

# THE GAZETTE

FEBRUARY 2021

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GOWARD HOUSE

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## PRESIDENT'S MESSAGE

We will soon be ushering in the Year of the Ox and saying farewell to the Year of the Rat, incidentally my year, which ends February 11 (Chinese New Year's Eve, or Spring Festival as it is called in Asia).

We are still in a State of Emergency, which was first declared on March 17, 2020, but hope that it can be lifted soon so that we can give you more activities & options to come back to GH. Vancouver Island has been very fortunate, with only 19 deaths, which of course is very sad, but in relative terms we are doing much better than many places. We must keep up the good work & follow our Provincial Health Officer's orders and recommendations. When I was practising Law, we made a distinction between legal & moral guilt, but my wish is that all of us follow the high road, especially with respect to gatherings & non-essential travel.

Thank you for continuing to support Goward House as we navigate this unprecedented situation! Please buy chocolates from our Purdy's Easter fundraiser and we will have Valentine's cookies for sale too. In my last letter I mentioned the services of a foot care specialist, who will donate part of his fee to GH - his contact information is available upon request.

Gianfranco's latest dinner has been sold out, thank you all again for supporting this fundraising effort. Your support for the 2020 President's Appeal was magnificent, with almost \$24,000 raised. We will be using some of it to improve our signage, hopefully to attract more members. Our membership dipped to 154 at the end of 2020, from a high of almost 500, so please renew your membership for this year. We are running a deficit every month so we need your help.

I hope you had a wonderful holiday season, happy Western & Chinese New Year, with hope for a vaccine for all as soon as possible.

Happy Family & Valentine's Days, Barry



We are unsure if the current restrictions will be lifted at the time of publication, so please stay tuned regarding whether your club will meet in person or via Zoom. The **BOOK CLUB** will be meeting Tuesday February 15, from 1:00 - 2:30. The book selected for February is *Belcanto* by Ann Patchett.

## ON THE BOOKSHELF

(A new feature for the Gazette)

We know we have a lot of “book worms” at Goward House so we are looking to the membership to contribute their reading recommendations and a short review on the books they love. This month, longtime members and Goward House volunteers John Tibbles and Val Roberts are our contributors. They write....

At this time, with Covid not yet controlled, rain making our province truly live up to the title the "Wet Coast" and travel restrictions constraining all of our lives (perhaps excepting some politicians), our books and reading material become even more important to us all.

It was suggested to us that we might offer a few suggestions about books that we have really enjoyed in the past months. Here, in no particular order, are some that we have appreciated.

Heading the list is the author *Terry Fallis*. He is a humourist but by training was an engineer who later worked for political parties - mainly the Liberals I believe- and wrote his first book as a submission to a competition. This won him the Stephen Leacock Memorial Medal for Humour and was entitled "**The Best Laid Plans**" which is a satire on politics and practitioners of the art. He has since gone on to write several more and they are mostly available in the GVPL either as e-books or conventional ones.

Detectives, murder and mystery stories are a pleasant way to pass the time - especially if settled in a comfortable armchair with a cup of tea by one's side. One of our favourite authors of this type is *Donna Leon*. She is an American who at one stage of her life taught U.S. soldiers stationed in Italy for about 10 years. As a sideline she wrote a book about an Italian Commissario of Police in Venice named Guido Brunetti - an intelligent man who was conflicted by the corruption and inefficient bureaucracy that surrounded him so that he had to create devious ways to circumvent these situations. His warm home life and the cooking of his charming wife are well described so that murder is only a part of these books. If one looks, one can find an interview with *Donna Leon* and she comes across as a highly intelligent and thoughtful person. There has been one Giovanetti book per year written by her for the past 20 years or so.

The third of our selections is "**A Dream of Islands**" written by Victorian author *Philip Teece* in 1988. It is the story of a librarian and his wife who built and then sailed a small 18ft. sailboat that was not to have an engine in which they would explore the small islands beyond Oak Bay. This they did and they found a range of pleasures, disasters and adventures that are missed by larger and faster craft that rush to their destinations. We have 2 copies of the book because there always seems to be someone to whom we have recommended or lent one of them!

We hope next time to venture into other books that we have liked!

John and Val Tibbles



Goward House received **\$346.50** from **Thrifty Foods** for the month of November 2020.

It's easy to get involved in this fundraiser. Now, more than ever, we need your help. 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! Every little bit adds up.

## CLICKS OF INTEREST for the CURIOUS



Check out this great resource of FREE health programs for adults of all ages living with one or multiple ongoing health conditions, offered throughout British Columbia online, by telephone, or by mail. [Self-Management British Columbia](#)

[Royal BC Museum](#) Speaking of amazing resources! Our RBCM world class museum is not just a building with artifacts and awesome collections. Click on the link to get you started. Navigate the site to your heart's content. On the menu bar, you can choose "learn" then have a look at "Adult Programming."

We could all use a little more happiness and it is often said that happiness is a choice. [Actionforhappiness.org](#) brings together "like-minded people from all walks of life and helps them take practical action, drawing on the latest scientific research. We are backed by leading experts from diverse fields including psychology, education, economics and social innovation.

Members of the movement make a simple pledge: to try to create more happiness in the world around them. We provide ideas and resources to enable people to take action at home, at work or in their community. Many of our members form local groups to take action together.

