

The Garden Park Journal

Volume 3, Number 2

Abbotsford, British Columbia

July 2016



I love my Country Canada

Helen Lescheid

As a WW Two refugee and later as a missionary, I've lived in many countries of the world.

Whenever I return to Canada and I see the Canadian Maple Leaf unfurled in the wind, I get choked up.

There is no better country in the world and I'm so thankful it's become my country.

I'll never forget that afternoon in August 1949 when my mother sent us four children back into our room in that Manitoba farm house. People were arriving with gift-wrapped parcels and she concluded the Tschettlers, our hosts, were about to have a party and she didn't



want us to be in the way.

A few moments later our sponsor, opened the door and invited us all to come into the living room.

"We've made a shower party for you," she announced. She put an arm around my hesitant mother and said, "Come, this is the way we welcome people into Canada."

As a 13-year old girl who'd already experienced some of the brutality of life in war-torn Europe, I marveled at such kindness. And I wondered what kind of a country this was where total strangers make a welcoming party for you.

Finding a job became my mother's immediate concern. Since B.C. farmers were asking for farmhands, we moved west. Soon my mother was working from the first thaw in spring until hard frost in fall planting, weeding and harvesting vegetables for 50 cents an hour. During the winter months she supplemented her income by cleaning *Continued on page 7*

The Final Journal A Special Editorial

Yes, you are reading a copy of the final issue of *The Garden Park Journal*. Although basic questions had been raised previously by both the publisher and the editor, the end came suddenly. On June 22, 2016, Anne Ratz, Chairperson of the Clearbrook Golden Age Society (CGAS) Board of Directors, Robert Braun, Interim Executive Director of CGAS, and John H. Redekop, editor of *The Garden Park Journal*, signed the following statement:

It is hereby agreed that with the publication of the July 1, 2016 issue of The Garden Park Journal with John H. Redekop as editor, the publication of this monthly periodical will cease. It is anticipated that a different publication, perhaps retaining the same name, may be launched in the future.

Continued on page 2

Journal Editor Wins National Writing Award

Mary Dueck



Mary Dueck

Canadian Christian writers eagerly await the annual *Word Guild* release honoring award winners. The winners and other finalists for 2015 were announced at the *Word Guild's* 2016 annual festive Gala, its 28th, in Toronto on June 24. It honoured the best submissions in 35 categories of writing.

John H. Redekop, well known across Canada and beyond as professor, speaker and author, was the winner in one category and a finalist in three other categories. Unfortunately John was not able to attend the black-tie Gala.

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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.)

Phone: 604-853-5532 Fax: 604-853-5502

E-mail: office@gardenparktower.ca Website: www.gardenparktower.ca

Clearbrook Golden Age Society
Regular Office Hours: 8:30 am - 4:00 pm
Closed - July 1, 2016 - Canada Day

Key concerns were funding and the absence of someone to develop the advertising portfolio. Although 1,800 hard copies were available without charge, the layout and printing costs, the only direct costs, were substantial. These costs were covered by the Society. For the five months, January 1 to May 31, 2016, the costs were \$11,494.50 and revenues from ads and donations \$2,836. I hereby extend my sincere thanks to Carl Durksen, who raised funds by building large numbers of popular bird houses, and to Reinhard Epp, who donated and solicited excellent items sold by silent auction. Both ventures helped fund *The Journal*.

It was hoped that advertising, the existing donations, and additional donations from readers placed in a donation box in the Rose Room Coffee Shop and perhaps elsewhere, would reduce the required subsidy but the donation box initiative came too late.

Producing 26 issues of *The Journal* has been for me both challenging and rewarding. Members of the Editorial Committee have all contributed much. Ingrid Krueger has been a very fine Design and Layout Editor; Jake and Kathy Hintz served faithfully in handling the Coming Events sections and assisting with distribution.

Mary Durksen was always ahead of my requirements for recipes and Food Service stories. Carl Durksen generated significant funds with his woodwork and assisted with distribution and advertising. He was always an enthusiastic promoter.

Staff writers Helen Lescheid and Sharon Simpson provided numerous excellent columns and articles. Len Remple's widely-read columns ruffled a few feathers which probably needed ruffling. Although Doris Redekop was not listed as a member of the Editorial Committee, she served with distinction as copy editor and in many other ways.

I am obviously indebted to our various columnists: Pastor Ron Berg; Mayors Bruce Banman and Henry Braun; Ed Fast MP; and MLAs Simon Gibson, Darryl Plecas, and Michael de Jong. All contributed many interesting and helpful columns.

The Journal was blessed with excellent feature writers. In addition to Helen Lescheid and Sharon Simpson we enjoyed reading Lilli Kehler, Carrie Wachsmann and the mostly Mennonite Foundation of Canada authors who wrote most of the the Dollars & Sense items. Various guest writers also provided much fine copy.

A special word of gratitude goes to Helen Secco at ASM Printing for consistently excellent printing.

I hereby express my heartfelt thanks to all of these helpful, talented and effective associates. You have served well.

I also sincerely thank the hundreds of readers, including many online readers, who expressed encouragement and thanks by email, phone calls, postal letters, personal conversation, and by notes left in *The Journal's* office box. Also, from the very first day in early April, 2014, when Carl Durksen and Menno Froese, then respectively chair and vice-chair of the CGAS, urged me to launch a monthly CGAS magazine, they have both been very strong support-

ers. Menno wrote numerous notes of thanks and encouragement; they were truly appreciated. Ron Willms, when serving here as Executive Director, was also always supportive.

It has been a good run – demanding but also rewarding. For me the approximately 35 hours spent on each issue have come to an end. The 26 *Journals* on my shelf remain, in perpetuity, a record and a reminder of an unanticipated, exciting adventure.

John H. Redekop

You Be Jesus

A mother was preparing pancakes for her sons, Kevin, 5, Ryan, 3. The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake. I can wait'."

Kevin turned to his younger brother and said, "Ryan, you be Jesus."

Journal Editor Wins National Writing Award continued from page 1

The editor of *The Garden Park Journal* was recognized for articles which appeared in *The Journal* during 2015. His first place finish, in the category **Column – Single**, was given for his December editorial entitled *An Oppressive Ruling* in which he evaluated and criticized Prime Minister Trudeau's refusal to allow Liberal MPs to vote according to their consciences on crucial moral issues.

One of the other three categories in which John was a finalist was **Article – Inspirational/Devotional**. The high-ranking article here was his January, 2015 editorial which discussed the notion that prayer is not a substitute for using our God-given common sense.

The second category in which John was a finalist was **Article – Short Feature**. Here his May, 2015 feature article in which he wrote about his mother whom he described as "not perfect – just excellent!" was recognized.

The third category in which our editor was a finalist was **Column – Series**. Here he was praised for two editorials. His June, 2015 editorial discussed the large number of abortions and the burgeoning anti-evangelicalism in Canada. His July, 2015 editorial was an indictment of ridiculous political correctness.

