FREE

The Garden Park Journal

Volume 2, Number 5 | Abbotsford, British Columbia | October 2015

Gaining Altitude on a Community of Blessings

Marilyn Hamilton

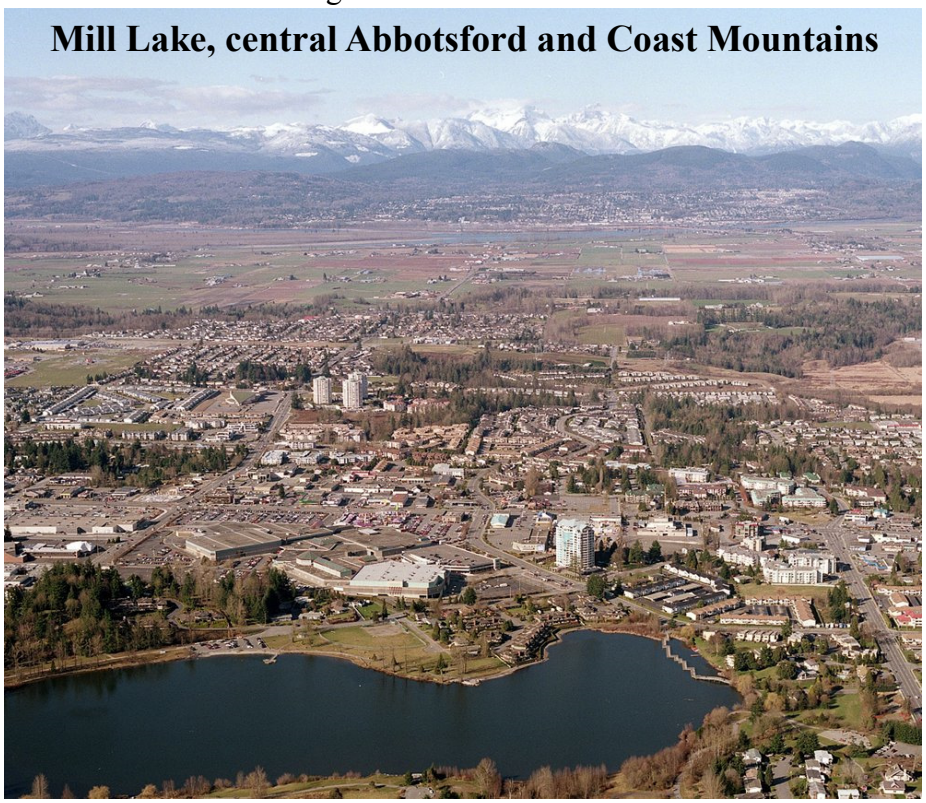
One autumn weekend, I joined some friends hiking up Sumas Mountain when the skies were clear, the air was crisp and the view went on forever. We took binoculars with us so that from the heights above we could zoom in on life below. As we gazed over the valley fields, it was easy to see the source of life in our crops and flocks and herds. We remembered Thanksgiving and sensed deep gratitude for the producers and processors who raise and harvest the food that is served at our tables. We saw beside the river, the fishers and the gleaners gathering contributions that would go to the Food Bank. We realized that no matter how technologically sophisticated our lives have become, survival depends on access to the basics of life -- water, food, clothing and shelter.

Turning our gaze from the fields, our binoculars picked up the cluster of houses around a local church. We could see a wedding party, with family and friends gathered for a reception laid out in the nearby garden. We heard bells peal and laughter drifted up on rising air currents. The value of kinship and the marriage ritual reminded us warmly of the family dinner awaiting us on our return.

We climbed higher to get a view of the track-and-field stadium. We could see hurdlers, jumpers and racers leading the pack - inspiring roars from the crowd. Our binoculars picked up the winners on the end-zone stage and we glowed with memories of our teenagers who seemed so invincible.

Continued on page 2

Mill Lake, central Abbotsford and Coast Mountains



Submitted by Marilyn Hamilton

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CLEARBROOK COMMUNITY CENTRE
AT GARDEN PARK TOWER
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Clearbrook Golden Age Society
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Community of Blessings *continued from page 1*

We climbed another 100 feet. Turning around, the city hall clock became visible above the fire hall, police station and two schools. Around the corner we could see the hospital and further beyond vehicles in the public works yard. Then a holiday harvest parade marched past in multi-cultural pride with a First Nations hoop dance, followed by a Christian brass band in blue uniforms, Sikhs in their orange turbans, a Chinese red dragon masquerade, a Japanese lantern float, a Dutch flower boat, and Scottish bagpipers. We smiled at the organization of the parade – it revealed the essence of what makes our community work so well – municipal chambers, school board, health authority and social services bringing systematic peace, commitment and duty to the practical obligations of life.

As we continued our upward path, we could see beyond the city, the international airport, with a steady stream of planes exporting and importing people, cargo and produce to and from the four corners of the globe. We recalled when unintentionally we imported the mysterious avian flu and became aware, that despite our modern technology and world-class strategies, we are still vulnerable to invisible micro-biological life-forms.

That was a wake-up call! We learned that reaching out to one another matters more than ever – especially to those who are different than us. Our neighbouring communities shared care-giving capacities and reminded us of the importance of inclusive social networks to solve tough problems.

At the apex of our trek, stretching below us in the valley, we saw other cities. The river that flows through the entire valley connects us as one ecological system through water, air, soil and even our wastes and pollutions.

With our seven "stations" for viewing life from the valley floor to the mountain top, our hike showed us how our different value systems have woven together a bio-psycho-cultural-social web. Our values of survival, kinship, power, order, success, caring and flex-flow are not only meshed together from the past but are dynamically reinventing the future.

Every step of altitude on our hike expanded our appreciation of the magnificence of existence and our many blessings as community members. We hope it reminds others of their many blessings too.

Marilyn Hamilton

"The difference between an ordinary marriage and an extraordinary marriage is in giving just a little extra every day, as often as possible, for as long as we both shall live." Fawn Weaver

Letters to the Editor

Editor, ***The Journal***:

Hello to all - I read ***The Journal*** for the first time today - an excellent collection of articles and community resources. Appreciated Helen Lescheid's experience in forgiveness. I believe I picked up ***The Journal*** at the library - got one of three copies left. Don't know why I never came upon it before but I will be looking for it in the future. All the best. Judy Lee,
Abbotsford. BC

Editor, ***The Journal:***

Thank you, John, for letting people know why Native People are living in poverty. The government gives the money to the band to be used for the people – but the chiefs use most of it for themselves and their families.

Our son has been teaching up North for over 30 years. He tried to open his students' eyes by asking in a class discussion, "Who has the biggest house?" Answer, "The chief". "Who drives the newest truck?" Answer, "The chief".

"Who goes to Las Vegas on holiday?" Answer, "The chief". "Who has boats, ATVs, skidoos, etc.?" Answer, "The chief". "Are you going to do something about that when you grow up?" Answer, "We can't, the chief controls everything."

I love the ***Journal***, John. **Susie Harms**
Abbotsford

P.S. I wish to thank the person in the top floor at Garden Park Tower for putting up a Canadian flag.

Letters should be sent to: jredekops@shaw.ca
Published letters may be edited for length and clarity.

Property Laws of a Toddler - D. Lawrence

(Evidences of Original Sin)

Test this on the toddlers in your care.

1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

John H. Redekop

From the Editor's Desk …

Many voters are asking, "How shall I vote?" Before addressing that question, let's get two related matters out of the way. First, the right to vote includes the right not to vote. This, however, does not mean that it's wise to do so. Similarly, we all have a right to run up too much debt and to eat too much but exercising such rights is not commendable.

