



Garden Park Tower Newsletter

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Chairman's Report

Reflections in Challenging Times

"The Lord is my strength and song,
And He has become my salvation,
He is my God, and I will praise Him". Exodus 15: 2 [NKJV].

During the turmoil of our country and around the world, it is difficult to have a sense of peace and confidence that everything will eventually resolve into a peaceful world situation. It is difficult to understand some of the decisions in our country as the viral pandemic is on the wane, yet stricter regulations are being implemented. Both the B.C. and the federal government have put in place stricter regulations when other provinces are reducing them. So how do we respond? The Bible instructs us to pray for those in leadership and, yes, we can let them know that we do not agree with their decision, through whatever peaceful means that we choose.

There are many Scripture passages that remind us to turn to God in times of distress and seek His comfort and guidance in the decisions we make. The quote from Exodus is part of a song that Moses and the people sang after God delivered them from slavery in Egypt and God stopped the waters and they crossed the Red Sea on dry land. Reading chapter 14 sets the scene for this song. There is much that we can be thankful for, living in Canada, as the people of the Ukraine face war with Russia. There is also the threat of invasion of the Island of Taiwan by the People's Republic of China. It is important to uphold the leaders of our country in prayer.

Several items of maintenance are happening. You will have noticed the replacement of concrete at the north-east entrance to the property. This has been on the agenda for about a year. In discussion with several contractors, a decision was made to do the necessary repairs now. In another project, a contractor from Vancouver is doing repairs on water leaks into several suites. There are fewer contractors available who work on the outside of a building where the workmen come off the roof in a bosun chair.

A complaint was sent to the provincial health department stating that the Rose Room food service was not being carried out according to regulations in existence at the time. An inspector visited and spent an hour viewing what and how service was provided, chatted with the staff and volunteers, and later sent his report to Fred Hall, stating that the service was done according to the regulations and commended the staff and volunteers for their attention to detail. Thank you staff and volunteers.

March 20th, is the first day of spring and we look forward to the flowers coming out and especially the daffodils. William Wordsworth wrote the famous poem "Daffodils".

Here is the first verse

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,

A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

John Friesen

"The hardest thing about political campaigning is how to win without proving that you are unworthy of winning."
Adlai Stevenson

"Prayer requires more of the heart than of the tongue."
Adam Clarke

Checking things out in the animal kingdom



A Preacher's Response to a Pastoral Search Committee

The secretary of the Search Committee began reading this letter.

"Greetings: I understand you are looking for a Lead Pastor. I am interested. I have some qualifications. I have preached for several years with considerable success, even in some foreign countries. Some people have said that I am a good organizer. I have organized several successful mission trips. I have done a lot of traveling.

I have also authored six books so far although none are long and two are very short.

Although I have done a lot of preaching, I have never preached in one place longer than three years. Actually, in a few places I left town because my preaching caused disturbance and even some riots. In fact, you should know that I never got along too well with the local religious leaders. For some reason they disliked me. They made it known that they were determined to get me out of town. Some threatened me and in two places they actually attacked me.

You should also know that I have been in jail three times but not because of any real wrongdoing. Some local leaders complained to the civic officials about what I had said and that got me into trouble with the law.

My health is not too good. I have poor vision but I get by. I still get a lot done.

You may want a pastor who has a wife, well, I have none.

The churches I have preached in have been small, though several were located in large cities. I never stayed in one place long enough to see the church become a large congregation but some did very well after I left.

I also am not too good at keeping records. I have been known to forget whom I have baptized.

In my younger years I had a bad reputation among Christians but that has changed. I am now well-behaved.

If you can use me, I'll do my best for you."

The members of the Pastoral Search Committee were aghast while their secretary read the letter. Some frowned. Then, after a pause, the secretary said that the application was signed *Apostle Paul*

"A grandmother is a babysitter who watches the children instead of television." *Quoted*

"Contentment in life consists not in great wealth but in simple wants." *Quoted*

Editorial

Is Equality the Highest Good?

Clearly, the criterion of equality should be paramount when the issue is equal treatment under the law, equal job opportunities, equal pay for equal work, equal opportunity for promotion, equal treatment in the courts, equal treatment of all races, and equal granting and upholding of all citizenship rights.

No fair-minded person would disagree with such sensible and logical invoking of equality. It is right and in an enlightened society it is normative.



In recent years, however, various leaders have invoked the notion of equality as the dominant guideline even when it is not logical. Thus Prime Minister Trudeau, for example, has insisted that at all times half of his cabinet must be male and half female. That it might make more sense to have more than half female sometimes and, according to ability and other criteria, more than half male at other times, is not considered. Such a policy would, of course, be much wiser. Ability must, however, be subordinated to equality.

A certain political party has also decided that half of its electoral candidates must be female. It could easily be the case that for some elections more than half should be female and for some other elections fewer than half but qualifications must be trumped by the commitment to equality.

A very recent report out of Moline, Illinois, reveals how illogical and counter-productive a situation can become when an emphasis on equality over-rides all else. I am indebted to columnist Dr. Jim Denison for this recent news item. In the Jane Adams Elementary School in Moline - note that we are speaking of an elementary school - some outside organizers have managed to find people who wished to establish an "After School Satan Club" which would meet once a month to learn all about Satan. Apparently it will be open to the young pupils. It seems there is much to learn about Satan and his qualities.

When this was announced there was an understandable huge backlash but the school authorities held their ground. "The district does not discriminate against any groups who wish to rent our facilities, including religious-affiliated groups. "The school district cited "the Good News Club, which is an after-school evangelism fellowship group."

