



# THE GAZETTE

Goward House  
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**OCTOBER 2018**

Editor: Mary Homer

## PRESIDENTS MESSAGE

Autumn is here in its crisp colour. We hope you are settling in to the rich assortment of activities at Goward House, including an enhanced menu in the Tea Room.

Our front foyer will be painted soon and our welcoming look will be almost complete. We are hoping to buy new carpeting for the front area in the near future.

The Board of Goward House has approved a Woodlands policy relating to the care and use of our beautiful woodlands. This includes the care of the trees, removal of invasive species, stream-side protection and enhancement, and use of the land by the public. If you would like to read it in its entirety please ask to see the Minutes of the July 2018 Board meeting.

On another note, we are still looking for a few "handymen or women" to take over some of the chores that Everett has taken care of for so long. He would really like some help. Even 2 hours a week or one task done yearly would be greatly appreciated. Please let Elaine Leonard know if you can assist us.

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

## MUNICIPAL ELECTION and SCHOOL BOARD ELECTION take place on OCTOBER 20, 2018

To vote in the Municipal Election you must be a Canadian citizen, 18 years of age or older on Voting Day, a resident of B.C. for the past 6 months, and have lived in the municipality in which you will vote for at least 30 days. **You do not have to be a property owner to vote.**

You will be voting for Mayor, Councillors and School District Trustees. You may also have a referendum question depending on the municipality in which you live. You only have to vote for the people that you choose to support. For instance, if you only know or support 4 councillors or 2 School Trustees, then only vote for those 2 or 4 people. Your ballot will allow you to vote for any number up to the maximum and still be a valid ballot.

**GOWARD HOUSE CLOSED**  
**MONDAY, OCTOBER 8**  
**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 – NOVEMBER ART SHOW** **FREE**  
September 28 - November 28 **ALL ARE WELCOME!**  
Mon – Fri [9:00 am to 4:00 pm]

The Pender Island Artisans present...

**The Red Tree Artists' Collective**

The Artists:

**Terry Chantler Hedi Kovacs Diane Kremmer**  
**Kathleen Lightman**  
**Diane MacDonald Mira Petrie Eve Pollard**  
**Judy Walker**

Their works of art will be on display for your enjoyment during the months of October and November. Be sure to drop in and check out this art show.

You are invited to drop in and meet the artists at their

**ARTISTS' RECEPTION**  
**Sunday – September 30**  
**1:30 pm to 3:30 pm**

**LINE DANCING for BEGINNERS**  
**Tuesdays (12:15 noon – 1:00 pm)**

**NEW!**

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 share the enjoyment of moving to music. Come and try it out! First-timer? No problem, your first class is free!

**REGISTRATION INFO:** Simply "drop in".

**CHINESE MAH JONG**  
**Wednesdays**  
**9:30 am to 12:00 pm**

All are welcome to "drop in" and play  
Cost: 1 blue activity ticket

**NEW ACTIVITY GROUP**

**THRIFTY FOODS - SMILE CARD FUNDRAISER**

We received from Thrifty Foods, the sum of \$483.42 representing funds raised in July and the sum of \$258.73 representing funds raised in August from the *Smile* card fundraising program. Thank you to all who use their Smile cards! If you would like to participate in this program please see the volunteer at our front desk for your *SMILE* card.

**BEGINNERS' CHINESE MAH JONG**  
**Wednesdays – October 10, 17, and 24**  
**9:30 am to 12:00 noon**

**NEW!**

Playing Mah Jong is popular at social and family functions and an interesting game for an afternoon or evening of entertainment. Playing is also very good therapy for the brain cells. It is also a good form of exercise for your hands, fingers, arms and eyes. If you miss one of the classes, Instructor Nancy is willing to meet with you at a later date to make up for the missed lesson. Sign up on your own or with a group of friends!

**COST: \$30 GH Members**  
**\$35 Non-members**

**REGISTRATION INFO:** 250 477 4401  
**Registration /payment deadline:** October 5

**MONEY MATTERS COFFEE CLUB** **FREE**  
Thursday, October 11 **ALL ARE WELCOME!**  
2:00 pm – 3:30 pm (GH Theatre)

**Topic:** Legal Considerations

This is the second in a multi-part series on Estate Planning focusing on Legal Considerations! You won't want to miss some free legal advice.

