

FREE

The Garden Park Journal

Volume 2, Number 1

Abbotsford, British Columbia

June 2015



Father's Day Patter

Barrie McMaster

The couple and their small boy were just ahead of us in a Starbucks line. The father showed his mid-twenties age – earring, tattoos, haircut. The mother was less fashionable. The little boy was cute, stud in one ear, perhaps five or six years old. They were a family.



At one point, the mom lifted their son up for a group hug and the boy snuggled into his dad's shoulder. The look on the man's face was at once amused, tender, and loving, almost at odds with his appearance. But it was clear that he cherished that moment; I almost felt like an intruder, having caught the scene during an idle glance.

There is something about being a father that runs deep, that changes one. There are wonderful times but also times of worry and heartache. It is a great responsibility, being a father. It is said that a dad can influence a girl's or boy's sense of self-worth, even their gender identity. It is said that a father, for better or for worse, lives out a model that profoundly influences his child – by how he respects others, especially his wife, by how he deals with conflict, by how consistent he is. It is said that a father who loves and cares, who cherishes his wife and children, is the living picture of a loving God. And it's not always easy.

Andrew, now in his forties, has three little kids, two of them very young twins. He admits, "I feel really mixed about fatherhood. A lot of it, with the twins, is tough." But still, there is pleasure. "When one of them tells me they love me, I realize they care about me and they need me. That's special."

Rob, with two teenaged boys, enjoys being a father. "I really do!" What's

Continued on page 2

The Irish Vote on Marriage

John H. Redekop

As I write these lines the television news reporters are almost tripping over themselves relaying the results of the Irish vote. Actually, they are not so much reporting as celebrating! Rarely have I seen these supposedly objective anchors and on-site correspondents be so obviously supportive of what they are saying. "Ireland leads the world in granting equality!" "Ireland has massively embraced extending rights!" Oh well, I suppose one should not be surprised. I didn't really expect them to say, "After centuries of championing Christian teaching, the Irish today have rejected Christian ethics!"

An amazing 62% of Irish voters have approved of same-sex marriage. For a conservative Catholic country such as Ireland, that is astonishing! Apparently centuries of teaching by the emerald island's bishops and priests has lost its impact.

When I raise questions about the moral weight of this referendum result, some of my friends state, "But the majority has spoken". That is true. But is the majority always correct? Is the majority view always right?

Continued on page 2

CLEARBROOK COMMUNITY CENTRE AT GARDEN PARK TOWER

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

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

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Contents

Letters	2
Editorial	3
Coming Events	4
Registry & Services	5
Your Health	5
Helpful Hints	6
Puzzles	6
GPT Announcement	7
Word from the Mayor	7
Beware of Scams!	8
Did you know?.....	9
A Pastoral Word	9
Food Service	10
Menus	11
Board of Directors	12
Question of the Month	13
Recipe	14
Pictures of the Month.....	14
Government and City Services.....	15
Community Resources	17
Memories & Happenings	18
Dollars & Sense	19
A Senior's Concern.....	20

Clearbrook Golden Age Society
Office Hours: 8:30 am—4:00 pm

Fathers' Day Patter continued from page 1

special for him is moments when he sees his own father's sense of humour in his boys. "I have a great relationship with my father, and he did with his dad. Now, I see my kids relating to two generations. And in the humour we share, we 'get' each other."

Dave, with four teenaged girls, likes being a father "most of the time, although there are frustrations". But he says, "Guys shouldn't let the negatives put them off! It's all about attitude, and the joy and the satisfaction that lie ahead are worth the struggle." He feels "a good kind of pride when I see my kids accomplish things and start to take their place as adults."

Frank takes on a new role as "father of the bride" this month. "For the most part," he says, "I have always liked being a father." His deep satisfactions were showing and telling her things. "I love teaching her. It's always been very special to me."

I didn't talk to the dad at Starbucks. But I shall always remember the caring look for his little son during that hug. He cherished the moment. And that is a father's greatest blessing. And it's timeless.

*Barrie McMaster is a semi-retired journalist and broadcaster living in Chilliwack. In his long career he has taught broadcast journalism at the BCIT, served as program director at CKNW and as Vice-President at Star-FM. His written articles have been read by many. **The Journal** will carry Barrie's articles from time to time.*

The Irish Vote on Marriage continued from page 1

The fact of the matter is that in many areas of life the view of the majority is irrelevant. In other areas it can be shown to be demonstrably wrong! Let's consider four arenas of thought.

First, let's turn to mathematics. The greatest majority imaginable can decide, in a truly democratic vote, that 4 plus 4 equals 9. What this majority decides doesn't matter. Mathematical truth is not determined by majorities.

Second, we consider the scientific disciplines. Here what is correct and true is determined by evidence, not majority preference. The majority view counts for nothing. Whether mercury is toxic or the earth is gradually warming is not determined by counting votes; it is determined by the evidence.

Third, what about the realm of ethics? Consider the following. Four teenage lads head off to the fall fair. Three bring very little money to spend; one lad comes from a well-off family and brings a wad of bills. Soon the three run out of money. They have seen the fourth fellow's funds. They now see a solution to their poverty. They will solve their problem democratically. One says, "Let's vote on whether our well-off friend shall share his money with the rest of us." They vote. Three out of four vote in favour of sharing the wealth. With this strong 75% ma-

The Irish Vote on Marriage continued

jority support, the three penniless chaps force the fourth fellow to give them each a quarter of his remaining money. Democracy has prevailed!

Fourth, lastly we turn to theology. In Matthew 7: 13-14 we read, "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and and narrow the way that leads to life, and only a few find it."

Democracy has many uses and serves us well in many areas of life but as the final arbiter of truth, wisdom, and virtue it leaves much to be desired, whether in Ireland or elsewhere.

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

Letters to the Editor

Editor, *The Journal*:

The success of ***The Garden Park Journal*** is tremendous and far-reaching.

Thank you very much for acting on your vision and creative energy to produce such an excellent journal every month for us to enjoy. Congratulations on the anniversary of ***The Journal***'s first very successful year! Congratulations to all involved but especially to you, John, since without your strong leadership and vision it most likely would not have happened.

You draw from a wealth of knowledge and experience and know how to access relevant material.

The Journal reaches different ages and cultures. Not long ago a former neighbour of mine, born and raised in Holland, came to have lunch with me in the Rose Room. She noticed ***The Journal*** in the lobby and was browsing through the April edition when I met her. She was delighted to see your lead article, "Are Older Drivers a Menace?" Since her young daughter was working on a presentation for one of her classes at UFV on this very topic that week, she couldn't wait to take it to her. It was timely and well received.

Thanks again, John and Kudos to your wife Doris.

Alice Willms

Editor, *The Journal*:

Another great read!!

