

The Garden Park Journal



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Aging Together Abbotsford 2016



Keynote speakers at the Aging Together Abbotsford 2016 conference were Dr. Dave Hepburn and Dr. Rob Seeley, The Wisequacks. WiseQuacks is the funniest, most informative and most upbeat health show in the media today. Heard nationally across Canada and the USA every Sunday, this live call-in show allows you to talk to Dr. Dave Hepburn and Dr. Robert Sealey, both MDs (Masters of Deception), about any health item. (www.wisequacks.org)



Dr. Rob Seeley one of the WiseQuacks explained how to Die Young at an Old Age
Photo Credit: Sharon Simpson/Menno Place

With absolute hilarity and belly-laughter, the doctors explained how we can live healthily for longer. Dr. Hepburn advised everyone to exercise, work on your sense of humor, keep your mind sharp, get enough sleep and learn to connect. With hilarious photos accompanying his talk, he quoted from The Gesundheit Foundation and from his favorite philosopher, Willie Wonka, "A little nonsense now and then is relished by the wisest men." Final thoughts were, "If I knew I was going to live this long, I would have taken better care of myself." Mickey Mantle.

Dr. Rob Seeley's talk on "How to Die Young at an Old Age" touched on the eight important numbers for seniors as well as the Hits and Myths of Medicine. The myths include: everyone should take an aspirin a day; cell phones cause

Continued on page 2

The Day Harold Died



Violet Neumann

The year was 1996. My husband Harold was scheduled to go to New York on a business trip. I did not feel good about him going as I simply did not have peace about it and couldn't really explain why. I sensed that something was not right with his health even though he had no heart-related pain. When I asked him to change his mind about going he became quite annoyed with me. I thought and prayed about this a while. I sensed Harold's mind was made up. I asked God what I should do about my unease. God made it clear to me.

I went to Harold and said if he was going, I would appreciate it if he would take out extra insurance, which he did. I then asked if he would update me on all our financial matters and write it down which he also did. He really thought I was over-reacting but I knew something was not right.

A day before he was to leave he phoned me from the office and said he was just too busy to go since his "second in command" had to fly to London to see his mother who was very sick. He cancelled his flight and hotel reservation....I felt a tremendous sense of relief. I also thought about the extra insurance we purchased and all the work on finances I had asked Harold to do, and wondered if I had made him do a lot of work for nothing....

The next day I was watching the news at noon and having my lunch. Something on the news made me concerned for Harold's safety. I remember turning the TV off and just really praying for him....

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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

Holiday Hours

March 25 & 28 - Closed

brain cancer; drink 8 glasses of water per day, and only men have prostates.

Continuing their comedic talks, the two physicians shared the power of optimism in living long and truly living. Laughing 100 times a day is the equivalent of 20 minutes in the gym. The most influential factor in enduring happiness is that we are born into a wealthy democracy; this is followed by education, spiritual path, happy marriage and large social network. The biggest single factor that we can control is our circumstances – reducing stress as effectively as possible.

The doctors reviewed multiple research studies, including research on happiness, optimism, anger and how using your money to help others is the most powerful factor affecting your happiness level. Quoting the Dalai Lama, they inspired the audience to really live,

“What surprised me most about humanity is that man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

These two physicians continued to bring laughter and inspiration through multiple stories and photos of the people on the island of Tanna in the South Pacific where they have both served; the Tanna are considered to be the happiest people on earth, according to Conde Nast.

Hepburn and Seeley quoted Walt Whitman who said, “Happiness – not for another place, but for this place. Not for another time, but for this time.” They closed their presentation by saying that, “there ain’t much fun in medicine, but there’s lots of medicine in fun”.

By Sharon Simpson, Director Communications and Stakeholder Engagement, Menno Place – www.Menno-Place.ca

Hugs

A business man’s wife was experiencing depression. She began to mope around and be sad, lifeless—no light in her eyes—no spring in her step—joyless. It became so bad that this “man of the world” did what any sophisticated person would do. He made an appointment with the psychiatrist. On the appointed day, they went to the psychiatrist’s office, sat down with him and began to talk.

It wasn’t long before the wise doctor realized what the problem was. So, without saying a word, he simply stood, walked over in front of the woman’s chair, signaled her to stand, took her by the hands, looked at her in the eyes for a long time, then gathered her into his arms and gave her a big, warm hug. You could see the change come over the woman. Her face softened, her eyes lit up, she immediately relaxed. Her whole face glowed. Stepping back, the doctor said to the husband, “See, that’s all she needs.”

With that, the man said, “Okay, I’ll bring her in Tuesdays and Thursdays each week, but I have to play golf on the other afternoons.”

Shortly after one o’clock the phone rang....It was a co-worker of Harold’s. He told me Harold had collapsed, it didn’t look good and that I should phone Burnaby General Hospital right away.

My heart beat terribly and jumped all over the place. I thought I would collapse! I phoned the hospital and was told it did not look good.

“Are you alone?” they asked. I said, “Yes”.

“Maybe you should have someone come with you. Don’t drive alone”, they said.

I called the children and Harold’s mother and we all went to the hospital. When we got there they gave us his messed up clothes (his shirt had been shredded while a medical team worked on him.) Harold’s boss was also there. Finally the doctor met with us and confirmed that though they had tried to revive him, Harold had died. He had collapsed at the Sky-train on the way to a job. He was getting off the train, walking behind his colleagues and had a massive heart attack and died instantly....

We picked up Harold’s truck, which was parked at the Sky-train parking lot and drove to the White Spot restaurant and had supper. Harold loved eating at the White Spot....

As I reflected on what had happened I praised God that Harold had not suffered, that he had not been alone when he died, and that it had not happened while he was driving....I praised God for giving me a warning, as a premonition, that Harold should not go to New York and that I had acted upon it.

Without knowing what was ahead, Harold had prepared me for my future with the extra life insurance and by laying out all I needed to know about our finances. For this I give thanks.

Violet Neumann

Violet (Kaethler) Neumann was born in Yarrow in 1937. She lived in Abbotsford and other BC locations. Her book of 30 fascinating life stories was published after she died of pancreatic cancer in 2013.

Slightly abridged and reprinted by permission from the publisher.

For what We Are About To Receive by Violet Neumann, with Teresa Klassen, is available from FriesenPress, Suite 300 – Fort Street, Victoria, BC V8W 1H8. 888-378-6793. It is also available on line: 978-1-4602-2234-8 (paperback); and 978-1-4602-2235-1 (eBook). It can also be ordered on Amazon http://www.amazon.ca/What-We-Are-about-Receive/dp/1460222342/ref=sr_1_6?ie=UTF8&qid=1456334391&sr=8-6&keywords=For+what+we+are+about+to+receive

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.



John H. Redekop

From the Editor's Desk

Are the terrorists Muslim?

Ever since September 11, 2001, "9/11", when 19 Muslim extremists killed 2,977 people, many Western politicians, media folk, and assorted other elites have done their utmost to argue that the pitiful perpetrators carrying out repeated barbarity and mass murder are not Muslims. They can't deny what happened but they loudly proclaim that Islam is a religion of peace and has nothing to do with the sickening bloodshed. Invoking the most twisted logic, more correctly lack of logic, they then with great fervour denounce the horrendous deeds but reject the obvious explanation.

