



**January, 2018**  
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**INSIDE THIS ISSUE**

- 1** PCCN-Brampton News
- 2** PCC's New President & CEO
- 3** Next General Meeting
- 4** Last General Meeting
- 5** Upcoming Meetings / Events
- 6** New Format for PCC's Expert Angle Webinars
- 6** Rock the Road Raffle 2017 Porsche 911 Carrera Cabriolet
- 7** True NTH Peer Navigation Program
- 8** Recently Diagnosed?

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**PCCN Brampton News**

Our **December 12 Christmas Social Evening** went extremely well thanks to our **Steering Committee** members **Gary Foote, Paul Henshall, Victor Horvath, Karl Leutner, Mike Loughnan** and **Morris Rambout**. It appears that a good time was had by all; Sandi and I were sorry that we missed it.

*We had planned to hold our first **Annual General Meeting** on January 9, but **much more preparation is required**. Our corporate New Year's resolution is to make PCCN Brampton into a dynamic not-for-profit that can continue to operate for **ANOTHER 24 years. 2018 is going to be a great year!***

The most important news since our last newsletter is that **Prostate Cancer Canada** announced that **Peter Coleridge** has succeeded **Rocco Rossi** as PCC's **President and CEO**. The official press release starts on the next page.

We welcome Mr. Coleridge and of course wish Rocco all the best in his new role as the **President** of the **Ontario Chamber of Commerce**. We already know that Rocco will continue to be a huge supporter of Prostate Cancer Canada.

Prostate Cancer Canada volunteers are working hard to sell tickets for this year's **Rock the Road Raffle**. The grand prize is the most valuable prize to date, a **custom 2017 Porsche 911 Carrera Cabriolet** valued at over \$176,000, including more than \$20,000 in custom upgrades. As always, the vehicle has been donated by TADA – the **Trillium Automobile Dealers Association** – so 100% of ticket proceeds go to prostate cancer research. See a photo of the grand prize on Page 6.

Tickets are priced at \$25 for one or three for \$60. To order your tickets, call **1-855-441-1267** or visit: [www.rocktheroadraffle.ca](http://www.rocktheroadraffle.ca) for more information. (Tickets are only available to Ontario residents). The official draw will take place between noon and 1:00 p.m. on February 23rd, 2018 at the **Canadian International AutoShow**.

**Jim Dorsey – Acting Newsletter Editor**  
**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**



### Prostate Cancer Canada announces new President and CEO

**Toronto, December 21, 2017** – After five successful years under the leadership and guidance of outgoing President and CEO, **Rocco Rossi**, Prostate Cancer Canada (PCC) is excited to announce the appointment of a most worthy successor in **Peter Coleridge**, past national CEO of the Canadian Mental Health Association and current national President and CEO of Big Brothers Big Sisters of Canada. Peter will begin effective February 28, 2018.



“After an extensive executive search process, I and my colleagues on the national Board of Directors unanimously decided that Peter was the right individual to lead Prostate Cancer Canada’s next chapter and continue its tradition of excellence on behalf of Canadian men and their families,” said **PCC Board Chair, Christopher Wein**.

Coleridge, MHS, has over 20 years of experience at the provincial, national and international levels in health and social services including population health, leadership and transformational change, business development, fundraising, social marketing, strategic communication, branding, public policy, education, research, and partnership development.

Coleridge has also served in other senior leadership roles in British Columbia and Ontario. He graduated with a Bachelor of Science in psychology from Memorial University in Newfoundland, and received his Master’s Degree in Health Science (Health Promotion) from the University of Toronto. He has also completed an Executive Health Leadership program, Rotman School of Management, University of Toronto, in partnership with the Change Foundation and the Kings Fund in England, and served on several not-for-profit Boards.

“I am honored to be joining the PCC team and advancing a cause that touches us all,” Coleridge said. “I am excited to build on Rocco’s legacy and work with the PCC team to lead the organization into the future.”