I enjoyed every article in the May edition, including the humour. I read the April edition while visiting in Abbotsford a few weeks ago, and enjoyed it as well.

A very uplifting publication at a time when there is not a lot of good news in our daily newspapers.

I look forward to receiving the next edition.

God Bless.

Wayne Wiebe

Letter should be sent to: jredekops@shaw.ca

Published letters may be edited for length and clarity.



From the Editor's Desk ...

About two centuries ago US President Thomas Jefferson said, "I tremble for my country when I reflect that God is just." Today, as I reflect on three current realities in Canada, I also tremble.

First, StatsCan numbers show that each year Canada has slightly more than 100,000 abortions. www.righttolife.to/key-life-issues/abortion/statistics/

[The latest global figure is just over 42 million!] In Canada, in 2013-14 there were 385,937 live births recorded. Thus about 21% of all pregnancies are aborted. May God have mercy on us. May God extend a double measure of mercy to the many pro-abortion advocates who insist that the unborn person, including the fetus that would likely survive if delivered, is nothing but "a blob of tissue".

In 1869 abortion was banned in Canada by law. In 1969 some exceptions were permitted to save the mother's life. This opened the floodgates. By 1982, because of the extensive misuse of the permission-granting clause, 66,319 abortions were recorded in Canada. In 1988, in the Morgentaler case, the Supreme Court of Canada declared the existing anti-abortion law faulty and unconstitutional. Parliament has not yet gotten around to enact acceptable replacement legislation as it was invited to do.

Second, in Canada and elsewhere, as has been noted by various observers, "anti-evangelicalism is the new anti-Semitism". Or, as EFC President Bruce Clemenger put it, "In a post-Christian, secular Canada, discrimination is no longer deemed to be discrimination when it is levelled at Christians". Much evidence supports these assertions.

Third, as I understand my Bible, the proliferation of same-sex marriage must grieve God. In 2006 Canada had 7,500 same-sex marriages. The 2011 census reported 21,015 of which 3,445 had taken place in B.C. The census data also revealed that another 43,560 couples were in common-law same-sex relationships. The total had thus reached 64,575. Indications suggest that this figure has increased markedly during the past four years, but we have no official numbers.

We can, of course, fault governments for not dealing more assertively with this situation. But politicians read the polls. Already in 2010 an Environics Poll revealed that 68% of Canadians "were in favour of marriage for same-sex couples". Particularly significant is the fact that "8 out of 10 young adults" were in favour. Perhaps not surprisingly, in a May, 2014 Gallup Poll in the US, 55% supported same-sex marriage.

While these trends sadden me, I do not overlook the fact that we still live in a free, prosperous, secure, stable land, filled with opportunities and rewards. For that I thank God even as the moral disintegration saddens my soul.

JHR

John H. Redekop

The Editorial Committee



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

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Food Service and Recipes: Mary Durksen

Seniors' Concerns: Len Remple

Staff Writer: Helen Lescheid

Staff Writer: Sharon Simpson

Advertising, Promotion and Distribution: Carl Durksen

Goat for Dinner

The young couple invited their elderly pastor for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having. "Goat," the little boy replied.

"Goat?" replied the startled man of the cloth, "Are you sure about that?"

"Yep," said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner.'"

Lord, keep your arm around my shoulder and your hand over my mouth.

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Email: office@gardenparktower.ca

Coming Events

Community (Abbotsford)

- ◆ *Annual Columbia Open Golf Tournament Fundraiser*, June 4, Redwoods Golf Course, 2011 88th Avenue, Langley. For Info, registration, and sponsorship opportunities: Columbia.edu/open, 604-882-5132.
- ◆ *The Sweeney Singers*, Featuring Vivaldi's Gloria and others, June 5, 7:30, St James Catholic Church, 2777 Townline Road. More info: www.sweeneyingers.com or 604-856-7765
- ◆ *Will and Estate Planning Seminar*, June 6, 10:00 to 11:30 am, MEI Secondary, 4081 Clearbrook Road. Presenters: Arnie Friesen and Daniel Lichtry. To register contact Leanne Pauls, 604-859-3700, ext. 326.
- ◆ *Walk for Life*, June 6, Mill Lake Park, Bevan Avenue. Family Fun, Activities, and BBQ. Registration 12:30. More info: 604-852-4623.
- ◆ *Requiem for Peace*, June 6, 8:00 pm, Shaughnessy Heights United Church, 1550 West 33 Avenue. Written and directed by Larry Nickel. Tickets: \$25.00 at the door or on line at www.jubilate.ca
- ◆ *Come to the Table*, June 7, 7:00 pm. Featuring Songs by Cathy Hardy and Reflections by Brad Jersak at The Reach Gallery, 32388 Veterans Way. Admission by donation, \$15.00 suggested minimum. More info: www.cathyahardy.com
- ◆ *Fraser Valley Symphony Concert*, June 7, 2:30 pm, Matsqui Centennial Auditorium. Tickets: \$18.00 adults, \$15.00 seniors and students. Tickets available at King's Music and Tourism Abbotsford Visitor Centre.
- ◆ *Adult Retreat at Charis Camp and Conference Centre*, June 9 to 12, 51935 Hack Brown Road, Chilliwack. Come for spiritual renewal, good food, fellowship and great music. Banquet and concert June 10 with the Young Street Vocal Band. Tickets \$20.00. Contact Elaine Hilz for registration at 604-795-7398 or gaelhilz@shaw.ca
- ◆ *Mennonite Brethren Missions Fundraising Banquet*, June 17, 6:00 pm, Northview Church, 32040 Downs Road.
- ◆ *MCC Annual Meeting*, June 20, 8:30 to 3:00 pm, Emmanuel Mennonite Church, 3471 Clearbrook Road. Registration \$15.00, \$20.00 after May 31. More info: mccbc.ca or 604-850-6639.
- ◆ *Tabor Home 55th Annual Celebration*, June 20, 1:00 to 4:00 pm, Children's Fun Area, Special Music Groups. Speaker: Justyn Rees. \$5.00 per person, English High Tea, \$10.00 in Tabor Court
- ◆ *Abbotsford Youth Orchestra*, Calvin Dyck Conducting, June 20, 7:00 pm, South Abbotsford Church, 32424 Huntingdon Road. Special Performers: Chelsea Rus, soprano; Hanna Williamson, violin and Paul Williamson, piano. Tickets: \$15.00 at the door.
- ◆ *Hymn Sing*, June 21, 7:00 pm, Clearbrook MB Church, Clearbrook Road at Old Yale Road.
- ◆ *Learn to Discern Ministries Conference*, June 25 to 27, Olivet Church, 2630 Langdon Street. Freewill offering. More info: www.LTDMIN.com
- ◆ *The Reach – Culture, Coffee, and Cookies*. C3 is a program dedicated to providing stimulating and enjoyable learning opportunities for people of retirement age. Every Tue 10:30 am. Free Admission, Pre-registration required. Register at The Reach, 32388 Veterans Way or phone 604-864-8087.
- ◆ *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 Aug18, Tuesdays, 7:00 to 9:00 pm, Central Heights Church, 1661 McCallum Road. Cost: \$30.00. 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 the Columbia Bible College, 2940 Clearbrook Road, Abbotsford. For more info call David at 604-897-4224.

