



THE GAZETTE

Goward House
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**JAN
2020**

Editor: Mary Homer

PRESIDENT'S MESSAGE

Hope everyone has a lovely holiday season, as well as a grand time bringing in the New Year!

I'm pleased to advise that your Board has authorized the renovation of all four public bathrooms, of which a portion of the cost is paid for by the generous donations of our members to our annual President's Appeal. Thank you to all for your response to the President's Appeal.

We also met with the Cadboro Bay Residents' Association and were advised that Saanich Council will be going ahead with the CB Local Area Plan, in which we will have input as well as Board member Mary Collins, who will be joining the LAP Advisory Committee.

This spring we will be hosting training and information sessions for both the Front Desk and Kitchen volunteers to ensure everyone is updated. New programs for 2020, include a SAGE Group and Intermediate French Group. Tai Chi classes will continue. The annual Christmas Craft Fair and our Christmas Lunch and Concert were superb.

As you are aware Mary Homer is retiring so you are invited to her party (details appear on page 4 of this Gazette). Be sure to RSVP with the front desk as space is limited. We will miss her dearly, especially the organizational skills she brought to our special events. She must have been in the Military in another life, as the schedules she made up were timed so well.

On another note I want to wish all of you a happy Chinese New Year, January 25, 2020 this year. It will be the Year of the Rat, which coincidentally is my year, as I was also born on Chinese New Year.

Barry Mah Ming
President

A FRIENDLY REMINDER

GOWARD HOUSE
IS CLOSING ON
TUESDAY - DECEMBER 24
12:00 noon

and

GOWARD HOUSE
WILL RE-OPEN ON
THURSDAY - JANUARY 2
8:30 am

If you are looking for a
New Year's Resolution during this time
. . . see page 6 for ideas!

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**



JANUARY ART SHOW **FREE**
November 29, 2019 to January 22, 2020
Monday – Friday
Viewing Hours: 9:30 am to 3:30 pm
ALL ARE WELCOME!

*The Studio of Harmonious Endeavours
presents works by
Chinese Brush Painters*

Featured Artists

George Cruikshank Arlene Davey Barbara Downie
Ann Gibbard Irene Khurana Ken Lee
John Hart Louise Lilliott Barb Mekelburg
Nenagh Molson Dot Roberts

This group of artists share a common passion for Chinese Brush Painting. The studio was founded by 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. Their afternoons together promote mutual encouragement and skill-sharing, as well as a great 'harmony of spirit' so necessary to artistic development.

WALKIE TALKIE WALKING GROUP **NEW TIME**
Monday Walks in January
10:00 am (Rain or shine) **Cost: \$2 donation**

The Walkie Talkies invite you to join them for (easy to moderate) walks on Monday mornings that last between 60 to 90 minutes.

Meet at GH in the Main Lounge prior to 10:30 am

- ❖ Jan 6: Royal Victoria Yacht Club and back (Leader: Margo) 1 hour
- ❖ Jan 13: UVic Chip Trail / Finnerty Gardens (Leader: Myrna/Audrey E.) 1.5 hours
- ❖ Jan 20: Queenswood (Leader: Nancy) 1 hour
- ❖ Jan 27: Willows Beach to Cattle Point (Meet at Kiwanis Pavilion at Willows Beach) (Leader: Elizabeth) 1-1.5 hrs?

Note: There are steps up to Cattle Point

MEDITATION FOR BEGINNERS **NEW TIME**
Mondays
3:20 pm to 4:20 pm (Sequoia Room)
Cost: Blue Activity Ticket

NEW MEMBERS WELCOME!

Join Eric Elbers, a meditation practitioner for over 40 years, and learn to meditate and experience the benefits of meditation. In an intimate group setting you will use guided meditation, breath and visualize to turn your attention within to experience peace, relaxation and increased awareness.

REGISTRATION: Not required. This is a "drop in" class.

iPAD Club **NEW MEMBERS WELCOME!**
Monday – January 20
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.

BOOK CLUB **NEW MEMBERS WELCOME!**
Monday – January 20 (please read info below)
1:00 pm – 2:30 pm (Sun Room)

For this January session only the group will not meet on their usual 3rd Tuesday of the month. They will meet on Monday January 20.

The book for discussion at the January meeting will be *The Magpie Murders* by Anthony Horwitz. New members are always welcome!

LINE DANCING **NEW MEMBERS WELCOME!**
Tuesdays **Re-starts on January 14**
11:00 am – 12:30 pm

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



GERMAN CONVERSATION (Intermediate Level)
2nd and 4th Thursdays
January 9 and 23

ALL ARE WELCOME!

