

# The Garden Park Journal



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February 2016



## A Special Cab Ride

It happened during the night. I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be the last ride of my shift I thought about just driving away. But instead I put the car in park and walked up to the door and knocked.

“Just a minute”, answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened. A small woman in her 90s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

“Would you carry my bag out to the car?” she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness.

“It’s nothing”, I told her. “I just try to treat my passengers the way I would want my mother to be treated.”

“Oh, you’re such a good boy,” she said.

When we got in the cab, she gave me an address and then asked, “Could you drive through downtown?”

“It’s not the shortest way,” I answered quickly.

“Oh, I don’t mind,” she said. “I’m in no hurry. I’m on my way to a hospice.”

I looked in the rear-view mirror. Her eyes were glistening. “I don’t have any family left,” she continued in a soft voice...

“The doctor says I don’t have very long.”

I quietly reached over and shut off the meter.

*Continued on page 2*

## Suggestions for a Successful Long-term Marriage



Jim & Rita Cunningham

Jim came home from his Grade 11 High School Physics class and announced: “Hey Mom, we learned today that opposites attract. So if I’m a Christian boy, and I want a girlfriend, I should find a girl who’s as much unlike me as possible — and we’ll be attracted to each other, right Mom?” Silence.

“Jimmy, you’re a Christian. You should find a Christian girl as much like you — in every way possible — education, life goals, interests, hobbies, sports, likes, dislikes. The fact that you’re a boy, and she’s a girl is opposite enough to attract you to each other.”

Wise words from a wise mother! At age 22 the Lord sent Rita — the “angel” God gave me to be my wife — gentle and kind with a well-honed sense of humor.

### Keep a sense of humor

Rita believes that “A soft answer turns away wrath.” In one heated discussion about cremation (no pun intended) vs. burial, I wanted Rita to tell me which view she thought was more biblical. She did not want to debate. So finally I asked, “OK my love, if you die ahead of me do you want to be buried or cremated?” I thought I had her. She paused, reflected, smiled and said: “Surprise me!”

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### CLEARBROOK COMMUNITY CENTRE AT GARDEN PARK TOWER

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Clearbrook Golden Age Society

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**Holiday Hours**

February 8 - Closed

“What route would you like me to take?” I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newly-weds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she’d ask me to slow down in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, She suddenly said, “I’m tired. Let’s go now”.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

“How much do I owe you?” She asked, reaching into her purse.

“Nothing,” I answered.

“You have to make a living,” she said.

“There are other passengers,” I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

“You gave an old woman a little moment of joy,” she said. “Thank you.”

I squeezed her hand and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift?

What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don’t think that I have done anything more important in my life. We’re conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

People may not remember exactly what you did or what you said, but they will always remember how you made them feel. Make every day count.

*Author Unknown; submitted by Anne Ratz*

### Letter to the Editor

Editor, *The Journal*:

Your *Garden Park Journal* is awesome! I lead a table of ladies at FFL (Foundations for Living) at our church, Peace Portal Alliance Church, Tuesday mornings. It’s for new believers and those searching. I start the morning with singing and like to share a little trivia first ... humorous and/or tidbit from Scripture, and will be including a couple of great quotes from your publication. Thanks so much again.

Blessings to you.

**Hazel Campbell, Surrey, BC**

*Letters should be sent to: jredkops@shaw.ca*

*Published letters may be edited for length and clarity.*

### Keep a bond of trust

Rita and I were invited to meet a couple and offer some pre-marriage counsel. They both came from broken families. The issue that emerged the strongest was trust, i.e., “How can I trust this person that they will not hurt me?”

So I asked Rita, “Why do you trust me?” “Because you keep your word – you have never given me a reason to think otherwise.” That was her answer – from the trustworthiest women I have ever met.

### Keep a willingness to forgive — and ask for forgiveness

No couple on earth has the perfect marriage. It doesn’t exist. If some couple tells you, “We have never had to forgive each other in our entire married life,” escort them to the nearest Memory Loss Clinic. One or both are in denial. Learning how to forgive, and being willing to forgive bonds a marriage. Without it, the marriage slides into denial and gamesmanship — periods of silence — and emotional separation — often leading to divorce!

### Keep asking each other caring questions!

We’ve met couples where one dominates the other bordering on verbal-abuse by intimidating the other spouse into silence. Rita once asked me a hard, but loving question in the privacy of our car going home after a dinner with friends: “Why do you feel the need to interrupt and give your version of the story when I’m speaking? I find that rather unloving and rude...” Ouch. (See Forgiveness :)

Rita and I first met just before Valentine’s Day 1965. A pleasant reminder that marriages can grow in a bond of love and trust that makes every laugh – and every pain – worth the effort. Keep the fire. Keep the faith.

*Jim and Rita Cunningham*

*Jim and Rita celebrated 48 years of marriage on July 1, 2015. They married on Canada’s Centennial year, 1967. They have two married sons, Dave and Mike, and five grandchildren. Jim served for many years as the BC-Alberta Director for Christian Service Brigade and then with TWU and Wycliffe Bible Translators. Rita retired as a Registered Nurse in 2010. Jim retired in 2015. Together they enjoy teaching overseas with Go Teach Global Society. They make their home in Langley and attend Willingdon Church. They can be contacted at: jdcunningham@telus.net*

### Subway Honesty

The Manhattan Commuter train was packed. Suddenly there was a jingle on the floor. Most necks were craned. One elderly gentleman, however, bent down and picked something up. He then asked, “Did anyone drop a half dollar?”

“I did,” answered three men at once.

“Well,” said the elderly gent with a smile, “here’s a dime of it.”

“Lord, make me as holy as you can make a man saved by grace.” Robert Murray McCheyne



John H. Redekop

## From the Editor's Desk ...

### Not good enough, Mr. Minister

Many people make unwise decisions. Such decisions are especially consequential when made by senior politicians. With this reality in mind let's consider the Syed Adam Ahmed episode. Readers will recall that Syed was flagged last December 31 at Toronto's Pearson International Airport. Syed, an avid Montreal Habs fan, was scheduled to fly with his father, Sulemaan Ahmed, to Boston to see the NHL Winter Classic. (*Vancouver Sun, January 5, B2*)

For some inexplicable reason this six-year-old Markham, Ontario boy was listed in Canada's DHP (Deemed High Profile) No Fly List! That reality boggles my mind. What boggles my mind even more is the fact that this was not the first time that young Syed had been challenged. His parents say he has already been challenged there since he was born! (*CTVNews.ca.jan4.2016*). Khadija Cajee, Syed's mother, adds that they have never been allowed to book a flight for Syed on line. (*National Post, January 4, 2016*) Significantly, both father and the son were born in Canada. Also, only the obviously innocent little Muslim boy was targeted.

This situation brought other startling facts to light. Six-week-old Muslim infant Zamir Khan of London was one of a number of other Muslim children challenged by Air Canada and Canadian airport security. (*cbc.ca/news/canada/toronto/toddlers-as-security-risks*) What bureaucrat would do anything so stupid? And how could this happen repeatedly? Here are my questions for the bureaucrats involved: "When you realized how very young these Muslim children were, why did you not immediately remove them from your list? We taxpayers assume that you will use your common sense. Why didn't you?" My criticism is not partisan. This challenging of Muslim infants and toddlers, we now learn, actually began during the Harper Conservative era.

This brings me to my main complaint. On January 4, 2016 Public Safety Minister Ralph Goodale, a Canadian politician whom I have for decades held in high regard, issued a statement. He said that he would "review" the case and would update the family when he had "all the details".

With all due respect Mr. Minister, that was not good enough. How long does it take an experienced minister to realize that challenging a six-year-old, or even a six-week-old, as a security threat is ludicrous? How many bureaucrats and officials do you need to consult before you can come to that obvious conclusion? Can't you decide immediately that putting infants on a security risk list is despicable?

Some blatant evils don't have to be investigated to be acknowledged. Arson, rape, murder and putting infants on a Deemed High Profile list need not be reviewed nor investigated. They need only to be denounced and, if a policy, ended.

Yes, an investigation was needed, but not concerning the utterly illogical practice, rather concerning the incompetent Departmental and Air Canada officials who authorized and carried out such stupidity. They need to be identified and disciplined severely for their total lack of common sense. They are an embarrassment for all decent Canadians.

Mr. Minister, let me suggest what an appropriate statement by you might have been, a statement issued immediately after the story broke on December 31, not four days later:

## The Editorial Committee



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"On behalf of the Trudeau Government, my Department, and myself, I hereby apologize to all the children and Muslim families affected by the designation of infants and young children as Deemed High Profile security risks. This policy will end immediately. I shall also immediately investigate who has authorized such an unjustifiable policy and how it could be maintained even after my Department had been informed of the illogical actions. I will then deal appropriately with the personnel responsible in my Department and demand action by Air Canada for such abuse of authority. The victimization of young children must end."

Mr. Minister, you are a politician of stature, an esteemed statesman. I would have expected better from you. Your later termination of the outrageous policy is obviously right but both it and bureaucratic common sense came too late. A public apology to all Muslims and all other Canadians is in order.

