

*editor Suzanne Ball*



*Allan & Fern Davies' garden*

## A MESSAGE FROM OUR PRESIDENT

We have reassessed our situation as to when we can reopen our beloved facility. Unfortunately, the Covid-19 virus has dictated that we must delay for a further time. The BC Government has extended the State of Emergency until at least May 15, so there is nothing we can do until Dr. Bonnie Henry, our wonderful Provincial Chief Medical Officer, gives us the go ahead. Consequently, as Section 71 of the Societies Act provides flexibility as to when AGMs are held, **the Goward House AGM has been postponed until distancing directives have loosened enough to allow a careful meeting.** We have had a Board Meeting, virtually, on Zoom, on April 14. Highlights were:

- ✓ David Eyles has resigned & Judy Baldwin has been appointed as a director by the Board
- ✓ Our revenue is down drastically, so we hope all Members will be renewing for next year as well as supporting the President's Appeal this Fall
- ✓ The downstairs bathrooms should be ready by the end of April

Some of our members are meeting to continue their activities in cyberspace - please advise us how this is working out. If anyone has any suggestions as to new programs please also advise. Would you be interested in a weekly Bingo?

Kudos to Everett & Merle Peterson who continue to maintain the Woodlands as well as Susan Ikeda & Marcia Knowles, who still pull weeds and clear ivy.

I am pleased to tell you that our Members are doing well, according to my phone calls to you all, but if anyone needs help or wants to offer to help please call us at the House or me, 778-533-1999.

In the meantime, to quote the Good Doctor, BE CALM, BE KIND, BE SAFE, take good care!

*Barry Mah Ming (Goward House Society President)*

## Delicious, Easy, Artisan Bread -A Spring Delight-

This bread requires NO KNEADING and has only 4 ingredients. Go ahead, try it!!

You will need:

- A 3.5 quart Dutch Oven casserole, with lid

PLUS

- 3 cups all-purpose flour
- 1  $\frac{3}{4}$  teaspoons salt
- $\frac{1}{2}$  teaspoon active dry yeast
- 1  $\frac{1}{2}$  cups very warm tap water

MIX:

In a big bowl, mix the flour, salt and yeast together well.

Pour in the warm water and using a spatula or wooden spoon, mix it until well incorporated.

ALLOW TO RISE:

Cover the bowl with plastic wrap and let it rise inside your unheated oven for **12 to 18 hours**.

PREHEAT YOUR OVEN & POT:

Remove the bowl of dough from where it was rising in your cool oven. Preheat your oven to 450 degrees. Place your cast iron Dutch Oven pot in the oven while it is preheating, until the pot is also 450 degrees (usually when your oven is finished preheating, the pot should be hot enough as well). Remove the hot pot from the oven and remove the lid.

SHAPE THE DOUGH:

Gently remove the dough from the bowl, with floured hands. Roughly shape it into a ball. No kneading required. Sprinkle some flour on the bottom of the hot pot and drop the ball into the pot.

FINISH:

Put the lid on the pot and **bake for 30 minutes**. Then remove the lid and **bake for a further 15 to 10 minutes** until golden brown. Remove the bread from the pot - but tempting as it is, be sure to wait until it is cool before you slice it. Yummm! Yummm!! Yummm!!!

Tips:

- ✓ You do not need to activate the yeast before, even though you are using active dry yeast; the slow rising will do the trick.
- ✓ You can place the ball of dough onto parchment paper and drop the whole thing into the pot so it won't stick.