Second, some people assert that if you don't vote, you have no right to criticise the government. That's not true. The right to criticise is a basic right guaranteed to all people in a free and democratic society.

As I see it, a person's vote in a Canadian national election should be determined by at least six factors. The significance of each one will vary, depending on the situation.

First, a person should vote only for a political party committed to maintaining democratic government and all the basic rights and freedoms which that includes. All five major Canadian parties meet this requirement.

Second, the personal qualities and track record of national party leaders is extremely important. In our political system the Prime Minister has become so powerful that the strengths, weaknesses, credibility, integrity, and track record of each national party leader is a major consideration. The Prime Minister shapes the direction of the government.

Third, a person's vote should be affected by a party's national policies. A party's economic, military, judicial, taxation, development, social assistance, and "life and death" policies should be given much weight because they impact the entire country. We who are seniors should be models in focusing more on what's good for the country than on what's good for us. Self-centeredness does not become a virtue when transferred to politics. If a party has been in office, then that party's record in office is just as important as its current platform.

Fourth, the impact of a party's policies on me as a voter is important. We all have economic, social and other interests and that's appropriate. If a party's taxation or social benefits policy will impact me greatly, then that should influence my vote. It should, however, not become the main determinant. Items 1 to 3 are more important. Thus, it's more commendable to focus on wise policies for First Nations, enlightened environmental policies, and equitable taxation for all than for a farmer to focus only on grain subsidies, a student only on student grants, or a senior only on nursing home subsidies.

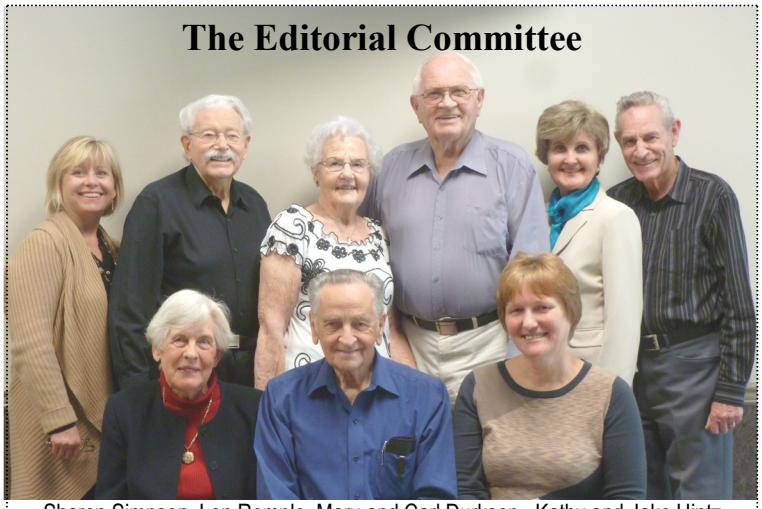
Fifth, the quality of the local candidate is very important but should not be the only consideration. Here one looks for integrity, competence, approachability, and track record. An informed voter, of course, knows that voting for a local candidate is also voting for that candidate's leader to become prime minister.

Sixth, every voter should consider a party's general orientation. If a party has a socialist, capitalist, hyper-nationalist, overly frugal, spendthrift, or isolationist orientation and the voter does not, then it's surely appropriate not to vote for that party.

I encourage voters to weigh matters carefully and to vote with gratitude on October 19.

JHR

The Editorial Committee



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serving & building bridges

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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

"Don't wait for people to be friendly – show them how." Henry James

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

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Coming Events

Community (Abbotsford)

- *Women of Faith Simulcast Conference,* Oct 2, 6:45 pm, Oct 3, 8:45 am to 4:30 pm, Gateway Community Church, 2884 Gladys Ave. with live on-site host Laura-Lynn Tyler Thompson of The 700 Club. More info and Tickets: www.worshipvancouver.com
- *Bible Conference, It's All About Life for the Church and the World,* Oct 2, 7:00 to 9:00 pm and Oct 3, 9:00 am to 2:30 pm, Columbia Bible College, 2940 Clearbrook Road. Speaker: Rikk Watts. Cost: $63.00, Seniors $36.75. More info: columbiabc.edu/ConEd, 604-853-3567 ext 425.
- *Habitat for Humanity, First Annual Gala,* Oct 3, Doors open 5:30 pm, Abbotsford Entertainment Centre 33800 King Road. A *Space Odyssey* featuring Keynote Speaker, Canadian Astronaut Chris Hadfield, and Calvin Dyck with his 4 String Orchestra. Tickets and more info: www.habitatgala.com
- *Seeds of Hope Children's Ministry Fundraising Banquet,* Oct 3, 6:00 pm at Christian Life Community Church, 35131, Straiton Road. More info: 604-853-4166.
- *Mennonite Historical Society Annual Fundraising Banquet,* From Refugee to Citizen, The Mennonite Role in Resettlement of *Indochinese in Canada,* Oct 3, 6:00 pm, Emmanuel Mennonite Church, 3471 Clearbrook Road. Special Speaker: Dr Stephanie Stobbe. Tickets: $25.00, available online at MHBC.com or 604-853-6177.
- *SHIYR Poets with Special Guest Comedian, Cliff Prang,* Oct 4, 7:00 pm, Matsqui Centenial Auditorium, 32315 South Fraser Way. Tickets: House of James.
- *Fareast Broadcasting Annual Friendship Dinner* at the Rancho, Oct 6, 12:00 noon and 6:30 pm, 33110 Delair Road. RSVP Doug or Helen Johnson, 604-853-7226.
- *Annual Fundraising Banquet in Support of Life,* Sponsored by ADVOKATE, Oct 15, Doors open at 6:30, dinner at 7:00 pm, Columbia Place, 2940 Clearbrook Road. Featuring Jason Jones, film producer, author and human rights worker. RSVP and more info: 604-852-4623, email: info@advokate.ca
- *The Valley Concert Society, Ensemble Caprice,* Oct 16, 7:30 pm, a Baroque ensemble performing on period instruments. Matsqui Centennial Auditorium, 32315 South Fraser Way. More info: www.valleyconcertsociety.com
- *Women's Weekend,* Oct 16 to 18, Stillwood Camp and Conference Centre. Speaker: Cynthia Cavanaugh. Cost: $170. More info: 1-800-507-8455 or kim@stillwood.ca
- *Revolutions that Change the World,* Oct 16, 6:00 pm, Central Heights Church, 1621 McCallum Road. Cost: $25.00. Registration: www.fhcanada.org/bootgamp Contact: Wendy 604-852-1001.
- *Abbotsford Youth Orchestra presents Carnival of the Animals,* Oct 17, 7:00 pm, Bakerview Church, 2285 Clearbrook Road. Featuring 14 outstanding pianists from Mission, Abbotsford and Langley. Tickets: King's Music and House of James.
- *Hymn Sing,* Oct 18, 7:00 pm, Clearbrook MB Church, 2719 Clearbrook Road.
- *Music on a Wednesday,* Oct 21, Refreshments 11:30 ($3.00), Concert 12:15, Bakerview Church, 2285 Clearbrook Road. Piano Duo – Clare Yuan and Scott Meek.
- *Alzheimer Society Workshop,* Oct 22, 1:00 to 3:00 pm, Garden Park Tower, 2825 Clearbrook Road. Cost: by donation. Registration: 604-859-3889.
- *Indo Evangelism and Communication Ministry, "Praise Raiser" Banquet,* Oct 23, 6:00 pm, South Abbotsford Church, 32424 Huntingdon Road. Tickets: $15.00, purchase tickets from Church office by Oct 18.
- *Columbia Bible College Annual Fundraising Dinner,* Oct 24, 6:00 pm. Guest Speaker: Chris Price, Lead Pastor Calvary Baptist Church. More info: Tonia Martens 604-853-3567 ext 528.
- *Logos Canada Dessert Evenings,* Oct 23, 7:00 pm, Bakerview Church, 2285 Clearbrook Road and Oct 24, 7:00 pm, Garden Park Tower, 2825 Clearbrook Road. Admission is free. An offering will be taken for Logos Canada Ministries in the Former Soviet Union.
- *The 5 Love Languages,* Oct 26, 7:00 pm. Speaker: Dr. Gary Chapman, Best Selling Author/Speaker. General Admission $20.00. Central Heights Church, 1621 McCallum Road. For tickets and more info: Lesley@centralheightschurch.com
- *55+ Seniors' Contract Bridge* at the Fellowship House Society, Abbotsford Recreation Centre, 2499 McMillan Road. Tuesdays at 6:45; Wednesdays, Fridays and Sundays at 12:45. Cost: $2.00 for Bridge, Coffee, Tea and Snacks. More info: Myrtle 604-626-4746
- *Full Gospel Businessmen's Meetings,* first Tuesday of the month, 12:00 to 1:00 pm. Rendezvous Restaurant, 111 – 3280 Mt Lehman Road. Contact: Marcus 604-850-3500.
- *The Reach* – Culture, Coffee, and Cookies. C3 is a program dedicated to providing stimulating and enjoyable learning opportunities for people of retirement age. Every Wednesday, 10:30 am. Free Admission, Pre-registration required. Register at The Reach, 32388 Veterans Way or phone 604-864-8087.
- *Valley Echoes Chorus,* every Thursday 7:30 pm, Azalea Room, Garden Park Tower. Director, Sean Huston. More info: 778-896-3496.
- *Women with Cancer Support Group,* meeting every third Thursday of the month at Garden Park Tower, second floor, 7:00 pm. This is a very relaxed, compassionate group. More info: Edith 604-289-0630.
- *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 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)

