

The Garden Park Journal



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My Courageous Volhynian Mother

Lilli Kehler

My German Baptist mother was a strong woman, a woman of great faith, and a compelling storyteller. Of the many stories she shared with me before her death in 1990, this one probably impacted me the most:

Shortly after they were married in 1930, my mother and her young husband were sent from their home area near Korosten (in Volhynia/Ukraine) to Dniepropetrovsk to work on a collective farm. Stalin needed young, strong workers to make his collectivization venture a success, and Dniepropetrovsk was the site of several large kolchozes.



Lilli Kehler

Unfortunately, her husband was killed soon after they got there, leaving my mother widowed – with a little girl to raise, and an elderly aunt to support. She was far away from her family and home, and felt very much alone in this God-forsaken environment.

The years 1937 to 1939 were called the time of terror in Ukraine. Thousands of German Baptists in Volhynia – and other parts of Ukraine – were regularly being deported to Siberia on trumped-up charges, or simply killed. My mother began to fear for her life, but she continued to work very hard on the kolchoz, and tried to be as unobtrusive as possible.

One evening, there was a loud knock on the door. Standing on her doorstep was the kolchoz commandant. One question followed another, until he came to the one she had been dreading: “Do you have a religious faith?”

My mother was prepared to say “No”. She felt that God would understand she wasn’t really denying him; she need-

Continued on page 2

Positive Reflections on Mother’s Day

Jim and Rita Cunningham



Jim & Rita Cunningham

Mother’s Day was memorable for us in 1980, the year we lived in Jerusalem. Our sons, Dave, 11 and Mike, 10 were enrolled in an Israeli Public School. For Mother’s Day, they composed a creative ‘hand-made’ card for Mom – in Hebrew! From our travels, it appears that most cultures view ‘Moms’ as special people.

In James Robison’s *My Father’s Face: A Portrait of the Perfect Father* he tells of a fascinating experiment carried out in a federal prison. A chaplain decided to approach a national card company for 500 free Mother’s Day cards that he would offer to the inmates. The company saw a public relations opportunity and shipped the cards to him. The chaplain gave one to each inmate who happily sent off the card to his mother. He repeated his experiment with Father’s Day cards but not a single card was dispatched. Not one of the inmates either knew or had any relationship with his father.

[We tried to verify the prison, the chaplain and the card company without success. Nevertheless, there are enough irreconcilable and estranged father-son relationships within our frame of reference to make this story quite plausible.]

It’s our joy to praise mothers for embracing one of the Bible’s greatest roles: being a Proverbs 14 mother with “A Heart at Peace.”

1. She is a wise woman who builds her house.

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CLEARBROOK COMMUNITY CENTRE

AT GARDEN PARK TOWER

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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

Closed - May 23 - Victoria Day

ed to protect her little girl and her aunt. What would happen to them if she was sent away – or killed? They were totally dependent on her. Yet, in spite of her intentions, the words that came out were: “Yes, I’m a Christian!” She was shaking like a leaf, but at the same time felt God’s sweet Presence envelop her.

The commandant put his Questionnaire away and shook his finger at her: “You have two strikes against you: you’re a German, and you’re a Christian,” he said. “If you weren’t such a conscientious, hard worker, you would disappear.” Somehow God had softened his heart, and my mother lived to see another day, another era, and another country; a country, Canada, where she could finally worship God freely.

I’ve often wondered if - under the same circumstances – I would have the same courage as she did. If and when the time comes, I pray that God will take control, as he always does. Matthew 10: 32 holds true for all of us: “Whoever acknowledges me before men, I will also acknowledge him before my Father in heaven. But whoever disowns me before men, I will disown him before my Father in heaven.”

Lilli was born in a refugee camp in Poland while her parents were fleeing from Ukraine to Germany. The family migrated to Canada in 1952, when Lilli was 8 years old. She grew up in Morris, Manitoba. Lilli studied at North American Baptist College in Edmonton and later at Trinity Western University. She and Erv have two children, Jay and Holly. Their son, Jay, a graduate of TWU, was killed in a motorcycle accident in 1993.

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

2. She walks *uprightly* and *fears the LORD*.
3. Her lips of *wise words* protect her from foolish thoughts.
5. She is a *truthful witness* who does not deceive.
6. Her knowledge and wisdom comes easily because she is *discerning*.
7. She *stays away from foolish people* knowing she will find no knowledge on their lips.
8. Her *prudent wisdom* gives thought to her ways.
9. Her *goodwill for people* is found in her speech.
14. As a *good woman* she will be/is being rewarded for her *faithfulness*.
15. As a *prudent* woman she gives thought to her steps.
16. As a *wise* woman she fears the LORD and shuns evil.
18. As a prudent woman she is *crowned with knowledge*.
21. She is blessed for being *kind to the needy*.
22. She finds love and faithfulness from *planning what is good*.
23. Her *hard work* brings a profit.
24. Her *wealth of wisdom* is her crown.
25. As a *truthful witness* she saves lives.
26. She fears the LORD and *has built a secure fortress* – for her children and grandchildren it will be a refuge.
27. Her *fear of the LORD* is a fountain of life.
29. As a *patient woman* she has great understanding.
30. Her *heart at peace* gives life to her body and strength to her bones.
31. By *being kind to the needy* she honors God.
32. Even in death as one of the *righteous* she will have an eternal refuge.
33. Wisdom reposes in her heart and she is known as *discerning* – even among fools she lets herself be known – as wise!
35. The Lord takes delight in this *wise servant*.

From an eternal perspective Christian mothers are fulfilling the awesome responsibility and privilege of equipping future godly offspring. William Ross Wallace states in his poem, “...the hand that rocks the cradle, Is the hand that rules the world.” You, the mothers and grandmothers, did it! You are our heroines!

Blessings and Happy Mother’s Day 2016!

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

Birthday Every Year

Interviewer: "I see your birthday is May 5, Ms. Beale. May I ask what year?"

Ms. Beale: "Every year."

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.

Danny: "Why does your mother read the Bible so much?"

David: "I think she’s cramming for her finals."



John H. Redekop

From the Editor's Desk Sympathizing with Alberta

Without a doubt the people of Alberta are experiencing relatively hard times, financially. The huge revenues generated by high oil prices have disappeared.

More than a few columnists and reporters have waxed eloquent about Alberta's financial plight. Writing in the *National Post* on April 15, 2016, columnist Jen Gerson wrote, "It's impossible to look at Alberta's latest budget without suffering an involuntary sinking feeling in the gut."

Surely we all feel sorry for the many thousands who have lost their jobs and the many investors who have had to absorb large losses. In recent weeks Alberta Premier Rachel Notley has made sure that the country is aware of her province's and her government's hard times. We must, however, keep matters in perspective.

As I see it, Alberta actually has a rather weak case when it argues that the rest of Canada should provide financial aid. Consider the following.

Alberta is the only province that does not impose a sales tax. Why should the other provinces, all of which impose a hefty sales tax, provide cash for the one province that does not? If we combine the provincial sales tax with the federal HST, then the combined sales-tax chart looks like this:

Alberta	5%	Nova Scotia	15%
British Columbia	12%	Ontario	13%
Manitoba	13%	Quebec	14.975%
New Brunswick	13%	Prince Ed. Island	14%
Newfoundland/Lab.	13%	Saskatchewan	10%

Premier Notley insists that she will not bring in a provincial sales tax in Alberta because the people of Alberta don't want it. What makes her think that the people in the other 9 provinces want it?

