

# Garden Park Tower Newsletter

## January 2023

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### Chairman's Report

As we enter a New Year many thoughts come into our minds. What will new year 2023 bring us? As we listen to the news and hear all of what is going on in the world today our hearts may tremble, and we might be tempted to lose all hope. The prophet Jeremiah looked at the situation that he and his fellow countrymen were facing during and after the Babylonian siege and ultimate conquest of his country. During his despair Jeremiah wrote, "But this I call to mind, and therefore have hope. The steadfast love of the LORD never ceases, His mercies never come to an end." *Lamentations 3:21-22* Let us also face the coming new year with this hope in our God. He will never leave us or fail those who call upon His name.

On behalf of the Board of Directors of the Clearbrook Golden Age Society we want to wish you all a Happy New Year.

*Helmut Wiens*

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### From the Executive Director's Desk

In my experience working and living among people of different cultures and mindsets, I've trained myself to dig deeper into the meaning of their cultural practices. It's as simple as "why"? I've been back to Canada since 2017 and I retain that same perspective. I'm realizing that I now see things with new eyes in my own country asking, why do we do what we do?

As we welcome a new year, many Christians make New Year's resolutions to pray more, to read the Bible every day, and to attend church more regularly. These are fantastic goals, but why? However, these New Year's resolutions fail just as often as the non-spiritual resolutions, because there is no power in a New Year's resolution. Resolving to start or stop doing a certain activity has no value unless you have the proper motivation for stopping or starting that activity. For example, why do you want to read the Bible every day? Is it to honor God and grow spiritually, or is it because you feel that reading the Bible every day is what others expect of you? Why do you want to pray more or attend church more regularly?

Finding the right meaning is what will help motivate you to keep with your resolution. Be honest in answering the question "why"? What is the true meaning of the new resolution you chose to stick with? If it's meaningful, and you entertain that thought each day, week and month, you may have enough motivation to carry it through. "Just because" or "because it sounds good" are not good motivational factors and will probably not take you past January 31.

Whatever you undertake in 2023, claim Philippians 4:13 that says, "I can do all things through Christ who gives me strength." Believing in this will give your New Year's Resolution POWER!

*Luc Sabot*

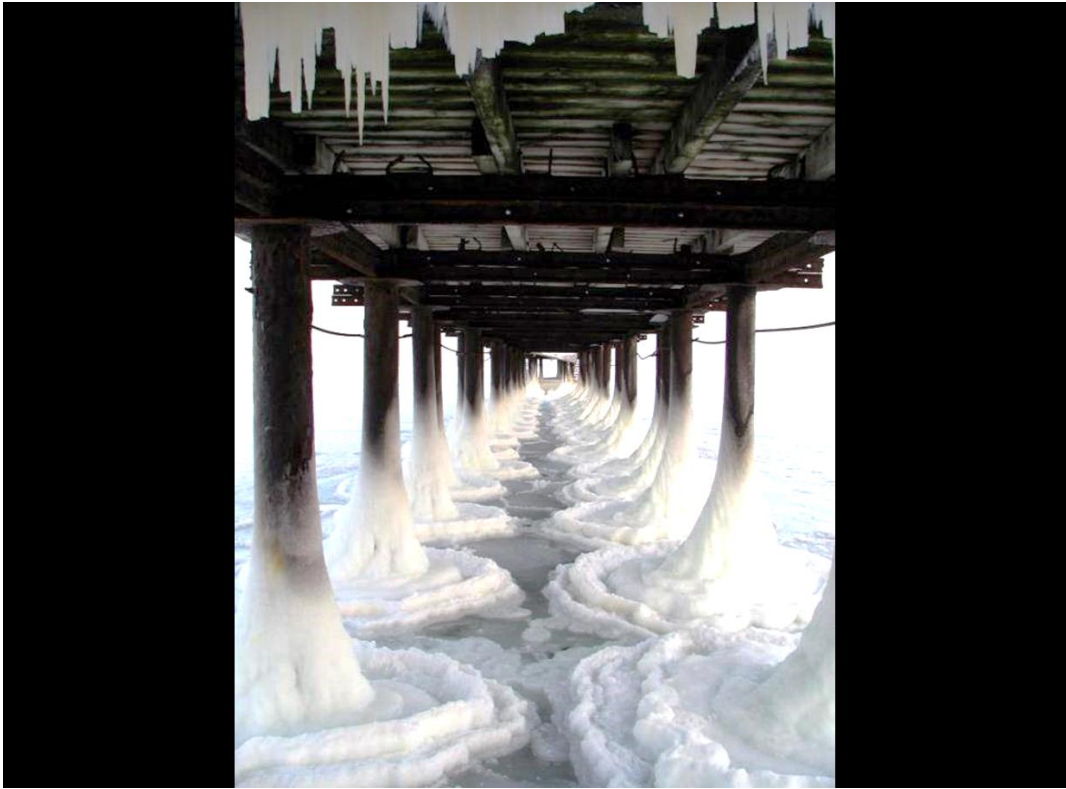
"Life is not a matter of counting the years but of making the years count."

