

The Garden Park Journal

Volume 1, Number 8

Abbotsford, British Columbia

January 2015



Predictions for 2015

John H. Redekop

Yes, I know it's risky to make predictions but readers will doubtless forgive me if my predictions don't happen. In any case, I shall risk it.

Let's start **locally**. In this category I make three. First, I predict that Mayor Henry Braun will be impressively successful as mayor in 2015. I base that prediction on his business record and his performance on Council. He will build on the many good decisions made by his predecessor, Bruce Banman. The new City Council, with its four new members, should also do well. Second, our excellent new High Street Mall will likely experience increasing financial difficulty. There are too few cars in the parkade. Third, our commercial real estate market faces serious trouble. Abbotsford

has an excess of business locations. I count more than 10 ground-level business vacancies along South Fraser Way and several fine new buildings have several empty floors.

Provincially it seems safe to predict the following. First, BC's Northern Gateway pipeline will likely not be launched this year. The federal government will not want to trigger a major confrontation with environmentalists and some First Nations in this election year. Second, the rapidly increasing US oil and gas production, with the resulting massive decline in prices, will seriously reduce provincial resource revenues and also weaken the case for the much-vaunted LNG plants. Third, because of slumping resource revenues, the Liberal government will have to make tough budget cuts or accept a large deficit.

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The Year That Was

During 2014 the world witnessed many major events. Some are significant because of the size of the achievement or tragedy; some are significant because they will have long-lasting consequences.

February 7 – 23 Winter Olympics in Sochi, Russia. The world watched the most impressive Olympics ever staged. This event showed what can be done for good if the nations of the world set their mind to it.

February (early) The Ebola virus epidemic began in West Africa. To date more than 17,000 people have been infected; more than 6,000 have died.

February 13 Belgium became the first country to legalize euthanasia for terminally ill people of any age.

February 26 The pro-Russian insurgency in eastern Ukraine led to the takeover of Crimea by Russia. This action was made official on **March 21** when Russian President Vladimir Putin signed the annexation bill.

March 8 Malaysia Airlines Flight 370, en route from Kuala Lumpur to Beijing, disappeared over the Gulf of Thailand with 329 people on board.

March 24 During an emergency meeting of the G8 countries, Russian membership was suspended.

April 14 The Boko Haram Muslim radicals abducted at least 276 school girls in Nigeria.

April 16 The Korean ferry *Sewol* sank, killing more than 290 people,

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CLEARBROOK COMMUNITY CENTRE AT GARDEN PARK TOWER

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Fourth, Trinity Western University will have to appeal to the Supreme Court of Canada to force the confrontational law societies to treat its law school proposal equitably. If fairness prevails, TWU will again win in that court as it did in 2001 when the BC College of Teachers tried to prevent TWU from training teachers. Significantly, in the intervening 13 years there has not been a single complaint against TWU-trained teachers.

The blinkered perspective of some law societies boggles the mind. Don't they realize that there are hundreds of lawyers practicing across Canada now who hold to the same high ethic which is spelled out in TWU's Community Covenant? These lawyers serve their communities well. It is argued that TWU graduates would not be willing to defend same-sex marriages. Perhaps not. In any event, since when has it been required that lawyers have to agree to take either side of all cases? They don't have to agree and they have never had to agree. I challenge the opposing lawyers to be honest. How many of them would be willing to become defence attorneys for TWU in its opposition to extra-marital sexual relations for its students? My guess would be – none! If that is the case, and I am virtually certain that it is, then they have no right to complain if a small minority of lawyers would choose not to defend same-sex marriages? Hopefully the antagonistic law societies will have to pay all of TWU's expenses as well as a substantial penalty.

Federally one can venture several predictions. First, for the coming year I see increased Muslim terrorist activity being attempted in Canada. I also predict that most media types and most politicians won't call it Muslim even though the terrorists call themselves Muslims. I would not be surprised if the two 2014 military deaths by Muslim terrorists in Canada would be followed by more in 2015. If the surest route to Paradise is "martyrdom" while killing or attempting to kill "infidels", then we should not be surprised if such attempts continue.

Second, I expect more complaints from some First Nations leaders now that the federal government finally requires them to reveal how they have used, and in some cases misused, federal funds. The Harper government has this one profoundly right. Where there is corruption, it is high time to blow the whistle.

Third, I see the Harper government facing a huge challenge in trying to win next October's federal election. For more than a year and a half its support has hovered around 30%, mostly lower. Not since Confederation in 1867 has any party won an election with such limited support. The Tories have a steep hill to climb. In this connection we do well to consider the Tory record. The government's economic and fiscal record deserves very high marks. There are many other successes. But there are other headline realities. Several Conservative MPs, some Harper-appointed Senators, and several other partisans in positions of trust have become serious liabilities. Also, government action or inaction on issues

Continued on page 5

mostly high school students. On **November 11** the captain was sentenced to 36 years in prison for criminal negligence.

May 5 Boko Haram Muslim militants killed about 300 people in a night attack on Gamboru Ngala, Nigeria. This was one of many similar attacks.

June 5 The brutal Islamic State Sunni Muslim extremists, ISIS, began their rapid conquests of huge areas in Syria and Iraq.

June 12 – July 13 The 2014 FIFA World Cup soccer competition was held in Brazil; it was won by Germany.

June 28 The 100th anniversary of the beginning of World War I was celebrated around the world.

July 8 – August 26 A war was fought between Israel and Hamas who control the Gaza Strip. It was triggered by the kidnapping and murder of three Israeli teenagers. At least 2,100 Palestinians and 71 Israelis were killed.

July 17 Malaysia Airlines Flight 17, with 298 aboard, was shot down over rebel-claimed territory in eastern Ukraine.

September 18 Scotland voted to remain part of the United Kingdom.

October 10 Malala Yousafzai and Kailash Satyarthi were awarded the 2014 Nobel Peace Prize.

October 19 The Roman Catholic Church beatified Pope Paul VI.

November 2 The International Panel on Climate Change released its Fifth Assessment Report warning that the world faces "severe, pervasive and irreversible" damage from global emissions of CO2.

November 4 As a result of the US midterm elections, the Republicans now control both houses of Congress.

November 12 The European Space Agency's Rosetta spacecraft's *Philae* landed on Comet 67P, the first such venture.

November 24 A Missouri Grand Jury decided not to indict Officer Darren Wilson for the August 9 fatal shooting of unarmed Black teenager Michael Brown. Marches and riots spread across the US.

December 4 A New York Grand Jury decided not to indict Officer Daniel Panteleo for the choke-hold death of an unarmed Black man, Eric Garner. "I can't breathe" marches and riots spread across the US.

December 9 The US Senate Select Committee on Intelligence released a 525-page summary of the 6,000-page *CIA Torture Report* which details the "systematic mistreatment", abuse and torture carried out by the CIA. The entire report cost \$40 million and took five years to compile. JHR

And Holding...

A young child asked a woman how old she was. She answered, "39 and holding."

The child thought for a moment, then said, "And how old would you be if you let go?"

From the Editor's Desk ...



As far back as I can remember, I have had questions in my mind when somebody confidently asserted that "God told me to buy this book" or "God told us to eat in this restaurant" or "God told me that you should be my friend". Maybe so. I believe that at times God does give such specific guidance in even mundane and minor matters. In fact, I have actually had a few such experiences, although mostly with more substantive issues. On

one occasion, some decades ago, after prayer about where we should live for a year before relocating to another city, I had such strong assurance that we would be able to rent a certain house, even though the owner said that it was not for rent, that I solicited helpers for the move. Yes, we were able to rent that house by the required moving date and I did have my helpers and a truck ready.

