

# The Garden Park Journal

Volume 2, Number 7

Abbotsford, British Columbia

December 2015



## The Empty Chair at Christmas

The longing for a loved one who has died always becomes more pronounced on family holidays, the most difficult of them probably being Christmas. The Christmas spirit is supposed to be one of peace, joy, and love, but those who are grieving the recent loss of a loved one are so preoccupied with the empty chair in their homes that pain has replaced peace, joy has turned to ashes, and love is a perpetual longing. They are still “in” this world, but don’t feel a part “of” this world anymore. Nevertheless, Christmas — being no respecter of persons — indomitably marches on with its carols of hope, its timeless traditions, and its glitzy decorations. Since it will not go away, it seems that those who grieve must somehow come to terms with it.



Lilli Kehler

Thus, if you truly want comfort and encouragement, don’t be afraid to make yourself vulnerable. Tell your friends and family how difficult the season is for you. Allow each of them – one by one -- to briefly occupy that empty chair so that they can share a little of your sorrow and heartache. Some of them will sit on the edge (uncomfortably) for only a moment, but it could be a life-changing moment for them — and perhaps for you! For every insensitive individual who minimizes your pain, there are others who truly want to help. Seek them out and accept the comfort they offer. If the comfort is clumsy, don’t turn them away. Some care enough to be teachable; tell them what you need.

Secondly, make a point of seeking out other bereaved people or a local grief support group. They’re usually not that difficult to find, and they’re very familiar with empty chairs. No explanations necessary! You do not need to walk this journey alone, and sometimes the greatest understanding and comfort comes from the heart of a fellow-sufferer. And, in

*Continued on page 2*



## Celebrate The Light

A memory of a long ago Christmas cheers me even today.

It was Christmas Eve 1944 and we lived in Poland as refugees. Two women in a neighbouring village had prepared a Christmas party and invited us. But the 5 km walk in the dark with four small children was dangerous. There could be partisans ready to attack, besides the front was dangerously close. Still, Mother, wanting to give us children joy, accepted.

We stepped out of our one-room shack onto the crisp snow covering the farmyard. A moon crescent hung above a large house across the yard where the estate owners lived--kind people who treated us refugees well. It, too, was shrouded in darkness.

Mother lifted Katie and shuffled her to her back; she’d carry her piggyback. “Hang tight onto my coat collar,” she coaxed. Then, turning towards us girls, she said, “You take Fred’s hands.” My younger sister and I complied. We had often taken care of our little brother while mother had culled potatoes in the big barns or had done other chores for the landowners.

At the road, we stopped. Although I knew it well from my treks to school, I could barely make out the houses on either side of the street. No street lights were allowed now. Windows heavily draped permitted no light to seep out of the houses.

My mother hesitated for a brief moment. Then she said, “Come, we’ll take

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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

Dec. 21, 22, 23, 24 - 8:30 am–1:30 pm

Dec. 28, 29, 30, 31 - 8:30 am–1:30 pm

time, some of your own healing will come through helping others who are more newly bereaved.

Thirdly, if old holiday customs and traditions cause you distress, change them. Nowhere is it written that we have to celebrate a certain way. Nothing we do (or don't do) will affect the fact that "Christ is born." If the Christmas tree and ornaments bring back too many memories, leave them in the box this year. If you can't face the office party, don't go. Each person needs to find his or her own comfort zone. Your concern should be for yourself and your immediate family, and how you can get through the season with a minimum of pain. Just assume that your extended family, friends, and co-workers will understand your present frailty and support you in whatever you need to do. Some people find it comforting to have Christmas dinner with the clan, as usual; others may choose to be by themselves. Whatever works best for you! As far as gift-giving is concerned, some bereaved families have received much gratification from giving the gift that they would have given to their loved one to a needy child or family in the community. Others have decided not to shop at all. Just remember that it is healthy to cushion yourself in practical ways; don't let guilt motivate you beyond your comfort level during these difficult days.

This Christmas, you will probably have both eyes steadfastly fixed on that empty chair, with the result that there will be far more tears than laughter – and that's okay. Your loved one was worth it. Next year, you might have one eye on the chair, and one eye on the rest of the room, and thus, healing slowly begins. Personally, I have frequently sat in that empty chair over the years and tried to envision the new life that my beloved son has. Our son Jay was killed in a motorcycle accident in 1993. You see, he really doesn't need that chair anymore, because his mansion in heaven came fully furnished. He has already spent many Christmases with Jesus Christ -- who is still the Reason for the Season. Let the Christ of Christmas be your source of comfort, hope, and peace this holiday season! *Lilli Kehler*

"What is Christmas? It is tenderness for the past, courage for the present, and hope for the future." Agnes M. Pharo

the shortcut across the fields."

The snow crunched as four pairs of feet punched holes in the white expanse of open fields. Stars spangled the vault of sky above us.

Finally we arrived at our friends' house. The door opened and we stepped inside. I felt like I had stepped into heaven itself. Lights! A whole roomful of lights. Candlelight flickered from a small Christmas tree and bounced out of happy children's eyes. Heavily draped windows kept the light inside—for us to revel in.

We squeezed in amongst children and women sitting on the floor.

Soon the room filled with singing the German versions of "Silent Night, Holy Night", "Joy to the World, the Lord has Come", and other Christmas carols. We sang with gusto and from memory, songs that lifted our hearts above the terrors of war and inspired new hope for the days ahead.

I can't remember our long trek home that night, but I do remember the wonderful gifts I received from *Weihnachtsmann*. My right pocket bulged with the most beautiful ball I'd ever seen. A very colourful ball it was. Much later, I learned it had been made out of scrunched up rags wrapped in rainbow coloured yarn probably gleaned from unraveling old sweaters. The other pocket held three cookies!

Soon after that wonderful Christmas party, we were evacuated. Icy winds blew snow into our faces as we cowered on an uncovered hay wagon pulled by two scrawny horses. With the military front so close behind, we travelled day and night. Once it was safe to stop, we slept in barns. We ate hunks of frozen bread and drank the occasional cup of milk supplied by a Red Cross jeep.

But the warm memory of that Christmas celebration shone like a small candle in the darkness. Even years later, when my own life's circumstances seemed too bleak to celebrate Christmas, I remembered the truth of Christmas born in my heart that night: Jesus, the light of the world came to us at Christmastime and no amount of darkness can put out that light.

*Helen Grace Lescheid*

"Remember, in December, that ...  
love weighs more than gold."

### Letters to the Editor

Editor, *The Journal*:

As a regular visitor to the "Rose Room Coffee Shop" (to play "Speed Scrabble" with my dear friend Helen Klassen ... who incidentally usually wins!) I wanted to let you know I very much enjoyed reading *The Journal*. The variety of articles, ranging from inspirational to practical with everything in between, including great jokes and quotes, made for a very enjoyable read.

Kudos to your Editorial Committee!

Jane Welsh  
Abbotsford, BC

Editor, *The Journal*:

I read your editorial in the Garden Park Tower this morning. Good analysis of the Conservative loss in the recent federal election. Seemed very accurate and balanced to me. I'm looking forward to your thoughts in the future on the challenges before the new Liberal government.

Blessings,  
Bryan Born, D.Th.  
President Columbia Bible College  
Abbotsford, BC

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



John H. Redekop

## From the Editor's Desk ... An Oppressive Ruling

As we observe our new Prime Minister, Justin Trudeau, in his first months in office, citizens, especially Christian citizens, are observing carefully what moral values he promotes.

To what standards will he hold his ministers? Will he uphold political freedom? Will he vigorously defend freedom of speech? Will he defend freedom of religion? Will he uphold freedom of conscience? Will Prime Minister Trudeau allow his ministers and back-bench MPs to express their own deeply-held moral values?

Unfortunately, the omens are mixed. True, in making the case for expediting the transfer of 25,000 Syrian refugees to Canada, the gentleman spoke eloquently about applying no religious test. To do so, he emphasized, would be unfair, unjustifiable, unCanadian and simply wrong. The rhetoric was impressive. But, as it happens, our newly minted national leader has not always required such religious toleration and open-mindedness of himself.

