

The Garden Park Journal

Volume 2, Number 3

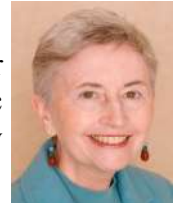
Abbotsford, British Columbia

August 2015



The Best Exotic Qualities of Home

Travel broadens the mind. And when we can't do it in reality, a good movie or documentary can open perspectives and even create a longing to visit more exotic places in far reaches of the world. But with a little imagination we can bring a new appreciation for the beauty goodness and truth that surround us at home.



Marilyn Hamilton

Inspiring the Soul

I live in Garden Park Tower (GPT), a residential building that is also a secured community which gives me sanctuary from a world of travel, tensions and intensity. Here I am inspired by the stunning ever-shifting watercolor views of Mount Baker, sunrises, and the beauty of nature that feeds my soul. I have come to love my quiet times of reflection and regeneration here, where the introvert in me recovers so that the extrovert in me can interact with the world.

Respecting People

Our neighbours in GPT, many of whom have lived here since it was built, 18 years ago, are respectful but not invasive or cloying. Remarkably the residence and society meetings are well managed and civilized - partly because of the wisdom of the original founders who dared to imagine a community that would serve the larger community. They helped create bylaws that maintain both structural standards and people respect. We have worked out ways of being together that include everything from weekly movie nights (with free ice-cream), to seasonal "faspa" social events,

Continued on page 2

The Journal is now online gardenparkjournal.ca

Google: [Garden Park Journal](#)

Freedom of Religion not Freedom from Religion

Editor's note: Although this report comes from the US, the Canadian scene is sufficiently similar that I considered it to be of interest to our mostly Canadian readers. JHR

This statement that was read over the PA system at the football game at Roane County High School, Kingston, Tennessee, by school principal, Jody McLeod.

"It has always been the custom at Roane County High School football games, to say a prayer and play the National Anthem, to honor God and country.

"Due to a recent ruling by the Supreme Court, I am told that saying a prayer is a violation of Federal Case Law. As I understand the law at this time, I can use this public facility to approve of sexual perversion and call it 'an alternate life style,' and, if someone is offended, that's OK.

"I can use it to condone sexual promiscuity, by dispensing condoms and calling it, 'safe sex.' If someone is offended, that's OK.

"I can even use this public facility to present the merits of killing an un-

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CLEARBROOK COMMUNITY CENTRE AT GARDEN PARK TOWER

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

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

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

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

Clearbrook Golden Age Society
Office Hours: 8:30 am—4:00 pm
Closed—August 3, 2015

Best Exotic Qualities continued from page 1

fitness classes, current affairs lunches, crafts fairs, Christmas Festival of Lights and volunteer recognition teas. We share and stock and maintain a residential library, flower gardens and frequently organize ourselves into cleanup crews for the landscaping. Volunteers self-organize to help anyone who is in need. Monday and Saturday mornings in the Rose Room Coffee Shop are popular gathering times for coffee, fresh pastry and the latest news.

Engaging the Senses

My location is surprisingly quiet as it is over a park, distant enough from traffic that it is interesting to observe but not intrusive from a unit where I hear little from the neighbours. My husband enjoys the many "eyes on the streets" that he can watch on the balconies and windows in neighbouring buildings. And my own eyes feast on the dazzling city scape with four seasons of changing colours, textures, scents and bird calls. Safe from traffic, it is easy to walk around the neighbourhood and park paths through wildy corners of great cedars to Fishtrap Creek where geese and ducks tend their broods. I especially enjoy my regular ambles with walking buddies by nearby houses, forever in the process of re-building themselves, with garden surprises around most bends and mysterious paths through a maze of backyard trails.

Building on Diversity

GPT is a special community - located where the old neighborhood of Clearbrook displays signs in German and Punjabi as well as English. Within walking distance I can dine on Thai, Chinese, Indian, Greek, German, Japanese and Korean food. We are so lucky to have our "pocket" Garden Park, on a bus route and be close enough to Elwood Park and the Discovery Trail, where it is common to meet pedestrians of all ages, with pets, strollers, bicycles, canes and walkers. The dogs are generally friendly and add humour and character to the passing stream of people. The community and city work hard at being responsible in their investment for the upkeep of all our private and public assets and are generally appreciative of the privileged environment we steward.

Delighting Life

So when I am tempted to dream for a distant vacation, a more exotic location or diverse culture, I really just need to wake up, step out, and fully enjoy the many delights of home. Here, beauty, goodness and truth all grace my soul, senses, community and environment with a daily flow of exotic life. ■

Volunteers don't get paid, not because they're worthless, but because they're priceless. Sherry Anderson

Freedom of Religion continued from page 1

born baby as a 'viable' means of birth control. "If someone is offended, no problem.

"I can use literature, videos and presentations in the classroom that depict people with strong, traditional Christian convictions as 'simple minded' and 'ignorant' and call it 'enlightenment'.

"However, if anyone uses this facility to honor God and to ask Him to bless this event with safety and good sportsmanship, then Federal Case Law is violated.

"This appears to be inconsistent at best, and at worst, diabolical. Apparently, we are to be tolerant of everything and anyone, except God and His commandments.

"Nevertheless, as a school principal, I frequently ask staff and students to abide by rules with which they do not necessarily agree. For me to do otherwise would be inconsistent at best, and at worst, hypocritical. I suffer from that affliction enough unintentionally. I certainly do not need to add an intentional transgression.

"For this reason, I shall 'Render unto Caesar that which is Caesar's', and refrain from praying at this time.

"However, if you feel inspired to honor, praise and thank God and ask Him to bless this event, please feel free to do so. As far as I know, that's not against the law...yet."

One by one, the people in the stands bowed their heads, held hands with one another and began to pray. They prayed in the stands. They prayed in the team huddles. They prayed at the concession stand and they prayed in the announcer's box!

Somehow, Kingston, Tennessee, remembered what so many have forgotten. In the United States people are given the Freedom OF Religion, not the Freedom FROM Religion. Praise God that His faithful remnant remains! ■

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

Volunteer@GardenParkTower.ca

604-853-5532



John H. Redekop

From the Editor's Desk ...

The headline caught my eye: "Gay atheist rebukes the church for moral slide". A quick read of the news story surprised me even more than the headline.

As we know, recently Irish voters approved same-sex marriage by an astonishing 62 percent in support. While conservative Christians in many lands expressed profound dismay and disappointment, gays and lesbians everywhere celebrated what they perceived as a great victory. But not Matthew Parris, a self-described "gay atheist". Although he has rejected Catholic theology, indeed any belief in a God, and although he is living a homosexual lifestyle, he was deeply troubled by what he saw as a Catholic betrayal of core Catholic teaching. The source is puzzling; the message is right on!

Atheist Parris particularly chided the Archbishop of Dublin for saying that the Catholic church needed to undertake "a reality check". He found the senior clergyman's statement troubling and indicative of continuing moral decline.

