



**December 2013**  
**Volume 13 Issue 12**

## *PCCN Brampton News*

### **INSIDE THIS ISSUE**

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 October Meeting – Dr. Chin
- 4 Upcoming Meetings / Events
- 4 Prostate Extreme Team Raffle
- 5 Movember – 2013 Wrap-up
- 6 PCC Expert Angle Webinars
- 7 Pilgrimage for Progress
- 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](http://www.pccnbrampton.com)

[info@pccnbrampton.com](mailto:info@pccnbrampton.com)

Phone No: 289-752-6316

Fax No: 905-840-9474

Our November meeting saw two presenters visit the group. Dr. Guy Faulkner and Dr. Linda Trinh made the visit from the University of Toronto to review their findings in the area of exercise and sedentary lifestyles. Regular exercise has been proven to reduce the risks of Mortality from both Cancers and Heart Disease. On top of this they presented findings indicating that periods of sedentary behaviour also add to the risks even for people that do get regular exercise. Getting up and walking around every half hour or so increases the benefits of an active lifestyle. Working at a computer or watching TV can in fact be bad for your health even if you go for a half hour walk before or afterwards.

November was once again visited by its evil twin MOvember, the month in which copious amounts of facial hair mysteriously appear on the upper lips of many Canadian men. Canada is in a real battle to see who will claim the crown, battling with the U.K., Australia and now the U.S. to see who can raise the most money to fund men's health initiatives including research into Prostate Cancer.

We would like to give special thanks to Bill D'Silva and his fellow employees of Investment Planning Counsel Canada, who have once again been a great aid in raising money for our PCCN Brampton MOvember team.

December is our traditional Pot Luck get together and we will review the accomplishments of the past year while sampling the culinary accomplishments of some of our members at the same time. We hope to see you there.

**Gary Foote / Jim Dorsey – Newsletter Editors**

**E-Mail: [visact@rogers.com](mailto:visact@rogers.com) / [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**



## PCCN Brampton Bram-O-Gram

*Next General Meeting, Tuesday, Dec. 12<sup>th</sup>, 2013 – 7:00pm*

### **Our Annual Christmas Potluck and Social Evening**

Please join us for a relaxing evening of socializing with our members. All are welcome, including interested family members and friends.

Bring your favourite recipe or holiday treat. There will be draws and prizes as always.

**Anne Breakey-Hart**, Manager PCCN and Volunteer Engagement at Prostate Cancer Canada will join us for dinner and will accept a donation from PCCN Brampton.

Our donation comes from funds raised through the hard work of our members and volunteers who organized and operated our Annual Golf Tournament, the Father's Day Walk and Cruisin' for a Cure. While this amount is small in comparison to the funds that come from MOverner, it is money that can be directed to efforts other than research. This can aid with awareness and survivorship programs and we are sure will be put to good use by the team at PCC.

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](mailto:info@pccnbrampton.com)



### *Last General Meeting, Tuesday, Oct. 8<sup>th</sup>, 2013*

#### **Dr. Guy Faulkner and Dr. Linda Trinh, PhD, "Sedentary Behaviour: Implications for Prostate Cancer Patients and Survivors."**

Dr. Guy Falkner and Dr. Linda Trinh made the trip from the University of Toronto to address the group regarding the importance of exercise to our general health and the effects of sedentary behavior, which can adversely affect our health.

They presented studies that reinforce the fact that regular exercise can significantly reduce the incidence of premature mortality due to both cancer and heart disease.

They recommend 150 minutes of exercise per week, which can be broken down into smaller slices of as little as 10 minutes at a time. In fact, it is suggested that the smaller slices may prove to be even more beneficial if it means that we can reduce the number of prolonged periods of sedentary behaviour.

Sitting at a computer or watching TV for hours on end can be bad for your health, even if you are getting regular exercise. Getting up and walking around every half hour or so can have positive long term health benefits, especially when combined with regular exercise. Their project will create a smart phone app to help you accomplish this.

