

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Spring 2016

Welcome Spring

Spring always brings to mind Charles Dickens' opening lines to the Tale of Two Cities... "it was the best of times, it was the worst of times." On the one hand, snow is melting, the air is warmer and birds are singing in the branches of trees. On the other hand, back roads are a muddy soup, lawns and gardens are bare and brown and we are not yet spared from the odd freak snow storm or cold snap.

As gentler weather approaches, it's safe to start planning ahead for some adventures. Check out our coming events pages to see what is happening in your neighbourhood. In Parry Sound the Charles W. Stockey Centre will be hosting two former Cirque de Soleil performers, in East Parry Sound, Powassan is hosting a Food Summit and in Muskoka watch for the Muskoka Home Builders' Association Home and Cottage Show, and for those of you with a heightened tolerance for adventure, the spectacular Green Living show is happening in Toronto. Check with local seniors' groups or CAA to see whether there are organized day trips you can participate in so that you don't have to face Toronto traffic. Those are just a few of the many local events crowding the April-May-June calendars. Have a look and start planning ahead.

If you are housebound, fling open a window or two on a sunny day, throw some seeds into a pot and put on a

bright window sill; support the Cancer Society and buy a bunch of daffodils to brighten up your space. Check out accessible transportation options and plan for an outing. Invite a friend for coffee or tea. You are only limited by your imagination!



www.thefriends.on.ca

1

It's Been a Busy Season at *The Friends*!



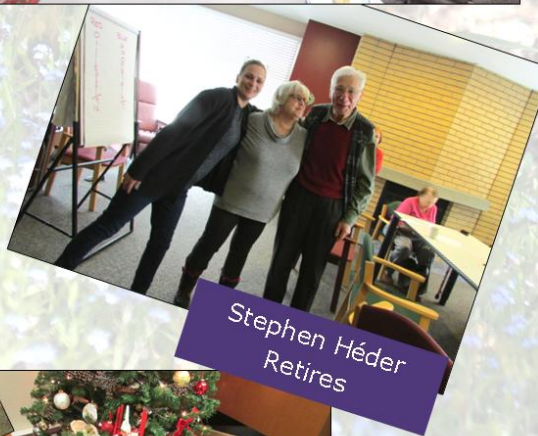
Burk's Falls
Building Project



Muskoka
Moments



Ho Ho Ho Gino &
Forest Hill Food Drive



Stephen Héder
Retires



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Steve Jones & Danielle McLean show our NOSM Student how it's done

What We Do

The Friends is a non-profit charitable organization providing services to individuals with physical Disabilities, and seniors. In Muskoka and Parry Sound the organization has been serving the community for over 30 years. Some of the programs and services the agency provides: attendant care, adult day programs, caregiver support, respite, alzheimer overnight respite, P.A.T.H (Priority Assistance to Transition Home) from the hospital, post stroke, supportive housing, and 24/7 assisted living.

Contact us

Phone (705) 746.5102 27 Forest Street,
Parry Sound, ON P2A 2R2
info@thefriends.on.ca www.thefriends.on.ca

THE FRIENDS

Dignity • Teamwork

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The Friends newsletter can also be read online at
www.thefriends.on.ca

Send content or comments to
info@thefriends.on.ca

Supported by:



From the CEO's Desk

Reaching Out

One of the things that is important to *The Friends'* organization is having a dialogue with the people we serve. Over the next few weeks, clients will receive a questionnaire to gauge just how well we are doing, however, we would also like to engage Friendly Focus readers to better understand community needs and interests. I would very much appreciate it regardless of whether you are a client, caregiver or interested reader to fill out either the questionnaire that you receive in the mail or to take the time and trouble to fill out the one on page 11. A self-addressed envelope has been included for your conven-

ience. Over the next few months, we will have the ability to solicit your feedback online, which will be a convenience for many of you.

Why are we doing this? Your answers will help us look more closely at the programs and services we deliver. Are we meeting your needs? If not, what can be done within the scope of our mandate and resources to better serve you? If you are happy with our services, please let us know as well, staff appreciate being appreciated.

The results will be shared with our Board of Directors and staff as well as in our summer newsletter.

Interest continues to grow with respect to the Burks Falls Seniors' Housing project. We have received a number of questions such as:

- does the new building have an elevator (yes)
- is heat and hydro included in the rent (yes)
- is there laundry facility on site (yes)
- will there be recreational programming on site (yes, initially on a once a week basis)
- will there be volunteer opportunities for those interested (yes)

If you are interested in applying for one of these units, contact us at info@thefriends.on.ca

Looking forward to reading your feedback!

