

*Editor Suzanne Ball*

## **A MESSAGE FROM OUR PRESIDENT**

### **DON'T SHOOT THE MESSENGERS!**

Unfortunately, it has come to my attention that some members have been resisting our procedures & protocols for Covid-19. Our staff have worked tirelessly to follow Doctor Bonnie Henry, Work Safe BC, BC Parks & Rec, Island Health, BCCDC and Saanich Municipality, to protect you & your families. They are just as much Front Line Workers as grocery, hospital, & pharmacy, etc staff. If anyone has a problem with following their directions please see me,



or any member of your Board, as we are the ones who have authorized what they are doing, which has enabled us to re-open our beloved Goward House, your home away from home! If we do not continue to tow the line, Saanich, which owns the house, may well shut us down. Please be calm, kind & safe!

In other news I'm happy to advise you that our bathroom renos came in under budget. We are awaiting estimates for our kitchen renos, dining room painting, front sign, and acoustic treatments of the Lower Hall and Tea Room.

Our Fall President's Appeal will be for help to cover operating costs, rather than a capital project, due to dramatic shortfalls in revenue due to the Covid-19 closure. Appeal letters will arrive in your mailboxes in September.

The Board has had an in person meeting in July & will continue the same this month, but our AGM is still in abeyance. Please let us know who would be willing to attend an in person AGM, in our Garden, so we can consider having one in September. Please call or email admin staff.

Last but not Least, I hope you are enjoying this Summer weather, but please remember to keep physically distancing, wear a mask when appropriate, & come back to enjoy your activities at Goward House. Cheers!

*Barry Mah Ming (Goward House Society President)*

**GOWARD HOUSE IS CLOSED AUGUST 3 FOR BC DAY**



## What's in your garden?

Submitted by Barb Mekelburg

Clover, clover and more clover. Consisting of about 300 species of flowering plants in the legume or pea family and considered a weed by the majority of the population, clover of one sort or another has found its way into gardens and lawns around the world.

Barb Mekelburg certainly thought her garden was mostly weeds, but then she discovered this clover with unusual heart markings. She did a bit of internet sleuthing to find out more about this unique “weed” but came up empty handed.



Barb decided she couldn't just toss it in the compost and re-planted a row of this cute “SweetHeart Clover” in her garden.

*Thank you to Barb for sharing these “heart”felt pictures*

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Sadly, Goward House recently lost two past members:



**Frank Cushing** - September 28, 1924 - July 12, 2020. Frank passed away peacefully with his family by his side and the sound of Mozart's Clarinet Quintet. Frank had a passion for sailing, playing the French horn and enjoyed singing with many different choirs including being a long time member of the Goward House Singers. He also relished any opportunity to engage in lively and sometimes feisty but always good-natured conversations about philosophy and politics. In lieu of flowers, donations may be made to Goward House Society.



**Norma Fitzsimmons** - August 18, 1922 - July 24, 2020. Best known as the founder of the Victoria Flower Count, Norma lived life to the fullest and had a woven tapestry of life with her camaraderie and love of people. Although a Goward House member for only one year, she left a warm and lovely impression with those who met her. You can read more about Norma's life and amazing contribution to our community [here](#). Normas' life motto: “Never underestimate the power of a flower.”

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## WELCOME BACK!!!

We are pleased to announce Marlene Abney is returning to the Administration Team on August 5<sup>th</sup>. Marlene's friendly nature and positive contributions to the team have been missed and we look forward to having her back with us.

## MEET YOUR 2020 BOARD OF DIRECTORS

Last month you were introduced to five of the Goward House Society board members. As promised, here is a brief introduction to the remaining board members:

**Allan Davies, Vice-President** - During the course of his professional life, Allan spent 33 years serving the Greater Victoria School District as a classroom teacher, school principal and Associate Director of Human Resources. In his volunteer life, Allan has served on several committees for the Royal Victoria Yacht Club where he has been a member for over 40 years.

As is the case for so many educators, Allan is a lifelong learner. He graduated from the University of Victoria with a Bachelor of Education Degree. He later studied at the University of Oregon completing a Masters Degree in Curriculum and Instructional Leadership.