Survivors can use this link to the Canadian Cancer Society to get more information about physical activity:

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/physical-activity/?region=on>

<http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/physical-activity-during-cancer-treatment/?region=on>

They can type in 'exercise' in the search engine of the Canadian Cancer Society website to get more articles about exercise.

Finally, here is the link to 'My Rest Break', which prompts you to reduce your sitting time while working on your PC. It's a free download too!

<http://www.softpedia.com/get/Desktop-Enhancements/Clocks-Time-Management/My-Rest-Break.shtml>

E-mail: [linda.trinh@utoronto.ca](mailto:linda.trinh@utoronto.ca)



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Kim Vogel is our new Speaker Coordinator. If you have any ideas for suitable interesting speakers for our monthly PCCN – Brampton meetings, you can contact her at (416) 806-9619 or Email: [kimvogel@leaderabilityconsulting.com](mailto:kimvogel@leaderabilityconsulting.com)

**Tuesday, December 10<sup>th</sup>, 2013**  
**Annual Christmas Potluck and Social Evening**

**Tuesday, January 14<sup>th</sup>, 2014**  
**Swapnil Rege, Clinical Director & Physiotherapist, Centric Health**  
**Fatigue and Prostate Cancer**

**Tuesday, February 11<sup>th</sup>, 2014**  
**T.B.A.**

**Tuesday, March 11<sup>th</sup>, 2014**  
**Maureen Rowlands, PCC's Director of Support Services**  
**and possibly other surprise guests**  
**Prostate Cancer Canada Survivorship Programs**

**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](mailto:kimvogel@leaderabilityconsulting.com)**

### Prostate Extreme Team Raffle

The Prostate Extreme Team is selling tickets for a brand new 2013 Ski Doo TNT MXZ 1200. Tickets are \$25.00 ea or 5 for \$100. All proceeds go to Prostate Cancer Canada Network

Contact Steve Hutton: [steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com) 905-840-7937



### Movember – 2013 Wrap-up

*“So why don’t we grow a moustache and get everyone in the world to donate money...???”* a couple of Australians asked each other in a pub a few years ago. And the rest is history!

Our fourth year of participating in MOvember has been an overwhelming success. We have 11 members on our team and a total, at press time, of \$4,455!

Supporting us were our three community partners, [The Brampton Beast](#), [Moxie’s Grill and Bar](#), and most importantly, [Eikonic House of Barbers](#).

**Jessica** and **Martin** brought their unique enthusiasm, creativity and leadership to the campaign. They trimmed moustaches, put up gift baskets and sold prostate cancer related merchandise in their cleverly decorated shop.

Thanks to each of our team members and to each of our donors for your contributions to our team total.

Top of the list this year is the [Investment Planning Counsel of Canada](#). In honour of their employee, **Bill D’Silva**, who is also one of our PCCN Brampton members, they started growing mustaches for Movember in 2012 and have shared their campaign success with PCCN Brampton for three years now.

This year, we have to thank them for supporting us with a cheque for \$2,600, which brought our team total up from \$1,855 to the grand total of \$4,455! They will present the cheque to our representatives on December 19 at their regular monthly “Birthday Celebration”.

Having **Tyler Small** from [MOvember Canada](#) take the time to share details of the program with us as part of our October meeting inspired everyone.

But the big winners of the world-wide Movember campaign will be all the men who will eventually require support for prostate cancer, testicular cancer or mental health issues. The **MOvember Foundation** will allocate funds this year to each of these three areas.

