



March 2021

Volume 21 Issue 3

INSIDE THIS ISSUE

- 1 PCS - Brampton News
- 2 Next General Meeting
- 2 Want to Get Online?
- 3 Last General Meeting
- 3 Cruisin' for a Cure  
POSTPONED
- 4 Upcoming Meetings /  
Events
- 5 Ontario Groups Working  
Together
- 6 Some Resources
- 6 ADT Online Education
- 7 16<sup>th</sup> Sled Ride of Hope
- 8 My Story – Paul Henshall
- 10 Recently Diagnosed?

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

*Please Consider  
Volunteering*

*We Need YOU!*

PCS - Brampton

[www.pccnbrampton.ca](http://www.pccnbrampton.ca)

[info@pccnbrampton.ca](mailto:info@pccnbrampton.ca)

Like & follow us on  
[Facebook](#)

Phone No: 905-458-6650

Fax No: 905-840-9474

*PCS - Brampton News*

Our **February 9<sup>th</sup> Zoom meeting** featured **Sara Sattler**, and it attracted **39 participants**, even one from California!

Our **March 9<sup>th</sup> Zoom meeting** will be another **Open Discussion Meeting** where members can discuss their current situations.

We are excited to announce that **Christina Dzieduszycki**, a Physiotherapist based in Ancaster, will repeat her presentation **“Kegels are for Women; HEgels are for men!”** that several of us attended on February 23<sup>rd</sup> thanks to **PCS Burlington**. Her presentation builds nicely on Sara Sattler’s. See Page 4 for more information.

And speaking of Sara Sattler, she put us in contact with **Hugh English** at **Us TOO Medicine Hat** in Southern Alberta. We are hosting a Zoom meeting for that group. Sara will repeat her presentation from February, so if you missed ours, you can catch it there at **9 p.m.** our time on **March 11<sup>th</sup>**.

To repeat: **The Zoom World is here to stay**. I have spoken with many other support group leaders and with both corporate and volunteer groups that are planning to continue to offer virtual meetings for the foreseeable future. There are many of us in the group that will gladly help YOU join the 21<sup>st</sup> Century. Please don’t hesitate to ask. We would love to see you virtually. 😊

The pandemic continues to dominate our lives and our dreams, but for the first time I am feeling hopeful that the Spring will see our leaders restoring some measure of freedom to our lives. The sky is starting to turn a deeper blue and I can hear our resident cardinal singing when I walk Norton Place Park

We will carry on to the best of our ability, but now more than ever we need YOUR input. Who do you want to speak at our meetings? What topics would you like to see covered? What would you be willing to contribute to the operation of the group? We still need to attract more people to help with our month-to-month operation. We have so much left to do in our community, both supporting those affected and increasing awareness!

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com) Telephone: 905-453-3038**



Prostate Cancer  
Support  
Brampton

## PCS - Brampton Bram-O-Gram

### Next General Meeting, Tuesday, March 9<sup>th</sup>, 2021 – 7 p.m.



This will be another **Open Discussion** or **Sharing Evening**. Those who have attended previous such meetings seem to have found them valuable, as they keep coming back. It's a chance to talk in a relaxed setting about the issues that concern us.

Some of you will remember this logo from the early days of our group when we were known as the **Us TOO Brampton Prostate Cancer Support Group**.

There is much to be gained through such meetings. I find it hard to decide whether the ones asking the questions or the ones answering get more out of the experience. Sharing truly is an expression of caring.

**This is the Join Zoom Meeting link for the March 9<sup>th</sup> General Meeting:**

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTE0yeGFpZz09>

Note that you can simply phone in if you do not have a computer:

+1 647 558 0588 Canada or +1 647 374 4685 Canada

Meeting ID: 898 2331 1336 Passcode: 154617

**If this is your first Zoom experience, 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. Once you have successfully connected, you can **Leave** the meeting.

You can contact me for assistance at 905-453-3038 or [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com). **Karl Leutner** has also consented to be a Zoom resource. Karl can be reached at 416-333-1947 or [khl@sympatico.ca](mailto:khl@sympatico.ca)

You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on March 9<sup>th</sup>.

### Want to Get Online?

It appears that the **Zoom World** is going to stay for some time to come. This means that many organizations will be holding virtual meetings online for the foreseeable future.