And why should all the sales tax-paying folk elsewhere subsidize the one province that won't impose such a tax? Does Premier Notley expect that other Canadians will raise their sales tax rates so that Albertans can avoid paying that substantial unpleasantness? That's deficient logic.

Consider next the provincial income tax rates. Not surprisingly, Alberta has the lowest of all provinces. The 2016 provincial income tax rates for the highest income earners are as follows:

Alberta	11.25%	Nova Scotia	21.00%
British Columbia	16.80%	Ontario	13.16%
Manitoba	17.40%	Quebec	25.75%
New Brunswick	25.75%	Prince Ed. Island	16.70%
Newfoundland/Lab.	14.30%	Saskatchewan	15.00%

Again common sense compels me to ask the logical question. Why should the nine provinces with the highest provincial income tax rates subsidize the province with the lowest rates? The reasoning, to put it kindly, is puzzling?

Finally, let us compare the latest provincial unemployment rates.

Alberta	7.1%	Nova Scotia	9.1%
British Columbia	6.5%	Ontario	6.8%

The Editorial Committee



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Manitoba	6.0%	Quebec	7.5%
New Brunswick	10.2%	Prince Ed. Island	11.0%
Newfoundland/Lab.	13.1%	Saskatchewan	6.2%

Two observations are basic. First, five provinces have higher unemployment than Alberta. Second, at least three other provinces have vastly greater problems in this area than does Alberta.

In sum, all Canadians should be deeply grateful to Albertans for the many years that their province made huge petroleum-based funds available for the well-being of all. Second, it is not reasonable to ask the rest of the country now to pony up funds for Alberta when, by and large, those taxpayers already shoulder greater burdens than do Albertans!

(Sources: *KPMP Tax Tables*; www.thehstblog.com/2015/12/articles/gst-general-1/canadian-sales-tax-rates-as-at-january-1-2016/)
 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)

- ◆ *Musical Benefit Concert*, Featuring Bakerview Fellowship Choir, May 1, 6:30 pm, and May 3, 10:30 am, Bakerview Church, 2285 Clearbrook Road. Offering for Art and Ruth Thiessen, Sunday and Bakerview Refugee Program, Tuesday.
- ◆ MEI Community, Free Classes, for “*Computer Savvy Seniors*” May 5, 12, 19, and 26, 6:30 to 8:00 pm. MEI Secondary Library. RSVP by May 2, More information or to register: Phone 604-859-3700 ext 326 or development@meischools.com
- ◆ *The Great Plains, Plain Folk making Great Music*, A Spring Concert with Daryl and Saskia, featuring Folk, Celtic, Blue Grass, and Gospel music. May 28, 7:00 pm, Gladwin Heights United Church, 3474 Gladwin Road. Tickets \$15.00, Gladwin Heights Church Office or at the door.
- ◆ *Change the World, One Child at a Time*, A Taste of African Cuisine, Dance and Music, Bakerview Church Gym, 2285 Clearbrook Road, May 6, 7:00 pm. Imani Orphan Care Foundation, Raising funds for Kids at Imani and related projects. Tickets: \$25.00, 604-309-6227.
- ◆ House of James presents an *Evening of Celtic Music*, with the West Coast Fiddlers, May 6, 7:00 pm, House of James, 2143 Emerson Road. Tickets: \$10.00, available at House of James, 604-852-3701 or at the door.
- ◆ Valley Concert Society presents the *Laudate Singers*, May 7, 7:30 pm, Matsqui Centennial Auditorium, 32315 South Fraser Way. Tickets: available at the door.
- ◆ Fountainview Academy Orchestra and Singers, May 7, 4:00 and 7:00 pm, Abbotsford Pentecostal Assembly, 3145 Gladwin Road. Free Admission. Bring a donation for the Food Bank.
- ◆ *Journey with People in Recovery*, May 14, 8:00 am to 12:30 pm, Gateway Community Church. Keynote Address: How Brain Science helps understand and treat addictions, by Gillian Drader. Coffee and Refreshments. Contact: info@paradigmministries.ca
- ◆ *The Lark Ascending* by Ralph Vaughan Williams with the West Coast Chamber Orchestra and Calvin Dyck, Soloist. Also, Johannes Brahms German Requiem. Soloists: Bahreh Poureslami, soprano and Max van Wyck, baritone with the Pacific Spirit Choir. Conductor: Gerald van Wyck. May 14, 7:00 pm, Central Heights Church, 1661 McCallum Road. Tickets: \$25.00, available at King’s Music and House of James.
- ◆ *Abbotsford City Prayer Breakfast*, with Calvin Dyck, May 18, 7:30 am, Ramada Plaza Conference Centre, 36035 North Parallel Road. Featured Guests: Henry Braun, Brenda Falk, Greg Klassen and Cindy Schafer. Tickets: \$30.00 at House of James.
- ◆ *MB Mission Fundraising Banquet*, May 18, 6:00 pm, Northview Church, Stories of Transformation from Panama, Southeast Asia, and global work among refugees. RSVP: rsvp@mbmissions.org More info: 604-859-6267.
- ◆ *Hymn Sing with Word of Life Quartet*, May 15, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- ◆ *Tabor Village Fundraising Dinner*, May 27, 5:45 pm. 31944 Sunrise Crescent. Speaker: Michael de Jong, BC Minister of Finance, Special music by Lisa-Dawn Kiltbau. Tickets: \$25.00, available at Bakerview Church, Clearbrook MB Church, Garden Park Tower and House of James. More info: 604-859-8715.
- ◆ *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.

- ◆ *Minds in Motion*, Fitness Social Program for those with early stage memory loss. Tuesdays, 10:00 to 11:45 am. Clearbrook MB Church. Cost: \$48.00. 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.
- ◆ *Valley Echoes Chorus*, every Thursday, 7:00 pm, Azalea Room, Garden Park Tower. Director, Sean Huston. More info: 778-896-3496.
- ◆ *Living Room Drop-in Support Group*, first and third Friday of the month, 12:30 to 2:30 pm. For those struggling with anxiety, bipolar, and depression. New life Church, 35270 Delair Road. Contact: Jenny 604-852-3662.
- ◆ *Mood Disorders Association Support Group*, meets first and third Thursdays of each month, 7:00 to 9:00 pm, for those dealing with mood disorders such as depression, bipolar, anxiety, and panic attacks. Abbotsford Community Services, 2040 Montrose Avenue. More info: 604-854-9404.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

Community (Region)

- ◆ Chilliwack Metropolitan Orchestra, presents *A Journey of Healing* with Special Guest, Christian Herki, Romanian violinist. Speaker: Dr Joseph Gallagher, May 28, 7:30 pm. HUB International Theatre, Chilliwack Cultural Centre, 9201 Corbould Street. Tickets: \$25.00 The Centre Box Office or 604-391-7469.

