



### **From the Executive Director's Desk Debunking Myths - Part Two**

This is part two of “debunking myths” on non-profits following the October statement. “Non-profits are mostly run by volunteers and non-profit employees couldn’t make it anywhere else”, true or false? This tends to be far from the truth. For those who choose to volunteer in their spare time, it might seem like non-profits are constantly in need of good and qualified volunteers, with sometimes very few actual staff. Many non-profits choose not to use volunteer help at all, instead preferring to rely solely on their professional staff.

Volunteers, however, are the backbone of a lot of non-profits as they help them deliver programs or services to their target demographics in a cost-efficient manner.

Running a successful non-profit requires dedication, commitment, knowledge, skills, and accountability that volunteers are not usually able to offer because sometimes they also need to make a living. At CGAS we tend to have retired volunteers that are able to offer more time than those who are still working for a living. These volunteers help when they are available and as they can.

A non-profit is still a business, after all. As such, non-profits also need accountants, managers, project coordinators and various other personnel that would be needed in the non-profit sector. As in any other sector of work, professionals choose the non-profit arena because they have a passion and drive for the cause they care about, not

because they were not smart enough or didn’t work hard enough for a different career path.

Another myth that goes well with this one is the myth that volunteers are free. Yes, most volunteers are not paid for the work they do for non-profit organizations, but there are often staff members and resources dedicated to training and supporting volunteer efforts.

No one would disagree that a volunteer force is vital to a non-profit and so it is at CGAS, but the thought that they come without a cost is short-sighted. Since it costs to have volunteers, non-profits have the task to also choose the volunteers that best fit the job description as much as choosing the best paid candidate for a particular job. It may seem appalling to some to have to witness a non-profit let certain volunteers go, yet, if they drain the system and do not meet their job demands at the same level and standard as employees are expected to do, then it is to the best interest of the non-profit to let them go. For CGAS the same applies.

An old motto here is “seniors helping seniors” and although we had many more volunteers in the past, I am happy to say that today CGAS still has many volunteers. We have 80 volunteers and 20 paid staff so we have 20% staff and 80% volunteers in the workforce. On September 20, 2023, we will take the time to honour our volunteers and spoil them with a dinner, entertainment, and gifts that will hopefully send the message that each volunteer is very valuable to CGAS. We appreciate all that you volunteers do to make Garden Park Tower a better place. *(To be continued in October)* Luc Sabot

**Guest Column:** Editor's note. On June 17, 1964 I decided to keep some pages of what was then called, *Abbotsford, Sumas & Matsqui News*.

Flipping through this old newspaper recently I noted that one page was covered with the ad of a major grocery store. That store no longer exists. I shall share some of the advertising. May these fine specials give us some pleasant memories.


Fraser Valley Butter...2 lbs for \$1.25  
 Woodvale Ice Cream, 3 pint carton... 49 cents  
 Squirrel Peanut Butter, 32-oz. jar...69 cents  
 Sugar, 25-lb bag...\$2.98  
 Fresh Ground Beef, 4 lbs...\$1.00  
 Lettuce, local, 2 heads...15 cents  
 Potatoes, California New White, 10 lbs. 79 cents  
 Shasta Pop, 10-oz. Tins...10 for 99 cents  
 Mazola Oil, 36-oz...95 cents  
 Jelly Powders...11 for \$1,00  
 Fish & Chips, Fraser Vale, 24 oz. package 49 cents  
 Certo Crystals...6 for 65 cents  
 Maple Leaf Cheese slices ½-lb. package..3 for 89 cents  
 Apples, Australian Granny Smith..2 lbs. for 49 cents

These appealing figures may lose a bit of their sheen when we discover that the annual median income for white males in Canada in 1964 was \$4,900, presuming that they were employed for 50 weeks. Given the prevailing 40-hour work-week, that comes to 2,000 work-hours per year or \$2.45 earned per hour. The comparable figure for all males in 2020 was \$32.47 per hour. Setting aside the fact that these were special prices and also the additional benefits employees generally get now, comparative figures reveal that today's working males don't have to work as long for the staples of life as their forerunners did in 1964. My rough calculation is that in 1964 the cost of groceries required about 20 per cent more of the average income than they do today.

