

Editor Suzanne Ball

A MESSAGE FROM OUR PRESIDENT

I hope you all had a nice Victoria Day Weekend despite the absence of the Parade & Highland Games last week, among other activities we used to enjoy. Last week, the Premier announced an extension for another two weeks of the provincial state of emergency, but also said it was expected to continue for the foreseeable future. Despite that grim forecast, we are hoping to moderately reopen in June, using directives & protocol from Dr. Bonnie Henry, Saanich, Work Safe BC, BC CDC and Island Health. The first level would be small groups of up to 10, second level up to 20, third level up to 50, fourth level more than 50. Flexibility of location, type of activity & social distancing would have to be followed in each. Your safety is our prime goal! Some of you have been meeting on GH's Zoom account, but it is just not the same as being face to face with friends. Unfortunately, summer Special Events - BBQs, Music In The Park, our own Strawberry Tea - will not be happening. Similarly, Saanich has cancelled most of their annual summer events as well.



Your Board Members have been very busy, including working on getting Emergency Kits, a new Sound System, Credit Card & Debit Systems, Garden Design & Plantings, & Financial Planning. The bathrooms on the main floor & lower level are now ready to use, thanks to Allan for doing some of the work, as well as dragooning his wife Fern. Thanks to Judy for donating a Keyboard for use by the choir, and members. André has researched tirelessly on sound systems as well as the credit & debit systems. Lois has kept us in the Black with her acumen.

Our membership is down by 20%, 17 rentals have been cancelled or postponed, but we have kept most of our staff working keeping very busy. Suzanne, with the help of Rheta Steer & Susan Ikeda has cleaned up and reorganized the kitchen. Everett & Merle continue their daily work on the grounds, while Susan still pulls ivy & weeds. A big thank you to our Mask Makers: Barb Sawyer, Esther Pomeroy & Karin Geppert. If you need one please buy one from us, we need the revenue!

Sad news, our Member, Rhoda McDougall, passed away March 10, but she generously left a bequest to Goward.

Thanks to the Cadboro Bay Residents Association for their donation of \$200, hope to see you back soon for your meetings & thanks again for cleaning up your files in the storage room☺

We have a new fundraiser: gift cards from Fairway Market, similar to the Thrifty Smile cards. We get a 5% rebate with no limit on the value of the rebate, so if you shop there please come and get a free card. Thank you for continuing to support Goward House with these grocery card fundraisers.

Last, but not least, thank you all for supporting our food drive for the Mustard Seed.

Barry Mah Ming (Goward House Society President)

Blueberry Banana Oat Muffins

(use the ripest bananas possible for the very best flavour)

Prep. Time: 15 mins. Baking time: 25 mins
Makes 12 large muffins

INGREDIENTS:

1 cup all-purpose flour (or whole wheat)
1 cup regular oats
1/2 cup granulated sugar
1 1/2 tsp. baking powder

1 tsp. baking soda
1/4 cup wheat germ
1/4 tsp. salt
2 egg whites
2 cups mashed banana (5-6 bananas)
1/4 cup soft margarine, melted
1 cup blueberries, fresh or frozen (thawed)



METHOD:

Spray: 12 large muffin cups with non-stick cooking spray OR line with paper baking cups.

Combine: first 7 ingredients. Mix well.

Beat: egg whites, banana and melted margarine together until smooth.

Add: banana mixture to dry ingredients. Stir just until moistened. Fold in blueberries.

Fill: muffin cups almost full.

Bake: at 375F (190C) for 20-25 minutes, or until top springs back when lightly touched.

Thank you to Rheta Steer for sharing this delicious recipe

Sadly, Goward House recently lost three members, one present member and two past members:



Eileen Beal - September 5, 1938 - May 6, 2020. We are saddened to share the sudden passing of Eileen, a long time Goward House member and past Board Member. Many of you will remember Eileen's smiling face at the front desk on Tuesday mornings.



