

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Winter 2017

All In A-twinkle

Here we are.....December, with Christmas a mere three weeks away. If you've been very, very organized, you will have already wrapped and hidden your presents, signed and mailed Christmas cards, and planned your holiday menu, leaving you lots of time to enjoy the season visiting with friends, browsing Christmas fairs and generally easing yourself into the festive season.

Unfortunately, you are in the minority! For those of us who arrive at December 1st without any of the above items crossed off our list, now's the time to pull out a pad of paper, pour yourself a hot cuppa and prioritize your to do list. If you enjoy sending and receiving Christmas cards, schedule yourself to get this underway ASAP. Organize your gift list and decide what you're cooking for the holidays.

If you live alone, make sure you've made some plans. Search out bus trips that ease shopping woes,

or simply buy your stuff on-line. Plan to meet friends for a casual Christmas lunch; be sure to make note of community Christmas Fairs and bake sales. Mark up your calendar so that you have no excuse for forgetting. Enjoy decorating your space – even if you keep it simple, a vase of evergreen boughs or some twinkle lights will go a long way to brighten dark days.

Cooking and baking do not need to be a headache. Make icebox cookies that you can pull out of the freezer when needed and allow you to make as many or as few as you like. Plan simple menus that focus on quality rather than quantity. If you enjoy baking, fire up the oven and roll up your sleeves.

Consider doing something good for others; volunteer your time, contribute to food and toy drives, visit someone in the hospital, hold someone's hand, smile a lot, most of all have a wonderful time, after all, Christmas comes just once every year.



www.thefriends.on.ca

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Seguin Dam Waterfall, Parry Sound

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
Innovation • Empowerment

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

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

Supported by:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Weathering the Challenges

Fall is always a busy time at The Friends; overnight meetings seem to explode in numbers sending the senior team into a mad dash to meet their everyday obligations while at the same time giving their time to meet and collaborate with colleagues across the north east and Muskoka.

Our annual All Staff meeting provided an opportunity for most of our 100+ staff to meet one another, share a meal, experiences and learning opportunities. *The Friends* is blessed to

have such dedicated, hardworking staff...and that's not said lightly. Central and northern Ontario are currently struggling with serious PSW shortages...some so serious that there are agencies having to bus in workers from other areas while some communities are going either without services or limited services. *The Friends* will help where we can, in the meantime, I am grateful for the work of our team. We have amazing supervisors and managers, all of them dedicated to supporting our cadre of PSWs and Homemakers so that they feel confi-

dent in the work they do. Thank you to all staff who continue to make a difference in the communities we serve.

Winter weather is just around the corner, along with Christmas holidays. Please be careful on the roads, make sure you take some time for yourself and enjoy the festive season.

Merry Christmas and a happy, healthy and fulfilling New Year.

Sincerely,
Marliese Gause
CEO

December Celebrations

Why wait till Christmas when there are so many things to celebrate throughout December? Here are just a few December celebrations you can make your very own.

During the first week of December, celebrate "Christmas Tree" week. If it's not too early for you, set up your tree. If a December 1st tree is not on your horizon, participate in a community Christmas tree lighting ceremony, cruise store windows for fabulously decorated trees or take a tour of your community to see what others are doing.

Bake gingerbread "Santa Claus" cookies for St. Nikolas day (December 6th) and treat yourself or a friend to a small

surprise treat.

December happens to be "read a new book month". Head to your local library and check out an author you've never read before or join a book club. If you have trouble reading, try checking out an audio book at your local library – these can be fun, especially if you are on the road.

The third week of December happens to be "tell someone they're doing a good job" week, a reminder that people who provide services to us deserve a pat on the back.

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime."

~Laura Ingalls Wilder

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

~Bob Hope



Happy New Year

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future



financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.