Dr. Jim Denison's closing comment is significant. "In a culture that rejects objective values, tolerance becomes the highest value even if we tolerate that which demonstrably harms those we are expected to protect."

What will the future hold? Will the successful Satanists in Moline inspire their compatriots in other locales to follow their example? Will there be efforts to organize After School Satan Clubs in schools in the US and Canada?

When equality and tolerance become the highest good, when good and evil must be given equal time and space, then the foundational basis for morality and good behaviour are undermined. A society which sees no merit in distinguishing between good and evil will itself, in due course, become the victim of the very evil whose equal treatment it so vigorously affirmed and defended.

John H. Redekop

A Report to the Residents Council and the Residents of Garden Park Tower

Giving direction to our *Faspa* gatherings and working with such a helpful committee these past 10 years has brought me a lot of joy. I have, however, come to the place, mostly due to my health, that I need to step down from this responsibility. Therefore, effective immediately I am resigning from my position as chair of the *Faspa* Committee.

Dorothy Redekop, a committee member, is prepared to take responsibility in the interim. The committee is looking forward to again planning a *Faspa*, hopefully in spring when all COVID restrictions are lifted. Please feel free to call Dorothy at 604-220-5569 with any suggestions or questions you may have. *Donna Smith*

Editor's Note: Here are excerpts of a statement by the popular Jewish writer, Ben Stein. His entire statement has been widely quoted and is still making the rounds on the Internet

My Confession

I don't like getting pushed around for being a Jew, and I don't think Christians like getting pushed around for being Christians. I think people who believe in God are sick and tired of being pushed around, period. I have no idea where the concept came from, that America is an explicitly atheist country. I can't find it in the Constitution and I don't like it being shoved down my throat. Or maybe I can put it another way: where did the idea come from that we should worship celebrities and we aren't allowed to worship Him? ...There are a lot of us who are wondering where these celebrities came from and where the America we knew went to?....

We reap what we sow. How simple it is for people to trash God and then wonder why the world is going to hell. We believe what the newspapers say, but question what the Bible says....[Sadly] how can we be more worried about what other people think of us than what God thinks of us.

Ben Stein

Guest Column *Editor's Note:* This column is based on a report which appeared in a recent issue of **Zoomer Magazine**.

How Aging Affects Sleep and How to Improve It

As people age, certain sleep changes are to be expected. These include getting tired earlier, increased awakenings during the night, more restless sleep, waking up early, and simply not getting enough sleep.

These changes can be problematic because we need to get enough sleep to maintain concentration and memory, keep our immune system healthy, and regenerate mind and body.

Not getting enough good sleep leads to daytime drowsiness, depression, memory problems, increased risk of serious health problems such as diabetes, heart disease, obesity, and other health challenges.

Our sleep cycle, our internal sleep clock, or circadian rhythm, is regulated by hormones that help to control our sleepiness and alertness. When light hits our eyes in the morning, our body releases serotonin which makes us feel energized and alert. Conversely, in the evening, when it gets dark, and especially when we are in darkness, our body secretes melatonin, the hormone that makes us feel sleepy.

We should also note that we have two main stages of sleep: the REM (Rapid Eye Movement) deep sleep, which is also when we have dreams, and the lighter non-REM sleep.

The deep sleep is essential for recovery of our cells, strengthening our immune system, retaining memory and ability to learn, and being in a good mood. In a good night's sleep a person goes through the sleep cycle every 50 to 90 minutes. The older a person is, the more of the sleeping time is spent in light sleep and less in deep sleep.

How can we retain or regain the quality and depth of our sleeping as we age? How can we increase the amount of REM sleep?

Did You Know? After a year-long battle in the courts, the Gloucester County in Virginia, USA agreed to pay Gavin Grimm, "a biological female who identifies as male", "over \$3.1 million in attorney fees and other costs", because of "the school board's policy of forcing Gavin to use separate [bathroom] facilities."

Gavin had not been allowed to use the boy's bathroom. *The Christian Post*

The unnamed author of the **ZOOMER** article lists 7 important recommendations:

* Avoid caffeine for at least 3 or 4 hours before bedtime. Caffeine is a stimulant which counteracts the effect of melatonin. For younger people this is generally not a problem but for older folk this is very important.

* Keep all daytime naps under 30 minutes.

If older people have longer naps they are likely to drift into deep sleep which makes it more difficult to fall asleep later.

* Exercise at moderate intensity 3 to 5 times a week. Such exercise can include walking, jogging or any workout that makes your body feel tired.

* Do not exercise within about 3 hours of your bedtime. Exercising releases endorphins which make you feel alert.

* Get into a regular sleep pattern.

The human body can be trained to fall asleep and to wake up at approximately the same time each day.

Develop a routine and hold to it.

* Avoid screen time one hour before bedtime.

Devices such as televisions, cell phones, and computers emit what is called "blue light". This "blue light" suppresses the body's production of melatonin.

* Avoid medications which interfere with good sleep.

Various medications and combinations of medications affect people differently. Older people who have sleep problems should discuss this possibility with their physician. It is easy to overlook this problem.

Good Night and sleep well!

JHR

Health Hints Never heat a TV dinner, so-called "Instant soups", pastry, or other food in the container or wrapper in which you bought it unless the container is made of paper. The other types of containers generally release toxins which are poisonous to the cells in our bodies.

A Church sign

Honk if you love Jesus.
Text while driving
if you want to meet Him.

"Praise is a device for making a man deserve it."

Quoted

"A diplomat's favourite color is plaid." *Quoted*