

# The Garden Park Journal

Volume 3, Number 1

Abbotsford, British Columbia

June 2016



## Happy Father's Day

David McLaren, Ph.D.

Many Canadians observe Father's Day on the third Sunday of June. It is a day for people to show their appreciation for fathers and father figures. Father figures may include stepfathers, fathers-in-law, guardians (e.g. foster parents), and family friends.

Here are some of my dad's favourite sayings: "Go ask your mother", "Just wait 'till I get home", "When I was your age...", "I'm busy right now!"

Father's Day presents us with an opportunity to look at masculinity once again. Men are busy with their lives, careers and pursuits of their dreams. So many demands have been placed on them. Fathers take great delight to give stuff to their children, kids rather want to just spend quality time with their dads!



David McLaren

With a timid voice and idolizing eyes, a little boy greeted his father as he returned from work, "Daddy, how much do you make an hour?" Greatly surprised, but giving his boy a glaring look, the father said: "Don't bother me now, I'm tired."

"But Daddy, just tell me please! How much do you make an hour," the boy insisted. The father, finally giving up, replied: "Twenty dollars an hour." "Okay, Daddy? Could you loan me ten dollars?" the boy asked. Showing his restlessness and positively disturbed, the father yelled: "So that was the reason you asked how much I earn, right? Go to sleep and don't bother me anymore!"

*Continued on page 2*

## Five Keys to Choosing the Right Retirement Community



Sharon Simpson

What should you consider before selecting an independent living retirement community? It has been said that 25% of your decision about moving into an independent living community is your assessment of the physical building\* and its features: the size of the windows, the concrete or wood construction, the view, the hair salon, the location... all of the pros and cons about a particular building. The remaining 75% of your decision-making process is your answer to the question, "What will the experience of living here be like?"

If this is true, how can you determine what it will be like to live in the residence that you are touring? Here are five key lifestyle areas to explore before you make your decision to move into an independent living retirement community.

### Key Area #1: I don't want to be lonely in the crowd - *Connected Living*:

- 1. Observe:** Do the staff know the names of the residents? Do the residents know the names of the staff?
- 2. Interact:** During your tour, ask to meet with a staff member with whom you'll interact every day such as the receptionist, recreation director, meal service or housekeeping staff. Are they interested in you as an individual?
- 3. Observe:** Do you know anyone who is already living here? Arrange for a tour during a meal so you can see who lives in the building.
- 4. Interact:** During your tour, ask to speak with a resident to find out what the social environment is like in the building. Is it easy to make new friends?

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### CLEARBROOK COMMUNITY CENTRE

#### AT GARDEN PARK TOWER

2825 Clearbrook Road, Abbotsford, B.C. V2T 6S3

Owned & Operated by the Clearbrook Golden Age Society (C.G.A.S.)

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Clearbrook Golden Age Society  
Regular Office

Hours: 8:30 am - 4:00 pm

It was already dark and the father was meditating on what he said and was feeling guilty. Maybe he thought, his son wanted to buy something. Finally, trying to ease his mind, the father went to his son's room.

"Are you asleep, son?" asked the father. "No, Daddy. Why?" replied the boy, partially asleep. "Here's the money you asked for earlier," the father said.

"Thanks, Daddy!" rejoiced the son, while putting his hand under his pillow and removing some money. "Now I have enough!! Now I have twenty dollars!" the boy said to his father, who was gazing at his son, confused at what his son had just said.

"Daddy, can I buy an hour of your time?"

Kids are longing to spend quality time with their fathers. Are you a father? Do something with your kids this weekend that money can't buy! Happy Father's day!

Dr. David McLauren is the Executive Director, Multi-Cultural Ministries; he can be reached at dmcl Lauren@gmail.com

### Understanding And Empathy

This story was told by Paul Harvey on the radio several years ago:

A young woman was driving home from work when she snagged her fender on the bumper of another car. She was in tears as she explained that it was a new car, only a few days from the showroom. How was she ever going to explain the damaged car to her husband?

The driver of the other car was sympathetic, but explained that they must note each other's license numbers and registration numbers. As the young woman reached into a large brown envelope to retrieve the documents, a piece of paper fell out. In a heavy masculine scrawl were these words: "In case of accident ... remember, honey, it's you I love, not the car!"

"The older you get, the more important it is not to act your age."

### 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.

### 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.

5. **Ask:** Are there scheduled outings that you can join to get to know other residents?

### Key Area #2: I don't want to be bored - Purposeful Living:

1. **Ask:** Are there opportunities to practice your faith?

2. **Interact:** Before you make your decision, ask to join in one of the spiritual activities to see what it is like.

3. **Ask:** Can you volunteer your time for something meaningful? What are some examples of how the residents are volunteering?

4. **Ask:** Are there any projects that we all work on together?

### Key Area #3: I don't want to lose my energy - Active Living:

1. **Observe:** Before you make my decision, can you join in for a recreation activity?

2. **Ask:** What activities can you participate in to keep your life active?

3. **Ask:** Is there a wellness program?

4. **Interact:** Arrange to meet with the Wellness Nurse to get a sense of personality, philosophy and outlook on active living.

5. **Ask:** What is the recreation schedule like? Who participates?

### Key Area #4: I don't want to lose my mind - Alert Living:

1. **Ask:** Is there a brain fitness program? Life-learning program?

2. **Ask:** Are there new activities or do they follow the same routine each week, each month?

3. **Observe:** Are there puzzles and games available to engage your mind?

### Key Area #5: I don't want life to become bland - Pleasurable Living:

1. **Observe:** Arrange to have a meal during your tour – is this the type of food that you enjoy?

2. **Interact:** Arrange to meet the cook/chef and have them tell you their philosophy on creating a pleasurable dining experience.

3. **Ask:** What does the entertainment schedule look like?

4. **Observe:** Arrange to participate in an entertaining activity to get a sense of the style of entertaining. Did you enjoy it?

5. **Observe:** What music do you hear playing? What art do you see around you?

These are important questions that will help you to gauge the "culture" of an independent living community before you decide to make your move. It is critical to remember, however, that even in the most engaging community, residents can still be disappointed, bored, unhappy, lonely and depressed. The key to a personal thriving life experience ultimately springs from within.

\*This is an anecdotal statistic given to me by the owner/operator of six large independent living residences.

Sharon Simpson is the Director of Communications and Marketing, Menno Place Independent Retirement Community

www.mennoplac.ca



John H. Redekop

## From the Editor's Desk ....

### *A shift to private schools*

Recently Peter Froese, executive director of the Federation of Independent School Associations of BC, provided an interesting report to the *Vancouver Sun* (February 13, 2016). He stated that enrolment in BC's private schools is increasing markedly. In 1977 private school beginning enrolment totalled 23,691 or 4.3% of the total provincial beginning enrolment. In 2014 private school beginning enrolment reached 80,230 or 13% of the provincial total.

The total number of independent schools in BC is about 350. Froese reports that "Enrolment is growing in these schools at about three per cent per year". Catholic schools account for about 27 per cent of the enrolment while non-Catholic Christian schools account for another approximately 31 per cent.

From time to time certain atheist and other anti-Christian groups criticize the provincial government for its partial funding of these mainly-Christian independent schools. Substantial sums are involved. Froese reports that "This last year, the government put about \$341 million into independent schools." That is a lot of public money going to the private sector. Froese points out, however, that if these independent schools closed, then the taxpayers of BC would have to provide about \$680 million to educate these students in public schools. And that does not address the matter of providing the sites and buildings.

It is likely that the growth of private education in BC will continue, in fact, it may accelerate. It seems that as the years go by, public education in this province gives less and less attention to Christianity as a major subject to study and understand, even though Christianity has played a huge role in the history of BC, of Canada, and of the entire Western world. Our education establishment seems to be so keen on being politically correct that the system tends to focus more on an overall comparative survey and less and less on the major faith that shaped our society.