Generally speaking, however, that has not been my experience and I remain to be convinced that it should be. Nor do I believe that God is grieved when, in many situations, I don't pray, I just do what is right and reasonable whether the issue at hand involves buying apples, hiring someone to mow the lawn, or deciding which restaurant to patronize. I try to make informed, hopefully appropriate, decisions.

Here is how I see things. God has given us intelligence and He expects us to use it. Prayer is not a substitute for taking responsibility and acting responsibly. Therefore, when I see that the car gas gauge reads almost empty, I don't need to pray concerning what I should do. I believe that if I did ask God whether I should buy gas or just keep on driving when the tank is virtually empty, I would be insulting my Maker who gave me a brain! I simply need to stop at a gas station and buy gas. Nor, as I see it, does God really care which garage I patronize. I don't think it matters to Him unless there is some compelling factor, such as avoiding a garage run by mobsters. Similarly, concerning most other small and not so small decisions we make, I think that God expects us to use our God-given brain and to act wisely. It is not only in accepting God's salvation that He grants us freedom of choice. Our lives encompass countless times when we need to make a choice. Importantly, often prayer and reasoning do function jointly. For me it works this way: prayer does not eliminate reason and reason does not eliminate prayer.

How far would I take such latitude in living rightly? Quite far. Accordingly, I believe that even in major decisions such as choosing a life's career, God allows us choice. I decided to become an educator, teaching first in high school and then at the university level. Would I necessarily have been out of God's will if I had chosen some other vocation or profession? I think not. I almost decided to become a Christian lawyer. Entering politics was another option.

I think that evangelist Selwyn Hughes had it right when he quoted theologian Gerald Sittser: "We can, in good conscience, choose from among any number of reasonable alternatives and continue to do the will of God. In the end what matters is that we seek God's kingdom and righteousness." I believe that statement to be true. Therefore, it is more important to live Christianly in whatever job we choose than to spend excessive time and exert undue effort trying to make sure that we are doing exactly the one and only job that God wants us to do. One thing more, does the same approach apply also to marriage? Probably.

It's late afternoon. Although I have no clear sense of God telling me to do so, I shall get a drink, then relax with the paper while watching the news. After that I shall read in a fascinating book on Islam until dinnertime. After dinner I shall use my God-given brain to decide what I'll do next – after conversation with my wife. I shall also take time to pray about some matters requiring serious supplication. At bedtime I shall thank God for His guidance, enablement and blessing this day. I'll also ask Him to guide me tomorrow in such decisions as I need to make, and in such activity as I have planned to undertake.

John H. Redekop

The Editorial Committee



Photo by Sylvia Ewert

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My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up on his front lawn. He rushed over to help an elderly lady driver out of the car and sat her down on a lawn chair. He said, "You appear quite elderly to be driving." "Well, yes I am", she replied proudly. "I'll be 97 next month and I am now old enough that I don't even need a driver's licence." "How is that?" he asked her. She replied, "The last time I went to the doctor, he examined me and asked if I had a driver's licence. I told him, yes, and handed it to him. He took a pair of scissors out of a drawer, cut the licence into pieces, and threw them into the waste basket, saying, 'You won't be needing this anymore'. So I thanked him and left."

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)

- ◆ *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.
- ◆ *David Ewert Memorial Bible Conference*, Bakerview Church, Jan 7 to 9, 10:00 am to 12:00 noon. Teachers: Michael Szuk and Nate Thiessen.
- ◆ *Hymn Sing*, Clearbrook MB Church, Clearbrook Road at Old Yale Road, Jan 18, 7:00 pm.
- ◆ *Music on a Wednesday*, Jan 21, Refreshments 11:30 (\$3.00), Concert 12:15, Piano Duo: Wesley Hawkins and Graham Yates, Bakerview Church, 2285 Clearbrook Road.
- ◆ *Abbotsford Genealogical Society*, Jan 22, Doors open 1:00 pm, AGM at 1:30 pm. Studio 2, The Reach.
- ◆ *Gallery 7 Theatre, Shadowlands*, Jan 23, 24 and 29 to 31, 7:30 pm, Discount Matinees: Jan 24 and 31, 2:00 pm. Abbotsford Arts Centre, 2329 Crescent Way. Tickets: House of James.
- ◆ *Contemplative Evening Prayers*, Led by Cathy AJ Hardy, Jan 25, 7:30, Highland Community Church, 3130 McMillan Road.
- ◆ *Pacific Agriculture Show*, Jan 29 to 31, featuring a broad range of agricultural services and farm products, at the Tradex, 1190 Cornell Street.

Community (Region)

- ◆ *The Forbidden City-Inside the Court of China's Emperors*, Oct 18, 2014 to Jan 11, 2015. Vancouver Art Gallery, 750 Hornby Street.
- ◆ *Elim Village Concert*, Jan 10, 7:00 pm, Chosen Vessel Southern Gospel Quartet in Oasis Auditorium of Elim Village, 9025-160 Street, Surrey. For more info: 604-808-0351.
- ◆ *Faculty and Friends Recital Series, Songs of Love, Loss and Laughter*, featuring bass-baritone soloist, Chad Louwesse, accompanied by pianist, Betty Suderman. Jan 11, 2:30 pm, Langley Mennonite Fellowship, 20997 40 Ave, Langley, BC. Tickets: Adults \$15, Seniors \$10, Available through Eventbrite or cash at the door.
- ◆ *Missions Fest 2015*, Jan 30 to Feb 1, Vancouver Convention Centre, 999 Canada Place. Seminars, Exhibits, Film Festival, Children's Programs. Admission Free.

Why doesn't the fellow who says
"I'm no speechmaker" let it go at that
instead of giving a demonstration? - Kin Hubbard

Wrong Way On The Freeway

As a senior citizen was driving down the freeway, his car phone rang.

Answering, he heard his wife's voice urgently warning him. "Herman, I just heard on the news that there is a car going the wrong way on the freeway. Please be careful!"

"You know", said Herman, "It's not just one car, it's hundreds of them."

Future Events

- ◆ *Health Seminar*, Feb 7, 10:00 am to 1:00 pm, Fundraising Event for Good News International. Special speakers and a Comedian. Ross Road Community Church, 3160 Ross Road. For more info: Judy or Rob 604-751-1497.
- ◆ *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.
- ◆ *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
- ◆ *Valley Concert Society, QuintEssence*, Feb 6, 7:30 pm, Matsqui Centennial Auditorium. For more info: 604-289-3377.
- ◆ *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.
- ◆ *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.

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

Always and never are two words you should
always remember never to use. - Wendell Johnson

Helpful Hints

1. After some months all TV screens need cleaning. If not done correctly, the cleaning can damage the screen. The best method of cleaning the TV screen, which also goes for the computer screen, is to wipe the screen carefully but thoroughly with a sheet of Bounce fabric softener. Repeat if the screen was very dirty. That should do it!
2. Are your cups and mugs stained from coffee or tea? The best way to clean them is to put baking soda on a moist, soft cloth and rub the inside of the cup or mug thoroughly. Pay special attention to the bottom. Repeat this if the stains are not completely gone. Then rinse the cup or mug with water. You can also use this method if the stains are on the outside of the cup or mug.
3. It will soon be time to put away all those short and not so short extension cords you used for your Christmas lights. It seems that in putting them away in a box or drawer they get tangled. To avoid this problem, fold each cord back several times, as needed, then insert each cord into a paper towel tube which you would otherwise recycle. If you write in bold letters on each tube how long the cord is and, if needed, for which string of lights it should be used, you will have a much easier time when you next use the cords.
P.S. You may first have to save some towel tubes.