British Prime Minister David Cameron is a classic example of those who resort to such delusional rationalization. After seeing the grisly video of British-accented Jihadi John beheading the kneeling, orange-clad, British journalist David Haines, Cameron said: "They boast of their brutality. They claim to do this in the name of Islam. That is nonsense. Islam is a religion of peace. They are not Muslims, they are monsters." (*Vancouver Sun, September 15, 2014, A9*)

If one states one's conclusion at the outset, if one rejects the evidence, then it is not surprising that one's conclusion is what one wants it to be. These "monsters", as it happens, practice the pillars of Islam, assert that they are Muslims, and shout "Allahu akbar", (Allah is great), as they lop off their victims' heads yet, somehow, the fact that they are doing this horrendous evil is cited as proof that they are not Muslim. It boggles the mind.

Unfortunately, US President Barak Obama involves the same misguided reasoning. On November 5, 2009, US Army psychiatrist Major Nidal Malik Hassan opened fire on his Fort Hood, Texas army base, killing 12 people and wounding 32. Although Hassan had email correspondence with terrorist leader Anwar al-Awlaki, had signed the basic SOA document (Soldier of Allah), had shouted "Allahu akbar" while firing his gun, said that he had shot the people "in defence of the Taliban", and in an undated letter to ISIS leader Abu Bakr al Baghdadi allegedly wrote, "I formally and humbly request to be made a citizen of the Islamic State", (www.independent.co.uk/news/world/americas/fort-hood-gunman) President Obama had the audacity to say that Hassan' savagery was a case of "workplace violence", not Muslim terrorism. If I had not myself heard this presidential assertion repeatedly on various networks during the days following the slaughter, I would not have believed that the President would say that. When pressed by journalists to explain his puzzling interpretation, the leader of the Western world said that Hassan acted alone, there was no evidence of a plot, as if that were the only relevant criterion. (www.msnbc.msn.com/cleanprint/CleanPrintProxy.aspx?unique=1310762673079)

It is hardly surprising that the rector of France's largest mosque, Tareq Oubrou, while acknowledging that "this crime was carried out in the name of our religion", would insist after the beheading of the civilian French hostage, Herve Gourdel, that the Islamic State's "deadly ideology has nothing to do with Islam" What surprises the reader, however, is that he then adds, "Nowhere does the Koran say other religions or nations must be attacked". (*Vancouver*

The Editorial Committee



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

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Sun, September 27, 2014)

Fortunately various experts, Muslim and non-Muslim, have corrected Oubrou's misstatement. The internationally acclaimed scholar Gordon Nickel reminds us that "The Koran contains five commands to kill and 12 commands to fight...Most are found in the second..., fourth...and ninth suras." (www.christianitytoday.ca/global/printer.html?/faith/faith-and-thought/2006/08.002html) Muslim scholar Tawfik Hamid writes: "After the barabaric terrorist attacks done by the hands of my fellow Muslims everywhere on this globe...I have to admit that our current Islamic teaching creates violence and hatred towards Non-Muslims." (<http://arjunpuri.wordpress.com/2010/04/20/from-the-heart-of-a-muslim>) To this New York Muslim Younes Mohammed Younes adds: "We're commanded to terrorize the disbelievers....The Koran says very clearly, in the Arabic language...'terrorize them'. It's a command from Allah." (*Vancouver Sun, May 10, 2010*)

I rest my case.

JHR

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

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Coming Events

Community (Abbotsford)

- ◆ *The Valley Concert Society* is featuring *Thomas Pandolfi*, a young American pianist, Mar 4, 7:30 pm, Centennial Auditorium, 32315 South Fraserway. Tickets: 604-289-3377 or at the door.
- ◆ *Mennonite Heritage Society Genealogy Workshop*, Mar 5, 8:30 am to 4:00 pm. Mennonite Heritage Museum, 1818 Clearbrook Road. Presenters: Tim Janzen and Glenn Penner. Cost: \$35.00, includes refreshments/lunch. More info: archives@mbsbc.com or 604-853-6177.
- ◆ *Down-Town Abby Benefit Concert for Lifebridge Ministries and Kinghaven/Peardonville*, Mar 5, 7:00 pm, Gateway Community Church, 2884 Abbotsford Mission Highway. Featuring Calvin Dyck, Alison Nystrom and the West Coast Chamber Orchestra. Tickets: House of James or King's Music.
- ◆ *Lenten vespers with Abendmusik Choir*, Mar 5, 7:30 pm, Emmanuel Free Reformed Church, 3386 Mt Lehman Road. Offering: for Menno Simons Centre, a Christian residence for students attending UBC and Regent college.
- ◆ *Cascadia Wind Ensemble and Dr Edward Lewis*, Trumpet Virtuoso, Mar 6, 2:00 pm, Matsqui Centennial Auditorium, 32315 South Fraserway. Tickets: King's Music or at the door.
- ◆ *Preaching in a Post-Christian Culture*, Summit Pacific College, Mar 7, 10 and 11. School of Graduate Studies, registrar@summitpacific.ca or 604-851-7224.
- ◆ *Barrage*, Calgary's Own International Touring Sensation with Calvin Dyck, Abbotsford Youth Orchestra and the Langley Community Music School Cello Ensemble, Mar 15, 7:00 pm, Abbotsford Arts Centre. Tickets: King's Music.
- ◆ *Music on a Wednesday*, Mar 16, Refreshments 11:30 am (\$3.00), Concert 12:15, Bakerview Church, 2285 Clearbrook Road. Chantal Bian, cello.
- ◆ *Don't Just Do Something: Stand There*, a look at why Sabbath-keeping may be the most neglected but most subversive practice among Christians. Talk by Mark Buchanan, Mar 16, 7:00 pm, Columbia Bible College, 2940 Clearbrook Road. Registration free. More info: Columbia.edu/ConEd..
- ◆ *Multi-Nation mission Foundation (MMF), Desert Night*, March 18, 6:00 pm, Garden Park Tower, 2825 Clearbrook Road. Testimonies of what God is doing through MMF. Special music: John and Rita Thiessen. Offering for MMF Ministries.
- ◆ *Hymn Sing*, Mar 20, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- ◆ The Reach Gallery Museum features *Incredible Works of Art* by Toronto's Edward Burtynsky, Langley's Edith Krause, Alberta artist Lyndal Osborne, and Chilliwack artist Ross Bollerup. These exhibitions will be on display at The Reach 32388 Veterans Way until April 10.
- ◆ *Health and Wellness Classes, Bones and Balance*, every Monday, 9:45; Health in Motion, every Thursday, 9:45. All classes in the Dogwood Room of Garden Park Tower, 2825 Clearbrook Road.
- ◆ *55+ Seniors' Contract Bridge*, at the Fellowship House Society, Abbotsford Recreation Centre, 2499 McMillan Road, Tuesdays at 6:45 pm; Wednesdays, Fridays and Sundays at 12:45 pm. Cost: \$2.00 for Bridge, Coffee, Tea and Snacks. More info: Myrtle 604-626-4746.
- ◆ *GriefShare Seminar Support Group*, Tuesdays, 7:00 to 9:00 pm, Central Heights Church, 1661 McCallum Road. More info: www.griefshare.org or 604-852-1001.