Other factors also play a role in some parents' increasing disappointment with public education. My own attendance at grandchildren's so-called Christmas programs in public schools revealed that in at least those schools the events had not a single word, song or reference to the actual Christmas story. Nothing! No wonder some Christian parents look for an alternative. And if Canadian schools follow through on the recent Canadian bathroom policy announced by Prime Minister Trudeau, then the three per cent figure might suddenly increase rapidly.

As a former public high school teacher, a parent, a grandparent, and a taxpayer, I support our provincial public education. In many respects we have an excellent system. But if the governing authorities strip this system of much of its ethical mooring and teach values which contradict what many parents affirm, then they should not be surprised if private education thrives. They are the main cause. *JHR*

## The Editorial Committee



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"Without labour, nothing prospers." Sophocles

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Please contact office at  
Garden Park Tower:  
604-853-5532



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)

- ◆ *Annual Columbia Fundraising Golf Tournament*, June 2, 11:00 am, Lunch and Registration; 12:30 pm, Shotgun Start; 5:30 pm, Dinner and Awards Presentations. Redwoods Golf Course, 22011 88 Avenue, Langley. Cost \$200.00. More info: 604-853-3567 ext 528 or Columbia.edu/open
- ◆ *Pacific Children's Choir; Folk Songs Far and Near*, June 3, 7:30 pm, South Abbotsford Church, 32424 Huntingdon Road. Artistic Director Betty-Ann Vroom. Tickets: Adults \$15.00, Students \$10.00. House of James and King's Music.
- ◆ *Will and Estate Planning Seminar*, June 4, 10:00 to 11:30 am, MB Mission, 32040 Downes Road. Hosted by MB Mission, refreshments provided. Presenter: Daniel Lichty, Stewardship Consultant. Register: Carolina at 604-859-6267 or rsvp@mbmission.org
- ◆ *A Place to Belong, MCC Spring Fundraising Luncheon*, June 4, 12:00 pm, Garden Park Tower, 2825 Clearbrook Road. Tickets: \$10.00 at Garden Park Office, MCC Centre and Plaza or mccbc.ca
- ◆ *Advokate, 27th Annual Walk for Life*, June 4, 12:30 pm at Mill Lake, Bevan Avenue. Family activities, free balloons, face painting and bouncy castle. 8 Km run and 4 Km walk. More info: walkforlife.advokate.ca, 604-852-4623.
- ◆ *C2C Spring Celebration Banquet*, June 8, 6:00 pm, Northview Church, 32040 Downes Road. RSVP: 604-746-2238 or dianned@c2cnetwork.ca.
- ◆ *14th Annual Golf Tournament*, in support of Adult and Teen Challenge. Overcoming addictions one stroke at a time. June 27, 11:30 am, Registration; 1:00 pm, Shotgun Start; 5:30 pm, Dinner. Redwoods Golf Course, 22011 88 Ave Langley. Advance Registration: 1-888-575-3930
- ◆ *The Canadian Hard of Hearing Association*, June 15. 1:30 pm at Chances Restaurant. More info: Jerry Gosling 604-864-2916.
- ◆ *Hymn Sing with Word of Life Quartet*, June 19, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- ◆ *Stillwood Family Camp*, June 30 to July 3, 44005 Watt Road, Lindell Beach. Great variety of recreational activities. Traditional campfire at the end of each day. Cost: Adults, \$300, Youth \$175, and Kids (4 to 12) \$125. Register online.
- ◆ *Health and Wellness Classes, Bones and Balance*, every Monday, 9:45 am; Health in Motion, every Thursday, 9:45 am. All classes in the Dogwood Room of Garden Park Tower, 2825 Clearbrook Road.
- ◆ *Mind in Motion, Fitness Social Program* for those with early stage memory loss. Tuesdays, 10:00 to 11:45 am. Start of current 6-week session, May 17, New sessions starting June 21, 28 and July 26. Clearbrook MB Church, 2719 Clearbrook Road. Cost: \$48:00, prorated for those joining after the first session. More info: 604-859-3889.
- ◆ *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.
- ◆ *Abbotsford Table Tennis Club*, Meets Tuesday and Thursday, 7:00 to 10:00 pm, Fitness Centre, Matsqui Complex Prison, King Road. First evening is free, then \$2.00 per evening. Andy 604-309-3256 or wwwabbotsfordtabletennis.com
- ◆ *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, 12:30 to 2:30 pm. For those struggling with anxiety, bipolar, and depression. New life Church, 35270 Delair Road. Contact: Jenny 604-852-3662.
- ◆ *Mood Disorders Association Support Group*, meets first and third Thursdays of each month, 7:00 to 9:00 pm, for those dealing with mood disorders such as depression, bipolar, anxiety, and panic attacks. Abbotsford Community Services, 2040 Montrose Avenue. More info: 604-854-9404.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

### Community (Region)

- ◆ *Gospel Music Concert*, June 4, 6:00 pm, People's Full Gospel Church, 14455 104 Avenue, Surrey with One Heart, and the Royal Heirs. Special Guest: Rev. Dr. Villa, President of the University of Cuba. More info: 604-836-4546, mw86@telus.net
- ◆ *Gospel Music Festival*, June 11, 6:30 pm, Cloverdale Baptist Church, 18685 64 Avenue, Surrey. Featuring the Blackwood Brothers, Liberty Quartet and others. Tickets: \$20.00 at House of James or at the door.
- ◆ *The Mission of God and Your Church*, June 11, 9:00 am to 12:00 pm, Green Timbers Covenant Church, 14219 88 Avenue, Surrey with Pastor Darell Johnson, Senior Pastor, First Baptist Church, Vancouver. Sponsored by Missions Fest and Wycliffe Bible Translators. More info: 604-524-9944.
- ◆ *Impact Women's Conference*, June 17 and 18, Church in the Valley, 23569 Old Yale Road, Langley. Featuring Pastors: Robert and Debbie Morris, Priscilla Shirer, Christine Cane and others. Plus, live host Laura-Lynn Tyler Thompson and live Friday night concert with the African Children's Choir. Register at worshipvancouver.com or 604-879-1124.

### Future Events

- ◆ *Prophecy Conference, Hope for Today*, July 9, 8:00 am to 9:30 pm, Abbotsford Arts Centre, 2329 Crescent Way, Abbotsford. Speakers: Paul Wilkinson, David Hocking, Ed Hindson and Barry Stagner. Free Admission.
- ◆ Ravi Zacharias International Ministries presents: *Ravi Zacharias – When Answers Assume a Contrary Worldview*. July 13, 7:00 pm, Bell Arts Centre, 6250 144 Street, Surrey. Tickets: \$12.50, available online: ravi.inbc.eventbrite.ca
- ◆ *Mission Without Borders presents Praise Fest 2016*, Aug 1, 1:00 pm, Stetson Bowl, Cloverdale Fairgrounds, 6050 176 Street. Featuring Toby Mac, Mathew West, Peter Furlur, Joel Reimer, Brian Doerksen and the SHIYR Poets and others. Tickets: 888-732-1682.
- ◆ *Adult Retreat at The Firs*, Sept 6 to 11 Featuring Luis Paulau, Bible teaching and fellowship, hymns and choruses, picnic at Camp Firwood and bus trip to Mt. Baker. For Cost and Registration: 1-360-733-6840 or thefirs.org
- ◆ *Fraser Valley Gideons Annual Golf Tournament*, Sept 16, First tee off 1:00 pm, Ledgeview Golf and Country Club, 35997 McKee Road. Cost of \$150.00 includes Dinner. Register by July 31. www.gideonsgolf.ca

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

## Puzzle

This puzzle asks you to find names of men named in the Bible. No names of Bible books are included. Obviously the Bible contains many hundreds of names of men, many very obscure and difficult. Here is the genesis of this puzzle. Without checking in the Bible or any other book, I took a sheet of paper and wrote down all of the names of men of the Bible that I could remember. My list came to 110 names. Given that I recalled them, I am assuming that most readers would also know these names. The puzzle below includes 42 of those 110 names. Some are spelled backward and some are at an angle. Some names go across other names. Since quite a few readers have been getting the puzzles done correctly rather quickly, I have made this puzzle somewhat more challenging. The first three readers responding by email to me with the correct answers will have a choice of book prizes. [jredekops@shaw.ca](mailto:jredekops@shaw.ca)

- 40 – 42 = Excellent. Volunteer to teach a college class.
- 36 – 39 = Very good. Volunteer to teach a church class.
- 30 – 35 = Good, but some remedial work is needed.
- 25 – 29 = More Bible reading is suggested.
- 24 or less = Enrol in a Church class.

