

The Garden Park Journal

Volume 1, Number 9

Abbotsford, British Columbia

February 2015

What is Life Lease?

Since 1997, Garden Park Tower, owned and operated by the Clearbrook Golden Age Society, has provided residents with comfortable, worry-free living in a harmonious community by offering generous-sized housing units by way of Life Lease agreements. Life Lease agreements have been used successfully for many decades in Canada, most notably in Manitoba, where 1 in 50 seniors lives in a Life Lease community. There are different models of Life Lease agreements, so for those interested in Garden Park Tower, we offer the following information to introduce you to the benefits and features we provide residents.



Ron Willms



What is a Life Lease?

- ▶ A housing arrangement where an eligible resident is granted the life-time right to occupy a housing unit and to use the common facilities upon payment of a single up-front payment called a Life Lease Capital Payment.
- ▶ In addition, residents pay monthly Maintenance Charges toward the management and upkeep of the property.
- ▶ Upon the termination of the Life Lease, the departing resident or his/her personal representative must deliver vacant possession of the housing unit to the Society and the resident or his/her estate will receive a redemption payment pursuant to the terms of the Life Lease agreement.
- ▶ Life Leases can vary widely and are not well understood. Seek professional advice before entering into this form

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Valentine Suggestions for Seniors Five for Husbands; Five for Singles

For Husbands:

1. Promise your wife that every month she will be allocated a designated sum, minimum \$100, about which she need not provide an explanation nor give an account. Do it!
2. Tell your wife that you have noticed that she looks younger than her age. You may have to look for the right features in order to speak with integrity but if you look closely, you will surely see many evidences of what you are saying. You will feel good; she will feel better!
3. Count your wife's pills for her main medication. Calculate when the supply runs out. A few days before that happens, offer to get her prescription refilled. She will be amazed at how you express your love in even the smallest detail. When you pick up the prescription, bring her a dozen roses. She will be incredibly surprised, especially because there is no calendar reason to buy roses. The roses will probably do her more good than the pills.
4. Inform your wife, preferably over a cup of excellent tea while watching the sunset, that from now on the two of you will each month have one meal out at a restaurant or coffee shop. This event is in addition to all else! She

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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 February 9, 2015—Family Day

of legal agreement.

What are some of the benefits of a Life Lease?

- ▶ Sense of community with friendly neighbours
- ▶ Security of tenure; right to occupy
- ▶ Security of investment; right to redemption value when the lease is terminated
- ▶ Resident involvement in the management of the project
- ▶ Worry-free maintenance
- ▶ Affordability
- ▶ Peace of mind

For whom is a Life Lease ideally suited?

- ▶ Life Leases provide a unique housing alternative for seniors who want to live in community.
- ▶ Potential residents must have accumulated sufficient equity to be able to enter into a Life Lease agreement.
- ▶ Retired and semi-retired people who are capable of and maintain independent living.

Monthly Maintenance Charges cover a resident's share of:

- ▶ Maintenance, repairs and replacements to the building and individual housing units
- ▶ Utilities (hydro, gas, water, sewer)
- ▶ Common areas and amenities (solarium, exercise room, woodshop, underground parking)
- ▶ Garbage collection, landscaping, snow removal and cleaning costs for the common areas
- ▶ Building insurance
- ▶ Contribution toward a contingency for future expenditures

What is not covered by monthly Maintenance Charges?

- ▶ Residents' insurance on personal property and on liability (Note: typical condo or tenant/renter insurance is not appropriate for a Life Lease)
- ▶ Telephone, television and internet services
- ▶ Property taxes (Note: Home Owner Grants are available for eligible residents)

Can the monthly Maintenance Charges go up?

- ▶ Yes. However, there is no motivation for the charges to increase without good reason as the building is managed on a non-profit basis.

How much does a Life Lease cost?

- ▶ The Life Lease Capital Payment of a Life Lease agreement for a housing unit in Garden Park Tower is typically the current Assessed Value, as determined by the BC Assessment Authority.
- ▶ There are typically no real estate fees or property transfer taxes paid on a Life Lease agreement.

For more information and a personalized tour of Garden Park Tower and the wonderful community that residents enjoy, please contact Ingrid Krueger, Life Lease Manager, by calling 604-853-5532 or by email to

Optimizing Home Base with the Values of Garden Park Tower

Marilyn Hamilton

Thank you to Editor John Redekop for inviting me to contribute to *The Garden Park Journal*.

Let me introduce myself. In March, 2014 my husband, Peter Dobson, and I moved to Garden Park Tower (GPT) from Cedar Springs Country Estate (town homes) on the east side of Abbotsford, where we lived for 21 years. We have come only 15 minutes distance across town, but it seems like a new city and a new world has opened up to us here. We are closer to the heart of the city, a walkable two blocks from city hall, and many health care and community services are offered right in the building.

In 2000 Peter retired from his own construction business but I am still working as a writer of books and articles; as a professor at Royal Roads University School of Leadership and Environmental Studies; and as a city futurist. Happily for me, I can now do much of my work in my office, inspired by a view of Mt. Baker, the comforts of the Rose Room Coffee Shop downstairs and an invigorating walk along Discovery Trail with new friends from GPT.

The City of Abbotsford has inspired me to learn from a variety of leaders in many walks of life; its unique geographic location as a hub of urban/rural living in the Fraser Valley; and the global opportunities and threats arising from its economics (the most intensely farmed region of North America), culture (the most giving city in Canada) and social structure (the city with the third most visible diversity in Canada).

But when I first started working in Abbotsford in 1985 I was offered one of the greatest opportunities of my life – namely to trade my management skills in exchange for learning the care-giving skills from the volunteers I came to meet in many situations. I quickly learned everywhere I turned, that Abbotsford was a city blessed with the spirit of volunteerism. The impact of this volunteer spirit offered leadership “stretches” to young and old, men and women, born Canadians and recent immigrants, Christians, Sikhs and other faiths, professionals and trades

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Ingrid.Krueger@GardenParkTower.ca. For your new home and community, consider Garden Park Tower.

This article has been prepared for informational purposes only and the information contained herein is specific to Life Lease agreements for housing units in Garden Park Tower. This article does not constitute an offer to lease from the Society nor legal, tax or insurance advice with respect to Life Lease agreements for housing units in Garden Park Tower or any other form of Life Lease agreement. Any person who is considering entering into a Life Lease agreement, whether with the Society or any other party, should obtain independent legal advice and professional tax and insurance advice with respect to the agreement prior to entering into the same.

From the Editor's Desk ...



For about six decades I have written letters, hundreds of them, to editors of many Canadian newspapers and magazines. Generally I have not had difficulty in getting them published. In recent years, however, some of the larger secular papers are so “politically correct” – actually biased – that, with some exceptions, they tend not to publish my letters if the letters don’t agree with the newspaper’s editorial views. If the letters uphold traditional Christian values, then the likelihood of publication is very slim.

In recent months the *Vancouver Sun* has refused to publish four letters that I submitted. I shall reproduce two of them here. That will indicate what is not accepted. These letters, as also the two others which were rejected, are well within the stated length limit. Where needed, I have given the source for my data. The editor of *The Sun* apparently did not find the four letters to be politically correct.

December 15, 2014

The Editor, *The Vancouver Sun*

Now that the BC government has revoked its approval of Trinity Western’s proposed law school, let’s reflect on some key realities.

First, there are now many hundreds of lawyers in Canada who hold to the same ethical standards described in TWU’s controversial Community Covenant. I am not aware of a single complaint against any of them because of their Christian beliefs.

Second, some opposing lawyers argue that TWU’s law graduates would be poor attorneys because they might not be willing to defend same-sex marriage partners. Is it a requirement that attorneys must be willing to defend either side in every case? No.

And here’s the main question. Would the opposing attorneys be willing to defend TWU at the Supreme Court, arguing that TWU has the right to require its students, while students, to hold to the traditional practice of marriage? Probably not one of them would be willing to do that! If my assessment is correct, then those lawyers should not be critical of TWU-trained lawyers who might also be hesitant to defend every cause and action in society.

Is the issue hypocrisy? TWU-trained lawyers should have the right to do what every other lawyer has the right to do.

John H. Redekop Ph.D., Abbotsford, BC

January 7, 2015

The Editor, *The Vancouver Sun*

We must not only condemn the Paris murderers but also consider the context. Given that the assassins shouted “Allah” and proclaimed “The prophet is now avenged”, it is clear that while terrorism was the method, extreme Islam was the motivation.

