



## THE GAZETTE

Goward House  
2495 Arbutus Road, Victoria, BC V8N 1V9  
Tel: 250 477 4401  
Website: [www.gowardhouse.com](http://www.gowardhouse.com)  
E-mail: [info@gowardhouse.com](mailto:info@gowardhouse.com)

## FEBRUARY 2018

Editor: Mary Homer

### PRESIDENT'S MESSAGE

We've seen a snowdrop. In fact several clusters . . . and daffodil shoots...  
Spring is coming to Victoria.

At Goward House we are ready for Spring: our flower beds have been dressed with magic manure, the magnificent magic odour has finally disappeared and we are sure our flowers will have magic blooms this year.

And inside our beloved house, thanks to your generous support through the *President's Appeal*, the recovered chairs and the new love seats have arrived and look very 'Goward' and fresh, enjoy them. As a plus, an immigrant family was very grateful for our lightly used sofas. New blinds have been installed in the entry and if you have been downstairs you surely would have been blinded by the new finish on the floor.

More Spring surprises to come: Outside we have agreed to extend the flexible-concrete pathway around the corner of the sunroom so that it won't be as slippery underfoot; inside, watch for lighting upgrades, particularly in the Tea Room.

We also are planning major changes to our entry thanks to a bequest from *Gwennie Hooper*. Gwennie graciously greeted our members for over 20 years on our front desk. We will honour her memory by making our entry space as beautiful and functional as we can.

We listened to your comments and streamlined our website. Check it out and let us know what you think.

Your board members work conscientiously to keep our house beautiful and safe and the activities enjoyable and stimulating. We're coming up to our AGM. If you are interested in serving on the Board please contact David Eyles who is chair of the nominating committee. But no matter what, we need your vote and your support; please come to the Goward House Society Annual General Meeting on March 15, 2018 at 1:30pm.

Gail Branton and Gayle Millbank

### ANNUAL GENERAL MEETING:

Thursday – March 15

1:30 pm

Lower Hall

**Your vote *does* matter!**

**Your attendance is important!**

**Without a quorum we cannot go forward!**

Tea / coffee and refreshments will be served following the AGM.

We hope to see you there!

### GOWARD HOUSE CLOSURE

Monday, February 12

(in recognition of Family Day)

## FEBRUARY ART SHOW

January 26 – March 28

Mon – Fri (9:00 am to 4:00 pm) **FREE ALL ARE WELCOME!**

### MOSAIC

An eclectic show of artwork by 6 diverse artists from the

Cedar Hill Open Art Studio

The following six artists use a variety of media to create their art:

*Gail Davidson  
Mike Lathrop  
Barb Macleod  
Maureen Ness  
Niramou Prudatroun  
Pat Robinson*

All are welcome to drop in & view their art and meet the artists at their:

**OPENING RECEPTION**  
Sunday – January 28, 2018  
1:30 pm – 3:30 pm

### iPAD Club

**NEW MEMBERS WELCOME!**

Monday – February 19

10:00 am – 11:30 am

This group meets on the 3<sup>rd</sup> Monday of each month in the Sequoia Room. The group support one another as well as benefit from receiving guidance from their former instructor.

### BEGINNERS' LINE DANCING

Every Tuesday

12:15 – 1:00 pm

**NEW MEMBERS WELCOME!**

Come and learn to touch, tap, hook, scuff and stomp your way to fitness in 2018. 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!

### RECEIVE A FREE PORTRAIT

Every Tuesday

1:15 pm – 4:00 pm

**NON-MEMBERS WELCOME!**

The Goward House Portrait Group painters are seeking models. You do not have to be a GH member to model. Yes, you do get to keep your clothes on (unless you prefer to do otherwise). The volunteer models receive the portrait of their choice (free), in recognition of their donated time and effort in posing.

If you would like to model, please phone:  
**Jim McFarland**  
**250 477 8988**  
to schedule a Tuesday afternoon session.

Art work  
by  
Elfreda  
Schragen



### NEW MEMBERS' TEA

Thursday – February 15

1:00 pm

(Sequoia Room)

New members (having joined since our last New Members' Tea held on Sept 26) have been invited to Goward House to enjoy afternoon tea and meet other newly joined members as well as the Goward House Administrator and members of the Board.

