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INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** October Meeting – Dr. Chin
- 4** Upcoming Meetings / Events
- 5** Movember – Changing the Face of Men’s Health
- 6** Wellspring Chinguacousy Bazaar
- 7** Pilgrimage for Progress
- 8** Recently Diagnosed?

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**CHECK OUT
OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

On October 8th at our Monthly Meeting, we viewed a video featuring Dr. Patrick Lee reviewing a potential brand new form of cancer therapy. By utilizing common viruses to target cancer cells and activate natural bodily defenses this type of treatment shows great potential and is something I think we could easily get behind and advocate for.

Many advanced cancer patients would be more than willing to participate in such a study and since the virus employed is relatively benign it would seem the potential benefits far outweigh the risks. Let’s hope more research on this sort of treatment can proceed to help put an end to many cancers.

During the month of October Rocco Rossi was on a pilgrimage in Spain walking to raise money for Prostate Cancer. This is fitting as this month’s meeting has two presenters reviewing their research on activity and Prostate Cancer. This further reinforces the studies by Daniel Santa Mina who also visited us in recent years.

We would like to give a special thanks to two new volunteers who are doing a lot to help us out this year.

Kim Vogel has become our new speaker co-ordinator and with Paul Henshall’s assistance was instrumental in helping organize this month’s speakers.

David Smith has provided invaluable assistance at the Father’s Day Walk and Cruisin’ for a Cure events and is now involved with the Santa Claus Parade as well.

Gary Foote / Jim Dorsey – Newsletter Editors

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Next General Meeting, Tuesday, Nov 12th, 2013 – 7:00pm

Dr. Guy Faulkner and Linda Trinh, PhD, “Sedentary Behaviour: Implications for Prostate Cancer Patients and Survivors.”



Dr. Faulkner and Ms. Trinh are with the **Faculty of Kinesiology & Physical Education** at the **University of Toronto**. They are currently running a sedentary behaviour intervention among prostate cancer survivors, focusing on using a mobile application for reducing sitting time while increasing physical activity. Our frequent guest speaker, Dr. Andrew Loblaw, is one of two co-investigators at Sunnybrook.



Ms. Trinh will present evidence indicating that prostate cancer patients should pursue physical activity, and Dr. Faulkner will speak about the impact of sedentary behaviour on prostate cancer survivors, and discuss their ongoing research project.

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

Last General Meeting, Tuesday, Oct. 8th, 2013

Dr. Patrick Lee PhD, “Using Viruses to Target Prostate Cancer”



Dr. Lee’s approach to the treatment of prostate cancer is evolutionary, forward-looking, and revolutionary: a focus on the reovirus, a naturally occurring and relatively benign human virus. As Dr. Lee explains in this presentation, the reovirus is used directly to infect cancer cells and indirectly to activate the body’s immune system against cancer cells.

Cancer cells as it turns out have few natural defenses against many viruses and they multiply quickly while destroying cancer cells. By experimenting with several common human viruses that do little else than causes cold and flu like symptoms Dr. Lee has demonstrated in the lab that these viruses can play a critical role in cancer treatment. The viruses not only attack and destroy many cancer cells but in so doing they trigger the body’s immune system to attack the cancer cells as well. Since cancer cells are ideal hosts for these viruses, this helps the viruses multiply and they in turn become a defined target for the body’s own natural defenses.

In studies of mice that were suffering from different forms of cancer the viral treatment reduced or eradicated the cancer in many cases. Unfortunately, since we were watching a video, we were unable to pester Dr. Lee with the many questions that came to light. Questions such as “How close are we to human trials?”, “How easily can the viral treatment material be created?” immediately come to mind.

For someone with an advanced form of cancer this treatment may hold a vital key to pushing the disease into remission, and even a possible cure. Various drugs have been combined with the viral treatment to try and increase its effectiveness as well.

We can only hope that further human trials of this form of treatment can be quickly approved as it has the potential to be an effective treatment with few serious side effects. If trials prove just as effective with humans, then a new era may arrive in the treatment of many forms of cancer resistant to other forms of treatment.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Kim Vogel recently agreed to act as our 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

Tuesday, November 12th, 2013

Dr. Guy Faulkner and Linda Trinh, PhD,

“Sedentary Behaviour: Implications for Prostate Cancer Patients and Survivors.”

Tuesday, December 10th, 2013

Annual Christmas Potluck and Social Evening

Tuesday, January 14th, 2014

**Potentially – Maureen Rowlands, PCC’s Director of Support Services
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

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.

Santa Claus Parade needs Volunteers – Saturday, Nov. 16

David Av Smith, who looks after our sound systems at the Father’s Day Walk and Cruisin’ for a Cure is the Volunteer Coordinator for the Parade. He advises that “We are always looking for volunteers. Either for walking the parade route (the younger crew) or even helping the kids getting into costume (older crew) if you can get anyone to help have them email me and I’ll add them to the list. They must contact me by Friday, Nov 8th and they will have to attend a mandatory meeting on Saturday, November 9th... there’s nothing like putting a smile on kids’ faces :)”

Contact David at smith.david@live.ca or call Jim Dorsey’s phone: (905)453-3038.