*Thank you Janice Dunning, for this delicious recipe☺*



The Gustavson School of Business is hosting a webinar series titled *Uncharted Waters*, addressing COVID-19 topics for both personal and business use. On Thursday April 30, at 3:00pm, the topic is:

### **Personal Finances During the COVID-19 Pandemic**

More information about this webinar and the most current webinar topics can be found [here](#) or at <https://www.uvic.ca/gustavson/>



## SELF-ISOLATION... COULD IT BE A BLESSING IN DISGUISE??

As you spend more time in self-isolation, have you noticed a shift in the way you are handling this “new normal” way of life? Think back to 6 weeks ago. Did you picture yourself standing in line outside the grocery store waiting to stock up on toilet paper and hand sanitizer? Would you have patiently done so? I noticed my own shift while standing in a long line-up at the drug store, observing everyone patiently waiting their turn behind a 2 meter marker...no one in a hurry to pick-up this or do that or be here or there. It was peaceful for me, a blessing to see people slow down and just *be*.

A few days later, I stumbled upon *9 Things To Love About Self-Isolation*, an article by Chené Koscielny. Here are a couple of my favorites:

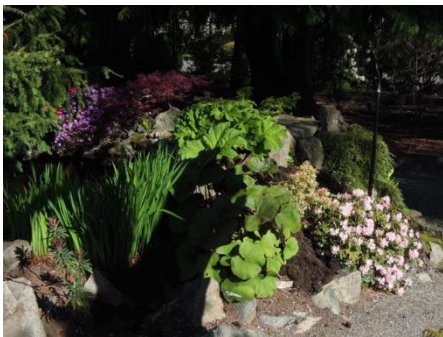
- **The Gift of Time** - We've all wished for it and magically as if our collective fairy godmother had waved her magic wand here it is...the gift of time. Are you using it well? We finally have more time to spend with our children, time to learn to play the guitar or to take up a neglected hobby or finish that abandoned project, time to exercise - albeit inside, time to spring clean - should you be that way inclined! Use your time wisely - you asked for it.
- **Less attachment** - What becomes clear in confinement is that we need far less than we think we do. Our flashy cars, our designer handbags, our branded clothes - suddenly haven't got much use. In times like these kindness becomes a stronger currency than cash.
- **Life's Little Pleasure's** - As our lives shrink many of the things we usually do to entertain ourselves - including shopping, eating out and travelling - are off the cards. When your life is limited to your home, you have to find pleasure in different things. Suddenly, eating a home-cooked meal with your partner by candlelight has a whole different meaning. Creating a balcony garden or trying a new recipe brings joy. Simple things such as finding a hidden roll of toilet paper at the back of the bathroom cabinet makes you do a little happy dance on the spot.

You can read the article in its entirety [here](#).

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## SPRING IS HERE!!

If you are lucky enough to have a garden and even luckier to have a green thumb to go with it, now is a perfect time to get outside and do your thing. These pictures are proof that board member Allan Davies and his wife Fern are lucky on both accounts. Thank you Allan and Fern for sharing your beautiful garden with us.