Democratic peoples now need to ask this question: “How widespread is Muslim support for such extremist action?” Let’s hope it’s very limited. Let’s hope there’s widespread denunciation by leaders of the 57 countries in the Organization of Islamic Cooperation and strong denunciation by Muslim spokespersons in democracies.

Unfortunately, I’m not very optimistic. In almost all of the 57 OIC countries, freedom of religion and the press are severely curtailed or non-existent. Also, recent European data are startling. “35% of all Muslims in France believe suicide bombings are justified”. “One-third of British Muslims support killing for Islam”.

“78% of British Muslims support punishing the publishers of Muhammad cartoons”. “68% of British Muslims support the arrest and prosecution of anyone who insults Islam”.

www.thereligionofpeace.com/pages/opinion-polls.htm

Are we dealing with a tiny minority?

John H. Redekop Ph.D., Abbotsford, BC

I’ll keep on trying.

JHR

The Editorial Committee



Photo by Sylvia Ewert

Len Remple, Carl and Mary Durksen, Kathy and Jake Hintz, Betty Klassen, John H. Redekop, Ingrid Krueger

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Food Service and Recipes: Mary Durksen

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FREE LUNCH???

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

We are always looking for more volunteers to help us—whether in the area of Food Services, the office, in recreation, bookbinding or picture framing. Interested??? Come see us in the office.

The first to apologize is the bravest.

The first to forgive is the strongest.

The first to forget is the happiest. Anonymous

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.

Coming Events

Community (Abbotsford)

- ◆ *Fraser Valley Symphony Orchestra*, Feb 1, 3:00 pm, Matsqui Centennial Auditorium, 32315 South Fraser Way.
- ◆ *MCC Winter Fundraising Banquet*, Feb 6, 6:30 pm, Bakerview MB Church. Music provided by Roy and Rosemary – a piano/violin duo. Tickets: MCC office or local MB churches. More Info: 604-850-6639.
- ◆ *Valley Concert Society, QuintEssence*, Feb 6, 7:30 pm, Matsqui Centennial Auditorium. For more info: 604-289-3377.
- ◆ *GNI Ministries*: Presents a Health Seminar to raise funds for children rescued from the streets in Burma, Thailand, and the Philippines. Feb 7, 10:00 am to 1:00 pm at Ross Road Community Church, 3160 Ross Road. Presenters include Judy Griffioen; Muneer Esmail, Biochemist; Michelle Wright, Professional voice teacher; Aron Enns, Chiropractor; Michelle Thivierga-Zumba, Fitness instructor. Tickets: \$30 at House of James or Ross Road Community Church. Ph: 604-856-2024.
- ◆ *The World Christian Movement*, Wednesdays, Feb 11 to May 20, 6:45 to 9:45 pm. Ross Road Community Church, 3160 Ross Road. For more info: Lyn Friesen 604-853-6508.
- ◆ *The Harlem Globetrotters*, Feb 13, 7:00 pm, Abbotsford Centre, 33800 King Road. Tickets: 1-800-282-8495.
- ◆ *Hymn Sing*, Clearbrook MB Church, Clearbrook Road at Old Yale Road, Feb 15, 7:00 pm.
- ◆ *Music on a Wednesday*, Feb 18, Bakerview Church, 2285 Clearbrook Road. Refreshments 11:30 (\$3.00), Concert 12:15. Piano Duo, Serguei Krackhmal, clarinet and Alexander Chernata, clarinet.
- ◆ *Living Room Drop-in Support Group*, first and third Friday, 1:00 to 3:00 pm. For those struggling with anxiety, bipolar and/or depression. Abbotsford, newlifecrc.ca. Ph: 604-852-1585.
- ◆ *Cultural Presentations*, at The Reach Gallery Museum followed by coffee and cookies, every Tue 10:30 am. 32388 Veterans Way.
- ◆ *Valley Echoes Chorus*, every Tuesday 7:00 pm, Azalea Room., GPT Director, Sherrie Litster. For more info: phone 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.
- ◆ *Home Improvement: Men in Relationship*, Starts the end of February. Support for men who wish to learn healthier ways of being in relationship. Abbotsford: endabuse@mccbc.com, Ph: 604-845-0841.

Strong Young Man

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen.

After several minutes, the older worker had had enough. "Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back."

"You're on, old man," the young guy replied.

The old man reached out and grabbed the wheelbarrow by the handles. Then he turned to the young man and said, "Alright. Get in."

Community (Region)

- ◆ *Handel's Theodora*, Pacific Baroque Orchestra, with the Vancouver Cantata Singers. Feb 14, 7:30 pm, at the Chan Centre, Vancouver. Tickets: ticketmaster.ca or 604-215-0406.
- ◆ *Vancouver Symphony Orchestra*, featuring the music of Haydn, Beethoven and Bartok; Dale Barltrop, Guest Artist playing Bartok's violin concerto #1, Bramwell Tovey conducting, Feb 14 and 16, 8:00 pm, Orpheum Theatre. Tickets: 604-876-3434.

Future Events

- ◆ *Abbotsford Genealogical Society, Celebrate Your Roots*; Abbotsford Genealogical Society hosts Ancestry.com presentation, Mar 7, Clearbrook Library. Details to be announced. Other meeting dates: Feb 19, April 16, May 21, June 18 and Sept 17 in Studio 2, The Reach. Doors open 6:00 pm, General meeting at 6:30 pm. For more info: info.abbygen@gmail.com
- ◆ *Celtic Thunder*, Mar 10, 7:30 pm, Abbotsford Centre, 33800 King Road. Tickets: 1-888-456-8499.
- ◆ *Gallery 7 Theatre, Fiddler on the Roof*, Mar 13, 14 and 19 to 21, 7:30 pm. Discount Matinees: Mar 14 and 21, 2:00 pm. Abbotsford Arts Centre, 2329 Crescent Way. Tickets: House of James.
- ◆ *Canadian Gospel Music Celebration*, featuring Legacy V and Young Street Vocal Band, Sunday, Mar 29, 7:00 pm, Chilliwack Alliance Church, 8700 Young Road, Chilliwack. Tickets: Advance \$20.00, at the door \$24.00. Concert info: 1-800-410-0188.
- ◆ *Laugh Again Caribbean Cruise*, with Phil Callaway and friends. Mar 22 to 29. Laughagain.ca or 877-229-6155.
- ◆ *Valley Festival Singers, Spring Concert*, April 17, 7:30 pm. Choir directed by Tony Funk and the Orchestra conducted by Calvin Dyck, Bakerview Church, 2285 Clearbrook Road.
- ◆ *Gallery 7 Theatre, Images of 9/11* etched in our collective memory, featuring the stories of people who risked their lives to save those trapped in the burning inferno of the Twin Towers. Presenter: Sarah Tuft, May 1,2 and 7 to 9, 7:30 pm. Discount Matinees: May 2 and 9 at 2:00 pm. Abbotsford Arts Centre, 2329 Crescent Way. Tickets: House of James.

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

These Pills Worked!

Newly hired for a junior management position, Jim had a problem - he had trouble falling asleep when he went to bed and then slept too long, and was almost always late for work. Although he was doing very well at his job, if this continued he might not be hired at the end of his probationary period.

Warned by his superior, Jim visited his physician who gave him pills and told him to take two at bedtime. He would fall asleep quickly, and get a good night's rest.

Jim followed the physician's orders. He woke up in plenty of time for a leisurely breakfast. He got to work ten minutes early.

He cheerfully said to his boss, "The pills my physician prescribed worked very well for me." "I am pleased to hear that", said the boss, "but where were you yesterday?"

