



THE GAZETTE

Goward House
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JUNE
2018

Editor: Mary Homer

A MESSAGE FROM THE PRESIDENT *It's Summer.*

Your Board members spent a fascinating hour with Everett and Merle Peterson touring our woodlands. We recommend following our route; we started at the path just past the arch on south east corner of Goward house. Here you'll find a mature forest at the crossroads with a gigantic Douglas fir and a believe-it-or-not Saskatoon bush. Then we moved along to 'the deer super-highway' where wire cages abound to protect our seedlings, and on to Haro creek which promotes our wetland area with magnificent skunk cabbages and large cottonwoods, then through the recent ivy-removal areas where, hopefully, Oregon grape will flourish again. Next we proceeded to the 'new forest' with many protected seedlings of red alder and cottonwoods, and finally past the 'new found' very large glacial rock. So please stroll through this natural restored woodland, while enjoying the peace, seek out the features we have mentioned.

Another event which is occurring on our doorstep is the Saanich Cadboro Bay Local Area Plan. We have a seat on the steering committee but you, as a resident of the area, have a chance for input at Goward House in May and in June. Visit saanich.ca for more detail.

The front office renovation is proceeding. Your Board has accepted the design and quote from Thomas and Birch for a custom cabinet and counter which will be in keeping with the ambiance of Goward House. Once again Thank you Gwennie Hooper for this wonderful bequest.

Our choir director, Jim Bigsby is retiring with his last performance with the choir at the Strawberry Tea in June. Thank you, Jim, for your thirteen-year contribution to our musical delight.

Our Directors each have a portfolio for which they are responsible: Programs (Lee Frank); Publicity (Gayle Millbank); Front Desk and Membership (Lois Akam); Kitchen (Barry Mah Ming); Facility (Andre Berthiaume); Facility/Environs (Gail Flitton). If you have ideas and or problems in any of these areas you are welcome to speak to us. In fact we welcome your comments, inundate us with comments. We will gladly take the good news and the bad news forward to board meetings. Gail Branton and Gayle Millbank

GOWARD HOUSE WILL BE CLOSED:
MONDAY, JULY 2
CANADA DAY

STRAWBERRY TEA & CONCERT

Thursday – June 21
1:00 pm Concert
2:00 pm Strawberry Tea

ALL ARE WELCOME!

Join us for our annual tradition of enjoying a concert provided by the Goward House Singers followed by a delicious tea with strawberry shortcake.



Members and guests: \$15 GH Singers: \$10

Reservations taken at our front desk: 250 477 4401.

Spots fill quickly !

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

RETROSPECTIVE ART
of
Joe Girard and Charles Dool

This show represents the different styles Joe and Charles have done over the years. You will see a variety of art as the artists have progressed from their earlier beginnings on into the present time.

Drop in to meet the artists at their

Art Reception
SUNDAY – JUNE 3
1:30 pm to 3:30 pm

DOWNSIZING CONSIDERATIONS **FREE**
Thursday – June 14 **ALL ARE WELCOME!**
1:30 pm – 3:30 pm

BACK BY POPULAR DEMAND !

Come and join us for a very information session. Learn the following from our guest speakers:

Pam Katunar – Certified Retirement Specialist
“Where can I afford to live?” Pam provides you with a sample investment plan.

Cheri Crause – Realtor

“When should I sell my house?” Cheri provides value tips and is a contributor to Senior Living’s book: *To Move or Not to Move*

Jill Phipps – Certified Relocation and Transition Specialist

“What to do with my stuff?” Jill provides you with helpful tips.

This information session will be made available to the general public and space is limited. Register your attendance with our front desk to avoid disappointment. Phone: 250 477 4401.

SEEKING A FEW GOOD MEN

We need the assistance of some male Goward House members willing to help us set up tables and chairs for the upcoming Strawberry Tea. Your services would be required for 45 minutes only!

If you can help us out on:

Thursday – June 21
11:15 am to 12:30 pm – Lower Hall

please contact Mary Homer in the admin office by e-mail at: administration@gowardhouse.com or by phone: 250 477 4401

Ladies, if you have a spouse that is not a member but is willing to help us out with this task, please have him contact us. Thank you!