Note this atheist's sound theological assertions: "Can't these Christians see that the moral basis of their faith cannot be sought in the pollsters' arithmetic? He then refers to Moses dilemma as recorded in Exodus 32 which describes Hebrew idolatry. "Would it have occurred for a moment to Moses (let alone God) that he'd better defer to (demon)-worship because that's what most of the Israelites wanted to do?"

This atheist critic has it right. For Christ-followers, biblical teaching on ethics is not trumped by public opinion, not even by the opinion of 90 or 95 percent of the public. The definition of what is sin is not based on the popularity of either a good or an evil ethical assertion; it is based on God's word. Thank you Matthew Parris for reminding Christians of this fact.

Letters to the Editor

Editor, *The Journal*:

Dear sir---although I am not of Fraser Valley origin, I received a copy of *The Garden Park Journal* from a friend and found it very interesting and informative.

Was wondering if for a donation you would put me on the mailing list for your *Journal*. Thank you.

Sincerely, Vern Bartel
Kelowna, BC

Editor's note: Mr. Bartel was advised that The Journal is available on line.

Letters should be sent to: jredekops@shaw.ca

Published letters may be edited for length and clarity.

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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Terri Guillemets

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

The Garden Park Journal is published monthly by Clearbrook Golden Age Society. The Society office is located at 101—2825 Clearbrook Road, Abbotsford, B.C. V2T 6S3
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Coming Events

Community (Abbotsford)

- ◆ *Agrifair*, July 31 to Aug 3, Fri to Sun, 10 am to 10 pm, Mon 10:00 am to 5:00 pm. Abbotsford Exhibition Park, 32470 Haida. Children under 10 Free, Students/Seniors \$10.00, Adults \$12.00, 4 Day Weekend Wristband \$15.00. More info: 604-852-6674.
- ◆ *Abbotsford International Airshow*, Aug 7, 6:00 to 10:00 pm; Aug 8 and 9, 9:00 am to 9:00 pm. Tickets: Before July 31, Children: age 6 to 12, \$12.50 per day or \$20.00 per weekend. Adults: \$25.00 per day or \$40.00 per weekend. More info: 604-852-8511
- ◆ *Summer Art Classes at The Reach*, 32388 Veterans Way, for ages 5 to 7 and 8 to 12. Sign up for one or more of the following: development of drawing skills, drawing in the Japanese Manga Style, decorative nature of folk art, paper as a medium, intaglio and collagraphic printing. Cost \$25.00. Registration and more info: Julie Epp 604-864-8087, ext 126 or jepp@thereach.ca
- ◆ *Getting to Know Dementia*, Aug 13, 1:00 to 3:00 pm, a Workshop in the Dogwood Room, Garden Park Tower, 2825 Clearbrook Road. More info: 604-859-3889 or email info.southfraser@alzheimercbc.org
- ◆ *Hymn Sing*, August 16, 7:00 pm, Clearbrook MB Church, Clearbrook Road at Old Yale Road.
- ◆ *Annual Abbotsford Punjabi Church Bible Conference*, Aug 21, Dinner, 5:00 pm, Program, 7:00 pm, Aug 22, 8:45 pm to 7:00 pm, Aug 23, 9:00 am to 1:00 pm including lunch. South Abbotsford Church, 32424 Huntingdon Road. Registration: 604-302-1613 or 604-832-4075
- ◆ *Roll N Stroll, Challenge 2015*, Aug 22, arrive 9:15, event begins 10:00 am. Bethesda's Guatemala Project in partnership with Hope Haven Canada. Proceeds for supporting people with disabilities. Registration and more info: Life@BethesdaBC.com
- ◆ *55+ Senior's Contract Bridge* at the Friendship House Society at Abbotsford Recreation Centre – 2499 McMillan Road. (Tuesdays @6:45; Wednesdays @12:45; Fridays @12:45; Sundays @12:45) Cost \$2.00 for Bridge, Coffee/Tea and Snacks. Phone Myrtle @ 604-626-4746
- ◆ *Valley Echoes Chorus*, every Tuesday 7:30 pm, Azalea Room, Garden Park Tower, Director, Sherrie Lister. More info: 604-855-4081.
- ◆ *Full Gospel Businessmen's Meetings*, first Tue of the month, 12:00 to 1:00 pm. Rendezvous Restaurant 111 – 3280 Mt. Lehman Road. Contact: Marcus 604-850-3500.
- ◆ *GriefShare Seminar Support Group*, till Aug 18, Tuesdays, 7:00 to 9:00 pm, Central Heights Church, 1661 McCallum Road. More info: www.griefshare.org or 604-852-1001.
- ◆ *Women with Cancer Support Group* meeting every third Thursday of the month at the Garden Park Towers, 2nd floor at 7 PM. This is a very relaxed compassionate group. For info call Edith at 604-289-0630.

"We all die broke!"

- ◆ *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/or 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)

- ◆ *Missions Without Borders Presents Praise Fest*, Aug 1, 1:00 pm, Stetson Bowl, Cloverdale Fairgrounds Stadium, 6050 176 Street, Surrey. Tickets and info: 855-443-8499.
- ◆ *Roger and Hammerstein's Oklahoma*, July 23 to Aug 1, 7:30 pm, Aug 2, 2:00 pm, Chilliwack Cultural Centre, 9201 Corbould Street. Tickets: 604-391-7469.

Future Events

- ◆ *Love Abbotsford*, Sept 12, 10:00 to 2:00 pm at Clearbrook MB Church, corner of Clearbrook and Old Yale Road. Food, great music, testimonies and prizes.
- ◆ *MCC Festival for World Relief*, Sept 18, 4:00 pm to Sept 19, 2:00 pm, at the Tradex, 1190 Cornell, Abbotsford.
- ◆ *Annual Fraser Valley Gideons Golf Tournament*, Sept 25 at Ledgeview Golf and Country Club, 35997 McKee Road, Abbotsford. BBQ Lunch at 11:30, First tee off at 1:00 pm. Cost: \$150 if registered before July 31, after July 31, \$175.00, price includes dinner.
- ◆ *Multicultural Festival (Abbey Fest)*, Sept 26, 2:00 to 8:00 pm. UFV Campus. Free Admission and Parking. More info: 604-556-1788.
- ◆ *Annual Fundraising Banquet in support of Life*, Sponsored by ADVOKATE, Oct 15. Doors open at 6:30 pm, dinner at 7:00 pm. Columbia Place, 2940 Clearbrook Road, Abbotsford. Featuring Jason Jones, film producer, author and human rights worker. More info: www.advocate.ca
- ◆ *Women's Weekend*, Oct 16 to 18, Stillwood Camp and Conference Centre. Speaker: Cynthia Cavanaugh. Cost: \$170.00. More info: 1-800-507-8455 or kim@stillwood.ca
- ◆ *Angels Love and Light*, Vancouver Cantata Singers. Concerts: Songs of Angels, Oct 17, 7:30 pm, Ryerson United Church, 2195 West 45th Avenue, Vancouver. More info: 604-266-5377. Christmas Reprise X111, Dec 19, 2:00 pm, Holy Rosary Cathedral, 646 Richards Street, Vancouver. More info: 604-682-6774.
- ◆ *DMI Global Mission Banquet*, Nov 13, 6:00 pm, King Road MB Church, 32068 King Road, Abbotsford. Cost: \$15.00. RSVP, Liz 604-859-6267 or lizn@mbmission.org
- ◆ *The 5 Love Languages*, Oct 26, 7:00 pm. Speaker Dr. Gary Chapman, Best Selling Author/ Speaker. General Admission, \$20.00. Central Heights Church, 1621 McCallum Road, Abbotsford. For tickets and more info: Lesley@centralheightschurch.com

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

**Clearbrook Community Centre
Professional Services**

P1	Helping Hands	604-217-8513
101	CGAS Management Office	604-853-5532
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
206A	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	Mennonite Historical Society	604-853-6177
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

"Don't spend time, invest it."



