

Awareness

The "PCCN-Toronto" and "Side by Side" Prostate Cancer Support Groups

Dr. Vasun Discusses Nutrition and Diet

Dr. Vasun did us a big favour by accepting our late invitation to speak due to a last minute cancellation.

Nutrition and diet are always popular subjects for our audience, and we knew that many people would be attending our July Awareness Night meeting to hear a specialist discussing these important topics.



Dr. Vasundara Venkateswaran

As we've been doing since the beginning of 2011, Dr. Vasun's entire presentation was videotaped, and it can be seen in its entirety by visiting our website - pccntoronto.ca - and looking under "Recent Posts" in the upper right-hand corner.

Following our refreshment break, she answered many questions before we closed our meeting at 9:30 p.m.

We thank Dr. Vasundara Venkateswaran for coming and making this important presentation to our very receptive audience.

Please note that our next Awareness Night meeting will take place on Wednesday September 21st, when Dr. Timothy Davies from Hamilton will discuss "Incontinence and Erectile Dysfunction", always important topics (see page 3).

Does Tennis, Fishing, Golf, or Boating interest you?

Do you enjoy fishing, boating, hunting, golf or watching tennis?

Since our affiliation with Prostate Cancer Canada (PCC), we've participated in the Sportsmen's Show, the Boat Show, the Golf & Travel Show and the Roger's Cup, where we raised awareness and answered men's questions about prostate cancer.

These opportunities will continue as we move forward, but we'll need your help. Volunteers will be required to man PCC-sponsored booths at these events. By joining us and helping us "get the word out", you too will benefit, as you won't have to pay entrance fees to any of these shows, and then, before and/or after your scheduled "booth time", you will have the opportunity to enjoy the show.

Would you like to have your name added to our "special events" volunteer list? Then please email aaronbacher@rogers.com. You will be advised when and where we require your help, and you can let us know if you are available. A schedule confirming your time in our booth will be emailed to you prior to each event.

Thank you in advance for agreeing to join us, as we continue raising prostate cancer awareness and educating men in the Greater Toronto Area.



SEPTEMBER 2011

PCCN-TORONTO

Prostate Cancer Support Group

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"Raising prostate cancer awareness" - pccntoronto.ca

SURVIVOR FORUM IV - Another Successful Evening

Their topics included Active Surveillance, Brachytherapy, Robotic-Assisted Laparoscopic Surgery, Hyperthermia, High Intensity-Focused Ultrasound (HIFU), recurrence following open



Survivor Forum IV speakers: Bill Sceviour (moderator), Glen Tolhurst, Philip Ng, Bill Surchin, David Lunt, and Mark Weir. (Missing from the photograph is Ezra Franken)

surgery, and Chemotherapy, External Beam Radiation Therapy and Hormone Therapy.

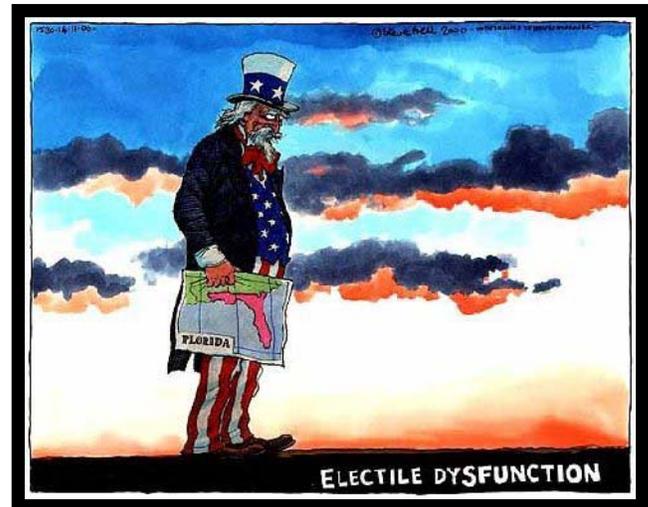
They discussed just about every currently known treatment for prostate cancer.

"They" were the speakers at our fourth Survivor Forum since 2004; all prostate cancer survivors who are also volunteers with our PCCN-Toronto support group.

We sincerely thank them all for participating and for sharing their own personal journeys with prostate cancer. We know that many newly-diagnosed men were in our audience for the first time, so we hope that hearing these stories helped them as they begin their own journeys with this disease.

If you were not able to attend this meeting, and you want to hear these individual stories, please go to our website: <http://pccentoronto.ca> and click on the "Survivor Forum" tab.

A new word from our American friends!