Clearbrook Community Centre Registry & Services

| | | |
|-------|---|--------------|
| P1 | Helping Hands | 604-217-8513 |
| 101 | CGAS Management Office | 604-853-5532 |
| 103 | Robertson Hearing Centre | 604-855-8722 |
| 104 A | Siora Dental Clinic | 604-755-3366 |
| 104 B | Valley Periodontics & Dental Implants | 604-755-3354 |
| 105 | New Hope Christian Centre | 604-852-8076 |
| 106 | Echo Technology Inc. | 604-755-9339 |
| 202 | Garden Park Hair Care | 604-853-4843 |
| 203 | Garden Park Family Practice Dr. O Bhargavan, Dr. Htun, Dr. Z. Moodley, Dr. White, Dr. Liu | 604-852-1567 |
| 204 | Dr. D. Ross & Dr. N. Moodley | 604-853-8641 |
| 205 | Ed Fast MP | 604-557-7888 |
| 206 A | Abbotsford Community Church | |
| 206 C | LOGOS Canada | 604-504-7055 |
| 206 D | Multi-Nation Missions Foundation | 778-549-8031 |
| 207 | BC Bio 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 |

Your Health An Unusual Mental Test

Here is part of a Brain Study. If you can read this out loud correctly, you still have a very strong mind. And better than that: Alzheimer's is a long, long, way down the road before it ever gets anywhere near you. Even if you cannot make out more than a few words, you probably still have a good mind.

7H15 M3554G3 53RV35 7O PR0V3 H0W 0UR
M1ND5 C4N D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5! 1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7 N0W, 0N 7H15 LIN3 YOUR
M1ND 1S R34D1NG 17 4U70M471C4LLY
W17H 0U7 3V3N 7H1NK1NG 4B0U7 17,
B3 PROUD! ONLY C3R741N P30PL3 C4N
R3AD 7H15.

*If you can read the above lines, you have a strong mind.
Only 55 people out of 100 can.*

Love is a partnership of two unique people who bring out the very best in each other, and who know that even though they are wonderful as individuals, they are even better together.

Barbara Cage

A funeral home located on a very busy street put up this sign: "Slow down, we'll wait."

YOU'RE INVITED
ENJOY FRESH SALADS, SANDWICHES, AND SOUPS
IN-HOUSE BAKING
GREAT COFFEE – WONDERFUL GELATO
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OPEN
9AM-9PM



HOUSE
OF JAMES

BOOKSTORE
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ABBOTSFORD
604.852.3701

*No two of us
are alike.*

PLAN A TRUE CELEBRATION OF ONE'S LIFE.

Woodlawn Funeral Home has been serving the Abbotsford area for over 60 years, and has helped thousands of families along the way. We pride ourselves on the quality of our service, for us; there is no higher honour than to be chosen to bring loved ones, friends and a lifetime of memories together in celebration of a special life.

Woodlawn Funeral Home

2310 Clearbrook Road, Abbotsford, BC

604-853-2643

www.woodlawnfh-abbotsford.com

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CALL US TODAY TO RECEIVE YOUR FREE
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BE INFORMED, BE PREPARED
YOU OWE THIS TO YOUR LOVED ONES

Dignity Memorial® is a brand name used to identify a network of licensed funeral, cremation and cemetery providers that comprise the Dignity Memorial® Network. The Dignity Memorial® Network includes affiliates of Service Corporation International, the world's largest death care company, as well as many other fine independently owned and operated funeral establishments.

"Marriage allows you to have a sleepover
every night with your best friend."

will do the selecting, you will do the paying. Don't worry about the cost. You now both have small appetites and can share one large dinner order! Or simply order seniors' servings.

5. Make a list of the 10 things you like most about your wife. Don't just think them, write them down on a good quality sheet of paper. Number them. Place the sheet in an envelope. Hand it to her on Valentine's Day and say "I love you!" There will be one surprised and happy lady in your house. (I have prepared my list and will do as I say! If you cannot develop your own list, I'll let you use mine – without charge!)

For Singles who were married:

1. Think of a restaurant where your departed spouse would probably have taken you for the coming Valentine's Day. Then go there, not alone but with a friend, maybe two. Celebrate a day focused on love.
2. On a Sunday near the departed spouse's birthday or day when he or she left this earth, place some beautiful flowers in your church sanctuary. In the church's newsletter or program folder state that this is done in his or her memory. This is a wonderful gesture of remembrance and love. You will be modeling true virtue.
3. If your spouse were still with you and inquired about a birthday gift for you, what would you probably suggest? Go buy it! Your late husband or wife would approve. I'll guarantee that.
4. On what would be your late lover's birthday, make a special donation to honour his or her memory. Donate your gift to some cause you both supported; this could be a school, a camp, a mission agency, a particular missionary, a relief agency, etc. The recipients will be grateful. You will feel good. Your departed loved one will be remembered. None of us likes to be forgotten.
5. Prepare a letter, with explanatory comments, of the 10 qualities and actions which you admired most in your departed spouse. Send a copy to each of your children, grandchildren and great-grandchildren if such there be. This, too, is a win-win situation. Your descendants will be grateful. The spirit of your departed spouse will likely also be greatly pleased. And you will be blessed. JHR

Love is composed of a single soul inhabiting two bodies.
Aristotle

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 the Clearbrook Golden Age Society. The Society office is located at 101—2825 Clearbrook Road, Abbotsford, B.C. V2T 6S3
Phone: 604-853-5532 Fax: 604-850-5502
Email: office@gardenparktower.ca

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Puzzles

For this month I have developed two puzzles around the theme of Valentine's Day and love. The first should not be too difficult; the second may take more time. Remember that you need to unscramble the words and then make a word using the letters in the circles.

Puzzle #1.

inferd □ □ ○ □ □ □ velor ○ □ □ □ □ □
parrent □ ○ □ □ □ □ □ glean □ □ ○ □ □ □

Yes, _ _ _ _ _ , this gift is an expression of my love.

Puzzle #2.

rustio □ □ □ □ □ □ fiew □ □ □ □ □
themepal □ ○ □ □ □ □ □ □ □ suppose □ □ □ □ □ □ □

You have been a real _ _ _ _ _ for me.

The answers are given on page 15

JHR

Seven Ages Of Man:

- 6 weeks--all systems go
- 6 years--all systems "No!"
- 16 years--all systems know
- 26 years--all systems glow
- 36 years--all systems owe
- 56 years--all systems status quo
- 76 years--all systems slow

Helpful Hints

Coffee filters, which cost very little, can serve many purposes. Consider the following uses:

1. The filters are excellent covers for bowls, dishes or food items when cooking in the microwave.
2. Since the filters are lint-free, they are very effective for cleaning windows, mirrors, or chrome.
3. Placing a coffee filter in a stored iron skillet or other similar item serves to prevent the formation of rust.
4. Place a coffee filter in a sieve. Then pour your used cooking oil through it to allow re-usage of the oil.
5. Coffee filters work well for straining soup stock and for holding herbs and spices put into soups and stews.
6. Coffee filters can be used as disposable snack bowls when serving popcorn, chips, etc.
7. Placing a coffee filter at the bottom of a plant pot prevents soil from going out through the drainage opening.
8. To prevent odours in a closet or drawer or in shoes, put some baking soda in a folded coffee filter, tie or tape it, and place where needed.
9. Coffee filters make convenient wrappers and holders when eating messy foods such as tacos.
10. Several filters placed on a plate or in a bowl will absorb the grease associated with fried potatoes, chicken fingers, chicken, turkey, sausages, etc.

Interdenominational Romance

She was a salesperson, a Roman Catholic. He was a Baptist, also in sales. They were deeply in love. Both sets of parents supported the relationship but each set of parents wanted their child to convert the other person. Both parents hoped that an engagement could be announced to family and friends at Christmastime which was only two months away.

The Roman Catholic parents were particularly eager to get their daughter engaged and then married. But they were equally firm in their view that the young man should first become a Catholic. That, they knew, was good Catholic doctrine. One day they again discussed the matter with their daughter, stressing that she should use her strong sales skill - she was a very successful sales person - to convert him to Roman Catholicism. She agreed; she would again try to do that. She then took several days to brush up on Catholic doctrine, she did some research, and she consulted with her priest. She was now primed to make a very strong case for Catholicism.

A few days later the couple had another date. She was ready with all of the theological arguments she had assimilated. She would convince her lover!

The date went late. When she came home, her waiting and eager parents noticed immediately that she was sad and depressed. "What's wrong? Couldn't you convince him?" they asked.

"Yes", she said, "I did convince him alright. He will become a Roman Catholic. But I was too successful. Now he wants to become a priest."

Enjoy the little things in life.
For one day you'll look back and realize
that they were the big things. Kurt Vonnegut

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

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](#)



**The Honorable Ed Fast,
(MP, Abbotsford)
Minister of International Trade**

A Political Review

Editor's comment: In order to increase public understanding of political affairs, The Journal invites our political columnists to provide occasional summary political statements. Here is the first one by Abbotsford's Member of Parliament.

