

The Garden Park Journal

Volume 2, Number 2, July 2015



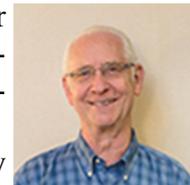
Abbotsford, British Columbia

Canada Day: Something Old, Something New

Barrie McMaster

We observe Canada Day here at home, but it's not like Ottawa's party. Their event takes over the city, making it the spectacular, amazing, multicultural celebration that befits our capital. The party lasts from 9 AM to 11 PM (and unofficially continues into the night.) Their event is, absolutely, worth the trip.

Our family travelled there in 1998. We still speak of it. It was our last "family trip" before our nest started to empty. And as I see our now-adult offspring in action in 2015, it is clear that they are Canadian through and through. It is also clear that the emotion underlying their thoughts on being Canadian can be traced to that Ottawa visit, all



those years ago.

Canada Day in Ottawa is a wonderful festival. The town goes crazy. There are morning and evening ceremonies in front of the parliament buildings, concluding with the best fireworks display I have ever seen, as celebrants lie on the summertime lawn and watch the lights explode behind the Peace Tower.

The year we were there, the prime minister left the stage and worked his way into the crowd as the morning program ended. He started to shake hands – and our youngest daughter, Jacquie, wanted him to shake her hand, too. "Forget all we have ever taught you about manners or you'll never get there," I said, and we sent her on her way through the throng. She did reach the Prime Minister, and she did shake his hand. She also did look mighty pleased with herself.

Continued on page 2

The Journal is now online gardenparkjournal.ca

Google: [Garden Park Journal](https://www.google.com/search?q=Garden+Park+Journal)

Take a Sunday drive... Any day of the week!

Sharon Simpson



The sun is out and the days are stretching longer. Our spirits are lifted and we feel a new kind of lazy summer energy in our bones. It's time to get outside!

In the 1920s and 1930s when the automobile was used mainly for pleasure, the idea of a Sunday drive was very popular. Taking a slow and meandering drive for no purpose at all was a way to rest and relax. Our elderly seniors grew up in a time when the automobile was new to society and many of them enjoyed the beginning of this Sunday tradition.

Many elderly seniors long to get out and see what is happening in the world. If you love an elderly senior and would like to take that person on a Sunday drive, here are some tips to make it fun for everyone:

1. Plan your route. Be sensitive to seniors who may get nauseated with too many curves or bumps in the road. Country roads are beautiful, but they can also be challenging. If you take the back roads, take it slow and easy.

Continued on page 2

Contents

Editorial	3
Coming Events	4
Registry & Services	5
Your Health	5
Helpful Hints	6
Puzzles	6
Letters	7
Beware of Scams!.....	8
Did you know?	8
A Pastoral Word	9
Menus	11
Board of Directors	12
Question of the Month.....	13
Recipe	14
Picture of the Month.....	14
Government and City Services.....	15
Community Resources	17
Memories & Happenings	18
Dollars & Sense	19
A Senior's Concern	20

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"Worry denies the Father's Care!"

Clearbrook Golden Age Society

Office Hours: 8:30 am—4:00 pm

Closed—July 1, 2015

Canada Day continued from page 1

Then it was on to wandering the downtown streets, closed to traffic for the day and populated instead by clowns, buskers, street magicians, and thousands of enthusiastic Canadian people, all in this one place to celebrate together. They came, literally, from all over our country -- PEI, Nova Scotia, Quebec and Ontario (of course), Yukon, Alberta and northern Manitoba. One family had even driven straight through from Yukon. Such jubilant conversations give one a grasp, like nothing else, of what it means to be a Canadian.

In the evening, everyone flocked again to Parliament Hill, via “free-for-the-night” transit buses packed to the roof. It was a party on board, too.

It was a stirring, glorious day. In 2015, I want to go back.

This year, we might be a little more reflective. The fact is, we are now in a new Canada--again. We have learned over the years how to be multicultural, to stretch our identity, our politics, and even the ethnic and historical bases of national economic power. But those years were the warm-up for the 2015 challenge. It is a new era, with new awareness from the Truth and Reconciliation Commission. We have a call to face what happened, face who we are and make it good. We can be grateful for our past lessons in this country of immigrants. It is now time to draw on our knowledge and stretch ourselves to include a horribly oppressed people who got here first, so many eons ago – “before there was history”. May God help us all.

Meantime, Canada Day and the country God has blessed us with, deserve a party. Let’s be thankful. And let’s celebrate!

Barrie McMaster is a semi-retired journalist and broadcaster living in Chilliwack. ■

Worry is like
a rocking chair.
It will give you
something to do,
but it won't get
you anywhere.

—Proverb—

“Some of my best men in the Army are women.”

William Booth, founder of the Salvation Army

Take a Sunday drive continued from page 1

2. Get sentimental. If you can visit familiar haunts, you will open up opportunities for conversations of times past. It’s good to drive through a familiar neighborhood or to visit a former home.

3. See something that’s new or significant in the area. Your passenger may be very interested in seeing something new – like a bridge, highway, development or business.

4. Stay hydrated. Bring along lots of water so that your passenger is hydrated in the summer heat. Elderly seniors are at risk of dehydration as they lose the sensation of thirst.

5. Plan bathroom stops. Many seniors decline outings due to concerns that there will not be an easily accessible bathroom. Let your passenger know that you will be stopping for bathroom breaks every 45 – 60 minutes. Planned bathroom stops will relieve anxiety.

6. Bring snacks and pills. Bring along some snacks like fruit, nuts, crackers or cheese. Many seniors take medications and require some food before or after they take their pills. Arrange with their care nurse to bring along medications for the duration of the outing or longer in case of delay.

7. Make a plan if you skip a meal. Seniors who live in supportive or assisted living have pre-paid their meals and are often reluctant to miss a meal and lose their money. This can factor into their willingness to join you on a leisurely outing. Try to make arrangements so that the meal will be saved, provided at a different time, enjoyed by a guest, or reimbursed.

8. Turn back if it’s too much. Stay in touch with your passenger – ask your companion if the trip has become tiring. Be prepared to head home.

9. Don’t take risks. Elderly seniors need their equipment and supports. If your passenger requires a walker, bring the walker! Also, do everything you can to avoid exhaustion, a fall, broken bone or ambulance call.

10. Keep the conversation upbeat. Steer the conversation to good times, good memories and blessings that you are currently enjoying. Don’t dismiss health concerns or anxieties, but, if they are not pressing, pursue the positive.

11. Treat yourselves! Plan your outing to include something that is pleasantly surprising – like gelato, ice cream, a beautiful bouquet of flowers or a photo at the end of the journey (print and frame for the senior's home).

