

# MONTHLY PROSTATE EXAMINER NEWS

Visit us at [pccnthunderbay.org](http://pccnthunderbay.org) or [www.prostatecancersupport.ca](http://www.prostatecancersupport.ca)

## Looking for Support

### Local Men Available to Talk to You

Gary Allen 621-0552

Grant Arnold 933-4214 or  
519-584-5125

Marc Breton 628-9444  
(en Français)

Stephen Murray 626-2287

Rick Eade 683-6573

Bill Everitt 767-5768

David Everitt 628-5287

Marcel Girouard 705-362-8154  
(en Français)

Bill Horde 767-1490

Ed Long 628-6915

Bill Vantour 767-8515

Des Stoltz 577-9515

Cy Zurba 472-8676

### Women Available to Talk to You

Beth Long 629-4774

Lise Pollard 285-0127

(en français)

Betty Zurba 286-7686

### Northwestern Ontario Region

Atikokan

Dave Anderson

807-597-1213 ext. 23

Larry Brown 807-598-1746

Ron Speck 807-597-2219

Dryden

Horst Lang 807-223-5516

Fort Frances

Looking for contact

Hearst

Marcel Girouard 705-362-8154

(en français)

Kenora

Looking for contact

Long Lac

Dick Mannisto

Terrace Bay / Schreiber

John St Amand 807-825-9054

## DUE TO COVID - 19 RESTRICTIONS Thursday June 18th, 2020 PCCN Beef on a Bun Social CANCELLED

Hello support group members and friends,  
You probably guessed it already but the "Beef-on-a-Bun" Social scheduled for our June meeting is CANCELLED as 55 plus is not open and we do not want to bring our at-risk membership together at this time. We are thinking of you and know that the support of our meetings has been valuable to all of us. Please remember that we are a phone call away, or an email away. Thanks You!  
Your Board of Directors

### Message from PCCN Thunder Bay Network

Check this new website out !

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

We also wanted to send out a note to all those who are regular volunteers, members and supporters of PCCN-Thunder Bay. During this period of suspension we will strive the best as we can to provide the support and advice that we have available. We encourage men, their families, and caregivers who are asking for suggestions or information, to use our support list of men and women to talk to volunteers listed on the left column. We would also ask that you please keep in touch with Facebook & our website for current news as we look forward to meeting again soon. In the meantime, please be safe and healthy.

President: *Marc Breton*



**We are happy to announce that the new National Support Group Website is live.**

Please share this support site with your family members and friends and encourage them to share as well. Prostate Cancer Thunder Bay Support Group is listed.

The URL is: [www.prostatecancersupport.ca](http://www.prostatecancersupport.ca)

If you remember, Prostate Cancer Canada and Prostate Cancer Canada Network have moved into Canadian Cancer Society. We have been wondering what this will mean for our group.? 1. Where will there be a Canadian website where men anywhere in Canada can find a support group to attend or how can you know about a group you can refer someone to who lives elsewhere?. 2. Where are we going to get good, clear up-to-date information on prostate cancer from a Canadian context.? 3. Where will we have the opportunity to network with other groups for ideas and support.? We raised these concerns with the Prostate Cancer Foundation of BC and they have stepped up and redid their website, gave it a new name and a directory to all prostate support groups that have shared their information with them. They have good information and **"If I Were Tom"** is an excellent resource.

As we are spending more time at home and on our computers, **click on their link**. You can find our group and others around the country. Check out the information they have available and tuck the information away. Save their website so you can refer other men to it. When you're talking with others, listening to them tell their story is a great help. Then when there is a need for information about tests and treatments in a Canadian context, you can share the website with them.

Remember, until we can meet face-to-face again, our phone numbers are available and there are men available to talk to. Check our website [www.pccnthunderbay.org](http://www.pccnthunderbay.org) for a list of phone numbers for Men and Women to talk to.

by **Ed Long (Past President) of Prostate Cancer Canada Network-Thunder Bay.**

For two months, Canadians coast-to-coast have made sacrifices to help slow the spread of COVID-19. It's been challenging, to say the least, but as a result of our collective efforts, we are finally seeing signs that the curve is starting to flatten. While we are still in the midst of this pandemic and must continue to be vigilant with our safety measures, Provincial Governments are slowly beginning to ease up on certain restrictions. As we continue to move forward through COVID-19, we promise to keep the health and safety of our PCCN members our top priority.

## BASEBALL SEASON CANCELLED



### Thunder Bay Border Cats Baseball

**THUNDER BAY** – The Northwoods League continues to closely monitor the developments related to COVID-19 and the different ways in which each sub-region in the Northwoods League is responding. Fan, player, and personnel safety remain our primary focus. Because the situation changes almost daily, and differently in each area where the League operates, our approach is to remain creative, nimble, and adaptable to how each situation unfolds throughout the entire League footprint so that where and when baseball can safely be played, it will be played.

However, as of today, because of the regime of governmental restrictions currently in effect and their resulting impact on the League's ability to maintain a workable schedule, **the May 26th opening date for Northwoods League teams has been postponed indefinitely league-wide.**

The League will continue to monitor the specific situation in each of the communities where it operates to see where play might safely commence, consider the league-wide impacts of each location's status, and will adjust various contingency plans accordingly. Following this process, the League will continue to make frequent assessments, taking into consideration any local and state-wide updates, and will immediately communicate any further changes to the status of the League schedule.

In the meantime, we want to sincerely thank our fans, players, and all of the personnel who make the Northwoods League such an important part of the communities where we play. We look forward to safely coming together as soon as possible.

**Fundraising Chair Co-ordinator of 50/50 Draws : Bill Horde**

### Contact Us

1100 Memorial Avenue - Suite 374  
Thunder Bay, ON P7B 4A3  
807-627-0333

E-mail: [info@pccnthunderbay.org](mailto:info@pccnthunderbay.org)

Website: [www.pccnthunderbay.org](http://www.pccnthunderbay.org)

National Support Group Website

Website: [www.prostatecancersupport.ca](http://www.prostatecancersupport.ca)

Facebook: PCCN Thunder Bay



Welcome to your weekly Coffee News Thunder Bay online! We hope that you enjoy every week's issue.

Check this site out and subscribe to Coffee News for weekly editions. New editions every week!

### PCCN Donates \$2000 to RFDA

In this special time on need in our community because of Covid-19, our board passed a motion to make a donation of \$2,000 to the Thunder Bay Food Distribution Association. We are fortunate to be able to assist our community members in this way. The RFDA can use our donation to purchase food at better prices than we can and help feed more people. If you would like to make your own donation to the RFDA or another charity of your choice, there will be links on their websites.

**PCCN Coffee Club  
A&W Memorial Ave  
Postponed until  
Further Notice**

**Thank You Members!  
for your Continued Support**

### COVID-19

Mayor Bill Mauro has declared a State of Emergency for the City of Thunder Bay. Stay home, shop alone and only once a week, wash your hands often and well, and physical distance to prevent the spread of this deadly virus.

**City facilities including City Hall,  
all recreational facilities,**

playgrounds and park amenities are temporarily closed. For an A-Z Directory of affected services, to find out how to book an appointment for essential City services, and for updates, visit at:

[www.thunderbay.ca/coronavirus](http://www.thunderbay.ca/coronavirus)

### Prostate Examiner

### Monthly News

**Please forward any information, news,  
pictures etc. that**

**benefits communication to  
PCCN Thunder Bay members.**

**To the attention of Cy Zurba  
email: [cyzurba@shaw.ca](mailto:cyzurba@shaw.ca)**