



Garden Park Tower Newsletter

February 2022

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Chairman's Report

The Valentine Month

"Give thanks to the God of heaven, His faithful love endures for ever". *Psalm 136:26 [NLT]*

Again, we have restrictions on gatherings that we love to have on Valentines Day with family and friends. When one virus variant comes to an end, then another appears and the government implements policies not allowing public gatherings. Even family gatherings are restricted to the number of people meeting indoors. Hopefully, this will soon come to an end.

Several housekeeping items that are important:

1. The fire alarm on January 19 at 4:40 PM: This was a false alarm and was triggered in the P1 parkade area. The precise source of the alarm has not been determined. Unfortunately, the announcement made by the fire officer did not come across to the units in a clear manner. The procedure for all residents and commercial tenants is that you remain in your unit unless the fire is in your unit. If it is in your unit, leave your unit, pull the fire alarm in the hallway, and go to the stairwell and stay there. Do not go down the stairs. It is recommended that you have a fire extinguisher in your unit and, if possible, that you use it to extinguish the fire. A fire safety meeting will be held when public meetings are allowed.
2. The assessment notices The notices have arrived, but will not be distributed at this time. The assessments are up between 26 and 33%. The finance committee met and decided to appeal the increase. The appeal has been filed and when more information is received, it will be shared.
3. The Food Services The Food Services Committee did a review of costs and has made some changes. In keeping with the increased cost of the ingredients that are needed to make each item, the retail prices are adjusted to cover the increased costs. The new menu prices will be effective on February 1, 2022.

Valentines Day is when family and friends meet to share their love for each other and generally socialize. If you are not able to do that for whatever reason, remember God's love is always present. I am reminded of the beautiful song " The Love of God ". A very familiar song and the chorus is:

"O love of God, How rich and pure!

How measureless and strong!

It shall forevermore endure--

The saints' and angels' song" [*Words & Music @ 1923. Ren. 1951 by Hope Publishing*]

Sing or hum this song if you have moments of loneliness this Valentines Day. God's blessing to each and as the days become longer and warmer, may you enjoy this special month.

John Friesen

Helpful Hints

1. Before you pour sticky substances into a measuring cup, fill the cup with hot water. Pour out the hot water but do not dry the measuring cup. Then put the ingredient such as peanut butter into the cup. Then see how easily it comes out.
2. If you seal an envelope and then realize you forgot to include something and need to open it before mailing it, place it in the freezer for an hour or two. It unseals easily.
3. Add a teaspoon of water when frying ground beef. It will pull the grease away from the meat while cooking.



Apparently, this team of tamed moose was a familiar sight in a certain region of Canada's northwest Territories about 1880 to 1890.

Helping Hands, a Major Ministry Based In Garden Park Tower

The Helping Hands ministry was organized in the 1960s. Although there have been many changes, one fact has not changed: This ministry to serve the needy is run by volunteers. Even the Coordinator is a volunteer. Surely, not many charities would have no personnel costs.

Many steps are involved in producing blankets and the various other items made in the large supply and work room in Garden Park Tower's Level 1 basement. Major tasks include the following:

- * Cutting squares of fabric for blanket tops.
- * Sewing the fabric squares into blankets.
- * Preparing fabric for the many other items sewn.
- * Sewing dresses, pants, backpacks, panties, etc. mostly for children.
- * Fixing the sewing machines and maintaining them.

The production by the Helping Hands volunteers is impressive. In 2021 the production included 2,944 blankets, 623 girls' dresses, 545 toques, and 536 backpacks. While the real heroes in this ministry are the ladies who spend long hours carrying out this labour of love, the group wishes to acknowledge several people who recently made special contributions. They thank Jake and Helen Esau for initiating the successful campaign to buy a washing machine and dryer. The Esaus also arranged for the provision of a separate laundry room.

The group also thanks Peter Giesbrecht, Dan Reimer

and Jake Esau for building and installing a special table to facilitate easier sewing of blankets.

In recent years items produced have been donated to many needy places and agencies. The list includes the following:

- * Homeless shelters in Abbotsford and Mission: Peardonville House, Firth House; Bakerview Church's ministry to the needy, Warm Zone, The River, etc.
- * The Salvation Army in Abbotsford and Chilliwack.
- * The Compassion Resource Warehouse which, in turn, sends containers all over the world.
- * Seeds of Hope. This agency sends containers to orphanages in Zambia.
- * Global Emergency Mission Society. This agency sends containers to Ukraine, Guatemala, and Congo.
- * Shoe boxes are prepared for Samaritan's Purse.

Coordinator Ruth Peters adds, "We are always happy to accept donations of gently used and washed linens. Since Helping Hands is charged a monthly rent, we also gladly accept monetary donations for which we can issue a receipt for tax purposes. Thank you."

If anyone wishes to support Helping Hands financially, cheques should be made out to Prairie Chapel, the receipting church, with Helping Hands written on the Memo line. Cheques, in an envelope clearly marked Helping Hands, can be left in the CGAS office.



Ruth Peters, Coordinator of Helping Hands



Anna Braun, on the left, and Carol Thiessen



Helen Esau, on the left, and Betty Raymond



Doreen Schellenberg, on the left, and Joyce Sawatzky

Editorial

Trans-identification

If Christians don't want to be caught seriously uninformed, we better get to know what this word means, what our grandchildren and great-grandchildren are already encountering or will soon encounter. The word is not yet in my dictionary but it is defined in the internet. The basic definition goes as follows. "trans-identification: exists when a person's internal sexual self is different from the person's sex assigned at birth based on the person's physical body."