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Your Health

Keeping your brain healthy – Part 3

In the previous two issues of *The Journal* we reviewed the importance of exercising, especially doing aerobics, and of following a good diet. In this issue we focus on controlling one's emotions and getting sufficient rest.

Professor Jeansok Kim, at the University of Washington, asserts that stress is bad for one's brain cells. He writes that stress can, "disturb cognitive processes such as learning and memory, and consequently limit the quality of human life". A particular part of the brain, the hippocampus," which is a primary locus of memory formation...can be seriously debilitated by chronic stress. Our brain does not function at its best if it must bear up under heavy stress. Calming activities include meditation, yoga, and mental calisthenics, provided they are themselves not stressful.

It is widely asserted that the best calming activity is the creative benefit of sleep. As the traditional saying puts it, it really does make sense "to sleep on it". Researchers at Harvard Medical School found that a good night's rest doubled a person's ability to find a solution to a problem, in their case, a mathematics problem. Apparently the sleeping brain actually does synthesize information. It is not only a matter of the brain resting.

Laughter can also produce a positive result. When we laugh, the chemical messenger dopamine is released. This is very helpful to the brain. Research about the role of laughter continues. We may yet discover, or at least it's a hope, that "laughter makes us smarter". JHR ■

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Helpful Hints

*Editor's note: More than 30 years ago I came across a helpful hint which may be of interest to **Journal** readers.*

People who have a laminated maple or other hardwood cutting board will find that eventually the surface becomes so cut-up that it becomes virtually unusable. How can the surface be restored? That is our question today.

Various options have been proposed.

- ☞ Some people recommend vegetable oil. This treatment may be somewhat helpful but over time the oil will become rancid and make the cutting board virtually unusable.
- ☞ Some people recommend applying Danish oil. This treatment creates two problems. First, after a while it hardens into a resin finish and the wooden surface will be largely lost. Second, this oil will get into the food being cut or chopped on the treated board. This is not a good food additive.
- ☞ Linseed oil, recommended by some people, is harmless but not a desirable food additive. This oil has a distinctive odour which tends to get into the food being prepared on the block.
- ☞ The best treatment, by far, is to cut back the top thin layer of the cutting board. The best tool to use is a small scraper, perhaps two-inches wide, with a retractable razor blade. Do not use a regular blade shaver. Set the blade so that it will just barely cut the wood. scrape the entire surface in several directions until you have a fresh, clean wood surface.

It may be best simply to leave the renewed cutting surface in its natural state and then clean that surface immediately and thoroughly after every use. It can also be treated occasionally with medicinal white mineral oil. This oil is tasteless, odourless, non-toxic, and does not form a hard surface. ■

"I've learned that no matter how good your friends are, they are going to hurt you once in a while and you must forgive them for that." Rhinhart

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

"An old-timer is someone who remembers when we counted our blessings instead of our calories."

The Garden Park Journal, August 2015

Puzzles

In the July 1 issue of *The Journal* the puzzles dealt with cars. For many people, driving holidays begin in early July. For this August 1 issue I again deal with cars, after all, some people take their holidays in August. Again, the first puzzle is easy. The second requires a bit more thought. The third can be a challenge, especially for readers not familiar with car names. Happy driving!

radt
hoce

vicci
ifta

That was a _____ I will never forget.

sexul
cubik

cryma
uratsu

If you want _____ you've got it.

stainu
gustman

isfuno
curryme

To go _____ along Main Street was a Saturday evening custom.

The answers are given on page 15

JHR

"The fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian makes me a different kind of woman."

Elisabeth Elliott

"Don't give God instructions; just report for duty."

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.

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



The Honorable Michael de Jong MLA, Abbotsford West Minister of Finance

Folks, if the past three months are any indication, we are in for a long, hot and expensive summer. In fact, the Minister of Forests' annual budget for wildfire fighting was surpassed by some \$10 million by the first week of July.

However, as Minister of Finance, I can assure you our government will allocate as much funding as is necessary to protect people, homes and our forests.

On the other hand, this record-breaking weather has been tremendous for the Fraser Valley's agricultural production, with all manner of produce and fruits ripening weeks in advance of normal conditions. Hopefully you have been able to take advantage of the incredible bounty of our local farms, enjoying strawberries, raspberries and blueberries floating in Fraser Valley cream or in parffaits with local ice cream to keep you cool.

And, regardless of the weather, the exceptional harvests from our valley farms will surely continue until the frosts come, while production from our greenhouse industry will not only provide product for our consumption, but for export too.

The one thing I do caution everyone on is the effects prolonged heat can have on your body. Ensure you remain hydrated by drinking lots of water – we have some of the purest in the world right here – and curtail strenuous activity during the hottest part of the day.

Other than that, I encourage all of you to enjoy the fabulous weather and the wonderful fruits and vegetables, dairy and poultry products, that our exceptional Abbotsford farmers produce for us, and for the world.



The Honorable Ed Fast MP, Abbotsford Minister of International Trade

Summer is now in full swing, and Annette and I, our four girls, two sons-in-law and four grandsons were finally able to spend a week alone in the Okanagan.

What a precious time before the craziness of the coming federal election sets in!

As I reflect upon this past session of Parliament, I would like to highlight a number of our government's key accomplishments.

We've cut taxes for every family, senior and individual Canadian – a record that began back in 2006 when we cut the GST from 7% to 5%. Our Family Tax Cuts and Benefits Plan, including the newly enriched Universal Child Care Benefit, are supporting every single family with young children. We've enhanced that Benefit to provide almost \$2,000 per year for each child under the age of 6, and introduced a new benefit that will pay moms and dads \$720 for every child aged 6 thru 17.

Further, our Economic Action Plan has supported one of the strongest economic and job creation records in the G7. We've delivered on our commitment to live within our means by balancing the federal budget. What we will not do is embark upon the reckless high-debt spending and taxation schemes that have crippled countries such as Greece.

Our Conservative Government also remains committed to protecting and promoting Canadian values at home and abroad. Prime Minister Harper remains a clarion voice on the world stage, demonstrating strong leadership with an unwavering, principled foreign policy.

This past March, Prime Minister Harper made his third trip to Ukraine. Meeting with Ukrainian President Petro Poroshenko, he reaffirmed Canada's continued support for the people of Ukraine and condemnation of Russian military aggression in Crimea. He also announced the deployment of Canadian military advisors to train Ukrainian soldiers to defend themselves properly.

