



June 2014
Volume 14 Issue 6

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

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

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PCCN Brampton News

At our last meeting on April 8th, **Dr. Sheila Tervit**, a local Psychologist, paid the group a visit. Dr. Tervit reviewed something of the emotional rollercoaster that people experience after a cancer diagnosis. This varies widely from the point of diagnosis, treatment and well into survivorship.

The initial point of diagnosis is always a shock and it's here where we like to help, speaking to the recently diagnosed. People always seem to feel better after speaking to someone who has been thru the PCa experience themselves.

June is one of our busiest months with 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 could still use a few volunteers to help with gift collections. This usually involves dropping off a letter which we provide to request small gifts that we can provide to our participants. If you, your company, bank, restaurant or frequent haunt is able to help out, it would be highly appreciated. Our other need is for a few more golfers, so if you happen to know any, please invite them.

After both events were almost rained out last year, and us along with it, we are hoping for a little nicer weather and June has been cooperating so we hope to see you there.

Gary Foote / Jim Dorsey - Newsletter Editors

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

Next General Meeting, Tuesday, June 10th, 2014 – 7:00pm



Season Ending Pot Luck Supper and Social Event

An evening of Caring, Information, Food, Fun, Laughter, Sharing and more!

Don't forget to bring along your favourite recipe for the Potluck!

Special guest, personal trainer [Ian King of Total Body Fitness](#) will describe his programs for cancer survivors.

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**](mailto:info@pccnbrampton.ca)

Last 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.

Dr. Tervit reviewed the emotional side of a cancer diagnosis. At their initial diagnosis patients experience fear, shock, dismay, confusion, guilt and sadness. They find the diagnosis difficult to share and feel they need to put on a brave face. After being bombarded with lots of facts and treatment options patients often feel overwhelmed. This often changes once they choose a treatment option since this can lead to a sense of empowerment. During treatment people enter a form of survivor mode. During this phase they are focused on physically getting through the treatment. They can experience feelings of helplessness if recovery is slow or fatigue sets in, however.

Once treatment is completed a deep sense of relief and accomplishment is usually the result, but the loss of structure during treatment and a sense of uncertainty sometimes makes it difficult to return to normal life. Even in the survivorship phase the possibility of the cancer reoccurring can lead to some anxiety especially before follow up checkups and tests to confirm the cancer is no longer active.

Dr. Tervit also discussed coping mechanisms that can help people through the process. Relaxation, distraction, exercise and focusing on the present can all help the patient thru a difficult time. Set goals and priorities and schedule regular activities.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Tuesday, June 10th, 2014

End of Year Potluck and Social Evening

Special Guest Ian King of Total Body Fitness will describe his programs.

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 Dr. Mojtaba Besheshti, Brampton Urologist, who was instrumental in starting this support group in 1994

Sunday, September 14th, 2014

8th Annual Cruisin' for a Cure Canada

Powerade Centre, Brampton. Clinic opens at 9 am, show starts at 10 am.

Tuesday, October 14th, 2014

Dr. Robert Bristow, University Health Network

Topic T.B.A.

Tuesday, November 11th, 2014

Member & Partner Testimonial Night

Tuesday, December 9th, 2014

Christmas Potluck and Social Evening

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: 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: **None posted**; we will advise as new sessions are announced.

Videos of previous webinar sessions can be viewed via YouTube.

The topics covered to date 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](#)

[Dr. Scott North: Clinical Trials: Everything you Need to Know](#)

[Dr Anne Katz: Sexuality and Prostate Cancer](#)



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

Something old, something new...but the same great cause!!!

The Peel Region Father's Day Walk has been renamed to the **Peel Region – Mississauga Do it for Dads Walk Run**.

After a wonderful "run" at Chinguacousy Park, the newly named Father's Day event has moved to **Mississauga Valley Park** as of June 15, 2014. The park is behind the [Mississauga Valley Community Centre at 1275 Mississauga Valley Blvd.](#), close to **Square One** and the 403/Hurontario exit from Highway 410. The Park entrance is off Central Parkway East, south of Burnhamthorpe Road between Cawthra and Hurontario.

After disappointing results last year and in consultation with Prostate Cancer Canada, we regretfully decided to change the venue. We believe that we will see much greater participation at a more central location within the Region of Peel's population base.

The Committee has organized a fine selection of live entertainment and refreshments so there will be fun for all before, during and after the event! Be creative and dress up in wild and crazy costumes if you want...

You can register yourself or a new team online at doitfordads.com/walkrun or at the event. Registration starts at 8 a.m. and the Walk Run starts at 10 a.m. Preprinted pledge forms are available at our meetings or you can find one on line.

Paul Henshall has already created the **PCCN Brampton** team. You can donate and/or join the team [HERE](#). Remember that we can claim back 50% of any funds raised by our team. Donors receive an income tax receipt for donations greater than \$20.

We wish to thank our wonderful Sponsors for their support:

National sponsors are **Safeway** (owned by **Sobey's**), **One-A-Day**, and **Scotiabank**. Local sponsors include **BramCity Transmission**, **Water Depot**, **Eikonic House of Barbers**, **Menchie's Frozen Yogurt**, **No Frills**, **Tim Hortons** and **Wellspring**.

