



THE GAZETTE

Goward House
 2495 Arbutus Road, Victoria, BC V8N 1V9
 Tel: 250 477 4401
 Website: www.gowardhouse.com
 E-mail: info@gowardhouse.com

DEC and **JAN**
2018 **2019**

Editor: Mary Homer

WHERE IS THAT MISTLETOE?

Our House has a fresh look for this Christmas. Hurray! The entry way painting is complete and beautiful. And, the new rug is on its way. Thank you one and all for your generous donations to make this possible.

Your Board of Directors and staff are still working on the following:

- Street parking negotiations are on-going. CBRA is now assisting us, so by the New Year we should have some news. The Cadboro Bay Local Area Plan is still having meetings. Please check Saanich's website for information.
- Our new programs are off to an excellent start with Conversational German and Chess Lessons anticipated. As well, Yang Style Tai Chi has been well subscribed by our members so it will be starting in January and Qi Gong in February.

The decorations are up. The House is festive. We are ready for our Christmas Luncheon. Come and join us! And, remember, your Board of Directors wish you happy holidays and a joyful 2019 new year at Goward House.

Gayle Millbank and Gail Branton

GOWARD HOUSE HOLIDAY CLOSURES

Fri	-	December 21 – Closing at noon
Mon	-	December 24 – Closed
Tues	-	December 25 – Closed (Christmas Day)
Wed	-	December 26 – Closed (Boxing Day)
Thurs	-	December 27 – Closed
Fri	-	December 28 – Closed
Sat	-	December 29 – Closed
Sun	-	December 30 – Closed
Mon	-	December 31 – Closed
Tues	-	January 1 - Closed (Happy New Year)

RE-OPENS: WEDNESDAY, JANUARY 2, 2019

**TEA ROOM CLOSED
 THURSDAY - DECEMBER 13
 DUE TO THE
 CHRISTMAS LUNCHEON**

OFFICIAL SNOW PROTOCOL

IN CASE OF SNOW
 MEMBERS and VOLUNTEERS ARE ASKED TO
PHONE 250 477 4401
after 8:30 am
 TO ENSURE THE HOUSE IS OPEN FOR ACTIVITIES

**WE DO NOT WANT ANYONE DRIVING
 IN THE SNOW UNNECESSARILY**

SEASON'S GREETINGS *from the staff*

*Elaine Leonard,
 Mary Homer,
 Anne Crozier Smith,
 Lyle Rumpel
 and new employee
 Suzanne Ball*



DECEMBER and JANUARY ART SHOW **FREE**
November 30, 2018 to January 23, 2019
Mon – Fri (9:00 am to 4:00 pm) **ALL ARE WELCOME!**

The Studio of Harmonious Endeavours
Chinese Brush Painting

This group of artists share a common passion for Chinese Brush Painting. The studio was founded by the accomplished local artist, Nenagh Molson (who continues to share her wisdom and skills in occasional workshops) and now comprises about a dozen artists working at various levels. With a rich and ancient history, this intriguing art form poses endless fascination on many levels, for novice and formal artist alike. In weekly sessions we explore avenues inspired by local flora or fauna or other resources, practice techniques acquired in lessons, and share our individual pursuits. Their afternoons together promote mutual encouragement and skill-sharing, as well as a great 'harmony of spirit' so necessary to artistic development.

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

ARTISTS' RECEPTION
Sunday – December 2
1:30 pm – 3:30 pm

LINE DANCING

Tuesdays

11:30 am – 1:00 pm

NEW MEMBERS WELCOME!

NEW TIME !

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!

RECEIVE A FREE PORTRAIT

Tuesdays

1:15 pm – 4:00 pm

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



WEDNESDAY CRAFT GROUP

Wednesdays

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.

iPAD Club

NEW MEMBERS WELCOME!

Monday – December 17 and

Monday – January 21

10:00 am – 11:30 am

This group meets on the 3rd Monday of each month in the Sequoia Room. The group support one another as well as benefit from receiving guidance from their former instructor who drops in from time to time.

SUN ROOM SOCIAL BRIDGE GROUP

Thursdays

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

Fridays

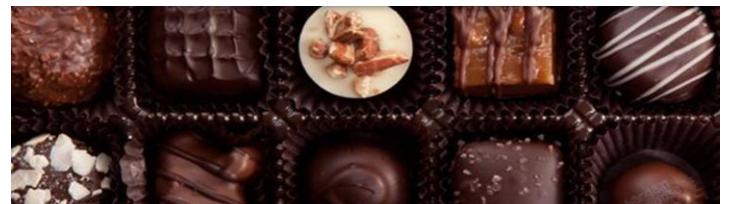
NEW MEMBERS WELCOME!

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!