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



FREE LUNCH????

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

Volunteer kitchen help is needed to wash dishes, Mon – Sat various times. The Rose Room needs volunteers to work at the counter taking cash, serving and clearing tables.

Shifts are 8–11, 11-1:30, or 1:30–4:00, M–F.

Call Kathy Klassen at 604-850-4552.

Predictions for 2015 continued from page 2

ranging from the environment to the treatment of veterans, from the missing Aboriginal girls and women to the use of huge omnibus budget bills, and from the drawn-out attempts to acquire the ever-more expensive F-35 jet fighters to the Prime Minister's decision not to represent Canada at various international conferences, these have all alienated sectors of voters.

For these and other reasons I see the next federal election not mainly as a struggle between Justin Trudeau and Prime Minister Harper but more as a vote of confidence in the Prime Minister. There is no Trudeaumania. Support for Justin Trudeau is shallow but he will likely gain large blocks of votes from people voting against Harper.

Your Health

How to survive a heart attack when you are alone!

Heart and stroke societies are circulating the following advice. In the interests of its readers, especially elderly readers, *The Journal* is pleased to present it here.

“Since many people are alone when they suffer a heart attack and without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. These victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged... A breath and a cough must be repeated about every two seconds without letup until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. A cardiologist says that if everyone who sees this shares it with 10 people, you can bet that we'll save at least one life.”

Getting the Facts

Bob Smith had been in the hospital more than a week recovering from major surgery. He was getting frustrated because no one could or would tell him how long he would still have to remain in the hospital.

One afternoon the nurse on duty at the nurses' station near Bob's room received a call inquiring how Bob was doing. “Oh, quite well”, she said, “in fact, we expect that he will be able to go home tomorrow after lunch.”

“Thank you very much”, said the caller.

“May I ask who is calling?” said the nurse. “I would like to tell Mr. Smith that you called to inquire.”

“Oh, this is Bob Smith. The physicians and nurses won't tell me anything.”

In sum, unless the Harper Tories can change the polls significantly, it will be an uphill struggle to gain even a minority victory. Maybe they can do it! Polls can change quickly. Ask the BC NDP!

Finally, **internationally** I do not see lasting victory for the pro-democracy forces, military or civilian, in the Middle East. As I read the evidence, most of the Muslim masses and their leaders are not committed to freedom of religion, freedom of the press, free elections, or equality for women. What I do predict is increasing attacks by Muslim radicals in at least five African countries and more than a few others elsewhere.

I trust that my positive predictions prove to be correct and all my negative ones in error.



A Word from the Mayor

Looking back on 2014, the three most important achievements at the City were in the area of finance, good governance and the Heat hockey team. We ended the Heat hockey contract which guaranteed the City would cover any revenue shortfall below \$5.7 million. This annual bill was adding up to over \$2 million per year. We aligned our Financial Plan with our Master Plans by eliminating the structural deficits embedded in our Master Plans, which allows us to have a clear record of project costs and allocations and we implemented policies regarding the subsidizing of entertainment acts at the Abbotsford Centre.

These changes will ensure that the City's financial footing is in much better shape and I personally want to commend staff for the achievements made to date.

The year ahead is going to be a challenging and dynamic road for our new council. We will be facilitating negotiations for an anchor tenant for the Abbotsford Centre, re-establishing provincial funding to construct a Housing First project and secure provincial funding for 50 - 60 beds to accommodate those in our community who have mental health challenges.

Our other projects will be focused on improving the local transportation network, including securing provincial and federal funds to widen Highway 1 to three lanes in both directions from 264 to Whatcom Road, widening Mt. Lehman Road from Fraser Highway to the Airport and widening Fraser Highway.

In addition, this Council will focus on building business and increasing employment opportunities in our community and specifically at our airport, complete a rezoning bylaw review, finalize our Official Community Plan and revive economic development as a priority in order to retain existing businesses while attracting new ones.

As you can see, City Council has their work cut out for them!

I am honoured to be addressing you as your new Mayor and I look forward to the challenges that lie ahead. I promise you, we will be working hard to make Abbotsford a city that all others aspire to be.

My very best wishes for a healthy and prosperous 2015.

Henry Braun, Mayor

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

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Puzzles

When you do these word puzzles, think of this time of year. It should not be too hard to unscramble the first set of words; some words in the second set may be more challenging.

Puzzle #1.

strif

chanul

ilatini

touest

This is the time to make a new _ _ _ _ _ .

Puzzle #2.

dizzlarb

zereginf

firstd

whotietu

_ _ _ _ _ is a delightful season.

The answers are given on page 15

JHR

Letters to the Editor

Editor, *The Journal*:

This letter is a response to Len Remple's article, TWU and the Bank of Montreal.

In 1926 my parent families emigrated from Russia to Canada. They came because they were promised religious freedom and freedom from oppression.

In re-reading some of my family's writings, I came across this sentence: "Our Mennonite leaders reminded us they saw the sword coming."

Vice-President Simon Fish of the BMO has viciously attacked Trinity Western University regarding its Christian Code of Ethics, threatening that the BMO and the 72 firms it does business with, will not hire TWU law graduates. Could this be the beginning of discrimination against all young people who have attended any Christian school, college, or university?

We need to recognize the threat and begin to mobilize our resources. We need to pray to our heavenly Father for wisdom and guidance. TWU needs financial help now to pay for lawsuits in three provinces. We can speak or write to our Conservative and other MPs. We all know the saying that evil thrives when good men and women do nothing.

I want my grandchildren and great grandchildren to walk and prosper in this country that my family came to in 1926.

Thank you, Len, for the warning. Keep up the good work.

Helen Friesen

Letters to the editor may be sent to jredekops@shaw.ca

When an old man dies, a library burns down.

Celebration of Lights at Garden Park Tower

December 14-19, 2014

Mayor Henry Braun lighting the trees.



The Bakerview Quartett
Harry Doerksen,
Lloyd Tanner
John Enns
Carl Durksen

MEI Chamber Choir under the direction of Dean Wedel



The North Oaks Trio
Jake Neudorf
Russ Bayley
Larry Locken

Clearbrook MB Choir under the direction of Larry Locken



Bakerview MB Choir under the direction of George Baier



Sweet Adelines



Thank you to all who brought items for the Abbotsford Food Bank, and supported local charities.

From the Executive Director

Garden Park Tower is...



Ron Willms

Being a new employee at Garden Park Tower, I'm often asked about my job. Beyond simply answering the "where" question, I'm learning that there are few simple answers to the "what" question. Garden Park Tower is so many different things to so many different people. Let me share with you what I've started to

learn. For some people, Garden Park Tower is...