**Please RSVP by tel: 250 477 4401  
no later than Friday – February 9th**

### BOOK CLUB

**NEW MEMBERS WELCOME!**

Tuesday – February 20

1:30 pm – 3:30 pm (GH Theatre)

This group meets on the 3<sup>rd</sup> Tuesday of each month and welcome additional members to join them for fun and chatter. It is never too late to join this group! On Feb 20 this group will discuss "The Burgess Boys" by Elizabeth Strout. If you want to join them on March 20, they will be discussing "Glass Houses" by Louise Penny.

### WEDNESDAY CRAFT GROUP

Every Wednesday

**NEW MEMBERS WELCOME!**

1:30 pm – 3:30 pm (Sequoia Room)

This intimate and dedicated group of crafters welcomes new members to join them for fun and laughter. They are currently working on their own projects and anyone interested in joining is welcome to "drop in" to visit the group.

### SCRABBLE - 3 days a week!

Wed: 10:00 am

Thurs: 1:00 pm

Fri: 1:00 pm



**ALL MEMBERS ARE WELCOME TO COME & PLAY!**

Call Goward House for the contact info of other players!

### SUN ROOM SOCIAL BRIDGE GROUP

Every Thursday

**NEW MEMBERS WELCOME!**

12:30 pm – 4:00 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. All levels of play are welcome! 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!

### FRIDAY SOCIAL BRIDGE

Every Friday

**NEW MEMBERS WELCOME!**

12:30 pm – 3:45 pm

This group plays social bridge on an intermediate level and welcomes players to join them in the Sun Room on Friday afternoons. 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!

### MONEY MATTERS **NON-MEMBERS ARE WELCOME!**

Thursday – February 22

**FREE**

2:00 pm to 3:30 pm

**TOPIC: Estate Planning – U.S. Tax Considerations**

**Guest speaker: Brent England, BSc, CPA, CA with Hutcheson & Co**

- What if I name one of my children in the U.S. as my executor?
- How much US property can I own before I file U.S. taxes?
- What about the estate tax?
- Differences between owning U.S. property vs U.S. stock portfolio?
- Common pitfalls to avoid
- Tax savings/planning tips?

This free information session is made possible by Pam Katunar – Financial Advisor with Raymond James. Please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

### Assisted Dying 101: The Basics

Thursday – February 22

1:30 pm

Presented by Dying with Dignity Canada

**NEW**

Medical assistance in dying is now a legal end-of-life choice in Canada. One of the primary activities for the Dying With Dignity Canada organization is educating the public about this important option.

Most people are interested in learning how Medical Assistance in Dying (MAID) might apply on a quite personal basis either as a possible option they might choose for themselves at some future date or for a loved one.

The Victoria Chapter of Dying With Dignity Canada will be speaking at Goward House about end-of-life issues.

Their goal is to quickly bring those present up-to-speed and up-to-date with assisted dying on southern Vancouver Island including: what MAID means, some basic statistics, who would qualify, how one would go about applying (Patient Request), getting approved, what to do after being approved, the peace one feels, setting the date, what happens on the day, what arrangements need to be made and other considerations.

Bear in mind they are in constant contact with senior staff of Island Health who are responsible for the MAID program so their information is current. They have

also met with the Seniors Advocate of BC about access in assisted living residences.

This presentation is about 45 minutes long. There will be available an additional 15-30 minutes for questions and discussion.

**Registration: Tel 250 477 4401**

**Registration Deadline: February 15 (Thurs)**

**Cost: \$5 per person (includes tea /coffee)**

### GH SINGERS

After many years of meeting to rehearse on Monday afternoons, the Goward House Singers have changed their weekly rehearsals to **Fridays (from 1:00 pm to 3:00 pm)**.

### BRIDGE LUNCHEON FUNDRAISER

Saturday, March 24

**NON-MEMBERS ARE WELCOME!**

Cost: \$20 per person

Doors Open: 11:00 am

Lunch: 12:00 noon

Gather a foursome of your friends to make up a table and join us for a lovely Goward House lunch and an afternoon of bridge.

#### **Admission price includes:**

- Bridge Games
- Lunch (including coffee/tea/sweets)
- A prize to be won at each table

#### **All playing levels are welcome!**

We have 20 tables and they go quickly.

Phone: 250 477 4401

to reserve your table today!

