



Awareness



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

Regina Oozes with Western Hospitality at PCCN's Leadership Conference

The annual PCCN Leader's Conference seems to have attained a new status in recent years, as the premier of the host province puts it on his/her calendar and makes sure to attend.

Last year in Halifax, it was the Honourable **Darrell Dexter**, Premier of Nova Scotia and this year in Regina, Premier **Brad Wall** of Saskatchewan helped get the conference off to a terrific start at the Gala Dinner on Wednesday October 3, 2012.

The Premier joined approximately 240 other guests from across Canada for dinner, as Conference 2012 got underway.

Robert Watson, President & CEO of SaskPower and a member of the Prostate Cancer Canada Board, introduced the Premier, who brought greetings from the people of Saskatchewan. The Premier then introduced the evening's keynote speaker - the Honourable **Nancy Heffner**, Minister of Central Services.

Entertainment during the dinner was provided by **Rory Allen**, a world-class entertainer and Elvis Presley tribute artist.

A very full day of presentations on Thursday ended with a dinner at The Heritage Centre, the home of the Royal Canadian Mounted Police.

Aside from having dinner there, guests were also given tours of the building and a movie about the RCMP's peacekeeping mission - "**Courage in Red**" - was shown.

Another highlight of the evening was when **Bob Shiell** from Calgary was named the 2012 winner of the PCCN Founder's Award! Congratulations Bob.

Friday began with an interesting talk by **Dr. Gerard Morton**, from the Odette Cancer Centre at Sunnybrook Hospital in Toronto.

Most of the afternoon featured **Dr. Mark Moyad** of Michigan, who spoke about "Diet, Dietary Supplements and Rx from A to Z: What Works and What is Worthless!"

Motivational speaker **Peter Davison** gave a talk on Saturday morning called **Everest Journey: Celebrating Unsung Heroes**, and then it was time once again to wrap up another very successful conference.

We are happy to announce that the videos from the conference are now available on the PCC website and can be viewed here:

www.youtube.com/prostatecancercanada

Please check them out at your convenience.



DECEMBER 2012

PCCN-TORONTO Prostate Cancer Support Group

541 Finch Avenue West
Toronto, Ont. M2R 3Y3
Phone: 416-932-8820
Fax: 416-291-3025

Email: info@pccntoronto.ca

CONTENTS

<i>Dr. Padraig Warde - November</i>	2
<i>Dr. Patrick Lee - September</i>	2
<i>January 30, 2013 - Dr. Laurence Klotz</i>	3
<i>North York Harvest Food Bank</i>	3
<i>Thank you to Scotiabank</i>	3
<i>More from Regina Conference</i>	4
<i>Special meeting announcement</i>	4
<i>Meet Fred Cohen</i>	5
<i>2013 Awareness Schedule</i>	6
<i>PCC's New Advisory Council</i>	6
<i>Holiday wishes from chairman</i>	7
<i>On-going Projects for 2013</i>	8
<i>PCCN-Toronto Board of Directors</i>	8

"Raising prostate cancer awareness" - pccntoronto.ca

Dr. Padraig Warde: The Radiation Story: today & tomorrow

His first appearance at one of our Awareness Night meetings was back in 1998. And now he was back again, for the first time since 2004, at our November meeting! Boy, had it really been that long?



**Awareness Night host Aaron Bacher
with Dr. Padraig Warde**

Well, it really didn't matter, because he was certainly worth the wait!

Dr. Padraig Warde from the Princess Margaret Cancer Centre took us on a journey into the history of External Beam Radiation Therapy (EBRT). He began with the 1990's and showed everyone how far they've come with the treatment today.

He even gave us a glimpse into where they expect to take EBRT in the next several years. And the audience understood every word, as he spoke in very simple terms about a very complex subject.

He told us that radiation oncologists have lots of "toys", but their toys cost millions of dollars! Thank you Dr. Warde for a terrific presentation and for answering so many questions from our audience.

Please visit pccntoronto.ca/videos to see a video of Dr. Warde's presentation.

Dr. Patrick Lee: Using Viruses for Prostate Cancer Research

He showed everyone who attended our September Scotiabank Awareness Night why he was such a popular speaker at the 2011 PCC Leader's Conference in Halifax.



**Special guest speaker
Dr. Patrick Lee**

Dr. Lee is able to talk about a technical topic in very simple terms.

