

PROSTATE CANCER CANADA NETWORK VANCOUVER

MINUTES OF THE NOVEMBER 2017 STEERING COMMITTEE MEETING

DATE & TIME: November 2, 2017 at 1:10 p.m.

LOCATION: Canadian Cancer Society Board Room, 565 West 10th Avenue, Vancouver

PRESENT: Len Gross, Frank Peabody, Ian Edwards, Mark White, Gervais Fox and Dale Laird.

ABSENT: Jim Tate, Bill Geiss, Peter Bullen, Barry Wilkes, Norm Dooley, Don Stewart and Don James.

Len welcomed everyone to the meeting.

1. **Review of the Agenda:**
The Agenda was accepted.
2. **Approval of the Minutes of October Meeting:**
Minutes were approved.
3. **Items Arising:**
 - none
4. **Review of the General Meeting:**
 - There were 21 present including 1 women.
 - The speaker, Tamara McKenzie of Inspire Health, on the importance of nutrition and exercise.
5. **Report from the Prostate Cancer Foundation B.C.:**
 - Len – There was a strategic planning session on what do support groups need and how to get more “outside of the lower mainland” groups to join.
 - Mark – There will a presentation of the research grants December 11th and over \$ 200,000 in grants will be presented.
6. **Financial Report:**
 - The income from today’s meeting was \$ 37.00 from the raffle and \$ 54.35 for the coffee donations. Expenses were \$ 28.00 for the food and \$ 0.00 for the wine giving \$ 63.35. Cash is estimated to be \$ 1940.38 plus today’s amount for a total of \$ 2003.73.
7. **Communication Committee:**

- Many on the list enjoy receiving the updates on what the group is doing even if they are not going to the meetings.
- Norm will start working on the Communications Committee.

8. **Program for Upcoming Meetings:**

December – Christmas Lunch - everyone look for a Christmas video

January – McKenzie on Advance Care Planning Research

February – Marianne Sadar (now works at CDC)

March – PoG person (Frank to try and get a commitment from someone)

April – Pipa Holly on palliative care and marijuana

May – RCMP guy on drugs and health

Other suggestions:

Mark and Frank New electronic health monitoring devices – or someone else.

Maureen McGrath on Sexual Health

Naturopath/Complementary Medicine

Cardio-oncologist

Mindfulness – Ian will look for TED talk on the subject.

Len wanted to step down from the leadership role but that as an interim measure, would like someone to take on the task of finding speakers which would be a big help.

9. **Other/ New Business:**

- **Frank picks up Costco sandwiches, fruit platter, veggie tray and carrot cake for the December meeting for 40.**
- Need to make up a group to take over the arranging of the speakers for the meetings.
- Need to check if notices of our meetings are going up in urologist's offices.
- See also the web site www.decisionhelp.trueth.ca

10. **Next Steering Committee Meeting:**

The next meeting of the Steering Committee will be held on **Thursday, December 7, 2017** immediately following the General Meeting and in the Boardroom.

11. **Adjournment:**

The meeting adjourned at 2:20 p.m.