P	O	T	I	P	H	A	R	A	B	E	L	I	J
H	M	A	H	A	R	B	A	G	O	N	U	N	O
A	O	S	M	E	T	H	U	S	A	L	A	L	S
R	A	I	E	E	D	E	B	E	Z	D	H	O	E
A	B	M	S	S	A	U	L	L	A	B	A	N	P
O	L	O	T	H	O	G	E	N	D	E	B	A	H
H	I	N	H	A	M	M	O	R	D	E	C	A	I
N	L	H	P	A	S	A	B	O	C	A	J	P	C
E	A	D	X	E	R	X	E	S	A	U	H	N	A
B	T	D	I	V	E	L	D	L	I	I	A	O	L
U	H	I	A	V	H	O	P	H	N	I	H	A	E
E	P	D	L	M	A	N	O	E	D	I	G	H	B
R	A	Z	Z	E	N	D	A	H	C	U	B	E	N
N	N	O	R	A	A	S	B	I	L	D	A	D	I

The first letter of each name is given. The number in the brackets indicates the number of letters in the name you shall find. You will see that the puzzle includes three 4-letter words beginning with A and two with 5. There are also two 7-letter words beginning with P. Although in the answer list I have entered them alphabetically, they can can, of course, be given in any order.

- |                     |                      |
|---------------------|----------------------|
| 1. A (5) _ _ _ _ _  | 22. J (6) _ _ _ _ _  |
| 2. A (8) _ _ _ _ _  | 23. L (5) _ _ _ _ _  |
| 3. A (4) _ _ _ _ _  | 24. L (4) _ _ _ _ _  |
| 4. A (7) _ _ _ _ _  | 25. L (3) _ _ _      |
| 5. A (4) _ _ _ _ _  | 26. M (9) _ _ _ _ _  |
| 6. A (4) _ _ _ _ _  | 27. M (4) _ _ _ _ _  |
| 7. A (5) _ _ _ _ _  | 28. M (8) _ _ _ _ _  |
| 8. B (6) _ _ _ _ _  | 29. M (5) _ _ _ _ _  |
| 9. B (4) _ _ _ _ _  | 30. N (8) _ _ _ _ _  |
| 10. C (4) _ _ _ _ _ | 31. N (14) _ _ _ _ _ |
| 11. C (5) _ _ _ _ _ | 32. N (4) _ _ _ _ _  |
| 12. D (3) _ _ _ _ _ | 33. N (3) _ _ _ _ _  |
| 13. D (5) _ _ _ _ _ | 34. O (4) _ _ _ _ _  |
| 14. E (3) _ _ _ _ _ | 35. P (7) _ _ _ _ _  |
| 15. E (4) _ _ _ _ _ | 36. P (7) _ _ _ _ _  |
| 16. G (3) _ _ _ _ _ | 37. P (8) _ _ _ _ _  |
| 17. G (6) _ _ _ _ _ | 38. R (6) _ _ _ _ _  |
| 18. H (3) _ _ _ _ _ | 39. S (4) _ _ _ _ _  |
| 19. H (6) _ _ _ _ _ | 40. S (5) _ _ _ _ _  |
| 20. I (7) _ _ _ _ _ | 41. X (6) _ _ _ _ _  |
| 21. J (5) _ _ _ _ _ | 42. Z (7) _ _ _ _ _  |

JHR

## A Pastoral Word

### *Saving the Berries*



Our son pastors a small church in Alberta, but he also has a part-time farm job to help with their family income. The farm is a seed farm, producing high quality registered seed which is sold to farmers. To ensure against cross-contamination from other crops the inspectors require that there is a 10-foot perimeter around their seed crops. So at times our son runs a powerful mower on his tractor that knocks down anything in its way, including bushes and young trees. It is actually a fun diversion from the usual farm jobs. But when he is about to mow down a Saskatoon bush, especially when it is loaded with berries, he says he is tempted to move over just a little, take down a bit of the seed crop to save the berries. At those times he has to remind himself that this is a seed farm not a berry farm. The berries are very tasty, but they don't make the business any money. "It hurts," he says, "but I gotta do it."

Life is kind of like that at times. It can be so easy to sacrifice the important for the immediate; to chase after things that bring temporary satisfaction at the expense of what is truly valuable, to get hung up on minor issues.

Jesus said, "Seek first the kingdom of God and his righteousness." (Matthew 6:33) That is the priority for every part of life. We can be right and still be wrong. We can be right about an argument but wrong in the way that we argue. Or we can give wonderful service but be upset by the fact that no one noticed. That is like saving the berries but cutting into the crop.

The Apostle Paul says that some people will be saved, building their lives on a foundation of salvation, but build with "hay, wood and straw" instead of "gold, silver and precious stone". When the judgement comes, the Bible says, "fire will reveal what kind of work each builder has done." (1 Corinthians 3:13)

It might be worth our while to examine our lives and see if we've been mowing the crop to save a few berries.

*Ron Berg*



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*"Man is made so that he can find relaxation from one kind of work by taking up another."  
Anatole France*

## Your Health

In the May issue this column carried Part 1 of a report which described what the average human body does in one day. Here is Part 2. Part 3 will appear in the July issue.

JHR

\* Your body sheds more than 1 million skin cells every single day but they are constantly replaced. Your skin is actually an organ of the body. Given that the average person's skin covers about 18 square feet, about 2 square meters, it is your largest organ.

\* Your hair, assuming that you still have some, grows about half a millimeter per day. The average adult has around 100,000 hairs on that person's head. So that's a combined 50 meters, or 164 feet, of hair growth every single day!

\* Your liver is very busy over the course of a day. Because it does so many activities, it is impossible to summarize all of them. Here is part of what your liver does. It manufactures cholesterol, vitamin D and blood plasma. It identifies the nutrients your body needs. It filters about 1.53 quarts, or 1.43 liters, of blood every minute. It produces a quart, 0.94 liters, of bile every day to help you break down your food. Basically you have a factory plant running inside of you every day which is pretty amazing.

\* The glands in your mouth produce an incredible 1.5 liters, or 1.41 pints, of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria, and you wouldn't be able to digest your food.

### 10 Questions God won't ask on That Day

1. God won't ask what kind of car you drive. He'll ask how many times you drove someone who needed transportation.
2. God won't ask the square footage of your house. He'll ask how many people you welcomed into your home.
3. God won't ask about the clothes in your closet. He'll ask how many people you helped to clothe.
4. God won't ask about your highest salary. He'll ask if you compromised your integrity to get it.
5. God won't ask what your job title was. He'll ask if you performed your job to the best of your ability.
6. God won't ask how many friends you had. He'll ask to how many people you were a friend.
7. God won't ask in what neighbourhood you lived. He'll ask how you treated your neighbours.
8. God won't ask how much income tax you had to pay. He'll ask whether you reported your income honestly.
9. God won't ask how many public lectures you gave or sermons you preached. He'll ask whether what you said was true.
10. God won't ask how much money you had in your bank accounts. He'll ask whether you generously supported His servants and His ministries. *Adapted*

## Helpful Hints

Some time ago *The Washington Post* carried a report about a common problem, mildew. Here is a summary of the main points. JHR

Mildew is a mold, often grey or blackish in color. In order to live, mildew requires moisture and warmth. Lack of sunlight and lack of ventilation help it to grow. Given these facts, it tends to do well in basements, bathrooms, some closets, and areas in the kitchen that provide conditions for it to thrive.

Mildew can spread quickly. It also has the ability to work its way into the surfaces on which it is growing. While it cannot penetrate certain types of hard surface such as steel, it eventually penetrates most surfaces such as paper, caulking, wood and some painted surfaces. In places where wall-mildew is a problem, it is highly advised to paint the surface with a paint containing a fungicide.