Alice Berry - August 14, 1926 - April 29, 2020. We note with sorrow the death of long time Goward House member Alice Berry, on April 29, 2020. Alice was born in Watrous, Sask and lived for many years in Toronto before moving to Victoria in 1994. She joined Goward House shortly after that and participated in the Philosophy Club, the Portrait Painters Group and the Tuesday morning exercise class. She was an accomplished artist, avid gardener and mean tennis player. Known for speaking her mind, Alice cared deeply about human and civil rights, the environment and her children. She will be missed.



Rhoda McDougall - July 25, 1929 - March 10, 2020. Rhoda was a long time Goward House member. She was a very active bridge player and served as President for a number of years. Rhoda kindly bequeathed a legacy to Goward House Society.

HAIKU

Submitted by Charles Dool

Initially, Japanese Haiku used to be 17 syllables in three lines: 5, 7 & 5. It, like our modern poetry, called prose poetry, has changed to expressing it as briefly as possible, still usually in 3 lines. When you illustrate a HAIKU poem, it is then called HAIGA, as per this example shown below.

We have a Haiku group here in Victoria: Haiku Arbutus. Last summer Dr. Ion Condrescu a widely published Romanian poet was our guest speaker. After he was here he sent an e-mail inviting us, if we were interested, to send him 10 of our best, for him to consider illustrating in his next book, which he will publish through Red Moon Publishing in the US. I am to be included and he has chosen 4 of my poems. He will then illustrate one of them which is:

moonlight
through branches
spread on lawn



I'm starting to understand why pets try
to run out of the house
when the front door opens

If you see my grandkids crying outside
and picking weeds just keep on driving.
They're on a field trip.



GOWARD HOUSE SOCIETY GIVES BACK

Although the House has been closed and we have all remained at home or very close to, you have been instrumental in supporting one another, our House and the community.



To our House: THRIFTY FOODS SMILE CARDS - we received \$301.70 in March and \$247.50 in April. Thank you for using your Smile Card to stock up on toilet paper and benefit the House. And please continue to do so as we've just been approved to partake in the Smile Card program for another year.

And you now have another option...the Fairway Market Community Card Program. Just like the Smile Card program, Goward House receives a 5% rebate on each dollar you spend.



Contact the administration office to arrange picking up your Smile Card or Community Card (or both) at Goward House today!



To our community: MUSTARD STREET FOOD DRIVE - what a response from our members!! Your donations filled an envelope, a trunk, many hearts and even more hungry tummies. Thank you from Mustard Seed Street Church & Food Bank.

