

Seniors Painters, Poets and Putterers

By FLORENCE WILKINSON
Painters, Poets and Putterers
Recently, I came across a book called Grandmother's Bedtime Stories, by Edith Brown, with the art for the cover by Catherine Heslip. This doesn't sound too exceptional until I tell you that the author was eighty years old, and the painter was one hundred and five. Both of these women, I discovered, were working in the

Seniors for the Future

area in which they had worked all their lives. Edith Brown spent years telling stories to children, and Catherine Heslip studied art when young, and has been painting all her life, but when the two

put their talents together it turned into quite a nice little book.

I thought, of course, that there must be similar talent in almost any community. I often sit in meetings with a person who

"doodles" and comes up with all kinds of interesting things. I have also seen some of the finished sketches which this artist does, and consider them quite remarkable. However, to suggest to this person that the resulting art work should be displayed somewhere brings a strong negative reaction.

This brings to my mind the advantage Georgetown will have when there is a central place where all seniors can meet, and people with similar talents may be able to find each other and get together and enjoy each other's work. Using their talents to put on a show, or program for the centre itself might not be so scary as a show for the general public, and the closet painters, poets and putterers might be persuaded to turn their fun activity into a joy for the rest of us to behold.

It is not always easy for people with similar interests to find each other. Edith Brown was visiting her sister in a nursing home when she ran into Catherine Heslip, and the idea for the book grew from there. The artwork is a pastel of the schoolhouse which the artist attended - little houses out back included - which still stands, and is over 100 years old. The artwork and the stories make an interesting souvenir for the local people, even though the book may never hit the big time.

There used to be a saying that life began at forty. That saying is certainly outdated. More and more it is found out that life can begin at 60, or at 80, or even at one hundred and five.

Seniors can remain sexually active

By PATRICIA CAULMAR
Halton Region
Health Department
SEXUALITY IN THE 90'S
"Sexuality is interwoven with every aspect of human existence and in its broadest sense, sexuality is defined as a desire for contact, warmth, tenderness or love."
(Aletkey, 1980)
Aging is a natural process involving change. It is reassuring to know that human sexuality continues from birth until death. Sex and sexual relationships do not involve just the young, but also the older adult. Knowledge,

disbeliefs, and values are very important in determining our own sexuality. June is seniors' month and this article will be addressing sexuality and the older person. Aging is an individual experience. Feeling good about oneself will assist with the development of satisfying relationships and finding activities that are enriching. Self worth and communication are influenced by life experiences.

There are some changes that we do not control. While the fear of pregnancy is no longer a concern for most older women, other

reproductive physical changes can occur. Estrogen deficiency causes the vagina to become smaller. The vaginal walls become thinner with a decrease in vaginal lubrication. Because of these changes, painful intercourse (Dyspareunia) may occur. Some men may develop reproductive changes due to the decrease in the hormone, testosterone. This change results in decreased sperm production. Penile erections may occur more slowly and may be more difficult to maintain.

However, the capacity for sexual behaviour and satisfaction continues and under some conditions increases. One does not lose one's sexual interest just because one is alone. The options for sexual expression may change as many individuals find themselves without a sexual partner. Jessica Potter, an American psychologist has validated the experience of touch as one grows older. Hands can send very special thoughts of loving, caring, or "I need you" without a word being spoken. Self touch, stroking a favorite pet or holding a loved one are some of the natural alternatives that may be experienced.

If you have any questions after reading this article, contact your family physician or Halton Regional Health Department at 842-6500. Remember, healthy sexuality lasts a lifetime.

Strawberry tea

Get set for a scrumptious strawberry tea in one of Peel Region's prettiest villages!
It will be held June 22 in the hall of Belfountain Village Church from 1:30 p.m. to 4:30 p.m. Admission is \$4 for adults and \$2 for children. There will be strawberry shortcake and other desserts.

Proceeds from the 10th annual strawberry tea to be held by the church will go to Camp Hermosa, a Baptist summer camp for children.

Belfountain, in the Town of Caledon, is at the junction of Mississauga Road and the scenic Forks of the Credit Rd., which runs west from Highway 10.

The village is less than 30

minutes drive north of Hwy. 401. It has a conservation area which is popular with day trippers and increasing numbers of cyclists climb the Niagara Escarpment to Belfountain on weekends before heading back to the city.

The strawberry tea is a traditional community event hosted by Belfountain Village Church which is affiliated with the Baptist Convention of Ontario and Quebec.

The church was founded in Belfountain in 1835 and the existing stone building had its 100th birthday in 1989.

Services are held every Sunday at 9:30 a.m. and John Bell is the full-time pastor. A Sunday School runs in conjunction with the weekly service.

STEVEN C. FOSTER
B.A., LL.B.
BARRISTER & SOLICITOR

37 MAIN ST. SOUTH
GEORGETOWN, ONT.
L7G 3G2

873-4961 FAX: 873-4962

PHOTO SPECIAL

FREE
2nd Set of Prints
With 1 Hour Service

1 HOUR, SAME DAY, NEXT DAY SERVICE

Passport Photos in 3 Min. WE RENT VIDEO CAMERAS

CRAIG'S PHOTO
NORMANDY PLAZA
Next to Kentucky Fried Chicken 877-5945

The Newfie Store

SPECIAL THIS WEEK

LIVE LOBSTER (1-1 1/4 Lb. Avg.) \$5.99 LB.
ORANGE ROUGHY FILLETS \$5.49 LB.
MEDIUM (61-70 CL.) WHITE SHRIMP \$11.99 Kg. Box

MOORE PARK PLAZA
74C Main St. N., Georgetown, Ont.
(416) 873-6122

Alcan, the most important window shopping you'll ever do.

SUMMER WINDOW SPECIAL
WE PAY THE GST
Until June 30, 1991

Take advantage of this Summer Window Special today! Let RA Boucher & Sons install your energy efficient Alcan Windows; your choice of style and colour. We pay the GST until June 30th and we ensure Alcan Quality!

FREE ESTIMATES

Experts in:
•Siding
•Soffit, Fascia
•Eavestrough

•Windows
•Doors
•Patio Doors

RA Boucher & Sons
Aluminum Ltd.
R.R. 2, Conc. 8
GEORGETOWN

877-8830

We've moved from:

67 Main St. N.

To: 360 Guelph St.
Unit 35
Georgetown, Ont


We also move fast when it comes to your insurance needs.

Allstate
You're in good hands.

Allstate Life Insurance Company of Canada
Allstate Insurance Co. of Canada
Allstate Insurance Company

GERRY NUMAN
AGENT
873-1643

WE'RE YOUR INSURANCE BROKERS WE UNDERSTAND!



PAUL C. ARMSTRONG
INSURANCE BROKERS LTD.
143 MILL ST.
Halton Hills (Georgetown) Ontario
877-0133

DENTURES
FULL DENTURE SERVICES DIRECTLY TO THE PUBLIC

- New Dentures •Relines
- Repairs •Cleaning

★ Dental Insurance Honoured
★ Wheelchair Accessibility

A.W. TRENTON, D.T.
The Denture Clinic
18 Church St.
Georgetown, Ont.
877-2359