



**November 2011**  
*Volume 11 Issue 11*

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**SEE OUR  
CRUISIN' FOR A  
CURE CANADA  
2011 PICTURES  
ON OUR  
WEB-SITE**

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## **PCCN Brampton News**

October saw our group represented in Halifax at the PCCN Annual Conference. Jim & Sandi Dorsey, Morris and Sandra Rambout, Paul Henshall and Al Hutton, all made their way to Halifax, via Plane, Train & Automobile to attend the gathering.

Some blended it into a mini-vacation or an excuse to visit relatives, while others waited for standby air fares to save the cause some money. Everyone had a good time sharing information and experiences with their fellow members. A large part of this newsletter will be devoted to this event and bringing you up to date with all that went on in Halifax.

Of particular note was Olivia Chow, Jack Layton's wife who appeared as a key note speaker. With her support during Movember she assured those in attendance that everyone on Parliament Hill will be wearing a PCC Tie this November in honour of Jack Layton. It seems a fitting way to remember a truly dedicated politician who in many ways affected so many of us over the years.

Speaking of Movember it officially starts November 1<sup>st</sup> when men across Canada can grow or at least attempt to grow a moustache. Paul Henshall has started up the Brampton Blue Knight Crusaders once again as groups across Canada will work to raise funds for Prostate Cancer Research and Awareness.

You can join the team or make a donation at the web-site:

<http://mobro.co/blueknightcrusaders>

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***Next Meeting, Tues November 8th 2011***

**Our November Meeting Features**

**Dr. Tom Corbett – Radiation Oncologist**

**Radiation Oncology - Past, Present and Future**

Dr. Tom Corbett is a Radiation Oncologist with the Juravinski Cancer Centre and Hospital which is part of the Hamilton Health Sciences of the McMaster University.

Tom is a Member of the Genitourinary Disease Site Team of the Juravinski Centre and is an Assistant Professor of Radiation Oncology of the teaching facilities of McMaster University.

Juravinski treats more than 7,000 new cancer patients each year and the Centre integrates integrative oncology concepts and patient centred care.

The Juravinski Centre was formed in 1992 with the generous donation of 43 Million dollars by Charles Juravinski and his wife who are the owners of Flamboro Downs.

Juravinski is one of the largest Hospitals that provide various Stages of Clinical Trials in Canada.

**We look forward to seeing you in Room #2,  
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 Meeting, Tues October 11<sup>th</sup> 2011***



### **Medical Herbalist Morwenna Given**

As a Medical Herbalist, Morwenna spent years in the U.K. studying the treatment of disease, utilizing the healing powers of various plants and plant compounds. Many of today's modern medicines have been derived from plants and we have likely only barely scratched the surface in the effective use of plants in the treatment of a variety of diseases.

Morwenna reviewed cancer as the uncontrolled growth of a body's cells. Cancer is largely preventable and is highly influenced by our environment. Alcohol, smoking, poor diet and lack of regular exercise are factors that increase the likelihood that an individual will contract one form of cancer or another. Many current medical cancer treatments focus on destroying the cancer in one way or another. This often causes adverse side effects that may further weaken the body.

The approach of a Medical Herbalist is to treat the person as a whole and work to reduce inflammation and improve the immune system to help the body to fight the cancer on its own. Various herbal treatments aim to stimulate circulation and the excretion of wastes, reduce general inflammation and fortify the immune system.

The goal of these treatments is to return the body to a normal state where it can heal itself. To be effective many of these treatments require whole plants while some supplements can also be helpful. Common plants and supplements often helpful in treatment are Garlic, Saw Palmetto, Echinacea, Ginseng, Vitamin D, etc.

A diet high in whole foods, fruit and vegetables, reduced processed foods and fats is highly beneficial in affecting treatment. At present there is little integration between herbal and traditional medicine but that is changing as both fields begin to acknowledge the potential benefits of combining both strategies.

For more information visit the web-site: [www.medicusherbis.com](http://www.medicusherbis.com)



**Upcoming 2011 Prostate Cancer Events:**

November is Movember or is it the other way around.