Happy Spring.

**My thanks,
Marliese Gause**

We Are Grateful

I'm sure many of you have noticed that our website has undergone some changes which have made it easier for those of you who use the internet to make donations. I am happy to report that this improvement has meant some surprise donations for which *The Friends'* organization is profoundly grateful so we are chalking up a "success" for this initiative. This is not the end of website madness. Keep an eye on www.thefriends.on.ca as we implement even more features to keep you in touch and in the know. We will be adding a weekly blog, videos and lots of pictures.

Most of all, just know that your support makes good things happen in your community. Many seniors rely on us to defray the cost of transportation and other program expenses. This support means that isolated frail members of our community are able to participate in social and recreational programs that keep

them connected, provides them with a hot meal as well as an exercise routine designed for them and provides respite to their caregivers. Thank you!

The Friends' celebrates living... living the best life you can regardless of your circumstances.



Burk's Falls Seniors' Building

Looking for affordable housing in a seniors' friendly environment? Investorcentric Inc. will soon be opening the doors to a Seniors' Apartment Building. Rates are very reasonable (\$675 - \$700) per month for space that is equal to, or a little larger than, what is provided in most retirement homes. Enjoy the convenience of a hair salon, café and recreational programming on-site. If you are interested in applying for an apartment, please contact us at info@thefriends.on.ca or for an application form call 1.888.746.5102 ext. 221.



Reader's Submission

Every once in a while we receive submissions from our readers. Below is a lovely poem by Lila Tabobondung written in July, 2008 and the first prize winner of a Moose FM contest;

Birth Song

Your song can be heard in the silence of time
Across the universe and the great beyond
Your song is a prayer for happiness of life
For safety and vision and pure delight

Your song is in tune with the beat of your heart
And helps your Spirit do its magical work
The feeling it generates will heal your hurts
And release those emotions back into the earth

The beat that you hear is the sound of life
A rhythm as ancient as Mother Earth
The chant is encouragement to live life to the fullest
And to walk your life path with vision and purpose

Your song carries music of healing and praise
Affirmation of your kind and wonderful ways
Your song is a gift from the Creator to you
A birth song your Spirit always sings for you

~Lila Tabobondung~

*The landscape you grow up in speaks to you in a way
that nowhere else does.*

Molly Parker

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

April

Fri 1, 8, 15, 22, 29: 7:30 - 9:30pm, Euchre Party, **Every Fri**, Hurdville Hall, 439 Hurdville Rd.

Sat 2, 9, 16, 23, 30: 2 - 4pm, Kid Zone, Parry Sound Public Library, **Every Saturday**, 29 Mary St

Wed 6: 6 - 7pm, Potluck, **1st Wed every mnth**, Orrville Community Centre, 1207 Highway #518, Seguin

Fri 8: 8pm, Classic Albums Live, Creedence Clearwater Revival, Charles W. Stockey Centre, 2 Bay St

Tue 12, 26: 7:00-8:30pm, **2nd and 4th Tue**, Georgian Bay Toastmasters, Public speaking and leadership skills, West Parry Sound Health Centre, 2nd floor (rm. 2134)

Sat 16: 7:30pm, The Circus Labyrinth, two former Cirque du Soleil performers put on a show, Charles W. Stockey Centre, 2 Bay St

Thu 21: 2pm, Travelogue. Free monthly travel presentations, **3rd Thu** Sep to May, Parry Sound Public Library membership not required, 29 Mary St

: 7pm, TIFF Film Night, Brooklyn, Charles W. Stockey Centre, 2 Bay St

Fri 29: 6 - 7:30pm, Pot Luck Dinner, Hurdville Hall, **Last Fri every mnth**, 439 Hurdville Rd

May

See April for weekly & monthly events

Sat 28: 7pm, Bobby Orr Hall of Fame: Celebrating Youth Ceremony, 2 Bay St

June

See April for weekly & monthly events

Sun 5: Open Streets in Parry Sound, James Street is closed for various activities

Fri 10: Downtown Beer Garden & Events, James St closed for vendors and store promotions.

