



September 2020

Volume 20 Issue 4

INSIDE THIS ISSUE

- 1 PCS - Brampton News
- 2 Next General Meeting
- 3 Our Choices for the PCS – Brampton Logo
- 3 Cruisin' for a Cure POSTPONED
- 4 Upcoming Meetings / Events
- 5 Some Resources Worth Considering
- 7 Rock the Road Raffle
- 8 Recently Diagnosed?

This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

Please Consider Volunteering

We Need YOU!

PCCN Brampton

www.pccnbrampton.ca

info@pccnbrampton.ca

Like & follow us on [Facebook](#)

Phone No: 905-458-6650

Fax No: 905-840-9474

PCS - Brampton News

You will notice the change in our masthead since our last Newsletter in March. **PCCN Brampton** is now **PCS – Brampton**, short for **Prostate Cancer Support – Brampton**. Despite its promises to leave **Prostate Cancer Canada** and the **Prostate Cancer Canada Network** alone for two years, the **Canadian Cancer Society (CCS)** recently informed all chapters that we must cease using the Prostate Cancer Canada Network name and the necktie logo by October 1st, 2020.

Although CCS later backtracked a little on the use of the PCCN name, many of the leaders of support groups in Ontario and elsewhere had already decided to change to group names that properly reflect what we do and where. The **Prostate Cancer Support – [Region]** convention has been adopted by a large number of the groups, not only because it makes sense but because we cannot be forced to change our name in the future at the whim of some larger organization.

After a good deal of activity by some dedicated people in Vancouver, BC and in Waterloo, ON, we have two choices available for a new logo. See the two options on Page 3.

The other major change of course, is that large in-person meetings are discouraged, so virtually all support groups across Canada have moved to hold virtual meetings. We are doing the same starting with our September 8th Member Meeting. See Page 2 for more information.

I have to apologize for being Missing in Action for so many months. Like many other people, the coronavirus pandemic threw me for a major loop. I have gone through the many stages of grieving for our lost lives. We used to worry about “Y2K, The End of Life as We Know It.” THAT didn’t happen, but “Y2.02K” has virtually ended our lives as we knew them. Nothing will ever be the same. With help from loving friends and family, I am largely back on track. I hope that all of you are surviving and beginning to flourish again as well. We shall eventually overcome the nonsense that threatens what’s left.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Telephone: 905-453-3038



PCS - Brampton Bram-O-Gram

Next General Meeting, Tuesday, September 8th, 2020 – 7 p.m.

This will be a **Catch Up and Sharing Meeting** conducted virtually, using the **Zoom Video Conferencing** application that has become a world standard for both businesses and individuals wanting to stay in touch while staying physically distant.

We have held Steering Committee meetings using Zoom and they have been quite successful. Please do not be intimidated by the idea; the software is quite easy to use. Bonuses: you don't have to drive anywhere, or even put on pants if you don't want to do so.

The meeting notice below is for the September 8th General Meeting:

James Dorsey is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGZzBNTe0yeGFpZz09>

Meeting ID: 898 2331 1336

Passcode: 154617

One tap mobile

+16699006833,,89823311336#,,,,,0#,,154617# US (San Jose)

+19292056099,,89823311336#,,,,,0#,,154617# US (New York)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

Meeting ID: 898 2331 1336

Passcode: 154617

Find your local number: <https://us02web.zoom.us/j/kciP6VzbWp>

Note that you can simply dial in if you do not have a computer. We will be testing that feature.

Please do attempt to join the meeting now using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. You can contact me for assistance at 905-453-3038 or jfdorsey@yahoo.com. Our own **Karl Leutner** has used Zoom extensively to stay in touch with both family and fellow Kodak retirees. He has consented to be a resource as well. Karl can be reached at 416-333-1947 or khl@sympatico.ca

These meetings are always very informative and give us the opportunity to support our fellow members and to be supported in our turn. Please consider joining in to share your experience and your current status as well as any concerns that you might have with the group.

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on September 8th.



PCS - Brampton Bram-O-Gram

Our Choices for the PCS – Brampton Logo

The two options below are available to us free of copyright or trademark. We will never have to give up whichever one we choose.



Prostate Cancer
Support -
Brampton

Our first choice has been provided by Bill Faulkner of the newly renamed **Prostate Cancer Support Group – Waterloo-Wellington**. I have added our new name in a less professional manner than Bill would if we decide to use this logo.



Our second choice has been provided by the **Prostate Cancer Foundation BC**, a very strong foundation that includes virtually all prostate cancer support groups in the Province of British Columbia. If we choose this option, they will add our name to the logo in place of Oakville/Mississauga.

Your opinion is most welcome.

14th Annual Cruisin' for a Cure Canada POSTPONED

We were unable to obtain event insurance as Prostate Cancer Canada used to provide an insurance certificate for us. When the Canadian Cancer Society took over, they advised that they were unable to do this for us. We will actively seek coverage over the winter.

In addition, **Janssen, Inc.**, which has been our principal sponsor of Cruisin' for many years, is not sponsoring any public events in 2020. We have been advised that they will consider our application again for next year.

Accordingly, we have rescheduled the 14th Annual Cruisin' for a Cure Canada to Sunday, September 12th, 2021, at the CAA Centre. Planning is already well underway for next year!

Upcoming PCCN Brampton Meetings / Events:

**Tuesday, September 8th, 2020 at 7 p.m. via Zoom
Catch Up / Sharing Meeting.**

Sunday, September 13th, 2020 - Cruisin' for a Cure Canada POSTPONED.*

**Tuesday, October 13th, 2020 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, November 10th, 2020 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, December 8th, 2020 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, January 12th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, February 9th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, March 9th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, April 13th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, May 11th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, June 8th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

***Sunday, September 12th, 2021 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



Some Resources Worth Considering

This Newsletter is a little shorter than usual as we are evaluating our options and sifting through many alternative sources of literature and online information. The following are worthy of your attention.

Prostate Cancer Foundation BC (<http://prostatecancerbc.ca/home/>)

PCF BC offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. *"Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?"* <http://ifiweretom.ca/>

Wellspring Chinguacousy (<https://wellspring.ca/chinguacousy/>)

Wellspring continues to offer free support for both patients and families and an array of relevant courses, all online, as the Centre remains closed to the public until further notice.

Us TOO International (<https://ustoo.org/>)

Us Too, the Chicago-based foundation that helped us start our support group in 1994, continues to offer comprehensive services free to anybody affected by prostate cancer. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs on the Home page yield comprehensive information on every topic that we have ever discussed and a few that we haven't!

Many of you scoop up copies of the **Us TOO Hot SHEET Newsletter** at our physical meetings. Back issues are available at <https://ustoo.org/Read-the-HotSheet-Newsletter> The latest copy can be accessed at https://ustoo.org/PDFs/HotSheets/UsTOO_HotSHEET_Sept_2020.pdf.

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*](#). [Editor's Note: The book is mentioned but the free part is no longer mentioned; we are attempting to confirm.]

The next online sessions will be held on **Tuesday, September 15th** and **Thursday, October 15th**, both 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 **Gideon Yang** at 416-946-4501 ext. 3593.



PCS - Brampton Bram-O-Gram

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** in the months of **September, October, November, December, March, April, May** and **June** 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.

Regular “Snail Mail” Costs Money – Please Consider Email

Regular printing and mailing now costs us 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 <https://www.pccnbrampton.ca/newsletters/>