If YOU are afraid of computers and have avoided going online, please know that you can get along just fine with one of the many fine tablets that are now available. My personal preference is the **Kindle Fire HD 10** from **Amazon.ca**, which retails for \$199.99 regularly but is often on sale for around \$150. **Costco** often has good deals on **Samsung** and similar tablets.

You will of course have to obtain Internet service in your home, but you may already have it as part of your **Rogers** or **Bell** package.

I would be happy to show you my tablet and help you to obtain one and get started using Zoom to open up your world.

- Jim Dorsey, 905-453-3038 or email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)



## Last General Meeting, February 9<sup>th</sup>, 2021



**Sara Sattler** joined us on Zoom from Eau Claire, Wisconsin to discuss her work in **men's sexual health, education, and therapy**. Sara is a sought-after guest speaker who has dedicated her career to the health and wellness sector, specifically to men's health. Sara works directly with patients and their partners who are experiencing the effects of erectile dysfunction. Her sessions provide a safe, educational, and often humorous space for men to talk candidly about their challenges post prostate cancer. Sara Sattler is a sympathetic, engaging, knowledgeable, and impactful speaker on the topic of men's sexual health and the treatment options associated with prostate cancer and its side effects. With her dynamic personality and candid approach, each speaking engagement replaces indifference and dismay with curiosity and hope. Sara has spoken to patients, partners, doctors, groups, and vendors, coast to coast in North America.

Sara's presentation was very informative. Any of the attendees who might have been a little self-conscious discussing sexuality with a young lady found her forthrightness to be completely disarming. We ran over two hours.

Several men took advantage of Sara's offer to speak with them privately and they found that to be extremely valuable. The offer still holds; Sara's website is [www.pivotalrehab.com](http://www.pivotalrehab.com) or you can email her at [info@pivotalrehab.com](mailto:info@pivotalrehab.com) to arrange a telephone conversation.

## 14<sup>th</sup> Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14<sup>th</sup> Annual Cruisin' for a Cure Canada to **Sunday, September 12<sup>th</sup>, 2021**, at **The CAA Centre**. Planning is ongoing and we are happy to report that both existing and new sponsors have already pledged their support!

***IF YOU HAVE ANY CONTACTS IN THE INSURANCE INDUSTRY, WE ARE STILL SEARCHING FOR INSURANCE COVERAGE.*** (The pandemic is making it difficult to obtain liability coverage for large public events like Cruisin'.) ***ANY LEADS WOULD BE GREATLY APPRECIATED.***



**Upcoming Prostate Cancer Support Meetings / Events:**

Tuesday, March 9<sup>th</sup> at 7 p.m. via Zoom  
Open Discussion Evening.

***Hard of hearing? We have added Closed Captioning to our Zoom Meetings!!***

Tuesday, March 11<sup>th</sup> at 5:15 p.m. via Zoom  
PCCN Regina, SK, Dr. Francisco Garcia, Men's and Couple Sexualality – Post PCa.  
Log in [HERE](#).

Tuesday, March 11<sup>th</sup> at 9 p.m. via Zoom  
Us TOO Medicine Hat. AB, Sara Sattler, Prostate Cancer and Sexual Health.  
Log in [HERE](#).

Tuesday April 13<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Christina Dzieduszycki, Physiotherapist: “Kegels are for Women;  
HEgels are for men!” Most men are doing it wrong today!  
To view a preview video, click [HERE](#) and use Passcode y\*5p5\*Dc

Tuesday, May 11<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Speaker and Topic to be announced.

Tuesdays, June 8<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Speaker and Topic to be announced.

**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](mailto:jfdorsey@yahoo.com)**

## Ontario Groups Working Together

Following the regrettable demise of **Prostate Cancer Canada**, virtually all the leaders of the **Prostate Cancer Canada Network** chapters around Canada have been seeking new ways to support men with prostate cancer and to support research into the causes and treatment of prostate cancer. The **Prostate Cancer Foundation BC** is leading an effort to create a national support organization. We are involved in this effort and we will keep you informed as it proceeds.

Here in Ontario, extraordinary efforts by **Winston Klass, Keith Braganza & John Roth** from the **Toronto** group, **Walter Eadie** from **Oakville/Mississauga**, **Glen Tolhurst, Gary McCreight & Bill Faulkner** from **Waterloo-Wellington** and **Bob Allan** from **Burlington** have led to a steadily increasing level of cooperation among the various groups. We are working on developing an effective way of facilitating communication and cooperation among the group leaders on our common concerns AND better ways to offer support to those affected by prostate cancer.