It is not enough simply to wipe mildew away. Many spores will likely remain hidden somewhere. It is best to use denatured alcohol. A solution of one cup of chlorine bleach mixed in a gallon of hot water is also generally effective in removing mildew. If the mildew is to be removed from an outside surface, then the mixture should be one quart of bleach to a gallon of hot water.

Nobody wants to live in a musty, mildew-smelling room. If mildew has taken hold in a rug or carpet, first vacuum up any visible mildew. Be sure to dispose of the bag. Then mix denatured alcohol half-and-half with water. Dip a sponge or cloth in it and squeeze out a considerable amount of the liquid over the mildew area. It is highly advised to test such treatment first on a small area where some discoloration would not be a problem. Test only a very small area. If the problem is serious, it is highly advised to consult a professional rug cleaner.

In areas where the general humidity is high, mildew growth can be hindered by the use of a dehumidifier, either as a separate unit, or several units, or a unit attached to the furnace.

Some advisors have suggested the use of calcium chloride. Other than perhaps in a basement or some outside walls, use of this chemical is to be avoided. It is highly caustic and can destroy many surfaces including wood.

I would rather be a "Superdad" than a "Superstar". *Art Linkletter*

### Bathroom Scales

Two youngsters were closely examining bathroom scales on display at the department store.

"Have you ever seen one of these before?" one asked.

"Yeah, my mom and dad have one," the other replied.

"What's it for?" asked the first boy.

"I don't know," the second boy answered. "I think you stand on it and it makes you mad."

"Who, being loved, can be poor?" *Oscar Wilde*



## Ed Fast

### Member of Parliament, Abbotsford *Problems in the House of Commons*

The events that took place in Parliament this last month are in many ways unprecedented. Just this past week, the Prime Minister's anger got the better of him as he lost his temper in the House of Commons and physically confronted two opposition MPs. The Speaker of the House took the extraordinary step of censuring the PM and referred the matter to a parliamentary committee for review. To his credit, Justin Trudeau eventually issued an unreserved apology for his actions. It goes without saying that MPs need to maintain a respectful tone when dealing with difficult issues.

What has created such a tense atmosphere in Parliament is the Prime Minister's decision to unilaterally shut down debate on one of the most sensitive and divisive debates we have ever had, namely the issue of assisted suicide. On matters of conscience where beliefs are so deeply held, it is imperative that all MPs who wish to speak to the issue have their say. Sadly, the Prime Minister does not share that view. To make matters worse, the Liberal government put forward a motion that would have removed almost all of the rights of opposition MPs to hold the government to account for its actions. Faced with outright revolt in the House of Commons, the government was finally forced to withdraw its motion. However, the Prime Minister's increasing authoritarianism is of great concern to many of us.

But perhaps the most ominous message coming from the Liberal government is its decision to change Canada's electoral system without giving Canadians a vote in a referendum. How we elect our representatives is the most fundamental element of our democracy. Decisions such as these require the consent of the people. Justin Trudeau disagrees. He has said that the decision will be made by a Liberal-dominated committee and by his cabinet, rather than by the people of Canada. He has also stated that his preferred system is one that would, conceivably, guarantee his party remains in power for many years to come. It is clear that he does not trust Canadians to make the right decision.

Yes, these are difficult days in Parliament, but I encourage our community to make its voice heard. Public pressure makes a difference. Please feel free to communicate with me should you wish to voice your views on any of these or other concerns you may have.

*ed@edfast.ca or tel. 604-557-7888*

### 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  
Email: [mike.dejong.mla@leg.bc.ca](mailto:mike.dejong.mla@leg.bc.ca)

**Simon Gibson** - MLA Abbotsford-Mission  
Constituency Office: 33058 First Ave.,  
Mission, BC V2V 1G3 Ph. 604-820-6203  
Email: [simon.gibson.mla@leg.bc.ca](mailto:simon.gibson.mla@leg.bc.ca)

**Darryl Plecas** - MLA Abbotsford South  
Constituency Office: 33553 Marshall Road,  
Abbotsford, BC V2S 1K8 Ph. 604-744-0700  
Email: [darryl.plecas.mla@leg.bc.ca](mailto:darryl.plecas.mla@leg.bc.ca)



## The Honourable Darryl Plecas

### MLA Abbotsford South *Abbotsford seniors benefit in an age-friendly community*

Across British Columbia, communities are trying to prepare for an aging population – and Abbotsford is no exception. It is anticipated that by 2036 almost one in five Abbotsford residents will be over the age of 65.

Our government is committed to ensuring that every community in British Columbia has the necessary resources to meet the challenges of an aging population. Our vision is of a province where people of all ages are supported to live active, healthy and independent lives.

To achieve this vision, our government is working with local governments and other partners to create age-friendly, barrier-free, communities across British Columbia.

These age-friendly communities have a number of features, including:

- Clean, secure and physically accessible outdoor spaces and public buildings
- Accessible and affordable public transportation
- Affordable and secure housing
- Opportunities to participate in leisure, social, cultural and spiritual activities
- Employment and volunteerism opportunities that cater to older adults' interests and abilities
- Community support and health care services that are tailored to the needs of older adults
- Easy to understand and readily available information about activities and services
- A respectful and inclusive environment

Government recognizes that everyone benefits in an age-friendly community. Our seniors live more active, healthy, and independent lives; local businesses receive increased support due to the spending power of older customers; people of all ages enjoy barrier-free buildings and streets, better access to facilities, and more green spaces; and our volunteer organizations benefit from the increased participation of older adults in the community.

Abbotsford has been working to create a more age-friendly community. In December, 2014 the provincial government announced that Abbotsford would receive an \$18,000 age-friendly community planning and project grant to support seniors' independence and health. This money was used to improve the safety and accessibility of some popular parks and trails in the Clearbrook Centre neighborhood.

As Parliamentary Secretary for Seniors I look forward to continuing a dialogue with seniors in our community about their varying needs, which must be recognized, protected and represented. I welcome you to share your perspective and concerns, so that together we can make Abbotsford a more age-friendly community.

"He who falls in love with himself is not apt to have much competition."

## Beware of Scams!

### SOCIAL SECURITY REFUND

I keep getting these calls from different people claiming to be from the Social Security Office. They say I'm eligible for a refund of \$500 a month for the next six months. They said the US Government has reviewed my file and since I've always paid my taxes on time and that I have no criminal record that I'm eligible. Then they ask for my bank account information so they can get me my first \$500 right away. If I tell them no and ask them questions about what this is all about they just tell me the same thing. That they are from the Social Security Office and keep asking for my bank account information. I haven't given them any information and I won't. I'm not sure what the catch is with this scam but I don't like it one bit. I think they've been giving me fake names too because every person that has called has had a very thick foreign accent and they don't speak English very well at all. But they keep giving me common names. They always get real nervous when I ask for their names too. So please if you get a call like this don't give them any information!

Jessica, VA



### 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

## Letters to the Editor

### *The Journal:*

I love Pastor Ron Berg's story about "God and Mothers Fix Up Messes", telling us that his wife Ruth is the master of leftovers. Isn't he lucky.

The purpose in telling that Ruth was serving the leftovers with some new ingredients more than twice, is to compare her ability to God's doing. He is even more able and willing at turning human messes into "something glorious." I appreciate this comparison because it is true and is taught in the Bible.

However, I think the story of serving leftovers has its value on its own. To some extent we have become a throw away society in our part of the world. I know there are some legal rules that govern the use of leftovers. However, there is plenty of room yet to use and to re-use God's good creation. By using wisely our leftovers (our overflow), we should be more able to help those who are in need. Paul writes, "Your plenty at this present time will supply their need, so that in turn their plenty will supply what you need". (2 Cor 8:14, NIV).

**John N. Klassen**  
Abbotsford, BC

Letters should be sent to: [jredkops@shaw.ca](mailto:jredkops@shaw.ca)  
Published letters may be edited for length and clarity.