**Your table of four play together for the afternoon!**

### SUNSHINE LADY!

If you are aware of any Goward House member that is in hospital or recovering from a serious illness or injury, please let Elaine or Mary in the administration offices know. They will ensure our Sunshine Lady sends out a card on behalf of GH and its members.

### NEW *HOT* MENU ITEM

Your lunch selection has been expanded to include a grilled Italian Panini (with rosemary ham, Asiago cheese and caramelized onions). Yummy!



This item will appear on the menu from time to time.

### CHESS ANYONE?

Come and learn to play Chess in an inviting and friendly environment. Beginning players would be involved in a clear, step-by-step process.

The method employed is one which began in the late 1920s. By the early 1960s an effective program had been honed through the trial and error of decades-long experience. Numerous Grand Masters were raised on this course. Chess is a fascinating game to play and is a lifetime intellectual learning experience. As a form of brain gym it is particularly beneficial to seniors.

**REGISTER YOUR INTEREST: Tel: 250 477 4401**

### READ ALL ABOUT IT !

If you are currently not receiving your monthly Gazette by e-mail but would like to, please contact: [administration@gowardhouse.com](mailto:administration@gowardhouse.com) to request an electronic (and free) subscription!



Have you written and published one or more books?

If the answer is 'yes' and you are interested in meeting with other Goward House members to share ideas about writing, publishing, and selling books please contact: Gayle at [ggmillbank@telus.net](mailto:ggmillbank@telus.net)

### ANNUAL MEMBERSHIPS

**AVOID \$10 PENALTY**

Avoid paying the \$10 late renewal fee by renewing your membership prior to February 1<sup>st</sup>. Any cheques post-marked by January 31 in the amount of \$60 will be accepted. Memberships renewed in February will have the additional cost of the \$10 late renewal fee attached.

Remember: *'If you don't pay, you can't play!'*

### THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$255.63 from Thrifty Foods representing funds raised in November 2017 and \$367.59 raised in December 2017 from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

### A WARM WELCOME to our newest members . . . .

*Yolanda MacIntyre, Judith Brown, Anne Wartmann, Annelie Dominik, Robyn Evans, John Martens, Janice VanSickle, Barbara Forsyth, Donna Signori, John M. Michelsen, Francine Gaudet, Jessica Ball, Alex Spicer, Patrick Antiphon, Allan Davies, Jerry Woytack, Merle Campbell-*

*Moore, Mike Legge, Letitia Clayton, Louise Gobert, Beverly Hee, and Colette Panaccio.* Please help to make them feel welcomed and at home.

### REFERRAL FEE BENEFITS GOWARD HOUSE

If you are considering a move to Parkwood Place or The Kensington for yourself or a loved one, please mention that you heard about them through Goward House. This makes Goward House eligible for a referral fee of \$1,000. This is a lovely benefit for Goward House. Thank you!



10:00-12:00	Paper Quilling (Sequoia or Sun Rooms)
11:30-12:30	Strength & Balance with Manda
12:30-2:30	Mah Jong (Sun Room)
<b>TUESDAY</b>	
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 (Intermediate)
11:00-12:00	Beginners' Tai Chi (Jan 9 - Mar 16)
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 (Feb 20)
1:15-4:00	Portrait Painters
<b>WEDNESDAY</b>	
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 Paint. (Arts&Craft Rm)
1:30-3:30	Craft + Knitting Group (Sequoia Room)
1:30-4:00	Mah Jong (Sun Room)
<b>THURSDAY</b>	
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
12:30-4:00	Social Bridge (All Levels)
<b>FRIDAY</b>	

9:00–10:30	Spanish (Level 1)
9:30–10:30	Gentle Yoga
10:30–12:00	Spanish Con.(Inter)
10:30–12:00	Spanish Con (Adv)
11:00-12:00	Beginners' Tai Chi (Jan 9 – Mar 16)
12:00-4:00	Billiards
12:30-3:45	Social Bridge
1:00-3:00	GH Singers

### SEEKING A WELCOMING INDIVIDUAL

Our front desk needs a new volunteer to fill a shift twice a month (2 shifts x 3 hours per shift = 6 hours per month).

The shift needing to be filled is:

**(alternating)** Friday mornings

9:30 am to 12:30 pm

(2 shifts per month)

Volunteers receive free tea / coffee and lunch at ½ price on the days they volunteer

Contact: Elaine or Mary to volunteer: 250 477 4401