substantial benefit to patients that currently undergo 39 separate treatments.

Several members expressed the fact that they were not always happy with the level of information provided by doctors but found listening to the experiences of other patients very helpful. One member who underwent Brachytherapy strongly recommended the herbal Prostate tea which helped ease his urinary difficulties. All in all a very good meeting and one that we will definitely repeat next year.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Due to Al Hutton's continued medical issues, we are actively searching for someone to act as our Speaker Coordinator. If you are interested in finding suitable speakers and arranging for them to speak with PCCN – Brampton meetings, please contact anybody on the Steering Committee at the next meeting or contact Jim Dorsey.

Tuesday, May 14th, 2013

Mr. Rocco Rossi, the New President & Chief Executive Officer of Prostate Cancer Canada and Managing Director of Prostate Cancer Canada Network

Monday, June 10th, 2013

Annual Golf Tournament, Acton Golf Club

Tuesday, June 11th, 2013

Annual June Potluck and Social Evening

Sunday, June 16th, 2013

Father's Day Walk / Run, Chinguacousy Park

Sunday, September 8th, 2013

Cruisin' for a Cure Canada, Powerade Centre

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 provide as much advance notice as possible when a speaker has to reschedule.



PCCN Brampton Bram-O-Gram

Golf Tournament, June 10th

Our Annual Golf Tournament is coming fast and will arrive on Monday, June 10th at the Acton Golf Club. We still need to round up some golfers to get to our goal of 80 or more so if you know anyone suffering from this affliction please point them in our general direction. We may not have a cure for their need to play golf but we will try and mix in a little fun to make the experience somewhat less painful.

We also need to collect some small prizes that we try to give to each golfer to further alleviate the aggravation of trying to hit a very small and uncooperative ball.

If you can help in either way please feel free to contact a member of the golf committee and feel free to let them know the error of their ways at the same time.

The cost to participate in this often violent sport is a mere \$90. and that includes a lovely drive to Acton, Golf Fees, Cart, Barbeque Lunch and Prizes for all.

Please forward us your name and that of your teammates as soon as possible so we can make up the pairings and complete our planning and preparation. Also include phone numbers where possible so we can contact you for next year's event when it rolls around should we be foolish enough to do it all again next year.

Registration is at 8:00 am at the site and coffee and a light breakfast should be available. We plan for a 9:00 am shotgun start so bring your A, B, C or D game and we'll see you there. If you don't have a foursome that's ok, we'll try and find someone to share your self inflicted misery with.

You can e-mail your name and that of your partners to:

Gary Foote - visact@rogers.com or Fax: 905-458-1812

Or you can notify the Golf Committee Member of your choice:

Ron Clayton 905-584-2095

Morris Rambout 905-793-8843

Jack Dainton 905-793-0205

Gary Foote 905-458-6650

Sean Butterly 905-454-4237

John Hughes 905-793-4627



Peel Region Father's Day / Walk Run, Sunday, June 16th

Our third walk / run will again be held at Chinguacousy Park, with registration starting at 8 a.m. and the walk / run starting at 10 a.m. The event will be over by Noon, leaving lots of time for you to enjoy your normal Father's Day activities. And Chinguacousy Park is a great place to spend an afternoon if you don't have other plans.

Please bear in mind that this event is a major awareness event and fundraising event for Prostate Cancer Canada. Also remember that we can claim 50% of the dollars raised by the Prostate Cancer Canada Network - Brampton team to help cover our operating expenses.

To register as a member of our team:

- Go to www.fathersdaywalk.ca
- Click on Peel Region on the map.
- Click on Register if this is your first time, or log on as a Returning Participant.
- Read and accept the participant Waiver.
- Choose Join a Team.
- Choose your registration type – Adult / Child / Youth.
- Search for the PCCN Brampton team by name or by Captain Paul Henshall's first or last name.
- Follow the instructions.

Contact me if you have any questions on the process.

We will have refreshments and live entertainment, including a Zumba warm up.

If you'd like to volunteer, we would love to hear from you. The Walk / Run Committee is an interesting mixture of members, spouses and community volunteers of all ages.

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



Cruisin' for a Cure Canada, Sunday, September 8th

The 7th edition of our annual Cruisin' for a Cure Canada will once again be held at the Powerade Centre, 7575 Kennedy Road South, Brampton. The show is described on various information sites as follows:

*Cruisin' for a Cure is a one-day car show devoted to Prostate Cancer awareness, operated by unpaid volunteers from the **Prostate Cancer Canada Network – Brampton** support group and their supporters.*

***Free confidential PSA blood tests** are provided to all men 40 and over, with results going directly to their doctors. **Free “Survivor” Tee shirts** for pre-registered Prostate Cancer survivors.*

***Goodie bags** for show car owners while supplies last. Raffles, food, beverages, vendors and health information will be available.*

All cars, trucks, motorcycles and snowmobiles are welcome as display vehicles. Parking charge is \$5 per display or spectator vehicle; donations \$20 and over will receive tax receipts.

*Gates open at 7:30 a.m. Register by 11 a.m. to be eligible for **People's Choice awards**. The car show runs from 10 a.m. to 4 p.m. The Blood Clinic operates from 9 a.m. to 4 p.m. ONLY.*

What **you** can do to help:

- **Volunteer** to work at the event.
- **Donate / “regift”** items large or small for door prizes and raffle items. They do NOT have to be car-related.
- **Talk up the event** with your friends, relatives, customers, suppliers. We need all the community awareness and support that we can muster.

Flyers will be available at the May 14th meeting or you can phone Jim Dorsey to obtain them.

Jim Dorsey, Cruisin' for a Cure Coordinator, 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 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 Printing and Mailing 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.