

# VON looking for friendly visitors

You can make a difference in the community by volunteering with the Victorian Order of Nurses for one to three hours a week.

A number of seniors in Milton are lonely and looking for someone to spend a little time with them — to shop, play cards or just listen.

Volunteers are matched on a one-to-one basis.

To learn more, call (905) 827-8800 ext. 2310, or visit [www.von-halton.ca](http://www.von-halton.ca).

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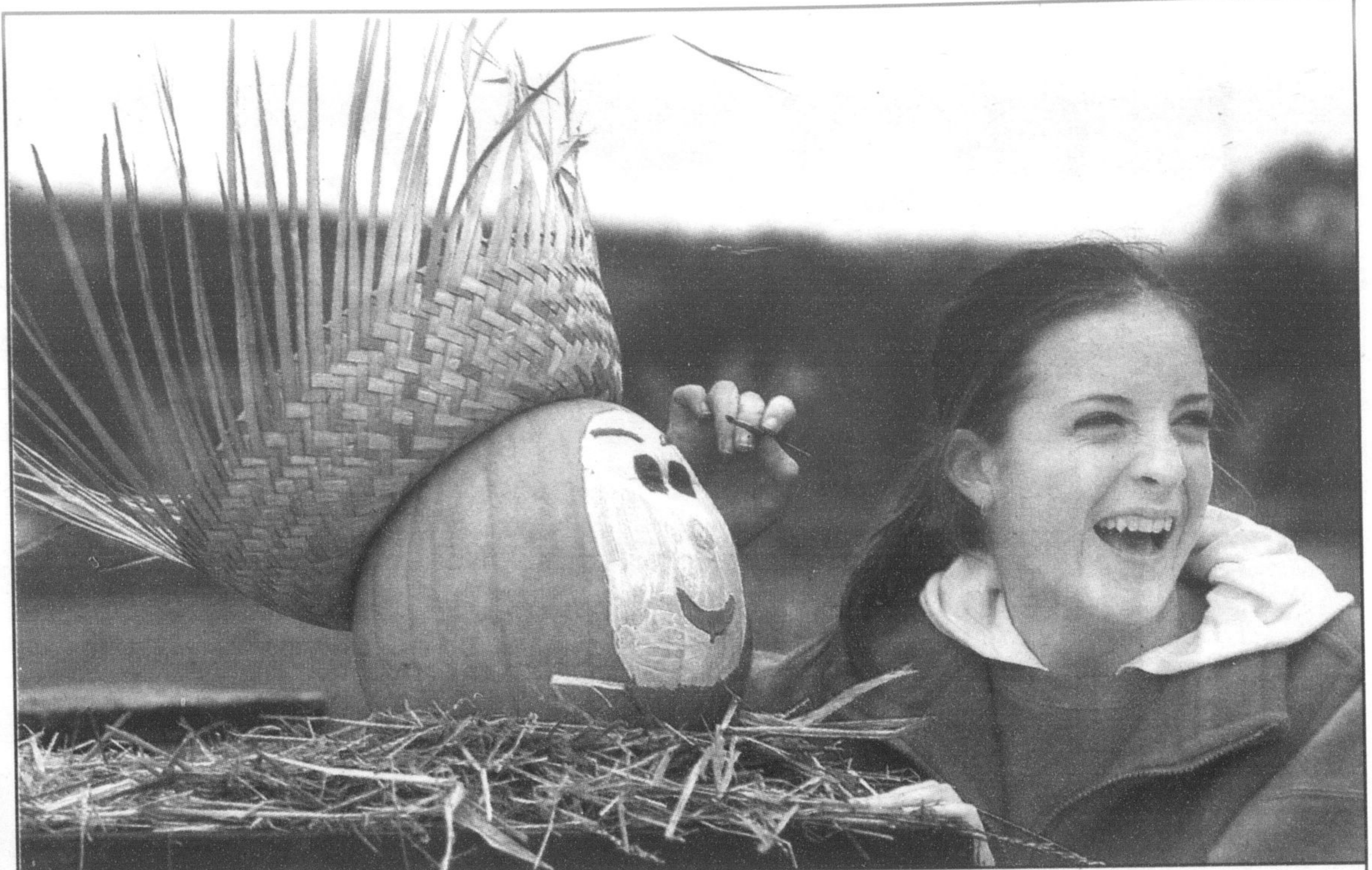
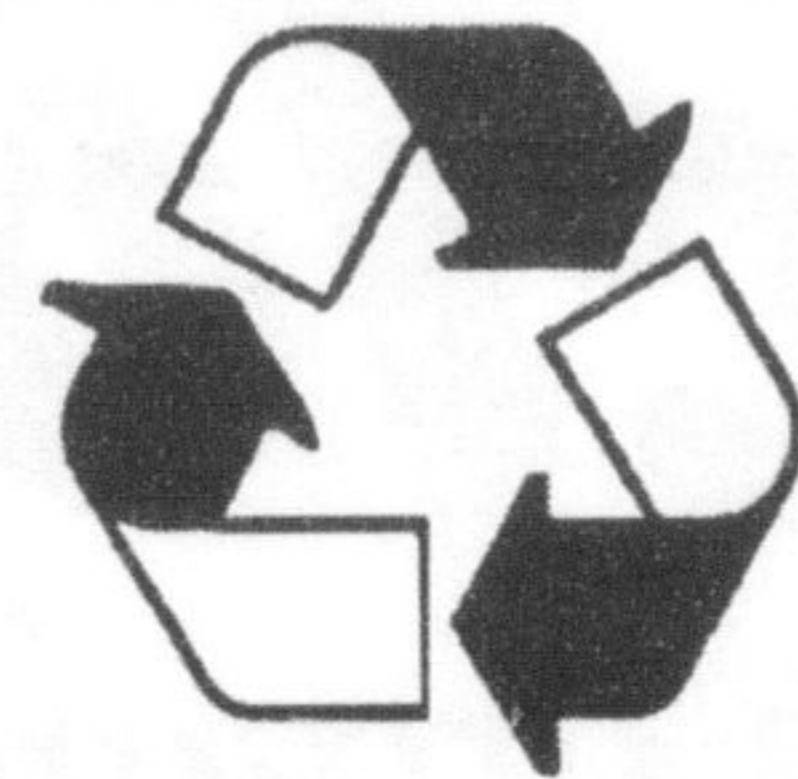