- *A Thousand Tongues, The Centrality of Songs in Worship*, Oct 17, 9:00 am to 2:00 pm, Christ Covenant Church, 6866 Glover Road, Langley. Workshop Leaders: Calvin Dyck, Betty-Ann Vroom, Alison Nystrom, Rob Herret, and Adam Smith. Tickets: Adults, $20.00, Students, $15.00. Registration: www./langleychurch.org or 778-908-1307.
- *Canadian Gospel Music Celebration,* Featuring Greater Vision and The Brown Family, Oct 19, 7:00 pm, Chilliwack Alliance Church, 8700 Young Street, Chilliwack. Tickets: $20.00 advance, $24.00 at the door. Purchase tickets at House of James, Abbotsford or Long and McQuade Music, Chilliwack. Reservations: 1-800-410-0188.
- *TWU's School of Arts, Media and Culture presents The Diary of Anne Frank,* Oct 27 to Nov 7, 7:30 pm, Matinees: Oct 31 and Nov 7, 2:00 pm. Trinity Western University, 7600 Glover Road, Langley. Tickets: 604-888-7511 ext 3872 or TWU.ca/theatre.

Future Events

- *Around the World in 80 Days,* A Comedy Adventure by Mark Brown, Nov 6, 7 and 11 to 14, 7:30 pm; Matinees: Nov 7 and 14, 2:00 pm. Gallery 7 Theatre, Abbey Arts Centre, 2329 Crescent Way. Tickets: House of James.
- *DMI Global Missions Banquet,* Nov 13, 6:00 pm, King Road MB Church, 32068 King Road, Abbotsford. Cost: $15.00. RSVP, Liz 604-859-6267 or lizn@mbmission.org
- *Booth Brothers, Legacy Five, and Greater Vision,* Dec 9, 7:00 pm, Chilliwack Alliance Church, 8700 Young Street. Tickets: 1-800-420-0188.

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

"Commend more; condemn less."

*Editor's note: While **The Journal's** mandate, as approved by the Clearbrook Golden Age Society, gives it a strong Judeo-Christian orientation, it is not a magazine dealing with heavy theological debate or scholarship. We do receive some controversial and scholarly theological submissions from readers but have not carried them. This is not a journal intended mainly for scholars and clergy. We are pleased, however, to carry much Christian content including faith-related experiences. JHR*

My Miracle

I had been involved in a local political campaign for three weeks. I had been putting up signs. One night I came home and my black wallet was not in my pocket and not at my residence. It was gone. This went on for two weeks – I had no wallet, no cards, and my cash and my driver's licence were gone. I was perplexed.

Then two local Catholic ladies phoned me. "Will you drive us to the Delta Catholic church, there is a big prayer meeting there? They are meeting today." Yes, I did promise to drive them and we did go.

There were about 500 people present. Five priests and three nuns were ministering to us in the church. About 8:00 pm I was standing in front of a nun and a priest. They asked, "How can we pray for you?"

I simply told them about the loss of my wallet. Then the nun and the priest called on God to send angels to find my missing wallet and deliver it to my house at 8:00 pm. This was 8:00 pm.

We drove back to Abbotsford and I went to bed.

Next morning, when I got up, there was my wallet lying on my dresser in my condo! Nothing was missing.

I give God the praise and glory for this wallet miracle. I also thank the Catholic priest and the Catholic nun in Delta for praying in meekness and humility for this outstanding miracle!

"Thank you, Lord Jesus!"

Henry Vogt
Abbotsford, BC

"You can't have a perfect day without doing something for someone who will never be able to repay you." John Wooden

A Pastoral Word

More Than Saying Thank-you

Pastor Ron Berg

Leprosy was a terrible affliction in Bible times. A leper was isolated from the community. So that he would be easily identified as a leper, he was required to wear tattered and torn clothes and keep his hair messy. Whenever people came near, he was to shout "Unclean! Unclean!" so that people wouldn't come near and risk being contaminated. (Lev 13:45) Any conversation he might have with his family would be at a shouting distance. In some cases, leprosy was seen as a punishment curse from God. So if you had leprosy, you were always looked upon with suspicion.

It is no wonder then that the 10 lepers Jesus cured in Luke 17 were ecstatic about their cure. They were so excited, that their first reaction was to run to the priests as Jesus had told them to do. They were like the little boy who just was given his favourite candy, excitedly popping it into his mouth, and needing to be reminded by his mom, "What do you say?" Were these lepers ungrateful? I don't think so. But they missed something.

The one leper who returned to Jesus came back to say more than thank-you. He came praising God "in a loud voice". He realized that he had just been touched by God. This was more than just a physical healing. Something profound had happened. In his excitement and rush to the priest with the other lepers, he stopped to realize that he had just been face to face with the mercy of God. This needed more than thanks. It needed worship. And with that he hurried back to Jesus, thanking, worshipping, and shouting praise to God for all to hear.

That is what is at the heart of the Biblical teaching on thanksgiving, "In everything give thanks, for this is the will of God concerning you in Christ Jesus." (1 Thess. 5:18) Thanksgiving becomes an act of worship.

That is what makes Thanksgiving more than just a holiday and a big dinner. Thanking is an act of worship, praising God, loud enough for the world to hear.

Pastor Ron Berg

BC SECURITIES COMMISSION
investRIGHT

Garden Park Tower will be hosting a presentation by the BC Securities Commission
Wed, Oct. 28 at 10am

"When I was young, I admired clever people. Now that I am old, I admire kind people."
Abraham Heschel

Your Health

Editor's comment: In its Summer, 2014 issue of News and Publications, *the Johns Hopkins Health Centre discussed a report, written by Karen Swartz, M.D., in which this psychiatrist describes the relationship between forgiveness and health. I have summarized or quoted key items in this report. JHR*

The Healing Power of Forgiveness

"Karen Swartz M.D. says that in her nine years speaking at Johns Hopkins annual women's health conference, *A Woman's Journey,* no topic has generated more interest than her recent talk on love and forgiveness." Swartz is Director of the Johns Hopkins Mood Disorders Center. She asserts that "the topic of forgiveness is simply universal, whether it's forgiving someone else or yourself." Dr. Swartz responded to several questions.

