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

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PCCN Brampton News

2017 got off to a soggy start as Mother Nature dumped wet snow on us, but our January meeting went off as planned with **Rocco Rossi** visiting us. The coffee was hot and the conversation was enlightening.

January saw our awareness activities start off with the first motorcycle show of the season. You will hear more of **Team Blue** in the months to come. It consists of members of **PCCN Brampton**, the **Prostate Extreme Team** and **Senior Moments Motorsport**. Many of the team members have been affected directly by prostate cancer; the rest are friends and family members of both sexes and all ages.

We will carry on our mission of reaching those affected by prostate cancer through the various aspects of motorsports, including car shows and cruise nights, sled rides, ATV rides and drag racing meets. In addition, we will continue to appear at health-oriented events run by churches and companies, to the extent that our shrinking pool of volunteers allows.

At the February 14th meeting, you will have another chance to express your opinions on the direction that we are following and to offer your suggestions for changes. And we will compare notes & updates on our individual cancer journeys.

In March we get back up to speed with two major car shows in Hamburg, NY and Toronto, where we promote our two Cruisin' for a Cure events, talk to anybody who needs information about prostate cancer or our support groups and provide awareness materials. Our Tootsie Pop draws provide a means to interact with our visitors while raising funds to offset the cost of our booths.

The Spring and Fall will fly by as we take part in cruise nights and car shows all over southern Ontario, leading up to September and Cruisin' for a Cure.

Our sincere thanks to **Gary Foote** who just stepped down as co-editor. Your input will be missed, Gary.

Jim Dorsey - Newsletter Editor

E-Mail: jfdorsey@yahoo.com



Next General Meeting, Tuesday, February 14th, 2017 – 7:00pm

By popular request, this will be another **sharing meeting**, an opportunity for you to bring your questions about your own situation to the group and to share your journey with other members.

In addition, **Paul Henshall** will once again lead us through the **Stop / Start / Continue** exercise to discuss what we do now that we should stop, what we should start doing and what we should continue doing.

Remember that **our group's two objectives** are:

- **To support men and their families** affected by prostate cancer, especially those newly diagnosed.
- **To increase public awareness** of prostate cancer

We accomplish the second objective through our various awareness activities at church and corporate health fairs and at car shows and cruise nights, with our flagship event, **Cruisin' for a Cure**, being the most impactful. We will continue with these activities unless someone can come up with a better way to reach men and their families.

However, for a variety of reasons, meeting our first objective is becoming increasingly difficult, due to such factors as every man's natural reluctance to open up to strangers, the wealth of resources available online and the continuing controversy surrounding the use of the PSA blood test to test for potential prostate cancer.

Rest assured that all support groups are scrambling for ways to increase or perhaps just to maintain their membership levels. That is always the topic most discussed whenever the leaders of support groups get together. (For example, PCCN Brampton represents Ontario on a monthly telephone conversation with support group leaders from all ten Provinces. None of us can come up with any really good ways to contact newly diagnosed men without huge budgets for advertising and/or many volunteers to staff rooms at major cancer hospitals.)

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 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, January 10th, 2017

Mr. Rocco Rossi, **President & Chief Executive Officer (CEO)** of **Prostate Cancer Canada** and **Managing Director of Prostate Cancer Canada Network**, braved the ankle-deep slush to come out to our first meeting of 2017. There were only ten extremely hardy members in attendance, but Rocco was as gracious as ever.

To start the evening, he made a point of thanking **PCCN Brampton** and the **Over 'N' Under Car Club** for our 2016 donation of \$10,000 and then proceeded to update us on Prostate Cancer Canada's many activities during 2016. Sadly, raising funds to pay for the worthwhile research, education and survivorship projects that PCC finances continues to be a major problem. In particular, the waning popularity of the Movember campaign continues to cause great concern.

So Rocco criss-crosses Canada, speaking at every opportunity and meeting with support groups, companies, research institutions and labour organizations. His energy and enthusiasm are awe-inspiring. Through his leadership, PCC has come up with a number of interesting initiatives like the **Step-Up Challenge** and **Plaid for Dad**. See the complete list at <http://prostatecancer.ca/Get-Involved/Events>

Rocco of course leads every initiative, ranging from climbing stairs to wearing really bad suits.



*PCC is once again running its very successful Rock the Road Raffle, with a modified **Dodge Challenger** donated by the **Trillium Auto Dealers Association** as the Grand Prize. Rocco left us two books of raffle tickets after the meeting, but they will be sold by February 12.*

Upcoming PCCN Brampton Meetings / Events:

Tuesday, February 14th, 2017, 7 p.m. to 9 p.m.
A Sharing Evening and another Stop / Start / Continue Discussion.

Friday, February 17th, 2017 to Monday, February 20th, 2017
Prostate Extreme Team 12th Sled Ride of Hope, Gravenhurst, ON.

Friday, March 3rd through Sunday, March 5th, 2017
Cavalcade of Cars, Hamburg (NY) Fairgrounds. PCCN Brampton works very closely with
MAN UP Buffalo on their Cruisin' for a Cure Buffalo Car Show.

Friday, March 10th through Sunday, March 12th, 2017
Motorama Custom Car & Motorsports Expo, International Centre. Prostate Cancer Canada is
the official show charity for the second year.