Electile Dysfunction:

"The inability to become aroused over any of the choices for President put forth by either party in the 2012 election year."

Pearse Murray Resigns from PCCN-Toronto Board of Directors

Pearse Murray resigned recently from the PCCN-Toronto Board of Directors, after serving as a Director for several years.

He created a DVD for gay men with prostate cancer and helped coordinate several meetings, held at 519 Church Street, for gay men who were diagnosed with prostate cancer. He was also instrumental for our support group having a booth during Pride Week.

We thank him for his years of service and wish him continued good health and the best of luck with his radio show on PROUD FM 103.9.

If you would rather receive this newsletter electronically, please email info@pccentoronto.ca and we'll remove you from our regular mailing list and add your name to our email list. Thank you.

PCCN-Toronto & Side by Side
(Prostate Cancer Support Groups)

invite you to attend a
Scotiabank Awareness Night
at the
Toronto Botanical Garden
in the **Floral Hall**
777 Lawrence Ave. East at Leslie Street

on
Wednesday
September 21, 2011

at 7:30 p.m.

guest speaker

Dr. Timothy Owen Davies

MD, FRCSC

Assistant Professor, McMaster University

topic

**"Incontinence & Erectile
Dysfunction"**

A Question Period will follow

*All family members, partners & friends
are most welcome!*

FREE parking!

If you have any questions, please call us at

416-932-8820

Doors open at 7 p.m.

**2011 Meetings to Benefit
North York Harvest Food Bank**

When you attend one of our Scotiabank Awareness Night Meetings at The Toronto Botanical Garden, please bring some non-perishable food with you, which PCCN-Toronto will donate to the *North York Harvest Food Bank*.

Below you will find a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented).

- √ **Canned fish & meat**
- √ **Canned vegetables**
- √ **Canned fruit**
- √ **Cooking oil**
- √ **Sugar substitute (Equal)**
- √ **Flour**
- √ **Brown pasta**
- √ **Powdered milk**
- √ **Dried beans**
- √ **Brown rice**



www.northyorkharvestfoodbank.com

We thank you for your continued support.



We are very happy to announce that all of our 2011 Awareness Night meetings at the Toronto Botanical Garden and our Man to Man peer support meetings at Valleyview Residence are being sponsored by Scotiabank.

Therefore, this year we are calling our meetings at the Garden the Scotiabank Awareness Night meetings.

We sincerely thank them for their very generous financial support.

8th Annual Prostate Cancer Canada Leaders Conference at the Halifax Marriott Harbourfront Hotel - Oct. 12-15, 2011

Heading to Halifax this year for the PCC Conference, for the first time ever, are *four* members of the PCCN-Toronto board, and one non-board member. Aside from chairman Ron Benson and his wife Judie, the other board members attending are Bill and Blema Lifchus, Fred and Donna Cohen, and Aaron and Ronnie Bacher.



Peggy's Cove, Nova Scotia

Our non-board member won the trip at our volunteer Annual Information Meeting (AIM) on August 23rd, when his name was pulled out of a hat which included the names of 7 other volunteers who had expressed an interest in attending this year's conference. Congratulations to our winner **Philip Albert**.

This year's conference promises to be another outstanding event, with several very interesting speakers and some terrific workshops planned.

If you are interested in attending, please go to www.prostatecancer.ca and register for the conference; also at that same site you can book your hotel room, while your airline reservations have to be arranged separately.

This year's conference, as always, will feature survivors/volunteers from PCC-affiliated prostate cancer support groups across Canada. This will allow everyone to "compare notes" with support groups representing every province in Canada.

So think about joining us in Nova Scotia this October; plan a few extra days either before or after the conference itself and enjoy the hospitality of the wonderful people in the Maritimes - you will have a fabulous time there!



PCCN-Toronto hosts Annual Information Meeting for all regular volunteers (peer support and awareness meetings and hospital)

On Tuesday August 23rd, at Valleyview Residence, all of our regular volunteers were invited to attend our First Annual Information Meeting (AIM). The purpose of this meeting was to update everyone on our support group's activities and discuss our "moving forward".

Chairman Ron Benson welcomed everyone, made some opening remarks, introduced the board members who were in attendance and also briefly discussed our new Constitution. Then various individuals reported on our many activities: our Man to Man and Side by Side peer support meetings; Awareness Night meetings; our hospital volunteers; PCC's Father's Day Walk/Run; our speaker's bureau; and the PCC Conference in October. We also discussed our financial situation, new print materials being created, and how our PCC affiliation has gone after our first year. Everyone had a chance to ask questions after our refreshment break.

