



February 2020

Volume 20 Issue 2

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PCCN Brampton News

We kicked off January with our annual **Stop / Start / Continue Meeting**, which only drew six members. Four of “The Usual Suspects” turned up – **Jim Dorsey, Gary Foote, Paul Henshall** and **Mike Loughnan** from the Steering Committee. Our good friend **Walter Eadie** from PCCN Oakville / Mississauga and long-time member **Norm Macdonald** both drove long distances to join us.

The meeting turned out to be quite productive, yielding several major recommendations that were later ratified at the Steering Committee meeting on February 25th.

Of particular note: **Our February 11th meeting has been CANCELLED.** We will only hold eight meetings per year from now on – September through December and March through June. Each block of four meetings will conclude with a social evening.

The **March 10th meeting** will be our **Annual Sharing Meeting** where YOU can be a featured speaker. All members and their supporters are encouraged to share their experiences with prostate cancer and to learn from the experiences of others.

We will start **Tuesday and Thursday “office hours”** at the **Starbucks Coffee Company** location inside **Bramalea City Centre** on **February 11th**. Drop by for a coffee and a chat and bring your friends who don't look after themselves.

We are also negotiating to offer several **information nights** every month at a downtown location that attracts men who are potential prostate cancer patients. Hopefully we will be able to provide confirmation and details of this initiative next month.

The amalgamation of Prostate Cancer Canada with the Canadian Cancer Society has been finalized. See the email from **Andrea Seale**, the **Chief Executive Officer** of the **Canadian Cancer Society (CCS)**, on pages 5 and 6. We sincerely hope that this amalgamation will result in even better programs being offered to those Canadians affected by prostate cancer.

Jim Dorsey – Acting Newsletter Editor

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General Meeting, Tuesday, February 11th, 2020 – CANCELLED!

For reasons that will be described on Page 3, this meeting is regrettably cancelled.

Starbucks Office Hours Start Tuesday, February 11th, 11 a.m.

“The Office” is in the bullpen outside the Starbucks location inside BCC. We will eventually be posting signs in the window with the kind permission of Store Manager **Julian DaSilva**, a long-time supporter of our awareness efforts, including Cruisin’ for a Cure.



Next General Meeting, Tuesday, March 10th, 2020 – 7 p.m.

This will be our annual **Sharing Meeting** and it will be facilitated by **Paul Henshall**. All in attendance will have the chance to share their own current status and to find out how other members are doing.

These meetings are always very informative and give us the opportunity to support our fellow members and to be supported in our turn. Please consider coming out and sharing your experience and concerns with the group.

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 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, January 14th, 2020

Paul Henshall led 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. The six men in attendance came up with a number of ideas that we will be acting upon.

STOP:

- holding meetings in January and February as bad weather and darkness make it difficult for many members to attend.
- trying to find major speakers for every single meeting as declining participation makes that difficult.

START:

- a new outreach program to go where the men are in Brampton
 - Starbucks inside Bramalea City Centre Tuesdays and Thursdays from 11 a.m. to 1 p.m. starting on Tuesday, February 11th
 - A downtown location To Be Announced, several evenings a month.
- providing more opportunities for members and guests to share their experiences at monthly meetings.
- Making use of recorded webinars and presentations in place of live speakers.
- encouraging members to improve their fitness through individual effort, gyms like **GoodLife Fitness** and other community resources like the **Bramalea City Centre Mall Walkers** (6:30 to 9:30 a.m. upper food court. Information: Lila, (905) 793-4151) More on this subject next Newsletter.

