



THE GAZETTE

Goward House
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SEPTEMBER 2019

Editor: Mary Homer

PRESIDENTS MESSAGE

Our President, Barry Mah Ming is currently occupied with matters outside of Goward House and has asked me to assume his Board Chairman duties in the short term. So I have a few things to report.

We have had a few minor 'incidents' and, as a result, your Board is working towards a general upgrade in our House security. And speaking of upgrades, the focus of the President's Appeal this Fall will be to renovate our bathrooms which will benefit from a long deserved 'sprucing up'.

The hard-working steward of our forest, Everett Peterson, has reported that the 16-year ecological restoration program in the 6 acre woodland surrounding Goward House is drawing to a close. No new initiatives will be undertaken for removal of non-native species since this phase is mostly complete. In the near future, the only planned volunteer activities will focus on maintenance of the footpaths and maintenance of protective wire rings to limit deer damage to the new young trees in the woodland lease area. Everett will remain as volunteer Lead Steward to continue the liaison that Goward House Society has with Saanich Parks for continued stewardship of this urban forest.

We encourage all members to review our Fall programs and to participate in any that feel right for you.
David Eyles, Acting Board Chair

NEW!

YANG STYLE TAI CHI for BEGINNERS!

BEGINNER TAI CHI OPEN HOUSE and CLASSES

Open House & Registration - Thursday, Sept 5 (9:00 am – 10:00 am)

Beginners' Classes (twice a week) –beginning September 9:

Mondays – 1:00 pm to 2:00 pm

and

Thursdays – 9:00 am–10:00 am

Cost: \$45 per month with GH membership

Anyone interested in taking the Beginner Yang Style Tai Chi classes at Goward House must attend this Open House to register and take out a membership with Goward House at our front desk.

These classes are appropriate for those who have never before experienced Tai Chi or for those wanting a refresher. Upon completion of the Beginners' Tai Chi classes, participants will be able to transition to the Continuing Tai Chi classes, also offered at Goward House (on Mondays and Thursdays).

REGISTRATION INFO: Must attend this Open House in person to register and pay. Space is limited. Pre-registration not available.

For more info: 250 477 4401

GOWARD HOUSE CLOSURE

**MONDAY, SEPTEMBER 2
LABOUR DAY**

Spanish Classes (Level 1) pg 2
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Chinese Mah Jong (Beginners)..pg 2
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SEPTEMBER ART SHOW **FREE**

Sept 3 – November 27 **ALL ARE WELCOME!**

Mon – Fri [9:00 am to 4:00 pm]

**Art Show and Sale
of Paintings by
Robert Amos and Sarah Amos**

Since 1975 **Robert Amos** has painted Victoria's urban landscapes in vivid watercolours and vibrant acrylics. Amos was made an Honorary Citizen of the City of Victoria (1985) and was elected to membership in the Royal Canadian Academy of the Arts (1996).

In this community, Robert Amos is remembered for his weekly column *On Art* which ran in the Victoria Times Colonist newspaper for 32 years.

Robert Amos has become known as "the man who paints Victoria", and his paintings of the city have entered the permanent collections of the City of Victoria, the Municipality of Oak Bay, the University of Victoria and the Art Gallery of Greater Victoria. Most important to him are the commissioned paintings he creates of some of our most interesting homes and gardens.

Sarah Amos has been painting professionally since arriving in Victoria in 1981. Accomplished with both watercolours and oil paint, she is known for her patient observation and fine workmanship. Over the years she has shown in group exhibitions and solo shows at Cedar Hill Art Centre, Victoria City Hall, the Auld Kirk Gallery in Shawnigan Lake and Sandstone Studio on Gabriola Island, among others. Her book *Sarah's Tea Time*, presenting recipes and stories illustrated with her own paintings, was published in 2009 by TouchWood Editions. In her show at Goward House Amos offers panoramic landscapes of scenes in Victoria and across the province.

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

Artists' Reception
Sunday – October 27
1:30 pm - 3:30 pm

**DON'T
MISS IT!**

SPANISH CONVERSATION

Intermediate Level

Fridays - 10:00 am to 11:30 am

Cost: Blue Activity Ticket

SUN ROOM

This new Intermediate Level group is perfect for those who have taken Spanish instruction but are not quite comfortable as yet to join the Advanced Level of Spanish Conversation (see below). Join this new group in the Sun Room on Friday mornings.

NEW TIME!

SPANISH CONVERSATION

Advanced Level

Fridays – 10:45 am to 12:15 pm

Cost: Blue Activity Ticket

SEQUOIA ROOM

This Advanced Level group of Spanish Speakers meet on the day / time indicated above. If you have had Spanish instruction and are comfortable conversing in the Spanish language you are welcome to join this group. There is no formal instruction at these sessions.