*All GPT tenants are asked to pick up their health emergency card in office 101 to fill out and place on your refrigerator for emergency use.*

**HEALTH EMERGENCY CARD**  
 Place on your refrigerator

NAME: _____	BC MEDICAL NUMBER: _____
ADDRESS: _____	DATE OF BIRTH: _____
TELEPHONE: _____	BLOOD TYPE: _____
	ALLERGIES: _____
EMERGENCY CONTACT PERSON & TELEPHONE NUMBER:	MAJOR ILLNESSES: _____
① _____	
② _____	
③ _____	
DOCTORS NAME & TELEPHONE NUMBER:	<input type="checkbox"/> HARD OF HEARING
_____	<input type="checkbox"/> VISION IMPAIRED
_____	

 ABBOTSFORD POLICE DEPARTMENT

**HEALTH HINTS** A common human desire is to live a long life while enjoying good health.

For many years experts have wondered why the people who live on the island of Okinawa, Japan, live relatively long lives. In Okinawa more than twice as many people live to be 100 or more than reach this age in Canada.

A recent issue of *THE EPOCH TIMES* reports that experts have finally discovered what they think is the unique item in Okinawan cuisine that explains the exceptional longevity. The item identified is sweet potatoes, a staple in the Okinawan diet. Sweet potatoes, it is reported, are exceptionally rich in magnesium, calcium, and flavonoids. They also have a low glycemic index. Okinawans also tend to eat large amounts of fresh fruits and vegetables. This fact also helps to explain their exceptional longevity.

*JHR*

**A Picture Won't Do**

A motorist was unknowingly caught in an automated speed trap. He later received in the mail a ticket for \$40 and a photograph of his car. Instead of payment, he sent the police department a photograph of \$40. About a week later he received an envelope from the police department. In it was a picture of handcuffs. He immediately mailed in \$40.

**A POLITICAL ITEM**

On July 17, 2018 the BC NDP Government enacted a rule which is so unfair that one wonders how a government that claims to rule for everyone ever drafted it. Part of the Community Benefits Agreement states that only contractors whose employees belong to the Building Trades Unions can bid on major jobs involving BC government funding. Thus, non-unionized workers and members of the Christian Labour Association of Canada are barred. This is prejudice in a very ugly form. The fact that only 15 per cent of the province's construction workforce belongs to the Building Trades Unions makes such a policy even more iniquitous. For good reason columnist Rob Shaw called the CBA "a public kickback scheme to the party's friends in organized labour." *JHR*

"Those that never change their opinions love themselves more than they love the truth." *Joubert*

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## Editorial      The Big Gender Lie

In my long career in education and my extensive involvement in other arenas, I have known two persons with major gender dysphoria. One was a respected person in our church community who had both female and male traits. He, or she, served as a colporteur, a Bible-salesperson, in a large region in Saskatchewan. He, or she, was called *Schwester Jakob*, Sister Jacob. I remember him, or her, well. I remember him, or her, as a congenial and seemingly happy person, a good conversationalist with a pleasant disposition.

The other person was also highly esteemed in the community. He had not changed his childhood voice. He did not shave. He was happily married but the couple had no children, a fact which may not be relevant. Such very rare situations happen. In addition, in my more than 60 years in university, church, and political circles, I got to know four or five homosexuals. These people were all respected for who they were and none demanded any special rights or affirmation.

Times have changed. A recent report in the *Christian Post* states that the most recent edition of the Center for Disease Control Youth Risk Surveillance System “found that only 74.2% of [US] high school students claimed to be exclusively attracted to the opposite sex in 2021....11.9% identified as bisexual, 3.2% as gay or lesbian and 9% as ‘other/questioning’.” The survey examined the responses of 17,232 students. Previous surveys suggest that the Canadian data would likely be similar.

It appears that the free library readings by transgender folk, the SOGI curriculum (Sexual Orientation and Gender Identity) decreed by many governments, and the deviant modelling widely portrayed and reported in the media, have all had significant impact, especially on the younger generation.