### Can't Get Started

I spent a fortune on a trampoline,  
A stationary bike, and a rowing machine  
Complete with gadgets to read my pulse,  
And gadgets to prove my progress results,  
And others to show the miles I've charted -  
But they left off the gadget to get me started!

## Did you know?

### 1. An award for a TWU grad.

Some months ago there was a major story in the *Vancouver Sun* describing how, because of her religion, a former TWU student was refused a job. The potential employer cited her Christian views and the TWU affirmation of traditional marriage. Last March 3, in a short statement on page A3, the *Sun* reported on the outcome of an appeal. The British Columbia Human Rights Tribunal awarded Bethany Paquette \$8,500 "after finding that a Norwegian company [operating in BC] refused to hire her because of her religion".

### 2. An apology and future legal action.

From time to time I hear that church officials, political and government authorities, school officials and others say that they cannot apologize or admit that they did wrong because such an apology or admission could then be used against them in a legal suit. That used to be the case but in 2006, the government of British Columbia became the first Canadian government to change the law. With the passage of its Apology Act all is changed. This law allows for "individuals or companies to

express regret or remorse without worrying that the apology could be used against them in legal or quasi-legal proceedings." (*Vancouver Sun*, April 2, 2014) There is no longer any reason to avoid doing what is right because of fear that then you may face a lawsuit.

### 3. Meals for refugees.

It is appropriate that when Syrian refugees arrive in Canada, they should be treated fairly, even generously. They have had hard experiences. The question arises, however, whether Canadian taxpayers should provide for meal costs which may be more generous than many taxpayers can spend on themselves. The *Vancouver Sun* reported last December 13 that the following funds were being provided for meals for refugees coming to BC and not yet having their own home. Readers may want to decide for themselves whether the sums are right, too low, or too high. "\$15 per person for breakfast, \$16 for lunch and \$30 for dinner." This comes to \$122 for meals for a couple for a day and \$366 per day for a family with four children if all are above age 12 or so.

JHR



## Henry Braun Mayor of Abbotsford

### *Father's Day: Someone to look up to*

I've heard a saying, "A father is someone you can look up to, no matter how tall you grow."

I looked up to my father. And today, when I think of him, I remember the many things he tried to teach me – all of life's lessons he wanted to share:

Invest your time and energy into something you actually like. That way it doesn't feel like work. Life is too short to be doing something that you dislike.

Accumulating wealth is very simple: spend less than you make. Over a lifetime you will be amazed at what you have at the end of your life.

Whatever you do, do it well, with excellence.

Even though I took these lessons to heart, probably even more important was the fact that I always knew they came from a man who cared about me and believed in me.

As I think about Father's Day, I realize that not all of us grow up with a father we can look up to, and not all of us have children or grandchildren that we can share life's lessons with. But we always do have an opportunity to share what we have learned in life with another person. And there's always an opportunity to show someone that you believe in them. That can make all the difference in another person's life.

Happy Father's Day!

A bald head: At least it's neat. God only made so many perfect heads, the rest he covered with hair.

# avenue

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2825 Clearbrook Road, Abbotsford, BC www.gardenparktower.ca

### Resisting God For Fifty Years

Tony Campolo tells of an elderly missionary who was discussing prayer at a women's conference. The missionary was explaining to the small group of women around her that when she first arrived on the mission field, she felt very alone. All the other missionaries were married and had children - she had no one. She begged God to select a husband for her. The missionary told how she prayed and prayed and prayed; she was sure that one day God would answer her prayers.

One of the women in the group cried out, "But you've never married! You're still single!" to which the elderly missionary replied, "You're right. But somewhere out there, is a seventy-four-year-old man who has been resisting God's will for more than fifty years."



### Rose Room Coffee Shop

Open Monday thru Friday

8:30 AM - 4:00 PM

Open on Saturday

8:30 AM - 11:00 AM

**Keep that brain working;  
try to figure out this one.**

See if you can figure out what these seven words all have in common?

**Hint:** It is not that all of them have at least one set of double letters.

1. banana
2. dresser
3. grammar
4. potato
5. revive
6. uneven
7. assess

Answer on page 15.

## 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	OFFICE FOR LEASE	
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

## Food Safety

You will be happy to know that all 5 of the kitchen staff who cook your food have been credited with new FOODSAFE Certificates. BC FOODSAFE revised the material along with the health authorities and food safety experts from BC and across Canada.

The FOODSAFE curriculum covers topics on handling food from when it is delivered to storing practices to cooking methods to cooling routines. We also learned what can happen if food safety plans are not followed and the seriousness of food-borne illness especially to the elderly. We take our jobs seriously and we would not compromise our customer's safety. I am happy to inform you that it was more of a confirmation of what we already do right. Garden Park Tower has regular routine Health Inspections by Fraser Health with minimal adjustments needed to improve our quality of service. Certificates are being issued to: Kathy Klassen, Jane Barg, Wendy McEachern, Susanna Dyck and Marian Toews *Kathy Klassen, Food Service Manager*

Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When you are in retirement, that is all you can afford!



**Garden Park Tower**

## Clearbrook Golden Age Society

2825 CLEARBROOK ROAD, ABBOTSFORD, BC

Invites You to

### Canada Day Lunch

at

Garden Park Tower

Thursday, June 30, 2016

11:30 a.m. (Doors open at 11:10)

The program will feature:

**Speaker: Darryl Plecas,**

MLA Abbotsford South

Canada Day, 2016

**Music: Bernie and Millie Loewen**

Old country, Folk, and Old Gospel Music.  
You will enjoy their upbeat singing in harmony accompanied by keyboard and guitar.  
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**Steak'n Baked Potato, Asparagus, Carrots**

**Strawberry Pecan Salad**

**Canada Day Cake**

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

# JUNE 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
June is Dishwasher Appreciation Month! I want to thank all the dishwashers who faithfully volunteer to wash dishes at Garden Park Tower. If you love cleaning things and have time on your hands, let us know. We need someone on Thursdays from 10-2 and on Special Event Fridays. Call Kathy Klassen 604-860-4552			1 Chicken Borscht Minestrone Soup Pulled Pork Sand. Rhubarb Meringue Dessert	2	3 Roast Beef with Yorkshire Pudding, Mashed Potatoes and Gravy, Peas and Carrots, Tossed Salad Cherry Cheesecake	4
			Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups, Sandwiches Chocolate-Date Nut Loaf	Breakfast Baked Goods Chili, Soups, Sandwiches, Lunch Special	Break- fast  Baked Goods
5	6	7 Green Bean Soup Coconut Curry Chicken Soup Rollkuchen and Watermelon	8 Summer Borscht Turkey Noodle Soup Quiche Lorraine Cranberry Platz	9	10 BBQ Chicken Legs, Roast Potatoes, Steamed Vegetables, Asian Coleslaw Mango Jello Dessert	11
	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 Choc Zucchini Loaf	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast  Baked Goods
12	13	14 Chicken Noodle Soup Split Pea Soup Egg Salad Sandwich Apple Cake	15 Beet Borscht Butternut Squash Soup Empanadas Blueberry Platz	16	17 Cabbage Rolls, Mashed Potatoes with Gravy, Corn, Cucumber, Tomato and Dill, Chocolate Pudding	18
	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 Fresh Buns Chili, Soups Sandwiches Coffee Cake Loaf	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast  Baked Goods
19 Father's Day	20	21 Hamburger Soup White Bean Soup Chicken Salad Sand. Lemon Meringue Pie	22 FarmerSausage Soup Sweet Potato Chili Clubhouse Sand. Cherry Platz	23	24 Perogies with Fried Onions and White Sauce, Farmer Sausage and Sauer- kraut, Green Beans, Pickled Beets, Tapioca Pudding	25
	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 Banana Bread	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast  Baked Goods
26	27	28 Chicken Noodle Soup Chili Tuna Salad Sand. Bienenstich	29 Beef Borscht Seafood Chowder Hot Dog Plum Platz	30 <b>Special Ticket</b> <b>CANADA DAY</b> Steak'n Baked Potato Asparagus, Carrots Strawberry Pecan Salad Canada Day Cake	The kitchen will be closed for 2 weeks this summer from July 25—August 8. Check the menu in June and July to stock up on your favorite soups and meals. The Rose Room Coffee Shop WILL be open as usual during this time but the Magnolia Dining Room WILL NOT be open.	
	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 No Lunch Special		

## South Ramp to Underground Parking Completed.

Garden Park residents and guests now have a south-side two-way access to the underground parkade. The recently completed project provides additional ease of parking. While Walter Wolff was the general contractor, most of the work was done by volunteers. We drivers are indebted to Reinhard Epp, the project supervisor and main volunteer, and his fellow workers Peter Giesbrecht, Bill Esau and George Penner.



