



# THE GAZETTE

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## SEPTEMBER

2017

Editor: Mary Homer

### PRESIDENTS MESSAGE

We have had a wonderful summer and now our exciting fall season is beginning. Read this newsletter carefully to find out about all the exciting possibilities Goward House is offering this fall. Special items to note are: Speaker's Corner, Bridge Lessons for True Beginners, and Beginners' Tai Chi classes. Also, don't miss the wonderful lunches put on by our fabulous Cooking Club.

We now have our new Facilities Management Agreement with the Municipality of Saanich, who will be taking over the care of our "building envelope" (including utilities, outdoor lighting, elevator, and repairs and maintenance including all electrical and plumbing needs). Many hours of work by many people have gone into getting this fairer agreement with Saanich and we are very pleased with it. Goward House Society will continue to pay for our staffing, janitorial services and the formal garden maintenance. We are now working to buy new furnishings, new carpeting for the front hall, and re-upholstering the bucket chairs in the main lounge.

With funds from the President's appeal this year we hope to work on improvements to the house interior.

Come and enjoy our wonderful facility.

Gail Branton and Gayle Millbank

### TAI ONE ON !

Tai Chi classes are very popular at Goward House. If you have ever been curious about Taoist Tai Chi, now is your opportunity to drop in to the:

**Fung Loy Kok Taoist Tai Chi™ Open House**  
**Tuesday, September 5**  
**11:00 am – 12:00 noon**

You are invited to come to this Open House and learn about the health benefits, see a live demonstration, enjoy a free "try-it" session, and enjoy complimentary coffee or tea on the main floor, following the info session. All are welcome!

For those interested in taking up Taoist Tai Chi, Goward House is pleased to offer:

**Fung Loy Kok Taoist Tai Chi™ – Beginners' Classes**  
**Tuesdays and Fridays of each week**  
**11:00 am – 12:00 noon**  
**September 12 (Tues) to November 24 (Fri)**

The Fung Loy Kok Taoist Tai Chi Society will be conducting Beginners' Tai Chi classes at Goward House on Tuesdays and Fridays of each week until November 24, 2017. These classes are appropriate for those that have never before experienced Fung Loy Kok Taoist Tai Chi™ or for those wanting a refresher. Upon completion of the Beginners' Tai Chi classes, participants will be able to transition to the Continuing Tai Chi classes, also offered at Goward House (on Mondays and Thursdays).

### GOWARD HOUSE CLOSURE

**MONDAY, SEPTEMBER 4**  
**LABOUR DAY**

**NEW!**

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**SEPTEMBER ART SHOW** **FREE**  
September 1 – September 27 **ALL ARE WELCOME!**  
Mon – Fri [9:00 am to 4:00 pm]

**Art Show and Sale by two independent artists:**

**Anne Bowen and Peter Vangiesen**

**“NATURE: INSIDE AND OUT”**

Born in England, **Anne Bowen** grew up in B.C.; the mountains, ocean and forests nurturing a curiosity and love for the natural world. She paints for the sheer joy of transporting herself into a landscape, still life or the connection with an animal she may have encountered on her travels. Anne's painting style is constantly evolving; attempting to translate those exquisite moments of fleeting light and shadow on the subject.

All artistic endeavors enrich our lives and she hopes to make a contribution by focusing on some of the beauty in our world and sharing it with others.

Beyond and above all else, **Peter N. Van Giesen** is an artist. He discovered his artistic talents early in elementary school when he sold some of his first works of art at recess for snack money. During every stage of life, he took time to exercise creativity.

In 2011 Peter made a renewed commitment to visual art and to sharing that gift with others. His first public display of his artwork was at the Victoria International Airport in 2012. His first solo art show, in January 2013, resulted in strong support from art lovers and art collectors from Canada and abroad. Peter states that, “doing art for me is a mystical process, a spiritual work, a profound experience, and a gift meant to be shared.”

