



January 2020

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

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Phone No: 905-458-6650

Fax No: 905-840-9474

PCCN Brampton News

Happy New Year to all! Our 2019 schedule concluded well.

A total of 32 members and guests came out for our **25th Annual Christmas Social Evening** on December 10th. It was a very pleasant evening, possibly one of our best Christmas events ever. A special treat was the appearance of **Tilly Netherton**, a key member of our blood clinic at **Cruisin' for a Cure**, who also fed and coddled our members for so many years before retiring from that function. We presented Tilly with one of our ten-year recognition awards as this was the first time that we could entice her to a meeting.

Our guests included **Neila Boniface** and **Les Price** from the **Over 'N' Under Car Club**, **Anne Breakey Hart** from **Prostate Cancer Canada**, **Kirk Costanzo** from the **Circle of Friends Golf Tournament** and **Neal McCaffrey** from **Wellspring Chinguacousy**.

Two cheques were presented to **Anne Breakey Hart** to take back to **PCC**: one for \$8,000 from the **Circle of Friends Golf Tournament**, presented by **Kirk Costanzo** on behalf of **Denise Deacey**, the tournament organizer, and the other from **PCCN Brampton**, being our usual annual donation to PCC's education, awareness and survivorship programs.

As always, we must acknowledge the outstanding contribution that Neila, Les and the rest of their car club made to **Cruisin' for a Cure**. In addition to running the parking process, their **U Choose Raffle** raised a record \$7,000 this year, for a total of nearly \$32,000 over seven years. We presented Neila with an award to recognize her exceptional efforts and to regretfully announce her retirement from the U Choose Raffle function.

We will kick off January with our annual **Stop / Start / Continue Meeting** and follow that with a **Sharing Meeting** where YOU can be a featured speaker. All members and our supporters are encouraged to share their experiences with prostate cancer and to learn from the experiences of others.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com



PCCN Brampton Bram-O-Gram

Next General Meeting, Tuesday, January 14th, 2020 – 7:00pm

Paul Henshall will once again lead us through the **Stop / Start / Continue** exercise to discuss what we do now that we should stop, what we should start doing and what we should continue doing. YOUR ideas and suggestions and complaints will be most welcome.

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 trade shows, 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 and arguably more urgent 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. *It has been suggested that we consider a second daytime meeting on the same day as the evening meeting. Discuss.* 😊

As described on Page 5, PCC will apparently be amalgamating with the Canadian Cancer Society later in 2020. If we have any additional information by January 14th, we will share it with attendees then.

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

We look forward to seeing you at **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is plentiful, well-lit and free - and there is **an elevator!**

Christmas Social Evening, December 10th, 2019

Our 25th Annual Christmas Social Evening went extremely well. The food from the Mandarin was excellent and so was the company.



The elusive **Tilly Netherton** joined **Mike Loughnan** and **Gary Foote** in the kitchen.



Our own **Vic Horvath** and **Gary Foote** with **Kirk Costanzo**, a loyal supporter of our own lamented **PCCNB Charity Golf Tournament**.



Paul Henshall, Anne Breakey Hart, Neila Boniface, Jim Dorsey, John Sanderson and **Les Price** with the cheque to PCC.



Kevin Moore, Geoff Hoar, Cheri Hoar, Norm Macdonald and **Mike Loughnan** at the buffet.



Anne Breakey Hart (centre) and **Neal McCaffrey** (right), who accepted a cheque on behalf of **Wellspring Chinguacousy**.



Twenty-five years of supporting Brampton & area men with prostate cancer and their families!



PCCN Brampton Bram-O-Gram

Patricia Goodland took the opportunity to thank Paul Henshall and other PCCN members for supporting her son **Daniel Goodland** in his fund-raising for MOvember. With total donations of \$1,165, Daniel surpassed his goal of \$1,000. He has raised a total of \$6,452 since 2011!

Upcoming PCCN Brampton Meetings / Events:

Tuesday, January 14th, 2020 at 7 p.m.
Annual Stop/Start/Continue Meeting.

Tuesday, February 11th, 2020 at 7 p.m.
Annual Sharing Meeting.