PURDY'S CHOCOLATES

Purdy's Chocolate orders will be available for pick up on: (Friday) December 7 to December 14 (Friday)



Any uncollected chocolates will be donated to the Staff Christmas Party (tee hee!)

A WARM WELCOME to our newest members:

Victoria Barkley, Mary Szarka, Zobeida Philp, Brenda Low, and Nancy Fauteux, Carolyn Tabarrok, Heidi Martins, Nancy Bolli, Bob Horn, Noelle Trueman, Barbara Hintz and Donna van Gylswyk. Please introduce yourself and help to make them feel at home.

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.

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

FOR RESERVATIONS: Tel: 250 477 4401

WALKIE TALKIES WALKING CLUB

Mondays (Rain or Shine)

10:30 am start time

Club donation to GH: a "toonie" per person

The Goward House Walking Group is now established and welcome you to join them for their scheduled walks:

Dec 3: Henderson Rec Centre Trail (Leader: Margo Allen)

Dec 10: Gyro Park Walk (Leader: Nancy Lypkie)

Dec 17: Mystery Sidewalk Walk (Leader: Brenda Waksel)

Group members meet at Goward House (in the Grand Lounge) for their 10:30 am start time.

The participating members are asked to attend a meeting following their walk on:

December 17

11:45 am (Sun Room at GH)

to determine their 2019 walks and discuss the format of the walking club and implement any necessary changes.

BOOK CLUB

NEW MEMBERS WELCOME!

Monday – December 10

1:30 pm – 3:30 pm (GH Theatre)

NEW DATE IN DEC

Due to the fast approaching holiday season this group will be meeting on a different date from their usual 3rd Tuesday of each month. For this December session the group will meet in the GH Theatre to discuss "*Flight Behavior*" by Barbara Kingsolver. See next column for January details.

MONEY MATTERS

Thursday – December 27

2:00 pm – 3:30 pm

CANCELLED due to Goward House closure for the holiday season. See info in this issue regarding the session taking place in January 2019.

THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$365.72 from Thrifty Foods representing funds raised in October 2018 from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

YANG STYLE TAI CHI

Commencing: Jan 3 (Thurs) and Jan 7 (Mon)

NEW ACTIVITY !

Join Instructor Gordon Muir, whose resume includes being taught by three prominent Masters, including Master T.T. Liang, Master Zhang Xue-Xin and Grandmaster Liu ChengDe of Jinan, China

Four Classes per Week:

Mondays: 1:00 pm to 2:00 pm

Mondays: 2:15 pm- to 3:15 pm

Thursdays: 9:00 am to 10:00 am

Thursdays: 10:15 am to 11:15 am

REGISTRATION: Tel: 250 477 4401

DID YOU KNOW . . .

that Goward House currently has raffle tickets for sale (\$2 per ticket or 3 for \$5) Tickets are available from the front desk.

PRIZES (on display at Goward House) are:

1st Hostess Gift Basket (\$200 value)

2nd Asian Infusion Gift Basket (\$150 value)

3rd Family Fun Gift Basket (\$100 value)

Prize draws will take place on December 13 at 4:00 pm

BRIDGE LESSONS: Play of the Hand in the 21st Century

Mondays – January 14 to March 18 (no class Feb 18)

Time: 1:00 pm - 3:00 pm

(Billiards Room)

NEW LESSONS!

Jim Brackenbury, ACBL accredited bridge teacher and club director, will teach this 9 - 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 (approx.) for textbook (payable to instructor)

Register by phone: 250 477 4401

Registration / payment deadline: Wed – December 19

BOOK CLUB

NEW MEMBERS WELCOME!

Tuesday – January 15

1:30 pm – 3:30 pm (GH Theatre)

In 2019 this group will return to meeting on its normal date, being the 3rd Tuesday of each month. They welcome additional members to join them for fun and chatter. In January they will discuss Emma Hopper's book "*Etta, Otto, Russell and James*". The library has 7 copies and 2 in large print format.

MONEY MATTERS COFFEE CLUB **FREE**
Thursday, January 24 **ALL ARE WELCOME**
2:00 pm – 3:30 pm
Topic: Estate Planning – USA Tax Considerations for Canadians

Continuing our series on estate planning, this month come out and learn from Brent England, Partner with Hutcheson & Co.:

- What if I name one of my children in the USA as my Executor?
- How much USA property can I own before I file USA taxes?
- What about the estate tax?
- Differences between owning USA property vs USA 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!

CHESS INSTRUCTION FOR THE BEGINNER
Tuesdays - commencing January 29
12:30 pm – 2:00 pm
(Billiards Room – Top Floor) **NEW ACTIVITY !**

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. Chess sets will be provided. Space is limited.