DON'T MISS THE BOAT . . . sign up for the special lessons and/or activities listed on pages 2 and 3

SPANISH CLASSES - Level 2

Tuesdays - 9:00 am to 11:00 am

Beginning: Sept 10 to Dec 10

Continuing in 2020 (Feb 25 – Mar 31)

Cost: Blue Activity Ticket



SEQUOIA ROOM

This course is for students who have completed the Level 1 course and are ready to study at a higher level. The textbook and accompanying CD can be purchased at a cost of \$50 from the instructors. Class size is limited. Register early to avoid disappointment.

REGISTRATION INFO: 250 477 4401

Registration deadline: Friday – September 6

CHINESE MAH JONG LESSONS

for BEGINNERS

Mondays – September 9, 16, and 23

9:30 am to 12:00 noon



SUN ROOM

Playing Mah Jong is popular at social and family functions and an interesting game for an afternoon or evening of entertainment. Playing is 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 the missed lesson. Sign up on your own or with a group of friends!

COST: \$35 Non-members

\$30 GH Members

REGISTRATION INFO: 250 477 4401

Registration /payment deadline: September 6

SPANISH CLASSES – Level 1

Fridays - 9:00 am to 10:30 am

Beginning: Sept 13 to Dec 13

Continuing in 2020 (Feb 28 – Apr 3)

Cost: Blue Activity Ticket



SEQUOIA ROOM

This course is for complete beginners and others who have had Spanish in the past but who wish to review what they once learned. Texts and accompanying CDs can be purchased from the instructor at a cost of \$50. Class size is limited. Register early to avoid disappointment.

REGISTRATION INFO: 250 477 4401

Registration deadline: Friday – September 6

LINE DANCING for BEGINNERS

On Tuesdays (11:00 noon – 12:30 pm)

Beginning: September 17

Cost: Blue Activity Ticket

NEW TIME!

LOWER HALL

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 who 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”.

BRIDGE LESSONS for TRUE BEGINNERS

Thursdays - 2:00 pm to 3:30 pm

Sept 19 to Nov 7

ARTS & CRAFTS ROOM

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: \$100 Non-members

\$ 80 GH Members

+ \$ 17 for textbook (payable to instructor)

REGISTRATION INFO: 250 477 4401

Registration /payment deadline: September 6

MONEY MATTERS COFFEE CLUB

Thursday, September 26

2:30 pm – 4:00 pm

Topic: Estate Planning Checklist and the Role of the Executor

LOWER HALL

Cost: **FREE** **NON-MEMBERS ARE WELCOME!**

*This is the first in a multi-part series on Estate Planning
You won't want to miss this session!*

COME AND LEARN:

- What is an estate plan and why do I need one?
- What are the duties of an executor in today's world?
- What about the fees for this job?
- Who is qualified to be an executor?
- and more

This session is hosted by **Pam Katunar**, *Financial Advisor with Raymond James*

Please pre-register your attendance with our front desk

Tel: 250 477 4401

Seating is limited!

**NEW TIME!
NEW LOCATION!**

WATERCOLOUR PAINTING CLASSES

with **ROBERT AMOS**

Thursdays – October 3, 10, 17, and 24

9:30 am to 11:30 am

Arts & Craft Room

NEW!

Working with watercolour, acclaimed artist Robert Amos, has filled sketchbooks with travel notes everywhere he goes. Now he will coach you to quickly paint what you see. Beginners and seasoned veterans will benefit from this fun course. Bring watercolours and good paper (100% cotton) and a photograph of a subject you'd like to paint.

REGISTRATION INFO:

Registration /payment deadline: Sept 19 (Thurs)

Register by phone: 250 477 4401

Cost: \$85

SENIORS' OUTREACH PRESENTATION

Thursday – October 10

2:30 pm – 3:30 pm

FREE !

LOWER HALL

NEW!

Come and learn how you can:

- connect to resources to improve your quality of life (including subsidy programs that include SAFER, Fair PharmaCare, bc211,)
- connect to services to improve your quality of life (senior centres, homecare, HandyDart, Office of the Seniors Advocate)
- connect to your neighbours

REGISTER YOUR ATTENDANCE: Tel: 250 477 4401

BRIDGE LESSONS - Defense in the 21st Century

Mondays – Oct 21 to Dec 16

1:00 pm to 3:00 pm

BILLIARDS ROOM

**LAST OFFERED
in JAN 2018**

Jim Brackenbury, an ACBL accredited bridge teacher and club director, will be teaching this 8-week course. The focus will be on helping experienced newer players (those familiar with the basics of bidding and play) and intermediate players improve their defensive play in bridge, using the most recently updated textbook from the American Contract Bridge League. Class size is limited. Register early to avoid disappointment.