This past week, Prime Minister Harper welcomed Ukrainian Prime Minister Arseniy Yatsenyuk to Canada to sign an historic free trade agreement between our two countries. We will continue to remain a trusted, unwavering friend of the Ukrainian people as they face enormous security, economic and political challenges.

I'm proud to represent you, the people of Abbotsford, in a government that remains focused on the priorities of Canadians and delivers unrivalled leadership on the world stage.

"Sometimes I think I understand everything
and then I regain consciousness."

Beware of Scams!

Editor's note: In this classic scam please note the following flaws: the blatant invoking of God and assumed Christian kinship, the supposedly reassuring comment about safety, the use of "defiled" instead of "defied", the use of "dispatched" instead of "dispatch", the use of "this Funds" instead of "these funds", and the numerous punctuation errors. Note the examples of faulty logic: how can the writer assume that some unknown person has the skill to invest \$12 million and why would anyone pay a commission of \$3 million to distribute \$9 million? Note also that this scam is sent to other people as well. Let me mention just one other indication of falsity; the letter writer is supposedly too sick to give money away but not too sick to write this letter! Any one of these flaws should warn the reader. And please note that if Shaw or some other server assumes that an item is "Junk Email", so should you!

-----Original Message-----

From: Mrs.Patricia Wagner

Sent: Friday, July 03, 2015 9:21 PM

To: undisclosed-recipients:

Subject: [Shaw Suspected Junk Email] Blessed Is The Hand That Giveth.

Good day and God bless you.

I feel quite safe and satisfy dealing with you in this charity project. My name is MRS PATRICIA WAGNER , a merchant in Dubai, in the U.A.E. I have been diagnosed with Esophageal cancer . It has defiled all forms of medical treatment, and right now I have only about a few months to live, according to medical experts.

I have decided to give aims to charity organizations, as I want this to be one of the last good deeds I do on earth. So far, I have distributed money to some charity organizations in the U.A.E, Algeria and Malaysia. Now that my health has deteriorated so badly, I cannot do this myself anymore.

The last of my money which no one knows of is the huge cash deposit of TWELVE MILLION DOLLARS \$12,000,000,that I have with a finance/Security Company abroad. I will want you to help me collect this deposit and dispatched it to charity organizations.

I have set aside 25% for you and for your time if you want to help me to collect this Funds and also invest this money.

Email: patwagner34@gmail.com

Remain blessed in the name of the Lord.

Yours in Christ,

Mrs PATRICIA WAGNER

Did you know?

1. Kidnapping is a big and growing problem in China. Two factors are largely to blame. First, and most importantly, China's traditional cultural preference preferring sons has resulted in massive abortion of female fetuses. Second, China's One Child Policy restricts most couples to just one baby. (There are significant exceptions.) This second factor becomes important given the reality that some young men are prepared to pay a high price for professional child abductors to get a young girl for them who they will then raise to be their future bride. *crosswalk.com* news service recently reported that China now has about 33 million more men than women and that an astonishing "70,000 children", mostly girls, "are kidnapped by gangs every year in China."

As a result of this reality, some fathers have resorted to desperate measures. For example, when "Chen Yen took his six-year-old daughter to visit her grandparents during China's recent Spring Festival", he travelled with his young daughter fastened to him by handcuffs. He had seen a police warning dealing with pickpockets and child kidnapers. When asked about his peculiar safety measure, Chen Yen said, "I don't care about pickpockets, but I do care very much about losing my daughter."

2. World poverty is declining. Unfortunately, in some countries the situation is still desperate. *newsmax.com* reports that in 1820, "the share of the global population

living in poverty was 94 percent while 84 percent lived in 'extreme poverty'. By 1992, the poverty rate had dropped to 51 percent while the extreme poverty rate had fallen to 24 percent." It was truly the case that only elite lived above the poverty line.

The World Bank recently reported that by 2013 the global poverty rate, including extreme poverty, had fallen to 14.5 percent. Unfortunately, in sub-Sahara Africa it is still at 45.8 percent and in South Asia it is 24.5 percent.

Another method of gauging economic well-being is to consider the Gross Domestic Product, GDP, the total value of all goods and services produced in a country. Using 2014 data the World Bank ranked 191 countries for which it had data. Fourteen ranked in the category **Above \$50,000**. By rank these were Luxembourg, Norway, Qatar, Macau, Switzerland, Australia, Sweden, Denmark, Singapore, United states (\$53,042), Kuwait, Canada (\$51,964), Netherlands, Austria, and Ireland.

The reality in the lowest cohort remains extremely challenging. For five countries the per capita GDP was \$500: Eritrea, The Gambia, Guinea-Bissau, Togo and Uganda. For five the GDP was \$400: Central African Republic, Ethiopia, Madagascar, Niger, and Liberia. The bottom three reported a GDP of \$300: Burundi, Democratic Republic of Congo, and Malawi. The challenge to governments and to global faith groups remains enormous. JHR



Henry Braun
Mayor of Abbotsford
Abbotsford: A Water Story

While I'm no meteorologist, based on my 61 years of living in Abbotsford, it certainly seems like we are experiencing some unprecedented weather patterns this year. And we've all heard the stories from California—currently in year 4 of drought conditions which led the governor to declare a drought State of Emergency in January.

Are these weather patterns an anomaly? Or is this the new normal? No one can say for sure and even our scientists aren't in total agreement either. What I do know that we need to be thinking about tomorrow today – especially as it relates to water supply in our community.

In early May, a whole month or two earlier than any previous year, the City of Abbotsford began to draw water from Dickson Lake (our community's main lake reservoir). As water consumption steadily increased through mid-June from 65 mega litres to 90 mega litres per day, we began Stage 2 Watering Restrictions, limiting lawn and garden watering. By the end of June, consumption rates continued to rise to 108 litres per day, and on July 2nd, we entered Stage 3 Watering Restrictions, which saw a total ban on lawn sprinkling.

I'm proud to say that, as soon as we went to Stage 3 our community rose to the conservation challenge and there was an immediate 10% decrease of water use. As of July 9, consumption has continued to be reduced by a further 9%.

The City of Abbotsford monitors our community's water use on a daily basis. In a worst case scenario, water projections indicate that we could hit further watering restrictions by mid to late August this year. However, if our consumption rates remain at the current level (90 mega litres per day), we may not need further restrictions.

I would like to recognize our residents who responded positively and conserved water once restrictions were put into effect. With cooperation, awareness and a sense of responsibility, I'm hoping that we can continue to keep our water consumption down.

Based on our current long-term water consumption projections, we have about a decade to start planning for the development of a new water source to meet the needs of our community. Council is well aware of this issue and we are already starting to plan today for the needs of our community tomorrow.

In the meantime, thank you for doing your part to help our community stay waterwise. You can always find out more information by visiting www.ourwatermatters.ca.

A Canadian to an American: "I'll explain to you the appeal of curling if you will explain to me the appeal of the National Rifle Association." Andy Barrie

Protect your family's health and the environment. Return unwanted medications and health products to your nearest pharmacy.




