

THE GAZETTE

SEPTEMBER 2020

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A MESSAGE FROM OUR PRESIDENT

WE NEED YOUR HELP!

As I mentioned in our last newsletter, my Appeal this year will be for donations to be used for our Operating Costs. We are striving to limit dependence on our reserves to a maximum of \$10,000 per month.

Our staff is complete once again with Marlene having returned to her position. For the increased safety of members and staff, we have spent about \$2000 to buy a Dustbane handheld electrostatic sprayer. This system has helped increase disinfecting in a more timely manner. We also recently passed an Island Health “surprise inspection” with flying colours. Kudos to our fabulous staff for making this a safe and successful reopening.

Thank you in advance for using a Debit card rather than a Credit card for purchases as it is less costly. I would also like to thank the Bridge players and Lyndsay Green for their recent cash donations.

Once again, we welcome you back despite the Emergency Order being extended. See you in September!

Goward House Annual General Meeting is September 17, 2:00 p.m. Save the date on your calendar. Please register with us if you are attending. We need your vote!

Goward House will be closed Monday September 7, 2020. Enjoy your long weekend!



Fundraising News

As the pandemic continues to disrupt the global economy, so too has it impacted many of the sources of income for the Goward House Society. With many of our regular activities curtailed, our rentals for wedding receptions and various user groups impacted, fundraising is more important now than ever. Goward House has several fundraisers on the go. Here are the highlights;

- As you are aware, our craft ladies have been making masks that are available at the front desk. We have adult and child sizes available for \$10.00. Goward House continues to benefit from their hard work and volunteer time. Many thanks ladies!



- T Shirts are available in several colours for 15.00. Please see the front desk to check them out.



- Goward House received \$142.50 from **Thrifty Foods** for the month of June. For those who are not familiar with and are curious about how this works, its easy.. If you shop at either of these stores, you can easily help raise funds for Goward House. Pick up either of these **fundrasing** cards at the front desk. All you do is take the card to the store, ask the cashier to pre-load your card, with, for example, \$100.00 (just like buying a gift card, but for yourself). Goward House would receive 5% percent of the value you load on the card. If 100 members purchased a \$100.00 fundraiser card, that would quickly add up to \$500.00 for Goward House! Its pretty easy to spend that amount of money grocery shopping over the course of a month. Thank you to the members already contributing in this way.

We have been brainstorming at ways we can recover a little extra dough! Speaking of dough.....Tea Room dessert and soup sale is coming soon. If you are interested in buying soup (frozen in a large portion) or a smaller slab of desserts from our tea room menu, please contact administration with your interest.

Goward House is preparing a list of equipment needed either by donation or to borrow. Currently we are seeking shade tent shelters and propane heaters. (the kind used on a deck for example) If you can help, please contact admin. Thank you.

PRESIDENT'S APPEAL

Our annual President's Appeal fundraiser is coming soon to your mailbox. This year we are raising funds for operational costs due to the significant loss of funds from the pandemic. Thanks to the generosity of our members last year, we completed our beautiful bathroom renos this past spring.

These donations are tax deductible and we appreciate whatever you are able to give at this time.

HUH? I didn't know that....

ON THIS SPOT APP – (free downloadable)

The “On This Spot” app takes people on guided walking tours through the history that surrounds them. At each stop on their journey users will find themselves standing on the spot a historic photo was taken. They can view a then and now photo comparison, use the built in camera to create their own, and read about local history and how it ties into the broader human experience. Based in Vancouver, On This Spot is working with heritage, tourism, and business organizations across Canada to expand the app's coverage.

Check it out by clicking here! [On This Spot](#)



Did you know that you can get a text reminder from the municipality for your garbage, organics and recycling pick up? Just visit your municipality's website and click on [Garbage & Organics](#) to set it up.

Take a Tour of Saanich's Significant Trees!

We know spending time in nature is essential to our wellness.....

This recent article from the Saanich News mentions our beautiful California Coast Redwood tree outside the Sequoia Room window.

To read and see more click below.

[Saanich's significant trees](#)

Time to get more active?



[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 10:00 am and walk to a different location each week. This dedicated group walks rain or shine with a “if 2 show we go” rule. Participation is by a suggested donation of a “toonie”.

September Walks

September 7 – No walk, Goward House closed for Labour Day
September 14 – Mystic Vale (Leader TBA)
September 21 – UVIC chip trail/Finnerty Gardens (Leader: Myrna)
September 28 – Anderson Hill Park (Leader: Wendy)
Please meet at Oak Bay Marina at the washroom area.

Goward House would like to extend a very warm welcome to our new members:

Jane McDonald, Lynn Casorso, Brian Preston, Barbara Scott, Fred Trudell, Jane Fogh-Doifmsmidt,

Jean Francois Guimond, Edith Barman, Julia Tweedale, Lynn Gannett, Bryce Bates, Janis Drader, Helen Estey,

Joy Moore, Pamela Tobin, Lynn Foxwell, Ann Curtis, Richard Cunningham, Betty Moss & Heather Shea

WE ARE BACK !



A friendly reminder to our returning members, that all activities and fitness classes, including Tai Chi, require pre-registration to attend. You may visit the front desk, email us, admin@gowardhouse.com or call in advance of participating. Please note that monthly registration/payment for **Tai Chi (\$45.00)** is to be paid in advance at the front desk. For classes offered several times a week, you must select the classes you wish to attend at that time. Your name will be immediately placed on the class lists. Participants are limited to one Tai Chi class per day (Monday & Thursday) to ensure we include as many members as possible. You may place your name on a waitlist for an additional class if you wish. If you are unable to attend a class you are registered for, let us know at the time of registration or please call us to cancel your spot to allow another member to attend.

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 | Line Dancing 9:30 - 11:00 | "Drop In" Art 8:30 - 11:00 | Tai Chi 9:00 - 10:00 & 10:15 - 11:15 | Yoga 9:30 - 10:30 |
| iPAD (3 rd week) 10:00 - 11:30 | Adv. French Conv. 11:30 - 1:30 | Chinese Brush Painters 11:30 - 2:00 | German Conversation 9:30 - 11:00 (1 st /3 rd weeks) | Spanish Adv. Conv. 11:00 - 12:30 |
| Walkie Talkies 10:00 - 12:00 | Book Club 1:00 - 2:30 (3 rd week) (start date TBA) | Crafters 1:00 - 3:30 | Strength & Balance 12:00 - 1:00 | Choir 1:00 - 3:00 (weather dependant) |
| Strength & Balance 10:30 - 11:30 | Portrait Painters 2:00 - 4:30 (Sept start date TBA) | Italian Conversation 2:30 - 4:30 (start date TBA) | | |
| Quillers 10:30 - 12:00 | | | | |
| Tai Chi 12:00 - 1:00 & 1:15 - 2:15 | | | | |
| Meditation 2:30 - 4:00 | | | | |
| Billiards is available Monday thru Friday 9:30 - 11:30 or 12:30 - 2:30 with a max. 2 players per booking | | | | |

●Goward House is seeking an artist leader for our Portrait Painters. If this appeals to you, please contact administration!

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!