Sat 11: Dragon Boat Festival Race Day, New Town Beach, 27 Prospect St

Fri 17 - 18: RACH 3-Pitch Tournament, Kinsmen Pk PS

Tue 28: 9am - 2pm, Summer Market, **Every Tue to Aug 30**, Market Square Park, Parry Sound



EAST PARRY SOUND

April

Tue to Fri 1: 3:30 - 5:00pm, "Walk for Fitness & Therapy" **weekly, Tue & Fri Until May 26**, Centennial Public School, Sundridge, 118 Main St

Fri 1, 8, 15, 22, 29: 1:30pm, Euchre **every Fri**, Young At Heart Senior's Center, 39 Copeland St, Burk's Falls

Sat 2, 9: 9am - 12, Pancake Breakfast, Powassan United Church, 462 Main St

Sat 2: 8:30am - 4:30pm, Powassan Food Summit, Oley's Auction, 788 Main St

: 9am - 2pm, 1st Annual Spring Indoor Craft & Yard Sale, Emsdale Community Centre, 32 Joseph St

: 10:30am Writers' workshop, **1st Sat of mnth**, Powassan Library, 324 Clarke St W

Sun 3, 10: 9am - 12, Powassan Lions Club Pancake Breakfast, 7 Glendale Heights

Mon 4, 11, 18, 25: 1:30 - 2pm, Sit & Be Fit, Trout Creek Seniors Friendship Club, **Every Mon**, 138 McEachern St

Mon 4: 6:30pm, Alzheimer's Education Night, Powassan Library, **First Mon of mnth**, 324 Clarke St W

Tue 5, 12, 19, 26: 1pm, Ladies Euchre, **Every Tue**, Sprucedale Community Centre, 31 William St

: 1:00 - 2:00pm, Appy Hour! **Every Tues**, iPad or Android tablet lessons, 2206 Hwy 124, Dunchurch

: 1:30pm, Bid Euchre, **Every Tue**, Katrine Community Center, Senior's Lounge, 6 Browns Dr

: 6 - 6:30pm, Sit & Be Fit, Powassan Sportsplex, 433 Main St

Thu 7, 14, 21, 28: 1:30 - 3pm, Knit & craft, **Every Thu**, Sprucedale Community Centre, 31 William St

: 7pm, Mixed Euchre, **Every Thu**, Sprucedale Community Centre, 31 William St

Sat 9: 9am - 4pm, Trout Creek Equine & Farm Trade Show, Trout Creek Community Centre, 181 Main Street West

Sat 23: 7 - 10pm, Square dancing, **Every 4th Sat**, Burk's Falls Legion, 9 Mary St

Sat 30: 8am - 3:30pm, 'Shooters Rendezvous' 21st Annual Gun Show and Exhibition, Sundridge,

Strong, Joly Arena, 14 Albert St

May

See April for weekly & monthly events

Sat 28: 8am - 12, Plant and Bake Sale & Yard Sale, Heritage Museum, Sundridge, Strong, Joly Arena, 14 Albert St

: 10am 'til last bird sold, Muskoka Parry Sound Poultry & Pigeon Association Auction, Powassan Fair Grounds, 55 Fairview Lane
: 11am - 3pm, Whitestone Home Based Business Fair, Dunchurch Community Centre, 21 Church St

June

Fri 17 & 18: 6pm - 6am, Relay for Life, Caner Fundraiser, Info: Jennifer Bennett 705.384.0883, Strong Agricultural Grounds, 14 Albert St

MUSKOKA

April

Sat 2, 9, 16, 23, 30: 7:30 - 9:30am, Community Hot Breakfast. **Every Sat to May 14,** Wellington St Pentecostal Church, 38 Wellington St, Bracebridge

Mon 4, 11, 18, 25: 2:30pm, Writing Circle, Author and public speaker David A Franks hosts **weekly** writing circles in Huntsville & Dwight, Traditions Retirement Res, 16 Legacy Lane, Huntsville

Tue 5, 12, 19, 26: Writing Circle with David Franks, Dwight Library, 1012 Dwight Beach Road, Huntsville

: 6 - 7pm, Book Club, **Monthly**, Huntsville Public Library, 7 Minerva St E

Wed 6: 9:30am, Probus Club of S Muskoka, 1st

Wed of month, Bracebridge Sportsplex, 110 Clearbrook Trail

: 5 - 6:30 Grief Support Group, Hospice Muskoka, Bracebridge United Church, 46 Dominion St

Fri 8: 9am - 12, Open Door with Mayor Paisley Donaldson, **2nd Tue monthly**, The Town of Gravenhurst Municipal Office, 3-5 Pineridge Gate

