



THE GAZETTE

Goward House
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OCTOBER 2017

Editor: Mary Homer

PRESIDENTS MESSAGE

Congratulations, we are almost at our goal of five hundred members. Based on how the house is buzzing with laughter and chatter we think most of you are participating and enjoying the amenities of Goward House.

And, for sure, you are on the right track. A 21-year study of senior citizens, seventy-five and older, which was led by the Albert Einstein College of Medicine in New York City, and published in the New England Journal of Medicine June 19, 2003, found that if the subjects participated one day a week in a leisure time activity this was associated with a seven percent reduction in risk for dementia. Subjects with higher participation rates had up to sixty-three percent lower risk of dementia. So set your goal and participate as much as you can. More is better. Join in : do it now; do it often.

We are holding our own with finances. Our summer fundraisers, portrait photography and Music on the Lawn, were very successful. Plus, our Speaker's Corner has drawn a substantial number of members. Shortly you will be receiving our annual President's Appeal. As we explained in our letter, your Board will be judicious in apply these funds. Nonetheless, please feel free to approach Elaine or any Board member about how these funds will be spent.

We can't believe it but Christmas is coming. So remember if you have any white elephants loitering around your home we will gratefully receive them. And, of course, we will expect you to come and find new treasures to take home for your delight and amusement.

And finally, thank you one and all for driving so carefully into our parking lot as Saanich has been digging trenches down Arbutus Road. .

We wish you all a Happy Thanksgiving Day,
Gail Branton and Gayle Millbank

**GOWARD HOUSE
CLOSED
MONDAY, OCTOBER 9
THANKSGIVING DAY**

PRESIDENT'S APPEAL

Members will have recently received a President's Appeal letter from your Board of Directors. Feel free to drop off your donation at our front desk. We will ensure that your income tax receipt is mailed to you in 2 to 3 weeks from the date your donation is received. We thank you for your support.

OCTOBER ART SHOW **FREE**
September 29 – October 25 **ALL ARE WELCOME!**
Mon – Fri [9:00 am to 4:00 pm]

An Art Show and Sale
by

The Goward House Portrait Group

The Goward House Portrait painting group was originally set up by Mrs. Goward many years ago when Goward House was her home. The Goward House Portrait Group consists of a group of dynamic painters. This show displays works from members of that painting group.

MONDAY MAH JONG **NEW TIME**
Mondays - 12:30 pm to 3:30 pm

This group now meets on Monday afternoons from 12:30 pm to 3:30 pm in the Sun Room. They welcome your participation!

PORTRAIT PHOTOGRAPHY for the BEGINNER
Thursday – October 5
1:00 pm

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 photography for your friends and family. This session covers the use of camera and any skills needed to use more complicated equipment. You will not expect to learn:

1. How to use a camera
2. Basic lighting tips (room lights, natural light)
3. How to direct a 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

BRIDGE LESSONS: Play of the Hand in the 21st Century
Mondays - October 16 to December 11* (8 weeks)
1:00 pm to 3:00 pm
***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 – October 6

LINE DANCING for BEGINNERS
Tuesdays
12:15 – 1:00 pm

Come and learn to touch, tap, hook, scuff and stomp your way to fitness in 2017. This new program is a fun way to exercise and meet others that share the enjoyment of moving to music. Come and try it out! First-timer? No problem, your first class is free!

SUN ROOM BRIDGE GROUP
Thursdays **NEW MEMBERS WELCOME!**
12:30 pm – 3:45 pm

This group welcomes new members to join them for a fun afternoon of bridge playing. They play “social” (not duplicate) bridge and are a very friendly group. Drop in to the Sun Room and see if this group is a good fit for you. First-timer? No problem, your first time is free!

SPANISH CONVERSATION
Fridays - 10:30 am to 12:00 noon
Advanced Level **(Billiards Room)**

This Advanced Level group of Spanish Speakers meet on the day / time indicated above. If you have had Spanish instruction and are comfortable conversing in the Spanish language you are welcome to join this group. There is no formal instruction at these sessions.

**SEE NEXT PAGE FOR INFO ON A
NEW SPANISH CONVERSATION GROUP
(Intermediate Level)**

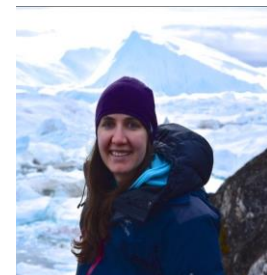
FRIDAY BRIDGE GROUP
Fridays **NEW MEMBERS WELCOME!**
12:30 pm – 3:45 pm (Sun Room)

This group of intermediate level players welcomes new members to join them for a fun afternoon of bridge playing. They play “social” (not duplicate) bridge and are a welcoming group. Drop in to the Sun Room and see if this group is a good fit for you. First-timer? No problem, your first time is free!