Over the last 8+ years, our federal government has focused on ensuring that Canada's financial affairs are in order. Despite the impacts of the global economic crisis of 2008-09, Canada will be the first of the G7 countries to balance its budget. We've done so without increasing taxes. In fact, the Parliamentary Budget Officer has confirmed that, since 2006, our government has reduced taxes on Canadians by over \$30 billion a year. The annual tax burden on the average Canadian family of four has been reduced by over \$3,400.

In anticipation of balancing the books this year, Prime Minister Harper recently announced further measures which will help make life even more affordable for Canadian families. Overall, two-thirds of the benefits of these measures will accrue to low and middle-income families.

The measures will restore fairness for married spouses by allowing them to split their income (saving up to \$2,000/yr. in taxes), in the same way that we allowed seniors to split their pension income some time ago. We are also increasing the Universal Child Care Benefit for children under age six from \$1,200 to \$1,920/yr per child. For children ages 6-17, a new annual benefit of \$720 per child will be paid. We have also increased the Child Care Expense Deduction limits by another \$1,000, and doubled the Children's Fitness Tax Credit to \$1,000.

Families remain the essential building blocks of our society, and reducing the tax burden on them takes money out of the government's pocket and returns it to the hands of mom and dad. We believe that parents, not governments, are in the best position to make the right decisions for their children.

I am confident that 2015 will prove to be another year in which Canadians will benefit from federal policies which control government spending, keep taxes low, and ensure Canada's long-term prosperity.



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Tower

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Beware of Scams!

*Editor's comment: The scam warning reproduced here was received by **The Journal**. Although this attempted scam took place in Nanaimo, the warning applies to all Canadians. At least one Garden Park resident also received such a scam letter. Readers should take note of how to report a scam.*

From: GARY O'BRIEN

[mailto:GARY.OBRIEN@rcmp-grc.gc.ca]

Sent: Thursday, October 16, 2014 1:59 PM

To: GARY O'BRIEN

Subject: News release - recent scam

Nanaimo Media Advisory

For Immediate Distribution

Date of incident: October 9th, 2014

Title: **Scam involving Canada Revenue Agency**

A recent scam to surface in Nanaimo using the Canada Revenue Agency leads victims to believe they will be receiving a refund.

The victim is asked to complete an online form which appears legitimate and uses the letterhead of the Canada Revenue Agency (CRA). The form indicates personal information is needed before issuing the refund, such as

your Social Insurance Number, date of birth and full name. Once completed, a second screen appears where you are prompted to provide your driver's license number and credit card information.

"The fraudsters want you to believe it is legitimate by using the letterhead of a prominent Government agency. The CRA would never ask for such personal details through an email and would never ask you to provide credit card information," said Constable Gary O'Brien of the Nanaimo RCMP.

If you are a victim of a fraud, contact your local police agency, or phone Equifax at 1-866-828-5961, or phone Trans Union at 1-800-639-9980. You can also report the incident on-line to the Canadian Anti-Fraud Centre at www.antifraudcentre-centreantifraude.ca

Cst. Gary O'Brien

Media Relations Officer/Crime Stoppers Coordinator

Nanaimo RCMP

w (250)755-3257

c (250)713-0701

gary.obrien@rcmp-grc.gc.ca

Gendarme Gary O'Brien

Agent des Relations avec les médias/coordonnateur

'Échec au crime GRC de Nanaimo/Gouvernement du Canada

Church sign: "Forecast for tomorrow: God reigns and His Son shines."

Did you know?

1. A new online Christian radio station has come to the Fraser Valley. Here is how it announces itself online.

We're glad you found us. Check out each of our 4 dedicated channels – and tell your family and friends. There's something for everyone! Find programming information for our Christian talk channel from the "Schedule" tab above. Download our free app by searching for "TheValleyStream" in your Apple or Android app store. Please like us on Facebook, and tell all your friends! <https://www.facebook.com/TheValleyStream>.

The simplest way to access this new Christian radio station is to enter **The Valley Stream Christian Radio** in your Google window. Then scroll to **TheValleyStream: Video**. If you click that option you will see the four choices you have: Christian Contemporary; Southern Gospel; Christian Rock; and Christian Talk Radio. If you click **Listen Now** on any one of these four, you can hear the good quality program on your computer. You can also, of course, go to the facebook site to get there.

I have listened to all four channels. Both the Christian Contemporary and the Christian Rock options don't resonate too well in my aging ears. The Southern Gospel channel will please quite a few folks. The Christian Talk Radio consists of programs by many popular radio and television speakers such as Chuck Swindoll, Ravi Zacharias, Adrian Rogers, Rick Warren, Charles Price, David Jeremiah, James Dobson, and others. A convenient **Schedule** icon lets you view a list of all of the

programs to be broadcast in one week. A person can thus listen to whatever broadcast one wishes but only at the time designated in the Schedule. The other three channels don't provide as much information about program content although the Southern Gospel one does indicate that much Gaither music will be broadcast.

This new website also includes news, especially about Christian music. Various Christian-oriented companies appear as advertisers. They deserve our support!

2. At times governments, at all levels, seem puzzled about why so many taxpayers rank politicians right near the bottom of trusted people. The politicians should not be puzzled. My files are thick with examples of such gross waste that it boggles the mind. Here is an example involving a project funded jointly by city, provincial, and national governments.

The Summer, 2014, issue of *The Taxpayer*, the official organ of the Canadian Tax Federation, reports, on page 7, that a government agency, Waterfront Toronto, was authorized to construct "a simple outdoor toilet at Cherry Beach sports field." The \$600,000 bill included \$175,000 for "architectural design". Maybe the agency felt it necessary to provide a great cultural experience for all who needed to obey the call of nature.

Or maybe the agency wanted to make it possible for all beach strollers to relieve themselves at the same time. In any event, it was the taxpayers who were relieved – of their money!

JHR

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 for Abbotsford West Constituency
Office: 103 – 32660 George Ferguson Way,
Abbotsford, BC V2T 4V6
Ph. 604-870-5486 Fax 604-870-5444
Email: mike.dejong.mla@leg.bc.ca

Simon Gibson
MLA for Abbotsford-Mission
Constituency Office: 33058 First Ave.,
Mission, BC V2V 1G3
Ph. 604-820-6203 Fax 604-820-6211
Email: simon.gibson.mla@leg.bc.ca

Darryl Plecas
MLA for Abbotsford South
Constituency Office: 33553 Marshall Road,
Abbotsford, BC V2S 1K8
Ph. 604-744-0700 Fax 604-744-0701
Email: darryl.plecas.mla@leg.bc.ca



Michael de Jong

Warmest greetings to all readers of *The Garden Park Journal* on this February day. While many are in the Valentine's mood, I am currently involved in a somewhat less romantic endeavor this month: presenting to the Legislature and all British Columbians our government's 2015-2016 provincial budget.

As your government's Minister of Finance it is my task every February to detail government's expectations of revenues and spending for the coming year, and during the past few months number-crunching has been the duty of my staff, and all senior members of government.

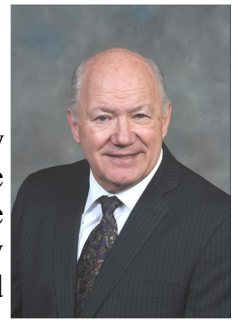
The result of those endeavors, and the contributions of hundreds of British Columbians who contributed their thoughts and opinions during the finance committee tour to communities throughout the province last fall, is that I am happy to report to you that for the third year in a row I shall be presenting not only a balanced budget, but one with a surplus.

I am also very proud to note that leading economic forecasters such as the Conference Board of Canada, are also forecasting that our province will lead Canada in growth for 2015. That is good and encouraging news, and a welcome confirmation that our government is on track to create economic security.

A balanced budget ensures our ability to provide services such as healthcare, education, social services and public safety on a sustainable basis, without passing on the burden of cost to future generations.

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

A Pastoral Word WHEN I AM AFRAID



Pastor Ron Berg

Fear. It grips all of us at times. As my dad got older it seemed that he got more fearful. Things that would never have bothered him as a young man, now caused him anxiety - fear. And for good reason. There was more crime around. He realized that if he met the thieves, he wouldn't be able any more to fight them off or to run away fast enough. So Dad put more locks on his door. He even bought a gadget that with any vibration would bark like a dog - a really big dog.