- ◆ *The Reach, Culture, Coffee and Cookies*, C3 is a program dedicated to providing learning opportunities for people of retirement age. Every Wednesday, 10:30 am. Free Admission, Pre-registration required. Register at The Reach, 32388 Veterans Way or phone 604-864-8087.
- ◆ *Valley Echoes Chorus*, every Thursday, 7:00 pm, Azalea Room, Garden Park Tower. Director, Sean Huston. More info: 778-896-3496.
- ◆ *Living Room Drop-in Support Group*, first and third Friday of the month, 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.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

Community (Region)

- ◆ *Classical Concert*, featuring Itzhak Perlman playing Bruch's Violin Concerto #1 and the Vancouver Symphony Orchestra performing *Beethoven's 7th Symphony* with Bromwell Tovey conducting. Mar 2, 8:00 pm, Orpheum Theatre, Vancouver. Tickets: Online or 604-876-3434.
- ◆ *C to C Multiply Conference*, Speakers: Larry Osborne, Francis Chan and Jeff Vanderstelt, Mar 2 and 3, Westside Church, 777 Homer Street, Vancouver. More info: 604-263-2314.
- ◆ *Beethoven's Emperor Concerto*, with Alexander Meinkov, pianist and the Vancouver Symphony Orchestra. Mar 12 and 14, 8:00 pm, Orpheum Theatre, Vancouver. Tickets: 604-876-3434.
- ◆ *Faith and Reason lecture Series*, Mar 22, 7:00 pm, North West Building, Trinity Western University. Presenters: Grant Havers, Ph.D. and Robynne Healey, Ph.D. Topic: "Are individual freedoms and group rights reconcilable?"
- ◆ *Legacy 5 and the Young Street Vocal Band*, Mar 29, 6:00 pm, Chilliwack Alliance Church, 8700 Young Street, Chilliwack. More info: 800-410-0188.
- ◆ *Festival of Hope Launch*, Mar 31, 7:30 pm, Broadway Church, 2700 East Broadway, Vancouver. Speakers: Franklin Graham and Will Graham (Billy Graham's Grandson), Musical Guest: John Neufeld. Free Admission/Parking.

Future Events

- ◆ Fraser Valley Symphony, April 3, 3:00 pm, Matsqui Centennial Auditorium, 32315 South Fraser Way, Abbotsford. Tickets: King's Music. More info: 604-744-9110.
- ◆ *The Collingsworth Family and the Young Street Vocal Band*, April 12, 7:00 pm, Chilliwack Alliance Church, 8700 Young Road, Chilliwack. Tickets: House of James, Advance \$20.00, At the Door, \$25.00, Online at itickets.com
- ◆ *The Canadian MK Network, Benefit Concert/ Desert Evening*, Apr 16, 7:00 pm. Featuring Carolyn Arends, Immanuel Fellowship Baptist Church, 2950 Blue Jay Street, Abbotsford.

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

No Loose-Fitting Clothes

"I signed up for an exercise class and was told to wear loose fitting clothing. If I had any loose fitting clothing, I wouldn't have signed up in the first place!" Quoted

Puzzle

The puzzle for this Easter issue consists of finding 32 names of God – Father, Son, and Holy Spirit – in this chart. They all appear in the New International Version of the Bible. Some are horizontal, some vertical, some diagonal, and a few appear backwards. A letter can be used more than once. Two found words are indicated: PRINCE in the top line, backwards, and PROPHET in the third vertical column, counting from the right. Below the chart you will find the list of the 32 words with the first letter given and also the total number of letters in each word. See how many you can find. When you have found a word, outline it in the puzzle and write it out in the list.

Good Easter puzzling!

30–32 = Excellent! Become a Bible Teacher.

26–29 = Very Good 22–25 = Good

24 or less = More Bible study advised

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

- | | |
|---------------------|---------------------|
| 1. A (8) _ _ _ _ _ | 17. O (5) _ _ _ _ _ |
| 2. A (5) _ _ _ _ _ | 18. PRINCE |
| 3. C (6) _ _ _ _ _ | 19. P (6) _ _ _ _ _ |
| 4. C (9) _ _ _ _ _ | 20. PROPHET |
| 5. C (9) _ _ _ _ _ | 21. R (5) _ _ _ _ _ |
| 6. C (7) _ _ _ _ _ | 22. R (8) _ _ _ _ _ |
| 7. H (4) _ _ _ _ _ | 23. R (4) _ _ _ _ _ |
| 8. H (6) _ _ _ _ _ | 24. R (5) _ _ _ _ _ |
| 9. I (8) _ _ _ _ _ | 25. S (6) _ _ _ _ _ |
| 10. K (4) _ _ _ _ _ | 26. S (7) _ _ _ _ _ |
| 11. L (4) _ _ _ _ _ | 27. T (7) _ _ _ _ _ |
| 12. L (4) _ _ _ _ _ | 28. T (5) _ _ _ _ _ |
| 13. L (4) _ _ _ _ _ | 29. V (4) _ _ _ _ _ |
| 14. M (6) _ _ _ _ _ | 30. W (3) _ _ _ _ _ |
| 15. M (7) _ _ _ _ _ | 31. W (7) _ _ _ _ _ |
| 16. N (8) _ _ _ _ _ | 32. W (4) _ _ _ _ _ |

The answers are given on page 15.

JHR

"Faith is the resting of the mind on the sufficiency of the evidence." *Quoted*

A Pastoral Word *Which Tomb Is It?*



Pastor Ron Berg

I followed the crowds of tourists and pilgrims slowly making their way through the church which, they said, was built over the tomb where Jesus was laid. Down deep, below the church we finally came to a series of tombs, and one of them could have been where Jesus' body had lain. I peered into the dark empty space of the tomb they pointed to, feeling the sorrow the disciples must have felt on that terrifying day.

A short distance away, we went to a garden where others claimed Jesus' tomb was located. The garden was filled with bright sunshine, trees, flowers, even an old cistern to water the garden. There, hewn out of the cliff was a tomb that could also have been where they laid Jesus' body. It was quieter here because groups needed a reservation to come in. There were several places where groups could celebrate communion, overlooking the tomb.

It is a spiritually enriching experience to stand there thinking of the glorious day when Jesus rose from the dead, bursting from the tomb. I thought of where Mary could have stood weeping and then hearing the familiar voice saying, "Mary." I imagined the two disciples, John and Peter, rushing into the garden and Peter dashing right into the tomb. It is a place full of drama; a place that changed mankind's destiny.

But which is the authentic tomb? It doesn't matter. Whichever tomb it was, Jesus' body was in there for only three days. Jesus didn't say to Mary, "Tell the disciples to meet me here." He was alive. He said, "Tell my brothers to meet me in Galilee." Death has been defeated. We have good news to tell. Let's get started. "Feed my sheep."

Standing in the garden, I thought of how the resurrection had brought eternal life to the whole world. There was a group from the Far East islands visiting the garden at the same time. They began singing, "Because He Lives". We joined with them singing in our language and they in theirs. The power of this empty tomb had united us around the world.