SPEAKERS' CORNER **NEW!**
Thursday – October 12
1:30 pm to 3:00 pm

On October 12, Jayna Brulotte, Victoria Foundation Community Initiatives Specialist, will share stories and photographs of her summer expedition to the Canadian Arctic with Students on ice, an organization whose mandate is to educate the world's youth about the importance of the Polar Regions and support them in their global citizenship.

Her trip included wildlife encounters, visits to Arctic communities, and a unique opportunity to learn at first-hand the dynamics of climate change, traditional knowledge, scientific research, policy and other important Arctic and global topics.



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

SPANISH CONVERSATION
Fridays - 10:30 am to 12:00 noon
Intermediate Level
Start Date: October 13 **(Sun Room)**



This new Intermediate Level group is perfect for those that have taken Spanish instruction but are not quite comfortable as yet to join the Advanced Level of Spanish Conversation (see previous page for details). Join this new group in the Sun Room on Friday mornings.

WRITE-ON ! **NEW MEMBERS WELCOME!**
Monday – October 16
1:00 pm to 3:30 pm

This writing group normally meets on the 2nd Monday of each month; however in October because of Thanksgiving Day this group will meet one week later than normal. This group currently has room for a few new members who love to write and willing to share their work with this small, supportive group. Participants must be committed to sharing their writing each month for positive feedback and encouragement.

BOOK CLUB **NEW MEMBERS WELCOME!**
Tuesday – October 17
1:30 pm – 3:30 pm (GH Theatre)

This group will be next meeting to discuss *The Marriage of Opposites* by Alice Hoffman. They welcome additional members to join them for fun and chatter. It is never too late to join this group!

LUNCH SPECIAL
Week of: October 10, 11, 12 and 13

Veggie Pizza On A Bun
Sweet Square
Tea or Coffee
\$5 (one slice)
\$8 (two slices)



Slices sold individually: \$3 each
Drop-in and enjoy!

GH COOKING CLUB . . .
is looking for you!

This cooking club meets once a month (on a Monday) to plan an enticing menu and then produces a special lunch once a month (on a Thursday) for the benefit of Goward House members. If you enjoy spending time being creative in the kitchen, this fun group of outgoing ladies welcomes you to join them at their next meeting:

Monday – October 23
1:00 pm

Main Lounge of Goward House

As a courtesy, please call Betty at 250 472 1756 to let her know you plan to attend. She will be happy to answer any additional questions you may have. Gentlemen are also welcome!

iPAD CLUB
Monday – October 16
10:00 am – 11:30 am



The iPad Club is now meeting on the 3rd Monday of each month. This group now meets in the Sequoia Room. Feel free to drop in with your iPad and join them!

MONEY MATTERS **ALL ARE WELCOME!**
Thursday - October 26 **FREE**
2:00 pm to 3:30 pm
TOPIC: Estate Planning – General Overview and the Role of the Executor

This is the first in a multi-part series on Estate Planning!
You won't want to miss this session!


- What is an estate plan and why do I need one?
- What are the duties of an executor in today's world?
- What about the fees for this job?
- Who is qualified to be an executor?

YOU WILL BENEFIT BY:

- Having a plan & peace of mind about getting your estate plan in place
- Making sure your loved ones have clear direction
- Making sure you will be making tax effective decisions
- Getting your estate plan up to date
- Making a better choice in selecting your executor
- Being more informed about your job if YOU are the executor

Presented by: Pam Katurar – Investment Advisor with Raymond James. Due to the popularity of these information sessions, please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

FLU SHOT CLINIC at Goward House **FREE**
Monday, October 30 **ALL ARE WELCOME!**
9:00 am to 3:30 pm

Thanks to our collaboration with  **HEART PHARMACY** Goward House is a selected site for their Flu Shot Clinic on October 30, 2017. No need to struggle in finding your way elsewhere or experiencing difficulty with parking.

Please pre-register your attendance with our front desk (tel: 250 477 4401). Pre-registration will ensure the Pharmacy has sufficient supplies on hand.