And the fear extended to other things, like the safety of his children and grandchildren. We could say to him, "Dad, we'll be alright!" but what he heard on the news gave him good reason to be afraid for our safety when we travelled to distant countries and cities. And the world hasn't gotten any better.

But there is more than just fear for safety. There is fear of being alone. Fear of not being able to look after yourself, losing your independence. Fear of living longer than your money will last. Fear of not mattering anymore. Fear of being written off as just "old".

Here is the assurance that my dad turned to: God's promise, "I will never leave you nor forsake you," and the response, "The Lord is my helper; I will not be afraid. What can man do to me?" (Hebrews 13:5 & 6) He could say that not because there won't be fearful things facing him. He looked beyond, realizing that all this is temporary compared to God's eternal plan for us. That is the focus Jesus had when he said to His disciples, "Let not your heart be troubled. Trust in God. Trust also in me." (John 4:1) The Apostle Paul said, "Nothing can separate us from the love of God. Not trouble. Not hardship. Nothing!" (Romans 8:31 - 39)

Fear is a reality. But when we trust in God, we are never alone, even when no one else is there. Ron Berg

**"Marriage does not make you happy;
you make your marriage happy."**

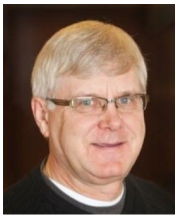
Garden Park Bookbinding



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



The CGAS Board Report & News

Menno Froese

It is the time of year when we plan for the Society's annual meeting. That's when we review our accomplishments of the past year, and look forward to what the future holds! All of these considerations are made in light of the many hours that are contributed by our volunteers! Whether in the Rose Room, baking buns in the kitchen, serving in the Magnolia Room, meeting guests at the front desk or assuring the park and parking lots are clean and functional, it's done by volunteers!

The many positive comments received about the flavour of the soups, the appreciation of various hot meals, the provision of the weekly "Bones and Balance" exercise programs (taking place twice a week, geared appropriately for us seniors), the special events held monthly, as well as the many community groups using our facilities for meetings ... they all contribute to an active, busy centre addressing the needs of seniors in our community. Without the many hours contributed by volunteers coming from throughout Abbotsford and without the enthusiastic efforts of our small but dedicated staff, none of this would be accomplished. Thank-you is not sufficient to express such appreciation but as volunteers themselves, the Board members understand, recognize and value each of our willing volunteers!

Several projects for 2015 will be shared at our annual meeting, so please assure your membership is renewed, so you have opportunity to attend and provide your comments! Please see Sylvia at the front desk to renew your membership.

The Garden Park Journal continues to communicate with the community well ... *The Journal* is also a result of many hours of volunteer time by John and the team! Together we are all contributing to assure comforts that seniors deserve in this time of their lives!

God is good ... all the time!

Menno Froese, Chair CGAS

Merci beaucoup *Thank You* *お疲れ様*
Danke *Gracias*
Grazie *Thank u*
謝謝你 *Obrigado*
Thanks

To all the Volunteers who serve the Society so faithfully!

Thank You!

Rose Room Coffee Shop



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

The Clearbrook Golden Age Society Board of Directors



Back row: Carl Durksen (Vice-Chair), George Penner, Vic Spenst, Reinhard Epp, Jack Jansen, Peter Rempel. Front row: Ron Willms (Executive Director), Menno Froese (Chair), Anne Ratz (Secretary), John Hatton (treasurer)

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.



Kitchen Hints

- ◆ To avoid using too much flour when making cut-out cookies, roll the dough in icing sugar.
- ◆ Coat your cookie scoop with non-stick cooking spray.
- ◆ If you use an ice cream scoop you will have uniform meat balls.

Mary Durksen

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



Mon-Fri: 8:30 AM to 4:00 PM
 Saturday 8:30 to 11:00 AM

Rose Room Coffee Shop February 2015 Menu



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|---|--|--------------|
| 1 | 2 FRESH BAKED BUNS SOUPS / CHILI SANDWICHES BAKED GOODS | 3 BEEF STEW TURKEY NOODLE SOUP / CHILI SANDWICHES CARROT CAKE | 4 TUNA MELT CHICKEN BORSCHT BUTTERNUT SQUASH SOUP CHILI APRICOT PLATZ | 5 BEEF STEW TURKEY NOODLE SOUP CHILI SANDWICHES | 6 TERIYAKI RIB LUNCH CHICKEN BORSCHT BUTTERNUT SQUASH SOUP CHILI SANDWICHES | 7 BREAKFAST |
| 8 | 9 CLOSED FOR FAMILY DAY | 10 CHICKEN NOODLE SOUP WHITE BEAN SOUP / CHILI SANDWICHES PEACH COBBLER | 11 FARMER SAUSAGE SOUP TOMATO BASIL SOUP / CHILI QUICHE LORRAINE RHUBARB PLATZ | 12 CHICKEN NOODLE SOUP WHITE BEAN SOUP CHILI SANDWICHES | 13 ROAST BEEF FARMER SAUSAGE SOUP TOMATO BASIL SOUP / CHILI SANDWICHES | 14 BREAKFAST |
| 15 | 16 FRESH BAKED BUNS SOUPS / CHILI SANDWICHES BAKED GOODS | 17 CHILI GREEN BEAN SOUP SANDWICHES BUTTER TART | 18 BEEF BORSCHT CREAM OF BROCCOLI SOUP, CHILI PULLED PORK SANDWICH PLUM PLATZ | 19 CHILI GREEN BEAN SOUP SANDWICHES | 20 PARMESAN CHICKEN LUNCH CREAM OF BROCCOLI SOUP / CHILI BEEF BORSCHT SANDWICHES | 21 BREAKFAST |
| 22 | 23 FRESH BAKED BUNS SOUPS / CHILI SANDWICHES BAKED GOODS | 24 SANDWICHES SPLIT PEA SOUP HAMBURGER SOUP / CHILI LEMON MERINGUE PIE | 25 SEAFOOD CHOWDER CHICKEN NOODLE SOUP / CHILI SAUSAGE ROLL BLUEBERRY PLATZ | 26 HAMBURGER SOUP SPLIT PEA SOUP CHILI SANDWICHES | 27 PEROGIE LUNCH SEAFOOD CHOWDER CHICKEN NOODLE SOUP / CHILI SANDWICHES | 28 BREAKFAST |

Lunch is served **Garden Park Restaurant February 2015** Tuesday and Wednesday \$8.00
 11:30 AM to 12:30 PM Friday \$10.00 Take out add \$0.50

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|---|-----|--|-----|
| 1 | 2 | 3 BEEF STEW TURKEY NOODLE SOUP CARROT CAKE | 4 CHICKEN BORSCHT BUTTERNUT SQUASH TUNA MELT APRICOT PLATZ | 5 | 6 TERIYAKI RIBS, BAKED POTATOES WITH BUTTER, SOUR CREAM & GREEN ONION, CORN, MANDARIN ORANGE & ALMOND SALAD, JELLO | 7 |
| 8 | 9 | 10 CHICKEN NOODLE SOUP WHITE BEAN SOUP PEACH COBBLER | 11 FARMER SAUSAGE SOUP TOMATO BASIL SOUP QUICHE LORRAINE RHUBARB PLATZ | 12 | 13 ROAST BEEF & YORKSHIRE PUDDING, MASHED POTATOES & GRAVY, PEAS & CARROTS, TOSSED SALAD, STRAWBERRY SHORTCAKE *** REQUIRES SPECIAL TICKET | 14 |
| 15 | 16 | 17 CHILI GREEN BEAN SOUP BUTTER TART | 18 BEEF BORSCHT CREAM OF BROCCOLI SOUP PULLED PORK SANDWICH PLUM PLATZ | 19 | 20 PARMESAN CHICKEN, PILAF RICE, BROCCOLI, CARROTS, CAULIFLOWER, MANDARIN ORANGE & ALMOND SALAD, MANGO PUDDING | 21 |
| 22 | 23 | 24 HAMBURGER SOUP SPLIT PEA SOUP LEMON MERINGUE PIE | 25 CHICKEN NOODLE SOUP SEAFOOD CHOWDER SAUSAGE ROLL BLUEBERRY PLATZ | 26 | 27 PEROGIES WITH WHITE SAUCE & FRIED ONIONS, FARMER SAUSAGE WITH SAUERKRAUT, GREEN BEANS, PICKLED BEETS, CHERRY MOOS | 28 |

WANTED!