- Simply a building*: the "one with the green roof" on Clearbrook Road (some have told me it is the "Mennonite Hilton"), where a relative might live.
- Home*: working in someone's home is a tremendous responsibility and privilege for me.
- A Community*: a safe place where people can share life together.
- A Neighbourhood* (albeit an indoor neighbourhood): where beautiful friendships blossom and people take time to "talk over the fence".
- A Vital Resource*: a place to find good food in the Rose Room, or necessary services and activities throughout the Community Centre.
- A place to get involved and make a difference*: in addition to the work they do, volunteers have told me how much they benefit from serving alongside others in meaningful activities.
- A place to Celebrate*: it surprises me sometimes how many people have attended a birthday party, wedding celebration or end of life celebration in the Community Centre.
- A Blessing*: whether a member of Clearbrook Golden Age Society, a resident, a patient/ client, an employee or someone who lives nearby, Garden Park Tower is most surely a gift from God.
- [add your ideas here]

So you see, sometimes it's hard to quickly explain my workplace to people who don't see all the many wonderful things that make up Garden Park Tower. The whole is certainly greater than the sum of its parts. I trust you can check off many or all of the ideas about Garden Park Tower listed above. As we begin a new year, what idea would you add to the list? How do you complete the sentence: Garden Park Tower is... Ron Willms



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#13 • 34100 SOUTH FRASER WAY, ABBOTSFORD, B.C., V2S 2G6

Beware of Scams!

Beware of people bringing surprise gifts!

A new and clever credit card scam has appeared. Beware! Here is an actual case.

Wednesday a week ago, I had a phone call from someone who said that he was from a company called Express Couriers. He informed me that a package would be delivered to my home in roughly an hour. And sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and wine. I was very surprised since it did not involve any special occasion or holiday, and I certainly wasn't expecting anything like it.

The delivery man stated that he was only delivering the gift package and that a card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift. The whole thing looked very official.

The delivery man then said that because the gift contained alcohol, there was a \$3.50 "delivery charge". The payment of this charge would be proof that he had actually delivered the package to an adult. This sounded logical and I offered to pay him cash. He then said that the company required the payment to be by credit or

debit card only so that everything could be properly accounted for. My husband pulled out his credit/debit card and swiped the card on the small mobile card machine which had a small screen and keypad where Frank was also asked to enter the card's PIN and security number. A receipt was printed out and given to us.

To our horrible surprise, between the next day, Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

It appears that after my husband swiped our card and entered the requested PIN and security number, the "mobile credit card machine" which the delivery man carried had gotten all the info necessary to create a "dummy" card.

Upon finding out about the scam, we immediately closed our credit/debit account.

But the damage had been done!

We were swindled; beware lest you also get swindled!
(The author wishes not to give her name.)

The initial report has been summarized by the editor.

"The most satisfying thing I have ever done is fill out my tax return in Roman numerals."

A taxpayer

Seven Stages Of Man:

spills, drills, thrills, bills, ills, pills, wills.

Did you know?

1. A recent Census Canada report states that the number of seniors 65 and older increased by 14.1% between 2006 and 2011 and now stands at about 5 million people or a record high of 14.8% of the total population. During that five-year period, Canada's total population increased only 5.9%. "For the first time in Canadian history, there are nearly as many seniors as there are children" aged 14 and under. The really startling statistic is that the most rapidly increasing age group, the 60 to 64 year-olds, increased 29%. Geriatric political power, geriatric medical needs, and geriatric social needs are becoming increasingly important realities.

2. *Christianheadlines.com* reports that in England and Wales, 53 Catholic priests have been defrocked since 2001 because of allegations of sexual abuse. *Christianity Today* reports that between 2003 and 2012 there were 465 allegations of sexual abuse by priests in the UK. The *Huffington Post UK* reports that Anne Lawrence, former chairwoman of the agency called "Minister and Clergy Sex Abuse Survivors", states that "the figures for the

number of allegations represents only the 'tip of the iceberg'."

3. The *Mind Health Report Team at Newsmax* recently reported that a scientific research team has investigated the impact of prayer. Amazingly, the investigators discovered "scientifically proven benefits of prayer, including pain relief, reduced risk of death from heart attack or stroke, lessened anxiety or depression,..." *mindhealthreportnewsmax.com*

4. The *Christian Worldview Journal* reports in its March, 2014 issue that "last year there were 100,000 more abortions than births in Russia" and that "An estimated 10 million Russians [women] of reproductive age are sterile because of botched abortions or poor health." JHR

Concise, essential theology

"Born twice, die once;

Born once, die twice."

Pastor Dan Goldsmith

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



Another year – full of promise and surprises – is upon us! As the MLA for the Abbotsford-Mission riding, I am looking forward to representing constituents in 2015 and again taking my place in the legislature.

In particular, I have appreciated the opportunity to serve on Treasury Board, Finance and Government Services Committee, and Public Accounts Committee, among others.

The constituency of Abbotsford-Mission contains most of East Abbotsford (including Mountain Village/Eagle Mountain) and Matsqui and Clayburn. Much of Mission – along with three FVRD electoral areas – is also in the riding.

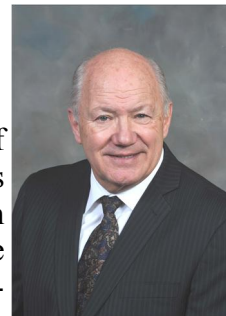
As we approach the start of the new year, I would like to encourage you to ask God to give you the direction and purpose you need. Proverbs 3:6 says it well: “In everything you do, put God first, and he will direct and crown your efforts with success.” If you have not already done so, confess your needs to him – start 2015 with a “clean slate” ready to be of service. “The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” (Romans 5:23)

Please be in touch if you have a provincial issue you would like to discuss with me. My door is always open; just give the office a call at 604-820-6303 and Jean or Mark will arrange a convenient time for us to meet.

All the best to you and your family for the coming year!

Simon Gibson, MLA for Abbotsford-Mission

A Pastoral Word THE FIRST DAY



Pastor Ron Berg

“This is the first day of the rest of your life.” You may have heard this statement in some motivational speech or at a New Year’s Day event. It is true in so many ways, whether in the promise of an exciting “rest of your life” or the sinking feeling of a painful “rest of your life”. For the bride and groom driving away from their wedding reception it is a glorious day and the rest of their life looks exciting. For the wife alone for the first time after her husband’s funeral service, this first day is dark and the rest of her life looks impossible.

Every day is a “first day”. Only God knows for sure what the rest of the life will be like. And because He knows, there are no surprises for Him. He knows precisely what you will need in every one of the next days. The Bible says, “Give all your worries and cares to God, for he cares about you.” (1 Peter 5:7) Jesus said, “Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34) Jesus didn’t say that the day wouldn’t have its share of trouble. In fact he says there will be trouble. But God promises “I will never leave you, nor forsake you.” (Hebrews 13:5) Jesus’ advice for the first day and every day is, “Seek first the kingdom of God and His righteousness, and all these things will be given to you.” (Matthew 6:33) God never wastes a moment, even in the darkest day.

There is another important “first day” the Bible tells us about. It is when we have messed up badly and drifted far from God. God is ready to give us a fresh start, to make this the “first day” of forgiveness and peace with Him. He never gives up on us. He did that for David, Jonah, Peter, the Prodigal Son and many more. When you trust in Him, this indeed is the first day of a great rest of your life.

Ron Berg

“As God adds years to your life,
thank Him by adding life to your years”

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

Catering at Garden Park Tower

Catering is an exciting part of the food service at Garden Park Tower. Whether it be for a large and glamorous wedding, a business breakfast, a banquet or a memorial service luncheon we have menus to suit the occasion. We cater for groups from 50 to 400 people.

