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

PCCN Brampton

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PCCN Brampton News

Mother Nature has been extremely unkind to us this year, but the stalwart few continued to attend our meetings despite the cold and the darkness. Those who do come out seem to enjoy the discussions and the fellowship, so we will continue to meet monthly for the foreseeable future.

As hoped, our Motorama appearance on March 10 to 12 proved to be our best ever. We spoke with many men who were either survivors or had been newly diagnosed with prostate cancer. **“Talk to Somebody Who Has Been There”** continues to be good advice.

March’s speaker, **Margaret Wallis-Duffy**, presented us with some ideas on how to live both longer and better.

On March 24, we took part in a national **“Shop for a Cause”** event at the **Tommy Bahama** store in Vaughan Mills. 10% of every sale between Noon and 7 went to Prostate Cancer Canada.

April’s speaker, **Trish Lymburner, MSW, RSW** is part of an interdisciplinary group that is working to establish a **Men's Sexual Health Program** at the **Mississauga Halton/Central West Regional Cancer Centre**.

In May, PCC experts will update us on the exciting **True Nth program**. June features our usual year-end social evening & potluck dinner and our **17th Annual Golf Tournament**.

This Spring & Summer, we will attend cruise nights and larger car shows around Southern Ontario to promote **Cruisin’ for a Cure**, which will be held on September 10 this year.

As always, we are desperately in need of volunteers, especially for the Golf Tournament. **Please** consider getting involved to help increase awareness and support men with prostate cancer and their families.

Prostate Cancer Canada’s summer activities, listed on Page 7, include **Wear Plaid for Dad**, the **Do it for Dads Walk/Run** and the new **Indy Cycling Challenge**.

Jim Dorsey - Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, April 11th, 2017 – 7:00pm



Trish Lymburner, MSW, RSW is a clinical social worker at the **Mississauga Halton/Central West Regional Cancer Centre**. Trish's recent presentation to the **PCCN Oakville / Mississauga** group was very well received. We are looking forward to her presentation in Brampton.

Trish has received training through the **Canadian Association of Psychosocial Oncology (CAPO)** in Sexual Health and Cancer, Sex Counselling in Cancer and Sexual Health and Prostate Cancer.

She has been facilitating the **Women's Sexual Health Program** at Mississauga Halton/Central West Regional Cancer Centre for over five years and she is currently part of an interdisciplinary group that is working to establish a **Men's Sexual Health Program**.

Trish is also a specialist in ensuring that patient education addresses patient learning styles and has trained the interprofessional team in ways to maximize their patient education skills as ways to discuss sexual health with patients.

Trish says, "*I will be discussing ways to cope with changes in sexual health due to prostate cancer and resources of where to receive additional support. I will also discuss coping strategies for couples who are experiencing these changes.*"

For more information about Mississauga Halton/Central West Regional Cancer Centre, go to <http://mhcwccancer.ca/aboutus/Pages/Overview.aspx>

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, March 14th, 2017

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

Margaret proved to be an enthusiastic speaker who has developed a successful “integrative health & wellness” practice in Brampton over the past 25 years. While recognizing the benefits of conventional medicine, she is open to complementary medical practices that are supported by research.

She stresses that today's seniors are living longer than ever, but that many of us just do not feel well. Her practice seeks ways to enable the body to treat the root cause(s) of this issue instead of treating the symptoms through the “poly-pharmacy” approach of throwing prescriptions at it. Despite our hopes and infomercial claims, there are few quick fixes.

Margaret dealt at length with the **5 key aspects of health** that she feels need attention as we age. A few of Margaret’s observations and suggestions:

- **Pain** – inflammation can be fought with arnica and with the Dolphin Neurostim, a device combining [TENS](#) technology with acupuncture, apparently covered by OHIP.
- **Sleep** – we don’t get enough sleep thanks to constant stress and to bad habits such as consuming coffee too late in the day. Lavender essential oils can help with sleep.
- **Digestion** – Good “gut health” is essential, including maintaining a good balance of pre- and pro-biotics and hydrating. (She recommends one half ounce of water per pound of body weight per day!)
- **Energy** – Consider a morning protein shake to make up for our diets, which seem to get worse as we age. Margaret also suggested “IV Therapy,” described as “*Intravenous infusion therapy...involves injection of vitamins, minerals, amino acids and other therapeutic compounds straight into the bloodstream....*”, as a way of more quickly restoring energy levels.
- **Cognition** – Margaret mentioned that coffee, chocolate and wine can help slow loss of mental abilities. [Nutritional cleansing](#) at the cellular level was also described.

Margaret is a frequent speaker at wellness events and a guest on Toronto-area TV shows. She invites you to investigate the possibilities of living a full, holistic life through her clinic’s offerings.

To contact **Margaret Wallis-Duffy R.M.T.**, Wellness Educator and Media Spokesperson CEO of the WOW Group of Companies, 1C Conestoga Dr, suite 300, Brampton, ON L6Z 4N5

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Email mwallis@wallisforwellness.com

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

Facebook <https://www.facebook.com/wallisforwellness/> .



Upcoming PCCN Brampton Meetings / Events:

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.