The Garden Park Journal, published the first day of each month, a brainchild of John Redekop's, speaks to a variety of issues: informative, entertaining and edifying and is avidly read throughout Abbotsford, B.C. and beyond. *Mary Dueck, a former member of The Garden Park Journal Editorial Committee, is a retired educator who lives in Garden Park Tower.*

When asked how they managed to stay together for 65 years, the wife replied, "We were married at a time when if something was broken you fixed it, you didn't throw it away".

Quoted



From the Editor's Desk

About those terrorist attacks

Almost daily we hear about terrorist attacks somewhere in the world. As described below, almost all of them are carried out by Muslims. But even as the reports fill the news, we are repeatedly reassured by various elites, including President Barak Obama and UK Prime Minister David Cameron, that even though the terrorists in question claim to be Muslim, actually they are not because, "Islam is a religion of peace" and Muslims don't do such evil deeds.

The logic of their argument escapes me. Apparently, by some twisted logic, the way that a Muslim demonstrates that he is not a Muslim is to kill people of other faiths!

It must be stressed here that most Muslims are, in fact, not killers, they are peaceful people. They are good people. I have met many very fine Muslims in various countries. Most Russians under Stalin and most Germans under Hitler were also peaceful and good. Here's the crucial truth. When it comes to terrorism the peaceful majority is irrelevant. Terrorist activity, as also many other kinds of activity, is undertaken by the activist minority.

Consider the following statistic. There were "335 official terrorist attacks listed in 2015 worldwide, 310 of them were carried out either by an Islamic group or a lone wolf Muslim, that's over 92 percent." (<https://religionofconquest.wordpress.com/terrorism-statistics-islam>).

An actual listing of terrorist attacks, going back to April 18, 1983 and continuing to June 22, 2016 can be found in *Wikipedia*. Because of the fundamental importance of this evidence, I shall cite the full source. http://en.wikipedia.org/wiki/List_of_Islamist_terrorist_attacks This is the source of the data given below.

The numbers are mindboggling; I shall cite only some striking data. Reviewing only the calendar year 2015 I discovered that there had been 69 Muslim terrorist attacks in which at least 10 people were killed. In many instances the number of injured people was much greater than the number killed and in some the number of people still missing was also high. In about 240 additional attacks the number of dead ranged from 1 to 9.

Where did these major terrorist attacks take place? Here is the list of countries. The numbers in brackets indicates the number of dead in each terrorist attack in that country. It is sobering to realize that each figure represents an attack in which at least 10 people were killed. Afghanistan (33, 14, 25, 70); Cameroon (13, 20, 10); Egypt (44, 224 plane crash); France (17, 137 concert hall); Iraq (10, 40, 17, 14, 60, 41, 11, 70, 10); Kenya (148); Libya (12); Lebanon (42); Mali (15); Niger (13, 18, 21); Nigeria (200, 58, 200, 15, 20, 62, 40, 47, 79, 54, 14, 20, 42, 30, 15, 30, 14, 26); Pakistan (55, 19, 15, 45, 26); Saudi Arabia (21); Somalia (20, 17, 30);

The Editorial Committee



Sharon Simpson, Len Remple, Mary and Carl Durksen, Kathy and Jake Hintz, Helen Lescheid, John H. Redekop, Ingrid Krueger

Editor: John H. Redekop
 Assistant Editor, Design, and Layout: Ingrid Krueger
 Events and Distribution: Jake and Kathy Hintz
 Food Service and Recipes: Mary Durksen
 Seniors' Concerns: Len Remple
 Staff Writer: Helen Lescheid
 Staff Writer: Sharon Simpson
 Advertising, Promotion and Distribution: Carl Durksen

Turkey (33, 102); United States (14 San Bernardino); and Yemen (135, 25).

All of these deaths, and of course many more in the other attacks, were carried out in one year, 2015, by terrorists who declared themselves to be Muslims. Maybe President Obama and Prime Minister Cameron, and many other elites, should check the data before they speak. *JHR*



Rose Room Coffee Shop

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

"Beautiful young people are works of nature;
 beautiful old people are works of character."

Quoted

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

The Garden Park Journal is published monthly by Clearbrook Golden Age Society. The Society office is located at 101—2825 Clearbrook Road, Abbotsford, B.C. V2T 6S3
 Phone: 604-853-5532 Fax: 604-853-5502
 Email: office@gardenparktower.ca

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Coming Events

Community (Abbotsford)

- ◆ *Canada Day Parade* July 1, 11:00 am, begins at Ware Street and South Fraser Way, ends at Rotary Stadium. Activities at Exhibition Park all day from 1:00 am to 11:00 pm
- ◆ *Awakening 604*, Speakers Braden Hall, July 1, 7:30 pm and Isaiah Saldiver, July 15 and 16, 7:30 pm. Transform Central, 2413 McCallum Road. More info: www.transform.ca/awake or 604-853-8684.
- ◆ *Prophecy Conference, Hope for Today*, July 9, 8:00 am to 9:30 pm, Abbotsford Arts Centre, 2329 Crescent Way. Speakers: Paul Wilkinson, David Hocking, Ed Hindson and Barry Stagner. Free Admission, Limited Seating. More info: 1-888-752-4253.
- ◆ *BC Christian Ashram Retreat*, Columbia Bible College, 2940, Clearbrook Road. Speaker: Rev. Jim Wilson from Redding California. July 15, Registration: 6:00 to 7:00 pm, Cost: \$130.00 includes meals and accommodation. Evening Program 7:15 to 9:00 pm. July 16, Breakfast 8:00 am followed by day's Program until 9:00 pm. July 17, Breakfast 8:30 am, followed by day's activities ending at 1:30 pm. Registration and more info: 604-533-5509 or ed_hird@telus.net
- ◆ *BC Christian Ashram Retreat, Hymn Sing with Word of Life Quartet*, July 17, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- ◆ The Reach Gallery, *Abbotsford's 150 Mural Mosaic*, July 21, 3:30 to 9:00 pm and July 22, 12:00 to 5:00 pm. Free Admission.
- ◆ *Summer Social*, July 23, 3:00 to 7:00 pm, McDonald Park, North end of Number 3 Road, Sumas Prairie. Infertility and Pregnancy Support Group. Afternoon summer activities followed by BBQ Dinner. RSVP: heartsofhope.abby@gmail.com More info: check website: www.heartsofhopesupportgroup.ca
- ◆ *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. New sessions starting June 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.
- ◆ *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.
- ◆ *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)

- ◆ Ravi Zacharias International Ministries presents: *Ravi Zacharias – When Answers Assume a Contrary World-view*. July 13, 7:00 pm, Bell Arts Centre, 6250 144 Street, Surrey. Tickets: \$12.50, available online: ravi.inbc.eventbrite.ca
- ◆ *Stillwood Family Camp*, June 30 to July 3, 44005 Watt Road, Lindell Beach. Great variety of recreational activities and traditional campfire at the end of each day. Cost: Adults \$300, Youth \$175, and Kids (4 to 12) \$125. Register online or 1-800-507-8455.

