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

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PCCN Brampton News

At our last meeting on April 8th, **Dr. Stuart Edmonds** of Prostate Cancer Canada paid us a visit. Dr. Edmonds reviewed some of the research and survivorship programs that PCC is directly involved in. Utilizing monies provided by Movember, Federal, Provincial and Individual Sources Prostate Cancer Research is funded right across Canada.

Canada leads the way worldwide, studying the mechanisms of prostate cancer and ways to improve treatment. Research also focuses on developing better diagnostic tools and tests to determine which patients require active treatment and which can undergo Active Surveillance to minimize unnecessary treatments and the associated side effects.

May is a quiet month in terms of events but is a very busy month in terms of the ground work required for the upcoming **"Do it for Dads"** Walk Run to benefit Prostate Cancer Canada on **Sunday June 15th**. If you have any time between now and then to help with the Father's Day event, please contact Jim Dorsey **(905) 453-3038**

Our other major event in June is our **Annual Charity Golf Tournament**. This falls on **Monday, June 23rd** at the Acton Golf Club and we are in serious need of a few volunteers to help with gift collections. This usually involves dropping off a letter which we provide to request small gifts \$20 or so that we can provide to our participants. If you or your company, bank, restaurant or other frequent haunt is able to help out it would be highly appreciated. Our long time volunteers have been hard pressed this year due to health issues and any help you can provide would go a long way.

Gary Foote / Jim Dorsey - Newsletter Editors

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

Next General Meeting, Tuesday, May 13th, 2014 – 7:00pm



Dr. Sheila Tervit, C. Psych., Psychologist, “The Emotional Rollercoaster: From diagnosis to survivorship, a review of the emotional reactions individuals may experience when faced with prostate cancer.”

Dr. Tervit received her Ph.D. in Psychology from the State University of New York (SUNY) in 2001. After completing an internship at the London Health Sciences Centre in Behavioural Medicine, Dr. Tervit went on to hold professional positions with Marianjoy Rehabilitation Hospital (Greater Chicago area), Trillium Health Centre, and the Peel Regional Cancer Centre (PRCC) at Credit Valley Hospital.

She has been working in private practice full-time since 2010.

In addition to her private practice work, Dr. Tervit works with the Wellspring Cancer Support Foundation providing short-term counselling to individuals diagnosed with cancer and their families. She also facilitates support groups and is a frequent guest speaker with this organization. Dr. Tervit is a member of the Canadian Psychological Association, Ontario Psychological Association and Wellspring Cancer Support Foundation’s Program committee.

Dr. Tervit takes great pleasure in being able to share knowledge and experiences and has had the good fortune to teach undergraduate courses at the State University of New York (SUNY) and Niagara University. Presenting in an informative and engaging manner, Dr. Tervit has given seminars and workshops for Cancer Care Ontario and Lung Cancer Canada as well as parenting and support organizations in the community.

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.ca

Last General Meeting, Tuesday, April 8th, 2014



Dr. Stuart Edmonds, *Vice President, Research, Health Promotion and Survivorship at Prostate Cancer Canada* discussed the many innovative research programs being sponsored by PCC.

Dr. Stuart Edmonds joined Prostate Cancer Canada in February, 2011. During his time at the organization he has spearheaded the launch of the Research Strategic Plan, providing the direction for research and survivorship activities for 2012-2015. From this plan, PCC has launched numerous new research programs based on the key pillars: Collaboration, Innovation and

Talented People. Dr. Edmonds has also instituted a fair and transparent peer review process to steward and safeguard funds raised in support of prostate cancer research and to ensure that only the most promising, high quality research is funded. Like many people involved with prostate cancer, Dr. Edmonds has a very personal connection as a result of his father's experience with prostate cancer.

Prior to joining PCC Dr. Edmonds held leadership roles at the Canadian Cancer Society, the Canadian Partnership Against Cancer, the Canadian Cancer Research Alliance and the National Cancer Institute of Canada. Stuart holds a doctorate in pharmacology from Oxford University.

The focus of the many research projects that PCC funds is to find better ways to prevent, diagnose and treat prostate cancer. Each year PCC reviews requests for funding and awards those researchers who appear to have the best chance of having a positive effect on the treatment of PCa. There are many forms of grants to help fund existing teams of researchers as well as trainees and rising stars.

A team of doctors, scientists and non-scientists review both the requests for grants each year and the progress of research that they are funding. This ensures that results match the level of commitment that PCC contributes to the process. With the volume and quality of research currently proceeding in Canada and collaboratively around the world, the outlook for prostate cancer patients is very promising.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Tuesday, May 13th, 2014

Dr. Sheila Tervit, Psychologist

“The Emotional Rollercoaster: From diagnosis to survivorship, a review of the emotional reactions individuals may experience when faced with prostate cancer.”

Friday, May 16th - Sunday, May 18th, 2014

**Senior Moments Motorsport dragster, “Mighty Mouse”
Season opener at Grand Bend Motorplex**

Tuesday, June 10th, 2014

**End of Year Potluck and Social Evening
A Special Guest is Always Possible as Well!**

Saturday, June 14th

ATV Ride of Hope

http://www.prostateextremeteam.com/2014_atv_ride.html

Sunday, June 15th, 2014

**Peel Region – Mississauga Do it for Dads Walk Run
Mississauga Valley Park Community Centre**

Monday, June 23rd, 2014

PCCN Brampton’s Annual Charity Golf Tournament

Tuesday, September 9th, 2014

PCCN Brampton’s 20th Anniversary Special Guest T.B.A.

Tuesday, October 14th, 2014

**Dr. Robert Bristow, University Health Network
Topic T.B.A.**

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

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.