Community (Region)

- ◆ *Men for God Conference*, June 5, 7:00 to 9:00 pm, June 6, 8:00 am to 5:00 pm. Free Reformed Church, 20757 80th Avenue, Langley. Admission: \$20.00. More info: 778-318-6167 or conference@joytotheworldministries.org
- ◆ *Cross Cultural Temple Tour* with Dr. David McLaren. A visit to a Sikh temple, Hindu temple, Muslim mosque and a Buddhist temple. Registration is \$39.00 includes Ethnic lunch! June 13, 9:00am-2:00 pm in Richmond. Email or call (604) 897-4224 or multiculturalministries@gmail.com
- ◆ *Gospel Music Festival*, June 13, 6:30, Christian Life Assembly, 21277 – 56 Avenue, Langley. Featuring: Liberty Quartette, Sweet Presence, Class Brass and others. Tickets: \$18.00 at House of James, Abbotsford or www.gospelmfestival.eventbrite.ca

Future Events

- ◆ *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.
- ◆ *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. No cost for the conference. Central Heights church, 1661 McCallum Road. More info: 604-851-5486.
- ◆ *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.
- ◆ *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.

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

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

"Angry men are not reasonable and reasonable men are not angry".

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

"We must adapt to changing times
while still holding to unchanging principles."
James Earle Carter, Jr.

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32770 George Ferguson Way

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

"It takes as much courage to have tried
and failed as it does to have tried
and succeeded." Anne Morrow Lindbergh

Your Health

Keeping your brain healthy - Part 1

Recently several medical reports have brought us important news. Donald Stuss, Ph.D., a neuropsychologist at the Baycrest Centre for Geriatric Care in Toronto, has stated: "The best advice I can give to keep your brain healthy and young is aerobic exercise". Mark McDaniel, a professor at Washington University in St. Louis, adds: "I would suggest a combined program of aerobics and weight training." (Aerobics are exercises intended to increase oxygen intake and the heart rate; other exercises are done to build muscle, etc.)

Professor McDaniel adds a very significant comment when he asserts that "exercise may forestall some kinds of mental decline." In fact, it may even restore memory! This has already happened in animal tests. What happens is that the aerobic exercise not only builds up muscle and heart strength, it "also increases capillary development in the brain". This means that the brain gets more blood supply and with that also more oxygen and more nutrients.

Apparently the "pre-eminent" brain-health researcher in North America is Dr. Arthur Kramer at the Urbana-Champaign campus of the University of Illinois. He makes two major assertions, especially important for all seniors. First, in general, "Fit people have sharper brains" than people who, for whatever reason, are seriously overweight. Second, if people who are out of shape manage to get themselves into shape, their brain performance will improve. The conclusion is this, "working out makes you smarter" and it does so "at all stages of life".

And if these findings don't generate enough motivation for us to put aside the TV remote and get moving, Dr. Kramer adds that getting significant exercise will help stave off "heart disease, obesity, diabetes and other maladies".

Apparently no one is ever too old to get both healthier and smarter!

JHR

Note: This information is available at several sources including www.rd.com/health/wellness/7-anti-aging-tips



MOSAIC | community
CHURCH
serving & building bridges

ALL ARE WELCOME

Every Saturday
Coffee/Samosas 6:30 PM
Worship Service 7:00 PM

Place: Clearwood Room
Columbia Bible College
2940 Clearbrook Road, Abbotsford

Pastor David
Phone: 604 897 4224
Email: mosaicabby@gmail.com

Facebook Twitter Instagram

Helpful Hints Dealing with mildew

(Staff adaptation of a news release)

Mildew, also called mold, can be an annoying, even costly, problem in a sometimes rainy area such as BC's Lower Mainland.

Although it develops mostly in warm, rainy weather, mildew can appear at any time of year. The grey or black growth occurs inside our homes as well as outside.

If mildew is not caught and eliminated, it can spread quickly. Given time, for example several months, it can destroy the surface of wood, paper, any painted surface, and virtually any fabric, including clothing. It actually grows also on pictures and picture slides. Unless a surface is truly hard, like a rock, mildew will gradually work its way downward. It may grow on a very hard surface such as metal or glass but in such situations it typically does not damage anything, at least not in the short term.

In order to take root and grow, the mildew spores require humidity and some warmth. Lack of ventilation is also helpful to them. Direct sunlight, over any length of time will destroy them. Its favourite locations of growth are bathtubs, bathroom walls, basements, and any poorly vented area, particularly if it's warm. If some area or space is warm, humid, and also dark, mildew spores are truly happy!

How can mildew be removed? Where the surface permits it, but not on any fabric, apply a mixture of a cup of chlorine bleach to a gallon of hot water. Then use clean water to wash off all mildew and traces of the bleach mixture. For outside surfaces, strengthen the mix to a quart of chlorine bleach in a gallon of hot water.

Where bleach cannot be used, as on carpeting, remove the visible mildew and wash thoroughly with a mixture of half and half denatured alcohol and water. Where neither bleach nor denatured alcohol are safe, one can use a mixture of three tablespoons of washing soda in a half-gallon of water. This may be less effective but it should work.

One thing more. If you go on a holiday, try to maintain ventilation in your home or you will experience a musty mildew welcome when you return!

"The herd can be cruel." Bertrand Russell

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.

Puzzles

For many people June is wedding month. For this issue I have made three puzzles, all of which consist of words associated with weddings. The first one should be relatively easy, given that all the words are very common four-letter words. The second one becomes considerably more challenging although with the wedding theme in mind, the solutions should come without undue effort. The third one, with all words having seven letters, may require a bit more concentration and perhaps some additional time.

sore

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grin

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gush

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evil

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Love happens when _____ meet.

scares

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revol

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girland

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irmade

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It is never too late for _____.

ferslow

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quetubo

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serpant

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murfeep

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Without a _____ there will be no wedding.

JHR
The answers are given on page 15

 "Never go to a physician whose office plants have died." Erma Bombeck

189 Pieces

A grandfather bought a hobby horse by mail order, as a birthday present for his grand-daughter. The toy arrived in 189 pieces. The instructions said that it could be put together in an hour. However it took the old man two days to assemble the toy.