We have a well-developed catering team who ensure every event is handled with professional service. Once potential clients have met with Sylvia Ewert, the receptionist, to see our banquet rooms and have booked our facility, they meet with me to review the menu options suitable for the occasion and I coordinate their timeline with them. After that I order supplies, schedule the staff and write a detailed work plan for the kitchen and the banquet room. The room is set up according to the client's wishes and set with white table cloths on tables and buffets. Often clients have some decorating they wish to do or we can set centerpieces on tables. We set the tables and prepare the buffets for the guests to enjoy. Our menus include Prime Rib Roast Beef Dinners, Turkey Dinners, Breakfast Buffets, Soup and Sandwich Luncheons and many more deliciously prepared foods.

The new catering office is located to the left of the front entrance just beside the main office. I will be creating a display of photos and reviews from people who have enjoyed our service. Sylvia would be happy to check available dates and give you a tour of the facility. You are welcome to talk to me to review the menus for your next function. Kathy Klassen, Food Service Manager



Catering Staff

Sylvia Ewert, Jane Barg, George Barg, Kathy Klassen, Xena Lewis, Doris Ott
Wendy McEachern, Susan Hiebert, Sue King, Maggie Oeste, Denise Pihl



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



Carl Durksen, George Penner, Vic Spenst, Reinhard Epp, Jack Jansen, Peter Rempel,
Ron Willms, Menno Froese, Anne Ratz, John Hatton

Menno Froese—Board Chair

Carl Durksen —Vice Chair

Anne Ratz—Secretary

John Hatton—Treasurer

Reinhard Epp

Jack Jansen

George Penner

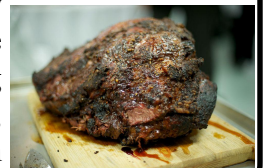
Peter Rempel

Vic Spenst

Ron Willms, ED

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.



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



EFFECTIVE MONDAY, JAN. 5, 2015 — LOOK FOR MODEST PRICE INCREASES
 Last change was more than two years ago. This is necessary due to significant cost pressures.

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

Rose Room Coffee Shop January 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	BREAKFAST SERVED FROM 8:30—11:00 AM MONDAY THRU SATURDAY FRESH BAKED GOODS SERVED DAILY!			1 CLOSED	2 BAKED GOODS SOUPS & CHILI SANDWICHES	3 BREAKFAST
4	5 FRESH BAKED BUNS SOUPS CHILI SANDWICHES BAKED GOODS	6 CHILI TURKEY NOODLE SOUP WON TON SOUP SANDWICHES CHOCOLATE CAKE	7 CHICKEN BORSCHT CREAM OF BROCCOLI SOUP CHILI RUEBEN SANDWICH APRICOT PLATZ	8 CHILI TURKEY NOODLE SOUP WON TON SOUP SANDWICHES	9 ROAST BEEF LUNCH CREAM OF BROCCOLI SOUP CHILI SANDWICHES	10 BREAKFAST
11	12 FRESH BAKED BUNS SOUPS CHILI SANDWICHES BAKED GOODS	13 CHICKEN NOODLE WHITE BEAN SOUP CHILI SANDWICHES APPLE CAKE	14 CORN CHOWDER FARMER SAUSAGE SOUP CHILI HAM & CHEESE PINWHEEL RHUBARB PLATZ	15 CHICKEN NOODLE WHITE BEAN SOUP CHILI SANDWICHES	16 CHICKEN DINNER FARMER SAUSAGE SOUP, CHILI CORN CHOWDER SANDWICHES	17 BREAKFAST
18	19 FRESH BAKED BUNS SOUPS CHILI SANDWICHES BAKED GOODS	20 GREEN BEAN SOUP CHICKEN COCONUT CURRY SOUP, CHILI SANDWICHES LEMON MERINGUE PIE	21 BEEF BORSCHT TOMATO BASIL SOUP CHILI, SANDWICHES CLUBHOUSE SANDWICH PLUM PLATZ	22 GREEN BEAN SOUP CHICKEN COCONUT CURRY SOUP CHILI SANDWICHES	23 CHILI MEATLOAF DINNER BEEF BORSCHT TOMATO BASIL SOUP SANDWICHES	24 BREAKFAST
25	26 FRESH BAKED BUNS SOUPS CHILI SANDWICHES BAKED GOODS	27 HAMBURGER SOUP SPLIT PEA SOUP CHILI SANDWICHES APPLE PIROSHKY	28 CHICKEN NOODLE POTATO BACON CHOWDER CHICKEN POT PIE CHILI, SANDWICHES BLUEBERRY PLATZ	29 HAMBURGER SOUP SPLIT PEA SOUP CHILI SANDWICHES	30 PEROGIE DINNER CHICKEN NOODLE POTATO BACON CHOWDER CHILI & SANDWICHES	31 BREAKFAST

Lunch is served **Garden Park Restaurant January 2015**
 11:30 AM to 12:30 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CLOSED	3
4	5	6 CHILI TURKEY NOODLE SOUP CHOCOLATE CAKE	7 CHICKEN BORSCHT CREAM OF BROCCOLI SOUP RUEBEN SANDWICH APRICOT PLATZ	8	9 ROAST BEEF WITH YORKSHIRE PUDDING, MASHED POTATOES 'N GRAVY, PEAS & CARROTS, SALAD, JELLO	10
11	12	13 CHICKEN NOODLE SOUP WHITE BEAN SOUP APPLE CAKE	14 FARMER SAUSAGE SOUP CORN CHOWDER HAM AND CHEESE PINWHEEL RHUBARB PLATZ	15	16 SHAKE'N BAKE CHICKEN, BAKED MACARONI & CHEESE, GREEN BEANS, COLESLAW, BUTTERSCOTCH PUDDING	17
18	19	20 GREEN BEAN SOUP CHICKEN COCONUT CURRY SOUP LEMON MERINGUE PIE	21 BEEF BORSCHT TOMATO BASIL SOUP CLUBHOUSE SANDWICH PLUM PLATZ	22	23 MEATLOAF, SCALLOPED POTATOES, BROCCOLI 'N CHEESE SAUCE, CUCUMBER & TOMATO SALAD, TAPIOCA PUDDING	24
25	26	27 HAMBURGER SOUP SPLIT PEA SOUP APPLE PIROSHKY	28 CHICKEN NOODLE SOUP POTATO BACON CHOWDER CHICKEN POT PIE BLUEBERRY PLATZ	29	30 PEROGIES WITH WHITE SAUCE & FRIED ONIONS, FARMER SAUSAGE, SAUERKRAUT, CORN, BEETS, CHERRY MOOS	31



Clearbrook Golden Age Society
gratefully acknowledges the
following **Sponsors** of the
Celebration of Lights

- * Blackwood Building Center
- * Climate Control Systems Inc.
- * Greg's Appliance and Refrigeration Inc.
- * Kuhn LLP
- * Menno Place
- * Mennonite Foundation of Canada
- * Torbram Electric (LED Lights)
- * Town & Country Floor Design

Thank You

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



An Atheist's Wise Words

BreakPoint Ministries recently carried the following report. In an address at Cedarville University in Ohio, John Stonestreet quoted the famous French philosopher, Luc Ferry, an atheist. Acknowledging civilization's great debt to Christianity, the renowned atheist wrote: "Christianity was to introduce the notion that humanity was fundamentally identical, that men were equal in dignity – an unprecedented idea at the time, and one to which our world owes its entire democratic inheritance."



Nothing is more valuable than your independence... So why risk it?