LOOKING FOR

- ▶ **Person with artistic inclination to volunteer in the Picture Framing Shop 2-3 mornings totaling 8-12 hrs a week. Instruction (and coffee) provided.**
- ▶ **Donation of later model computer (or laptop) and printer to a volunteer workshop.**

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

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

Advance Care Living...

Advance Care Planning



Advance Care Planning is a process of reflecting on and communicating your wishes for end of life care with your family, friends and health team.

Only about half of Canadians have had a discussion with a family member or friend about what they would want or not want if they were ill and unable to communicate.

Clear and effective planning is the best way to make sure your views are known and respected by your loved ones and health providers.

Please join us to learn about:

- How to engage in Advance Care Planning
- The legality of this process
- The provincial and national resources.



**The session is facilitated by
Cari Borenko Hoffmann,
Project Coordinator for
Advance Care Planning
in Fraser Health Authority**

Details:

Date: Tuesday, February 10, 2015
Time: 1:00 PM
Location: Azalea Room, Garden Park Tower



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Abbotsford BC V2T 4W2

Tel: 604 870-3130 ext. 347
Fax: 604 870-3118

You are Invited to the

Valentine's Day Lunch

at
Garden Park Tower
Friday, February 13, 2015
11:30am (Doors open at 11:10)

Come join us for a delightful lunch:
Roast beef, Yorkshire pudding, mashed potatoes and gravy, peas and carrots, tossed salad, strawberry shortcake.

The program will feature:
Marcus Unger at the piano
Pastor Ron Berg speaking on
"Love one another"

Tickets: \$12 on sale at the Office

For tickets & information, call 604-853-5532

Making a Profit with Chickens

One day, many years ago, a farmer sent his teenage son to the nearby market to pick up a crate of chickens.

The son took the pickup and drove to town. As he was driving back through the small town, the crate fell off the truck; the lid came off and the chickens all ran off. Determined not to create a loss for his parents, he scurried around trying to catch all of the escaping chickens.

He soon concluded that he had found them all. Fastening the crate very securely, he drove home.

"Dad", he confessed, "I dropped the crate and the chickens got loose. but I managed to find all of them".

"Well, Jack", said the father, "you did pretty good. There were 8 in the crate. You brought home 10."

Question of the Month

The question for February is as follows: “Should churches pay property taxes?”

Please send your comments to jredkops@shaw.ca

In the January issue of *The Journal* we asked, “Should Canada, because the country supports equal freedom for all creeds and freedom of faith for everyone, accept as immigrants people who, if they had the power to do so, would deny such freedom to others.” The arguments I heard – or read – came down mostly and rather strongly on the **No** side; Canada should not accept people who oppose democratic values. The situation is, however, complex and demands more than merely a **Yes** or a **No**.

Some people assert that the government has no business asking refugees or immigrants about their religious beliefs or political views. Aside from the needed skills, economic realities, health factors and number limits, Canada should simply accept people no matter what they believe. If there are behavioural problems later, then Canada should deal with those problems at that time. Besides, it is argued, we already have people of almost all faiths and creeds in this country, so what sense is there in trying to keep out people whose views are held by people already here?

Two other objections are raised. First, we have not had such a policy in the past and our immigration and refugee policies have worked well. Second, the Canadian Charter of Rights and Freedoms guarantees in Part I, Section 2 that “Everyone has the following fundamental freedoms: (a) freedom of conscience and religion; (b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;”

Let’s now consider the arguments on the other side. First, it is standard practice for all countries to screen potential immigrants and refugees. Several prohibitions are already in place in Canada. For example, people with a criminal record are not admissible. Also, people with certain health problems are not admitted. Second, yes, Canada already has residents of virtually all religious creeds and political views. They are dealt with by legislation and the courts if action is needed. Admitting others into the country is a different issue. Third, the fact that we have in the past not had laws or practices addressing the political views of immigrants or refugees is not in itself a reason not to change practices. If we accepted such reasoning, then we would never enact any new laws. This objection is profoundly flawed! Fourth, the Canadian Charter of Rights and Freedoms applies only to Canadians and others already having legal residence in Canada; it does not apply to foreigners, whether they want to come to Canada or not. The Charter argument is irrelevant.

The key point to note is that the immigrant and refugee situation has changed. We have never before had to deal with a serious terrorist threat, a threat rooted in a large international network of Muslim-oriented terrorist groups. These Muslim terrorists – they call themselves Muslims - have already bombed trains, subways, tall buildings and other structures in several free and democratic countries. Moreover, some of these terrorist spokespersons have stated that they want to enter our country in order to harm us and, if possible, destroy our democratic way of life. Theirs is no hollow threat.

As I see it, Canada has every right, even a duty, to screen all immigrants and refugees in an attempt to identify any applicants who do not support our free way of life and should prevent them from entering this privileged country. Some applicants might be dishonest. Verification documents could be required. It would perhaps be best to have every applicant sign a document stating support for our system. The document should allow for quick deportation from the country for any person who has signed the basic document but is later proven to have planned or carried out any terrorist action, elsewhere or in Canada. Terms would, of course, need to be carefully defined in advance. Appropriate safeguards could be written into the law.

Virtually all readers of *The Journal* are immigrants or descendants of immigrants. We welcome new immigrants and refugees. But many of us, including me, do not welcome and do not want to accept any immigrant or refugee who, having benefitted from Canada’s policy of freedom and generous hospitality, would then try to end such freedoms and hospitality if that were possible! I favour careful and thorough screening. Unfortunately, the major international threat has made that necessary. JHR

Church Sign: “We have a prophet-sharing plan.”

Correct Change Needed

A lady dropped her purse at the local mall just as she entered a large store. An honest young lad noticed that, picked up the purse, thought about the matter, and after a few minutes spent doing something else, returned it to the lady who was still in the store looking at clothes.

She gratefully took back her purse.

Looking into her purse she said, “Hmm, this is very strange. When I lost my purse a few minutes ago, there was a \$50 bill in it. Now I see two \$20 bills and ten \$1 bills.”

The boy then said, “The last time I found a lady’s purse she had only a \$20 bill and said that she had no change for a reward.”

The lady smiled and handed the honest lad two \$1 bills.

Recipe

Refrigerator Potato Rolls

| | |
|--|---|
| 2 cups/500 ml very warm water | 2 eggs beaten |
| 1/4 cup/60 ml instant mashed potato flakes | 1/2 cup/125 ml soft butter or margarine |
| 1/2 cup/125 ml sugar | 2 tablespoons/30 ml instant yeast |
| 1 tablespoon/15 ml salt | |
| 6 1/2 cups/1500 ml flour | |

- ◆ Stir together hot water, potato flakes, sugar and salt.
- ◆ Add eggs and butter, then the yeast mixed with 3 cups/750 ml flour. Beat with mixer at high speed.
- ◆ Add the remaining flour, 1/2 cup at a time, until the dough can be easily handled. Knead well.
- ◆ Place in a greased covered bowl in the refrigerator to rest for at least 6 hours or overnight.
- ◆ Divide the dough into 4 equal portions; roll each piece into a circle on a buttered surface.
- ◆ Cut each circle into 8 wedges; roll each wedge to form a crescent shape.
- ◆ Let rise until double in size, at least 1 hour.
- ◆ Bake at 375° F/190°C for 12 – 15 minutes.

Tip: You can also use this dough to make cinnamon buns.
Lena Harder



This recipe appeared in *Mennonite Girls Can Cook* (Herald Press) and is used here with permission.

A Pearl Dream

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for our anniversary. What do you think that means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she quickly opened it to find a small book entitled, "The Meaning of Dreams".

Pictures of the Month



Photos by Mary Lue Braun



The Ice Formations at Fishtrap Creek
Amazing things happen when a sudden cold snap interacts with a rain-swollen, temporarily high, stream. When the water recedes rather quickly, intriguing ice formations occur. *The Journal* is indebted to Mary Lue Braun for these unusual pictures taken at Abbotsford's Fishtrap Creek on November 30, 2014.

FOR SALE

Electric Recliner

Nick Dyck
604-859-9217



True Love

I was a nurse when this happened. About 8:30 AM, on a busy morning, an elderly gentleman in his 80s arrived at the hospital to have some stitches removed from his thumb. He said he was in a hurry because he had another appointment at 9:00 AM.