John H. Redekop

*P.S. This editorial is being sent as an Open Letter to the Hon. Ralph Goodale.*  
JHR

The opinions expressed in The Garden Park Journal are those of the contributors and not necessarily those of the Clearbrook Golden Age Society.

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## Coming Events

### Community (Abbotsford)

- ◆ *Fraser Health Falls Prevention Clinic*, Feb 2, Garden Park Tower, 2825 Clearbrook Road. Pre-registration required. Sit one on one with professionals to receive individualized assessment and recommendations for improving health and preventing falls. Contact: 604-587-7866 for an appointment.
- ◆ *Income Tax Reduction and Estate Tax Elimination*, Feb 2, Registration: 6:45 pm, Presentation: 7:00 pm, refreshments served. Speaker: Brad Willems, Central Heights Church, Rooms 3003/3004, 1661 McCallum Road. Contact, Wendy 604-852-1001.
- ◆ Gallery 7 Theatre and the Performing Arts presents *The Giver*, Feb 3 to 6, 7:00 pm, Discount Matinee, Wednesday, Feb 6, 2:00 pm. Abbotsford Arts Centre, 2329 Crescent Way. Tickets: House of James.
- ◆ *The Golden Years Seasons* at The Reach, Feb 4 to Mar 10, 6:30 to 8:30 pm, Introduction to Art History, 32388 Veterans Way, 6 Sessions. \$165.00
- ◆ *MCC Fundraiser Banquet for Refugees*, Feb 6, 6:30 pm, Emanuel Mennonite Church, 3471 Clearbrook Road. Speaker: Mark Epp, Program Director for MCC. Tickets: \$20.00, available at church office.
- ◆ *Schubertiade, Benefit Concert for Syrian Refugees*, Feb 6, 7:00 pm, Bakerview Church, 2285 Clearbrook Road. Featuring: "Winterreise" – Daniel Lichty, "The Shepherd on the Rock" – Alison Nystrom, "Schubert Violin Sonata" – Calvin Dyck. Tickets: House of James.
- ◆ *Aging Together Conference for Baby Boomers and Seniors*, Feb 12, 8:30 am to 4:00 pm and Feb 13, 8:30 am to 3:00 pm, Sevenoaks Alliance Church, 2575 Gladwin Road. Featuring Dr. Rob Sealey, Dr. Dave Hepburn and Keynote Speakers: Daryl Plecas and Isobel MacKenzie. Tickets: 1 day, \$30.00; 2days, \$55.00. More info: 604-308-2963.
- ◆ *Music on a Wednesday*, Feb 17, Refreshments 11:30 (\$3.00), Concert 12:15, Bakerview Church, 2285 Clearbrook Road. Davidsbundler Duo, Reg Quiring viola and Rosemary O'Connor, piano.
- ◆ *Work Life Balance*, A conference promoting mental health and wellbeing. Feb 19, 8:30 am to 3:00 pm, Sevenoaks Alliance Church. 2575 Gladwin Road. Registration: www.cares.ca, click on tab, or 604-853-8916.
- ◆ *Hymn Sing*, Feb 21, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- ◆ The Reach Gallery Museum features *Incredible Works of Art* by Toronto's Edward Burtynsky, Langley's Edith Krause, Alberta artist Lyndal Osborne, and Chilliwack artist Ross Bollerup. These exhibitions will be on display at The Reach 32388 Veterans Way until April 10.
- ◆ *55+ Seniors' Contract Bridge*, at the Fellowship House Society, Abbotsford Recreation Centre, 2499 McMillan Road, Tuesdays at 6:45 pm; Wednesdays, Fridays and Sundays at 12:45 pm. Cost: \$2.00 for Bridge, Coffee, Tea and Snacks. More info: Myrtle 604-626-4746.
- ◆ *GriefShare Seminar Support Group*, Tuesdays, 7:00 to 9:00 pm, Central Heights Church, 1661 McCallum Road. More info: www.griefshare.org or 604-852-1001.
- ◆ *The Reach, Culture, Coffee and Cookies*, C3 is a program dedicated to providing learning opportunities for people of retirement age. Every Wednesday, 10:30 am. Free Admission, Pre-registration required. Register at The Reach, 32388 Veterans Way or phone 604-864-8087.
- ◆ *Valley Echoes Chorus*, every Thursday, 7:00 pm, Azalea Room, Garden Park Tower. Director, Sean Huston. More info: 778-896-3496.

- ◆ *Living Room Drop-in Support Group*, first and third Friday of the month, 1:00 to 3:00 pm. For those struggling with anxiety, bipolar, and depression. New life Church, 35270 Delair Road. Contact: Jenny 604-852-3662.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

### Community (Region)

- ◆ *Premiere Performance of Shauna Johannesen's "Common Grace"*, Jan 29 to Feb 14, Wenesday to Saturday 8:00 pm, Matinees at 2:00 pm Feb 7 and 14. Pacific Theatre, 1440 12th Avenue West, Vancouver. More info: pacifictheatre.org or 604-731-5518.
- ◆ TWU's School of Arts, Media and Culture, presents "*New Generations*", one of Shakespeare's most popular comedies, Feb 2 to 6, 7:30 pm, Matinee at 2:00 pm, Feb 6, Trinity Western University, 7600 Glover Road, Langley. Tickets: TWU.ca/theatre or 604-888-7511 ext 3872.
- ◆ *Disciple Multiplying Small Group Training*, Feb 5 and 6, 6:30 pm at New Life Community Church, 8765 Government Street, Burnaby. Speakers: Ying Kai, founder of "Training for Trainers". Tickets: \$49.00, dklassen@outreach.ca or 604-952-4650 ext 323.
- ◆ *Perspectives on the World Christian Movement*, Cedar Valley Mennonite Church, 32860 Cherry Avenue, Mission. Feb 9 to May 7, Tuesdays 7:00 pm. More info: Lynn Friesen 604-853-6508 or swalraven@outreach.ca

### Future Events

- ◆ *C to C Multiply Conference*, Speakers: Larry Osborne, Francis Chan and Jeff Vanderstelt, Mar 2 and 3, Westside Church, 777 Homer Street. More info: 604-263-2314.
- ◆ *Mennonite Heritage Society Geneology Workshop*, Mar 5, 8:30 to 4:00 pm, Mennonite Heritage Museum, 1818 Clearbrook Road. Presenters: Tim Janzen and Glenn Penner. Cost: \$35.00, includes refreshments/lunch. More info: archives@mbsbc.com or 604-853-6177
- ◆ *Preaching in a Post-Christian Culture*, Summit Pacific College, Mar 7, 10 and 11, Abbotsford. School of Graduate Studies. registrar@summitpacific.ca, or 604-851-7224.
- ◆ *Don't Just Do Something: Stand There*, a look at why Sabbath-keeping may be the most neglected but most subversive practice among Christians. Talk by Mark Buchanan, Mar 16, 7:00 pm at Columbia Bible College, 2940 Clearbrook Road. Registration free. More info: columbiabc.edu/ConEd.
- ◆ *Multi-Nation Missions Foundation (MMF), Desert Night*, Mar 18, 6:00 pm, Garden Park Tower, 2825 Clearbrook Road. Testimonies of what God is doing through MMF. Special music: John and Rita Thiessen. Offering: for MMF Ministries.
- ◆ *Legacy 5 and the Young Street Vocal Band*, Mar 29, 6:00 pm, Chilliwack Alliance Church, 8700 Young Street, Chilliwack. More info: 800-410-0188.

Notices about events may be sent to:  
Jake and Kathy Hintz at: hintz@live.ca

Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."



## Your Health

### Bottled water can be dangerous

Appearing on The Ellen Show, Sheryl Crow, a victim of breast cancer, made the following assertions. She stated that the high level of dioxin in her breast caused her problem and that the dioxin almost certainly came from mishandled water. Her oncologist had told her that women should never drink bottled water that has been left in a plastic bottle in a car. The heat reacts with the chemicals in the plastic which releases dioxin into the water. If water is to be stored in a car, then it should be kept in a glass bottle or a steel canteen. Never plastic!

This announcement is being circulated by the Walter Reed Army Medical Center. In addition to the very strong warning about not drinking water stored in plastic bottles, especially if exposed to any heat, the Walter Reed Center is also stressing that no plastic containers should be used in a microwave oven, no plastic wraps should be used in a microwave oven, and water should not be stored in plastic containers in a freezer. TV dinners, instant soups, etc., should all be removed from their original containers before being heated. In itself paper is safe in a microwave oven but one cannot be sure what has been added to the paper by the producing company. No food should be heated in styrene foam containers. All of these warnings address the problem of dioxin being released and then consumed.