MRP MEDICATIONS RETURN PROGRAM

TO LEARN MORE VISIT www.healthsteward.ca

Garden Park Haircare
 * Cheryl * Tammy * Gertrudes *
are willing to serve you
 Open - Tuesday thru Saturday
 9:00 AM - 5:00 PM
 Call
 604-853-4843



avenue
 BODY SHOP



LOCATION
 33805 George Ferguson Way
 Abbotsford, BC V2S 2M7

CONTACT INFO
 Phone: 604-852-2222
 Email: 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](#)

"Failure is not fatal." Winston Churchill

Food Safety at Garden Park Tower



Kathy Klassen

Did you know that at the food counter in the Rose Room we sell more soup by the container than we do to our diners in the Magnolia Room Restaurant and the Rose Room Coffee Shop combined? We also sell many meals in containers.

Buying the soups and meals in containers gives the customer more choice as to when and where to eat.

We take seriously the Food Safe regulations in cooking, cooling and storing the food. I hope that once the container leaves our premises, the same precautions are practiced. Here are the basic guidelines for proper food handling:

1. If purchasing refrigerated containers, return them to the refrigerator within two hours of purchasing. To reheat soup, transfer the soup into a bowl and microwave it or bring the soup to a boil in a pot on the stove. We sell many meals in black containers. These meals can be reheated in the black containers in the microwave, heated in the oven in an oven-proof dish, or heated in a pot on the stove at a low temperature.
2. If purchasing frozen containers, return them to the freezer within two hours of purchasing. Thaw the container in a fridge a day ahead of usage or put the container in water for a few hours. Then follow the steps to reheat the refrigerated containers.
3. The date on the container is the date the food was cooked.
4. Food is good for up to four days in a fridge with a temperature that is colder than 4C.
5. In a freezer food is good for up to six months provided that the temperature is colder than -18C.

For more information on Food Safe practices, attend the free Food Safe workshop on Thursday, September 17, 2015 in the Magnolia Room from 3:30 – 5:00. A signup sheet will be available in the Rose Room in September.

Kathy Klassen, Food Services Manager



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

Catering

Garden Park Tower Catering is a top-notch facility. We are able to provide full service catering to make your special event perfect. Choose from our customized menus to suit your needs. We have 3 different buffets to choose from as well as a Holiday Buffet and a Breakfast Buffet. We also have a full selection of Meeting and Training Seminar Lunch Buffets, including Vegetarian and Vegan dishes.



FREE LUNCH????

There is such a thing as a free lunch when you volunteer at Garden Park Tower.

New Volunteers are always welcome in the food services at Garden Park Tower. As some retire from their work due to sickness or other commitments, others need to take over so our system can work. If you have a few hours per week to spare, why not consider a position in the food service industry? Call Kathy Klassen at 604-850-4552 for your personal tour of the kitchen.

The Journal is now online gardenparkjournal.ca

"People are strange:

they want the front of the plane, the middle of the road, and the back of the church."

MAKES GOOD FOOD BETTER
FOOD SAFE ATTENTION!
All Food Service Volunteers
or those interested in
food safe practices.
Food Safe Workshop
Thursday September 17, 2015
3:30- 5:00 pm
Magnolia Room
Presenter: David Bensmiller, FVU
Please mark this date on
your calendar and
come prepared to learn something new.

"Not everything that can be counted, counts, and not everything that counts can be counted."

Albert Einstein

August 2015

MENUS

Garden Park Restaurant, 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
2	3 CLOSED BC DAY CLOSED BC DAY	4 Chicken Noodle Soup Chili Blueberry Cobbler Breakfast Baked Goods Chili, Soups Sandwiches	5 Beef Borscht Corn Chowder Tomato Avocado Cucumber Sandwich Plum Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	6 Breakfast Baked Goods Chili, Soups Sandwiches	7 Roast Beef with Yorkshire Pudding, Mashed Potatoes and Gravy, Peas and Carrots, Tossed Salad Cherries Jubilee Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	8 Breakfast Baked Goods
9	10 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	11 White Bean Soup Hamburger Soup Carrot Cake Breakfast Baked Goods Chili, Soups Sandwiches	12 Summer Borscht Butternut Squash Soup Egg Salad Sandwich Blueberry Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	13 Breakfast Baked Goods Chili, Soups Sandwiches	14 Parmesan Chicken Breast, Pilaf Rice, Broccoli, Cauliflower and Carrots, Strawberry Pecan Salad Peaches and Cream Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	15 Breakfast Baked Goods
16	17 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	18 Chicken Noodle Soup Beef Stew Apple Cake Breakfast Baked Goods Chili, Soups Sandwiches	19 Chicken Borscht Farmer Sausage Soup Potato Salad Apricot Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	20 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	21 Schnitzel with Mashed Potatoes and Gravy, Green Bean Casserole, Tomatoes and Cucumber with Dill Raspberry Cheesecake Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	22 Breakfast Baked Goods
23	24 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	25 Split Pea Soup Chicken Curry Soup Beinestich Breakfast Baked Goods Chili, Soups Sandwiches	26 Beef Borscht Seafood Chowder Clubhouse Sandwich Plum Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	27 Breakfast Baked Goods Chili, Soups Sandwiches	28 Peregies with Fried Onions and White Sauce, Farmer Sausage with Sauerkraut, Corn on the Cob, Pickled Beets Strawberry Shortcake Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	29 Breakfast Baked Goods
30	31 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	<p>Enjoy your favorite soups and meals at home. Purchase fresh or frozen from the Coffee Shop. Remember to keep take-home food safe especially in hot weather.</p> <ul style="list-style-type: none"> ◆ Put in fridge or freezer within 2 hours of purchasing (1 hour in temperatures over 30) ◆ Soups and meals should be eaten within 4 days when kept in the fridge ◆ Soups and meals should be eaten within 6 months when kept in the freezer ◆ Date on containers is the date food was made. <p>For more information on food safe practices, attend a free Food Safe Workshop on Thursday, September 17, 2015 in the Magnolia Room from 3:30—5:00 A signup sheet will be available in the kitchen in September</p>				

A Book Review

Although *The Journal* does not regularly carry book reviews, we will do so on occasion to draw readers' attention to a particularly relevant and important book. JHR

Alvin Schmidt, **How Christianity Changed the World** (Grand Rapids, MI, Zondervan, 2001, 2004), pp. 441. Reviewed by Mary Durksen.

This is an amazing book. Readers will be thrilled to learn what Christianity has done for the world. The impact had early beginnings. Although Jesus' disciples were ordinary men, they accomplished great feats. The birth of Christianity and its new way of viewing life and society changed forever the face of the Western world.

The culture in pagan Rome was immoral and decadent. Murder and mass atrocities were a way of life. Christianity introduced the notion that human life is precious. This initiated profound changes.

By opposing the Greco-Roman sexual decadence, Christians greatly elevated the world's sexual morality. Significantly, Roman culture had very low regard for women. What would be the status of women in the world today if Jesus had not come to earth? There is evidence in the world today.