12. Go any day of the week, but plan around the senior’s routine. Why wait for Sunday? Take a drive any day of the week! Ensure that you plan around the activities that your passenger regularly enjoys and you’ll have a successful leisurely outing!

Sharon Simpson is the Director of Communications and Marketing at Menno Place in Abbotsford, BC. ■



John H. Redekop

From the Editor's Desk ...

One hears much these days about "political correctness". Even if a given view or action verges on the irrational, the pressure to conform is great.

Reflecting on this disconcerting trend, it occurred to me that "correctness" is not the correct word. We should rather speak of "political wrongness". Then it also occurred to me that the issues generally don't deal with politics; they deal with social issues. Thus, even "political wrongness" is not the correct term. Therefore let's speak of "social wrongness".

Let me cite a case in point. The *National Post* recently reported a glaring example of "social wrongness". Some weeks ago a soccer game was being played involving two Ontario high schools: the Robert F. Hall Catholic Secondary School and ISNA High School, an Islamic school. Both were voluntary members of the Ontario Federation of School Athletic Associations. Both coaches knew that the rules state that "if a sport is not available to girls in a school, they can join the boys' team after a successful try-out." Eighteen-year-old Carla Briscoe and her friend were on the Catholic team.

At the intermission, the Islamic School coach announced that his all-boys team would not continue to play unless the Catholic school kept the girls off the field. So what happened? The spineless authorities forced the Catholic school to comply or forfeit the game. That was "social wrongness" run amuk! The two girls could not play.

Did nobody have the courage – it wouldn't take much – to remind the Islamic coach that the rules were known and would be applied? Apparently not. Totally missing the real problem, Paul Freier, chairman of the Federation of Schools Athletic Associations, ignored the real problem and expressed great sympathy for the girls. This, folks, is stark "social wrongness". It was the Islamic School that was in the wrong. If they were not willing to play by the known rules, then **they** should have forfeited the game! But such simple logic escapes many "social wrongness" converts, especially if the complaint comes from Muslims.

Various other school and education authorities also expressed sympathy for the girls. These converts to "social wrongness" totally missed the obvious truth, namely, that it was not the soccer girls who needed sympathy, it was the Islamic coach and team who should have been required to play or to forfeit the game. Even Bruce Campbell, a spokesperson for the Catholic school, stated that the benched girls showed "incredible sportsmanship". Doubtless they did but that is not the point. The point is that even this Catholic official was so blinded by his "social wrongness" that he could not identify the problem.

One thing more. The Islamic team coach complained only at half-time – maybe because his team had fallen behind, 3 goals to 1. Apparently removing the female players did not help the Islamic team – they lost 6 to 1.

The Editorial Committee



Sharon Simpson, Len Remple, Mary and Carl Durksen, Kathy and Jake Hintz, Helen Lescheid, John H. Redekop, Ingrid Krueger

- Editor: John H. Redekop
- Assistant Editor, Design, and Layout: Ingrid Krueger
- Events and Distribution: Jake and Kathy Hintz
- Food Service and Recipes: Mary Durksen
- Seniors' Concerns: Len Remple
- Staff Writer: Helen Lescheid
- Staff Writer: Sharon Simpson
- Advertising, Promotion and Distribution: Carl Durksen

Bernie & Milly Loewen



Recording artists bringing Old Country, Folk and Old Gospel entertainment.

Garden Park Tower

July 10, 2015

11:30 am

In Magnolia Room
Tickets available in the office.

Lunch and Entertainment—\$ 10.00

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

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

Community (Abbotsford)

- ◆ *Canada Day Parade and Celebration*, July 1, Parade beginning from South Fraser Way and Ware at 11:00 am and ending at the Fairgrounds on Trethewey/Maclure. Activities for the whole family, 12:00 am to 11:00 pm at Abbotsford Exhibition Park. Main Stage 1:00 to 10:00 pm, Family Fun – community displays, interactive play zones, hayrides, face painting, dog show, pony rides, mini golf and much more. Fireworks at 10:00 pm.
- ◆ *Berry Festival*, July 4, 5, 10:00 am to 4:00 pm, in Historic Downtown Abbotsford, Essendene and Montrose Avenue, Music, Food and Fun for the Whole Family.
- ◆ *Concert in Care*, July 7, 10:30 am, Menno Place – Hospital Chapel, 32945 Marshall Road. Featuring Kenneth Broadway, pianist and Mark McGregor, flutist. More info: 604-859-7631.
- ◆ *Mill Lake Cruise-in*, Annual Car Show to raise funds for the MSA Museum Society and the Abbotsford Arts Council, July 11, 8:30 am to 3:00 pm. Free family event, open to the public.
- ◆ *Hope for Today Prophecy Conference*, July 10, 1:00 to 9:30 pm and July 11, 8:30 am to 4:30 pm. Speakers: Paul Wilkenson, David Hocking, and Barry Stagner. Conference free. Central Heights Church, 1661 McCallum Road. More info: 604-851-5486.
- ◆ *Live Music, House of James Coffee House*, July 10, 7:30 pm with Carolyn Arends and Pierce Prettis. Carolyn, local singer/songwriter has released 11 albums, earned 2 Dove awards and was recognized as the West Coast Music Awards' Songwriter of the Year. Tickets: \$20.00 in advance or at the door
- ◆ *BC Christian Ashram Retreat*, July 17 to 19. To live is Christ, at Pacific Summit Campus, Abbotsford, with Jon Morrison and Owen Scott. Evangelists and Bible Teachers. For registration and more info: 604-533-5509 or Ed_hird@telus.net.
- ◆ *Hymn Sing*, July 19, 7:00 pm, Clearbrook MB Church, Clearbrook Road at Old Yale Road.
- ◆ *Agrifair*, July 31 to Aug 3, Fri to Sun, 10 am to 10 pm, Mon 10:00 am to 5:00 pm. Abbotsford Exhibition Park, 32470 Haida. Children under 10 Free, Students/Seniors \$10.00, Adults \$12.00, 4 Day Weekend Wristband \$15.00. More info: 604-852-6674.
- ◆ *The Reach Gallery Museum presents*, the Boat People, examining the stories of Abbotsford immigrants that made their way to Canada via an ocean voyage. www.thereach.ca
- ◆ *Valley Echoes Chorus*, every Tuesday 7:30 pm, Azalea Room, Garden Park Tower, Director, Sherrie Lister. More info: 604-855-4081.
- ◆ *Full Gospel Businessmen's Meetings*, first Tue of the month, 12:00 to 1:00 pm. Rendezvous Restaurant 111 – 3280 Mt. Lehman Road. Contact: Marcus 604-850-3500.

