

*Editor Suzanne Ball*

## A MESSAGE FROM OUR PRESIDENT

**WE ARE OPEN!!!!!!!**

Thanks to great work by our administrative team, Heidi & Suzanne, and assisted by Lyle, we are back in business. We can't accept drop-ins yet - for now we are only offering scheduled activities. Please pre-register for activities by phone. If it is a lower level activity, please come through the Front Door. The stairwell is closed, except for upper level activities or appointments. Washrooms are restricted to one person at a time with doors open. The Lobby is not for dilly dallying. ☺

We have installed a debit/credit machine but still accept payment by cheque (we still accept cash but prefer cheques). The Province has extended the State of Emergency, but it has also moved into Phase 3, meaning you can travel, not just for essential reasons. As for us, our Front Desk Volunteers have returned Monday to Friday 10:00 - 2:00pm. The Tea Room, Kitchen, Art Gallery & Library are not open yet, but we have masks, exercise stretch bands, t-shirts & yoga mats for sale. As well, Everett & Merle Peterson will be happy to give tours of our Gardens & Woodlands - just call Heidi to sign up. This week we welcomed back the GH Quillers and Crafters, Manda Ghag with two Strength and Balance classes, Eric Elbers' Meditation class, Tuesday morning Line Dancers, the GH Artists and the Chinese Brush Painters, and the Advanced Conversation Spanish group. Please remember we are requesting that all patrons wear masks, excluding fitness participants during their class. We are required to screen everyone who enters GH for symptoms of COVID-19. You will be asked "do you have any of the following symptoms: coughing, difficulty breathing, fever or sore throat". If you answer YES to any part of the question you cannot participate. Please do not come to GH if you are feeling at all unwell! If you become ill while at GH please notify the Administrator immediately & isolate in the self-isolation containment area (the currently closed Tea Room). Thank you for keeping yourself as well as others Safe & Calm & Kind.



*Barry Mah Ming (Goward House Society President)*

**GOWARD HOUSE IS CLOSED JULY 1 FOR CANADA DAY.**



**ENJOY A SAFE CELEBRATION**



## Forest Bathing

*Submitted by Susan Ikeda*

Ahhhhh...a dip in a pool surrounded by woodlands sounds very relaxing, however, no bathing suit required. All one has to do is take a walk through our wonderful Victoria/Saanich parks for an hour or so once or twice per week while paying attention to our 5 senses during your walk.

The Japanese have been digging into the benefits of what they call "**shinrin yokuso**" (*forest bath*) - a form of physiological and psychological exercise, since the 1980's and now scientific research is proving the health benefits of **forest bathing**, or breathing in the essential oils that dense forests release into the air, continues to mount up.

We all know that walking is good for our health - we exercise our big leg muscles and increase endorphins (those are the "high" hormones), both of which make us feel better. But there's more to it. There are healing powers called phytoncides...an antimicrobial essential oil that protect trees from germs and have a host of health benefits for people.

You can pay a lot for the spa-like therapy *shinrin yokuso* offers in Japan and elsewhere in the world. Here in Victoria you can do it for free!! Click on the link below to find out "HOW" in an article by Dr. Qing Li.

<https://time.com/5259602/japanese-forest-bathing/>

Please take two minutes now to help do something wonderful for your body.

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Sadly, Goward House recently lost two past members:



**Moira Anderson** - July 12, 1935 - June 8, 2020 - We are saddened to hear of the passing of Moira Anderson. She married Malcom in 1959 and in 1966 they purchased their heritage home on Telegraph Bay Road and never moved again. As well as opening Village Books in Caddy Bay in 1980, Moira was an active member of the Goward House Book Club, MahJong and Bridge. *"If you have a garden and a library, you have everything you need."*



**Kenneth Kissinger** - passed away peacefully at home on May 20, 2020. Ken was proud to say he was born at St. Joseph's Hospital here in Victoria and played football at St Louis College. Not a man who aspired to greatness, Ken became a great man and role model, to all of his kids, grandkids, friends and family through his engaging curiosity about anyone he met and the world around him. *"With sadness and lots of love, we say good bye to Ken and a life well lived."*

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Every year, Saanich Police Department hire summer students who work as Crime Prevention Officers, who assist the Saanich Police in the delivery of crime prevention programs and initiatives, and motivating community members to become involved in community events. Of course this year, as for all of us, will look a bit different.