The wound had healed well so instead of waiting an hour or so for the physician, I got the needed supplies and removed his sutures and redressed the wound.

While taking care of his wound I asked if he had another doctor's appointment this morning. He said he did not but he needed to go to the nursing home to have breakfast with his wife. I inquired about her health; he told me that she had been there for a while and that she was a victim of Alzheimer's Disease.

As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him for five years.

I was surprised and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."



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

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 Senior's Centre | 604-854-3668 |
| Cardiac Rehab | ARC | 604- 853-4221 |
| Get up & Go | ARC | 604- 853-4221 |
| Learning Plus Sept.-April | ARC Senior's Centre | 604-853-7757 |
| Senior Bus Trips | Lower Mainland | 604- 853-4221 |
| Seniors' Track Time | ARC | 604- 853-4221 |
| Stroke Recovery | ARC Senior's Centre | 604-850-0011 |
| "TIME"- Together in Movement and Exercise | ARC | 604- 853-4221 |

Community Centre Services & Activities

Picture Framing

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

Book Binding

Mondays—Fridays
8:30am to 11:30am
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
2:00pm to 4:00pm
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)



We are able to love not by finding a perfect person, but by learning to see an imperfect person perfectly. Sam Kean

HELPING HANDS



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THE JOY OF GIVING

Phone: 604-217-8513
P1—2825 Clearbrook Road, Abbotsford, B.C. V2T 6S3

HERE AND ACROSS THE OCEANS

Answers: Puzzle answers: #1. friend, partner, lover, angel. darling
Puzzle answers: #2. suitor, helpmate, wife, spouse. sweetheart



Marilyn Hamilton

people, rich and poor. Since arriving at GPT this spirit of volunteerism has positively impacted both Peter and me. When we moved in I was stunned by the first offer of help to even unpack my dishes!! Since then we have enjoyed the continuous civility of greetings in the elevator, gentle guidance with “how we do things around here” (e.g. with buggies and newspapers) and the impressively cheerful, hard working volunteers in the office and the coffee shop. We are even inspired when we find little ways how we can volunteer (e.g. in the garden) and discover how our gifts could be of service to the larger community.

We appreciate the tremendous respect for people, their cultures, their stories and their talents. While GPT provides a lifestyle that is so much more compact than the one we left behind, we have appreciated the breathing room we have here. We are grateful for the delicate balance of feeling publicly welcomed while still having our personal privacy respected. We feel we have found a home base where it is safe and comfortable to look after ourselves, look after our neighbours and look after this place.

In my work with leaders and cities the following set of values is, I believe, fundamental for healthy communities to live by. I call it the **Master Code**. It simply says:

**Look after Yourself, so you can
Look after Others, so together we can
Look after this Place and this Planet.**

Living at Garden Park Tower feels like we have moved into a place whose values reflect this Master Code. And we are grateful that we are called to optimize it in some way every day.

*Out beyond the smart city, out beyond the resilient city,
lives the Integral City. There is a Field ... we will meet you there.*
Marilyn Hamilton Ph.D. CPA/CGA CSP



“Thailand North” Missions Team

We are happily accepting **prescription eye glasses** in February for the MEI “Thailand North” missions team that will be heading to Thailand during spring break in March.

The prescription eye glasses will be distributed among the poor seniors in the area through the Ruth Centre; the stronger the prescription the better!

Any glasses to be donated can be brought to the Clearbrook Golden Age Society Office (101—2825 Clearbrook Road)



“The **Physical Activity Line** (PAL) is a free physical activity counselling, resource, and advice phone line service for all BC residents. The qualified exercise professionals at the PAL understand the changes that occur with age and can provide you with personalized physical activity plans no matter your age or health status. We are just a free phone call away.”

Toll Free Number: 1-877-725-1149

<http://www.physicalactivityline.com>

Two Saintly Seniors

At their golden wedding anniversary a couple was asked what was the secret for their happy marriage through all those years.

The husband answered that one should not be selfish. “After all,” he said, “there is no ‘i’ in marriage.” Whereupon his wife answered, “And my contribution was never to correct my husband’s spelling.”



Need a hand to prepare your tax return?

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you.

Location: Garden Park Tower
2825 Clearbrook Road

Dates: March and April 2015

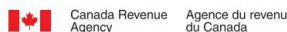
Contact: Drop by the Office to book an appointment or call Sylvia at (604) 853-5532.

Cost: No charge! (Donations to the Society are gratefully accepted.)

Note: This Community Volunteer Income Tax Program serves eligible seniors (singles up to \$30,000 income; couples up to \$40,000). Volunteers do not prepare complex returns.



www.cra.gc.ca/volunteer
1-800-959-8281



Community Resources

Health

Abbotsford Mental Health Office

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

Abbotsford Parkinson's Support Group

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

Abbotsford - Mission Arthritis Support Group

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

Alcoholics Anonymous

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

Alzheimer Resource Centre – Abbotsford

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

B.C. Schizophrenia Society

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

British Columbia Center for Epilepsy and Seizure Education

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

Canadian Cancer Society, Abbotsford Branch

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

Canadian Diabetes Association (Abbotsford and District Branch)

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

HIV/AIDS Support Group

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

MS Society of Canada, Fraser Valley Chapter

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

Seniors Healthy Aging Resource Environment Society

102-2455 W, Railway, Abbotsford. Ph. 604-854-1733

Stroke Recovery Association of BC

Weekly group meetings for stroke survivors of all ages.
Caregivers are welcome to sit in for a few meetings to help
with transition. The meetings run from 12:30 to 3:30 at the
Abbotsford Recreational Centre every Thursday except for
July and August. Ph. Laura Wegener 604-798-7530
Email: gilburg_64@hotmail.com

The Blind and Visually Impaired Society

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

Et Cetera

Abbotsford – Canada Pension/Old Age Security

If you have moved, your new address should be given 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 Recreation Centre

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

Abbotsford Seniors Association

33889 Essendene Ave., Abbotsford,
Ph. 604-853-4014 or 604-870-3772

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

Additional listings may be sent to office@gardenparktower.ca

The greatest weakness of most people is their
hesitancy to tell others, while they are still alive,
how much they love them. Orlando Battista

*A kiss is a lovely trick designed by
nature to stop speech when words
become superfluous.*





Memories & Happenings

Memories of an Alberta Childhood

Many happy memories flood my mind when I think of my childhood. I grew up on an Alberta farm. Our family was not wealthy nor were we poor. We always had sufficient food. My mother was a very good cook. I remember her chicken noodle soup. It was the most delicious soup in the world! The home-grown chicken, a plump hen that had reluctantly sacrificed its life on the chopping block earlier in the day, was cooked in a large pot. The dough for the home-made noodles had to be just right. At the right time it was rolled out and cut into long noodles which were laid out on clean tea towels to dry. When the noodles were ready, they were cooked and added to the broth. Spices were added because they greatly enhanced the flavour.

Our home-made bread was baked just right and served hot with butter melted on the thick slices. My mouth waters as I recall those happy times. Our whole family of seven sat around the kitchen table and enjoyed the excellent meal of home-made soup and home-made bread. The conversation was easy and pleasant as we shared the experiences and news of the day. There were school stories, mostly delightful recounting of times with friends, and updating of farm developments. Family meals were treasured times and even today I remember them with gratitude and a smile. There we learned to communicate and build ourselves into each other's lives. We shared many joys but sometimes also shed tears.

Baking *Paska* at Easter was an occasion we loved. This was another undertaking at which my mother excelled. The needed coffee tins were washed and numerous other pans were brought out to accommodate the undertaking; my mother's recipe produced a huge amount of this Easter specialty. The wonderful aroma of the baking *Paska* permeated the entire house! Then there was the icing, carefully prepared and lovingly applied. The fresh *Paska* melted in our mouths. That was an event to remember.

Christmas cake was another food we loved. Even after these many years I still use my mother's recipe. The cake today is still as tasty as was the cake baked by my mother when I was a young girl at home with my parents.

Sunday *Faspa* was the highlight of the week. On Saturday we girls helped our mother bake the family's favourite foods. After the Sunday morning church service, on those Sundays when we made the long trip to our church, and after we had done the noon meal dishes we often had friends over. Sometimes this visiting had to wait until our parents had enjoyed a little sleep. Sometimes whole families come over to our home to visit and to join us in enjoying the delicious baking.

