

Remember: You can live well with osteoporosis!

Team Eleanor – Niagara Walks in Wine Country

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FRACTURE FACT:

At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime.



Team Eleanor - Niagara Walks in Wine Country

By Judy Cline, Osteoporosis Canada Volunteer, Niagara Chapter & Member of Team Eleanor

I took part in the first inaugural Nordic Walking event benefiting Osteoporosis Canada on October 12, 2012 in Niagara-on-the-Lake, Ontario, prime wine country. The day was either crisp or cold, depending on whether you were in the sun or shade. The sun was brilliant and the Niagara River sparkled as walkers moved along the trail beside it. I was one of 180 walkers who assembled at Fort George, where we were treated to some extra special activities as part of the War of 1812 anniversary celebrations. There were representatives there from the Royal Canadian Mint, introducing the commemorative quarter honouring Isaac Brock, the hero of the Battle of Queenston Heights. The area around the fort was filling up with historical re-enactors who took part in a mock **Battle of Queenston Heights** on Oct 12, 2012. **That day** was the 200th anniversary of that pivotal battle in the history of Canada and we were there to participate by walking for Osteoporosis Canada.

COPING readers will recall the November 11, 2011 article that talked about the positive benefits of Nordic walking – improved balance, full body workout and a good cardio exercise. See the original article [here](#).

Some of the walkers drove to Niagara-on-the-Lake, while some came by bus from Peterborough, Toronto, Mississauga, Hamilton and Welland. Box lunches were provided, pictures taken and interviews held with various press organizations.

Tracie Napoli, responsible for the organization of all facets of the walk, smiled most of the day as things went smoothly. She explained the 2k, 5k and 10k routes and the timing for the after walk celebrations. A picture was taken with the group posed around the sign of Fort George, complete with volunteers dressed in the red coat uniforms of the period.

There was a wonderful diversity of age, athletic ability, fitness and even the simple co-ordination of the walkers. For some, the 2k walk was a challenge and a triumph, even though the course was level. Others flew around the 10k course in a very short time. These were, for the most part, people who were well trained and were accustomed

to cross country skiing, long distance cycling or running.

I can walk faster and more smoothly with my poles now, and another member of our team no longer has hip pain when walking with her poles. My recent BMD that showed lower bone mass in my spine compared to my hips reminds me that pole walking benefits my spine as well as my hip bones. I introduced two novices to the poles that day, setting the heights properly for them and giving them a mini lesson in their use. Both enthusiastically plan to add the poles to their regular lunch hour walks.

When all walkers had returned, we moved on to a pavilion at Jackson-Triggs Winery. For the walkers, Italpasta provided boxes of Total pasta and a professional photographer to take pictures of individuals or groups. Nordica had single serving packs of cottage cheese and fruit. The Dairy Farmers had provided mini back packs, which volunteers from the Niagara Chapter had stuffed with literature, calcium rich recipe booklets and information from Osteoporosis Canada. The Dairy Farmers also provided cheese platters with several choices, especially a good ancient blue cheese and a well aged cheddar.

Jackson-Triggs staff poured generous tastings of wine, my favourite being a spectacular Sauvignon Blanc, and walkers could choose from great grilled sausage or grilled portabello mushrooms on a bun.

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Inspired by Eleanor Mills' courageous 1993 walk to raise osteoporosis awareness, *Team Eleanor Niagara* fielded a group of 6 enthusiastic Nordic walkers. I still have a giant (and very warm) sweatshirt from the Eleanor Mills' 1993 walk and wore it proudly. See COPING's May 11, 2012 story on Eleanor Mills [here](#).

This first walk was a great success with eager walkers and happy organizers. *Team Eleanor Niagara* will walk again in 2013, with many more members. We're looking forward to the encore in Niagara and we urge you and someone you know to join Osteoporosis Canada's Nordic walks in Niagara, Mont Tremblant or Whistler next year.

Judy Cline



Osteoporosis Canada's newest fundraiser *Nordic Walking in Wine Country* hits the mark!