## SUDOKU

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Easy

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
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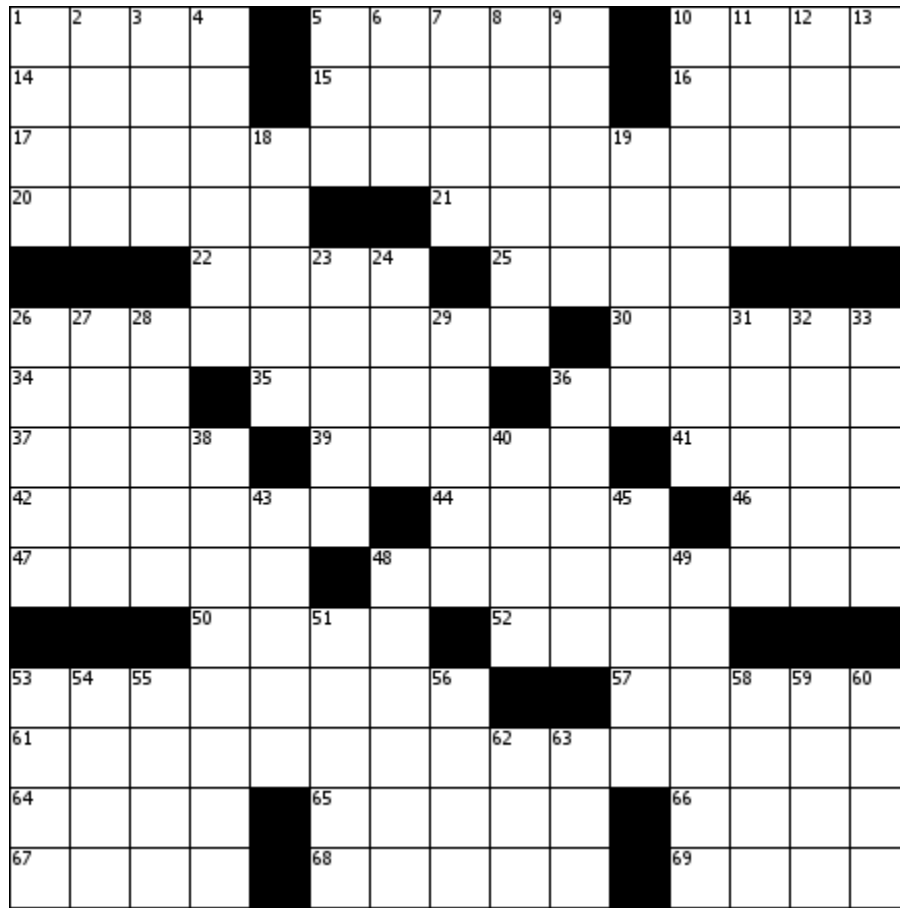
Hard

My wife said that if I don't get off my computer and help with the dishes, she'll slam my head on the keyboard, but I think she's jokindst09 aoeur lkasd;b98 32547k jashyalhpav kursjggfj 2398noe5a87s....

Does anyone know if we can take showers yet or should we just keep washing our hands?

Are you looking to entertain yourself? Your grandkids? Need a suggestion for a good book? How about a rollercoaster ride? Or a trip to Mars? Thanks to Pam K. (aka financial guru of Money Matters) doing any, or all, of these are just a [click](#) away.

# CROSSWORD



## Across

1. A&E word
5. Domineering
10. Crunch's rank
14. Slave
15. Get-rich-quick gamble
16. Snack first created in 1912
17. Hardly winning
20. South Korean capital
21. Pouched creatures
22. Printer's primary color
25. To the sheltered side
26. Hardly winning (with 48-Across)
30. Answering-machine blinks
34. Quarrel
35. Member of baseball's All-Century Team
36. Chap
37. Guitarist Clapton
39. Words of agreement
41. Heroic chronicle
42. Inclined
44. Gripe
46. Sixty secs.
47. Kind of heat or flare
48. See 26-Across
50. Sign of distress

## 52. Misprint

53. Dish often served covered with sauce
57. Silly
61. Hardly winning
64. Graph or pilot starter
65. Ally with
66. Pueblo Indian
67. Teen's big date
68. Gawain's transport
69. Candid

## DOWN

1. Andy's partner in old radio
2. Womanizer
3. Milosevic's predecessor
4. Exhibit poor posture
5. Deli specialty
6. Ah partner
7. Choreography bit
8. Run around naked
9. "\_\_\_ be sorry!"
10. Sweeps under the rug, e.g.
11. Diva's moment
12. Quaker colonist
13. Holiday drinks
18. Handbill

## 19. One of the family

23. Ill-treat
24. 1949 peace org.
26. Regions
27. Body trunk
28. Corded fabric
29. Grain husk
31. Cud-chewer without a hump
32. Spock's forte
33. Ritz
36. Hard to swallow
38. Hat-checker's station
40. Hardly a Westminster contender
43. Pimp
45. Early photo color
48. Turn in the right direction
49. Blanketlike cloak
51. 100-eyed giant of myth
53. Like some decisions
54. Decant
55. Countertenor
56. A French cheese
58. At the acme
59. Relaxed rejection
60. Roberts' Brockovich
62. Broke bread
63. Narc or G-man, e.g.