MONEY MATTERS COFFEE CLUB **FREE**
Thursday, June 28 **ALL ARE WELCOME!**
1:30 pm – 3:30 pm (GH Theatre)
Topic: The Role of A Financial Advisor

Let’s chat about what today’s financial advisor actually does.

- What does a Financial Advisor do?
- How is a Financial Advisor licensed?
- What questions should clients ask?
- How do Financial Advisors get paid?
- What fee options do clients have these days?
- What does “independent dealer” mean?

This free information session is made possible by Pam Katunar – Financial Advisor with Raymond James.

Seating is limited!

Please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

PAINT NITE

Tuesday – July 31st

Doors Open: 6:30 pm

Event Time: 6:45 pm to 9:00 pm

Cost: \$47.25 (\$45 + \$2.25 taxes)

Grab a friend or come on your own. Join us for a fun evening of painting, laughter, and snacks. ***Unleash your creative spirit. No limits, no expectations—the nite is what you make it.*** All in attendance will receive instruction on how to re-create the image below. Everyone goes home with their own personal masterpiece!



FOR
GOWARD
HOUSE
MEMBERS

and their

INVITED
GUESTS

ONLY!

This is a fundraiser for Goward House. We receive \$15 from each paid registration.

To register you can:

- seek help from the administration office; or
- register on-line yourself by doing the following:

Go to: www.paintnite.com

Click on: [Events](#) (located on the top bar)

Filter Your Results: (select) [Sunsets](#)

Scroll down the page to find and select: [July 31st](#)

[Fundraiser](#) (with the above painting indicated)

Select: [Buy](#) (located on right-hand side in bright pink) to purchase your ticket(s) on line.

MUSIC ON THE LAWN

Tuesday, July 3

ALL ARE WELCOME!

5:00 – 7:00 pm BBQ*

6:00 – 8:00 pm **FREE** CONCERT

Come and enjoy a musical performance by
ROCK OF AGES
performing classic rock from the 60's, 70's and 80's.



*BBQ foods will be available for purchase
for those that don't want to cook dinner at home.



**Face painting
on site for children.**

Bring a blanket or folding chair and enjoy an evening of
music in our lovely natural setting.

A fun event for the whole family!



A warm welcome to our newest members: **Betty Williams, Dan Prozmek, and Bev Maltby.** Please help
to make them feel welcomed and at home:

PORTRAIT PHOTOGRAPHY FUNDRAISER

BACK BY POPULAR DEMAND !

Have your photographic portrait taken alone or with a
loved one or a group of friends.



Photo: Michelle Browne

Get photos to share with your family, use the photos for your
Christmas cards, your website, a book cover, or
a dating website.

Photo sessions of 15 minutes and 30 minutes available

**If you like the photos, you can purchase a digital copy of
your photos at a cost of \$40 - no obligation to buy!**

Now is the time to get those important photos of
you with your grandchildren.



Photo: Phil McOrmond

Phone: 250 477 4401 to book your appt.
Flexible dates and times available

**Booking fees: \$10 for 15 min (non-refundable)
\$20 for 30 min (non-refundable)**

All funds donated to Goward House

**ALL ARE WELCOME
YOU NEED NOT BE A MEMBER**
Please share this info with your family and friends!



By shopping at **THRIFTY FOODS™**,
here is an easy way to support
Goward House:

1. Go to our front desk and ask for a Thrifty Foods Fundraising SMILE Card.
2. Take the SMILE Card with you to Thrifty Foods when you go grocery shopping. Ask the cashier to load any amount (\$50, \$100, \$200, \$500, etc.) you wish onto the card **before** paying for your grocery order. Pay for the SMILE Card load with cash, debit card or credit card.*
3. Anytime you grocery shop, pay for your grocery order with the SMILE Card.

It's that simple!

**Thrifty Foods will donate 5% of the amount loaded on your Smile Card to the fundraising group. There is absolutely no cost to you. When the card is running low, load it again to continue to support your group every time you shop!*

Cardholder Frequently Asked Questions

What if I do not have enough funds on my Smile Card to pay for my grocery order?

The cashier can apply all available funds on the card to your order. The outstanding balance can be paid in cash, debit card, or credit card. Cashiers cannot load a Smile Card once a grocery order has been rung through the till.

What if there are funds remaining on my Smile Card once I've paid for my grocery order?