Future Events

- ◆ *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.
- ◆ *Falls Prevention Clinic*, Aug 11, Garden Park Tower, Azalea Room, 2825 Clearbrook Road. Free, Pre-registration Required. Limited Seating. Contact: 604-587-7866 for appointment.
- ◆ *Abbotsford Air Show*, Aug 12, Gates open 3:30 pm and close 10:30 pm, Aug 13 and 14, Gates open 9:00 am and close 6:00 pm. Entrances: 1595 Townline and 1810 Queen Street. Tickets: Available at SaveOnFoods, phone 604-852-8511, or online. Adults \$25.00, Children (6 to 12) \$12.50).
- ◆ *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
- ◆ Freedom Session (FS), *Healing Through Discipleship*, Begins Sept 10, 9:00 am to 4:00 pm, Village Church Office, 14928 56 th Avenue, Surrey. FS is a 20 week healing-discipleship course sponsored by the Village Church Ministry Centre. Pastor: Mark Clark.
- ◆ *MCC Festival for World Relief*, Sept 16, 5:00 pm and Sept 17, 8:00 am to 2:00 pm, at the TRADEX. More info: admin@mccbc.com or 1-604-823-4044.
- ◆ *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
- ◆ 55+ BC Games, Coquitlam, Sept 20 to 24. For more information and address of specific venue: 55+games.ca or Richard Hopkins 604-796-9570.

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

Your Health

In the June issue this column carried Part 2 of a report which described what the average human body does in one day. Here is Part 3, the final section. JHR

* Each of your kidneys contains about 1 million tiny filters that work together to filter out an average of 2.2 pints (1.3 litres) of blood every minute – that's 3,168 pints (1,872 litres) every single day. If that were not enough, the kidneys also expel an average of 1.2 pints (1.4 litres) of urine from your body every day.

* Your body works overtime to digest your food. The process starts even before the food hits your mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about 6 to 8 hours for food to pass through the stomach and two days to complete the digestive process.

* Perhaps most amazing of all, your body cells are regenerating themselves constantly without any prompting. This means that you have an entirely new set of taste buds every 10 days; new nails every 6 to 10 months, new bones every 10 years, and even a new heart every 20 years.

Next time you think that your body is starting to creak and labour at what it does, just think about all the incredible things that are happening inside your body every day. Each one of us really is an amazing miracle!

Your Brain and Foot are Programmed

This item was made available by an orthopedic surgeon. It takes only a few seconds to do this exercise. You may try it several times in a row. If you do it carefully and thoroughly, and not too fast or too slowly, the result should be as described. [It was for me. JHR]

1. While sitting straight up on a regular chair, not a soft couch, lift your right foot off the floor, stretch it out in front of you, and make clockwise circles. Practice this a few times.

2. Then, while making clockwise circles with your right foot, draw a fairly large 6 in the air with your right hand. Your foot will change direction.

"Grannie, do all fairy tales begin with 'Once upon a time'?"

"No, dearie, many begin with 'If elected I promise'."

A visitor from Holland was chatting with his American friend and was jokingly explaining about the red, white and blue in the Netherlands flag.

"Our flag symbolises our taxes," he said. "We get red when we talk about them, white when we get our tax bill, and blue after we pay them."

"That's the same with us," the American said, "only we see stars, too"

Helpful Hints

1. In a recent column Shell Busby reminded his many readers, and thus fortunately also all of us, that "In British Columbia, customers have the right to cancel a written contract within 10 days and receive their deposit back."

2. A furniture scratch can be hidden by filling it with a matching wax crayon and then buffing off the surplus wax with a soft cloth.

3. Heat rings on a coffee table or other wood surface can be removed with automobile rubbing compound. The wax and cleaning compound should be applied with a damp cloth, rubbing in the direction of the grain. If this removal dulls the shine somewhat, then apply paste wax and buff lightly.

4. To remove rust marks from concrete, brush the area with a solution of one part muriatic acid, available in any hardware store, to 10 parts of water. The rust should then be removed. If necessary, allow the area to dry and repeat the application.

Cell Phone Warning

The Shell Oil Co. recently sent out a Safety Alert. This warning is very important for all of us who use cell phones. JHR

Cell phones should not be used in any area where fuels are stored. They should also not be used near any pump or other dispensers where propane, gasoline or diesel fuels are dispensed. Shell Oil warned its customers after three incidents in which cell phones ignited fumes during fuelling operations.

In the first incident the phone was placed on the car's trunk lid during fuelling. It rang. The gasoline fumes exploded and the ensuing fire destroyed the car and the gasoline pump.

In the second incident, a customer's phone rang while the customer was filling his car tank with gasoline. The individual suffered severe burns to the face when the fumes ignited as he answered his phone.

In the third incident, an individual suffered burns to the thigh and groin when fumes were ignited when the phone rang in the customer's pocket while the customer was putting gasoline into his car's tank. Here, again, the customer did not even answer his phone call. The ringing itself created a sufficient charge or spark to cause the fire.

Beware! Mobile phones can ignite fuel and fumes! When refuelling, leave your cell phone in the car, with doors closed and windows up.

"It is better to walk alone than with a crowd going in the wrong direction." Diane Grant

"You cannot reason people out of a belief that they have not been reasoned into." Quoted



Simon Gibson

MLA Abbotsford-Mission

Is Tolerance the Highest Value?

Tolerance seems increasingly to be the highest ideal in our Western Society. We would prefer not to offer even a suggestion regarding someone's conduct or behavior for fear of being seen to be judgmental.

You can sometimes hear someone say, "That's good for you, but it's not good for me." But, is this really helpful? Friends look out for each other and give advice when needed.

For example, if a friend told me he was thinking about trying a particular drug, I would strongly discourage him from embarking on the possibility of a life of addiction. I would hope that he would also give me the same counsel if that was my intention.

Tolerance, too, is related to our own impression of what is acceptable. I tend to be more comfortable with my own shortcomings – just as long as they are different than those of another person.

Our pluralist society is increasingly becoming post-modern, with virtually no conclusive narratives that are universally applied – and that's a trend that we must acknowledge.

At the same time, I believe as a community of faith, we

do need to honor others and show respect. God accepts everyone who approaches him earnestly and that is a good model for us. The familiar Bible story of the Good Samaritan comes to mind.

This parable, told by Jesus, concerns a traveller who has been assaulted and left injured on the side of a road. Perhaps surprisingly, a priest and then a Levite, pass by but both choose not to help him.

A Samaritan then approaches and helps the injured man. Samaritans were often despised by Jews of the day (and the traveller may have been a Jew) so it is an amazing demonstration of human caring.

So, as Christians we choose to be respectful and understanding of others even if we may not agree with their beliefs and their values.

We are to be "peacemakers" – as children of God – and demonstrate that standard with whomever we may meet. I believe our sincerity and caring attitude will truly reflect the love of Christ in spite of our differences.

Thanks for reading my column. I look forward to writing again in *The Journal* in the next scheduled issue.

Simon Gibson

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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
- **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
- **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

I Love my Country Canada continued from page 1
houses.

Canada offered us other amenities which to my young mind seemed equally wonderful. As long as I could remember we'd lived in just one room, sometimes sharing it with another family. Now we had a bedroom, kitchen, living room and bathroom—each a separate room!