Enjoy the Warmth Of the Season

From Management and Staff of The Friends

Marliese Gause

Linda Tiido

Kelly Sawyer

Lola Este

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

December

Mon-Thu: 9am-12, Billiards, Seniors' Centre, 80 James St
Mon, Wed, Fri: 1-2:30pm, Winter Walking, YMCA Parry Sound, 36 Smith Cres

Mondays: 7-9, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10am, Aquafitness, Grand Resort Tappatoo, 30 Tapatoo Tr
 :9-11am, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave, McDougall (Winter: Pentecostal Church Basement) 705.346.1986
 :1-2pm, Bid Euchre, Seniors' Centre, 80 James

Tuesdays: 10am-11:45am, Music Jam Session, Seniors' Centre, 80 James St

:7pm-10, **Every Other Tue** from Oct 10, Country Music Jam Session, St James United Church, basement, 24 Mary St
 :12-3pm, Used Clothing, St. James, 24 Mary St Boutique
 :7pm-8:30, Georgian Bay Toastmasters, **wkly 2nd & 4th**

Tue, WPSHC 6 Albert St second floor (room 2134)
Tue & Wed: 9-11am, Pickle Ball, Community Hub (formerly William Beatty School), 82 Gibson St

Second Wed of Month: 7pm-9, Book Club, Parry Sound Public Library, 29 Mary

Wednesdays: 10:30am, Movement to Music, Parkinson's Support, Trinity Anglican Church, 6 Church St

:4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St
 :1:30-2:30pm, Darts, Seniors' Centre, 80 James St

:7pm-9, Taoist Tai Chi, PS Seniors' Centre, 80 James St
 :10am-11, Belvedere Heights, 21 Belvedere Hts

:6-9pm, Chess Knights (Adult), Public Library, 29 Mary St
Thursdays: 12-1pm, Hospitality Lunch, St James United Church, Free, All welcome, 24 Mary St

:9-11am, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave, McDougall (Winter: Pentecostal Church Basement) 705.346.1986

:12:15-1, NamasteA, Yoga and tea at the Parry Sound Public Library, 29 Mary St

:1-4pm, Cribbage, Seniors' Centre, 80 James St

:1-4pm, Shuffleboard, Foley Community Hall, 60 Rankin Lake Rd, Seguin

:1pm, Shuffleboard, Bobby Orr Community Centre, 7 Mary St

:5pm, Healthy Eating Active Living, Parry Sound Friendship Centre, 13 Bowes St

:7pm, Country Music, Friendship Centre, 13 Bowes St

Fridays: 7:30pm, Euchre Party, 439 Hurdville Rd @ Hall

:1-2pm, Euchre, PS Seniors' Centre, 80 James

:7pm, Bid Euchre, PS Seniors' Centre, 80 James

Saturdays: 2-4pm, Kid Zone, PS Library, 29 Mary St

:1pm, Country Music, **every 3rd Sat**, Seniors' Ctr, 80

James St

Sat 2: 2:30pm, Parry Sound Singers Christmas Concert, Orrville, 1207 Hwy 518, Seguin

Sun: 2:30pm, Parry Sound Singers Christmas Concert, St Andrew's Presbyterian Church, 58 Seguin St

Tue 12: 7pm-12, Films That Make You Think, The Sugar Film, Museum on Tower Hill, 17 George St

January

See December for weekly & monthly events

February

See December for weekly & monthly events

March

See December for weekly & monthly events



Ice Waves, Parry Sound Town Beach

EAST PARRY SOUND

December

Saturdays: Euchre at the Dunchurch Legion **Every Sat** @ 1:30-3:30pm & **Tue** 7:30-9:30pm, 2130 Balsam Rd

:7pm - 12, Spur Of The Moment Band, **1st Saturday** **Mnthly**, Dunchurch Legion, 2130 Balsam Rd

:5:30pm, Agricultural Society Bingo, **1st Sat Mnthly**, Burk's Falls Arena, Crozier Room, 220 Centre St

Second Sat Mnthly: 12:30-4pm, Jamboree, 3 bands to enjoy, Katrine Community Centre, 6 Browns Dr, Katrine

Mondays: 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, Sprucedale Srs Friendship Centre, 2609 Hwy 518W

:5-6pm, Scrabble at Powassan Library, 324 Clark St W

Tuesday & Thu: 9:30am, Sit & be fit, Young At Heart Seniors' Center, 39 Copeland St, Burk's Falls