## Helpful Hints

*Editor's Comment: These hints were submitted to The Journal by a responsible person but no source was given. We pass them on for your consideration. JHR*

### Food storing and serving

- \* Store your open chunks of cheese in aluminum foil. They will stay fresh much longer and will not mould as quickly.
- \* Peppers with three bumps on the bottom are generally sweeter and better for eating. Peppers with four bumps are firmer and better for cooking.
- \* Add a teaspoon of water when frying beef. That will pull the grease away from the meat while cooking.
- \* Reheat leftover pizza in a non-stick skillet on top of the stove; set the heat to med-low and heat until warm. This keeps the crust crispy. Your pizza will not get soggy.
- \* If you take your bananas apart after you buy them, they will ripen faster. Keep them attached if you want to keep them longer.
- \* To reheat bread, rolls, biscuits, pancakes, muffins, etc. that were refrigerated, place them in a microwave with a cup of water. The increased moisture will help the food reheat faster and will keep the food moist longer.
- \* If you peel a banana from the bottom up, you will not have stringy strands to pick off.

### For the Love of Buddy - the Flycatcher

While camping at Lake Kawkawa, our children found a baby bird that had fallen from its nest. He really was a darling, with fuzzy little feathers sticking straight out of his tiny head.

"Let's put him back into the nest," I suggested.

"The nest is too high up in the tree; we tried that," the children responded.

"Then we should leave him where you found him so the mother will feed him," I countered.

"But we can't do that because the raccoons come out every night and eat everything."

That was true...and then it dawned on me - I was expected to save this little fellow.

"I'll try to save him, but if he dies, you must promise not to blame me...and we keep the door of his cage open so that he can fly away whenever he's ready."

Everyone whole-heartedly agreed.

Buddy never did leave home. We discovered he was a flycatcher and he loved to eat bugs. The kids would take him outside and turn over rocks for him to feast on the bugs underneath.

Over the months this tiny creature continued to endear himself to us in many ways.

When I worked at the keyboard on the computer, Buddy found his favorite spot - perched on the ring finger of my right hand where he'd tuck his beak into his wing and have a nap. It reminded him of the swaying branches, I suppose.

When our daughter did her homework, he sat at the top of

her pencil and happily entertained himself.

This little bird taught our family more about God and His love for us than I could ever have imagined. His intelligence was amazing, his trust in us was unwavering. He had adopted us as his family.

We all cried when he died. We buried him in a little box in the back yard and sang some songs.

For many nights after that our eight-year-old son cried himself to sleep. "Where is Buddy now? How can he be in heaven when we buried him outside? When does he get there? What is it like there? Is he lonely?"

I realized that his questions were not just about Buddy, but about death, about God's faithfulness, and what happens to us after we die.

After a week of grieving, and not being able to console our son, an idea popped into my head.

Draw a picture of heaven. Perhaps that would help.

As we worked on our creation, something magical happened. Heaven became real to us. Jesus was in the centre of the picture and Buddy was hanging-out on his shoulder singing to his heart's content. Heaven was vibrant, filled with laughter and music and brilliant colors.

We hung the finished masterpiece in our son's bedroom and from that day on he slept in peace.

*Carrie Wachsmann*

*Carrie Wachsmann is a Storyteller, Published Author, Artist, and Filmmaker. Carrie has a - M.Min. (Professional Writer) D.Min. (Fine Arts & Media) and is an ordained minister.*



## Ed Fast

Member of Parliament, Abbotsford

As Parliament resumed sitting in the last week of January, two major issues have arisen that should concern all Canadians. The first is the recent influx into Canada of Syrian refugees. The second is the deteriorating state of our economy with the continuing decline of oil prices. I will leave the second issue for the next edition of the *Garden Park Journal*.

It is gratifying to see how Abbotsford residents have opened their arms to receiving refugees from the war-torn regions of the Middle East. Organizations like MCC, Inasmuch Society, Abbotsford Community Services, and many other organizations, churches and individuals are participating in finding homes for and resettling these refugees. I encourage those of you who may have space in your homes to consider accommodating a Syrian family. You can contact MCC or Abbotsford Community Services to place your homes in the rental pool.

It may surprise some to learn that we already have many Syrians working at Abbotsford businesses. I want to commend companies like Dynamic Windows & Doors for providing initial jobs which will allow Syrian newcomers to support their families and integrate into Canadian society.

As our refugees are received and processed, it is also important that our new federal government place the security of Canadians as its top priority. Artificially ambitious timelines which compromised proper security screening will undermine our efforts to protect Canada against terrorist threats within an increasingly dangerous and fragile world. I can assure you that I will hold the Prime Minister and his government to account for their efforts to protect Canadians while embracing the many refugees from the Middle East that are making Canada their new home.



## The Honourable Michael de Jong MLA Abbotsford West

### Careful fiscal management strengthens B.C.'s economic position

Managing a budget for an entire province – though far more complex – combines basic philosophies with personal budgeting. You must have the discipline to control things you can control – like your spending – and you have to be prudent about the things you don't necessarily control, like the variables that affect how much money you may earn. You have to plan and protect yourself against the unexpected.

British Columbia's prosperity is due in large measure to our extensive and diverse trading relationship with the rest of the world, however, one variable that B.C. and Canada can't control is the global economy, and that's a situation that has radically impacted governments across Canada. Lower prices for metals, minerals and energy products, alongside weak global economic activity, are weighing on the Canadian economy. There are troubling signs gathering outside of B.C. in almost every jurisdiction with which we have trading relationships.

In the face of this, B.C.'s finances have stayed stable, as highlighted in a recent Conference Board of Canada report that predicted British Columbia will outperform all the other provinces in terms of GDP growth. In the government's recent second quarterly report, B.C.'s real GDP forecast was to grow by 2.0% in 2015 and 2.4% in 2016, and that growth is expected to happen. The report also predicted a \$265 million surplus, with \$600 million of planned prudence built into the budget in the form of \$350 million in contingencies for unpredicted expenses – such as a costly forest fire season – and a \$250 million Forecast Allowance that will give the budget a cushion in the face of lower commodity prices and general economic volatility.

## Aging Together Abbotsford 2016:

### Friday Feb. 12 & Saturday Feb. 13

a conference for

### Baby Boomers and Seniors

Exciting keynote speakers, concurrent sessions,  
& networking opportunities!

Featuring the  
WiseQuacks!



#### Tickets:

One-Day Ticket: \$30

Two-Day Ticket: \$55

Including lunch!

For more information and to register, please visit or call  
[www.abbotsfordcommunityservices.com/seniorsconference](http://www.abbotsfordcommunityservices.com/seniorsconference)



# 604.308.2963



"Best way to get rid of kitchen odours:  
eat out."

Phyllis Diller

### Abbotsford's Members of the British Columbia Legislative Assembly

The people of Abbotsford elected three MLAs. They are:

**Michael de Jong, Q.C.** Minister of Finance  
MLA Abbotsford West

Constituency Office: 103 – 32660 George Ferguson Way,  
Abbotsford, BC. V2T 4V6 Ph. 604-870-5486  
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**Simon Gibson**

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MLA Abbotsford South  
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Abbotsford, BC V2S 1K8 Ph. 604-744-0700  
Email: [darryl.plecas.mla@leg.bc.ca](mailto:darryl.plecas.mla@leg.bc.ca)

## Beware of Scams!

SOMEONE YOU DON'T KNOW WANTS TO SEND YOU HUNDREDS OF THOUSANDS OF DOLLARS

I was contacted by an individual in Abidjan, Cote D Ivoire regarding a bank draft for \$400,000.00USD to be delivered to me in the US (Miami, FL). According to the attorney in Abidjan, I must send a service fee \$200.00USD, plus insurance for the draft of \$1,000USD. The draft was seized by the money-laundering squad of Abidjan and now I had to send \$4,000USD to retrieve the draft. The draft was retrieved and then sent to a bank in Spain. I was advised of the wire transfer fee \$5120.00USD. After that fee was paid, I was advised that the Spanish government requested \$6,400USD for document stamps and government taxes. After this was paid \$11,000USD was requested from the Spanish government again. At that time my friends and I started investigating and discovered that this was a Nigerian Fraud. I sent a copy of the bank draft to the bank in Abidjan and they advised me that this draft is fraud. I am devastated!!

Jackie, FL

An airplane passenger was sitting next to a priest when the plane encountered a violent thunder storm. The passenger said to the priest, "Father, with your connections, can you do something about this storm?" The priest answered, "I'm only in sales, I'm not in management."

## Rejected Invitation

Mrs. Brown was reading a letter at breakfast. Suddenly she looked up suspiciously at her husband.

"Henry," she said, "I've just received a letter from mother saying she isn't accepting our invitation to come and stay, as we do not appear to want her. What does she mean by that? I told you to write and say that she was to come at her own convenience. You did write, didn't you?"

"Er, yes, I did," said the husband. "But I couldn't spell convenience, so I made it risk."



## Garden Park Bookbinding

Restoration of old books is the specialty of the dedicated volunteers in the bindery. All types of books are accepted and rates are very reasonable.

