



June 2011
Volume 11 Issue 5

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**DON'T MISS THE
PEEL REGION
FATHER'S DAY
WALK/RUN AT
CHINGUACOUSY
PARK**

PCCN Brampton

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June

PCCN Brampton News

Our May meeting saw a number of our members tell their personal stories in the ongoing battle with Prostate Cancer.

Both John Elliot and Al Hutton told their stories of battles that have been going on for 10-20 years. Even in cases where the cancer has metastasized (Al's PSA was 2000) there is still hope and combinations of treatments, exercise and dietary changes can keep the disease at bay for a long time. We thank John and Al for sharing these stories with us and providing inspiration.

June is always a busy Prostate Cancer activities month.

This started with the ATV Ride of Hope Saturday, June 4th.

The Motorcycle "Ride for Dad" falls on Saturday, June 11th.

Peel Region Fathers Day Run/Walk for Dad will be held on Sunday, June 19th at Chinguacousy Park in Brampton. We would like to invite you and your family to participate, so sign up and join our team. We have decided to enter this event this year in place of the "Relay for Life" as it is focused on Prostate Cancer Awareness and is highly publicized by Prostate Cancer Canada. Further details of the event are listed in the pages below.

Our Annual PCCN Brampton Charity Golf Tournament will also be held in June on Monday, June 20th at the Acton Golf Club. We are still a little shy of golfers and have several singles and a few doubles looking for partners. Forward me your name and/or that of your foursome if you would like to play in the event as well.

E-mail (visact@rogers.com) or fax (905-458-1812) your information to me as soon as you can and we will reserve a spot for you at the event. It's always a lot of fun and is only \$90. This covers your green fees, cart, lunch, prizes and the HST.

So if you have some time to volunteer at or attend any of the events there are certainly lots to choose from.

Gary Foote – Treasurer & Newsletter Editor

Tel: 905-458-6650, E-Mail: gary.foote@pccnbrampton.com



Next General Meeting, Tues June 14th 2011

Our Season's Ending Social & Pot Luck Supper

An evening of Caring, Information, Food, Fun, Laughter, Sharing and more!

Don't forget to bring along your favourite recipe for the Pot Luck !

We look forward to seeing you in Room #2, The Terry Miller Recreation Center, 1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road.

Parking as always is free.

Please forward your questions or suggestions to: info@pccnbrampton.com

**We meet at the Terry Miller Recreational Centre in Brampton
Room 2, 1295 Williams Parkway is the location; parking is always free.**

Upcoming 2011 Prostate Cancer Events:

Motorcycle "Ride for Dad", Saturday, June 11, 2011

www.motorcycleridefordad.org/chapters/peel

www.insidemotorcycles.com/images/Features/1401/88_Father%20knows%20best.pdf

PCCN-Brampton "Peel Region Father's Day Walk / Run", Sunday, June 19th 2011

http://www.pccnbrampton.com/2011_walk.htm

PCCN-Brampton "Annual Golf Tournament", Monday, June 20th 2011

http://www.pccnbrampton.com/2011_golf.htm

Cruisin For a Cure Canada, Sunday Sept 11th 2011

<http://www.cruisinforacurecanada.com>



Upcoming PCCN Brampton Meetings:

Tuesday, June 14th, 2011
Summer Pot Luck Dinner - Season Wrap Up & Get Together

Tuesday, September 13th, 2011
Steve Jones President & CEO of Prostate Cancer Canada

Tuesday, October 11th, 2011
Morwenna Given - Medical Herbalist

Tuesday, November 8th, 2011
Dr. Tom Corbett - Radiation Oncologist

Tuesday, December 13th, 2011
Christmas Pot Luck Dinner & Get Together

Speaker suggestions from members are always welcomed, please watch our website for complete meeting agendas and updated speaker profiles!

