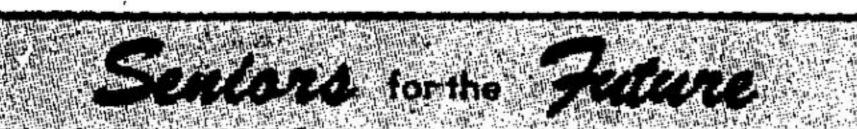
## Seniors-Painters, Poets and Putterers

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



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

Seniors can remain sexually active

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

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 inter-

course (Dyspareunia) may oc-

cur. Some men may develop

"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.

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## life experiences.

Strawberry tea

ty 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,

Get set for a scrumptious

It will be held June 22 in the hall

strawberry tea in one of Peel

of Belfountain Village Church

from 1:30 p.m. to 4:30 p.m. Ad-

mission is \$4 for adults and \$2 for

children. There will be

strawberry shortcake and other

Region's prettiest villages!

By PATRICIA CAULMAR

Halton Region

Health Department

SEXUALITY IN THE 90'S

every aspect of human existence

and in its broadest sense, sexuali-

"Sexuality is Interwoven with

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

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 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. minutes drive north of Hwy. 401. It has a conservation area which

The church was founded in Bel-

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.

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

children.

desserts.

Belfountain, in the Town of Caledon, is at the junction of Mississauga Road and the scenic Forks of the Credit Rd., which

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The village is less than 30

runs west from Highway 10.

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 tradi-

tional community event hosted by Belfountain Village Church which is affiliated with the Baptist Convention of Ontario and Quebec.

fountain 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 SAME DAY. **NEXT DAY** SERVICE

> NORMANDY PLAZA Hest to Kentucky Fried Chicken

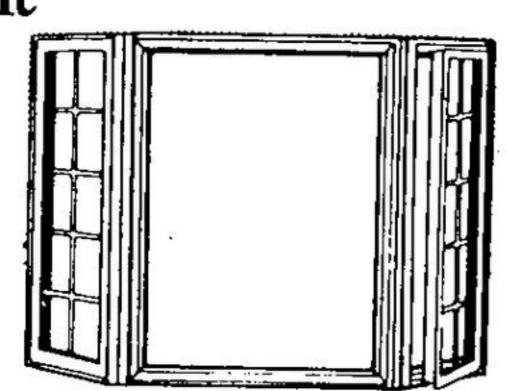
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