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

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PCCN Brampton News

Our first two meetings of 2017 have been rather sparsely attended, leading us to consider possibly not holding meetings in the dead of winter. Another possibility is to change the January and February meetings into sharing and/or discussion sessions, instead of trying so hard to draw interesting and informative speakers who end up speaking to very small numbers of our members.

The discussions at the February meeting were quite enjoyable and valuable, suggesting that we should talk amongst ourselves more often than we have been doing. We will pursue this idea over the next few months.

March's speaker is **Margaret Wallis-Duffy**, a Brampton massage therapist and wellness expert who wants to help us live not just longer, but longer and better.

April features a social worker speaking on sexual health and prostate cancer, while PCC representatives will update us on the exciting True Nth program in May. June will be our usual year-end social evening & potluck dinner

Prostate Cancer Canada has a number of interesting activities taking place over the summer, like the increasingly popular **Wear Plaid for Dad** campaign in June, the **Do it for Dads Walk/Run** on Father's Day and the new **Indy Cycling Challenge** on July 13th. **Rocco Rossi** and his dynamic crew continue to come up with fun and innovative ways to increase public awareness of prostate cancer and raise badly-needed funds. Get more information at <http://prostatecancer.ca/Get-Involved> including how you and/or your younger family members can get actively involved with these events.

The Spring and Fall will fly by as we take part in cruise nights and car shows all over southern Ontario, leading up to September and Cruisin' for a Cure.

Our sincere thanks to **Gary Foote** who just stepped down as co-editor. Your input will be missed, Gary.

Jim Dorsey - Newsletter Editor

E-Mail: jfdorsey@yahoo.com



[Next General Meeting, Tuesday, March 14th, 2017 – 7:00pm](#)

Margaret Wallis-Duffy, R.M.T. - 5 Keys to Living Your Healthiest Life

Today's seniors are living longer than ever, so it is now more critical than ever to live longer—better!

Wellness and physical optimization are crucial for retired persons to thrive into their later years with grace, vitality and independence. Drawing from her experience working with countless seniors at **Wallis for Wellness** and at **Brampton Civic Hospital**, Margaret will share the pillars of health that form the foundation of a long, healthy life, and she wants you to know that it's never too late to start adopting these healthy habits.

After working for years (25 to be exact) with all walks of life, Margaret has found 5 key aspects of health that need attention as a person ages:

- pain
- sleep
- digestion
- energy and
- cognition.

Addressing these 5 pillars can unlock many more years of quality time with family and help you make the most of your retired years. Come learn about what the latest science says about health and what natural, sustainable solutions you can employ to get to the root cause of your health concerns in order to live your healthiest holistic life.

Margaret is a frequent speaker at wellness events and a guest on Toronto-area TV shows. We are looking forward to her presentation.

Contact information for Margaret:

Margaret Wallis-Duffy R.M.T., Wellness Educator and Media Spokesperson

CEO of The WOW Group of Companies

mwallis@wallisforwellness.com, Office: 905-840-3486

Website <http://www.wallisforwellness.com/>

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. 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, February 14th, 2017

Thirteen men braved raw winds and ankle-deep slush to come out to our **sharing meeting** on Valentine's Day!

We started with **Paul Henshall** sharing his own experience as a participant in a study into high dose radiotherapy conducted by our good friend **Dr. Andrew Loblaw** of **Sunnybrook Health Sciences Centre**.

Following the sharing exercise, Paul was prepared to once again lead us through the **Stop / Start / Continue** exercise that worked so well last year. We had hoped to again discuss what PCCN Brampton does now that we should stop, what we should start doing and what we should continue doing. However, the sharing session was so good and went on for so long that we did not get on the Stop / Start / Continue portion of the evening.

The sharing meeting will likely become the format for our February meeting from now on as it seems to be quite an effective way to get to know each other and to help each other handle specific concerns. For example, one of our members was able to provide another member with advanced prostate cancer with direct access to an oncologist at Princess Margaret Cancer Centre who will hopefully provide a long-sought second opinion.