Place your order in the office during regular business hours

## Two Things to Remember

"Take care of your thoughts when you are alone and take care of your words when you are with people." *Inspiring and Positive Quotes*

## Did you know?

1. One would have thought that religious harassment in Latin America ended long ago but apparently, in some areas, it persists. The *Salem Web Network* reported last December 21 that "Seven Mexican evangelical Christians have reportedly been jailed for refusing to convert to Catholicism. International Christian concern (ICC) reports that the individuals were imprisoned in Chiapas on Dec. 15." *Christianity Today* reports that "the incident is an example of growing religious persecution in Mexico." Roman Catholics constitute 82.7% of Mexico's population.

The Mexican constitution guarantees freedom of religion but "religious minorities are targeted in rural areas of the country without intervention from state or federal officials." It's hard to believe but the reputable *Salem Network* reports that "Today, hundreds of men, women, and children are homeless in Mexico because they chose to follow their beliefs, and because their government refused to act." Given that Canada is a close partner with Mexico in trade, tourism, culture, etc. the Trudeau government should raise official objections with the Mexican government. [www.christianheadlines.com/blog/mexico-7-evangelical-christians-jailed-for-refusing-to-convert-to-catholicism.html](http://www.christianheadlines.com/blog/mexico-7-evangelical-christians-jailed-for-refusing-to-convert-to-catholicism.html)

2. On December 14, 2015, three years had passed since the dreadful fatal massacre at Sandy Hook Elementary

School in Newtown, Connecticut. As we all recall, on that day 20 young pupils and 6 staff members were shot to death. Unfortunately, "mass" shootings are all too common in the United States. During the three years from the Sandy Hook massacre to last December 14, the US experienced slightly more than 1,000 "mass" shootings defined as having 4 or more serious casualties. That's more than one a day for three years!

3. Last November 26 *The Vancouver Sun* reported that Bethany Paquette claimed that she was fired from her job as a white-water rafting guide because she had attended Trinity Western University. It seems that Christophe Fragassi, the operator of Amaruk Wilderness Corp., and his associate Olaf Amundsen gives credence to Bethany's accusation. In one email Amundsen purportedly wrote, "the Norse background of most of the guys at the management level means that we are not a Christian organization and most of us actually see Christianity as having destroyed our culture, and traditional way of life." In another email Fragassi strongly criticized TWU's statement on marriage. He stated that, "we believe that a man ending up with another man is probably the best thing that could happen to him". The BC Human Rights Tribunal has heard this case. A decision is awaited. *The Vancouver Sun, November 26, 2015, p. A4 JHR*

Ever wonder what those young people are up to at Trinity Western University? Well, wonder no longer! You will have an opportunity to meet with a group of nursing students at Garden Park Tower Community Center for a series of Friday mornings, as they host health fairs on a variety of topics.

The first group of nursing students will arrive for a “meet and greet” event on Friday, January 22nd from 10 am until noon. You will find them in the Azalea room, but will also see them walking around and offering to check your blood pressure for you and giving some friendly health education on keeping your “ticker” happy and healthy!

Over the following weeks, the student nurses will be holding fairs on lung health, managing stress, foot health and moving safely, and brain health. Most Friday mornings, you will find them in either the Azalea Room by the restaurant, or the Dogwood Room upstairs. Student nurses will be offering you simple, non-intrusive health screenings, like blood pressure checking, along with some health information that is current and hopefully helpful to you as you seek to stay well, active, healthy and happy.

## Trinity Western Nursing Students at Garden Park Tower

By coming out to see the nursing students, you are offering them the gift of allowing them to share their new knowledge with you.

On behalf of the Trinity Western University School of Nursing, I thank you for inviting the student nurses to offer you their services, and giving them the privilege of practicing care with you.

Unfamiliar with Trinity Western University School of Nursing? Check out <http://www.twu.ca/academics/school-of-nursing/> or, ask a student on Friday mornings!

Here’s our schedule:

Dates for TWU Nursing Student Health Fairs:	Health & Wellness Topic of the day:
January 22 and March 11	Heart Health
January 29 and March 18	Lung Health
February 5 and April 1	Keeping Well: Anti-Stress
February 12 and April 8	On your feet! Safe moving
February 19 and April 15	Mentally fit: Brain Games!

*Dr. Faith Richardson, DNP RN  
Assistant Professor | School of Nursing*



### Rose Room Coffee Shop

Open Monday thru Friday  
8:30 AM - 4:00 PM  
Open on Saturday  
8:30 AM - 11:00 AM

“The one who loves much listens much.”  
Selwyn Hughes

## You could advertise here!

See website for details:  
[www.gardenparkjournal.ca](http://www.gardenparkjournal.ca)

“Real love does not care if it’s tax deductible or not.” Oakland Baptist Church sign

# avenue

B O D Y S H O P



#### LOCATION

33805 George Ferguson Way  
Abbotsford, BC V2S 2M7

#### CONTACT INFO

Phone: 604-852-2222  
Email: [info@avenuebodyshop.ca](mailto:info@avenuebodyshop.ca)

If you’ve been involved in a car accident, door ding or fender bender, there are 2 important things you need to do:

1. Call Avenue Body Shop at 604.852.2222, and
2. RELAX...we’ll do the rest.

**FREE ESTIMATES**



**Garden Park Tower**

## Thinking of Down Sizing? Consider a 55+ Life Lease Unit!

- Generous size from 1280 SF
- Professional services on site
- 1 & 2 Bedroom, 2 Bathroom
- Restaurant & Meals to go
- Underground Parking
- Great views

For Appointment call (604) 853-5532 [info@gardenparktower.ca](mailto:info@gardenparktower.ca)  
2825 Clearbrook Road, Abbotsford, BC [www.gardenparktower.ca](http://www.gardenparktower.ca)

**Clearbrook Community Centre  
Professional Services**

P1	Helping Hands	604-217-8513
101	CGAS Management Office	604-853-5532
102	Mennonite Foundation of Canada	604-850-9613
103	Robertson Hearing Centre	604-855-8722
104A	Siora Dental Clinic	604-755-3366
104B	Valley Periodontics & Dental Implants	604-755-3354
105	New Hope Christian Centre	604-852-8076
202	Garden Park Haircare	604-853-4843
203	OFFICE FOR LEASE	
204	Dr. D. Ross & Dr. N. Moodley	604-853-8641
205	Ed Fast, MP	604-557-7888
206 A	Abbotsford Community Church	
206C	LOGOS Canada	604-504-7055
206D	Multi-Nation Missions Foundation	778-549-8031
207	LifeLabs Medical Lab	604-852-9026
208	M2/W2 Association	604-859-3215
211	OFFICE FOR LEASE	
212	Garden Park Pharmacy	604-859-3300
214	Alzheimer Society	604-859-3889
216	Weight Watchers	
217	Helen Fadden DC	604-852-4480
218	Community Futures / FV Self Employment Program	604-864-5770

**Clearbrook Golden Age Society  
Invites You to  
Valentine's Day Lunch**

at  
Garden Park Tower  
Friday, February 12, 2016  
11:30 a.m. (Doors open at 11:10)

Come join us for a delightful lunch:  
Teriyaki Chicken Breast, Pilaf Rice,  
Steamed Vegetables, Strawberry  
Pecan Salad, and Red Velvet Cake.

The program will feature:  
Pastor Dan Goldsmith  
Doreen Froese on the Piano

Get your tickets at the Office before  
February 10th for \$12.  
604-853-5532



**CRA Volunteer Income Tax Program**



**Needed:** volunteer secretaries to assist the tax preparers at the community volunteer income tax program sponsored by the Clearbrook Golden Age Society. The clinics operate from March 1, 2016 to April 30, 2016 for the 2015 tax year at the Garden Park Tower. Interested parties can contact the society at 604-853-5532.



**Many people buy frozen soups, sandwiches, muffins, fresh baked goods, meals, buns, etc. in the Rose Room.**

**A Hug - The Universal Rx**

No moving parts, no batteries,  
No monthly payment and no fees;  
Inflation proof, non-taxable,  
In fact, it's quite relax-able;  
It can't be stolen, won't pollute,  
One size fits all, do not dilute;  
It uses little energy,  
But yields enormously.

