



From the Executive Director's Desk

I'm happy to report that we have had a productive month of May and look forward to June's progress. I say productive because we held both the Residents Council AGM and the Clearbrook Golden Age Society AGM. Here are some of the highlights.

GPT Residential AGM:

- *There was a gain of \$128,223 in cash and investment.
- *The building insurance increased by 60%.
- *The AGM recommended an increase of \$0.04 to the maintenance fee per sq./ft to the Society.
- *The budget increase of \$95,000 was due to higher insurance and maintenance costs.
- *Our security service has made our building be safer (The cost is shared with the Society).
- *The solarium has been repainted.
- *Two new treadmills were acquired for the exercise room.
- *We are looking into providing compost bins for the residents.

Clearbrook Golden Age Society AGM:

- *The KPMG submitted a 2022 positive financial review in accordance with Canadian accounting standards for a not-for-profit organization.
- *The 2022 Financial Reports were approved.
- *The 2023 Residential, Life Lease, and Society budgets were reviewed with a slight change in the 2023 residential budget.
- *The AGM approved an increase of \$0.04/sq./ft. for residential units which will increase the maintenance fee starting June 1, 2023.

*Each committee chair gave a written report of that committee's activities for the past year. The reports were all well-received and approved.

The next meetings for the Residential Council and the Board of Directors will be held to organize them and assign the different roles to each chair and director. I pray that we will have a great 2023 and that we can move forward in accomplishing the CGAS mission. If you would like to volunteer in our Strategic Planning Committee, please come and see me, call me, or write me an email. I would be grateful to hear how you could contribute to a solid future for the Clearbrook Golden Age Society. *Luc Sabot*



**"All we have to decide is what to do
with the time given to us."**

J.R. Tolkien

**"Without truth there can be no
trust."**

Quoted

Guest Column: An Ominous Historical Crisis!

Editor's Note: This column was published in the October, 2022 issue of the Canadian Mennonite. It is reproduced here with the permission of the author. The title is mine.

On September 26, 1983, a communist Russian officer named Stanislav Petrov was on duty, operating the Soviet Union's attack warning system, which began displaying, in bold, red letters, the word "Launch".

The computer screen in front of him indicated an American inter-continental missile was headed towards the Soviet Union. At first it was just one missile, but over the next few minutes, the number increased. There were now five missiles and counting headed towards Russia, his homeland.

Petrov was forced to make a quick decision. Would he report the incoming American strike or not? If he did, the Soviet nuclear doctrine was clear: full nuclear retaliation. There would be no pause to double-check the warning system. The response would be swift and incomprehensible.

Reporting this was not only his duty, it would have made sense, considering this was at the height of the Cold War. The Reagan administration, in power in the United States at the time, had a more antagonistic posture toward the Soviets than all the presidential administrations before it.

But Stanislav Petrov said he had a funny feeling in his gut. He made a bold decision. He did not report the incoming strike. He concluded it was a false alarm, and he turned out to be right. The system mistook the sun's reflection off the clouds for a missile. As a result, he prevented a nuclear war between the United States and Russia, and the death of more than two billion people (including deaths caused by radiation and starvation).

Petrov was reprimanded for disobeying orders and was, in his words, "made a scapegoat." He later suffered a mental breakdown. The cost for saving the world is often high.

Reflecting on his story, I can't help but wonder, what cost am I willing to pay to help save the world? I'm also thankful there are many people like Petrov in the world. Far more than we think. And I'm grateful for the mysterious ways the Spirit moves in our world to protect us from ourselves.

Troy Watson

A very young girl was learning the Lord's Prayer. She decided to recite it by herself, without any help from her mother. She did well until she got near the end. "And lead us not into temptation but deliver us from evil. AMEN"

Health Hints Butter or Margarine

Editor's Note: I clearly recall that during World War II we were informed by the Canadian government that as much Canadian butter as possible should be shipped to the United Kingdom to help in its war. Canadians would need to begin eating margarine, at least part of the time. Dairy farmers objected. As a result, for a while, probably several years, our margarine was white. It looked like lard. A small orange ball came with it. I remember mixing it in the margarine to give it colour. We disliked it. Our partial consolation was that the authorities told us that margarine was healthier than butter.

Now several health scientists, including Sally Fallon Morell writing in *The Epoch News*, tell us that the wartime government was wrong. Thanks to Wilf Hein for sharing columnist Morell's column with me. Its main assertions appear below.

- *Butter provides fat-soluble vitamins D, and E and especially A.
- *Butter is a good source of minerals: calcium, phosphorus, magnesium, iron, and selenium. The amounts are small but efficiently absorbed because of the fat-soluble vitamins.
- *Butter provides butyric acid which is important for digestion and "seems to provide some protection against "irritable bowel syndrome, Crohn's disease, and colon cancer.
- *Butter is a good source of arachidonic acid, important for "skin health, digestion, and brain function" and "is critical to mental health".
- *Butter is a good source of conjugated linoleic acid (CLA). A 2019 research project found evidence to suggest that "CLA has efficacy against cancer, obesity, and atherosclerosis."
- *Several additional health-supporting components are listed.

Is Sally Morell, founder of A Campaign for Real Milk overstating reality? She concludes that "You don't need to feel guilty for eating butter. Butter is perfectly designed to support growth in children and health and happiness for all ages."

"The right to be heard does not automatically include the right to be taken seriously."

Hubert H. Humphrey

Editorial A Bigger Challenge

In my adult life I have attended four churches which undertook major building programs. The uniform question was: "Can we raise the funds?" In all four instances the congregants increased their financial donations. Very importantly, after the initial special need was met, donations did not return to their previous lower levels. It seems that when there is a special need, churchgoers are willing to increase their giving.

