



Garden Park Tower Newsletter

John H. Redekop, Editor

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Nadia Baran, Production Assistant

From the Executive Director's Desk



Season's Greetings! As I write this article, 26 days have passed since I took on the position of executive director at Garden Park Tower. I hereby express a great THANK YOU to all those who have welcomed me and those showing me the ropes. Before I was hired, the question was asked, "Will this position be challenging enough for you?" I do understand the context of that question since I have served in four different countries managing non-profits in the humanitarian field. I have had major challenges and trials come my way implementing international multi-million-dollar projects in third world countries. I faced many challenges that we hardly experience in Canada. So that question seemed valid. However, based on my observation so far of the Clearbrook Golden Age Society, I can already see that I will also face challenges in this new position. Am I afraid? No. Let me clarify.

Many see trials or challenges as something negative and in certain circumstances they can be disheartening and completely devastating. Through the years, however, I have learned to see life's challenges as opportunities. The hope that we were given as a promise is that "all things work together for good, for those who are called according to His purpose" (Rom. 8:28). God is in control. Does CGAS have challenges? Most certainly!

Now the second question and probably most productive one is this: "How do we turn Clearbrook Golden Age Society's challenges into opportunities?" I recently sent a document asking all staff, board members, partners and stakeholders to send me what they presently perceive to be CGAS's Strengths, Weaknesses, Opportunities and Threats. This is called a SWOT Analysis. I've already received several responses on what the state of affairs is at Garden Park Tower and look forward to receiving more.

In the short time that I've been around, here is my take on the number one opportunity that we are missing. Please correct me if I'm wrong! I believe that we need to re-align all our resources and inputs to reflect our mission and vision. The by-laws under "nature" state that we are a non-profit organization where service rather than profit is the motivation. And thus, all profit must be used to promote and implement the MISSION, PHILOSOPHY and OBJECTIVE of the organization. They continue by saying that the activities of the Society shall be carried on without purpose of gain for the members and any profits or other accretions (increase) to the Society shall be used as and when determined by the Directors of the Society *in* promoting the PURPOSE of the Society.

Given the above, my question is, "Are we doing all that we should be doing in carrying out the stated mission and purpose of our Society?" That's a challenge and at the same time an opportunity for us to redirect our energies toward the mission and vision of our Society. How can we enhance our activities in fulfilling our mandate in this beautiful community? If you have ideas, please do not hesitate to share them with me.

I'm hopeful that we can use the challenges we face today and tap into the innumerable opportunities that surround us. I believe that "according to His purpose", God is calling us to fulfill our mission and put all our resources to serve the seniors in our community. What makes this season the most wonderful time of the year is a time to serve and give. That is the true meaning of Christmas. Wishing you a joyous Holiday Season and a happy and peaceful New Year. Thank you for this opportunity to serve you!

Luc Sabot

"We do not inherit the land from our ancestors, we borrow it from our children." *A First Nations saying*

"It's easy to venture off the path when you are angry. But that's when it's most important not to."
Jonah Goldberg



Going home for Christmas



EVENTS

CHRISTMAS AT GARDEN PARK

Come celebrate with us!

FREE ADMISSION

Sunday DECEMBER 11, 2:00 p.m.

"THE CHRISTMAS CHEST"

BALLET PERFORMANCE - Leading to the Birth of Christ

Tuesday, DECEMBER 13, 7:00-8:00 p.m.

VALLEY ECHOES CHORUS

Saturday, DECEMBER 17, 2:00-4:00 p.m.

"FRASER VALLEY COMMUNITY WINDS ENSEMBLE"



Chairman's Report

As I was thinking of the Christmas season that is fast approaching, I was filled with hope because of Jesus's first coming to earth. In Hebrews 10:23 we are encouraged to "hold fast the confession of our hope without wavering, for He who promised is faithful". All throughout the Old Testament we read of God's promise to send a Messiah into this fallen world to save those who believe and hope in the One who was to come into this world to rescue His people. So let us be filled with hope and joy this Christmas season as we think and meditate on the coming of Jesus the first time but now are filled with hope for His soon return.

Helmut Wiens

Childhood Wisdom

A grade one teacher was discussing a family picture with her very young pupils. One little boy in the picture looked much different than the other family members.

Some of these youngsters gave their opinion about why the one child looked so different.

A little girl said that maybe that child was adopted. Then she said, "I know all about adoption because I was adopted."

"What does it mean to be adopted?" asked another child.

"It means", said the little girl, "that you grew in your mommy's heart instead of in her tummy."

"The real reason for celebrating Christmas is that one event, one gift of love, changed the world." *Quoted*

Editorial

An Important Alert



From time to time an issue arises which is of particular interest to residents in collectively-owned multi-residential buildings. Such an issue has arisen. Because of its importance to residents of Garden Park Tower, I decided to express my concerns to the Premier of British Columbia and the Member of the Legislative Assembly for Abbotsford West. The letter below has been emailed to the two politicians.

The Hon. David Eby
Premier of British Columbia

Dear Premier:

I wish you much success in addressing the pressing problem of homelessness in British Columbia. The shortage and the continuing high costs are obviously exasperating the already serious problem. In this connection, however, I wish to raise a concern

Media reports tell us that you intend to force resident-owners of strata complexes and life-lease associations to make their units available for rental. It is also reported that you intend to force the complex owners to allow outsiders to purchase units and then rent them to others. In my opinion both forced rental options, whether involving the collective owners or an outside buyer, are unwise and would create the following serious problems.