Family Day Weekend, Friday, February 14th to Sunday, February 16th, 2020
Prostate Extreme Team 15th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2020_ont_sled.html

Tuesday, March 10th, 2020
Speakers & Subjects To Be Announced.

Friday, March 13th to Sunday, March 15th, 2020
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>

Tuesday, April 14th, 2020 at 7 p.m.
Dr. Andrew Loblaw, Topic T.B.A.

Tuesday, May 12th, 2020 at 7 p.m.
Speakers & Subjects To Be Announced.

Tuesday, June 9th, 2020 at 7 p.m.
Annual End of Season Social Evening.

Sunday, September 13th, 2020 at 10 a.m.
14th Annual Cruisin' for a Cure Canada, CAA Centre, Brampton.

NOTE: We are always looking for speakers of interest to our members.

Please, please, PLEASE share your interests, contacts 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



[Pending PCC & Canadian Cancer Society Amalgamation](#)

Early on December 12th, support group leaders across Canada received an email from **Peter Coleridge, President & CEO of Prostate Cancer Canada**, advising us that the following press release was going to be issued later that morning. We have not learned much more since then, but we will keep you advised as further information is received.

Prostate Cancer Canada and the Canadian Cancer Society agree to amalgamate



Toronto. December 12, 2019 – Prostate Cancer Canada and the Canadian Cancer Society (CCS) are excited to announce their intention to embark upon a strategic amalgamation that will strengthen and support cancer research, education and the needs of Canadians and their families dealing with the disease. As part of the agreement, Prostate Cancer Canada's activities and initiatives will remain an important part of the Canadian Cancer Society.

"For 25 years, Prostate Cancer Canada has been the leading national charity investing in world class research, increasing awareness about the disease and supporting Canadians and their families dealing with the most common form of cancer among men," said Peter Coleridge, President and CEO of Prostate Cancer Canada. "We have helped reduce the death rate from the disease by 50%, and with 1 in 9 Canadian men developing prostate cancer in their lifetime, this amalgamation will help ensure that our impact on patient outcomes will not only continue but also increase."

CCS has successfully merged its operations once before, with the Canadian Breast Cancer Foundation (CBCF) in early 2017. The first merger of its kind between two large non-profit health charities, that amalgamation helped the newly merged entity achieve an unprecedented turnaround, including a 28% year-over-year reduction in fundraising expenses, increasing funding directed towards core mission-related activities and maximizing the impact of donor dollars.

"We have enormous respect for Prostate Cancer Canada and we're excited to join forces," said Andrea Seale, Chief Executive Officer of the Canadian Cancer Society. "A combined organization will allow us to increase impact – funding life-saving research and making life better for people with cancer, their caregivers and families. As we eliminate duplication and share best practices, more donor dollars will go to this important mission. Donors ask us why there is so much duplication among cancer causes – instead of competing, we're joining together to redefine the cancer charity sector in Canada."

Andrea Seale will lead the amalgamated organization. Peter Coleridge is committed to overseeing a smooth transition through the amalgamation, which requires federal government review and approval. It is anticipated that the process will be finalized in early 2020.

About Prostate Cancer Canada

Prostate Cancer Canada is the leading national charity addressing prostate cancer needs across the country. We strive to save lives by improving prevention, detection and treatment of prostate cancer, and to enhance the quality of life for all Canadians affected by the disease through collaboration, driving world-class research and translating knowledge into better outcomes. To donate or learn more, visit prostatecancer.ca.

About the Canadian Cancer Society

The Canadian Cancer Society is the only national charity that supports Canadians living with all cancers across the country. Last year alone CCS spent \$40.4 million on cancer research and has invested \$25.4 million on prostate cancer research over the last decade. When you want to know more about cancer, visit our website cancer.ca or call our toll-free, bilingual Cancer Information Service at 1-888-939-3333.



PCCN Brampton Bram-O-Gram

[Rock the Road Raffle 2020](#)

This year, a pair of **2020 Toyota GR Supras**, one in Renaissance Red and one in Nocturnal Black, with a total value of over **\$152,000**, will be presented to the lucky winner of **Prostate Cancer Canada's** annual **Rock the Road Raffle** on the last day of the **[2020 Canadian International AutoShow](#)**. The seven previous Rock the Road Raffles have raised \$2.5 million for the research and support services funded by Prostate Cancer Canada.