(Continued on next page)



## PCCN Brampton Bram-O-Gram

### [Prostate Cancer Canada announces new President and CEO \(Continued\)](#)

Since joining PCC in 2013, Rossi led PCC's evolution to an increasingly professional and responsible charitable foundation. In particular, Rossi helped conceive and grow a number of innovative fundraising initiatives such as Plaid for Dad and the Step Up Challenge to advance PCC's mission to improve outcomes for men with prostate cancer and their families through research, advocacy, education, support and awareness. In early December, Rossi and the team at PCC celebrated being selected as one of the top three Canadian health charities of 2017 in the Financial Post's annual Charities of the Year list which grades charities across the country based on efficiency and financial transparency.

"When you've been inspired by so many incredible people along the way, and had the distinct honour of being part of a genuinely smart and dedicated team that has made a measurable difference in the lives of so many, saying goodbye can be an extremely difficult thing to do," explained Rossi. "Knowing that Peter will be taking the helm brings me great comfort during this time of transition. To the 1 in 7 Canadian men who will be diagnosed with prostate cancer and their families, PCC is in good hands."

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### [Next General Meeting, Tuesday, January 9th, 2018 – 7:00pm](#)

*We had planned to make this our first Annual General Meeting, but we are not quite prepared for that yet. Stand by for further information and please do consider running for office. Please note that we will need all the help we can get with this effort. If you have experience with operating a similar service group, please do let us know. Your energy and expertise will be most welcome.*

Instead of an AGM, we will repeat the **Start, Stop, Continue** meeting format that we have followed at the last two January meetings. These meetings have featured some very interesting conversations in 2016 and 2017; hopefully 2018 will be no exception.

Additionally, **Anne Breakey Hart** of **Prostate Cancer Canada**, will formally accept our annual donation. We are hoping that she might be willing to share some insights into procedures and activities that other groups around the country are finding valuable.

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. The building is located north of Clark, east of West Drive and west of Dixie Road. (**GPS coordinates 43°42'27.5"N 79°43'39.5"W**)

Parking is plentiful, well lit and free - and there are **no stairs** to be navigated.

**Last General Meeting, Tuesday, December 12<sup>th</sup>, 2017**

This was our annual Christmas Social Evening and as promised, it was a relaxed evening of visiting with members new and old and catching up.

**Paul Henshall** reported:

On December 12th, we held our annual Christmas dinner meeting. For the second year, catering came from the Mandarin. A \$5 per person charge offset the cost. **Mike Loughnan** was there early as always and set up the buffet complete with high quality reusable plastic cutlery.

Some 26 members and partners attended. **Jim & Sandi Dorsey** sent greetings from Myrtle Beach. The evening ended with a draw for four bottles of wine and two Mandarin coffee mugs.



Photos courtesy of **Karl Leutner**.

*Upper Left:* **Ursula Leutner, Mildred & Bill Clark, Rufus & Pat Goodland, John Hughes, Len Sandy, Ron Clayton, Gary Foote** (standing) and “Santa” **Paul Henshall** are identifiable.

*Upper Right:* **Pat Goodland, Morris & Sandra Rambout, Kevin Moore** (looking guilty with a full plate), **Ron Clayton** with Paul bringing up the end of the line. That is the top of **Victor Horvath’s** head at the far end of the table.

*Left:* Close-up of the serving table. There was virtually no food left this year. We have perfected the ordering system!



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Tuesday, January 9<sup>th</sup>, 2018  
Annual General Meeting.

Tuesday, February 13<sup>th</sup>, 2018  
Sharing Meeting.

Family Day Weekend, Friday, February 16<sup>th</sup> to Monday, February 19<sup>th</sup>, 2018  
Prostate Extreme Team 13<sup>th</sup> Annual Sled Ride of Hope  
Gravenhurst, ON, [http://www.prostateextremeteam.com/2018\\_ont\\_sled.html](http://www.prostateextremeteam.com/2018_ont_sled.html)

Friday, March 9<sup>th</sup> to Sunday, March 11<sup>th</sup>, 2018  
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo  
International Centre, <http://www.motoramashow.com/>

Tuesday, March 13<sup>th</sup>, 2018  
Speaker & Subject To Be Announced.