Finally, when it was all put together, he wrote a cheque, cut it into 189 pieces and mailed it to the company.



"Disappointments should be cremated,
not embalmed."

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



Henry Braun

A Word from the Mayor

Some of you may have heard of the City's Official Community Plan (OCP) update project – called “Abbotsforward” – and may have even participated in some of our community engagements on the project over the past 8 months.

For those of you who haven't yet heard about it, the Abbotsforward project is a once-in-a-generation opportunity for all of us to get involved in shaping the future growth of our community and to create a refreshed vision for Abbotsford through an update to our City's OCP.

The Abbotsforward project began in the summer of 2014 with some background work, which provided us with a baseline for how our City looks today, followed by community consultation that concluded in May 2015. The process will continue through the balance of this year with anticipated completion in early 2016. With the background research and first phases of the community engagement now complete, City staff will start working on creating a draft vision that will form the foundation of the new OCP. For this new OCP, the City has taken the approach of planning for an outcome versus a timeframe. This means that our planning revolves around what our City will look like when we have reached a population of 200,000 people instead of planning for, say, a 20-year timeframe.

At the beginning of the Abbotsforward project, City Council established key guiding principles for the project, one of which was to “undertake a robust community engagement process”. We know that involving the community early and throughout the project is integral to the Abbotsforward project's success. To date, City staff have undertaken an extensive 7-week community engagement process that resulted in 4,000 interactions with the community. We received some strong feedback and heard what people would like to see for Abbotsford's future.

Out of this engagement process, 7 Big Ideas emerged:

1. Create a City Centre
2. Establish Distinct Neighbourhoods
3. Make Walking, Cycling and Transit Delightful
4. Design Places for People
5. Foster Natural Beauty
6. Enhance Agricultural Integrity
7. Make it Work

These 7 Big Ideas are the foundation for the start of the new vision for the updated Official Community Plan. Over the summer, City staff will begin to develop concepts for what Abbotsford could look like, based on the Big Ideas. In September 2015, the City will begin another round of extensive community engagements very similar to what we just completed. So make sure your voice gets heard! Visit www.abbotsforward.ca and keep up to speed with the project's next steps.

And stay tuned...the future is exciting in Abbotsford!

Henry Braun, Mayor

Beware of Scams!

A clever double treachery

A lady went grocery-shopping at a local mall. She was rushed as she approached the check-out with her cart. She paid the clerk. She then placed her purse in the child's seat which had a solid front flap and was thus partly outside of her line of vision. She packed her groceries into the two cloth bags she had brought and left, carrying a bag in each hand.

When she got to her car, parked some distance away, she suddenly realized that her purse was missing. She hurried back into the store but too late. Her purse was gone. Fortunately there was very little money in her purse. Also fortunately, she kept a spare set of car and house keys hidden somewhere under the car. She found those keys and drove home.

Shortly after she got back to her home the phone rang. Mall Security was letting her know that her purse had been found and that her wallet, although with no money in it, still contained her driver's licence and some credit cards. She locked her house door and happily drove back to the mall to retrieve her purse.

Eventually finding the Mall Security office she was startled to hear that they had not phoned her. The purse had not been found. Sadly, but still hopeful that all would turn out well, she slowly drove home. She was shocked to find her door unlocked. She was even more shocked when she entered the house. The purse thieves, having lured her away, had stolen many valuables. As far as is known, she never recovered her purse nor any of the stolen items.

Edited by JHR

Did you know?

1. Although tobacco consumption is slowly declining in North America, this vile habit remains a major cause of sickness, disability and death. Recently the *Wall Street Journal* cited tobacco consumption as "the number one cause of preventable disease and death in America". In late 2014 the U.S. Surgeon General reported that tobacco causes 480,000 deaths annually in the US.

The Canadian situation is similar. In a 2015 news release the Canadian Cancer Society states that "about 37,000 people die each year in Canada as a result of smoking tobacco". The statement adds: "Smoking tobacco is the main risk factor for 4 of the leading causes of death in Canada (cancer, heart disease, stroke and lung disease)....In Canada, it is estimated that smoking is responsible for 30% of all cancer deaths and is related to more than 85% of all lung cancer deaths."

It is, of course, not only a matter of illness and death. There is also the matter of huge medical and other costs. The *Wall Street Journal* report gives a figure of \$289 billion for the US. That's more than \$900 for every man,

How To Stay Young - Five Basic Rules

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The gourches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop."
4. Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When you are in retirement, that is all you can afford!
5. Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.

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

"No one can make you feel inferior without your permission." Eleanor Roosevelt

woman and child in the US. Doubtless the Canadian numbers would be similar.

2. Although the government of the People's Republic of China continues to harass many Christians, some of the registered churches are flourishing. Take the case of the Liushi Church in Zhejiang province. This 5,000-capacity church, with a crucifix stretching 206 feet into the sky, is thriving. Built in 2014 and described as being China's biggest Christian church, it is located about 200 miles south of Shanghai. Established in 1886 by Scottish missionary William Edward Soothill, it was forced to close in the 1950s. Allowed to reopen in 1978, it is now growing rapidly with about 70 converts being baptised each year. This burgeoning congregation is led by 27-year-old Shi Xiaoli.

Some observers criticize this church – and many others – for having accepted Communist Party oversight in return for being allowed to worship and build. Others praise it for holding fast to essentials while compromising on lesser matters.

JHR

A Pastoral Word

Fathers

"Our Father ..." With those words we are addressing GOD. Amazing! No other religion in the world talks to their god like that. You wouldn't be blamed for thinking that His followers are completely irreverent or foolhardily courageous. But it is God himself that invited His followers to accept Him as their father. He goes so far as to say that those who trust in Him have the "right" to be His children. (John 1:12)



Pastor Ron Berg

He is the eternal Almighty God, the King of Kings. He made us his children, and the prayer that Jesus taught us to pray includes the simple courageous words of a child speaking to a loving, caring father: "Our Father, who art in heaven... Give us this day ..." We call him Father with respect, based on a love for Him that is in response to His love for us.

Some people have a hard time understanding the fatherhood of God because of their experience with their own earthly father. But the reverse is also true. We understand fatherhood better because of what we have learned about God. He becomes the model for fathers.

What is the role of fathers whose children have long since left home? Well, our Father had a son who was 30 years old - Jesus. The Father loved him, praised him, glorified him and trusted him to accomplish the greatest work that ever was given to a son. Our sons aren't that perfect, but they still need our love, praise, respect and trust – even when they are 30 or 60.

It is a humbling privilege to have our role as fathers linked to the heavenly Father. We share the blessing of having a GOD who wants to be our Father – a Father who desires to have us close to him. Who invites us to be bold in entering into His presence. A Father who is worthy of our greatest respect and love. Have a happy Father's Day.