Should we see all violations of faith and trust as forgivable – or are some simply unforgivable?

"There are some things that you really want to forgive, you want to move past, you want to have a future relationship with someone. And there are some things that are simply too horrible to forgive and forget – like violence against a child....Forgiveness does not always include reconciliation." Sometimes trust has been broken to such an extent "that you can never have a relationship [with that person] again."

In thinking about forgiveness, would you say there is a biological reality versus an emotional reality, or is that a false dichotomy?

"I think if you are in a very upset, agitated state about a conflict, we know people get into a flight-or-fight mode. You are breathing fast. Your blood has gone into your arms and legs. You go into this hyper state. And being in that hyper state gets your heart pounding, gets you on edge. And that's not necessarily healthy. Can that be triggered by emotional things? Absolutely."

Is some of that unhealthiness maintained in someone who will not forgive?

"If someone is stuck in an angry state, what they're essentially doing is being in a state of adrenaline. And some of the negative health consequences of not forgiving or being stuck there are high blood pressure, anxiety, depression, not having a good immune response."

Would you explain the physical health benefits of forgiveness?

"There has been excellent work that looks at what gets better after forgiveness training. Blood pressure is lower. People report needing fewer medicines. They report better sleep. They report physically feeling better and having fewer physical complaints." *Continued ...*

"There are two wrong ways of dealing with conflict: avoiding it and becoming confrontational." Laura Jones

Puzzles

Autumn is a good time to take a drive into the countryside, up a mountain, along a river or even to a favourite restaurant or coffee shop in a neighbouring town. With this thought in mind, and many personal pleasant memories of autumn drives, I have developed three puzzles dealing with such matters. Again, the first is rather easy; the second may require more thought and the third perhaps still more. But you will enjoy the challenge. When you have unscrambled the words, use the circled letters to compose the missing word in the sentence.

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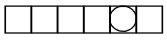
atooty 
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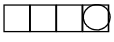
alpn 
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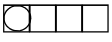
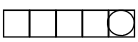
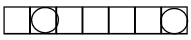
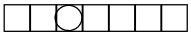
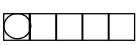
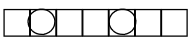
mite 
outer 

The _ _ _ _ _ will go better if a friend goes with you.

parrent 
ewheart 

yonem 
seencry 

Don't forget to take your _ _ _ _ _ _ with you.

The answers are given on page 15 *JHR*

Continued ...

Do we make a mistake in tending to think that forgiveness is something we do for other people, when in fact perhaps the greatest benefit is to ourselves?

"Certainly the healthiest thing is to forgive. There are many studies now that are demonstrating that – that you'll have lower blood pressure and better blood flow. I think it would be better if people could view forgiveness as something they're doing for themselves."
www.hopkinsmedicine.org/news/publications/johns_hopkins_health/summer_2014/the_healing_power_of_forgiveness

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.

The Honorable Simon Gibson
MLA, Abbotsford-Mission

It is a privilege for me to represent constituents of the Abbotsford-Mission riding in the British Columbia legislature.

We are now entering the second half of a four-year term and I have been kept busy serving on a variety of committees including Finance and Government Services, Public Accounts, and Treasury Board, which is perhaps the most important government body.

In addition, I am a member of the board of the Pacific Northwest Economic Region, based in Seattle, which is a "Cascadia" model drawing together five US states, and the western provinces and territories for the good of our region.

Earlier this year, the Premier honored me with a new appointment as Parliamentary Secretary for Independent Schools. There are approximately 350 such schools province-wide with a total enrollment of some 80,000 students (which is greater than Surrey, the largest public school district).

I have already been "on the road" visiting a number of schools, both in the Greater Vancouver area and on Vancouver Island. I even visited a Jewish School, the Hebrew Academy, which proved to be welcoming – and fascinating.

I continue to see my work as a significant opportunity to be of service to citizens. My constituency assistants, Jean and Joyce, attend to constituent concerns and advocate to government and Crown corporations with a variety of issues. In many cases, I will pursue a matter directly to the Minister if there is not a satisfactory resolution.

Communication with provincial government can sometimes seem daunting to residents: our office is always available to facilitate contacts with the right department to achieve a prompt response.

May I take this opportunity to wish readers the very best for a wonderful fall season. My wife, Joy, and I look forward to meeting many of you informally at the various functions throughout the community. ■

"A good character is the best tombstone.
Those who loved you will remember.
Carve your name on hearts, not on marble."

Rose Room Coffee Shop

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

Gratitude

"Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given." Marelisa Fabrega

"In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and all I have is given to me as a gift of love, a gift to be celebrated with joy." Henri Nouwen

"Clearly, one of the major obstacles to our experience of gratitude is the habit we have of sleepwalking through life. The truth is that we are never lacking for blessings in our lives, but we are often lacking in awareness and recognition of them." Diane Berke

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melondy Beattie

An Irish Blessing:

"Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Love your neighbor as much as yourself." ■

Abbotsford's Members of the British Columbia Legislative Assembly

The people of Abbotsford elected three MLAs. They are:

Michael de Jong, Q.C. Minister of Finance
MLA Abbotsford West
Constituency Office: 103 – 32660 George Ferguson Way,
Abbotsford, BC. V2T 4V6 Ph. 604-870-5486
Email: *mike.dejong.mla@leg.bc.ca*

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

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

Beware of Scams!

Editor's comment: This scam email arrived in my email Inbox last August. Please read it carefully and make a list of all of the items in it which should convince any reader that it is a scam letter. You should find at least 10 items. JHR

-----Original Message-----
From: Edward Wu
Sent: Wednesday, August 19, 2015 8:46 AM
To: undisclosed-recipients:
Subject: [Shaw Suspected Junk Email] RE: INVESTMENT PROPOSAL

Dear Prospective Partner,

I am contacting you regarding transaction linked with Mr. Chen Shui-bian the former President of Taiwan. My name is Edward Wu, my friend Mr. Chen Shui-bian has presented a subtle offer which will need the help of a partner like you to complete successfully. Mr. Chen Shui-bian is in a difficult situation and he must immediately relocate certain sums of money. More so, this must be done in such a way that it must not be tied to Mr. Chen Shui-bian. The sum is currently deposited in the name of an existing legal entity. Your role will be to:

[1]. Act as the original beneficiary of the funds.
[2]. Receive the funds into a business/private bank account.
[3]. Invest/Manage the funds outside China.
[4]. Value of funds: (US) $49 Million.
Everything will be done legally to ensure the rights to the funds are transferred to you. If you agree to partner with Mr. Chen Shui-bian, he will compensate you with 20% of the total sum for your role as the beneficiary partner to the funds. Should you prefer I re-contact you with more express facts, you can send me your:

[1] Full Names:
[2] Personal Profile:
[3] Daytime Telephone No:

Be advised to visit the following links to be better acquainted with Mr. Chen Shui-bian's current profile and personality.
http://news.bbc.co.uk/2/hi/asia-pacific/8250099.stm
http://news.bbc.co.uk/2/hi/asia-pacific/8233342.stm
You can email me for further details, terms and agreement.
Sincerely,
Edward Wu

Telephone Mishap

A woman was at home with her children when the telephone rang. In going to answer it, she tripped on a rug, grabbed for something to hold on to and seized the telephone table. It fell over with a crash, jarring the receiver off the hook. As it fell, it hit the family dog, who leaped up, howling and barking. The woman's three-year-old son, startled by this noise, broke into loud screams. The woman mumbled some colorful words.