Big yellow school buses picked us up within a stone's throw from our house, and because primary and secondary education was free, each of us children could actually attend high school. The first time the family allowance cheque arrived my mother was overwhelmed. "I didn't work for this," she said. "Why would the government give me money?"

Canada offered its people medicare, unemployment insurance, and pensions. "Only in Canada are people so well looked after," I concluded. The day we became naturalized Canadians was a very proud day for us. My mother could now vote. What a novel idea! She'd never had a voice in

government before.

Sixty-seven years have passed since that first show-er-party when we were so warmly welcomed into Canada. I will never stop thanking God for bringing us to this wonderful country where we are free to read the Bible, go to the church of our choice, pursue further education and realize many of our dreams.

It saddens me greatly when I hear of immigrants who come with an agenda to change Canada into their ideologies and religion. Let's continue to keep Canada the great country it is.

Helen Grace Lescheid of Abbotsford is a retired nurse, mother of five, and grandmother of eight. A motivational speaker and author, she has published four books. A prolific writer of shorter items, her stories and meditations have appeared in more than 40 books and many magazines including Reader's Digest and Guideposts.

Beware of Scams!

I received this scam on May 27. This type of scam deceives many. It appears as if the bank is doing you a service. The real intent is for scammers to get you to provide your banking information so that they can steal your money. Beware! Phone your bank before you send any information by email. *JHR*

From: 2016 CIBC Support
Sent: Friday, May 27, 2016 11:41 AM
To: jredekops@shaw.ca
Subject: Action: Changes made in your Internet Banking Profile

Action: Changes made in your Internet Banking Profile
Date: May 27 2016.

This is to inform that your profile data was changed by you or by someone logged in using your CIBC Card number and password on 27.05.2016 from IP 129.63.42.152. If you didn't change your profile data please visit and complete the our CIBC security measures:

<http://shawloginecibserver.from-sc.com/personalcib-centersupport/>

This is an automated email - Please do not reply.

Canadian Imperial Bank of Commerce Website - 2016 Copyright © CIBC.

"Just because you are offended doesn't mean you are right." *Quoted*

Did you know?

1. The highly reliable *Dennison Forum* issued a rather sobering report on May 26, 2016. Citing the *New York Times* the report states the following.
"This groundbreaking article reports that a unit within ISIS was dedicated to terrorizing Europe at least two years before the Paris attacks that left 130 dead last November. *The Times* estimates that this group has now killed at least 650 people."
"How did authorities miss them? Local officials often did not communicate with each other when they discovered specific plots. And they dismissed ties to ISIS even when evidence was clear. Only now are we discovering the group's existence. No one knows what will come next."
Noting the research of Ed Husain, senior advisor and Director of Strategy at the Tony Blair Faith Foundation, the report continues.
"He is an especially credible spokesman on this issue [of Islamic extremism]. Husain became an Islamic fundamentalist at the age of sixteen but rejected jihadist ideology five years later and now warns the world about it. His book *The Islamist*, has been acclaimed by scholars around the world."
"On our call, Husain was asked if foreign policy makers often downplay the religious roots of Islamic radicalization by blaming issues such as poverty and unemployment. His response was insightful: Such factors exist in a variety of other cultures as well, but do not lead to extremism. The religious component is what makes the difference in Islam."

Letter to the Editor

Editor, *The Journal*:

Good morning John, for some time we have been enjoying your paper, *The Garden Park Journal*. I must give you thanks for such a fine paper which includes a variety of subjects: special holidays, life stories, kindly advice, laughter boxes, a calendar of events and up to date talks from our honoured governmental dignitaries, plus a pastoral word. We live in our own home and feel included in the Garden Park community and in our country, thanks to *The Garden Park Journal*. Thank you.

Fred and Carol Loewen
Abbotsford

Letters should be sent to: jredekops@shaw.ca
Published letters may be edited for length and clarity.

A lesson in realism

A young man had just graduated from Harvard and was very excited just thinking about his future. He got into a taxi. The driver asked, "How are you today?"

"I'm in the class of 2016, just graduated from Harvard. I can hardly wait to see what the world has in store for me."

The driver responded, "Congratulations, I'm Mitch, class of 1980".

"Be nice to America or our soldiers will bring democracy to your country."

A modified US bumper sticker

2. In the June 11, 2016 issue of the *Vancouver Sun* religion editor Douglas Todd reported on a recent survey among United Church clergy. He notes that high profile atheist pastor Rev. Gretta Vosper has stated that "It would be at least upwards of 50 per cent of the clergy in the United Church who don't believe in a theistic supernatural God."
The research findings involving 1,353 United Church ministers included these statistics.
"Pantheism: This was the most common view among active United Church of Canada clergy."
"Fifty-one per cent of active UC clergy agreed with the statement: 'I believe in the existence of god/God and that God/god is greater than the universe, includes and interpenetrates it.'"
"Thirty-four per cent of active UC clergy hold to a classic theistic belief in God. They agreed with this statement: 'I believe in one god/God as the creator and ruler of the universe, and further believe that God/god reveals godself/Godself through supernatural revelation.'"
JHR



Henry Braun
Mayor of Abbotsford
Abbotsford's Official community Plan

Over the last two years, some of you may have heard a buzz throughout the city about the creation of a new Official Community Plan (OCP), a project the City has called Abbotsforward. As I write this, the OCP is in the final stages of completion, with a public hearing on June 20th and Council's final consideration for adoption set for June 27th. By the time you read this, we will know if we will continue to revise significant features of the plan or if the plan will be adopted.

An OCP is vital to community planning, providing the vision and guidelines for how our community will grow and develop in coming years. In our case, this OCP sets a vision for how Abbotsford will grow from a community of 140,000 residents to 200,000 residents. It is the result of 8,000 interactions with residents in our community through online surveys, road show booths, neighbourhood walks, stakeholder and committee workshops, speaker events and a Pop-up Park. The feedback from these engagement activities reflect the community's ideas and dreams for a future Abbotsford and have had a large part in shaping this plan.

The proposed OCP paints a powerful picture of our City:

Abbotsford will become a city with distinct and increasingly complete neighborhoods rich with public life. We will have a compact urban area anchored by a thriving City Centre and surrounded by remarkable natural areas and flourishing agricultural lands. We will be diverse, inclusive, and connected. We will become a more green, prosperous, healthy as well as a vibrant and beautiful community.