On Friday, October 12, 2012 Osteoporosis Canada launched its newest fundraising event, *Nordic Walking in Wine Country*. Participants trained and learned about osteoporosis and bone health while fundraising in the weeks leading up to this event. They arrived with their Nordic walking poles, coming from St. Catharines, Niagara, Peterborough, Hamilton, Milton, Dundas and the Greater Toronto Area, ready for a day full of fun and Nordic pole walking.

In celebration and to commemorate the bicentennial of the War of 1812, the *Nordic Walking in Wine Country* event was held at historic Fort George, and included re-enactments of battles and marches with individuals outfitted in the dress and military gear of the time. Since the event was held in wine country, it was only fitting that the post-celebration take place at Jackson-Triggs Winery with post-walk participants relaxing by the vineyards, enjoying the barbecue. This included local wines and a selection of local cheeses.

As a result of our dedicated and generous sponsors and participants, to date *Nordic Walking in Wine Country* has raised over \$100,000 to benefit Osteoporosis Canada. These funds will allow us to continue our work to educate, empower and support individuals and communities in the risk reduction and treatment of osteoporosis.

Thank you to the participants, corporate partners, instructors and volunteers who made *Nordic Walking in Wine Country* such a huge success!

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Mark your calendar for the following *Nordic Walking* events in 2013

<i>Nordic Walking in Whistler</i> Whistler, BC June 7 – 9	<i>Nordic Walking in Mont Tremblant</i> Mont Tremblant, QC September 20 – 22	<i>Nordic Walking in Wine Country</i> Niagara-on-the-Lake, ON October 4 -6
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INFORMATION SESSIONS

Reserve your spot at one of the *Nordic Walking* information sessions below:

TORONTO, ON

Wednesday, January 16, 2013

Miles Nadal JCC

750 Spadina Avenue

7:00pm – 8:30pm

VANCOUVER, BC

Tuesday, February 26, 2013

Kerrisdale Community Centre

5851 West Boulevard

7:00pm – 8:30pm

RSVP: nordicpolewalking@osteoporosis.ca

RSVP: nordicwalkingwhistler@osteoporosis.ca

OR CALL 416-696-2663 | 1-800-463-6842 ext. 286

www.osteoporosis.ca

FUNNY BONE: What was the best thing before sliced

An invitation to all COPN Members: We need *your* help!

You are being invited to participate in a research study conducted by researchers at the University of Waterloo. This study is titled '**Physical Activity Levels and Barriers to Exercise in Individuals with Low Bone Mass**'.

Physical activity and exercise play an important role in reducing fracture risk. The aim of the study is to gain a better understanding of current physical activity and exercise levels of individuals with low bone mass, and to learn about different factors that make it difficult for these individuals to exercise.

If you choose to participate in this study, you will be asked to complete three questionnaires which should take approximately 30-40 minutes to complete in total. These questionnaires will ask you about your health, your current physical activity, and factors that make it difficult for you to exercise.

Your contribution to this study is important. Your input will help shape future education strategies and inform future research studies about exercise promotion among individuals with osteoporosis.

The results of the study will be summarized and reported in a future COPING newsletter.

Your personal information and data collected from the survey is anonymous and will be stored in a secure area at the University of Waterloo. This study has been reviewed by, and received ethics clearance, through the Office of Research Ethics at the University of Waterloo.

Please click the link below to participate in our study.

<http://fluidsurveys.com/surveys/uwaterloobonelab/osteoporosis-exercise/>

Thank you for taking the time to participate.

Sincerely,



Larry Funnell
(COPN, Chair)



Christine Cruz
(Program Coordinator, Client Services and Telemedicine, Osteoporosis Canada)



Lora Giangregorio, PhD, University of Waterloo
(Osteoporosis Canada Scientific Advisory Council Member)



This Holiday Season, give a *Gift of knowledge*

A diagnosis of osteoporosis can leave one feeling frightened and confused- many of us have experienced it.

