Happy New Year to all the Roxbury Goldenaires of Freedom House and also as the year 1970 has gone, we thank You, dear Lord for all the blessings that you have bestowed upon us. And as we strive to do Thy will in the coming year, we hope to be most worthy of Your blessings.

That until a few years ago, millions of people with poor or failing vision, could not enjoy reading many books, magazines or newspapers? Now these volumes are available in "Large Print" at 27 branches of the Boston Public Library.

Large Print type is approximately twice as large as the type used in most books and newspapers and also has a greater space between the lines. The printing paper eliminates glare and "show through". The Boston Public Library has approximately 700 titles in large print editions, over 4000 volumes, including fiction, mysteries, classics, autobiographies, cook books, nature books, humorous books, the Reader's Digest and many, many more.

Also Brandeis University has established the Max Levinson Gerontological Institute which will try to speed the use of scientific research to aid the elderly and to help stimulate policies to meet problems of today's and tomorrow's aged.

That in a recent discussion in a neighboring city, it was pointed out that many of the Senior Citizens who exist on improper diets, do so because of loneliness, little money, physical handicaps or lack of information about nutrition. Many resort to vitamins and minerals from the drug store. Unless the doctor recommends vitamins no one need take them. That is the opinion of Dr. Robert N. Butler. He suggests we get our vitamins from the food we eat. How many depend on just tea and toast for a meal?

REMEMBER TO PAY YOUR 1971 DUES

AND

TO SAVE MARCH 28TH FOR OUR TWILIGHT CONCERT
Someone has said that an elderly man will starve if he doesn’t have someone to cook for him and an elderly woman will starve if she doesn’t have someone to cook for. A solution, maybe they can get together.

That the National Council of Senior Citizens will be 10 years old in July? Today the Council has a membership of nearly 3,000,000 in more than 2,700 affiliated senior citizens clubs. It is an organization dedicated to making life better for all Americans, including the elderly.

That Boston City Councillor Thomas Atkins introduced and ordered the City Council directing the Mayor to undertake a study of drug prices in this city. Retail prices of prescription drugs are commonly excessive and occasionally exorbitant.

We are proud to announce that Mrs. Euryne Wright, our supervisor, and Mrs. Ruth Chambers and Mrs. Rolline Evans have been appointed to the Board of Directors of the Council of Elders’, Inc.

**My Favorite Pound Cake**

1 cup butter, 1 2/3 cups sugar, 1/2 tsp. mace, 2 tsp. vanilla, 5 large eggs, 2 cups flour. Cream butter and sugar well, add mace, vanilla and eggs, one at a time. Add flour. Mix well. Bake in greased tube pan 1 1/2 hours at 300 degrees. This is a delicious cake and keeps well, if there is any left. An electric mixer makes it easy; otherwise a strong right arm will do.

submitted by Helen Holmes

**Friends**

I care not how you dress or talk
Or what life’s chosen path you walk
No matter the color of your skin
Or form or worship keeps you from sin,
My deepest wish, our hearts to blend
And make you proud to call me “friend”.

For friends are treasures to behold
Worth more to me than pots of gold
With many friends we build a chain
Each link holds still another name,
From the very first link, to the end
I’m thankful for each loving friend.

submitted by Elita Ann Williams

**A NOTE OF THANKS**

Mrs. Mary Barnes would like to thank all of the Goldenaires for their flowers, beautiful cards and telephone calls. They made her very happy.
WANT THE JOB? The one thing I really wish I could hire someone to do for me is, my worrying.

FAVORITE RECIPE Pumpkin Bread

2/3 cup butter or margarine, 2 2/3 cups sugar, 4 eggs, 1 can pumpkin, 2/3 cup water, 1 1/2 tsp. baking powder, 2 tsp. baking soda, 1 1/2 tsp. salt, 1 tsp. each of cinnamon, ground cloves, 2/3 cup each nuts (walnuts) broken and raisins.

Cream butter and sugar until fluffy, add eggs, pumpkin and water. Sift flour, baking powder, soda, salt and spices, add to pumpkin mixture. Stir in nuts and raisins. Pour into greased loaf pan. Bake at 350 degrees about 1 hour or until done. For best flavor, bake the day before serving. Delicious with cream cheese.

Submitted by Jessie Garnett

Not Alone

I cannot do it alone
The waves run fast and high
And the fog closes all around
And the light goes out in the sky
But I know that we two
Shall win in the end
Jesus and I.

I could not guide it myself
My boat on life's wild sea
There is one who sits by my side
Who pulls and steers with me
And I know that we two
Shall safely enter port
Jesus and I.

Submitted by Geneva Stewart

AN IDEA FOR TEENAGERS

It seems that students from several high schools in Fall River have volunteered an hour a week to take part in a project designed to bring companionship to the elderly in nursing homes. Many of the residents of the homes feel lonely and isolated for want of a person "to adopt" them. Maybe some of the teenagers in this community would be interested.

LAUGH A LITTLE

A little girl was attending her first church service and was asked by the minister what she thought of it. After pondering what she would say, he was amused by her answer. "Well, the music was nice, but the commercial was too long".
A NOTE OF INTEREST

Under the leadership of its 29th president, Mrs. Thomas Jordan, the Marblehead Women’s Club has started its 57th year. This organization has a long record of worthwhile projects it has included in its annual programs. Among its many donations made this year was one to our Freedom House.

Be at Peace

Do not look forward to what might happen tomorrow; the same Everlasting Father who cares for you today will take care of you tomorrow and every day. Either He will shield you from suffering or He will give you unfailling strength to bear it. Be at peace then, and put aside all anxious thoughts and imaginations.

Author, St. Francis de Sales

submitted by Johanna Caesar

THE ROXBURY GOLDENAIRES OF FREEDOM HOUSE ARE VERY SPECIAL

Many other communities in the Commonwealth like Mendon, Fall River, Southbridge, Sterling, have Senior Citizens Groups and there are also many in the city and our suburban areas.

However, we defy any one of them to compare their activities with those offered to us, the Roxbury Goldenaires of Freedom House.

As just one of many examples, take our Christmas Party... that was really something else! The food was out of this world and there was all that you could eat. Freedom House staff and executives were on hand to help serve us and to do everything they could to make the party a success. No other group in the entire state could have in any way surpassed the Christmas Party which we enjoyed!

And there was more....what group could boast of having Mrs. Francis W. Sargent, the wife of our Governor coming by to wish us Merry Xmas!, Deputy Superintendent of Police and Mrs Herbert Craigwell, Representative Franklin Holgate, Attorney and Mrs. Herbert Tucker (he is President of the Freedom House Board of Directors), Mr. and Mrs. H. Lynn Gordon, and Mr. Graham Champey also were among those joining us. Not only did we have exciting grab bag gifts, we were also presented with gifts of candy from Mrs. Sargent and from the Boston Gas Company.

All in all, it was a wonderful afternoon which we shall not soon forget. It is so good to know that people love and care about you...so much so that in order that some of us would not have to miss the party, the Snowdens arranged for transportation to and from Freedom House in all of that storm....even to the extent of driving the guests themselves!

HAPPY NEW YEAR, GOLDENAIRES OF FREEDOM HOUSE, AS WE LOOK FORWARD TO ANOTHER GREAT YEAR OF FELLOWSHIP, TRIPS, PARTIES, AND FUN!