Future Events

- ◆ *Annual Columbia Fundraising Golf Tournament*, June 2, 11:00 am, Lunch and Registration; 12:30 pm, Shotgun Start; 5:30 pm, Dinner and Awards Presentations. Redwoods Golf Course, 22011 88 Avenue, Langley. Cost: \$200.00. More info: 604-853-3567 ext 528 or columbia.edu/open
- ◆ *Gospel Music Festival*, June 11, 6:30 pm, Cloverdale Baptist Church, 18685 Avenue and 187 Street, Surrey. Featuring The Blackwood Brothers, Liberty Quartet and others. Tickets: \$20.00, House of James or at the door.
- ◆ *The Canadian Hard of Hearing Association*, June 15, 1:30 pm at Chances Restaurant. More info: Jerry Gosling 604-864-2916.
- ◆ *Impact Women’s Conference*, June 17 and 18, Church in the Valley, 23569 Old Yale Road, Langley. A power-packed 2 day broadcast from Gateway Church, Texas with Pastors Robert and Debbie Morris, Priscilla Shirer, Christine Caine and many others. Plus, live host Laura-Lynn Tyler Thompson and live Friday night concert with the Waterloo African Children’s Choir. Register at worshipvancouver.com 604-879-1124.

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

Puzzle

This issue of *The Journal* carries several features dealing with Mother's Day. With that thought in mind I created a word search puzzle dealing with the names of women mentioned in the Bible. Not all of the names are of virtuous women and perhaps some were not mothers but they all were important. Note that the puzzle contains 35 names with four of them appearing twice. Thus, in total, you should find 39 names. In a few cases the spelling varies slightly, depending on the Bible translation used. I believe that in all cases the issue involves a final "h".

- 37 – 39 = Excellent. Enter more contests.
- 33 – 36 = Very good. You are knowledgeable about Bible women.
- 28 – 32 = Good but some remedial study is recommended.
- 27 or less = Significant additional Bible study is advised

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

The number in the brackets indicates the number of letters in the word you shall find.

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

JHR

A Pastoral Word

God and Mothers Fix Up Messes



My wife, Ruth, is the master of leftovers. Last week she tried a new vegetable dish recipe which wasn't quite what we expected and there was quite a bit left over. The next day it showed up again, but with new ingredients and a somewhat improved taste. Still a good portion was left over. I was ready to excuse the leftovers in our dieting. A day or two later it was back. This time I hardly recognized it and it disappeared easily in the first helping. She is good!

Most impressive though, was the birthday cake that had threatened to ruin a birthday party. I don't remember whose birthday it was (we had a lot of them), but the tradition in our house was that the birthday child chose the meal. They could ask for whatever they wanted, including what kind of cake.

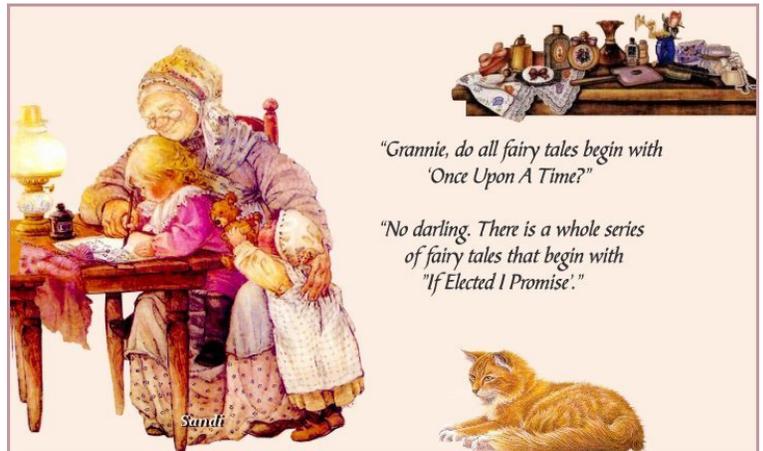
For some reason, on this particular occasion, the cake didn't turn out. While it tasted like cake, you sure couldn't put candles on it. I don't understand how ovens do that to a cake. Most of us would have thrown it away and pulled out the box of cake mix, but not Ruth. She cut up the mess into pieces, made some pudding and whipped cream, mixed it all into a fancy serving bowl and we had birthday truffle in front of us complete with candles. None of us were disappointed we didn't have cake. In fact, I'm pretty sure birthday truffle was requested at least once after that. (Thanks to our son for reminding me of this story.)

God is even more of a master at turning messes into something glorious. As with Adam and Eve. Through disobedience they fell into sin. And the result was the curse of death for them and for all of us. What a mess! Then God took that curse, death, and through the death of His Son, Jesus, brought forgiveness and eternal life for all who would believe.

God keeps doing that. For those who are Jesus followers, no experience is wasted. When we bring our mess to Him, He turns it into a blessing. Like Joseph said, "You meant it for evil, but God meant it for good." (Genesis 50:20)

Happy Mother's Day Sweetheart.

Ron Berg



"Grannie, do all fairy tales begin with 'Once Upon A Time?'"

"No darling. There is a whole series of fairy tales that begin with 'If Elected I Promise!'"

"All mothers are working mothers." Quoted

Your Health

Recently I received a mailing, with no source given, explaining what the human body does in one day! Those of us who are getting on in years may need to be encouraged by what our well-experienced bodies still manage to do. This month we present Part 1 of this report. Consider the following – and then be profoundly grateful!

JHR

* “Your heart pumps approximately 2,000 gallons (7,571 litres) of blood through its chambers every single day. It beats more than 100,000 times every 24 hours to achieve this incredible feat.”

* “The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn’t do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.”

* “You blink about 28,800 times every day, with each [blink] lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyelids clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual scene in just 0.01 seconds. Consider how many people and objects you look at every day – it’s remarkable!”

* “Most of the body’s energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a day.”

* “Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1,440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days before being replaced by a younger model. It’s no surprise their lifespan is short, having made 60,000 trips around the body, they must be exhausted!”

JHR

When a young boy entered the barber shop the barber whispered to his customer in the chair, “This is the dumbest kid in the world. Watch me while I prove it to you.”

The barber put a dollar and a two quarters beside each other on the table. Then he called the lad over and asked, “Which do you want, son?” The boy looked at the two options, took the two quarters and left.

“What did I tell you?” said the barber. That kid does that every time. He never learns.”

Later the customer happened to see the same boy coming out of the ice cream store. He went over to him and asked, “Hey son, may I ask you a question? Why did you take the two quarters instead of the dollar?” The boy licked his cone and replied, “Because the day I take the dollar, the game is over.”

“Isn’t it true that the more you feel loved, the easier it is to rise above your grudges, give up your bad habits, and go about your tasks with joy in your heart.” *Selwyn Hughes*



Menno Froese

CGAS Board Report & News

CGAS members who attended the April 28 annual meeting of the Clearbrook Golden Age Society were brought up to date on the plans and finances of the Society, now going into its fortieth year! A new board is in place with new faces, and an optimistic attitude for the year ahead!

We have welcomed Nadia Baran as our new Residential Coordinator as she learns the intricacies of Garden Park Tower amid the usual challenges of keeping our premises full.

Awaiting recommendations of the Management Review Committee in the next short while, with input and consultation with the Residents Council, we anticipate practical analysis and realistic comparisons to consider for future administration. Comments and suggestions are welcome and sought. These will be shared at an information meeting to be called soon.

The south ramp to the underground parkade is soon to open and should help alleviate some of the traffic congestion felt during larger events held at the Community Center.

Several positive inquiries are in discussion for commercial space and we are hopeful for some announcements shortly. We still have space available!

