



January, 2017

Volume 17 Issue 01

### INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 Last General Meeting
- 4 Upcoming Meetings / Events
- 5 Prostate Cancer Canada Expert Angle Webinars
- 5 Sled Ride of Hope
- 6 Motorcycle SuperShow Coupon
- 7 TrueNTH Lifestyle Management
- 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: 905-458-6650

Fax No: 905-840-9474

### PCCN Brampton News

We had an excellent December meeting. Our first meeting of 2017, our 23<sup>rd</sup> year of operation, will feature our good friend **Rocco Rossi** of **Prostate Cancer Canada**. Do not miss this opportunity to meet with this amazing gentleman.

**To repeat: PCCN Brampton has reached a crisis stage** due to issues faced by some of our "Usual Suspects" – those great folks who are always there when we need them.

Some of us older members are suffering from health issues and family problems, while some of the younger ones are busier than ever with successful careers and growing families.

- We need new blood to serve on the **Steering Committee** to help us come up with new ideas and directions.
- We desperately need a **Speaker Coordinator**, as **Kim Vogel** and husband Neil have moved out of Brampton.
- We also have to replace **Gary Foote** as **Newsletter Editor**. There are two blank pages in the Newsletter this month as Gary was heavily involved in his business and family. YOU are invited to step up and fill those two pages in January's Newsletter.
- We could use a **Social Media volunteer** to maintain and improve our website and Facebook efforts and take us in new directions.
- We dream of reinstituting our **Hospital Visitation** program. We used to visit men who were in for surgery at the old Peel Memorial Hospital.

There are no prerequisites. Man, woman, older or younger, we will train you. The pay is awful, but the benefits are substantial and include the knowledge that our actions can ease the burden that a diagnosis of prostate cancer drops onto other families.

**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, January 10<sup>th</sup>, 2017 – 7:00pm

Mr. Rocco Rossi, **President & Chief Executive Officer (CEO)** of **Prostate Cancer Canada** and **Managing Director of Prostate Cancer Canada Network**, is the speaker for our first meeting of 2017.

If you have ever heard Rocco speak, either at an awareness event or in the media, you know what a dynamic individual he is. He has brought the same enthusiasm that has made the Heart & Stroke Foundation into the success story that it is to the cause of prostate cancer awareness, support and education.

If you have never met him before, do not miss this opportunity!



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 will almost certainly have some raffle tickets available at the meeting. (Sadly, the suit is not included as part of the Grand Prize.)

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 **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 plentiful, well lit and free - and there are **no stairs** to be navigated.

## Last General Meeting, Tuesday, December 13<sup>th</sup>, 2016

The December meeting attracted thirty members and guests, the best attendance that we have had since changing venues last Fall. The Mandarin feast that we served probably had a lot to do with the attendance, but everybody seemed to have lots to talk about as well.

Various prizes were drawn for after dinner and our own version of the classical 50:50 sent not one but two attendees home with extra cash in their pockets.

In what has become a Christmas tradition, **Anne Breakey Hart** of **Prostate Cancer Canada** was our special guest. We once again presented her with a cheque for \$10,000 in support of PCC's awareness and survivorship programs. These funds were generated through our **Annual Charity Golf Tournament** and **Cruisin' for a Cure**.

**Jim McGowan** and **Neila Boniface**, the Vice-President and Treasurer of the **Over 'N' Under Car Club**, whose unselfish efforts raised nearly \$5,000 for Cruisin' for a Cure in 2016, joined us in presenting the cheque to Anne.



*Left to right, rear: Rufus, Pat, Sandra, Anne, Jim, Paul, Neila, Jim and Phil. Sandi trying to hide in the front row. Morris must have been manning the camera.*

At the end of the evening, our Emcee, **Paul Henshall**, sent everybody home with the warmest of wishes for a Very Merry Christmas and a Happy New Year.