Ron Berg

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"I want my children to have all the things I couldn't afford. Then I want to move in with them."
Phyllis Diller

Your Health

1. The *Health Radar* magazine reports the following.
“Your brain may slow, but your ability to make decisions gets better with age. A study published in the journal *Psychology and Aging* found that although it gets harder to learn new information as one grows older (fluid intelligence), it’s offset by an increased ability to make decisions due to knowledge and experience (crystallized intelligence). In a series of tests, older people (60 to 80) were found to have a better understanding of finances than younger people (18 to 29), and were able to make better economic decisions.”
(healthradar.newsmax.com/volume3/issue12)+9
2. The *Health Radar* magazine also reports that David Perlmutter, M.D. has come up with some very good advice for people with diabetes and those who are determined to prevent getting that disease. “Dr. Perlmutter divides vegetables into two categories: Those that grow below ground [and] raise blood sugar because of high starch content, and should [therefore] be avoided. Carrots and potatoes are examples. Above-ground vegetables are the most beneficial. These include all leafy greens, peppers, celery, asparagus, cabbage, broccoli, cauliflower, brussels sprouts, onions, and garlic.”
(healthradar.newsmax.com/volume3/issue9)

Why Teachers Go Gray

These are reported to be actual test answers from various schools in the Huntsville, Alabama metropolitan area:

- Q: Name the four seasons.
A: Salt, pepper, mustard and vinegar.
- Q: How is dew formed?
A: The sun shines down on the leaves and makes them perspire.
- Q: What is a planet?
A: A body of earth surrounded by sky.
- Q: What guarantees may a mortgage company insist on?
A: If you are buying a house, they will insist you are well endowed.
- Q: Name a major disease associated with cigarettes.
A: Premature death.
- Q: How can you delay milk turning sour?
A: Keep it in the cow.
- Q: What is the fibula?
A: A small lie.
- Q: Give the meaning of the term “Caesarean Section.”
A: The caesarean section is a district in Rome.
- Q: What is a seizure?
A: A Roman emperor.
- Q: What is a terminal illness?
A: When you are sick at the airport.
- Q: What is a turbine?
A: Something an Arab wears on his head.

Credit: *Salem Web Network*

Helpful Hints

Editor’s Note: This magazine does not endorse any product. As it happens, the names of some products have become part of the English language. One can think of kleenex, ski-doo, xerox, velcro, and scotch tape. In this column we discuss WD-40 as a brand as well as another generic name. The following account was submitted for publication and we present it for your consideration.

The Uses of WD-40

A gentleman bought a new truck. Shortly thereafter his neighbour noticed, on a Sunday morning, that for no known reason someone had spray-painted red all over his friend’s new beige truck. He went over, woke his neighbour and informed him of the bad news. The truck-owner was devastated and didn’t know what to do. Moreover it was Sunday and he would have to wait until Monday to try to get some help.

While the two men were commiserating about the vandalism another neighbour came over to survey the situation. Having looked at the red paint on both sides of the new truck, he told the owner to get some WD-40 and spray it generously on all the red paint. The owner had some WD-40 on hand and did as he was instructed to do. After a short wait he began rubbing the surface and, lo and behold, all of the red paint came off. Equally important, the beige paint was not harmed. The first two neighbours, especially the truck owner, were greatly impressed.

A product that was first marketed, in 1953 by the San Diego Rocket Chemical Company, as a rust preventative solvent and degreaser to protect missile parts, has become very popular and is now used for many purposes.

After reporting this incident our news source added that WD-40 is also effective in removing road tar, keeping silver from tarnishing, loosening stubborn zippers, keeping glass shower doors free of water spots, lubricating noisy door hinges, sprayed on umbrella stems making them easier to open and close, removing dead bugs from grills and bumpers, and making sliding windows move more easily. *JHR*

“I took a part-time job as an opinion poll sampler. On my very first call, I introduced myself, ‘Hello, this is a telephone poll.’
The man replied, ‘Yeeeah, and this is a street lamp!’”

Logic from an uncluttered Mind

“A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, ‘When I get to heaven I will ask Jonah’.

The teacher asked, ‘What if Jonah went to hell?’
The little girl replied, ‘Then you ask him’.”



Carrie Wachsmann

Dreams and Desires of the Heart

In 2004, my husband and I attended a weekend retreat with a group of Christian writers, artists, actors and filmmakers. The theme of the weekend focused on Joseph and how he persisted to achieve his dreams and to do what God had called him to do.

On the last day of the retreat we divided into small groups. We each wrote down our long-term and short-term dreams and shared them with each other. Then we spent time praying for each other.

I shared my deep desire to spend my time in writing and art. However, because of my demanding full-time job, I had no energy for such creative endeavours. I asked for prayer, both to find ways to be creative, as well as ways to enjoy my present job so that I could go to work each day with enthusiasm.

Within a few short months, I no longer had a job! On the one hand, I was apprehensive about the future, but on the other hand, I knew this was in some way my opportunity to do what my heart really wanted to do. A short time later, through my husband's initiative, a Christian film producer gave me the opportunity to do sketch work for one of his projects.

Today I am actively writing, producing various forms of artwork, as well as working with my husband in the film industry. When I look back I am amazed at how quickly God intervened, closing some doors and opening others, guiding me on the path He had for me.

God puts a passion in each of us. To follow that passion is liberating, rewarding and energizing. That leap of faith, where we think we are giving up something so important we just can't bear to lose it, is the leap of faith that brings life to the soul, and leaves one with a vision for tomorrow.

God will never take you where he will not take care of you. That is His promise.

Carrie Wachsmann

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



Darryl Plecas

The Honourable Darryl Plecas

MLA Abbotsford South

A World Religion Conference

Early in February I had the pleasure of attending the 9th World Religions Conference in Abbotsford. It was organized by the Ahmadiyya Muslim Jama' and Columbia Bible College, and provided an opportunity to hear from an impressive panel of speakers representing the Baha'i, Christian, Jewish, Hindu, Buddhist, Muslim and Sikh faiths – all perfectly moderated by local Councillor, Sandy Blue. The objective of this interfaith conference was to create awareness and to promote religious respect, harmony, and mutual understanding among various faiths and beliefs. And did it ever do that.

If you were one of the lucky ones attending, you could not have left without being touched by the effort of each speaker to call attention to how their own faith shared such important common ground with that of other speakers. It was a reminder about appreciating that, despite differences across faiths, most are founded on core values about kindness, selfless giving, helpfulness, and respectfulness that we should all be guided by. And it was also a reminder that there will be differences that evolve, even within faiths, as a consequence of the way books of faith have been written and read, the way culture interfaces with faith, and the road different people around the world travel on their journey towards their faith. Still, it is the commonness across religions that can be drawn on to appreciate each other more, and to bring us more together. All in all, it really drove home the point that we would all be so much richer in both spirit and practice if we learned more about each religion.

I wished everyone in Abbotsford could have been there to hear what each speaker had to say. It really added to my own belief that we should take a lead from Columbia Bible College on the matter of teaching about the world's great religions. In fact, if it were up to me, I would require that students in our high schools and universities take a course in world religions.

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

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Beware of Scams!

Not all thieves are stupid

Cell phones can create problems. After her handbag was stolen, a certain lady changed her habit of how she lists names on her cell phone. Her handbag, which contained her cell phone, credit card, wallet, etc. was stolen. Twenty minutes later when she called her husband, from a pay phone, telling him what had happened, her husband said, "I received your text asking about our PIN number and I replied a little while ago." The woman had, as you can guess, not texted him. When they rushed down to the bank, the bank staff told them all the money in their account was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the PIN. Within 20 minutes he had withdrawn all the money from their bank account.