Saturday, June 3th to Sunday, June 4, 2017
Fleetwood Country Cruize-in Car Show, London, ON
<http://www.fleetwoodcountrycruizein.com/>

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

Saturday, June 24th, 2017, 12:30 p.m. to 7 p.m.
17th Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50, Caledon.

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.

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**.



Update: 12th Annual Sled Ride of Hope, Feb. 17 to 20, 2017

Steve Hutton has provided us with the following update on the **Do it for Dads Sled Ride of Hope**: *"It is with great pleasure that after a final audit we can officially announce that the 2017 Sled Ride of Hope has raised \$21,000, a full \$3,000 above what we initially reported. Outstanding job folks your generosity is truly making a difference in men's lives...."*

To date, the **Prostate Extreme Team (PET)** has raised over **\$234,000** for PCC's prostate cancer awareness and support programs!

Check out PET's many activities in support of Prostate Cancer Canada and prostate cancer awareness at <http://www.prostateextremeteam.com/>

17th Annual Charity Golf Tournament, Saturday, June 24th, 2017

The tournament will again be held at the **Glen Eagle Golf Club**, 15731 Regional Road 59 in Caledon. Because June dates are so difficult to obtain, this year's starting time will be 12:30 p.m. We have applied for a morning start time for 2018.

We are still in the planning stages; more information will be released as soon as possible. Note that due to the steady depletion of our wonderful crew of Golf Tournament Committee members over the past two years, **we really need NEW COMMITTEE MEMBERS.**

Experience is not necessary, just love of the game of golf and an interest in helping increase awareness of prostate cancer. We will train you.

We also need **EVERYBODY's help getting prizes this year.** Remember that the Tournament is our primary fund-raising activity, which provides working capital for our various awareness activities during the rest of the year.

Please contact **Steve Hutton** directly at **905-840-7937** or email Steve Hutton at steve.hutton@pccnbrampton.com.

Motorama Custom Car & Motorsports Expo, March 10 to 12



Through the kindness of General Manager **David Weber**, we set up a striking display at Motorama. As mentioned last month, Prostate Cancer Canada, as represented by PCCN Brampton, was the official charity of Motorama for the second year.

“Eye candy” was provided by “**Mighty Mouse**”, the Top Dragster owned by our member **Phil Nedham**.

We spoke with more survivors and newly diagnosed men and/or their supporters than ever before. The level of public awareness of prostate cancer increases every year!

Donations for photos taken in Mighty Mouse, sales of Cruisin' for a Cure products & prostate cancer calendars, public donations, and our now-famous **\$2 Tootsie Pop Draw** raised a record sum that more than covered our costs.

Over the three days of the show, our booth was staffed by generous volunteers from:

- Brampton's [Over 'N' Under Car Club](#)
- [Pinups for a Cause-New York Chapter](#)
- Prostate Cancer Canada Network Brampton
- Team Blue Racing Team / Senior Moments Motorsport
- [The Diva Riding Society of Canada](#), publishers of the prostate cancer calendar



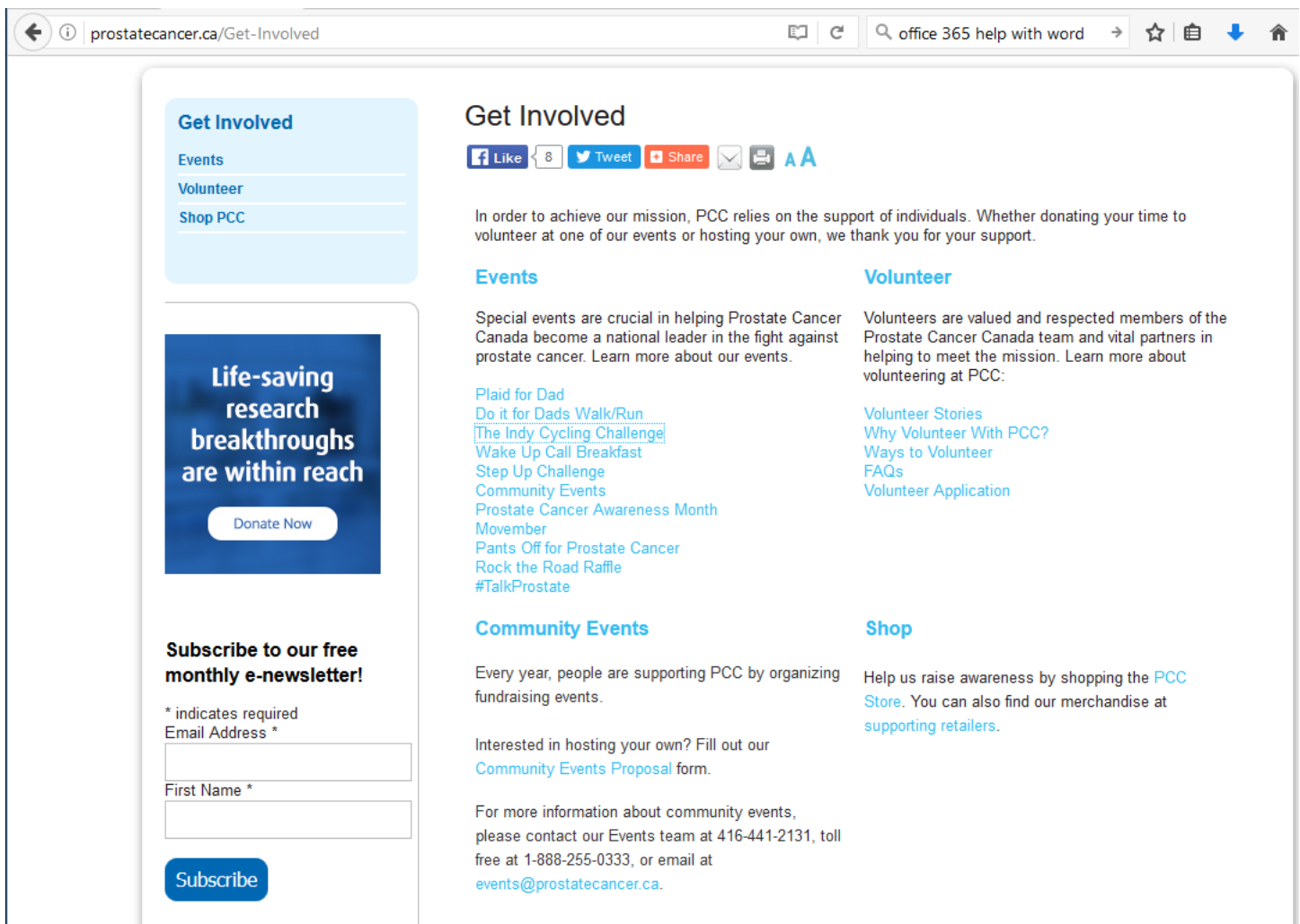
On Sunday afternoon, **Rocco Rossi**, President & CEO of Prostate Cancer Canada, resplendent in his blue “Plaid for Dad” suit, presented the second annual **Prostate Cancer Canada / Cruisin' for a Cure President's Choice Award**.