Walter Wolff



Reinhard Epp, George Penner, Bill Esau



Reinhard Epp, Peter Giesbrecht, Bill Esau



**Using The Cemetery**

A large family, with seven children, moved to a new city. They were having a difficult time finding an apartment to live in. Many apartments were large enough, but the landlords objected to the large family. After several days of searching, the father asked the mother to take the four younger children to visit the cemetery, while he took the older three to find an apartment.

After they had looked most of the morning they found a place that was just right. Then the landlord asked the usual question, "How many children do you have?"

The father answered with a deep sigh, "Seven... but four are with their dear mother in the cemetery."

He got the apartment.

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### The Whole Nine Yards

American fighter planes in WW2 had machine guns that were fed by a belt of cartridges. The average plane held belts that were 27 feet (9 yards) long. If the pilot used up all his ammo he was said to have given it the whole nine yards.



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*"Don't let a hearse be the first vehicle to take you to a church."*

## Question of the Month

*The question for May is this: "Should Christian bakeries be required to bake cakes for same-sex weddings?" Please send your comments to [jredkops@shaw.ca](mailto:jredkops@shaw.ca) or phone 604-855-5086.*

In the May issue of *The Journal* we asked, "Why is Donald Trump so popular despite his rude and offensive rhetoric?" Here are some reasons why this rude person, one who says "I've never asked God for forgiveness", one who supposedly could not cite a favourite Bible verse, and one who constantly belittles others, remains the first choice of most conservatives, including evangelical believers.

\* For generations Americans have been taught that the US is "exceptional", meaning that it is better than other nations. Now that the evidence no longer supports the "doctrine of exceptionalism", they look for someone who can explain what went wrong and try to re-establish "exceptionalism"?

\* Since the Second World War the US, which was thought by most Americans to be "the winning country", has not won a war. Some president must change this!

\* The fear of militant Islam, both within the US and abroad, has triggered anxiety. Trump promises success against Muslim terrorists; a group President Obama is not even willing to name!

\* The governmental stalemate in Washington, even to the point of shutting down government, has angered people.

\* "Folks, the U.S. economy is in freefall. It's on the verge of total collapse. The middle class has been gutted like a

fish...We are being told unemployment is low at the same time food stamp use is near record highs....decent high-paying jobs have left the country." (Wayne Allyn Root)

\* Anti-Hillary Clinton feelings run high. "We must win with Trump now as he is the best we have to beat Hillary."

\* "Health insurance costs are wiping out the budgets of every middle class and working class household in America."

\* "Yes, he's an egomaniac, but you don't care. The country is a mess because politicians are playing games and we are sick and tired of Tweedledee and Tweedledeedum."

\* "Donald Trump basically gave voice to the idea that Washington is broken and needs to be fixed....People right away resonate with that." (Bob Vander Plaats)

\* Trump is a billionaire and not beholden to the wealthy elites. "He doesn't have lobbyist money holding him."

\* "Trump's disregard for political correctness is also alluring for many evangelicals." They like him because he "is taking on that same politically correct mindset and not backing down." "They find common cause in this guy even though he comes from a completely different world." (Tony Perkins)

\* Trump promises to be pro-Christian and to protect religious rights.

\* "We are becoming a nation of victims where every Tom, Ricardo and Hamid is a special group with special rights... AND WE JUST WANT IT FIXED" (An article by a Concerned Senior)

## A Good Listener



Lilli Kehler

God brings a wide variety of people into our lives; there is one family that is probably well-known to all of us – a family that we usually take great pains to avoid. They are Mr. and Mrs. Non-Stop Talker and their twins: Yack and Yackie. Whether we invite them into our homes, meet them at church, or run into them at the local Mall – they talk us into a state of mental exhaustion. In a short time (which seems like a very long time), we are told everything that's going on in their lives in minute detail: health issues, problems at work, even skeletons in the family closet. The twins, Yack and Yackie, frequently chime in with references to their scholastic achievements and their busy social life. We join in the "conversation" by smiling and nodding from time to time; then furtively glance around to see if we can detect some reasonable avenue of escape. Unfortunately, the Talker family has never learned the art of a proper, two-way conversation – and wonders why people tend to steer a wide berth around them.

The Talker family is a prime example of who many of us are in our relationship with God. He is a wonderfully sympathetic listener, and we take full advantage. We bombard Him with our opinions, make endless petitions, and seek approval for decisions we already made – all in the name

of prayer. When a crisis occurs, we berate Him, or turn our backs on Him in frigid silence.

God wants to have a deep, intimate relationship with each one of us, but that is only possible if the lines of communication are open – both ways! There is no doubt that God listens carefully and patiently to everything we have to say, but He also wants us to listen to Him. He speaks clearly and powerfully through His Word; through the beauty of His creation; and through the still, small Voice of the Holy Spirit within our hearts. Are we so busy talking that we don't hear a thing He says? What He has to say to us can make the difference between a life of defeat, and a life of victory. In talking (praying), we pour out our hearts; in listening, we receive "the peace that passes all understanding."

Point to Ponder: If God is the source of all wisdom, why are we always telling Him what to do?

*Lilli studied at North American Baptist College in Edmonton and later at Trinity Western University. A life-long learner, Lilli took courses at TWU and the University of the Fraser Valley to earn the ESL diploma. Lilli taught ESL for six summers at Lithuania Christian College. Now retired in Abbotsford, Lilli and Erv still lead a very active life which includes participation in Bond of Love, a musical group. They attend Abbotsford Baptist Church.*

# Recipes

## Star Buns

1 and 1/2 cups warm water  
 1/4 cup sugar  
 1 tsp. yeast  
 Set this aside for 10 minutes  
 Warm 1 cup of whipped cream and mix with yeast.  
 Add 1 tbsp. salt and 5 and 1/2 to 6 cups of flour.

- Mix and set aside for 1 hour or until double.
  - Punch dough and divide into 2 pieces.
  - Roll out thin and cut into 12 pieces.
  - With scissors cut 1/2 inch into 4 corners.
  - Put a small amount of cherry pie filling in centre of the square.
  - Pinch every other corner to make a star.
- Let rise until double and bake at 375°F until golden.



JHR

Ice with butter icing when cool.

Gerry Epp

## Old-Fashioned Oatmeal Cookies

- 1 cup butter or margarine
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 1 1/2 cups flour
- 1 1/2 cups oatmeal
- 1/4 cup wheat germ
- 3/4 cup fine coconut
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 cups raisins (or chocolate chips)
- 1 teaspoon vanilla



JHR

Method: Cream butter, sugar, and egg. Add vanilla. Add flour, oats, wheat germ, coconut, baking powder and baking soda. Mix well. Stir in raisins. Drop by teaspoon onto slightly greased pan. Flatten slightly with floured fork.

Bake at 350° F until golden brown, about 12 minutes.

Luella Unger

A British newspaperman asked the redoubtable G.K. Chesterton what was wrong with the world. Rather than waxing eloquent on poverty, greed, or unjust social structures, the great author got right to the point: "I am," he said.

### The First Anniversary

When the officer pulled me over for speeding, I explained that I was rushing home to be with my wife on our first anniversary. But rather than letting me off, he wrote out the ticket, handed it to me and said, "Congratulations! The first anniversary is called the 'Paper Anniversary', right?"