The lesson in this report is this. Do not list phone numbers as the numbers of Hubby, Sweetheart, Dad, Mom, etc.

Equally important, when sensitive information is being asked through texts, confirm the authenticity of the message by calling back. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach the supposed caller or text-sender, be very careful about going places to meet "family and friends" who text you.

The Wrong Coat

A meek little fellow in a restaurant timidly touched the arm of a man putting on an overcoat. "Excuse me," he said, "but do you happen to be Mr. Smith of Newport?"

"No, I'm not," answered the man impatiently.

"Oh, well you see," continued the first man, "I am, and that's his overcoat you're putting on."

Another thief was also not stupid. A lady went grocery-shopping at a local mall and left her purse in the child seat of the cart while she selected something off a shelf. After she had made her selection from the shelf, she turned back to her cart and immediately realized that her purse had been stolen. She quickly reported this to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She was relieved and quickly drove back to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it. They did!

Edited by JHR



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

"If you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

Albert Einstein

Did you know?

1. What is Lent? Jesus died on the Passover Day. Passover was celebrated on the first full moon following the spring equinox. This day can vary greatly. Lent begins 40 days plus Sundays counting backwards from Easter. Why 40 days? Jewish scholars tell us that the figure 40 represents the 40 years that the Israelites wandered in the desert and the 40 days that the world was flooded at the time of Noah. Christians have added the notion that Jesus fasted 40 days in the desert. Each of these 40-day periods was a time of preparation for what was to follow.

For Christians these 40 days, plus Sundays, are deemed to be a time of preparation for the celebration of the resurrection at Easter. Lent, with its first day called Ash Wednesday, is meant to be a time of solemnity and reflection. Some Christians fast for part of that time. Others give up something they like such as certain foods, travel, entertainment, comedy reading, or television. Some Christians, especially in certain Catholic countries, intentionally submit themselves to

physical suffering in order to identify more fully with Jesus' suffering on the cross. Commenting on Lent Dr. Jim Denison stated, "May our journey to Easter be the spring-time of our souls".

2. Drunks cause death. In 2015 61 British Columbians were killed by drunk drivers. (*Global TV News, February 10, 2016*) In Canada about 1,400 were killed and more than 63,000 injured. (*info@madd.ca*)

3. A Quebec Law. Both before and after enacting its freedom-denying Padlock Act in 1937, Quebec Governments, like some others, have enacted some perplexing legislation. Since 1981 "it has been illegal for women in Quebec to change their surname when they marry". (*National Post, January 8, 2016, A9*) Fortunately this freedom-denying legislation has not been consistently enforced. If it had been, then Sophie Gregoire-Trudeau, the wife of Canada's Prime Minister, would have been charged and presumably found guilty because what she did, I am informed, was against the law. *JHR*



Henry Braun
Mayor of Abbotsford
Housing the Homeless

I'm sure many of you are aware of the Supreme Court of BC's October ruling which permits homeless persons to camp overnight in Abbotsford City Parks between the hours of 7pm and 9am if no shelter beds are available in the community.

On February 1st, Abbotsford City Council officially adopted updates to our Parks Bylaw to bring it into alignment with that ruling. Key updates to the bylaw include:

- Clarification of the definition of "Park" to confirm that lands defined as "Highways" under the Community Charter and/or City's Street and Traffic Bylaw are not included within the definition.
- Of our 157 parks, camping will be completely prohibited in only three City-wide community destination parks that have year-round, high use: Mill Lake Park, Civic Precinct and Abbotsford Exhibition Park.
- Clarification of where camping will not be permitted within parks (e.g. playgrounds, ornamental gardens, sports areas, washroom facilities, picnic shelters, cemeteries, etc.).

"A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to 'honour' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?' From the back, one little boy (the oldest of a family) answered, 'Thou shall not kill.'" *Quoted*

Our goal with the updates has been to follow the intent of the court's ruling while balancing the principle that our community parks need to be open and accessible to all park users.

Alongside the adoption of the bylaw, notice has been given to persons camping on Gladys Ave, and our service providers are working with them to find alternate accommodations. The City is determined that this process will be respectful, and we're working closely with service providers to connect people with the resources they need to find permanent housing.

The City remains committed to a Housing First Approach in addressing homelessness in our community, which sees people moving into housing arrangements as a first step. Our goal is that Abbotsford will be a city where everyone has a home.



Rose Room Coffee Shop

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



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 TRINITY WESTERN UNIVERSITY

Trinity Western Nursing Students at Garden Park Tower

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

Here's our schedule:

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

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

Garden Park Tower

Clearbrook Golden Age Society

2825 CLEARBROOK ROAD, ABBOTSFORD, BC

Invites You to
Easter Lunch

at
Garden Park Tower
Thursday, March 24, 2016
11:30 a.m. (Doors open at 11:10)

The program will feature:
Trinity Western University Singers
Guest Speaker

Baked Ham with Pineapple, Scalloped Potatoes,
Mashed Yams Broccoli Salad, Buns, Lemon Shortcake

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frozen soups,
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the Rose Room.

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Columbia Bible College Traveling Ministry Team

"A team of 11 students who sing, play instruments and share testimonies at a variety of churches and schools will be visiting Garden Park Tower.



They are led by Shar Warkentin, Associate in the Worship Arts Department.

Come and enjoy a regular Friday lunch and the ministry team from Columbia Bible College on Friday, April 1st at 11:30 AM."

"The resurrection is God's 'Amen' to Jesus' statement, 'It is finished'." S. Lewis Johnson

MARCH 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 Chicken Noodle Soup Green Bean Soup Carrot Cake	2 Beef Borscht Turkey Noodle Soup Empanadas Plum Platz	3 Banana Bread	4 BBQ Ribs, Roast Potatoes, Corn, Tossed Salad Ice Cream Sundae	5
		Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special
6	7	8 Split Pea Soup Mulligatawny Soup Apple Cake	9 Chicken Borscht Cream of Broccoli Soup Ham and Cheese Buns Blueberry Platz	10 Date Nut Loaf	11 Parmesan Chicken Breast, Fettuccini with Al- fredo Sauce Steamed Vege- tables, Caesar Salad, Garlic Bread, Raspberry Jello	12
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods
13	14	15 Chicken Noodle Soup Beef Stew Bienenstich	16 Beet Borscht Chicken Lentil Soup Clubhouse Sandwich Cherry Platz	17 Chocolate Zucchini Loaf	18 Perogies with Fried Onions and White Sauce, Farmer Sausage with Sauerkraut, Green Beans, Pickled Beets, Cherry Moos	19
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches NO Lunch Special	Breakfast Baked Goods
20	21	22 Chili White Bean Soup Blueberry Cobbler with Ice Cream	23 Beef Borscht Seafood Chowder Chicken Pot Pie Rhubarb Platz	24 **Special Ticket** Baked Ham with Pine- apple, Scalloped Po- tatoes, Mashed Yams Broccoli Salad, Buns, Lemon Shortcake	25 GOOD FRIDAY DINING ROOM CLOSED	26
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Paska	Breakfast Baked Goods Chili, Soups Sandwiches, Paska Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	GOOD FRIDAY COFFEE SHOP CLOSED	Breakfast Baked Goods
27	28 EASTER MONDAY	29 Hamburger Soup Chicken and Dumplings Apple Perisky	30 Farmer Sausage Soup Tomato Basil Soup Reuben Sandwich Plum Platz	31 Lemon Loaf	EASTER PASKA Pre-order your Paska in the Rose Room Coffee Shop. Small—\$3.00 Large—\$6.00 Pick up at noon on Tue 22, Wed 23 and Thur 24	
	COFFEE SHOP CLOSED	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special			