This year, the Crime Prevention Officers would like to reach out to seniors in our community who may be isolated due to Covid-19. If you or someone you know would appreciate a friendly visit from the Saanich Police Department Crime Prevention Officers, please get in touch with Heidi at [gowardhouse@shaw.ca](mailto:gowardhouse@shaw.ca) or 250-477-4401.

## MEET YOUR 2020 BOARD OF DIRECTORS

Here's a brief introduction to five of the Goward House Society board members; the remaining five will be introduced in next month's Gazette.

**Lois Akam, Treasurer** - Armed with a Masters degree in Public Administration and working for government, Lois' interest was split between social programs and the purely financial, as typified by her last three appointments: Program Manager for the BC Council of Human Rights, Deputy General Manager, Finance, Liquor Control and Licensing, and Director of Management Services, Office of the Provincial Ombudsman.

Travel has always been part of her life and she has had some unforgettable experiences - camping along the Great Ocean Road in Australia, following the elephant migration in Botswana, braving the subway in Moscow and much more. But always first in Lois' life - a wonderful family.

As the Board Treasurer, Lois is committed to the financial stability of Goward House and to the upgrades that will enhance its unique place in this community.

**Judy Baldwin, Director** - During the course of her professional life, Judy provided change management and strategic communications support to a broad spectrum of private, public and not-for-profit sector organizations in Canada, the U.S. and Cambodia. In her volunteer life, Judy has served on the Boards of arts, community and health sector organizations in Toronto, Vancouver and Victoria.

A passionate lifelong learner, Judy graduated from Simon Fraser University's Graduate Liberal Studies Program in 2014. She is currently the facilitator/participant of The Sage Group, a peer learning initiative offered through UVic.

Judy serves on the Board's Program and Volunteer Committees. She is keen to contribute to a vibrant Goward House community through support for current and emerging programs.

**André Berthiaume, Director** - Born in Montreal to a father in the military, André has lived in Europe and several Canadian provinces. While in the Royal Canadian Navy, he met his lovely wife. They had two children - and now have four grandchildren.

In 1974 André began working as an engineer for BC Ferries. After gaining his engineering 1st Class Certification in 1984, he was relocated to Powell River where he introduced the sport of rugby to the community. Back in Victoria, André oversaw the construction of four new vessels and a computerized Maintenance Management System before retiring as VP of Engineering in 2004.

André enjoys golfing, gardening, and spending time with his energetic family. Since joining Goward House in 2018, he has taken up Tai Chi and Bridge and is thankful to have met so many wonderful people. As a Board member, he has provided valuable support to the Budget and Facilities Committees.

### **Gail Branton, Director**

Gail is a retired teacher whose interests include her family, travel, gardening, walking reading - and Goward House.

Her 10-year involvement with Goward House started with a Tai Chi class, followed by volunteering on the Front Desk. She was then asked to serve on the Board of Directors where she became Secretary, then Vice President and President - and now Past President. Gail's Board Committee responsibilities have included Gardens and Grounds, Environs, Interior Makeover, Personnel Committee and Front Desk oversight.

Elsewhere in the community, Gail serves on a Scholarship Committee at the University of Victoria.

**Hon. Mary Collins PC, Director** - Born and raised in Vancouver, Mary's career spanned working in the public, private and not for profit sectors in Toronto, Calgary and Vancouver.

She served as the MP for Capilano-Howe Sound from 1984-93 and was a Member of the Federal Cabinet from 1989-93. Post politics, she focussed on health policy issues which took her to Russia where she lived and worked for five years. Mary moved to Cadboro Bay in 2017 to be with her daughter and grandson.

In addition to the Goward House Board where she serves on the Environs and the Program Committees, Mary is also a member of the Saanich Police Board and a Board Member of Pacific Opera Victoria and the Canadian International Council, Victoria Chapter.

*Stay tuned for your August Gazette to meet the remaining five board members.*

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A reminder we have Thrifty Foods Smile Cards and Fairway Market Community Cards available at the front desk. Both of these cards are an easy way to support our House while shopping for all the things you normally shop for (maybe a bit more toilet paper and hand sanitizer than usual???).

Stop by the front desk Monday - Friday between 10:00am and 2:00 pm...our front desk volunteers are back in action and looking forward to seeing you.

## EXCITING NEWS!!

Goward House now accepts payment by credit and debit cards for payment of membership dues and activity & fitness tickets. We accept VISA, Mastercard and debit cards. Payment must be made at the front desk; at this time, we cannot accept payment over the phone.