Relieves your tension and your stress,  
Invigorates your happiness;  
Combats depression, makes you beam,  
And elevates your self-esteem;  
Your circulation it corrects,  
Without unpleasant side effects;  
It is, I think, the perfect drug:  
May I prescribe, my friend ... a hug!  
(and of course, fully returnable)

**"You can give without loving  
but you cannot love without giving."**

# FEBRUARY 2016 MENUS

**Magnolia Dining Room, Open Tues, Wed, Fri 11:30-12:30**  
**Tues & Wed \$8.00, Friday \$10.00 Take outs add \$0.50**

Rose Room Coffee Shop Open Mon-Fri 8:30-4:00 Sat 8:30-11:00 a.m.  
 Frozen Soups & Meals availability according to Garden Park Restaurant Menu

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2 Sweet Potato Chili Chicken Noodle Soup  Bienenstich	3 Chicken Borscht Cream of Brocoli Soup Clubhouse Sandwich Plum Platz	4  Banana Bread	5 Roast Beef with Yorkshire Pudding, Mashed Potatoes with Gravy, Peas And Carrots, Tossed Salad Cheesecake with Cherry Sauce	6
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast  Baked Goods
7	8 Dining Room CLOSED Family Day	9 Chili Minestrone Soup  Apple Perishky	10 Tomato Basil Soup Farmer Sausage Soup Quiche Lorraine Blueberry Platz	11  Date Nut Loaf	12 <b>**Valentines Day Lunch**</b> Teriyaki Chicken Breast, Pilaf Rice, Steamed Vegetables, Strawberry Pecan Salad, Red Velvet Cake	13
	Coffee Shop CLOSED Family Day	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches NO Lunch Special	Breakfast  Baked Goods
14	15	16 Beef Stew Chicken Noodle Soup  Cranberry Upside Down Cake	17 Beef Borscht Chicken Coconut Curry Soup Reuben Sandwich Cherry Platz	18  Chocolate Zucchini Loaf	19 Lasagna with Caesar Salad, Garlic Bread and Baby Carrots  Lemon Meringue Pie	20
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast  Baked Goods
21	22	23 Hamburger Soup Chicken and Dumplings Blueberry Cobbler with Ice Cream	24 Beet Borscht Corn Chowder Grilled Cheese Sandwich Rhubarb Platz	25  Lemon Loaf	26 Wienerschnitzel, Mashed Potatoes with Mushroom Gravy, Beets and Lima Beans, Cole Slaw  Tapioca Pudding	27
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast  Baked Goods
28	29	<p>♥ Free Lunch anyone? How about exercising without paying for a gym membership? What about a social club without friendship dues? Well then, volunteering in the food services at Garden Park Tower is for you! You can work from 1 to 6 hours from Monday to Saturday. You can bake, cook, serve, clean or what have you. Call Kathy at 604-850-4552.</p> <p>♥ John Klassen is a retired finishing carpenter and he has offered to build a coffee station island for the Rose Room Coffee Shop. I look forward to the useful addition that will be.</p> <p>♥ New foods to try this month: Red Velvet Cake at the Valentines Luncheon on Fri Feb 12th and the Cranberry Upside Down Cake on Tuesday the 16th. Enjoy!</p>				
	Breakfast Baked Goods Chili, Soups Sandwiches					



Menno Froese

## CGAS Board Report & News

Just over 37 years ago, when the Clearbrook Golden Age Society was organized, the purpose was clear and precise. It has since been refined and reworded, but our 'Mission' statement says that "The Clearbrook Golden Age Society provides a variety of meaningful social services for the community of retired and semi-retired persons in the Central Fraser Valley. The community's needs are serviced by providing a facility which includes residential units, commercial space and a Community Centre for public recreational, educational and spiritual activities. The focus is to promote a sense of well-being in mind, body and spirit. The Society looks beyond the ranks of its membership to facilitate participation by the wider community through specialized programs or projects." At the beginning of this new calendar year, it is then appropriate to review our accomplishments, renew our vision, and address the progress we can make to continue to build.

The dreams of fellow-seniors began over at Cedar Park Shopping Center in opening a used furniture and appliance store to recycle all sorts of home necessities; volunteers were plentiful, energy grew to where someone envisioned a residential tower that would become the new standard for

seniors' residential living in the valley!

Due to the continued generous support of many volunteering six days a week, the socializing over coffee in the Rose Room, delicious meals in the Magnolia Restaurant, the activities in wood workshop, picture framing services and book binding services continue. In fact, we are told that some Mondays and Fridays we get up to 1500 people through our doors, in addition to the 160 who call Garden Park Tower their home!

Where to from here? Are we the "lighthouse seniors center" that we can be? Can we supply the additional services that "new" seniors are looking for? Right now all the residential units are spoken for and we are adding names to the waiting list, but should we be offering other services and amenities to our center? Suggestions are always welcome, and are being constantly submitted. Do we have the vision, energy and motivation to see these come about ... as our founders did over the years ... beginning 37 years ago?

In January we recognized our many volunteers at a very special breakfast ... join our volunteer staff by dropping by the front office! Thanks for all you've done to make our center a lively, generous, place known for so much more than just soups and buns!

Menno Froese, on behalf of the CGAS board who are also all volunteers!

"Be who you are and say what you feel because those that matter won't mind and those that mind don't matter."



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Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.



"The great secret of a successful marriage is to treat all disasters as incidents and none of the incidents as disasters." Harold Nicolson



### St. John Ambulance

### Therapy Dog

## Dogs of the Month - February 2016

**Moose** is a 3 year old Aussie-Poo (part Australian Shepherd and part Poodle). He is very smart and obedient and loves his Therapy Dog work. Moose loves attention, loves to please and loves to chase a ball. He loves quiet moments and will sit and be stroked until you can do it no more.



**Bonnie** is an eight year old Golden Retriever who came to Canada from Taiwan when she was 1.5 years old. Bonnie is very happy when she gets her special collar and leash on with her uniform scarf because she knows she is going to work. She feels very important and knows she has a job to do and loves to visit with all her new friends.



**Meet "MOOSE" and "BONNIE" in the Azalea Room, Feb. 9 th at 10:00 a.m.**

## Question of the Month

The question for February is this: "Should all Christians be environmentalists?" Please send your responses to [jredekops@shaw.ca](mailto:jredekops@shaw.ca). You may also phone 604-855-5086.

In the January issue of *The Journal* we asked, "Do Christianity and Islam both teach violence?" The response was heavily one-sided. Most readers believe that Christianity does not teach violence and that the Koran does.

Before I summarize the views, several clarifying comments must be made. First, the Christian moral code is derived from the teachings of Jesus Christ and his apostles as spelled out in the New Testament. Christians acknowledge the great instructional and inspirational value of the Old Testament but don't accept all of its behavioural teaching as normative for Christians. For example, when Achan, one of Joshua's soldiers in the battle at Ai, disobeyed God's commandment about not taking any "spoils", Achan and his entire family, including innocent children, were to be stoned to death. (*Joshua 7 and 8*) In the battle against the Amalekites, King Saul was instructed by God to "totally destroy everything that belongs to them. Do not spare them; put to death men and women, children and infants, cattle and sheep, camels and donkeys." (*I Samuel 15: 3*) That's not part of the Christian ethic.

Similarly, while the Mosaic Law, including the Ten Commandments, contains much timeless teaching, that is not the last word for Jesus' followers. After all, Jesus himself said, "You have heard that it was said to the people long ago, 'Do not break your oath...' But I tell you, Do not swear at all." Six times in Matthew 5 Jesus specifically asserts that his new ethic is not the same as the Old Testament ethic. (*Matthew 5: 27-48*)

In his entire lifetime Jesus never once undertook or authorized physical violence against anyone. His fundamental love ethic included no such action. Jesus proclaimed a revolutionary ethic: "You have heard that it was said, 'Love your neighbor and hate your enemy. But I tell you: Love your enemies' and pray for those who persecute you." We should also recall that on the one occasion when one of Jesus' disciples did use his sword in defence of his Master and cut off the opponent's ear, Jesus rebuked his disciple and reattached the ear. (*Matthew 26: 50-54*).

Jesus' ethic of non-violence is a strong and continuous strand throughout the New Testament.

We turn now to the Koran to investigate its teachings.

Fortunately, numerous experts have done that for us. Consider, for example, this summary by Dr. Gordon Nickel, as published in *Christianity Today*.

The Koran contains five commands to kill and 12 commands to fight (literally, "try to kill").

Most are found in the second (verses 190, 191, 193, 244), fourth (vv. 76, 84, 89, 91) and ninth (vv. 5, 12, 14, 29, 36, 123) suras.

The commands address a number of different situations, from "fighting those who fight you" to "fighting totally". The objects of the fighting and killing include the unbelievers, the "associators" (*mushrikin*, or polytheists) and "friends of Satan". [www.christianity.ca/global/printer.html?/faith/faith-and-thought.2006/08.002.html](http://www.christianity.ca/global/printer.html?/faith/faith-and-thought.2006/08.002.html)

The language in these sura verses is unequivocal: "And slay them wherever ye catch them..." (2:191); "fight and slay the pagans wherever ye find them, and seize them, beleaguer them, and lie in wait for them..." (9:5); "Fight those who believe not in Allah, nor the Last Day...(9:29); "fight the Pagans...." (9:36); "O ye who believe! Fight the Unbelievers who gird you about...and know that Allah is with those who fear him." (9:23)

Some years ago a contemporary Muslim scholar caught many reader's attention when he said, "Every Muslim should be a terrorist..." Mullah Dr. Zakir Nauk [www.youtube.com/watch?v=Bxk5AAA5Fbl](http://www.youtube.com/watch?v=Bxk5AAA5Fbl) Was he overstating the case?

As Morgan Lee correctly points out, most Muslims do not put this teaching into personal practice. "ISIS does not represent the whole of Islam, or even the majority stream within Islam today....But ISIS has definite roots in parts of Islamic tradition...." [www.christianitytoday.com/women/channel/utilities/print.html?type=article&id=12](http://www.christianitytoday.com/women/channel/utilities/print.html?type=article&id=12) Today a significant Muslim minority does practice violence and often brutal torture. Concerning violence, the majority are irrelevant.