**Al Hutton, Speaker Committee:
(905) 274-5394 or Email @ alhutton@sympatico.ca**

Please Note: We try as best we can to plan great speakers and topics however from time to time we may have to reschedule the speaker due to unforeseen circumstances.

We will always try and provide as much advance notice as possible when a reschedule occurs.



Peel Region Father's Day Walk / Run – Sunday, June 19th

There has been almost no participation from any of our members yet. Please remember that this is also one of only two fund-raising activities that we will be operating each year, the other one being the Golf Tournament. Your assistance is vital to our continued success as a support group.

Location: Chinguacousy Park, 9050 Bramalea Rd

Event Day: Father's Day, Sunday, June 19th

Event Day Sign In: 8:00 a.m.

Event Start: 9:30 a.m.

Cost: Adults \$35, which is waived if you pledge to raise \$150 or more. Children under 12 are free.

To Register to Walk: Click the *Register Now* button at <http://www.prostatecancer.ca/Father-s-Day-Run-2011/Peel-Region/Home>

To Make a Donation to Our Team: Click the *Make a Donation* button at <http://www.prostatecancer.ca/Father-s-Day-Run-2011/Peel-Region/Home>

Our team has already been set up and is called **Brampton Blue Knight Crusaders**.

To Join Our Team: Register to Walk first, then sign out and finally Click the *Register Now* button and sign in at <http://www.prostatecancer.ca/Father-s-Day-Run-2011/Peel-Region/Home>

Additional Info:

Courtney Cisterna & her Junior Dragster, “Parental Nightmare” will join us.



As always, we owe a big “Thank You” to [Chinguacousy Park](#) for their generous support.

Roberta Canning of Chinguacousy Park and our own Steve Hutton will be designing a 5K run / walk for adults that will loop around the many paths inside the park.

Key volunteer Mayur Patel’s children will be creating a 1K fun run for the kids under 12. It sounds like there may be more fun than run in that part of the morning!

Please bring the whole family and join us for lots of great food, prizes, and live entertainment. The Kids Petting Zoo will be open and Dads can enjoy a free round of Mini Golf. As a special treat, The Dad’s Hip Hop Dance Crew will appear. Public Address and music facilities will be provided by our good friend Bill Stellings of BramCity

This is one of Prostate Cancer Canada’s two major annual fund-raising events, and as you have probably noticed, PCC is providing extensive publicity in all public media as well as on the website.

Jim Dorsey, Steering Committee

Tel.: (905) 453-3038, or Email: jim.dorsey@pccnbrampton.com

2011 Senior Moments Motorsport Racing Information

As you are no doubt aware, we are sponsoring the Senior Moments Motorsport Top Dragster this season. The car will compete at a number of race weekends around Ontario and Quebec.

[Toronto Motorsports Park](#), Cayuga On, June 10-12

[Toronto Motorsports Park](#), Cayuga On, July 1-3

[Grand Bend Motorplex](#), Grand Bend On, July 15-17

[Lusville Dragway](#), Lusville PQ, July 29-31

[Grand Bend Motorplex](#), Grand Bend On, Aug 5-7

[Grand Bend Motorplex](#), Grand Bend On, Sept 2-4

[Shannonville Motorsport Park](#), Shannonville On, Sept 18-19



The car's first appearance at Toronto Motorsports Park in Cayuga on the May 24 long weekend was cut short by bad weather. After a few runs on Saturday, our driver-mechanics Phil Nedham & Mike Etter and friends used the down-time to get the car properly set up for its next appearance.

Denis Paris and I set up an information table in the back of the car hauler on the Saturday. We spoke with a number of people, including one man who had JUST been informed that his first-ever PSA blood test results had come back "abnormal" and a young lady whose Father had died of Prostate Cancer four years to the day earlier, on her Mother's birthday.



PCCN Brampton Bram-O-Gram



The most interesting part of the whole weekend was how many people knew of Prostate Cancer Canada and were familiar with our Cruisin' for a Cure car show. On the other hand, we also encountered a lot of ignorance about Prostate Cancer.

