



JAN. 20 - 1:00 pm meeting - Hillier Hall
ROLL CALL: How to beat the January Blah's.
ACTIVITY: 2:00 pm. visit Lloyd's Store now re-incarnated as Noreen's Interior Design.
HOSTESS: Marjorie Darling
TEA TIME: Mabel Wright, Joanne VanDerWyst, Phyllis Wight



FEB. 17 - 1:00 pm meeting - Hillier Hall
ROLL CALL: Once upon a time I dreamed about pursuing (a career)..... Would you have the same dream today?
ACTIVITY: 2:00 pm (ROSE) programme. Invite public attendance.
"The use of pesticides for cosmetic appearances purposes only. Are we killing ourselves"?
HOSTESS: Hillier Executive
TEA TIME: Carole Harrison, Nina Hilton, Grace Clements



Tea for Bones

The Hillier Women's Institute is holding its annual Bone China Tea on Thursday February 17 at the Hillier Hall. The event is a popular fundraiser organized by the Dairy Farmers of Canada in support of the prevention of osteoporosis.

The irony of holding a bone china tea to help combat this widespread bone disease is not lost on the organizers. According to Peggy Burris, a Women's Institute member in Hillier, the event was first organized as a high social event at the Imperial Room in the Royal York Hotel in Toronto. "It was natural that we have a bone china tea to fund the fight against a disease of the bones," said Burris.

Since then the event has spread across the country and has become an important fundraising opportunity for the Osteoporosis Society of Canada.

The event is free of charge but organizers are asking for a donation. Public health nurse Marie Clarke is the event's special guest. She will be making a short presentation and answering any questions guests will have about osteoporosis and providing information about things each of us can do to fight the onset of the disease.

So come on out to Hillier Hall next Thursday afternoon at 2 p.m. and learn more about your bones over some tea. For more information contact Peggy Burris at 399-5423 or Joyce Brown at 392-9899. *TIMES 02-09-05*



Bone china tea serves up information in fun fashion

Rick Conroy
 The Wellington Times

More than 50 women and men turned out last Thursday for the Dairy Farmers Association's Bone China Tea hosted by Hillier Women's Institute.

The event was part of the Osteoporosis Society of Canada's campaign to broaden awareness of this debilitating and life-limiting disease.

"When we talk about osteoporosis," said Public Health Nurse Marie Clarke of the Hastings- Prince Edward Health Unit. "We often think of the little old lady falling and breaking a bone. In fact, we know now that many of those falls are a result of the bone breaking just from normal use, causing the fall."

Clarke led an informal workshop that delved into some of the underlying causes of the disease and things that individuals could do to mitigate the risk. Many in the various groups cited television and sedentary lifestyle as a major factor. Others focused in on diet and in particular mineral intake.

One of the more astonishing points Clarke made in her deliberations with the workshop groups is that we need to work on bone strength when we are young. According to



PHOTO: RICK CONROY

Rednersville representatives: Women's Institute members and guests from all over the region gathered at the Hillier Hall to participate in an informative and lively workshop and discussion about osteoporosis—the causes, the treatment and preventative measures. Above (L-R) Marlene Corfield, Evelyn Peck, Vivien Rose, Karen Jones and Marianne Corfield mull over their collective responses.

Clarke, we begin losing bone mass in our early thirties.

Peggy Burris offered her own maxim to encourage the audience to become more active.

"Instead of your plate, reach for your mate," suggested

Burris.

She was clearly reading her crowd well, as seemingly all of the workshop groups reported 'more sex' as one of the things they should be doing to be more active. *02-23-05*