Use the funds to pay for purchases next time you shop at Thrifty Foods! Many customers will load an amount equal to their weekly, biweekly or monthly grocery budget on payday or at the beginning of the month and use the card for their next several purchases. This speeds up the purchase transaction time as no pin number or signature is required.

How do I know the current balance of my Smile Card?

Your grocery receipt will show the remaining balance of your Smile Card after each purchase or a cashier can swipe the card at the till and do a balance inquiry. You can also check your card balance at www.thriftyfoods.com under Our Services, Smile Card, Check My Smile Card.

How do I know I'm supporting my group/organization?

Your grocery receipt will print a message at the bottom stating, "Group XXX – Thanks for your support!" Groups are required to apply for participation in this program annually and are advised of specific eligibility dates. If the group name does not display on the receipt, the group has not reapplied for funding and is not currently active. For example, schools can fundraise during the school year (September to May), soccer teams for the soccer season (September to March), etc. Cardholders should check with the group for specific information on eligibility dates.

What if my Smile Card is lost or stolen and there is a balance on it?

Lost or stolen cards should be reported immediately by calling Thrifty Foods Customer Service (250-544-1234 or 1-800-667-8280) or by going to any Thrifty Foods store. Once reported, existing funds on the card are locked. A replacement card can be obtained from the Customer Service desk at any Thrifty Foods location. Keep a record of your 19 digit card number, located on the back of the card, for reference in case of loss/theft.

Should I keep my Smile Card after the fundraising dates are over?

Yes – if the group applies for future funding, previously issued cards will be valid for the next approval period.

HAPPY 101 BIRTHDAY to SHIRLEY TUCKER ! You inspire us!



LOST & FOUND

**PLEASE CLAIM YOUR "LOST" ITEMS PRIOR TO
JUNE 30 2018.**

**AFTER JUNE 30 ALL UNCLAIMED ITEMS WILL BE
DONATED TO A LOCAL CHARITY**

THE FOLLOWING ITEMS MAY BE CLAIMED FROM
THE FRONT DESK:

Black shoes (ladies SAS)
Black fabric shoes with strap (size 36)
Gray (wool?) socks
Black ankle socks (cotton?)
Long scarf – brown/black/white/plum
Long scarf – blue/white
Woven multi-coloured shoulder bag
1 "Planet Organic" water bottle (silver coloured)
1 "Refresh 2 Go" water bottle (purple w straw)
1 "Contigo" water bottle (purple)
1 blue "McCall Gardens" bag
1 purple lunch bag
1 glasslock container with spoon (in bag)
1 multi-coloured alpaca/rabbit toque
1 JBL speaker (small) for music
1 Green eyeglass case
1 red (ladies') glove
1 grey beret
1 "tartan" handkerchief
Sunglasses with tortoise shell coloured frames
1 pair brown sheepskin gloves
1 brown eyeglass case for "clip on" glasses
1 bag of artist's supplies (exacto knife, pencils)

THE FOLLOWING ITEMS MAY BE CLAIMED FROM
THE FRONT DESK (BULLETIN BOARD):

1 Toyota car key (found in parking lot April 3)
1 Chrysler car key (found in parking lot April 6)
1 clip-on earring (gold color) with a dangling round ball

THE FOLLOWING ITEMS MAY BE CLAIMED FROM
THE ADMIN OFFICES:

1 ladies' tan-coloured raincoat size 16
1 grey sweatshirt hoodie (men's)
1 ladies' ivory-coloured (acrylic) cardigan w buttons
1 ladies' blue (cotton) cardigan w zipper
1 ladies teal rain jacket (with tan collar)
1 black fleece jacket w zipper
1 men's burgundy-coloured cardigan
1 men's grey-coloured pullover

**DEADLINE FOR CLAIMING ITEMS:
FRIDAY – JUNE 29
3:30 PM**

5 POPULAR FRAUDS AND THINGS TO WATCH FOR:

HOAX NEWS -

Fraudulent or hoax news is becoming a chronic problem on social media and the Internet. In some instances "fake" news is being intentionally created and published to mislead the masses for political purposes or financial gain. In other instances, fake news headlines are used to lure victims to click on links and download malware and viruses onto their computers and mobile devices.

