

THE GAZETTE

NOVEMBER 2020

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Goward House

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President's Message

We will be closed Wednesday, November 11 to observe Remembrance Day. It has been 75 years since the end of World War Two, and many of our Veterans are no longer with us. As we cope with the global effects of the pandemic, we have a small insight into the devastation generations before us experienced during war, and we are reminded how important community and relationships are.

Thank you to all for supporting the President's Appeal! So far we have raised about \$20,000. This will continue until the end of the year so please donate if you can. Speaking of finances, we have to replace our A.E.D. battery (\$800), as well as repair our dishwasher/sterilizer (\$700) - donations to either initiative would be welcome. Other ways to help GH are:

- our Purdy's Christmas Fundraiser (deadline Nov 6th) - we collect 25% of all sales
- grocery store gift card programs (for more information contact staff)
- purchases from our Pop-Up Craft Sale Catalogue (coming Nov 16th)
- referral donations from some Retirement Residences (if we are used as a reference when you or anyone you know has decided to move into a Retirement Residence)

We are preparing for a very soft re-opening of our Kitchen (take-out only), hopefully in November (stay tuned!). We hope you enjoyed Chef Gianfranco's Lasagna & Panna Cotta, which sold out quickly! Suzanne will keep you up to date on further "special meal" deals.

Our annual Flu Clinic was held October 28th, with 24 people vaccinated. We hope to host another one, but due to the enormous pressure for vaccines this year, there are no guarantees (we will keep you informed). If you are able to find an appointment elsewhere, please do! Thank you to Naz Rayani and the Heart Pharmacy for giving us this clinic.

Finally, lest we forget...

FLU CLINIC

We had a pop-up flu clinic October 28, which filled up very quickly. We anticipate we will have another clinic in November, however no date confirmed yet. If you are interested in being on our waitlist, please phone 250 477-4401. If you feel uneasy about waiting, please feel free to book with another pharmacy. In the meantime you can sign up with Heart Pharmacy Flu news here, www.heartpharmacy.com



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 most 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”.

November Walks

November 2 - Queen Alexandra Grounds/Haro Woods (Leader: TBA)

November 9 - Queenswood (Leader: TBA)

November 16 - Hollydene Park and back to GH (Leader: Wendy)

November 23 - Seaview path up to Arbutus and back to GH (Leader: Wendy)

November 30 - Cedar Hill Golf Course (meet at Clubhouse parking lot off Derby Rd.) (Leader: Margo)



PURDY'S CHOCOLATE FUNDRAISER

There's still a little time left to get your order in! Goward House will earn 25% of all sales of this popular fundraiser, just in time for the holiday season. Brochures are available at the Front Desk.

Deadline to order is Friday November 6th. Pick up of orders is from the Front Desk, Friday December 4th.

NEW THIS YEAR, you can either:

- Drop off your order form to the Front Desk (along with payment of cash, cheque, or you can pay then by credit/debit cards) OR
- You can order online using a credit card

Instructions will be with all brochures. Thank you for participating!



Goward House received \$292.50 from Thrifty Foods for the month of August. It's easy to get involved in this fundraiser. Please visit our front desk and ask for a card from a participating store. Visit your favourite store, load up the card and voila, Goward House receives 5% of the value you load. Thank you to members who participate!

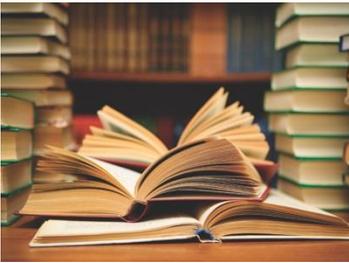
GOWARD HOUSE FALL CATALOGUE FUNDRAISER

Our highly anticipated Fall Catalogue will be available for viewing and ordering from Monday November 16th through Friday November 20th . Please return your order form to the front desk.

Pick up and payment of items will be from the Arts and Crafts room (please use the outside door) from Monday, November 23rd through Friday, November 27th, 2:30 – 4:00 p.m.

Debit cards are preferred (credit, cash and cheques are also accepted).

