

**March, 2018**

**Volume 18 Issue 3**

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PCCN Brampton

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**PCCN Brampton News**

This year's February **Sharing Meeting** was interesting as always. We ran out of time before we ran out of topics of discussion.

Our Speaker on March 13 is **Alex Smith**, the Centre Manager of the **Wellspring Chinguacousy Cancer Support Centre**. We will also be reporting on our experience at **Motorama**.

On April 10<sup>th</sup>, we will hear **Dr. Rupi Mitha**, a naturopath from **Goodhands Wellness**. On May 8<sup>th</sup>, the always popular **Dr. Andrew Loblaw** of **Sunnybrook Health Sciences Centre** will visit with us.

**Prostate Cancer Canada** volunteers working at the telephone centre at **2 Lombard St.** and at the **Canadian International Auto Show** sold 100% of the 25,000 tickets available for this year's **Rock the Road Raffle**, raising nearly \$500,000 for PCC's many programs.

Unfortunately, they once again drew the wrong ticket. The **custom 2017 Porsche 911 Carrera Cabriolet**, valued at over \$176,000, was won by **Robert Peressotti** of Port Colborne. We believe that Robert is a prostate cancer survivor. As always, the vehicle was donated by the [Trillium Automobile Dealers Association \(TADA\)](#), as was the huge booth at the Auto Show.



*Left to right: Robert's two sons, his wife, Robert and Larry Lantz, President of TADA.*

**Jim Dorsey – Acting Newsletter Editor**

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

**Next General Meeting, Tuesday, March 13<sup>th</sup>, 2018 – 7:00pm**



**Our guest speaker is Alex Smith, who has been the Centre Manager at [Wellspring Chinguacousy Cancer Support Centre](#) for the past four years. He will cover "*Wellspring Cancer Support Centres Background and Programs Offered at Wellspring Chinguacousy*"**

We consider Wellspring Chinguacousy to be one of the most valuable community resources available to both cancer patients and their caregivers. Our long-time member **Bob Vandrish** has been a Peer Counselor there almost since the Centre opened, but sadly, he very seldom gets to talk to a man with prostate cancer.

There are many programs offered, many of which could benefit men whether they have been newly diagnosed or have a lot of experience dealing with our common foe. All Wellspring programs are offered free of charge.

Alex has kindly written his own introduction: *“My presentation will consist of a brief history of wellspring Canada, our infrastructure, insight into the types of supports and programming we can offer, a focus on the [Cancer Exercise](#) program and then any Q and A that may arise. It is a fairly informal talk. I will have brochures and program guides available to anyone that would like them.*

***“Wellspring provides supportive care programs and services, at no charge, to help men, women and children living with cancer, and those who love them, overcome the many practical, emotional, physical and informational challenges that follow a cancer diagnosis.”***

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call 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**.

## [Last General Meeting, Tuesday, February 13<sup>th</sup>, 2018](#)

This was our annual **Sharing Meeting**. Paul Henshall got the ball rolling with a free-wheeling discussion of the public awareness events that we have been involved with so far this year and of our next major event, the **Motorama Custom Car Show and Motorsports Expo**, March 8<sup>th</sup> through 11<sup>th</sup> at the **International Centre** on Airport Road.

For the third year, **Prostate Cancer Canada**, as represented by **PCCN Brampton**, is the official charity of Motorama. The [press announcement](#) was widely broadcast on March 1. All members are invited to participate as volunteers. We won't be paid, but parking and admission to the show are free. Some of our usual volunteers have opted out this year for various medical reasons, so we are looking for a few more good men or women to take part.

**Gwen Macdonald** then suggested that members be encouraged to bring in jokes and interesting news items to loosen everybody up and to make our meetings a little less serious. All those in attendance seemed to agree that this is a good idea, although in your editor's opinion, we might have to be careful of offerings from certain individuals. [ Cough! **John Hughes, Glen Tolhurst** 😊 ]

We then went around the room, inviting members to share their current status. As always, this proved to very informative and gave all of us the opportunity to support our fellow members and to be supported in our turn. We thank all those who shared with the group and we apologize to **Norman Macdonald** for not getting around to him before he had to leave.

We had hoped to discuss other changes to our meeting format, but we ran out of time. As discussed in January, we intend to increase member discussion and interaction and to emphasize support over redundant education.



*Norton Place Park Community Centre by night.*



*A cheery group at the February meeting*



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Friday, March 9<sup>th</sup> to Sunday, March 11<sup>th</sup>, 2018  
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo  
International Centre, <http://www.motoramashow.com/>

Tuesday, March 13<sup>th</sup>, 2018

Alex Smith, Wellspring Chinguacousy Cancer Support Centre.  
Wellspring overview with emphasis on the Cancer Exercise program described below

Tuesday, April 10<sup>th</sup>, 2018

Dr. Rupī Mitha ND, In GoodHands Wellness  
Subject To Be Announced

Tuesday, May 8<sup>th</sup>, 2018

Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre  
Subject To Be Announced.

Tuesday, June 12<sup>th</sup>, 2018

Annual End-of-Season Social Evening and Potluck.

Saturday, June 23<sup>rd</sup>, 2018

18<sup>th</sup> Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50,  
Caledon.