In the Middle Ages, and even later, certain Christian groups also practiced violence, often brutal violence, against other people. But the difference is basic. Violent Islam is true to its teaching as found in the Koran. Violent Christians are not true to Christianity as presented in the New Testament. JHR

---

### The Importance Of Correct Punctuation

(Wording in the two letters below is identical - punctuation has been changed)

Dear John:

I want a man who knows what love is all about. You are generous, kind, thoughtful. People who are not like you admit to being useless and inferior. You have made me unavailable for other men. I yearn for you. I have no feelings whatsoever when we're apart. I can be forever happy--will you let me be yours?

Gloria

Dear John:

I want a man who knows what love is. All about you are generous, kind, thoughtful people, who are not like you. Admit to being useless and inferior. You have made me unavailable. For other men I yearn. For you, I have no feelings whatsoever. When we're apart, I can be forever happy. Will you let me be?

Yours, Gloria

## Recipe

### Honey Whole Wheat Rolls

#### Ingredients

- 2 packages (1/4 ounce each) active dry yeast
- 1 cup warm water (110° to 115°F)
- 1/4 cup butter, melted
- 1/4 cup honey
- 1 egg
- 3/4 cup whole wheat flour
- 1/2 cup old-fashioned oats
- 1 teaspoon salt
- 2 1/4 to 2 3/4 cups all-purpose flour
- Additional melted butter



#### Directions

- In a bowl, dissolve yeast in water. Stir in the butter, honey, egg, whole wheat flour, oats, salt and 1 cup of all-purpose flour; beat until smooth. Add enough remaining all-purpose flour to form a soft dough. Turn onto a floured surface; knead dough until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Shape into 15 rolls. Place in a greased 13-in. by 9-in. baking pan. Cover and let rise until doubled, about 45 minutes. Bake at 375°F for 20 minutes or until golden brown. Brush with butter. Yield: 15 rolls.

*Janet Friesen*

"Injustice anywhere is a threat to justice everywhere." Martin Luther King, Jr.

#### Can I sue me?



**In 1996, a man in Kentucky threw a boomerang which flew back, hitting him on the head. Following this, he sued himself for US\$300,000 and won, with his insurance company paying the entire payout.**

"In the end we will regret the chances we didn't take, the relationships we were afraid to have, and the decisions we took too long to make."

## Picture of the Month



Photo by Aranyos Madarotok

### Maternal Bird Love

"When I pray, coincidences happen."



### Need a hand to prepare your tax return?

**Location:** Garden Park Tower  
2825 Clearbrook Road

**Dates:** March and April

**Contact:** Drop by the office to book an appointment or call 604-744-0109

**Cost:** No Charge (Donations to the Society will be greatly accepted)



**NOTE:** This Community Volunteer Income Tax Program serves eligible seniors (singles up to \$30,000 income; couples up to \$40,000 income)  
**Volunteers do not prepare complex returns.**

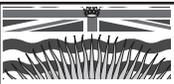
T5809E

[www.cra.gc.ca/volunteer](http://www.cra.gc.ca/volunteer)  
1-800-959-8281

Canada Revenue Agency    Agence du revenu du Canada

Canada

"One of the best feelings in the world is knowing that your presence and your absence both mean much to someone."



## Government of British Columbia Services & Offerings

### Independent Living BC

This program helps seniors and persons with disabilities live independently in affordable, self-contained housing.

**Contact Information** \* Toll-Free: 1-866-465-6873

### Fair Pharmacare

This program provides financial assistance to British Columbia residents for eligible prescription drugs and medical supplies.

**Contact Information** \* Toll-Free: 1-800-663-7100

### Senior's Supplement

This program provides a monthly payment to seniors receiving the federal Old Age Security and Guaranteed Income Supplement or Federal Allowance.

**Contact Information** \* Toll-Free: 1-866-866-0800

### Assisted Living

These residences provide housing, hospitality services and personalized assistance services for adults who can live independently but require regular assistance with daily activities, usually because of age, illness or disabilities.

**Contact Information** \* Toll-Free: 1-800-663-7867

### Shelter Aid For Elderly Renters (SAFER)

This program offers financial assistance to seniors (aged 60 and over) whose rent exceeds a certain percentage of their monthly income.

**Contact Information** \* Toll-Free: 1-800-257-7756

### Property Tax Deferment – 55 & older, Surviving Spouse,

### Person with a Disability

This program is a low-interest loan program that allows you to defer all, or part, of your current annual property taxes on your principal residence.

**Contact Information** \*Toll-Free: 1-800-663-7867

### Bus Pass

This program provides an annual pass for public transit systems to low-income seniors and persons with disabilities.

**Contact Information** \*Toll-Free: 1-866-866-0800

## Required - A Hair Cut

A young boy had just obtained his driving permit. He asked his father, who was a minister, if they could discuss the use of the car.

His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little and get your hair cut and we'll talk about it."

After about a month the boy came back and again asked his father if they could discuss use of the car.

They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible diligently. However, you didn't get your hair cut!"

The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...."

To which his father replied, "Yes, and they walked every where they went!"

## City Services & Offerings

Activities	Location	Contact
Active & Ageless	Matsqui Rec Center	604-855-0500
Carpet Bowling	MRC	604-852-2645
Joint Efforts	MRC	604-855-0500
Shuffle Board	MRC	604-746-9017
Bones & Balance	ARC/MRC	604-853-4221
Active & Ageless	Abbotsford Rec Center	604-853-4221
Adult & Senior Skate	ARC	604-853-4221
Adult Swim	ARC	604-853-4221
Art in the ARC	ARC Seniors Centre	604-854-3668
Cardiac Rehab	ARC	604-853-4221
Get up & Go	ARC	604-853-4221
Learning Plus Sept.-April	ARC Seniors Centre	604-853-7757
Senior Bus Trips	Lower Mainland	604-853-4221
Seniors' Track Time	ARC	604-853-4221
Stroke Recovery	ARC Seniors Centre	604-850-0011
"TIME"- Together in Movement and Exercise	ARC	604-853-4221

## Community Centre Services & Activities

### Picture Framing

Mondays—Fridays  
8:30 to 11:30 am  
By appointment only  
Contact the office

### Bookbinding

Mondays—Fridays  
8:30 to 11:30 am  
Drop off at office

### Bones and Balance

Date: Mondays  
Time: 9:45 am  
Where: Dogwood Room  
Instructor: Dee Van Meer  
Cost: \$2.25 (GST included)

### Carpet Bowling - P1

Tuesdays and Thursdays  
in the Rec. Room  
2:00 to 4:00 pm  
Cost: \$1.25 (GST included)

### Health in Motion

Date: Thursdays  
Time: 9:45 am  
Where: Dogwood Room  
Instructor: Colleen Moore  
Cost: \$2.25 (GST included)



**Garden  
Park Tower**

At their golden wedding anniversary a couple was asked what was the secret for their happy marriage through all those years. The husband answered that one should not be selfish. "After all", he said, "there is no 'I' in marriage." Whereupon his wife answered, "And my contribution was never to correct my husband's spelling."

Answers: gold, pearls, mitts, candy, ring; watch, gloves, perfume, brooch, flowers, kerchief, kimono, slippers, bracelet, chocolates

## Our Leaders



Ken Penner

We have a new majority Federal Government elected by the people. We may or may not have voted for them. We may be happy with the results or we may think they “are not ready”. Yet they are now our governing authorities, they are in power and need to make decisions that will affect every one of us. If we disagree with them, should we loath them and with contempt hope they mess up and make fools of themselves? What should be our response?

First of all, we read in God’s word that every one of us is absolutely dependant on our creator God. Our life and every breath is from him (Acts 17:24-26). We would not exist if it were not for God. All authority comes from him (Colossians 1:15-17). Our leaders are just as dependant on God as anyone else, if they recognise it or not. They have been placed in their various positions of power by God.

Secondly, we are instructed in God’s word to respect and pray for our governments, even to submit to their authority over us (Romans 13:1-7). When we do this, we are recognising God’s supreme authority over us all, including those he has given to serve under him as our leaders. Thus when we are antagonistic, rebellious and belligerent towards those in authority over us, we are being antagonistic, rebellious and belligerent towards God. If this is where we find ourselves, we are really more friends of anarchy than friends of God. We are in need of a change of heart. Only Jesus Christ can cause a true change of heart as we surrender to him (Psalm 2:12; 32:5; Matthew 5:8; Romans 10:9-13).

Considering this, let us humbly come before Jesus asking him to give us a clean heart and right attitude towards him and those in authority over us, so we can rightly pray for them and be an encouragement rather than a hindrance (Hebrews 12:1-3).