It is our sincere hope that 2017 will be the best year ever for all our members and their families and for Prostate Cancer Canada Network Brampton as we continue to support men and their families affected by prostate cancer and to increase public awareness.

**Upcoming PCCN Brampton Meetings / Events:**

**Friday, January 6<sup>th</sup>, 2017 to Sunday, January 8<sup>th</sup>, 2017**  
**North American International Motorcycle SuperShow, International Centre.**

**Tuesday, January 10<sup>th</sup>, 2017, 7 p.m. to 9 p.m.**  
**Mr. Rocco Rossi, President & CEO, Prostate Cancer Canada.**

**Tuesday, February 14<sup>th</sup>, 2017, 7 p.m. to 9 p.m.**  
**Speaker and details TBA.**

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

**Friday, March 10<sup>th</sup> through Sunday, March 12<sup>th</sup>, 2017**  
**Motorama Custom Car & Motorsports Expo, International Centre.**

**Tuesday, March 14<sup>th</sup>, 2017, 7 p.m. to 9 p.m.**  
**Margaret Wallis-Duffy, Noted wellness expert. Details TBA.**

**Tuesday, April 11<sup>th</sup>, 2017, 7 p.m. to 9 p.m.**  
**Speaker and details TBA.**

**Tuesday, May 9<sup>th</sup>, 2017, 7 p.m. to 9 p.m.**  
**Jason Singh & Elizabeth Huggins, PCC will update us on the True Nth Program.**

**Tuesday, June 13<sup>th</sup>, 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](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 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**.

## **12<sup>th</sup> Annual Sled Ride of Hope, February 17<sup>th</sup> to 20<sup>th</sup>, 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](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!



## North American International Motorcycle SuperShow

This may be of more interest to one of your children or grandchildren, but Steve Hutton has kindly shared this discount coupon for the Motorcycle SuperShow THIS WEEKEND with us. (While most of us are not bikers, any of us who have attended this show, have really enjoyed watching the people and events at this show!)



**41ST ANNUAL  
NORTH AMERICAN INTERNATIONAL  
MOTORCYCLE  
SUPERSHOW**

**SAVE \$3.00 OFF ADMISSION**

**PRESENTED BY Dalton Timmis INSURANCE**

**JANUARY 6-8, 2017**

**INTERNATIONAL CENTRE • TORONTO**

**COUPON ONLY VALID ALL DAY FRIDAY AND BETWEEN 5PM AND 9PM ON SATURDAY**  
FRI: 12PM - 10PM • SAT: 10AM - 9PM • SUN: 10AM - 5PM

**ONE ADULT ADMISSION ON OPENING DAY**  
FRIDAY, 12 NOON - 10PM  
**OFFER EXTENDED TO: SATURDAY, 5PM - 9PM**

**MEET DOG AND BETH**  
FRIDAY & SATURDAY

COURTESY OF



**★ 2017 NEW BIKES ON DISPLAY**  
★ **HUGE DEALER DISPLAYS**  
★ **CUSTOM BIKE COMPETITION**  
★ **500 EXHIBITORS IN SEVEN HALLS**  
★ **OVER 100 CLUBS, RIDES & RALLIES**  
★ **THE BEST SHOPPING BARGAINS**  
★ **HOW TO GET INTO MOTORCYCLING**  
★ **USED BIKE MARKET**

