



**December, 2016**  
**Volume 16 Issue 12**

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

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**PCCN Brampton News**

Please RSVP as soon as possible if you intend to attend the Christmas Social Evening on December 13. We don't want anybody to go away hungry this year! **R.S.V.P. to GARY FOOTE @ 905-458-6650 OR EMAIL [visact@rogers.com](mailto:visact@rogers.com)**

**PCCN Brampton has reached a crisis stage** due to issues faced by some of our "Usual Suspects" – those great folks who are always there when we need them.

Some of us older members are suffering from health issues and family problems, while some of the younger ones are busier than ever with successful careers and growing families.

- We need new blood to serve on the **Steering Committee** to help us come up with new ideas and directions.
- We desperately need a **Speaker Coordinator**, as **Kim Vogel** and husband Neil have moved out of Brampton.
- We also have to replace **Gary Foote** as **Newsletter Editor**. There are two blank pages in the Newsletter this month as Gary was heavily involved in his business and family. YOU are invited to step up and fill those two pages in January's Newsletter.
- We could use a **Social Media volunteer** to maintain and improve our website and Facebook efforts and take us in new directions.
- We dream of reinstating our **Hospital Visitation** program. We used to visit men who were in for surgery at the old Peel Memorial Hospital.

There are no prerequisites. Man, 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 other families.

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

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



## PCCN Brampton Bram-O-Gram

### **Next General Meeting, Tuesday, December 13<sup>th</sup>, 2016 – 7:00pm**

This is our annual Christmas Social Evening, with no scheduled speaker. However, we will be presenting our annual contribution to **Prostate Cancer Canada** to our regular Christmas guest, **Anne Breakey Hart**. Executives of the **Over 'N' Under Car Club**, whose unselfish efforts raised some \$4,800 for **Cruisin' for a Cure** in 2016, will join in presenting the cheque.

We will be reviewing 2016's activities and describing our plans for the coming year. 2017 will require some major changes. Your inputs are welcome.

The Steering Committee has again voted to bring in Chinese specialties from **Mandarin Restaurant** rather than holding a Potluck. This was very well-received last year.

However, as mentioned in the last Newsletter, 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 amounts of a few of the least popular dishes.

**PLEASE R.S.V.P. to GARY FOOTE @ 905-458-6650 OR EMAIL [visact@rogers.com](mailto:visact@rogers.com)**

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 **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, well lit and free - and there are **no stairs** to be navigated.



### Last General Meeting, Tuesday, November 8<sup>th</sup>, 2016

**Peter Mallette**, Executive Director of the Atlantic Region of Prostate Cancer Canada, shared his story "**From Survivor to Advocate**" in this Expert Angel Webinar.

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. 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.

Like so many volunteers Peter was drawn into the Prostate Cancer fold as a result of his own family experience with Prostate Cancer. His father had it in the 1970's and was forced to travel some distance to Toronto for treatment. Peter always thought his father would be ok and was unaware of the fear and frustration that he dealt with. This all led to a loss of the will to live and he died suddenly, as the result of a heart attack.

In September of 2005 Peter was himself diagnosed with Prostate Cancer and underwent a Radical Prostatectomy. Like so many patients, he had to deal with the all too common Urinary and Sexual Function side effects. Working for CTV News in Halifax at the time, with the support of the station, went public about his condition and treatment. While he received considerable support from the public, he also had to deal with a number of attacks from a number of people telling him he should have kept his condition to himself.

He joined a local PCCN Support Group and was surprised by the level of honest discussion among the group. His experience with the support group in turn led to his transition from a Survivor to a Prostate Cancer Advocate. He felt, as we do, that the only way to know what cancer is really like is to speak to a survivor. This led him to become the regional director of Prostate Cancer Canada based out of Halifax. As such, he became a full time advocate for prostate cancer patients. He had a lot to learn about prostate cancer, fund raising and awareness, but he tackled the challenges as he did his broadcasting career.

He feels that many individuals, like his father, keep their diagnosis to themselves and do not share it with their family and personal support network. As such, they deprive themselves of support and at the same time ultimately pass along guilt to the family who are unaware of their condition and would generally want to help where they could. Support is a critical part of the PCC mandate and he knows quite well the benefits that a support group can provide.

Peter also talked about the True North initiatives that PCC is working on. These include diet, exercise, help with incontinence and sexual function to improve the overall experience of the prostate cancer patient. For more info please visit the PCC website: <http://prostatecancer.ca>



### Upcoming PCCN Brampton Meetings / Events:

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

Tuesday, January 10<sup>th</sup>, 2017, 7 p.m. to 9 p.m.  
Mr. Rocco Rossi, President & CEO, Prostate Cancer Canada.