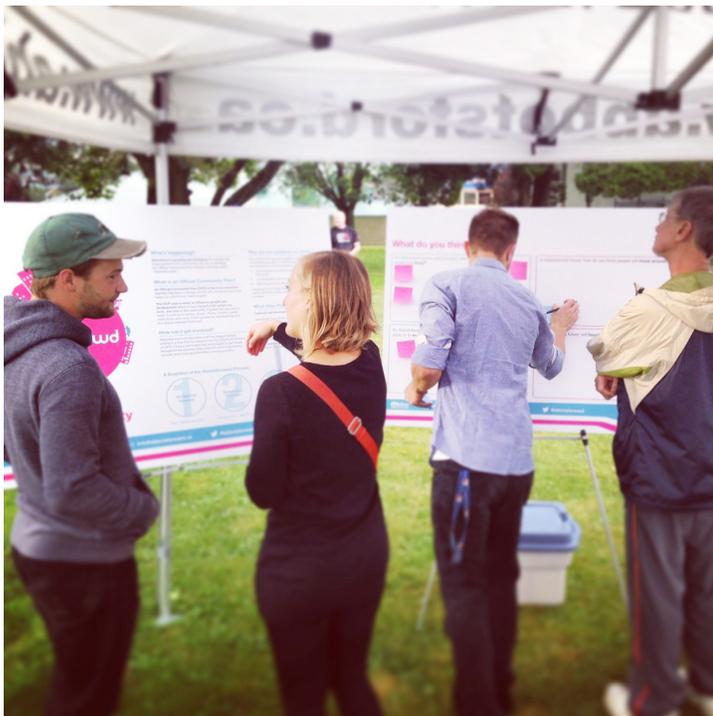
Some exciting key features which will help to bring this vision to life:

- Create a vibrant and identifiable city centre, the heart of public, economic and cultural life;
- 75% of new residential growth will occur in the urban core and existing neighbourhoods, which focuses growth "in and up" rather than "out";
- Establish distinct and complete neighbourhoods with diverse housing options, employment, shopping and services close by;
- Create public spaces for people that are beautiful and interesting and enhance nature in the city through a growing tree canopy, creative landscaping, and green and naturalized open spaces;
- Make walking, cycling and transit enjoyable and convenient;
- Enhance agricultural integrity by protecting our agricultural areas as well as encouraging agriculture to take root in the urban area through community gardens and small scale, commercial gardens;
- Doing the Math: We've considered the financial implications of different types of growth for the city. By creating a more compact growth strategy, we're able to save one hundred million dollars in infrastructure costs (e.g. pipes and roads) over the life of the OCP.

Once the OCP is adopted, the next steps will be to put it into practice, which will involve updating City bylaws and master plans to bring them into alignment. We will also see the creation of new neighbourhood plans which will reflect the unique attributes we all care about.

If you would like more information about the OCP, you can read the final draft online at www.abbotsforward.ca.

As a Council, we are very proud of the work that has gone into the development of the OCP, and we are looking forward to continuing to build a vibrant and complete community of Abbotsford!



JULY 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
<p>Remember that the Magnolia Dining Room is CLOSED for 2 weeks, the last week of July and the first week of August. The Rose Room Coffee Shop is open as usual with a full menu of Breakfast, Baked Goods, Soups, Sandwiches and Desserts. Check the July menu so you can stock up on your favorite Soups and Meals.</p> <p>The Kitchen Staff wish the Volunteers who work in the Kitchen and Dining Room a relaxing summer break. If you wish to volunteer in the food services this fall call Kathy Klassen 604-850-4552.</p>					<p>1 Magnolia Dining Room Closed—Canada Day</p>	<p>2</p>
3	4	5 Green Bean Soup Coconut Curry Chicken Soup Rollkuchen and Watermelon	6 Summer Borscht Tomato Basil Soup Pulled Pork Sandwich Cranberry Platz	7	8 BBQ Ribs, Roast Potatoes, Corn on the Cob, Strawberry Pecan Salad Ice Cream Sundae	9
	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 Lemon Loaf	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods
10	11	12 Chicken Noodle Soup Split Pea Soup Egg Salad Sandwich Carrot Cake	13 Chicken Borscht Corn Chowder Empanadas Cherry Platz	14	15 Teriyaki Chicken Breast, Pilaf Rice, Steamed Vegetables, Asian Coleslaw, Raspberry Yogurt Dessert	16
	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	Breakfast Baked Goods
17	18	19 Chili Chicken Noodle Soup Chicken Salad Sand. Bienenstich	20 Beef Borscht Farmer Sausage Soup Clubhouse Sandwich Apricot Platz	21	22 Wienerschnitzel, Mashed Potatoes and Gravy, Peas and Carrots, Cucumbers with Tomatoes and Dill, Lemon Meringue Pie	23
	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	Breakfast Baked Goods
24	25	26 Magnolia Dining Room Closed	27 Magnolia Dining Room Closed	28	29 Magnolia Dining Room Closed	30
	Breakfast Baked Goods Chili, Soups Sandwiches NO Fresh Buns	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches		
31	For groups larger than 8 call 604-853-5532 ask for the kitchen for reservations					

AUGUST 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 Magnolia Dining Room Closed	2 Magnolia Dining Room Closed	3 Magnolia Dining Room Closed	4 Magnolia Dining Room Closed	5 Magnolia Dining Room Closed	6
	Rose Room Coffee Shop Closed BC Day	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods
7	8	9 Hamburger Soup Chicken Noodle Soup Rollkuchen and Watermelon	10 Summer Borscht Minestrone Soup Cheese Burger Apricot Platz	11	12 Roast Beef with Yorkshire Pudding, Mashed Potatoes and Gravy, Peas and Carrots, Tossed Salad Jello with fresh Fruit	13
	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 Date Nut Loaf	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods
14	15	16 White Bean Soup Mulligatawny Soup Ham Salad Sandwich Carrot Cake	17 Chicken Borscht Potato Chowder Pizza Buns Blueberry Cobbler	18	19 Shake n Bake Chicken. Potato Salad, Dill Pickles, Corn on the Cob Ice Cream Sundae	20
	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	Breakfast Baked Goods
21	22	23 Chicken Noodle Soup Green Bean Soup Rollkuchen and Watermelon	24 Beef Borscht Cream of Broccoli Soup Clubhouse Sandwich Plum Platz	25	26 Perogies with White Sauce, Farmer Sausage with Fried Onions, Green Beans, Pickled Beets, Moos	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 Banana Bread	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods
28	29	30 Chili Farmer Sausage Soup Tuna Sandwich Bienenstich	31 Summer Borscht Tomato Basil Soup Rueben Sandwich Peach Cobbler	<p>Hope you are having a wonderful summer!</p> <p>Please note the Rollkuchen will be served on Tuesday the 9th and the 23rd for August. Ready at 11:00 am for \$3 for 6 and \$6 for a dozen.</p> <p>If you wish to volunteer in the food services this fall, call Kathy Klassen at 604-850-4552.</p>		
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches			

For groups larger than 8 call 604-853-5532 ask for the kitchen for reservations

Picture of the Month
Animal Care



A two year-old Chimpanzee feeding milk to “Aorn” a small tiger 60 days old.

*This non-copyrighted photo came from **Extraordinary Images**. Neither the photographer nor the location of this amazing event were identified. JHR*

Sagir Patel
sagir@sptechnologies.net



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“I’m getting really worried, Doctor, about myself. I need something to stir me up, something to take me out of my state of lethargy, and put me in fighting trim. Have you included anything like that in this prescription?” “No, not in the prescription. You will find that in the bill.”

WANTED!

Person(s) with artistic inclination to volunteer in Picture Framing Shop
2-3 mornings totalling
8-12 hours a week.
Instruction (and coffee) provided.

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



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“A judge is a law student who marks his own papers.” *H.L. Mencken*



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 604-853-5532 or email: rentals@gardenparktower.ca

Question of the Month

The question for July is this: "Should people apologize for evil done by earlier generations?" Please send your comments to jredekops@shaw.ca or phone 604-855-5086.

