

Bone China Tea fundraiser spot on for fun

By Diane Sawchuk
dsawchuk@theemc.ca

EMC News – No pinkies raised in the air, please.

The many women – and more than a few men – who volunteer with the Ottawa chapter of Osteoporosis Canada want you to know there's nothing fussy about their annual Bone China Tea with a Twist.

Which isn't just a tea.

"We found it very successful when we switched to (having) the luncheon. It has increased the number of men that come and show interest because it's important to end up having them also, because they have deep pockets when it comes to our auctions. We also try to entice some of the younger people because osteoporosis doesn't just pick an age – some people in their 20s have full blown osteo," Osteoporosis Canada regional manager Marie Melvin told the EMC, explaining it was a myth only people in their 80s and 90s could develop the disease that thins bone tissue resulting in bone density over time – which is treatable but not curable.

"There are people walking around and look healthy as anything – an athlete can have osteoporosis. But it's not something as tangible-looking as other diseases."

Funds raised at the ninth annual Bone China Tea for osteoporosis go to support the Ottawa chapter's mandate to educate, empower and support individuals in the risk-

reduction and treatment of the disease.

Because November is Osteoporosis Month in Canada, the tea – the organization's largest fundraiser of the year – will be held Sunday, Nov. 6 from 12 to 3 p.m. at Tudor Hall, 3750 North Bowesville Rd. near Hunt Club Road and Riverside Drive. A luncheon buffet offering a selection of hot and cold dishes – such as grilled breast of chicken, roast sirloin, manicotti and stir fry – begins at noon and there is a cash bar. The silent auction features a bevy of prizes to bid on, including a variety of gift certificates for a range of goods and services.

Celebrity auctioneer Lawrence Greenspon mans the gavel for the live auction, which features outstanding offerings like a brunch for six hosted by well-known Ottawa authors and sisters Gay Cook and Grete Hale in their 183-year-old home; green fees for four with electric carts at premier Ottawa area golf clubs such as the Ottawa Hunt and Golf Club and Kanata Golf and Country Club; and an overnight stay in a deluxe room at the newly renovated Ritz-Carlton Hotel in Montreal along with a \$150 voucher to the acclaimed Maison Boulud restaurant.

Author Christine Thomas will be signing copies of her book, *Unbreakable*, with profits from the sale being donated to the Ottawa chapter and just for fun, those attending are encouraged to wear a hat – the biggest, smallest,



Photo by Diane Sawchuk

Enjoying a spot of tea are, from left, Marie Melvin, regional manager of Osteoporosis Canada, volunteer Jack Fraser, Osteoporosis Canada Ottawa chapter president Anita Nevins and volunteer Merle Fraser.

most extravagant or elaborate or, especially, most outlandish – for the contest.

The Ottawa chapter's Bone China Tea fundraisers have always featured a keynote speaker. Comedian and Canadian Air Force star Luba Goy spoke at the tea two years ago and last year construction executive Shirley Westeinde, an Order of Canada recipient, was featured.

This year's guest speaker is

Michael Dunn, chef to Queen Elizabeth for 16 years. Working in Buckingham Palace, at Balmoral and on the Royal yacht Britannia, traveling with the Royal Family and privy to an insider's look at their everyday lives, Dunn has fascinating stories to relate.

A member of the Craft Guild of Chefs and the Canadian Chefs Federation, Dunn won for international competition at Salon Culinare in England. He's also whipped up a meal or two for recognizable names like Sir Elton John, the Beatles, Frankie Valli, Roy Orbison and many others.

Those who would like to learn more about osteoporosis can attend the organization's upcoming information session on Thursday, Oct. 27 when Osteoporosis Canada presents *Are You Unbreakable?* The information session is open to all who have questions about

their bone health and its physical and emotional impact and will be held at the Ron Kolbus Lakeside Centre at Britannia Park Beach, 102 Greenview Ave. Speakers at the event include author and motivational speaker Christine Thomas, dietician and author Helen Bishop MacDonald and wellness and performance coach Catherine Morisset. There is no cost to attend and light refreshments will be served. To reserve a seat, call Marq Nelson at 613-301-5242 or e-mail mnelson@osteoporosis.ca.

And on Sunday, Dec. 4, Osteoporosis Canada is holding a Christmas trunk show featuring the creations of Canadian jewellery designer Karen McClintock. Tickets are \$25 with the ticket price going towards the first purchase of jewellery. For more information, please call Marie Melvin at 613-729-8489 or e-mail mmelvin@osteoporosis.ca.

teoporosis.ca.

Osteoporosis Canada also holds monthly support group meetings in Kanata, Orleans and central Ottawa. The central Ottawa support group meets next on Wednesday, Nov. 16 from 1 p.m. to 3 p.m. at The Good Companions, 670 Albert St. In Kanata the support meeting will be held Friday, Nov. 18 from 1 p.m. to 3 p.m. at 150 Katimivik Rd. on the first floor and the Orleans support group meeting on Tuesday, Nov. 22 from 1 p.m. to 3 p.m. at the Orleans Client Service Centre at 255 Centrum Blvd. in room 328 (there is free underground parking).

Tickets for Bone China Tea with a Twist on Sunday, Nov. 6 are \$50 and include a partial tax receipt but reservations are a must. To reserve, please call 613-829-8819 or e-mail bct2011@bell.net.



Fall In Love With Your Legs Again



Varicose Veins
Bulging veins on your legs?
Good news: NO Surgery! Minimally-guided injections treat large varicose veins.

Spider Veins
Spider veins on your legs or feet? Get rid of them with simple injections.



DR. BEUPRÉ VEIN/VARICES CLINIQUE

CITANIA
1336 CARLING AVE. SUITE 600
(613) 732-0101

CATINEAU
500 BOUL. DE L'HÔPITAL SUITE 102
(613) 861-0861

www.drbeupreveinclinic.com



Save money. Live better.

**WEEKLY DIABETES DAYS EVERY THURSDAY
IN WALMART PHARMACY IN BARRHAVEN
10am - 4pm**

Our pharmacist will provide free one-on-one consultations:

- Information on managing your diabetes
- Free Meter upgrades
- Diabetes Management Action Plan
- A1C Testing
- Personal Medication Review


Call the Pharmacy to book your appointment, or just drop by. 613-823-8717
Our Pharmacists will be happy to answer your questions

Sponsored by 

Advertising

Works

Call Valerie Rochon @613-688-1669
EMC - Your Community Newspaper



Your Community Newspaper

Advertising

We've got the readers, You'll get the results.