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

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

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

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

Tuesday, June 13<sup>th</sup>, 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](mailto:jfdorsey@yahoo.com)

### 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

*You Could Fill This Page*



## PCCN Brampton Bram-O-Gram

*You Could Fill This Page*

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

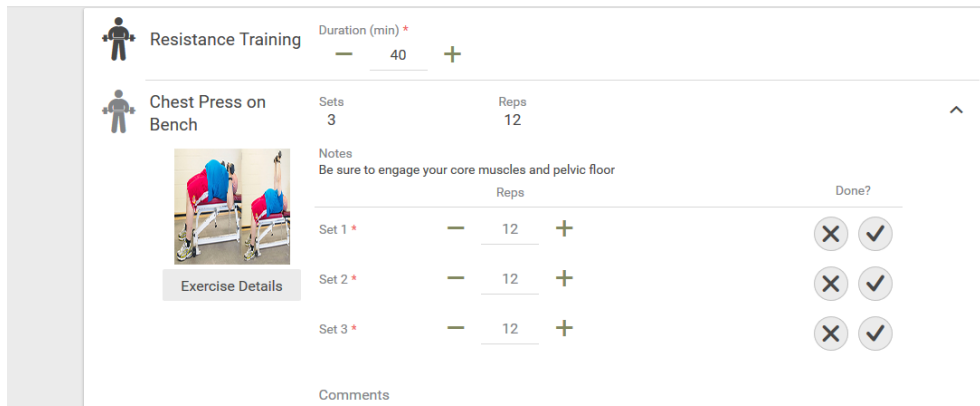
As mentioned last month, I am attempting to follow the [Lifestyle Management component](#) of Prostate Cancer Canada's **True Nth Program**.

My advisor, Kathryn, has provided me with an **Aerobic Exercise** program with a target of 45 minutes per day of walking and a **Resistance Training** program of nine exercises to be performed over 40 minutes. She has responded quickly to all my questions.

The resistance training has caused some joint pain, so I will be seeking my doctor's advice before carrying on. However, I did manage to get my daily walking back up to 10,000+ steps per day, for about 90 minutes of aerobic activity per day.

The Resistance Training program that Kathryn is laid out as follows:

Log Workout - HBP009 (15 November 2016)



Resistance Training Duration (min) \* 40

Chest Press on Bench Sets 3 Reps 12

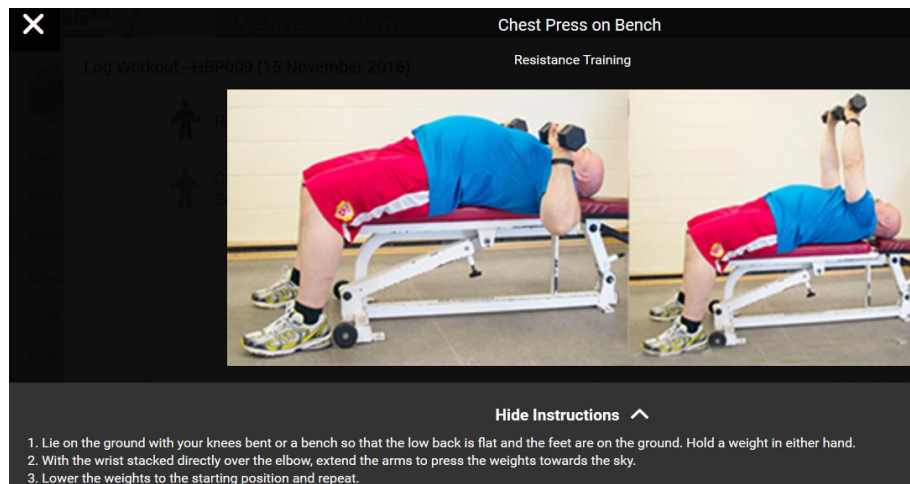
Notes: Be sure to engage your core muscles and pelvic floor

Set	Reps	Done?
Set 1 *	12	<input checked="" type="checkbox"/>
Set 2 *	12	<input checked="" type="checkbox"/>
Set 3 *	12	<input checked="" type="checkbox"/>

Exercise Details

Comments

Clicking *Exercise Details*



Chest Press on Bench

Resistance Training

Log Workout - HBP009 (15 November 2016)

Hide Instructions ^

1. Lie on the ground with your knees bent or a bench so that the low back is flat and the feet are on the ground. Hold a weight in either hand.
2. With the wrist stacked directly over the elbow, extend the arms to press the weights towards the sky.
3. Lower the weights to the starting position and repeat.

- Jim Dorsey, 905-453-3038, [jfdorsey@yahoo.com](mailto: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](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>