We foresee a time when those seeking assistance can obtain it at any time of day or night. Through Zoom, it should be possible to find a support group meeting somewhere in Canada – or possibly the world – almost any day of the week. Mechanisms to accomplish this are under development.

In the meantime, we will attempt to keep you advised of relevant meeting announcements as we receive them through email.

Following is a list of the various local groups that hold regular meetings. For now, all meetings are being held virtually using the Zoom platform. All groups welcome anyone interested in the subject of prostate cancer, whether you are a patient or a caregiver or are just interested in the subject. Always remember that you are **YOU ARE NOT ALONE NOW** and that there are no stupid questions.

**Burlington** [pccnburlington@gmail.com](mailto:pccnburlington@gmail.com) for information. LAST Tuesday of the month @ 7 p.m.

**Mississauga/Oakville** <https://www.prostatecancersupport-oakville-mississauga.ca> Third Wednesday @ 7 p.m.

**Toronto** <https://pcstoronto.ca/> First and third Tuesdays @ 7 p.m.

**Waterloo-Wellington** <http://pcsg-waterloo-wellington.ca> Fourth Tuesday @ 7 p.m.



**To Better Times Past & Future!**





## [Some Resources Worth Considering](#)

### **Prostate Cancer Support Canada (<http://prostatecancersupport.ca>)**

**PCS Canada** 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/>

The Calendar of events across Canada is now available [HERE](#). Check time zones!

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

Us TOO helped us start our support group in 1994. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs yield extensive information on every topic that we have ever discussed and a few that we have not!

Their events are listed [HERE](#).

Current and back issues of the **Us TOO Hot SHEET Newsletter** are available at our physical meetings. at [HERE](#).

## [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 sessions for 2021 will be held on **Monday, March 15<sup>th</sup>** (Wait list open), **Thursday, April 15<sup>th</sup>** and **Tuesday, May 18<sup>th</sup>**, all starting at **6 p.m. Eastern Time**. To register, fill in the brief form at [HERE](#) or send an email to [LifeOnADT@gmail.com](mailto:LifeOnADT@gmail.com).

**NOTE:** In-person classes are offered at:

**Princess Margaret Cancer Center.** To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

**Barrie-Simcoe Muskoka Region Cancer Center.** To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.

## 16th Annual Sled Ride of Hope Wrap Up

**Steve Hutton** President & Founder of the **Prostate Extreme Team (PET)** tells us their first ever virtual ride was a complete success, **raising just over \$8,000** for **Wellspring Chinguacousy**. Way to go, guys and gals! They shook things up by adding unique contests to their first – and hopefully last – virtual event to generate more excitement.



The first contest was “**Guess the Candies.**” **Kevin Malley** came closest, guessing 177 of 274 in the jar. Kevin now owns a cool **Cyclops 4K action camera** compliments of our amazing sponsors at

[Uxbridge Motorsports Marine Ltd.](#)



The second Contest was “**Best Pet Dressed in Team Blue Colours**” which the **Amendola Family** won with these cute outfits. The Amendolas won a **one night stay** at the beautiful [Residence Inn Muskoka Wharf](#) – another long-time sponsor of PET.



The final contest was “**Best Dressed Sled in PET Colours**” and **Andy Faulks** of Port Perry came up with the brilliant idea of putting some of our Boys in Blue on his sled. That’s kind of hard to beat – nicely done Andy! We hope you enjoy your **\$250 Gift Certificate @ Uxbridge Motorsports!**

The highest pledgers this year were once again **Susan & Hersh Litvak** who won a fantastic **4k Action Video Camera** from Uxbridge Motorsports. Congrats and thanks so much for your continued support of the cause; you are loved!

As usual, PET did an amazing job of raising awareness and funding for prostate cancer support. We know that everyone at Team Blue PET is looking forward to getting together in person in 2022. We have witnessed the fun and shenanigans that this group gets up to every year!

Steve would like to thank all of PET’s amazing sponsors, family & friends for making this first ever virtual event such a success. Finally, PET recognizes all the amazing Snowmobile Clubs that, like PET, are all 100% volunteer based and without whose dedication and hard work events like **The Sled Ride of Hope** could not happen. **Go team OFSC!**

For any sledders in PCS Brampton, consider making it out to Gravenhurst in 2022 – it’s a blast!