She finally managed to pick up the receiver and lift it to her ear, just in time to hear her husband's voice on the other end say, "Nobody's said hello yet, but I'm positive I have the right number."

Did you know?

1. On August 20 **CBC,** in its 10:00 pm news program**, The National,** carried a report by Dr. Danielle Martin in which the physician reported that a standard one-year prescription for Lipitor costs $800 in Canada but only $15 in New Zealand. What is the response of Canada's governments and Canada's drug industry to such abuse?

2. On August 14 **The Vancouver Sun** reported that Willard Cook, the chief of Surrey's tiny Semiahmoo First Nations band, having fewer than 100 members, was paid $267,309 of tax-free income. In taxable income this amounts to nearly $460,000. Premier Christy Clark earns $193,532 and Prime Minister Stephen Harper earns $327,400. Such egregious abuse of power and such greed demonstrated by people like Chief Cook makes one wonder why both the federal Liberal Party and the federal New Democratic Party state that if elected, they will repeal the *First Nations Financial Transparency Act* enacted by the Harper Conservative government on March 27, 2013. Taxpayers don't like to be the objects of abuse and theft.

3. Franklin Graham deserves affirmation and thanks. He is opposing the current Muslim Prayer Room movement which aims to provide special Muslim prayer rooms at airports. For example, the Orlando International Airport planned to open, on September 1, its new $350,000 Muslim Prayer Room – actually a mosque – despite the fact that the airport already has an Interfaith Prayer Room with prayer rugs available in it.
www.charismanews.com/culture/51186-franklin-graham

JHR

Henry Braun
Mayor of Abbotsford

As I write this, the first day of fall has occurred, reminding me that Thanksgiving will soon be here and reminding me of all I have to be thankful for. Over my last four years in public office, one thing that I have come to be grateful for is how wonderful our community is, and most importantly how wonderful the people in our community are.

I am continually thankful for how the people in Abbotsford will rally around one another and provide support. I think about a very special little girl in our community, Greta Loewen, who is fighting cancer and how churches, schools and businesses have found creative ways to raise funds and support Greta and her family – showing us what our community in Abbotsford is all about. It's looking beyond ourselves and seeing the needs of others; it's showing love, care and support in very tangible ways; it's spreading hope.

I am very thankful and proud to live in a community that has such a big heart. Abbotsford is a community known for its generosity – not only with supporting the Loewen family but also with supporting many other families, non-profit organizations and other endeavours.

So as we approach Thanksgiving, I would like to thank you, the citizens of Abbotsford, for supporting me as Mayor. I am thankful for the position of servant-leadership that I have been elected to. I do not take this for granted. I am very thankful and proud to serve you.

As we reflect on Thanksgiving with family and friends, may each one of us carry a thankful heart for all that we have been blessed with, and may we live a life of gratitude.

With thanks,
Mayor Henry Braun

Living Well VITAMINS
Super Savings
10% - 33%
Everyday
Select Items
15%
6 Oct 2015
Store Wide
(some exceptions)
20%
20 Oct 2015
Abbotsford 604-853-8585
32770 George Ferguson Way
Mon to Fri 9:30-5:30
Sat 9:30-4:30

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

Don't let "Well done" on your tombstone mean you were cremated!

Abbotsford Mobile Foot Care
Shelley Neufeld
Experienced Nurse Specialized in Foot Care Services
604-855-1370
abbotsfordmobilefootcare@hotmail.com
Book Tuesday - Save 10%
Refer a Friend - Save 25%
Abbotsfordmobilefootcarenurse.com

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

Clearbrook Community Centre Professional Services

P1	Helping Hands	604-217-8513
101	CGAS Management Office	604-853-5532
102	Mennonite Foundation of Canada	604-850-9613
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
206 A	Abbotsford Community Church	
206C	LOGOS Canada	604-504-7055
206D	Multi-Nation Missions Foundation	778-549-8031
207	LifeLabs Medical Lab	604-852-9026
208	M2/W2 Association	604-859-3215
211	Mennonite Historical Society	604-853-6177
212	Garden Park Pharmacy	604-859-3300
214	Alzheimer Society	604-859-3889
216	Weight Watchers	
217	Helen Fadden DC	604-852-4480
218	Community Futures / FV Self Employment Program	604-864-5770

The Journal is now online gardenparkjournal.ca

Google: Garden Park Journal

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

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

Helpful Hints

1. **Kitchen fires.** The **Better Living** flyer reminds us that grease and fat fires "are a leading cause of home fires in Canada." The document provides some excellent advise. First, "Place an open box of baking soda by the stove as a precaution."

   If a shallow fire should develop, apply the baking soda generously. Do not use flour because flour can explode. Second, use the lid to try to smother flames in a pan or other container. Third, as quickly as possible, turn off the heat. Fourth, do not turn on the fan because that would bring in more oxygen to the fire and could spread it. Fifth, never throw water on a grease fire. All that such action will do is spread the fire.
2. **Hardened paint brushes.**

   Hardened paint brushes can be restored by boiling them in vinegar for about 20 minutes. Then use a wire brush to remove the softened paint. But keep this in mind, only good quality brushes should be restored in this manner. Cheap brushes can be replaced by other cheap brushes.

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.

"When we nurse our grudges and fail to forgive those who have hurt us, it's like drinking poison and waiting for the other person to die."

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.

When looking for faults use a mirror, not telescope.

October 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
New pattern for Friday meals—we are expanding the Friday meals to accommodate more excellent meals. The first Friday will not always be roast beef and the last not always perogies. Remember to pick up your favorite meals from the freezer section in the Coffee Shop to enjoy at a later date. Why not pick up the weekly loaf to go with it while you are at it? *Make sure to try the fresh cooked Oatmeal with nuts and brown sugar for breakfast in the Coffee Shop.***				1 Lemon Loaf Breakfast Baked Goods Chili, Soups Sandwiches	2 BBQ Ribs, Roast Potatoes, Corn on the Cob, Tossed Salad, Chocolate Trifle Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	3 Breakfast Baked Goods
4	5 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	6 Chili Chicken Noodle Soup Carrot Cake Breakfast Baked Goods Chili, Soups Sandwiches	7 Beef Borscht Green Bean Soup Empanadas Blueberry Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	8 Pumpkin Loaf Breakfast Baked Goods Fresh Buns Chili, Soups Sandwiches	9 **Special Ticket** Thanksgiving Dinner—Turkey, Stuffing, Pickles Cranberry Sauce, Mashed Potatoes and Gravy, Peas and Carrots, Pumpkin Pie with Whipping Cream Breakfast Baked Goods Chili, Soups Sandwiches No Lunch Special in Coffee Shop	10 Breakfast Baked Goods
11	12 Coffee Shop CLOSED Thanksgiving Day	13 Hamburger Soup Minestrone Soup Apple Perishky Breakfast Baked Goods Chili, Soups Sandwiches	14 Farmer Sausage Soup Corn Chowder Quiche Lorraine Rhubarb Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	15 Chocolate Zucchini Loaf Breakfast Baked Goods Chili, Soups Sandwiches	16 Meatloaf, Mashed Potatoes and Gravy, Beats with Butter, Lima Beans, Cole Slaw Tapioca Pudding Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	17 Breakfast Baked Goods
18	19 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	20 Chicken Noodle Soup Sweet Potato Chili Lemon Meringue Pie Breakfast Baked Goods Chili, Soups Sandwiches	21 Chicken Borscht Turkey Noodle Soup Clubhouse Sandwich Plum Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	22 Banana Bread Breakfast Baked Goods Chili, Soups Sandwiches	23 Teriyaki Chicken Breast, Pilaf Rice, Steamed Vegetables, Strawberry Pecan Salad, Mango Dessert Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	24 Breakfast Baked Goods
25	26 Breakfast Fresh Buns Baked Goods Chili, Soups Sandwiches	27 White Bean Soup Broccoli Cheddar Soup Bienenstich Breakfast Baked Goods Chili, Soups Sandwiches	28 Beef Borscht Split Pea Soup Rueben Sandwich Cherry Platz Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	29 Date Nut Loaf Breakfast Baked Goods Chili, Soups Sandwiches	30 Schnitzel with Mashed Potatoes and Gravy, Green Bean Bake, Tomatoes and Cucumbers with Dill Blueberry Cheesecake Breakfast Baked Goods Chili, Soups Sandwiches Lunch Special	

Menno Froese

The CGAS Board Report & News

Is summer 2015 now over? Some suggest that we will still have a glorious Indian Summer; others say the rainy season is here!

