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

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PCCN Brampton News

April's speaker, **Trish Lymburner**, drew our best audience for the year, partly because members of **PCCN Oakville / Mississauga** and their wives joined us.

The two PCC experts who had agreed to update us on their exciting **True Nth program** at our May meeting are unfortunately unable to attend. We have not been able to obtain a replacement speaker, so instead, we will meet to discuss the current state of PCCN Brampton.

The number of active members continues to decline as does attendance at meetings other than those involving free or subsidized meals. Finding the volunteers that we need gets more difficult every year. Many of the support activities that we used to conduct such as hospital visits and new member meetings, are now impossible.

The youngest and keenest of our members, like **Gary Foote, Victor Horvath, Geoff Hoar** and **Steve Hutton**, all work full-time. We can only ask them to do so much.

As retirees, **Paul Henshall** and I gladly take on the various awareness events throughout the year, focusing on cruise nights and larger car shows, but we are both getting tired and more interested in personal travel. Some relief would be appreciated.

Our **Annual Charity Golf Tournament**, which raises working capital for our awareness projects, is seriously in need of volunteers and prizes this year. If you have time, please volunteer. If you have new, unwanted items lying around the house – whether golf-related or not, please considering donating them so that we can turn them into cash through the raffle planned for this year.

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 – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com



PCCN Brampton Bram-O-Gram

[Next General Meeting, Tuesday, May 9th, 2017 – 7:00pm](#)

Unfortunately, **Jason Singh**, TrueNTH IT Project Manager and **Elizabeth Huggins**, Manager, Survivorship at Prostate Cancer Canada were forced to cancel their scheduled appearance on May 9th. We have been unable to obtain a substitute speaker of suitable quality.

Accordingly, we have decided to make this another “**Stop, Start, Continue**” meeting. We had planned to make this a part of our February meeting, but the sharing portion of the evening took up all the time allowed.

Some things to think about and to discuss on May 9:

- How often should the group meet? What time of day?
- What form should meetings take? Professional presentations? Personal sharing? Panel discussions?
- What types of speakers should we provide?
- What other awareness activities should we take on to fulfill our goals of supporting newly diagnosed men and increasing awareness?
- Are the activities we currently pursue the correct ones?
- How can we better support our members? Learning that a member has passed away six months after the fact is both disheartening and painful for the family.
- Where do we find the leaders that we need?
- How do we locate more volunteers to help with the tasks at hand and proposed?
- How do we finance our activities?
- How do we get more community recognition of our existence?

The Steering Committee feels that we have accomplished much over the past 23 years, but we also feel that we are no longer doing as much as we should. Your input is urgently requested.

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, April 11th, 2017



Trish Lymburner, MSW, RSW is a clinical social worker at the **Mississauga Halton/Central West Regional Cancer Centre**. 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's presentation at PCCN Brampton focused on the significant emotional impact that ED and Incontinence often have on men during and after prostate cancer treatment.

This impact often includes humiliation, where a man feels less desirable and avoids all forms of physical intimacy. This often results in similar feelings for the spouse who is unable to help.

She spoke about the myths surrounding ED in general that at least 40% of men will experience. Many men associate manhood with the ability to have an erection. They feel that sex must be natural and spontaneous and not require any planning or work. Many people are uncomfortable talking about this, which makes it an even more difficult problem to overcome.

Sex has elements of both physical pleasure and relational intimacy and partners often place different values on these factors relative to one another. While the man may feel inadequate due to physical limitations, his spouse may actually experience something completely different. Communication is key to working through these difficulties.

Things you can do to help would include maintaining open and honest communication, keeping a positive attitude, while understanding that post cancer treatment things do change. Although it may not seem like it at first, people often become stronger and wiser as a result of the ordeal. Oral medication, injections, pumps and other apparatus can help with the physical side of the problem if couples can take the time to work through the emotional difficulties.

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



Upcoming PCCN Brampton Meetings / Events:

Tuesday, May 9th, 2017, 7 p.m. to 9 p.m.
“Stop, Start, Continue” Evening (True Nth presentation cancelled).

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.

Friday, June 16th
11th Annual Do it for Dads ATV Ride of Hope, Parry Sound, ON
<http://www.parktoparktrail.org/rideofhope>

Saturday, June 17th
Plaid for Dad Day across Canada
<https://www.plaidfordad.ca/>

Saturday, June 18th
[Do it for Dad Day Walk Run](#) across Canada

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.

Thursday, July 13th
[Indy Cycling Challenge](#), Exhibition Place, Toronto

Sunday, September 10th, 10 a.m. to 4 p.m.
11th Annual Cruisin’ for a Cure Canada, Powerade Centre, Brampton

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**.

[11th Annual Do it for Dads ATV Ride of Hope, June 17, 2017](#)



Our own **Steve Hutton** and his **Prostate Extreme Team** are again teaming up with the **Park to Park Trail Association (P2P)** and **CFMOTO Canada** to present another ATV Ride of Hope in Parry Sound on June 17th.

To date, I have written this off as being for the young folks, but checking out the website shows that there are a lot of grey hairs among the participants. Being as I do love a good mud puddle, perhaps it is time to take a look at this sport and at this very special event that raises awareness and funds for PCC. <http://www.parktoparktrail.org/rideofhope>

The day starts at 8 a.m. and concludes with dinner at the Seguin Valley Golf Club. All ages and skill levels are welcome and prizes will be available. Cost is \$65 for P2P Season Pass Holders and \$75 for the General Public.

To date, **the Prostate Extreme Team (PET) has raised over \$250,000** for Prostate Cancer Canada'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/>



PCCN Brampton Bram-O-Gram

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



17th ANNUAL CHARITY GOLF TOURNAMENT

A golf tournament to benefit one of Canada's best Prostate Cancer Support Groups.

DATE Saturday June 24th , 2017
LOCATION **GLEN EAGLE GOLF CLUB**
15731 Regional Rd 50, Caledon
TIME **12:30 p.m. (SHARP) Shot Gun Start**

Registration Opens at 11:30 a.m.

For more information please visit – www.pccnbrampton.ca

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18 Holes of Golf with Cart on Championship Course, Competition
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Contact: Steve Hutton 416-716-6582

steve.hutton@pccnbrampton.com



PCCN Brampton Bram-O-Gram

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 search box containing 'office 365 help with word' and various utility icons.
- Left Sidebar:**
 - A 'Get Involved' menu with links for 'Events', 'Volunteer', and 'Shop PCC'.
 - A blue banner for 'Life-saving research breakthroughs are within reach' with a 'Donate Now' button.
 - A 'Subscribe to our free monthly e-newsletter!' section with a form for 'Email Address *', 'First Name *', and a 'Subscribe' button.
- Main Content Area:**
 - Get Involved:** A heading followed by social media sharing options (Like, Tweet, Share) and a paragraph stating that PCC relies on individual support.
 - Events:** A section listing various events such as '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', 'Movember', 'Pants Off for Prostate Cancer', 'Rock the Road Raffle', and '#TalkProstate'.
 - Community Events:** A section explaining that people support PCC by organizing fundraising events and providing a link to a 'Community Events Proposal' form.
 - Shop:** A section encouraging users to raise awareness by shopping at the 'PCC Store' and finding merchandise at 'supporting retailers'.
 - Volunteer:** A section stating that volunteers are valued and providing links for 'Volunteer Stories', 'Why Volunteer With PCC?', 'Ways to Volunteer', 'FAQs', and 'Volunteer Application'.



[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>