From a humble start in 2004 with four friends gathered around a kitchen table, The Canadian Osteoporosis Patient Network (COPN) has grown to almost 6,000 members. Never turning anyone away, we have been able to produce and disseminate our COPING newsletter free of charge with sponsorships and generous donations from our members.

With the growing popularity of *COPING*, there has been an increasing gap in the support that we receive and what we need to reach out to all our members. Your support which has helped us in the past is now even more crucial.

Today, we ask you to consider a ***Gift of Knowledge*** so we can continue to serve our membership and also extend this knowledge to the many Canadians who do not know that they too are at risk of fracturing. Please consider one of the ***Gifts of Knowledge*** below:

\$ 30 \$ 50 \$ 125 \$ 250 \$ 1250 other amount _____

*****All Gifts of Knowledge will receive a tax receipt*****

Donate online at www.osteoporosis.ca/giftofknowledge

Make a ***Gift of Knowledge*** donation over the phone; call **1-800-463-6842** ext. 266

Mail in your ***Gift of Knowledge*** donation (cheque or credit card)

Enclosed please find a cheque for \$ _____ payable to "Osteoporosis Canada"

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Email: _____

Please charge my credit card for \$ _____

AMEX

VISA

MASTERCARD

Number: _____

Name on card: _____

Expiry: _____ Signature: _____

Mail: Osteoporosis Canada, Attn: Gift of Knowledge, 301-1090 Don Mills Rd, Toronto, ON M3C 3R6

A Recipe from Our Sponsor – Cheddar-Topped Slow Cooker Meatloaf

Pop this in the slow cooker in the morning and come home to a moist and tasty meatloaf. This makes enough for leftovers for terrific meatloaf sandwiches the next day.

Preparation

2 eggs
1 onion, grated
1/2 cup (125 ml) **milk**
1/3 cup (75 ml) tomato paste
1 cup (250 ml) quick-cooking rolled oats
1 tsp (5 ml) salt
1/2 tsp (2 ml) pepper
2 lb (1 Kg) lean ground beef
1 cup (250 ml) shredded **Canadian Cheddar cheese**

Instructions: Fold three 2-ft (60 cm) long pieces of foil into strips, each about 2 inches (5 cm) wide. Place two strips in a 5- to 6-1/2-quart (5 to 6.5 L) slow cooker in a cross and the third on a diagonal, overlapping in the centre.

In a large bowl, using a fork, whisk together eggs, onion, milk and tomato paste; stir in oats, salt and pepper. Add beef and mix with the fork, just until evenly blended. Pack into a loaf shape on top of foil strips in slow cooker, leaving about 1 inch (2.5 cm) of space between the side of stoneware and the loaf.

Cover and cook on Low for 6 to 8 hrs or High for 3 to 4 hrs or until loaf is well browned and a thermometer inserted in centre registers at least 165°F (74°C).

Place Canadian Cheddar Cheese on top of loaf, cover with lid and cook on High for 5 to 10 min or until cheese is melted. Using foil strips as handles, lift loaf out of stoneware, letting juices drain off. Place on a cutting board and slide foil strips out carefully from under loaf: slice with a serrated knife.



Course: *Main Dishes*

Prep. Time: *6 - 8 hrs*

Cooking Time: *10 mins*

Yields: *6 to 8 servings*

1/2 milk product serving(s) per person

Cooking Tip: The meatloaf will be cooked to a safe temperature long before the specified time but will get nicely browned and set with longer cooking. Don't worry – it will stay moist.

For the Adventurous: Add 1 tbsp (15 mL) chili powder, dried basil or other seasoning blend to the meat mixture if desired.

Use Canadian Swiss Cheese, Canadian aged Provolone Cheese or Canadian Monterey Jack Cheese with Hot Peppers.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/cheddar-topped-slow-cooker-meatloaf>

This issue of COPING is sponsored by Dairy Farmers of Canada



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getenough.ca