CONTINUE:

- holding **Cruisin' for a Cure Canada** at the CAA Centre the Second Sunday in September every year, providing prostate cancer information and free PSA tests to any man 40 years of age or older.
- promoting both awareness and Cruisin' for a Cure at local car shows and similar events.
- reaching out to men at every possible opportunity, including
 - Church health fairs,
 - Business health fairs,
 - Local festivals and other events,
 - Major trade shows at the International Centre.
- Growing our relationship with **Wellspring Chinguacousy Cancer Support Centre**.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, February 11th, 2020 Meeting CANCELLED

***Tuesday, February 11th, 2020 Starbucks Office Hours Begin, 11 a.m. to 1 p.m.
Starbucks inside Bramalea City Centre near Shoppers Drug Mart***

**Family Day Weekend, Friday, February 14th to Sunday, February 16th, 2020
Prostate Extreme Team 15th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2020_ont_sled.html**

**Tuesday, March 10th, 2020 at 7 p.m.
Annual Sharing Meeting.**

**Friday, March 13th to Sunday, March 15th, 2020
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>**

**Tuesday, April 14th, 2020 at 7 p.m.
Dr. Andrew Loblaw, Topic T.B.A.**

**Tuesday, May 12th, 2020 at 7 p.m.
Speakers & Subjects To Be Announced.**

**Tuesday, June 9th, 2020 at 7 p.m.
Annual End of Season Social Evening.**

**Sunday, September 13th, 2020 at 10 a.m.
14th Annual Cruisin' for a Cure Canada, CAA Centre, Brampton.**

NOTE: We are always looking for speakers of interest to our members.

Please, please, PLEASE share your interests, contacts 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**



PCC & Canadian Cancer Society Amalgamation

This email was received from **Andrea Seale**, the **Chief Executive Officer** of the **Canadian Cancer Society (CCS)**, on February 3rd.

We are pleased to see that our long-time supporter and frequent guest speaker at our monthly meetings, **Dr. Stuart Edmonds** is now the **Executive Vice President of Mission** at CCS.

Peter Coleridge, the former **President and CEO of PCC**, who we hardly had time to get to know, will stay on during the transition.

We hope that other members of the PCC Team that we have come to know and love will also find suitable positions within CCS.

Amalgamations like this take a long time to work out and we wish those involved every success.

Hopefully the end result will be an organization that continues to support men affected by prostate cancer and their families.



[View Online](#)

Dear supporters,

I'm writing today with some exciting news. The Canadian Cancer Society (CCS) and Prostate Cancer Canada (PCC) have finalized our amalgamation. We begin this decade taking another bold step to transform the cancer sector in Canada.

What I want you to know is that **Canadians facing prostate cancer will continue to have access to trusted information and education materials and will now benefit from CCS's nationwide support system.**

We are bringing together the strengths of two organizations that share many common goals: preventing cancer, funding life saving cancer research and ensuring no one faces cancer alone. We will be able to increase our impact on families facing prostate cancer, expanding awareness and activity around critical issues like early detection, treating advanced forms of the disease and increasing survivor support. And by coming together, we are making donations go further by reducing duplication in administrative and fundraising costs.

We applaud the important work that PCC has done to increase awareness of PSA testing to help find prostate cancer early. CCS is committed to continuing these efforts. We believe Canadian families should have access to consistent information from trusted sources on how to detect prostate cancer early – and that starts with talking to your doctor about the PSA test.

PCC's excellent work in addressing prostate cancer in Canada will continue as part of CCS. And to accomplish this, your valuable expertise, experience and passion for the cause is still needed as much as ever before.

While we are still in the early stages of bringing our organizations together, I want to provide you with as much information as I can. Below are some answers to questions you may have. If you have any other questions, please don't hesitate to connect with me.

I am looking forward to all that's to come in 2020, including welcoming you, PCC's dedicated community, to the CCS family. Thank you for everything you have done to save and improve the lives of those facing prostate cancer. Together, we are a force-for-life in the face of cancer.

Sincerely,

Andrea Seale
Chief Executive Officer
Canadian Cancer Society



Additional Information

What does this mean for PCC's work?

PCC and its supporters have made a real difference since its founding 25 years ago: in that time, the death rate for prostate cancer has dropped by half, more Canadians are talking about prostate cancer than ever before and people affected by the disease have more support. Those are tremendous achievements that have changed and saved lives. As part of CCS, the prostate cancer research projects, educational initiatives and work to influence policies to improve patient outcomes will continue.

Can I still donate to the prostate cancer cause under the CCS umbrella?

Yes, CCS is committed to investing in the prostate cancer cause and ensuring a donor's dollars are directed to the particular area requested by them, including to prostate cancer research and programs.