Join the team, grow a Mo and raise some money for Prostate Cancer Research

<http://mobro.co/blueknightcrusaders>

**Upcoming PCCN Brampton Meetings:**

**Tuesday, November 8<sup>th</sup>, 2011  
Dr. Tom Corbett - Radiation Oncologist**

**Tuesday, December 13<sup>th</sup>, 2011  
Christmas Pot Luck Dinner & Get Together  
A review of the Halifax PCCN Conference**

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

**Al Hutton, Speaker Committee:  
(905) 274-5394 or Email: [alhutton@sympatico.ca](mailto:alhutton@sympatico.ca)**

*Please Note: We try as best we can to plan great speakers and topics however from time to time we may have to reschedule the speaker due to unforeseen circumstances.*

*We will always try and provide as much advance notice as possible when a reschedule occurs.*



### *Cruisin' for a Cure Canada Sponsors*

We would like to thank the following companies and individuals for their support of Cruisin' for a Cure Canada.

Without their contributions, the event would have been much less successful. Contributions included products and services for door prizes and live auction as well as products for the "goody bags" provided to owners.

Academy of Martial Arts Academy	Applebee's Neighbourhood Grill & Bar
Boston Pizza, QEW & Dorval	BramCity Transmission & Auto Service
Brampton Battalion	Brampton Chrysler Dodge Jeep
Brampton Fire & Emergency Services	Brampton Safe City
CAA	Castrol Canada Inc.
City of Brampton	Colony Ford Lincoln Sales Inc.
Cosma International	East Side Mario's Airport Road
Fortino's 10 & Bovaird	Fortino's Mountainash
G & A Corporate Inc.	Holiday Inn Select
Hugger Covers Inc.	In & Out Car Wash, Airport Road
Jake's Boathouse	Dr. Wayne Karp, Orthodontist
Linda's Craftique	Maple Lodge Farms
Meguiar's Canada	Metro Food Stores Trinity Common
Montana's Cookhouse Trinity Common	Moxie's Classic Grill
Muro North America Inc	Nisim International
Oscar's Roadhouse	Phil Arnold Insurance Agency Ltd.
Phoenix Custom Auto Body Inc.	Purolator Courier Ltd.
Rick Guglietti	Second Cup 543 Steeles Ave East
Shoppers Home Health Care	Sobey's NorthPark
Starbucks Bramalea City Centre	The North Brampton Driver & Vehicle License Office
Transport Books	Wellspring Chinguacousy
Wimpy's Diner, Queen & Torbram	

**Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**



**National Philanthropy Day, November 15, 2011**

On November 15<sup>th</sup> the Globe and Mail will publish a feature section on Philanthropy in honour of National Philanthropy Day. Prostate Cancer Canada will be included in this section. An interview with Aaron Bacher of PCCN Toronto talking about early detection and the PSA test will be included as well as an ad for Prostate Cancer Canada repeating the “It’s Our Time” message introduced at the National Conference. Please be sure to pick up a copy of the November 15<sup>th</sup> Globe and Mail and tell all your friends & family to look out for it.

**Volunteer Luncheon, October 27, 2011**

On Thurs, October 27 Margaret Butterly, on behalf of the Steering Committee, played hostess to a number of our volunteers at a luncheon at the Mandarin:

Those attending were:

Henry & Margaret Andres  
Bill & Mildred Clark  
Rufus & Patricia Goodland  
Michael Loughnan  
Marion Macdonald  
Tilly Netherton  
Morris & Sandra Rambout

Sean & Margaret Butterly  
Jim & Sandi Dorsey  
Paul Henshall  
Gwen & Norman Macdonald  
Len Munn  
Denis & Jean Paris  
Bob & Julie Vandrish

Those unable to attend included:

Ron & Judy Clayton  
Jack & Marg Dainton  
Victor & Cindy Horvath  
Al & Wendy Hutton  
Byron & Felicia Wynter

Stewart Cornell  
Gary & Marie Foote  
Steve & Mary Hutton  
Len Sandy

The Steering Committee wishes to thank all of our volunteers who do so much to help both the newly diagnosed and our existing members and to make our presence known in the community. Without them, we would not be able to conduct our Monthly Meetings, keep in contact with our members by phone, provide peer support, speak at awareness events in Brampton & elsewhere, create this newsletter, maintain our website or operate our Father’s Day Walk / Run, Golf Tournament and Cruisin’ for a Cure.

## *Highlights of the Annual Conference, Oct 11 - 15*

### **Brampton Representation**

The conference was held at the Halifax Marriott Harbourfront Hotel. The facility and the staff were first-rate.

**Peter Mallette**, Director PCC - Atlantic and his crew of staff and volunteers hosted the event.

**Steve Jones**, President & CEO and **Helene Vassos**, Executive VP of PCC Head Office seemed to be everywhere throughout the five days. Many Head Office staff were on hand as well, all working very hard to keep things running smoothly. It was great to meet so many people who we previously only knew as email addresses or voices on the telephone.

