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PCCN Brampton News

Our December 11th **Christmas Social Evening at Wellspring Chinguacousy** attracted twenty-seven members and guests. The Mandarin Restaurant provided a great spread as always. Everybody seemed to have a great time.

With help from **Kevin & Doreen Moore** and **Morris & Sandra Rambout**, we set up the meal in the kitchen area. We then spread out throughout the ground floor area to eat.

Later we congregated in the main Living Room where **Anne Breakey Hart** from **Prostate Cancer Canada** accepted our usual annual donation and we made presentations to outstanding volunteers.

On Tuesday, **January 8th**, 2019, we will hold a **Stop / Start / Continue Meeting** and on Tuesday, **February 12th**, 2019 we will again hold a **Sharing Meeting** where all are welcome to share their experiences and discuss current concerns. These meetings always seem to result in some useful discussions and often a newer member remarks upon how valuable the experience has been.

Please consider taking part in these valuable experiences and getting to know your fellow members and caregivers better. YOU may be able to help someone else. "**Caring is Sharing**".

Finally, in case you are not aware of it, **Prostate Cancer Canada Network Brampton** started life in September 1994 as **Us TOO Brampton Prostate Cancer Support Group**. So this September will mark our twenty-fifth year of operation. We will be discussing ways to mark this landmark in PCCN Brampton's history. Prostate Cancer Canada will also be celebrating its 25th Anniversary. We have already discussed some ways of celebrating jointly.

The Steering Committee members trust that you have had the Merriest of Christmases and that you are well on your way to a Happy and Healthy 2019!

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com



Next General Meeting, Tuesday, January 8th, 2019 – 7:00pm

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. YOUR ideas and suggestions and complaints will be most welcome.

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 trade shows, 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 and arguably more urgent 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. *It has been suggested that we consider a second daytime meeting on the same day as the evening meeting. Discuss.* 😊

PCCN Brampton continues to represent Ontario on the **Canadian Prostate Cancer Support Group Council** with support group leaders from other 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 approach local **Family Health Centres** or to staff a support room at **Brampton Civic Hospital** if one could be made available. There are no fixed clinic days at BCC; hence we would have to staff a support room five days a week.

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**.

We look forward to seeing you at **Wellspring Chinguacousy Prostate Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is plentiful, well lit and free - and there is **an elevator!**

Last General Meeting, Tuesday, December 11th, 2018

Our **Christmas Social Evening** at **Wellspring Chinguacousy** attracted twenty-seven members and guests. The take-out meal from the Mandarin was excellent as always and everybody seemed to have a good time while eating and touring the main floor of Wellspring. After dinner we drew tickets for the many door prizes available and everybody went away with a prize. Oddly, the bottles of wine were chosen before the trunk organizers that were provided courtesy of CAA Brampton or the colourful PCC socks.



On behalf of PCCN Brampton and the **Over 'N' Under Car Club**, we presented Anne Breakey Hart with our annual donation of \$10,000 to support PCC's education, awareness and survivorship programs. This donation was made possible by the volunteers who operated our annual **Charity Golf Tournament** in June and our **Cruisin' for a Cure** in September.

At left, Jim Dorsey and Anne Breakey Hart plus **Jim McGowan** and **Les Price** of Over 'N' Under.



In recognition of their outstanding efforts on behalf of Prostate Cancer Canada, Anne then presented Over 'N' Under with the prestigious **Blue Tie Circle Award**.

At left, **Steve Hutton, Anne Breakey Hart, Jim Dorsey, Paul Henshall, Jim McGowan, Neila Boniface** and **Les Price**. Steve, Jim and Paul are all members of Over 'N' Under too. Jim, Neila and Les are the Over 'N' Under executives. Jim McGowan is a prostate cancer survivor.



For the first time, we presented recognition plaques to outstanding volunteers. These plaques, suggested by Paul Henshall and as seen at left, consist of the Bomber Girl logo and shirt-back art from the first ten years of Cruisin'. Recipients were some of our members who are always there when we need them – **Mike Loughnan, Gary Foote, Kevin Moore, Victor Horvath** and **Morris & Sandra Rambout** – plus **Sean O'Neill**, our very first non-member volunteer and now "one of us" and **David Smith**, an amazing young man who has helped us with so many events over the years.



PCCN Brampton Bram-O-Gram

Patricia Goodland took the opportunity to thank Paul Henshall and other PCCN members for supporting her son **Daniel Goodland** in his fund-raising for MOVember. With total donations of \$1,560, Daniel more than doubled his original goal of \$750 while his team generated \$101,990 to surpass their 2018 goal of \$100,000.

Upcoming PCCN Brampton Meetings / Events:

Tuesday, January 8th, 2019
Annual Stop/Start/Continue Meeting.

Tuesday, February 12th, 2019
Annual Sharing Meeting.

Family Day Weekend, Friday, February 15th to Monday, February 18th, 2019
Prostate Extreme Team 14th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2019_ont_sled.html

Friday, March 8th to Sunday, March 10th, 2019
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>

Tuesday, March 12th
Speakers & Subjects To Be Announced.

Tuesday, April 9th, 2019
Speakers & Subjects To Be Announced.