Remember that **our group's two objectives** are:

- **To support men and their families** affected by prostate cancer, especially those newly diagnosed.
- **To increase public awareness** of prostate cancer

We accomplish the second objective through our various awareness activities at church and corporate health fairs and at car shows and cruise nights, with our flagship event, **Cruisin' for a Cure**, being the most impactful. We will continue with these activities unless someone can come up with a better way to reach men and their families.

However, for a variety of reasons, meeting our first objective is becoming increasingly difficult, due to such factors as every man's natural reluctance to open up to strangers, the wealth of resources available online and the continuing controversy surrounding the use of the PSA blood test to test for potential prostate cancer.

Rest assured that all support groups are scrambling for ways to increase or perhaps just to maintain their membership levels. That is always the topic most discussed whenever the leaders of support groups get together.



Upcoming PCCN Brampton Meetings / Events:

Friday, March 10th through Sunday, March 12th, 2017
Motorama Custom Car & Motorsports Expo, International Centre.
Prostate Cancer Canada is the official show charity for the second year.

Tuesday, March 14th, 2017, 7 p.m. to 9 p.m.
Margaret Wallis-Duffy, R.M.T., 5 Keys to Living Your Healthiest Life.

Tuesday, April 11th, 2017, 7 p.m. to 9 p.m.
Trish Lymburner, MSW, RSW, Sexual Health and Prostate Cancer.

Tuesday, May 9th, 2017, 7 p.m. to 9 p.m.
Jason Singh & Elizabeth Huggins of Prostate Cancer Canada will update us on PCC's 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 notice as possible when a speaker must 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**.

12th Annual Sled Ride of Hope, February 17th to 20th, 2017

Steve Hutton's Prostate Extreme Team (PET) once again held its annual **Do it for Dads Sled Ride of Hope** over the Family Day Weekend at the beautiful **Residence Inn by Marriott** in Gravenhurst, ON.

Steve holds this sledding event every year to support **Prostate Cancer Canada**. This year saw 60 sleds on the trail and 100 loyal supporters at the dinner. Over \$17,000 had been raised as of March 6.

To date, **PET has raised over \$231,000** for PCC's prostate cancer awareness and support programs!

Find out more about the Sled Ride of Hope at <http://www.prostateextremeteam.com/sled.html>



A sampling of the 2017 Sled Ride of Hope attendees in front of the Residence Inn.

Cavalcade of Cars in Buffalo & Motorama in Toronto

We kicked off the 2017 car show season at the 24th Annual [Cavalcade of Cars](#) at the Hamburg Fairgrounds, Hamburg, NY, Friday, March 3 through Sunday, March 5.



We were there with **MAN UP Buffalo**, a prostate cancer awareness group started at **Roswell Park Cancer Institute** in 2010. The MAN UP booth promoting **Cruisin' for a Cure Buffalo** has become a respected part of this show.

Our now-famous **Tootsie Pop Draw** raised a record \$600, which more than covered the cost of the booth and the Tootsie Pops. Our very first visitor purchased \$50 worth of lollipops that were enjoyed by members of her car club over the weekend.

The volunteers, consisting of survivors and their friends, have done a lot to increase awareness of prostate cancer in the Buffalo area.

Dylan Wyant, on the left, was one of four winners of Cruisin' for a Cure Buffalo hoodies on Sunday afternoon, presented by the president of MAN UP, Mr. Richard Satterwhite.

From Friday, March 10th through Sunday, March 12th, we will be at the 3rd [Annual Motorama Custom Car and Motorsports Expo](#) at the International Centre. For the second year, Motorama has named Prostate Cancer Canada, as represented by PCCCN Brampton, as the official show charity. The official press release appears on the next page.

Motorama's General Manager, **David Weber**, has also been treated for prostate cancer and this year he has his team working very hard to make this our best appearance ever at this annual car show. The show has had three different names over the years that we have been involved, but Motorama is the best incarnation yet!

We will rely upon more of our loyal volunteers to staff the **Tootsie Pop Draw** booth at Motorama. Tootsie Pops cost \$2 each and purchasers can win prizes ranging from wristbands and lapel pins to Cruisin' for a Cure hoodies. And of course they get to keep the Tootsie Pops that they purchase.