On May 7, 2014, Justin Trudeau, the still relatively new Liberal Party leader, officially stated that, "I have made it clear that future candidates need to be completely understanding that they will be expected to vote pro-choice on any bills." (*Globe and Mail*, May 7, 2014) Even abstaining would not be permitted. All Liberal candidates would have to pass this ideological test.

Such dogmatism on a highly controversial moral issue has been unknown in Canadian national politics. No previous national leader has invoked such a religious and ethical litmus test. Adding to the controversy Trudeau said, "We check on a number of [other] issues,....[including] How do you feel about same-sex marriage?"

I find Prime Minister Trudeau's pronouncement profoundly disappointing. There is deep diversity among Canadians concerning abortion and same-sex marriage. Why should the vast numbers of people holding views different from Justin Trudeau's not be allowed to have Liberal representatives in Parliament expressing those views? Why stymie free speech? What does the Liberal leader fear? Open and honest debate? Evidence that may not support his belief?

John Stuart Mill, often called the Father of Modern Liberalism, has wisely written, "If all mankind minus one were of one opinion, and only one person were of the contrary opinion, mankind would be no more justified in silencing that one person, than he, if he had the power, would be justified in silencing mankind." And again, "Every man who says frankly and fully what he thinks is so far doing a public service. We should be grateful to him for attacking most unsparingly our most cherished opinions."

As Rex Murphy put it in *The National Post*: "What kind of politics are they which require an MP to renounce his deepest commitments; indeed, to go beyond renunciation and declare himself positively in favour of ideas and actions that his faith condemns...and his conscience cannot abide?" In Justin Trudeau's world, evangelical and commit-

## 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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ted Catholic Christians need not apply! (*National Post*, Jan. 21, 2014)

It is surely regrettable that a leader claiming to be a liberal and leading the Liberal Party, does not embrace the most basic tenets of liberalism. Equally lamentable is his failure to be guided, not even in the House of Commons, by one of the four Fundamental Freedoms listed in Part I of the Canadian Charter of Rights and Freedoms: "freedom of thought, belief, opinion, and expression". I would have thought better of Justin Trudeau. Let's hope he will yet become more open-minded.

JHR

**"A leader knows what's best to do; a manager knows merely how best to do it." Ken Adelman**

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

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## Coming Events

### Community (Abbotsford)

- ◆ *Fraser Health Falls Prevention Clinic*, Dec 1, Garden Park Tower, 2825 Clearbrook Road. Free, preregistration required. Sit one on one with Physiotherapist, Pharmacist and Kinesiologist to receive individualized assessment and recommendations for improving health and preventing falls. Contact: 1-604-587-7866 for appointment.
- ◆ *The Reach – Culture, Coffee and Cookies*. C3 is a program dedicated to providing stimulating and enjoyable learning opportunities for people of retirement age, Wednesdays Dec 2 and 9, 10:30 am. Free Admission, Pre-registration required. Register at The Reach, 32388 Veterans Way or phone 604-864-8087.
- ◆ *Mennonite Historical Society of BC*, Grand Opening of the Mennonite Heritage Museum, Dec 3, 2:00 pm, 1818 Clearbrook Road. All are welcome.
- ◆ *The Valley Concert Society* presents A Strad Christmas, Dec 4, 7:30 pm, featuring violinist Jasper Woods and pianist David Riley, Matsqui Centennial Auditorium, 32315 South Fraser Way. More info: 604-289-3377.
- ◆ *Community Christmas*, Dec 5, 4:30 to 8:30 pm, Central Heights Church, 1661 McCallum Road. Activities for all ages, Special Guest: Panic Squad (Improv Comedy). Adults \$3.00, Children, 3 to 12 \$2.00. Tickets: Church Office.
- ◆ *The Reach – Sunday Family Arts*, Dec 6 and 20, 1:00 to 3:00 pm, fun craft sessions for all ages in the Studio. Free, pre-registration required at 32388 Veterans Way or 604-864-8087.
- ◆ *MEI Christmas Concerts*: MEI Secondary Gym; Middle, Dec 9, 10:00 am and 7:00 pm, Elementary, Dec 16, 1:00 and 7:00 pm, Middle School Gym; Secondary, Dec 15, 10:00 am and 7:00 pm, Secondary Gym.
- ◆ *Gallery 7 Theatre Arts*, presents: Christmas Presence, Dec 19, 8:00 pm, Matsqui Centennial Auditorium. A rag-tag gathering of musicians and actors sharing songs and stories for the holiday season. More info: info@gallery7theatre.com
- ◆ *Joy Vox Community Christmas*, present Surrounded, Dec 11, 12, 7:00 pm, Matsqui Lutheran Church, 5781 Riverside Street, Matsqui Village. Tickets: King's Music. Proceeds: support of Christmas Bureau.
- ◆ *Singles Focus Christmas Gala*, Dec 18, 6:30, Hill City Church, 3970 Gladwin Road. Tickets: \$25.00 until Dec 11, \$30.00 after Dec 11. Traditional dinner, entertainment and fellowship. Tickets and more info: 604-859-2345.
- ◆ *Hymn Sing*, Dec 20, 7:00 pm, Clearbrook MB Church, 2719 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.
- ◆ *Valley Echoes Chorus*, every Thursday, 7:00 pm, Azalea Room, Garden Park Tower. Director, Sean Huston. More info: 778-896-3496.
- ◆ *Living Room Drop-in Support Group*, first and third Friday of the month, 1:00 to 3:00 pm. For those struggling with anxiety, bipolar, and depression. New life Church, 35270 Delair Road. Contact: Jenny 604-852-3662.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

### Community (Region)

- ◆ *MEI Concert Choir with Tenore*, Dec 3, 7:30 pm, HUB International Theatre, Chilliwack Cultural Centre. Tickets: 604-391-7469.
- ◆ *Chilliwack Alliance Church* presents Five Corners Christmas, Dec 4, 5, 7:00 pm, Matinees: Dec 5, 6, 2:30 pm. Tickets: Free at Church Office. More info: 604-792-0051.
- ◆ *The Annual Singing Christmas Tree: The Toy Factory*, Broadway Church, 2700 Broadway, Dec 4, 11, 7:30 pm; Dec 5, 12, 3:00 and 7:00 pm; Dec 6, 13, 3:00 and 7:00 pm. Tickets: www.singingchristmastree.ca
- ◆ *Vancouver Chamber Choir and Pacifica Singers Vancouver Youth Choir*, Dec 4, 8:00 pm, Orpheum Theatre, Vancouver. Christmas in the Orpheum, Renaissance, Baroque and Carols. More info: vancouverchamberchoir.com, 604-738-6822.
- ◆ *Evensong Advent Vespers, Vivaldi's Gloria*, with Guest Soloists and Musicians, Director: Hans Kruger, Dec 5, 7:30 pm and Dec 6, 4:00 pm, Eden Mennonite Church, 46551 Chilliwack Central Road. Offering for world relief programs. More Info: 604-858-9679.
- ◆ *Trinity Western University - Christmas at the Chan Centre*, featuring 5 choirs and a full orchestra in an exquisite program spanning centuries of Christmas music. Dec 6, 2:30, Chan Centre of the Performing Arts Vancouver. Tickets: tickets.ubc.ca
- ◆ *Jubilee Christmas Tour 2015*, featuring Booth Brothers, Legacy Five and Greater Vision, Dec 9, 7:00 pm, Chilliwack Alliance Church, 8700 Young Street. Tickets: 1-800-420-0188. More info: 1-800-965-9324.
- ◆ *Alzheimer Society of BC*, Dec 10, 1:00 to 3:00 pm, Wandering Dementia Dialogue, Mission Leisure Centre, 7650 Grand Street Mission. Registration or more info: 604-859-3889.
- ◆ *Performance of the Messiah*, Dec 18, 7:30, First United Church, 15385 Semiahmoo Avenue, White Rock. Tickets: \$20.00, Seniors \$15.00, at the door or 604-591-2632.
- ◆ *Vancouver Cwantata Singers, Christmas Reprise*, Dec 19, 2:00 pm, Holy Rosary Cathedral, 646 Richards Street, Vancouver. Tickets: \$30.00, 604-682-6774 or 604-730-8856.
- ◆ *New Year's Celebration*, featuring Father's Daughter and the Young Street Vocal Band, Dec 31, 7:00 pm, Chilliwack Alliance Church, 8700 Young Street. More info: 604-792-0051.