**Aaron Bacher** of PCCN – Toronto was once again the MC. The gig will likely become permanently his; Aaron is the consummate MC! There were more than 230 delegates representing some 77 affiliated chapters across the country.



This year, PCC covered our costs to send two delegates – **Morris Rambout** and **Jim Dorsey** – to the Conference. **Paul Henshall** and **Al Hutton** also attended, as second delegates from Orangeville and Oakville respectively.

**Sandra Rambout** and **Sandi Dorsey** attended at their own expense to represent our partners. PCCN – Brampton did not incur any costs to be so well represented in Halifax.



### Peer to Peer (Train the Trainer) Workshop

This workshop kicked off on Tuesday evening and went on all day Wednesday. Participants at this session will be the first members of the PCC peer support program and will provide support to men with Prostate Cancer at all stages of their journey.

The Facilitator was **Solange Valiquette**, a lady with substantial experience in setting up peer support programs. **Maureen Rowlands**, PCC's Director of Support Services, provided insight into PCC's plans in this important area. **Jim Dorsey** attended on our behalf.

### Father's Day Walk / Run Training Workshop

**Sandi Dorsey** attended this workshop on Wednesday and **Jim Dorsey** stood in for her on Thursday morning. **Jennifer Gray** of PCC facilitated the two sessions. She will be the lady in charge of the Walk / Run events across Canada in 2012. Jennifer fielded the questions and complaints brought forward by the group, demonstrating both a willingness to listen and her extensive experience. As many of you will recall, we encountered a lot of issues with our first Walk / Run in 2011, but it looks as if they will be resolved before Father's Day, 2012.

### Couples Workshop,

On Friday morning there was a Couples Workshop on "How to have Satisfying Sex after Prostate Cancer" facilitated by Dr. John W. Robinson, R. Psych and Dr. Andrea Beck, PhD. This 3-hour session covered understanding the changes in a couple's sexual relationship due to prostate cancer and specific skills and strategies for maintaining sexual intimacy. Each facilitator in turn presented different techniques, medications and devices that can be used. Couples also participated in various exercises designed to create intimacy. The presentations were well done and meant to motivate couples to work on ways to improve their sexual relationships.

**Morris & Sandra Rambout** took in this workshop, being the only couple from Brampton available to do so.

### Some Comments by Al Hutton

Because I broke my leg in May, I was in a wheelchair at the conference. I'd like to thank my friend **John Cramer** for helping me get to and from Halifax and my daughter **Natalie** for helping me get around in Halifax. They did so at their expense. While there I also spent my spare time with a fantastic Artist friend of mine, at Hunts Point, whom I hadn't seen in almost 30 years.

For me, the Conference opened on Wednesday evening with the Official Gala Dinner, which included the "Official Pinning Ceremony", where the leaders of each newly affiliated PCCN groups received a "Gold" Tie Pin on behalf of their members. An enjoyable dinner was followed by a talk by the Premier of Nova Scotia, the Honorable Darrell Dexter. The evening concluded at 9:00 PM.

At lunch on Thursday, we became one of the first Groups to be addressed by Olivia Chow since her husband, Jack Layton, died. We were honoured that she would come from Toronto to speak about her late husband, and to share some of his thoughts about his struggle with Prostate Cancer.



Of course there were political undertones but for the most part it was a speech from her heart and you could tell that not only did she respect Jack, she loved him deeply.

Ms. Chow spoke for a long time and Steve Hutton has posted a link to her speech on our website. The speech is also available at <http://www.prostatecancer.ca/About-Us/Halifax-Regional-Office> along with more photos from the Conference.



On Thursday Afternoon, during the " Art Journey of Self Discovery" Session, conducted by Miro Davis, we did some art work to illustrate the "shield" of our journey with pieces of broken coloured glass glued to one piece (3"x6") which, when completed, was to represent or give a "stained glass" effect. All these individual 3 x 6 pieces were laid out in the pattern of the PCC Tie on Saturday and it looked very effective.



As the second part of the Art Session we were asked to "etch" a "self-portrait" of ourselves on a small piece of aluminum. These became the "Border" around the "stained glass tie". We were allowed to take our portraits away with us, but the Glass Shields were intended to be displayed elsewhere. The only problem was that I couldn't find either of the pieces that I had created!