People today may think that current charity and compassion in the Western world just came about on its own. The fact of the matter is that widespread and deep compassion was brought about by Christianity. The credit goes to Jesus and his teachings.

The introduction of hospitals and broad-ranging care for the sick is another gift of Christianity. The Greeks built impressive temples in honour of their gods and goddesses but they did not build hospitals. This is also true of the Romans. In the ancient classical world we find very little evidence of compassion and charity.

The Christian impact on education is another powerful reminder of how the Christian Gospel changed lives.

Greco-Roman thinking was that physical labour was demeaning, that it was to be done by slaves, not by respectable citizens. Christianity changed such thinking and gave dignity to labour.

The political realm was also powerfully impacted by Christianity. A spirit of individual freedom and dignity was introduced.

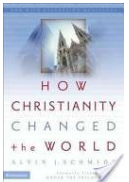
Further, all people were treated as beings having equal value in God's sight. A whole new emphasis was placed on liberty and justice. This new emphasis also had profound impact in economic matters.

Modern science is largely an outgrowth of Christian theology in the Middle Ages. Yes, India and Egypt, and also China, had made important scientific advances but it was Christianity that launched and shaped much of modern science, including amazing medical discoveries.

Christianity also had a huge impact on art and architecture. The impact on music has also been remarkable.

In sum, the truly amazing impact of Christianity on the world is documented in compelling ways by Alvin Schmidt. As the book's summary puts it, this book reveals "the full, radical nature of the Christian faith as a shaping force. You'll learn how it has knit the moral fabric and inspired the highest achievements of Western civilization with untold benefits to the entire world."

I hope you will read and enjoy this book as much as I did.



The Clearbrook Golden Age Society



The 2015 Board of Directors

(Back row) Vic Spent, Carl Durksen, Peter Rempel, Reinhard Epp, Menno Froese (Chair), Ron Willms (Executive Director)

(Front row) George Penner, Marilyn Hamilton, Irene Goossen, Anne Ratz.



St. John Ambulance

Therapy Dog 

Dixie Express is a Rescued Retired Racing Greyhound from the tracks in Florida. Dixie has been a St. John Ambulance Therapy Dog since February 19, 2014. When she began visiting at a Seniors residence. In August of 2014, Dixie was evaluated for the Therapy Dog Children's Reading Program. Retired racing greyhounds are well known as "45 mile per hour couch potatoes", so lying down on her special "Paws for Reading" blanket suits her just fine.

**Meet 'Dixie Express' & Lurna in the Azalea Room
Aug. 11th and Aug. 25th - 10:00—11:00 a.m.**

Dog of the Month—August 2015



DIXIE Express

Question of the Month

The question for August is: "Should voting in a Canadian federal election be made compulsory?"

Please send your response to jredkops@shaw.ca. You may also phone 604-855-5086.

In the July issue of *The Journal* we asked, "Should the required age to receive Old Age Security in Canada be raised from 65 years to 67 years?" Not surprisingly, almost all readers who communicated with me, probably all seniors, did not support such a change in age requirement. Let's review the current situation and then review the main arguments.

The current Canadian policy is that all Canadians, and other qualifying residents of Canada, who are 65 years of age or older receive a monthly Old Age Security cheque unless they are ineligible because of their high income. The current benefit is \$564.87 a month. As of July, 2015, a small part of this is held back if your income exceeds \$71,592. As income increases the hold back increases until all OAS payment disappears if your other income reaches \$116,103. For people whose income is low, there is a Guaranteed Income Supplement which can be as high as \$765.93 a month. There are various categories of beneficiaries. All OAS payments are indexed quarterly.

In its budget presented last April 21, the federal government announced that it intended to raise the OAS benefit eligibility age from 65 to 67, starting in 2023. This means that the planned change will not affect anyone aged 54 or older on March 31, 2015.

Arguments in support of raising the age to 67

* The Old Age Security program is Ottawa's largest spending program and given that the baby boomers are moving into their retirement years, the number of OAS recipients will double over the next 20 years. The national budget may not be able to carry such a rapidly increasing load. As the late finance minister, Jim Flaherty, put it more than a year ago, "Today it is clear we must take action to ensure the sustainability of the Old Age Security program."

* Canadians are living longer. In our day many seniors live 20 to 30 or even more years in retirement. Some people, such as some teachers, are employed for 30 to 35 years and live long enough to draw OAS pensions for 30 to 35 years.

Clearbrook Community Centre Hall Rentals

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

Prices are very competitive.

For more information, call 604-853-5532 or email: rentals@gardenparktower.ca

* As more seniors work longer, they will help to fund the overall OAS program.

* An increasing number of other countries are raising the pension eligibility age. Australia, with life expectancy there at 85 years, is planning to raise it to 67 by 2023 and then to 70. The United Kingdom is moving to 68. Numerous other countries are raising the retirement age to 67 or higher.

* Some countries, such as Greece, cling to the 57 age requirement and experience crisis when their economy cannot sustain such a "rich" program.

Arguments against raising the age to 67

* Canadians were promised OAS pensions at age 65 and have planned their lives and finances accordingly.

* This change disproportionately affects the most vulnerable Canadians. People who have no employment pension plan and people who have low-paying jobs, will have to work another two years. They will have great difficulty getting by on savings or other income between the ages of 65 and 67. Michael Wolfson, at the University of Ottawa, an expert in this area states that if the age is raised to 67, "a lot of people are going to fall off the cliff when they retire."

* By keeping more seniors on the job, it will be harder for young people to get jobs.

* Given the widespread preference to hire younger people, it will be hard for some seniors to keep their job after age 65.

* Some jobs require hard physical work. This becomes problematic for many seniors after age 65.

* The high unemployment situation will only get worse if seniors cling to their jobs after age 65.

Again it is the case that sound arguments can be made for both views. For me sustainability is the key factor and I therefore lean toward raising the age. JHR ■

Two Minnesota engineers were standing at the base of a flagpole, looking up. A woman walks by and asks what they were doing.

"Ve're supposed to find da height of dis flagpole," said Sven, "but ve don't haff a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, announced, "Twenty one feet, six inches," and walked away.

Ole shook his head and laughed. "Ain't dat just like a voman! Ve ask fer da height and she gives us da length!"

Sven and Ole have since quit their engineering jobs and are currently serving in the United States Congress.

Recipe Best Brown Buns

Selma Willms Turner

- 1/2 cup warm water
- 1 Tbsp sugar
- 2 Tbsp yeast
- 2 cups potato water or warm water
- 2 cups milk
- 1/3 cup brown sugar
- 1 Tbsp lemon juice
- 2 Tbsp molasses
- 2/3 cup vegetable oil
- 4 eggs beaten
- 2 Tbsp salt
- 7 cups whole wheat flour
- 5 cups regular wheat flour



Dissolve yeast in water with sugar to soften. Combine potato water, milk, brown sugar, molasses, oil, eggs and salt in a large mixing bowl. This liquid should be warm to the touch. Add softened yeast and beat in whole wheat flour, one cup at a time. Then gradually add wheat flour until dough is not sticky. Let rest 15 minutes covered with plastic. Add additional flour, kneed dough until smooth. Let rise to double in bulk. Punch down and form buns. Place buns on parchment-covered baking sheets. Cover and let rise again. Bake at 400 degrees F or 200 degrees C. for 12 to 15 minutes. Makes 4 dozen

Picture of the Month



Growth on Rocks

Photo by Mary Lue Braun

Editor's Note: On hot summer days it is good to be reminded that our temperate, rainy climate produces impressive growth, even on rocks."