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.



PCCN Brampton Bram-O-Gram

Annual Charity Golf Tournament, Monday, June 23rd

Our annual golf tournament is coming fast on Monday, June 23rd at the Acton Golf Club. Hopefully after our exceedingly wet June events last year, we are due a nice day.

While the collection of gifts is progressing we could still use some help in this area. 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.

We could also use your help rounding up a few more golfers. In spite of their antics on the golf course, golfers are often fairly pleasant people when removed from the source of their addiction. You can usually approach them without significant fear for your life.

A day at Acton Golf Club is almost always pleasant except when all of your partners have hit their balls into the forest and are counting on you to hit one straight down the fairway. Still the company of friends and supporters generally makes up for it.

For more information on the Golf Tournament please visit the web-site events section:

<http://www.pccnbrampton.ca/events/coming>

For directions to the course you can use this link:

http://www.pccnbrampton.ca/system/files/Golf_Map_0.pdf

Or check it out on Google Maps:

<https://www.google.com/maps/place/4955+Dublin+Line/@43.6421647,-80.0808691,14z/data=!4m2!3m1!1s0x882b75697538e567:0x4c7563ecdab82f1f>

Please give a member of the committee a call or e-mail if you have any questions.

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



[PCC's Rock the Road Raffle Draw, Sunday, June 15th](#)

The winning ticket will be drawn around 2 p.m. on Father's Day, June 15, 2014 at [The 5th Annual Yorkville Exotic Car Show](#). The lucky winner will take home the black 2014 Corvette coupe that we have featured in the past few issues of the Bram-o-Gram.

Be sure to attend this fascinating free car show in support of Prostate Cancer Canada 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 and "muscle cars" on display this year.

100% of the Rock the Road Raffle 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.

[Provincial Election Issue: Support PSA Tests for Ontario](#)

Rocco Rossi, the President and CEO of Prostate Cancer, recently published an article entitled "***The facts about the PSA tests***" in the Toronto Star. As usual, he clearly summarizes the statistics and the ongoing controversy over the effectiveness of the PSA test and then makes the case for OHIP covering the cost of this critical test, which could drastically improve lives and arguably reduce treatment costs.

The final two paragraphs bear publishing here:

"To be clear, we are not advocating for a mass screening program. We want the cost of a PSA test to be covered by Medicare. Follow-up tests and a course of action can then be tailored to each patient based on the results of the PSA test as well as other risk factors. Some of the controversy surrounding the PSA test results from concerns about over-treatment, but one test does not mean leaping into a course of treatment.

"During this election campaign we are asking political parties, leaders and candidates to ask themselves why we are content to let Ontario lag behind almost all other provinces in covering a test that can save lives. We are counting on Ontario residents to take 30 seconds to tell their candidates that they support coverage of PSA tests for Ontarians via the online advocacy tool psatestsforontario.ca. It's one click for a test that can save lives and should be covered in all provinces"



Curmudgeon's Corner – One Volunteer's Thoughts

At last week's Steering Committee meeting, two young ladies named **Christine Mawhinney** and **Jackie Demaine** presented their thoughts on the Golf Tournament. Unless you have taken part in past tournaments, you probably do not know that they are the daughters of our late, greatly lamented Chairman, **Fred Norris**. Their presentation and enthusiasm got me to thinking very hard about both past and future.

Once upon a time, Us TOO Brampton was run by a fairly large group of very dedicated individuals who worked tirelessly to increase awareness and to support newly diagnosed men. Fred was assisted by sterling individuals like **Don Grant**, **Alec Gardiner**, **Stew Cornell** and too many others to list here.

But they are gone and we can't seem to find their like again. They helped me to start my journey and in the process changed my life and my wife Sandi's. Our mantra has become, "No other family should endure what we have," and we will do most anything to help our male relatives or yours or anybody else's to avoid the terror, confusion and information overload that comes with the diagnosis of prostate cancer.

For some time PCCN Brampton Inc. nee Us TOO Brampton has been at a critical point in its development. There are crude ways to put it, so let's ask, "Is we in or is we out?!"

We can be a comfy little group that meets ten times a year to hear speakers, break bread and share a few laughs. Or we can continue to develop into a force for good in our community, in Ontario, in Canada, perhaps even in the world. Our very own Cruisin' for a Cure Canada has become an envied model for increasing awareness.

We are NOT attracting the numbers of new members that we would like to see, but in talking to other groups, they say the same thing. BUT the few new individuals that we have been attracting seem to be great folks who have a lot to offer. And looking around at the faithful who turn up meeting after meeting, I know that YOU do as well.

Personally, I am not a joiner. I work hard to avoid meetings and public appearances and normally I do not feel that I have much to offer. Fred and the late Don Grant convinced me otherwise just by example and by asking me for help. In their absence, I stepped forward. If I have something to offer the group, you certainly do.

PLEASE give me a call over the summer and let's talk. We need so much talent and energy. If you can write or talk about your journey one-on-one at a meeting, in a coffee shop or in a hospital room, we need you. Jim Dorsey, 905-453-3038



[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 peer 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.