## PCCN Brampton Bram-O-Gram

On Thursday Evening, we took a ferry ride to Dartmouth for a Lobster Dinner at a restaurant located on Dartmouth's wharf. It was an excellent meal and enjoyed by all.

On Friday morning there were two Sessions. The first was a "Couples only Workshop- How to have Satisfying Sex after Prostate Cancer". Being alone, I took part in the other Session on "PCC Survivorship Program" where PCC hosts **Maureen Rowlands & Susan Graham Walker** told us what PCC was working on to provide the Groups with information related to this aspect of PCa. I told them and all those present that as a Metastatic Survivor I felt that the wording had to be carefully constructed as the word "Palliative" is misunderstood by most people and therefore should be avoided. They said they would be back to us before they formulated anything.

Our luncheon speaker was **Dr. Patrick Lee** from Nova Scotia who described his latest pilot program on viruses killing PCa cells, funded through PCC. It was the best presentation of the Conference in my opinion and I told him so later, as he described his work in layman's terms and showed us how some of the Funds raised by Movember etc. are being used to further Research in finding a cure or better treatments for PCa.

In the Afternoon I attended "Advanced Prostate Cancer: The Healing Power of Laughter". It was facilitated by Peter Davison who suffers from a progressive form of Parkinson's disease but he conducted the session perfectly and without any assistance. The Session was incredibly enjoyable and filled with laughter and such teachable methods to encourage laughter. We were all provided with a Booklet that outlined the various steps and exercises to be conducted in a Group etc. I have some copies to bring to one of our Meetings.

There were two other Sessions on Friday afternoon - "Ladies Social - High Tea/Mini Day at the Spa" and "Men's Social" - hosted by Steve Jones & Rod Seiling. The Men's Laughter session was so good that halfway through our Session we had people joining us as we seemed to be having more fun.

On Friday evening we were invited to a "Wine & Cheese" Open House and Tour at the new Halifax Regional PCC Office & Facilities. It is a spectacular office setting for PCC and the open house was well attended.

The rest of the evening was "Free" so a few of us went to a nice restaurant and continued to build a kindred spirit amongst the Groups. We had those of the group who hadn't attended the Laughter Session in stitches as John Arnold and Gerry Pielsticker held court and led us in humour.

Saturday morning was the wrap up Session with the presentation of 5 of the Groups across Canada presented a "Support Group Leaders Share Dialogue" which was to describe a Show and Tell to share their experiences and to propose ideas to the other Groups. Most of the Groups told of their various activities such as how they encourage participation and design & conduct awareness programs. Thunder Bay described their DVD, which we used in two Monthly Meetings this spring. When Jim Dorsey presented the PCCN - Brampton and "Cruisin' for a Cure" he overshadowed the other presenters with a professional overview of Cruisin' For A Cure, which in my opinion made a terrific impact on the Groups.



One major announcement that surprised and delighted us was that Helene Vassos has been appointed Executive Director of PCCN as well as Executive V. P. of PCC. This I believe is a step in the right direction as there has been a vacancy and apparent loss in direction of PCCN ever since the resignation of Bob Shiell. Let us give Helene our support and congratulations. (All we need now is to have Misha

Lobo promoted to Helene's Executive Assistant!)

All those so inclined were invited to go to the First Annual "Stick-It to Prostate Cancer Road Hockey Event" at the Halifax Waterfront to cheer on the Teams and show their support. A number of our representatives donned hockey jerseys and marched several blocks from the Marriott Harbourfront to the playing field. CTV cameras broadcast their coverage of the event on Saturday night.



It was a good Conference and hopefully some of the group leaders' constructive comments will be considered for the next Conference, to be held October 3<sup>rd</sup> through the 6<sup>th</sup>, 2012 in Regina, Saskatchewan.

### **Some Comments by Paul Henshall**

The 2011 Prostate Cancer Conference in Halifax brought together even more affiliates than ever, for a total of 77.

And what a variety of activities!

We had informative workshops on how to attract and keep volunteers. Couples had a workshop on post treatment intimacy issues. A research doctor talked about his development of a prostate cancer treatment using "friendly" viruses. And several other presentations rounded out the busy agenda.



## PCCN Brampton Bram-O-Gram

We had the honour and pleasure of Olivia Chow, MP, addressing the conference. She talked about the journey she and Jack Layton had as he faced prostate cancer and his subsequent fatal cancer. Throughout her talk, she poured out emotion, sincerity and conviction for the work everyone is doing to promote prostate cancer awareness and gathering funding for research. The media coverage subsequently for her presence also spun into nationwide awareness that the conference had actually occurred.

