



**September, 2016**  
**Volume 16 Issue 7**

**INSIDE THIS ISSUE**

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 4** September is Prostate Cancer Awareness Month
- 5** TrueNTH Lifestyle Management Project
- 5** 10<sup>th</sup> Annual ATV Ride of Hope
- 6** 10<sup>th</sup> Annual Cruisin' for a Cure Canada
- 8** Recently Diagnosed?

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

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**PCCN Brampton News**

There's a lot going on in September, including our **Cruisin' for a Cure** event on September 11<sup>th</sup>. September is Prostate Cancer Awareness month and we continue to do our part.

Due to scheduling issues, we ended up with our Golf Tournament near the end of a very hot summer. In spite of the less than ideal timing, we managed to have a successful event with the help of the people at Glen Eagle Golf Course, 96 golfers and a small group of very effective volunteers.

Winning the event with a net score of 13 under par was the group of Andrei Moffat, Mark Leliever, Don Monto and Marlon Ramos. Men's longest drive went to Grant Reader. Women's longest drive went to Kristine Thompson. Men's closest to the pin went to Bob Howsam. Unfortunately, no one claimed the Women's closest to the pin prize, possibly because the placard was in the shade of a tree and was not noticed.

Many thanks to our volunteers, including Meagan Sloski and Melissa Newtown, who handled registration, as well as raffle and gift presentation duties. Thanks as well to Prostate Cancer Canada, Steve Hutton, Ron Clayton, Morris Rambout, John Hughes, Michele Goulding, Gord Heinbuch and John W. Smith, and our sponsors who donated gifts to the event. I'd also like to thank those supporters who helped organize multiple foursomes and many extra golfers for the event, namely Greg Prince-Cox, John Donkers and Victor Horvath.

Last, but not least, thank you to those regular volunteers who could not make it this year, including Margaret Butterly, Tilly Netherton, Morris & Sandra Rambout, Ron & Judy Clayton. My apologies to anyone I may have forgotten.

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

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## PCCN Brampton Bram-O-Gram

### **Next General Meeting, Tuesday, September 13<sup>th</sup>, 2016 – 7:00pm**

Welcome to the 2016-2017 season of meetings for Prostate Cancer Canada Network Brampton.

September will feature a recap of **Cruisin' for a Cure** statistics and highlights.

Then we shall have an open mike round table to review the different treatments we all have had. This is particularly useful when a recently diagnosed man wants to chat about the pros and cons of the choices available.

Finally, we shall take a few minutes to look at how the club functions now and consider how we can move forward in this new season

You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone 905-458-6650.

We look forward to seeing you at **our NEW meeting location, Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, Ontario. 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 both plentiful and free.

### **September is Prostate Cancer Awareness Month!**

The many activities planned for September 2016, including our own unique-in-Canada **10<sup>th</sup> Annual Cruisin' for a Cure Canada**, are listed on the PCC website at <http://prostatecancer.ca/Get-Involved/Events/Prostate-Cancer-Awareness-Month>.

The ongoing series of Expert Angle Webinars continues, with interesting topics being covered by acknowledged experts that we could never hope to attract to a meeting. Future webinars are described at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

And recordings of past **Expert Angle Webinars** can be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category, e.g. **Basics of Prostate Cancer** and **Health and Wellness**.



### [Last General Meeting, Tuesday, June 14<sup>th</sup>, 2016](#)

This was our annual **End of the Year Potluck and Social Evening**.

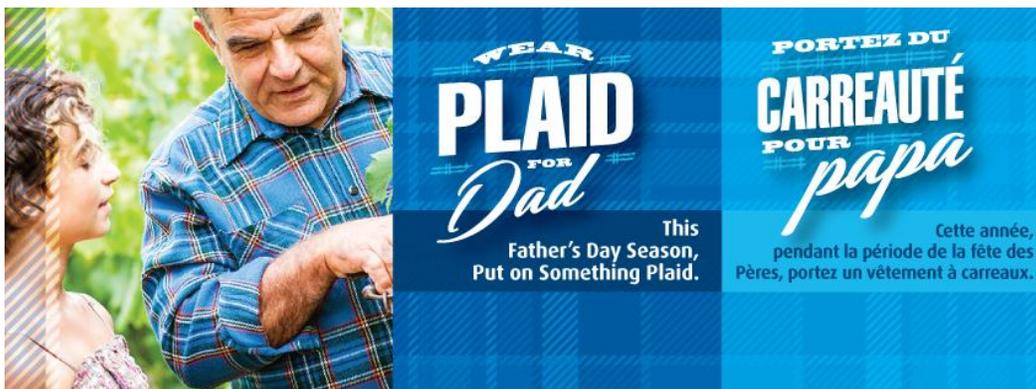
While attendance was a little low this year, all who attended enjoyed the event.

**Prostate Cancer Canada** continued to develop its annual [Wear Plaid for Dad](#) campaign. It's a simple way to raise funds for PCC's research, awareness and support programs and to get people talking about prostate cancer.

This initiative is being supported by challenges from people ranging from **Vice-Admiral Mark Norman**, Commander of the Royal Canadian Navy to comedian **Dave Thomas** to sports icon **Don Cherry** to noted Canadian actor **Eric McCormack**. Check out the posts to [the PCC Facebook page](#).

THIS year, PCC partnered with **Hudson's Bay stores** to sell six different Hudson North plaid shirts for less than \$30 each. \$12 from each purchase goes to PCC.

So once again, **let's all wear plaid – the wilder the better** – to the June Potluck and Social Evening so that we can take another group photo to submit to PCC.