### Future Events

- ◆ *Missions Fest*, Jan 29 to 31, Vancouver Convention Centre, 999 Canada Place. Speakers: Danielle Strickland, Jamie Taylor, Michael Oh, and Richard Cunningham; 100 seminars, 250 exhibits, Film Festival and Children's Programs. General Admission Free.

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

### How To Hug

While my wife was Christmas shopping, I stopped in the Barnes and Nobel bookstore and bought a book to bring new romance to our marriage.

Unfortunately, when I returned home, I discovered the book "HOW to HUG" was volume 8 of Encyclopedia Britannica.

**Bakerview Church  
Fellowship Choir  
presents...**

**The JOY of Bethlehem**

*A Christmas Festival by O.D. Hall, Jr.*

**Sunday, December 13  
at 6:30 pm**

**&**

**Tuesday, December 15, 2015  
at 10:30 am**

Pianist: Phyllis Froese  
Soloist: Lesley Dick

**Bakerview Church**  
2285 Clearbrook Road, Abbotsford

Donations to Abbotsford Community Services  
Food Bank gratefully accepted.

The local pastor's car broke down right after the Sunday service. Early Monday morning he took it to the shop. "I hope you will go easy on the cost," he told the mechanic. "I'm just a poor preacher." "Oh I know", said the mechanic. "I heard you preach yesterday."

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32770 George Ferguson Way

Mon to Fri 9:30-5:30  
Sat 9:30-4:30

**A Pastoral Word**

**Singing Christmas Carols**



Pastor Ron Berg

I was in an office the other day and the PA system was playing Christmas music – Christmas music even two weeks before the First Advent Sunday! The lady at the desk said, "Yes, a month and a half listening to Christmas music. How many times will I have to hear the 6 versions of Jingle Bells?" Then I thought of the other carols she would be hearing. Sure, there are those who don't want to acknowledge "Christ"mas, but most people still like to hear the Christmas Carols. And the words tell a great message of God's love and hope.

There is a line, for instance, in Silent Night that we often miss: "Son of God, love's pure light, radiant beams from Thy holy face, with the dawn of redeeming grace, Jesus, Lord, at Thy birth." The pure love of God at the birth of Jesus is the dawn of a new day, the day of God's redeeming grace. Sing that line again. What a wonderful reality.

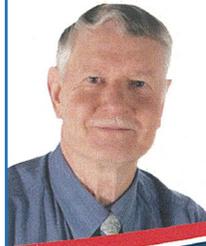
Hark The Herald Angels Sing has the line "God and sinners reconciled". And then the carol goes on to declare, "Born that man no more may die...Born to give them second birth." Hearing and paying attention to those words is enough to make us say, "Yes! Tell me more!"

Joy To The World proclaims that the Lord is come and follows by saying, "Let every heart prepare Him room." Another verse says, "No more let sin and sorrow grow". Hearing those words makes one realize this is no usual baby. Who is this Person that can make that kind of impact?

What about O Little Town Of Bethlehem's statement that the everlasting Light has come and therefore "The hopes and fears of all the years are met in thee tonight"? And it goes on to say, "Where meek souls will receive Him still, the dear Christ enters in."

We could go on. When you sing the carols over the next weeks, pay attention to the words. And pray that the truth of the carols will bring God's peace to the lives of the listeners.

Pastor Ron Berg



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"A blind person asked St. Anthony: 'Can there be anything worse than losing your eyesight?' He replied, 'Yes, losing your vision.'"

## Your Health

### An Apple a Day – Part 2

*Editor's note: Recently Sylvia Booth Hubbard, writing for Newsmaxhealth, described some amazing recent findings about the benefits of eating an apple a day. As children we learned the rhyme, "An apple a day keeps the doctor away". In the previous issue and in this issue we have summarized Hubbard's evidence.*

4. Diabetes—A Finnish study that found a decreased risk of lung disease also found a significant decrease in the risk of Type 2 diabetes among people who ate apples. They attributed the decrease to a high intake of quercetin found in apple peels. A study at Boston's Brigham and Women's Hospital found that people who ate at least two servings a week of specific fruits including apples, grapes, and blueberries, reduced their risk of diabetes by 23 percent
5. Strokes—A review of 20 studies published in the journal *Stroke* found that eating the equivalent of two small apples a day (a total of about 200 grams) cut the stroke risk by almost a third. Part of the benefit may come from pectin, a form of soluble fiber found in apples that lowers blood pressure and levels of bad cholesterol.
6. A study at University of California at Davis found that eating two apples a day reduces the artery-clogging damage caused by LDL ("bad") cholesterol. Researchers at the UK's University of Oxford calculated that if every adult aged 50 and over ate an apple each day, deaths from heart attacks and strokes would be cut to the same degree as if everyone aged 50 and older who was not taking statins was prescribed the cholesterol-lowering drugs. Lead researcher Dr. Adam Briggs said: "The Victorians had it right when they came up with their brilliantly clear and simple public health advice, 'An apple a day keeps the doctor away'." [newsmaxhealth.com/Health-News/apple-health-doctor-sexual/2014/07/24/id/](http://newsmaxhealth.com/Health-News/apple-health-doctor-sexual/2014/07/24/id/)

Sign in front of Concordia Lutheran Church:  
"Under the same management since 33 AD."

### Special Christmas Cards

*As told by Chuck Swindoll*

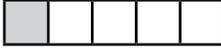
A lady still needed to send Christmas cards to about 20 close friends. She was rushed and late. She went to a card shop. The cards were all picked over; only a few were left. Then she spotted a box with 25 which, for some reason nobody had selected. It remained unopened. She liked the picture very much so she bought the box. She then hurried home, quickly signed the cards and managed to get them in the mail on time. She did not bother to read the inside verse.

After Christmas, when cleaning up after all the celebration, she took the time to read the verse on the few cards she had not sent. It said,

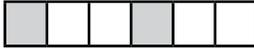
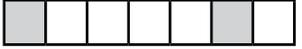
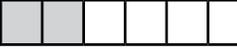
"This little card is just to say, that a lovely gift is on its way."

## Puzzles

**Christmas.** This month's three puzzles draw our attention to the most important holiday of the year. Each word refers to some aspect of our typical celebration. Some words are taken from the Biblical account and some from our contemporary customs. Again, the first puzzle is quite easy, the second a bit more challenging, and the third, with its longer words, will provide a challenge.

loyhl       ratss   
 eslang       signk 

That was a \_\_\_\_\_ which changed the world.

secalm       ertyuk   
 yulball       ignate 

To \_\_\_\_\_ this event is to affirm the incarnation.

dimthing   
 german   
 axtionat   
 mountanencen 

When the angels sang, there was \_\_\_\_\_ in the air.

*The answers are given on page 15.*

JHR

### A Helpful Boss

An otherwise helpful husband greatly disliked doing pre-Christmas housecleaning. He actually preferred working at his job.

One day he went to his supervisor. "Boss", he said, "We're doing some heavy housecleaning at home tomorrow, and my wife needs me to help with the attic and the garage, moving the heavy stuff."

"We're short-handed, Jim" replied the boss", I simply cannot give you the day off."

"Thanks a lot", said Jim, I knew I could count on you."

### 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.

## Helpful Hints

### Microwaving Water

A 26-year-old man decided to heat a cup of water to make coffee, presumably instant coffee. He put the cup of water into the microwave to come to a boil and set the timer. When the timer shut off he removed the cup. He noticed that the water was not boiling. He looked into the cup. As he did so the the cup of water blew up in his face. He received first and second degree burns which may leave permanent scarring. At latest word, he may also lose partial sight in one eye. His physician told him this was a fairly common experience and that water should never be heated by itself in a microwave. A person should add at least a wooden stir stick or even a tea bag but nothing metal.

General Electric was asked to explain the problem. Here is GE's response.

"Microwaved water and other liquids do not always bubble when they reach boiling point.

They can actually get superheated and do not bubble up at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it."

"To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything to it."

