



Garden Park Tower Newsletter

February 2021

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Chairman's Report

Happy Valentine's Day

Did you ever imagine that we would spend Valentine's Day like this? This is a day when we enjoy time together with family and friends. Dinner parties. Concerts. A time when we wish to express our feelings and love to family and friends. Unfortunately, that will not happen in this year of 2021. The COVID-19 pandemic has put a stop to all social gathering which includes the time when we can hug and embrace our family members. It is best that we follow the health authority guidelines and stay home, visit via phone, text, internet or meet outside and at a distance. Thankfully, to the best of my information, no one in Garden Park Tower has been infected with this virus. We want this to continue until all have had their vaccination. Application has been made to have us on the priority list.

On another matter, you have all received the property assessment notice. There is a small increase in the value of the units and the Board has accepted this as normal. From the city's plan for tax increases, this may result in some tax increase for 2021.

You will be receiving a letter regarding the building insurance for this year. The increase in cost is acceptable except that the deductibles have increased significantly. This has resulted in your insurance provider asking for information on the Society insurance deductible which may have a bearing on your insurance cost.

Valentine's Day is thought to have started when Saint Valentine sent a love letter to the love of his life from prison. This has continued to be a special day to show our love to the special people in our lives. The apostle Paul wrote about love in 1 Corinthians 13. This is a short part of this chapter: " Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered ".

May you enjoy this special day in whichever way you can while keeping yourself and the ones you meet safe and healthy. The following is a poem that is fitting for Valentine's Day.

John Friesen

"Blessed is the man who, having nothing to say, refrains from giving evidence of that fact." *Quoted*

I said a Valentine prayer for you
and asked the Lord above
to fill your heart and bless your soul
with the precious gift of love.

I asked Him for sincere love
the kind that's meant to stay
just like the generous love
You give to those You touch each day.

I prayed for love from family
and from every cherished friend.
Then I asked the Lord to give you
His love that knows no end.

(Author unknown)

"Nothing reveals a man's character more than what he laughs at."

Goethe

A Night-time Picture of a Serene Village in Winter



Events

♡♡ Valentine Greetings!! From the Events Committee ♡♡

This past year has been a challenge in many ways. We are limited in presenting our luncheons with music and speakers, however we wish God's love in your hearts. May you be able to pass on the true meaning of St. Valentine's Day to your loved ones and the people around you. Blessings! *Doreen Froese and Elsie Giesbrecht*

Health Hints Editor's Note: A recent issue of ZOOMER Magazine recommended seven foods that help "to Fend Off Colds and Flu". They are listed here for your consideration.

1. Strawberries. "Strawberries are a spectacular source of vitamin C." "We've also learned that in people who exert themselves for short periods...vitamin C can actually reduce colds by 50%."
2. Decaffeinated tea. "First, it keeps you hydrated....And, of course, tea is loaded with antioxidants."
3. Pumpkin seeds. These seeds are an excellent source of zinc. "Zinc can indeed shorten colds in adults."
4. Honey. "Several studies have shown that honey can actually relieve coughing, in many cases, more effectively than cough syrup."
5. Yogurt. Evidence "suggests probiotics [as found in fermented foods such as yogurt] may play a role in helping us fight off the common cold."
6. Brazil nuts. "Brazil nuts are rich in selenium, a mineral that strengthens the immune system."
7. Chicken soup. "There's a reason why Grandma's remedy never fails to perk you up....The chicken is high in protein, zinc and selenium. Noodles also contain selenium." Keep well!

**Keep your brain active.
What is the answer to
this puzzle?**

**The answer will be
given in the next issue.?**

What do these seven
words have in common?

- | | |
|------------|-----------|
| 1. banana | 5. revive |
| 2. dresser | 6. uneven |
| 3. grammar | 7. assess |
| 4. potato | |

Editorial

About Suffering

Recently John Stonestreet, one of my favourite on-line Christian writers, wrote a **Breakpoint Daily** column on suffering, focusing particularly on the pain caused by COVID-19. He assessed three views of suffering.



Buddhism, a surprisingly common belief system, holds that "life is suffering". Buddhism, in its various forms, teaches that we live in a world without purpose. We cannot do much about it. We try to avoid sickness and disaster and other pains but "we cannot say that's wrong or bad or that it shouldn't be". Much of life consists of suffering. Suffering has no meaning. In Buddhism we accept reality and make the best of it during our rather purposeless existence.

The common secular view, as Stonestreet calls it, differs somewhat. In this view life itself is not an experience of suffering but, rather, a mix of good things, of beauty and pleasure and suffering. The challenge is to expand the good and reduce the suffering. Granted, life has no ultimate purpose other than making the best of it between birth and death but that span of life can become helpful, enjoyable, and meaningful if we do all we can to reduce suffering. As one supportive writer put it, the world is a place of "blind, pitiless indifference" but we can make life meaningful by doing that which helps us to avoid "sickness, disaster, and suffering."

In Christianity suffering is also bad and avoidance is commendable but it has meaning. "Suffering points to the realities of higher truths and greater goods but it is ultimately not the story [or essence] of creation." Christians are reminded in I Corinthians 15 that Christ, who Himself suffered, will ultimately overcome all suffering, even death. "Christianity neither denies the realities of suffering nor gives it more than its due." A Christian sees suffering as part of a much larger picture. A Christian "is not a person who has solved the problem of suffering, but one who has come to love and trust the God who has suffered for [him or her]." "Christianity alone offers a basis for hope, a true and firm 'anchor for the soul'."