What does this mean for PCC's staff and volunteers?

PCC's staff and volunteers are an important part of our community and we value and need their expertise.

I'm pleased to share that Dr. Stuart Edmonds, PCC's Vice President of Research, Health Promotion and Survivorship, is now the new Executive Vice President of Mission at CCS. Stuart helped implement the country's largest national program in prostate cancer survivorship, expanded and initiated various health education initiatives, acted as a strong advocate for people facing prostate cancer and their families, and ensured PCC invested in life-saving research. I'm thrilled to welcome him and the rest of PCC's staff to the CCS team to continue and expand on this work.

PCC's former President and CEO, Peter Coleridge, is committed to working together throughout this transition to support both teams in continuing critical work in the prostate cancer space.

Has a merger like this taken place before and was it successful?

The unprecedented merger of CCS and the Canadian Breast Cancer Foundation several years ago set us on a path to increase efficiencies and seek new partnerships. The remarkable 28% year-over-year reduction in fundraising expenses we achieved as a result of that consolidation allowed us to direct more to helping people facing cancer.

This partnership with PCC will continue this momentum, while supporting progress in prostate cancer – the most commonly diagnosed cancer in Canadian men.



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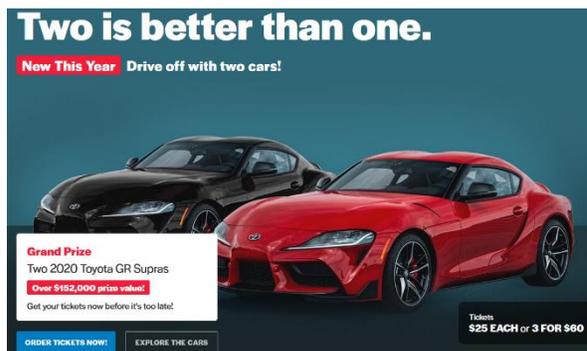
PCCN Brampton Bram-O-Gram

[Rock the Road Raffle 2020](#)

This year, a pair of **2020 Toyota GR Supras**, one in Renaissance Red and one in Nocturnal Black, with a total value of over **\$152,000**, will be presented to the lucky winner of **Prostate Cancer Canada's** annual **Rock the Road Raffle** on the last day of the **[2020 Canadian International AutoShow](#)**. The seven previous Rock the Road Raffles have raised \$2.5 million for the research and support services funded by Prostate Cancer Canada.

As always, the **[Trillium Automobile Dealers Association \(TADA\)](#)**, has donated the grand prize cars for the raffle so that every dollar raised goes toward Prostate Cancer Canada's research and survivorship programs.

Tickets are available until February 20, 2020, at **www.RockTheRoadRaffle.ca**, by calling 1-855-441-1267 or in person at the Canadian International AutoShow. **The draw will take place between noon and 1 p.m. on February 21st** at the AutoShow. **Tickets cost \$25 each or three for \$60.**



[ADT Online Educational Program](#)

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book **[Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones](#)**.

The next online sessions will be held on **Thursday, February 13th**, **Monday, March 16th** and **Tuesday, April 14th**, all at **Noon Eastern Time**. To register, fill in the brief form at **<http://www.lifeonadt.com/how-to-register>** or send an email to **LifeOnADT@gmail.com**.

NOTE: In-person classes are also offered at **Princess Margaret Cancer Center** in downtown Toronto. To register, call **Sarah Darling** at 416-946-4501 ext. 2598.



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** in the months of **September, October, November, December, March, April, May** and **June** at the **Wellspring Chinguacousy Cancer Support Centre, 5 Inspiration Way.**

Steering Committee Meetings are held two weeks later, on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, they are also held at Wellspring Chinguacousy.

Family members, friends & supporters are always welcome at any of our Meetings!

[PCCN Brampton Voice Mail:](#) **(905) 458-6650**

[Jim Dorsey:](#) **(905) 453-3038**

Note that we accept phone calls and one-on-one meetings 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.

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Gary Foote, 905-458-6650, E-Mail: visact@rogers.com

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