A high school science teacher provided this additional information. "I have seen this happen before. It is caused by a phenomenon known as superheating. It can occur any time water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water, less than half a cup."

"What happens is that the water heats faster than the vapour bubbles can form. If the cup is very new, then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form...[As a result] the liquid does not boil, and the liquid continues to heat up well past its boiling point."

"What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to form rapidly and expel the hot liquid." *JHR*

## Abbotsford Mobile Foot Care

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[Abbotsfordmobilefootcarenurse.com](http://Abbotsfordmobilefootcarenurse.com)



Darryl Plecas

## The Honourable Darryl Plecas

MLA Abbotsford South

### Eating Healthy after Christmas

It's getting to that time of year again when all of us have a tendency to eat more than we should. To top it off, some of us will also eat some things our doctors have told us to stay away from. It's not good, but it will soon be the Christmas season, a time to celebrate, and so perhaps we can forgive ourselves for going a little overboard. That said, a good time to get back on board with good eating habits is the beginning of the New Year.

For seniors, you can get help in this regard by getting a copy of the "Healthy Eating for Seniors" guide that is now hot off the press from the Province of BC. This little gem of a book is all about what you should and shouldn't eat as you get older, and what foods you should pay particular attention to if you have one health issue or another. The bonus is that the book is full of great cooking tips, including some fantastic recipes. In reading it you will learn that healthy eating doesn't have to be expensive, low fat eating doesn't have to be tasteless, and snacking between meals may even be good for you. Overall, I found the book fun to read and I think you will too. If you would like a copy, simply call or drop by my MLA office at 33553 Marshall Road or call me at 604-744-0700 so that I can get one to you. It's free.

I will leave you with words of Dr. Perry Kendall, our Provincial Health Officer, who wrote the following in the book's foreward:

"A healthy diet provides the ingredients to build and repair bones and tissues and keeps the complex workings of the human body functioning optimally. It also provides the mental and physical energy necessary for daily life – work, recreation, relationships and time with family. It is clear that a healthy diet also protects us from infectious illnesses and chronic diseases so that we may age with a minimum of ill health, pain and disability."

So then, we all have good reason to get back on board with good eating after Christmas. Enjoy.

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

The people of Abbotsford elected three MLAs. They are:

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

Constituency Office: 103 – 32660 George Ferguson Way,  
Abbotsford, BC. V2T 4V6 Ph. 604-870-5486  
Email: [mike.dejong.mla@leg.bc.ca](mailto:mike.dejong.mla@leg.bc.ca)

**Simon Gibson**

MLA Abbotsford-Mission

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

**Darryl Plecas**

MLA Abbotsford South

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

"A Christmas shopper's complaint is  
one of long-standing."



## Beware of Scams!

### Red Flags of Investment Fraud

Swindlers may use a number of schemes to defraud you. But most schemes show the same red flags. If an investment you are interested in has the characteristics of one of the red flags below—it is okay to say ‘no’.

#### #1 - No risk!

There is no such thing as a guaranteed investment; the higher the returns, the higher the risk. This type of sales pitch often targets people who live on a fixed income or those near or in early retirement who are worried about having enough money.

#### #2 - Profit like the pros!

These scams are pitched as opportunities known only to a select few who are said to be making lots of money. The scam artist convinces you that he or she has access to this inside information.

#### #3 - Offshore, tax-free!

Fraudsters pitch this as a way to avoid paying taxes. They may try to convince you to move your money outside Canada to avoid taxes. They really want you to move it to an inaccessible offshore account.

#### #4 - Get in now!

Scam artists use this tactic to pressure you into making a quick decision. They suggest they have secret information about a company that the public does not have.

This kind of sales pitch appeals to your fear of missing a valuable opportunity. Take your time to research an investment advisor, salesperson, company, and investment before you invest.

#### #5 - Your friends and family can't be wrong!

Scam artists target religious, ethnic, or close-knit groups by working their way into organizations and befriending members. This approach relies on the trust you place in the people you care for.

Do a background check on the person who brings the investment opportunity to your attention - no matter how trustworthy.

If you suspect someone has approached you, your family, or your friends with an investment scam, or you feel you may have been the victim of an investment scheme, report it.

If you have questions about investing, or to report a scam, please contact BCSC inquiries at 1-800-373-6393 or [inquiries@bcsc.bc.ca](mailto:inquiries@bcsc.bc.ca).

*If you would like to receive email notifications when InvestRight publishes information, sign-up for our subscription services at <http://www.investright.org/subscribe.aspx> or join us on Facebook <https://www.facebook.com/pages/InvestRight/8085848466>. InvestRight publishes information, sign-up for our subscription services at <http://www.investright.org/subscribe.aspx> or join us on Facebook <https://www.facebook.com/pages/InvestRight/8085848466>.*

**Why are a ship's rooms called state rooms?  
In early US history travel by steamboat was considered the height of comfort, if not privilege. Passenger cabins on the boats were not numbered. Instead they were named after the US states. That practice was maintained when large ships appeared on the scene. Therefore all passenger ships today have state rooms.**

### Did you know? Sometimes Christians Win!

1. Dr. Mike Adams was hired in 1996 by the University of North Carolina-Wilmington as an Associate Professor in Criminology. In 2000 he became a Christian and adopted “conservative viewpoints which he expressed on [his] political website TownHall.com.”

When the time came for Professor Adams to be promoted – he met the requirements – he was denied promotion. Believing that he was being punished for his conservative Christian views, Dr. Adams “hired The Alliance Defending Freedom (ADF) to defend his case.”

“A report on the lawsuit said, ‘Dr. Diane Levy, known as an outspoken feminist with leftist political leanings, raised concerns about Adam’s ‘political activity’ and reprimanded him for his weekly nationally syndicated column’.”

The ADF lawyer, commenting on the case, wrote, “They [the court] concluded the University of North Carolina-Wilmington retaliated against Dr. Adams by denying him a promotion in 2006 and they retaliated against him because they did not like the views he expressed in his books and columns and speeches. Basically, they didn’t

like what he said in his own time.”

The court found in Dr. Adams’ favour and declared the University guilty. The University of North Carolina-Wilmington “must pay \$710,000 for denying a Christian professor a promotion because of his beliefs.” Adds Kevin Theriot, ADF senior counsel, “This is a great day, not only for Dr. Adams, but for all who value academic freedom. It sends a message to all public universities that they should not engage in this type of unconstitutional injustice and think there will be no consequences...” [www.christianheadlines.com/blog/unc-wilmington-ordered-to-pay-710-000-for-dis...](http://www.christianheadlines.com/blog/unc-wilmington-ordered-to-pay-710-000-for-dis...)

2. “In 2006, B.C. was the first province to pass as Apology Act, allowing individuals or companies and other entities to express regret or remorse without worrying that an apology could be used against them in legal or quasi-legal proceedings.”

*Editor’s comment: Churches, pastors, schools, other agencies and individuals, please take note!* JHR



## Henry Braun Mayor of Abbotsford

### First-year Highlights

This past year has been full of many highlights and new experiences for me, and I have certainly enjoyed serving you and seeing the changes that are happening both at City Hall and in the City of Abbotsford.

Some of my highlights from 2015:

- Working with a team of committed Council members who are unified in the vision of building Abbotsford as the "Hub of the Fraser Valley";
- Watching and hearing how City staff go the extra mile and continue to provide great service;
- The City creating a meaningful five-year Financial Plan that is realistic and responsible with the tax payers' money;
- The City receiving an "Open for Business Award" from the provincial government, recognizing the new initiatives we have made to support our local businesses – and providing us with \$10,000 to reinvest in programs that enhance our business community;
- The Abbotsforward Team, responsible for creating a new Official Community Plan, has been out in the community, engaging over 4,000 residents to develop key ideas

that will shape our city in the future. I encourage you to find out about Abbotsforward here: <http://www.abbotsford.ca/OCP.htm>;

· Visiting elementary schools, learning about the Sumas Prairie irrigation system, flying by helicopter up to Dickson Lake (Norrish Creek) to learn about our watershed, and meeting the many community groups and excellent businesses in our community.