John H. Redekop

Valentine Zigzag Word Search

In a zigzag puzzle the word changes direction.

G R E A T S Y R A U R B R A C
S T U P I D L F O U R T E E N
P C G H S K E E D B O N S F T
R N B U S S T H S T B C A N H
I O R G E I T E R E S I R D S
Y R L E S H R A E S E A R Y E
N L J W T W E V W O C E O M K
F R I E N H H A O R N T E W A
Q K E J D I C L R I A A L S C
P W I H S T F E T T M L P P Y
S O E M E L E N T O S O U L Y
D L P R I S B R R D E C O H C
E F O A S T E O E E I V C M F
A R M C R A D D X F G N N E R

Arrow
Candy
Cards
Cherish
Chocolate
Couples
Cup Cakes
Cupid
Dear
Dinner
February
Flowers
Fourteenth
Friends
Heart
Hugs
Jewelry
Kisses
Letter
Love
Mail box
Red
Ribbons
Ring
Romance
Roses
Spring
Sweethearts
Treats
Valentine
White

Prepared by Shirley Martens

Situational Ethics

Children 5 and under could ride free. This boy was 6. Before the mother and son boarded the train the mother told her son, "If anybody asks how old you are, say 5." The boy nodded. The mother and son boarded the train. Soon the conductor came around. He smiled at the boy. "How old are you?" "Five", said the boy. "And when will you be 6?" asked the conductor. "As soon as I get off the train". The boy replied.

Signboard at a Church

If you love Jesus, honk!
If you want to hear about
Jesus, come inside.
If you want to meet Jesus,
text while driving!

Guest Column *Editor's Note: Because of space limits we could not carry this column in an earlier issue. We happily present it now.*

A Gift on Christmas Day Years Ago

For many years I searched for a business to buy or start. Eventually we learned that the City of Winnipeg and surrounding area had no waste collection service for commercial businesses. Their waste was removed by scrap metal companies. Full containers were picked up from time to time by crane and dump truck, taken to the landfill, emptied and the empty container was returned hours later.

We wondered if American industry might have a better method. Off we went to Minneapolis to see for ourselves. There we saw a truck picking up and emptying waste containers. Talking to the manufacturer of the truck, in Kentucky, was a waste of time. "We do not want to export to the frozen north", as he referred to Canada.

The owner of such a truck in Minneapolis kindly allowed us to take pictures of the visible exterior. Back in Winnipeg we began negotiating with a sheet metal company to build our own truck body. To begin, we needed a suitable truck. We found one which could be leased. Building the lifting and packing mechanism without the spec sheet was a lot of trial and error. When finished, it worked well. It did need endless modifications though. Frequently we were told the whole concept was a dream that would never succeed. But there was no turning back.

We had pioneered a new industry, as time would prove. The system and operation worked fine. But, the Workers Compensation Board of Manitoba forbade our going ahead with this venture. We needed to prove that it was safe to lift a full container over top of the cab and not harm the driver if it dropped accidentally onto the cab. Meanwhile, our efforts to sell the service were hampered due to the safety feature of our employees. The delay in public

Did You Know? An Evangelical Fellowship of Canada survey of 5,000 Canadians revealed the following: While 67% of Canadians attended weekly religious services in 1967, that figure has now shrunk to 11% but 39% still believe in the concept of God. This was a pre-pandemic survey.

"An Amish man was asked, 'Are you a Christian? After a pause he said, 'Ask my neighbour'." *Quoted*

acceptance of this meant insufficient revenue to service the debt. It could kill this new business.

As December 1967 was approaching, friends and relatives who had funded us, would not be paid the promised monthly repayment. By January 1, 1968 I would need to notify our creditors.

Our prayers of concern were fervent and desperate. It was a meagre Christmas day when we and our family sat down for breakfast.

The phone rang. When I answered it, the person identified himself as the V.P. Of CNR Maintenance Canada. Their shop is known as Symington CNR. He knew I had canvased for their business many times. "If you want our waste removal business commencing today, are you able to comply? Our current waste removal contractor has no staff to serve us on Christmas Eve, Christmas Day and Boxing Day. We operate 24/7 and we need 24 of your 6 cu. yard containers right now. They will be filled immediately and must be emptied now. Can you do that?"

I replied "Yes, we can do that, but in return we ask for a three-year contract". He agreed and we had to find at least two employees to deliver the containers and then work through the night to satisfy the contract. The first employee I asked, refused the job. However, he suggested I ask two employees that were sure to agree. When I phoned them, both agreed to jump at this urgent need. I was curious so I asked them if it was OK with their families. Both men said they were Jehovah Witnesses and did not celebrate Christmas. The 24 containers needed to be emptied twice daily. That new revenue enabled us to avoid the collapse of our finances. Celebration! The song, "DOES JESUS CARE?" was abundantly answered in His special way.

Len Remple

[Setting up Covid-19 vaccinations at Garden Park.](#)

We expect to receive in the near future information as to how the vaccine process will be delivered to residents at Garden Park and we will notify residents accordingly.

FAMILY DAY February 15, 2021 Please be informed that the CGAS Offices and the Rose Room Coffee Shop will be closed on Family Day.

"Religion teaches us that we cannot take it with us. Taxes teach us that we cannot leave it behind either." *Mignon McLaughlin*