At Goward House, Allan serves on the Board as Vice President. He is an enthusiastic member of the Budget, Facilities, Kitchen, Emergency Preparedness, and Grounds, Garden & Parking committees.

**Gail Flitton, Secretary** - Gail has been a member of Goward House for more than 10 years and, until Michelle retired, was a devoted Tuesday morning exercise attendee.

She has been on the Board as Board Secretary for four years. In her working life, Gail managed media relations for numerous large international events, most notably Expo 86.

In retirement, she has been active on a number of community boards. Gail and her husband Don both enjoy politics, history and road trips and have visited 21 American Presidential Museums. Nowadays, they enjoy walks with their adorable dog, Jake.

**Lee Frank, Director** - Lee grew up in Calgary and attended the University of Calgary, graduating with a BA in History and Psychology. She and her husband moved to Regina where she developed many talents related to her four children's activities. She also did the bookkeeping for her husband's golf business.

Upon arriving in Victoria, Lee became involved with her Newcomers Association and the women's golf scene. She has served on the Executive of her women's golf association, is a certified rules official for golf and is the part owner of Chatters Hair Salon.

Since joining Goward House to play bridge 10 years ago, Lee has volunteered on the front desk and helped with special events. She enjoys giving her time to Goward House and encourages others to volunteer because "members can create a welcoming and warm environment".

**Barry Mah Ming, President** - Born and raised in Red Deer, Alberta, with a BA in Economics and Political Science and Bachelor of Laws, Barry was a Federal and Provincial Prosecutor and Defence Counsel.

Barry has served on many boards, including Big Brothers and Sisters, Boys and Girls Club, John Howard Society, SPCA and the YM-YWCA. He is an active member of a number of local recreation and service organizations and currently volunteers with the Art Gallery of Victoria, the Royal BC Museum and the UVic Retirees Association's Elder Academy.

Current serving as President on the Board, Barry has been a member of Goward House for more years than he can remember. When he's not occupied with this Board and other community interests, he enjoys his electric car, six cats and dog, and walking a minimum of 10,000 steps every day.

**Gayle Millbank, Director** - Georgia Gayle Millbank, nickname GG, was born in North Battleford, Saskatchewan. At the age of seventeen she set off for Edmonton where she earned a B.Sc. in Nursing, married, and had three babies. After moving to Victoria in 1974 she was employed as the director of Saanich Mental Health Center and studied at UVic for a Masters degree in Sociology.

Now happily retired, Gayle writes, illustrates, and publishes children's books. She and her husband have enjoyed many wonderful summers cruising the Canadian and American Gulf Islands and now enjoy their cabin on Cortes Island, with all its natural wonders. And, if they are very lucky, their grandchildren visit.

Gayle brings her management expertise in policy planning and publicity to the Goward House Board on which she has served as President and Past President.



We hope you have enjoyed getting to know a few interesting facts about each of your Board members and a big thank you to Judy Baldwin for contributing this article.

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### MASK TASK FUND RAISER

Thank you for donning your mask while visiting Goward House, it truly does show how much we care about ourselves and one another. Thank you as well, to all those who purchased a mask, helping to contribute over \$1800 to the House (that's a lot of sewing by Esther, Karin and Barb!!!)

We still have great supply of decorative masks for adults and children available at the front desk for \$10 each with all proceeds to Goward House.

We also have disposable masks available in the Front Lobby and in the Lower Hall (self-serve) for a recommended donation of \$2.



*Thanks to Gail Branton's granddaughters for their mask etiquette*

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### SHOUT OUTS!!

To **our Members** who kindly made a donation to Goward House in July. These are trying times for so many organizations and having members' financial support at this time is very much needed and more importantly, so very much appreciated.

To **Jim Brackenbury**. Once again we are thanking Jim...this time for being the driving force behind a jump in donations to the House in July. Jim reached out to all his duplicate bridge players and they jumped at the opportunity to support the House.