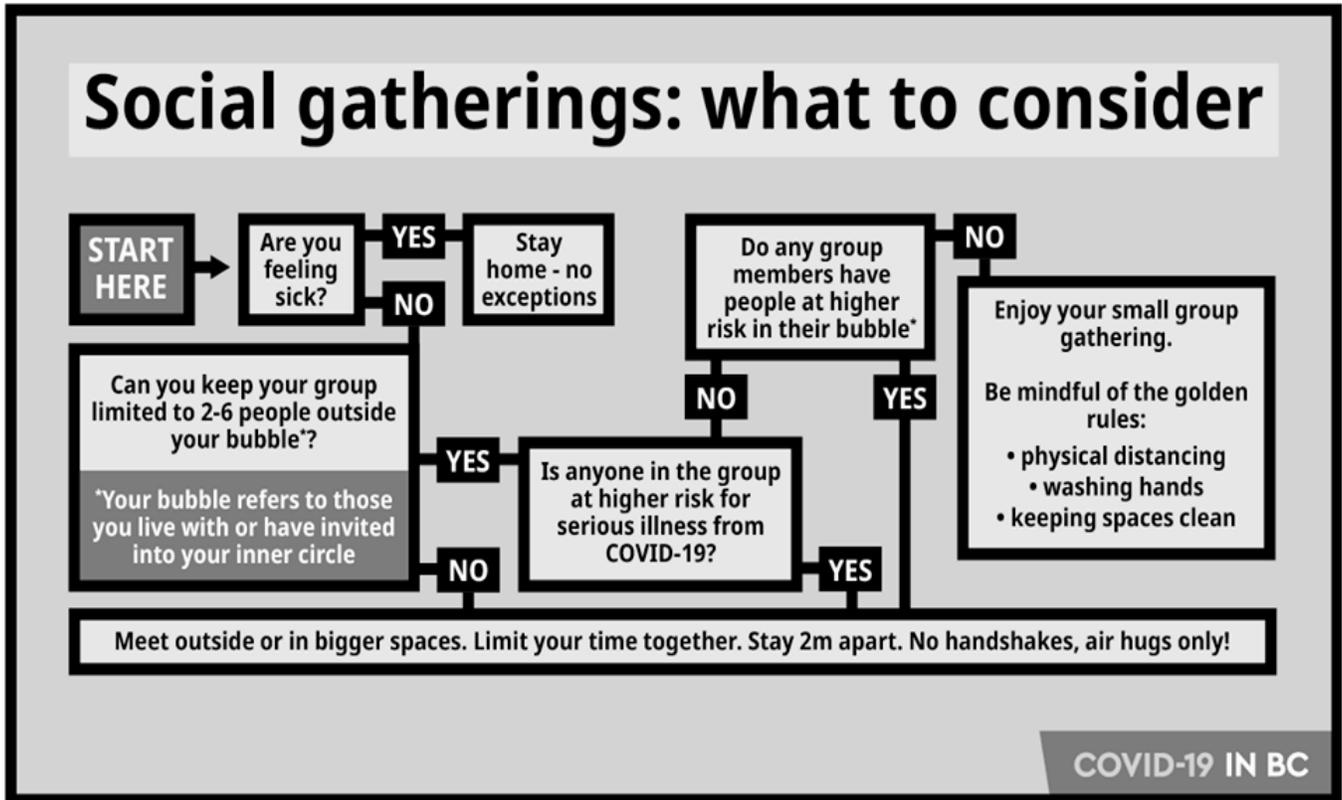
To one another: MASK TASK - a fundraising initiative selling colourful, protective masks...who would ever have thought this would happen. So many of you jumped on this with no hesitation, making it apparent you care about one another, your community and Goward House. Thank you to Karin Geppert, Esther Pomeroy and Barb Sawyer for "making" this a success!!

To order, send a quick email to Suzanne@gowardhouse.com with the # of masks you would like and we will be in touch when your masks are ready for contactless pick up. Payment is by cheque for \$10/mask payable to Goward House Society with masks in the memo.



Alyse Frampton (aka GH mask model☺)

AS OUR BUBBLES BEGIN TO EXPAND...



THINGS TO DO IN VICTORIA - VIRTUAL & OTHERWISE:

- ✓ **Teeny Tiny Garden Tour Virtual Edition!** - You'll enjoy a virtual glimpse into some of Victoria's best backyard gems as local garden owners generously open their gates in support of Victoria Hospice. Click [here](#) for all the details.
- ✓ **Art Gallery of Greater Victoria** - In celebration of their re-opening, the AGGV will offer free admission to all visitors until July 5, 2020. For those who prefer to remain at home, checkout <https://www.fieldtrip.art/>, an online platform delivering art experiences with some of Canada's most celebrated artists.
- ✓ **Bear & Joey Café** - If you're in the mood to venture out, this new café located at 1025 Cook Street is gaining rave reviews. If you happen to go, would love to hear your review.

Many of our local small shops and restaurants are starting to re-open. Although you may not be comfortable quite yet to venture too far from home, remember that when you are ready, our local small businesses are looking forward to seeing your smiling face, even though it's covered by a mask.

If you have a favorite place or thing to do or otherwise, and would like to share, your input is welcome and encouraged at administration@gowardhouse.com or 250-477-4401.

CROSSWORD

Across

1. Stretchy
7. In the center of
8. A Freudian stage
10. A sedimentary rock
12. French for "Summer"
13. Scarlet
14. Not telling the truth
15. Seven in Roman numerals
17. Bother
20. Deeply rooted
23. Reflected sound
24. Eat
25. Appeal

Down

1. Radiate
2. Spotlight
3. Summer refresher
4. Make lace
5. Mineral-based
6. Walking stick
7. Beer
9. Directed from the front
11. Goat-like antelope
15. Compete
16. Ancient Peruvian
18. Depression
19. Poetic tribute
21. Decay
22. Actress Lupino

