



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTE MENTALE
WINDSOR-ESSEX COUNTY BRANCH

FOR IMMEDIATE RELEASE
June 2, 2009

**Acclaimed Canadian Cookbook Authors and Food Network Host visit local winery
and raise money and support
for community mental health services**

HARROW – Essex County will host two nationally recognized and award winning cook book authors and television personalities this month and part of the events will help support community mental health services.

Canadian Living magazine food editor and Food Network personality Elizabeth Baird and culinary artist Rose Murray will both be bringing their skills and love of cooking to Essex County's Viewpointe Estate Winery.

"A Taste of Wine Country" will feature both Baird and Murray and will include a sampling of recipes, wine tastings, mini tours and book signings by the cookbook authors. A portion of the proceeds will benefit the Canadian Mental Health Association Windsor-Essex County Branch (CMHA-WECB).

"We are very appreciative to Viewpointe Estate Winery and to both Elizabeth and Rose for their generous support of our prevention programs and current food drive," says CMHA-WECB Chief Executive Officer Pam Hines. "We think this is a great way to enjoy a fun hobby like cooking and we all know that having healthy hobbies is a great way to boost your mental health."

In addition to a portion of the proceeds, CMHA-WECB will also benefit from patrons bringing canned foods to be donated to the agency's "Faces of Unemployment" food drive happening throughout June.

The Viewpointe event will take place on June 24th and begin at 6 p.m. at the winery located on Lake Erie's north shore in Harrow. Tickets are just \$50 and can be purchased by calling the winery or visiting the winery's web site at www.viewpointewinery.com or from CMHA-WECB by phoning 519-255-9940 ext. 224. Elizabeth R Fine Stationery at Dougall and Cabana will also have tickets available for purchase. Phone 519-0250-4182.

The day after the cocktail party, June 25th, there will be a special culinary class conducted by Baird and Murray at Viewpointe. The demo will include an intimate lunch with recipes taken from the authors cookbooks paired with Viewpointe wines. Tickets for this class will be \$60 each.

Biographies of both Baird and Murray can be found on both web sites, as well.

The CMHA-WECB has a vision of "mentally healthy people in a healthy society". For more information please visit www.cmha-wecb.on.ca.

-30-

For more information about the food drive, please contact:
Patti Lauzon, Director of Advancement, at 519.255.9940 ext. 224.
Or contact Esther Reaume at Viewpointe Estate Winery at 519-738-0690.