- ◆ *GriefShare Seminar Support Group*, till Aug 18, Tuesdays, 7:00 to 9:00 pm, Central Heights Church, 1661 McCallum Road. More info: www.griefshare.org or 604-852-1001.
- ◆ *Living Room Drop-in Support Group*, first and third Friday of the month, 1:00 to 3:00 pm. For those struggling with anxiety, bipolar and/or depression. New Life Church, 35270 Delair Road. Contact: Jenny 604-852-3662.
- ◆ *Mosaic Church*, meets every Saturday, 6:30 pm at Columbia Bible College, 2940 Clearbrook Road. More info: David 604-897-4224.

Community (Region)

- ◆ *Perspectives: 2015 Summer Intensive 7 Day Course*, July 24 to 31, 8:30 am to 4:30 pm at Willingdon Church, 4812 Willingdon Avenue, Burnaby. A 15 lesson dynamic, internationally respected study program in relation to the Great Commission. Register at: www.perspectivescanada.org Contact: Sharon Walraven, swalraven@outreach.ca
- ◆ *The Training Ride, CANIL*, July 25, Purpose: Fundraiser – Training Translators, Transforming lives. Ride the 37 km scenic route starting 8:30 am at CANIL, Trinity Western University Campus and returning for BBQ by noon. More info: David Genest at ride@canil.ca or 604-513-2129.

Future Events

- ◆ *Missions Without Borders Presents Praise Fest*, Aug 1, 1:00 pm, Stetson Bowl, Cloverdale Fairgrounds Stadium, 6050 176 Street, Surrey. Tickets and more info: 855-443-8499.
- ◆ *Abbotsford International Airshow*, Aug 7, 6:00 to 10:00 pm; Aug 8 and 9, 9:00 am to 9:00 pm. Tickets: Before July 31, Children: age 6 to 12, \$12.50 per day or \$20.00 per weekend. Adults: \$25.00 per day or \$40.00 per weekend. More info: 604-852-8511
- ◆ *Love Abbotsford*, Sept 12 at Clearbrook MB Church, corner of Clearbrook and Old Yale Road. More details to follow.
- ◆ *MCC Festival for World Relief*, Sept 18, 4:00 pm to Sept 19, 2:00 pm, at the Tradex, 1190 Cornell, Abbotsford.
- ◆ *Annual Fraser Valley Gideons Golf Tournament*, Sept 25 at Ledgeview Golf and Country Club, 35997 McKee Road, Abbotsford. BBQ Lunch at 11:30, First tee off at 1:00 pm. Cost: \$150 if registered before July 31, after July 31, \$175.00, price includes dinner.
- ◆ *Multicultural Festival (Abbey Fest)*, Sept 26, 2:00 to 8:00 pm. UFV Campus. Free Admission and Parking. More info: 604-556-1788.

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

"The only difference between death and taxes is that death doesn't get worse every time Congress meets." *Will Rogers*

**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
104A	Siora Dental Clinic	604-755-3366
104B	Valley Periodontics & Dental Implants	604-755-3354
105	New Hope Christian Centre	604-852-8076
202	Garden Park Haircare	604-853-4843
203	OFFICE FOR LEASE	
204	Dr. D. Ross & Dr. N. Moodley	604-853-8641
205	Ed Fast MP	604-557-7888
206A	Abbotsford Community Church	
206C	LOGOS Canada	604-504-7055
206D	Multi-Nation Missions Foundation	778-549-8031
207	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

"I asked God for all things that I might enjoy life. God said, 'I will give you life so that you may enjoy all things'." Helen Lescheid

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"The number one problem in our country is apathy... but who cares!"

Your Health

Keeping your brain healthy – Part 2

In the last issue of *The Journal* we looked at the importance of exercising, especially aerobics, in maintaining and even restoring brain health. In this issue we focus on the importance of maintaining a good diet and the importance of mental activity.

One writer states that we all know about the importance of antioxidants as cancer fighters and as an agent that fights free radicals. The relatively recent discovery is that these antioxidants are also "good for your brain".

The experts advise that our diets should include generous servings of colorful fruits and vegetables. Beans, whole grains, nuts and spices are especially good for us.

Important as these foods are, the key point, we are told, is to maintain good overall nutrition. Dr. Carol Greenwood, geriatric research scientist at the University of Toronto, stresses the importance of both good dieting and exercising.

Keeping one's weight down is very important. "The same weight that burdens your legs on the stairs also burdens your brain..." Professor Greenwood's recommendation is "to follow the dietary guidelines from the American Diabetes Association." It is available at diabetes.org

A third key component to retaining, maintaining, or even regaining good brain functioning, in addition to exercise and good dieting, is keeping the brain active, really active. As one expert puts it, "our brains naturally start slowing down at the cruelly young age of 30". Traditionally it was assumed nothing could change this situation, "but a barrage of new studies show that people of any age can train their brains to be faster and, in effect, younger."

So that's the good news. As Dr. Michael Merzenich asserts, "Your brain is a learning machine" and given the right support, it can be trained to act like it did when we were younger. That's an amazing new reality! And what are the right tools? These include doing puzzles, learning a new language, taking music lessons, or building something challenging. The point, says Merzenich, is to "kick your brain into learning mode" and keep notching it up!

JHR

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Pastor David
Phone: 604.897.4224
Email: mosaicabby@gmail.com



Helpful Hints

Heating water in a microwave oven

edited by JHR

A 26-year old man decided to have a cup of coffee. He placed a cup of water in the microwave to bring it to a boil. When the timer shut the oven off, he removed the cup. As he looked into the cup, he noticed that the water was not boiling, but suddenly the water in the cup blew up into his face. The cup remained intact. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring.

While he was at the hospital, his doctor stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc, (nothing metal).

General Electric's Response

Microwaved water and other liquids do not always bubble when they reach boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

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

A science teacher stated that this is caused by a phenomenon known as super heating. It can occur any time water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup).

What happens is that the water heats faster than the vapor bubbles can form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point. It can then explode.

Let this be a warning to all!

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.



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"Is he running for office to do something or to be somebody?"

Puzzles

For many Canadians July and August are times of travel, often by car. With that reality in mind I have prepared three puzzles dealing with the names of cars. Most of the names are short and familiar to almost all readers. The first two puzzles should not be difficult. The third, while still using familiar car names, is more challenging because of the length of some terms. I have, of course, not used any upper case letters which may make some names look unfamiliar. Good traveling!

dorf □□□□ tootay □□□□□□
daiu □□□□ peje □□□□

The _____ was the highlight of the birthday party.

nohad □□□□□□ socuf □□□□□□
godde □□□□□□ zamda □□□□□□

The _____ may not be the car of choice for young lovers.

scherryl □□□□□□□□ palmia □□□□□□□□
connill □□□□□□□□ aidaca □□□□□□□□

For some people a _____ is the symbol of success.