COST: \$100 Non-members

\$ 80 Goward House Members

+ \$ 30 for textbook (payable to instructor)

REGISTRATION: Tel: 250 477 4401

REGISTRATION/PAYMENT DEADLINE: October 11

*No class on November 11 (Remembrance Day)

NEW

THRIFTY FOODS - SMILE CARD FUNDRAISER

We received from Thrifty Foods \$238.75 in June and \$204.50 in July representing funds raised from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

CRAFT TABLES AVAILABLE

We do have a few craft tables still available for anyone wishing to rent a craft table during our 2-day craft fair on November 16 and 17. Contact Heidi Hodgins by tel at: 250 477 4401 or by e-mail: info@gowardhouse.com
Please share this information with any craft-fair participants you may know.

ANNUAL GOWARD HOUSE CRAFT FAIR

Saturday, November 16

Sunday, November 17

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.

ROCK STARS AMONG US!

Our sincere thanks to the following volunteers for donating their time, energy and effort in helping us have another successful *Music on the Lawn* event at Goward House this past July:

Rick Homer / Tyler Hodgins
Ann Gibbard / Barb Mekelburg
Keiko Nakaji / Valerie Collins
Barb Martin / Chris Cook
Carol Gray / Rheta Steer
Georgene Brunell / Susan Ikeda

Despite the rainy weather, our kitchen / BBQ grill earned \$913.60 for the benefit of Goward House.

We also wish to acknowledge and thank **Dean Sawyer** and **Allan Davies** for their generous donation of time and energy as our Grill Masters at our BBQ lunches this season.
Well done!

You are all rock stars!

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

WENDY and DENNIS GEDNEY

Wendy and Denis Gedney are examples of true partnership . . . not only in life, but in volunteering as well. Together they volunteer in the Goward House kitchen on alternating Thursday mornings and, during their shifts, take turns to participate in the Yang Style Tai Chi classes.



They have become a staple in our kitchen on alternating Thursday mornings and for that we thank them! Thanks for doing such a great job!

IMPORTANT NOTICE to DROP-IN ART PAINTERS and DUPLICATE BRIDGE PARTICIPANTS

We wish to gently remind the participants in the two activity groups described above of the times allotted for each of their activity groups:

WED DROP-IN ART:

- Arrive as early as 8:30 am
- Ensure you put away all your materials and are able to vacate the area by 11:45 am

WED DUPLICATE BRIDGE:

- Gain access to Lower Hall to set up the play area from 11:45 am to 12:15 pm
- Gain access to GH Theatre to pre-shuffle cards
- Bridge playing 12:15 pm – 4:00 pm
- Tear down and put away tables & chairs - 4:00 pm

We ask that members of each activity group please be cooperative and respectful of one another. Thank you.

FOR ANYONE HAVING DIFFICULTY FINDING A PARKING SPACE AT GOWARD HOUSE



**PAY PARKING IS AVAILABLE AT QUEENSWOOD
(across the street)**

**You can pay using coins or credit card
Perhaps not the best solution but it is an option!**

ARE YOU SEEKING TO MEET NEW PEOPLE?

Why not join our volunteer team and gift yourself the opportunity to meet new people and make new friends? You don't need to commit to a "regularly scheduled shift" but can step forward to help out as a "spare" when a scheduled volunteer is away (due to holidays, medical issues, or have out of town visitors).

CURRENTLY WE ARE SEEKING to increase our pool of "Spare Volunteers" to work at our Front Desk and in our Kitchen.

Each shift is only 3 hours long and you only get called to fill in when someone else is unable to fill their own shift.

To volunteer please call Mary or Heidi in the admin offices at: 250 477 4401

Thanks!



A warm welcome to our newest members:

**Judy Gage, Diane Carter, Cathy Wong, Huguette Readshaw,
Jan Lemay, Bruce Beam, Diane Hewitt and Gene Hewitt.**

Please help to make them feel welcomed and at home.

GH MEMBERS RECEIVE A **DISCOUNT** ON RENTAL RATES?

We don't just rent for weddings!

Are you planning a special event?

We have a variety of spaces available to accommodate your needs.

Weddings (large or small)

Goward House offers an all-in-one venue; a perfect setting for the ceremony, wedding photography, and celebratory reception afterwards.