MOVember – Changing the Face of Men’s Health

Tyler Small of MOVember Canada came to our October meeting to tell us about the history and growth of MOVember. He also described the many world-wide health initiatives that this phenomenal program supports.

Number One on the list is the massive support it gives to Prostate Cancer Canada. Indeed, without MOVember, PCC and all our PCC Network affiliates would be able to provide only a fraction of the services that we do.

In accordance with MOVember’s game plan, they are developing more ways to promote and improve men’s physical and mental health.

There is another disease, affecting especially young men, which will become a MOVember focus: testicular cancer. Statistics show that it affects 15- to 29-year-old men the most!

MOVember 1st has now come! We are ready to grow our MO’s or support others. We have a wonderful team at the helm this year.

First, **Jessica** and **Martin** of **Eikonic House of Barbers**, at Bramalea City Centre, continue their enthusiastic promotion of MOVember. Throughout the month of MOVember, they will offer free MO trims and feature a display of all sorts of PCC and MO products at their shop.

Jessica has also brought **Bonnie** from the **Brampton Beast** and **Laura**, the manager of **Moxie’s**, to our committee. These three community partners are working on a number of initiatives to encourage more MO Bro’s and MO Sista’s to join our team, including:

- a MO Gala at Moxie’s on December 1.
- publicity at the Powerade Centre during Brampton Beast games.

During each of the last two years, Canadians have raised over \$40,000,000 in just one month! Truly amazing! Most notable is that this is a program that has galvanized the attention of younger men. That means they will be far more in tune with the need to keep a close watch on their own health levels and issues.

Please support our PCCN Brampton MO Team or better yet, join the Team. Go to our MOVember web page at: <http://ca.movember.com/team/989325>.

Leave a message of support while you are there, too!

Paul Henshall, Captain, PCCN Brampton MOVember Team



Wellspring Chinguacousy Bazaar, Thurs., November 28th

Please Join Wellspring Chinguacousy for our

HOLIDAY
Bazaar

We invite you to join us at Wellspring Chinguacousy on November 28th from 5:00 - 8:00 p.m. to participate in our Annual Lighting Ceremony and Holiday Bazaar!

We ask you support the Holiday Bazaar by donating your new or gently used items (with the exception of clothing, shoes and books). We will gladly accept your donations at the Centre from November 4th - November 26th.

Please come out on event day for a variety of treats and activities including our famous
Chili Hut, silent auction, bake sale and 50/50 draw.

We look forward to seeing you this holiday season!

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 905-840-7937



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

In a Globe and Mail article entitled “**Rocco Rossi: Why I’m starting a 250-kilometre pilgrimage for prostate cancer research**”, published on October 16, Rocco described how he was going to spend much of October.

I have a confession to make: I am an addict.

I have spent thousands of dollars and months of my life over several years under the spell of my addiction. And I fully intend to give myself over to it yet again starting tomorrow.

My addiction is walking a thousand-year-old pilgrimage trail in northern Spain. For the sixth time in 11 years, I am returning to the Iberian Peninsula to walk El Camino de Santiago, or “The Way of St. James.”

I have always gone to seek the peace and quiet that is so hard to find in the cacophony of daily life. The Camino has always delivered that and it has never failed to inspire, refresh and enlighten me.

This time, however, it is not about me. This time I am walking the Camino on behalf of Prostate Cancer Canada. Prostate cancer is the most common cancer affecting men, and 1 in 7 men will be diagnosed with it in his lifetime. Last year, over 26,000 Canadian men were diagnosed with the disease and over 4,000 died from it.

This pilgrimage is not about personal goals; rather, it is dedicated to raising funds and awareness to combat those numbers and to improve outcomes for all the men and their families facing this disease.

This time I’m not going alone, either. All of my prior pilgrimages have included collecting or being adopted by a Camino “family” of fellow pilgrims, but I have never begun the pilgrimage as part of a group before. Together, we are walking the final 250 km of the Camino from Astorga to Santiago de Compostela.

Each of us has committed to raise a minimum of \$10,000, and each of us will be covering our own expenses so that 100 per cent of all funds raised will go to the charity. We have set a team goal of \$150,000 and are rapidly closing in on that total, thanks to the generosity of sponsors such as Molycorp, and Davis and Henderson. If you too would like to support our team and become a virtual pilgrim yourself, you can make an online donation at www.prostatecancer.ca/roccorossi. Who knows, you might become an addict too.”

Rocco Rossi is the CEO of Prostate Cancer Canada. He will be blogging as the Pilgrimage for Progress on Prostate Cancer proceeds and you can follow that blog at tgam.ca/giving. [Note: Rocco and his team exceeded their targets!]



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 a WEDNESDAY at 7:00 PM in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

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.

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Gary Foote, 905-458-6650, E-Mail: gary.foote@pccnbrampton.com

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