



# THE GAZETTE

Goward House  
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## JUNE 2019

Editor: Mary Homer

### A MESSAGE FROM THE PRESIDENT

Summer has crept in early it seems. Our Volunteer Appreciation Reception on May 7 was well attended with over 50 participants who enjoyed food & games. This was followed by our first BBQ of the season (May 15) which was the best attended lunch BBQ we have ever had. Our next one will be June 12. Also, our volunteer Chef, Gianfranco, has been creating new dishes in our kitchen. Be sure to drop in and sample some outstanding food. Your Board Members have been working hard to improve parking, as well as continuing to seek grants to improve the house.

### FOR YOUR INFORMATION, DIRECTOR PORTFOLIOS ARE AS FOLLOWS:

<b>Front Desk and Memberships:</b>	Lois Akam, Gail Branton, Mary Collins, Gail Flitton		
<b>Facility:</b>	Andre Berthiaume, Allan Davies, David Eyles		
<b>Gardens, Grounds &amp; Parking:</b>	Allan Davies, Gail Branton, David Eyles		
<b>Environs</b>	Mary Collins, Gail Flitton	<b>Publicity:</b>	Gayle Millbank, Barry Mah Ming
<b>Emergency Preparedness:</b>	Allan Davies, Andre Berthiaume	<b>Special Events:</b>	Lee Frank, Gail Flitton
<b>Kitchen:</b>	Barry Mah Ming, Allan Davies	<b>Volunteers:</b>	Barry Mah Ming, David Eyles
<b>Policy and Procedures:</b>	Gayle Millbank, Lois Akam	<b>Programs:</b>	Lee Frank, Mary Collins

Enjoy all that June brings your way!  
Barry Mah Ming, President

### OUR SINCERE THANKS TO:

*Cheryl's Gourmet Pantry  
Food for Thought Catering  
Truffles Catering*

for generously donating creative and delicious foods for our volunteers to enjoy  
at our annual Volunteer Appreciation Reception

If GH members are in need of caterers, please consider supporting those that support Goward House!

### STRAWBERRY TEA & CONCERT

Thursday – June 20

1:00 pm Concert and 2:00 pm Strawberry Tea

**ALL ARE WELCOME!**

Join us for our annual tradition of enjoying a concert  
performed 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 !

**GOWARD HOUSE CLOSED  
MONDAY, JULY 1  
CANADA DAY**

**ALL AFTERNOON ACTIVITIES CANCELLED  
Tuesday – June 25 at 12 noon  
(including Tea Room closure)**

**JUNE ART SHOW** **FREE**  
May 31 – June 26 **ALL ARE WELCOME!**  
Mon – Fri [9:00 am to 4:00 pm]

**THE GOWARD HOUSE PAINTERS PRESENT:  
The Portrait Painters' Show**

This show represents the different styles of portrait painting utilized by this group of painters varying in experience levels and artistic mediums.

**Participating Artists Are:**

Susan Baker      Jessi Barron      Elfrida Schragen  
Peter Dowgailenko      Irene Khurana      Eleanor Kobley  
Vivian Lochridge      Jim McFarland      Mary Scobie  
Drop in to enjoy the show!

**WALKIE TALKIE WALKING GROUP**  
Monday Walks in June  
10:30 am (Rain or shine) Cost: \$2 donation

**First 3 walks** – Meet in Grand Lounge of Goward House

**Fourth walk** – Meet as instructed below

**Length:** Average time is 60 to 90 minutes

**For questions** regarding any of the walks please call Wendy Denyes (Group Facilitator) at 250 477-1152.

**Jun 3:** Mystic Vale – (easy but has steep stairs) this will probably take 1.5 hours

Leader: Wendy

**Jun 10** UVic Chip Trail/Ring Road: (easy)

Leader: Myrna

**Jun 17** Mystery walk - Leader: Nancy

**Jun 24** Lochside Trail near Blenkinsop Trestle (meet at parking off Lochside Drive . . .take Mackenzie to Borden)

Leader: Audrey

**TUESDAY CRAFT GROUP** **(not June 25)**  
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.

**GERMAN CONVERSATION (Intermediate Level)**  
Wednesdays – June 5 and June 19  
**ALL ARE WELCOME!**

This group of intermediate level German speakers meet informally on the first and third Wednesday of each month for the purpose of utilizing their German language skills. They welcome other German speakers to join them. For further details, please call Goward House at 250 477 4401

**FRIDAY SOCIAL BRIDGE**  
Every Friday **(Cancelled July 5)**  
12:30 pm – 3:45 pm **NEW MEMBERS WELCOME!**

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!

**BBQ LUNCH**  
Wednesday – June 12  
11:15 to 1:00 pm

*Rain or shine*

*A great place to lose your appetite!*

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



**ADDITIONAL BBQ DATES:**  
Tues - July 16  
Tues - Aug 13

**iPAD CLUB** **NEW MEMBERS WELCOME!**  
Monday – June 17  
10:00 am – 11:30 am

This group meets on the 3<sup>rd</sup> Monday of each month in the Sequoia Room. The group support one another as well as benefit from receiving guidance from their former instructor.

**WHY TAKE VITAMIN D IN THE SUMMER?** **FREE**  
Tuesday – June 18 **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)

**BOOK CLUB** **NEW MEMBERS WELCOME!**  
Tuesday – June 18  
1:30 pm – 3:30 pm (Main Lounge)

This group meets on the 3<sup>rd</sup> 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 June 18 they will be discussing *The Goldfinch* by Donna Tartt. This group will not meet in July and August but their summer read will be determined at the June meeting (announced in the July/Aug Gazette) and discussed on September 17.