The answers are given on page 15

JHR

"When I am in Canada, I feel this is what the world should be like." Jane Fonda

"Being prejudiced can save a lot of time. You can form an opinion without any facts."

Purpose Statement

The Garden Park Journal has been established to serve and advance the interests of the Clearbrook Golden Age Society and its members. It also promotes the interest of seniors generally. It provides a forum for seniors and informs the larger community about seniors' issues and concerns! It seeks to provide interesting and helpful information, to announce events, to describe resources, to build community, and to be a Christian voice for seniors.

Mission Statement

The Clearbrook Golden Age Society provides a variety of meaningful social services for the community of retired and semi-retired persons in the Central Fraser Valley. The community's needs are serviced by providing a facility which includes residential units, commercial space and a Community Centre for public recreational, educational and spiritual activities. The focus is to promote a sense of well-being in mind, body and spirit. The Society looks beyond the ranks of its membership to facilitate participation by the wider community through specialized programs or projects. The dignity and self-respect of each member, staff and participant are to be recognized and respected.

The Clearbrook Golden Age Society is managed in harmony with the practices and faith perspectives of the Judeo-Christian tradition.

Abbotsford's Members of the British Columbia Legislative Assembly

The people of Abbotsford elected three MLAs. They are:

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

Constituency Office: 103 – 32660 George Ferguson Way,
Abbotsford, BC. V2T 4V6 Ph. 604-870-5486

Email: mike.dejong.mla@leg.bc.ca

Simon Gibson

MLA for Abbotsford-Mission

Constituency Office: 33058 First Ave.,
Mission, BC V2V 1G3 Ph. 604-820-6203

Email: simon.gibson.mla@leg.bc.ca

Darryl Plecas

MLA for Abbotsford South

Constituency Office: 33553 Marshall Road,
Abbotsford, BC V2S 1K8 Ph. 604-744-0700

Email: darryl.plecas.mla@leg.bc.ca

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"Weak politicians are elected by good citizens
who don't vote." G. Nathan

Flight and Chewing Gum

Traveling from L.A. to New York, Grandma Esther was taking her very first flight.

They had only been aloft a few minutes when the elderly lady complained to the stewardess that her ears were popping.

The girl smiled and gave the older woman some chewing gum, assuring her that many people experienced the same discomfort.

When they landed in New York, Grandma thanked the stewardess.

"The chewing gum worked fine," she said, "but tell me, how do I get it out of my ears?"

Letters to the Editor

Editor, *The Journal*:

The Garden Park Journal gets handed to us by previous readers. We enjoy the paper!

Your "A Mother's Journey" [by Mary Durksen] brought tears to our eyes. It reminded us of our son, Ted, 49 years old, a poultry farmer in Armstrong, BC. He was diagnosed with advanced pancreatic cancer. The Lord called him home in approximately 10 weeks; June 2011. He left behind his loving wife, Martha, and 3 teenagers.

About a year later Martha was diagnosed with colon cancer. She fought bravely and was determined to beat it. She, too, succumbed to it when the Lord called her home, March 2013. That left 3 orphans. Another of our sons and his wife graciously made a home for them, joining their family.

Life is so unpredictable. Thank God, He knows what He is doing; and He is right beside us each step of the way. We are so grateful that the 3 children belong to the Lord.

Ted and Martha had everything in order, including provisions for the children. This in itself was such a blessing. It did not take away our grief, but did simplify things.

As Christians, we are grateful for a sovereign God, even if it doesn't make sense to us.

Fellow pilgrims, **Merv and Mary Kornelsen**
Vernon, B.C.

Editor, *The Journal*:

We so much appreciated the luncheon celebration of the completion of one year of *The Garden Park Journal*.

What a great accomplishment, especially on your part. We feel privileged to be part of it. We, too, enjoy reading *The Journal* with delight, finding it very informative, interesting, humorous and very enjoyable. Thank you so much for undertaking this much-loved, inspiring, God-honouring project with enthusiasm and joy.

God bless you with many more years of good health and blessings to carry on ministering to God's glory!

Jake and Kathy Hintz
Abbotsford, BC

Letters should be sent to: jredekops@shaw.ca

Published letters may be edited for length and clarity.

"Freedom is the recognition that no single person, no single authority or government, has a monopoly on truth, but that every individual life is infinitely precious, that every one of us put on this world has been put here for a reason and has something to offer." Ronald Reagan

Beware of Scams!

Beware of telephone and email scams

Ottawa, Ontario, May 28, 2015... The Canada Revenue Agency (CRA) warns you to beware of telephone calls or emails that claim to be from the CRA but are **not**. These are phishing and other fraudulent scams that could result in identity and financial theft.

You should be especially aware of phishing scams asking for information such as credit card, bank account, and passport numbers. The CRA would never ask for this type of information. Some of these scams ask for this personal information directly, and others refer to a website resembling the CRA's, where you are asked to confirm your identity by entering personal information. You should not click on links included in these emails. Email scams may also contain embedded malicious software that can harm your computer and put your personal information at risk.

Some recent telephone scams involve threatening or forceful language to scare you into paying fictitious debt to the CRA. If you get such a call, hang up and report it to the Canadian Anti-Fraud Centre —see contact information below.

Some recent email scams involve telling you that you are entitled to a refund of a specific amount or telling you that your tax assessment has been verified and you are getting a tax refund. These emails often have CRA logos or Internet links that look official. Some contain obvious grammar or spelling mistakes.

These types of communication are not from the CRA.

"Education is the transmission of civilization."

Will Durant

"Talk is cheap - except when Congress does it."

Cullen Hightower

When the CRA calls you, it has established procedures in place to make sure your personal information is protected. If you want to confirm the authenticity of a CRA telephone number, call the CRA by using the numbers on its [Telephone numbers](#) page. The number for business-related calls is 1-800-959-5525. The number for calls about individual concerns is 1-800-959-8281.

To help you identify possible scams, you can use the following guidelines:

The CRA:

- **never** asks for information about your passport, health card, or driver's licence;
- **never** shares your taxpayer information with another person, unless you have provided the appropriate authorization; and
- **never** leaves personal information on your answering machine or asks you to leave a message containing your personal information on an answering machine.

The CRA has strong practices to protect the confidentiality of taxpayer information. For more information about the security of taxpayer information and other examples of fraudulent communications, go to www.cra.gc.ca/security.

Canadian Anti-Fraud Centre

For information on scams, to report deceptive telemarketing, or if you have given personal or financial information unwittingly, contact the Canadian Anti-Fraud Centre online at www.antifraudcentre-centreantifraude.ca or toll free at 1-888-495-8501.

