



THE GAZETTE

Goward House
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APRIL
2019

Editor: Mary Homer

PRESIDENT'S MESSAGE

Gayle and I would like to welcome the new President of the Goward House Board of Directors, Barry Mah Ming. Barry will be an excellent president and brings a wealth of experience and good humour to the Board. Barry's broad experience as a lawyer who specialized in criminal law, a tour guide, ESL teacher and a member of numerous other Boards in his pre-retirement life will benefit us all. We would like to welcome David Eyles back on the Board. David is a Past President and will share his years of experience and wealth of knowledge with the Directors. We would also like to welcome Allan Davies who was an educator with the Greater Victoria School Board and Principal of two schools. Allan will bring his own Board experience to our Board here at Goward. Last, but not least of our new Board members, is Mary Collins who was the former Member of Parliament for West Vancouver Capilano and is now a member of the Saanich Police Board. And let us not forget the wonderful Board Members who are carrying on with their duties for another year. We appreciate you all.

Gail Branton / Co-Past President
 Gayle Millbank / Co-Past President

THE NEWLY ELECTED GOWARD HOUSE SOCIETY BOARD OF DIRECTORS 2019 – 2020

President	Barry Mah Ming
Vice-President	David Eyles
Secretary	Gail Flitton
Treasurer	Lois Akam
Director	Mary Collins
Director	Allan Davies
Director	Lee Frank
Director	Andre Berthiaume
Co-Past President	Gail Branton
Co-Past President	Gayle Millbank

Back row: Lee Frank, Allan Davies, Gail Branton, Barry Mah Ming, David Eyles, Andre Berthiaume **Front Row:** Gail Flitton, Lois Akam
Missing: Mary Collins, Gayle Millbank



GOWARD HOUSE CLOSURE

Closing at 12:00 noon: Friday – April 12 (Rental)

GOWARD HOUSE CLOSURE

Friday – April 19 (Good Friday)
 Monday – April 22 (Easter Monday)

APRIL ART SHOW

March 29 to April 24th

FREE

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

OUR COLLECTION – FINDING INSPIRATION

**ANNE MILLAR
CAROL NUERNBERGER
VICKIE STEWART**

Come and view three styles by three artists. This group uses a mix of media and a variety of painting styles and topics.

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

**Artists' Reception
Sunday - April 7, 2019
1:30 pm - 3:30 pm**

WALKIE-TALKIES WALKING GROUP

Scheduled Walks for April

Mondays at 10:30 am

Anyone interested in joining this group for their scheduled walks is asked to meet in the Main Lounge of Goward House by 10:30 am:

APR 1 Ten Mile Point are [Leader: Wendy]

APR 8 Cadboro Bay/Gyro Park/Heron Nests
[Leader:Nancy]

APR 15 Mystic Vale [Leader: TBA]

APR 22 *No Scheduled Walk Due To Easter Monday*

APR 29 Meet at top of Mt. Tolmie in parking lot at reservoir for walk of Mt.Tolmie/UVic Gardens (90 mins)
[Leader: Wendy]

TRAVEL TIPS FOR HOME OR ABROAD

FREE

Tuesday – April 9

ALL ARE WELCOME

1:30 pm to 3:30 pm (GH Theatre)

This free presentation is brought to you by Heart Pharmacy. Seating is limited, so please register your attendance with our front desk (250 477 4401)

iPAD CLUB

NEW MEMBERS WELCOME!

Monday – April 15

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.

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 contact:

Jim McFarland – tel: 250 477 8988

BEGINNERS' LINE DANCING

Every Tuesday

11:30 – 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!

BOOK CLUB

NEW MEMBERS WELCOME!

Tuesday – April 16

1:30 pm – 3:30 pm (Main Lounge)

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! If you want to join them on April 16 they will discuss "The Headmaster's Wager" by Vincent Lam.

