



THE GAZETTE

Goward House
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FEBRUARY
2019

Editor: Mary Homer



HAPPY NEW YEAR !

We are all starting on the grand adventure of a new year at Goward House. We hope that you are pleased with the completed front foyer area, resplendent with new furniture, fresh paint, and carpeting.

Our new Tai Chi program has begun and we urge all the participants to enjoy this exceptional experience. As a result of her participation, Gayle's thighs are aching and her body is pulsing with chi; we hope it's having the same anti-aging effect on you too.

Now we have the opportunity to build on this effect with Re Shen Gong. It is Sifu Muir's choice for the 'ultimate distillation' of all **Qi Gong** sets he has learned. We are looking forward to this **starting on February 7 at 12:45 to 1:45 pm**. We hope to see you there. Up and coming are more Tai Chi related programs and you can read all about them on page 6.

AGM stands for Annual General Meeting and we hope to see you there. We need your input and support. In fact if you are interested in participating on the Board please let Elaine Leonard know (tel: 250 4774401). See you on March 21st at 1:30 pm

Our New Year's Resolutions: Be happy; Be healthy; Enjoy Goward House!

Gail Branton and Gayle Millbank
Co-Presidents

ANNUAL GENERAL MEETING

Thursday – March 21

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!

ALL PROGRAMS FOR THAT AFTERNOON ARE CANCELLED

GOWARD HOUSE CLOSURE

Monday, February 18

(in recognition of Family Day)

ALL PROGRAMS FOR THAT DAY ARE CANCELLED

GOWARD HOUSE T-SHIRTS

At the request of our members we will be ordering and selling Goward House T-shirts (dark green) with the logo seen here. Anyone interested in purchasing a T-shirt is asked to see Suzanne in admin office on Thursdays or Fridays (for sizing purposes) prior to February 28th. Payment required when placing your order. Cost \$15 per shirt. Logo designed by Paul Redchurch



GOWARD HOUSE SOCIETY

FEBRUARY ART SHOW

January 25 – March 27

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

Niramoon Prudatton

Pat Robinson

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

OPENING RECEPTION

Sunday – January 27, 2019

1:30 pm – 3:30 pm

GERMAN CONVERSATION

Wednesday – January 30

10:00 am (Sequoia Room)

NEW MEMBERS WELCOME!

NEW PROGRAM

This group welcomes you to join them for German Conversation. If you plan to attend, please e-mail the group facilitator: Rosita Dworschak at rosita47@telus.net

LINE DANCING

Every Tuesday

11:30 am – 1:00 pm

NEW MEMBERS WELCOME!

Come and learn to touch, tap, hook, scuff and stomp your way to fitness in 2019. 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

PORTRAIT PAINTING GROUP

Every Tuesday

1:15 pm – 4:00 pm

The GH 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 appreciation of them posing for the group.

If you would like to model, please phone:

Jim McFarland - 250 477 8988

to schedule a Tuesday afternoon session.

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.

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

to request an electronic (and free) subscription!

NEW MEMBERS' TEA

Tuesday – February 26

1:00 pm

(Sequoia Room)

New members (having joined since our last New Members' Tea of Oct 1) 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 Tuesday – February 19th

BOOK CLUB

NEW MEMBERS WELCOME!

Tuesday – February 19

1:30 pm – 3:30 pm

This group meets on the 3rd Tuesday of each month and welcome additional members to join them for fun and chatter. It is never too late to join this group! They will meet on Feb 19 and March 19. E-mail Netta at a7delac@gmail.com for book title subject to discussion.

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

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

CHESS LESSONS

NEW MEMBERS WELCOME!

Tuesdays – Beginning January 29

12:30 pm (Billiards Room)

A few spots remain available for Chess Lessons. Don't delay and register today (by phoning Elaine in admin office at: 250 477 4401)

WATCH OUT FOR STICKY FINGERS!

We remind our members that we are often visited by non-members of the general public. As a result, we have recently experienced a couple of incidents where people have had money taken from their unattended purses.

We ask that all members take care to not leave their purses or other valuables behind when moving from one area of Goward House to another.

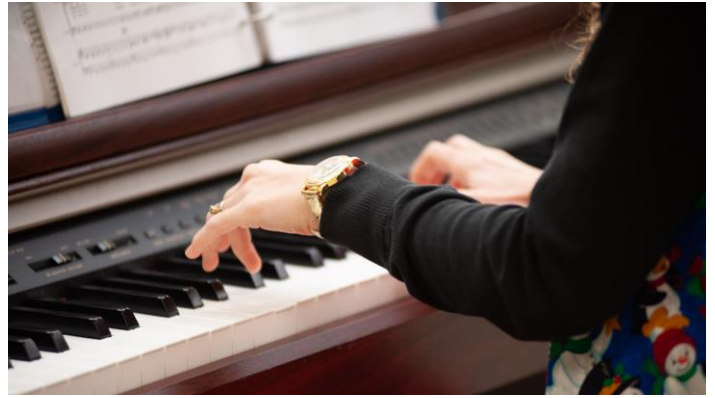


THANK YOU!

MEMORIES OF 2018 CHRISTMAS LUNCHEON & CONCERT – more on website: www.gowardhouse.com



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MONEY MATTERS NON-MEMBERS ARE WELCOME!
Thursday – February 7 FREE
2:00 pm to 3:30 pm

NEW DATE!

TOPIC: Estate Planning – Focus on Tax Considerations

Guest Speaker: Daniel W Giesbrecht CPA, CGA
Principal of Giesbrecht and Associates

- What is probate? Can/should you try to avoid it?
- What is a designated account?
- What are some tax planning strategies for estate planning purposes?
- What about adding my children to my accounts?
- What are the filing deadlines when someone dies?

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!

