



**September 2014**  
**Volume 14 Issue 7**

## INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last Meeting Review
- 4** Upcoming Meetings / Events
- 4** PCC Expert Angle Webinars
- 5** Do It for Dads Walk Run
- 6** Annual Golf Tournament
- 7** Rock the Road Raffle Winner
- 7** PCCN Brampton Awareness Activities
- 8** Recently Diagnosed?

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

---

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

---

PCCN Brampton

[www.pccnbrampton.ca](http://www.pccnbrampton.ca)  
[info@pccnbrampton.ca](mailto:info@pccnbrampton.ca)

Phone No: 905-458-1812

Fax No: 905-840-9474

## PCCN Brampton News

I would like to start by apologising to anyone who may have missed our June meeting notice. As the world struggles with mountains of spam e-mails, there are often problems created. This can affect small groups like ourselves, sending out a hundred e-mails, just as much as the actual spammers who send out millions. New legislation caused suppliers to adjust and there were some bumps in the road.

None the less, it was a good time for the thirty or so members who were able to attend. Soon after the meeting we participated in the “**Do it for Dads**” Walk / Run to benefit Prostate Cancer Canada on **Sunday June 15<sup>th</sup>**. The weather was a major step up from last year and the site was nice but the change in location may have lost us a few walkers. Still all in all it was a success with many walkers, including myself, completing the scenic course.

Our other major event in June was our **Annual Charity Golf Tournament on Monday, June 23<sup>rd</sup>** at the Acton Golf Club. We had a much nicer day for the event than last year and the tournament was hotly contested with 3 groups tying for the lead which lead to a putting contest to decide the eventual winners. Fittingly the eventual winners were a team lead by David Mawhinney, the grandson of Fred Norris who co-founded the event 14 years ago.

While some of us endeavored to take the rest of the summer off, Jim and Sandi Dorsey continued to make the rounds and promote the upcoming Cruisin’ for a Cure Canada event on Sunday, Sept 14<sup>th</sup> at the PowerAde Centre. More details below. We hope to see you there.

**Gary Foote / Jim Dorsey - Newsletter Editors**

**E-Mail:** [visact@rogers.com](mailto:visact@rogers.com) / [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)

**Next General Meeting, Tuesday, Sep. 9<sup>th</sup>, 2014 – 7:00pm**



To mark our 20th Anniversary as a peer support organization, our special guest, **Dr. Mojtaba Beheshti**, will share his thoughts on “*Prostate Cancer Survivors’ Unmet Needs*”. Dr. Beheshti is a Brampton urologist with 35 years of experience and a member of the *Canadian Urology Research Consortium*.

It is only fitting that Dr. Beheshti be our honoured guest at this very special meeting. Twenty years ago he presented the peer support concept to a group of 150 interested men and women at *Peel Memorial Hospital*.

Dr. Beheshti's vision and passion subsequently inspired many. In the beginning, he was ably assisted by two local nurses, **Sandy Stevens** and **Jackie Gray**. With the dedicated guidance and support of these three professionals, a number of local men created *Us TOO Brampton Prostate Cancer Support Group*, now *Prostate Cancer Canada Network Brampton Inc.*

Our late, beloved chairman, **Fred Norris**, describes the early days on our website at <http://pccnbrampton.ca/about/pccn-brampton-history>. As Fred remarked in closing, "We have come a long way since 1994. I am proud that we, as a group, have helped so many along the way."

Please join us for this landmark meeting and forward your questions or suggestions to: **[info@pccnbrampton.ca](mailto:info@pccnbrampton.ca)**

We look forward to seeing you in Room #2, upstairs at The Terry Miller Recreation Center, 1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road. Parking as always is free.

**Last General Meeting, Tuesday, June 10<sup>th</sup>, 2014**



**Season Ending Pot Luck Supper and Social Event**

Due to an e-mail block caused by new Anti-Spam implementations not everyone received the notice of the meeting and so our attendance was down slightly for the meeting. Those who were able to attend had a good time and some, like those above, even went home with one of the many door prizes we had available.

A special guest, personal trainer [Ian King of Total Body Fitness](#) visited to describe his exercise programs for cancer survivors.

Jim Dorsey put together a video review of the many events that the group participated in during the year. For a small group we accomplish a great deal.



### Upcoming PCCN Brampton Meetings / Events:

**September, 2014 is Prostate Cancer Awareness Month!**  
PCC is maintaining a [calendar of events](#)

**Tuesday, September 9<sup>th</sup>, 2014**

**PCCN Brampton's 20<sup>th</sup> Anniversary – Special Guest Dr. Mojtaba Besheshti, Brampton Urologist, who was instrumental in starting this support group in 1994**

**Tuesday, September 10<sup>th</sup>, 2014**

**Mayor Susan Fennell will declare September Prostate Cancer Awareness Month  
1 p.m. in City Council Chambers, 4<sup>th</sup> Floor City Hall**

**Sunday, September 14<sup>th</sup>, 2014**

**8<sup>th</sup> Annual Cruisin' for a Cure Canada**

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

**Tuesday, October 14<sup>th</sup>, 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](mailto: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 session:

- Tuesday, Sep. 9<sup>th</sup> @ 7 p.m. EST **Dr. Alice Dragomir**, *Economic Burden of Prostate Cancer: Focus on the Patient's Perspective*. [Register Here](#).

Videos of this and other excellent previous sessions can be accessed from the Expert Angle website and viewed via **YouTube**.

**Do it for Dads Walk Run, Sunday, June 15, 2014**



Something old, something new...but the same great cause!!! Two of our most loyal participants, **Carl Thompson** and **Nevado Foster**, shared one of the PCCN Brampton ties with **Margaret Butterly's** grandsons **Gerred** and **Gavin Ingram**. All four were award-winners this year.

