

**October, 2016**  
**Volume 16 Issue 8**

**INSIDE THIS ISSUE**

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 4** Prostate Cancer Canada Website Updates
- 5** 10<sup>th</sup> Annual Cruisin' for a Cure Canada
- 8** Recently Diagnosed?

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

**CHECK OUT OUR  
AWARENESS  
ACTIVITIES AND  
CONSIDER  
VOLUNTEERING**

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**PCCN Brampton News**

September was an extremely busy month for **Prostate Cancer Canada**, our national foundation, and for many active chapters of the **Prostate Cancer Canada Network** across Canada.

The month saw:

- Frequent research announcements such as “**Could MRI Revolutionize the Biopsy Process?**”
- Public service announcements on radio and TV like Damon Allen’s “**The Parking Lot Prostate Exam**”
- Major fundraising events such as the **7<sup>th</sup> Annual B&O Yorkville Run** supporting a Graduate Studentship in prostate cancer research
- Our own **Cruisin' for a Cure Canada** that raises both awareness and funds
- The **7<sup>th</sup> Pants Off for Prostate Cancer** event in Toronto that does the same
- Cities, regions and provinces across Canada proclaiming September as **Prostate Cancer Awareness Month**
- Landmarks like Niagara Falls and the CN Tower illuminated in blue to mark **Prostate Cancer Awareness Month**
- The first **Wake Up Call Breakfast** in Woodbridge, ON. More will be held elsewhere in Canada during October
- Reminders of the highly successful **Wear Plaid for Dad** campaign that will be even bigger in 2017.

**Rocco Rossi** and his staff in PCC's Toronto, Halifax and Calgary offices continue to create new ways to increase awareness of our common foe and to generate funds for research, education, awareness and survivorship.

**Gary Foote, Jim Dorsey - Newsletter Editors**

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### Next General Meeting, Tuesday, October 11<sup>th</sup>, 2016 – 7:00pm

**Dave Cook, local historian and author of “Fading History”.** Dave’s family lived near the Junction area of Toronto in the 1940s before they moved to establish a farm on the 6<sup>th</sup> Line, south of the Village of Malton. His family homestead was expropriated by the Federal Government in 1956 as part of the Toronto Airport expansion. The family then moved to Applewood Acres in south Mississauga.

In 1966 Dave was hired by CHIC Radio in Brampton and later accepted a job in the lucrative Toronto market at CHIN Radio. He was employed as an on-air news announcer. He left radio in 1974 to work as a newspaper reporter with The Mississauga News and later, its sister publication, The Etobicoke Gazette.

In 1980 he was elected Councillor, City of Mississauga and Regional Municipality of Peel and served three terms and retired in 1988.

After retiring from Council, Dave’s lifelong hobby in motorsports led him into a new career as he accepted a job as general manager of Mosport International Speedway. When the race track was sold to a U.S. promoter he retired from motorsport and turned his attention to writing and publishing books on community history. Dave was presented with the Heritage Mississauga Foundation Award in 2009 and two years later was named a Paul Harris Fellow of Rotary International.

Outline of presentation:

*“My presentation will cover a brief outline of the many stories I write about in my books. Topic range is from sports to royalty. All stories originated in the western areas of the GTA. Many of the topics are of international significance known the world over but took place in the Milton, Mississauga, Port Credit and Etobicoke areas. I write and talk about the Last Grand Duchess of Russia, the Lancaster Bomber, AVRO Arrow and Flying Saucer. I tell about Franklin Roosevelt’s top secret train trip with his war cabinet through Niagara, Hamilton, Oakville, Mississauga, Etobicoke and on to Manitoulin Island and then what took place there that resulted in a military tribunal. I will tell about my neighbour Col. Harlan Sanders of KFC fame, I talk about some of the interesting, and humorous happenings during my research.” – Dave Cook*

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 **our NEW meeting location, 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 both plentiful and free - and there are **no stairs** to be navigated.

## Last General Meeting, Tuesday, September 13<sup>th</sup>, 2016 – 7:00pm

We began our 2016-2017 season of meetings with a review of the summer's awareness activities, culminating in **Cruisin' for a Cure** on September 11.

Health issues and mechanical problems led us to cancel several of our regular summer car show and race track appearances. But we had supporters like **Neila Boniface, Wes Manwell, David King, Terry Palmer, Lorne Bland** and **Bob Perkins**, all car buffs who have supported Cruisin' for many years, out distributing our show flyers and posters at every opportunity.