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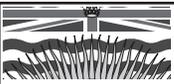
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 Abbotsford, BC V2T1T8      Monday- Friday: 8:30 am-5:00 pm  
 Phone (604) 854-1633      Saturday: 9:30 am-4:30 pm  
 Fax (604) 852-3629      Sunday: Closed



### Picture of the Month



Ron Quintal from the Fort McKay volunteer fire department was surprised to be getting a call to help in Fort McMurray, and the damage left the veteran firefighter taken aback. (Courtesy Mel Grandjambe)



# 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

"Should you find yourself the victim of other people's bitterness, ignorance, bad manners or insults; remember, things could be worse. You could be one of them!"

### **Best Quote of Any Era**

"The Budget should be balanced,  
the Treasury should be refilled,  
public debt should be reduced,  
the arrogance of officialdom should be  
tempered and controlled,  
and the assistance to foreign lands should be  
curtailed, lest Rome will become bankrupt.  
People must again learn to work  
instead of living on public assistance."

*Cicero, 55 BC*

"Should you notice some new gray hairs in the mirror, think of the cancer patient in chemo who wishes she had hair to examine."

## 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**

Answer from page 9:  
In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

Puzzle answers: 1.AARON; 2.ABEDNEG; 3.ABEL; 4.ABRAHAM;  
5.ADAM; 6.AHAB; 7.ASAPH; 8.BILDAD; 9.BOAZ; 10.CAIN;  
11.CALEB; 12.DAN; 13.DAVID; 14.ELI; 15.ESAU; 16.GAD; 17.GIDEON;  
18.HAM; 19.HOPHNI; 20.ISHMAEL; 21.JACOB; 22.JOSEPH; 23.LABAN;  
24.LEVI; 25.LOT; 26.METHUSALA; 27.MOAB; 28.MORDECAI;  
29.MOSES; 30.NAPHTHALI; 31.NEBUCHADNEZZAR; 32.NOAH;  
33.NUN; 34.OBED; 35.PHARAOH; 36.PHINEAS; 37.POTIPHAR;  
38.REUBEN; 39.SAUL; 40.SIMON; 41.XERXES; 42.ZEBEDEE

## How to Care for Aging Elders

Lorraine Dick



Lorraine Dick

He was admitted to hospital with acute pain. Questions were asked, tests done, medications tried. What would the outcome be? After the diagnosis was confirmed, major care needs for the future emerged. Homecoming from the hospital was imminent but still the issue of caregiving was unresolved.

Such situations force us to focus on caregiving for aging family and friends. The general situation is that when a major medical event happens, there will be some loss of ability. A challenging “new normal” must be faced.

How do we begin the conversation with our elder loved ones about the kind of care that will be required?

### 1. We listen.

As caregivers of those who are aging, we need to use our ears, along with our hearts and minds, to listen to what they are saying. Listening to them gives them the dignity of being honoured as people. They will know their “wants” but they will not always know their needs. Listening to them will help us hear their desires. Listening is not only hearing their desires; careful listening will also help us formulate the kinds of questions that can be asked to help them recognize their needs.

### 2. We ask the right questions.

In the process of listening we think about the questions that can be asked to direct their thinking towards what will likely be the new reality for their lives. We ask questions about the next important decisions that need to be made. We ask them about what their accomplishments will look like in the next years. We use questions such as, “Do you know that when you will stop driving you will need to leave your home?” Questions are a good way to get a conversation going. And these questions may need to be asked several times and in several ways.

### 3. We come alongside.

Being with our elder loved ones is the best gift we can give. Understanding that they think they are capable of more than their bodies actually can do, we can help in gently directing them to view life in a new way.

Sometimes all the listening and asking the right questions will still leave our aging elder friends unable to view the new reality of their life. Forcing them to change their minds hurts a relationship and will only get their backs up. Therefore we help them see the options. We pray that God will direct their thinking to the better of the options.

### 4. We think about what we as caregivers will be giving.

Giving care to a frail, aging person will take energy, work, time and sacrifice. There will be organizing of a care schedule, of appointments and tending to what needs to be done in the household. There must be an assessment of the living space so that safety hazards are taken care of. Caregivers look for places where bars are needed for assistance. Wise caregivers get as much help as possible to make their workload manageable.

Giving care to the elderly is hard but very rewarding work. Take the time to work together with your loved one to identify what needs to be done. Most importantly, pray for insight and wisdom. You will need both to provide and to get the right kinds of help for your situation.

Above all, we need to honour our elders. “Stand up in the presence of the elderly and show respect for the aged. Fear your God. I am the Lord.” Leviticus 19:32

*Lorraine Dick is the Associate Chaplain at Tabor Home and the Care Assistant at Clearbrook Mennonite Brethren Church.*

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## Year-End Testing

An Elementary School Teacher had twenty-six pupils in her class. She presented each child in her classroom the first half of a well-known proverb and asked the children to come up with the remainder of the proverb. Thus 26 pupils each completed one proverb. It’s hard to believe these completions were actually done by pupils in grade 1. Their insight may surprise you. While reading, keep in mind that these are first-graders, 6-year-olds, because the last one is a classic!

1. *Don't change horses...* until they stop running.
2. *Strike while the ...* bug is close.
3. *It's always darkest before ...* Daylight Saving Time.
4. *Never underestimate the power of ...* termites.
5. *You can lead a horse to water but ...* how?
6. *Don't bite the hand that ...* looks dirty.
7. *No news is ...* impossible.
8. *A miss is as good as a ...* Mr.
9. *You can't teach an old dog new ...* math.
10. *If you lie down with dogs, you'll ...* stink in the morning.
11. *Love all, trust ...* me.
12. *The pen is mightier than the ...* pigs.
13. *An idle mind is ...* the best way to relax.
14. *Where there's smoke there's ...* pollution.
15. *Happy the bride who ...* gets all the presents.
16. *A penny saved is ...* not much.
17. *Two's company, three's ...* the Musketeers.
18. *Don't put off till tomorrow what ...* you put on to go to bed.
19. *Laugh and the whole world laughs with you, cry and ...* you have to blow your nose.
20. *There are none so blind as ...* Stevie Wonder.
21. *Children should be seen and not ...* spanked or grounded.
22. *If at first you don't succeed ...* get new batteries.
23. *You get out of something only what you ...* see in the picture on the box.
24. *When the blind lead the blind ...* get out of the way.
25. *A bird in the hand ...* is going to poop on you.
26. *Better late than ...* pregnant.

## 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.

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

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

"Many girls marry men just like their fathers, which may explain why many mothers cry at weddings."

#### **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

#### **Abbotsford Table Tennis Club**

Meets Tuesday and Thursday, 7:00 to 10:00 PM. Fitness Centre, Matsqui Complex Prison, King Road, Abbotsford. First evening is free; then \$2 per evening. [www.abbotsfordtabletennis.com](http://www.abbotsfordtabletennis.com)  
Andy Anderson 604-309-3256

#### **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

#### **Euchre Card Club**

Meets Monday 7:00 to 10:00 PM. Upstairs, Parks and Recreation Centre, McMillan and Old Yale, Abbotsford \$10 per evening. Don Butler 604-746-6930

#### **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)*

### **An Ideal Marriage**

Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked.

*Kimberley Broyles*

# Memories & Happenings

## God Gave Me Laughter

Carrie Wachsmann



Carrie Wachsmann

Laughter is a precious thing. Although the scripture verse “A merry heart doeth good like a medicine” is a verse I have been familiar with for many years, I haven’t always actually taken it to heart – the exception perhaps on the days that I don’t feel so well. Now I am beginning to realize how “preventative” this merry heart can be.

Laughter often comes with a good sense of humor. I always wished for a good sense of humor. At times I’ve even felt envy towards someone with a quick wit, great one liners, and smart, funny comebacks.

Over the years, I’ve learned a good sense of humor is something we can cultivate. Yes, some come by it naturally but for those of us who need to practice humor, take heart. A good sense of humor stems from a happy heart, a heart that sees the good in things, a heart that is not easily offended.

Offense is probably the most likely thing that will keep me from seeing the “funny side” of things. Now “taking offense easily” seems to me that I’m mostly thinking about me. Ahh - another key to happiness. Less of me.