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

"How wonderful it is that no one need wait a single moment before starting to improve the world." Anne Frank



Fraser Health Falls Prevention



Falls Prevention Information Session

Come and learn about various factors of falls and injuries and how to prevent them.

Thursday, January 15, 2015
2:00pm-3:15pm
Garden Park Tower
Azalea Room
FREE

Falls Prevention Clinic

Individuals at risk for falls will have the opportunity to sit one-on-one with a Pharmacist, a Physiotherapist and a Kinesiologist for an individualized assessment.

Friday January 30, 2015
Garden Park Tower
Free

**PRE-REGISTRATION
REQUIRED**

Contact 604-587-7866 or attend the information session to sign-up

Garden Park Tower:
2825 Clearbrook Road, Abbotsford



Question of the Month

The question for January is as follows: "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 freedoms to others?" *Please send your comments to jredekops@shaw.ca*

In the December issue of *The Journal* we asked, "Should voting in city, provincial, and national elections be made compulsory?" The material that has been made available to me presents strong arguments on both sides.

Before we consider the arguments on both sides of this increasingly controversial question, let us look at the present scene. Of the 200 or so countries in the world, some 28 countries have enacted legislation which makes voting compulsory, typically for people aged 18 to 65 or 70. Seniors are usually excluded. Of these 28, about 18 do not enforce their laws. These include Belgium, Bolivia, Egypt, France (for the Senate only), Greece, Mexico, and Turkey. About 10 do enforce their laws. These include Australia, Brazil, Peru and Uruguay. Punishment for not voting may include denial of some government services, as in Peru and Greece, or, more typically, the levying of a fine. The fines can be as low as \$10 or \$15 but can range higher. Not voting in Australian state or local elections, for example, results in a \$55 fine. At least six countries had compulsory voting but abolished it. These are: Austria, Chile, Fiji, Italy, Netherlands, and Venezuela.

The main arguments given in support of compulsory voting.

*Voting should be seen as being another civic duty just like compulsory jury duty, compulsory education to a certain age or grade, taxation and, where it is the law, military service.

*Compulsory voting will produce a very high participation rate which will confer more legitimacy on those who are elected.

*In compulsory voting systems, exceptions are made for the elderly, those who are handicapped, and those who are ill.

*If a voter truly dislikes all candidates, that voter can spoil his or her ballot or simply return it unmarked. Some compulsory voting arrangements have a place on the ballot where a voter can check "None of the above". There need be no forced support of any candidate or party.

*Military servicemen and servicewomen have died by the tens of thousands for our right to vote. Not voting is an insult to them and their memory and to all veterans.

*Compulsory voting will, over time, stimulate greater interest in politics; it thus serves an important educational role.

*Compulsory voting can generate a greater sense of community: "Everyone is doing it!"

*The role of money will be decreased. There will be no reason for parties and candidates to spend vast amounts of

money trying to get people to vote.

The main arguments against compulsory voting.

*Voting is a civic right, not a civic duty. The right to vote is like freedom of religion, freedom of the press, and freedom of assembly. The right to do something does not mean that you have to do that. The right to vote includes the right not to vote.

Forcing people to vote is like forcing people to choose a religion. It denies them true freedom. The fundamental democratic emphasis on choice should trump any desire to increase voter participation.

*In compulsory voting, many voters vote randomly or for people listed at the top of the ballot. This so-called "donkey vote" actually distorts real voter preference rather than making it more accurate. If a high percentage of votes don't reflect real choice, then the outcome will be less representative of real voter preference than in a non-compulsory system.

*Low voter turnout may not be a sign of voter apathy or failure of a voting system. It may simply mean that many voters are satisfied with the system as it works and are pleased with all of the candidates.

*Elections should be decided by people for whom the outcome matters. The votes of the truly uninformed and uninterested voters should not cancel the votes of people who are informed and for whom the outcome makes a difference. Ignorance and apathy should not determine election results. Forced, uninformed participation does not increase legitimacy.

*Compulsory voting may actually reduce the legitimacy of the winning candidates. What legitimacy can be gained if a candidate wins because that person's name starts with "A" or because of votes given by voters who know nothing about the candidate?

*There is no data which demonstrates that compulsory voting causes people to become more informed politically.

*Freedom not to vote will force political parties and candidates to explain their policies more fully because that is how they will try to get people to vote and to vote for them.

*What military service people fought for is not compulsory voting but freedom to vote or not to vote in a free and fair election.

*Compulsory voting tends to obscure the real problem which is voter ignorance and disinterest. This problem should be addressed by reintroducing civics courses in schools and by better media reporting.

These, dear readers, are the main issues. I see some good arguments on each side. None the less, those of you who tried to convince me that voting should be made compulsory have not succeeded. Having reviewed all of the arguments, I remain opposed to compulsory voting. For me, freedom trumps compulsion.

JHR

"Nobody grows old merely living a number of years... Years may wrinkle the skin, but to give up interest wrinkles the soul." General Douglas MacArthur

Recipe
Lemon Loaf

1/2 cup butter	grated rind of lemon
1 cup white sugar	1/4 cup crushed nuts
2 eggs	1/4 tsp salt
1/2 cup milk	1 tsp baking powder
1 1/2 cups flour	

Cream the butter and sugar. Beat eggs and add. Beat in the other ingredients. Bake 1 hour at 350 degrees.

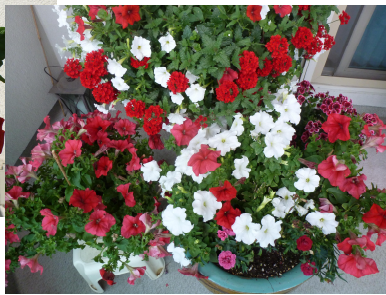
Then mix 1/2 cup white sugar with the juice of the lemon. Spread over the baked loaf and leave in the oven for a few minutes. Mary Durksen



Summer Flowers on Garden Park Decks



Mary Durksen



Dorothy Jansen

Pictures of the Month



Photo by John Redekop

A determined Abbotsford squirrel

Ice Cream And Strawberries

An 80 year old couple was having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them. When they arrived at the doctor's, they explained to the doctor about the problems they were having with their memory.

After checking the couple out, the doctor told them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left. Later that night while watching TV, the old man got up from his chair. His wife asked, "Where are you going?" He replied, "To the kitchen." She asked, "Will you get me a bowl of ice cream?" He replied, "Certainly." She then asked him, "Don't you think you should write it down so you can remember it?" He said, "No, I can remember that." She then said, "Well I also would like some strawberries on top. You had better write that down cause I know you'll forget that." He replied, "I can remember that, you want a bowl of ice cream with strawberries." She reminded him, "Well, I also would like whipped cream on the strawberries. I know you will forget that, so you better write it down." With irritation in his voice, he said, "I don't need to write that down; I can remember that."

He then fumed into the kitchen. After about 20 minutes he returned from the kitchen and handed her a plate of bacon and eggs. She stared at the plate for a moment and said, "You forgot my toast."



CIBC
Imperial Service

Deanna Rempel
Financial Advisor

*CIBC provides banking services;
CIBC Investor Services Inc. provides
investment services.*

CIBC Investor Services Inc.
32041 South Fraser Way
Abbotsford BC V2T 1W3

Tel: 604 870-3123 ext. 348
Fax: 604 870-3084
deanna.rempel@cibc.com



Government of British Columbia Services & Offerings

Independent Living BC

This program helps seniors and persons with disabilities live independently in affordable, self-contained housing.