:10am-11, Seniors Exercise Class, **Every Tue and Thu** at the Sunshine Club, \$3 per person, Golden Sunshine Hall, 105 Edward St, Powassan

Tuesdays: 1pm, Ladies Euchre, Dabber Bingo 7-9pm

weekly, Sprucedale Seniors' Centre, 2609 Hwy 518W
 :1-1:30pm, Tai Chi, Bid Euchre, 1:30-3pm, Katrine
 Community Centre, 6 Browns Dr
 :Dabber Bingo, Sprucedale Comm. Ctr, 31 William St
Wednesdays: 7-10pm, Bingo, Dunchurch Community
 Ctr, 2199 Hwy 124
Thursdays: 6pm, Bingo Bash, **Every 1st and 3rd Thu** at
 the Burk's Falls Legion, 9 Mary St
 :7:30-9:30, Cribbage at the Dunchurch Legion, 2130
 Balsam Rd
First Thu of Month: 7:30-10pm, Open Mic Night,
 Sprucedale Hotel, 2502 Hwy 518W
Second Thu of Month: 9am-3, Argyle Quilt Group, Arn-
 stein Community Ctr, Hwy 522
Third Friday: 7-11pm, Coffee House—Blues, Rock,
 Country, Folk, Burk's Falls Legion, 9 Mary St
Fridays: 1-3pm, Chess Club, Powassan Library, 324
 Clark St W
 :1:30pm, Euchre, Young at Heart Seniors Centre,
weekly, 39 Copeland St, Burk's Falls
 :7pm, Square Dancing, **every 2nd Fri**, South
 River Friendly Circle Seniors' Centre, 11 Isabella St
 Sundridge, Strong, Joly Arena, 14 Albert St, Sundridge
Fri 1 & 2: 4-8pm, Agricultural Society Christmas Craft
 & Bake Sale, Armour Ryerson Burks Falls Comm Cntr
Sat 2: Christmas Begins in Kearney, Kearney Comm Cntr

January

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February

See December for weekly & monthly events

March

See December for weekly & monthly events

MUSKOKA

December

Mondays: 9:30am-12, Free Drop In, Women's Resource
 Centre, every **Mon**, 1-29 Manitoba, Bracebridge
Tuesdays: 1pm, Book Club, **last Tue monthly**, Muskoka
 Lakes Public Library, 69 Joseph St, Port Carling
 :9am, **Every Tuesday**, Kitchen Table Learning Experi-
 ence for low income or impoverished, Huntsville Nurse
 Practitioners Clinic, 5 Centre St
 :7-9:30pm, **1st Tue of month**, Lions Club Bingo, Brace-
 bridge, 131 Wellington St
 :7pm, Yoga, Oakley Village Square, **every Tuesday**,
 1198 Vankoughnet Rd, Bracebridge
Wednesdays: 9:30-11:30am, Ladies Quilting, **every Wed**,
 Oakley Village Square, 1198 Vankoughnet Rd, Brace-
 bridge
 :9:30am, Probus Club of S Muskoka, **1st Wed of month**,

Bracebridge Sportsplex, 110 Clearbrook Tr
Fridays: 9am, Ladies Coffee Time, **1st Fri monthly**,
 Oakley Village Square, 1198 Vankoughnet Rd, Brace-
 bridge
Saturdays: 2-4pm, Drop in Art Class, Let the Cat Go
 Studio, 193 Manitoba St Unit 1, Bracebridge
Sat 2: 6-8:30pm, Bala Bethlehem Trek
 :12-12, XMUS Festival, Bracebridge, Muskoka Brew-
 ery, 1964 Muskoka Beach Road & Downtown
Sun 3: 1-2pm, Santa Claus Parade, Bracebridge
Sun 10: 1pm, Baysville Santa Claus Parade, Bridge St
Sat 23: 5pm, A Portage Flyer Christmas, Train Ride to
 Santa, 20 Park Dr, Huntsville

January

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February

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See December for weekly & monthly events

"A cold wind was blowing from the north, and it
 made the trees rustle like living things."