The Peel Region Father's Day Walk, now renamed **Peel Region – Mississauga Do it for Dads Walk Run**, was held at the beautiful **Mississauga Valley Park** for

the first time. The park is located behind the [Mississauga Valley Community Centre](#), close to **Square One** and the 403/Hurontario exit from Highway 410. We were treated so well by the management and staff of the park that we have already reserved it for Father's Day 2015.

A great time was had by all this year. The warmup was led by **Ian King** of Brampton's **Total Body Fitness and Wellness**. Live entertainment was again provided by our good friend **Randy Lynch** of Brampton's **Modern School of Music**. Volunteers included the amazing **David Smith** and other young volunteers recruited by him and by Anne Breakey Hart at PCC.

As usual, many of our "usual suspects" turned out to help, including **Margaret Butterly**, **Mayur & Prabha Patel** and **Gary Foote** and their respective families. We were joined by members of the **PCCN Oakville/Mississauga** chapter, including **Walter Eadie**, **Chris Watson** and **Kevin Trotman**.

**Paul Henshall** again captained the **PCCN Brampton** team, which raised over \$1,600 this year. As in previous years, we have the option of claiming back 50% of that sum to finance our chapter operations.

This year, the National sponsors were **Safeway** (now owned by **Sobey's**), **One-A-Day**, and **Scotiabank**. Local sponsors included **BramCity Transmission**, **Water Depot Oakville**, **Eikonic House of Barbers**, **Tim Hortons** and **Wellspring**.



### Annual Charity Golf Tournament, Monday, June 23rd

Our annual golf tournament finally arrived on Monday, June 23<sup>rd</sup> at the Acton Golf Club. Unlike our near rain out last year, the weather cooperated and we had a good day. We started the day with a tribute to Sean Butterly, who we sadly lost last year. Sean was a tireless contributor to the event and was a genuine joy to have around. He is sorely missed. We have lost far too many good men to this disease and it painfully reminds us every year as to why we do what we do.

Many thanks to all of the volunteers and committee members that made the event its usual success. **Ron Clayton, Morris Rambout, Margaret Butterly, Jack Dainton, John Hughes, Tilly Netherton & Pat Goodland.** A special thanks to **Christine Mawhinney** and **Jackie Demaine** who, in addition to volunteering, brought in some valuable new sponsors and gifts for the auction and raffle as well.

The tournament ended up in a tie between 3 teams and had to be settled with a Putting Contest. In the end the team of David Mawhinney, Dennis Hunter, Mark Cliffe and Chris Kirkland took first place. This seemed appropriate as David is the grandson of one of the tournament founders, Fred Norris. Since the existing plaque was now filled after 14 years we have given it to the Norris family as a memento of Fred's many contributions.

We are considering a change of venue for next year's tournament as we feel a closer location may get the City of Brampton behind the event. More details will follow shortly as available. If you have any ideas for next year's event or are able to volunteer some time we would like to hear from you. The existing members of the committee are all getting older and any help you can provide would be appreciated.

Golf Committee Members:

|                       |                     |  |
|-----------------------|---------------------|--|
| <b>Ron Clayton</b>    | <b>905-584-2095</b> | <a href="mailto:ronjudyclayton@yahoo.ca">ronjudyclayton@yahoo.ca</a> |
| <b>Morris Rambout</b> | <b>905-793-8843</b> | <a href="mailto:mrambout@rogers.com">mrambout@rogers.com</a>         |
| <b>John Hughes</b>    | <b>905-793-4627</b> | <a href="mailto:bigyin4627@yahoo.com">bigyin4627@yahoo.com</a>       |
| <b>Gary Foote</b>     | <b>905-458-6650</b> | <a href="mailto:visact@rogers.com">visact@rogers.com</a>             |

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

The black 2014 Corvette coupe was won by **Garry Paley** of Thunder Bay, ON, whose winning ticket was drawn on Father's Day at [The 5<sup>th</sup> Annual Yorkville Exotic Car Show](#).

100% of the \$190,000 raised by the Rock the Road Raffle go to Prostate Cancer Canada, as the car was generously donated by the **Trillium Automobile Dealers Association**, representing Ontario New Car and Truck Dealers.

## [PCCN Brampton Awareness Activities, Summer 2014](#)



We have acquired a new PCCN Brampton / Cruisin' for a Cure canopy for use at indoor and outdoor awareness events. Its baptism came at the **Classic Cars and Legendary Stars** event on July 19 on Queen St. West in Brampton.

The canopy and related display materials have since been used at **Tim & Brenda's Place** in King City, the **Mustang 50<sup>th</sup>**

**Anniversary Celebration** in Oakville, the **Pink Slips Car Show** in Mississauga, the **Grand Bend Raceway** and the **Autofest Custom Car Show** in Oshawa (pictured).

The booth has been operated by **Paul Henshall**, **Phil Nedham** and **Jim Dorsey**. In all instances, we have found that the professional appearance of our display has resulted in far more people than usual taking the time to examine our materials and to ask questions, both about prostate cancer in general and about Cruisin' for a Cure. We consider the investment to be very worthwhile.

By the way, please don't forget that our 8<sup>th</sup> Annual Cruisin' for a Cure Canada will once again be held at the Powerade Centre. The date is Sunday, September 14, and the blood clinic will operate from 9 a.m. to 4 p.m. only. The car show will run from 10 a.m. to 4 p.m. and features vehicles, vendors, food and live entertainment, including blues legend and PCa survivor Harrison Kennedy and local performers provided by Modern School of Music. The featured attractions for the whole family will be the OPP Golden Helmets Motorcycle Precision team and Brampton's Batman with the Batmobile. More info at <http://www.pccnbrampton.ca/events/cruisin-cure-canada-8th-annual>



### [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](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.