

Awareness

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



Dr. Andrew Matthew a Big Hit and First PCCN-Toronto Speaker to be Videotaped

As a "pinch-hitter", he is now batting a cool 1.000! Although he was asked to replace our scheduled speaker only a few days before our November Meeting, he came through in grand style!

Of course we are referring to Dr. Andrew Matthew, a longtime friend of our support group. Another full house welcomed him to our Scotiabank Awareness Night meeting.

His topic - "Psychological aspects of prostate cancer" - covered how people cope with a diagnosis of prostate cancer. This is his specialty, as he counsels many individual men as well as couples who are facing that exact situation at Princess Margaret Hospital.

His talk took us through a "roadmap" of sorts, as he broke down the journey as follows: 1) the diagnosis; 2) the treatment decision; 3) the treatment; 4) the potential side-effects; and 5) cure, control and mortality.

His entire presentation was videotaped, as PCCN-Toronto has decided to record all guest speakers at the Scotiabank Awareness Nights and upload them on our website for everyone to view and enjoy.

We also videotaped the special



Aaron & Ronnie Bacher with Dr. Andrew Matthew

tribute to Aaron Bacher, honouring his 8 1/2 years as chairman (*see page 6*).

To view that tribute which took place just before our guest speaker was introduced, or to watch Dr. Matthew's entire presentation, please go to our website at www.pccntoronto.ca and look for the November Awareness Night Video link under **News** in the upper-right hand corner.

Thank you Dr. Matthew for coming to our rescue and presenting such an interesting talk to our always enthusiastic audience.



One of Dr. Andrew Matthew's slides!



"If the light stays on for more than 4 hours, call your electrician."

DECEMBER 2010

* PCCN-TORONTO Prostate Cancer Support Group

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** formerly known as the Toronto Man to Man Prostate Cancer Support Group*

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"Raising prostate cancer awareness" - <http://pccntoronto.ca>

2010 Prostate Cancer Canada National Conference Photos



Emcee Aaron Bacher, Adam Garone, founder of MOVEMBER, and PCC President Steve Jones



Three "Rons" Bacher, Watterson and Benson



Dr. Robert Buckman: "Laughter, The Second-Best Medicine!"



Dr. Neil Fleshner



Dr. Rob Bristow



Keynote Speaker W. Brett Wilson, star of CBC's Dragon's Den.



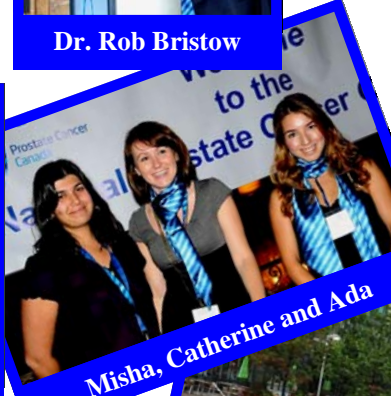
Steve Jones and Walt McKechnie



PCC's Tom Fischer and Rocco Fazzolari



2010 Founder's Award Winner Norm Oman and Bob Shiell



Misha, Catherine and Ada



Helene, Steve and Ronnie



Robert and Wendy



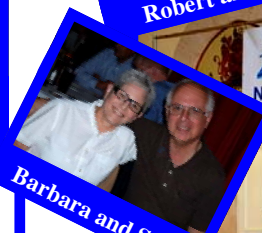
Allan Lappin



Carol and Ron



Gerald McGroarty and Aaron Bacher



Barbara and Stan



Jerry and Linda



Dr. John Trachtenberg & Aaron Bacher



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

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

on
Wednesday
January 26, 2011

7:30 p.m.
Guest Speaker

Dr. Rob Bristow
Princess Margaret Hospital
topic

**“Prostate Cancer Genes
and Personalized Medicine”**

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 7:00 p.m.

**2011 Meetings 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, which PCCN-Toronto will donate to the *North York Harvest Food Bank* again next year.

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.