Wed 13: 2 - 3pm Book Club, Join fellow book lovers to share and connect about your monthly book choices. Huntsville Public Library, 7 Minerva St E

Sat 16: 10:30 - 11:30, Lost World Reptiles, meet & touch lizards etc, Riverside School, 755 Brunel Rd, Huntsville

Sun 17, 24: 9am - 12, Phil's Breakfast, Everyone Welcome, **Sun 'til Jun 26**, Bracebridge Legion



#161, 168 Muskoka Rd S

Thu 21: 4 - 6pm, Planning for Climate Change in Muskoka, Huntsville Public Library, 7 Minerva St E

Fri 22, 23, 24: 2 - 6pm Fri, 10am Sat, Muskoka Home Builders' Assoc. Home & Cottage Show, 101 Centennial Drive, Gravenhurst

Fri 23: 9am - 4pm, Muskoka Maple Festival, Downtown Huntsville, Fun for the whole family

May

See April for weekly & monthly events

Wed 4: 12:00, Spring Fashion & Lifestyle Show, Gravenhurst Opera House, 295 Muskoka Rd S, Gravenhurst

Sat 7: 9am - 1pm, Baysville HUMONGOUS Community Yard Sale, Maps Available downtown, Bridge St

Tue 17: 3pm, Blood Donor Clinic, Gravenhurst YMCA, 101 Centennial Dr

Wed 18, 25: 9am, Gravenhurst Farmer's Market, **Wed's 'til Oct 26**, Muskoka Wharf Special Events Field, Bay St across from Boston Pizza

Sat 28: 8:30 am - 1pm, Bracebridge Farmer's Market, **Sat's 'til Thanksgiving**, Memorial Park

June

See April & May for weekly & monthly events

Sat 4: 8:30am, Port Sydney Village-Wide Yard Sale, Coffee & cookies, bake sale, car wash, Various Locations

Sat 18: 9am - 3pm, 23rd Annual Gravenhurst Car Show, Gull Lake Rotary Park, Gravenhurst Chamber of Commerce, 275 Muskoka Rd S

Sun 19: 9am - 3pm, Bracebridge BIA Annual Father's Day Car Show, Dominion St @ Manitoba St

Thu 23: 12:00, Port Carling Farmers' Market, **Thu's to Sep 1**, end of Bailey Street on the Indian River, Muskoka Lakes

Disabilities in the Movies

There are a surprising number of movies that explore issues surrounding disabilities. Here are just a few that you may find inspiring, moving, funny or just plain entertaining!

MY LEFT FOOT starring Daniel Day Lewis is the true story of Christy Brown who was born with cerebral palsy to a poor, working class Irish family. Because he can only control the movement in his left foot and can speak only guttural sounds he is mistakenly believed to be developmentally delayed for the first ten years of his life. Through the help of his strong willed mother, a dedicated teacher and his own courage and determination, Christy not only learns to grapple with life's simple physical tasks and complex psychological pains, but he also develops into a brilliant painter, poet and author. **THE THEORY OF FLIGHT** starring Helena Bonham Carter and Kenneth Branagh is the story of a dreamer who aspires to human flight and is assigned public service after one of his attempts to "fly" off a public building.

His assignment leads him to meeting a young woman with A.L.S. (Lou Gehrig's disease), who wants nothing more than anything to have an intimate relationship before she dies. At first he declines but, finally offers to help. A tender story of love in all its strange and wonderful manifestations.

DOOR TO DOOR tells the true and moving story of Bill Porter, a man who becomes a door to door salesman in the 1960's. A difficult and testing enough task for an able bodied person never mind for Bill who has Cerebral Palsy, a condition that affects his walk, speech and the use of his right hand. Bill's strength of character and his relationships with his family, his customers and the world in general make for an inspiring and moving story.

PASSION FISH This is THE movie for every Outreach worker! May Alice Culhane was a successful soap opera star, but a car accident has left her bound to a wheelchair. She returns to her now empty family home in the bayous of Louisiana to drink heavily and vent her bitterness on the succession of caregivers who are hired to take care of her only to

quit immediately because May Alice is so unbearable. The latest (and potentially the last) caregiver, Chantelle, desperately needs her job with May Alice to work out and the movie focuses on how these two women connect and heal emotionally.