Tuesday, April 10<sup>th</sup>, 2018  
Dr. Rupi Mitha ND, In GoodHands Wellness  
Subject To Be Announced

Tuesday, May 8<sup>th</sup>, 2018  
Speaker & Subject To Be Announced.

Tuesday, June 12<sup>th</sup>, 2018  
Annual End-of-Season Social Evening and Potluck.

**NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know that "preaching to the converted" is pointless.**

***Please, please, PLEASE share your interests and suggestions with us!***

**Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!**

**Jim Dorsey, Acting Speaker Coordinator:**

**(905) 453-3038 or Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

***Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances.***

***We will always provide as much notice as possible when a speaker must reschedule.***

## [New Format for PCC's Expert Angle Webinars](#)

Expert Angle webinars now offer shorter snapshots of important prostate cancer topics that can be viewed at your leisure.

Previous Expert Angle Webinars have been roughly one hour in length. The new ones will be much shorter. For example, the first one, on the subject *TrueNTH Lifestyle Management: Wellness Resources for Men with Prostate Cancer*, by N. Culos-Reed of the University of Calgary, was only 11 minutes long. The subject was covered concisely, and the video and audio quality of the webinar was excellent.

You can see a listing of current **On-Demand Webinars** and register for them at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

Recordings of past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis and Treatment and Side Effects.**

The new shorter On-Demand Expert Angle Webinars will also be catalogued.

If you subscribe to the monthly e-newsletter on the "**Tune In**" page, you will be advised of future Expert Angle Webinars well ahead of time.

## [Rock the Road Raffle Porsche 911 Carrera Cabriolet](#)



Remember, \$25 a ticket or three for \$60. To order, call **1-855-441-1267** or visit: [www.rocktheroadraffle.ca](http://www.rocktheroadraffle.ca) for more information and more photos. **SOMEBODY** will win it – it might be **YOU!**



## [True NTH \(True North\) Peer Navigation Program](#)

Last month we posted information on this program. After one of us applied to become a Peer Navigator, **Mihaela Dirlea**, the **Program Coordinator**, advised that the initial training session is complete. She will advise when the next one will be offered. For now, they are accepting applications from patients and caregivers. Mihaela has supplied the following information:

### Seeking Prostate Cancer Survivors or Caregivers to be part of a Research Study about Peer Navigation

#### What is it?

**TrueNTH (True North) Peer Navigation** is a new program that connects prostate cancer patients or caregivers with trained Peer Navigators who have been through the journey first hand\*.

#### Who are we looking for?

We are looking for prostate cancer patients and caregivers who are looking for one-on-one support from someone who has been through the prostate cancer journey

- ✓ Are you a prostate cancer patient who:
  - Has been diagnosed with prostate cancer in Ontario
  - Will receive or have received treatment for prostate cancer

**OR**

- ✓ Are you a caregiver of a man with prostate cancer?

**AND**

- ✓ Are you comfortable using computers and the Internet?

#### What is involved?

- ✓ Use a website to be matched with a peer navigator who has been through the prostate cancer journey and has been trained to provide peer support
- ✓ Get one-on-one support from your peer navigator who will support you thorough the journey for a period of 6 months
- ✓ Complete program evaluations

How to get involved? For more information or to volunteer, please contact program coordinator Mihaela Dirlea at [mihaela.dirlea@uhn.ca](mailto:mihaela.dirlea@uhn.ca) \*\* or at 416-581-7652.

For more information please visit the Peer Navigation website <https://peernavigation.truenth.ca/>

\*This work was awarded by Prostate Cancer Canada and is proudly funded by the Movember Foundation

\*\*Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.



## PCCN Brampton Bram-O-Gram

### [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 are a first-time attendee. 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 **Norton Place Park Community Centre**.

**Steering Committee Meetings** are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

Family members, friends & supporters are always welcome at any of our Meetings!

[Jim Dorsey:](#) (905) 453-3038

[PCCN Brampton Voice Mail:](#) (905) 458-6650

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, 905-458-6650, E-Mail: [visact@rogers.com](mailto: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.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>