A Boy's Perspective

"Dad", a little boy asked, "Did you go to Sunday School every week when you were a boy?" "I sure did, son," his father replied. "I'll bet it won't do me any good either," the boy replied.

Pastor Dennis Fakes



Don't throw it out

Take-it back to your
nearest pharmacy, or visit
www.healthsteward.ca for
more information.

GARDEN PARK TOWER

26th Annual

CRAFT & FOOD FAIR

SATURDAY, November 7, 2015

9:00am—1:00pm

**ALL CRAFT & FOOD VENDORS
WELCOME!**

**Call early to make reservations.
Don't miss out on
this pre-Christmas Gift opportunity.**

Vendors of food must follow the **Guideline for the
Sale of Foods at Temporary Food Markets**
(available on-line or Fraser Health Authority)

For more information please call 604-853-5532 or
email: office@gardenparktower.ca

2825 Clearbrook Road, Abbotsford, B.C.



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

"Experience is something you don't get until just after you need it." Steven Wright

A new bishop was visiting the homes in the ward. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door.

Therefore, he took out a business card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

The following Sunday he found that his card had been returned under his office door. Added to it was this cryptic message, "Genesis 3:10".

Reaching for his Bible to check out the verse, he broke up in gales of laughter.

"Modern art is when you buy a modern painting to cover a hole in the wall and then decide that the hole looks better than the picture."

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

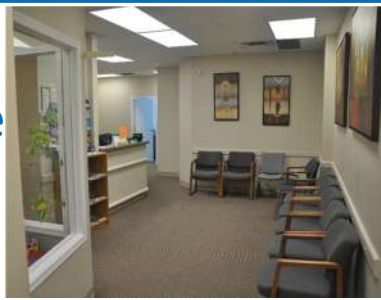
Date: Thursdays
Time: 9:45 am
Where: Dogwood Room
Instructor: Colleen Moore
Cost: \$2.25 (GST included)



"One thousand Americans and one hundred Canadians stop smoking every day by dying."

Answers: dart, echo, civic, fat, drive, lexis, camry, buick, taurus, luxury, austin, fusion, mustang, mercury, crissisn

Medical Office Space for Lease at Garden Park Tower



Garden Park Tower is pleased to offer this second floor quality professional space in a vibrant community centre. The existing tenant improvements are well suited to medical or health-care related businesses, and boasts a large reception area.

Features:

- Three private offices
- Six patient examination rooms
- Private staff washroom in suite
- Separate patient washroom in suite
- Workstations for four staff
- Enclosed children's play area
- Storage and lunch rooms
- Testing/lab area
- Large reception area
- Floor to ceiling windows with blinds

Garden Park Tower is ideally located near the corner of the high traffic intersection of Old Yale Road and Clearbrook Road. This mixed-use building benefits from its proximity to many seniors housing complexes and a splendid array of related commercial services, creating a busy hub for the community. Public transit stops at the community centre, with easy access for HandyDART. Call **604-853-5532** for more info.



DONATE BLOOD. SAVE A LIFE TODAY.

Abbotsford Blood Donor Clinics



Garden Park Tower
101 2825 Clearbrook Road

Tuesday, 1:00 pm to 8:00 pm
Aug 4 and 18



Book your appointment:
www.blood.ca
 1-888-236-6283



Canadian Blood Services
it's in you to give

1 888 2 DONATE

A church sign: "Interested in going to heaven?
 Apply here for flight training".

Herb Braun
 REALTOR®
 Cell: 604-626-3265
 Office: 604-855-0800
www.herbbraun.ca

LANDMARK REALTY
 email: herbbraun@hotmail.com
 2790 Allwood St., Abbotsford, BC V2T 3R7 Toll Free 1-866-855-0800

"Middle age is the awkward period when Father Time starts catching up with Mother Nature."

Harold Coffen

Town & Country
 F L O O R D E S I G N

Town & Country Floor Design is Abbotsford's premier flooring store, offering top of the line service and selection.

At Town & Country Floor Design, we have a wide range of product lines. As a Shaw Design Center, we can offer you the best selection, quality and pricing.

Providing for all your flooring needs!

Town & Country Floors

101-31667 South Fraser Way
 Abbotsford, BC V2T1T8
 Phone (604) 854-1633
 Fax (604) 852-3629

Store Hours
 Monday- Friday: 8:30 am-5:00 pm
 Saturday: 9:30 am-4:30 pm
 Sunday: Closed



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

Women with Cancer Support Group meeting every third
Thursday of the month at the Garden Park Towers, 2nd floor
at 7 PM. This is a very relaxed compassionate group. For
info call Edith at 604-289-0630.

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 imme-
diately 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 Second-
ary 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

A church sign: "God help me to be the person
my dog thinks I am."

Memories & Happenings

Ice Cream and Grace in Summertime

Editor's Note: This story is taken, and slightly edited, from a non-copyright site. The writer was not identified.

Last week, on a hot day, I took my children to a restaurant. My six-year-old asked if he could say grace. As we bowed our heads he said, "God is good, God is great. Thank you for this food and I would be even thank you more if Mom gets us ice cream for dessert. Amen."

Along with suppressed laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids don't even know how to pray. Imagine asking God for ice cream."

Hearing this, my son burst into tears and asked, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done it real good and that God was certainly not mad at him, an elderly gentleman approached our table. He winked at my son and said, "I happen to know God thought that was a great prayer."

"Really?" my son asked. "Cross my heart", the man replied. Then in a theatrical whisper he added, indicating

the woman whose remark had started the whole thing, "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

"Naturally, I bought the kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember for the rest of my life. He picked up his ice cream and without a word, walked over and placed it in front of the woman who had criticized him. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."



Selective Ethics

A minister told his congregation, "Next week I plan to preach about the sin of lying." To help you better understand my sermon, I want you all to read Mark 17." The following Sunday as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Many hands went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying."



Should I Join Facebook?

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes pictures, videos and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, and my 13 grand kids can communicate with me in the modern way. I figured I could handle Facebook and Twitter with its only 140 characters of space.

Now my phone beeps every three minutes. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth (it's red) phone I am supposed to use when I drive.

The GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest

person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. It was not a good relationship.

When I get lost now, I call my wife and tell her the name of the cross streets and although she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

The world is just getting too complex for me. They even confuse me every time I go to the grocery store. The sudden "Paper or Plastic?" every time I check out irritates me. How do I know?

Now, when they ask me, "Paper or plastic?" I just say, "Doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look.

We senior citizens don't need any more gadgets. The TV remote and the garage door remote are about all we can handle.