We invite everybody interested in cars and/or prostate cancer to come by and visit us at Motorama at the International Centre, March 10th through 12th. Mr. **Rocco Rossi**, President & CEO of Prostate Cancer Canada, has kindly consented to present the second **Prostate Cancer Canada / Cruisin' for a Cure President's Award** at the final awards ceremony, which start on Sunday at 3:00 p.m.

Press Release - Motorama Custom Car & Motorsports Expo

PROSTATE CANCER CANADA THE OFFICIAL CHARITY OF MOTORAMA

In category [News](#) on [February 10, 2017](#)



A perennial supporter of the *Motorama Custom Car & Motorsports Expo* presented by Mothers, Prostate Cancer Canada (PCC) has been named as the official charity of the biggest car show of its kind in Canada.

For the 2017 edition of *Motorama* – which runs March 10, 11 & 12 at Toronto's International Centre – Prostate Cancer Canada will again have a booth operated by the Brampton chapter of the Prostate Cancer Canada Network of peer support groups (PCCN).

The booth will be staffed by PCC and PCCN representatives – many of them cancer survivors – prepared to discuss and inform show visitors about the most commonly diagnosed cancer among Canadian men and about *Cruisin' for a Cure Canada*, a September car show that provides free PSA (Prostate-Specific Antigen) blood tests to men 40 and over.

"Our support group has long targeted the car hobby, finding places where we can connect with the 'boys and their toys,'" explained PCCN spokesman Jim Dorsey. "A good place to find men, and the ladies who care about them, is around cars. We've found that the wives and girlfriends are often the best sales people we have."

One in eight Canadian men will be diagnosed with prostate cancer during his lifetime. Although the mortality rate has noticeably decreased over the past 20 years due to improved testing and better treatment options, an estimated 4,000 Canadian men succumbed to prostate cancer last year alone.

"The key to surviving prostate cancer is early detection, when the survival rate can be over 90 per cent. The PSA test is the best method we current have to alert men to a problem at an early stage," continued Dorsey. "That's the message that we're trying to get across at *Motorama*."

David Weber, one of the principal partners of *Motorama* echoes a similar message. "As a prostate cancer survivor myself, I know firsthand how devastating a positive diagnosis can be. I also know firsthand that early detection can mean the difference between life and death, and in my case I was very lucky to find my cancer early. *Motorama* is pleased to be able to partner with Prostate Cancer Canada at this year's show."

Although the primary objective of the appearance of Prostate Cancer Canada is to increase awareness of this painful disease and to encourage early detection, *Motorama* and PCC organizers will also be making efforts to raise funds for prostate cancer research.

Prostate Cancer Canada pledge forms and a donation box will be available to exhibitors and sponsors in the show office, with other donation locations for show visitors spread throughout the *Motorama* show area.

Prostate Cancer Canada will be located in Booth # 136, in the northwest portion of Hall 1.

ABOUT PROSTATE CANCER CANADA: PCC is the leading national foundation dedicated to the elimination of the most common cancer in men through research, advocacy, education, support and awareness. As one of the largest investors in prostate cancer research in Canada, Prostate Cancer Canada is committed to continuous discovery in the areas of prevention, diagnosis, treatment, and support. For more information, visit www.prostatecancer.ca or see them on Facebook at: www.facebook.com/prostatecancercanada.

ABOUT THE MOTORAMA CUSTOM CAR & MOTORSPORTS EXPO: The third annual *Motorama Custom Car & Motorsports Expo* Presented by Mothers takes place March 10, 11 & 12, 2017 at The International Centre, across from Toronto's Pearson International Airport. The show features more than 300,000 square feet of custom cars, hot rods, racing vehicles of all kinds, tuners, displays and exhibitors. *Motorama* is Canada's biggest late-winter celebration of automobiles and motorsports. For information about the show, including tickets, sponsorship and exhibitor opportunities, and more, call (416) 962-7223, email info@MotoramaShow.com or visit www.MotoramaShow.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**

***PCCN Brampton Voice Mail:* (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.

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

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