



**September, 2018**

**Volume 18 Issue 7**

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This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

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**PLEASE  
CONSIDER  
VOLUNTEERING!**

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**PCCN Brampton News**

Our June 12<sup>th</sup> meeting was our **Annual End-of-Season Social Evening** featuring dinner from the **Mandarin Buffet**. Attendance was lower than expected but everybody had a good time.

On June 12<sup>th</sup>, I was on my second day in Gallup, NM, driving to the Watson Family Celebration of my late wife Sandi's life, held on a mountaintop near Lake Isabella, CA on June 23<sup>rd</sup>. When the time came, I could not bring myself to leave Sandi's ashes in California. We got back to Brampton on July 16<sup>th</sup> after six weeks, 14,232.8 kilometers and many experiences.

My thanks to all of you who attended Sandi's Celebration here in Brampton on May 5 and/or sent their condolences and/or donations to Toronto General Hospital or Prostate Cancer Canada and/or flowers. Your support was deeply appreciated. I am slowly working my way through the Thank You cards while adjusting to the new reality that so many of you have so faced.

Also while I was away, **Steve Hutton, Gary Foote** and the rest of the **Golf Committee** and assorted volunteers successfully pulled off our **18<sup>th</sup> Charity Golf Tournament** on Saturday, June 23<sup>rd</sup> at the **Glen Eagle Golf Course** in Bolton.

The big news this month is that **ONCE AGAIN, WE ARE CHANGING OUR MEETING LOCATION!** The City of Brampton is converting the Norton Place Park Community Centre into Parks Dept. offices, so we are losing our perfect meeting site to progress. It was certainly nice while it lasted.

**Starting with our September 11<sup>th</sup> meeting**, we will be holding both our monthly Member Meetings and our Steering Committee Meetings at the **Wellspring Chinguacousy Cancer Support Centre** at 5 Inspiration Way, west of Torbram Road and south of Father Tobin Road.

The Wellspring Chinguacousy Centre Manager, **Alex Smith**, who spoke to our March 2018 Member Meeting, has made us most welcome. Please do come out on September 11<sup>th</sup> to get acquainted with Wellspring. We are hoping that it will become our "forever home."

**Jim Dorsey – Acting Newsletter Editor**

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

**Next General Meeting, Tuesday, September 11<sup>th</sup>, 2018 – 7:00pm**

**“Welcome to Wellspring Chinguacousy and What We Did This Summer”**



As mentioned on Page 1, the Centre Manager, **Alex Smith**, has made us very welcome. It was our hope to have him address the first meeting and give us a guided tour of the facility. While many of us have seen it before, it will be a revelation to those who have never been there.

As Alex mentioned in his self-introduction to his appearance at our March 2018 meeting, ***“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.”***

We consider Wellspring Chinguacousy to be one of the most valuable community resources that we have here in Brampton. Our long-time member **Bob Vandrish** has been a Peer Counselor there almost since the Centre opened. Sadly, he very seldom gets to talk to a man with prostate cancer. Hopefully, we can work with Wellspring to change that in the future.



Unfortunately, Alex is unable to attend our September meeting. In his place, we intend to draft Bob Vandrish, a very congenial chap who is a long-time prostate cancer survivor and advocate. Bob can offer some useful insights into how Wellspring works and perhaps suggest ways that we can work together to our mutual benefit.

Both of our organizations are totally financed by donations from the public and from our members. We should be able to come up with ways to work together to raise needed funds, increase public awareness of our support activities and provide support to more patients and caregivers than ever before!

You can forward your questions or suggestions on any subject to: [info@pccnbrampton.ca](mailto: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, June 12<sup>th</sup>, 2018](#)

This was our annual the **End of the Year Social Evening** featured Chinese specialties from the Mandarin instead of our usual potluck. 18 members and wives turned out for dinner and conversation.

Our average attendance at meetings for the 2017-2018 season was 18, ranging from a low of 12 in January to a high of 27 for **Andrew Loblaw's** presentation at our May meeting. This was up significantly from an average of only 15 the previous year.