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

Learn more about PCC's webinars at <http://prostatecancer.ca/Support/Expert-Angle>. The Expert Angle sessions use interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

Upcoming sessions:

- Tuesday, May 13th @ 7 p.m. EST **Dr. Scott North**, *Clinical Trials: Everything You Need to Know*. [Register Here](#).

Videos of previous webinar sessions can be viewed at <http://prostatecancer.ca/Support/Expert-Angle>

The topics covered are:

[Dr. Tom Pickles: Prostate Cancer and the PSA Test](#)

[Dr. Andrew Matthew: Prostate Cancer and Survivorship](#)

[Dr. Rob Rutledge: Complete Prostate Cancer Care: What should I be doing?](#)

[Dr. Jennifer Jones: Androgen Deprivation Therapy and Bone Health](#)

[Dr. John Oliffe: Prostate Cancer and Masculinity](#)

[Colleen Young: Using Social Media Safely](#)

[Cheri Van Patten: Diet and Prostate Cancer](#)

[Dr. Danny Vesprini: Everything You Need to Know About Active Surveillance](#)

[Dr. Rob Bristow: The Personal Genetics of Prostate Cancer](#)

[Dr. Shabbir Alibhai: Hormone Therapy for Prostate Cancer - cardiovascular, metabolic, and psychological side effects and how to prevent & manage them](#)

[Dr. Hal Gunn: Tools for Optimal Health](#)

[Dr. Daniel Santa Mina: Better to Move: Physical Activity for Men with Prostate Cancer](#)

[Dr. Rohan Shahani: Minimally Invasive Surgical Options for Prostate Cancer: A Shifting Landscape](#)

[Dr. Peter Black: Evolving Role of MRI in Prostate Cancer Detection and Surveillance](#)



PCCN Brampton Bram-O-Gram

[Do it for Dads Walk Run, Sunday, June 15, 2014](#)

The Peel Region Father's Day Walk has been renamed to the **Peel Region – Mississauga Do it for Dads Walk Run**. Do it for Dads will ultimately become “a rallying cry to empower Canadians to end this terrible disease,” as Rocco Rossi stated.

Note that we are moving the event to Mississauga Valley Park, just east of Square One in Mississauga. Paul Henshall has already created the **PCCN Brampton** team. You can donate and/or join the team [HERE](#). All those who register before Victoria Day, May 19, will be entered into a draw for a \$50 gift card from Bon Appetite or Canadian Tire.

Further information, including registration forms for those with no computer access, have been received and can be picked up at the monthly meetings. Or phone **Jim Dorsey** @ 905-453-3038.

[Annual Charity Golf Tournament, Monday, June 23rd](#)

We have set the date of our annual tournament on Monday, June 23rd at the Acton Golf Club. Hopefully after our exceedingly wet June events last year, we are due a nice day.

We face a formidable task organizing the event this year. Last year we lost a long time friend and supporter of the event in **Sean Butterly**. Other pillars of the event, **Morris Rambout, Ron Clayton, Jack Dainton** and **Bob Vandrish** have been beset by health issues that have effectively left them struggling to pull together the gifts for the event.

This leaves us incredibly short staffed in the area of canvassing for the small prizes we give out to the participants and use for our charity raffle and such.

If you have any time that you could donate to distribute our letters and follow up with your company or other local businesses it would be most appreciated.

Please give a member of the committee a call or e-mail if you are in a position to help.

Ron Clayton	905-584-2095	ronjudyclayton@yahoo.ca
Morris Rambout	905-793-8843	mrambout@rogers.com
John Hughes	905-793-4627	bigyin4627@yahoo.com
Gary Foote	905-458-6650	visact@rogers.com

[Rock the Road Raffle Draw, Sunday, June 15, 2014](#)

On May 4th, we were advised that all 11,000 tickets had been sold. This was a remarkable achievement, since tickets only went on sale late in February at the **Canadian International Auto Show**. Tickets were also sold at the PCCN Brampton booth at the **MegaSpeed Custom Car Show** in March and the **Spring Classic Car Auction** in April. But the majority of the tickets were sold over the telephone as a result of a well-designed web-marketing program directed by **Yaz Maziar**, the Director of Digital Marketing at PCC

In contrast, last year PCCN Brampton volunteers like **Alison Walker** of Kelly Shires Angels, **Jody Brock** and her Pink Slips Women's Car Club and our own **Geoff Hoar** and **Victor Horvath** sold several hundred tickets. They and many others also worked at **Prostate Cancer Canada** booths at ribfests and other events throughout the summer. We now have to find other ways to fill up this summer!

The winning ticket will be drawn at [The 5th Annual Yorkville Exotic Car Show](#) around 2 p.m. on Father's Day, June 15, 2014. This is a fascinating free car show that runs from Noon to 5 p.m. and sees Bloor Street closed between Avenue Road and Bay Street and filled with over 120 "exotics" from Porsche, Lamborghini, Ferrari and more. There will also be custom cars on display.

100% of the ticket proceeds go to Prostate Cancer Canada, as the car was generously donated by the **Trillium Automobile Dealers Association**, representing Ontario New Car and Truck Dealers.



The Corvette has been named the 2014 North American Car of the Year. The raffle car, a Corvette Stingray Coupe 3LT, has a retail value of nearly \$87,000, boasts best-in-class features and includes the Z51 Performance Package, 6.2L LT2 V8 engine with direct injection, 450 HP, 450 LB.-FT. of torque, 7-speed manual transmission with active rev matching & launch control, carbon-fiber hood with rear opening and more!



[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 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.