This group of intermediate level German speakers normally meet informally on the 2nd and 4th Thursday 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

NOUVEAU

PARLEZ VOUS FRANÇAIS ?
CONVERSATIONAL FRENCH (Intermediate Level)
Date / Time: TBA

Interest has been expressed in starting up a Conversational French Group (intermediate level). If this is of interest to you, please sign up at our front desk. Interested participants will be contacted in the New Year regarding further details.

Group Limit: 12 members

Registration: Tel: 250 477 4401

Registration Deadline: January 15, 2020

MONEY MATTERS COFFEE CLUB

Thursday – January 23

2:30 pm – 4:00 pm

TOPIC: Estate Planning

U.S. Tax Considerations for Canadians

This is the fourth in a multi-part series on Estate Planning focusing on Legal Considerations! You won't want to miss this opportunity to receive some free tax advice.

Come and learn, from **GUEST SPEAKER Brent England**, Partner with

Hutcheson & Co., the answers to:

- What if I name one of my children in the U.S. as my executor?
- How much US property can I own before I file U.S. taxes?
- What about the estate tax?
- Differences between owning U.S. property vs U.S. stock portfolio?
- Common pitfalls to avoid
- Tax savings/planning tips?

HOSTED BY: Pam Katunar, *Financial Advisor with Raymond James Ltd.*

REGISTRATION: Pre-register by tel: 250 477 4401

SEATING IS LIMITED

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 "social" (not Duplicate) bridge playing. They are a very friendly group and all levels of play are welcome! Drop in to see if this group is a good fit for you. First-timer? No problem, your first time is free!

TAI CHI (Yang Style)

Mondays and Thursdays

\$45 per month

Come and join our Yang style tai chi classes and learn to use the three Rs of Tai Chi: Release, Root, and Rotate. Learn how the slow and repetitive movements gently increase the internal circulation (breath, body heat, blood, lymph, and peristalsis). In addition, by focusing solely on the movement of the form one is able to achieve a state of mental calm and clarity.

The instructor is Master Gordon Muir who has studied in China with masters of excellent lineage. He has been studying and teaching Tai Chi for over thirty years.

NEW

Beginner Classes
start on January 6, 2020

Mondays: 1:00 pm to 2:00 pm

Thursdays: 9:00 am to 10:00 am

On-Going Group re-starts on Jan 6 / 20
to meet on

Mondays: 2:15 pm to 3:15 pm

Thursdays: 10:15 am to 11:15 am

FRIDAY SOCIAL BRIDGE

Fridays

NEW MEMBERS WELCOME!

12:30 pm – 3:45 pm

This group plays social bridge at 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!

GUIDED SHORT STORY WRITING

Tuesdays

10:00 am to 12:00 pm

January 21 to March 10 (8 weeks)

NEW

Are you an aspiring writer? Do you want to write a short story? If the answer is 'yes', you may want to join Gayle Millbank as she leads you step-by-step from beginning ideas to a final edited story. Gail has tested, written, and published a 60-page *Short Story Writing Guide* which she will refer to during class. Join us and surprise your grandchildren with a bedtime story. Space is limited

Cost: \$30 for members

\$40 for non-members

Register: Tel: 250 477 4401

Reg'n Deadline: Jan 14



ASSISTED DYING 101: THE BASICS

New & Improved presentation by:

NEW



Dying With Dignity Canada

It's your life. It's your choice.

Thursday – January 30

2:30 pm – 3:30 pm (Lower Hall)

ALL ARE WELCOME

Since 2016, medical assistance in dying has been a legal end-of-life choice in Canada. One of the primary activities for Dying With Dignity Canada is educating the public about this important option.

Many people are interested in learning how Medical Assistance in Dying (MAiD) might apply on a personal basis, either as a possible option they might choose for themselves at some future date or for a loved one.

The Victoria Chapter of Dying With Dignity Canada visits many local groups to present the facts about MAiD on southern Vancouver Island.

The slide presentation lasts about 45 minutes, with ample time for questions.

REGISTRATION: Tel 250 477 4401

\$5 per person (includes tea /coffee)

Space Is Limited

2019 TAX RECEIPTS NOW AVAILABLE

This is a friendly reminder that there are some remaining tax receipts at the front desk, waiting to be picked by those who donated to the President's Appeal.

Please be sure to pick up your tax receipt on your next visit to Goward House. Thank you!

*Goward House Members
are invited to
please join us in raising a glass to toast
MARY HOMER
and wishing her well in her retirement!*

Wine – Cheese – Good Company

Tuesday – January 21

1:30 pm – 3:30 pm

Main Lounge



*Please RSVP
Prior to January 15
tel: 250 477 4401*

We look forward to seeing you!

