



Garden Park Tower Newsletter

John H. Redekop, Editor

November 2022

Nadia Baran, Production Assistant

Chairman's Report

On November 1st we want to welcome our new Executive Director, Luc Sabot to Garden Park Tower. Luc Sabot will slowly take over the responsibilities of both Fred Hall and Don Hincks over the next few weeks. Fred and Don will help to introduce Luc to all aspects of managing the affairs of the Clearbrook Golden Age Society.

The board of Clearbrook Golden Age Society (CGAS) has been working on amending the Society By-laws and we will be sending an information package to all members of the Society informing you of the proposed changes. We are also planning on having a general meeting on November 30th to discuss and vote on the proposed By-law changes. In addition, we will also have time devoted to answering questions from the residents about the affairs of Garden Park.

For those of you looking for creative volunteer work, our picture-framing department is looking for help on Monday, Wednesday and/or Friday mornings between 8:30 to 11:30am. If you are interested, please visit the office in Room 101 or call us at 604-853-5532 to learn more.

Helmut Wiens

Remembering the Past

We were born before 1950. We lived before television, penicillin, polio shots, frozen foods, contact lenses, credit cards, laser beams, ballpoint pens, cell phones, instant coffee, electric blankets, air conditioners, computers, and before a man walked on the moon.

In our time closets were for clothes, not for some people to get out of. Having a meaningful relationship meant getting along with some cousins.

We lived before commuter marriages or group therapy. We thought that fast foods referred to what we ate during Lent. In those days guys did not wear earrings. For us a chip meant a small piece of wood. A keypad was where you hung the car keys near the door. If it was made of wood it was sometimes called a keyboard. A tablet was what you took when you were sick. In those days a Mac was an apple. A mouse was a little critter you tried to get rid of.

For us grass was moved, coke was a cola drink, pot was something you cooked in, rock music was grandma's lullaby, and aids were students who helped the teacher in school. Software referred to soft clothes and hardware was what you bought in a hardware store. A program was what was done at a meeting and a memory card was what some students tried to cheat with in an exam.

When we were young there were no sex changes. We made do with what we had.

Believe it or not, we actually enjoyed life!

If you were running in a race and you passed the person in second place, what place would you now be in?

"We shape our buildings and thereafter our buildings shape us." *Winston Churchill*

"A decision not followed by action is not a decision." *Quoted*

Successful Fishing



CHRISTMAS AT GARDEN PARK

Come celebrate with us!

Sunday DECEMBER 11, 2:00 p.m.

"THE CHRISTMAS CHEST "

BALLET PERFORMANCE - Leading to the Birth of Christ

Tuesday, DECEMBER 13, 7:00-8:00 p.m..

VALLEY ECHOES CHORUS

Saturday, DECEMBER 17, 2:00-4:00 p.m.

" FRASER VALLEY COMMUNITY WINDS"

A 20 Piece Orchestra



So after winning the game, I decided to throw the ball into the crowd, like they do on TV. Apparently it's unacceptable in bowling.

A Flat Tire

One sunny day four high school boys couldn't resist the temptation to skip classes. The next morning they explained to the teacher that they had missed her class because their car had a flat tire. To their relief she smiled and said, "Well, you missed a quiz yesterday, so take your seats and get a pen and paper."

She waited as they sat down and got ready for the quiz. Then she said, "First question: which tire was flat?" *Quoted*

Editorial

Courage!



In recent years, in particular, I have gotten the impression that many people, perhaps most, do not have the courage of their convictions. They are not willing to stand by their beliefs if doing so means giving up status, advantage, or benefits. It is therefore refreshing and praiseworthy to hear about true courage.

About five years ago, according to a news report in the *Dallas Morning News*, a flight attendant employed by Southwest Airlines found herself in a real quandary. Charlene Carter, a pro-life Christian, had been working successfully as a flight attendant for this airline since 1996. She had become a member of the Transport Workers Union of America, Local 556. In 2017 she discovered that the president and other union officials had “used union dues to attend a pro-abortion event.” Carter also alleged that “the union supported 20 to 30 other flight attendants to attend” the event.

In light of the fact that she did not agree with what her union was doing, that it was using part of her union dues to “promote social causes that violated her conscience and religious beliefs”, Charlene Carter “took to the social media to challenge” the union. She also sent “pro-life messages” to her union president. “The union complained to the airline about Carter’s political views and got her fired.”

The complicated dispute dragged on for several years. Finally, on July 14, 2022, a federal court jury “determined that the airline and Transport Workers Union of America, Local 556 [had] violated Charlene Carter’s rights as an employee to speak out against the union.”

