



Garden Park Tower Newsletter

April 2021

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The Chairman's Report

Spring In The Air

April is a beautiful time of the year. The bulbs have produced beautiful blooms. Many shrubs are in flower and the weather is milder which we always look forward to, especially after a cold and wet winter. Health officials report that cases of COVID-19 are still high, but most of us have now had the first vaccine shot and hopefully activities will soon return to normal.

This is also the time that we celebrate Easter. The week of March 28 to April 4 is referred to as the 'Holy Week'. Palm Sunday is celebrated as Jesus' triumphant entry into Jerusalem and this is followed by His crucifixion on Good Friday. Then we have Jesus' glorious resurrection on Easter Sunday. One scripture verse that highlights this event is Matthew 27: 54: "So when the centurion and those with him, who were guarding Jesus, saw the earthquake and the things that happened, they feared greatly, saying 'Truly this was the Son of God'. " [NKJV]. With all the evidence that is now available it is a fact that Jesus, who was crucified and then rose victoriously, is the Son of God. May you be blessed as you remember the events of this week and meet with family and or friends in a safe way.

Due to the government restrictions we cannot have in-person annual meetings of the Residents or the Society, therefore the AGM package for the Residents was sent out in the last week of March and the Society package will be sent out in the second week of April. Your response is important. Also, the Society Board at its last meeting, voted to go ahead with the renovation of the Rose Room. An information letter with the details will be sent out next week requesting your response and approval. Several Board members will be available in the Rose Room at a specific time for members to view the details of the work that is being planned.

A song that is meaningful at Easter is "All in an April evening ". Words by Katherine Tynan Hinksan and the music by Hugh S. Robertson. The last verse is:

All in the April evening,
April airs were abroad;
I saw the sheep and the lambs,
And thought on the Lamb of God

Best wishes for a happy and a blessed Easter.

John Friesen

Because of an oversight, this puzzle answer was not given in our last issue. In the February issue we asked:

What do these seven words have in common?

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

Here is the puzzle's answer:

What these words have in common is that if you put the first letter in each word at the back, you get the same word spelled backwards.

Happy Hummingbirds



Abigail Alfano lives in Pine, Louisiana, in the middle of the hummingbird fly zone. She put out a feeder for them. Gradually she stood closer to the feeder.

The hummingbirds got used to her and obviously considered her to be safe.

She then took the red dish with their drink in her hand.

We can see what happened. Her main comment is that the birds "are as light as a feather".

"Well done is better than well said." *Quoted*

"When I pray coincidences happen." *Quoted*

"If principles can become dated, they are not principles." *Warren Buffett*



Did You Know?

In a recent mailing well-known preacher and author Chuck Swindoll reported that if they were offered \$10 million on the condition that they would abandon their family, twenty-five per cent of Americans said would do that. He also reported that "Only 13 per cent of Americans see all Ten Commandments as binding and relevant." Swindoll's conclusion is that "depravity is alive and well".

In a newscast on April 1, 1957 the British Broadcasting Corporation (BBC) reported that because of a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper crop of spaghetti. It showed a picture of Swiss farmers pulling spaghetti strands from trees. "Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree. To this the BBC diplomatically replied, 'place a sprig of spaghetti in a tin of tomato sauce and hope for the best'."

Editorial

No New Shoes



The other day it was time to shine my shoes. As I lined them up in a long row I suddenly realized that I will likely never again buy shoes. They will outlast me. I then decided to check my clothes closet. Unless I greatly defy projections of longevity, I will likely not need any new shirts either. I also have a lifetime – my lifetime - of slacks although the probabilities of buying some more may be affected by my redistribution of pounds. Similarly, my row of jackets and suits will outlast me if they don't shrink. I probably won't need new ties. I checked my tie rack. My collection of 70 covers all colour, designs, and width exigencies which changing styles might require.

My closet contents are not the only reminder of my age. Increasingly, people whose obituaries I read in the newspapers died when they were younger than I am. I used to take note of such persons. Now I take note of those who were older. There are fewer of them. Many people now die much too young, in their early 80s.

A further reminder of actuarial charts happened the other day when a middle-aged lady in a medical office got up from her chair and offered it to me. I didn't know whether to be insulted or grateful. I therefore smiled, thanked her, and remained standing while indicating with my hand that she should resume her seat. Slowly she did. That experience did not sit too well with me, I have always felt good about offering a seat to ladies and seniors.

My experiences in restaurants has also changed. Waiters and waitresses used to ask if I was a senior. They don't anymore. They are obviously getting much better at determining true seniority.

I also encounter other problematic developments. Recently some company was looking for people under 85 who have hearing problems. This was annoying. Don't they realize that the incidence of reduced hearing is greater among people 85 and older compared to those under 85? You would think they would know that.