We should commend the volunteers in the Income Tax service for another record year of assisting citizens in completing their annual filings. In the past we have referred to this service being for seniors, and while it certainly is, I was reminded that this service is provided free for anyone with incomes less than \$30,000 (couples \$40,000) regardless of age. Thanks to Phil Harder and his associate volunteers for their generous donation of time and constant friendliness!

We should also publicly acknowledge the dedication of retiring CGAS directors Peter Rempel and Carl Durksen, whose contributions are considerable! Thank-you!

With beautiful early spring weather, we’ll soon have beautiful hanging baskets at the front and flowers in the traffic circle. Thanks to Reinhard and Gerry Epp for willingness to look after flowers for another year!

We are off on another good year for the Society, and expect a new level of positive resourceful services for the seniors of this area!

God is good ... all the time!

Menno Froese
for the Board of CGAS

“No gift to your mother can ever equal her gift to you - life.”
Quoted

Did You Start With One?

Children touring a retirement home were asked by a resident if they had any questions.

“Yes,” one girl said. “How old are you?”

“I’m 98,” she replied proudly.

Clearly impressed, the child’s eyes grew wide with wonder. “Did you start at one?”

Letters to the Editor

Editor, *The Journal*:

My wife and I always enjoy your *journal*. “A Pastoral Word” by Pastor Ron Berg in the April issue was good. It reminded me of the following lines from Ogden Nash:

“To keep your marriage brimming, with love in the loving cup,
Whenever you’re wrong admit it; whenever you’re right,
shut up.”

Henry Esau
Abbotsford

Editor, *The Journal*:

In response to your excellent article: *Focusing on Christian politicians*, I certainly agree that we cannot let Christian conviction TRUMP competence. On the other hand, we cannot CRUZ through life thinking that just because a politician is a billionaire, draws large crowds, and is fourth generation Presbyterian, that he is necessarily the most competent candidate.

Not being an American, I have never voted in any Presidential elections, but if I were to do so during the upcoming U.S. elections, I would vote for a candidate that is highly talented, knows Constitutional Law, is well versed in foreign policy, doesn’t make daily gaffes — AND is an evangelical Christian. I’m hardly in a position to endorse anybody, or even try to influence people — but in an era where almost no politician can be trusted, there is surely one candidate that can be counted upon to keep his word. Be sure to CRUZ the internet and discover which candidate is best suited to be the next President of the United States.

Lilli Kehler
Abbotsford, BC

Editor, *The Journal*:

While reading “Aging Together Abbotsford” by Sharon Simpson in the March issue of *The Journal*, it occurred to me that I have actually been following Dr. Hepburn’s and Dr. Sealey’s instructions about exercising, working hard, working on one’s sense of humour and learning to connect.

Last Monday I did a “chalk talk” at a seniors’ residence. I have done that at old folks homes for over 50 years. But now when I visit these places I’m older than most of the people for whom I do the presentation.

I’m going to Matsqui Elementary School – the principal saw my cartooning on Global TV and wondered if I could do something in their school. Now this is very interesting since I have a school photo of the year that I started going to school there in 1925. So it will be over 90 years since then. Oh yes, a TV reporter wanted me to celebrate my 97th birthday that way.

So I believe I’ve followed Dr. Hepburn’s and Dr. Sealey’s instructions and policy to live by and not realized it. I’m especially thankful for my wife, Rose and how she has had to endure my very difficult lifestyle. She has had to put up with our messy kitchen table where I do all my drawing. I’m so very thankful to the Lord that we’re coming up to celebrate our 62nd wedding anniversary this spring.

Ernie Poignant
Abbotsford, BC

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



The Honourable Michael de Jong MLA Abbotsford West

In last month’s edition of *The Garden Park Journal*, my friend and colleague, MLA Simon Gibson, touched on an item of interest to seniors. That item, describing changes to Medical Service Plan (MSP) premiums, warrants additional information.

Keep in mind, total government spending on health care will be over \$19 billion this year. Compared to the 2015-16 budget, that total represents \$3.2 billion of additional funding overall for the Ministry of Health. Yet, MSP premiums will fund only 14% of that \$19 billion health care budget.

Of particular relevance to seniors are the reduced premiums available to those who qualify for enhanced premium assistance. Starting January 2017, the current annual earnings maximum will be increased. A single senior may presently earn up to \$33,000 per year. January 2017 that maximum will rise to \$45,000 – an increase of \$12,000. For a senior couple the maximum earnings amount increases from \$39,000 to \$51,000.

Non-seniors may benefit as well. A single adult currently earning \$30,000 may be eligible while earning up to \$42,000. For an adult couple, the maximum earnings rises from \$33,000 to \$45,000.

These and other changes announced in Budget 2016 will mean that 335,000 British Columbians will receive a reduction in MSP premiums. What’s more, two million people – 40% of B.C.’s population – will pay no premiums at all.

I firmly believe it is in your best interest to investigate your own eligibility for enhanced premium assistance. To find out if you may qualify, please go to www.gov.bc.ca or call my office at 604-870-5486.

While health care is of primary concern to all seniors, the government does provide many other services to seniors who require assistance in specific forms. Our SAFER program, for example, provides direct cash assistance to eligible residents of B.C. aged 60 or over and who pay rent for their homes. Please contact www.bchousing.org for further information or contact my staff.

In closing, I would like to take this opportunity to extend my very best wishes to every mother and grandmother and, of course, great-grandmother, in Abbotsford. Thank you for all you have done in the past and all you will do in the future to enrich the lives of your families and loved ones.

Happy Mother’s Day!

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

Beware of Scams!

Recently I have received several email letters inviting me to become involved in some supposedly very rewarding activity. When we get such letters, let us remember that they are scams. The senders will try to build up a contact based on trust. They may even send a recipient, the intended victim, a small sum of money to "show their good faith". Eventually they will almost surely ask to deposit "your" money directly into your bank account. If that happens, you can expect to have your own bank account robbed. These letter writers do not know you or want you. They want your bank account number. Your name has been selected from some source. Please be careful!

JHR

Letter #1. (There was no salutation. Note the poor English. Scam letters typically have English errors.)

We wish to contact you to act as a representative with our customers in North America. We therefore need a representative to obtain this cause. Let me know if you can handle this.

Regards,
Ichiro Kowaki
Senior Managing Executive Director
SHIMADZU CORPORATION
1,Nishinokyo-Kuwabara-cho,
Nakagyo-ku,
Kyoto 604-8511,
Japan

"A mother understands what a child does not say."
Quoted

Helpful Hints

Editor's Note: Some time ago I received a list of helpful hints; 14 of them struck me as perhaps being of interest for Journal readers. The first seven appear below.

1. To keep water from boiling over, lay a wooden spoon across a boiling pot.
2. To peel boiled eggs easily, do one of the following. When boiling the eggs add 1 tablespoon of vinegar or vegetable oil or 1 tablespoon of salt to the boiling water. The other option is to dump the hard-boiled eggs directly from the boiling water into ice-cold water. In either case, the shells should come off easily.
3. Add one medium-size shredded carrot to spaghetti sauce to reduce the acidity.
4. If the soup or the stew is too salty, add one cut-up potato. This will reduce the salt taste without any significant change in the taste.
5. Spray paper muffin cups with nonstick spray for easy peeling.
6. Put an apple into a bag of potatoes to keep the spuds from budding.
7. Sprinkle lemon juice on sliced apples to prevent browning. The flavour should not be affected; if anything, it may be slightly enhanced.