Pastor Ron

Did GOD Make You?

The little girl was sitting in her grandfather's lap as he read her a good night story. From time to time, she would take her eyes off the book and reach up and touch his wrinkled cheek. By and by, she was alternately stroking her own cheek and then his again.

Finally, she spoke "Granddaddy, Did God make you?"

"Yes, Sweetheart," he answered; "God made me, a long time ago."

"Oh," she said. Then, "Granddaddy, did God make me, too?"

"Yes, indeed, Honey," he assured her. "God made you, just a little while ago."

"Oh," she said. Feeling their respective faces again, she observed, "God's getting better at it now, isn't He?"

The Twenty and the One

A well-worn one-dollar bill and a similarly distressed twenty-dollar bill arrived at a Federal Reserve Bank to be retired.

As they moved along the conveyor belt to be burned, they struck up a conversation.

The twenty-dollar bill reminisced about its travels all over the country.

"I've had a pretty good life," the twenty proclaimed...

"Why I've been to Las Vegas and Atlantic City, the finest restaurants in New York, performances on Broadway, and even a cruise to the Caribbean"

"Wow!" said the one-dollar bill. "You've really had an exciting life!"

"So, tell me," says the twenty, "where have you been throughout your lifetime?"

The one dollar bill replies, "Oh, I've been to the Methodist Church, the Presbyterian Church, the Baptist Church, the Lutheran Church.."

The twenty-dollar bill interrupts, "What's a church?"

avenue
BODY SHOP



LOCATION
33805 George Ferguson Way
Abbotsford, BC V2S 2M7

CONTACT INFO
Phone: 604-852-2222
Email: info@avenuebodyshop.ca

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

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

[FREE ESTIMATES](#)

A spouse returning late from a shopping trip:
"I have good news for you; you haven't been paying your auto insurance for nothing".

Rose Room Coffee Shop



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

Food Service Volunteers



Kathy Klassen In addition to the regular Food Service staff, about 80 volunteers work a total of about 240 hours a week or a total of 12,000 hours annually.

Our valued volunteers serve in many ways.

- * The cooks serve on days when meals are served in the Magnolia Restaurant.
- * Dishwashers work every day, Monday to Saturday.
- * Coffee makers and coffee servers work in the Magnolia Restaurant.
- * Cashiers and hostesses work in the Magnolia Restaurant.
- * Food servers work in the Magnolia Restaurant.
- * Rose Room Coffee Shop cashiers work Monday to Saturday.
- * Deboning for soup stocks is done on Mondays.
- * Bun bakers work on Mondays.
- * Costco shoppers shop weekly.

Why do so many people happily volunteer in the Food Service? They do meaningful work with a good purpose. They meet new people and old friends. They keep physically and mentally active. They truly enjoy serving others.

What are the results of such extensive volunteer service? Food prices are kept low. A lot of people are happy – some by serving and some by being served. And as a non-profit enterprise we donate funds to other good causes.

If you are interested in becoming a Food Service volunteer, please come to the Food Service office on the main floor of Garden Park Tower. We would be pleased to have you join a large number of wonderful people!

A clergyman was walking down the street when he came upon some boys, aged about 10 to 14. They were surrounding a dog. Concerned that the boys might be hurting the dog, he asked, "What are you doing to the dog?" One of the boys replied, "This dog is a stray and we all want him. We can't decide who gets him, so we decided that whichever of us can tell the biggest lie will get him." The preacher was taken aback. "You boys shouldn't be having a contest telling lies", he exclaimed. "Don't you boys know it's a sin to lie? When I was your age, I never told a lie." There was dead silence. The preacher thought he had really gotten through to the boys. Then one of the smallest boys said, "All right, the Reverend wins the contest; give him the dog."

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.

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

The Journal is now online gardenparkjournal.ca



CIBC
Imperial Service

Reez Sajan, 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

"Seconds count, especially when dieting."

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



June 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
	1	2 Chicken Noodle Soup Beef Stew Carrot Cake	3 Summer Borscht Chicken Lentil Soup Boiled Eggs Rollkuchen and Watermelon	4	5 Roast Beef with Yorkshire Pudding, Mashed Potatoes and Gravy, Peas & Carrots, Tossed Salad, Raspberry Pudding Dessert	6
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast Baked Goods
7	8	9 White Bean Soup Chicken Curry Soup Chocolate Cream Pie	10 Chicken Borscht Seafood Chowder Ham and Pineapple Pizza Rhubarb Meringue	11	12 Baked Ham, Macaroni and Cheese, Steamed Broccoli, Mandarin Orange and Almond Salad Bread Pudding with Carmel Sauce	13
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast Baked Goods
14	15	16 Chicken Noodle Soup Sweet Potato Chili (Vegetarian) Apple Cake	17 Farmer Sausage Soup Chicken Rice Soup Pulled Pork Sandwich Cherry Platz	18	19 Wienerschnitzel, Mashed Potato with Gravy, Green Beans with White Sauce, Tomatoes and Cucumbers with Dill Dressing Ice Cream Sundae	20
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast Baked Goods
21	22	23 Hamburger Soup Split Pea Soup Lemon Meringue Pie	24 Beef Borscht Minestrone Soup Hot Dog Plum Platz	25	26 **SPECIAL TICKET** Steak, Baked Potato with Butter, Sour Cream and Green Onions, Corn on the Cob, Strawberry Pecan Salad, Strawberry Shortcake	27
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Breakfast Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	Break- fast Baked Goods
28	29	30 Chili Chicken Noodle Soup Rollkuchen and Watermelon	CANADA DAY CLOSED		Do you enjoy food? Have you ever prepared or served food? Interested in working for a common goal? Consider some benefits of volunteering: <ul style="list-style-type: none"> • Meeting new people • Doing meaningful work • Keeping active <i>Call Kathy Klassen at 604.850.4552 for more information</i>	
	Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	Breakfast Baked Goods Chili, Soups Sandwiches	CLOSED CANADA DAY			



The CGAS Board Report & News

The traditional community activities around Garden Park Tower have always served as fine models of volunteer service, harmonious social interaction, and supportive care for and by Abbotsford seniors. This has been such an encouragement and resource for others that it attracts many to our location! As the elected leaders of a society with such a fine 37-year tradition, the Board of Directors gratefully acknowledges what has been accomplished but also looks forward to what we can do better, and what remaining needs we could meet.

At our recent membership meeting various thoughts and dreams were expressed. Given that many single seniors in our immediate area live alone, some without family nearby, should we initiate a regular visitation program of these dear people, to see if any needs can be met by volunteers? Could they use help to get the medical attention they need? Should we provide a volunteer shuttle service to help them purchase groceries or attend local medical appointments? Would some benefit from provision of an “in home” meal service on a regular basis, or only for days when they are “under the weather”?