In common language this means that a boy or a girl, or a man or a woman, may declare himself or herself to be a person of the opposite sex because of internal feelings. Such a self-assertion would be nothing more than a simpleton's absurd attempt at humour were it not for the fact that such self-declared sexual transition is spreading, especially in high schools and universities. It boggles the mind!

Consider the following case. *The Christian Post* reported on January 10, 2022, that "The University of Pennsylvania and the Ivy League [a group of eight universities] are backing the decision to allow identified swimmer Lia Thomas to swim in women's competition amid concerns about male athlete's participation." Thomas is a fourth-year student "who had previously competed on the men's team."

The university's confused thinking was expressed in its official statement. "'Penn Athletics is committed to being a welcoming and inclusive environment for all student-athletes, coaches and staff...." About the former male student, the university wrote. "She will continue to represent the Penn women's swimming team in competition this season."

Not surprisingly, at a major women's swimming competition last December, this woman with the body of a man "broke records".

Also not surprisingly, Cynthia Millen, the university's veteran swimming official, resigned. She wrote, "I can no longer participate in a sport which allows biological men to compete against women....Everything fair about swimming is being destroyed." The situation is exacerbated by the fact that this male-woman is now allowed to use the women's washroom and change-room. It is also reported that this now female swimmer still has male genitalia.

Also not surprisingly, at least some actual female swimmers are very upset. Some parents of the actual female swimmers are furious.

Unfortunately, this is not a unique case. Various media have reported numerous similar situations. Schools feel the pressure, often backed by public media. Significantly, on January 9, 2022 *The Christian Post* reported that "An association of 25 girls' schools in England and Wales has adopted a policy to maintain the institutions' single-sex status by refusing admission to trans-identified biological male students." This triggered anger in the LGBTQ+ Community. Separating praiseworthy notions of equality from common sense invites moral catastrophe.

John H. Redekop

"A man is generally as old as he thinks, but never as important."
Burton Hellis

"Honesty pays but it does not pay enough for some people."
Ken Hubbard

"Before you embark on a journey of revenge, dig two graves."
Confucius

"When God solves our problems, we have faith in his abilities. When God doesn't solve our problems, he has faith in our abilities."
Quoted

Guest Column *Editor's Note: This column is based on a recent news release by Harvard University.*

Since 1939 Harvard University has tracked the well-being of 268 men who graduated from Harvard between 1939 and 1944 and also of 456 "poor men growing up in Boston since 1939."

Called the Grant and Glueck Study, the aim was to measure "the well-being" of all people in the two groups.

Clearly, during the passing years many of the men died but their well-being was carefully assessed. By now almost all of the 724 men have passed away and the research team, which necessarily involved generations of researchers, has decided that the data measuring life-long well-being can now be summarized.

The current director of the study, psychiatrist Robert Waldinger, issued this basic summary: "The clearest message that we get from the 80-year study is this: good relationships keep us happier and healthier. Period."

The report continues, "So it isn't that sprawling villa, a maxed-out Roth-IRA, a 10k Instagram following, the latest Lamborghini, making it to Maxim's cover, or reaching the top of the corporate ladder. It's love and affection."

We read, "Particularly, they found an overarching need for someone you could rely on and relate to – this eases pain, relaxes your nervous system, and impedes the aging of your brain. But this doesn't mean you need a ton of friends or a serious romantic relationship." As Waldinger says, "It's the quality of your close relationships that matters. Not the quantity."

Whether you are rich or poor, what matters is "Raw vulnerability. comfort with being seen for who you truly are. The safety of sharing the most private of things. Matching intellectual and emotional depths. Infections positivity. These are the determining factors."

So, now is the time, folks, to enjoy the Rose Garden with a friend or to share coffee-time with special people in the Rose Room.

A principal writing a reference letter for a weak teacher. "I most enthusiastically recommend him with no qualifications whatsoever." *Ann Landers*

Health Hints *Editor's Note: The following report was found in an unsigned statement.*

A medical doctor reported that once, while he was having a meal with some friends, he sensed that there was an absence of love among them and announced: "I'm sorry I cannot stay. My digestion will give me trouble if I do."

He went on to say that lovelessness hinders digestion, dries up the gastric juices, and that if you want to digest your food, then you must take love to the table with you.

Humorous item

"I asked a supermarket employee where they kept the canned peaches.

He said, 'I'll see.' and walked away. He did not come back to tell me.

I then asked another employee where they kept the canned peaches.

He, too, said, 'I'll see.' He also did not come back to tell me. Frustrated, I gave up and went up and down the aisles looking for canned peaches.

After a while I found them myself in Aisle C."

A Senior Wedding

Jacob, age 92, and Rebecca, age 89, living in Miami, Florida, were all excited about their decision to get married. Hand in hand, they went for a stroll and passed a drugstore. Jacob suggested they go in.

Jacob asked the clerk, "Do you sell heart medication?"

The pharmacist answered, "Yes".

"How about medicine for circulation."

"Of course we do".

Jacob, "Medicine for rheumatism?"

"All kinds:", said the man in the white coat.

"How about memory problems, arthritis, and Alzheimer's?"

Pharmacist, "All kinds".

Jacob, "Anything for heartburn and indigestion?"

"Absolutely", said the druggist, "we carry a large variety".

Jacob, "Do you carry vitamins, sleeping pills, and Geritol?"

"We sure do", said the helpful gentleman, "many brands".

Jacob, "Do you sell wheelchairs and walkers?"

"All sizes and several brands", was the reply.

"That sounds good", said Jacob, "We'll make this store the place for our Bridal Registry."

Hand in hand, Jacob and Rebecca slowly walked out very happy about another task done.

"God gives nothing to those who keep their arms crossed."
A proverb

Did you know?

The first computer was built in 1946 by the University of Pennsylvania's School of Engineering. It weighed 60,000 pounds and required 1,500 square feet of space.