We were able to report that 5,000 flyers and 300 posters were distributed and that show attendance showed their effectiveness: 500+ vehicles came out and 287 blood tests were provided. We saved a substantial amount by changing our laboratory service this year. In addition to lower costs, the check-in procedure was much simpler than in previous years.

We do not have final numbers for high PSA scores or for revenue and expenses, but expect to be able to make a final report later in October or early in November.

It had been our intention to repeat the successful Stop, Start, Continue format for the balance of the September meeting, but **Morris Rambout** asked a leading question: "***If you had it to do over again, would you have the same treatment?***"

This led to a spirited discussion of the side effects or lack thereof that members had experienced and to discussion of the many improvements that have been made to traditional treatments and of newer treatments that were not available when we were diagnosed.

It seemed that all who spoke believed that they did make the best decisions possible given the information and alternatives available at the time that they were diagnosed. Very few major regrets were expressed.

This was one of the best meetings that we have had in quite a while with a high level of audience participation. Perhaps we have gotten over the shock of the new meeting location and we will see attendance improve over last year.

Members were interested to hear that we have some unusual speakers in mind for this year, starting with historian **Dave Cook** in October.

### **Upcoming PCCN Brampton Meetings / Events:**

**Tuesday, October 11<sup>th</sup>, 2016, 7 p.m. to 9 p.m.**  
**Dave Cook, local historian and author of “Fading History”.**

**Tuesday, November 8<sup>th</sup>, 2016, 7 p.m. to 9 p.m.**  
**Details TBA.**

**Tuesday, December 13<sup>th</sup>, 2016, 7 p.m. to 9 p.m.**  
**Annual Christmas Social Evening. Catering T.B.D.**

**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 advance notice as possible when a speaker has to reschedule.***

### **Prostate Cancer Canada Website Updates**

Through the efforts of **Rocco Rossi** and his amazing crew, there are events going on all over Canada virtually every month of the year. Of particular interest is this unique project, featuring CFL legend **Damon Allen**: <http://prostatecancer.ca/Get-Involved/Events/Talk-Prostate>

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>.

And 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**.



## 10th Annual Cruisin' for a Cure Canada, September 11<sup>th</sup>

Our 10<sup>th</sup> **Annual Cruisin' for a Cure Canada** was arguably our best show to date. We attracted over 500 cars, trucks and motorcycles. Most importantly, we provided 287 free PSA blood tests for men 40 through the generosity of our principal sponsors, **Planet Ford** and **Janssen Inc.** Summary results have yet to be obtained from our lab, Brampton's **Dynacare-Gamma Laboratory Partnership.**



The Powerade Centre north parking lot was jammed.



Mike, Linda, Jennifer, Margaret, Kim and Alex ran the blood clinic.

Our co-presenters, Brampton's wonderful **Over 'N' Under Car Club**, raised a record of nearly \$4,800 through the "**U Choose Raffle**" and related events. Their members collected the largest number of top-quality prizes ever, spent Labour Day organizing them for the show and then spent the entire day selling tickets, drawing the winners and presenting the prizes. An amazing effort – we owe them so much!



Joan & Neila at the U Choose Raffle tables.



Lucky winners collecting their prizes.



## 10th Annual Cruisin' for a Cure Canada (Continued)

As always, the men and women of the **OPP Golden Helmets Precision Motorcycle Team** were the stars of the day. Spectators also enjoyed vendors, games and food to the accompaniment of classic cruising music from the 50's and 60's selected by our DJ, Brampton's own **Rock "N" Ray Michaels**.



The **OPP Golden Helmets** preparing to perform.



**Rock "N" Ray Michaels** on the job



A few of the members of the **501<sup>st</sup> Legion**, Star Wars "Bad Guys Doing Good."



**Troy's Diner**, foreground, and **La Catrina** fed the crowds along with **Tim Hortons** and **Rico's Ice Cream**.



## 10th Annual Cruisin' for a Cure Canada (Continued)



The registration table was staffed by **Sandi Dorsey** and the **Denis & Jean Paris family**.



**Morris & Sandra Rambout** and **Rufus & Pat Goodland** provided prostate cancer information.



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**Cruisin' for a Cure** depends upon our many, many volunteers, both **PCCN Brampton** members and non-members and upon our community partners, vendors and suppliers.

See more photos on our Facebook page: <https://www.facebook.com/c4acc/>  
 or on the Prostate Cancer Canada website at  
[https://www.facebook.com/prostatecancercanada/photos/?tab=album&album\\_id=1209579102423701](https://www.facebook.com/prostatecancercanada/photos/?tab=album&album_id=1209579102423701)



### **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>**