"It's the Holy Spirit's job to convict.

It's my job to love.

It's God's job to judge."

Billy Graham

Did you know?

1. Some months ago Britain's Prince William needed to be in Washington. He, of course, flew. That's not surprising. What is surprising, however, is that this heir to the throne of the United Kingdom did not use the private plane which was at his disposal. Instead he took a commercial flight for his trip to Washington. Yes, he flew first class, but the saving to the public treasury was still enormous. I am inclined to send this report to all of our esteemed Senators.

2. Is education important? Some recent statistics reported by the Dennison Forum revealed that "Two-thirds of students who cannot read proficiently by the end of the fourth grade will end up in jail or on welfare....Ninety percent of high school dropouts are on welfare."

3. Some news stories shock even the most toughened mind and hardened conscience. Here is such a report. **Christianheadlines.com** reported that a 9-year-old Yazidi girl was rescued, apparently in northern Iraq, after having been raped by 10 ISIS militants. Amazingly, she is now pregnant. "A Canadian aid worker said the girl is too young to be pregnant and that delivering a baby could kill her....The girl is so young she could die if she delivers a baby. Even a caesarian section is dangerous. The abuse she has suffered left her mentally and physically traumatized. The child has been taken to Germany to be cared for by a medical charity." Is the only option an abortion as soon as possible? The girl's family and the German charity may have no other choice!

JHR

A Pastoral Word

Music The Voice Of The Heart

Everybody loves music. OK, I haven't met everyone, but I think I am close to being right. Music is the voice of the heart. Someone said to me, "I never cry, but once in a while there is a song that gets me and I just can't keep back the tears."

When NASA launched Voyager 1 and 2 to travel for millions of years beyond our galaxy, they included a CD that plays the sounds of our earth. The CD primarily contains music from our planet and a recording of heartbeats. That is an important part of who we are. The idea was that maybe one day other beings out there would understand who we are by hearing those sounds and then making contact with us.

We know who hears our sounds, our music and makes contact with us? God. God loves music. He loaded creation with the sounds of music. Did you know that the electron shell of the carbon atom produces the same harmonic scales as the Gregorian chant? Or that a meadowlark has a range of 300 notes? Even earthworms make faint staccato sounds. The universe is filled with marvelous "music". The Psalmist says, "The heavens are telling the glory of God."

The Bible is full of references to music. In fact, at times the Children of Israel went into battle with the choirs leading the way, singing praises to God. We know that God instructed the church to sing psalms and hymns and spiritual songs as part of their unity and their worship of God.

Music has been an important part of proclaiming the message of the Gospel. Author Nancey Pearcey reports that in Japan there is a growing interest in God through the music of Bach. The performances of Bach's Christmas Oratorio during Advent and his St. Matthew Passion during Lent are always sold out, even though tickets cost more than \$600. A Japanese musician said, "Bach introduced me to God, Jesus, and Christianity. When I play a fugue on the organ, I can hear Bach talking to God."

Music can be praise to God and it can be the voice of God speaking to us. We are blessed to be surrounded by music.

Pastor Ron Berg



Pastor Ron Berg

No Seniors Home for Me!

No seniors home for me when I get old and feeble; I'm checking into the Holiday Inn. With the average cost for a day at the nursing home now \$190, just for the room, limited room service and three meals, there is a better option. I have already checked on reservations at the Holiday Inn.

For a long-term stay, with the senior's discount, I can get a nice room, with a queen-size bed, at the Holiday Inn for \$60 per night. And that includes a continental breakfast, free shampoo and soap, three times a week laundry service for the towels and linens, an excellent TV (no cable charge), use of a swimming pool, a workout room, and a lounge. There is free use of a washer and dryer for personal laundry. Also, these people treat you like a guest, not a patient. At the Holiday Inn the entire staff is eager to make you feel welcome and comfortable. And the room here is almost twice as big as most of the ones in nursing homes.

I might have to spend \$70 per day, on average, for medicine and for a nurse to check on me. I think that should be plenty. I might need \$25 for lunch and dinner. Given that there is a small refrigerator in the room, I can make some simple meals myself. I might not need \$25 a day for food. That would still leave me perhaps \$35 a day for a few groceries, some miscellaneous items and charity. Not bad! I could even buy a few clothes!

I noticed there were two comfortable wooden chairs, plus a cushion chair, and a nice small table. I can have guests.

If I stay at the Holiday Inn I can take a bus for a change of scenery. The bus stops right at the Inn. In this city

continued on page 10

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](#)

Rose Room Coffee Shop



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

"I asked God to give me happiness. God said, 'I give you blessings. Happiness is up to you.'" Helen Lescheid



All Food Service Volunteers
or those interested in
food safe practices.

Food Safe Workshop
Thursday September 17, 2015
3:30- 5:00 pm
Magnolia Room
Presenter: David Bensmiller, FVU

Please mark this date on
your calendar and
come prepared to learn something new.

Catering

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



FREE LUNCH????

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

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

No Seniors Home continued from page 9

seniors still ride free at certain times. Those times suit me fine. I'll have money for any other times. On Sunday, at least two churches send buses to the Holiday Inn. That will be great!

It takes months to get into a decent seniors home. Some people die while waiting! The Holiday Inn will take you right away. And you are not stuck in one place for ever. You can move from one Holiday Inn to another. You can even move to a different city. That would be exciting. And I would not have to move any furniture. Do you want to see Hawaii? There are quite a few Holiday Inns there.

TV broken? Light bulbs need changing? A mattress needs to be replaced? The carpet needs cleaning or even replacing? No problem. the Holiday Inn takes care of everything.

Do you feel unsafe or insecure? The Holiday Inn has a night security person.

The maid checks every day to see if you are okay. If you are not, then the main office people will call an ambulance, a clergyman, a staff nurse, a relative, or an undertaker, whatever is needed.

And no worries about visits from your family. They will always be glad to find you. The grandkids will love the pool which they can use.

The adults can watch your large TV, relax with you, or take you down to the restaurant. The men can also watch the large TV in the sports bar on the main floor.

So, when I reach the golden age I'll face it with a grin – at the Holiday Inn.

The Journal is now online gardenparkjournal.ca



CIBC Imperial Service

Reez Sajjan, BA
Financial Advisor

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

CIBC Investor Services Inc.
32650 South Fraser Way
Abbotsford BC V2T 4W2
Tel: 604 870-3130 ext. 347
Fax: 604 870-3118

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



July 2015

MENUS

Garden Park Restaurant, Open Tues, Wed, Fri 11:30-12:30

Tues & Wed \$8.00, Friday \$10.00 Take outs add \$0.50

Rose Room Coffee Shop Open Mon-Fri 8:30-4:00 Sat 8:30-11:00 a.m.