Tuesday, March 14th, 2017, 7 p.m. to 9 p.m.
Margaret Wallis-Duffy, 5 Keys to Living Your Healthiest Life.

Tuesday, April 11th, 2017, 7 p.m. to 9 p.m.
Speaker and details TBA.

Tuesday, May 9th, 2017, 7 p.m. to 9 p.m.
Jason Singh & Elizabeth Huggins of Prostate Cancer Canada will update us on PCC's
True Nth Program.

Tuesday, June 13th, 2017, 7 p.m. to 9 p.m.
Annual End-of-Year Social Evening.

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

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.

Prostate Cancer Canada Expert Angle Webinars

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>.

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**.

On January 9th, **Dr. John Oliffe** of the University of British Columbia, a fan of prostate cancer peer support groups, recorded an Expert Angle webinar that yet to be posted online. We will post the link when it becomes available, but in the meantime, we highly recommend this new website that his team at UBC has created for newly diagnosed men: <http://ifiweretom.ubc.ca/>

12th Annual Sled Ride of Hope, February 17th to 20th, 2017

Steve Hutton's Prostate Extreme Team (PET) is once again holding its annual **Do it for Dads Sled Ride of Hope** over the Family Day Weekend at the beautiful **Residence Inn by Marriott** in Gravenhurst, ON.

Steve holds this event to support **Prostate Cancer Canada**. To date, **PET has raised \$203,465** for PCC's prostate cancer awareness and support programs!

Full details are available at http://www.prostateextremeteam.com/2017_ont_sled.html

If you or your younger, more flexible friends or relatives are into sledding, this is an amazing event. Steve, his wife **Mary** and daughter **Alexis** continue to be the host and hostesses with the mostest!



Cavalcade of Cars in Buffalo & Motorama in Toronto

We kick off the 2017 car show season at the 24th Annual [Cavalcade of Cars](#) at the Hamburg Fairgrounds, Hamburg, NY, March 3 through 5. We are there along with **MAN UP Buffalo**, a prostate cancer awareness group started at **Roswell Park Cancer Institute** in 2010. **Jim Dorsey** is a member of MAN UP and both Jim & his wife **Sandi Dorsey** work at their **Cruisin' for a Cure Buffalo** show every September. The Hamburg show is comparatively small, but well attended by car fanatics who all seem to know each other. The MAN UP / Cruisin' for a Cure Buffalo booth has done a lot to increase awareness of prostate cancer in the Buffalo area. We participate as part of our "Glands Across the Border" [ba-dump-bump] outreach program.



Cavalcade of Cars, Hamburg Fairgrounds, 2016



Motorama, International Centre, 2016

The week after Cavalcade, we will be at the 3rd [Annual Motorama Custom Car and Motorsports Expo](#) at the International Centre, from March 10th through March 12th. For the second year, Motorama has named Prostate Cancer Canada, as represented by PCCCN Brampton, as the official show charity. A press release will be published soon.

Motorama's General Manager, **David Weber**, has also been treated for prostate cancer and this year he has his team working very hard to make this our best appearance ever at this annual car show. The show has had three different names over the years that we have been involved, but Motorama is the best incarnation yet!

We rely upon volunteers to staff the booths at both shows. At both shows, we will be operating our now-famous **Tootsie Pop Draw**, which provides a means to interact with our visitors while raising funds to offset the cost of our booths. Both are generously subsidized by the show operators, but we do still incur costs for volunteer passes, promotion, Tootsie Pops, etc.

We invite everybody interested in cars and/or prostate cancer to come by and visit us at either show – or better yet, at both shows.

Team Blue Social Media Experts for Motorama

We must thank **Meaghan Sloski**, one of the supporting members of PCCN Brampton and **Matt Porter**, a key member of the **Prostate Extreme Team** and **Senior Moments Motorsport** components of **Team Blue**. Both have volunteered to contribute their time to publicizing our involvement with Motorama in March and our Cruisin' for a Cure Canada event in September. Both Meaghan and Matt have substantial experience with social media like Facebook and Twitter and Instagram and will be instrumental in our campaign to make our events more visible and therefore more effective in reaching and supporting men with prostate cancer and their families.

Volunteers Needed to Review a Translation - Remunerated

[Corporate Translations](#) is looking for prostate cancer patients in Canada to participate in an interview for a research study and look over a questionnaire that has recently been translated into English. They want to make sure that it is easily understood and ready for use in an upcoming clinical study.

To be eligible for the study you must:

- Be over 18 years of age and live in Montréal, Toronto Hamilton or Windsor or the surrounding areas
- Be a current prostate cancer patient and have had treatment in the last 6 months.
- Have access to a telephone and email address

Study includes a 60 minute in-person interview **during the week of February 13 to 17** in which the volunteer will be asked a few simple questions about the comprehension of the text.

Participants accepted for the study will be compensated in the amount of \$75 USD, paid by check or PayPal (whichever is most convenient for the patient) about 2 weeks after the interview is complete.

FOR FURTHER DETAILS CONTACT:

Natalie Myre - 773-294-2447 or email corporatetranslations.nmyre@gmail.com

Note that this insertion does not mean that PCCN Brampton or your Steering Committee guarantees this offer. We have taken reasonable efforts to ensure that the company is legitimate. We recognize that we must all do our bit to facilitate clinical studies that are designed to help men with prostate cancer.

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

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>