In the June issue of *The Journal* we asked, "Should Christian bakeries be required to bake cakes for same-sex weddings?" We asked this question because this has become a major issue in the US and now also in Canada. Also, there have already been numerous convictions in various states of bakers, photographers, caterers, florists, etc. who have refused to serve same-sex couples. This crisis is upon us.

The main arguments why Christians should bake, photograph, and cater for same-sex couples.

1. Any business that offers service to the public must be willing to serve all people. "No one should ever have to walk into a store and wonder if they will be turned away just because of who they are." (*David Mullins, a partner in a Colorado same-sex marriage.*)

2. Nobody is being forced to change religious convictions or beliefs. All that is asked is in their actions Christians must not discriminate.

3. The religious objectors should remember that Jesus interacted with an adulteress woman at a well, had supper with a grossly dishonest tax collector, (*Zacchaeus, Luke 19: 1-8*), and welcomed sinners and ate with them (*Luke 15: 2*). Therefore Christians should not hesitate to interact with people they call sinners.

The main arguments why Christians should not have to bake, photograph, and cater for same-sex couples.

1. The same laws in Canada and the US which require that agencies serving the public shall serve everyone, also guarantee freedom of religion. In fact, those laws generally provide for conscientious objection and thus non-compliance. Conscientious objection is accepted even for military ser-

vice. No wedding service provider should be required to forfeit religious freedom when the issue at stake is so minor.

2. For these Christian service providers religious convictions and beliefs are the reason why they are not willing to provide the requested service. The issue here is involvement. The Christian bakers are prepared to sell cupcakes and bagels to homosexual people and to same-sex couples but they are not willing to facilitate or be part of a celebration which they believe to be inherently wrong. There is a major ethical difference between service and participation. It should be noted here that many other types of discrimination are accepted. Many restaurants and bakeries will not serve people who are shirtless or barefoot.

3. Yes, Jesus interacted with an adulteress but he never facilitated adultery; in fact he condemned it. He never facilitated dishonest tax collection. And he never facilitated or participated in any of the evil deeds done by the evildoers with whom he dined. Further, even if Jesus would have participated in a same-sex wedding, which is highly improbable, must we not respect the conscience scruples of a person who has a somewhat different ethical conviction?

Having considered all of the arguments provided and having read extensively on this matter, I can say that despite the widespread judicial and tribunal rejection of the Christian arguments presented above, it seems clear that the Christian objectors have a very strong case. Concerning some of the *Questions of the Month* it has been a challenge to see which side has the best arguments. Concerning this question there was no difficulty for me. Tradition, reasonable interpretation of constitutions and laws, and sheer common sense all align with those who have religious reasons not to bake, photograph, cater, sing, preach, etc. as part of an event they believe to be evil.

JHR

A Bugged Bedroom

A honeymoon couple reserved a room in a fine hotel in Washington, D.C. Shortly after they arrived, they realized that their hotel was the famous Watergate Hotel where the Richard Nixon Republican "spies" had planted a listening device, a "bug", in the rooms of the Democratic National Committee. The bride became anxious and urged her husband to check things out. He did. He looked everywhere but found nothing. Then, under the rug he spotted a square plate with four screws in it. He took out the screws and threw the plate aside.

The next morning the manager at the desk asked "How was your room? How was the service? How was your stay at the Watergate Hotel?"

A bit curious the newly-wed husband asked, "And why, sir, are you asking me all of these questions?"

The manager said, "Well, the room under yours complained of the chandelier falling on them."

"If you have a tendency to brag, just remember it's not the whistle that pulls the train." *Quoted*

"You do your own growing, no matter how tall your grandfather was." *Abraham Lincoln*

Kindness

"A boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to take my backpack and books on his wheelchair for me. He helped me all the way across campus to my class. As he was leaving he said, "I hope you feel better soon'."

"For us there is only the trying; the rest is up to God." *Richard John Neuhaus*

"In capitalism you have one person exploiting another. In socialism it's the other way round."

Quoted

Recipes

Pie by the Yard

Ingredients for pie dough:

- 4 cups flour
- 1/2 lb lard - room temperature
- 1 1/2 tsp salt
- 1 egg
- 1 tblsp vinegar
- 1 1/4 cup warm water



JHR

Filling:

chopped fresh fruit - whatever kind

I made one blueberry and two rhubarb pie by the yard as shown

- 1 cup sugar
- 3 tblsp flour
- pinch of salt

Directions:

Mix flour, lard and salt. Using pastry blender cut lard finely into flour. Put egg and vinegar into 1 1/4 cup warm water whisking well. Add to dry ingredients.

Divide dough into three portions. Roll out one at a time on a lightly floured surface to measure about 10"x6". Place fruit along the centre of pastry leaving enough pastry along the sides to fold over. Spoon sugar, flour and salt mixture over the fruit.

With a pastry brush dipped in milk, brush 1/2 inch all along the edges of the pastry. Starting in the center and with floured-fingers bring the sides together over the fruit as you go along, pinching the edges together.

Place on baking pan. Prick along the top with a fork. Do the same with the remaining dough.

Bake at 400 degrees till light brown-about 25 minutes. Enjoy and Be Thankful!

Mary Stobbe



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

"The more self-righteous people are, the less they are troubled by conscience." Jane Russell

7 Layer Dip

- 1 large can refried Beans or 2-14 oz cans refried Beans (My family prefers refried Black Beans)
- 3 - 4 large Avocados and lemon juice - mashed



JHR

- Mix together
- 1 cup Sour cream
- 1/2 cup Mayonnaise
- 1 package Taco Seasoning Mix

- 1 cup Black Olives, chopped
- 1 cup Green Onions, chopped
- 2 cups Tomatoes, remove the pulp & chop (Roma tomatoes are best)
- Grated cheddar cheese or your favourite cheese mix

Layer in order as given above in 9 x 13 or 2 smaller containers.

Cover & refrigerate until ready to use.

Keeps well.

Serve with Plain Taco Chips.

Judy Remple

"Tact is the art of making a point without making an enemy." Quoted

Sour Cream Apple Cake

- 1/2 cup margarine
- 1 cup white sugar
- 2 eggs
- 1 tsp. vanilla

Combine these four items and beat until creamy.

Fold in 1 cup sour cream.

Sift together:

- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/4 tsp. salt

Add this to the above mixture and mix well.

Put the batter into a 9" by 13" greased and floured pan.

Topping:

- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1 tsp cinnamon

Apple slices peeled and thinly sliced.

Mix the sugar and the cinnamon.

Sprinkle about half of the sugar mixture over the batter.

Cover the batter with apple slices.

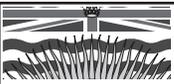
Sprinkle the remaining sugar over the apple slices.

Bake the cake at 325° F. about 40 minutes.

Doris Redekop



JHR



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

A few years back, I had my old 45 RPM records out to look through and my daughter asked what they were. I explained that back in the 1960's before CDs were invented, this was how we listened to music. I further explained how all the bands issued singles on these "45's," and radio stations would rate the top 40 songs every week.