Probably no one expected what the jury then announced. “The airline was ordered to pay Carter \$4.15 million for back pay and pain and suffering. The union was ordered to pay her a separate \$1.15 million. Both the union and the airline were instructed “to make accommodation for sincere religious beliefs.”

Many a time in history and also in recent years, standing firm by one’s conscience and beliefs has been costly. In this case also it was costly but not for the person who held to her beliefs. Courage was rewarded. The principled conscience won out. There seems to be no indication that this jury decision is being appealed.

Charlene Carter held to her Christian convictions not knowing what the outcome would be. In doing so she has modelled much for many.

John H. Redekop

RESIDENTS MEET N GREET, OCTOBER 11, 2022



8



“Jesus believed that you and I are a reward worth dying for.” Scott DeVries

Guest Column. Dealing with Grief

Editor's note: All of us are mortal. For those of us living in a seniors residence or nursing home, this truth becomes evident frequently. I thank Wilf Hein for sharing with me a very fine report by Jeff Minick which appeared in THE EPOCH TIMES. Most of these views and comments are taken from his essay.

"To be human is to suffer, but grief is in a category all by itself." There will be times in "the dark night" of grieving, especially "when lying in bed alone", that the deep sense of isolation will become almost unbearable.

What counsel can be given to those walking through the valley of deepest grief?

*"Let yourself grieve. Some people try to push through that agony of mourning as fast as possible" but that is a mistake. Grieve fully but do not only grieve.

*Take time to reflect on the specifics of the good times you have had with the departed. Remind yourself that this is what the departed would want you to do.

*Write a short email to one person or even several people. Putting deepest pain into words shared with others can help.

*Brew a cup of coffee for yourself. Enjoy a coffee break even if you don't initially feel like it.

*Be sure to think of others who have gone through similar bleak days and have managed to put their "shattered lives together again." If you have such a friend, talk to that person.

*Readily accept help.

*Hard as it sounds, be thankful for what you still have. This may include health, adequate finances, a good home, supportive friends, understanding neighbours, a loving family, and enjoyable hobbies. As one widow put it: "I had the Lord, my church, and my husband's family." [She had no siblings.]

*Definitely attend a local widows [or widowers] group. If there is none, organize one. It takes only two people. As one widow put it, having "the coffee, cake and conversation" with others in grief was a "transformational" experience.

*Hard as it may seem at the time, "Be patient and let time do some of the work of healing."

*If you are a person of faith, then "find comfort and strength in faith."

*In the darkest time, when "you find it hard even to breathe" and you feel like giving up, phone a friend. Soon you will be grateful you did.

Health Hints

Posture

Editor's Note: It never ceases to amaze me what scientists and other health experts recommend.

Recently many newspapers carried a fascinating report. Researchers at Johns Hopkins University discovered that posture affects the impact of pills we swallow.

"Leaning to your right side after swallowing a pill could speed absorption by about 13 minutes, compared to staying upright." "Leaning to the left would be a mistake – it could slow absorption by more than one hour." "Standing or sitting up straight is 'still an excellent way' to take a pill" said Rajat Mittal, the senior author of the study.

Lessons learned from Noah

*Plan ahead. It wasn't raining when Noah started building.

*Remember, we are all in the same boat.

*Stay fit. That will stand you in good stead when you get older.

*You are never too old to do something big.

*Don't listen to critics. Just get on with what needs to be done.

*Build your future on high ground.

*Speed isn't always an advantage.

*For safety's sake, travel in pairs.

*When you are stressed, float a while.

*Remember that the ark was built by an amateur, the Titanic by professionals.

Did You Know? Prisoners paid Millions

The following report, published in the *Alarabiya News*, published in Dubai, caught my attention.

During the time that the US government was sending out COVID pandemic relief funds, "hundreds of millions of dollars", probably much more, was sent to "tens of thousands...of prisoners" who submitted forms claiming to be unemployed. These "illegal unemployment claims" constitute "one of the biggest frauds in US history."

US media gave this embarrassing reality little coverage. After extensive search I finally found one story in the *Los Angeles Times*, January 5, 2021. It stated that "officials now estimate" that the total "could be \$4 billion in scammed coronavirus relief funds." The Arab newspaper, it turns out, seriously understated the scope of the prisons-based scandal.

JHR

"You are never too old to set another goal or to dream a new dream." C.S. Lewis

"Obstacles do not block the path – they are the path." A Zen Proverb