Our next meeting will be held at Wellspring Chinguacousy, with our first Social evening happening there on Tuesday, December 11<sup>th</sup>, 2018.

### [The GenWell Project to End Social Isolation](#)

**Peter Bombacci**, the dynamic man who made **Movember** such a powerful movement in Canada, recently founded [The GenWell Project](#).

As their website explains, "*The GenWell Project is a campaign whose mission is to make the world a happier and healthier place by reminding people about the importance of face to face social connection and inspiring them to take action.*"

We know that members of our group are increasingly encountering serious loneliness due to their cancer, other illnesses and the deaths of their loved ones. GenWell could open new avenues for communication and friendship that could extend lives and make them happier.

The GenWell Project offers ideas and guidance for those willing to hold events to "decrease social isolation through increased social interaction" or more simply "get out there" and get to know more people in the community to their mutual benefit. Event size does not matter; it can be something as simple as having coffee with a neighbour or a picnic in a park or a neighbourhood potluck. Events for kids could be anything from a game of tag to a night at a Go Kart track. All can be registered with the Project and be eligible for prizes from major sponsor **President's Choice**.

The next **GenWell Weekend** is **September 14 through 16**, a bit too late for us to get anything organized, but please take a look and consider getting involved.

Peter will be speaking at our October 9<sup>th</sup> Member Meeting. Please plan to come out and learn more.



**Upcoming PCCN Brampton Meetings / Events:**

**Sunday, September 9<sup>th</sup>, 2018, 10 a.m. to 4 p.m.**  
**12<sup>th</sup> Annual Cruisin' for a Cure Canada, CAA Centre (formerly the Powerade Centre),  
Brampton**

**(Free PSA Blood Clinic, 9 a.m. to 4 p.m. only).**

**Tuesday, September 11<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**  
**Monthly Member Meeting**

**"Welcome to Wellspring Chinguacousy and What We Did This Summer"**  
**Wellspring Chinguacousy Prostate Cancer Support Centre, 5 Inspiration Way,  
Brampton, ON L6R 0L7.**

**Saturday, September 22<sup>nd</sup>, 2018, 10 a.m. to 4 p.m.**  
**8<sup>th</sup> Annual Cruisin' for a Cure Buffalo, Roswell Park Cancer Center, Buffalo, NY**  
**(Free PSA Blood Clinic and DRE, 11 a.m. to 2 p.m. only) Open to Canadians.**

**Tuesday, October 9<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**  
**Monthly Member Meeting**

**Peter Bombacci, Founder, The Genwell Project.**  
**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, November 13<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**  
**Monthly Member Meeting**

**Dr. Stuart Edmonds, Prostate Cancer Canada, Topic T.B.A.**  
**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, December 11<sup>th</sup>, 2018, 7 p.m. to 9 p.m.**  
**Annual Christmas Social Evening**

**Wellspring Chinguacousy Prostate Cancer Support Centre.**

**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)**



## PCCN Brampton Bram-O-Gram

### 18<sup>th</sup> Annual Charity Golf Tournament, Saturday, June 23<sup>rd</sup>, 2018

This year's Golf Tournament was held once again at the beautiful [Glen Eagle Golf Club](#) north of Bolton. Attendance was down slightly, to **55 golfers**. We extend special thanks to **Greg Prince-Cox**, a long-time supporter of our Tournament, and to our own **Victor Horvath**, who between them brought in 40 golfers!

Our volunteers **Steve Hutton, Gary Foote**, Victor Horvath, **Jim Dorsey, Melissa Newton, Matt Porter** and **Matt Sloski** all helped gather donations for the goodie bags and for the raffle table. Matt Sloski's mother **Michelle Sloski** put together some very creative gift baskets for the raffle table. Matt Porter's father **Rick Porter** took many photographs despite the rain that interfered with his artistry.

We thank the **Brampton Beast** for providing **Anthony Fusco**, who set up a tent and their "Closest to the Net" contest, with a **14-person Luxury Box** at any Beast game as the grand prize.

The winning foursome this year consisted of **Don Martin, Bob Martin, Trevor Webster** and **Joe Galliera**. Our thanks to them for supporting the Tournament and our congratulations as well.