Frozen Soups & Meals availability according to Garden Park Restaurant Menu

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		<p>1 CLOSED CANADA DAY</p> <p>CLOSED CANADA DAY</p>		<p>2</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>3 BBQ Chicken Legs, Roast Potatoes, Broccoli, Cauliflower and Carrots, Tossed Salad</p> <p>Mango Pudding</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special</p>	<p>4</p> <p>Breakfast Baked Goods</p>
<p>5</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>6</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>7 Green Bean Soup Mulligatawny Soup</p> <p>Bienenstich</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>8 Summer Borscht Potato Chowder Boiled Eggs Rollkuchen and Watermelon</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special</p>	<p>9</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>10 Lasagna, Asparagus, Caesar Salad, Garlic Bread</p> <p>Chocolate Trifle</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special</p>	<p>11</p> <p>Breakfast Baked Goods</p>
<p>12</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>13</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>14 Chicken Noodle Soup Tomato Basil Soup Apple Piroshki</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>15 Chicken Borscht FarmerSausageSoup Cheese Burger Rhubarb Meringue</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special</p>	<p>16</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>17 Perogies with Fried Onions and White Sauce, Farmer Sausage and Sauerkraut, Corn, Pickled Beets Cherry Moos</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special</p>	<p>18</p> <p>Breakfast Baked Goods</p>
<p>19</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>20</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>21 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>22 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>23</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>24 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>25</p> <p>Breakfast Baked Goods</p>
<p>26</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>27</p> <p>Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches</p>	<p>28 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>29 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>30</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	<p>31 RESTAURANT CLOSED Reopens Tue Aug 4</p> <p>Breakfast Baked Goods Chili, Soups Sandwiches</p>	



The CGAS Board Report & News

Legacies!

On nearing retirement age, we are often challenged to determine what legacy we will be leaving, as if our lives will soon be coming to a conclusion! Some consider retirement as a time when they truly start living, with the burden and challenges of vocation and raising a family passed on to the next generation.

As we reach retirement age, we need to determine what kind of a legacy we refer to, whether spiritual, relational, community, investment or missional legacies. These are what we will all leave behind!

Here at Garden Park Tower we are in a position to facilitate shaping the kinds of legacies which our patrons may choose to leave.

Utilizing a charitable agency can assist us in estate planning and minimizing some taxes, and the donor may still get to enjoy the legacy while somewhat active and in good health!

What are some ideas that may be possible? They are endless, and only limited by our dreams and abilities. Someone has suggested that Garden Park Tower could benefit from having a "performance quality" piano on the premises, so that visiting groups would not need to bring their own.

Another has suggested developing a "computer lab" so that seniors could receive basic instruction on emailing, sending photos and communicating more easily with family around the globe. One suggested using the east patio on the third level for a passive senior's park with putting greens and coffee vending tables! Another would like to see a pool room for billiards tables and friendly competitive tournaments!

Could we provide a small private chapel for community and family events?

Can we enhance the provision of fitness facilities to attract what the new retirees are seeking when they decide to downsize? Many other opportunities abound... An appropriate plaque could acknowledge the donation, and an appropriate dedication service held to recognize and present the chosen legacy.

If you have some ideas along these lines, or just wish to leave a bequest when next reviewing your personal wishes in updating your will, or desire to begin a conversation about this and need more information, feel free to speak with Ron Willms, a professional accountant who is Executive Director at Garden Park Tower (604 853 5532 or ron.willms@gardenparktower.ca) or their volunteer Board Chair Menno Froese (778 992 3131 or mpfroese@shaw.ca) or leave your name at the front desk at Garden Park Tower!

The Clearbrook Golden Age Society



The 2015 Board of Directors

(Back row) Vic Spenst, Carl Durksen, Peter Rempel, Reinhard Epp, Menno Froese (Chair), Ron Willms (Executive Director)
(Front row) George Penner, Marilyn Hamilton, Irene Goossen, Anne Ratz.

"A real patriot is the fellow who gets a parking ticket and rejoices that the system works!"

Bill Vaughan



St. John Ambulance

Therapy Dog

Kush is a 4.5 yr old yellow lab. His destiny was to be a BC Guide dog, however, they found out that he had 2 faulty valves in his heart. It is because of his heart he was taken out of the program. He is pretty low key and loves people and other dogs. He also helps train the new baby guide dogs.

Casey is a 3yr old yellow lab/golden retriever cross. Casey did well in his 4 months of intense training for BC Guide dogs but it was then decided that Casey was too sensitive to be a guide dog.

Kush and Casey are both model ambassadors for the SJA Therapy Dog Program.

Meet 'Kush' and 'Casey' in the Azalea Room, July 14th and July 28th at 10:00 a.m.

Cathy and 'Kush'

Dogs of the Month—July 2015



Casey



Question of the Month

The question for July is: "Should the required age to receive Old Age Security in Canada be raised from 65 years to 67 years?" Please send your responses to jredekops@shaw.ca You may also phone your comments to 604-855-5086.

In the June issue of *The Journal* we asked, "Should our hospitals, because of financial shortages, be allowed to charge patients a modest user fee for each day spent in the hospital?" Not surprisingly, opinion is sharply divided on this question.

Arguments rejecting user fees

Those who reject user fees remind us that the 1984 Canada Health Act specifically states that residents of Canada shall have free access to insured medical services.

Further, the opponents point out that the Health Act specifically discourages any financial contribution by a patient, either through user fees or extra-billing. Medical service shall be provided for all residents of Canada, according to four principles:

- * coverage shall be comprehensive.
- * coverage shall be universal.
- * the insurance shall be portable to any region of Canada.
- * all residents of Canada shall receive the medical care in a reasonable and uniform manner.

These critics insist that if user fees are approved, the notion of universal and free medical service is gone.

They also argue that a user fee is unacceptable on moral grounds. Medical care should be seen as a human right, not as something for which one must pay. The poor pauper and the rich plutocrat should all get the same service at exactly the same price – at no direct cost. The entire society should cover the entire cost.

Arguments supporting user fees

Those who support having user fees argue that the present system is not working and that something different must be done. Wait times for some medical services are unacceptably long. Government revenues are inadequate.

They also argue that even now not all required health care services are covered. Thus the Health Act directives are already routinely and officially contravened. Precedents have been set.

Patients and others need to ask themselves this question: "What is better, to pay a modest user fee and get medical treatment without delays or let many people suffer for many months?"

They argue that the key principle of equal treatment would not be violated if every patient would pay the same user fee. There would, of course, be provision to exempt the poor.

These observers also point out that high parking costs at hospitals already constitute user fees.