The summer at Garden Park has been beautiful … the park has been very well maintained by the city, with the supervision of George Penner and his assistant. The flowers were extra spectacular in both the traffic circle and the hanging baskets, thanks to Reinhard and Gerry Epp, and all the others who carefully pinched back the buds and constantly fertilized! The flowers are still gorgeous!

The kitchen staff and volunteers were most considerate in providing ice water in our main lobby during the hot days, and this was much appreciated by both residents and visitors!

In the business of election activity, back-to-school, and fall cleanup we don't want to forget to mention how we appreciate all the volunteers who make their contribution every day of the week! From providing building supervision and security, sweeping leaves after the windstorm, painting and power washing… it never seems to end! Thanks also to Peter Giesbrecht and Reinhard Epp for often proving that age is not a deterrent to hard work!

If you have any suggestions or comments as to how the Society can better serve seniors of our area, or if you feel one of the volunteers has been especially generous, let the front office know and we'll be sure to pass it along! If you wish to join the many good people who call Garden Park Tower their home, we have several vacancies right now. Usually there is a long wait list, but right now we are open for residents for some spacious center units, so inquire at the front desk and we'll be happy to show them!

The concept of "life lease" residential living has for years been very popular in the Prairies and in central Canada, and is getting much more common in BC. Find out all the tremendous advantages of living in such a caring community!

We have so much to be thankful for… God is good… all the time!

Menno Froese, Volunteer Board Chair
Clearbrook Golden Age Society

Faithful Tithing

Answering a knock on the door of his African hut, a missionary found a native boy holding up a large fish. The boy said, "Preacher, you taught us to give at least one-tenth, so here, I've brought you my tenth."

As the missionary gratefully took the fish, he asked, "Where are the other nine fish?" At this the boy beamed and said, "Oh, they're still back in the river. I'm going back to catch them now."

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.

St. John Ambulance Therapy Dog

Dog of the Month—October 2015

Bonnie is an eight year old Golden Retriever who came to Canada from Taiwan when she was 1.5 years old. **Bonnie** is very happy when she gets her special collar and leash on with her uniform scarf because she knows she is going to work. She feels very important and knows she has a job to do and loves to visit with all her new friends.

Meet "Bonnie" in the Azalea Room
October 13, 2015 : 10:00—11:00 a.m.

Question of the Month

The question for October is: "Are the Middle East mostly Muslim refugees different from the Vietnamese Boat People of the late 1970s and early 1980s?"
Please send your responses to jredekops@shaw.ca You may also phone 604-855-5086.

In the September issue of ***The Journal*** we asked, "Should churches keep their membership lists secret?" The limited response I received suggests that most church members are not concerned about secrecy. Let's consider the arguments.

Reasons for keeping church membership lists secret.

1. The membership list should not be made available to individuals or businesses who want to do business with me, who want to use the list for financial gain.
2. A member may want to keep place of residence and/or phone number confidential and this desire should be respected.
3. The list should not be available for any agency, be it political, religious, economic, service, advocacy, etc., that simply wants to use it to make blanket or random calls to promote some idea, program, or product. If the list is not kept secret, then there is no way of preventing it from being exploited.
4. Church lists typically indicate who is a member. It is no one else's business whether I am a member or just an attendee.

Reasons for not keeping church membership lists secret

1. For all churches, except in some persecuting jurisdictions, baptism is intentionally a public event. That is how Biblical teaching is understood. The membership list, which is essentially a record of baptized members, and perhaps some non-members, should also be public.
2. Christians should not be secretive or embarrassed about their membership in a local church of Jesus Christ. Making our commitment known is part of our Christian witness.
3. At times a fellow Christian or a friend wishes to phone a person and finds that the number is unlisted or that there are at least several people with the same name or initial in the phone book. If church affiliation is known, then a church office can be of great help in such situations.
4. Church agencies, mission offices, and other responsible groups may wish to contact someone but don't have the phone number. Here, too, a church office can be of much assistance.

On balance I prefer not keeping church membership lists secret. Yes, there is the possibility of abuse, mostly a minor nuisance, but the matter of appearing to be apologetic, almost ashamed, of being known as a member of a local church carries more weight with me. I realize that the various privacy laws guarantee a person's right to secrecy in such matters. It seems to me that the solution is as follows. The church office should keep two lists. The first list would include all members and attendees. This list can be kept secret. Of course, with these lists found in members' homes, full secrecy is likely not possible.

A second list would include all the members' names, except for those members, presumably few, who have stated that they don't want their names made available to anyone. The church office can ascertain who wants to maintain secrecy by having people indicate that fact, on a form, when they are baptized or transfer membership to a church or simply attend the church. Initially this would mean a general survey, presumably when the church directory is being prepared. Any outsider who is given such a list would be informed that it is not complete and with the reason stated.

In sum let me say that in my opinion a relatively minor risk for the good of the Kingdom is appropriate. *JHR* ■

"Wisdom consists of knowing what to do with what you know."

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*

Garden Park Tower

Volunteer Opportunity

We are looking for a

Community Events Coordinator

Clearbrook Community Centre is looking for an individual to assist in organizing monthly and special events at the community centre.

For more information…
www.gardenparktower.ca
Volunteer@GardenParkTower.ca
604-853-5532

Recipe
Garden Park Tower *Sommer Borscht*

Makes 1 Dutch oven or 4 liters

2 lbs	Ham hocks
3 litre	water
1 tbsp	parsley
5	bay leaves
½ tsp	chili peppers

In Dutch oven cook ham in water and herbs for 2 hrs, strain ham, save broth and dice ham

¼ cup	butter
1	onion diced
1 lb	farmer sausage diced

Melt butter, sauté onions and farmer sausage

	ham broth
	diced ham
4	potatoes, diced
½ cup	pearl barley

Add broth, ham, potatoes, barley and cook for ½ hr

4 cups	fresh sorrel, chopped
½ cup	fresh dill, chopped
¼ cup	fresh green onion, chopped

Stir in herbs and cook for 10 minutes

1 cup	buttermilk
1 cup	whipping cream

Turn off heat and whisk in dairy items

Kathy Klassen

Featured is the *Sommer Borscht* with a grilled Reuben sandwich, plum platz and coffee as served in the Magnolia Room

"You can never do a kindness too soon because you never know how soon it will be too late." Ralph Waldo Emerson

Picture of the Month
Resting in the Restroom

Photo by John H Redekop

A nephew 51 years ago

CLEARBROOK GOLDEN AGE SOCIETY

INVITES YOU TO A

TRADITIONAL THANKSGIVING MEAL AND CELEBRATION

SPEAKER: STEVE BERG
MUSIC: PRIME TIME MALE QUARTET

FRIDAY, OCTOBER 9, 2015
11:30 AM—1:00 PM
AT
GARDEN PARK TOWER
2825 CLEARBROOK ROAD
ABBOTSFORD
TICKETS —$12.00 ADULTS
(GST INCLUDED)

AVAILABLE AT THE GARDEN PARK TOWER OFFICE
604-853-5532
(LIMITED NUMBER OF TICKETS AVAILABLE)

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

Life-Blood for a Sister

Many years ago, when I was working as a volunteer at Stanford Hospital, I got to know a little girl named Lisa who was suffering from a a rare disease. Her only chance of recovery appeared to be a blood transfusion from her five-year-old brother who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to the little brother and asked if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save Lisa." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color return to Lisa's cheeks. then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "When will I start to die, right away?"