If you're looking for a suspenseful thriller watch **REAR WINDOW**. Recently paralyzed architect, Jason Kemp (played by Christopher Reeve), believes he has witnessed a murder from his apartment window. Jason's colleague quickly becomes his partner in trying to solve the mysterious puzzle that lies in the apartment across the way. The more-than-patient detective grudgingly responds to their repeated calls and accusations, but believes Jason's imagination is getting the best of him. Determined to uncover the truth, Jason continues to dig deeper—eventually finding himself locked in a deadly game of cat and mouse. Other movies you might enjoy are:

- **BORN ON THE FOURTH OF JULY**
- **FRIDA**
- **AWAKENINGS**
- **MISERY**
- **WAIT UNTIL DARK**

March Madness

March has a long history of fascinating, weird (and some downright silly) *firsts*, for example, Oreo Cookies first went on sale in Hoboken, New Jersey **March 6th**, 1912; the very first jazz record was issued on **March 7th**, 1917; the first U.S. Bank Robbery happened on **March 19th**, 1831; the first strip tease was

performed in Paris on **March 13th**, 1894 and on **March 31st**, 1889 the Eiffel Tower opened to the public. Here's a really BIG first—on the **7th of March**, in 1971 Switzerland finally gave women the right to vote! Compare that to New Zealand where women had the right to vote as early as 1893. Women in Canada had the right to vote by 1917 while

women in the United States had to wait until 1920 before they could cast their ballot.

It's small wonder that March has been designated as **National Women's History** month!

THINK SPRING....

"It takes courage to grow up and become who you really are."
ee cummings

DO YOU LOVE TO READ? ARE YOU AN ASPIRING AUTHOR?

If either of the above descriptions apply to you, please read on! In partnership with the **Random House/Penguin Books Publishers**, one of the most successful and well known publishing houses in the world, *The Friends* is launching its first ever search for the most promising new, unpublished authors.

Winning will not get you published, however, it will get you to the attention of Random House/Penguin Books editors who will not only read the winning submissions, but provide a page of helpful feedback. In addition, your submission will be read by many, many community readers who will provide you with their perspective on your work. Best yet, your contribution (reading fee) will help a community agency deliver more and better services to its community. A win win for all concerned.

We are looking for unpublished books in the following categories:

- Young Adult Fiction - exciting, engaging fiction for young adults ages 12 - 16

- Murder/Mystery/Thriller – your best who-dunnit, police procedural, mystery or thriller -the kind of book that keeps readers turning the pages into the wee hours of the night
- Best Business Book – must be readable and engaging. Do you have something to share regarding strategic planning? Finance? Productivity? Managing people? Start-ups? Then this is the category for you.

If you are not an aspiring author but love to read, we want your help!

The Friends is looking for book-loving readers who are willing to donate their time to read contest submissions and assist us in winnowing down the entries to the final three which will go to Penguin Random House Canada editors. Meetings across the district will be organized in June to coordinate volunteers and to provide supporting information/assistance with respect to the contest.

A writer could not have a better audience than readers who love

books...after all we're the ones who buy their novels!

Have a look at the contest information and decide which category you are most interested in. Are you a murder/mystery/thriller aficionado? Or do you have a taste for Young Adult Fiction? Perhaps you prefer non-fiction and are interested in new ideas or innovative approaches in the business world? Pick one and let us know you are on board. Check out the Aspiring Authors – Write to be Read facebook site or check out *The Friends*' website at www.thefriends.on.ca

Author reading fees will go towards the installation of an elevator to increase accessibility for seniors. This is a worthy cause and one that will be easy and fun to participate in. Please take some time to look at the information, contact us if you are interested. If this is not for you, would you be so kind as to share with friends as well as leveraging your social network online.

Thank you for your support.

The Friends and Random House/Penguin Books

Launches a **Writing Contest**

Are you an unpublished writer? Trying to emerge from editorial slush piles?

Then this contest is for you!

Send us your manuscript by **August 31st, 2016** in the following categories:

Young Adult Fiction ~ Murder/Mystery/Thriller ~ Business Book

For more information, rules, entry forms etc., please go to www.thefriends.on.ca Or check out our Facebook page: **Aspiring Authors - Write to be Read**

Questionnaire

We are looking for feedback from our readers with respect to *The Friends'* organization. Please fill out the short questionnaire on page 11, and return to us

in the enclosed self-addressed envelope.
Thank you!