In the New Year, I will be committed to following through on my campaign pledges:

- **Transparent and open government** that serves the public – and is not its master;
- **Forward thinking** to grow a vibrant economy and complete community that is both livable and desirable for generations to come;
- **Fiscal responsibility**, with a keen eye on making sure that all of our citizens – including our most vulnerable – are served.

We never know what surprises we might encounter in the New Year, but I'm looking forward to the new challenges and every opportunity to learn more!

On a more personal note, Velma and I wish you a Merry Christmas and best wishes for 2016.

*Mayor Henry Braun*



### Rose Room Coffee Shop

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

"Avoid all prophets who are not registered in the Old Testament." Stephen Leacock

# avenue

B O D Y S H O P



#### LOCATION

33805 George Ferguson Way  
Abbotsford, BC V2S 2M7

#### CONTACT INFO

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

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

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

[FREE ESTIMATES](#)



## Garden Park Haircare

604-853-4843

Open - Tuesday thru Saturday  
9:00 AM - 5:00 PM

*Holiday Hours*

December 24 – Closing Early at 2:00 PM  
December 25 to 28, 2015 – Closed  
December 29 to 31, 2015 – Regular Hours  
January 1 to 4, 2016 – Closed



*Merry Christmas from the Staff*

★ Cheryl ★ Tammy ★ Gertrudes ★

"I was traveling in Kenya where I met a refugee from Zimbabwe. He said that he hadn't eaten anything in over three days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, 'We can share it'."

**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

**CRA Volunteer Income Tax Program**



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



**Rose Room December Special Offerings**

*Order yours now:*

- **Christmas Dinner for 12** - Turkey, Stuffing, Cranberry Sauce, Mashed Potatoes and Gravy for \$75.00, made fresh and to be picked up in the kitchen Thurs. Dec. 3 at noon.
- **Christmas Cookies** - 1/2 or full dozen available. Pick up on Thur. Dec 10 at noon.
- **Christmas Cake** with Almond paste (*Stollen*) 1/2 or full loaves available. Pick up on Thur. Dec. 17 or 18 at noon.

**CLEARBROOK GOLDEN AGE SOCIETY**

INVITES YOU TO A **TRADITIONAL**

**CHRISTMAS DINNER**

FRIDAY, DECEMBER 18, 2015

5:30 PM

*NEW TIME*

FEATURING **REV. DAN GOLDSMITH**

WITH SPECIAL MUSIC BY

**THE CLEARBROOK SINGING MEN**

AT

**GARDEN PARK TOWER**

2825 CLEARBROOK ROAD,

ABBOTSFORD

TICKETS - \$12.00 ADULTS

AVAILABLE AT THE GARDEN PARK TOWER OFFICE

(604) 853-5532

LIMITED NUMBER OF TICKETS AVAILABLE

**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

*"Ours is not a permissive society, ours is a transgressive society."*



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

**Check out our Christmas Specials!**

# December 2015 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
<b>Merry</b>  <b>Christmas</b>		1 Chicken Noodle Soup Mulligatawny Soup Blueberry Cobbler With Ice Cream	2 Chicken Borscht Potato Bacon Chowder Empanadas Rhubarb Platz	3 Christmas Dinners to go	4 Roast Beef with Yorkshire Pudding, Mashed Potatoes with Gravy, Corn, Tossed Salad  Jello with Fruit	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 Chili Green Bean Soup Soup Carrot Cake with Cream Cheese Icing	9 Beet Borscht Tomato Basil Soup Grilled Cheese Sand Plum Platz	10 Christmas Cookies by the dozens	11 Teriyaki Chicken, Pilaf Rice, Steamed Vegetables, Strawberry Pecan Salad Cheesecake with Strawberry Sauce	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 Hamburger Soup Chicken Noodle Soup Bienenstich	16 Beef Borscht Corn Chowder Reuben Sandwich Cherry Platz	17	18 ***Christmas Dinner @ 5:30*** Turkey, Stuffing, Cranberry Sauce, Pickles, Mashed Potatoes with Gravy, Peas and Carrots, Trifle	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 Dining Room Closed	23 Dining Room Closed	24	25 <b>Christmas Day Dining Room Closed</b>	26
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	<b>Coffee Shop Closed</b>	<b>Coffee Shop Closed</b>
27	28	29 Dining Room Closed	30 Dining Room Closed	31	<b>January 1, 2016 New Year's Day Dining Room Closed</b>	2
	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30w	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	Breakfast Baked Goods Chili, Soups Sandwiches Coffee Shop Closed at 1:30	<b>Coffee Shop Closed</b>	Breakfast Baked Goods

## English is a Difficult Language for Immigrants

Homographs are words spelled the same but with different meanings. A homograph that is also pronounced differently is a heteronym. In the statements below you will find some of each.

- 1) The bandage was **wound** around the **wound**.
- 2) The farm was used to **produce produce**.
- 3) The dump was so full that it had to **refuse** more **refuse**.
- 4) We must **polish** the **Polish** furniture.
- 5) He could **lead** if he would get the **lead** out of his boots.
- 6) The soldier decided to **desert** his **dessert** in the **desert**.
- 7) Since there is no time like the **present**, he thought it was time to **present** the **present**.
- 8) A fish drawing of a **bass** was painted on the head of the **bass** drum.
- 9) When shot at, the **dove dove** into the bushes.
- 10) I did not **object** to the **object**.
- 11) The insurance was **invalid** for the **invalid**.
- 12) There was a **row** among the oarsmen about how to **row**.
- 13) They were too **close** to the door to **close** it.
- 14) The buck **does** funny things when the **does** are present.
- 15) The thimble belonging to the **sewer** fell down into a **sewer** line.
- 16) What the farmer would **sow**, the **sow** would root out of the ground.
- 17) The **wind** was too strong to **wind** up the sail.
- 18) Upon seeing the **tear** in the painting I shed a **tear**.
- 19) I had to **subject** the **subject** to a series of tests.
- 20) How can I **intimate** this to my most **intimate** friend?

### No Refills

A distraught patient phoned her doctor's office. Was it true, the woman wanted to know, that the medication the doctor had prescribed was for the rest of her life?

She was told that it was. There was a moment of silence before the woman continued, "I'm wondering, then, just how serious my condition is. This prescription is marked 'NO REFILLS.'"

"Forgiveness is not guaranteed to rid you of your enemies but it will rid you of your enmity," Selwyn Hughes

## Celebration of Light A Festival of Christmas Music Christmas at Garden Park Tower

Friday, December 18, 5:30pm Christmas Banquet  
Pastor Dan Goldsmith, Sevenoaks Alliance Church,  
& The Clearbrook Singing Men

Reserve your tickets early at 604-853-5532 \$12

Date	6:30pm Foyer	7:00pm Magnolia Room
Saturday, Dec. 19	Marcus Unger	Marcus Unger and Guests
Sunday, Dec. 20	To be confirmed	To be confirmed
Monday, Dec. 21	Seime Adhemar	Fraser Valley Quartet; Hedy Hein & Karen Lenzmann
Tuesday, Dec. 22	Mel Bowker	To be confirmed
Wednesday, Dec. 23	Doreen Froese & Phyllis Epp	Bakerview Church Musical Groups

There is no charge for the evening concerts

*Merry Christmas!*

"He is a CEO Christian -  
Christmas and Easter Only."

"My grandfather once told me that there are two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group, there is much less competition." Indira Gandhi

"All truth passes through three stages:

- First it is ridiculed.
  - Second, it is violently opposed.
  - Third, it is accepted as being self-evident."
- Arthur Schopenhauer



St. John Ambulance

Therapy Dog

## Dogs of the Month - December 2015

'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.



Trixie is four and half years old. She is part pom and part Chihuahua, so she is called a Pom Chi.

Trixie and Noreen visit weekly at the Tabor Home. They usually spend an hour, with occasional drop ins for shorter times during the week when possible. It is truly amazing to see how Trixie has the ability of making residents and staff feel so good.



Meet JESSE and handler, Ilja AND TRIXIE and Noreen in the Azalea Room, Dec. 8th at 10:00 a.m.