We thank you in advance for perusing and purchasing from the catalogue to benefit Goward House. Although we are missing our annual Craft Fair, we look forward to hosting it again at some point down the road.



The BOOK CLUB will be meeting Tuesday November 17 from 1:00 - 2:30. The books selected for November are **Our Souls At Night by Kent Haruf** and **Camino Island by John Grisham**. New participants are welcome, for up to nine participants. Let's get reading!

Note to our members: you can pick up hard copies of the Gazette, Purdy's catalogues, Saanich Seniors directory, mail (such as tax receipts), Mah Jong & Social Bridge cohort application forms, Fall Catalogue and order forms and other information pamphlets at the front desk. Please ask a volunteer to help you. Don't forget, we have lots of masks for sale too. There are some new, seasonal patterns available now. This is an ongoing fundraiser for Goward House.

We Want to Hear From You

Do you, or did you, have an interesting career or life experience that you think would be of interest to fellow members? Do you know a fellow member who might have a great story to share? Please get in touch with marlene@gowardhouse.com We are always looking to add to our member spotlight in the Gazette.

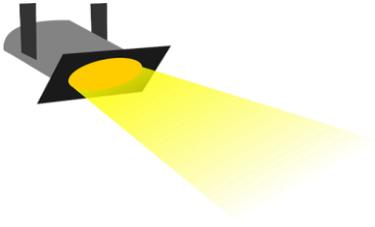
Check this out. A German Retirement Community did a calendar where seniors amazingly recreated famous movie scenes. The Contilia Retirement Group in Essen, Germany made what is probably the best calendar ever with a few of their seniors. Click below.

[Seniors Calendar of Famous Movie Scenes](#)

Need some funny today? Comedian Jeanne Roberston, from North Carolina, tells a hilarious story about a visit to Nanaimo. Click below.

[Don't Bungee Jump Naked](#)

House Member Spotlight



Introducing Mary and daughter Laura Brackenbury

Mary is a retired teacher, but always dabbled in leisure painting. After early retirement, she went back to school to pursue a fine arts degree. Since moving to Victoria in 2002 she has divided her time between painting and writing, with six shows and two teaching-related books now behind her.

Laura works for the Navy in technical and training matters, is a busy mother of two grown boys and has always been an avid photographer. She has had a number of solo exhibits and has often shown work in conjunction with her mother.

They had planned a joint show, "Flights of Fancy," to be mounted in October of this year, but the pandemic had other ideas. Snippets of the work shown here are from that show, due to be re-scheduled for November of 2021.

"We all know what happens when a dog and squirrel encounter each other in the yard - the one who can climb is always the winner! This oil on canvas panel (left), "A Backyard Conversation," was inspired by such an encounter from the time I lived in Edmonton, where my backyard was the scene of many such encounters."

Mary Brackenbury



Flights of Fancy ~ A Preview



Paintings & Photography by
Mary & Laura Brackenbury
Goward House ~ 2021

Our gallery is closed for now, but we have several Goward House artists who are showing their work at the B.C. Seniors Advocate offices. The art work is displayed in the halls, on the 6th floor of the Ministry of Health building at 1405 Douglas St. Drop by and see some of your fellow members' lovely art work!

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

Gordon Smith, Clement Kwan, Barbara Turner, June Milne, Mary Wick, Bob Lunday & Gaby Leja



KUDOS & THANKS to Goward House members! The Camosun College Nursing Program contacted us for volunteers to complete sequences of telephone interviews with student nurses as part of their education. Goward House members overwhelmed the prof who reached out to us, with the number of responses. She extends her hearty thanks to our membership for taking such an interest in the education of our next generation of nurses!

VOLUNTEER DRIVE



Goward House is so very appreciative of all of our volunteers. We simply can't manage without you. Never volunteered? It's a great way to meet members, current and new!

We have several opportunities for our members to volunteer. We are currently seeking a **library assistant** to help our volunteer librarian. Commitment is only once or twice a month, likely on Fridays. Please let administration know if you are interested.