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epscssp@ontera.net
705.724.6028 1.888.521.0000 www.eastholme.ca

West Parry Sound District

Community Support Services (Congregate Dining/Meals on Wheels/Volunteer Transportation)
705.746.5602 1.800.883.0058 belvedereheights.com
aholloway@belvedereheights.com

Port Loring (Meals on Wheels & Volunteer Transport)
705.757.2530

West Parry Sound Health Centre

705.746.9321 Automated: 705.746.4540
www.wpshec.com

Muskoka Algonquin Healthcare

705.645.4400 info@mahc.ca
A multi-site organization. To reach either of our hospital sites, please refer to the contact information below:

Huntsville District Memorial Hospital Site

Main Switchboard: 705.789.2311 Automated:
705.789.0022 Fax: 705.789.0557

South Muskoka Memorial Hospital Site

Main Switchboard: 705.645.4400 Automated:
705.645.4404 Fax: 705.645.4594

NE Community Care Access Centre

705.746.4602 1.800.440.6762
www.healthcareathome.ca/northeast

North Simcoe Muskoka

Community Care Access Centre
705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ext.
6100 www.healthcareathome.ca/nsm

Muskoka/Parry Sound Mental Health Services

www.mpscmhs.on.ca
Bracebridge: 705.645.2262 Fax 705.645.7473
Huntsville: 705.789.8891 Fax: 705.789.3002
Parry Sound: 705.746.4264; Fax: 705.746.1537 Toll
free: 1.866.829.7049

Crisis Lines:

Muskoka and area: 1.888.893.8333
Parry Sound and area, incl. Sundridge: 1.800.461.5424

Community Living Parry Sound

705.746.9330 Fax: 705.746.6151 mail@clps.ca
www.clps.ca

Community Living Muskoka

705.646.0043 Fax: 705.645.4621 info@clsm.on.ca
www.clsm.on.ca



The Friends' Questionnaire

I am aware of <i>The Friends'</i> programs and services	yes	no
I would like to know more about <i>The Friends'</i> programs and services	yes	no
I/or a loved one receive services from <i>The Friends</i>	yes	no
I am satisfied with <i>The Friends'</i> services	yes	no
What could we do better? _____		

Thank You! Please detach page and Return to The Friends

Bill of Rights

Courtesy, Respect and Freedom from Abuse. A person receiving a community service has the right to be dealt with by the service provider in a courteous and respectful manner and to be free from mental, physical and financial abuse by the service provider.

Privacy and Freedom to Make Your Own Decisions. A person receiving community service has a right to be dealt with by the service provider in a manner that respects the person's dignity and privacy and that promotes the person's autonomy.

Being an Individual. A person receiving community service has a right to be dealt with by the service provider in a manner that recognizes that persons' needs and preferences, including preference based on ethnic, spiritual, linguistic, familial and cultural factors.

Information and Answers. A person receiving community service has a right to information about the community services provided to him or her and to be told who will be providing the community services.

Participation in Their Care Decisions. A person applying to community services has a right to participate in the service provider's assessment of his or her requirements and a person who is determined under this Act to be eligible for a community service has the right to participate in the service provider's development of the person's plan of service, the service provider's review of the person's requirements and the service provider's evaluation and revision of the person's plan of service.

Control and Consent. A person has the right to refuse consent to provision of any community service.

Freedom to Speak Out. A person receiving community service has a right to raise concerns or recommend changes in connection with the community service provided to him or her in connection with policies and decisions that affect his or her interests to the service provider, government officials or any other person without fear of interference, coercion, discrimination or reprisal.

Knowing the Rules. A person receiving community service has the right to be informed of the laws, rules and policies affecting the operation of the service provider and to be informed in writing of the procedures for initiating complaints about the service provider.

Confidentiality. A person receiving community service has the right to have his or her records kept confidential in accordance with the law.

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FRIENDLY FEEDBACK

Please fill out the following and return it to the address below

- ☐ I would like to receive a copy of The Friends' newsletter.
- annual subscription fee \$7
- ☐ I would like to receive more information about the Friends' programs.
- ☐ I am interested in becoming a volunteer.
- ☐ I would like to make a contribution in the amount of \$
to support the ongoing work of The Friends.
- ☐ I would like to make a donation to the Gravenhurst Building project.

You can now donate online. Click on the Canada Helps logo on our website
www.thefriends.on.ca

Name: _____

Mailing address: _____

Telephone number: _____ Email: _____

Return to:

The Friends • 27 Forest St • Parry Sound
Ontario • P2A 2R2 • 1.888.746.5102
info@thefriends.on.ca