Author unknown

City Services & Offerings

Activities	Location	Contact
Active & Ageless	Matsqui Rec Center	604-855-0500
Carpet Bowling	MRC	604-852-2645
Joint Efforts	MRC	604-855-0500
Shuffle Board	MRC	604-746-9017
Bones & Balance	ARC/MRC	604-853-4221
Active & Ageless	Abbotsford Rec Center	604-853-4221
Adult & Senior Skate	ARC	604-853-4221
Adult Swim	ARC	604-853-4221
Art in the ARC	ARC Seniors Centre	604-854-3668
Cardiac Rehab	ARC	604-853-4221
Get up & Go	ARC	604-853-4221
Learning Plus Sept.-April	ARC Seniors Centre	604-853-7757
Senior Bus Trips	Lower Mainland	604-853-4221
Seniors' Track Time	ARC	604-853-4221
Stroke Recovery	ARC Seniors Centre	604-850-0011
"TIME"- Together in Movement and Exercise	ARC	604-853-4221

Community Centre Services & Activities

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

Bookbinding
Mondays—Fridays
8:30 to 11:30 am
Drop off at office

Bones and Balance
Date: Mondays
Time: 9:45 am
Where: Dogwood Room
Instructor: Dee Van Meer
Cost: $2.25 (GST included)

Carpet Bowling - P1
Tuesdays and Thursdays
in the Rec. Room
2:00 to 4:00 pm
Cost: $1.25 (GST included)

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

"Too many people quit looking for work when they land a job."

Answers: audi, toyota, ford, kia, **auto**; plan, time, view, route, **event**; partner, weather, money, scenery, **camera**

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What happens when teeth are lost

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- The gum tissue becomes thinner with time
- In the lower jaw, the nerves in the jaw may become exposed to the surface of the jawbone, being protected only by a thin layer of gum tissue.

What happens as a result

- Denture sores
- Loose dentures
- Sore jaw joints
- Collapse of facial profile
- Inability to chew and taste foods
- Loss of self-confidence and enjoyment of life

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Too Few Dirt Roads

Editor's Comment: Some years ago the late Paul Harvey, popular news commentator, read the following item in his radio broadcast. I have condensed it here. JHR

In our day too many dirt roads have been paved. Dirt roads are very beneficial.

People that live at the end of dirt roads learn early on that life is a bumpy ride. They know that dirt roads can jar you down to your teeth but that it's worth it if, at the end, is a loving spouse, happy kids and a tail-wagging dog. Also, we wouldn't have near the trouble with our educational system if our children got their exercise walking a dirt road with other children, from whom they would learn how to get along with others.

There was less crime in our streets before they were paved. Criminals didn't want to walk two dusty miles to rob or rape. And there were no drive-by shootings either.

Our values were better when our roads were worse. People didn't worship their cars more than their kids. And motorists were more courteous. They didn't tailgate the driver in front because that would make them choke on the dust and rocks might break their windshield.

Dirt roads were environmentally friendly. You wouldn't drive two dusty, bumpy miles for a quart of milk. You planned in advance, carefully.

What if it rained and the dirt road was impassable? That was the best part because then you stayed home and had some family time doing crafts, playing together, talking and listening.

Most paved roads lead to trouble. People didn't steal cars. When we lived beside dirt roads, the only time we locked our car was in August because if we didn't, some overly-generous neighbor might fill it with too much zucchini.

When we lived beside a dirt road there was always extra income in springtime because some city dudes would get stuck in the mud and you would have to hitch up a team and pull them out. Often you would also get a new friend.

Clearbrook Golden Age Society is in search of a **concert piano**, preferably a grand piano. If you have a piano that you are no longer using or know someone who would like to donate their piano, please call **604-853-5532**.

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Community Resources

Health

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

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

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

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

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

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

British Columbia Center for Epilepsy and Seizure Education
#112 – 32868 Ventura Avenue, Abbotsford.
Ph. 604-853-7399 Fax: 604-853-7336
Email: *epilepsy.support@telus.net*

Canadian Cancer Society, Abbotsford Branch
#128 – 31935 South Fraser Way, Abbotsford
Ph. 604-852-1410 Fax: 604-852-1707
Email: *abbotsford@b.c.cancer.ca*
Monday to Friday 10:00 AM to 2:00 PM
Women with Cancer Support Group meeting every third Thursday of the month at the Garden Park Tower, 2nd floor at 7 PM and this is a very relaxed compassionate group. For info call Edith at 604-289-0630.

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

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

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

Seniors Healthy Aging Resource Environment Society
102-2455 W. Railway, Abbotsford. Ph. 604-854-1733

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

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

Et Cetera

Abbotsford – Canada Pension/Old Age Security
If you have moved, your new address should be given 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 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 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

A critic is a legless man who teaches running.

"By swallowing unused evil words no one has ever hurt his stomach." Winston Churchill

Memories & Happenings

When you buy a "Lemon"

Helen Lescheid

We needed a new car. Our Volkswagen was not reliable anymore. We prayed that God would guide us to a good second-hand car. After scouring various car lots, my husband found the car he was looking for. "A Volvo in excellent condition. It's just come on the lot," the salesman said. My husband took it for a test drive. It ran well. It looked good. It was in our price range. We bought it.

We praised God for his wonderful leading.

Three days later, the car broke down. Totally. It needed major repairs. That wasn't the end of it. Every few months something else went wrong. We had it at the repair shop time and time again. Sadly, we concluded that we had bought a lemon.

"How ironic", I thought. "And we thought God was leading us". Now it didn't look like it.

One day I was involved in a head-on collision. There was a crunch of metal and a terrific jolt. Then smoke rose from under the hood of my car. I unfastened my seat belt, climbed out, and stood dazed beside my mutilated Volvo. I shook uncontrollably.

A police officer came and filled out a report. Sirens blared. An ambulance screeched to a halt and two medics jumped out. "Are you sure you're alright?" a medic asked me several times. I nodded my head, yes. Apart from some pain in my wrist, I felt fine.

Since my car was totaled, a police officer drove me home. "You're a lucky woman," he said. "Volvo's are sturdy cars. In another car you would not have come off so easily."

I thought about the officer's remark. The car which had been such a disappointment to us had been the right car after all.

A lemon? Maybe, but one that saved my life.

"The best time to love with your whole heart is now, in this moment, because no breath beyond the current is promised." Fawn Weaver

"A happy marriage is the union of two forgivers."
Robert Quillen

Craft & Food Fair

As we have done for the past 25 years, Clearbrook Golden Age Society is again holding our annual Craft and Food Fair on Saturday, November 7. Each year brings new vendors, new items for sale and a wonderful morning of discovery. The sale has grown and changed over the years, becoming a tradition for our community. Everyone looks forward to finding something new and exciting at the annual Craft and Food Fair.

We have room for 56 tables set for vendors from around the Fraser Valley who have been busy planning and working on their items for sale, which are sure to delight and surprise you this year. Each year, we have artisans share their home-made jewelry, hand-made cards, crochet and knit items, and wood working items (doll furniture, etc). And don't forget about the delicious baking, honey and preserves, which are a favorite each year. Your Christmas baking can start here with some home-baked treats.