After all, telling people how viruses are being used today in prostate cancer research would seem to be a hard task for most people. But Dr. Lee's ability to put things in "easy to understand English" made it simple for

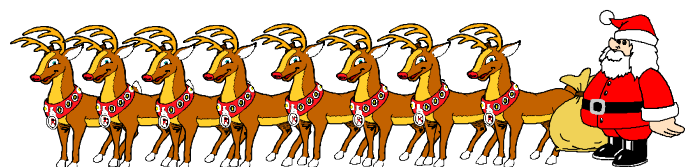
the audience to understand.

Dr. Lee flew here from Halifax to talk to us, and a "bonus" for him is that he was also able to visit his daughter who lives here in Toronto.

After his formal presentation, he, like so many of the speakers who we are all so fortunate to hear at our Scotiabank Awareness Night meetings, spent time answering questions from our audience members.

We thank him very much for taking the time to come to Toronto and speak to our support group.

To see Dr. Lee's entire presentation, please go to pccntoronto.ca/videos.



If you would rather receive this newsletter electronically, please email info@pccntoronto.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

invite you to attend

Our first 2013

Scotiabank Awareness Night

at the

Toronto Botanical Garden

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wednesday

January 30, 2013

at 7:30 p.m.

guest speaker

Dr. Laurence Klotz

topic

*“Radical Prostatectomy
and Active Surveillance”*

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.

**2012 Meetings to Benefit
North York Harvest Food Bank**

When you attend our 2012 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*.

Here is a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented). Thank you very much.

- | | |
|--|-------------------------------------|
| √ Canned fish & meat | √ Flour |
| √ Canned vegetables | √ Brown pasta |
| √ Canned fruit | √ Powdered milk |
| √ Cooking oil - canola or olive oil | √ Canned or dried beans |
| √ Cereals - high fibre | √ Rice - white & brown |
| √ Peanut/almond butter | √ Baby formula & diapers |
| √ Cookies (arrowroot, digestive, oatmeal) | √ Baby food & cereals |
| | √ Fruit juice - 100% |



www.northyorkharvestfoodbank.com



All of our 2013 Awareness Night Meetings at The Toronto Botanical Garden and our PCCN-Toronto Man to Man Peer Support Group meetings at Valleyview Residence will once again be sponsored by Scotiabank.

We are very proud to continue calling our meetings at the Garden "The Scotiabank Awareness Night" meetings.

We sincerely thank Janet Slasor and all the people at Scotiabank for their very generous on-going financial support.

More from Regina PCCN Leader's Conference

Three members represented PCCN-Toronto at the recent conference in Regina - Ted Berman, Stan Mednick and John Roth.

Here's what they had to say about being there:

Ted: *"I thought it was very well organized, the presentations were great and I met a lot of new friends there. Dr. Morton's talk on Brachytherapy and the on-going clinical trials was most informative - it really gave me an update as to what's going on. The 'survivors' session was very good - there was a real feeling of 'trust' and the men opened up and shared experiences that we have all had. Dr. Moyad's session was long - I couldn't believe that we all sat there for 3 hours, but I enjoyed listening to him and certainly learned a lot."*

Stan: *"Two highlights for me were: Dr. Mark Moyad's presentation - his personality and the content of his talk kept the audience extremely interested; and PCC's organization of the conference was very professional, entertaining and informative. The diversification of the speakers really kept my interest. Also several things I heard at the conference can be done by our group to provide further awareness to the public."*

John: *"It was great to be able to attend this conference, having only really been through (or over) Saskatchewan. The conference was well run and gave me an opportunity to meet people from other support groups, especially some who also work on the various web sites. (I wish I could have spent a bit more time, actually.) The highlight was surely the session with Dr. Mark Moyad, who gave us much general health information in a very humorous and informative presentation."*

REMEMBER:

It doesn't matter how old, big or bad you are, but when a two-year-old hands you a toy phone, you answer it!

NO PEER SUPPORT MEETING ON JAN. 1, 2013

We very seldom cancel a Tuesday night peer support meeting.

However, since New Year's Day - January 1, 2013 - falls on the first Tuesday of the new year, there will be **NO MEETINGS** at Valleyview that night for **PCCN-Toronto** or **Side by Side**.

Please adjust your calendars to reflect that **PCCN-Toronto's ONLY** Tuesday night peer support meeting in January will take place on **Tuesday Jan. 15th**.

We look forward to seeing you all at that time.

*** Side by Side's first meeting in 2013 will take place on Tuesday February 5th.**

"Not only is my short-term memory horrible, but so is my short-term memory!"



"No grandma, listen: double-click the Internet Explorer Icon!"