Our **Kitchen** is set to re-open this month. This is a single, volunteer position from 10:00 am - 1:00 pm. The menu will be very simple with only sandwiches, sweets and drinks - all take-out only and no self-serve. There will be no dining in. We are also removing sales from the kitchen. All transactions will be at the front desk. If you are interested in helping out on a Monday, Wednesday or Thursday please contact marlene@gowardhouse.com.

We are also currently looking for another front desk volunteer for every other Thursday morning (10:00 - noon). Please let us know if this interests you.

Thank you, and much appreciation, goes out to both outgoing volunteers André Berthiaume and Jean Smith for many years of volunteering at the front desk for Goward House.

MEMBERSHIP RENEWALS

Please consider renewing your membership for 2021 throughout November & December. Beat the rush and late fees which kick in February 1, 2021. Do you have a friend who may consider joining and enjoying all that Goward House has to offer? Our membership can help us by recruiting new members. Thanks in advance for being a Goward House ambassador!



AN OTHERWORDLY GLIMPSE OF A HYDROLOGIC TREASURE

By Everett Peterson, lead steward, Goward woodland, 12 September 2020

The image above is not a typical view of Goward woodland. In a setting reminiscent of a swimmer about to enter shoreline waves at seaside, Merle Peterson is waist-high in a sea of slough sedge (*Carex obnupta*). This otherworldly view identifies an ecosystem that occupies about 10 % of the land area in 2.4 hectare (6 acre) woodland that makes up the Goward House lease area. This sedge-dominated zone, a wetland for at least half the year, occurs in a band parallel to the course of Haro Creek. Parts of this zone are sometimes referred to as the Haro Creek floodplain, and in this wetter-than-normal ecosystem, skunk cabbage is a frequent species along with slough sedge.

This sedge area is the hydrologic core of Goward woodland. The zone's main natural tree species are red alder and black cottonwood. This wetter zone is of ecological interest because of its sharp vegetation contrasts with the drier and better-drained Goward woodland areas of Douglas-fir, Arbutus and Bigleaf Maple. The pictured sedge zone is also an excellent example of what has been termed municipal natural assets, because of the services such ecosystems provide, such as stormwater management and flood control. By avoiding the need for infrastructure costs of items such as engineered bioswales, such natural features play an important role in erosion control, water filtration, and carbon storage. For more information on examples of municipal natural assets, see the website for the initiative led by Roy Brooke at www.mnai.ca . For the Goward House lease area, an additional natural benefit of this sedge wetland is its fireguard protection against potential ground fires. Also, this zone's occurrence parallel to Haro Creek drainage channel provides some legal protection against future realty development through provisions of British Columbia's Streamside Protection Regulation (B.C. Reg. 10/2010). If you would like a closer view of the cavity- laden 'wildlife tree'(a dead standing red alder) shown at the right-hand side of the image above, this tree is only 59 meters downhill from the westward-facing window of the Sequoia Room in Goward House.

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, or call in advance of participating.

Please note that monthly payment for Tai Chi (\$50.00) is to be paid in advance at the front desk. 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 and allow another member to attend.

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

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 CLUB (3rd week) 10:00 - 11:30	ADV. FRENCH CONV. 11:30 - 1:30	CHINESE BRUSH PAINTERS 11:30 - 2:00	GERMAN CONV. (1st & 3rd weeks) 9:30 - 11:00	ADV. SPANISH CONV. 11:00 - 12:30
WALKIE TALKIES 10:00 - NOON	BOOK CLUB (3rd week) 1:00 - 2:30	CRAFTERS 1:00 - 3:30	STRENGTH & BALANCE 12:00 - 1:00	
STRENGTH & BALANCE 10:30 - 11:30	PORTRAIT PAINTERS 2:00 - 4:30			
QUILLERS 10:30 - NOON				
TAI CHI 12:00 - 1:00 & 1:15 - 2:15				
MEDITATION 2:30 - 4:00				

Billiards are available Monday through Friday 9:30 - 11:30 or 12:30 - 2:30 (Maximum of 2 players per booking)