Register by tel: 250 477 4401
Reg'n deadline: January 7, 2019
Cost: Blue Activity Ticket
Cost of book: \$30 approx. (pay Goward House)

2018 TAX RECEIPTS for PRESIDENT'S APPEAL

There are currently many tax receipts at our front desk waiting to be picked up by those that donated to the President's Appeal. Anyone wishing to receive a tax receipt for their 2018 income tax return in connection with their donation to the Goward House President's Appeal should ensure their donation is received by December 20. Goward House will be closing for the holidays the next day. Any donations after December 20 will receive a tax receipt for the 2019 taxation year.

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

ELEANOR BEAM has been a member for just over a year and she jumped feet-first into the volunteer pool immediately upon joining Goward House.



Many of you will recognize Eleanor from working on the front desk on Wednesday afternoons. She has also volunteered at special events such as the Flu Clinic and the Christmas Craft Fair at Goward House.

Thank you, Eleanor, for all you do for Goward House and its members!

ANNUAL MEMBERSHIPS

AVOID \$10 PENALTY

Avoid the January line ups and avoid paying the late penalty fee of \$10 by paying for your 2019 membership before December 21, when we close for the holidays. The annual membership cost remains at \$60 per person. Remember: *'If you don't pay, you can't play!'*

TEA ROOM
HOLIDAY HOURS & SERVICES

There will be no lunch service available in the Goward House Tea Room on (Thursday) December 20 or (Friday) December 21. Coffee, tea and sweets will be available on the "Honour System" on these two days.

GH WOODLANDS

Check out the GH Woodlands Restoration through our website, following these steps:

Go to: www.gowardhouse.com

Click on: [About Us](#)

Scroll down and click on: [Go Directly to Woodlands Restoration Slide Show](#)

Scroll down and click on: [Restoring GH Woodlands – Part 1](#)
[Restoring GH Woodlands – Part 2](#)

Thank you **Everett Peterson** for putting that show together!

BRIDGE LESSONS for TRUE BEGINNERS

Thursdays - 2:00 pm to 3:30 pm

February 7 to March 28 (8 Weeks)

NEW ACTIVITY !

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.

REGISTRATION INFO:

Register: Tel. 250 477 4401

COST: \$ 80 GH members

\$100 non-members

+ \$ 17 for textbook (approx.) (pay instructor)

Registration /payment deadline: January 18 (Friday)

OFFICE OF THE SENIORS ADVOCATE

Eleven of our Goward House artists are currently on exhibit at The Office of the Seniors' Advocate, located on the 6th Floor at 1405 Douglas Street. This art exhibit will remain on site and be available for viewing for the next six months



ACCOLADES & ANNOUNCEMENTS

THANK YOU TO . . .

Naz Rayani and Heart Pharmacy for providing the supplies necessary to refill our First Aid kits, which are located in the Lower Hall (next to card table storage) and on the Main Floor (in the cloak room on the shelf)

OUR THANKS TO . . .

the following volunteers for aiding us with our successful 9th Annual Craft Fair:

Janis Dunning	Andre Berthiaume	Vickie Stewart
Dean Sawyer	Dave Rouse	Pat Longman
Ray Coutts	Susan Ikeda	Barbara Forsyth
Barry Mah Ming	Gail Branton	Deanna Green
Anton de Bakker	Loraleigh Jantzen	Leslie Lord
Anthea Piets	Dianne Hodgins	Chris Cook
Margo Allen	Jack Hodgins	Phyllis Anderson
Mark Rossi	Elaine Daniel	Wendy Stevenson
Eleanor Beam	Eileen Beal	Sharon Spriggs
Louise Manarey	Maria Pavan	Gail Flitton
Ronnie Adams	Tricia Parker	Judy Max
Carol Gray	Dianne Hanna	Bob Allen
Peta Alexander	Barb Sawyer	Myrna Rouse
Allan Davies	Rosita Dworschak	Nancy Lypkie
Barb Martin	Val Blume	Kittie Ure
Evelyn Matthews	Lorraine Diment	Wendy Denyes

Donna Signori	Brenda Waksel	Jane King
Bev Ashforth	Jean Smith	Pam Katurnar
Mary Brackenbury	Rheta Steer	Carol Nuemberger
Jim Brackenbury	Barbara Forsyth	Jean Smith
Valerie Collins	Darlene Ravensdale	

A BIG THANK YOU TO . . .

the members of our craft groups for donating their time and effort in creating the many items that adorned our craft table.

ALSO OUR THANKS TO . . .

the members that supported the craft fair by donating items, attending the craft fair, and promoting it to your family and friends.

LAST BUT NOT LEAST OUR SINCERE THANKS TO . . .