## Question of the Month

*The question for December is this: "Is it appropriate or is it inappropriate or even wrong for Christians parents to teach their children that there really is a physical Santa Claus?" I know that parents feel strongly on both sides of this question. Please send your comments to jredkops@shaw.ca . You can also phone 604-855-5086.*

In the November issue of *The Journal* we asked, "Is it good policy for Canada to admit 25,000 Syrian refugees by January 1, 2016 and another 25,000 thereafter?"

At the outset let me say that talk of a second wave of 25,000 refugees have largely disappeared. Presumably the tragic events in Paris, Mali, and elsewhere have a dampened enthusiasm for receiving additional large numbers.

Many people have expressed views on our basic question. Most people were sympathetic to taking in these refugees; a minority were very supportive.

The supportive arguments can be summarized thus:

1. These masses of displaced people need help. It is not their fault that they have been subjected to many years of warfare. They are victims who need help. Granted, most will be Muslims but they are moderate, peace-loving Muslims, not terrorists. They will not be a threat to Canadians.
2. Aside from the First Nations people, Canada is a land of immigrants. We who read this *Journal* are immigrants or descendants of immigrants.
3. Canada has previously welcomed large waves of immigrants, even in recent decades. The Sopron community from Hungary, "Boat People" from Indochina, and the thousands who were air-lifted here from Yugoslavia are examples of such waves of refugees.
4. Christian Canadians, especially, have a God-given mandate to show love, compassion, and kindness to strangers, especially needy strangers. We should now be Good Samaritans. We should not keep our heads high, cast our eyes elsewhere, and walk by on the other side.

The arguments against taking in 25,000 refugees at this time can be summarized thus:

1. We should look after our needs first. Every city has homeless people and serious unemployment. We should help our immediate neighbors before taking on additional aid projects.
2. We cannot afford to take in all these people. We don't have enough housing for these many thousands of newcomers. We are running huge deficits at national and provincial levels. These people will all need housing and clothes and income and special schooling. We cannot afford that now.

"Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered here last coherent words before she died. 'I feel so loved now. We should have gotten together like this more often.'"

3. It may not be politically correct to say it but these immigrants are not like our usual immigrants. Throughout Europe the Muslim immigrants resist assimilation into the host society, demand special services, demand special privileges for Islam. Why would we want to make things difficult for ourselves?
4. While we are told that there would almost certainly be no terrorists among the 25,000, since they would come from camps in Turkey, Jordan and Lebanon, one can never be certain. There seem to be a lot of young men in the long snakes of people marching across Europe.

My own reasoning goes like this. I think that we should take in these 25,000 but we should not rush to take them in by December 31. Yes, we have unemployment and homelessness and budget deficits but if churches and other private organizations take the bulk of these newcomers, then the cost to society should not be too great. Canada has always been a generous country and we should again be generous now. Besides, if most of these people are hosted by churches, church groups, and parachurch agencies, then surely many of them will come to see Christianity in a new light and will become our sisters and brothers in the family of faith. JHR

Before there were box springs, straw-filled mattresses were placed on numerous ropes tied across the frame. Gradually the ropes sagged. In order to get a good night's sleep, the ropes would be tightened. To say, "Sleep tight!" meant that the speaker wished some one a good sleep on tight ropes.

### A Hospital Dilemma

The relatives gathered in the hospital waiting room; a family member lay gravely ill. Finally the physician entered. He looked sombre. He surveyed the worried faces and then spoke.

"The only hope for your loved one is a brain transplant. That is still an experimental procedure, risky and expensive. The insurance will cover the procedure but not the cost of the brain."

After considerable silence one family member asked, "And how much will a brain cost?"

The physician replied, "\$20,000 for a male brain and \$10,000 for a female brain."

An awkward silence followed. Some men tried to suppress a smile and tried to avoid eye contact with the women.

Finally one of the women blurted out, "Why is the male brain so much more expensive than a female brain?"

The physician smiled a bit and said, "I will explain the pricing procedure. We have to price the female brains much lower because they have been used."

"God has never put anyone in a place too small to grow in." Henrietta Mears

## Recipes

### Raspberry Cake

Recipe from my Aunt Anna - Tante Anna Wiebe

1/3 cup butter  
 1 cup sugar  
 1 egg  
 1 teaspoon vanilla  
 2 cups flour  
 3 teaspoons baking powder  
 1/4 teaspoon salt  
 1 cup milk  
 2 cups raspberries



Photo by Alice Willms

Cream butter and sugar. Add well-beaten egg, vanilla. Add dry ingredients with milk, beating just enough to keep batter smooth. Pour into greased/floured 9"x13" pan. Sprinkle with raspberries.

Bake at 350°F 30-40 minutes. Drizzle with thin vanilla icing while warm. Alice Willms

### Light Fruit Cake

1/2 pound butter  
 1/4 tsp salt  
 1 1/2 cups sugar  
 1 cup milk  
 3 cups flour  
 1 tsp baking powder  
 1/2 pound almonds  
 1/2 pound candied peel  
 1 pound candied fruit  
 1 pound white raisins  
 5 eggs beaten separately  
 1 tsp. lemon extract



Photo by John H. Redekop

Before starting, mix fruit, raisins, nuts and sift 1 cup of flour over the mixture.

Cream butter, add sugar and cream together. Add beaten egg yolks.

Add milk to batter, mix. Sift remaining flour and baking powder and salt and add to the batter. Now add the fruit. Beat egg whites until stiff and fold in with the lemon extract.

Bake 2 hours at 350°F. Makes 2 loaves.

Mary Durksen

### Picture of the Month Christmas



A Christmas hanging, 32" by 63",  
 by Frances Willms

### Garden Park Tower Hall Rentals

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

**Correction: The November recipe for Brown Bread should have included 1 tablespoon of sugar.**



## Volunteer Drivers Needed

We need your helping hand!

**Medical Transportation Program**

Abbotsford Community Service's Medical Transportation program is in need of volunteer drivers. This program provides: reliable, safe, courteous, non-emergency transportation to seniors and persons with disabilities. Volunteer drivers will assist seniors to and from medical appointments.



- Services are provided Monday-Friday
- Volunteers provide their time based on their own personal schedules
- Must have a valid B.C Drivers License
- Must be willing to obtain a criminal

Give us a call!

Jenna Evans | 604-870-3772 | [jenna.evans@abbotsfordcommunityservices.com](mailto:jenna.evans@abbotsfordcommunityservices.com)



**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 personal-ized assistance services for adults who can live independently but require regular assistance with daily activities, usually because of age, illness or disabilities.

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

**Shelter Aid For Elderly Renters (SAFER)**

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

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

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

**Person with a Disability**

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

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

**Bus Pass**

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

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

"A holy person is an awesome weapon in the hands of God." Luis Palau

**Garden Park Tower**

***Volunteer Opportunity***

We are looking for a

**Community Events Coordinator**

Clearbrook Community Centre is looking for an individual to assist in organizing monthly and special events at the community centre.

For more information ...

[www.gardenparktower.ca](http://www.gardenparktower.ca)

[Volunteer@gardenparktower.ca](mailto:Volunteer@gardenparktower.ca)

604-853-5532

"To be seventy years young is sometimes better than to be forty years old." Oliver Wendell Holmes

**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)

"Love seems the swiftest, but it is the slowest of all growths. No man or woman really knows what perfect love is until they have been married a quarter of a century."

Mark Twain

Answers: holly, stars, angels, kings, night; camels, turkey, lullaby, eating, celebrate; midnight, manager, taxation, announcement, excitement



## Free Will & Estate Planning Seminar

# FOOTPRINTS ON THE FUTURE

Saturday, January 16, 2016  
10:00 - 11:30 am

At Garden Park Tower  
2825 Clearbrook Rd., Abbotsford

### Guest Presenters



Arnie Friesen



Daniel Lichty

To register, call 604.850.9613 or  
email [mfcabbot@mennofoundation.ca](mailto:mfcabbot@mennofoundation.ca)



**MennoFoundation.ca**  
**888.212.8608**

The best way to save face is to keep the lower end of it shut.

### I Don't Get It

Although we had recently moved into a new neighborhood, our young son had already made many new friends, ten of whom were invited to his birthday party. When the happy day arrived and he opened his presents, I was amazed to see that eight guests had presented him with sweaters.

