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

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PCCN Brampton News

October has been a bit of a slow month. **Paul Henshall** was in Southeast Asia for a good part of the month and of course the focus for most people was on Breast Cancer, as it should be in October. So, we could finish with the Brampton and Buffalo **Cruisin' for a Cure** shows and start planning for the 2017 events, including the **Motorama Car Show** in March, where we start promoting our 11th Cruisin' for a Cure.

Of course, the folks at Prostate Cancer Canada have been busy organizing for [this year's MOvember campaign](#). The theme this year is "**Stop men dying too young.**" Once again, Mo Bros and Mo Sistahs will team up to raise awareness and funds for men's health. Prostate Cancer Canada continues to be the main beneficiary of their fund-raising efforts, so Paul Henshall will again Captain our **PCCN Brampton Team**. You can join or donate to the Team or to any member at <http://moteam.co/pccn-brampton>.

As we had hoped, **Dave Cook** was a big hit at the October meeting, revealing many fascinating tidbits about Peel Region history to an appreciative audience. This month we will feature one of the Expert Angle webinars in lieu of a speaker. **Peter Mallette** describes his journey from his prostate cancer diagnosis to the man in charge of PCC's Halifax office. We will relive parts of our own journeys during his presentation.

We are sorely in need of volunteers to take over some of the activities that make this group work. Please contact either of us if you are interested in serving on the **Steering Committee**, becoming the **Speaker Coordinator** or taking over as one of the **Newsletter Editors**.

There are no prerequisites. Man or woman, older or younger, we will train you. The pay is awful, but the benefits are substantial and include the knowledge that our actions can ease the burden that a diagnosis of prostate cancer drops onto any man and his family.

Gary Foote, Jim Dorsey - Newsletter Editors

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Next General Meeting, Tuesday, November 8th, 2016 – 7:00pm

In this **Expert Angle** session recorded on May 17, 2016, **Peter Mallette**, *Executive Director of the Atlantic Region of Prostate Cancer Canada*, shares his story “**From Survivor to Advocate**”. Peter will talk about:

- His family history with prostate cancer
- Learnings from his diagnosis and treatment
- His experience from volunteer to passionate advocate
- Prostate Cancer Canada’s many services



Peter Mallette's Biography:

Peter joined Prostate Cancer Canada as Executive Director of the Atlantic Region in December of 2010. Previous to that, Peter spent 33-years in broadcast journalism as a television news anchor, reporter, and producer for CTV News in both Ontario and Nova Scotia. Peter is a prostate cancer survivor having been diagnosed and treated in 2005. As Executive Director of PCC Atlantic, Peter leads a team of three people who are raising money and awareness about Prostate Cancer, and strengthening and growing the Prostate Cancer Canada support group network throughout the Atlantic region.

Peter is a great speaker, an imaginative promoter and a passionate advocate for men and their families affected by prostate cancer. He is also a huge fan of prostate cancer support groups and credits the Halifax group for their kindness to him when he was diagnosed, throughout his treatment and to this day.

You can forward your questions or suggestions to: 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 plentiful (we are no longer competing with hockey teams for spaces), well lit and free - and there are **no stairs** to be navigated.



Last General Meeting, Tuesday, October 11th, 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 6th 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, retiring 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**.

Having grown up in the Mississauga area Dave saw firsthand the many stages of development around the Toronto Airport over the years. This included the creation of the Avro company and in particular the **Avro Arrow** of which we have all heard the many rumours and myths that have gone around. An incredible aircraft in its day, the ultimate fate of Avro was purely financial in nature. It turns out that the companies developing it inflated their billings by ten or more times and the project at its end was shut down when the cost approached 1/7th of the entire budget of Canada. Strangely, no full-scale Arrows remain as the last few were rocketed into Lake Ontario and remain there to this day.

Dave was involved in a number of interesting and historical ventures over the years and even when faced with groups that didn’t pay him for his work, he often found ways to obtain funding and to ultimately make money from his hard work.

Dave’s presentation contained many of the bestselling books that he has written and assorted maps and memorabilia including some small test bombs that had been fired into Lake Ontario. Given the metal shortage during and after the Second World War, people began retrieving these bombs and made a great deal of money off of them. All in all, a very interesting stroll down memory lane.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, November 8th, 2016, 7 p.m. to 9 p.m.
Peter Mallette, "From Survivor to Advocate".