What about meeting the needs of those who are on a waiting list for institutional care? Should we partner with Fraser Health or BC Housing to meet the growing needs Abbotsford seniors are facing? These delays can last for months. Are there additional recreational and social activities that would assist those experiencing isolation in their homes in and around Garden Park? Would there be interest in re-instating the weekly hymn sings, Bible studies or having speakers address pertinent topics dealing with legal, investment, medical or administrative topics? The Clearbrook Golden Age Society, with the many

volunteers, already assists hundreds in filing their annual income tax forms.

Many years ago, we offered a tour service. Outings were planned and visits were coordinated to various locations of interest, some were even overnight trips! When is the last time some who live alone have visited Stanley Park, the Aquarium, the museum or enjoyed a picnic in the Park? Would there be interest in attending a workshop on patio-gardening, weaving, mechanics, clock-making, computer skills, carving, or other pertinent topics? Could we find space to plan a regular games night or a pool tournament? Should we establish hobby clubs that would be open to anyone in the area?

If you feel that some of these possibilities should be pursued, then please speak to members of the board; they are pictured in this issue of *The Journal*. Maybe you would volunteer to head up a project that interests you. The energy shown by volunteers around Garden Park is phenomenal so let's continue to encourage each other and get involved!

God is good ... all the time!

Menno Froese, volunteer Chair of CGAS



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.



Trixie will be four years old in August , 2015. She is part Pom and part Chihuahua, so she is called a Pom Chi.

Trixie likes to spend time with the residents and nurses on her weekly visit to Bevan Lodge. Trixie does have a favorite and that would be Lydia. Trixie was able to get Lydia out of her room and outside into the beautiful gardens at the Lodge. The nurses were so happy as she does not leave her room, except to eat. We have also been able to take Lydia downstairs to sing songs. It is so nice to see her light up when Trixie arrives, and Lydia just loves spending time with her. It is truly amazing to see how Trixie has the ability of making the residents feel so good.

Meet TRIXIE and Noreen in the Azalea Room, **June 9th and June 23rd at 10:00 a.m.**

Dog of the Month—June 2015



Trixie with Noreen

Question of the Month

The question for June is this: "Should our hospitals, because of their financial shortages, be allowed to charge patients a modest user fee for each day spent in the hospital?" It is understood that there would be exemptions for those patients having limited means. Please send your responses to jredekops@shaw.ca You may also phone your comments to 604-855-5086.

In the May issue of *The Journal* we asked, "Should parents leave virtually all of their estate to their children?" The limited response received seems to agree that this should be done. Apparently most people think that parents have some sort of moral obligation to leave virtually all of their estate to their children and other descendants. Lets review some of the basics before I suggest a somewhat different view.

During their lifetime parents can, of course, do whatever they wish with their assets. More than a few retired parents have affixed the following decal to their vehicle's bumper: "We are spending our children's inheritance." They have every legal right to spend it all! Whether it is morally right to go that far is a different matter. I happen to think that it is not morally right. If parents have been able to accumulate substantial assets, often with the assistance of their children, then their children and needy charities deserve better than purely self-indulgent consumption by parents!

Until 1996 British Columbia parents could practice major discrimination in their wills. If there were a truly obstreperous and rebellious child in the family, then the parents had a legal right to treat that child somewhat differently from the others, assuming that the child was an adult.

With the passage of the *British Columbia Wills Variation Act, 1996*, that changed. (There had already been some "corrective" court decisions earlier.) **Section 2** of that law states that "where, in the court's opinion, a will does not make adequate provision for the proper maintenance and support of the Deceased's spouse or children, then the court has the discretion to vary the will to make the provision that it believes to be adequate, just and equitable in the circumstances." Significantly, that **Section** also states that "The claimant does not need to prove financial need in order to be successful in a will's variation claim". Importantly, the Act does allow "variation to a person ...[if the conduct is] sufficiently severe to justify disinheritance."

The major reality at issue here is, of course, that governments don't want to have to provide social assistance in cases where the parental estate could have, and normally should have, provided the needed funds. That applies particularly where dependent children or dependent adults are involved. The matter of requiring at least

rough justice and equity also played a part in the law-makers' reasoning and legislating.

So where does that leave the parents? First, some variation among will allocation to children is permitted but it must be defensible if challenged in court. Second, there is no requirement that all, or even most, of an estate must be left to the children.

Given the law in this province, and given basic moral and Christian discipleship considerations, it seems to me that the following principles should inform, if not guide, us in making our wills.

1. It is not wise to leave such large sums to children or other descendants that the recipients don't have to learn to work and earn their own well-being. Even the billionaire Bill Gates advocates such restraint.

2. Many charities which undertake incredibly useful ministries and services have urgent needs. It makes sense to me that in most situations perhaps half of the estate should be willed to such excellent charities, including churches, mission and relief agencies, camps, schools, excellent social service agencies, health care centres, etc. Arranging for such allocation also serves as excellent modelling for children and grandchildren.

3. Parents, in my opinion, have a moral obligation to train their children and to try to provide appropriate education and work experience so that the children have good opportunities to get ahead and do well, financially and otherwise. As I see it, helping them in these ways is more important, and better for them, than leaving them large sums in a will.

4. How the parental assets should be distributed in a will should be decided primarily by the parents, not by the children, the potential beneficiaries. The children could be consulted but, as I see it, it may be best simply to inform them of what is the intended action. After all, it is the parents' money, not the children's money, that is being allocated.

That's how I see things at this stage in life and in this privileged and opportunity-filled land!

JHR

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

"The problems we face today are there because the people who work for a living are now outnumbered by those who vote for a living." Henry Ford

Recipe Cruselki

Elma Hamm

- Dissolve 1 teaspoon sugar in 1/2 cup luke-warm water. Add 1 tablespoon yeast – let rise.
- Warm 3 cups milk. Into the warm milk, add 1/2 cup soft margarine, 1/2 cup canola oil, and the dissolved yeast.
- Add flour and 1 1/2 teaspoon salt to make a soft dough, approximately 6 1/2 cups. Knead well.
- Let rise until double.

- Pinch off a piece of dough the size of a bun. On a lightly floured board, roll a pencil-like 11 inch roll, approximately 1/2 inch thick.
- With palm or fingers roll one side up and one side down to form a rope. Pinch the end together well. Put on pan with ends down.
- Bake at approximately 400 degrees for 15 minutes or until a golden brown.



Photo by John H Redekop

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."

Picture of the Month



Photos by Mary Lue Braun

Nests of 4, 5, and 6 yes, but 17!



A few weeks later—all 17!