A MAJOR MAN TO MAN LOSS - SOL DENNIS

On Thursday December 2, 2010, at his home. He leaves his loving wife Rita and children Cheryl (Steven), Steven (Rebecca), Cindy (Sheldon) and Darlene (Arnold). He was the devoted grandfather of Evan and Kat, Kyle, Zak, Madison, Dustin, Casey, Nikki and Dale.

His funeral was on Friday December 3, 2010.

Sol was a longtime member/volunteer and former Vice-Chair of Man to Man, and was very well respected by the entire medical and support staff of The Prostate Centre at Princess Margaret Hospital.

Our sincere condolences were expressed to Rita and her family - and a donation was made to the Baycrest Foundation in Sol's name.

He is greatly missed by everyone at PCCN-Toronto and Side by Side.

Are you interested in becoming a volunteer with PCCN - Toronto?

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

7th Annual National Prostate Cancer Conference at The Royal York Hotel A Huge Success!

Prostate cancer support group volunteers/survivors from every province in Canada met again from September 22 to 25, 2010 at the 7th Annual National Prostate Cancer Conference in Toronto. This year's conference was hosted by Prostate Cancer Canada (PCC) and sponsored by MOVEMBER.

PCCN-Toronto helped host the conference and immediate past chairman Aaron Bacher emceed the event. A Gala Dinner opened the proceedings featuring special keynote speaker W. Brett Wilson, the star of CBC's Dragon's Den.

Other notable speakers included Dr. Robert Buckman (Laughter, the Second Best Medicine), Dr. Neil Fleshner (Diet and Nutrition), and Dr. John Trachtenberg (new medical advances including Focal Therapy). Dr. Rob Bristow, a board member of PCC, talked about various research projects that are taking place.

Adam Garone from Australia, a co-founder of Movember, told the audience how this major fundraiser began in a bar in Australia with some of his friends. It is currently in 6 countries and raises millions of dollars each year for prostate cancer research, education, awareness and advocacy.

(Canada led all countries this year by raising approximately \$20 million during this year's Movember fundraising event. How about that, eh?)

Aside from the medical presentations, the rest of the conference was all about teaching/helping each support group to improve what they were doing in their own communities as well as working with other support groups in different parts of Canada.

Topics included: team building, problem solving, support group sustainability, advocacy, the use of social media, women and prostate cancer, and setting up a support group for advanced prostate cancer. There was also a "men's social" segment featuring prostate cancer survivor, NHL Alumni member and former Toronto Maple Leaf Walt McKechnie. Another former leaf, Ron Ellis, was a surprise guest!

Everyone had a fabulous time at Thursday night's dinner cruise on the Capt. Matthew Flinders, which left from Queen's Quay.

This year's "Founder's Award" went to Norm Oman from Winnipeg, and was presented to him by Bob Shiell (see photo on page 2).

The conference was very well attended and the feedback has been excellent. Most of the attendees were very happy that time had been scheduled to spend on topics which were important to many of the individual support groups and they truly enjoyed the open discussions that took place.

Steve Jones, President and CEO of PCC and the Prostate Cancer Canada Network, and Helene Vassos, VP of National Development for PCC, were extremely satisfied with this year's conference and are already looking forward to next year. ***Mark your calendars now, as the next conference will take place on October 12 - 15, 2011 in Halifax Nova Scotia. More details will follow soon.***

Prostate Cancer Canada Network - Toronto is supported by:

Abbott Laboratories

Associated Tube Industries

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Canadian Cancer Society

MacGregors Meat & Seafood Ltd.

Merck Frosst Canada Ltd.

Pfizer Canada

Prostate Cancer Canada

Scotiabank

A Message from Our New Chairman

On behalf of the Board of Directors of Prostate Cancer Canada Network-Toronto, I wish to take this opportunity to thank many.

First, a big “thank you” to the many men and women who volunteer in so many ways and on so many levels. Your contribution toward raising awareness, educating, and providing support to men and their families as they make their way through their prostate cancer journeys is truly amazing.

As well, I would like to extend my appreciation to all who attend our Man to Man and Side by Side Peer Support Groups, and those who support our group by attending our Awareness Nights across the year. I continue to be humbled by the generosity of spirit demonstrated by so many who help so many in so many ways.