She was quite impressed as I continued describing how one used a phonograph to play them. I burst out laughing when she asked – perfectly straight faced -- "Daddy, how many gigabytes does one of these hold?"

Some people will change when they see the light. Others change only when they feel the heat. - Source unknown

Answers: hockey; beauty, large, sta-
sprud, lakes, wheat, coasts, rivers, mountains, immigration, tolerance, diversity;
ble, geese; distance, bilingual, beavers, monarchy, diversity;
welcoming, mountains, immigrants

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)



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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

Dollars & Sense

Wholehearted Giving

Daniel Lichty



Daniel Lichty

"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." 2 Corinthians 9:7

My two-year-old daughter examined the chocolate donut hole for a moment before taking a bite. Her face lit up instantly, and in her excitement, she began to jump up and down. This was her first taste of what would become a favourite treat. As the giver of this tiny gift, I was delighted at my daughter's reaction. But, before taking another bite, she broke off a piece and held it up to me. "Daddy, for you," she said, grinning from ear to ear. My heart melted.

As anyone who's eaten a donut hole knows, there's not a lot to them, and yet, here I was being offered a generous portion of the little that remained. What else could I do? I took it and I ate it, and both of us were delighted to be sharing these "hole"-hearted gifts.

The value of this special moment had very little to do with the gift itself and far more with the posture of our hearts toward each other. This event seemed like a small picture of how God has shown generosity to me and how I am meant to respond. Let's call this "wholehearted giving."

In 1 Chronicles 29, we find a similar giving story but on a much grander scale. Having experienced God's provision and protection of his people, David the king invited the families and the leaders of Israel to give willingly toward building a temple for God. Far more treasures were given than could possibly be used. When they heard the results: *"The people rejoiced over the offerings, for they had given freely and wholeheartedly to the LORD, and King David was filled with joy."* I love this picture of wholehearted giving; surely this is the kind of generosity that God intended for each one of us to experience.

David then praised the LORD saying, *"But who am I, and who are my people, that we could give anything to you? Everything we have has come from you, and we give you only what you first gave us!"* (1 Chronicles 29: 9, 14). David recognized God as the ultimate giver, and it filled him with joy to give, the way God gives.

When we consider the way David and the people gave to God, and especially the way God gives to us, we discover several hallmarks of wholehearted giving:

- ♥ Wholehearted Giving is motivated by love. *Throughout the story of the plans for the temple, David speaks of his devotion to God from whom all wealth and honour come.*
- ♥ Wholehearted Giving is done freely; no obligations, no strings attached. *David repeats the people's observation that their gifts were given freely and willingly.*
- ♥ Wholehearted Giving is done with joy. *David's prayer*

in this text is full of praise to God following the expression of the people's rejoicing.

Like I experienced with my daughter's simple gesture, have you felt the joys of wholehearted giving lately? If you find yourself giving out of obligation, guilt, fear, or not giving at all, it might be time to examine your heart. Before David invites offerings for the temple, he says to his son, Solomon, *"Acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every motive behind the thoughts."* (1 Chronicles 28:9)

You don't want to miss out on the fun of wholehearted giving! MFC has resources and staff who can help you design your own "Wholehearted Giving Plan" that makes giving to the charities you love simple, strategic and fun. We offer tools that facilitate your giving plan throughout your life and beyond.

Daniel Lichty is a stewardship consultant at Mennonite Foundation of Canada serving generous people in British Columbia. For more information on impulsive generosity, stewardship education, and estate and charitable gift planning, contact your nearest MFC office or visit MennoFoundation.ca.



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Saturday: 9:30 am-4:30 pm
Sunday: Closed



Flooring Design Center

"Open your arms to change, but don't let go of your values."

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

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

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

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

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

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

Informational meetings are held at Central Heights Church the 1st 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

MS Society of Canada, Fraser Valley Chapter

P.O. Box 373, Abbotsford, BC Ph. 1-877-303-7122

Email: info.fraservalley@mssociety.ca Meets the 2nd 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

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

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
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

Embrace change. It's going to happen whether you like it or not. - Pollar

"Your value doesn't decrease because of someone's inability to see your worth." Quoted

"We either become better or bitter, depending how we respond to suffering." Helen Lescheid

Memories & Happenings

Bites by Bytes*

Abe Funk



Abe Funk

For many years I enjoyed listening to Paul Harvey's *The Rest of the Story* on radio. He helped me to see the bigger picture of popular stories in the news. Failure to see the big picture in any story can cause us much trouble and do great harm to others. The internet with its genius for brevity can create a false or distorted picture; as a result we may get bit by small bytes of information.

An e-mail, supposedly from the *Ottawa Citizen*, sent to me by an acquaintance told about large numbers of our Members of Parliament who cheated on taxes, had been charged with drunk driving, were unfaithful to their marriage partners, and many other offences. While I know that some members have been less than honourable, the numbers the story listed made me suspicious. I wrote my friend and asked if she had checked this story out before she forwarded it to me. She had not done that; so I e-mailed the newspaper and asked about the article. They said it was a fraud.

Another e-mail, apparently from a friend's computer, read, "Am sorry I didn't inform you about my trip to Spain for a Program. I'm presently in Seville and I'm having some difficulties here because I was robbed on my way to the hotel and the thieves made away with all my cash, cell, passport and other document...I will like you to assist me with a loan of (€ 1,950 EUR) to sort-out my hotel bills and to get myself back home, or any amount you can send me..."

A long time pastoral friend told me that Rick Warren, Senior Pastor of the large Saddleback Church in California, and author of the popular book, *The Purpose Driven Life*, supported Chrislam, a movement to combine Christianity and Islam into one religion. Where did he get the information? The internet had reported that Warren had brought a lecture at a gathering of Muslims.

Those stories could be repeated many times; it seems we don't learn well from our mistakes. Many people are bent on believing bad things, especially when it involves politi-

cians and high profile leaders.

The bigger picture is that Chrislam is a small sect with 1,500 followers in Nigeria that recognises the Bible and the Koran. The story in the *Ottawa Citizen* was an outright fabrication, but because it was in print and forwarded on the internet by an acquaintance, the story was almost believable. The scam from a friend's computer about being stranded in Spain was convincing because it supposedly came from a trusted friend.

Information on the internet is communicated in smaller and smaller bytes. While brevity may save time and space, it also creates a lot of misinformation, misunderstanding, lies, and opens the door to an abundance of scams.

Tragically, much of the information coming over the internet is believed, and sources are seldom checked out. Many people are deceived and frequently stripped of large amounts of money, or end up with a damaged reputation. Christians are especially vulnerable because they want to be helpful and tend to trust others. Many are bitten by these small bytes of information.

Perhaps Paul Harvey can remind us that *The Rest of the Story* is important enough for us to look behind the headline, at the bigger picture of those small bits of information that come our way every day—so we don't get bit by bytes.

*A byte is 8 digits of electronic data, or roughly one word.

Abe Funk is President of Fraser Valley Christian Writers, has published four books, and has been active in ministry for 58 years, 48 in full-time ministry.