Tuesday, May 14th, 2019
Speakers & Subjects To Be Announced.

Tuesday, June 11th, 2019
Annual End of Season Social Evening.

NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know 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



[Rock the Road Raffle 2019](#)

The most valuable car ever to be offered in **Prostate Cancer Canada's** annual **Rock the Road Raffle** will be given away at the **2019 Canadian International AutoShow**. For the first time, tickets can be purchased online at <https://www.rocktheroadraffle.ca/#order> !

Once again generously donated by the **Trillium Automobile Dealers Association (TADA)**, this year's grand prize is a beautiful red **2018 Acura NSX**, valued at **\$235,158.65**. The six previous Rock the Road Raffles have raised \$1.8 million for research and support services funded by Prostate Cancer Canada.

"Rock the Road Raffle is an extremely important way to raise funds so we can make a difference in the lives of the one in seven Canadian men and their families facing a prostate cancer diagnosis," says **Peter Coleridge, President and CEO, Prostate Cancer Canada**. ***"TADA has gone above and beyond with the highest sticker price yet for a raffle car. It will be exciting to see one lucky person drive away from the AutoShow in this incredible vehicle."***

Tickets for the 2019 Rock the Road Raffle are available until February 21, 2019, at www.RockTheRoadRaffle.ca, by calling 1-855-441-1267 or in person at the Canadian International AutoShow. **The draw will take place at noon on February 22nd** at the AutoShow. **Tickets cost \$25 each or three for \$60. As of December 30, 50% of the 30,000 available tickets had already been sold.**



Photo credit: www.topspeed.com



[PCC's Expert Angle Webinars](#)

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Current webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but rest assured that “no salesman will call.” Once registered for a session, you can view it whenever you want as often as you require.

Recordings of ALL past Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**. Note that you do not need to register to view these older webinars.

If you decide to subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.

Interesting recent webinars include:

Basics of Prostate Cancer:

[Cardiovascular Disease in Prostate Cancer](#) November 14, 2018; length 11 minutes.

In this webinar, Dr. Darryl Leong explores why the risk of heart disease often increases after a diagnosis of prostate cancer and suggests steps that you can take to keep your heart healthy.

Health and Wellness:

[Importance of Muscle Mass to Survivorship](#) June 12, 2018; length 15 minutes.

Dr. Carla Prado discusses what leads to muscle loss, how you can prevent muscle loss with proper nutrition and what unique variables need to be considered for prostate cancer patients.

[Physical Activity and Prostate Cancer](#) December 12, 2018; length 23 minutes.

Dr. Daniel Santa Mina discusses the link between exercise and prostate cancer.... Learn helpful tips and resources on how to exercise safely and make exercise tailored for you.

[Prevention & Modifiable Risk Factors](#) May 15, 2018; length 18 minutes.

In this webinar, Dr. Carla Prado discusses the findings of a recently conducted review on diet and lifestyle factors that were found to influence the risk of prostate cancer.

Treatment and Side Effects:

[Urinary Incontinence](#) October 17, 2018; length 20 minutes.

Dr. Dean Elterman explains why urinary incontinence occurs, who it affects, and provides expert tips on how you can better manage and treat incontinence...

Prostate Cancer Canada's New President, Peter Coleridge



Prostate Cancer Canada announces
new President and CEO

PETER COLERIDGE



You may recall that in our January 2018 issue of Bram-o-Gram, we printed Prostate Cancer Canada's press release announcing that **Peter Coleridge** would be succeeding **Rocco Rossi** as President and CEO of PCC. After several unsuccessful attempts, we have finally met with Peter and we are very confident that as Rocco stated, "To the 1 in 7 Canadian men who will be diagnosed with prostate cancer and their families, PCC is in good hands."

Steve Hutton and **Jim Dorsey** visited the PCC Head Office at 2 Lombard Street in Toronto on December 20th to discuss working more closely on our awareness activities including **Cruisin' for a Cure Canada**.

We exchanged Christmas wishes with old friends like **Tom Fischer, VP of Finance & Regulatory Affairs** and **Yaz Maziar, Senior Director of Marketing & Communications** and then had a very productive meeting with **Anne Breakey Hart** and **Falyn Katz**, PCC's **Senior Director of Philanthropy**.

Finally, we sat down with Peter and Anne in her role as the Manager of the Prostate Cancer Canada Network and discussed the relationship between Prostate Cancer Canada and the seventy plus chapters of the **Prostate Cancer Canada Network** across Canada.

While Peter was not at liberty to tell us too much about the next five-year plan that will be announced in January, he was able to assure us that the Network chapters will play an important role in developing new relationships with professional bodies and with the general public. We look forward to working with Peter and his team of dedicated professionals.

We will continue to go above and beyond the usual role of a support group and work harder than ever to increase public awareness of prostate cancer and to help raise funds for PCC's vitally important education, awareness and survivorship programs. **The prostate cancer issue continues to be underfunded and largely ignored.** This must change for the sake of Canadian men and their families!



[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 **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way.

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, also at Wellspring Chinguacousy.

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 and one-on-one discussions 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

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Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>