Contact Information

* Toll-Free: 1-866-465-6873

Fair Pharmacare

This program provides financial assistance to British Columbia residents for eligible prescription drugs and medical supplies.

Contact Information

* Toll-Free: 1-800-663-7100

Senior's Supplement

This program provides a monthly payment to seniors receiving the federal Old Age Security and Guaranteed Income Supplement or federal Allowance.

Contact Information

* Toll-Free: 1-866-866-0800

Assisted Living

These residences provide housing, hospitality services and 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)



"The best way to predict the future is to create it."

Abraham Lincoln

HELPING HANDS



*VOLUNTEERS
EXPERIENCING
THE JOY OF GIVING*

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

HERE AND ACROSS THE OCEANS

Answers: #1. First, launch, initial, outset – start
#2. blizzard, freezing, drifts, whiteout - winter



The CGAS Board Report & News

A new year ... how exciting!
So much to do, so much to experience, so much to accomplish!
From the high of our week-long Celebration of Lights to the huge sold out banquet featuring the Hon. Ed Fast, Canada's Minister of International Trade, as speaker, we've celebrated the Season, the birth of Jesus, and the discoveries of Wise Men! It has been good, and we've been undeservedly blessed!

Menno Froese

A special thanks to the Community Events Committee who coordinated the whole celebration: Anne Ratz, Carl Durksen, John Redekop and Leona Hatton, with assistance from the kitchen staff and gracious volunteers all!

Residents will soon learn the details of the group purchase of cable, internet and phone service that Len Remple has been negotiating with Shaw.

Any resident still wishing to take advantage of the savings from the start, please contact Len!

The board is in the process of reviewing the budget for 2015 and closing off 2014. The we'll see how courageous and optimistic we can be in striving to attain our goals and achieving our vision of serving the seniors of our area better!

God is good, all the time!

Menno Froese, Board Chair
Clearbrook Golden Age Society

At The Reach Gallery Museum Abbotsford
32388 Veterans Way, Abbotsford
www.thereach.ca
January 22 to April 26, 2015

100 Years of Loss:

The Residential School System in Canada

Explores Aboriginal children in Canada who were taken from their homes and communities and placed in institutions called residential schools, beginning in the mid-1800s and continuing into the mid-1990s. These schools were run by religious orders in collaboration with the federal government and were attended by children as young as four or five years of age. Separated from their families, prohibited from speaking their native languages and practicing their culture, the vast majority of the over 150,000 children experienced neglect and suffering. The impacts of sexual, mental, and physical abuse, shame, and deprivation endured at Indian Residential Schools continue to affect generations of survivors, their families, and communities today. Remarkably, in the face of this tremendous adversity, many survivors and their descendants have retained their language and their culture and continue to work toward healing and reconciliation.



Siora Dental Clinic

Now open in Garden Park Tower
Tuesday to Friday (9.30 To 4.00)

Unit 104 – 2815 Clearbrook Road, Abbotsford
Phone: 604 -755-3366

Dental services offered:

- ☛ Dental Hygiene Treatment
- ☛ Dental implants for missing tooth
- ☛ Dentures
- ☛ Decayed tooth Extraction
- ☛ Cavity fillings
- ☛ Cosmetic dental treatment
- ☛ Orthodontics
- ☛ Implant supported dentures & much more

Everybody makes mistakes but
only the wise learn from them.



Community Volunteer Income Tax Program



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



Canada Revenue Agency
Agence du revenu du Canada



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. 604-308-8691 or 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 The group meets the
2nd Monday of the month at Trinity Lutheran Church, 3845
Gladwin Rd., Abbotsford, from 10:00 am - 12:00 noon.

Seniors Healthy Ageing Resource Environment Society

102-2445 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

2420 Montrose Ave., Abbotsford. The Society meets at 1:00
PM the second and fourth Wednesday every month. The soci-
ety assists and offers quality of life in a healthy place. Mae
Atkinson Ph. 604-626-0643 or Bruce Brewer 604-859-4584

Et Cetera

Abbotsford – Canada Pension/Old Age Security

If you have moved, your new address should be given im-
mediately 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 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:
Betty Klassen at bk630@shaw.ca*

Memories & Happenings

The Canadian Soldier – A True Story, December 25, 1943

John and Kay planned to make the 110-mile trip from their Winnipeg home to the family farm in Manitou to celebrate Christmas with John's older brother, Abe, and his wife Kate and their one-year old son Edward. War-time gas rationing was in place but John had saved up enough gas coupons to make the trip.

John and Kay had celebrated their third anniversary in October. John would be 27 in three days and Kay would be 23 in February. John had a good-paying job in a foundry, making parts for Canadian Army tanks. Perhaps for that reason, he obtained Conscientious Objector status.

With a top speed of about 45 MPH, they could complete the trip to Manitou in their 1929 Model A convertible in about three hours. It was clear and bright but bitterly cold at 30 degrees below zero when they set out, mid-morning. The car had no heater, but John had rigged up a baffle from the exhaust manifold directing warmth into the cab. Kay bundled up 10-month-old Robert and they were on their way.

Driving along they noticed, in the distance, a small black dot. What could it be? A stray dog, perhaps? Surely, it wasn't a person. Who in their right mind would be out in conditions like this? As they drew closer they could see that the black dot was, indeed, a person.

John and Kay had a decision to make. That black dot turned out to be a young Canadian soldier. He waved helplessly as they drove past him. Then John braked and in about two hundred yards, stopped. The young man ran to meet them. They shoe-horned him and themselves into the tiny car. Kay was forced to straddle the gearshift lever. The only option was for the young soldier to hold the baby.

The young man began to tell his story. He was on his way home for Christmas. He had recently completed basic training and had received his combat order – he was headed for Europe. His Embarkation Leave had been authorized late and consequently he had missed the last train. Now he was making the 50-mile trek for one last Christmas with his family.

John offered to drive him right to the house, but he insisted they drop him off half-a-mile away. He wanted to take a short cut across the field and surprise them. John and Kay granted the young man his wish, but lingered for a moment as he hurried off across the frozen field.

They continued on to Manitou, knowing that they had done the right thing – they had helped someone in need. They arrived safely at the farm and soon forgot about the young soldier.

Fast forward to a warm Saturday morning in the summer of 1946. John, Kay and three-and-a-half year old Robert were back on Highway #3. This time they were headed to Winkler. It was an uneventful trip, except for a bothersome flat tire. John replaced it with the spare and they were soon on the way again. After their arrival in Winkler, John asked his Uncle David where he might get the tire fixed. Uncle David recommended a new shop in town. The fellow had proven to be reliable and his prices were fair. John dropped the tire off and returned about an hour later to pick it up.

"What's the charge?" asked John

"There's no charge," responded the mechanic.

"I don't believe in Santa Claus," retorted John!

"There is no charge," the man said a second time.

"Are you Santa Claus?" John asked sarcastically?

"No, I am not," the man said, then after a pause, added, "But you were for me...Do you remember a young soldier on Embarkation Leave on Christmas Day, 1943?"

Now John was speechless.

"It was the Model A," said the young mechanic. "I recognized it the moment I laid eyes on it. I had always hoped for an opportunity to say thank you to you! You made that Christmas very special for me and my family. My parents and siblings stared in disbelief when I knocked on the door. I surprised them exactly like I wanted to. We had a wonderful Christmas together and you helped make that possible. Thank you!"

Reach out to someone in need. Maybe one day you might have a flat tire.