### Upcoming PCCN Brampton Meetings / Events:

Sunday, September 11<sup>th</sup>, 2016, 10 a.m. to 4 p.m.  
10<sup>th</sup> Annual Cruisin' for a Cure Canada, Powerade Centre, Brampton.

Tuesday, September 13<sup>th</sup>, 2016, 7 p.m. to 9 p.m.  
Our First 2016-17 Meeting will be a sharing meeting.

Tuesday, October 11<sup>th</sup>, 2016, 7 p.m. to 9 p.m.  
Dave Cook, local historian and author of "Fading History". Details TBA.

Tuesday, November 8<sup>th</sup>, 2016, 7 p.m. to 9 p.m.  
Details TBA.

Tuesday, December 13<sup>th</sup>, 2016, 7 p.m. to 9 p.m.  
Annual Christmas Social Evening. Catering T.B.D.

**NOTE:** As always, we are actively searching for ways to get more members involved in meetings as we have come to believe 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 advance notice as possible when a speaker has to reschedule.*



### [TrueNTH Lifestyle Management Project Correction](#)

Back in June, **Anne Breakey Hart** passed along information from the **TrueNTH Lifestyle Management Team** about a **national wellness survivorship project** supported by **Prostate Cancer Canada (PCC)** and funded by the **Movember Foundation**.

As stated, *“One of the goals of the LM project is to ensure men have access to prostate cancer physical activity, nutrition and stress-reduction resources and programs to help them adopt healthy practices. **A website and online portal has been developed** which gives men access to personalized programs, trackers, tools, and health libraries of prostate cancer specific wellness resources.*

*“Registration on the portal will connect users with the TrueNTH LM central team and allow them to sign up for a **12-week home-based physical activity and yoga program**. Users can also choose to join the TrueNTH LM portal simply to track their health and browse the wellness resources without a formal program. Users can register at <https://lifestyle.truenth.ca>.”* For some reason, **the link in the June newsletter did not work**. Our apologies for that. Please do check it out for your health’s sake.

This still promises to be a very exciting resource, given how important physical activity, nutrition and stress-reduction have been shown to be for cancer patients, both new and existing. We hope that many of our members and their supporters will now take advantage of this resource.

### [Prostate Extreme Team’s 10<sup>th</sup> Annual ATV Ride of Hope](#)

Canada’s original ATV ride in support of prostate cancer took place in **Parry Sound** on the Father’s Day Weekend this year. Over the years, riders in Ontario and Manitoba have raised awareness of prostate cancer as well as generating some \$20,000 for the cause.

Steve Hutton and his team attracted some 60 machines this year and hosted over 110 people at the wind-up dinner. From all reports, everybody had a great time as always..

For more information, check out the **ATV Ride of Hope** link on the PET website at [http://www.prostateextremeteam.com/2016\\_atv\\_ride.html](http://www.prostateextremeteam.com/2016_atv_ride.html)

## **10th Annual Cruisin' for a Cure Canada, September 11**

Our 10<sup>th</sup> **Annual Cruisin' for a Cure Canada** will be dedicated to **First Responders**, to mark the 15<sup>th</sup> anniversary of 9-11. The **OPP Golden Helmets Precision Motorcycle Team** will be our honoured guests and will perform at 11 a.m. as part of the opening ceremonies.

As always, the show will feature gleaming cars, trucks & motorcycles, games, food and cruising music from the 50's and 60's by our DJ, Brampton's own **Rock "N" Ray Michaels**, a legend in the Southern Ontario music scene.



Once again, Brampton's wonderful **Over 'N' Under Car Club** will operate the "**U Choose Raffle**," which raises thousands of dollars for Cruisin' every year. Their members have collected the largest number of top-quality prizes ever and spent Labour Day organizing them for the show. They will transport the prizes to the Powerade Centre on Saturday, then sell tickets and draw the winners on September 11.

We are "stuffing goodie bags" and getting our space at the Powerade Centre organized on Saturday, September 10 after 6 p.m. If you would like to get involved, please let us know and come on out for the work party. Pizza will be provided.

As mentioned in June, **Planet Ford** has joined **Janssen Inc.** as our second principal sponsor this year. Both companies have provided financial support for Cruisin'. The Marketing team at Planet Ford has also provided us with graphic design and Public Relations expertise. **General Manager Andre Marchese** and his team are providing prizes for participants and will display two exciting new Ford automobiles at Cruisin' for a Cure.



**10th Annual Cruisin' for a Cure Canada (Continued)**

**Program(Times Approximate)**

- 8:30 a.m. **Registration Opens**
- 9:00 a.m. **Blood Clinic Opens until 4 p.m.**
- 9:00 a.m. **Rock N Ray Michaels Live until 4 p.m.**
- 10:00 a.m. **Car Show Opens**
- 11:00 a.m. **Opening Remarks**
- NOON **Registration Closes**
- 1:00 p.m. **Senior Moments Top Dragster start-up west side of lot**
- 1:30 p.m. **Hagerty Youth Judging Results**
- 2:00 p.m. **People's Choice Balloting ends**
- 2:00 p.m. **"U Choose Raffle" Auction Draws**
- 3:00 p.m. **Awards in Main Stage area**
- 3:45 p.m. **Members' Split (50:50) Draw**
- 4:00 p.m. **Blood Clinic Closes**
- 4:00 p.m. **Closing Remarks**

**"U Choose" Raffle Tickets**

**1 sheet of 25 tickets for \$10; 3 sheets for \$25**

**Prizes must be claimed by 3:30 p.m.**

**Remember that net proceeds go to Prostate Cancer Canada'**

For more information: **Jim Dorsey** at 905-453-3038 or email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com).



**[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. Steering Committee Meetings are held in the Community Room at the **Fortino's at Main and Bovaird**.

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

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

**[Gary Foote:](#) (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>**