Letter to the Editor

Editor, *The Journal*:

Kudos

I have often been asked, usually in the elevator by someone contemplating a move here, whether I like living here. After three years at Garden Park Tower, I can respond with an unequivocal "yes." I have had ample time to appreciate the many amenities, from safety features for the residents to the convenience of a restaurant with homemade soups, packaged dinners and baked goods for sale (Borschch, Zwieback anybody?), to the friendly companionship readily available.

In addition to the capable and approachable management of Garden Park Tower, the engine that makes this place hum is the volunteers, seemingly countless numbers, to be found in the kitchen, serving in the restaurant, outdoors planting, weeding, watering flowers and much more.

Last week wishing to host a group of guests from Germany in the Rose Room on a day when the full lunch is served only in the Magnolia Room, I went to the office to see if an exception were possible. After a brief deliberation with the Food Service Manager, my request was granted. Several of the volunteer servers waited on us most graciously and we thoroughly enjoyed the meal and the very friendly and cheerful ambiance of the Rose Room Cafe. Our guests were very pleased.

Thanks also to the editor of the *Garden Park Journal*. Personally, I very much appreciate John Redekop's and Len Remple's informative articles and those of various guest contributors. On the first of every month, I take an armful of *Journals* to Tabor Home where they are eagerly received by many of the residents and their family caregivers. Thanks, too, for the generous number of amusing stories that make us smile or LOL.

Mary Dueck
Abbotsford, B.C.

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

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"I am what I am because God is who He is."
Selwyn Hughes



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St. John Ambulance

Therapy Dog 

Dogs of the Month - March 2016

Jesse James is an eight year old Shizu (Bijon) and has been a SJA Therapy Dog since May, 2015. Jesse has participated in the student de-stress visits at Exam time at the University of the Fraser Valley and visitations at The Residence in Mission (TRIM). Jesse enjoys treats, cuddles, going for walks and napping.



Myah is a six and a half year old Havanese/Shizu cross and has just recently been certified as a SJA Therapy Dog. 'Myah' has started her St. John Ambulance Therapy Dog visitations at the Tabor Court in Clearbrook. The residents love holding Myah on their laps and love it when she settles down for a nap on their lap.



Meet Jesse James & Ilja and Myah & Kori in the Azalea Room, March 8th at 10:00 a.m.

Question of the Month

The question for March is this: Should public colleges and universities be tuition-free? Next month readers will see that this issue has far-reaching consequences. Please send your responses to jredkops@shaw.ca or phone 604-855-5086.

In the February issue of *The Journal* we asked, "Should all Christians be environmentalists?" An environmentalist, *The Canadian Oxford Dictionary* tells us, is "a person who is concerned with or advocates the protection of the environment". It is not surprising that Christians have differing and strongly-held, views. We turn first to the affirmative arguments.

1. God created the earth, the human environment, and called it good, even very good. (*Genesis 1: 10, 18, 25, 31*) As the Dutch theologian Abraham Kuyper put it, "There is not one square inch of creation about which Jesus Christ does not say, 'That is mine'...The creation is not ours; we hold it in trust for God. We are meant to be stewards of God's creation and are responsible for the manner in which we exercise that stewardship". (*Robert Banks and Paul Stevens, eds., The Complete Book of Everyday Christianity, p.245.*) Christians are stewards, not owners, of the earth and of all its parts.

2. God commanded Adam "to work" in the garden and "to take care of it". That divine command is still valid for us. That word of God makes godly people responsible for the earthly environment.

3. Christians reject the notion that the earth exists for people to exploit. God intends for people to subjugate, not exploit and destroy, the earth. Therefore Christians oppose its widespread destruction and desecration. Christians reject the notion that the earth is a big garbage dump for our garbage. They also deplore the fact that modern people have created more than 70,000 chemicals, including complex

plastics, that are not biodegradable. For our first parents, everything was biodegradable.

True people of God seek to serve him faithfully by keeping his wonderful creation in the best condition possible. "The earth is the Lord's, and everything in it." (*Psalms 24: 1*)

For these reasons, thoughtful and responsible Christians must be environmentalists.

The negative arguments are held just as strongly.

1. Yes, environmental concerns are important but environmentalism concerns itself only with material things, not spiritual matters, and is therefore only of secondary or marginal importance for Christians. Serious Christians have more important questions to deal with than environmentalism. Proclamation of the Gospel trumps environmentalism.

2. Environmentalism is largely a secular movement. Some methods used by environmentalists are in conflict with Christian ethics. Christians compromise their witness if they identify with causes that adopt unchristian methods.

3. In our day much of environmentalism has absolutized what may be a good cause. It has made environmentalism the over-arching and inclusive cause for which to give time, energy and money. For Christians no sub-Christian cause can ever be the over-arching important cause.

4. Environmentalists typically speak of "nature". Christians speak of "creation". There is a difference. Environmentalists, it seems, have no place for God.

For these reasons Christians should not identify too easily, and certainly not fully, with contemporary environmentalism.

So where do I stand? Having considered all the arguments brought forward, I believe that Christian environmentalism is part of faithful Christian living. Like all else it is, of course, subject to the requirements of Christian discipleship.

A Child's View Of Retirement

After the annual Spring Break, a teacher asked her young pupils how they spent their holidays. One small child wrote the following:

"We always used to live next door to Grandma and Grandpa. They used to live in a big brick house, but Grandpa got retarted and they moved to Florida. Now they live in a place with a lot of other retarted people. They all live in little tin boxes. They ride on big three-wheeled tricycles and they all have name tags because they don't know who they are; and they have to put flowers on the antennas of their cars to help them find their cars. They go to a big building called a wrecked hall, but they must have got it fixed, because it's all right now. They play games and do exercises, but they don't do them very good. There is a swimming pool there, but they stand in it with their hats on. I guess they don't know how to swim. As you go into their park, there is a doll house

with a little man sitting in it. He watches all day so they can't get out without him seeing them. When they sneak out, they go to the beach and pick up shells.

My Grandma used to bake cookies and stuff, but I guess she forgot how. Nobody cooks -- they just eat out. They eat the same thing every night: early birds. Some of the people don't know how to cook at all, so my Grandma and Grandpa bring food into the wrecked hall and they call it "pot luck."

My Grandma says Grandpa worked all his life and earned his retartment. I wish they would move back up here, but I guess the little man in the doll house won't let them out."