JHR

Letter #2 (Here, again, there was no salutation. I checked this one out. It's a very tricky one. Avoid it!)

Please stop what you're doing and go watch this new training immediately:

<http://onlinerose.liedetector.cpa.clicksure.com>

I think this will really help you. It will no longer be available to the general public after this weekend, so please go now.

<http://onlinerose.liedetector.cpa.clicksure.com>

Thanks,
William

Letter #3 (This letter has a very impressive attachment with a slick, multi-coloured letter. If one is using Google, as I do, then one could be tricked into believing that this award is authentic. Beware! It's a scam!.)

Dear Google User.

You have been awarded by the Google Corporation's award team, attached to this email is your anniversary notification for being an active user of Google.

Sincerely,

Larry Page
Co-founder of Google
2016 Google Corporation

"Children are a great comfort in your old age and they help you reach it faster, too."
Lionel Kauffman

Today I Just Didn't Do It.

One day a man returned from work to find total mayhem at home. The kids were outside, still in their pajamas, playing in the mud and muck. There were empty food boxes and wrappers all around. As he proceeded into the house, he found an even bigger mess. Dishes on the counter, dog food spilled on the floor, a broken glass under the table, and a small pile of sand near the back door. The family room was strewn with toys and various items of clothing, and a lamp had been knocked over. He headed up the stairs, stepping over toys, to look for his wife. He was becoming worried that she may be ill, or that something had happened to her. He found her in the bedroom, still in bed with her pajamas on, reading a book.

She looked up at him, smiled, and asked how his day went.

He looked at her bewildered and asked, "What happened here today?"

She again smiled and answered, "You know every day when you come home from work and ask me what I did today?" "Yes," was his reply.

She answered, "Well, today I just didn't do it!"



Henry Braun

Henry Braun Mayor of Abbotsford

Be Prepared

Some of you may remember the Flood of 1948 – or have heard stories from people who experienced it first-hand. On June 10 of that year, the Fraser River reached a peak elevation of 7.6 metres in Mission, breaching the dyking systems and flooding nearly a third of the entire lower Fraser Valley floodplain area. It's hard to imagine the personal losses people in our community suffered, not to mention the damage to transportation systems, businesses, and industries this event caused.

Events like the 1948 Flood are reminders that we never know when an emergency can happen. However, we can do our best to be prepared should an emergency occur.

May 2 to May 7 is Emergency Preparedness Week, a national event that helps us get ready for the different kinds of emergencies we might face in our local area: earthquakes, flooding, power outages, and severe weather. The key message is **know the risks, make a plan, get a kit.**

In recognition of Emergency Preparedness Week, this year the City of Abbotsford is focusing on helping residents to be ready for “the big one” – should an earthquake of magnitude occur. Across the City there are a variety of activities for residents to participate in:

- Experience **Shake Zone**, which simulates an 8.0 earthquake: May 2, 10 – 4pm, High Street;
- Listen to a free seminar, **Shake, Rattle & Roll**, by earthquake expert, Taimi Mulder of Natural Resources Canada: May 4, 2pm or 7pm, Matsqui Centennial Auditorium; registration is required;
- Purchase an **emergency kit** at one of our sites in the community.

For more information, visit www.abbotsford.ca/quake.

Be prepared!



Rose Room Coffee Shop

Open Monday thru Friday

8:30 AM - 4:00 PM

Open on Saturday

8:30 AM - 11:00 AM

"It may be poor theology but the old Jewish proverb contains truth: 'God could not be everywhere and therefore he made mothers.'"

Quoted

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Email: info@avenuebodyshop.ca

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

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2825 Clearbrook Road, Abbotsford, BC

www.gardenparktower.ca

"A mom's hug lasts long after she lets go." *Quoted*



A Musical Benefit Concert

Sweeter Every Day

By Bakerview Church
Fellowship Choir

2285 Clearbrook Road,
Abbotsford, BC

Sunday, May 1, 2016 at 6:30 pm

Tuesday, May 3, 2016 at 10:30 am

A free will offering will be taken on:

- * Sunday in support of Art and Ruth Thiessen (short-term missions in Africa)
- * Tuesday in support of the Bakerview Refugee Program

**Clearbrook Community Centre
Professional Services**

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

 **Garden Park Tower**

Clearbrook Golden Age Society

2825 CLEARBROOK ROAD, ABBOTSFORD, BC

Invites You to

Mother's Day Lunch

at

Garden Park Tower

Friday, May 6, 2016

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

"My Mother": Eva Hofenk
Erika Klassen
Mary Dueck
Irene Goossen

Music by

Harry Doerksen and Gunther Eberhardt

Get your tickets at the Office
for \$12.

604-853-5532



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**KINGS, CASTLES, AND
CONSTITUTIONS**



**THE MAGNA CARTA
TO THE
FRENCH REVOLUTION**

APRIL 20 - JUNE 10 2016

A New Feature Exhibit tracing the historical-political shift towards constitutionalism from Medieval monarchy in 1215 England to Modern revolution in 1789 France.

Also featured are Medieval castle models from Abbotsford Christian School's Grade 8 class

The Metzger Collection is a museum featuring replicas of artifacts and artwork that span the whole of human history - from prehistory through to the modern period. The Collection especially highlights the history concurrent with the biblical story.

2940 Clearbrook Rd., Abbotsford (Columbia Bible College campus)
columbiabc.edu/metzger
Open Wednesdays/Fridays 11am-4pm

MAY 2016 MENUS

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

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 Chicken Noodle Soup Hamburger Soup Rollkuchen and Watermelon	4 Summer Borscht Cream Broccoli Soup Empanadas Rhubarb Meringue Dessert	5	6 Special Ticket –Mothers Day Parmesan Chicken, Roast Potatoes, Steamed Vegetables, Strawberry Pecan Salad Raspberry Yogurt Dessert	7
	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 Chocolate-Zucchini Loaf	Breakfast Baked Goods Chili, Soups, Sandwiches, No Lunch Special	Breakfast Baked Goods
8	9	10 White Bean Soup Beet Borscht Egg Salad Sandwich Apple Cake	11 Chicken Borscht Seafood Chowder Cheese Burger Cherry Platz	12	13 Lasagna, Baby Carrots, Caesar Salad, Garlic Bread Ice Cream Sundae	14
	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 Coffee Cake Loaf	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods
15	16	17 Chicken Noodle Soup Mullagatawny Soup Chicken Salad Sand. Bienenstich	18 Beef Borscht Chicken Lentil Soup Clubhouse Sandwich Plum Platz	19	20 Perogies with Fried Onions and White Sauce, Farmer Sausage and Sauerkraut, Green Beans, Pickled Beets Moose	21
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Fresh Buns Chili, Soups Sandwiches Lemon Loaf	Breakfast Baked Goods Chili, Soups Sandwiches NO Lunch Special	Breakfast Baked Goods
22	23 CLOSED VICTORIA DAY	24 Chili Chicken and Dumplings Tuna Salad Sandwich Apple Perishky	25 Farmer Sausage Soup Tomato Basil Soup Grilled Cheese Sand Rhubarb Platz	26	27 Special Ticket BBQ Ribs, Baked Mashed Potatoes, Corn on the Cob, Tossed Salad, Strawberry Shortcake	28
	COFFEE SHOP CLOSED VICTORIA DAY	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
29	30	31 Chicken Noodle Soup Corn Chowder Ham Salad Sandwich Carrot Cake	Please Note: 1. We will be making fresh made Rollkuchen the first Tuesday of every month from May to September. Come in and have them in the Magnolia Dining Room or the Rose Room Coffee Shop. Also, buy them by the 1/2 dozen for \$3. or 1 dozen for \$6. They will be ready at 11:00 so do not come any earlier. They will be sold on a first come first serve basis. 2. We will be needing fresh rhubarb and sorel. If you can grow these and donate them we will trade you for desserts or soups.			
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special				