**SPANISH CLASSES - Level 1** (Sequoia Room)  
Fridays - 9:00 am to 10:30 am  
September 8 to December 8  
Continuing in 2018 (dates TBA)

**NEW DATES!**

This course is for true beginners and others who may have had Spanish in the past but who wish to review what they once learned. The textbook and accompanying CD (Warren Hardy Book 1) can be purchased at a cost of \$45 from GH

**REGISTRATION INFO:** Tel: 250 477 4401  
Registration deadline: Tuesday – August 22

**SPANISH CLASSES - Level 2** (Sequoia Room)  
Tuesdays - 9:00 am to 11:00 am  
September 12 to December 12  
Continuing in 2018 (dates TBA)

**NEW DATES!**

This course is for students who have completed the Level 1 course and are ready to study at a higher level. The textbook and accompanying CD (Warren Hardy Book 2) can be purchased at a cost of \$45 from GH

**REGISTRATION INFO:** Tel: 250 477 4401  
Registration deadline: Tuesday – August 22

**SPANISH CONVERSATION** (Billiards Room)  
Fridays - 10:30 am to 12:00 noon  
Restarts: Friday, September 8

This group will recommence their Spanish Conversation sessions on the date/time indicated above. If you have had Spanish instruction and would like to practice what you have learned, you are welcome to join this group. There is no formal instruction at these sessions.

**WRITE-ON! – Writing Group**  
2<sup>nd</sup> Monday of each month - 1:00 pm to 3:30 pm  
Re-starts: Monday – September 11

This writing group currently has room for 3 or 4 new members who love to write and willing to share their work with this small, supportive group. Anyone committed to sharing their writing each month for positive feedback and encouragement is asked to register.

**REGISTRATION INFO:** Tel: 250 477 4401  
Registration deadline: Tuesday – August 22

**LUNCH SPECIAL**  
Thursday – September 14  
11:30 am – 12:30 pm



The Goward House Cooking Club will be regaling us with their culinary skills once more, in their offer of the following lunch special:

Ham, Potato Salad, and Roasted Tomato Tart  
Tropical Chia Pudding  
Tea or Coffee  
\$10 per person

A limited number of plates are available.  
To reserve your lunch, call: 250 477 4401

**SPEAKERS' CORNER**  
Thursday – September 14  
1:30 pm to 3:00 pm

**NEW!**

When did Canadians begin going westward across the Pacific to Asia – who went, when and why? While a good deal is known about the arrival of Asians on this coast, movement in the opposite direction is an almost unknown story. On September 14, Anne Shannon, a former Canadian diplomat and federal public servant, will introduce some intriguing characters and remarkable photos from her book: *Finding Japan*. Beginning with an adventurous half aboriginal son of a senior Hudson's Bay trader, who smuggled himself into Japan in 1848 disguised as a shipwrecked sailor.

**REGISTER BY PHONE:** 250 477 4401  
**COST:** \$5 (includes coffee / tea)

**BRIDGE LESSONS for TRUE BEGINNERS**  
Thursdays – 2:00 pm to 3:30 pm  
September 14 to November 9 (no class Thurs Nov 2)

**NEW!**

Debbie Wastle will instruct this 8-week course of Audrey Grant's Bridge Basics, which are lessons designed for the absolute beginner. Learn the mechanics of the game and the fundamentals of bidding, play and defense. The material is presented in a clear, well-organized format, moving smoothly from one topic to the next. This course is for anyone who wants to enjoy this favourite pastime!

**REGISTRATION INFO:**  
Cost: \$ 80 Goward House Members  
\$100 non-members  
+ \$ 16 for textbook (payable to instructor)

**REGISTRATION INFO:** Tel: 250 477 4401  
Registration deadline: Friday – August 25

**FRUIT DONATIONS**

Goward House will happily accept any donations of fresh fruit that can be used to make fruit crisps. Please keep us in mind when picking your apples, blackberries, plums, etc.

## HULA FOR HEALTH

1:00 pm to 2:30 pm

Thursdays: Sept 28, Oct 26 and Nov 30

Come and hula your way to staying healthy! With each session you become more familiar with the 5 basic Hawaiian dance steps, while learning 3 modern Hawaiian dances. Come to all 3 sessions or only to those that your schedule will allow.

**REGISTER BY PHONE:** 250 477 4401

**COST:** \$16 per session or \$48 for all three

**REGISTRATION / PAYMENT DEADLINE:** September 15

**NEW!**

## PUTTING YOUR GARDEN TO BED!

Wednesday – October 4<sup>th</sup>

9:30 am to 11:30 am

Come and learn how to prepare your garden for the upcoming winter season with Penny Hampson from Heart Pharmacy (Cadboro Bay). Apparently another of Penny's hidden talents is a passion for gardening.

