

# THE GAZETTE

DECEMBER 2020 - JANUARY 2021

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Goward House

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## President's Message

Happy Holidays!

Although we are experiencing more restrictions, Goward House remains open for non-fitness activities, following all safety protocol. We wait to hear what the Good Doctor says on December 7<sup>th</sup>!

Thank you one and all for supporting our fundraising endeavours – from Gianfranco's lovely meals, our on-line shopping catalogue, Purdy's Chocolates, grocery store gift cards from Fairways, Peppers & Thrifty Foods, to the Retirement Residence Referral honorariums. We have a NEW fundraiser, from **Heart Insole and Foot Care Solutions**. Some of you may remember we used to have a professional come to the House to give us pedicures? Graham Bryant, CMP cert#1317, will come to your house for foot care, and donate a \$5 referral fee to Goward House. You can contact him at **250-580-3668** (and make sure to mention Goward House!). I have already enjoyed one Advanced Foot Care Treatment, and booked another for December.

The deadline is coming, to get a 2020 tax receipt for your President's Appeal donation: December 15<sup>th</sup>. (You can still make a donation after the 15<sup>th</sup> but your receipt will be for 2021.) So far our membership has donated **\$21,810**. As we have committed to retaining our staff and continuing to safely run every program we can, your Board thanks you for your generosity! I'd also like to gently remind you that another way you can support the House is to renew your membership. ☺

Thank you to everyone who donated to the Pop-Up Catalogue and to everyone who made purchases, to our Front Desk volunteers and to our garden and woodland volunteers.

Board and Staff will be delivering Turkey Dinners to those who ordered them, Dec 10<sup>th</sup>, 3-5pm. We wish EVERYONE a Merry Christmas and a calm, happy, healthy and safe New Year. See you all in 2021.

Barry Mah-Ming



## PURDY'S CHOCOLATE FUNDRAISER

We are so pleased to share with you that we received \$822.15 from our Purdy's Chocolate sale fundraiser. With your help, we purchased \$3,288.60 worth of Purdy's chocolates! Thank you to all of our members who participated this year. Your order will be available for pick up as of Friday December 4<sup>th</sup>. Please see a volunteer at the front desk.



Goward House received \$271.50 from Thrifty Foods for the month of September and \$503.36 for October. 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. If you shop at Peppers, just let them know you are a Goward House member. Thank you to members who participate!

## GOWARD HOUSE FALL CATALOGUE FUNDRAISER

Our catalogue fundraiser has been extended to December 11. Lots of great items are still available. Our Goward House Crafter's, handmade stuffed animals, make great stocking stuffers! Don't forget about the delicious cookies made by Martha's Delectables too! (Cookies are available to purchase through the front desk as well.)



### TIME TO GET MORE ACTIVE?

The Walkie Talkies, a casual group of Goward House members meets in the Goward House parking lot most Mondays at 10:00 am and walk to a different location each week, rain or shine. This dedicated group walks with a "if 2 show we go" rule. Participation is by a suggested donation of a "toonie". Donation box is just in the lobby by the front desk.

### December Walks

December 7 - UVic Chip Trail/Finnerty Gardens

December 14 - Cadboro Bay/Gyro Beach

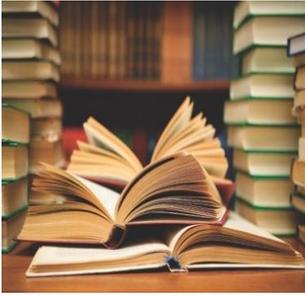
### January Walks

January 4 - Mystic Vale (might be muddy so wear appropriate foot wear)

January 11 - Queenswood Grounds

January 18 - Hollydene Park

January 25 - Cattle Point to Willows Beach. Park at Cattle Point and meet at first boat ramp as you drive in.

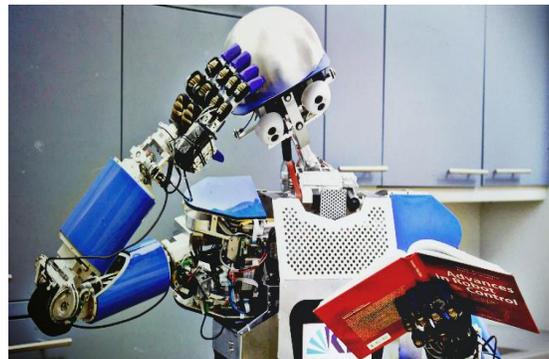


The **BOOK CLUB** will be meeting Tuesday December 15 from 1:00 - 2:30. The books selected for December are by two female authors: **Moment of Lift** by Melinda Gates, and **Carnegies's Maid** by Marie Benedict.