New Appointee at Garden Park



Nadia Baran

Executive Director Ron Willms and Chair of the Board's Personnel Committee Anne Ratz are pleased to introduce Nadia Baran as the new Residential Coordinator at Garden Park Tower. Nadia began with the Clearbrook Golden Age Society on Monday April 18, 2016 and reports to the Executive Director. She will also serve as recording secretary to the Residents' Council as well as the Board.

The prime focus of Nadia's position is to facilitate full occupancy of both residential and commercial space within the building. She will serve both residents and commercial tenants to ensure their experience at Garden Park Tower is first-class.

Nadia earned a BA degree from Concordia University (Montreal) and subsequently has more than ten years' experience in residential administration, property management, marketing and customer service.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Winston Churchill



Clearbrook Golden Age Society

2825 CLEARBROOK ROAD, ABBOTSFORD, BC

Invites You to

"We Love Seniors" Lunch



at



Garden Park Tower
Friday, May 27, 2016

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

**"Judeo-Christian Values and Services
at Tabor Village"**



with **Dan Levitt, MSc., CHE**
Executive Director, Tabor Village

Music by the Bakerview Quartet

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Question of the Month

The question for May is this: "Why is Donald Trump so popular, despite his rude and often offensive rhetoric?" Please send your comments to jredekops@shaw.ca or phone 604-855-5086.

In the April issue of *The Journal* we asked, "Should homosexual rights be seen as civil rights?" The responses have all been on one side of the argument. They all disagreed.

Not long ago US Vice President Joe Biden stated that the same-sex marriage cause "is the civil rights movement of our generation". (www.breakpoint.org/features-columns/breakpoint-columns/entry/2/27817) That's a cunning, cynical strategy to confuse people. Columnist Stephen H. Webb has noted that "Supporters of same-sex marriage love to make analogies to the African American Civil Rights Movement. Analogies are rhetorical devices that require careful scrutiny." (www.firstthings.com/web-exclusives2014/07/why-gays-rights-are-not-the-new-civil-rights.)

Let's scrutinize the arguments. We begin with the key definition.

Civil rights are rights which a person possesses because that person is a citizen of a country. (Latin: *civitas*) These rights flow from citizenship. These rights include liberty (being a free person), freedom of religion, freedom of speech, freedom of assembly, political freedom including freedom to vote, freedom of the press, equal treatment in a court, freedom to make a binding contract, freedom to live anywhere and to travel, freedom to marry, and freedom to assemble.

It's very important to note that while all of these are civil rights, all are regulated by the government. Freedom of speech is limited by libel and slander laws. Laws limit what can be put into a binding contract. Similarly, every government has the right to determine what shall be permitted in the right to marry. Let me put it another way. The right to vote is a civil right. The right for 14-year-olds to vote is not a civil right. The right to marry is a civil right. The right for

same-sex people to marry, or for siblings to marry, is not a civil right.

If, as some advocates say, the right to marry ought to be seen as a civil right that should not be regulated, then they are really saying that any kind of marriage is protected as a civil right. A little boy then can marry his grandfather. A lad can marry his mother. A father can marry his daughter. A brother can marry his sister. Remember, all of this is proper if every type of marriage is an unregulated civil right. The error of such thinking should be obvious. If the only guideline is personal preference, then anything goes!

Another issue commonly raised is that same-sex marriage must be seen as a civil right because any kind of restriction is a form of discrimination. That's another flawed argument. Every law discriminates. Age requirements are stipulated for getting a driver's licence, a pension, and for owning a gun. Countless other restrictions are in place in any stable society. Virtually all laws say that somebody cannot do something. Do the same-sex marriage advocates want no boundaries? No limits? The key issue, of course, should be not whether there is discrimination but whether the discrimination is reasonable.

JHR

Garden Park Haircare



* Tammy * Cheryl * Gertrudes *

are willing to serve you

Open - Tuesday thru Saturday

9:00 AM - 5:00 PM

Call 604-853-4843

"Dear Mother: When I took my first step you were there. I promise that when you take your last step, I'll be there." Nikita Goel

Emergency Preparedness Week Events at Garden Park Tower

Join us on Friday, May 6

10:00 AM - Workshop with Susan Rai, Emergency Advisor with City of Abbotsford

11:30 AM - Regular Friday Lunch - Tickets at the office or at the door; Everyone welcome!

12:30 PM - City of Abbotsford will be selling Emergency Kits and answering questions

Morning and Afternoon events in the Azalea Room. Registration is **not** required.



Recipes

Pumpernickle Bread

- 1 cup warm water
- 1 pkg dry yeast
- 1 tsp sugar.
- 1 3/4 cup unsifted bread flour
- 1 tsp salt
- 1/8 cup salad oil
- 1/4 cup dark molasses
- 1 sq. unsweetened dark chocolate (melted)
- 1 1/2 cup rye flour
- 1/4 cup cornmeal
- 1 tsp caraway seed



JHR

- Sprinkle yeast over water and the sugar. Let stand 10 to 15 minutes.
- Add flour, salt and 1/8 cup oil, the molasses, and the chocolate.
- Mix well.
- Add rye flour and cornmeal and mix well until a ball forms.
- Knead until smooth, working 1/2 tsp caraway seeds in. Form into ball, oil surface and drop the rest of the seeds on the surface.
- Let rise 1 hour. Punch down and make a ball on a cookie sheet.
- Let rise 1 hour and bake for 20 – 30 minutes at 400 degrees.

Whole-wheat Focaccia

- 2 cups (500 ml) whole wheat bread flour
- 1 1/3 cups (330 ml) bread flour
- 2 teaspoons (10 ml) salt
- 1 tablespoon (15 ml) plus 1 teaspoon (5m) sugar
- 2 tablespoons (30 ml) quick rise yeast
- 1 cup (250 ml) plus 2 tablespoons (30 ml) lukewarm water
- 1/5 cup (50 ml) olive oil



JHR

- Start fermentation by mixing yeast, 1 teaspoon (5 ml) of sugar and 6 tablespoons plus 2 teaspoons (100 ml) of lukewarm water in a bowl. Set aside.
- In a separate bowl, mix all dry ingredients.
- Make a well and pour liquid into the well (yeast mixture, water and oil).
- Reserve 2 tablespoons (30 ml) of water to add to dough if needed.
- Knead the dough for 10 minutes.
- Place in a bowl, cover with plastic wrap and let rise until doubled in size. (About 1 1/2 hours).
- Roll out on a baking tray, brush with 3 tablespoons (45 ml) of olive oil, score bread by making dimples in the dough with your finger and let double in size again. Once doubled in size, sprinkle with coarse salt and rosemary.
- Bake at 450o F (230 C) for 15 minutes or until brown.