Cultivating a good sense of humor will take some work. I find some days it comes easy, and I even surprise myself with a little bit of spontaneous wit. But most of the time I have to stop and ask myself, “What possible humor is there in this situation?”

I want to laugh more, to live in the moment and love it. Not because it’s necessarily an extraordinarily wonderful moment, but because it’s mine and I’m living it and there is so much more to get out of that moment than I often initially realize.

Passing the 50 year mark had something to do with making the most of my moments and days. Turning 50 wasn’t particularly hilarious, but my husband made sure that it was fun and adventurous. We booked a weekend in a B and B on Bowen Island. Our adventure began late Friday afternoon, expecting to arrive at our destination a couple of hours later.

Alas the fun began by taking the wrong ferry - the one to Vancouver Island instead of Bowen Island. We laughed and laughed some more and we even got to laugh with an old friend that we just happened to meet on the way to Vancouver Island.

The Vancouver ferry had just left the dock and we were sitting and chatting with our friend when Win looked out the window and said, “That looks like the ferry to Bowen Island”, and our friend answered, “Yes, it is.” Win asked, “Where are you headed?” “Vancouver Island,” came the reply.

That was when we realized we were on the wrong ferry!

Once we notified the Chief Steward of our plight, we were treated to a complimentary meal. When we arrived at the terminal, our car was the first onto the return ferry, giving us just enough time to make the last ferry to Bowen Island that night. A five-hour detour.

Turning 50 and learning to laugh more, is for me synonymous. It’s almost like I turned that dreaded page and ... I can really start to enjoy life.

To quote Barbara Johnson, (Christian author), “After a lifetime of straining to be ‘the perfect perky ideal,’ finally your breasts can relax.” Ah yes, for us women, that says it all doesn’t it? I just wish I had thought of that one.

Be assured, I am coming up with my own precious laughter moments and am intending to share them with whoever will listen.

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.



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office@gardenparktower.ca      www.gardenparktower.ca

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## Dollars & Sense What Are You Planting This Spring?

Harold Penner



Harold Penner

May – it's the time of year when many of us who have or aspire to have a green thumb turn our minds to gardening. Some may have already been nursing self-propagated seedlings for weeks, waiting for the right time to transplant them outside. Others make the trip to the local garden centre for flower or vegetable seedlings.

What are you growing in your garden this summer? My wife makes sure there is a selection of flowers to add colour and aroma to both the front and back yards. I like a selection of annual vegetable plants including peas, beans, cucumbers, carrots, squash and beets along with some tomato seedlings.

But that covers only half the plants we maintain on the fringes of our one-tenth acre of city property.

We have, over the years, planted a number of perennials and bushes as well, from strawberries to raspberries, to Nankings to Saskatoons. The pleasure of harvesting fruit without having to plant new each year is always a joy.

Like our spring garden planting, we also have the opportunity to plant our charitable gardens, gardens that benefit others. Like my wife who enjoys the beauty of flowers, some enjoy supporting the arts and cultural organizations in their community that bring the beauty of art or music to others.

Some may contribute their charitable dollars or garden harvests to the local food bank. Others regularly donate blood. Others volunteer at their local thrift store, knowing the proceeds from the store help with relief work around the world. Such donors tend to be practically minded. They know there are many little things they can do to help the immediate needs of the underprivileged in their communities or around the world.

Then there are those who support charities that seek to build a better world over the long-term, like those who plant fruit trees or vineyards or that provide children with basic

needs and education resources to allow them future opportunities they would not have otherwise.

Our generosity gardens may also include mission organizations that impact individuals and communities with a holistic message of spiritual, physical and social freedom.

What type of gardener are you? Do the charities you support reflect the type of garden you plant?

When meeting with individuals in my role with Mennonite Foundation of Canada, I enjoy sharing stories about gardening. It is even more exciting to hear the passion people have for supporting a variety of local to international charities. I would love to hear your stories about the charitable seeds you are planting today and the benefits you are hoping to see develop because of your investment.

You may rely on your local garden centre to assist you with your spring gardening supplies and questions as you envision your summer gardening plans. In the same way, Mennonite Foundation of Canada is available as a resource centre for your charitable gardening, from annual gifting to long-term charitable fund management. Give us a call. We would love to help as you dream your charitable gardening ideas.

“Remember this, whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. As it is written: ‘They have freely scattered their gifts to the poor; their righteousness endures forever.’” 2 Corinthians 9:6-9.

*Harold Penner is a stewardship consultant at Mennonite Foundation of Canada serving generous people in Manitoba and Saskatchewan. For more information on impulsive generosity, stewardship education, and estate and charitable gift planning, contact your nearest MFC office or visit [MennoFoundation.ca](http://MennoFoundation.ca).*

### Calm Yourself, Ronnie

Did you hear about the man who was in the supermarket with his two-year-old son? The little boy kept pulling from the shelves everything he could get his hands on. The father would replace the item and say, “Calm yourself, Ronnie.” The boy would run off and hit the other customers, and the father would say, “Calm yourself, Ronnie.” When they were going through the checkout line, the little boy toppled a whole candy display and the father said, “Calm yourself, Ronnie.”

Finally, one of the customers, having taken as much as she could stand, said to the father, “Sir, your little boy is a brat. He needs a good swift kick in the pants, and all you can say is ‘Calm yourself, Ronnie.’”

“Madam”, The father answered, “you don't understand. My boy's name is Mike. I'm Ronnie.”

“The easiest way to teach children the value of money is to borrow some from them.”

### A Letter to Ann Landers

Dear Ann Landers:

Sum won tolled me wee wood knot knead two learn how two spell because computers wood dew it four us. Dew ewe agree?

Ann Lander's response:

Ewe are write. Thank ewe four a good clothes look at what “progress” has dun fore education.

“It is vital that we master our emotions before they master us.” Selwyn Hughes

## A Senior's Concern

### *Which bathroom should we use?*



Len Remple

It would have been a ludicrous question to ask, until recently. The word “embarrassing” might be more appropriate. But now, the legislators of both Canada and the USA have deemed it necessary to educate, legislate and force new rules regarding this matter.

Media coverage of the “Bathroom Brouha-ha” is extensive. Several articles by Jim Eros, President of Hamilton-Wentworth Family Action Council (HWFAC) describes the success of the Lesbian, Gay, Bi-sexual and Transgender (LGBT) community activists. These activists have lobbied successfully for legislation that would permit the use of public washrooms, change rooms and showers by those who identify themselves by whichever gender they feel like on any given day.

The HWFAC is challenging this legislation as being in conflict with the Ontario Human Rights Code. They argue that not only is this an invasion of privacy, but there is a definite risk of rape and assaults. Of particular concern is the risk to vulnerable children from the LGBT community, particularly from pedophiles, rapists etc. who will have legal rights to be in washrooms that are opposite genders to what their birth certificates state.

The LGBT is demanding equal treatment, but the HWFAC maintains equality is absent in many other areas of law.

How can this be reconciled with the Canadian Charter of

Rights and Freedoms? This huge challenge is spreading all across Canada.

The May 6 issue of *Life-Site News* reports the following concern. “The battle over men accessing women’s washrooms and vice versa has little to do with washrooms or even transgenderism”, a well-known LBGT activist admitted last week. “It has everything to do with re-working society and getting rid of the female/male structure in which we live—eliminating distinctions between male and female altogether.”

Can we actually understand the rationale of a male walking into a shower, and taking a shower beside a female? Can this be legal?

This seems to be a very urgent matter on the mind of President Obama. On May 9, 2016 he ordered that a letter by the Department of Justice be sent to every school in the USA to enforce the foregoing practice. Included in the letter is the threat of Federal education funds being withheld if there is not immediate compliance with that edict. Not surprisingly, a number of states have sued the Obama administration regarding this over-reach, insisting that it is illegal. Now Prime Minister Trudeau is following President Obama’s lead.

Surely, if there is a problem, let the transgender people have their own bathroom. But let’s not let our political leaders abandon decency and morality!

*Len Remple*

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