**On the keyboard of life, always keep one finger on the escape key.**

**Day 2 without sports: Found a young lady sitting on my couch yesterday. Apparently she's my wife. She seems nice.**



## SHOUT OUTS!!

To **Jim Brackenbury** for continuing to host and support the Goward House Duplicate Bridge players by way of weekly virtual tournaments. Many have mentioned their appreciation of Jim and as one player shared “...I hope you are aware of all the work Jim Brackenbury has done for the Goward House Bridge players - arranging a lovely weekly Tournament on-line. From my Point of view it is very successful- tx to Jim”

To **Heather Knight** and **Barbara Fields** for their unexpected and perfectly timed donations to Goward House. Thank you Heather and Barbara, your support is very much appreciated.

To our **Front Desk Volunteers** for your commitment of returning to the House to look after the front desk. The time you are giving is instrumental to the continued success of Goward House as we slowly re-open our doors.

And to everyone who bought groceries using their **Thrifty Foods Smile Card** in May, helping to contribute \$125 to the House.

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### NACHO CHEESY SAUCE

This versatile VEGAN & GLUTEN FREE sauce can be used as vegetable and cracker dip, spicy (or not) mac & cheese sauce, on your nachos and poutine, and so much more!

- 1 medium yam (peeled & diced)
- 2 large carrots (peeled & diced)
- 3 cloves garlic
- ¼ cup raw sunflower seeds (or cashews)
- 1T apple cider vinegar
- Juice of one lemon
- 3T nutritional yeast
- ½T paprika
- ¼ cup water
- salt & pepper to taste



- hot sauce or jalapenos to taste (optional)

### Instructions

1. In a medium pot, combine the diced yams and carrots, fill with enough water to cover and bring to a boil. Reduce heat and simmer for 8 minutes. Drain and add to a high speed blender.
2. To the blender, add the remaining ingredients except hot sauce (if using).
3. Let cool slightly and season to taste.

## CURRENT ACTIVITIES AT GOWARD HOUSE

<b>Monday</b>	Quillers 10:30-noon	Strength & Balance 10:30 - 11:30	Tai Chi* (beginner) Noon - 1:00	Meditation 3:00 - 4:00	Billiards**
	iPad Club 10:00 - 11:30 (3 <sup>rd</sup> week)		Tai Chi* (intermediate) 1:15 - 2:15		
<b>Tuesday</b>	Line Dancing 10:30 - noon	---	---	---	Billiards**
<b>Wednesday</b>	Drop-In Art 9:00 - 11:30	Crafters 1:00 - 3:00	Chinese Brush Painters 1:00 - 3:30	---	Billiards**
<b>Thursday</b>	Strength & Balance 12:00 - 1:00	Tai Chi*(beginner) 9:00 - 10:00	---	---	Billiards**
		Tai Chi* (intermediate) 10:15 - 11:15			
<b>Friday</b>	Yoga*** 9:30 - 10:30	Spanish - Advanced Conversation 11:00 - 12:30	---	---	Billiards**

\*begins the week of July 6

\*\*Billiards can be pre-booked for morning or afternoon, with a maximum of 2 players per booking

\*\*\*begins August 7

As you know, our activity calendar is not as full as it used to be, however, in the wise words of Dr. Henry, *“this is just for now.”* We are looking forward to the full re-opening of the House including all of our regular clubs and activities, our tea room, our special presentations and of course, hosting a special event or two. For now, we will continue to follow the re-opening guidelines as set out by the 7 organizations that have a say in when and how we are able to welcome our members and our community back to the House. In the meantime, we appreciate your patience and understanding as we all navigate through these times.



## WORD SEARCH

Things people do to have fun



ANTHEM  
BIRTHSTONE  
COFFEE  
CONVENOR  
DUES  
EVENTS  
FEES  
FLOWER  
FRIENDS  
GATHERING  
GREETERS  
HISTORIAN  
LADIES

MEETINGS  
MEMBERSHIP  
MESSAGE  
NATIONAL  
NEWSLETTER  
PASTPRESIDENT  
PHOTOGRAPHER  
POSITIONS  
POSTDATED  
PRESIDENT  
PROGRAM  
PUBLICITY  
REGULATIONS

RULES  
SECOND  
SECRETARY  
SOUTHPACIFIC  
SPEAKER  
STYLES  
TREASURER  
TRIPS  
VICEPRESIDENT  
WEDNESDAY  
WINNER  
WRITING