**REGISTER BY PHONE:** 250 477 4401

**COST:** \$5 (includes coffee / tea)

**NEW!**

## PORTRAIT PHOTOGRAPHY for the BEGINNER

Thursday – October 5

1:00 pm THIS SESSION OFFERS A GREAT WAY TO LEARN!

There are many photography options these days: “point and shoot” cameras, DSLR cameras, iPads, cell phones, etc. The more sophisticated the camera, the more options available to the participant. Come and learn a simple and informal approach to taking portraits of your friends and family. This session is applicable to any type of camera and any skill level. There will be no complicated equipment used or even talked about. You can expect to learn:

1. How to set up the camera for best results.
2. Basic posing and simple lighting set-ups (room lights, natural light, built-in flash)
3. How to direct a model including model etiquette
4. Basic processing tips for best presentation either for display or for printing

Bring your camera as each participant will have the opportunity of taking successful photos of a model in various poses to be shared with the group and the model.

**REGISTER BY PHONE:** 250 477 4401

**COST:** \$25

**REGISTRATION / PAYMENT DEADLINE:** September 21

**NEW!**

## BRIDGE LESSONS: Play of the Hand in the 21<sup>st</sup> Century

Mondays 1:00 pm to 3:00

October 16 to December 11\* (8 weeks)

\*no class Nov 13 – makeup class on Wed–Nov 15 (9:00 -11:00)

Jim Brackenbury, ACBL accredited bridge teacher and club director, will teach this 8-Week course. The focus will be on helping newer and intermediate players improve their play of the hand in bridge, using the most recently updated textbook from the American contract Bridge League. Class size is limited. Register early to avoid disappointment.

### REGISTRATION INFO:

Cost: \$ 80 Goward House Members

\$100 non-members

+ \$ 30 for textbook (payable to instructor)

Register by phone: 250 477 4401

Registration / payment deadline: Friday – September 22

**NEW!**

## MONEY MATTERS

Thursday, October 26 **NON-MEMBERS ARE WELCOME!**

2:00 pm – 3:30 pm (GH Theatre)

Topic: TBA

Be sure to pick up a copy of your October 2017 Gazette when available for details of this upcoming presentation made available by: Pam Katunar – Investment Advisor with Raymond James.

**FREE**

## ANNUAL GOWARD HOUSE CRAFT FAIR

Saturday, November 18

Sunday, November 19

This annual fundraiser could not take place without the support of the Goward House members. In preparation of this year's event we are seeking the following items to be donated by members for our craft fair table:

- Handmade craft items (knitted, crocheted, etc.);
- Home baking and homemade preserves;
- Beaded items, ornaments, etc.

We are also seeking donations for our “white elephant” table. Items donated must be in good condition, sale-able, and not much larger than a breadbox.



## CRAFT TABLES NOW AVAILABLE

Anyone wishing to rent a craft table during our 2-day craft fair in November is asked to contact Elaine Leonard directly at 250 477 4401 or by e-mail: [info@gowardhouse.com](mailto:info@gowardhouse.com) Please share this information with any craft-fair participants you may know.

## A WARM WELCOME to our newest members:

*Sharon Milligan, Kathryn Johnson, Sarah Abbatt, John Olafson, Linda Beare, Don Bellows, Judy Zwart, Dawn Stoppard, Barbara Berthiaume, Andre Berthiaume, Phil McOrmond, Ruth Ripley, Ross Charette and Ken McAllister.*

Please introduce yourself and help to make them feel at home.

## THE RESULTS ARE IN!

The recent Portrait Photography Fundraiser organized by Mary Homer raised over \$1,400 for the benefit of Goward House. Our thanks to all that participated in this fundraiser and to the five volunteer photographers: *Peter Bruce, Simon Leung, Phil McOrmond, Michelle Browne and Mary Homer.* Samples of photos taken can be viewed on our website [www.gowardhouse.com](http://www.gowardhouse.com) click on “Galleries” and then click on “Gallery 5” and then scroll through the photos taken by the 5 photographers for the 2017 Portrait Photo Fundraiser. This fundraiser may take place again next year for those that may be interested to participate. Anyone wishing to be put on our contact list for this event is asked to contact the administration office.

## THRIFTY FOODS - SMILE CARD FUNDRAISER

We received from Thrifty Foods, the sum of \$234.89 representing funds raised in June and \$315.28 representing funds raised in July, from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

**BETTER LIVING: THE AGING BRAIN**  
 Series of 6 lectures  
 Fridays - 10:30 am to 12:30 pm  
 September 22 to October 27 (Sequoia Room)



This DVD "Great Courses Series" of lectures, provided by National Geographic, is comprised of 12 lectures (each 30 minutes in length) by Dr. Thad A. Polk, Professor at the University of Michigan. Each week, two lectures will be viewed and following each 30 minute lecture there will be time allotted for discussion.