**SPECIAL THANKS**

to the following GH members who pitched in to help with our annual Volunteer Appreciation Reception:

Judy Littler  
Linda Metters  
Keiko Nakaji  
Izzie McGrath  
Margot Allen

Their efforts were very much appreciated. Thank you!

## 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 20**

**11:15 am to 12:30 pm – Lower Hall**

please contact Suzanne (admin office) by e-mail at: [administration@gowardhouse.com](mailto:administration@gowardhouse.com) or tel: 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!

## ASSISTED DYING 101: THE BASICS

New & Improved presentation by:



**Thursday – June 27**

**1:30 pm (Lower Hall)**

**ALL ARE WELCOME**

This presentation is about 45 minutes long. There will be available an additional 15-30 minutes for questions and discussion.

Medical assistance in dying is now a legal end-of-life choice in Canada. One of the primary activities for the Dying With Dignity Canada organization is educating the public about this important option.

The Victoria Chapter of Dying With Dignity Canada will be speaking at Goward House about end-of-life issues.

Their goal is to quickly bring those present up-to-speed and up-to-date with assisted dying on southern Vancouver Island including: what MAID means, some basic statistics, who would qualify, how one would go about applying (Patient Request), getting approved, what to do after being approved, the peace one feels, setting the date, what happens on the day, what arrangements need to be made and other considerations.

Bear in mind they are in constant contact with senior staff of Island Health who are responsible for the MAID program so their information is current. They have also met with the Seniors Advocate of BC about access in assisted living residences.

**Phone: 250 477 4401 to register your attendance!**

\$5 per person (includes tea /coffee)

Space Is Limited

## OUR SPECIAL THANKS to DEAN SAWYER

for selecting and arranging for the delivery of our BBQ and preparing it for the new grilling season!

## MONEY MATTERS COFFEE CLUB

**FREE**

**Thursday, June 27**

**ALL ARE WELCOME!**

**2:00 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!*

**NEW!**

## PAINT-NITE

**Thursday, July 11**

**6:45 pm to 9:00 pm (Lower Hall Doors Open: 6:30 pm)**

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 instructions on how to re-create the image below. Everyone goes home with their own personal masterpiece!

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

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



**FOR  
GOWARD  
HOUSE  
MEMBERS  
and their  
INVITED  
GUESTS  
ONLY!**

**REGISTER ON-LINE BY JUNE 25  
TO AVOID EVENT CANCELLATION**

## TO REGISTER:

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

Go to: [www.paintnite.com](http://www.paintnite.com)

Click on: Events (located on the top bar)

Filter Your Results: (select *red wellies*)

Scroll down the page to find and select: July 11<sup>th</sup> 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 2

**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.



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

Face painting on site for children.



*A fun event for the whole family!*

**A warm welcome** to our newest members: *Judy Baldwin, Michael Hanwell, Gail Maier, Christie Umer, Heather Shea and Mary Sedgewick.* Please help to make them feel welcomed and at home.

## JUNE 2019

MONDAYS	
9:00-12:30	Billiards
10:00-11:30	iPad Club (June 17))
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
12:30-3:30	Western Mah Jong
1:30-4:00	Chinese Mah Jong
2:15-3:15	Yang Style Tai Chi
TUESDAYS	
9:00-11:00	Spanish-Level 2 ( <b>Restarts Sept 10</b> )
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
11:30-1:00	Line Dancing-Beginners ( <b>ends May 21</b> )
1:00-3:00	French-Advanced ( <b>not June 25</b> )
1:30-3:30	Book Club ( <b>3<sup>rd</sup> Tuesday – June 18</b> )
1:15-4:00	Portrait Painters ( <b>not June 25</b> )
1:30-3:30	Craft Group ( <b>not June 25</b> )
WEDNESDAYS	
9:00-11:45	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30-11:45	Chinese Mah Jong (Sun Room)
10:00-11:30	German Conv. [Intermed] ( <b>June 5 &amp; 19</b> )
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
9:00-12:00	Billiards
10:15-11:15	Yang Style Tai Chi
11:30-12:30	Strength & Balance ( <b>not June 20</b> )
12:30-4:00	Social Bridge ( <b>not June 20</b> )
12:45-1:45	Qi Gong ( <b>not June 20 or 27</b> )
FRIDAYS	
9:00 - 3:30	Billiards
9:00 – 10:45	Spanish-Level1 ( <b>Restarts Sept 15</b> )
9:30 – 10:30	Gentle Yoga ( <b>Restarts Sept 6</b> )
10:00–11:30	Spanish-Conv (Intermed)
10:00-11:30	Spanish-Conv (Adv) <b>Jun, Jul, Aug only</b>
12:30-3:45	Social Bridge
1:00-3:00	GH Singers

### Qi GONG

**CANCELLED: JUNE 20 (Thursday) at 12:45 pm**  
**JUNE 27 (Thursday) at 12:45 pm**

### ALL AFTERNOON ACTIVITIES

**CANCELLED: JUNE 25 (Tuesday) at 12 noon**  
**(including Tea Room closure)**

**DID YOU KNOW THAT . . .** *Norma Fitzsimmons*, one of our more recent Goward House members, started the Greater Victoria Flower Count in the 1960s? This year she attended the launch of the 44<sup>th</sup> annual event in the gardens of Hatley Castle at Royal Roads University. She also met with Grade 5 students from Colwood Elementary in celebration of this event. Our GH members are active in many areas of Victoria . . . keep your eyes and ears open, as you may just come across one (or two) at special events around town. Well done Norma. Thank you for starting up our popular Victoria Flower Count event.