Please arrive 15 minutes prior to your appointed time in order to have sufficient time to complete the necessary documentation. Thank you.

HAVE YOU CONSIDERED . . .

carpooling to Goward House? Many members attend the same activities each week and (sometimes) experience frustration in finding a parking spot. Please consider carpooling to your activity. This is a great way to ease your frustration, make your carbon footprint smaller, and afford yourself the opportunity to establish a new and/or better friendship with a fellow member.



PURDY'S CHOCOLATE ORDERS

Order Deadline: Tuesday, November 14

Order Pick Up: Thursday, December 7

OPEN TO MEMBERS & NON-MEMBERS

Once again we are participating in the Purdy's Chocolates *Seasonal Fundraiser*. This has proven to be a successful fundraiser in the past and we look forward to another successful campaign this year.

By purchasing your Purdy's chocolates from this fundraiser, Goward House can earn up to 25% profit on its fundraising sales.

Anyone wishing to order Purdy's Chocolates for this fundraiser is asked to have their orders in by Tuesday, November 14.



Order forms and catalogues are available from the front desk.

Chocolate orders will be available for pick up from Goward House on Thursday, December 7

ANNUAL GOWARD HOUSE CRAFT FAIR

Saturday, November 18

Sunday, November 19

This important 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 at the craft fair this year. All items donated must be in good condition, sale-able, and not much larger than a breadbox. Items can now be submitted to Elaine for collection. Please keep us in mind when you are cleaning out a closet or downsizing.

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 Please share this information with any craft-fair participants you may know.

WHITE ELEPHANT TABLE

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 Craft Fair we are seeking donations for our "white elephant" table. Items donated must be in good condition, sale-able, and not much larger than a breadbox.

Please bring in your donated items as soon as possible. Thank you!

CHRISTMAS LUNCHEON & CONCERT

Thursday, December 14

Arrive by: 11:30 am

Lunch: 12:00 noon

SEATING IS LIMITED

ALL ARE WELCOME!

Following with tradition, we will be offering our annual Christmas Luncheon & Concert. After the luncheon you will have the opportunity to enjoy a musical performance by our **Goward House Singers**, which will take place in the Lower Hall at 1:00 pm.

Following the concert, we will be offering dessert with coffee and/or tea at 2:00 pm.

Menu

Stuffed Turkey Breast
Mashed Potatoes and Gravy

Peas
Cranberry Sauce
Dessert



This event is very popular. We urge you to register and pre-pay your attendance as soon as possible to avoid disappointment.

Tel: 250 477 4401

Cost: \$20 members and guests
\$15 GH Singers

Door Prizes!

THRIFTY FOODS - SMILE CARD FUNDRAISER

In September we received from Thrifty Foods the sum of \$312.90 representing funds raised in August from the *Smile* card fundraising program. Thank you to those members that support GH by using a Thrifty Foods Smile Card (which are available from our front desk).

A WARM WELCOME to our newest members:

Ross Charette
Ken McAllister
Fran Patterson
Lynn McCay
Nicole Gauvin
Constance McAvoy
Nancy Stuart
Glynne Evans
Robin Ashforth
Val Minaker
Patricia Goulart
Phin-Chin Leow
Eleanor Beam
Margaret Perkins
Brigitta Kobialka

Ruth Ripley
Rafael Garcia
Gale Keppler
Brenda Brambley
Gail Cleveland
Marietta Mitchell
Susan Ikeda
Mary Collins
Marilyn Moss
Joan Shuster
George Zeman
Elaine Berthelet
Halina Rocchini
Loren Perkins

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

DID YOU KNOW . . .

This October, Elaine Leonard is commencing her 9th year at Goward House and Mary Homer is commencing her 11th year at Goward House. Lyle Rumpel is currently in his 10th year and Anne Crozier-Smith in her 3rd. These folks all agree: *"time sure flies when you are having fun!"*

DID YOU KNOW . . .

Goward House members receive a discount on rental rates?

We don't just rent for weddings!

Are you planning a special event? A retirement party? Special anniversary? Celebrating a milestone birthday? With the Christmas holidays coming up you may need the space for a family gathering or an office party! Perhaps you belong to a club that meets regularly and is looking for a new space! We have a variety of spaces available to accommodate your needs.

WONDERING WHAT WINE TO SERVE WITH YOUR THANKSGIVING DAY DINNER?