*This version has been abbreviated by the editor from a report by Ken Isaak, son of John and Kay, and son-in-law of Betty Klassen, Assistant Editor of **The Garden Park Journal***

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

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed." Cavett Robert



Edwin Friesen

Mom's Account

This week I went to the Credit Union to close off my mom's account. Funeral expenses had been paid, terminal tax return filed, last cheque returned to OAS, Canada Customs and Revenue Agency had issued their final clearance, and the cheques to the heirs had cleared. Closing the account seemed like the next logical step. Dad's name had already been removed from the account some 15 years earlier. Both parents had now gone to their eternal home, leaving behind all their earthly possessions.

All of this reminded me of the words of Ecclesiastes 2: 21, "For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it." (I must admit that I take some exception to the last part of the verse since I feel that I worked hard for any inheritance coming my way.)

When I informed the teller of my intent, she hesitated and then suggested I wait at least another six months, maybe another year, before making it final in case there was any further activity on the account. Having previously consulted with the other executors and agreed that we were ready to proceed, I insisted and the teller acquiesced. After what seemed like an inordinate amount of paper work, Mom's account was closed. For all intents and purposes that marked the end of Mom and Dad's

earthly association with money, or did it?

If it hasn't been already spent, the money left to heirs will soon be spent. However, the example of how our parents frugally stretched their modest means to provide and share will influence how my siblings and I manage our resources for years to come. If my parents had ever taken the time to formulate their money principles, I believe it would include the following:

- * Give your first fruits to the local church and its ministries.
- * Undertake loan obligations cautiously and with great commitment.
- * Freely share what you have, including farm machinery, time, beds, and meals.
- * Give to the needy both at home and abroad.
- * Be thankful for what you have and make do.

Actually, as I reflect on this I believe that the greatest financial heritage anyone can leave the next generation is a good example. And though my parents were far from perfect, they left a good example of what it means to manage money with integrity, frugality, and generosity. When it comes time for our children to close off our bank account I hope they can say the same.

*The late Edwin Friesen served as Stewardship Consultant with Mennonite Foundation of Canada. This article is taken from his collected writings, **Giving your first fruits; Money, faith and worship.** It is used with permission.*

Two-handicap Golf

Arthur, who is 85 years old, plays golf every day. One day he arrived home looking downcast. "That's it," he told his wife. "I'm giving up golf. My eyesight has gotten so bad. Once I've hit the ball, I can't see where it went."

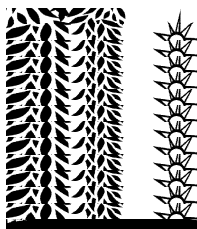
His wife sympathized. As they sat down, she had a suggestion: "Why don't you take my brother with you, and give it one more try." "That's no good," sighed Arthur. "Your brother is ninety-two. He can't help." "He may be ninety-two," said the wife, "but his eyesight is perfect."

So the next day Arthur headed off to the golf course with his brother-in-law in tow. He teed up, took an almighty swing, and squinted down the fairway.

He turned to the brother-in-law. "Did you see the ball go?" "Of course I did!", said the brother-in-law. "I have perfect eyesight."

"Where did it go?" asked Arthur.

"I can't remember."



A Logical Explanation

About 2:00 AM a driver was stopped while speeding on a main city street. There was very little other traffic. The patrol officer asked him where he was going. The driver said, "To hear a lecture."

"About what?" asked the policeman. "About drinking and staying out late" answered the man. "And who is giving the lecture?" asked the officer. "That would be my wife", said the man.

People are so worried about what they eat between Christmas and New Year but they really should be worried about what they eat between New Year and Christmas. Anonymous

A Dual Purpose Offering

An usher handed the offering plate to a man sitting alone in a back pew. It was Missions Emphasis Sunday. "I never give to missions", whispered the man.

"Then take some money out of the plate", said the usher, "This money is for the heathen."

A Senior's Concern



Len Remple

Canadian Core Values

Historically most Canadians, whether religious or not, have embraced traditional values without question. Around 1950, however, a segment of society began to question these values. Since then the slow transition has been greeted mostly by apathy. Now we are facing a seismic shift in our culture, not a slow transition, without the consent of the majority. Will we continue to be apathetic?

The letter written by Simon Fish, Vice-president of the Bank of Montreal, to the B.C. Law Society conjures up a tragic repudiation of our past core values. Canada's new supposed core values are based entirely on diversity.

Diversity is a politically correct term for the LBGTQ lifestyle. In my letter of response I asked Mr. Fish if he thought the public would readily adopt BMO's new core values. I suggested replacing the word "diversity" with "Lesbian, bi-sexual, gay, homosexual, trans-gender and queer" (LBGTQ). Then what would public reaction be? I have waited a month for a reply. Still waiting.

A copy of my letter to Mr. Fish was sent to a local BMO executive. I met with that BMO executive to discuss the subject, hoping to have the policy rescinded. We discussed the TWU law school, the TWU Code of Conduct, the law societies and BMO's insistence that 72 large Canadian companies and law firms comply with BMO's new rules. It was as if we were conversing in two languages. "These are the current core values of all Canadians", maintained the BMO executive. Traditional Biblical values, he said, have no place in banking. BMO's only purpose is profit, I was told.

My rebuttal to Mr. Fish's letter consisted of three typed pages. All my points were discussed with the local BMO

executive, but none were deemed worthy of causing a reconsideration of the BMO edict. Referring to persecution of Christians in Germany and Russia was dismissed as an invalid comparison. I asked, "are these the values we want to leave our children and grandchildren?" This question was ignored. When questioned whether BMO was prepared to lose customers as a result of the new policy, the executive merely shrugged. Since that meeting we have closed our two accounts at the BMO.

After sending all this verified information to Christian business owners and Christian professionals, it has come as a surprise that very few seem to be concerned about this threat. If we don't oppose this shift, who will do the opposing, and when and how?

We are the ones who now must address the unfair banning of future TWU law graduates. While it is true this matter can be challenged at the Supreme Court of Canada, to do that can easily cost one million dollars. That is a very high cost for defending what the Charter of Rights and Freedoms has already granted. We must all be supportive of TWU. That means we should offer funds and prayers on their behalf.

Incidentally, have you seen the excellent positive TV coverage of the TWU dilemma and the BMO involvement therein? It has been exposed most clearly on Channel 177 (Sun News) by Ezra Levant, a Jewish lawyer. He is a great champion of TWU.

It is my firm belief that like cancer, this trend, if not reversed, will metastasize and eventually bring great hardship to Bible-believing Christians. This assessment might be too sobering for some, but at the very least it should cause us to ponder the possible consequences.

May the New Year, 2015, be kind to you and to your family.

Len Remple

Eager to Make the Right Impression

The young entrepreneur had just opened his first business office. He had furnished it well. It was impressive. Unfortunately, throughout the whole first day, no one came to see him. Finally, near closing time, he saw a gentleman approaching his glass door. Eager to make the right impression, he quickly picked up his phone and began an animated conversation with an imaginary partner at the other end. He nodded for the gentleman to come in. He continued speaking of large sums of money and a likely deal. When he finished the conversation he turned to the gentleman standing just inside the door, who had listened patiently, and said with a smile, "and what can I do for you?"

The gentleman now also smiled and said, "I'm from Bell and I've come to activate your phone."



"Resolution One: I will live for God. Resolution Two: If no one else does, I still will." Jonathan Edwards



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