For me, the centrality of our work is people. And so, with that thought in mind, I’m pleased to have the opportunity at this special time of year to wish everyone a happy holiday season and to extend to all, very good wishes for the new year 2011.

I’m excited about our future as a prostate cancer support group and I look forward to your support as we move forward in our journey.

Ron Benson



Margaret Lawrence, Blema Steinman, guest speaker and facilitator Leah Jamnicky, Petra Garnes, and Wendy Robinson.

First-ever Ladies’ Forum proves to be very successful

Even though men are diagnosed with prostate cancer, we know that a diagnosis of any cancer affects every member of the family.

On Wednesday September 29, 2010 we hosted our first-ever **Ladies’ Forum - “Women and Prostate Cancer”**, facilitated by **Leah Jamnicky**, RN and Urology Clinical Coordinator at the University Health Network. This was the first time that we featured our **Side by Side** support group at one of our Awareness Night meetings!

Leah opened the proceedings by explaining what she does at Princess Margaret Hospital, and how she deals with couples, when the man is considering a radical prostatectomy as his choice of treatment. She mentioned that quite often the partners are almost ignored at first, as the focus is on the men who have been diagnosed. But these partners, aside from their key role of support, also experience their own fears and anxieties as the caregivers.

Four special ladies discussed how they dealt with their partner’s diagnosis and talked openly about their prostate cancer journey together: 1) Wendy Robinson (Robert Abelson) - **HIFU**; 2) Margaret Lawrence from PCCN-Newmarket (Derek) - **Hormone Therapy**; 3) Petra Garnes (Cecil) - **Radical Prostatectomy**; and 4) Blema Steinman (Bill Lifchus) - **External Beam Radiation Therapy**.

This was a very interesting evening and we thank Leah very much for taking time to come to our Awareness Night meeting, giving us better insight of her involvement with the PMH prostate “team” and for facilitating this important meeting.

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.

"They were all very good at keeping everything from me", says immediate past chairman

Oh, don't get me wrong, I did ask! I'm usually the one planning these events, so for me it felt weird knowing absolutely nothing, other than they said I could give a 5-minute speech at the end.

All I was told was that they were planning a half-hour tribute to me at our November Awareness Night meeting to mark my almost 8 1/2 years as chair of our support group. That was it.

Would someone be speaking? Who would they be? How many of "them" were there? They told me nothing at all. But it was definitely worth waiting for!

My first shock was seeing my doctor, Dr. Gerard Morton, come walking into the room. And later when he was one of the speakers, it made it even more meaningful for me! I was also thrilled to see Paul and Nancy Mutch there, as they were my main contacts at the Canadian Cancer Society for many years.

Winston Klass, our new Vice-Chair and Awareness Night coordinator, hosted the tribute and was the first to speak. He talked about my "good" and "bad" points. Fortunately he said the "good" outweighed the "bad". Phew!

Then Pearse Murray, a board member, took some good shots at me before talking about our successful involvement with men in Toronto's gay community.

Dr. Morton followed and he actually compared me to Prince William, saying that one of us was "handsome, had a very attractive partner and was a leader of men, while the other **could one day be king!**"

Then Winston asked two people to come to the

podium whom I hadn't seen at all earlier - Steve Jones, President and CEO of Prostate Cancer Canada (PCC), and Helene Vassos, VP of National Development at PCC. Each said some very flattering things about me. Helene talked about how we worked together planning the September prostate cancer conference, while Steve thanked me for my perseverance when we were working toward affiliating with PCC. If that wasn't enough, they asked me to come up on stage with them and then presented me with a gold version of the PCC "tie" pin, which they don't give out very often.



Chairman Ron Benson then presented a beautiful bouquet of roses to my wife

Ronnie and thanked me for my leadership and dedication to our support group, as he presented me with a special gift on behalf of our entire support group.

Then it was finally time for me to speak, and I thanked everyone responsible for planning this amazing evening for me and my family, including Robert Abelson who organized the tribute, even though he was already in Arizona.