*Micelle St. Almon*

These words of wisdom bears repeating for New Year's Eve – and for all times. "The drive is safer when the roads are dry. The roads are safer when the driver is dry."

*Quoted*

"Why is it that at class reunions you always feel younger than everyone else looks?" *Quoted*



The beauty of frost

### Political Identity

A woman in a hot air balloon realizes she is lost. She lowers her altitude and spots a man fishing from a boat below. She shouts to him, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man consults his portable GPS and replies, "You're in a hot air balloon, approximately 30 feet above a ground elevation of 2,346 feet above sea level. You are at 31 degrees, 14.97 minutes north latitude and 100 degrees, 49.09 minutes west longitude."

She rolls her eyes and says, "You must be a Conservative". "I am," replies the man. "How did you know?"

"Well," answers the balloonist, "everything you tell me is technically correct, but I have no idea what to do with your information, and I'm still lost. Frankly, you're not much help to me."

The man smiles and responds, "You must be a Liberal". "I am", replies the balloonist. "How did you know?"

"Well," says the man, "You don't know where you are or where you're going. You've risen to where you are due to a large quantity of hot air. You made a promise that you have no idea how to keep, and now you expect me to solve your problem. You're in exactly the same position you were in before we met, but, somehow, now it's my fault."

*Quoted*

**Health Hints** Writing in *The Epoch Times* health columnist Amy Denny notes five items which can serve as New Year's resolutions for 2023. She calls them "The Five C's to Better Eating". All seniors, and others as well, would benefit from taking these comments seriously. Writer Denny relies heavily on the advice she has received from "a functional medicine practitioner", Sachin Patel.

#### **Choose the right time.**

It is best to stop eating two to three hours before bedtime. When we fall asleep in the middle of the digestive process the body cannot as readily remove toxins. Digestion works best in the middle of the day so a person should definitely not skip lunch.

#### **Chew your food.**

"Digestion truly begins inside the mouth." When a person chews food well, digestion is improved. Foods such as celery and leafy greens should be chewed at least 30 times. "Most people don't chew their food." They consider chewing an inconvenience. Adequate chewing and eating slowly "can be a strategy for both wellness and weight loss." We should also drink lots of water so that the stomach can produce enough digestive acids.

#### **Chill out.**

This means we should be fully relaxed and, if possible, find occasion to laugh. "If circulation, heart rate, and breathing are increased due to anxiety, the body doesn't properly dedicate itself to the role of digestion" A good way "to calm down" is to take "a few deep breaths" and begin a calm conversation. Sitting at a table is better than standing because the muscles and nervous system are more relaxed.

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## Editorial

## Hard to Believe!

In my many years of political studies, political lecturing, and political involvement I have encountered many examples of truly unwise political ideas. Sadly, more than a few of these were enacted into laws and implemented. One of the worst I have ever encountered was recently enacted by the Government of Ontario, specifically its Ministry of Education.



The disgusting matter I have in mind is the requirement, directed at all public schools in Ontario, which in Ontario includes all Catholic schools, to administer what the ministry surreptitiously calls “The 2022 Student Census”. Doubtless a certain vociferous pressure group, which shall remain anonymous, brought this nefarious situation into being. This is obviously not a census but a mean of introducing wide-ranging gender ideology into the classrooms.

Here is what the Ontario Minister of Education, the Hon. Stephen Lecce, has instructed all schools to do. They are to administer a sexual identity questionnaire about all students from grade 7 to grade 12. This section is to be completed by the student or by the student’s parent or guardian. It is actually part of a much longer questionnaire including a complex section on “Gender identity”. The entire questionnaire, from which this section is taken, can be viewed in the website of Halton Catholic District School Board.

The potentially pre-pubescent students can choose between identifying as Straight, Lesbian, Gay, Bisexual, Two-Spirit, Queer, Questioning, Asexual or Pansexual. If the child’s identity is not listed, the board requests children to detail and specify their sexual interests to school staff. Parents/legal guardians/students will be asked this question if the student is in grade 7 or above. The italicised section is reproduced verbatim.

*Sexual orientation refers to a person’s sense of sexual attraction to people of the same or different sex.*

*What is your child’s sexual orientation? Select all that apply.*

- |  |  |
|--|--|
| <input type="checkbox"/> Straight/heterosexual | <input type="checkbox"/> Asexual   |
| <input type="checkbox"/> Lesbian               | <input type="checkbox"/> Pansexual   |
| <input type="checkbox"/> Gay                   | <input type="checkbox"/> A sexual orientation(s) not listed above. (Please specify); |
| <input type="checkbox"/> Bisexual              | <input type="checkbox"/> Not sure  |
| <input type="checkbox"/> Two-Spirit            | <input type="checkbox"/> I do not understand the question                            |
| <input type="checkbox"/> Queer                 | <input type="checkbox"/> I prefer not to answer                                      |
| <input type="checkbox"/> Questioning           |  |

Several important comments must be made. First, this whole undertaking was presented as a means to prevent bullying and to promote inclusiveness. It is not clear to me how raising such issues achieves either goal. Every Canadian should, of course, oppose bullying, whether it focuses on race, sexual orientation, political beliefs, or anything else. Every teacher should be required to teach the evils of bullying. Also, every student, whatever particular characteristics or orientations she or he may have, must, of course, be fully accepted.