Serves six.

Tip: For thin crust let the dough rise for a short time (about 30 minutes). For thick crust, let the dough double in size.

A Hilit Nurick recipe submitted by Mary Durksen

Contest Winners

In the April issue of *The Journal* it was announced that prizes would be given to the three readers who first reported the correct puzzle solutions to the editor who composes the puzzles. The three winners are: Frances Willms – First Prize; Abe Koop – Second Prize; Merv Driedger – Third Prize. Other readers who provided all of the right answers were Marlene Ambrosio, Helen Friesen, Katharine Hepner, Shirley Martens, Frieda Neufeld, Mandy Neufeld, Doris Redekop (not eligible to win), and Ferd Toews. I heartily congratulate all these hard-working folk and any others who got it all right!

JHR



Merv Driedger, Abe Koop, Frances Willms, John H. Redekop

Picture of the Month



Photo by Mary Lue Braun

A Defensive Mother



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

"Whatever women do, they must do twice as well as men to be thought half as good. Luckily, this is not difficult."

Former Ottawa Mayor Charlotte Whitton

New Mother At 65

A miracle happens (as with Sarah of old) when a 65-year-old woman has a baby. All her relatives come to visit and meet the newest member of their extended family.

When they ask to see the baby, the 65-year-old mother says, "Not yet." A little later they ask to see the baby again. Again the mother says "Not yet."

Finally they say, "When can we see the baby?"

The mother says, "When the baby cries."

And they ask, "Why do we have to wait until the baby cries?"

The new mother says, "Because I forgot where I put the baby."

City Services & Offerings

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

Community Centre Services & Activities

Picture Framing

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

Bookbinding

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

Bones and Balance

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

Carpet Bowling - P1

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

Health in Motion

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



**Garden
Park Tower**

Puzzle answers: 1. ANNA; 2. BATHSHEBA; 3. DEBORAH;
4. DINAH; 5. DORCAS; 6. ESTHER; 7. ELIZABETH;
8. EVE; 9. EVE; 10. GOMER; 11. HULDA; 12. HULDA;
13. HANNAH; 14. HAGAR; 15. JEZEBEL; 16. JUDITH;
17. LOIS; 18. LYDIA; 19. LEAH; 20. LEAH; 21. MICHAL;
22. MIRIAM; 23. MARTHA; 24. MAGDALENE; 25. MARY;
26. NAOMI; 27. ORPAH; 28. PRISCILLA; 29. RHODA;
30. RUTH; 31. RUTH; 32. REBEKAH; 33. RACHEL;
34. RAHAB; 35. SAPPHIRA; 36. SALOME; 37. SARAH;
38. SYNTYCHE; 39. TAMAR




TABOR VILLAGE

Fundraising Dinner

Project: Raise Funds for Improvements to Tabor's Alzheimer's Unit
Where: Bakerview Church, 2285 Clearbrook Road
When: Friday, May 27/16 • Doors open 5:15, Program begins 5:45

Featured Speaker:

Michael de Jong
 Abbotsford MLA
 BC Minister of Finance



Special Music:

Lisa-Dawn Kilthau
 Mix of Opera, Dinner Theatre,
 Art Songs and Hymns



Tickets: *purchase tickets from:*

\$25

- Table Hosts
- Clearbrook Church
- Bakerview Church
- Garden Park Tower
- House of James

An Offering Will Be Taken
 For More Information, Contact Us At:
Tabor Home - 604 859 8715



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

"We often ask God for a change of circumstances when what we really need is a change of attitude." *Quoted*

"The first time you truly appreciate Mother's Day will be the first time you spend it without one."
Linda Poindexter

"Nobody is poor who has had a godly mother."
Abraham Lincoln

Memories & Happenings

On this Mother's Day

Helen Lescheid



Helen Lescheid

On this Mother's Day I'm reminded of another valuable life lesson my mother taught me.

When my great uncle Henry died—a bachelor who seldom left his home—his relatives came from far and wide to attend the memorial service and to get their share of the estate.

According to uncle Henry's report there was much to be gleaned.

During his long and lonely life, his siblings had little time for him. Even now, they left all the arrangements for the funeral, transportation from the Vancouver International Airport and the hosting of guests to our family.

After the funeral Henry's relatives came to our home. My mother exuded warmth and comfort. Smiling, she rushed around serving coffee, buns and cheese, and tasty squares.

I remembered the many times I had seen mother serving this family. For more than thirty years, she had cleaned Henry's house, washed his clothes, ran his errands and taken favourite meals to him. Henry was not one to voice appreciation; he was even more reluctant to part with his money. And it seemed he had quite a fortune. We speculated what would happen upon his death. If anyone deserved to be remembered in his will, it was my mother.

After the meal, the table was cleared; the executor of the will opened the envelope and began to read Henry's last will and testament. As I listened, I couldn't believe my ears! My mother's name was not mentioned. Henry had left all his wealth to his distant and affluent brother and sister.

Stunned I left the table and began to wash dishes—rather noisily, I might add. I was still fuming when my mother joined me and began to dry the dishes. I could tell by the

look on her face that, as far as she was concerned, there was nothing amiss.

"Why aren't you resentful?" I stormed.

"Resentful?" Mother's blue eyes registered surprise. "Why nobody made me do what I did. Henry gave me an opportunity to serve God, and I never expected pay. You see, he doesn't owe me anything."

He doesn't owe you anything? I could hardly comprehend the meaning of her words. And yet when I saw what freedom such an attitude brought her, I envied her. No disappointments that left her reeling in resentment. No room for self-pity. No getting stuck in unpleasant circumstances. She could carry on her life as before. And in the coming days, she demonstrated that she really meant it. Henry's family was always welcome to visit in her home.

My mother's acceptance of life—the good and the bad—without rancor gave her great freedom. Of all the things my mother passed on to me, this was surely the most powerful.

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.



Garden Park Tower Hall Rentals

Do you need a place for business meetings, a wedding or other gathering? Our rooms can accommodate from 12 to 450 people.

Prices are very competitive.

For more information, call 605-853-5532 or email: rentals@gardenparktower.ca

Did you know?

1. True democracy.

In a true democracy the lawmakers are themselves subject to the laws of the land. In non-democracies, the rulers are typically above the law. Note the following. In Israel former Prime Minister Ehud Olmert recently began serving a 19-month prison term in Maasiyahu prison for bribery and corruption. That's sad but it's also a very impressive example of how a true democracy works. (*Vancouver Sun February 16, 2016*)



2. Canadian racism.

On November 8, 1946 Viola Desmond, a successful black businesswoman, was arrested in New Glasgow, Nova Scotia, for refusing to give up her seat in a whites-only section of a theatre. The theatre manager, Henry MacNeil, told her that the theatre had the right to "refuse admission to

any objectionable person." She refused to leave her main floor seat. The police came and dragged her out of the theatre, injuring her hip and knee. Frightened and shocked in her prison cell, she "sat bold upright all night long". The next day she was convicted and fined \$26 (\$338 in 2016 dollars) She appealed her case to the Nova Scotia Supreme Court which upheld her conviction. (Google: Russell Bingham, "Viola Desmond", Historica Canada) Viola Desmond, born 1914, died in 1965. In 2010, 64 years after this racist treatment of a Canadian citizen, the Nova Scotia government acknowledged this very serious injustice and posthumously pardoned Viola Desmond and issued an apology to her family. In 2012 Canada Post issued a stamp in her honour. Unfortunately, the background wording is so small that the reason for the stamp remains largely unknown.