Later I visited the mother of one of the boys to explain about the multiplicity of sweaters in the hope that an exchange might be arranged. She said coolly, "Well, after all, you were the one who wrote on the invitation what you wanted me to buy."

For a few minutes I was stunned into silence; then I realized what had happened. Since the party was being held in our basement, which is always cool, I had written on each invitation: "Please have your child bring a sweater."

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WE CAN HELP with our  
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Abbotsford  
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**604.850.8528**



### What happens when teeth are lost

- The jaw bone may shrink up to 70% in the first year of the tooth loss
- The gum tissue becomes thinner with time
- In the lower jaw, the nerves in the jaw may become exposed to the surface of the jawbone, being protected only by a thin layer of gum tissue.

### What happens as a result

- Denture sores
- Loose dentures
- Sore jaw joints
- Collapse of facial profile
- Inability to chew and taste foods
- Loss of self-confidence and enjoyment of life

[www.allcaredentureclinic.com](http://www.allcaredentureclinic.com)

www.drimg.com ©DRIMG 2015 93100 Advertise with Money Saver Envelope 1-866-993-0600

"The young man was starting his first day of work in the supermarket. The manager handed him a broom and asked him to sweep up the store. 'But I'm a college graduate', he said. 'Oh sorry. Here, give me the broom and I will show you how to do it'."

## Community Resources

### Health

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

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

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

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

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

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

#### **Alcoholics Anonymous**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Two kids were trying to figure out what game  
to play.

One said, "Let's play doctor." "Good idea."  
said the other. "You operate, and I'll sue."

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

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

102-2455 W. Railway, Abbotsford. Ph. 604-854-1733  
Weekly group meetings for stroke survivors of all ages.  
Caregivers are welcome to sit in for a few meetings to  
help with transition. The meetings run from 12:30 to 3:30  
at the Abbotsford Recreational Centre every Thursday  
except for July and August. Ph. Laura Wegener 604-798-  
7530

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

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

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

### Et Cetera

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

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

#### **Abbotsford Community Services**

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

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

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

#### **Abbotsford Recreation Centre**

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

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

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

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

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

#### **Central Valley Woodcarvers**

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

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

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

#### **Legal Aid Services**

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

#### **Matsqui Recreation Centre**

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

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

### **Faith**

Two nuns were driving down a country road  
when they ran out of gas. They walked to a farm-  
house and a farmer gave them some gasoline; but  
the only container he had was an old bedpan. The  
nuns were happy to take whatever they were of-  
fered and returned to their car.

As they were pouring the gasoline from the  
bedpan into the tank of their car, a minister drove  
by. He stopped, rolled down his window and said ...  
"Excuse me, sisters. I'm not of your religion, but I  
couldn't help admiring your faith!"

## Memories & Happenings

### Christmas Gift Ideas for Elderly Seniors



Sharon Simpson

“Help! I need to buy a Christmas present for an elderly senior...”

Most elderly seniors will say that they don't need anything for Christmas – and yet, we want to get something for our elders that will remind them that they are loved and cherished. After polling staff at Menno Place, one of BC's largest seniors' campuses (700 residents), we compiled a great list of gift ideas for your elderly loved one. We hope this helps!

#### Something to Enjoy

1. Floral Subscription – a local florist in Abbotsford, Buckets of Flowers, delivers a bouquet of flowers on the first Monday of the month to one of our residents. Ensure that the flowers are unscented as most care facilities have a non-perfume policy. The cost for this lovely gift is between \$25 - \$50/month.



2. Chocolate or cookie subscription – a monthly delivery of delicious chocolates or cookies gives an elderly person something to offer their visitors and enables hospitality. Check with a nurse to choose the best cookie or chocolates for swallowing and allergies. [www.amazingclubs.ca](http://www.amazingclubs.ca) \$40/month

3. Interest-specific television channels – A devout baseball or hockey fan will enjoy watching their sport any time of day. Nature and Travel are a wonderful way to spend time together. A favorite travel show for seniors is Armchair Tourist. You watch a tourist spot and then guess the location. It's a fun game to play together. If cable is provided through a PVR, you can set up recordings that will be ready for you to watch together when you visit. Check with cable provider to get the details on which channels you can purchase and the cost.

4. Calendar of Special Dates – record all of your loved one's family's birthdays on the calendar and provide them with a selection of birthday, anniversary and congratulations cards. You can choose to pre-address and pre-stamp the cards as well. A week before an event, write “Send \*\*\* their birthday card today” and it will arrive just in time! Staples has personalized calendars through their online print shop starting at \$4.98 – [www.staplescopyandprint.ca](http://www.staplescopyandprint.ca)

5. A tabletop Christmas tree. I was invited into a seniors' apartment to look at the amazing tabletop fibre optic Christmas tree he received as a gift from a friend. He was so excited. The tree changed colors and provided him with a constant reminder that the giver of the gift cares for him.



#### Technology

1. A flat screen TV – these are coming down in price quickly. An elderly person will enjoy having their own high quality television that doesn't take up the room of an older

television. A 24” LED HD TV is selling for as low as \$138 on the Canadian Wal-Mart website.

2. Big button remote control – Shaw cable has a simplified remote called a Transport. Other brands to check out are Weemote and Tek Pal. Before you buy call the manufacturer or your cable provider to ensure that they will work together with the cable box.

3. A tablet – believe it or not a third of seniors over 77 are online. For elderly seniors with agility in their hands, a touch-screen tablet is the easiest new technology to learn. We've seen people in their 90s connect through Skype or FaceTime with children, grandchildren and great-grandchildren. Hint: Choose a tablet that a teen in your family understands since they'll be providing technical support! 10” tablets start at \$280 through big box stores.

4. Brain games online – The brain training games that are most recommended in seniors' facilities are [www.Brain-HQ.positscience.com](http://www.Brain-HQ.positscience.com) and [www.Lumosity.com](http://www.Lumosity.com). These are monthly subscriptions that can be gifted to a senior for \$96/year or \$84/year respectively.

#### Hearing Aids

1. The Amplified Neckloop - \$89 or Bluetooth - \$209 – This is an amplification system that hangs around a person's neck. It interfaces with the t-coil in most hearing aids and delivers sound directly into the hearing aid from a directional microphone, television or even a cell phone! ([www.alds.com](http://www.alds.com))



2. Hearing Aid Conditioning Systems - \$109 – Hearing aids can produce fuzzy noise if they are exposed to moisture or earwax. This little unit keeps them dry and cleans them overnight.

#### Spiritual Life

1. An mp3 or CD Bible – an interesting and dramatic version is The Listener's Bible ([www.listenersbible.com](http://www.listenersbible.com)) starting at \$29 for a download and \$89 for a set of CDs. Various versions are available. GoBible.com has one of my favorite Bible dramas – The Bible Experience. You can also buy a hand-held portable MP3 device that comes pre-loaded with an entire audio version of the Bible – starting at \$79.

#### Transportation & Safety

1. Many elderly seniors feel “shut-in” because the cost of safe transportation is expensive. Consider purchasing a month of Taxi Saver coupons for \$40. This can be a one-time gift or a monthly gift. With these coupons, the elderly senior saves 50% on taxi service. This may be a significant means to attend church, go shopping or see friends. ([www.bctransit.com/regions/cfv/accessible/tax\\_saver.cfm](http://www.bctransit.com/regions/cfv/accessible/tax_saver.cfm))

2. A Lifeline call button can be worn on a wrist or around a senior's neck. When they push the button Lifeline will call a senior's emergency contact. Lifeline has a product that predicts a fall and calls for help even if the senior is unable to make the call themselves - \$40/month – [www.lifeline.ca](http://www.lifeline.ca)

*Continued on page 19*

## Dollars & Sense

### Housing Help

The British Columbia Government has established a program called, Shelter Aid For Elderly Renters. The acronym is SAFER. Its purpose is to help make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments for eligible seniors age 60 or over who pay rent for their homes, for the places where they actually reside.

Are you eligible? You may be eligible for SAFER financial assistance if you meet all of the following conditions:

1. You are 60 years of age or older.
2. You have lived in British Columbia for the full 12 months immediately preceding your application for assistance.
3. You and your spouse (with whom you are living) meet one of the following citizenship requirements. Canadian citizen(s); or authorized to take up permanent residence in Canada; or Convention refugee(s).