First, many, probably most, residence complexes were created to meet specific needs, often the specific needs of seniors. Having families live in such a complex would surely become problematic for all involved.

Second, it would probably be illegal to force renters to pay the usual strata fees because some of those fees are placed in the owners' contingency account. This would create added costs for the remaining owners.

Third, it cannot be assumed that renters would have the same commitment as owners to maintain and develop the entire complex. This, too, would likely create disunity and other problems.

Fourth, tenants would not be eligible to serve on residence boards and councils and would have no voting rights. This would surely create tensions and ill will.

Fifth, if outsiders are permitted to buy apartments, what is to prevent them from buying them and selling them on the open market thus seriously impacting the transfer arrangements in place at many strata and life-lease buildings?

Sixth, if outsiders are permitted to buy apartments, then it would likely become very difficult to apply strata or life-lease policies to them. Likely there would be major legal costs and much frustration in trying to track down absentee owners and trying to get them to abide by the particular strata and life-lease policies.

Seventh, we who own strata units or life-lease apartments do not want speculators to buy up our properties and drive up prices. We don't want buyers who seek high rental income or capital gains.

I wish you much success in addressing our homeless problem but I also want to register my strong belief that removing the strata and life-lease right to restrict residence rentals is not justifiable and will not help in resolving the basic housing crisis.

Sincerely,

John H. Redekop, a Life-Lease resident
cc. Michal de Jong MLA Abbotsford West

John H. Redekop

"The banquet emcee whispered to the guest speaker: 'Shall I introduce you now or let them enjoy themselves a little longer?' "

Quoted

"You can tell whether a man is clever by his answers. You can tell whether he is wise by his questions."

Naguib Mahfouz

"Most people have an almost infinite capacity for taking things for granted."

Aldous Huxley

Guest Column. *Editor's Note: CARP, the Canadian Association of Retired Persons, recently published an article, entitled, 5 Ways to Age Well When Living Alone.* Here is a brief summary of CARP's five recommendations.

1. Stay socially engaged.

Social isolation and loneliness are major problems for seniors living alone. An expert, Dr. Jana Lee Wagner, has written that symptoms of mental illness and general illness and pain tend to be increased by living alone. She adds that "Social activity increases physical health" and, for older persons, decreases the risk for "heart disease, strokes, and diabetes...." Also, "those who are socially active have faster recovery periods for acute illnesses and surgery."

2. Design for aging in place.

Seniors should make arrangements which will enable them to live in their current residence as long as possible. This helps to counteract loneliness and the sense of isolation.

3. Workout for physical and cognitive health.

No matter what a senior's age, every person should try to maintain some sort of physical fitness program. Among other benefits, even limited exercise helps to control cholesterol levels, body weight, and blood pressure.

4. Practice fall prevention.

In addition to making common sense changes in the home environment and practicing great caution, it may be very beneficial to engage a physical therapist or occupational therapist to do a home safety evaluation. "Practicing fall prevention is an important factor in aging well."

5. Invest in security and peace of mind.

If a person living alone experiences a medical emergency and does not receive medical attention promptly, the emergency can cause serious medical consequences and loss of independent living. Every senior living alone should have some sort of medical alert system to "ensure that help is seconds away". It is good to get an alert system in which you press a button. It is even better to get one which automatically detects and reports a fall.

"Children may close their ears to advice but they keep their eyes open to example." *Quoted*

Health Hints *Editor's Note. The Epoch Times recently carried an excellent article on anti-inflammatory foods written by Dr. Joseph Mercola. Here are some short excerpts and summations.*

"Chronic inflammation is a hallmark of virtually all disease. While inflammation is a perfectly normal process that occurs when your body's white blood cells...protect you from foreign invaders such as bacteria and viruses, it leads to trouble when the inflammatory response gets out of hand...."

What should a person do to keep inflammation under control?

*Exclude refined vegetable oils "as they are clearly some of the most pernicious and pervasive poisons in the food supply."

*Limit processed meats and "processed foods of all kinds".

*Include raw berries in the diet but especially blue berries which "are an anti-inflammatory basic."

*Eat mushrooms which helps a person to limit inflammation.

*Add to your diet other anti-inflammatory items such as cinnamon, cloves, sage, thyme, oregano, zinc and vitamin D.

Congratulations to Tammy Penman on her 20th



anniversary working with CGAS Hair Care. Fred Hall hired Tammy on November 27, 2002 to join CGAS Hair Care once Heaven-Lee Salon moved out of our premises. We had a celebration of this milestone on November 28, 2022. It has been a pleasure to have Tammy around and

serve her community here in the Garden Park Tower. We wish her many more years doing what she does best!

Did You Know? *The Christian Post* recently carried the following news item. During the COVID pandemic, Pastor John MacArthur's Grace Community Church refused to adhere to ongoing lockdown restrictions.

A major court case ensued. After the US Supreme Court ruled that "some public safety measures could not apply to houses of worship", the State of California and the Los Angeles Board of Supervisors agreed to pay that church \$800,000. Each paid \$400,000 *JHR*

"The opposite of love is not hate, it is indifference." *Elie Wiesel*

"God does not play dice with the universe." *Albert Einstein*