**ASK YOURSELF...**

- What is the importance of a will?
- What does it do?
- Do I really need a Power of Attorney?
- What about health care questions?
- Does this cover end of life wishes?

**NEW!**

**YOU WILL BENEFIT BY...**

- Having a plan & peace of mind about getting your legal documents in order
- Making sure your loved ones have clear direction
- Getting your estate plan up to date
- Getting an update on changes in BC legislation in this area
- Avoid costly errors

**GUEST PRESENTER:** John Coupar, Partner of Horne Coupar Lawyers and Notaries

**HOSTED BY:** Pam Katunar, Financial Advisor with Raymond James Ltd.

**REGISTRATION:** Pre-register by tel: 250 477 4401  
**SEATING IS LIMITED**

**BRIDGE LESSONS - Commonly Used Conventions**  
**Mondays - 1:00 pm to 3:00 pm**  
**October 15 to December 17\***  
*(\*no class on November 12)*

This 8-week series course entitled *Commonly Used Conventions* is an American Contract Bridge League course covering conventions that players are likely to encounter in duplicate bridge games. The eight lessons focus on the following topics:

- Stayman conventions
- Jacoby transfers
- Major-suit openings and responses
- Minor-suit openings and responses
- Weak Two-bids; and
- Strong 2 Club openings.

**NEW**

Each lesson will include practical exercises with "cards-on-the-table". The course is intended for intermediate players familiar with the basics of bidding and play, including people returning to bridge after a long absence. Instructor: Jim Brackenbury is an accredited ACBL teacher. Space is limited. Register early to avoid disappointment

**COST: \$ 80 GH members**  
**\$100 Non-members**  
**+ \$ tba for cost of textbook** (approx. \$30)  
(payable to instructor)

**REGISTRATION INFO:** 250 477 4401  
**Registration /payment deadline:** October 10

## BRIDGE LESSONS for TRUE BEGINNERS

Thursdays - 2:00 pm to 3:30 pm

October 11 to November 29

**NEW**

This 8-week class of Audrey Grant's Bridge Basics 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! Class size is limited. Register early to avoid disappointment.

**COST: \$ 80 members**

**\$100 non-members**

**+ \$ 17 for textbook (payable to instructor)**

**REGISTRATION INFO: 250 477 4401**

**Registration /payment deadline: October 5**

## FREE INFO SESSION

FALL PREVENTION TIPS FOR THE HOME

Tuesday - October 16

1:30 – 3:30 pm

(GH Theatre)

Guest Speaker: Ian Lloyd of Heart Pharmacy



Seating Is Limited

Register by tel: 250 477 4401

## BOOK CLUB

**NEW MEMBERS WELCOME!**

Tuesday – October 16

1:30 pm – 3:30 pm (Sun Room)

This group will be next meeting to discuss any book by author Penelope Fitzgerald. The library has some of her books. This author's books are quite short (not more than one to two hundred pages). They welcome additional members to join them for fun and chatter. It is never too late to join this group!


## FLU SHOT CLINIC at Goward House

**FREE**

Wednesday, October 31

**ALL ARE WELCOME!**

9:30 am to 1:30 pm

Thanks to our collaboration with  **HEART PHARMACY** Goward House is a selected site for their Flu Shot Clinic on October 31, 2018. 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.

## CRAFT TABLES NOW AVAILABLE

November 17 and 18

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.

## ANNUAL GOWARD HOUSE CRAFT FAIR

Saturday, November 17

Sunday, November 18

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

## PURDY CHOCOLATES FUNDRAISER

Order by: Tuesday – November 13

Pick up by: Friday, 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 to our front desk by Tuesday, November 13.



*Order forms and catalogues are available from the front desk.*

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

## SEEKING THOSE THAT ENJOY COOKING

The GH Cooking Club is seeking additional members that enjoy cooking and working as a team to prepare a meal (or specialty item) one day a month at Goward House. This group would meet once a month to plan the lunch menu (or specialty item) and then meet a second time to create the menu (or specialty item) for the GH kitchen.

If you would like to join the Cooking Club please register your interest at our front desk (tel: 250 477 4401). This club's recipe for success is: *Fun + Food + Friendship*

## 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.

## CHRISTMAS LUNCHEON & CONCERT

Thursday, December 13

Arrive by: 11:30 am

Lunch: 12:00 noon **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.