ONLINE LOANS -

Beware unscrupulous online loan service providers. Fake loan companies with fake websites have been known to take victims for thousands of dollars. Most fake loan companies require applicants to pay fees in advance of securing the loan to cover items such as interest payments, legal fees or insurance fees. Once the "fees" are paid, the lender disappears, no loan is provided and victims end up in greater debt.

BOGUS CUSTOMS & DELIVERY CHARGES -

Do not to fall victim to unsolicited claims from fake delivery service providers stating that you owe customs and delivery charges for undelivered packages. Notifications may come via mail, email or phone for unanticipated deliveries. Such notifications are typically an attempt to canvas neighborhoods for absent homeowners and/or to extort bogus delivery and customs fees from unsuspecting victims.

FAKE APPS -

Use caution when purchasing retail store or online shopping apps. Counterfeit apps are designed to look and feel like they belong to legitimate retail stores. Some fake apps will inundate you with pop-up junk ads, while others will result in credit card and personal information being stolen, or malware being installed on your mobile device. In some instances, mobile devices have even been locked down and held hostage until a ransom is paid to the scam artist.

AUTO SUBSCRIPTIONS -

Many consumers taking advantage of online deals or trial offers for health and beauty products, vitamins, home care necessities, vacations and other items found themselves unknowingly signing up for expensive, seemingly endless, automatic monthly subscriptions for unwanted products. Beware difficult to find, non-existent, or complicated to understand fine print embedded in the terms and conditions or purchase contracts. Too-good-too be true offers often unexpectedly result in expensive subscriptions, cancellation fees and return shipping costs.

*Cinderella is proof that a new pair of shoes
can change your life!*

NOTICE OF ALL ACTIVITY GROUPS:

If your activity group is listed on the schedule appearing on the right-hand side of this page, please:
contact the Admin Offices at info@gowardhouse.com

to indicate whether or not your group will continue to meet throughout the months of July and August. If your group plans to be on hiatus during the summer, please indicate your re-start date as well.

This information will be of benefit to our members and will appear in the July / August Gazette.

SUMMER BBQ SCHEDULE

A great place to lose your appetite!

Salmon Burgers: \$6 **Beef Burgers:** \$5
Beef Hot Dogs: \$4 **Caesar Salad:** \$2
Feature Dessert \$3



Wednesday – June 13
11:30 am – 1:00 pm
Lunch in Tea Room or on Deck

Wednesday – July 25
11:30 am – 1:00 pm
Lunch in Tea Room or on Deck

Tuesday – August 14
11:30 am – 1:00 pm
Lunch in Tea Room or on Deck



OUR SPECIAL THANKS to DEAN SAWYER
for cleaning our BBQ and preparing it for the
new grilling season!

JUNE 2018

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 each month) Jun 18
10:15-11:15	Tai Chi Club [On-Going Group]
10:30-12:00	Paper Quilling (Sequoia Room)
11:30-12:30	Strength & Balance (no class June 4)
1:00-3:00	Mah Jong
TUESDAY	
9:00-11:00	Spanish – Level 2 on hiatus 'til Sept
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
12:00-3:30	Billiards
12:00-4:00	Bridge, one table (closed)
12:00-1:00	Line Dancing-Beginners (restarts Sept 18)
1:00-3:00	French pm-Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tues each month)
1:15-4:00	Portrait Painters (on hiatus in July/Aug)
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
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance (no class June 21)
12:45-4:00	Social Bridge (All Levels)
1:30-3:30	Scrabble
FRIDAY	
9:00 – 10:30	Spanish – Level 1 on hiatus 'til Sept
9:30 – 10:30	Gentle Yoga (restarts Sept 7)
10:30-12:00	Spanish-Conv Intermed see note below
10:30-12:00	Spanish-Conv Advanced- continuing
12:00-4:00	Billiards
12:30-3:45	Social Bridge (Sun Room)
1:00-3:00	GH Singers performing off-site 'til Sept

ON HIATUS

SPANISH CONVERSATION: Intermediate
On hiatus after June 1st Restart: September 14

GENTLE YOGA:
Restart: September 7

LINE DANCING: Tuesday Group
Restart: September 18

CANCELLED:
JUNE 4 (Monday) and JUNE 21 (Thursday)
STRENGTH & BALANCE with MANDA
DUE TO SPECIAL EVENTS