This is an important meeting for all of our volunteers; to hear what our group is planning/doing and also to have input in future activities/events. This AIM will take place annually at the end of August.

PCCN-Toronto is supported by:

**AstraZeneca / Harmony Printing / Macgregors Meat & Seafood Ltd.
Prostate Cancer Canada / Scotiabank**

Do you want to know "who" gets those research dollars? And "how" it is decided? I did.

by Aaron Bacher

Prostate Cancer Canada raises a substantial amount of money each year for prostate cancer research. But how is that money "spent" or "dispersed"? Who receives those "research dollars"? Which research projects are funded and which ones are not?

Maybe you thought the same thing I did! That a few well-known "names" in the prostate world submit grant applications to Prostate Cancer Canada's **Pilot Grant Panel** and, voila, the money is "granted" to them. Simple. Easy. Fast. Done. *The only problem with this theory is that it couldn't be farther from the truth!*

I found that out first-hand when I participated in this year's **Pilot Grant Peer Review Panel Meeting**, on Wednesday June 8, 2011 at the Novotel Toronto Centre, from 7:30 a.m. until 5:45 p.m. It was definitely a full day and an eye-opener for me!

This year's **Pilot Grant Panel** consisted of 17 doctors, Susan Langlois (PCC Director, Research Programs), Nalini Sen (PCC Senior Grants and Awards Coordinator) and **me!**

We had 31 grant applications to consider that day. A total of 80 had actually been submitted this year (20 more than last year) but, through an earlier "triage system", that total had been reduced to these thirty-one.

Before this panel met, each of these had been reviewed by two fellow scientists, who personally "marked" each application. Then these "primary" and "secondary" reviewers presented each grant application to the panel, advising everyone how they had marked them. An open discussion followed, usually involving several members of the panel, solely on the merits of each

application. Next, the reviewers had the opportunity to raise or lower their own original "marks". Then the entire panel voted by secret ballot and, depending on that final total "score", that particular grant would either receive funding or not.

Surprisingly, after all 31 applications had been reviewed, none of us knew how many had actually received the necessary marks! The top applications were to be reviewed again, and, based on the research dollars available, the final decision would be made as to how many of these grants would receive funding. That final decision was made by the SMAC (Scientific and Medical Advisory Committee), blinded to each applicant's name.

Susan advised me, two weeks after our panel had met, that we had in fact approved 18 grant applications for funding that day, from all across Canada, at a cost of 2.1 million dollars!

This entire procedure was very interesting to witness in person. It taught me that whether or not you are already well-established in the prostate community is not really significant. What matters most is the content of each individual application; that way every applicant is on an equal footing and has the same opportunity to have their grant approved for funding. Each panelist took this task very seriously and made sure that every submission received the same consideration.

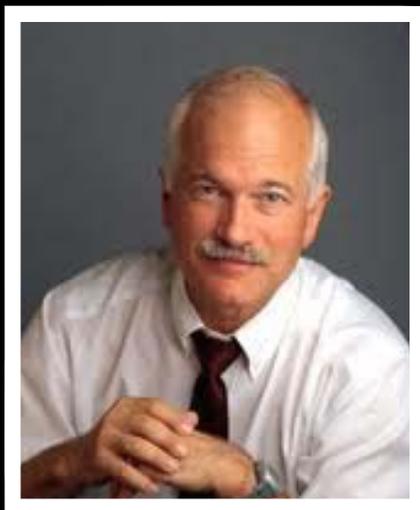
I am very proud to have been one of those panelists, and sincerely hope that one of those approved grants goes on to do some amazing things in prostate cancer research.

Thanks again Susan for inviting me.

*Are you interested in becoming
a PCCN-Toronto Volunteer?*

*Please call our hotline - 416-932-8820
or email us at info@pccntoronto.ca*

WE REMEMBER JACK LAYTON



The Board of Directors of Prostate Cancer Canada Network - Toronto and all the men involved with our support group, as well as the women of our Side by Side support group, express their sincerest condolences to Olivia Chow and her family over the recent loss of their husband, father and grandfather JACK LAYTON.

He was a great Canadian who is sadly missed by all.

At this time, we do not know exactly what caused Mr. Layton's recent death, but he claimed at his July press conference that his prostate cancer was under control.

Our Speaker's Bureau currently consists of five of our survivors who go out and speak on behalf of PCCN-Toronto to businesses, religious organizations, and other non-profit groups about prostate cancer. We call it our "Lunch-and-Learn" program.