Author Unknown

"God had one son on earth without sin but none without suffering." St. Augustine

Recipes

White Chocolate No-Bake Cheese Cake

Rayel Bausenhaus

- 1/2 box Oreo cookie crumbs
- 1/3 cup melted butter
- 1 pkg. white chocolate chips
- 1 cup whipping cream
- 6 Tbs. white sugar
- 1/4 cup fresh lime juice
(2 small or 1 large limes)
- lime zest from limes
- 2 8 oz. pkg. of lite cream cheese



- Mix butter and Oreo crumbs in a small bowl until moist.
- Press into bottom of spring-load pan (9 inch) then chill in fridge.
- Melt white chocolate in medium bowl in Microwave in 30-second increments. Once the chocolate is melted, set aside to cool slightly.
- In a separate bowl, whip cream until soft peaks form. Set aside.
- In a stand mixer beat together cream cheese, sugar, lime juice and zest until smooth. Stir in white chocolate.
- Gently fold whipping cream into cream cheese/chocolate mixture.
- Spread the filling over Oreo crust and set in fridge for at least 2 hours or overnight. Freezes well.

Topping Optional

Top with 1 tin crushed pineapple, 2 Tbs. cold water and 1 Tbs. corn starch, 2 to 4 Tbs. sugar. Boil 2 minutes. cool completely. Top the cheese cake and refrigerate. Enjoy.

Baked by Anne Friesen

Japanese Chicken Wings

- 2 lbs chicken wings
- 1 egg beaten
- 1/2 c flour
- 1/2 c oil or butter

Sauce:

- 3 Tbs Soya sauce
- 3 Tbs water
- 1/4 c vinegar
- 1/2 tsp salt
- 1/2 c sugar

Dip wings in egg, then in flour

Fry until brown and crispy

Put in a shallow baking dish and pour sauce over wings

Bake at 350 for 1 hour

Serve with rice



by Betty Classen

Picture of the Month



Photo by John H. Redekop

The 716-room Riu Emerald Bay Hotel, Mazatlan, Mexico is reflected here not on water but on wet sand, immediately after the high ocean breaker had receded.

**Community Volunteer
Income Tax Program**

Need a hand to prepare your tax return?

Location: Garden Park Tower
2825 Clearbrook Road

Dates: March and April

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

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

NOTE: This Community Volunteer Income Tax Program serves eligible seniors (singles up to \$30,000 income; couples up to \$40,000 income)

Volunteers do not prepare complex returns.

TDS908E

Canada Revenue Agency

Agence du revenu du Canada

www.cra.gc.ca/volunteer

1-800-959-8281

Canada

"The reason women don't play football is that 11 of them would never wear the same outfit in public."

Phyllis Diller



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

"There's no point in burying the hatchet
if you're going to put a marker on the site."

Sydney Harris

Advice for Life

Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is life, fight for it.

Mother Teresa

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)



"Everyone is entitled to his own opinion but not his own facts." *Daniel Patrick Moynihan*

WORD	RULER	NAZARENE	HELPER
WITNESS	ROCK	MESSIAH	HEAD
WAY	REDEEMER	MASTER	CREATOR
VINE	RABBI	LORD	COUNSELOR
TRUTH	PROPHET	LIFE	COMFORTER
TEACHER	PRINCE	LAMB	CHRIST
SERVANT	PRIEST	KING	ALPHA
SAVIOR	OMEGA	IMMANUEL	ADVOCATE

Answers:

Aging Together Abbotsford 2016



Dan Levitt, Executive Director, Tabor Village and emcee of the conference and Seniors Advocate, Isobel Mackenzie at the Aging Together Abbotsford 2016 Conference. Photo: Sharon Simpson



Sharon Simpson

In introducing Isobel Mackenzie at the February 12 and 13 Aging Together conference, Dan Levitt, Executive Director at Tabor Village in Abbotsford and emcee for the event, quoted Fredrick Amil's insightful observation that "To grow old is the masterwork of wisdom and one of the most difficult chapters in the great art of living".

With more than 20 years of experience working with seniors, including serving as head of BC's largest non-profit agency serving 6,000 seniors, Isobel Mackenzie brought much insight and wisdom to Aging Together Abbotsford 2016.

Isobel debunked a number of myths in her keynote address, such as the idea that seniors are a burden and that there is a great silver tsunami coming that will come by surprise and wash over British Columbia devastating everything in its path. She also addressed the myth that all seniors are rich, citing the statistic that in BC over half the people aged 65 and older are living on an income of \$24,000 or less. No less than 54,000 seniors in British Columbia live on only the Old age Pension and the Guaranteed Income Supplement, a sum of \$16,800 per year.

Isobel noted that well-meaning professionals are trained to make people's lives as risk-free as possible and yet, she asserted, it's time to allow individual seniors to live at risk as they choose.

Another myth addressed by the Seniors Advocate is the idea that you will get dementia if you live to be elderly. Statistics show that four out of five people over 85 do not have dementia. Also, an unintended consequence of creating awareness of Alzheimer's for research dollars is that everyone fears that they will get dementia.

What about resident-on-resident aggression within residential care homes? For the first time there is a benchmark statistic collected by the Seniors Advocate office. This reveals that between 425 and 550 reported cases resulted in harm in residential care. Although the aim is to have no aggression, this rate of aggression needs to be understood in the context of the 27,000 care home residents in B.C.

The Garden Park Journal, March 2016

The Seniors Advocate also stated that the Senior Abuse and Information Phone Line is now collecting statistics as to how many seniors are being abused. As the benchmark numbers are being developed, Isobel noted that many of the reports of abuse were more than five years old, indicating an under-reporting of abuse

What about the myth that all elderly people will lose their driver's license? Over 97% of seniors over 80 years of age will pass the DMER test and not be subject to the DriveABLE test. From there forward, they will be able to renew their license.

In the future Isobel Mackenzie will undertake a Resident on Resident Aggression Review, a Home Support Review, and a Pharmacare Review.

Sharon Simpson

A Happy End

A father asked his son to accompany him to a pet store. The little boy was told he could choose a puppy which he could then take home. Of all the puppies in the store the young lad chose a puppy that was wagging its tail, because, he said, "I want a puppy with a 'happy ending'." Dan Goldsmith

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Community Resources

Health

Abbotsford Mental Health Office

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

Abbotsford Parkinson's Support Group

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

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

"I am not sure exactly what heaven will be like, but I know that when we die and it comes time for God to judge us, he will not ask, 'How many good things have you done in your life?' rather he will ask, 'How much love did you put into what you did?'"
Mother Teresa

"Many people attend church regularly; they never miss an Easter." *Quoted*

Memories & Happenings

An Unusual Pastoral Prayer

Editor's Note: This item was released as a news report. It appears here in a slightly reduced form.

This prayer was spoken in Kansas at the opening session of the state Senate. It seems prayer still upsets some people. When Minister Joe Wright was asked to open the new session of the Kansas Senate, everyone was expecting the usual generalities; this is what they heard.

"Heavenly Father, we come before you today to ask your forgiveness and to seek your direction and guidance. We know Your Word says, 'Woe to those who call evil good,' but that is exactly what we have done.

We have lost our spiritual equilibrium and reversed our values.

We have exploited the poor and called it the lottery.

We have killed our unborn and called it choice.

We have shot abortionists and called it justifiable.

We have neglected to discipline our children and called it building self esteem.

We have abused power and called it politics.

We have polluted the air with profanity and pornography and called it freedom of expression.