~George R.R. Martin



There are many customs and traditions that make the Christmas season special, and it's the family traditions that we enact year after year that makes Christmas unique to each of us. Some traditions have begun many years ago while others are just beginning. Some are complex, such as the way the turkey is prepared or the order in which presents are opened. Others, however, are simple, such as hanging that special ornament on the tree. No matter what the tradition is, we still carry them out each and every Christmas.

Some of the most popular Christmas traditions have been around for many years. Have you ever wondered where some of these traditions came from? Why do we send out Christmas cards every year? What do candles symbolize at Christmas. How about the Reindeer, stockings or the giving of gifts?

Christmas cards were first produced in London in 1843. In 1874, Louis Prang, a German immigrant, began to print Christmas cards in the United States, expanding the custom. Today, sending Christmas cards is still a popular tradition, although digital Christmas messages are beginning to take over the beautiful mail delivered versions.

Candles are a symbol of the shining star that guided Mary and Joseph when traveling to Bethlehem. Today, when a candle burns in the window on Christmas Eve, it means that that particular home is where

visitors are welcomed and is a symbol of guiding light in the midst of darkness.

Each year children swear that they hear the stomping of reindeer hooves on the rooftops, confirming that Santa had stopped by. It actually wasn't until the 19th century that the story included reindeer pulling Santa's sleigh as it was assumed that St. Nikolas rode on a donkey, a horse or in a sky chariot drawn by horses.

The idea of gifts and stockings became popular with the gifts symbolizing the gifts that the Wise Men took to Bethlehem to celebrate the birth of Jesus.

Stockings became a tradition around 300 A.D. when a young bishop in Asia became famous for his kindness to others. He later became known as Saint Nikolas. One of the stories told about Saint Nikolas was that one night he climbed onto a rooftop and dropped a gift down the chimney. The gift fell into a stocking that was hanging to dry. Through the years, children began leaving things from wooden shoes to stockings to be filled with goodies on Christmas Eve by the generous fellow who we know today as Santa Claus.

For every family there are rituals, traditions and memories that make each Christmas season unique and personal. This time of the year is about family, friends and the loved ones in our lives. From every glowing bulb, every welcoming Christmas tree and every new pair of flannel pjs, Christmas is the time when we cherish those special family traditions.

Old Family Christmas Traditions



Christmas; the Season of Giving

Every year *The Friends* organization receives donations from community members and clients. You may wonder where and what your generosity supports.

- your dollars subsidize seniors and caregivers who might otherwise not be able to attend programs designed to support and improve health and safety and which offer respite to overburdened caregivers
- your dollars support accessible transportation for seniors and individuals who are physically disabled so that they can access basic necessities in their communities
- your dollars help the agency look to the future. We currently have no accessible space in Huntsville and are constantly struggling with finding accessible space for pro-

grams. Compared to Parry Sound, Huntsville is also disadvantaged with respect to availability of fully accessible, independent living apartments. With that in mind, the agency is looking at building a 10 unit fully accessible apartment building which will include comfortable space for Adult Day programs and Post-Stroke Rehabilitation programs. This project is only possible because of a pending, very generous donation of land....nothing is set in stone yet, but the agency is working towards making this a reality for the Huntsville community. It's a big, ambitious project, but we think it is worth it!

If you are having trouble finding that perfect gift for someone you love, why not donate to *The Friends'* agency in their name. We will send a thank you card/acknowledgement of the gift to the giftee! You can donate anytime and whatever amount works for you. Please note that *The Friends*

is a non-profit charity and will provide charitable donation receipts for your tax return.

There are many community members who faithfully donate year after year and we would like to send a special note of appreciation to all of you.....you know who you are! A BIG thank you and virtual hug to one and all.

Wishing you a very merry Christmas and a happy, healthy 2018.



"Winter is not a season, it's an occupation."

~Sinclair Lewis

Did You Know? Fun Facts

Per capita, the Irish eat more chocolate than Americans, Swedes, Danes, French and Italians.

Potato chips are American's favourite snack food, devouring 1.2 billion pounds per year.

The colour of a chile is not an indication of its spiciness, but its size usually is. The smaller the pepper, the hotter it is!

The white potato originated in the Andes mountains of South America and was probably brought to Britain by Sir Francis Drake around 1586.