Photo by GRAHAM PAINE

## Not too scary

Krista Ward turns to talk to friends as she finishes her painted pumpkin face at Springridge Farm Sunday afternoon. Springridge visitors also had an opportunity to take part in scarecrow making, as well as pick up a last-minute pumpkin.



**PITCH IN CANADA**



## Loving Memory Tree to be lit Dec. 6

Is there someone you miss more than ever this season?

Bereaved Families of Ontario/Halton Peel Branch will hold its annual Loving Memory Tree ceremony Monday, Dec. 6 in the Great Hall of the Mississauga Civic Centre at 6:30 p.m.

The ceremony is meant for loved ones to come and reflect on the special people that have passed and who are greatly missed.

A donation lights a light on the tree in memory of him or her.

A plaque will also be displayed at the ceremony and people can place his or her loved one's name on it if the name is submitted by November 18.

For more information call (905) 813-4337 or visit [www.bereavedfamilies.ca](http://www.bereavedfamilies.ca).

## Program on depression, bi-polar

Do you suffer from depression or bi-polar disorder, or know someone who does?

The Canadian Mental Health Association offers a six-week program Tuesdays from November 9 to December 14 from 7 to 9 p.m. at Burlington Early Years Centre, 710 Cumberland Ave., in Burlington.

The course costs \$30 per person or \$50 per family. The course is designed to provide information and support for people with depression and bi-polar disorder and their family members. For more information, call (905) 693-4270.

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