## *My Story – Paul Henshall*

**Early diagnosis:** It's the secret to the best chance of recovery. From the common cold to prostate cancer. Fortunately, my GP followed that dictum.

27 years ago, my GP added a PSA test to my annual blood work and routinely said "All's good." Then, finally my PSA hit 3.5 and I was sent down the hall to a urologist. He offered to do a prostatectomy or I could go to Sunnybrook to investigate a clinical trial of more powerful shots of radiation. I opted for the latter under the direction of **Dr. Andrew Loblaw**. Instead of two units of x-ray radiation, five days a week, for between seven and eight weeks, I received seven units once a week for 5 weeks. That protocol is now known as **SABR, stereotactic ablative body radiotherapy**. After 14 years, the success rate for the initial 2 cohorts of 100 men is 98%.

At one point, I was teaching science at a high school in Mississauga, then left there to become Science Consultant for the Peel District School Board, and went on to become a principal. I lost touch with my colleagues in the science department until one day while doing part of my work-up for my radiation, I met my former Department Head at Sunnybrook. He was there for some follow-up problem for his treatment for PCa.

At a funeral for another department member who died of leukemia, I met up with a third colleague who was having issues following a prostatectomy. And now I've found out my former department head died of PCa and his successor has had PCa.... That's the majority of the department with cancer issues...!

On to happier days! Somehow, I found out about the prostate support group in Brampton and met **Jim Dorsey** for coffee at Starbucks. The rest is history! I became an active member of the group and now am on the Steering Committee as well as having my signature on the registration documents. For some reason, I became the emcee for the meetings too.

These meetings have proved to be so enlightening about many aspects of prostate cancer. We have heard from doctors who have described new techniques. Now we have focussed more on quality of life after treatment. This has included learning about artificial sphincters, fitness and enhanced diet control. This knowledge has enabled Jim and me, as well as others, to speak to men who have come to this group seeking comfort, assurance and assistance following being shocked to get a diagnosis of PCa.

Since I am a car nut, our annual **Cruisin' for a Cure Canada** car show was a natural to work on. I look after the vendors that attend the event. Our PSA clinic has saved numerous men's lives that we know of and probably more who haven't reported back to us.

While Peel still had one, I participated in **Motorcycle Ride for Dad**. This venture started in Ottawa and has spread across the country, providing funds to initiatives in the centres where the Ride has occurred. I rose to the Diamond level for raising over \$10,000 during my involvement. Plus I have a neat hoodie emblazoned with the Captain's Club crest.



So there are any number of ways that you can become involved in supporting men and their families affected by prostate cancer.

**Please stay safe and follow the mask, hand washing and distancing protocols!!**

- **Paul Henshall**

**[Editor’s Note]** Paul is far too modest. He is one of our core group of members who can always be counted upon whenever an opportunity to increase awareness comes up. We appointed him the Emcee / Facilitator for our meetings because he has so much experience in that area, although I’m sure that most of you know how shy and retiring he is in person. 😊 😊



One of Paul’s more exciting annual tasks is taking photos for the Prostate Cancer Calendar published every year by our friend **Danni Stockley** of **The Diva Riding Society of Canada** and her husband **Kevin**.

From the left, **Keshia, Paige, a happy Paul Henshall, Janice and Tanya**.



**John Sanderson** was kind enough to get us into the annual **Rotary Club Rib n’ Roll** at Gage Park in May, 2019. **Sean O’Neill** joined us on a very soggy Saturday.



We appear at many car shows around Ontario when we can do so. This was at **Autofest** in Oshawa, probably in 2018.



Prostate Cancer  
Support  
Brampton

## PCS - Brampton Bram-O-Gram

### [Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you via a telephone call or a Zoom virtual meeting or physically a physically separated meeting at a convenient time and place. 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**.

**Steering Committee Meetings** are held two weeks later, usually on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com) to confirm day & time.

*For the duration of the Coronavirus pandemic, both General and Steering Committee meetings will be held virtually, using the Zoom platform as described on Page 2.*

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

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

[Jim Dorsey:](#) (905) 453-3038 [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)

*\*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](mailto: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/>