Registration 11:30 a.m. for 12:30 p.m. start.

**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](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.*





### [New Format for PCC's Expert Angle Webinars](#)

Expert Angle webinars now offer shorter snapshots of important prostate cancer topics. While previous Expert Angle Webinars have been roughly one hour in length, the new ones will be much shorter as shown below.

Past full-length 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**.

You can see a listing of current **On-Demand Webinars** and register for them at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>:

#### Health and Wellness

- *November 14, 2017 Length 11 minutes.*

#### [TrueNTH Lifestyle Management: Wellness Resources for Men with Prostate Cancer](#)

**Dr. N Culos-Reed**, Professor of Health & Exercise Psychology, University of Calgary.

#### Treatment and Side Effects

- *February 27, 2018 Length 14 minutes.*

#### [Why do prostate cancers become resistant to treatment?](#)

**Dr. Paul Toren**, Clinician-Scientist, Department of Surgery at Laval University, focused on translational prostate cancer research .

- *February 27, 2018 Length 14 minutes.*

#### [Choosing What's Right for You: Comparing Common Side Effects of Prostate Cancer Treatment](#)

**Dr Danny Vesprini** is a Radiation Oncologist at Sunnybrook Odette Cancer Centre, Affiliate Scientist at the Sunnybrook Research Institute and an Assistant Professor at the University of Toronto.

- *January 30, 2018 Length 17 minutes.*

#### [The Ins and Outs of Radical Prostatectomy](#)

**Dr. Peter Black**, Urologic Oncologist at Vancouver General Hospital, a Research Scientist at the Vancouver Prostate Centre, and Professor in the Department of Urologic Sciences at UBC.

- *January 16, 2018 Length 23 minutes.*

#### [The Ins \(Brachytherapy\) and Outs \(External Beam\) of Prostate Radiotherapy](#)

**Dr Danny Vesprini** is a Radiation Oncologist at Sunnybrook Odette Cancer Centre, Affiliate Scientist at the Sunnybrook Research Institute and an Assistant Professor at the University of Toronto.



### Can YOU Volunteer at Princess Margaret Cancer Centre?

YES! Because there are no opportunities for us to offer our support services at **Brampton Civic Hospital** and because so many of us have been treated at **Princess Margaret** over the years, we have chosen to pass along this message from our good friend **Ron Benson** at **PCCN Toronto**.

*For two decades, PCCN-Toronto (formerly Man to Man) has had the privilege of providing volunteer support to men and their families at the Princess Margaret Cancer Centre. Over the years, our on-site participation has grown from one day a week to six days and, understandably, as a result of this growth in volunteer time required, the need for an increased number of volunteers has also grown.*

*If you have been thinking about the possibility of becoming a member of our volunteer group, we would be interested in hearing from you.*

*The Princess Margaret Cancer Centre provides a comprehensive preparatory program for potential volunteers. As well, PCCN-Toronto provides prerequisite opportunities for our potential hospital volunteers to become knowledgeable about PCCN-Toronto through attendance at some of our peer support group and Awareness Night meetings.*

*On-site opportunities to learn alongside current volunteers who work in the 4th floor support and clinic rooms at The Princess Margaret are provided for all potential volunteers.*

*And for those who have had surgery as their treatment and who would be interested in visiting post-surgery patients in the Toronto General Hospital, we provide learning opportunities by scheduling three or more, on-site, volunteer "shadowing" experiences at the T.G.H.*

*As a PCCN-Toronto volunteer at the Princess Margaret Cancer Centre you will be asked to give as much time as you are able and wish to provide. Some men volunteer one day a week, while others provide less-frequent service depending on their availability.*

*If you would be interested in becoming a volunteer and would like to know more about the prerequisite requirements of the Princess Margaret Cancer Centre and of PCCN-Toronto, we would be pleased to hear from you.*

*Please reply directly to me, Ron Benson, at [ronbenson@rogers.com](mailto:ronbenson@rogers.com) or by voicemail at 416-932-8820 and I will get back to you.*

*In advance, I thank you for your interest.*

*Sincerely,*

*Ron Benson  
PCCN-Toronto*



## PCCN Brampton Bram-O-Gram

### 18<sup>th</sup> Annual Charity Golf Tournament, Saturday, June 23<sup>rd</sup>, 2017



Hands up, everybody who's ready to hit the golf course!

Please add our tournament to your golf calendar this year and consider bringing along a foursome or two or more for a great cause.

Optional Coffee & Breakfast available at 7:30 a.m.

Registration Opens at 11:30 a.m.

Shot Gun Start, Scramble format at 12:30 p.m. SHARP

***Golf & Dinner Only \$130 Per Person***

***Your Day includes:***

- ***18 Holes of Golf with Cart on Championship Course***
- ***Competition Holes***
- ***Top Team Award***
- ***Prize Table***
- ***Fabulous Meal***

Contact **Steve Hutton** 416-716-6582, email [steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com)

**A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS**

[Glen Eagle Golf Club](#)

15731 Peel Regional Road 50  
Bolton, ON L7E 3H9



## PCCN Brampton Bram-O-Gram

### [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](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>