"Thanks to the generosity of the Trillium Automobile Dealers Association (TADA), which has donated the grand prize cars for the raffle, every dollar goes toward Prostate Cancer Canada's mission to save and improve more lives!" says Peter Coleridge, President and CEO, Prostate Cancer Canada. *"The grand prize 2020 Toyota GR Supras have been generously donated by the Trillium Automobile Dealers Association (TADA), allowing 100% of the proceeds to be directed to Prostate Cancer Canada. Your ticket purchase funds important work into improved treatments, better methods of detection, more support, and ultimately more hope for Canadian families facing the disease. Visit TADA at tada.ca."*

Tickets are available until February 20, 2020, at www.RockTheRoadRaffle.ca, by calling 1-855-441-1267 or in person at the Canadian International AutoShow. **The draw will take place between noon and 1 p.m. on February 21st** at the AutoShow. **Tickets cost \$25 each or three for \$60.**

An advertisement for the Rock the Road Raffle 2020 grand prize. It features two 2020 Toyota GR Supras, one black and one red, against a dark teal background. The text "Two is better than one." is prominently displayed at the top. Below it, a red banner says "New This Year Drive off with two cars!". A white box contains the "Grand Prize" details: "Two 2020 Toyota GR Supras" and "Over \$152,000 prize value!". A black box at the bottom right states "Tickets \$25 EACH or 3 FOR \$60". At the bottom left, there are two buttons: "ORDER TICKETS NOW!" and "EXPLORE THE CARS".

Two is better than one.

New This Year Drive off with two cars!

Grand Prize
Two 2020 Toyota GR Supras
Over \$152,000 prize value!
Get your tickets now before it's too late!

Tickets
\$25 EACH or 3 FOR \$60

ORDER TICKETS NOW! **EXPLORE THE CARS**



[ADT Online Educational Program](#)

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones](#).

The next online session will be held on **Thursday, February 13th at Noon Eastern Time**. To register, fill in the brief form at <http://www.lifeonadt.com/how-to-register> or send an email to LifeOnADT@gmail.com.

NOTE: In-person classes are also offered at **Princess Margaret Cancer Center** in downtown Toronto. To register, call **Sarah Darling** at 416-946-4501 ext. 2598.

[Ustoo.org History and Current Relationship](#)

As long-time members will recall, **PCCN Brampton** was originally called the **Us TOO Brampton Prostate Cancer Support Group**. Norm Oman of **Us TOO! Winnipeg** and staffers from the head office of [Us TOO International](#) in Chicago, IL helped **Tony Parker, Fred Norris** and the other charter members of the group set up back in 1994. We have maintained our contact with Us TOO, obtaining their monthly **Hot Sheets** and distributing them at our monthly meetings.

As I understand it, the name came about when men came to realize that just as their wives and mothers and other beloved females suffered from a deadly form of cancer, so could they also be affected by a cancer that was just as deadly. So the rallying cry was something like, "Yes, cancer kills women, but it kills us too!"

Us TOO International has continued to flourish over the years, raising funds for their extensive **Support, Education and Awareness** programs through activities like their annual [SEA Blue Prostate Cancer Walk / Run](#) in September, Prostate Cancer Awareness Month. The mission & vision remain:

Mission

To raise awareness and provide educational resources and support services to those affected by prostate cancer to help them learn to fight this disease. The power of Us TOO is in helping men and those who love them by transforming resignation into determination and fear into Hope.

Vision

To create a truly patient-centered prostate cancer paradigm that optimizes emotional and physical well being.



[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 **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way.

Steering Committee Meetings are held two weeks later, on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, they are also held at Wellspring Chinguacousy.

Family members, friends & supporters are always welcome at any of our Meetings!

[PCCN Brampton Voice Mail:](#) **(905) 458-6650**

[Jim Dorsey:](#) **(905) 453-3038**

Note that we accept phone calls and one-on-one meetings 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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Our newsletters are also available online at <https://www.pccnbrampton.ca/newsletters/>