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

Tuesday, January 10th, 2017, 7 p.m. to 9 p.m.
Speaker and details TBA.

Tuesday, February 14th, 2017, 7 p.m. to 9 p.m.
Speaker and details TBA.

Tuesday, March 14th, 2017, 7 p.m. to 9 p.m.
Margaret Wallis-Duffy, Noted wellness expert. Details TBA.

Tuesday, April 11th, 2017, 7 p.m. to 9 p.m.
Speaker and details TBA.

Tuesday, May 9th, 2017, 7 p.m. to 9 p.m.
Jason Singh & Elizabeth Huggins, PCC will update us on the True Nth Program.

Tuesday, June 13th, 2017, 7 p.m. to 9 p.m.
Annual End-of-Year Social Evening.

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

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 Expert Angle Webinars

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>. 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**.



PCCN Brampton Bram-O-Gram

Christmas Social Evening, December 13th, 2016 – 7:00pm

The Steering Committee has voted to bring in Chinese specialties from Brampton's own Mandarin **Restaurant** rather than holding a Potluck. It was very well-received last year.

However, we are making a few changes this year:

- ALL members and guests **MUST** RSVP so that we can order enough food.
- We are implementing a token charge of \$5 per person to help defray the cost.

Please keep in mind that while the Mandarin is noted for its buffet, what you will see on the serving tables is what we have for all to share. There will be no courteous staff restocking empty containers. Last year, the last few people up got to share small remnants of a few of the least popular dishes.

We will have some special guests this year, to be announced in the next Newsletter.

11th Annual Cruisin' for a Cure Canada, September 10, 2017

We are still awaiting final numbers as several donors and vendors have been slow to provide cheques or invoices for our **2016 Cruisin' for a Cure**; however, we do plan to make our usual contribution to PCC at the December meeting. We have had overwhelmingly positive feedback from attendees, vendors, sponsors and volunteers, all agreeing that it was our best show ever.

Remember that there are plenty of photos available 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

Planning for next year is well under way:

- The Powerade Centre has already been booked for September 10.
- Our co-presenters, Brampton's wonderful **Over 'N' Under Car Club**, voted unanimously to conduct the "**U Choose Raffle**" for the sixth year and to handle parking for the second year.
- We are hopeful that we can retain our principal sponsors, **Planet Ford** and **Janssen Inc.**
- **Dynacare-Gamma Laboratory Partnership** has expressed an interest in returning in 2017. They were very easy to work with and their invoice was a VERY pleasant surprise.

[To PSA or not to PSA; the Pendulum Swings](#)

You will likely recall that back in late September the **New England Journal of Medicine** [published an article](#) about the **Prostate Testing for Cancer and Treatment (ProtecT) trial** in the UK. This study randomly assigned 1,643 men 50 to 69 years of age and diagnosed with localized prostate cancer to undergo “active monitoring”, radical prostatectomy, or radiotherapy. At ten years, mortality and disease progression were analyzed.

The study ends with some conclusions that support what Prostate Cancer Canada and other groups and individuals know to be so, e.g. Mortality regardless of treatment was low for men with localized disease, progression was lower with both surgery and radiation, but side effects were avoided by a large percentage of the men who were monitored.

Drs. Freddie C. Hamdy et al recognized that the trade-offs between possible side-effects of treatment and the greater risk of disease progression while being monitored must be recognized and discussed with a medical professional. They also refer to longer-term follow-up of the participants. All in all, a useful study and a reasonable discussion.

The press and other groups and individuals with agendas different from ours immediately jumped on the study and took it as yet more evidence that there should be NO testing for prostate cancer. We believe that our lower-than-expected turnout for the blood clinic at Cruisin’ for a Cure can be attributed to the media uproar that followed. In particular, we noticed that only one member of the South Asian community showed up for a PSA test this year, versus dozens last year. We will be investigating the reason for this over the winter.

