

Pen friends for seniors an excellent idea

By FLORENCE WILKINSON
Herald Special

Do you like to write letters? Since I am such a poor letter writer I hesitate to ask, but I am aware that there are many of you who really like to write and receive letters at other times than Christmas.

In the December Issue of Today's Senior's, a magazine which is published for seniors and which is available at some of the news stands in Georgetown, I found a column entitled Pen Friends For Seniors. The federal government has launched this program which is called The Canada Day Seniors Pen Friends Program (for want of a better title is my comment!) which is jointly sponsored by the Department of the Secretary of State and the Seniors Secretariat. The program offers to match up Canadian seniors living in different parts of the country so that they may share information and

Seniors for the Future

friendship about their own locale and life. It is hoped, in this way, that seniors may get to know their country better. Seeing the country through someone else's eyes gives one a far different perspective than a short tourist stay which hits the gift shops and advertised beauty spots.

So far over 2000 applications have been received.

If you are interested in the program you are asked to fill out an application with your name, address and preference of type of pen pal. For example, it is possible to ask for a province, or a language or a gender.

For information write to: Bonnie Clingen, Secretary of State, Room 5E22, 15 Eddy St., Hull, P.Q. K1A 0M5, or call

819-953-2564.

There are other letters you might like to write-ones which are not for your own enjoyment, but for the service of individuals and of the world. I am speaking of

Amnesty International. Recently, I had the opportunity to hear Adongo, a former Accounting teacher in Kenya, who gained his freedom from jail and torture because of the letters which were written by Amnesty International. He emphasized that these letters work-struggles on behalf of people jailed for issues of conscience by the simple process of

writing letters-letters to countries and governments and inmates of jails to let them know that the world is watching and the world cares for freedom and freedom of speech and non-violence against prisoners of conscience.

If you are interested in this kind of letter writing you may get information by phoning 877-0331.

Annual flower show

The Garden Club of Toronto is hosting its 37th annual flower show March 4-8 at the Civic Garden Centre in Toronto at Lawrence and Leslie.

Called 'Gateway to Spring', the show offers a beautiful walk-through show awash in forced pussy willows, forsythia and tulips scented by hyacinths and apple blossoms.

The club has added many new attraction as well. These include competitive classes for miniature landscapes, topiary, flowering bulbs,

plants in a birdcage and blooming plants in a bag.

Other areas of interest include flower arranging and a shopping area which offers anything from twig furniture to garden sculptures and dried flowers.

Admission to the show is \$6.50 for adults, \$5.50 for seniors and students, \$1.00 for children and is free for children under five. The Civic Garden Centre will be open from 10 a.m. to 8 p.m. Wednesday to Saturday and from 10 a.m. to 6 p.m. on Sunday.

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PURPOSE

To provide YOU with an opportunity to tell the Government of Ontario what YOU think about proposed changes to the Long-Term Care system in Ontario.

Long-Term care refers to a broad range of personal care, support and health services provided to people who have limitations that prevent them from participating in everyday activities.

The people who use Long-Term Care services are usually the elderly, people with disabilities, or people who have a chronic or prolonged illness.

FOR MORE INFORMATION, PLEASE CALL:
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(416) 279-4929 OR 1-800-565-4213

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