



From the Executive Director's Desk

I remember the first time I stepped out of the Mirabel Airport in Montreal in 1976, I was 6 years old. It was October and snow was falling from the sky. I was shocked due to the very cold and coming straight from Zaire, Belgian Congo, insufficiently dressed for such weather, but I was in awe at the beauty of the snowflakes. It looked like baking flour all over the ground and falling on the windshield of a car that was similar to a 1970 station wagon, similar to an Impala in which we were riding. Driving from Mirabel to Montreal was an experience in itself with 70s cars as big as a boat on wheels and with huge chrome bumpers. The back seat alone could sit 4-5 people side by side. I had no clue that I was immigrating to a great place, called CANADA.

I grew up in Longueuil, Quebec and then moved to Varennes in the countryside. I learned of the French-Canadian culture and language. It was different and strange to me since I grew up talking the Belgian French at home. I learned of harvesting maple syrup and the famous Quebec cheese curds and poutine where you can't have one without the other. I enjoyed the great folkloric music and festivals Quebec had, especially on June 24, St. Jean Baptist Day, with the blue Quebec flag flying everywhere. It was celebrated much more than Canada Day during my time. And for 11 years of my life, I was introduced to a Canada that is a bit different than Ontario and BC where I also lived totaling 26 years.

Nonetheless, every province has a gift to give the people who come within its borders. I feel very fortunate to live in the Lower Mainland of BC. I get excited by the berry season and the snow-capped mountains. What a beautiful province. I relish in the fact and am grateful and thankful to God for our country and the lifestyle we can have in a country "Strong and Free!" Let us celebrate "our home and native land!"

Happy Canada Day!

Luc Sabot

**Mark your calendar for
Tuesday, August 29th, for our
next Meet 'n' Greet. We want to
welcome all the new residents
who have joined us since our
last event in spring.
Let's all plan to be there and give
them a warm Garden Park
Tower welcome. More
information and opportunities
where you can help will be posted
early in August.**

**Dorothy Redekop, Chair
Meet "n" Greet Committee**



Guest Column: Five Ways to Age Well

Editor's Comment. Not long ago Carp Magazine published an article whose full title was, "5 Ways to Age Well When Living Alone". The five guidelines are summarized below.

1. Stay socially engaged.

Dr. JanaLee Wagner, a certified counselor, makes this central point. "Social isolation and loneliness decrease our satisfaction with life and increase symptoms of mental illness...and symptoms of illness and pain."

Her experience has shown her that social interaction "increases physical health, decreases risks for many diagnoses...like heart disease, strokes, and diabetes among many others." She adds that people who are socially active "have faster recovery periods for acute illnesses and surgeries."

2. Design for aging in place. Although our living space should change to meet our needs as we grow older, we should stay in our own homes as long as possible because that will retain "our sense of autonomy and independence." It is advisable to meet with an occupational therapist to make needed changes in one's home to eliminate tripping hazards and any other items that create risks for seniors.

3. Work out for physical and cognitive health. No matter what the age of a senior, it is highly advised to develop and rigorously follow an exercise program. "Regular exercise helps control cholesterol levels, body weight, and blood pressure."

Additional benefits include reduced risk of stroke, heart attack, hardening of the arteries, and osteoporosis. A sustained exercise regimen will also strengthen ligaments, tendons, and muscles which, in turn, helps a person maintain balance.

Seniors should check with a physician about what exercises are appropriate for a specific individual, especially if the senior is launching into a new exercise program.

4. Practice fall prevention. Dr. Wagner's counsel is basic. "The best time to protect yourself from a fall is before it happens." Falls, a common problem for seniors, can generally be prevented if we practice due care and caution. There are often community-based programs which help seniors to avoid falling.

It is highly recommended that seniors take advantage of such help.

5. Invest in security and peace of mind. "Living alone is not risk-free." An unexpected fall or some other medical emergency can happen to anyone. Dizziness, and fainting, or stroke and heart attack, will happen to many seniors. Therefore, every senior who lives alone should definitely acquire and wear a medical alert. That may turn out to be the best investment a single senior has ever made.

HEALTH HINTS The Harvard Health Publishing centre recently sent out a very interesting report. Entitled, "Managing stress and eating leafy vegetables may protect the brain", it stated that "Scientists continue to examine what causes brain health to decline. While natural aging and genetics are part of the equation", lifestyle factors are also important. It notes that "two recent studies indicate that managing stress and eating leafy vegetables may "affect cognitive function and protect against Alzheimer's disease." For seniors the message is clear. Eat lots of lettuce, spinach, chard, kale, endive, and watercress and don't worry about the melting polar ice caps or the rising national debt. The former will not affect you and you won't be around to pay off the latter. *JHR*

Did You Know?

It is generally known that in many places in Canada, the Anglican Church split on the question of affirming homosexuality and especially same-sex marriage. Recent data from the large United Methodist Church in the US are revelatory.

In the two-year period from early 2021 to March 4, 2023, 5,321 churches left the United Methodist Church which was more than one-sixth of its 29,598 local congregations. The hemorrhaging of local congregations, because of official denominational affirmation of what was historically unacceptable, continues.