We highlight the need of being screened with a PSA blood test and a digital rectal examination (DRE), and discuss the importance of an early diagnosis.

Requests for speakers come in via our hotline - **416-932-8820** - and, more recently, from Prostate Cancer Canada, who then forward the contact information to our support group.

You can help us promote this program in two ways: first, you can contact us and ask us to add your name to our list of speakers; and, second, you can advise us of any company or organization that you feel would benefit from having one of our speakers go out and speak to their management and/or employees.

If you can help us in either way, please call our hotline number and leave a message for **Stan Mednick** to return your call or email him directly at: sb.mednick@rogers.com.

Thank you in advance.

Father's Day Walk/Run - Another huge success! PCCN-Toronto raises over \$36,000

Father's Day 2011. It was a gorgeous day - the sun was shining brightly with just a hint of a breeze. And the people! They were everywhere, as many families had come to celebrate **Father's Day** together and also to celebrate the culmination of **Prostate Cancer Canada's Father's Day Walk/Run**.



Stan Mednick (Captain of PCCN-Toronto 2), Rita Dennis, wife of the late Sol Dennis (WALK FOR SOL), and Aaron Bacher (Captain of PCCN-Toronto 1)

Roger Petersen, CityNews Anchor, announced that this year's Walk/Run had raised over one million dollars across Canada.

Our 2011 PCCN-Toronto team far exceeded last year's effort by raising **\$36,839** in just our second year of supporting this fabulous event. Many of our teammates came to Ashbridges Bay Park on Father's Day, walking the boardwalk with several members of their families.



The Kaplan Family. Lawrie (second from left) raised over \$4000 for our PCCN-Toronto "team" this year.



Hundreds of walkers on the boardwalk.

Each "team" member wore a **PCCN-TORONTO** ribbon as well as a **WALK FOR SOL** ribbon, as we honoured our late Vice-Chair **Sol Dennis** who passed away suddenly last December. Sol's wife **Rita** and several members of her family attended and walked with us, each wearing their "Walk For Sol" ribbon.

After the walk a BBQ lunch was served to all participants. The children were also kept busy as several activities were available, especially for them.

This was a fabulous event at a terrific location and we are already looking forward to **Father's Day 2012**. We hope that you will consider joining us at that time, not only to help us raise more funds for prostate cancer, but also to walk with us on the boardwalk as we all celebrate part of Father's Day together! We'll see you all then.



The 2011 "TOP SURVIVOR" Fundraising team - PCCN-Toronto.



The DeCristofaro Family



Fred and Donna Cohen, with Ginger!

OUR ON-GOING PROJECTS FOR 2011



These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 p.m. to 9:30 p.m. Here, leading medical professionals speak on a range of topics related to prostate cancer and then, following a refreshment break, answer your questions. Family members and friends are welcome to attend. If you are on our mailing list, a notice of each event will be sent to you.

Please bring some non-perishable food with you for the North York Harvest Food Bank. See page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Sep 21	Dr. Timothy Owen Davies <i>Henderson Hospital - Hamilton Ontario</i>	Incontinence and Erectile Dysfunction
Nov 30	Dr. Andrew Matthew <i>Princess Margaret Hospital</i>	Psychological factors associated with treatment decision-making and prostate cancer treatment (radiation, surgery and active surveillance)

Man to Man Peer Support Meetings - 7 p.m. to 9 p.m.

These meetings take place on the **first** and **third** Tuesday evenings of each month at **Valleyview Residence**, 541 Finch Avenue West (just west of Bathurst Street on the Branson Hospital site) in the All-Purpose Room. They provide an opportunity for men to talk in a safe and comfortable setting about dealing with their diagnosis of prostate cancer.

Side by Side Peer Support Meetings - 7 p.m. to 9 p.m.

The ladies' support group also meets at Valleyview Residence (see above) in The Board Room, but **only** on the **first** Tuesday of each month. These meetings allow for personal discussion from a female perspective.

Visitation

Trained volunteers, all prostate cancer survivors, will talk to you/your family in your home, by telephone or in the hospital. Each week, our volunteers visit surgical patients at **Toronto General Hospital** (Thursday & Saturday) and **Sunnybrook Hospital** (Thursday), bringing them messages of hope and support.

Counseling

Our volunteers counsel men in prostate cancer clinics at **Princess Margaret Hospital** (Monday through Friday), at the **Odette Cancer Centre** (on Thursday), and at **The Prostate Centre at North York General's Branson Site** (on Tuesday afternoon).

PCCN - Toronto Board of Directors

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