There is sure to be something for everyone on your shopping list, whether to take home for yourself or as a gift for a loved one.

Also available, the Rose Room Coffee Shop will be open for breakfast at 8:30 for all. Pie and ice cream will be served for this special occasion, in addition to the regular soup & bun lunch.

Come for a morning of visiting with friends, shopping for special gifts and great food to kick off your Christmas festivities! Doors open at 9:00 A.M.

Dollars & Sense

Are You Really The Right Person To Manage Your Aging Mom's Money?

Allen Unruh

There are a lot of people helping their aging relatives or friends manage their money. Many seniors have named someone to have "power of attorney" to make financial decisions for them. It's a huge responsibility that takes a lot of time and emotion. Many "monetary helpers" are constantly asking themselves if they are doing the right thing for the person who trusts them with everything financial.

Most aging parents don't actually have a financial expert as their helper. Instead it's simply a family member or friend who takes on the task with the best of intentions.

Without the knowledge of what this task actually entails, such a person may not be the best person for the job. In any event, the following items should be helpful.

As "financial fiduciaries" there are four basic rules that must be followed by persons acting in this role:

(1) Act in the person's best interest.
(2) Manage money and property carefully.
(3) Keep the aging person's money and property separate from your own.
(4) Maintain accurate records of every transaction.

Financial caregivers must be fully aware of their duties, must know how to watch out for scams and must know exactly where to go for more help.

The most important point is to remember that you are always acting in good faith on behalf of the person whose affairs you're handling.

"It's not your money...."

Allen Unruh is an Abbotsford realtor with many years of experience assisting seniors, as well as others, in their real estate activities. This article first appeared in the September, 2015 issue of the Seniors Real Estate News and is reprinted here with permission. ■

English is a Strange Language

Editor's comment: This humorous analysis has been around for a while. It varies somewhat from year to year. It's always worth a chuckle. It also helps to remind us that for people trying to learn English, these usages can be very confusing. The complete commentary is given in the website. JHR

http://www.goodreads.com/quotes/622763-let-s-face-it---english-is-a-crazy-language-there

Let's face it - English is a very strange language. There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

If the plural of tooth is teeth, why isn't the plural of booth beeth? One goose, two geese. So one moose, two meese? Doesn't it seem odd that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it, an odd and end?

If teachers taught, why didn't preachers praught? In what language do people recite at a play and play at a recital? And why do we ship by truck and send cargo by ship? And why do we say that our noses run and our feet smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique irrationality of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on. English was invented by people, not computers, and it reflects the creativity of the human race which, of course, isn't a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

And finally, why doesn't "Buick" rhyme with "quick"?" *Richard Lederer*

Nine Basic Questions for Thoughtful People

1. Why do superstores make sick people walk to the back of the store for prescriptions while healthy people can buy cigarettes at the front?

2. Why do some people order a double cheeseburger with large fries and then insist on diet coke?

3. Why does the sun lighten our hair but darken our skin?

4. Why don't we ever see the headline, "Psychic Wins Lottery"?

5. Why do medical doctors call what they do "practice"?

6. Why is the person who invests your money called a broker?

7. Why do prison officials sterilize needles used for lethal injections?

8. Why are some homes called apartments when they are all stuck together?

9. Why is the time when the traffic is slowest called "rush hour"?

"Those who can, do.
Those who can do more, volunteer."

A Senior's Concern

Len Remple

Last month we discussed the USA legalizing same-sex marriage (SSM). Now, Canada is the focal point. Starting in 2003 some of the provinces legalized same-sex marriage. Nationwide, same-sex marriage was legalized by the Paul Martin Liberal government on July 28, 2005.

While this encouraged the homosexual movement, they also had a very militant ally that had been established by each provincial government, the Human Rights Commissions (HRC). The HRCs took complaints from aggrieved persons and charged the offender in HRC convened courts. The complainant did not have any legal fees, but the defendants ran up huge legal bills, defending themselves. These courts were not governed by the same rules of facts like other courts and therefore were frequently referred to as "Kangaroo Courts". Their decisions did not need to be based on legal facts.

A glaring example of a case started in April 1996. Scott Brockie, a born-again Christian, operated a successful printing company in Toronto. He declined to print promotional material for Canadian Lesbian Archives because of his faith. The Lesbians charged Brockie through the Ontario HRC. He lost the case, but appealed many times. The case finally ended in April 2004. He was fined $40,000. and owed over $100,000. in legal fees.

Is this not Christian persecution? Many cases of Christian persecution exist in Canada, but the media is reluctant to carry the stories. Political correctness is pervasive. A few (of many) are worth relating.

1. October 2003: a lesbian couple wanted to rent a Catholic Parish Hall for their wedding reception. They were declined. Penalty levied $2,000.
2. December 2003: Chris Kempling (teacher in B.C.) for counselling students about the health issues of homosexuality, was fired, lost his teaching certificate. Legal fees over $100,000.
3. June 2004: Bishop Henry told parishioners it's wrong to support SSM. Tax Agency threatened Church's charitable status. Later dropped the threat.
4. September 2004: Manitoba marriage commissioners were informed they must marry SSM couples or resign.
5. November 2004: David Hauser was fired from Costco job after he expressed Catholic opposition to homosexuality. The boss who fired him is gay.
6. February 2007: Bob Wells, gay activist, charged Catholic Insight Magazine for negative comments. Catholics penalized $30,000. Facing bankruptcy.
7. November 2007: Stephen Boisson, Christian Pastor, wrote a letter to the editor of a local paper. He criticized the homosexual movement's goals. A complaint was lodged against him at the HRC. The HRC ruled against Boisson and fined him $7,000. Boisson appealed to the Alberta Appeals Court. On October 22, 2013 the case was dismissed and the complainant was ordered to pay all legal costs. This was a rare win against persecution.
8. April 2008: A Christian Horizons Care Home for the Disabled. An employee had signed the Morality Contract then was fired for entering into a homosexual relationship. The Care Home was fined $23,000.

August 2015: Calgary Transit painted one bus Rainbow colours with the words "Ride with Pride" on it. Jesse Rau, a devout Christian, was assigned to drive it on his route for the week preceding September 6th Gay Pride Parade. He declined to drive it, requesting to be placed on another route. Calgary Transit fired Jesse. His letter or termination stated, "do not rehire".

Check your internet for many more cases that have been filed with the HRC's resulting in high legal fees for the defendants, but no cost to the complainant. All of them are persecuting Christians who oppose anti-biblical values.

A brief update regarding Trinity Western University: The law societies of Nova Scotia, Ontario and B.C. have denied TWU law graduates from practising law in those provinces. TWU is challenging those decisions in court.

The B.C. court case took place August 24 – 28, 2015. We are awaiting the verdict. TWU has requested prayer.

Len Remple ■

Something We Should All Remember When Voting On October 19

*Editor's comment. A **Journal** reader submitted this item to help us vote wisely on October 19. While the reasoning is not fully clear to me, presumably we will all vote more wisely after having taken this advice to heart. JHR*

There's an old sea story about a ship's Captain who inspected his sailors and afterward told the first mate that his men smelled bad. The Captain suggested perhaps it would help if the sailors would change underwear occasionally.

The first mate responded, "Aye, aye sir, I'll see to it immediately!" The first mate went to the sailors' berth deck and announced, "The Captain thinks you guys smell bad and wants you to change your underwear." He continued, "Pittman, you change with Jones. McCarthy, you change with Witkowski. Brown, you change with Schultz."

The moral of the story is this: someone may come along and promise change, but don't count on things smelling any better. Not all change improves the smell!