“I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.” 1Timothy 2:1-2 NLT

*Ken Penner*

*Ken Penner is a missionary with Streetcorners Ministries in northwest British Columbia. He is married and has three children and four grand children. Ken writes regular columns in the local newspaper.*



## Garden Park Tower Hall Rentals

Do you need a place for business meetings, a wedding or other gathering? Our rooms can accommodate from 12 to 450 people. Prices are very competitive. For more information, call 605-853-5532 or email: [rentals@gardenparktower.ca](mailto:rentals@gardenparktower.ca)



## Medical Services Plan (MSP) Premium Assistance

Seniors who have not already done so should check if they are eligible for financial assistance with their monthly Medical Services Plan (MSP) premiums. These premiums increased January 1, 2016, by approximately four per cent over 2015 costs for people making above \$30,000. The Regular Premium Assistance program has five levels of subsidy for individuals and families earning less than \$30,000. This is based on an individual’s net income (or a couple’s combined net income) for the preceding tax year, less deductions for age, family size, disability and any reported Universal Child Care Benefit and Registered Disability Savings Plan Income. Regular Premium Assistance may be provided retroactively up to six years from the date of application.

To learn more about, and apply for, Regular and Temporary Premium Assistance, visit <http://www2.gov.bc.ca> or call **1-800-663-7100**.

“My photographs don't do me justice - they just look like me.” Phyllis Diller

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## Community Resources

### Health

#### **Abbotsford Mental Health Office**

32700 George Ferguson Way, Abbotsford, BC  
Ph. 604-870-7800 Fax: 604-870-7801

#### **Abbotsford Parkinson's Support Group**

Meetings are held the 1st Monday of the month, September to June. Ph. Gary at 604-308-8691 or Carolyn at 604-853-3772 Email: [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca)

#### **Abbotsford - Mission Arthritis Support Group**

Meetings are held on the first Wednesday of each month at Abbotsford Church of the Nazarene, 2390 McMillan Road, Abbotsford, Ph. Terry Davies 604-853-8138 Email: [koipond@telus.net](mailto:koipond@telus.net)

#### **Alcoholics Anonymous**

If you want to drink, that's your business. If you want to stop, that's ours. Call our 24-hour hotline at 604-615-2911 Website [www.abbotsfordaa.org](http://www.abbotsfordaa.org)

#### **Alzheimer Resource Centre – Abbotsford**

#214 – 2825 Clearbrook Rd., Abbotsford  
Ph. 604-859-3889 Fax: 604-859-8341  
All support services by appointment only.

#### **B.C. Schizophrenia Society**

Unit 18 – 33655 Essendene Ave.  
Abbotsford, BC V2S 2G5 Ph. 604-859-0105  
Office hours: Tuesday, Wednesday, Thursday  
9:00 AM to 1:00 PM

#### **British Columbia Center for Epilepsy and Seizure Education**

#112 – 32868 Ventura Avenue, Abbotsford.  
Ph. 604-853-7399 Fax: 604-853-7336  
Email: [epilepsy.support@telus.net](mailto:epilepsy.support@telus.net)

#### **Canadian Cancer Society, Abbotsford Branch**

#128 – 31935 South Fraser Way, Abbotsford  
Ph. 604-852-1410 Fax: 604-852-1707  
Email: [abbotsford@b.c.cancer.ca](mailto:abbotsford@b.c.cancer.ca)  
Monday to Friday 10:00 AM to 2:00 PM

#### **Canadian Diabetes Association (Abbotsford and District Branch)**

Box 345, Abbotsford, BC V2S 4N6  
Ph. 1-800-665-6526 (Vancouver Office)  
Email: [infobc@diabetes.ca](mailto:infobc@diabetes.ca)  
Informational meetings are held at Central Heights Church the 1<sup>st</sup> Tuesday of the month at 7:30 PM, January to May. There is no fee to attend.

#### **HIV/AIDS Support Group**

Lighthouse Centre  
#1 – 2712 Clearbrook Road, Abbotsford, BC  
Ph. 604-854-1101 Fax: 604-854-1105 Email: [tic@plfv.org](mailto:tic@plfv.org)

#### **MS Society of Canada, Fraser Valley Chapter**

P.O. Box 373, Abbotsford, BC Ph. 1-877-303-7122  
Email: [info.fraservalley@mssociety.ca](mailto:info.fraservalley@mssociety.ca) Meets the 2<sup>nd</sup> Wednesday of the month at Trinity Memorial United Church, 33737 George Ferguson Way, Abbotsford, 1:00-3:00 pm.

#### **Purpose Statement**

The Garden Park Journal has been established to serve and advance the interests of the Clearbrook Golden Age Society and its members. It also promotes the interest of seniors generally. It provides a forum for seniors and informs the larger community about seniors' issues and concerns! It seeks to provide interesting and helpful information, to announce events, to describe resources, to build community, and to be a Christian voice for seniors.

#### **Seniors Healthy Aging Resource Environment Society**

102-2455 W. Railway, Abbotsford. Ph. 604-854-1733

#### **Stroke Recovery Association of BC**

Weekly group meetings for stroke survivors of all ages. Caregivers are welcome to sit in for a few meetings to help with transition. The meetings run from 12:30 to 3:30 at the Abbotsford Recreational Centre every Thursday except for July and August. Ph. Laura Wegener 604-798-7530

Email: [gilburg\\_64@hotmail.com](mailto:gilburg_64@hotmail.com)

#### **The Blind and Visually Impaired Society**

Legacy Sports Centre, Rotary Stadium, Abbotsford. The Society meets at 1:00 PM the second and fourth Wednesday every month. The society assists and offers quality of life in a healthy place. Mae Atkinson Ph. 604-626-0643

### Et Cetera

#### **Abbotsford – Canada Pension/Old Age Security**

If you have moved, your new address should be given immediately to make sure your pensions arrive on time. To inform about changes and to get information on any programs call 1-800-277-9914.

#### **Abbotsford Community Services**

104—32885 Ventura Ave, Abbotsford, Ph. 604-850-7934

#### **Abbotsford Peer Support for Seniors**

2499 McMillan Road, Abbotsford, Ph: 604-850-0011

#### **Abbotsford Recreation Centre**

2499 McMillan Road, Abbotsford, Ph. 604-853-4221

#### **Abbotsford Social Activity Association**

33889 Essendene Ave., Abbotsford, Ph. 604-853-4014

#### **BC Old Age Pensioners and Seniors' Organization**

Br. #69 – 3106 Clearbrook Road, Abbotsford.  
Ph. 604-859-7265

#### **Central Valley Woodcarvers**

Meetings are held every Wednesday evening at Yale Secondary School, Yale Road, Abbotsford, during the school year. Ph. 604-853-8049

#### **Communitas Supportive Care Society**

#103 – 2776 Bourquin Crescent, West, Abbotsford  
Ph. 604-850-6608

#### **Legal Aid Services**

2459 Pauline Ave., Abbotsford, Ph. 604-852-2141

#### **Matsqui Recreation Centre**

3106 Clearbrook Road, Abbotsford, Ph. 604-855-0500

*Additional listings may be sent to [office@gardenparktower.ca](mailto:office@gardenparktower.ca)*

"For two people in love, home isn't a place,  
it's a person."

#### **Mission Statement**

The Clearbrook Golden Age Society provides a variety of meaningful social services for the community of retired and semi-retired persons in the Central Fraser Valley. The community's needs are serviced by providing a facility which includes residential units, commercial space and a Community Centre for public recreational, educational and spiritual activities. The focus is to promote a sense of well-being in mind, body and spirit. The Society looks beyond the ranks of its membership to facilitate participation by the wider community through specialized programs or projects. The dignity and self-respect of each member, staff and participant are to be recognized and respected.

The Clearbrook Golden Age Society is managed in harmony with the practices and faith perspectives of the Judeo-Christian tradition.

## Memories & Happenings

### *The Culinary Take-Over*



Lilli Kehler

I wish I had someone to blame besides myself, but there is no one, so I must live with the consequences of my actions.

Due to some health problems, my husband took early retirement several years before I did. Prior to that, he had never shown the slightest interest in my kitchen; the change was so subtle it caught me completely off guard. He called me at work one afternoon and said casually: "Honey, I noticed you took a package of hamburger out of the freezer. What were you planning on making?" "Chili," I said naively. How could I know then that one hot, little word would eventually precipitate a take-over that would change the course of my life. In hindsight, I should have responded by saying: "I was planning on making a complicated ground beef dish, with kidney beans, and a special blend of spices." That would have thrown him off. Instead, he repeated it: "Hmm, chili. That's easy to make, isn't it?" "A cinch," I said, and promptly gave him the necessary instructions. I came home that evening to a perfectly prepared dish of chili con carne.

The next evening it was Spanish rice. May as well get the heartburn over with in the first week! The Spanish rice was followed by a respectable spaghetti dinner. I don't know where he got the sauce, but it was delicious.