One activity that some had difficulty participating in was the use of art as therapy. We had to create a picture of our feelings after our treatments by gluing glass shards onto Plexiglas. Then we embossed a piece of metal with a picture of oneself. These were then assembled as a gigantic tie and displayed in the foyer. Amazing!

Over at Scotia Place, Tied Together assembled massive graphic panels of the photo essay created during and subsequent to last year's conference in Toronto. It then moved to Mic Mac Mall in Dartmouth. Go to [www.photosensitive.com/pc](http://www.photosensitive.com/pc) and click on gallery. [The exhibition will eventually reach our area. Members of our group are included - Bob Allan, , Jim & Sandi Dorsey and Paul Henshall – as is Winston Isaac, an occasional visitor to our group and founder of The Walnut Foundation, a Black men's health group.]

It seemed at every turn we ate! Then sat some more and ate... The best seated eating of course was the lobster dinner across the harbour. That required we take a short ride on the commuter ferry. Although the service was pokey, the lobsters were huge!

On the last morning, some local chapters had the opportunity to present a summary of their local activities to the assembly. Jim constructed a detailed PowerPoint presentation on PCCN – Brampton's activities, emphasizing Cruisin' for a Cure. He really got into it and could have used several more minutes to fully describe its features, especially our provision of free PSA tests.

After the wrap-up lunch, many people left but a number of us donned NHL Alumni jerseys and walked along the Historic Properties waterfront to a rousing welcome at the "Stick it to Cancer" ball hockey tournament they organized.



## PCCN Brampton Bram-O-Gram

A special thank you goes to the hotel staff at the Harbourfront Marriott for their constant warm greetings and especially for always wearing our signature ties and scarves. Indeed, they were far more diligent in that way than we attendees were!

I took advantage of the opportunity of staying two more days with my sister and brother-in-law who have been Halifax residents for over 30 years, he being a marine biologist. So I got a personalized tour to a coffee shop in a used book store, a trip out to Peggy's Cove for a most vibrant sunset and a creative organic meal at the Wooden Monkey, a must-visit should you venture that way in the future.

A follow-up to the conference took the form of a full page ad in the Globe and Mail on Monday, October 24. All the survivor participants at the conference signed it to endorse our support of PSA screening as a viable method for the detection of prostate cancer and other prostate issues. Hopefully you were able to get a copy of the paper containing the ad.

I trust that in my notes that there will be some useful nuggets we can apply to enhance our already super active group.

### **The Wrap-Up**

After the conference, your representatives all went in different directions:

- Morris & Sandra Rambout caught their plane back to Toronto shortly after lunch.
- Paul Henshall took part in the trek to the "Stick it to Cancer" Tournament, then spent two more days in Halifax with his sister & brother-in-law.
- Al Hutton, pushed by Gerry Pielsticker from PCCN – Oakville, also went to the Tournament and then got to spend some quality time with his daughter.
- Jim Dorsey also took part in the trek to the "Stick it to Cancer" Tournament, and then he and Sandi climbed back into their PT Cruiser convertible and started the 1,938-km. trip home.

Compiled from Contributions from Jim Dorsey, Paul Henshall, Al Hutton and Morris Rambout, members of the Steering Committee, PCCN – Brampton.



### [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 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. Sean Butterly has also offered to be available during our Steering Committee Meetings to meet you one on one at Wellspring Chinguacousy if you prefer.

Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August at Terry Miller Recreation Centre. Our Steering Committee meetings are held two weeks later on the 4th TUESDAY of every month except July & August at Wellspring Chinguacousy, but we always accept calls throughout the year. Family members, friends and supporters are always welcome at any of our meetings!

#### [Counselling Associates:](#)

**Sean Butterly, (905) 454-4237**

**Morris Rambout, (905) 793-8843**

Regular Mail 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, be sure to notify us of any address changes so we can continue to get it out to you.

#### [Website News & Issues:](#)

We will continue to post the latest YouTube Videos in relation to Prostate Cancer. Please check the site regularly for the latest info & videos from around the World.

We appreciate any feedback in regards to the website as it really helps us make it more user friendly, keep the feedback coming folks! If you would like to advertise an upcoming local Prostate Cancer Event on our site please contact:

**Steve Hutton – Webmaster/Event Coordinator: (905) 840-7937**

**E-Mail: [steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com)**