"**Ulcers are what you get from mountain-climbing over molehills.**"

"Not long ago a Middle Eastern client purchased a \$60,000 fur coat. Unfortunately the charge slip was damaged as it ran through the machine, obliterating the name of the purchaser. Harrod's decided to send the bill to the 56 wealthy Middle East charge customers on its list, thinking that 55 would tear up the bill and the actual purchaser would pay. Thus far, 16 have paid the bill in full. Harrod's now is in a quandary. How can they figure out which 15 should get a refund?"





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

The Right Tool For The Right Job

An old man seated in the doctor's waiting room, when called in to see the doctor, slowly got up, and, grasping his cane and hunching over, slowly made his way into the examining room.

After only a few minutes, the man emerged from the room, walking completely upright! A patient who had watched him hobble into the room all hunched over, stared in amazement.

"That must be a miracle doctor in there!" he exclaimed. "What treatment did he give you? What's his secret?"

The old man looked at him and said, "Well, the doctor looked me up and down, analyzed the situation, and gave me a cane that was four inches longer than the one I had been using." – Scott J. Shickler

"God is more interested in our character than our comfort." Helen Lescheid

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 worst thing about going into business for yourself is that it takes the fun out of payday."

admire, romance; 3. flowers, parents, bouquet, perfume, proposal.
Answers: 1. rose, hugs, ring, veil, lovers; 2. cross, darling, lover,

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.

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

email: herbbaun@hotmail.com

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REALTY

2790 Allwood St., Abbotsford, BC V2T 3R7 Toll Free 1-866-855-0800

The Toast

A surprise toast at a wedding goes this way:

"And finally, may the happy couple lie, steal and cheat. (Pause, then explains)

May they lie in each other's arms, may they steal away for a blissful honeymoon, and may they cheat time and live long and happy lives."



You are Invited to the

Canada Day Lunch

at
Garden Park Tower
Friday, June 26, 2015
11:30am (Doors open at 11:10)

Come join us for a delightful lunch:
Steak with Baked Potato
Corn on the Cob
Strawberry Pecan Salad
Strawberry Shortcake

The program will feature:
Speaker—**Darryl Plecas, MLA**
“Canada Day”

Music by **Marcus Unger**

Tickets: \$12 on sale at the Office

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Sunday: Closed



Community Resources

Health

Abbotsford Mental Health Office

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

Abbotsford Parkinson's Support Group

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

Abbotsford - Mission Arthritis Support Group

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

Alcoholics Anonymous

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

Alzheimer Resource Centre – Abbotsford

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

B.C. Schizophrenia Society

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

British Columbia Center for Epilepsy and Seizure Education

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

Canadian Cancer Society, Abbotsford Branch

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

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 immediately to make sure your pensions arrive on time. To inform about changes and to get information on any programs call 1-800-277-9914.

Abbotsford Community Services

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

Abbotsford 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 Secondary School, Yale Road, Abbotsford, during the school year. Ph. 604-853-8049

Communitas Supportive Care Society

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

Legal Aid Services

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

Matsqui Recreation Centre

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

Additional listings may be sent to office@gardenparktower.ca

*You may forget the one
with whom you have laughed,
but never the one with whom you have wept.*

<http://gutenberg.net.au/ebooks05/0500611h.html>



The thoughts we choose to think are the tools we use to paint the canvas of our lives

Louise Hay

Memories & Happenings

Fifty Shades of Green: Garden Park Makes Walking Delightful



Marilyn Hamilton

Make walking delightful! That was the advice of the city planners who visited Abbotsford in February as part of the *Abbotsforward City Planning Strategy*. Their view was that walking benefits both individual health and city wellbeing. (Studies show that walking is the single most health-producing activity we can practise.)

Also in February I was thinking about delightful walks as I was peering down from my 6th floor balcony onto our Garden Park – an oasis of greenery amidst a streetscape of traffic, buildings and balconies. I wondered if I could see fifty shades of green? The leaves were not yet on the trees but I could see grass, shrubs, lawn and evergreens. I could see brown vines on our two bowers and deep green in the rhododendrons and bushy emerald hedges. On that sunny day I could also see people walking, strolling or sitting in Garden Park. Shortly, I knew I would be one of them, enjoying its delights.

Why is it so important to imagine we have fifty shades of green in Garden Park? Perhaps it is because green is the colour of life? Or green reminds us of hope? Or green recalls the seasons and cycles of life?

Maybe for our Garden Park something more valuable is at play? Our Garden Park reminds us of the power of nature in our lives. The fifty shades of green emerge from every garden view, corner, and nook. Fifty shades of green can remind us of the garden's history, first planted by the developers of Garden Park Tower, and then enhanced by the placement of the monument. Some shades reflect the memories of ancestors whose roses and trees, dedicated in their names, remind us of the families who have contributed to the upkeep of the garden. Other shades reminds us of the city public workers who have taken over the maintenance of the garden. More shades remind us of the volunteers who plant the annuals and do the heavy lifting and bending of weeding, pruning and cleaning.

Garden Park has the key qualities that make for a delightful walk in the city, because it bursts with life. From its first design, made with an intention to bring delight, it expands its value by the ongoing investment of people's time, effort and resources. As a result, our park provides delights to the body, mind, heart and soul of everyone who passes through our garden - whether steadied by a walker, or ably rushing home, or sunning on a park bench, or just imagining a stroll from balcony or car.

When I view the Park now in its season of spring delights – not only am I enchanted by fifty shades of green – but also by shades of yellow, red, pink, purple,

white and blue. Who can resist daffodil cheer or tulip nods? Who remembers a lavender wisteria bower more lushly in bloom than in Garden Park this April? How do we deserve the precociousness of roses blooming in May, when gardens in some parts of Canada are still blanketed in snow? Flashes of geraniums, spikes of hostas and fresh sprigs of chrysanthemums suggest more promises in summer and fall.



Photo by Marilyn Hamilton

Garden Park reflects all the seasons of life and offers a place to connect with nature and with others throughout the year. Our park not only makes walking delightful for our own residents, but also for all our visitors, neighbours and commercial tenants.

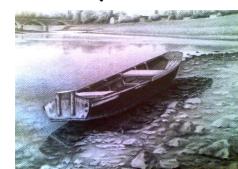
To imagine Garden Park Tower without its namesake garden would be a place that offers no path between noisy street and building doors, no reason to pause and soak in nature's wonders, no reminder of life's seasons of renewal.

As a centre of community and a community centre, the Garden at Garden Park makes walking delightful. Its impact as a delightful living centre adds priceless value to our community, reminding us that our place-making and place-caring have created a delightful and inspiring sanctuary for us all.