Dollars & Sense Offerings and Worship



Edwin Friesen

As in every other area of life, followers of Jesus need to declare God first in their financial activities. Since the very beginning God has asked His people to bring the first of the crop and herd as a gift of thanks and worship. (Genesis 4: 4-5) This was a way of recognizing God as the source and owner of all. Through offering the gifts of their first fruits, the people openly and deliberately declared God to be first in their lives. (Deuteronomy 14: 22-29).

Worship leads to offering and offering leads to worship. God asks for our money because God wants our hearts. The two are inseparable. Giving to God is not an obligatory "God tax" that we pay to gain God's favour or to manipulate God for our own purposes. Giving is a joyful celebration of God's generosity to us and a sign by which we recognize our ongoing dependence on God. Though we often draw a line between the material and the spiritual, our material offerings lead our hearts to worship and gratitude. When we give to God, our hearts will follow.

Often people feel they need all of their income just to

make ends meet. Yet, though it might defy logic, many Christians testify that once they developed the discipline of giving to God from the top, their remaining income was more than enough to cover their needs. Others add that the practice of giving to God from the top has reduced tensions around money issues in their household. Giving tends to break the powers of greed and selfishness – debilitating temptations that afflict us.

Even as a wedding band symbolizes the covenant between husband and wife, so also our ongoing gifts to God are a tangible sign that we belong to God. Each gift we bring confirms once again that we have placed our trust in God for our current and future needs. God is our God and we are God's people. We celebrate that relationship by offering our best.

The late Edwin Friesen served as Stewardship Consultant with Mennonite Foundation of Canada.

*This meditation is taken from his book **First Things First**, published by the Mennonite Foundation of Canada.*

Used by permission.

A Forced Donation

"This is a call from Revenue Canada" said the voice on the phone, "Is this Rabbi Schwartz?"
"It is", answered the surprised gentleman. "Do you know a Sam Cohen?" "Yes, I do", answered the Rabbi.
"Is he a member of your congregation?" asked the caller. "Yes, he is", answered Rabbi Schwartz.
"Did he donate \$10,000 to your synagogue?" inquired the man in Ottawa.
"He will next Sunday", replied the quick-thinking Rabbi. The man in Ottawa hung up.

Memo of God - Do you have a SFGTD (Something For God To Do) box ?

Good morning my child, I am God. Today I will be handling all of your problems. Please remember that I do not need your help.

If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something for God to do) box. All situations will be resolved, but in My time, not yours.

Once the matter is placed into the box, do not hold onto it by worrying about it. Instead, focus on all the wonderful things that are present in your life now.

If you find yourself stuck in traffic; Don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work; Think of the man who has been out of work for years.

Should you despair over a relationship gone bad; Think of the person who has never known what it's like to love and be loved in return.

Should you **grieve** the passing of another weekend; Think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Should your car break down, leaving you miles away from assistance; Think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror; Think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and **pondering** what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's **bitterness**, ignorance, smallness or insecurities; Remember, things could be worse. You could be one of them!

~ Author Unknown ~

<http://www.myenglishclub.com/profiles/blogs/memo-of-god>



Len Rempel

A Senior's Concern

Should Canadians care what the U.S. Supreme Court decides?

On June 25, 2015 the U.S. Supreme Court, in a close vote of 5 to 4, redefined marriage. The court ordered all 50 states to issue marriage licenses to same-sex applicants. The media claims this ruling is as divisive as the civil rights movement of the 1960s. Until now, marriage was strictly state controlled. Thirty-six states gave marriage licenses to same-sex couples, fourteen states refused to do so.

Four judges have strongly dissented. One of the objections was that the redefinition of marriage no longer limits marriage to two persons.

Five unelected judges have forced their views on multi-millions of Americans who had voted against this licensing. These five judges justified their decision by saying the constitution required it, based on one word, "equality". The four dissenting judges pointed out that marriage is not mentioned in the US constitution and that there is no constitutional reason for ruling in favour of same-sex marriage.

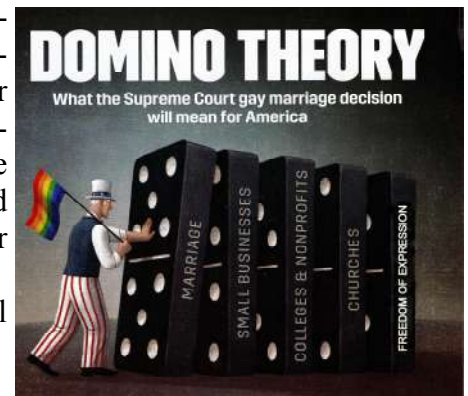
The evangelical and Catholic communities have greeted this change with shock, frustration and anger. The position of highly regarded Christian leaders, like James Dobson, Franklin Graham, Robert Jeffress and many others, is that since marriage was not established by humans, the Supreme Court has no authority to redefine it. The highest court in the U.S.A. has, however, announced its decision so there is no further appeal.

The ink has barely dried on this verdict. Already, applications have been submitted for marriage by three persons into one union. Will the next change be legalized polygamy? Homosexuals are exploring and promoting ways to create further challenges for Christians. After winning the same-sex marriage debate they are now actively lobbying for various changes.

1. Congress shall force Christian businesses to accommodate homosexual customers even if their request is anti-Christian. The intention is that there shall be heavy fines if Christian businesses do not comply.
2. Congress shall compel Christian colleges and universities to provide subsidized housing to same-sex couples just as they do for heterosexual couples.
3. Churches shall lose their tax exempt status and Congress shall make it illegal for pastors to preach against the "sin" of homosexuality.
4. Congress shall place strong restrictions on free speech, labeling serious dissent on the issue of homosexual marriages as subject to criminal charges.

Should these U.S. cultural and religious changes be of concern to Canadians? A former Canadian Prime Minister was quoted as saying, "When America sneezes, Canada gets pneumonia". In many instances, what happens in America is soon adopted by Canada. When America turns her back on God, can we really expect to be unaffected? Do we have the God-given fortitude to stand for what is right? It was encouraging to hear James Dobson say that, "while we are under civil authorities we are to obey them, but when they pass laws contrary to God's word, we must obey God rather than man". Are the storm clouds of Christian persecution visible on the horizon or is it merely a mirage? May God have mercy on the United States and on our Canada.

Len Rempel



A Hot Air Balloon



A man in a hot air balloon realized he was lost. He reduced his altitude and spotted a woman below. He shouted to her, "Excuse me, can you help me? I don't know where I am. I need to meet someone and I'm already late."

The woman shouted back, "You are in a hot air balloon hovering approximately 30 feet above sea level. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be a Conservative," shouted the balloonist.

"I am", replied the woman, "How did you know?"

"Well", answered the balloonist, "everything you told me is technically correct, but I've no idea what to make of your information. You've not been much help I am still lost."

"The woman shouted back, "You must be a Liberal."

"I am", replied the balloonist, "but how did you know?"

"Well", said the woman, "you don't know where you are or where you are going. You have risen to where you are due to a vast quantity of hot air. You've made a promise which you have no idea how to keep and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, you think it's my fault."