The experience of a church in Lincoln, Nebraska illustrates what can be done to motivate people to donate well beyond the reportedly average 4 percent for North American Christians. With an average attendance of 1,250, this church undertook a novel and challenging project.

In March, 2022, the lead pastor of the First-Plymouth Congregational Church in Lincoln decided to challenge attendees to raise funds for people struggling with medical bills. It was stressed "that there were too many homes right in our neighborhood that were saddled with medical debt." He did not know what to expect.

The challenge triggered response, at first in modest sums and then, as the needs were explained and the personal stories of needs met were given, those Christians responded generously. While personal privacy was always respected, the church attendees heard stories. For example, they heard of "a single mother with two kids [who] owes \$1,000 [who] is paying [a debt collector] \$50 a month and [because of interest charges] isn't ever going to get on top of it."

The giving grew. The leaders reported the amounts. Even some non-churchgoers contributed some funds. The people with medical bills submitted their accounts. Daunting needs were met. Financial crises were resolved.

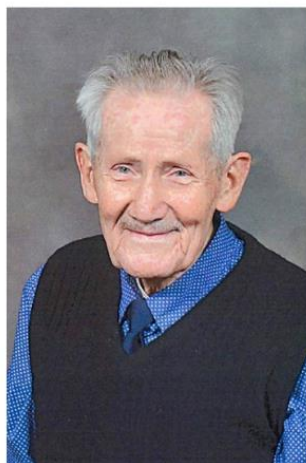
At Easter-time, 2023 Lead Pastor Rev. Jim Keck announced to the congregation that the total amount raised had reached about \$550,000. Not only church attendees were helped. "We have retired the [medical] debts of over 500 homes right here in the neighborhood" reported Pastor Keck. In response to queries, he said that this initiative follows the words of Jesus who called his followers to "love your neighbor". In an interview with *The Lincoln Journal-Star*, Pastor Keck said that he had no idea the campaign "would go so viral".

"You wouldn't think a pastor would do this; I underestimated people's generosity," he said.

What might a comparable project in a Canadian neighborhood look like? *John H. Redekop*

"Lost wealth may be regained by industry; lost health by temperance; lost reputation by repentance; but lost time is gone for ever." Quoted

The Dubai Miracle Garden has more than 45 million flowers. It is the largest flower garden in the world.



Dietrich Rempel

It's with great sadness we announce the death of Dietrich (Diet; Dick) Rempel age 88 on May 15th in the hospice at Holmberg House, Abbotsford, from pancreatic cancer.

When Dietrich retired from teaching and ministry, he gravitated towards the lost art of bookbinding, where he served Garden Park Tower for 12 years in our Bookbinding and Repair Workshop.

He will be remembered by those of us here at Garden Park Tower as one who exuded warmth and generosity and who lit up a room with his irrepressible enthusiasm; particularly if you informed him that you were Mennonite. He would no doubt know your family and where exactly you fit into the Fraser Valley Mennonite Family Tree.

GPT won't be the same without you, Dietrich. Thank you for your service to us, and all the families in our community who have restored family Bibles and other cherished books that will forever hold your handprint. Rest in peace. *Lisa Soderlund*

Memorial to be held at Clearbrook MB Church on June 14 at 11:00 am.

The Miracle Gardens in Dubai, United Arab Emirates, are a global tourist attraction.



Did You Know?

In California a significant number of men are transferring to women prisons.

In his Breakpoint Daily column John Stonestreet reports that “Over 200 prisoners have requested to be transferred from men’s prisons into those detaining women.” This is happening after Governor Gavin Newsom signed The Transgender Respect, Agency and Dignity Act. This Act allows any man who says that he feels like a woman inside to be transferred. There are no medical or psychological evaluations. Stonestreet speaks of “the peril of the women who will be trapped with biological males against their wills.”



Ruth Peters and Marge Wiebe

Helping Hands, a Great Ministry based in Garden Park Tower

Helping Hands Ministry was organized in the 1960s. This ministry is run by volunteers only. Even the coordinator is a volunteer. Helping Hands produces mainly blankets for shelters in Abbotsford, Mission, for the Salvation Army Abbotsford and Chilliwack, as well as for the international mission agencies Compassion Resource Warehouse, Seeds of Hope and Global Emergency Mission Society. Some of these agencies send the blankets to needy regions ranging from Ukraine, to Zambia, and from Guatamala and Congo.

The production by Helping Hands volunteers is impressive. In 2022, Helping Hands sent out 1,987 blankets, 546 baby blankets, 50 lap blankets, 69 crib sheets, 424 dresses, 125 small bags, 73 shirts, 265 pats, 1 pair of shoes, 28 coats/jackets, 611 toques, 300 scarves, 12 pair of gloves, 54 pajamas, 60 towels, 18 sewing machines, 24 sewing kits, 1 large bag, 24 layettes, 70 underwear, 274 backpacks, 4 sleeping mats, 9 fabric shopping bags, 140 mattress pads and 70 pillows. We are grateful for each lady that works long hours to carry out this powerful ministry. We also want to thank each person who has been generous in supporting Helping Hands.

If anyone wishes to support Helping Hands financially, cheques should be made out to Prairie Chapel, the receiving church, with Helping Hands written on the MEMO line. *Ruth Peters, Helping Hands Coordinator*

“Don’t regret getting old. It is a privilege denied to many.”
Quoted

“Don’t wait for the hearse to take you to church.”
Quoted