4. You pay more than 30 per cent of your gross (before tax) monthly household income towards the rent of your home, including the cost of pad rental for a manufactured home (trailer) that you own and occupy.

This assistance program is also available for single seniors. It is not available for residents under a private sponsorship program as long as they are under that program.

If you are eligible, SAFER may subsidize part of the rent that is over 30 per cent of your income. This assistance money is not taxable income. Arrangements can be made to have the SAFER assistance money deposited directly to a bank account. Otherwise the monthly cheque will be sent by postal service.

To find out more about SAFER: Ph. 604-433-2218 (Metro Vancouver) 1-800-257-7756 (elsewhere in BC)

Check: [www.bchousing.org](http://www.bchousing.org)

### *Christmas Gift Ideas continued...*

#### **Comfort and Lovely Items**

1. Blanket / Shawl – Polar fleece is a nice way to keep warm – especially if it has pockets for hands and Kleenex. Knitted blankets have holes and don't provide the same level of comfort. Don't be tempted by electric blankets – instead, take a look at the Thermal Zone Fleece Blanket from LL Bean (\$99). It has an extra warm foot-zone – [www.llbean.com](http://www.llbean.com)

2. Suspenders – Men and women will be grateful for suspenders that hold up their bottoms during a therapeutic walking session. This will help relieve anxiety and ensure dignity while an elderly senior recuperates from a hip surgery or stroke.

3. Foot care service – Elderly seniors love pedicures, but often their foot care needs are more complex. Fungus, corns, bunions and cracking skin can be painful and immobilizing. Reaching feet can be difficult. A foot care nurse will cost between \$25 - \$50/session. Regular foot-care service can be the gift of pain-free mobility.

4. Non-skid slippers – It's time to throw out the hand-made crocheted slippers that could be the reason an elder falls. Purchase a pair of rubber-soled slippers that are comfortable and practical.

*Sharon Simpson is the Director of Communications and Marketing at Menno Place, a senior's campus-of-care located in Abbotsford, BC.*

#### **The Worrier**

A certain woman constantly complained about her physical condition. There wasn't anything very seriously wrong with her, she just liked to complain about whatever minor ailments she had. One day her neighbour made the mistake of asking how she was. This was her answer. "Oh, I don't know. Actually, I feel quite good today but I always feel bad when I feel good because I know I am going to feel worse after I feel better."

### **Senior versus Young**

An elderly gentleman, a plumber by trade, became very bored in retirement and decided to open a medical clinic. He put a sign up outside an office that read: "Dr. Senior's Clinic. Get your treatment for \$500. If not cured, get \$1,000 back."

Dr. Young was a legitimate doctor whose office was next door. He was positive that this new "doctor" didn't know anything about medicine and thought this would be a great opportunity to get \$1,000. So he went to Dr. Senior's clinic and said, "I have lost all taste in my mouth. Can you help me?" Dr. Senior said, "Nurse, please bring medicine from Box 22 and put three drops in Dr. Young's mouth." She did and Dr. Young spewed it out saying, "Aaaagggghhhh! That's gasoline!" Dr. Senior said, "Congratulations! You've got your taste back. That will be \$500."

Dr. Young was annoyed and mused for a few days as to how to get his money back so he returned to Dr. Senior's Clinic and told the doctor, "I've lost my memory. I can't remember anything at all." Dr. Senior turned to his nurse and said, "Please bring medicine from Box 22 and put three drops in the patient's mouth." Dr. Young pleaded, "Oh, no you don't. That's gasoline!" Dr. Geezer exclaimed, "Congratulations! You've got your memory back. That will be \$500."

Having been fooled twice and now out \$1,000, Dr. Young left angrily and came back after several more days. This time he said, "My eyesight has become weak. I can hardly see anything!" Dr. Senior lamented, "Well, I'm sorry I don't have any medicine for that so here's your \$1,000 back," as he handed Dr. Young a \$10 bill. Dr. Young protested, "But this is only \$10!" Upon hearing that Dr. Senior said, "Congratulations! You've got your vision back. That will be \$500."

The moral of the story is this: Just because you're "Young," doesn't mean that you can outsmart a senior.

## A Senior's Concern



Len Remple

No dispute, the Christmas season is costly. January credit-card bills will confirm it. We live in a materialistic society and consumerism promotes the philosophy of equating abundance of gifts as an abundance of love. Is that really true? A personal experience shattered that concept for me.

A few years ago I was approached with the request to be a Santa Claus in Abbotsford. I accepted the invitation for the following year. I quit shaving because I wanted to perform the role with a real beard. Approximately 13 months later, I was Santa Claus.

My beard had grown to part-way down my chest. Every child who approached me was lifted on to my knee. One child, as soon as he was on my knee, said, "You are a fake. There is no Santa! I will prove it". Then with both hands he yanked my beard. I screamed with pain as tears came into my eyes. The child then shouted, "You are a real Santa. I love you", and then he tightly hugged me.

I would begin by asking each child's name, age and what they wanted for Christmas. By the time the session was over my emotions were raw. I thought my questions would reveal children's selfishness and greed. How wrong I was! Examples of a high percentage of replies to my questions were: "I don't want any gifts, I just want Daddy to stop getting drunk" or "I don't want any gift, I want Daddy to stop hitting Mommy" or "All I want is for Daddy to come

home" or "I want Daddy and Mommy to stop fighting" or "I want Mommy to stop having 'uncles' visit when Daddy is at work".

Many similar replies can be listed. Inwardly I felt like weeping at these simple and profound requests. These kids did not ask for lavish gifts. They were hurting deeply and they opened up to Santa Claus. I would conclude the sessions with a whisper into their ear. "May I pray for you? Everyone eagerly said, "Yes". Into each child's ear I would begin the prayer with, "Santa Claus is for fun, but JESUS is real. Let's ask Him for the gifts you mentioned". I found it hard to release those kids from my knees. It broke my heart. They were not greedy or selfish; they just wanted security, a stable home with love. I will never again look at the Santa Claus traditions as being fantasy and silly.

I close this episode with a funny sequel. After the Christmas season was over, one evening my wife and I sat in the front row at church. Suddenly a five year old boy came running towards me from the opposite side of the church. He jumped on my knee and whispered into my ear, "Santa, I promise to keep it a secret, but please tell me where you keep the reindeer until next Christmas?" That was a tough question. My reply is still a secret.

Summary: I believe Christmas can open the hearts of children, especially needy children, to the gospel of JESUS, coming to earth as a baby, to rescue us and draw us to himself.  
Leonard Remple

### Window Of Opportunity

A window salesman phoned a customer. "Hello, Mr. Brown," said the sales rep. "I'm calling because our company replaced all the windows in your house with our triple-glazed weather-tight windows over a year ago, and you still haven't sent us a single payment."

Mr. Brown replied, "But you said they'd pay for THEMSELVES in 12 months."

"You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well." Lewis B. Smedes

### Dental Help

A dinner speaker was in such a hurry to get to his engagement that when he arrived and sat down at the head table, he suddenly realized that he had forgotten his false teeth. Turning to the man next to him, he said, "I forgot my teeth."

The man said, "No problem." With that, he reached into his pocket and pulled out a pair of false teeth. "Try these," he said.

The speaker tried them. "Too loose," he said.

The man then said, "I have another pair... try these."

The speaker tried them and responded, "Too tight."

The man was not taken back at all. He then said, "I have one more pair of false teeth... try them."

The speaker said, "They fit perfectly."

With that he ate his meal and gave his address. After the dinner meeting was over, the speaker went over to thank the man who had helped him. "I want to thank you for coming to my aid. Where is your office? I've been looking for a good dentist."

The man replied, "I'm not a dentist. I'm the local undertaker."



**Garden Park Tower**  
2825 Clearbrook Road  
Abbotsford, B.C.

## Busy Mixed-Use Building Now Leasing!

### Medical Offices

2,100 SF to 2,400 SF

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Contact Ron Willms, Exec. Director for information (604) 853-5532  
office@gardenparktower.ca www.gardenparktower.ca