MEET FRED COHEN: PCCN -Toronto survivor/volunteer "Why I volunteer!"

I have been a volunteer with the PCCN-Toronto Prostate Cancer Support Group, and The Princess Margaret Cancer Centre (PMCC) for almost three years.



When I was first diagnosed with prostate cancer, my wife Donna knew that it hit me pretty hard emotionally, as it does with many who are told that they have some form of cancer.

It was because of two men who were at the hospital that day - Robert Abelson and Aaron Bacher - who gave me reassurance and support. Because of them, I came away knowing that prostate cancer was not a death sentence, and that men do survive for many, many years.

I met and spoke to so many men who offered me their support that I felt I had to give something back. Through our peer support group meetings, and my work at the PMCC, I have met so many

compassionate people who care and want to be there for others.

I, like many others in our support group, do not look for any personal benefit or reward. The 'thank you' I get from talking to men and their partners is enough.

People volunteer for many different reasons. Some to further their careers, some for the recognition. I volunteer to give back. I am grateful for the help I have received from others. Because I am a survivor, I can empathize with those in similar situations. When I am sitting at our meetings with the other men who show up on a regular basis, it is reassuring to a new man who walks into the room for his first time, and knows that there are others who are in a similar situation.

Volunteering is not just restricted to our Tuesday evening meetings; it can also be about getting involved in various activities. It is a chance to interact with men at different functions, like our participation in various trade shows, or our annual Father's Day Walk/Run fundraising event.

It is not something that can be measured by the amount of time you give, but by the quality of time you give. Volunteering has given me the opportunity to talk to and meet some very wonderful and interesting people.

Fred Cohen

PCCN-Toronto is supported by:

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

2013 Scotiabank Awareness Night Schedule

On page 8 you can see that we've confirmed our speakers for our 2013 awareness night meetings.

Dr. Laurence Klotz - from Sunnybrook's Odette Cancer Centre - will begin our year in January with a talk about **Radical Prostatectomy and Active Surveillance**.

March will bring **Dr. Keith Jarvi** from Mount Sinai Hospital, who will discuss Quality of Life issues following a prostate cancer diagnosis.

Dr. Saibish from the Princess Margaret Cancer Centre (PMCC) will, in May, discuss radiation in general and Brachytherapy in particular.

In July we will add another doctor to our esteemed list of speakers - **Dr. Rob Hamilton**, also from the PMCC.

September will feature Prostate Cancer Awareness Week. At this time, we have not yet confirmed our speaker. Stay tuned.

We are very happy to announce that a very good friend of our support group - **Dr. Sidney Radomski** - will be returning to the Floral Hall to give another one of his very exciting and informative talks on Incontinence and Erectile Dysfunction, after an absence of 4 years. We are looking forward to hearing him again.

As you can see, we've put together another tremendous lineup for you in 2013. Please mark these dates on your calendars now so that you don't miss out on a great evening of information and seeing old friends again.

Also, don't forget to bring some non-perishable food with you to those meetings, which we will donate to the North York Harvest Food Bank. Thank you.

HAPPY



HOLIDAYS!

Prostate Cancer Canada Network Names New Advisory Council

At the recent Regina Leader's Conference, the Prostate Cancer Canada Network introduced its new Advisory Council to all the delegates in attendance.

This council includes representatives from all the provinces/regions in Canada.

The members and the regions they represent are listed below:

Aaron Bacher	ON
Steve Belway	BC/AB
David Brittain	ON
Len Bueckert	SK/MB
Murray Gardner	ATLANTIC
Eric Huffey	BC/AB
Marilyn Junnila	ABORIGINAL
Bill Kennedy	ATLANTIC
George Main	BC/AB
Doug McIntyre	ON
Wayne Morris	NL COUNCIL
Monty Newborn	QC
Steve Phillipow	SK/MB
Val Strijack	BC COUNCIL

In voting that was carried out recently **Bill Kennedy** was named Chairman of the Advisory Council. We congratulate Bill and all the council members, and wish them well in their new positions.

Their mandate is to work with all of the affiliated support groups across Canada and make the Prostate Cancer Canada Network even stronger than it is today.

**Are you interested in becoming
a PCCN-Toronto Volunteer?
Please call our hotline - 416-932-8820
or email us at info@pccntoronto.ca**

Holiday wishes from our Chairman

With the spirit of the holiday season all around us, it seems the perfect time to highlight our several 2012 volunteers without whom our PCCN-Toronto group couldn't function. These volunteers are integral to our success and their interest in and commitment to our involvements are very much appreciated.