SO, AFTER 13 YEARS OF SERVICE,
HOW WELL DO YOU KNOW



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What is your idea of perfect happiness?

Sharing good food, good wine and laughter with my husband in a foreign setting

What is your greatest fear?

A global shortage of gold-medal wines.

What is the trait you most dislike in yourself?

Impatience

What is the trait you most dislike in others?

Insincerity

What is your greatest extravagance?

Travel

On what occasion do you lie?

To avoid hurting others

Which living person do you most despise?

Donald Trump (well, actually it's more fear)

Which dead person do you most admire?

My Dad . . . he had great integrity

What is your current state of mind?

Looking forward

What do you consider the most overrated virtue?

Political Correctness

What is the quality you most like in a man?

Honesty

Which words or phrases do you most overuse?

My husband says its: OMG aren't you ever going to pick up after yourself?!

What or who is the greatest love of your life?

My family

Which talent would you most like to have?

The ability to sing

If you could change one thing about yourself, what would it be?

Be more patient

What do you consider your greatest achievement?

Surviving the many losses in my life

Where would you most like to live?

Exactly where I currently live

What is your most treasured possession?

My camera

What do you regard as the lowest depth of misery?

Jealousy

What is the quality you most like in a woman?

Kindness

What are your favourite names?

Valentina, Horatio and Marisa

What is it you most dislike?

Raw oysters

How would you like to die?

Quickly and painlessly

What is your most marked characteristic?

My strong work ethic

What do you most value in your friends?

Loyalty

Who are your favourite writers?

Too numerous to list

Who is your hero of fiction?

Don't have one!

Who is your hero in real life?

My nonna Maria . . . a true survivor!

What was your first impression of Goward House?

After 28 years of parking my car in the concrete jungle of downtown Victoria, I pulled into a GH parking space. Upon exiting my car I saw a doe and two fawns slowly walking towards me . . . my first thought: "Dorothy, you aren't in Kansas anymore." Wow! It was like a slice of heaven.

What was your most shocking moment at GH?

Learning a tree fell in the GH parking lot right down the centre of my car! Funny now . . .but not so much then!

What was your funniest moment at GH?

In providing website instructions to a GH member I used the expression "it doesn't take a rocket scientist" only to learn that I was instructing an actual rocket scientist! Life is funny that way!

What will be your fondest memory of GH?

The people (by far the best and most interesting part of working here!)

What is your motto?

Hakuna Matada

What words of wisdom do you have for the remaining staff?

They are wise in their own right and therefore there is no need!

What is your final statement to the members?

Thanks for the memories!

ANNUAL MEMBERSHIPS

AVOID \$10 PENALTY

Avoid paying the late penalty fee of \$10 by renewing your 2020 membership before January 31. The annual membership cost currently remains at \$60 per person. Remember: *'If you don't pay, you can't play!'*

TEA ROOM NEWS

During the month of **JANUARY (on Tues and Wed)** the Goward House kitchen will be offering:

FRESHLY MADE FRUIT CRISPS

and

ITALIAN PANINI

(Rosemary Ham, Asiago Cheese & Carmelized Onions)



TO HELP MAKE YOUR COMMUNITY EVEN BETTER, CONSIDER THE FOLLOWING NEW YEAR'S RESOLUTION SUGGESTIONS:

VOLUNTEERING at the GH FRONT DESK

3 hours per week or 6 hours per month – you decide!

Duties:

- Answer phones / take messages
- Accept deliveries
- Handle cash
- Process memberships
- Be of assistance to the admin staff

VOLUNTEERING in the GH KITCHEN

3 hours per week or 6 hours per month – you decide!

Duties of Food Preparers:

- Heat soup / make sandwiches
- Make tea / coffee
- Set out sweets
- Handle cash / sales of food items
- Do dishes / fill, run, empty sterilizer

Duties of those not preparing foods:

- Handle cash / sales of food items
- Make tea / coffee
- Fill / run / empty sterilizer
- Do dishes / fill, run, empty sterilizer

Anyone wishing to volunteer is asked to contact the administration office at GH by tel: 250 477 4401 or e-mail at: administration@gowardhouse.com

WHAT IS A VADAC STUDY?

In Canada, hospital re-admissions of patients with chronic disease may be preventable with improvements in home self-care, in-home monitoring, self-tracking, and engagement in self-management practices. Given this prevention perspective, the University of Victoria - Institute on Aging & Lifelong Health, has implemented an exciting two-year randomized controlled research study entitled the Victoria Assistive Devices and Coaching (VADAC) Study.