Growing Older may be inevitable, but the mental decline is not. Find out what science has to say about how your brain changes over time.

As we age, we become a little more forgetful, get distracted more easily, and can't process information quite as quickly as we once did. We also become more susceptible to certain brain diseases. Our knowledge, memory of cognitive skills, emotion processing, and many other aspects of mental life tend to remain stable or even improve with age. **Why is that?** This course delves into these questions.

The DVD is accompanied with Dr Polk's Transcript Book and a course Guide book. At the end of each lecture the Guidebook provides a few questions to promote discussion.

As your work through the DVD you will move from the science of aging memory to brain function, emotional memory, strategies for aging memories, to brain diseases and how best to counter, or at least slow, the aging brain process.

If this interests you please register your interest at the front desk. **A few spots remain available.**

**REGISTRATION DEADLINE: September 8**  
**REGISTER: By phone: 250 477 4401**  
**COST: One blue activity ticket**

**Portrait Painters**

continue to paint portraits throughout the year on Tuesday afternoons at Goward House.

If you wish to pose for this group please call:

**Jim McFarland**

**Tel: 250 477 8988**

to arrange an appointed date and time to pose.



Models receive a free portraiture of themselves in exchange for donating their time to model.

**DOUBLE DUTCH ANYONE?**

Are you able to read Dutch and interested in Dutch art? One of our members is donating several books written in Dutch on the topic of 18<sup>th</sup>, 19<sup>th</sup>, and 20<sup>th</sup> century Dutch art. If you are interested in becoming the new owner of such books, please contact Elaine in our administration office: 250 477 4401. Thanks!

**ROCK STARS AMONG US!**



Our sincere thanks to the following volunteers for donating their time, energy and effort in helping us have another successful Music on the Lawn event at Goward House this past July:

- Rick Homer / Dean Sawyer (Grill Masters)*
- Ann Gibbard / Barb Mekelburg / Chris Cook (Ticket Sales)*
- Esther Pomeroy / Nicole Gauvin / Rheta Steer (Kitchen)*

We also wish to acknowledge and thank *Dean Sawyer* for his generous donation of time and energy as our Grill Master throughout this BBQ season. Well done Dean!  
 You truly are rock stars!

**DESPERATELY SEEKING . . .**

**KITCHEN VOLUNTEERS** [only 2 shifts per mo.]  
 For: alternating Friday afternoons  
 Starting: September 15  
 Time: 12:30 to 3:30  
 Note: no food prep involved [training provided on site]

**KITCHEN VOLUNTEERS** [only 2 shifts per mo.]  
 For: alternating Friday mornings  
 Starting: October 13  
 Time: 9:30 am to 12:30  
 Note: some food prep involved [training provided on-site]

We cannot operate the Goward House kitchen / tea room without volunteers. Please step up to do your part!

**SPECIAL VOLUNTEERS**  
 WE WANT TO SHINE A LIGHT ON THIS MONTH:



**Tuesday kitchen volunteers:** *Martha Atchison, Nicole Gauvin, Myrna Rouse, Val Roberts and Rheta Steer.* These ladies pitch in on a regular basis to ensure lunches are prepared, tea & coffee always fresh, and clean-up is done at the end of their shifts.



**Tuesday front desk volunteers:** *John Tibbles, Loreleigh Jantzen and Eileen Beal* warmly meet and greet members & visitors to Goward House and deal with numerous enquires; all to the benefit of the administration staff.

Our thanks to each and everyone one of you for your contributions!

# DID YOU KNOW . . .

## GH MEMBERS RECEIVE A **DISCOUNT** ON RENTAL RATES?

We don't just rent for weddings!

Are you planning a special event?

We have a variety of spaces available to accommodate your needs.

### **Weddings** (large or small)

Goward House offers an all-in-one venue; a perfect setting for the ceremony, wedding photography, and celebratory reception afterwards.

- Rehearsal Dinner
- Ceremony and Reception
- Gift Opening

### **Family Celebrations**

Goward House offers an intimate and welcoming atmosphere.

