



Osteoporosis Canada

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COPING

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Remember: You can live well with osteoporosis!

Does Your Father Know? It's Never Too Late to Start Taking Better Care of His Bones

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He stood by my side, coaching me every step of the way as I carefully soldered and assembled the components of a Morse code generator. That task completed, he patiently taught me the Morse code alphabet, and a few days later he beamed as I wowed my fellow Boy Scouts with a demonstration of prowess with my new prized possession.



Morse code converts each letter of the alphabet into a series of tones or clicks that can be transmitted via radio or telegraph lines by an operator using a telegraph key.

Dit. Dit. Dit. Dot. Dot. Dot. Dit. Dit Dit." echoed off the walls of the church basement meeting room. "That's SOS," my Dad explained to the rapt audience of 12-year-old boys. "Those are the letters used by radio and telegraph operators around the world to signal distress. The Titanic sent out that signal after hitting the iceberg." Then inviting the boys to call out their names, he tapped out each one in Morse code with blinding speed. They were excited and delighted. I was bursting with pride - my Dad was an especially proficient telegraph key operator.

With Father's Day as a prompt, these and other memories of Dad and the things he taught me came flooding back. How to drive a stick shift and swing a golf club. A love of all dogs big and small. A passion for reading any and everything. Building and enjoying a proper roaring campfire. A preference for room temperature beer (he said he picked that up from his British father). We talked about most every topic under the sun and many of the views he expressed so long ago continue to influence the person I am today - left-leaning politics, sports fan (football and



Al Funnell 1922 - 2009

hockey but not baseball or basketball), his strong opinions about good car brands and bad car brands that still have me leaning towards his favourites when I look for a new one, and his belief that it isn't really supper unless both meat and potatoes are on the table. He never lectured me, perhaps knowing that a direct approach was unlikely to be effective. Instead he let the wisdom of his words sink in. But whether it was intentional or not, I have come to realize that I have followed in his footsteps closer than I had ever planned.

However, there was one topic we never talked about - our health. And with the 20-20 vision of hindsight, that is too bad. Even a subtle nudge or a reminder or two from Dad about the importance of a heart-healthy lifestyle or the perils of osteoporosis might have steered me on a very different path from the one I have taken. Although I never told him so, he was my hero, and I did *listen* to, if not immediately act on, what he had to say.

Which brings me to the point of this article - with Father's Day and Men's Health Week falling in June, why don't we all break the mould and have a conversation about men's health with our fathers and sons and other men in our lives? And not just about any health issue; let's talk about **men's bone health!** Too many people still think that osteoporosis is a women's disease. Not so - at least one in five men will break a bone from osteoporosis during their lifetime. Remember, it's never too late or too early to start taking better care of your bones.

Click [here](#) to see the Men and Osteoporosis information sheet you could use as a conversation starter with the men in your life.

Larry Funnell

Fracture Fact

1 in 5 Canadian men will suffer a fracture because of osteoporosis in their lifetime.

To listen to today's Fracture Fact converted to Morse code click [here](#).

BONES 'N' BEER *Lite* - Fathers and Sons Taking Charge of Their Bone Health

This June, in honour of Father's Day and Men's Health Month, Osteoporosis Canada volunteers are co-hosting with retirement communities in BC three fathers and sons get-togethers called "BONES 'N' BEER *Lite*." The format is simple - gather the men in a familiar, comfortable setting, lead them in a tasting of local craft beer, pair the beer with pub-style food like ribs and wings and, when everyone is relaxed, engage them in a conversation about bone health and fracture prevention. These novel events to raise awareness of men and osteoporosis are free to participants.

Bones 'n' Beer in BC

Jun 19	Augustine House, Ladner, BC
Jun 27	White Rock Seniors Village, BC
Jun 29	Langley Seniors Village, BC
Aug 10	Scandia Care, Burnaby, BC
Oct 25	<i>Burgers</i> , BONES 'N' BEER, Kitsilano, BC
Nov 9	Hawthorne Care, Port Coquitlam, BC

If you are interested in learning more about BONES 'N' BEER *Lite*, contact your local Chapter of Osteoporosis Canada or email Larry at funnell@shaw.ca.

We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing copn@osteoporosis.ca.

FUNNY BONE:

By the time a man is wise enough to watch his step, he's too old to go anywhere. – Billy Crystal

A Recipe from our Sponsor

Blueberry kefir pancakes

Course: *Main Dishes*
Preparation Time: *20 mins*
Cooking Time: *25 mins*
Refrigeration Time: *10 mins*
Yields: *6 to 8 servings*

1/2 milk product serving(s) per person

Calcium: 26% DV/ 287 mg

Ingredients

1 3/4 cups (425 mL) unbleached flour
1 tbsp (15 mL) baking powder
1/2 tsp (2 mL) baking soda
1 tbsp (15 mL) sugar
1 pinch of salt
2 eggs
2 1/3 cups (575 mL) plain **kefir**, divided
2 tbsp (30 mL) semi-salted **butter**, melted
1 Container (300 g) **Canadian Ricotta**
3 tbsp (45 mL) sugar, maple syrup or honey
1/2 tsp (2 mL) vanilla extract
2 1/2 cups (625 mL) fresh blueberries
Fresh basil or mint leaves (optional)



Tips

Did you know? Kefir is known as the champagne of yogurt because of its unique mild effervescence.

Cheese alternatives: Canadian Mascarpone.

Nutrition Tip

Add kefir to your smoothies for a new twist. Don't worry if you're not a fan of the bubbles—you can also get non-effervescent kefir that's just as delicious.



Preparation

In a bowl, mix first 5 ingredients together. Make a well in the center.

In another bowl, beat eggs and 2 cups (500 mL) kefir. Pour into the well and whisk until mixture is combined. Stir in butter. Let rest for 10 min.

In a blender, mix Ricotta with remaining kefir, sugar and vanilla. Set aside in the refrigerator while cooking pancakes.

Preheat oven to 250°F (120°C).

Heat a non-stick skillet over medium heat. Add a ladle of batter and swirl to coat bottom of the skillet. Sprinkle with some blueberries and cook for 3 min on each side.

Transfer pancake to a parchment-lined baking sheet and place in the oven to keep warm. Repeat with remaining batter. To make pancakes more quickly, use two skillets.

Garnish with Ricotta mixture and remaining blueberries. Top with fresh basil or mint leaves, if desired.

Note: The recipe can also be made with a flavoured kefir.

For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/blueberry-kefir-pancakes>

This issue of COPING is sponsored by **Dairy Farmers of Canada**

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