The goal of the study is to investigate the relative effectiveness of two treatments that may enhance the health and independence of seniors. One treatment group receives electronic devices (e.g., sleep pad, body scale, and a watch linked to an app on a tablet) installed in their homes and weekly calls from a self-management health coach, while the other group receives only weekly calls from a self-management health coach.

The VADAC Study is recruiting 225 volunteers to be study participants. Study participants need to be 65 years or older, experiencing one or more chronic health conditions, living in the Greater Victoria & Duncan areas, and have access to internet and Wi-Fi. After participants complete the Study Consent Form and baseline questionnaire, they are paired with a health coach and randomly assigned to a study group.

If you are interested to learn more, with the view of possibly volunteering to be study participant, you are invited to attend a:

FREE Information Session at

Goward House
2495 Arbutus Road
Friday – February 14
1:30 pm

Register your attendance by tel: 250 477 4401



SPECIAL THANKS to our dedicated volunteer team who worked so hard to help us host another successful Christmas Luncheon & Concert:

Gayle Millbank	Peta Alexander	Lee Frank
Dean Sawyer	Andre Berthiaume	Barb Sawyer
Nancy Lypkie	Anne Crozier Smith	Janis Dunning
John Martens	Barry Mah Ming	Susan Ikeda
	Shirley Rainey	

AND OUR SPECIAL THANKS to the *Goward House Singers* for regaling us with another lovely Christmas concert. Their performance always adds such a special touch to our holiday luncheon. Well done!

JANUARY 2020

FITNESS CLASSES OFFERED at GOWARD HOUSE (your first "try it" class is free)

MONDAYS Re-starts Jan 6

Strength & Balance with Manda Ghag
11:30 am – 12:30 pm
Cost: Yellow Fitness Token

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

TUESDAYS Re-starts Jan 14

Line Dancing (Beginners)
11:00 pm – 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 Re-starts Jan 9

Strength & Balance with Manda Ghag
11:30 am – 12:30 pm
Cost: Yellow Fitness Token

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 Jan 17

Gentle Yoga with Andrea Baudic
9:30 am – 10:30 am
Cost: Yellow Fitness Token

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

*IT'S SCARY WHEN YOU START MAKING
THE SAME NOISES AS YOUR
COFFEEMAKER!*



MONDAYS	
9:00-12:30	Billiards
9:30-12:30	Chinese Mah Jong Lessons (Sun Room)
10:00-11:30	iPad Club 3 rd Mon (Jan 20)
10:30-11:30	Walking Club (off-site)
10:30-12:00	Paper Quilling (Main Floor)
11:30-12:30	Strength & Balance (restarts Jan 7)
1:00-4:00	Western Mah Jong (Sun Room)
1:00-2:00	Beginner Yang-Style Tai Chi
1:30-3:30	Book Club (Jan 20)
1:30-4:00	Chinese Mah Jong (Sun Room)
2:15-3:15	Yang Style Tai Chi
3:15-4:15	Beginners Meditation (Sequoia Room)
TUESDAYS	
9:00-11:00	Spanish-Level 2 (Feb 18 to Apr 28)
10:00-11:30	Italian Conversation (Intermediate)
11:00-12:30	Line Dancing (Restarts Jan 14)
12:30-3:30	Billiards
1:00-3:00	French-Advanced
1:15-4:00	Portrait Painters
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 Painters
THURSDAYS	
9:00-10:00	Beginner Yang Style Tai Chi
9:00-12:00	Billiards
10:00-11:30	German Conv.(Intermed) (Jan 9 & 23)
10:15-11:15	Yang Style Tai Chi
11:30-12:30	Strength & Balance (restarts Jan 9)
12:30-4:00	Social Bridge
2:30-4:00	Money Matters Coffee Club (Jan 23)
FRIDAYS	
9:00-3:30	Billiards
9:00-10:45	Spanish-Level 1 (Feb 21 to May 1)
9:30-10:30	Gentle Yoga
10:00-11:30	Spanish-Conv (Interm)
10:45-12:15	Spanish-Conv (Advanced)
12:30-3:45	Social Bridge
1:00-3:00	GH Singers (performing off-site)

A warm welcome to our newest members:

*Merrilee Stuart, Ed Uhlig, Irene Rathbone,
Linda Petch, Ursula Steele, David Bartlett, Elizabeth
Kidd, Louise Barazzuol, Karis Zabolotney, Susan
Jergens, Maurice Hope, Ian Danks,
Paul Fogh-Doifmsmidt, and Cheryl Samuel.*

Please introduce yourself and help to
make them feel at home.

DID YOU KNOW . . .
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