Perhaps we should not be surprised by those numbers or by some additional findings recently reported in the *Christian Post*. We read that among Generation Z folk, those born between 1997 and 2004, 19.7% “consider themselves part of the LGBT community.” Among people born before 1946, the percentage of people self-identifying as LGBT was 1.7%. According to these percentages, the number of homosexual people is now almost 12 times greater than it was about 60 years ago or, if we include all of the new sexual orientations, the number of people who do not fit into the traditional binary choice of male or female, is now almost 15 times greater than it was about 60 years ago.

This gargantuan shift, we are told, is totally natural. It just happened. Really? Anyone with a logical mind, and especially someone who has passed grade 12 biology, knows that this is

a big lie. In his recent book, **Exposing the Gender Lie**, author Jeff Myers, Ph.D., identifies some even more startling data. Citing a *Newsweek* source, he notes that in one survey of young people, “thirty-nine percent” claim no longer to fit into the centuries-old female-male categories. While most claim to be homosexual, others sort themselves out into a panoply of self-styled sexual labels.

It’s small wonder that straight-laced folk are baffled. For several decades they have tried to resist, or come to terms with, the same-sex marriage challenge to traditional matrimony. Now the issue has moved beyond marriage to sexual identity. Some findings boggle the mind. In his research Professor Myers found “sixty-eight terms that describe gender identity and expression.” As if that datum is not sufficiently confusing, the other big sea-change is the assumption that people, especially children and youths, can transition from one sexual identity to another and can do so several times using drugs, hormones, surgery, and tutelage.

Here is my take. All people of sound mind and informed convictions, baffled as they may be by these sex-related upheavals, must keep three basic truths in mind. First, every human being is made in the image of God and deserves to be seen in that light. Second, all folks, whichever one of the sixty-eight sexual identities they may claim as their own, must always be granted all citizenship rights and freedoms. Third, it is never too late to stand up for the divinely-created sexual categories and to do so with kindness, informed conviction, respect, as well as acceptance of those who differ.      *John H. Redekop*

“Courage is contagious. When a brave man takes a stand, the spines of the others are strengthened.” *Billy Graham*

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

Not to know is bad. Not to wish to know is worse.” *African Proverb*



September is the time to start cutting and stacking firewood for winter.

## EVENTS CALENDAR – September – December 2023

**SEPTEMBER 8, 9:00 – 11:00 a.m.** Mennonite Heritage Celebration, Magnolia Rm.

**SPECIAL GUEST:** 10:00 – 11:00 a.m. Henry Braun, former Mayor, telling his family story as well as a time of 'BOOK SIGNING'- Memoirs of the Braun family journeys to freedom.

**HERITAGE FAIR:** Tables will be available to show your Heritage Artifacts, Family Bible; Passports to Canada; unique utensils (kitchen, farm) old Sunday School papers; reader, workbooks, jewelry, eg: e.g. Mom 's very old wedding dress, etc.

Book your space, share a table. More information is available in the office, Room #101.

Cottage Cheese Perogies served in the Rose Room, 11:30 a.m.

**OCTOBER 5, Thursday, THANKSGIVING - TURKEY DINNER 6:00 p.m.**

**NOVEMBER 10, Friday - REMEMBRANCE DAY – MORNING COFFEE BREAK**

**SPECIAL MUSIC. 9:30 – 11:00 a.m.**

**DECEMBER 6, 7, 8 Celebration of Lights at Garden Park!**

**Wednesday, December 6 - TRADITIONAL CHRISTMAS DINNER, 6:00 p.m.**

**Thursday, December 7, 3:00 p.m. MUSIC /PROGRAM TBA**

**Friday, December 8, 3:00 p.m. MUSIC/PROGRAM TBA**

“It’s funny how a \$100 note looks so big when you take it to church but so small when you take it to market.” *Quoted*

“Prejudice can save lots of time. You can form an opinion without knowing any facts.” *Quoted*

“In Mexico we have a name for sushi – bait.” *Jose Simonsk*



The annual Ice Cream Social is a highlight for residents.