What really made it very special for me was not only having Ronnie there, but also my son Shelly, daughter-in-law Sam, and grandsons Ari and Max with me that night as well. My other son Rick and his life partner David in Chicago sent me a beautiful letter congratulating me on "my special" evening.

Thank you all for supporting me during my time as chairman and for helping us develop our support group into such an important leader in the Toronto "prostate" community.



Aaron Bacher



Aaron with
Dr. Morton



Helene, Aaron and Steve

PCCN-Toronto Raises over \$14,000 in its First Participation in Prostate Cancer Canada's WALK/RUN FOR DAD

It was sunny and hot, but there was a nice breeze blowing. The day began very early on Sunday morning June 20th - FATHER'S DAY 2010.

It was the first time that our support group took part in the PCC Walk/Run for Dad, and it turned out to be a terrific event which raised over \$220,000 for prostate cancer research, awareness and education.



Members of our support group attended a Toronto Blue Jays game on Father's Day following the Walk/Run for Dad:
Moshe Kaduri, Jeremy Shapiro, John Roth, Jerry Stevens, Ivan Samuels, Fred Cohen and Aaron Bacher

Several men (and their families) from our group walked or ran the 5K distance. All our team members received t-shirts and special shoe laces which officially made them part of the Father's Day event. Hundreds of people participated, including many teams who had raised money for months leading up to the actual day of the Walk.

Mark Dailey, anchorman for CITY TV news and a board member of Prostate Cancer Canada, acted as emcee and host, welcoming everyone to the Distillery District where the Walk took place.

Everyone lined up at the Start/Finish line and, promptly at 9:30 a.m., the Walk/Run began. The "runners" took off first, followed by the majority of the participants who walked. These "walkers"

included individuals, couples who were walking together, and others who walked along with several members of their families including children and grandchildren. The first runner finished the course in just over 18 minutes, while most of the walkers had all returned after approximately 80 minutes.

Following the Walk, several people attended the Toronto Blue Jays baseball game against the San Francisco Giants. Everyone sat in a corporate box, donated to Prostate Cancer Canada by the Blue Jay organization. There was plenty to eat and drink for all the attendees and everyone had a great afternoon, even though the Jays eventually lost the game. This was a great day for PCCN-Toronto.

On a very sad note, Mark Dailey passed away on Monday December 6, 2010 after battling kidney cancer. We offered our condolences to his wife Kim, daughter Nicole and new son-in-law Matthew, and a donation was made in his name to PCC. Mark was a very good friend of PCCN-Toronto who personally counseled many men who were diagnosed with prostate cancer. He is missed by everyone in our support group.



We are very happy to announce that all our 2010 Awareness Night meetings at the Toronto Botanical Garden and our Man to Man peer support meetings at Valleyview Residence are sponsored by Scotiabank.

Therefore, this year we called our meetings at the Botanical Garden the Scotiabank Awareness Night meetings.

We sincerely thank them for their very generous financial support.

OUR ON-GOING PROJECTS FOR 2011



Awareness Night Meetings

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 for the North York Harvest Food Bank. (See page 3)

| <u>DATE</u> | <u>SPEAKER</u> | <u>TOPIC</u> |
|-------------|---|--|
| Jan 26 | Dr. Rob Bristow <i>Princess Margaret Hospital</i> | Prostate cancer genes and personalized medicine |
| Mar 30 | Dr. Roger Buckley * <i>North York General Hospital</i> | The Prostate Journey: to the biopsy and beyond! <i>*With a radiologist and a pathologist</i> |
| May 25 | PCCN-Toronto survivors | SURVIVOR FORUM IV "Our own personal journeys" |
| Jul 27 | Dr. Alexandre Zlotta <i>Mount Sinai Hospital</i> | Diet and Nutrition |
| Sep 21 | Dr. Timothy Owen Davies <i>Henderson Hospital, Hamilton</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 (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** (Thu. & Sat.) and **Sunnybrook Hospital** (Thu.), bringing them messages of hope and support.

Counseling

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

PCCN - TORONTO Board of Directors

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Our 2010 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.