The other day, to remind me of a time when life lay ahead of me, I sank into my easy chair and flipped through the 1951 MEI yearbook, *The Evergreen*. There, on pages 14 to 17, were the smiling countenances of the 28 of us Grade 13 graduates. My eyes moved slowly from face to face.- they were all my friends. Then it struck me – only 10 of us are left to collect Old Age Security. That caused me to think. Why is God allowing some of us to live long enough to have a 70th class reunion? It is surely for a reason. Upon further reflection, as the sun was setting in the west, I remembered a life motto I embraced 21 federal elections ago, namely, "To serve God and Others". That still applies even though the nature of service may transition.

Then I thought of what the Psalmist wrote "Teach us to number our days aright, that we may gain a heart of wisdom". (90: 12) There are still wise and supportive words to speak, possessions to share, intercessory prayers to say, and friendship to practice, even without new shoes.

By that time the sun had almost disappeared behind the horizon.

John H. Redekop

A Reminder from the Grounds Committee

The Grounds Committee of CGAS asks that if you have potted plants you wish to dispose of, you would place them in the compost containers on the north side of the building.

Please do not dump them anywhere on the property. Recently it was noticed that some pots had been emptied on the southwest corner by the south driveway. We want to keep our property neat and looking good. Thank you for your cooperation in this matter.

Gerry Epp

"Given hyper inflation, people can now live in expensive communities without moving."
Quoted

"Let me not shirk the responsibilities of time because of my contemplation of eternity."
Selwyn Hughes

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

Guest Column Editor's Note: *Recently John Stonestreet in his Breakpoint Daily column drew attention to a startling development. Here is a summary of his column. It is presented here because Christian churches and some Christian families have to deal with this issue.*

One in Six People Aged 18 to 24 Identify as LGBT

"In a remarkable jump from prior years, one in six adult members of Gen Z, ages 18 to 24, self-identify as LGBT." Is this the new truth? Also, does identifying oneself as LGBT really mean that one is LGBT? Further, does such self-identification mean there has been some sort of sexual encounter or does it only refer to thought patterns? There's a big difference. Merely having some thoughts does not create a reality. Whatever the case, the reality is serious.

"The fact is, in addition to those who experience same-sex attraction and struggle with gender dysphobia, calling oneself LGBT has become a sort of COOL Club" for many in this age group. "I've personally heard from high school guidance counsellors, teachers, youth pastors, and others that many kids who struggle socially or with depression, or with fitting in, now claim to be homosexual or transgender." This is very unfortunate. By focusing on the tiny minority who are seriously having sexual identity problems, we have created so much confusion and disinformation that many otherwise altogether healthy young adults are having great difficulty knowing what they are.

"Now, to be clear, many of the most vocal advocates of the new sexual orthodoxy admitted years ago that the 'born that way' narrative was useful but not really true." Unfortunately, many media people, educators, and others still emphasize "born that way." Then, virtually contradicting their emphasis on "born that way": they also assert that "there's no need to hold anyone to a fixed [sexual] orientation or identity." It's no wonder that young folk and young adults are confused. They are being told that they are born with a certain sexuality but also that their sexuality is fluid and can change markedly. Sadly, "children are taught that they have no power over their impulses and that to deny them is to deny themselves." "They are, in fact, taught to be slaves to their desires, even if those desires lead them to misery or harm. In this context Christianity's greatest news may be that humans actually have freedom to navigate our desires. We are not mere creatures of instinct and, in Christ, can be made free indeed."

Christians acknowledge, of course, that "both Old and New Testaments take largely for granted the idea that, as a result of the Fall, sexual attractions can become rootless" or false.

Fortunately, "Christians have actual good news to offer a culture helplessly obsessed with, but thoroughly

confused about, sex. We can offer a love that reorients and transforms sexual impulses (eros), a love that orders friendship and affection (philio), and a love [that is] sacrificial and self-giving (agape). In this process, image bearers can find their true identity as created, loved, and redeemed by God".

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Meet Nina Chan, our hardworking Assistant



Food Services Manager and Cook in the kitchen. Nina has been at Garden Park Tower since January 2019 and previous to that she was employed at Columbia Bible College in the Food Services Department for many

years. Nina wishes to sincerely thank all staff and volunteers who helped with our very successful Easter Luncheon that was served on Friday, March 26th. She wishes everyone a very blessed Easter!

Health Hints *Recently Zoomer Magazine's website ran an article entitled "Heart Health Tips For Pandemic Times". Here are some key comments.*

"Up to 80 per cent of premature heart disease and stroke can be prevented through healthy habits such as eating a healthy diet and being physically active, according to the Heart and Stroke Foundation of Canada." "Making healthy lifestyle choices such as getting enough exercise can be much more difficult during a global pandemic."

"There's exercise - which gets your heart pumping - and there's movement. " They are not the same and you need both. "During rolling lockdowns and temporary closures we lose out on a lot of everyday movement like running errands or meeting a friend for coffee "Make it a point to get up from the computer or couch every hour, even if it's just walking to the kitchen for a glass of water, so your blood is not pooling." Eat wisely.

"The foundation recommends seven to ten servings of fruit and vegetables each day". "Skip processed foods." Combine exercise, movement, and a healthy diet and you will feel better, especially during this pandemic.