Wise Words

Having raised their family, Sam and Jane decided to sell their large house. The realtor inspected the building and suggested a price. "I'll bet you didn't expect it to be worth that much more than it was thirty years ago, did you?" he asked. Sam thought about that for a few seconds. "Son", he said, "my house ain't worth more. Your money is worth less."

"God's best gifts are not things but opportunities." *Quoted*

Editorial Transgenderism – Part Two

The August 2022 issue of the *Newsletter* carried an editorial on transgenderism. Since that time, this phenomenon has taken on such large dimensions and consequences that it warrants additional comment.

Although the term has a recent origin - it is not included in my 1998 Canadian Oxford Dictionary - its meaning is now widely understood. As one source defines it, “Transgenderism is the quality or characteristic of being transgender. It describes people whose gender does not match the body they were born with. The changing of a person’s body to match a person’s inner gender.”

Until recent years examples of people claiming dissonance between their inner gender and their physical body were extremely rare. In fact, in the typical statistical reports of sexuality, the category did not exist.

The situation has changed very quickly, mostly within the last decade. A *Christian Post* report of May 2, 2023, cites the following data about young people in the US, as researched by the Centers for Disease Control and Prevention, involving 17,232 students. The percentage of American “youth” who claim to be heterosexual has decreased from almost 100% to 74.2%. “11.9% identified as bisexual, 3.2% as gay or lesbian and 9% as ‘other/questioning’.” The survey also revealed that “the share of the American population identifying s LGBT had doubled over the past decade.” For members of “the silent generation”, those born before 1946, the percentage not falling into the historical heterosexual categories was 1.7%. One wonders how many of that 1.7% came to this self-assessment only later in life. While comparable Canadian data is not at hand, it seems safe to assume that the percentages would be similar.

If present trends continue, then it could happen that within a decade or two, one-third of the younger generation no longer identifies as traditionally male or female.

Startling as these numbers are, perhaps the even more significant number is the rapidly rising percentage of people transitioning from one sex to the other. In a free society adults must be given the light to undertake such transitions, but the rising percentage of pre-puberty children undergoing such attempted transitions is truly troubling. The use of puberty blocking hormones

and the surgical procedures to change a boy to a girl and a girl to a boy boggles the mind. Surely it is absurd to argue that such transitioning should be available for children that have not yet developed their sexuality. Such procedures done to children make the sins of Sodom and Gomorrah seem rather tame in comparison.

Fortunately, increasing numbers of informed and qualified experts are challenging this burgeoning rejection of traditional views and realities. For example, in a Marc 3, 2023, blog entitled, “Exposing Gender Lie”, Dr. Jeff Myers writes as follows. “The debate over gender ideology has revealed a raging fury against the idea that human beings bear the image of God. Nowhere is this indignation more clearly seen than in the deconstruction of the very definition of male and female.” He adds, “Sincere and faithful Christians cannot remain on the sidelines. We must speak with biblically informed, with compassionate wisdom.”

Dr. Myers says, “You may wonder if this level of concern is warranted.” He adds this comment. “If society persists in denying the importance of this fundamental [male and female] aspect of being, we could very well be ‘hostages to chaos’.” He adds that at least one recent survey reported that “thirty-nine percent of young people [in the US] thirty claim to identify as LGBTQ.”

[. www.newsweek.com/nearly-40-percent-us-gen](http://www.newsweek.com/nearly-40-percent-us-gen)

Dr. Myers points out that “Families are distraught and confused.” He notes that although “Ninety percent say that gender-alteration drugs and surgeries shouldn't be performed on minors”, such measures increase in number as part of the continuing “deconstruction of sex”. Yet there is hope. As columnist Barbary Kay wrote in a recent issue of *The Epoch News*, “In their continually escalating demands for special entitlements, trans activists have poked the sleepy bear of tolerance too often.” She cites numerous experts who are speaking up and asserting that “sex is dimorphic and immutable”. May their number increase.

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A Summer-Time Penguin Convention in Antarctica



MUSIC IN THE GARDEN at Garden Park

Larry Bieber will be giving us a concert in the Park 2:00 p.m. THURSDAY, JULY 20, 2023 singing your old favorites. Bring your lawn chairs, relax and enjoy. Cash donations for the Abbotsford Food Bank gratefully accepted.



The Importance of Understanding the Question

An immigrant to the United States was given a set of questions to answer. Eventually he got to Question 13. “Do you support the overthrow of the government by force or violence.” In the space for the answer he wrote “force”.

“Religions cannot all be affirmed as equally worthy and true, given that they often proclaim mutually contradictory values, assertions, and rules.” *JHR*

“Remembering only two hours before the church picnic that he had forgotten to invite elderly Millie, the pastor hurriedly phoned her to invite her. ‘It’s too late’, she said, ‘I’ve already prayed for rain’.”

Different Roles

At their golden wedding celebration both husband and wife were asked what was the secret for their long and happy marriage. The husband answered first.

“After all”, he said, “one should not be selfish. There is no i in marriage.” Whereupon his wife answered, “And my contribution was never to correct my husband’s spelling.”

“Past experience should be a guide post not a hitching post.” *Quoted*