*We come from the earth... We return to the earth ...
and in between, we garden. (Anon)*

■
Marilyn Hamilton

A grade four teacher was trying to teach her pupils reasoning and logic. "Here is the situation. A man in a canoe on a small lake tips the canoe and falls into the water. He can't swim and his wife knows that. He calls for help. His wife hears him and rushes to the bank. Why did she hurry to the bank?" An eager little girl said, "To draw out his savings".



Dollars & Sense

The Myth of Equality



Edwin Friesen

Like most people planning their estates, I am committed to providing an equal distribution to our children – equal in that they would each receive the same dollar amount or assets of similar value. After all, we love our children equally so they should receive equally. That is the ideal of most parents, but that is hardly ever possible or practical. Here's why.

Unless you have only one child or only a set of twins or triplets, the different ages at which the children receive their inheritance is a factor. The oldest child may get the inheritance at age 65 and the youngest at age 50. In theory that gives the younger one 15 more years to invest the funds. The heirs may have received the same dollar amount but not the same benefit potential. The older child has less time to invest and enjoy the inheritance. The greater the age difference between the oldest and the youngest, the greater the disparity. Is that equal?

In another scenario, one or several of the children may have continued working on the farm or in the business, becoming shareholders, maybe even the principal owners while the other siblings pursued other careers. Years later, if the farm or business has done well, then the non-farm or non-business siblings may feel that they deserve to enjoy some of the family farming or business success. After all, shouldn't all of the children benefit equally from the farm or business started by their parents? And what if they want to buy into the farm or business later, do the original siblings have an obligation to them in that respect? Are the siblings who took the risk over the years now also obligated to share the reward?

Let's try the shoe on the other foot. Suppose that in spite of hard work and good management the family farm

or business fails. Are the other siblings expected to share in the loss? Does sharing apply only when assets increase? What if one of the non-farming or non-business siblings strikes it rich with investments or in business? Is that wealth personal or is it to be shared with the rest of the family?

If you are the parent and you find yourself looking for easy answers to these succession questions, you may be disappointed. Here, however, are some rules of thumb that you may find helpful:

- ☞ “Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths.” Proverbs 3: 5-6
Asking God for wisdom seems a self-evident truth but we need to be reminded.
- ☞ Learn from others who have gone, or are going, through similar situations.
- ☞ Seek help from professional advisors in succession planning.
- ☞ Dialogue openly about your estate plans and include all family members as appropriate.
- ☞ Assure everyone that you love them equally and that your goal is equality as far as reasonably possible given your unique family circumstances.
- ☞ Life is a series of opportunities and challenges. Potential heirs must realize that no one can turn back the clock to redo life. We have to live with the choices we made along life's way. We need to accept the present and then plan for the future.

*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.*

The Cost of Dishonesty

Supposedly this is a true story. Late one evening a little girl told her mother that she had to bring a cake next morning to a class bake sale. The mother was distraught. She did not have a cake mix on hand, nor did she have all of the ingredients to mix a cake. She did the best she could. The resulting cake was quite good but, unfortunately, the middle caved in. Ever resourceful, she turned it upside down and filled the empty space with a wad of paper towels. Covered with icing, the cake looked very impressive.

In the morning, when her husband was ready to drive the little girl and the cake to school, the mother told him firmly to keep his eye on the cake and to make sure to buy the one that she had prepared, no matter what the price. He agreed to do that. When the sale eventually started, the father noticed that his wife's cake was not on the cake table. Just before the sale started, the teacher announced that some of the volunteers had been allowed to buy a cake before they went on sale. When the dad came home without the cake and told his wife what had happened, she was distraught. He consoled her by reminding her that her name was not attached to the cake.

That evening the mother went to a neighbourhood party. She was still upset. Then, to her amazement, she saw the host, a pretentious woman, bring out the cake with the paper towels stuffed inside. She was frantically thinking how to save the situation when she heard another woman ask the host, “What a beautiful cake! Did you make it?” To the mother's surprise, and perhaps delight, the host said, “Yes, I did.” Mom the baker then smiled to herself, held out her plate and asked for the first slice.



A Senior's Concern Same-Sex Marriage

The following US court case will have ramifications for Canada as well. This is vital information. On April 28, 2015 the U.S. Supreme Court heard arguments for and against the redefinition of marriage. Whether to legalize same-sex marriage has in the past been a state decision. This has resulted in some US states approving it and other states prohibiting it. Hoping to harmonize the legality, the homosexual movement took the matter to the U.S. Supreme Court, demanding that there be one uniform law across the country.

I have read the entire transcript of the oral arguments. Here are some of the major arguments that were presented.

1. The homosexuals are not asking to join the institution of marriage, they are seeking to redefine it.
2. Those wanting a uniform national law maintain that the chief purpose of denying same-sex marriage is to demean that lifestyle. Such demeaning should not be permitted, they say.
3. The common argument that same-sex marriage should be prohibited because of the inability of a homosexual couple to procreate is an invalid argument. Some heterosexual couples cannot procreate.
4. Homosexuals are regarded as second-class citizens. Such demeaning must be countered by legalizing homosexual marriage.

The Chief Justice stated that marriage of one man and one woman had been adopted for millennia, while the demand to revise it has only a few years of history. This argument was refuted by the plaintiffs. Another Justice stated, "you want 9 people outside the ballot box to change marriage laws?". One of the Justices asked, "if we change this law, should a marriage license be given

to two men and two women where each wants to marry the other three persons?" This important question remained unanswered.

One of the Justices asked, "would you allow two unmarried siblings who have lived together for 25 years, to get married? After all, they love each other and provide physical and emotional support." This question, too, was merely fumbled over.

One Justice commented that most religious schools and universities provide affordable housing for married students. "What would happen if a gay couple requested housing and were refused?" asked one Justice. The reply was quick and harsh..... "then we have a serious issue".

Another question that was discussed was this: "If this redefinition is embedded in the constitution, how can a minister of the gospel decline to marry a gay couple since that would be a lawless act?". The answer was not discussed, but left as a serious problem. Although a judicial decision in itself does not become an amendment to the US constitution, there would doubtless be a big push to have that happen.

Subsequent to this court hearing, the highly esteemed Dr. Jim Dobson issued a press release. It said that an agreement has been reached among a very large number of pastors that if the Supreme Court redefines marriage it will be an edict against God and then we will have to decide, do we obey God or man? Then, Christians will be compelled to opt for civil disobedience with very serious consequences for freedom of religion. These are strong, challenging, disturbing and thought-provoking words.

A date has not yet been given when a verdict will be handed down. But we can be rest assured, our religious freedom is hanging by a thread and therefore Christians must remain vigilant in the US and in Canada.

I have a choice about today

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today and I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can appreciate that I have a place to call home.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a GREAT DAY ... unless you have other plans and please remember, a "Smile" will make the days go better.

Author Unknown