NATIONAL VOLUNTEER WEEK

April 7 to 13

It is important for our many members to know that Goward House could *not* function as the vibrant adult activity centre that it is, without the energy generously and tirelessly donated by our team of (more than 80) volunteers. Whenever you are at Goward House enjoying an activity or simply taking in the pleasure of its ambience, please take a look around you. You are sure to see the results of numerous individuals having industriously given of their time to countless tasks.

We have volunteers meeting and greeting at the front desk, while others work tirelessly in the tea room. We have volunteers that come regularly to keep our lending-library (located on 2 floors) in good order. Some volunteers can be found gardening enthusiastically in the flowerbeds as well as caring for our splendid woodlands. Let's not forget the ladies that keep the house looking so nicely manicured and dressed for each season. Oh, and let us remember the volunteers that do the many unglamorous yet important jobs of repairing items as needed. As well, we have countless numbers of volunteers leading weekly activity groups as well as volunteers working on committees. And let's not forget our website . . . it does not create itself month after month. Yes, it's a volunteer that does all that!

Please be sure to take a moment to say "thank you" to our volunteers. A smile and a few kind words go a long way to letting them know their efforts are appreciated.

If it were not for our volunteers, we could not offer you the services you so enjoy at the current prices.

Elaine Leonard, Mary Homer and Suzanne Ball extend their sincere "thank you" to all Goward House volunteers for making their jobs so much easier and for making coming to work a delight! They look forward to hosting our volunteers at the Volunteer Appreciation Reception on May 7. Invitations have been sent. If you did not receive yours, please contact Elaine or Mary in the admin office.

MONEY MATTERS NON-MEMBERS ARE WELCOME!
Thursday – April 25 FREE

2:00 pm to 3:30 pm

TOPIC: Estate Planning – Trust Considerations

Guest Speaker: Brenda Milbrath, Barrister & Solicitor with MacMinn & Company will address the following concerns:

- What is a trust?
- Common types of trusts
- How trusts can be used in Estate Planning – brief overview
- Update on changes to Trusts

Presented by: Pam Katunar – Investment Advisor with Raymond James. Seating is limited

Register your attendance: GH Front Desk: 250 477 4401

TUESDAY CRAFT GROUP

Every Tuesday NEW MEMBERS WELCOME!

1:30 pm – 3:30 pm (Sun Room)

This intimate and dedicated group of crafters and knitters welcomes new members to join them for fun and laughter. They are currently creating projects for our annual Craft Fair.

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!

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 Goward House and its members.

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!

FINANCIAL WORKSHOPS JUST FOR WOMEN FREE

Saturday - May 4, 2019 10:00 am to 4:00 pm (Main Floor) NON-MEMBERS ARE WELCOME!

As a woman, do you feel confident and in control of your investments and finances? Do you know what your retirement plan looks like? Do you know what risks you are taking? Pam Katunar, Financial Advisor, has created timely courses exclusively for women to learn more about finance and investing. Pam is a frequent presenter on investing topics, and the most common comment from women after attending these classes is, “I wish I had done this years ago.”

At some point in their lives, 90% of women will be solely responsible for their finances. Average age of widowhood in Canada is 56. Are you ready to deal with this? Come join us to start to prepare!

Bring a friend, pack a lunch, and come to learn more about how to handle this important aspect of life. Your future is counting on you!

RSVP: Tel: 250-405-2455 or 250-405-2430 or

E-mail: pam.katunar@raymondjames.ca

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!

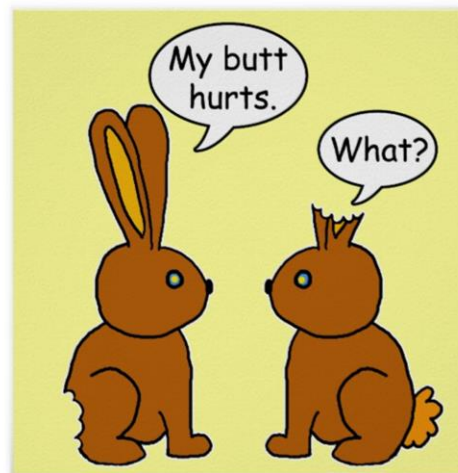
Available to non-members also.