- Rehearsal Dinner
- Ceremony and Reception
- Gift Opening

Family Celebrations

Goward House offers an intimate and welcoming atmosphere.

- Birthdays
- Anniversaries
- Bridal Showers
- Baby Showers
- Christenings
- Reunions and family picnics
- Christmas gatherings
- Other special occasions (birthdays, anniversaries, etc)

Goward House offers venues, both indoor and outdoor, for family events of all types.

Memorials and Celebrations of Life

Goward House offers a warm and comfortable setting.

Business or Club Rentals

Goward House offers a wide range of meeting and conference facilities.

- Large meetings
- Small meetings
- Luncheons (to a max. of 16 persons)
- Regular monthly Club meetings
- Staff holiday parties
- Retirement parties
- Special events (fundraisers, etc.)

**Please call the administration office at:
250 477 4401
for further rental information**

**FITNESS CLASSES AVAILABLE
ON A REGULAR BASIS:**

(your first "try it" class is free)

MONDAYS

Strength & Balance with Manda Ghag

11:30 am – 12:30 pm

Cost: Yellow Fitness Ticket



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

Cost: \$18 for September (no class Sept 3)

Cost: \$30 for October

This program offers a variety of benefits including strength and flexibility. Use fluidity of motion and a more relaxed and expressive body, using bands, hand weights and balls.



TUESDAYS

(re-starts Sept 17)

Line Dancing (Beginners)

11:00 am – 12:30 pm

Cost: Blue Activity Ticket

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

Cost: Yellow Fitness Ticket

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

FRIDAYS

(re-starts Oct 4)

Gentle Yoga with Andrea Baudic

9:30 am – 10:30 am

Cost: Yellow Fitness Ticket

This class accommodates all levels of ability. You will leave the class feeling stretched, centered and re-energized. This yoga class is for everyone.

SEPTEMBER 2019

MONDAYS	NO CLASSES or PROGRAMS SEPT 2
9:00-12:30	Billiards
9:30-12:00	Chinese Mah Jong Lessons (Sun Room)
10:00-11:30	iPad Club 3 rd Mon (Sept 16)
10:30-11:30	Walking Club (off-site)
10:30-12:00	Paper Quilling (Main Floor)
11:30-12:30	Strength & Balance with Manda
1:00-2:00	Beginner Tai Chi begins Sept 9 & 12
12:30-3:30	Western Mah Jong (Sun Room)
1:30-4:00	Chinese Mah Jong (Sun Room)
2:15-3:15	Yang Style Tai Chi
TUESDAYS	
9:00-11:00	Spanish-Level 2 Restarts Sept 10
9:30-10:30	Strength & Balance no class Sept 3
10:00-11:30	Italian Conversation (Intermediate)
11:00-12:30	Line Dancing/Beginners Restart Sept 17
12:30-3:30	Billiards
1:00-3:00	French-Advanced
1:30-3:30	Book Club (3 rd Tues) Restarts Sept 17
1:15-4:00	Portrait Painters Restarts Sept 3
WEDNESDAYS	
8:30-11:45	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30-11:45	Chinese Mah Jong (Sun Room)
11:45-12:15	Duplicate Bridge set up of play area
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-3:30	Craft Group
12:30-4:00	Chinese Brush
THURSDAYS	
9:00-10:00	Beginner Tai Chi Open House Sept 5
9:00-10:00	Beginner Tai Chi begins Sept 9 & 12
9:00-12:00	Billiards
10:00-11:30	German Conv. [Intermed] Sept 12 & 26
10:15-11:15	Yang Style Tai Chi
11:30-12:30	Strength & Balance with Manda
12:30-4:00	Social Bridge
12:45-1:45	Qi Gong
2:00-3:30	Bridge Lessons for True Beginners
2:30-4:00	Money Matters Coffee Club Sept 26
FRIDAYS	
9:00-3:30	Billiards
9:00-10:30	Spanish-Level1 Restarts Sept 13
9:30-10:30	Gentle Yoga Restarts Sept 6
10:00-11:30	Spanish-Conv (Interm) Restarts Sept 13
10:45-12:15	Spanish-Conv (Advanced)
12:30-3:45	Social Bridge
1:00-3:00	GH Singers Restarts Sept 6

ON THE MOVE

CRAFT GROUP – returns to Wednesdays

New time: 1:00 pm to 3:30 pm

CHINESE BRUSH – Wednesdays

New time: 12:30 pm to 4:00 pm

GERMAN CONVERSATION – 2nd & 4th Thurs – 10:00 am to 11:30 am

Has moved from Wed to Thurs (2nd and 4th Thurs each month)