We seriously miss our golfers who have come and gone over the years, especially the irreplaceable **Fred Norris** and **Don Grant**, who both ran the tournament and were excellent golfers. Sadly, very few new members have stepped up to take part in this very important part of our group's annual operation.

Thankfully, we have several younger people who have joined with Gary and Steve to make the tournament happen for the past few years. Melissa Newton, Matt Porter and Matt Sloski are all members of Steve's [Prostate Extreme Team](#), which does so many great things for the cause.



**Left:** Matt Porter, Matt Sloski and **Anne Breakey Hart** of Prostate Cancer Canada with Steve Hutton as a hood ornament.

**Right:** Victor Horvath, second from left and his team, **Kirk Costanzo, Ray Draper** and **Bob Draper**.



**As always, A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS**



# PCCN Brampton Bram-O-Gram

## 12<sup>th</sup> Annual Cruisin' for a Cure Canada, September 9<sup>th</sup>, 2018

Please join us at the **CAA Centre** for our annual car, truck and motorcycle show. **And bring along any man 40 or over that you know** isn't looking after himself. We will provide him with a free, confidential PSA blood test. **Early detection can save a man's life!**





**Cruisin' for a Cure Canada**

**THE CAR SHOW THAT SAVES MEN'S LIVES**  
Dedicated to Those Caring for Men with Prostate Cancer

**SUNDAY  
SEPTEMBER 9, 2018  
CAA CENTRE  
(formerly Powerade Centre)  
7575 KENNEDY ROAD SOUTH  
BRAMPTON, ON L6W 4T2  
GATES OPEN: 7:30AM  
SHOW: 10AM—4PM**



**THE ROCK 'N' RAY MICHAELS ROADSHOW  
(FROM 92.9 THE GRAND)  
PLAYING THE GREATEST HITS OF ALL TIME**

**FREE CONFIDENTIAL PSA BLOOD TESTS FOR MEN 40 & OVER**  
SPONSORED BY JANSSEN, KINSMEN CLUB OF BRAMPTON-BRAMALEA AND PLANET FORD.

**DR. ANDREW LOBLAW - ONCOLOGIST  
SUNNYBROOK HEALTH SCIENCES CENTRE**

**10AM—4PM**

**\$10 PARKING FEE PER VEHICLE  
DONATIONS OF \$20 OR MORE RECEIVE TAX RECEIPT**

**Facebook: Cruisin' for a Cure Canada  
Twitter: @CruisinforaCure  
Website: www.c4acc.com**

**NET PROCEEDS TO PROSTATE CANCER CANADA AWARENESS & SUPPORT**

**GENERAL INQUIRIES: Jim Dorsey +1 905 453 3038 jfdorsey@yahoo.com  
VENDOR INQUIRIES: Paul Henshall +1 905 601 1519 paul.henshall@gmail.com**



### [Our Brother Groups – Other Local PCCN Chapters](#)

Those of you who regularly attend monthly meetings will have noticed that **Glen Tolhurst** from the [Waterloo-Wellington](#) chapter of the **Prostate Cancer Canada Network** often attends our meetings.

Walter **Eadie** from [PCCN Oakville – Mississauga](#) also attends on occasion.

And **Bob Allan** from **PCCN Burlington** has attended meetings and Cruisin' for a Cure over the years.

Our four groups have cooperated over the years, attending each other's monthly meetings and assisting with special events like Father's Day Walks, Special Speaker Nights and Cruisin' for a Cure.

The point is that no matter where in Canada a man lives, there is a chapter of PCCN available either for meetings or for telephone support. And you can attend any meeting that interests you. All groups welcome visitors and you can join as many groups as you want.

**Prostate Cancer Canada** maintains a list of contact information and meeting details for all chapters. You can find all the Ontario chapters listed at <http://www.prostatecancer.ca/Support/Services/Support-Groups/Find-a-Group-Near-You/Ontario>

### [PCC's Expert Angle Webinars](#)

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Past and future 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 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**. 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.



**[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**.

**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 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](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>