**Paul Henshall, Captain, PCCN Brampton MOvember Team**



### [Expert Angle: Prostate Cancer Canada Webinars](#)

You can find out more about Prostate Cancer Canada's relatively new program of webinars at <http://prostatecancer.ca/Support/Expert-Angle>

As explained on the PCC website, "*Expert Angle is designed to expand our reach and address the many varied and complex questions that come with a prostate cancer diagnosis. These webinars will address topics important to men with prostate cancer along different points of the cancer care continuum and those within their circle of care as well as the general public and representatives from the clinical community.*"

*"The meetings are hosted using interactive on-line technology and feature leading experts in prostate cancer - making them accessible to anyone, regardless of their location, within Canada. The platform allows PCC to communicate directly with individuals in a variety of settings (i.e. in their homes, support group meetings, community centres) and geographic locations (i.e. urban, rural and remote locations) as well as measure engagement."*

The next session to be held on Tuesday, December 11<sup>th</sup> at 3 pm EST features Dr. John Oliffe, speaking on the topic "Masculinity and Prostate Cancer" [Register](#) Dr. Oliffe is Professor at the School of Nursing, University of British Columbia, Vancouver, BC. His research is focused on gender and health. Specifically, he is interested in masculinities and gender relations in the context of various men's health issues including prostate cancer.

Previous sessions can also be accessed from this area and include:

- Prostate Cancer & the PSA Test
- Prostate Cancer and Survivorship
- Complete Prostate Cancer Care: What should I be doing?
- Androgen Deprivation Therapy and Bone Health
- Using Social Media Safely for Your Health & Well-Being



### [Pilgrimage for Progress, October, 2013](#)

In a Globe and Mail article entitled “**Rocco Rossi: We’ve finally reached our goal (and our fundraising target too)**”, published on November 4, Rocco summed up his recent adventure.

I am thrilled to announce that the Pilgrimage for Progress on Prostate Cancer reached our physical goal of arriving in Santiago and exceeded our fundraising goal of \$150,000 for Prostate Cancer Canada.

When you exceed all your expectations, the only proper thing to do is to thank everyone for making it happen. John Kanellitsas and Constantine Karayannopoulos, both extremely busy CEOs, took time out of their schedules and paid all their own costs out of their own pockets. They helped me exceed our fundraising goal by encouraging both of their networks to contribute generously. It wasn’t easy – John called it “the biggest physical challenge of (his) life,” but he arrived with a smile! *Gracias*.

To our presenting corporate sponsors at Molycorp and Davis and Henderson: *gracias*. To our telecommunications partner at Telus who picked up all our phone and data charges: *gracias*. To our media sponsor, The Globe and Mail: *gracias*. To our lead individual donors – Richard Rooney, John Clarkson and Daniel Montagner, who each gave at least \$10,000 – *gracias*. To all our generous donors: *gracias*.

To the many other pilgrims who shared their stories and their fellowship: *gracias*. And to the many other individuals who helped along the way and wished us a *buen camino* to lift our spirits: *gracias*.

There are those who believe that the Camino de Santiago ends in Santiago, but it truly only begins there. During your time on the Camino, your life is simplified to eating, walking, sleeping and repeating that the next day. The yellow arrows or scallop shells are there at every crossroad to indicate the proper direction.

After Santiago, life becomes more complicated and the external direction signs disappear. One has to look inward at each crossroad and do one’s best.

The arrows for those facing a diagnosis for prostate cancer are not always obvious. Each year we add options and variations through the efforts of amazing researchers in Canada and around the world. However, the ultimate treatment choices need to be made between doctors and informed patients and families who look inward and do their best.

We at Prostate Cancer Canada will continue to do our best to walk with those affected men and their families. Thanks to your generous support of this physical pilgrimage and our future events, we hope to provide even more.

*Muchas gracias y Buen Camino en su vida!*

Rocco Rossi is the CEO of Prostate Cancer Canada. He blogged throughout his Pilgrimage for Progress on Prostate Cancer and you can find that blog at [tgam.ca/giving](http://tgam.ca/giving).



### [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 the fourth WEDNESDAY of each month, September through June, at 7:00 PM. We are in the process of relocating these meetings and will advise the new location as soon as it is confirmed.

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](mailto:gary.foote@pccnbrampton.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.