ANNUAL MEMBERSHIPS

AVOID \$10 PENALTY

Avoid paying the \$10 late renewal fee by renewing your membership prior to February 1st. 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 \$324.32 from Thrifty Foods representing funds raised in November 2018 and \$498.27 raised in December 2018 from the *Smile* card fundraising program. Thank you to all who use their Smile cards! Anyone wishing to help raise funds for GH by participating in this program can pick up a Thrifty Foods *Smile* card (and details) from our front desk.

A WARM WELCOME to our newest members

Clare Hughes, Wendy Smith, Daphne Stacey, Kathy Crawford, Cindy Stephenson, Pauline van den Driessche, Anne Crozier Smith, Laura Mae Nevile, Mikki Richards, Lorraine Calderwood Parsons, Meryl Huxham, Peter Walton, Peter Woodward, Jane Carroll, Janet Renouf, Anne Sandoval, Douglas Kerr, Julian Young, Gordon Johnson, and Heather Baxter. Please help to make them feel welcomed and at home.

WINNERS OF THE CHRISTMAS RAFFLE

Cecil Cranston – “Holiday Hostess” Basket \$200 value
Anita Komar – “Family Fun” Basket \$150 value
Chris Cook – “Asian Infusion” Basket \$100 value

Thank you to all that purchased tickets in support of this fundraiser

WE WISH TO EXPRESS OUR GRATITUDE TO:
Deanna Green and Maureen Moffat



ARE YOU SEEKING A NEW YEAR'S RESOLUTION?

DO YOU LIKE TO SET YOUR OWN HOURS?

If so, this may be the perfect fit for you . . .

Goward House is seeking on-call volunteers willing to donate one hour (or less) to the GH Library. You set the days and times that best suits you. Could be be a great activity you attend at GH.

Contact: Elaine or Mary to volunteer: 250 477 4401

SPECIAL VOLUNTEER

WE WANT TO SHINE A LIGHT ON THIS MONTH:

JIM BRACKENBURY
Bridge Director & Instructor

Jim has been teaching and directing bridge at Goward House for 11 years. During this time, he has introduced many students to Goward House, resulting in many becoming members. Jim also volunteers at special events such as the annual craft fair.



THANK YOU JIM
FOR THE DONATION
OF YOUR TIME,
ENERGY, and
EXPERTISE!

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!



A BIG THANK YOU to . . .

the following members that volunteered to help make our annual Christmas Luncheon and Concert another success:

Gayle Millbank	Peta Alexander
Dean Sawyer	Barb Sawyer
Andre Berthiaume	Lee Frank
Dave Nicholds	Rheta Steer
Pat Longman	Rosita Dworschak
Susan Ikeda	Shirley Rainey
Janis Dunning	Elaine Daniel

With the help of these loyal volunteers we were able to serve Christmas lunch to a total of 103 individuals.



ALSO A BIG THANK YOU to . . .

the members of the **Goward House Singers** for providing an delightful music program for the enjoyment of our lunch guests.



LAST BUT NOT LEAST, SPECIAL THANKS to two individuals:

Tricia Parker who, has traditionally for many years, prepared the delicious Cranberry Sauce for all to enjoy at the Christmas lunch; and

Peter Bruce, our volunteer photographer, who took a large array of lovely photos of our Christmas luncheon event, some of which appear on pages 3 and 4 for your viewing pleasure.

MORE TAI CHI INFO

Sifu Gordon Muir will be offering enrichment classes (for 7 weeks) at Goward House on Thursday evenings starting January 10. (Cost \$70)

He will also be teaching two Sunday workshops per month. The first on Jan 27 (3 hours) will focus on Meditation and Qi Gong (Cost \$30). This workshop is aimed at breath control, lessening anxiety, and reducing tension. Qi Gong has been described as the way to Long Life. Combined with Meditation it is indeed powerful medicine.

The second Sunday (Feb 10) (6 hours) is Chen Taijiquan (Tai Chi) and Broadsword (Cost \$100). Chen Taiji is the original Taiji and Sifu Muir's teacher is a Master whose lineage goes directly back to Chen Village. This Sunday workshop offers increased body coordination, Qi flow, and muscular development.

Register with gordonmuir@shaw.ca or at our front desk by tel: 250 477 4401.

FEBRUARY 2019

MONDAYS → →	NO PROGRAMS on FEB 18
9:00-12:30	Billiards
10:00-11:30	iPad Club (3 rd Mon) but not on Feb 18
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 not on Feb 25
1:00-3:00	Bridge Lessons (JB) Jan 14-Mar 18
12:30-3:30	Western Mah Jong (Sun / Sequoia Rm)
1:30-4:00	Chinese Mah Jong (Sun / Sequoia Rm)
2:15-3:15	Yang Style Tai Chi not on Feb 25
TUESDAYS	
9:00-11:00	Spanish – Level 2 restarts Feb 19
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)
1:00-3:00	French-Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tues) Feb 19
1:15-4:00	Portrait Painters
WEDNESDAYS	
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
THURSDAYS	
9:00-10:00	Yang Style Tai Chi not on Feb 28
9:00-12:00	Billiards
10:15-11:15	Yang Style Tai Chi not on Feb 28
11:30-12:30	Strength & Balance
12:30-4:00	Social Bridge (All Levels) Sun Rm
12:45-1:45	Qi Gong not on Feb 28
FRIDAYS	
9:00 - 3:30	Billiards
9:00 – 11:00	Spanish – Level 1 restarts Feb 15
9:30 – 10:30	Gentle Yoga restarts Feb 8
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



GH RAGGEDY ANN travelled south of the border (to Mexico) with **Dean Sawyer**, who kindly donated the doll together with 52 children's dresses to needy families. Thank you Dean for your charitable spirit!