JHR

Dollars & Sense

Reducing the Potential for Drama – Managing Heirlooms and Personal Effects



Peter Dryden

There was an interesting scene in a recent courtroom drama – a dying, wealthy person had taken the time to place sticky notes on precious items around the home to indicate to whom the items should go after death. Unfortunately, the wealthy person passed away during the night. By morning, all of the carefully placed sticky notes had fallen to the floor. “Oops!”

A forensic investigation attempted to piece together the intent of the deceased by trying to match the unique particles found on the sticky notes. As you can imagine, the conflict increased when they discovered the most valuable item was to go to the maid.

While this makes for great television drama, in reality, it causes chaos. Have you ever had to deal with a family heirloom? Perhaps you’ve served as an executor and had to give away someone’s valuables. It’s not a task for the faint of heart. But putting together a good plan to manage our personal effects after we are gone demonstrates our love for those we leave behind.

My grandmother, who was an avid rock collector, somehow acquired a unique table. She was proud of this table which contained rocks from all over Canada, encased in glass. When my grandparents started the conversation with their adult children about receiving their possessions, my grandfather was prepared for a battle over their infamous “rock table”. My grandparents were confused when they realized no one wanted the table.

This isn’t uncommon, in my experience. I have many conversations with families about estate planning, and when it comes to heirlooms and items, the theme I most often encounter is that the kids are not interested in the china collection. In some cases, families feel quite burdened with

heirlooms from an estate.

If we’re not careful about putting a plan together for any highly coveted items and heirlooms, it can lead to some very challenging dilemmas for a family and even damage relationships. Should a battle arise over our stuff, it can become quite costly for everyone involved. One person explained it this way: we might as well just randomly pick two lawyers whom we don’t know and leave our entire estate to them! Taking the time to clarify our intentions, while we’re still able to answer questions about our estate plan and any contentious items, can help to avoid any potential battles and costs over heirlooms.

Giving away items while you are still around to see the recipients enjoy the gifts can be quite rewarding, not to mention, it can save your executor a lot of work managing your personal items after you are gone. To honour their loved ones, some families deal with heirlooms by selling the items and donating the proceeds to the favourite charities of their loved one.

Whether you are managing the distributions of heirlooms and personal effects, property and finance, or gifts to charity from your estate, ensure that everyone understands the process.

Do you have a plan for your estate? Perhaps it’s time to have the conversation and learn what your children would, or perhaps wouldn’t, like to inherit. Is a gift to charity from your estate a consideration? Certainly every family’s situation is unique, and so is our approach to each MFC client. Let us help you create your estate plan.

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

“Mother’s Day is a good day to thank the people who made it possible.” Susan Gale

Thank you, Garden Park Community!

We loved meeting you and talking ‘wellness’ with you. Over the last three months, the Trinity Western University nursing students—fourteen in all—have had a wonderful time sharing with you their growing knowledge of blood pressure and heart health, lung health, and the best ways to stay active—mind and body. They enjoyed giving out hand massages, sharing their listening ears and big smiles, measuring blood pressures and listening to lungs.

But, the big secret is this: they were at Garden Park not so much for what they could do for you (you already know much about what they are still learning), but instead for what you could (and did) give them. They learned from you that ageing is more than the number of candles on a birthday cake ... more than canes, walkers, and hearing aids. That those ‘over the hill’ birthday cards in the drugstore and all

those commercials selling anti-ageing potions are equally laughable and meaningless. They learned that old age is admirable, courageous, tough, and brimming with resilience and altruism.

So a big, BIG thank you for encouraging the nursing students by being a participant with them. God bless your altruistic, giving hearts! And, if we could help brighten your day with a friendly smile and a relaxing hand massage or a reassuring word that what you are doing for your wellness is GREAT ... well, we are doubly blessed.

Thank you from Faith, Scott, Matt, Nick, Noelynn, Michelle, Lotty, Julie, Jessie, Emma, Anna, Brenna, Leanne, and Emma (two)!

Dr. Faith Richardson, DNP RN, Trinity Western University School of Nursing

A Senior's Concern

The Trudeau Government – After Six Months



Len Remple

*Editor's Note: Some sections of **The Journal** are designed to express personal opinions. The editorial, letters to the editor, and most columns express personal views. Although columnist Remple was reluctant to express his candid views in this column, I encouraged him to do so. JHR*

For six months the Liberal Party has been in power. Let's examine what is being done.

During these six months the media has basically portrayed the Liberal government favourably. A search through news sources reveals very few negative articles about the Liberal government.

Here are some realities:

1. There are currently 40,000 unemployed former oil industry workers. The coming layoffs by Cenovus, Murphy Suncor, and Encana will increase that number by thousands. Unemployment insurance funds are being depleted rapidly. That fund will need to be replenished with taxpayer dollars, thus adding to the deficit.

2. Canadian employers are generally not increasing wages. However, our Prime Minister decided politicians needed a substantial increase of salaries and greater benefits. This became his priority and was enacted before the public was informed. Meanwhile, the unemployed, in only some regions, are being told that unemployment insurance will be improved for them. No significant response to widespread unemployment has been offered.

3. At a recent summit in Paris the Prime Minister committed multi-millions of dollars to fight climate change. All this, while an ever increasing number of scientists are expressing uncertainty about climate change being caused by humans. Additionally, our new P.M. predicts that fossil fuel use will be extinct by 2050. Most scientists do not support that timetable.

4. A major part of the foregoing challenges can be diminished or eliminated. How? The Prime Minister could over-ride the environmentalist protesters. These protesters are trying to kill the entire oil extraction industry across Canada. Prime Minister Trudeau could grant permission to finish building the pipeline from Alberta to the east coast. When completed we could stop buying oil from Saudi Arabia, which we do now. This would also inhibit the harm the Saudis are now financing in Canada. It seems odd that Canada is trading with a nation that is financing harm to Canadians.

5. The recently released budget eliminated income-splitting for tax purposes, other than for seniors.

6. Before the election the Liberals announced that balancing the budget would not be a priority. They predicted a \$10 billion deficit. The 2016 budget now predicts a \$30 billion deficit.

7. The Liberals plan to give \$2.65 billion of taxpayer money to developing countries to fight climate change.

8. The Liberals plan to double the current grant to the Council for the Arts to \$360 million.

9. The CBC (with a listening audience of about 1.4%) will have its annual subsidy increased by \$150 million.

10. The Liberal government plans to legalize the sale of marijuana at liquor stores.

11. The Liberals plan to impose a new electoral system without a referendum or a public vote.

These policies are already implemented or being planned by our government. Are any of them of serious concern to you? Does it bother you that many of the laws passed by the former government are being repealed? Are these changes being examined seriously? Do they benefit Canadians? Do they increase our security?

Why not write *The Garden Park Journal* and express your views?

Len Remple

Theme Photos

Mother birds provide ...



Food



Transportation



Protection

Photographs by Aranyos Madafotok