Carol Simson and Sylvia Brewis for decorating GH for the Christmas season and to Mary Brackenbury for providing the welcoming Christmas wreath by the front door.

SPECIAL RECOGNITION & CELEBRATION

The Board of Directors would like to acknowledge the wonderful bequest left to Goward House from **Gwennie Hooper**. Gwennie was a volunteer at the front desk for over 20 years and so it seemed fitting that her gift be used to upgrade and freshen up the front reception area. The new front counter, the wall unit against the back wall, and the new foyer painting have been thanks to her generosity.

The second phase of the reception area will include new carpeting and a new storage credenza under the Goward House painting. This phase will be funded by the current President's Appeal campaign.

We invite you to a celebratory tea to mark/enjoy the completion of the phase one of the reception/foyer area project. Please join us for coffee and tea and some goodies on:

Thursday, January 31

1:00 pm

Grand Lounge

YOU ARE INVITED

to join us for tea, coffee and cake on:

TUESDAY – DECEMBER 18

1:30 pm – 3:30 pm

as we bid a fond farewell to

ANNE CROZIER SMITH

as she retires

after 4 years of service on the Goward House staff

1:30 pm – Welcome

2:00 pm – Formal Farewell
Cake Cutting & Social

DECEMBER 2018

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-3:30	Billiards
10:00-11:30	iPad Club (3 rd Mon ea mo) Dec 17
10:15-11:15	Tai Chi Club [On-Going Group]
10:30-11:30	Walking Club (off-site)
10:30-12:00	Paper Quilling
11:30-12:30	Strength & Balance
1:30-4:00	Chinese Mah Jong (Sun Room)
TUESDAY	
9:00-11:00	Spanish – Level 2
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
12:00–3:30	Billiards
11:30-1:00	Line Dancing-Beginners
1:00-3:00	French–Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tues) Dec 10
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-11:30	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 – 12:00	Chinese Mah Jong (Sun Room)
10:00-11:30	German Conversation (Intermed)
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (A&C Rm)
1:30-3:30	Craft Group
1:30-4:00	Western Mah Jong (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
12:30-4:00	Social Bridge (All Levels) Sun Rm
FRIDAY	
9:00 – 11:00	Spanish – Level 1
9:30 – 10:30	Gentle Yoga
10:00–11:30	Spanish–Conv Intermed
11:00–12:30	Spanish–Conv Advanced
9:00-3:30	Billiards
12:30-3:45	Social Bridge (Sun Rm)
1:00-3:00	GH Singers (performing off-site)

JANUARY 2019

MONDAY	
9:00-12:30	Billiards
10:00-11:30	iPad Club (3 rd Mon ea mo) Jan 21
10:30-11:30	Walking Club (off-site)
10:30-12:00	Paper Quilling
11:30-12:30	Strength & Balance
1:00-2:00	Yang Style Tai Chi
1:00-3:00	Bridge Lessons (JB) Jan 14-Mar 18
1:30-4:00	Chinese Mah Jong (Sun Room)
2:15-3:15	Yang Style Tai Chi
TUESDAY	
9:00-11:00	Spanish – Level 2 restarts Feb 18
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
11:30-1:00	Line Dancing-Beginners
12:30-2:00	Chess Lessons (Billiards Rm) Jan 29
1:00-3:00	French–Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tues) Jan 15
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-12:00	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 – 12:00	Chinese Mah Jong (Sun Room)
10:00-11:30	German Conversation (Intermed)
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (A&C Rm)
1:30-3:30	Craft Group
1:30-4:00	Western Mah Jong (Sun Room)
THURSDAY	
9:00-10:00	Yang Style Tai Chi
9:00-12:00	Billiards
10:15-11:15	Yang Style Tai Chi
11:30-12:30	Strength & Balance
12:30-4:00	Social Bridge (All Levels) Sun Rm
FRIDAY	
9:00 - 3:30	Billiards
9:00 – 11:00	Spanish – Level 1 restarts Feb 15
9:30 – 10:30	Gentle Yoga (on hiatus in January)
10:00–11:30	Spanish–Conv Intermed
11:00–12:30	Spanish–Conv Advanced
12:30-3:45	Social Bridge (Sun Rm)
1:00-3:00	GH Singers

**SPANISH – LEVEL 1 (FRI)
ON HIATUS
DEC 8 TO FEB 14
WILL RESUME FEB 15**

**GENTLE YOGA
ON HIATUS
IN JANUARY 2019
WILL RESUME FEB 8**

DID YOU KNOW . . .

Our Craft Fair is a large fundraiser for Goward House and it could not take place without the support of our generous members and volunteers. We succeeded in raising almost \$6,000.

**SPANISH – LEVEL 2 (TUE)
ON HIATUS
DEC 12 TO FEB 17
WILL RESUME FEB 18**