**A WARM
WELCOME to
OUR NEWEST MEMBERS . . .**

*Marcelle O'Reilly, Jim Maier, Karen Finnsson,
Peter Francis, Cathy Verhey, Daria Dosselli,
Gianfranco Mosca, John Crone, and Tony Sheridan,*

Please help to make them feel welcomed and at home.



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WE ARE DESPERATE FOR YOUR HELP!

Due to upcoming vacations and family members visiting, we are in desperate need for additional "spare" volunteers, as follows:

KITCHEN VOLUNTEERS:

Friday afternoons:

Needed immediately: Seeking two volunteers available to help on **alternating Friday afternoons** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

Friday mornings:

Needed July 1 to Jan 30: Seeking two volunteers available to help on **alternating Friday mornings** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

FRONT DESK VOLUNTEERS:

Thursday afternoons:

Seeking two volunteers available to help on **Thursday afternoons** when needed due to absence created by regular Volunteers because of medical appointments, vacations, etc. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

Friday afternoons:

Seeking two volunteers available to help on **Friday afternoons** when needed due to absence created by regular Volunteers because of medical appointments, vacations, etc. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

PROGRAM CHANGES:

YANG STYLE TAI CHI
MONDAYS – 1:00 – 2:00
MONDAYS – 2:15 – 3:15
CANCELLED: APRIL 29

YANG STYLE TAI CHI
THURSDAYS – 9:00 – 10:00
THURSDAYS – 10:15 – 11:15
CANCELLED: MAY 2

QI GONG
THURSDAYS – 12:45 – 1:45
CANCELLED: MAY 2

QUOTE: As you age, three things happen. First your memory goes, and I can't remember the other two.

APRIL

MONDAYS	
9:00-12:30	Billiards
10:00-11:30	iPad Club (3 rd Mon) April 15
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 April 29
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 April 29
TUESDAYS	
9:00-11:00	Spanish – Level 2 see note below
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
11:30-1:00	Line Dancing-Beginners
1:00-3:00	French-Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tues) April 16
1:15-4:00	Portrait Painters
1:30-3:30	Craft Group (Sun Room)
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 Conv. [Intermed] (1 st & 3 rd Wed)
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (A&C Rm)
THURSDAYS	
9:00-10:00	Yang Style Tai Chi not on May 2
9:00-12:00	Billiards
10:15-11:15	Yang Style Tai Chi not on May 2
11:30-12:30	Strength & Balance
12:30-4:00	Social Bridge
12:45-1:45	Qi Gong not on May 2
FRIDAYS	
9:00 - 3:30	Billiards not Apr 12
9:00 – 10:45	Spanish – Level 1 see note below
9:30 – 10:30	Gentle Yoga
10:00–11:30	Spanish–Conv (Inter)
10:45–12:15	Spanish–Conv (Adv) see note below
12:30-3:45	Social Bridge not Apr 12 & 19
1:00-3:00	GH Singers not Apr 12 & 19

PROGRAM CHANGES:

SPANISH – LEVEL 1 FRIDAYS - 9:00-10:45
WILL MEET APR 5 and 12 (Fridays) and
ON APR 30 [Tuesday] in place of APR 19

SPANISH – LEVEL 2 TUESDAYS – 9:00-11:00
WILL MEET APR 2, 9, 16 and 23 (last class)

SPANISH CONVERSATION (ADVANCED)
FRIDAYS - 10:45–12:15
APRIL 12 SESSION WILL END AT 12 NOON

Goward House t-shirts are now available in six different colors. Please see our front desk for sizing and color options. Cost is only \$15