The sandwich is named for the Fourth Earl of Sandwich (1718-92) for whom sandwiches were made so that he could stay at the gambling table without interruptions of

meals.

The first instrument on which the carol "Silent Night" was ever played was a guitar. The carol was first sung as part of a church service in Oberndorf, Austria. The unusual choice of guitar for the accompaniment rather than the traditional church organ has given rise to a number of picturesque stories (ie. a mouse damaged the organ bellows). In fact the guitar was simply the preference of the musicians.

Winter Warmups

Here are some easy but fun recipes you can try over the holidays. If you are cooking for one or two, just halve the ingredients!

Brunch Casserole

This one looks easy!

12 slices white/brown bread
 1 cup chopped ham (or leftover turkey)
 ¼ cup sliced mushrooms
 1 cup grated cheese (your choice, mozzarella, cheddar or a bit of both)
 ½ cup chopped onion ½ tsp salt
 1 tsp Worcestershire sauce ¼ tsp pepper
 1 cup Special K cereal 6 eggs
 3 cups milk 1 tsp dry mustard
 ¼ cup butter (everything is better with real butter)

Grease a 9" x 11" casserole dish and arrange half of the bread on the bottom. Add onions, ham, cheese, mushrooms and onions. Cover with the remaining six slices of bread. Beat eggs, add salt, pepper, Worcestershire sauce, dry mustard and milk. Pour mixture over bread. Cover with plastic wrap and store in fridge overnight. In the morning, sprinkle the top with Special K, pour melted butter over topping. Bake at 350 degrees F for 1 hour

This recipe is good enough to be served alongside your Christmas turkey!

Praline Sweet Potatoes

2 ¼ to 2 ½ lbs of sweet potatoes
 1/3 cup sugar 1 egg, beaten
 ¼ tsp nutmeg 1/3 cup milk
 ¼ cup butter, melted

Praline topping:

¼ cup chopped pecans 2 tbsps melted butter
 ¼ cup coconut (shredded) 2 tbsps flour
 ¼ cup firmly packed brown sugar

Scrub potatoes, cut into quarters, cover with water and boil until tender. Cool and peel. Preheat oven to 325 degrees F. In a bowl, mash potato, measure to 3 cups. Stir in sugar, nutmeg and ¼ cup butter. In another bowl combine milk and egg, add to potato mixture, blend well. Place in an ungreased 1 ½ quart casse-

role or baking dish. In a small bowl combine all the praline topping ingredients, blend well and sprinkle over sweet potatoes. Bake for 1 hour or until slightly puffed and browned. Makes six servings

You can never have too much dip!

Asiago Cheese Dip

1 small jar of artichokes (not marinated)
 1 cup sour cream 1 cup mayonnaise
 1 cup grated Asiago cheese

Blend artichokes in a blender. Combine all ingredients and blend again. Place in ungreased casserole dish, top with more grated Asiago cheese. Bake for approximately 15-20 minutes at 350 degrees F

Use bread sticks for dipping or cut a package of pita bread into wedges, place on a cookie sheet, brush lightly with olive oil and bake at 350 degrees F until crisp

Something for a Sweet Tooth!

Microwave Peanut Brittle

1 cup sugar 1 tsp vanilla
 1/8 tsp salt 1 tbsps butter
 ½ cups roasted, salted peanuts
 ½ cup light corn syrup 1 tsp baking soda

Combine sugar, syrup and salt in a 2 quart mixing bowl, microwave on high for 5 minutes. Stir in nuts and microwave for 3 – 5 minutes (watch so nuts don't burn). Stir in butter, vanilla and baking soda until mixture is light and foamy. Spread mixture on a well greased cookie sheet. When cold, slam cookie sheet on counter to break into little pieces (good stress reliever)



It is the life of the crystal, the architect of the flake,
the fire of the frost, the soul of the sunbeam. This
crisp winter air is full of it.

~John Burroughs

We cling to our own point of view, as though every-
thing depended on it. Yet our opinions have no
permanence; like autumn and winter, they gradually
pass away.

~Zhuangzi

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Trans-
portation) 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.wpshe.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



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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:

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info@thefriends.on.ca