Sadly, **Roswell Park Cancer Institute (RPCI)** was criticized in both the national and local media for backing our brother show, **Cruisin’ for a Cure Buffalo (CfaCB)**. CfaCB’s largest financial sponsor remained a sponsor but did choose not to appear at the show in case there was a lot of negative press. Fortunately, we were not subjected to quite the same ordeal here in Canada.

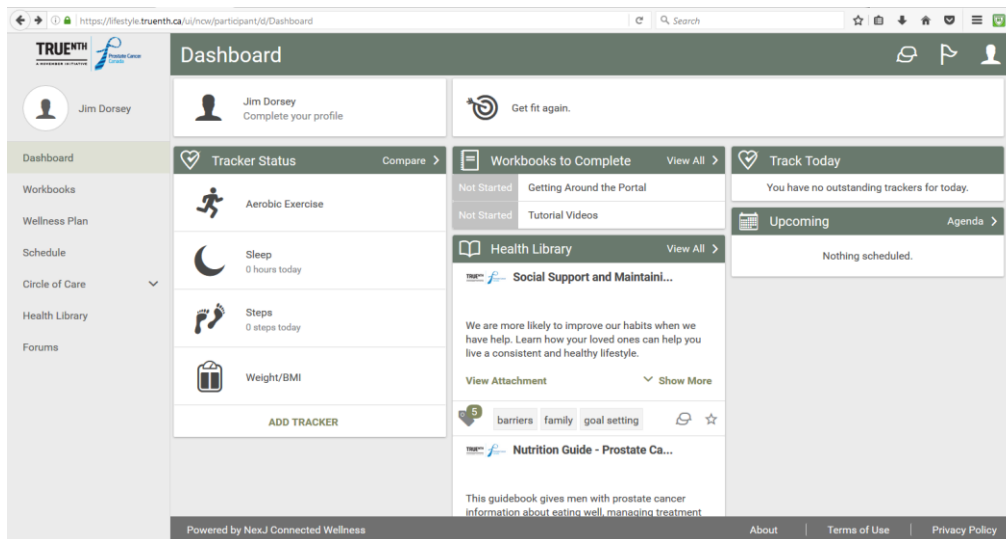
RPCI immediately published a very professional response in support of the successful mass testing at Cruisin’ for a Cure Buffalo. Here in Canada, there were several very fine articles published by experts that we know and admire. An excellent example is [Dr. Neil Fleshener’s article](#) in the Globe and Mail on October 3, which concludes “*In summary, the early signals in this paper point toward the need for treating men with aggressive tumours and monitoring those with very low-risk disease. This practice has been the norm in Canada for more than 10 years.*”

[TrueNTH Lifestyle Management: The Journey Begins](#)

As noted on Page 4, **Jason Singh & Elizabeth Huggins** from Prostate Cancer Canada will come to our May 9th meeting to update us on the **True Nth Program**, including the [Lifestyle Management component](#). We have been harping on fitness for some years now and it is time to put ourselves to the test.

Like many of you, I have a problem balancing my life, spending too much time coming up with reasons for not looking after all the aspects of my health - physical, social, spiritual, social, etc. So, I decided to check out Lifestyle Management, which the PCC website assured me *“Provides men with prostate cancer the ability to enhance health and wellness through access to local and online physical activity, healthy eating and mindfulness programs and resources.”*

This is about as far as I’ve gotten, but I am impressed by what I have discovered so far.



Once registered with TrueNTH LM, I was presented with the dashboard in the image above. I am currently exploring what it offers in the way of workbooks, library resources, “trackers”, etc. and will report on this in later Newsletters. I did learn that it can be integrated with **fitness trackers** such as the Fitbits that some of our wealthier members are sporting. 😊

BTW, on connecting to <https://lifestyle.truenth.ca/> I found a screen with two images, the first containing a **“Learn More”** button. On clicking that button and scrolling down, I was able to search for TrueNTH LM Programs in Toronto & Area. I found three programs run out of the **ELLICSR: Health, Wellness, and Cancer Survivorship Centre at Toronto General Hospital**. The [ELLICSR website](#) appears to contain a wealth of information on wellness & exercise for cancer survivors.

- **Jim Dorsey**, 905-453-3038, jfdorsey@yahoo.com



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

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>