### **SEATING IS LIMITED**

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

### **DOOR PRIZES!**

#### 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

## DID YOU KNOW . . .

This October, **Elaine Leonard** is commencing her 10th year at Goward House and **Mary Homer** is commencing her 12th year at Goward House. **Lyle Rumpel** is currently in his 11th year and **Anne Crozier-Smith** in her 4th. These folks all agree: *"time sure flies when you are having fun!"*

## 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 or sparkling wine always pairs well with any food! *Bon Appétit*



**A WARM WELCOME** to our newest members:

Jaswant Guzder	Fred Schemitsch
Margaret Flett	Maria Weatherhead
Susan McConnell	Leslie Sochowski
Martina McComb	Larry McComb
Catherine McGhee	Anthea Piets
Brenda Waksel	Debra Caravitis
Judith Godson	Kathleen Broderick
Karen Furnes	Barry Wiebe
Tony House	Audrey House
Laurie Smith	Jill Stevens
Lee Lange	Cheryle Clogg
Gail McReynolds	

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

## 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.

## CRAFT FAIR – OUR BIGGEST FUNDRAISER

### 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 16** – Setting up for Craft Fair (1 hour)

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

#### At the Craft Fair

**Saturday, November 17** (3 hour shifts)

**Sunday, November 18** (3 hour shifts)

- 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 18** - Putting it all back (1 hour)

Looking for a few strong men and women to return furniture to its original placement (at approx. 4:15 pm for one hour) 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.**

### IMPORTANT TEA ROOM REQUEST

TO ASSIST OUR VOLUNTEERS  
GETTING HOME ON TIME:

PLEASE RETURN ALL DIRTY  
DISHWARE and CUPS TO THE  
TEA ROOM BY 3:00 PM

PLEASE PLACE IN THE GRAY PLASTIC  
BINS LOCATED ON TEA ROOM CART

**THANK YOU !**

### SPANISH CLASSES

**CONTINUATION DATES for 2019 NOW CONFIRMED**

#### SPANISH CLASSES – Level 1

Fridays - 9:00 am to 11:00 am

Beginning: Sept 7 to Dec 7

Continuing Feb 15 to April 12 or 26 (to be decided)

On hiatus: Dec 8 to Feb 14

#### SPANISH CLASSES - Level 2

Tuesdays - 9:00 am to 11:00 am

Beginning: Sept 11 to Dec 11

Continuing Feb 12 to April 9 or 23 (to be decided)

On hiatus: Dec 12 to Feb 11

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

You may think that Barry Mah Ming is just another pretty face . . . but he is much more than that!



Barry began volunteering at our front desk but his journey did not end there. Shortly thereafter he became a Board Member. In addition, he can now be seen in the kitchen on alternating Monday afternoons. His efforts benefit Goward House and all its members.

Thank you Barry for all you do!



**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

<b>MONDAY</b>	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-3:30	Billiards
10:00-11:30	iPad Club (3 <sup>rd</sup> Mon each month) Oct 15
10:15-11:15	Tai Chi Club [On-Going Group]
10:30-12:00	Paper Quilling
11:30-12:30	Strength & Balance
1:00-3:00	Mah Jong
<b>TUESDAY</b>	
9:00-11:00	Spanish – Level 2
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
11:00-12:00	Beginners Tai Chi <b>Sept 11 – Nov 16</b>
12:00-3:30	Billiards
12:15-1:00	Line Dancing-Beginners
1:00-3:00	French pm-Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 <sup>rd</sup> Tues ea month) Oct 16
1:15-4:00	Portrait Painters
<b>WEDNESDAY</b>	
9:00-Noon	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 – 12:00	Chinese Mah Jong "drop in"
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (Arts&Craft Rm)
1:30-3:30	Craft Group
1:30-4:00	Mah Jong Players (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) Sun Room
<b>FRIDAY</b>	
9:00 – 11:00	Spanish – Level 1
9:30 – 10:30	Gentle Yoga <b>re-starts Oct 5</b>
11:00-12:00	Beginners Tai Chi <b>Sept 11 – Nov 16</b>
10:00-11:30	Spanish-Conv Intermed
11:00-12:30	Spanish-Conv Advanced
12:00-3:30	Billiards
12:30-3:45	Social Bridge (Sun Room)
1:00-3:00	GH Singers

**FINALLY . . .**

**A PARKING SPOT  
FOR FAT MEN  
THAT LIKE TO BBQ!**



**OCTOBER 2018**