THANK YOU TO THE FOLLOWING:

Refreshment Hosts: Fred Cohen, Linda Garshon, Ronnie Bacher, Barb Mednick, Carol Watterson, Maury Budin, Cesure Chiarotto, Bill Deane, Denis Farbstein, Dan Ferguson, Jerry Garshon, Moshe Kaduri, Winston Klass, David Lunt, Neil McGregor, Stan Mednick, John Roth, Ivan Samuels, Bill Sceviour, John Schofield, Ron Watterson.

Peer Support Group Facilitators: Ray Kosan, Fred Cohen, Allan Lappin, Jerry Garshon, Bernie Shoub, Winston Klass, Mark Surchin, Bill Sceviour, Glen Tolhurst, John Roth, Phil Segal, Denis Farbstein, Ken Hunter.

Hospital Volunteers: Allan Lappin, Bernie Shoub, Bill Mandel, Carm Griffin, Dwight Griffin, Fred Cohen, Graham Jarvis, Irwin Pressman, Jerry Stevens, Jim Moran, Jim Norton, Ken Hunter, Neil McGregor, Richard Lorie, Robert Abelson, Roland Beauregard, Ted Graham, Earl Lagroix, Jerry Garshon, Mark Surchin, Winston Klass, Aaron Bacher, Stan Mednick, John Roth, Ivan Samuels, Dick Arai.

Awareness Night Videographer: Jerry Stevens with assistance from Sam Czarny and Carm Griffin.

Speakers Bureau: Stan Mednick, Bernie Shoub, Winston Klass, Aaron Bacher, Allan Lappin, Fred Cohen.



Hotline: Bernie Shoub, Jerry Garshon, John Roth, Denis Farbstein, Ron Watterson, Mark Weir, Fred Cohen, Bill

Sceviour, Winston Klass.

Side By Side: Linda Garshon, Carol Watterson, Ronnie Bacher, Barb Mednick.

Board of Directors: Allan Lappin, Phil Segal (Treasurer), Bill Lifchus, Bill Sceviour, Fred Cohen, Aaron Bacher (Immediate Past Chairman), Stan Mednick, Bernie Shoub (Secretary), and Winston Klass (Vice Chairman).



And there's one other very important group I wish to acknowledge and thank at this time. These are the Peer Support Group "regulars" - those who faithfully attend our Tuesday evening support meetings to offer encouragement to our "first timers". Too numerous in number to identify by name, these men provide a wonderful service by their regular attendance, and I thank them for their unconditional support, encouragement, and commitment to PCCN-Toronto.

As well, I would like to say a special "thank you" to Bill Sceviour for his wonderful contributions as a Board member. Although he will still be attending some of our meetings and will most certainly be available to help us in any way he can, Bill has decided that with his "very full plate", he needs to relinquish his place on the Board of Directors to give himself a little more time for his many other life involvements.



We wish him well and we say a huge "THANK YOU" to him.

And to all of you reading this newsletter, I wish a very happy and healthy holiday season and a wonderful beginning to the New Year, 2013!



Ron Benson



OUR ON-GOING PROJECTS FOR 2013



These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 - 9:30 p.m. 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 meeting will be sent to you. **PARKING IS FREE.**

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>
Jan 30	Dr. Laurence Klotz <i>Odette Cancer Centre</i>	Radical Prostatectomy and Active Surveillance
Mar 27	Dr. Keith Jarvi <i>Mount Sinai Hospital</i>	TBD
May 29	Dr. Saibish <i>Princess Margaret Cancer Centre</i>	Radiation & Brachytherapy
Jul 31	Dr. Rob Hamilton <i>Princess Margaret Cancer Centre</i>	TBD
Sep 18	TBD - in conjunction with Prostate Cancer Awareness Week	
Nov 27	Dr. Sidney Radomski <i>Toronto Western Hospital</i>	Incontinence & Erectile Dysfunction

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), the **Odette Cancer Centre** (on Thursday), and **The Gale & Graham Wright Prostate Centre** at North York General's Branson site (on Tuesday afternoon).

PCCN - Toronto Board of Directors

**Chairman
Ron Benson**

**Vice Chairman
Winston Klass**

**Immediate Past Chairman
Aaron Bacher**

**Treasurer
Phillip Segal**

**Secretary
Bernard Shoub**

**Directors
Fred Cohen
Allan Lappin
Bill Lifchus
Stan Mednick
Bill Sceviour**



Our 2012 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.

AstraZeneca