Second, what is the point in raising such questions when almost all of the students are quite at ease with who they are? Middle school and high school students face enough challenges in our complex and information-overloaded society. They don’t need to be pushed into dealing with additional complexities.

Third, the latest reports are that while some Ontario schools are objecting to this survey, other schools are carrying out the ministry directive.

Fourth, while this undertaking is happening in Ontario, it is possible, maybe probable, that education departments on other provinces may decide to follow this example. That is why Canadians everywhere should become informed.

*John H. Redekop*

“If you can’t sleep at night, don’t count sheep, talk to the shepherd.” *John Barkman, Briercreech Schools*

“Never ascribe to malice what can be explained by incompetence.” *Quoted*

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**Check it out.**

“The first four C’s are all about putting better habits into place around mealtime, but the last “C” is about checking to see if digestion is improving. If your stool has undigested food, you are not doing things right. Also, if we are doing things right we should feel better, sleep better, and have more energy. Sachin Patel adds this comment about the digestive system., “I wish more people knew they had possession of such a remarkable, highly intelligent piece of machinery at their disposal. If they just learn to use it more effectively, it can have such a huge impact in all areas of their life.”

**Guest Column:** *Editor's Note. Zoomer Magazine publishes much helpful material for seniors. If credit is given, that magazine wants its information provided to seniors. Here is some of the content, paraphrased or quoted, of a recent article which, at some time or other, has relevance for everyone, especially seniors. A few additional comments are added.*

### **Three Ways to Support a Grieving Friend**

#### **1. Support a grieving friend with words.**

Kind, genuine, and compassionate words do bring comfort to those who grieve. A phone call, an email, a mailed card, a face-to-face conversation, or a statement posted in an online site helps people get over the overwhelming sense of loneliness. Spoken words will be remembered. Words put in print will likely be read many times.

In conveying words of sympathy people should keep the following in mind.

“Don’t compare grief. Allow them their own grief.”

“Don’t use trite answers, minimize their pain, or trivialize the experience by telling them to move on.”

It is good to share a positive memory about the departed. Also, always be ready to provide a listening ear.

#### **2. Support a grieving friend through gestures.**

“Many people choose to celebrate a loved one’s life through kind gestures.” Flowers and plants express support. “Consider sending a symbolic plant ...that will last year-round.” A hand-written condolence card, sent separately or with a plant, will always be greatly appreciated. A stated good memory of the departed will enhance its significance.

Another fine gesture is a donation to a charity associated with the departed person or one which was important to the departed person. It is appropriate to inquire which charity would be preferred. Be sure to inform the grieving person or family that such a donation has been made in honour of the departed.

Such gestures “can bring a sense of peace and purpose” to the grieving loved ones.

#### **3. Support a grieving friend through actions.**

A person can feel helpless and unable to take away the pain of a grieving friend. There are actions, practical expressions of condolence, which supporting friends can take which will be welcomed.

If a person truly wants to do something practical, it is very important to be specific. Simply say, “Call me if you need some help” is not a wise statement. Some practical ways to show sympathy through action include the following items;

\*If you are able to do so, offer to do yard work, mow the lawn, remove snow, or remove garbage .

\*Offer to take the person to the store or to buy groceries. Offer to pick up and deliver a medical prescription for the bereaved. Such activity will likely be greatly appreciated, especially by a single older person who does not drive.

\*If you are able to do so, offer to help with some daily task such as doing the laundry or the vacuuming.

\*Offer to take the grieving friend out for coffee or a meal. It is appropriate to inquire if the grieving person would want some other close friend or relative to join in such an outing. It is also appropriate to ask the person which coffee shop or restaurant should be selected.

\*For a person who may need such assistance, offer to help with getting bills paid and tending to other financial matters. It should not surprise us that many older people, especially widows, may suddenly face such tasks without having any experience in dealing with them.

\*Offer to take the grieving friend to a church service or other important event and state that you will sit with that person. Bereaved seniors may be ready to attend a service or some other event but would welcome the sense of security and support of someone who will shield the bereaved from too much interaction with others.

The unidentified CARP writer adds these words. “It’s tough to know what to say or do, but no matter how you express your sympathy, be sincere, listen, and stay in contact.”

**Did You Know?** *The Christian Post* recently reported surprising results of a national US survey. The survey, of course, included both Christians and non-Christians. A total of 3,100 people aged 18 – 55 were interviewed. A significant finding is that 60% of adults under 40 believe that Jesus is not the “only way to salvation” and that he is equal to Buddha and Muhammad. Truly surprising, on the question of Jesus being sinless, the positive response dropped from 47% in 2010 to 25% in 2020 “among born again Christians”.

“There are worse things than getting a call for a wrong number at 4AM. It could be a right number.”

*Quoted*

“Nobody grows old merely living a number of years...years may wrinkle the skin but to give up interest wrinkles the soul.”

*General Douglas MacArthur*