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

PCCN Brampton
www.pccnbrampton.ca
info@pccnbrampton.ca

Phone No: 905-458-6650

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PCCN Brampton News

May's meeting was attended by our core group of active members and featured a lively discussion of possible ways to improve our group's visibility in Brampton.

We will wind down our 2016 – 2017 year with our annual **End of the Year Potluck and Social Evening** on Tuesday, June 13. All are welcome. Bring a dish and schmooze for a couple of hours.

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

Over the summer we will be working hard to promote the 11th edition of **Cruisin' for a Cure Canada**, our unique one-day car, truck & motorcycle show. As always, free confidential PSA blood tests are provided to any man 40 or over. To date, we have provided over 2,700 PSA tests, over 400 of which have yielded high scores.

We do not have any access to the names of those tested at Cruisin'; we only find out what has happened when a man or a relative talks to us at a car show or cruise night. Last year, we were made aware of over a dozen men who had been treated because of tests that we provided. So far this year, we have spoken with six or seven.

Please **do** distribute pages 5 and 6 to any of your relatives or friends who might be interested in our **Charity Golf Tournament** on June 24 and/or **Cruisin' for a Cure** on September 10, respectively.

Prostate Cancer Canada's summer activities, listed on Page 4, include **Wear Plaid for Dad** on June 16, the **Do it for Dads Walk/Run** on June 18 and the new **Indy Cycling Challenge** on July 13.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com



PCCN Brampton Bram-O-Gram

Next General Meeting, Tuesday, June 13th, 2017 – 7:00pm

This is our annual the **End of the Year Potluck and Social Evening**.

Please bring your favourite recipe and a good appetite. Our members always put on a great spread for this evening; no one goes away hungry.

Prostate Cancer Canada continues to develop its annual [Wear Plaid for Dad](#) campaign. It's a simple way to raise funds for PCC's research, awareness and support programs and to get people talking about prostate cancer.

This initiative is being supported by a number of celebrity [Ambassadors](#), ranging from sports icon **Don Cherry** to noted Canadian actor **Eric McCormack** to comedian **Dave Thomas** to auto racer **James Hinchcliffe**. Check out the posts to [the PCC Facebook page](#).

PCC has again partnered with **Hudson's Bay** stores to sell plaid shirts for less than \$40 each. \$20 from each purchase goes to PCC.

So once again, **let's all wear plaid – the wilder the better** – to the June Potluck and Social Evening so that we can take another group photo to submit to PCC.

PlaidForDad.ca



Official Retail Partner

HUDSON'S BAY



Official Restaurant Partner



Official Media Partner



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, May 9th, 2017

Our “**Stop, Start, Continue**” meeting turned into a fairly informative discussion session. We are particularly grateful to **Glen Tolhurst**, who belongs to both the Brampton and Toronto chapters of the **Prostate Cancer Canada Network** as well being the Chair of **PCCN Waterloo-Wellington**. Glen is a master of guerilla marketing and takes some very creative approaches to advertising his own chapter.

We first covered the topic of meeting frequency and it was agreed that we should continue to meet ten times per year from September through June, with more sharing sessions. (Note that we continue to offer one-on-one meetings by telephone or in person throughout the year.)

Our relationships with most of the urologists in Brampton are still very strained as they **mistakenly** regard PCCN as “the enemy”, a group that provides medical advice to their patients. This stems from an individual who **WAS** a part of our group some years ago who persisted in contradicting doctors’ advice when talking to new members. We will continue to look for ways to clear up this misconception.

Glen kindly described the **Local Health Integration Network (LHIN)** system to us. There are a number of LHIN’s in the Province, which partner with the Province, local health service providers (including **Family Health Teams**) and community partners like PCCN Brampton to improve access to local health services. We have updated [our listing with the Central West LHIN](#) and over the summer, we will be contacting all the FHT’s in our area to arrange for distribution of our chapter brochure and PCC literature at each of them.

One member kindly offered to take our chapter brochures to his urologist. Given that we are very short of volunteers to deal with individual doctors, it would very helpful if all members would be willing and able to do the same.

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**.



Upcoming PCCN Brampton Meetings / Events:

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

Friday, June 16th, 2017
Plaid for Dad Day across Canada
<https://www.plaidfordad.ca/>

Saturday, June 17th, 2017, Registration 8 a.m.
11th Annual Do it for Dads ATV Ride of Hope, Parry Sound, ON
<http://www.parktoparktrail.org/rideofhope>

Sunday, June 18th, 2017, Registration 8:30 a.m.
[Do it for Dad Day Walk Run](#) across Canada

Saturday, June 24th, 2017, Registration 11:30 a.m. for 12:30 p.m. start.
17th Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50,
Caledon.

Thursday, July 13th, 2017
[Indy Cycling Challenge](#), Exhibition Place, Toronto

Sunday, September 10th, 2017, 10 a.m. to 4 p.m.
Free PSA Blood Clinic, 9 a.m. to 4 p.m. only
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.