Supporters of a modest payment of perhaps \$30 or \$40 a day for hospital meal service and perhaps \$10 for a routine medical consultation with a physician would not be a burden for most people. Such a policy would, however, generate a significant amount of money to improve medical services.

Further, a modest user fee would serve as a powerful disincentive for people who now abuse the system.

Finally, these advocates of user fees point out that the Health Act, despite its language about "free medical care", does not actually prohibit the charging of user fees, it only discourages it. Note that the Act requires provincial governments or health agencies "to provide annual estimates on extra-billing and user charges". Although user fees are greatly discouraged, they are permitted.

There are sound arguments on both sides but given the current wait times, I find the arguments in favour of a modest user fee more convincing. JHR ■

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of those who are weaker than you - because someday you will be all of these."

George Washington Carver

Life Is Unfair To Us Men

When we are born, our mothers get the compliments and the flowers.

When we are married, our brides get the presents and the publicity.

When we die, our widows get the life insurance and winters in Florida.

What do women want to be liberated from?
(The author was afraid to sign his name)

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

"Your values do not lie in your valuables."

Rick Warren

Recipe

Raspberry Cake

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



Photo by Alice Willms

- ▶ Cream butter and sugar.
- ▶ Add well-beaten egg, vanilla.
- ▶ Add dry ingredients with milk, beating just enough to keep batter smooth.
- ▶ Pour into greased/floured 9"x13" pan.
- ▶ Sprinkle with raspberries.
- ▶ Bake at 350° 30-40 minutes.
- ▶ Drizzle with thin vanilla icing while warm.

Alice Willms

The ABC's Of Aging

A is for arthritis,
B is for bad back,
C is for the chest pains. Cardiac?
D is for dental decay and decline,
E is for eyesight--can't read that top line.
F is for fissures and fluid retention
G is for gas (which I'd rather not mention)
H is for high blood pressure
I is for itches, and lots of incisions
J is for joints, that now fail to flex
L is for libido--there is not much to say
 Wait! I forgot about K!
K is for my knees that crack all the time
 (But forgive me, I get a few lapses in my **M**-memory)
N is for nerve (pinched) and neck (stiff) and neurosis
O is for osteoporosis - for all the bones that crack
P is for prescriptions, that cost a small fortune
Q is for queasiness. Fatal or just the flu?
R is for reflux--one meal turns into two
S is for sleepless nights, counting my fears on how to pay my increasing medical bills!
T is for tinnitus--I hear bells in my ears and the word "terminal" also rings too near
U is for urinary and the difficulties that flow (or not)
V is for vertigo, as life spins by
W is worry, for pains yet unfound
X is for X ray--and what one might find
Y is for year (another one I'm still alive)
 So **Z** is for zest
 For surviving the symptoms my body's deployed,
 And keeping six doctors gainfully employed.

Picture of the Month



Photo by John H. Redekop

The beauty of springtime.

"Volunteers do not necessarily have the time,
 they just have the heart!" Elizabeth Andrew

"Many people spend their health gaining
 wealth and then have to spend their wealth
 trying to regain health." Materi

**Don't
 throw it out**

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



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



A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?" The cardiologist, a bit surprised, walked over to where the mechanic was working.

The mechanic straightened up, wiped his hands on a rag and asked, "So...Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new. So how is it that I make \$48,000 a year and you make \$1.7 million when you and I are doing basically the same work?"

The cardiologist paused, leaned over and whispered to the mechanic, "Try doing it with the engine running."

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

Bookbinding

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 thing to hold onto in life is each other.

Audrey Hepburn

Answers: 1. ford, toyota, audi, jeep, joyride; 2. honda, focus, dodge, mazda, sedan; 3. chrysler, impala, lincoln, acadia, cadillac

Medical Office Space for Lease at Garden Park Tower



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

Features:

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

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

"Anger is never without reason but seldom with a good one." Benjamin Franklin



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

"Management is doing things right;
leadership is doing the right things."
Peter F. Drucker

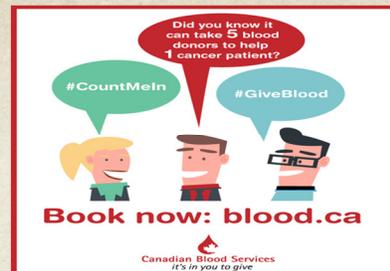
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Sunday: Closed


Flooring Design Center

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 Peer Support for Seniors

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

Abbotsford Recreation Centre

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

Abbotsford Social Activity Association

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

BC Old Age Pensioners and Seniors' Organization

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

Central Valley Woodcarvers

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

Communitas Supportive Care Society

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

Legal Aid Services

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

Matsqui Recreation Centre

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

Additional listings may be sent to office@gardenparktower.ca

Dear Ann Landers

Sum won tolled me wee wood knot knead two learn
how too spell because computers wood dew it four us.
Eye disagree. Dew ewe?

Ann Landers' Response:

Ewe our write. thank ewe four a good clothes look
at what "progress" has dun fore education.

Memories & Happenings

Tattooed Angel

by Helen Grace Lescheid



Helen Lescheid

One glorious spring day, my two teens and I headed up Mount Baker for a picnic. At the snow line, we sat down. The sun warmed our backs, the towering peaks of other Cascade mountains gleamed before us, trickles of melted snow gurgled beside us as we ate our lunch of Kentucky Fried Chicken, fries and coleslaw.

All too soon it was time to go home. Cathy hopped into the passenger seat, Jonathan got into the back seat and I slid behind the steering wheel and turned the ignition key. The car gave a sickening moan. Again, I tried to start the car with the same result. Each time I turned the key, the moan grew softer until it died away altogether.

"We'll flag down a car and ask them to jumper cable us," I said, opening the trunk where such equipment was kept. Wouldn't you know it? No jumper cables.

"Never mind. Somebody will be able to help us out." I tried to sound cheerful.

Stationing myself beside the road, I flagged down the few cars which passed by. Nobody had jumper cables. Nobody offered to help. We left the hood open and sat down beside the car and waited.

A pickup rumbled down the mountain. As it barreled past us, I got a glimpse of a big sign on the front fender.

"Sad Sack," it said. *That's what we must look like about now, a bunch of sad sacks,* I thought.

A gravelly roar made me look up. "Sad Sack" was coming back. A young man with brawny arms covered in large tattoos leaned out the window.

One look at those arms and I knew, he wouldn't help us either. He wasn't the type. But he surprised me by asking, "Having troubles?"

"Yes, but I don't have jumper cables."

"No problem. He'll know what to do," his companion beamed. "He's a good mechanic, the best in the county."

As he worked on our car, taking off one part and sticking his thumb in another, my eyes got wider and wider. At different intervals I hopped behind the wheel and turned on the ignition. Finally it caught and a healthy roar filled the car.