If serving the traditional turkey dinner try serving a Pinot Noir wine (for those that love a red) from Burgundy in France or the Willamette Valley in Oregon. For the white wine lovers at the table a Riesling wine from the Rhine region of Germany or a Gewürztraminer wine from the Alsace region of France is sure to satisfy

Ham, with its sweet-and-salty richness, pairs best with wines that have a touch of sweetness, plenty of acidity and bold fruit. Great wine choices to serve with ham would include Riesling, Moscato, Chenin Blanc, Rosé, Lambrusco, Grenache and Zinfandel.

And remember: a good Champagne always pairs well with any food! *Bon Appétit*

FROM THE ICBC WEBSITE: TIPS FOR SENIOR DRIVERS

KEEPING YOUR VEHICLE IN GOOD CONDITION

To keep you safer on the road, here are some maintenance tips to ensure your vehicle is in good working condition:

- Clean the outside and inside of the windshield regularly to improve visibility.
- Keep tires properly inflated for good steering and braking.
- Replace the wiper blades at least annually.
- Check monthly that headlights, brake lights and turn signal lights work.
- Have your vehicle serviced regularly to keep it running well.
- In addition, having vehicle equipment like GPS, rear backup cameras, and oversized rear view mirrors may be helpful.

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

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

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. **No class on Friday – October 13.**

FRIDAYS

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!

VOLUNTEER OPPORTUNITIES

The following are great opportunities for members that do not volunteer on a regular basis to show their support by volunteering at these special events:

Before the Craft Fair

Friday, November 17 – Setting up for Craft Fair (1 hour)

Looking for a few strong men and women to move furniture (at approx. 1:00 pm) in preparation for the craft fair taking place the next day.

At the Craft Fair

Saturday, November 18 (3 hour shifts)

Sunday, November 19 (3 hour shifts)

- Seeking persons to operate the "lift" and act as security;
- Seeking persons to collect admission at the door;
- Seeking persons to work in the Tea Room;
- Seeking persons to work the GH White Elephant table and the GH Craft table and GH Bake table;

After the Craft Fair

Sunday, November 19 - Putting it all back (1 hour)

Looking for a few strong men and women to return furniture to its original placement (at approx. 4:00 pm) in preparation for the normal activities taking place at GH the next day.

All members benefit from this fundraiser and it cannot succeed without its members' support.

Christmas Luncheon & Concert

Thursday, December 8

- Seeking persons to help serve the lunch and clear tables (3 hours);
 - Seeking persons to help clean up after luncheon and serve desserts / coffee (3 hours);
 - Seeking persons to prepare potatoes (at home);
- All ingredients will be supplied.

If you can spare some time to help us out, please contact: Elaine or Mary at 250 477 4401 or e-mail us at info@gowardhouse.com

Sometimes the grass will appear greener on the other side because it has been fertilized by bullsh*t.



OCTOBER 2017

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (3 rd Mon) (Sequoia Room)
10:15-11:15	Tai Chi Club [On-Going Group]
10:00-12:00	Paper Quilling (Sequoia Room)
11:30-12:30	Strength & Balance with Manda
12:30-2:30	Mah Jong
1:00-3:30	<i>Write On!</i> Writing Group (OCT 16)
1:15-3:00	GH Singers
TUESDAY	
9:00-11:00	Spanish – Level 2
9:30-10:30	Strength & Balance with Michelle
10:30-12:00	French am–Intermediate
10:00-11:30	Italian Conversation
11:00-12:00	Tai Chi (Beginners) Sept 12-Nov 24
12:00–3:30	Billiards
12:00-4:00	Bridge, one table (closed)
12:15-1:00	Line Dancing-Beginners
1:00-3:00	French pm–Advanced
1:30-3:30	Book Club (OCT 17)
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)
1:30-4:00	Mah Jong Players (Sun Room)
THURSDAY	
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]
11:30-12:30	Strength & Balance with Manda
12:30-4:00	Social Bridge (All Levels)
FRIDAY	
9:00 – 10:30	Spanish – Level 1
9:30 – 10:30	Gentle Yoga
10:00-11:30	Spanish Convers (Intermed) Sun Room
10:30–12:00	Spanish Convers(Advanced) Billiards Rm
11:00-12:00	Tai Chi (Beginners) Sept 12-Nov 24
12:00-4:00	Billiards
12:30-3:45	Bridge (Intermediate Level) (Sun Rm)
1:30 – 2:30	Line Dancing



**GENTLE YOGA CLASS
CANCELLED
FRIDAY – OCTOBER 13**