- Birthdays
- Anniversaries
- Bridal Showers
- Baby Showers
- Christenings
- Reunions and family picnics
- Christmas gatherings
- Other special occasions (birthdays, anniversaries, etc)

Goward House offers venues, both indoor and outdoor, for family events of all types.

### **Memorials and Celebrations of Life**

Goward House offers a warm and comfortable setting.

### **Business or Club Rentals**

Goward House offers a wide range of meeting and conference facilities.

- Large meetings
- Small meetings
- Luncheons (to a max. of 16 persons)
- Regular monthly Club meetings
- Staff holiday parties
- Retirement parties
- Special events (fundraisers, etc.)

Please call the administration office at:  
250 477 4401  
for further rental information.

**FITNESS CLASSES AVAILABLE  
ON A REGULAR BASIS:  
(your first "try it" class is free)**

**MONDAYS**

**Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm**

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

**TUESDAYS**

**Strength & Balance with Michelle Hoekstra  
9:30 am – 10:30 am**

This program offers a variety of benefits including strength and flexibility. Fluidity of motion and a more relaxed and expressive body, using bands, hand weights and balls.



**TUESDAYS**

*(re-starts Sept 19)*

**Line Dancing (Beginners)  
12:15 pm – 1:00 pm**

Come and learn to touch, tap, hook, scuff and stomp your way to fitness. This program is a fun way to exercise and meet others that enjoy moving to music. Come and try it out! First-timer? No problem . . . your first class is free! Drop-in!

**THURSDAYS**

**Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm**

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

**FRIDAYS**

*(re-starts Sept 8)*

**Gentle Yoga with Andrea Baudic  
9:30 am – 10:30 am**

This class accommodates all levels of ability. You will leave the class feeling stretched, centered and re-energized. This yoga class is for everyone.

**FRIDAYS**

*(re-starts Sept 22)*

**Line Dancing (Intermediate)  
1:30 pm – 2:30 pm**

Come and touch, tap, hook, scuff and stomp your way to fitness. This program is a fun way to exercise and meet others that enjoy moving to music. Drop-in!

**SEPTEMBER 2017**

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:15-11:15	Tai Chi Club [On-Going Group]
10:30-12:00	Paper Quilling (Sequoia Room)
11:30-12:30	Strength & Balance
1:00-3:00	Mah Jong
1:00-3:30	<i>Write On! Writing Group (restarts Sept 11)</i>
1:15-3:00	GH Singers (restarts Sept 11)
TUESDAY	
9:00-11:00	Spanish – Level 2 (starts Sept 12)
9:30-10:30	Body Shapes
10:30-12:00	French am–Intermediate(restarts Sept 12)
10:00-11:30	Italian Conversation
12:00–3:30	Billiards
12:00-4:00	Bridge, one table (closed)
12:00-1:00	Line Dancing-Beginners (restarts Sept 19)
1:00-3:00	French pm–Advanced (restarts Sept 12)
1:30-3:30	Book Club (restarts Sept 19)
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-Noon	Drop-in Art (Lower Level)
9:00-4:00	Billiards
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (Arts&Craft Rm)
1:30-3:30	Craft + Knitting Group (Sequoia Room)
2:00-4:00	Mah Jong Players (Sun Room)
THURSDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (3 <sup>rd</sup> Thurs each month)
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance
12:45-4:00	Social Bridge (All Levels)
FRIDAY	
9:00 – 10:30	Spanish – Level 1 (starts Sept 8)
9:30 – 10:30	Gentle Yoga (restarts Sept 8)
10:30–12:00	Spanish–Conversation (restarts Sept 8)
12:00-4:00	Billiards
12:30-3:45	Bridge(Intermediate Level) (Sun Rm)
1:30 – 2:30	Line Dancing (restarts Sept 22)

**MESSAGE FROM FRED HAYNES**

I am delighted at the recent arrival of the confirmation of financial maintenance support from the District of Saanich for the effective and long term physical management of Goward House. The Goward House Society and its members have done a terrific and marvellous job for over a quarter century in ensuring this treasured resource has been both available for the community and kept in such tip top shape, plus all the while running excellent and meaningful programs for the community across Saanich. I would like to commend the Board and the Executive Director Elaine Leonard for their success. Together they have worked so very hard and effectively on the members behalf to bring Goward House onto the same platform of support from Saanich as other building that provide similar valued services. I would like to wish everyone a wonderful fall season.

Kindest regards,  
Dr. Fred Haynes  
Saanich Councillor