Volunteers are required for all race weekends. Please contact me if you would like to get involved. But be warned that drag racing is addictive.

Jim Dorsey, Steering Committee
Tel.: (905) 453-3038, or Email:
jim.dorsey@pccnbrampton.com

Cruisin' for a Cure Canada, Sunday, September 11, 2011



Our 5th Annual Cruisin' for a Cure Canada will be held in the North Parking Lot at **The Powerade Centre**, 7575 Kennedy Road South, Brampton, ON L6W 4T2.

The gates open at 7:30 am; the show runs from 10 am – 4 pm.

As always, we will provide **free PSA Blood Tests** for Men 40 & Over. Clinic hours run from 9 am. – 4 pm only.

The show will feature "Goodie Bags", People's Choice Awards and Door Prizes for vehicle owners. We will have even more vendors and trade exhibitors than in previous years plus a 50:50 Draw, Raffles, Entertainment & Food and of course Prostate Cancer information for all who attend.

The Senior Moments Motorsport Dragster will be a featured vehicle and we are hoping to attract other race cars to the show this year.

Once again, we will charge a \$5 parking fee per vehicle entering the North Parking Lot. Net Proceeds go to **Wellspring Chinguacousy** and **Prostate Cancer Canada**. We can issue tax receipts for donations of \$20 or more.

We need volunteers for the show and also to distribute flyers and sell our new **Cruisin' Calendar** at local cruise nights and car shows.

For info or to volunteer, contact Jim Dorsey, 905-453-3038, jfdorsey@yahoo.com
Our website can now be accessed at www.c4acc.com.

Flash: The Ontario Provincial Police Golden Helmets Precision Motorcycle Team will join us in a salute to First Responders on the 10th anniversary of the World Trade Centre Disaster. They will then honour us with a demonstration of their skills.





[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 at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk that you're a new member on arrival. One of our counsellors will welcome you and listen to your concerns. Sean Butterly has also offered to be available during our Steering Committee Meetings to meet you one on one at Wellspring Chinguacousy if you prefer.

Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August at Terry Miller Recreation Centre. Our Steering Committee meetings are held two weeks later on the 4th TUESDAY of every month except July & August at Wellspring Chinguacousy, but we always accept calls throughout the year. Family members, friends and supporters are always welcome at any of our meetings!

[Counselling Associates:](#)

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

Regular Mail Costs Us about 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: gary.foote@pccnbrampton.com

If you already receive your newsletter via regular mail or e-mail, be sure to notify us of any address changes so we can continue to get it out to you.

[Website News & Issues:](#)

We will continue to post the latest YouTube Videos in relation to Prostate Cancer please check in regularly for the latest videos from around the World.

We appreciate any feedback in regards to the website as it really helps us make it more user friendly, keep the feedback coming folks! If you would like to advertise an upcoming local Prostate Cancer Event on our site please contact:

Steve Hutton – Webmaster/Event Coordinator
(905) 840-7937 or via email: steve.hutton@pccnbrampton.com



PCCN Brampton Bram-O-Gram

"11th ANNUAL GOLF TOURNAMENT"

Help Support a Great Prostate Cancer Awareness & Support Group

DATE **MONDAY JUNE 20th, 2011**

LOCATION **ACTON GOLF CLUB**
4955 Dublin Line, Acton, L7J 2M2

TIME ***9:00 A.M.(SHARP) Shot Gun Start***

Registration Opens at 8:00 a.m. Optional Coffee & Breakfast available at 7:30 AM



18 HOLES



SHOTGUN START



SCRAMBLE FORMAT

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

For more information please visit – www.pccnbrampton.com

Golf & Buffet Lunch \$90.00 Per Person

Which includes 18 holes of golf, cart, scoring, buffet lunch & prizes.

Contact: Ron Clayton: 905-584-2095 to book your spot today!

ronjudyclayton@yahoo.ca