**The 'BIG ONE' by the AIRPORT**

**PURCHASE YOUR BIKE AT THE SHOW!**



**NOT REDEEMABLE FOR CASH. \$3 DISCOUNT OFF THE PRICE OF ONE ADULT ADMISSION ONLY.**

**motorcyclesupershow.ca • 1-888-661-SHOW (7469)**

## [TrueNTH Lifestyle Management: The Journey Continues](#)

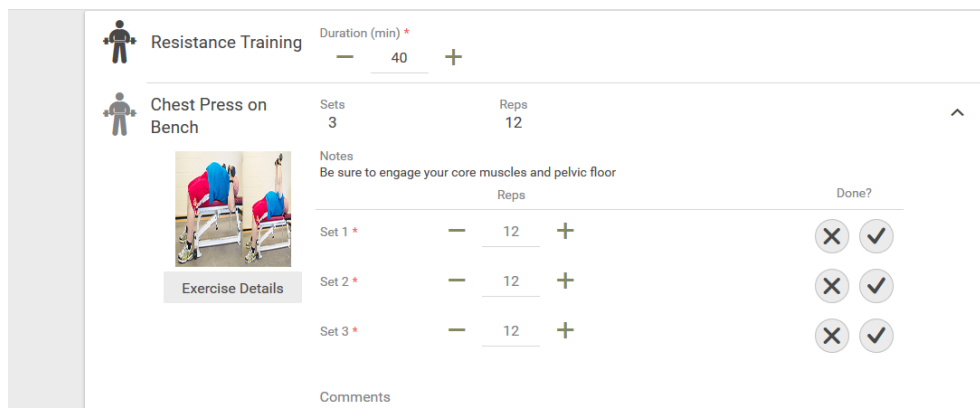
As mentioned over the past two months, I am attempting to follow the [Lifestyle Management component](#) of Prostate Cancer Canada's **True Nth Program**.



My advisor, Kathryn, has provided me with an **Aerobic Exercise** program with a target of 45 minutes per day of walking and a **Resistance Training** program of nine exercises to be performed over 40 minutes. She has responded quickly to all my questions.

The joint problems that developed during our November vacation have not eased up at all. For the moment, I am restricting myself to my usual daily forced marches. Hopefully I can carry on with the Resistance Training soon.

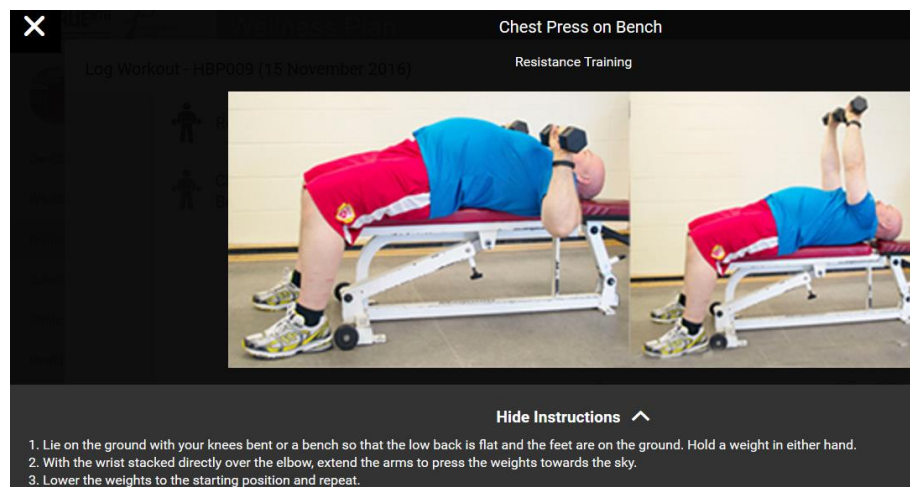
The Resistance Training program that Kathryn is laid out as follows:

Log Workout - HBP009 (15 November 2016)



Resistance Training		Duration (min) *			
		-	40		
 <b>Chest Press on Bench</b>  Exercise Details	Sets	3	Reps	12	Notes Be sure to engage your core muscles and pelvic floor Done? Set 1 * <input type="checkbox"/> <input checked="" type="checkbox"/> Set 2 * <input type="checkbox"/> <input checked="" type="checkbox"/> Set 3 * <input type="checkbox"/> <input checked="" type="checkbox"/> Comments

Clicking *Exercise Details*



- Jim Dorsey, 905-453-3038, [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. 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**

**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>