We have ridiculed the time-honored values of our forefathers and called it enlightenment.

Search us, Oh, God, and know our hearts today; cleanse us from every sin and set us free. Amen!"

The response was immediate. A number of legislators walked out during the prayer in protest. In 6 short weeks, Central Christian Church, where Wright is pastor, logged more than 5,000 phone calls with only 47 of those calls responding negatively. The church is now receiving international requests for copies of this prayer from India, Africa and Korea.

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, he's a doctor.'"

A small voice at the back of the room rang out, "And there's the teacher, she's dead."

"Love sought is good but giving unsought love is better." *Shakespeare*

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"When Christian faith is most opposed,
it is most needed." *Jim Denison*



New complementary
copy of
BC Seniors Guide
available in the
Garden Park Tower
office
(while supplies last).

Dollars & Sense

Autonomy and Community



Mike Strathdee

“So Jacob was left alone, and a man wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob’s hip so that his hip was wrenched as he wrestled with the man. . . . The sun rose above him as he passed Peniel, and he was limping because of his hip.” (*Genesis. 32:24-25, 31*).

Dutch pastor Wieteke van der Molen used this text for a Friday evening message at the Mennonite World Conference assembly in Harrisburg, Pennsylvania, last July. Out of many good sermons that week, her message, “On Autonomy and Community,” struck the deepest chord for me. (The entire message is available online at pa2015.mwc-cmm.org). We are all part of a community, van der Molen noted, be it a family, tribe, school, workplace or church. Some of us are members of multiple communities. Community feeds us, nurtures us and teaches us right from wrong, she said. To be human is to be part of community – we cannot survive alone.

We also crave autonomy, to have control over what concerns us. We want to make our own decisions, to be and do our best. There is a major tension between these important truths.

The struggle was ever thus, even in Old Testament times. As we read in Genesis, Jacob believed that he came first, always. He swindled his brother, deceived his father, and so on. But living by your own set of rules and living in community do not go well together. After wrestling with the angel, Jacob struggled with the people around him, with God and with himself.

Autonomy, van der Molen argues, means that you are your own judge, but you have to figure it all out by yourself. Jacob’s story teaches us that it is not wrong to seek our own way, but we need to recognize the community around us, acknowledging the pain, hurt and frustration on both sides.

Modern, grown-up autonomy doesn’t come easy. When we act like Jacob did, wrestling with God, community and self, van der Molen has this warning: “Even if you win, it leaves you slightly limping.” How much of that limping results from failing to seek counsel?

“The best measure of a man's honesty isn't his income tax return. It's the zero adjustment on his bathroom scale.” Arthur C. Clarke

Meeting Jesus' Grandma

Johnny had just been to a new Sunday School. When his Mom and Dad asked him who his new teacher was, he replied, “I don't know her name, but I think she must have been Jesus' grandma.”

“Why do you think that?” his parents asked.

“Well,” he began, “the way she bragged and bragged so much about Jesus, she had to be His grandma!”

One of the core principles that Mennonite Foundation of Canada teaches is that God asks for our whole selves; that stewardship is best forged in Christian community marked by integrity, accountability and joy. Do we seek out Christian community and accountability in our walk as stewards of all that God has entrusted to us? Where do we find counsel in making choices around financial matters and in determining whether those choices are God-honouring?

In the 16 years that I have shared MFC’s message of generous living and faithful, joyful giving, I have noticed the desire for autonomy, at whatever cost, intensify. Interest in, or even understanding of, community and the responsibilities that come with community, has crashed to a similar extent. It affects many of the institutions that we serve. Denominations, churches and some charities are limping, staggering in some cases. Others are thriving and growing, but there will be more limping and brokenness in coming years, I suspect.

We can do a lot more together than we can apart. How do we foster discussions around the value of community in our financial decisions? MFC can help. Perhaps a money autobiography class would be helpful. Maybe a discussion of best practices, both on a personal and congregational level, could be of assistance. Ask the MFC office closest to you for resources to help get the discussion started.

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

“You cannot help the poor
by destroying the rich.
You cannot strengthen the weak
by weakening the strong.
You cannot bring about prosperity
by discouraging thrift.
You cannot lift the wage earner up
by pulling the wage payer down.
You cannot further the brotherhood of man
by inciting class hatred.
You cannot build character and courage by taking
away people's initiative and independence.
You cannot help people permanently
by doing for them, what they could and
should do for themselves.”
~ Abraham Lincoln

A Senior's Concern

A camel in the tent



Len Remple

Can we recall the Arabian fable, “How the camel seized the tent”? While the tent-owner was in the warm tent the camel stuck his nose through the door curtains and whispered, “Master, it is cold outside and it would be a great comfort if I could just have my head inside the tent”. The compassionate owner of course agreed. After a few moments the camel said, “if only I could have the front half of my body inside the tent, then I would be warm and satisfied”. Further requests for more accommodation were kindly granted by the tent-owner until the camel was fully inside. This however, made the tent very crowded, so the camel evicted the tent-owner. That was the right distribution of benefits, according to the camel. Before our very eyes this fable is becoming reality.

Webber Academy in Calgary, Alberta is a private, non-denominational, co-educational, prestigious, university preparatory school. It has peacefully educated students for over 18 years. In 2015 two Muslim students enrolled. At regular intervals they would kneel and pray wherever they were at that time. Their behavior was disruptive to the rest of the student body. When they applied for enrollment at the academy for the following term, they were refused. These students took the matter to the Alberta Human Rights

“Christians, like camels,
unload their burdens by kneeling.”

Commission. In due course the Commission ruled against Webber Academy and fined the school \$26,000. The case was supported by the National Council of Canadian Muslims. The Council claimed Webber was un-Canadian. One cannot help but wonder which Muslim country would allow western cultural norms to be practiced. And one cannot help but wonder if a school in a Muslim country would grant any rights to two Christian students. Also, would any Muslim legal system allow Christian-based evidence into their court and allow it to carry any weight in a trial?

In the fable, the camel presented his case because he was cold, in this case the students based their case on feeling humiliated and claimed their dignity was injured to the point of fear. (Fear of whom or what?) This was meant to intimidate the Webber Academy. Meanwhile, Webber Academy has been forced to surrender its freedom of policy and freedom of administration. Webber Academy has decided to appeal the case to a higher court. Are we letting Radical Muslims (like the camel) take away Canadians’ rights and freedoms and thereby trample on our Constitution? Is it possible that peaceful Canadians would surrender their rights and freedoms rather than defend them?

Len Remple

“Jesus loves us as we are but He loves us too much to let us stay as we are.” *Selwyn Hughes*

Theme Photos

Hill of Crosses: Words and Pictures at Easter Time



The Hill of Crosses, located in Siauliai, Lithuania, was begun following the defeat, in 1831, of Lithuanian and Polish rebels who were resisting the Tsarist occupation and oppressions. With no bodies to bury, relatives of the slaughtered rebels instead left crosses, as a memorial, on this elongated hill, about 10 meters high. The cross collection has grown. Today it contains about 200,000 crosses. During the Soviet occupation of Lithuania, 1944-1991, it was a symbol of defiance. Three times the Soviets bulldozed it; three times the crosses – wood, metal, etc. – were again erected and, if needed, repaired or replaced.