We thanked "Sad Sack" warmly, but he wasn't finished yet. "We'll follow you down," he said, "just in case."

Each time I glanced into our rear view mirror and saw the reassuring pick-up behind us, I felt comforted--and a bit chagrined. How wrong my short-sighted judgment had been. *From now on I want to see people as God sees them, I thought, with the heart.*

CGAS Volunteer Appreciation Day—June 18, 2015



75 volunteers were served an English Tea featuring Scones with Lemon Curd and Devonshire Cream, Fresh Fruit, Freckled Lemonade and Tea.

"Volunteers are paid in six figures—
S M I L E S."

Gayle LeMaire

Dollars & Sense



Arnie Friesen

Many of us experience a sense of detachment from reality when it comes to practicing generosity. We know we are invited to give proportionately of what God has entrusted to us, but we are completely paralyzed by fear in acting on our belief. In such a situation we have a severe case of “generosiphobia.”

Authors Smith and Davidson, in *The Paradox of Generosity*, conclude: “Living with a perspective of scarcity rather than abundance—that is, from a place of fear—is stressful and inevitably diminishes people’s well-being.”

What fears keep us from being generous with our money? Let’s identify the reasons..

- ▶ We are afraid to give sacrificially thinking we will run short for our own needs.
- ▶ We have set the bar high for our life-style and generosity does not support this notion.
- ▶ We are afraid that what we do give will be misused and therefore giving no gift is better.
- ▶ We are led to believe that we never have enough for retirement.
- ▶ We may lose our job tomorrow and be left in hopeless poverty.
- ▶ We don’t want to part with our hard-earned money because it gives us a sense of security.
- ▶ We won’t be able to keep up with the lifestyle expectations of our friends and neighbours.
- ▶ We must provide for our children even well into their adulthood.
- ▶ When given the option to part with our money, we think we will lose our source of happiness.

▶ We are afraid that God is not really trustworthy, that we have to help God out by storing more.

Are our fears realistic? Our fear that we won’t have enough may be completely out of touch with reality. According to recent UN research, if we have \$500,000 in assets we are in the top one percentile of wealthy adults in the world. Maybe we need a reality check. We believe the Apostle Paul’s admonition to the Philippians (4:19) that “my God will meet all your needs according to the riches of his glory in Christ Jesus (NIV),” but our response often contradicts this belief. We worry, which leads us to save and stash away.

Jesus mentions “worry” six times in Matthew 6:25-34 when he talks about God feeding the birds and clothing the flowers. He anticipates our struggle to really trust God with the most basic needs of life.

Giving is an expression of our fearlessness. By being generous, we acknowledge that God is the provider. Our minds can conjure up the worst case scenarios so we continue in our tight-fisted ways. What we should really fear is our inability to trust God.

“By giving we receive and by grasping we lose” (Smith and Davidson). Begin by thinking about how much you possess, rather than how much you don’t have. Start small and see how good it feels to give. Let us help you discover that generosity doesn’t have to be scary.

Arnie Friesen is a stewardship consultant at Mennonite Foundation of Canada serving generous people in British Columbia. For more information on generosity, stewardship education, and estate and charitable gift planning, contact your nearest MFC office or explore this site.

“Few men have the virtue to withstand the highest bidder.” George Washington

“Those who can—do, Those who can do—do more, volunteer!”

The Usher

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps.

"Where would you like to sit?" he asked politely. "The front row, please," she answered..

"You really don't want to do that," the usher said. "The pastor is really boring."

"Do you happen to know who I am?" the woman inquired.

"No," he said.

"I'm the pastor's mother," she replied indignantly.

"Do you know who I am?" he asked.

"No," she said.

The usher heaved a sign of relief.

Getting Older

Three older ladies were discussing the travails of getting older.

One said "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator, and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up, or on my way down."

The third one responded, "Well, I'm glad I don't have that problem; knock on wood," as she rapped her knuckles on the table, then told them, "That must be the door. I'll get it."

A Senior's Concern Ukraine



Len Remple

Ukraine. Let's talk about it. Ukraine is of special interest to many of our readers. A good number have their roots in Ukraine, or else their parents do.

Although Ukraine was a member of the Union of Soviet Socialistic Republics, it regained its independence in 1991 when the Soviet Union collapsed. To Russian President Putin, the loss of Ukraine was a bitter pill and not acceptable. His desire seems to be to rebuild and enlarge the Russian empire. He seems to have estimated that, since Crimea's population was mostly original and resettled Russians, it would be easy to get their cooperation to break away from Ukraine. However, to assure his plan succeeded, he compelled thousands of Russian troops to "volunteer" their assistance to the rebellion. His expectations were largely correct.

After the loss of over 5,000 lives in the conflict, Putin agreed to a negotiated peace agreement on September 5, 2014 at Minsk. Thereafter, however, the rebels continued their expansion plans and actions as if there was no peace deal. The lies and concocted justifications by the rebels and Russia's leaders are beyond imagination.

The power structure is seriously unbalanced. The pro-Russia rebels have the most advanced military hardware, while Ukraine's forces have only older lighter equipment. Ukraine is not part of NATO and has received no

artillery from the West. The match is like a cat fighting a bear.

Canada has made significant contributions to Ukraine of non-military supplies such as night-goggles, first-aid kits and has also provided Canadian trainers for their military. Ukraine President Petro Poroshenko has many times expressed his gratitude to Canada.

In spite of how "at risk" Ukraine finds itself, the attitude of much of the population is perplexing. News reports tell us the night-clubs are full of revelers and partying is at an all-time high. The gay pride parade took place as planned, with high public support. Western reporters indicate the population appears to be in denial. Why are solid, unflinching patriotism and indications of bravery in such short supply?

This is a critically tense time for Ukraine. The NATO nations on one side of them are united in an alliance. On the other side there is the Russian bear. Putin has stated he could take Ukraine in four hours. Maybe he could!

So, where are the spiritual leaders, the political leaders and the military leaders? Are they frozen in fear? How can we obtain a spiritual reading of the people? If Ukrainians do not unite in one hope and one vision, can they survive? "Without a vision the people perish." Ukraine is in very serious crisis!

Explanation of Getting Older

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, also, humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works more slowly in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Older people often go to another room to get something and when they get there, they stand there wondering what they came for. This is not a memory problem, it is nature's way of making older people do more exercise.

Anonymous

P.S. I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they may be my friends, too.

"Patriotism is supporting your country all of the time and your government when it deserves it."

"Dissent does not make one unpatriotic."
Barak Obama



"Geography has made us neighbors,
history has made us friends,
economics has made us partners,
and necessity has made us allies."

John F. Kennedy addressing Parliament in Ottawa, May 17, 1961