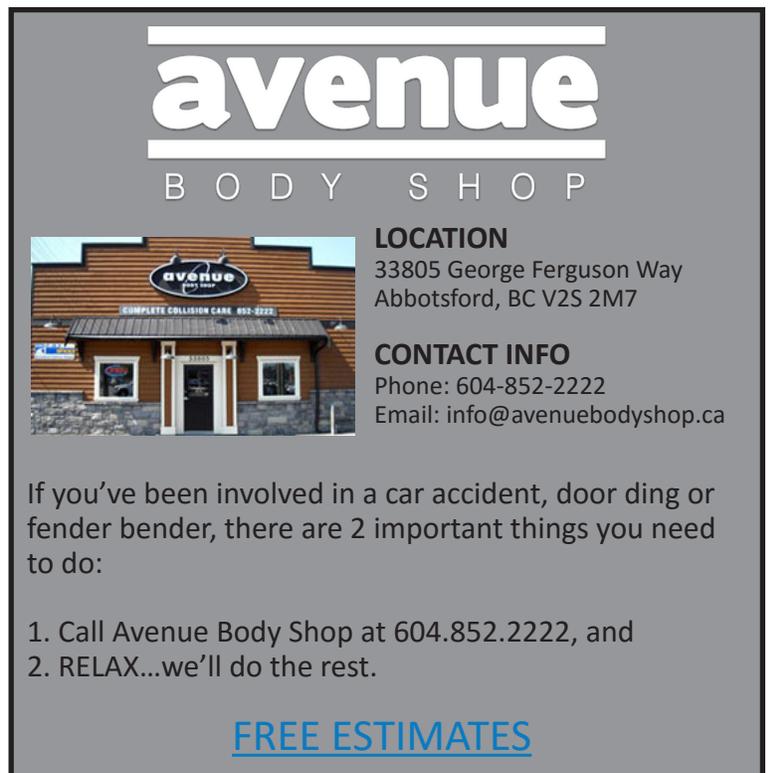
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Abbotsford, BC V2S 2M7

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Email: info@avenuebodyshop.ca

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2. RELAX...we'll do the rest.

FREE ESTIMATES

"Indifference always finds an excuse." David Macfarlane

**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

A Test of Integrity

A minister had on his desk a notebook labeled, "Complaints of Members Against Members".

When a church member came to complain about another member, he would say, "Here is my Complaint Book. I'll write down what you say and then you sign it. Then, when the Board takes up your complaint, we may ask you to testify about this matter." "Oh, no, I could not sign anything like that!" was a common reply.

After 40 years in the ministry the pastor used the book about a thousand times - there was no entry!

Garden Park Haircare



* Tammy * Cheryl * Gertrudes *

are willing to serve you

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"Be with someone who makes you happy."

Signs of Old Age

1. We take naps during the day but can't sleep at night.
2. We learn more from our grandchildren than they learn from us.
Especially about computers.
Maybe even more from our great-grandchildren.
3. We stop being enthusiastic about anything.
4. When the real challenge is not to learn new things but to remember what we already know.
5. When we look forward to an evening when nothing shall happen.
6. When we know all the answers but nobody asks us questions anymore.
7. When our pacemaker opens the garage door.
8. When the best part of the day is over when the alarm clock goes off in the morning.
9. When our children eagerly await their imminent retirement.
10. When we put a checkmark by a newspaper article to remind us that we have read it and next morning we don't know why we put the checkmark there.
11. When we don't dream about which car we will buy next but wonder when we will lose your licence.
12. When we won't take out a 10-year membership in our spa no matter how low the price.
13. When men realize that no matter how excellent the tool and how low the price, we will not buy any more tools.
14. When women, instead of buying new canning jars, gradually take their jars down to the thrift store, beginning with the ones they like least.
15. When we have to buy more batteries because we can't remember where we put the ones we bought last week.

"I believe in the dignity of labor, whether with head or hand; that the world owes no man a living but that it owes every man an opportunity to make a living."

John D. Rockefeller

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.

A Senior's Experience

Have you seen the diamonds in your yard?



Len Remple

"Your traveling days are over" were not welcome words from my doctor. What? No planes, no ships, no trains?

What will we do?

My eternally optimistic wife recalled the fable about "diamonds in your backyard". She reminded me that we have explored many "far away places", but never our own area, our backyard. She suggested a "stay-cation".

Off we trotted to the tourist centre where we received Circle Farm Tours brochures for Abbotsford, Chilliwack and Mission. Then the adventure began.

We have spent eight days driving, exploring, visiting, shopping, tasting food and eating lunch in various places. We are astounded with the abundance and beauty of our local areas. The country roads, the farms and the landscapes are breathtaking.

We visited an organic chicken farm. Their store offered chicken products too tempting not to buy. Then we visited a rustic goat farm whose products were sold at their tiny store. Surprisingly, there was a steady stream of people buying goat cheese and milk. Here we saw children petting the goats and giggling with enjoyment.

Tanglebank Gardens are beautiful and Brambles Bistro food is always delicious. Next, Campbell's Gold Honey & Bee Farm is owned by a very friendly couple. They make different honeys as well as Mead (a honey wine).

Places to revisit.....

Maan Farms has lots of fresh produce and a wine tasting section. At Birchwood Dairy we saw cows being milked, a cow hospital plus a store where they sell the most delicious ice-cream, which we could not resist.

Then to Neufeld Farms for the best strawberries, raspber-

ries and organic sour-dough bread. Delicious!

Not being natives of B.C. we had never walked the streets of old Abbotsford. We found a second-hand bookstore, a wool shop with a huge carding machine, Bow & Stern Restaurant, and numerous eating places to satisfy every taste. Each has its own distinct, quaint ambience. We particularly enjoyed Duff & Co. Bakery. Delicious delicacies with no shortage of patrons.

One morning we headed to see Grandma & Grumpa's Antique place. They have the most antique items in B.C. It was interesting to find "antiques" we used during the early years of our marriage. The owners are married 64 years and have spent every vacation collecting antique items. They boast, "we have never been to Hawaii".

The Atcheliz Threshermens Association Pioneer Village is an absolute "must see". See an ornate horse-drawn hearse, milk wagon, tractors, washing and sewing machines, cameras, printing press, steam engines and much more. On the walls, tools are displayed like art.

We will go back.

Visiting the Mission Abbey, Mission Museum, the old Clayburn Country Store & Teahouse (yummy scones and tea), and many more are most rewarding to explore.

With so many extra-ordinary things to see and experience we have come to realize it will take all summer to see all that is on our list. Did I mention the New Mennonite Museum?

We have only just begun. What a paradise we live in!

When our out-of-province guests arrive we plan to show off the local areas. We can hardly wait for tomorrow to continue the adventure. WHAT ABOUT YOU? You don't know what you are missing. This "stay-cation" is a most amazing substitute for a vacation. Such fun! *Len Remple*

Theme Photos Ducklings and a Dog



It has been discovered that newly-hatched ducklings quickly bond with whatever creature is close to them when they hatch. This apparent experiment illustrates the point rather effectively. The dog seems quite at ease with his new fluffy friends.