These are memories this Alberta girl cherishes deeply, wonderful recollections she will never forget!

Mary Durksen

"God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference."



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www.korkyneufeld.com

A successful marriage requires falling in love many times, always with the same person.

Fawn Weaver

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Len Remple

A Senior's Concern

Are guarantees of religious freedom becoming meaningless ?

By taking a look worldwide, it is evident that we are living in a relative paradise. Famine, poverty, and disease are not pervasive problems and shelter, food and other basic needs are generally being met. But, unfortunately, our freedoms, especially religious freedoms, are increasingly being challenged. Are we reaching the point where constitutionally guaranteed freedoms are becoming meaningless even in Canada?

From the internet I obtained portions of the constitutions of Russia, China, Ethiopia and some other countries. Amazingly, they all have "freedom of religion" clauses, but as we observe their actions, these freedoms are mostly ignored and trampled on by imprisonments and executions against people of faith. In fact, religious persecution is rampant in many countries. The secular media does not highlight these abuses of constitutions, let alone label them crimes, which they are.

How many people in Canada are concerned about such crimes? We should be!

In the U.S.A. there are hundreds of lawsuits and threatened lawsuits, challenging the free exercise of Christianity. Schools across the country are forbidden from having Christmas concerts. Carols, nativity scenes, Christmas drama etc. are banned because of legal action threats by unbelievers and authorities. Scores of businesses, florists, photographers, caterers, dressmakers, etc., operated by Christians have been penalized by the courts. Some fines have been huge! The consequences can be drastic. In one case a bakery refused to bake a cake for a homosexual wedding. The resulting fines were so high the owners lost their bakery. They paid a high price for exercising their freedom of religion.

In December 2014, a Washington State grandmother, owner of a florist shop for over 40 years, refused to provide flowers for a lesbian wedding. She said her faith would not allow her to do so. She was fined heavily and had to close her shop. Where is the freedom of religion

and freedom of thought in these cases? Why do these freedoms get trampled?

In Canada the same disregard of basic Charter Rights is being exercised more and more by some, I stress some, of the so-called protectors of our justice system: lawyers and judges. In some instances corporations and agencies are challenging our rights. Cases in point: TWU's attempt to open a law school is being blocked by lawyers and judges because of TWU's Code of Conduct. The Bank of Montreal has adopted new policies based on normalizing homosexuality.

The BMO now will not purchase anything from suppliers who do not abide by BMO's policies. Could these actions be deemed as spreading hatred and contempt for Christianity? If so, this should be a case for the Human Rights Tribunals.

The Canadian Charter of Rights and Freedoms begins with, "Whereas Canada is founded upon principles that recognize the supremacy of God and the rule of law". Then #2 reads "Everyone has (a) freedom of religion, (b) freedom of thought, belief, opinion and expression... (c) freedom of peaceful assembly and (d) freedom of association". All this is preceded by the word "Guarantee". These words are enshrined into Canadian law. We can trust and depend on them... or can we?

Are the forgoing examples of anti-Christian prejudice worth opposing or should we adopt the attitude "it's not (yet) affecting me personally, so why should I be concerned?" Should we not take a stand by defending what the Charter grants us and others? Should we not insist that the Charter needs to deliver what it guarantees? Isn't there an old adage that says, "anything worth having is worth defending"?

A *National Post* article (January 2, 2015) by Jen Gerson is headed, ".....social conservatism is spent as a political force". She implies that social conservatism is dead. Responsible and thoughtful Canadians must not allow her to be right!

Amish Law

An Amish man answered a knock on his door one morning. An electric company worker handed him a piece of paper stating that the electric company would like to run a power line through his pasture. The Amish man said, "No."

"Legally, that paper says we can." replied the worker. As he turned and left, returning to his co-workers in the field, the Amish man went to his barn and turned his bull into the pasture. As the bull rumbled toward the workers in the field, the Amish man hollered, "Show HIM your paper!"

"Love is when a girl puts on perfume and a boy puts on shaving cream and they go out and smell each other." Karl, age 8

Too Late to Take Me Out

John Fetterman, Rector of Grace Episcopal Church in Madison, Wisconsin told of an elderly woman who died last April. Having never married, she requested no male pallbearers. Her handwritten instructions for her funeral were that since no men had asked her out in her lifetime, no men should take her out in death.

Moving into Garden Park Tower

Many people have inquired how we experienced the transition from living in a large townhouse to living in an apartment, or condo, in Garden Park Tower (GPT). Here is our story.

A little more than a year ago we moved into the Tower. Although we had visited friends here, we did not have a full picture of what living here would entail. We can now say that living here is pleasant and enjoyable. The transition was surprisingly easy. For us the move was made at the right time and to the right place.

A major feature of GPT is that when you move in, you become part of a community. GPT is more than a residence. It is a place of many relationships; a place where a diverse group of people live under one roof and have many joint activities and interactions. We have hymn sings, movie nights, carpet bowling, concerts, celebrative lunches, special occasion dinners, *Faspas* and all sorts of meetings and events. Recently, on a Sunday evening, we heard the stories of three residents who had amazing experiences relating to the World War II era. There were tears and there was laughter. We get to know one another. It is delightful to belong to such a vibrant and interactive community.

In addition to a much-used large entrance lounge we have numerous fine common areas including a spacious 18th floor solarium with a kitchenette and well-stocked library, a well-equipped exercise room, and a floor-games area. We also have community service enterprises where some residents, together with some community friends, serve many customers with book-binding and picture-framing. For our carpenters we have a large wood-working room.

Not surprisingly, an important feature at GPT is the wide spectrum of good eating offered to residents and others by the Food Service Department. Six days a week we can buy delicious breakfasts in the Rose Room. Five days a week we can buy lunch there. The coffee times there are legion, often lengthy, and often animated. Three times a week we can buy lunch in the more spacious Magnolia Room. Whenever the Rose Room is open, residents and others can buy prepared meals, both fresh and frozen, as well as good soul food.

For our main Christmas celebration about 450 people were present for a traditional Christmas dinner and program. Some 9 or 10 times a year we have special lunches on Fridays, open to the larger community, when we bring in guest speakers, singers and musicians to join in our celebration of Easter, Mother's Day, Canada Day, Thanksgiving and other special days. The mood is always festive. At Christmastime, with our extensive and beautiful decorations in place, we have almost a

whole week of music programs in the evenings. Residents and community friends greatly enjoy these concerts.

A significant feature of living in GPT is the presence, in the building, of many services and offices. We have chiropractic services, hair care, an excellent full-service medical lab, a pharmacy, seven physicians, a hearing centre, some dental services and, if one needs top-level political counsel, the offices of our MP, the Hon. Ed Fast, Minister of International Trade. In addition, within this building are the offices of ten charities ranging from *Helping Hands* to *Logos Canada* and from the *Mennonite Historical Society* to *Multi-Nation Missions Foundation*. Our reputable charities are delighted to provide information and receive donations!

The finances turned out to be an agreeable component of our transition. While the financial numbers change from year to year, going up or down, a reality that must be stressed, for us the situation was as follows. For a life-lease of a two-bedroom corner unit we paid \$327,000. That was the 2013 figure. Since then it has changed; it changes every year. Our strata maintenance fees have been about \$450 a month. This sum includes not only maintenance and service fees but also all utilities except phone and cable. The taxes for our two-bedroom, 1,520 square-foot unit have been about \$1,850 after the eligible deductions. The office will be pleased to provide the figures for 2015. The figures for smaller and larger units are, of course, different. Financially this was a very good move for us.

I would invite you to come to the Garden Park office to check out the options. I'm glad that we did. Ingrid would be pleased to take you on a tour of currently available residences.

We are delighted to be part of the friendly Garden Park Tower community. It's a great place to enjoy getting older!

John H. Redekop

Married 50 Years

A couple had been married for 50 years. "Things have really changed," she said. "You used to sit very close to me." "Well, I can remedy that," he said, moving next to her on the couch.

"And you used to hold me tight." "How's that?" he asked as he gave her a hug.

"Do you remember you used to nudge my neck and nibble on my ear lobes?" He jumped to his feet and left the room.

"Where are you going?"

"I'll be right back," he said. "I've got to get my teeth!"

Bonham