We will always provide as much notice as possible when a speaker must reschedule.



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

 **18 HOLES**  **SHOTGUN START**  **SCRAMBLE FORMAT**

Golf & Dinner Only \$125 Per Person

Your Day Includes
18 Holes of Golf with Cart on Championship Course, Competition
Holes, Top Team Award, Prize Table & Fabulous Lunch

Contact: Steve Hutton 416-716-6582

steve.hutton@pccnbrampton.com



PCCN Brampton Bram-O-Gram

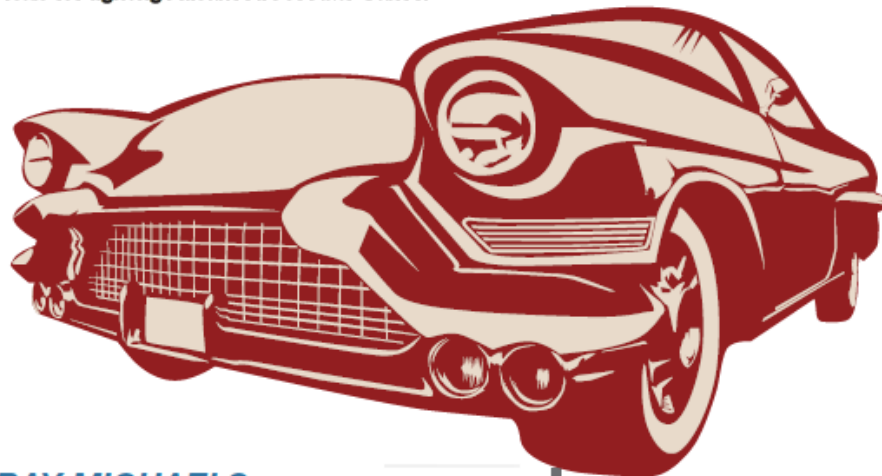
11th Annual Cruisin' for a Cure Canada, September 10, 2017



Cruisin' for a Cure Canada

THE CAR SHOW THAT SAVES MEN'S LIVES
Dedicated to our Warriors fighting Advanced Prostate Cancer

SUNDAY
SEPTEMBER 10, 2017
POWERADE CENTRE
7575 KENNEDY ROAD SOUTH
BRAMPTON, ON L6W 4T2
GATES OPEN: 7:30AM
SHOW: 10AM—4PM



ROCK 'N' RAY MICHAELS
(THE NEW D-MOOS.COM)
PROVIDING CLASSIC CRUISIN' MUSIC



FREE CONFIDENTIAL PSA BLOOD TESTS FOR MEN 40 & OVER
SPONSORED BY PLANET FORD

DR. ANDREW LOBLAW - ONCOLOGIST
SUNNYBROOK HEALTH SCIENCES CENTRE

10AM—4PM

\$10 PARKING FEE
PER VEHICLE
\$20 DONATION OR MORE
RECEIVE TAX RECEIPT

- Cruisin' for a Cure Canada
- @CruisinforaCure
- www.c4acc.com

NET PROCEEDS TO PROSTATE CANCER CANADA AWARENESS & SUPPORT

GENERAL INQUIRIES: Jim or Sandi Dorsey +1 905 453 3038 jfdorsey@yahoo.com
VENDOR INQUIRIES: Paul Henshall +1 905 601 1519 paul.henshall@gmail.com



[Prostate Cancer Canada – Get Involved](http://prostatecancer.ca/Get-Involved)

Go to <http://prostatecancer.ca/Get-Involved> to learn how you and/or your younger family members can get actively involved with PCC events designed 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.

An Opportunity to Provide Input to a Movember Funded Online Program:

Anne Breakey Hart has just passed this along to us. YOUR participation is invited.

From the program grants team:

Our team has developed a web-based home-based exercise and self-management program for men with prostate cancer and their caregivers. We are asking for your assistance in reviewing the preliminary version of this online program.

What does this mean?

You and your designated caregiver (i.e., partner or family member) will be invited to visit the website and review its content. There are 5 modules to review. Each module should take 20-30 minutes to review and complete the activities.

What we are looking for?

Your initial reactions would be greatly appreciated. What do you like? What would you change? What was positive about the website? What was confusing or irrelevant? etc.

How can you provide feedback?

We would like to hear from you as often as possible while you are reviewing.

You can e-mail the project coordinator with your comments as you go along, or schedule a phone call or two to review the site together.

PLEASE CONTACT THE PROJECT COORDINATOR DIRECTLY IF YOU ARE INTERESTED IN PROVIDING INPUT:

Karissa Clayberg

514-345-3511 ext. 3647

karissa.clayberg.chsm@ssss.gouv.qc.ca

If you have any questions or would like further information, please do not hesitate to contact Karissa at anytime.



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>