The next week it was pork chops and apple sauce; lasagne (with three layers instead of my customary two); and Chinese fried rice made from a cookbook I didn't know I had. By the third week, my jealousy prompted me to suggest complex dishes that I had never made myself. This is the week I get my kitchen back, I thought gleefully. Alas, I came home to a series of culinary delights. Finally, I'd

had enough! "I am sooo hungry for apple pie," I cooed sweetly, thinking darkly of all the hard, misshapen crusts I had managed to accrue in my many years of marriage. I came home that evening to a golden, flaky, mouth-watering apple pie – heretofore only seen in cookbook photographs. It got worse!

When our daughter went off to college, we sent her care packages that her friends still rave about. If I hear one more kid say: "Holly's Dad bakes the best chocolate chip cookies I have ever tasted," I think I'll quietly throw up. Now that she is married and has a family of her own, she phones her father for her favourite recipes. My humiliation is truly complete.

To add insult to injury, my kitchen is now filled with shiny, silver things that I cannot identify. After all, a man needs his tools – whatever he does. Our paper towels are so thick that they are probably capable of mopping up the Pacific Ocean; and, we had to build on an extra storage room to accommodate all the edible merchandise he stocks. I used to do the grocery shopping, but what's the point when I don't know what he wants to make all week. I now look at the jewelry and make-up counters while he shops for groceries, but often feel uneasy doing so. This is not what my mother taught me – and I'm pretty sure it's not what his mother taught him! Nevertheless, I quietly stay out of his way while he busily roams about looking after inventory control.

Speaking of control, I have definitely lost it. And it happened so subtly, that I didn't realize what was going on until it was too late. All you women out there, BEWARE! Never, never share your recipe for chili with your husbands!

*Lilli Kehler*

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"Darkness cannot drive out darkness;  
only light can do that.

Hate cannot drive out hate; only love can do that."  
Martin Luther King Jr.



"The Physical Activity Line (PAL) is a free physical activity counselling, resource, and advice phone line service for all BC residents. The qualified exercise professionals at the PAL understand the changes that occur with age and can provide you with personalized physical activity plans no matter your age or health status. We are just a free phone call away."

Toll Free Number: 1-877-725-1149

<http://www.physicalactivityline.com>

## Dollars & Sense

### God Loves a Cheerful Receiver



Most of us are not very good at receiving compliments. A friend had just delivered a fine sermon so I gave him a heartfelt compliment. His deflective, “humble” response was to give all credit to God. I replied, “I could swear I saw your lips moving!”

Perhaps even more striking is our inability to be gracious recipients of other people’s generosity. It is deeply ingrained in us that it is more blessed to give than receive. Albert Einstein reinforces this notion: “The value of a man resides in what he gives and not in what he is capable of receiving.” Clearly the deck is stacked in favour of the generous giver.

E. G. Link identifies three causes of “this graceless receiving malady” in his blog post *The Grace of Receiving*.

The first cause is our subtle form of pride. When we have more than enough, we find it very difficult to receive a gift. The more we own, the more we may feel it beneath us to accept a gift from others. For example, I often pick up the tab when enjoying an outing with a person whom I assume is much wealthier than me. The reaction of unequivocal surprise is worth the gesture. However, don’t be shocked if your generosity is met with sheer indignation, as if to say, “How dare you? I am not a charity case.”

The second cause is our subtle form of legalism. How many times have you offered to repay generosity? Insisting, “I’ll buy you lunch next time,” is not really generosity, but is simply reciprocating payments (taking turns to pay). Other times your gift may be refused with a severe scolding such as: “You shouldn’t have,” “I can’t accept that,” or after sharing a ride, you offer to pay for gas and the dollar bills

come flying back at you. In such cases, both the giver and intended receiver experience no blessing at all.

The third cause is a subtle form of ingratitude. This includes such thoughts as, “I don’t deserve this gift,” or “Others need this more than I do.” Perhaps we should focus less on the gift and more on the generous attitude of the giver.

In my work with Mennonite Foundation of Canada, I frequently hear about the gift that went completely unacknowledged by the recipient. A true gift is given unconditionally and with no strings attached. But every gift deserves at least the courtesy of a simple thank you.

An additional cause that could be added is a subtle form of entitlement. People who have enjoyed the gifts of others as a way of life may eventually live with a sense of prerogative. Volunteers who work in food banks will attest that on occasion they deal with very ungrateful recipients. It is their perceived right to demand very specific products.

How do we become gracious receivers, enhancing the blessing for the giver? Once again, we can learn from Jesus and his overwhelming appreciation and endorsement when gifted by an outrageous gift of perfume from a woman (Mark 14). People around him resisted the gift on his behalf, but Jesus defended her actions. Receiving graciously blesses the giver.

Yes, there is joy and much reward in giving, but let’s also exercise the grace of receiving so that the grace of giving will flourish. After all, one helps the other to thrive.

*Mennonite Foundation of Canada facilitates the gifting process. Generous clients are able to give anonymously to charities of their choice so they have no need to worry about responses. Arnie Friesen is an MFC consultant in the Abbotsford, BC office.*

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### Kindness - Passed On

The owner of a drive-through coffee business in southwest Portland, Oregon, was surprised one morning to have one of her customers not only pay for her own mocha but also for the mocha of the person in the car behind her. It put a smile on the owner's face to tell the next customer her drink had already been paid for. The second customer was so pleased that someone else had purchased her coffee that she bought coffee for the next customer. This string of kindnesses - one stranger paying for the mocha of the next customer - continued for two hours and 27 customers. *Preaching Today*

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### A Special Final Exam

At Pennsylvania State University four second-year students, four friends, were taking chemistry. All of them had an “A” so far in the course. These four friends were so confident that the weekend before the final exam they decided to visit some friends and have a big party. They had a great time but, after all the partying, they slept all day Sunday and didn’t make it back to the university until Monday morning, too late to start the exam.

They then decided that after the final exam time had ended they would explain to their professor why they missed it. They agreed that they would say that they had visited friends and that they arrived back too late for the exam

because on the way back they had a flat tire. As a result, they missed the final.

The professor agreed they could make up the final the next day. The four fellows were excited and relieved. They studied that night for the exam.

The next day the Professor placed them in separate rooms and gave them a test booklet. They quickly answered the first problem worth 5 points. Cool, they thought! Each one, in separate rooms, thought this was going to be easy. Then they turned the page. On the second page was written: For 95 points: “Which tire?”

# A Senior's Concern

Complacency (Webster dictionary) = self-satisfaction



Len Remple

We Canadians have a country that is the envy of the world. War has not been fought on our soil since 1815; that's over 200 years. Theoretically, we all know the absence of war is not necessarily peace. But, over these 200 years, the public mindset has evolved into complacency. Very few of us take seriously the words, "O Canada, we stand on guard for thee". Do we watch for anyone or anything that could harm our country? Or has complacency eliminated caution and vigilance?

## Points to Ponder

Germany, thus far has allowed more than a million Muslim immigrants to take up residence and/or asylum. This gracious deed was rewarded on New Year's Eve by many hundreds of immigrants assaulting and raping non-Muslim women. 516 criminal complaints have been filed with the police, but only 200 immigrants were caught and charged.

The response to this from Chancellor of Germany Angela Merkel, is, "We have lost control of the refugee crisis amid public anger over sex attacks". Authorities are worried about the possible public backlash against immigrants. The Cologne Mayor's response was, "nobody better link these assaults and rapes to Muslim refugees". How's that for political insight? The media would lead us to believe these are Moderate Muslims.

In Wuppertal, Germany, self-appointed immigrants patrolled the town, bullying people into following sharia law just like they do in Iran and Saudi Arabia.

One soldier of the ISIL faction was told that his mother was not a true believer in Islam. He then became judge, jury and executioner. His mother was taken to the city square where the son publicly shot and killed her. The ISIL people captured this shocking act on video and posted it on social media. Gruesome conduct particularly against Christians is not for squeamish stomachs.

In areas controlled by ISIL in Iraq, when men, women or children are discovered to be Christians, they are killed. How? Frequently these Christians, while alive, are locked in caskets, then set afire.

Consider the following. Recently the city of Ramadi was recaptured by Iraqi and American forces. The defeated ISIL militants fled to Mosul. There the ISIL commanders placed these defeated fighters into a circle and burned them to death. This was done because these ISIL soldiers had not fought to the death.

We know that the world's Muslim population is about 1.5 billion. The Quran teaches that all humanity must be converted to Islam, by force if necessary. Even if only 1% of Muslims agree with this goal, that's 7.5 million radicals worldwide. Our western culture recognizes that not all Muslims are jihadi terrorists, but we know that all jihadi terrorists are Muslims. With this clash of cultures, how can we promote the idea of "live and let live". If we observe and do nothing it follows that "for evil to prevail, all we have to do is NOTHING". But, Christians can and should be aware and pray.

Comments about this article would be welcome.

Len Remple

"You cannot train a horse with shouts and expect it to obey a whisper." D. Runes

"Love is an unusual game; there are either two winners or none."

## Theme Photos

Beginning with this issue *The Journal* will carry a set of pictures – 2, 3, or 4 - dealing with a theme. Our first set deals with love in the animal world. Readers are invited to submit pictures for consideration. JHR

### Animals also Love