To **Lyle Rumpel**, Goward House Custodian, for doing an amazing job of keeping the House and everything in it properly sanitized and disinfected, and in turn playing a keen part in keeping all of us safe and healthy. If you're visiting the house and have the opportunity to thank Lyle in person, please do so as he truly deserves it.

## THE WALKIE TALKIES



The Walkie Talkies, a casual group of Goward House members, started in November 2018. The group meets in the Goward House parking lot Mondays at 10:00am and walk to a different location each week.

Other than days Goward House is closed, this dedicated group walks rain or shine with a “if 2 show we go” rule.

For information up and coming walks, contact Admin staff at 250-477-4401 or [administration@gowardhouse.com](mailto:administration@gowardhouse.com).

## THE RECIPE BOX

Welcome to The Recipe Box, where we share a new recipe each month and we are asking members to share theirs. Please submit your family favorite, including a photo if available, to [administration@gowardhouse.com](mailto:administration@gowardhouse.com).

### MOSCOW MULE

A Moscow mule is a summer cocktail popularly served in a copper mug, which takes on the cold temperature of the liquid. This recipe serves 6.

4.5 c ginger beer  
2 limes  
9 oz vodka

Pour ginger beer into a freezer-proof dish. Grate zest of 1 lime into liquid, and stir in. Cover and freeze overnight.

Using a fork, chip at frozen ginger beer until slushy. (You can also gently process in a food processor, but be careful not to make the ice too slushy.)

Fill rocks glasses with the slush so it's almost overflowing (about 3/4) and then pour 1.5 oz vodka into each one. If necessary, top each off with additional slush. Cut remaining lime into wedges and squeeze one over each drink.

Nostrovial!



### **We are looking to add to our amazing front desk volunteer team.**

Do you have 2 hours to share on Monday afternoons? Do you want to get out of *your house* and into *the House* once a week? Do you love chatting with others in a kind, calm and safe environment? Then we have the perfect opportunity for you, or two of you, starting in September. Please contact Marlene in the administration office for details on joining the front desk volunteer team.

If you want to find out who someone really is, have them use a computer with really slow internet service.

## ACTIVITIES AT GOWARD HOUSE

Want to participate in one or two (or all) current activities at Goward House? It's easy!! Call 250-477-4401 or stop in to speak with our amazing front desk volunteers who will be happy to help you find information on our current activities and get you signed up.

A quick reminder that pre-registration is required for all activities, preferably by phone or at the front desk. Drop-ins are strictly discouraged due to mandatory room capacities and contact tracing, as regulated by our Provincial Government.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 - 10:00	Italian Conv. 10:00 - 12:00 (Sept start date TBA)	"Drop In" Art 9:00 - 11:30	Tai Chi 9:00 - 10:00 & 10:15 - 11:15	Yoga 9:30 - 10:30
iPAD (3 <sup>rd</sup> week) 10:00 - 11:30	Line Dancing 10:30 - 12:00	German Conv. 9:30 - 11:00 (2 <sup>nd</sup> /4 <sup>th</sup> week) (off site until further notice)	Strength & Balance 12:00 - 1:00	Spanish Adv. Conv. 11:00 - 12:30
Walkie Talkies 10:00 - 12:00	Book Club 1:00 - 2:30 (3 <sup>rd</sup> week) (Sept start date TBA)	Crafters 1:00 - 3:00		Choir 1:00 - 3:00
Strength & Balance 10:30 - 11:30	French Adv. Conv. 1:00 - 3:00 (off site until further notice)	Chinese Brush Painters 1:00 - 3:30		
Quillers 10:30 - 12:00	Portrait Painters 1:00 - 3:30 (Sept start date TBA)			
Tai Chi 12:00 - 1:00 & 1:15 - 2:15				
Meditation 3:00 - 4:00				
Billiards is available Monday thru Friday 9:30 - 11:30 or 12:30 - 2:30 with a max. 2 players per booking				

We will continue to keep members updated on all activities taking place at the House as we maintain re-opening protocol/directives from BC Office of the PHO, BC CDC, BCRPA, Island Health, Saanich and WorkSafe BC, and we appreciate your continued patience and support.

## SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

EASY

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

HARD