January titles will be emailed to club participants once they are decided on.

Note to our members that you can pick up hard copies of the **Gazette**, **Saanich Seniors Directory**, mail (such as tax receipts), **Mah Jong & Social Bridge cohort application 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. This is an ongoing fundraiser for Goward House.

## CLICKS OF INTEREST for the CURIOUS



Here are a few links for the curious to check out ... from continuing studies to trying new recipes and more!

[Continuing Studies UVic](#)

[Wikimedia Cookbook - growing, world-wide, collection of recipes in English, with links to other languages.](#)

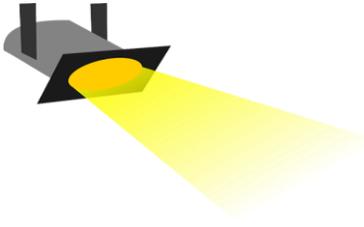
[Imagine Van Gogh exhibit](#)

[Tourism Victoria - one stop link for all things Victoria](#)

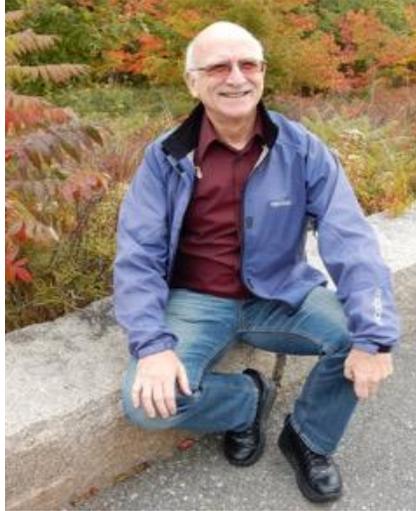
### We'd Love to Hear From You (don't be shy)

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](mailto:marlene@gowardhouse.com) We are always looking to add to our member spotlight in the Gazette.

# House Member Spotlight



Last month we introduced artists Mary & Laura Brackenbury. This month we feature spouse and father Jim Brackenbury. Jim has been a member at Goward House for many years and, lucky for us, is our Bridge expert. Read on about Jim and his enthusiasm for the game of bridge.



**Jim Brackenbury, Duplicate and Virtual Bridge Coordinator, Goward House**

Jim is a retired teacher and provincial civil servant who started playing bridge in his university days in the 1960's. He played with friends in Grande Prairie for a few years, but quit playing for about twenty years after a family move to Edmonton.

Jim and Mary retired to Victoria in 2002. Mary quickly became involved with art activities at Goward House, and slowly enticed Jim to give bridge a try again. He started with the Friday afternoon “progressive” group, and eventually found his way to the Wednesday Duplicate games.

In 2009, Jan Joslin, the bridge coordinator, asked Jim to cover for her while she went south for her annual holiday. Jan passed away that year, so Jim has been doing this for about twelve years, watching the table count grow slowly from three to fifteen, until COVID-19 struck. Over that time, Jim has offered a continuing series of lessons to aspiring bridge players, with increasing popularity each year. Jim became a certified duplicate bridge Director and Teacher. He has received tremendous help and cooperation from the enthusiastic group of duplicate bridge players at Goward House.

Jim has introduced many innovations, including the use of Bidding Boxes, Bridgemates, computerized scoring, and on-line reporting of results.

Like so many other activities, Goward House bridge stopped completely in mid-March. After two months, Jim started up weekly on-line Team Matches for the Goward House bridge players. These now involve forty members per week in virtual Team Matches. Every effort is made to provide a different set of opponents each week. This has turned into a popular Wednesday afternoon activity for many of our members. Jim is proud of the willingness of the bridge players to learn and apply what for many are new-found computer skills. He is also grateful for the great assistance provided by the Official Scorer, Joane Berube (who posts the detailed results on the Goward House Bridgewebs website), and to the other weekly hosts Judi Woytack, Nancy Fauteux, and Jane Fogh-Dohmsmidt.