This year, the award went to **Rick McWhinnie** for his unique 1932 Ford 5-window coupe nicknamed “**Chameleon Coupe**.” It looks like a different vehicle from each side different wheel and brake treatments.

[Prostate Cancer Canada – Get Involved](#)

As described last month, **Prostate Cancer Canada** has a number of interesting activities taking place over the summer, notably the [Plaid for Dad](#) campaign and the [Do it for Dads Walk/Run](#) on Father’s Day, both in June, and the exciting new [Indy Cycling Challenge](#) on July 13th.

Click on the links above or go to <http://prostatecancer.ca/Get-Involved> to learn how you and/or your younger family members can get actively involved with these events to increase public awareness of prostate cancer and to raise badly-needed funds. PCC continues to finance much-needed research into prostate cancer as well as great survivorship programs such as the innovative True Nth program, to be discussed in May.



The screenshot shows the 'Get Involved' page on the Prostate Cancer Canada website. The page is divided into several sections:

- Navigation:** A top navigation bar with a back arrow, a search bar containing 'office 365 help with word', and icons for home, star, and download.
- Get Involved Sidebar:** A light blue sidebar on the left with links for 'Events', 'Volunteer', and 'Shop PCC'. Below this is a dark blue box with the text 'Life-saving research breakthroughs are within reach' and a 'Donate Now' button.
- Subscribe Section:** Below the sidebar is a section titled 'Subscribe to our free monthly e-newsletter!' with a form for 'Email Address' and 'First Name', and a 'Subscribe' button.
- Main Content Area:**
 - Get Involved Header:** Includes social media sharing buttons for Like (8), Tweet, Share, and icons for email, print, and text size (AA).
 - Mission Statement:** 'In order to achieve our mission, PCC relies on the support of individuals. Whether donating your time to volunteer at one of our events or hosting your own, we thank you for your support.'
 - Events Section:** Titled 'Events', it states 'Special events are crucial in helping Prostate Cancer Canada become a national leader in the fight against prostate cancer. Learn more about our events.' and lists several events: Plaid for Dad, Do it for Dads Walk/Run, The Indy Cycling Challenge, Wake Up Call Breakfast, Step Up Challenge, Community Events, Prostate Cancer Awareness Month, November, Pants Off for Prostate Cancer, Rock the Road Raffle, and #TalkProstate.
 - Volunteer Section:** Titled 'Volunteer', it states 'Volunteers are valued and respected members of the Prostate Cancer Canada team and vital partners in helping to meet the mission. Learn more about volunteering at PCC:' and lists links for Volunteer Stories, Why Volunteer With PCC?, Ways to Volunteer, FAQs, and Volunteer Application.
 - Community Events Section:** Titled 'Community Events', it states 'Every year, people are supporting PCC by organizing fundraising events.' and 'Interested in hosting your own? Fill out our Community Events Proposal form.' It also provides contact information for the Events team.
 - Shop Section:** Titled 'Shop', it states 'Help us raise awareness by shopping the PCC Store. You can also find our merchandise at supporting retailers.'



[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.

[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>