Jim is also appreciative for the continuing support he and the bridge group have received from the board, staff, front desk volunteers, and kitchen volunteers at Goward House. From old records, he learned that initially bridge was not viewed as an altogether suitable pastime for Goward House members. How times have changed!

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

Heidi Sohm, Jan Johnston and Barb Landell



Jim & Mary Brackenbury

KUDOS & THANKS - to Mary Brackenbury for the beautiful decorative wreath displayed at the entrance to the house. Mary has kindly made a wreath for us for many years. It certainly brings the holiday spirit to the House. We would also like to thank Lyle, our janitor, for decorating the foyer this year. We know members really appreciate the holiday cheer at Goward House.



Thank  
You

On behalf of Goward House Society, board and staff, we appreciate and thank you for wearing your mask in the house as directed by the Public Health Office. Need a new mask or just want to change things up? Please consider buying a mask from the front desk for our ongoing fundraiser. (stocking stuffer???)

## REMINDERS

- Goward House will close for the holidays from December 24 (after noon) through January 3rd. See you January 4th, 2021. Happy New Year!
- Since fitness activities are suspended for the time being, please note that credits will be given for Tai Chi. Stay tuned.
- iPad Club moves to the first Monday of the month (at the same time). An additional class, if needed, will be held the 3<sup>rd</sup> Monday of the month. Both are now full for December.
- Please note that the final date for 2020 tax receipts for President's Appeal is December 15<sup>th</sup>. Thank you for supporting Goward House through the President's Appeal.
- **Portrait Painters Group** are always looking for models. They meet on Tuesdays from 2:00 - 4:30. Please let Vicki know at [ypostl@telus.net](mailto:ypostl@telus.net). if you would be interested in modelling in the new year.



## SNOW & ICE ALERTS

We want to keep all of our members safe this winter, so in case the weather outside is frightful (and not so delightful), members and volunteers are asked to call Goward House @ 250 477-4401 after 8:30 a.m. to receive information on House closures due to inclement weather. Please stay safe on the roads this winter.



photo - Christmas 2019

## CALLING ALL “WANNA BE” VOLUNTEERS

We know you are out there ☺ .... and we simply can't manage without you. Never volunteered? It's a great way to meet members, current and new! Our opportunities do not require a lot of time, just a few hours a week or every other week. Let's talk about how we can find a time that works for you and Goward House. Our current opportunities are listed on the next page.

**Our Kitchen reopening has been postponed until the new year.** We still need to recruit more volunteers to make it viable. Thank you to the members who have stepped forward so far. Volunteer positions are solo, 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](mailto: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. We especially love our former volunteers who can assist us as a “spare” on occasion, so please let us know if that works for you.

### MEMBERSHIP RENEWALS

It's time to renew your membership for 2021. Our membership year end is December 31<sup>st</sup>. We have had to raise our membership fees to \$ 7.00 per month to help alleviate lack of revenue in all aspects of the House. We'd love to see those renewals coming in before Christmas.

Do you have a friend who might 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!

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.



**On behalf of Heidi, Marlene, Suzanne, Lyle and the entire board, we wish you a very happy and healthy holiday season, and all the best for 2021!**

## ACTIVITIES AT GOWARD HOUSE

### Fitness classes temporarily suspended - stay tuned.

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 & 10:30 – 11:30	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
Walkie Talkies 10:00 – 12:00	Adv. French Conversation 11:30 – 1:30	Chinese Brush Painters 11:30 – 2:00	German Conversation 9:30 – 11:00 (1st & 3rd week)	Adv. Spanish Conversation 11:00 – 12:30
Quillers 10:30 – 12:00	Book Club 1:00 – 2:30 (3rd week)	Crafters 1:00 – 3:30	Strength & Balance 12:00 – 1:00	
*iPad Club 10:30 – 11:30 (1st week)	Portrait Painters 2:00 – 4:30			
Tai Chi noon – 1:00 & 1:15 – 2:15				
Meditation 2:30 – 4:00				
Billiards is available Monday - Friday 9:30 - noon & 1:00 - 3:30				

\*Please note iPad Club will meet the 1<sup>st</sup> Monday of the month (and 3<sup>rd</sup> Monday if needed)