We have no religious, political or commercial affiliations and welcome people of all faiths (or none) and all parts of society. We were founded in 2010 by Richard Layard, Geoff Mulgan and Anthony Seldon. Our patron is the Dalai Lama."



### Get Moving and Stay Connected



**The Walkie Talkies**, a casual group of Goward House members meets in the Goward House parking 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.

### February Walks - **the following walks only if restrictions are lifted**

February 1 - restrictions still in place

February 8 - Queen Alexandra Grounds/Haro Woods

February 15 - NO WALK - Goward House closed for Family Day

February 22 - Layritz Park/Quick's Bottom. Parking is in the lot for Layritz Park off Layritz Ave. Please meet there.

**Please remember that Goward House will be closed Monday February 15<sup>th</sup> for Family day. Enjoy the long weekend!**

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.

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. Masks, now only \$5.00, are always available at the front desk. Thank you!



## New This Year

### Purdy's Easter Chocolate Fundraiser

Everyone loves Easter chocolates especially the little ones in your life! Help raise more funds for Goward House and expand your order by reaching out to your friends. Brochures will be ready to pick up at the front desk Monday February 8<sup>th</sup>. Due date for all orders (online and paper) is Friday March 5<sup>th</sup>. Pick up will be Monday March 29<sup>th</sup>.

## REMINDERS

- Yoga classes are still ongoing at Goward House. You may attend in person (limited capacity) or via ZOOM. Please register and purchase yellow fitness tickets to attend. It would be lovely to drop off your ticket to the front desk in advance of the class.
- **iPad Club** has been moved to the first Monday of the month (at the same time) and an additional class, if needed, will be held the 3<sup>rd</sup> Monday of the month. Since restrictions are still in place heading into February, we are going to try to hold the class later in the month. Just for February, we will hold one class February 22<sup>nd</sup>.
- President's Appeal tax receipts are available for pick up or mailing. To save Goward House the expense of mailing you your receipt, we encourage you to pick them up at the front desk by January 29<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 once restrictions are lifted.



## 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.

## Valentine's Day Cookie Fundraiser

Amazing all butter sugar cookies with royal icing!

\$5.00 each

Available to purchase at the front desk soon.

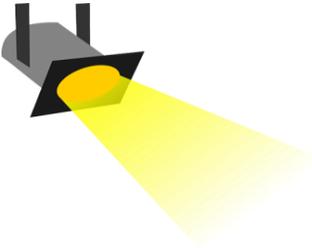


Martha's  
DELECTABLES

## Last Chance Soup Sale (all \$20.00)

We still have some soups for sale. Choose from Italian Wedding, Tomato Bisque w/Basil, Cauliflower Cheese, Vegetable Beef & Barley, Chicken Noodle or Minestrone.

# House Member Spotlight



This month we feature Goward House member Anne Round. Anne is a retired physiotherapist and now author.



Greetings, Anne Round here, introducing myself. I have been a member of Goward House for five years, participating in the Tai Chi program. I show up to enhance my physical, mental and emotional wellness; this benefits all areas of my life.

I grew up in Montreal and Nova Scotia. I graduated from Dalhousie University with my BSc. in Physiotherapy. I married a naval officer. We lived in Halifax, Montreal, England and Ottawa before being posted to Victoria 27 years ago. We chose to remain here and raised our three now-adult children in Gordon Head.

The highlight of my physiotherapy career was owning Gordon Head Physiotherapy. My motto was keeping my community in motion. A big part of my job was to inspire people to take care of themselves to enjoy their best lives. After 30 years as a physiotherapist, I decided to retire while I was still enjoying myself.

In March 2020, I self-published my first book called *“Essences of Truth: Inspirations for Loving Life.”* It is a collection of 29 essays that seeds ideas for learning who we are and what we are becoming. It provides guidance for loving the life we have and inspiration for expanding our horizons. It encouraged us to love ourselves no matter what is happening in our lives. It houses the wisdom I have collected and delivered through storytelling and reflection.

Writing has become a way to express my beliefs and provide inspiration. I began with a daily writing practice as a morning meditative exercise. It allowed me to contemplate ideas and reflect on my life regularly. I heard the call to write a wisdom book about loving life. I had to gather my courage continually through the process. I had to calm my inner critic to keep on writing, editing, publishing and marketing. It has been a deeply satisfying journey of expressing my views.

Now, I am writing monthly articles for a web magazine called *“The Magic Happens Now.”* It allows me to use my words to send love and inspiration into the world.

My website is [www.essencesoftruth.com](http://www.essencesoftruth.com) to contact me or purchase a book.

## Library News

At long last we are able to open the library by appointment only. Thanks to our librarians Trish Brooks and Board member Gail Flitton, we are able to get this back up and running very soon. There are a few caveats and protocols to follow. Appointments must be made through the front desk around available library hours. Appointments are for either main floor library (Sun Room and Sequoia Room) or the lower level. It may not be possible to accommodate both floors in one appointment. Check with the front desk when you call in to register. Hand sanitizer must be used before and after use of the library (or gloves are available at the front desk if you prefer). When you return the books to the front desk, they will be placed in a paper bag with the return date. Books will not be shelved until at least three days after return.

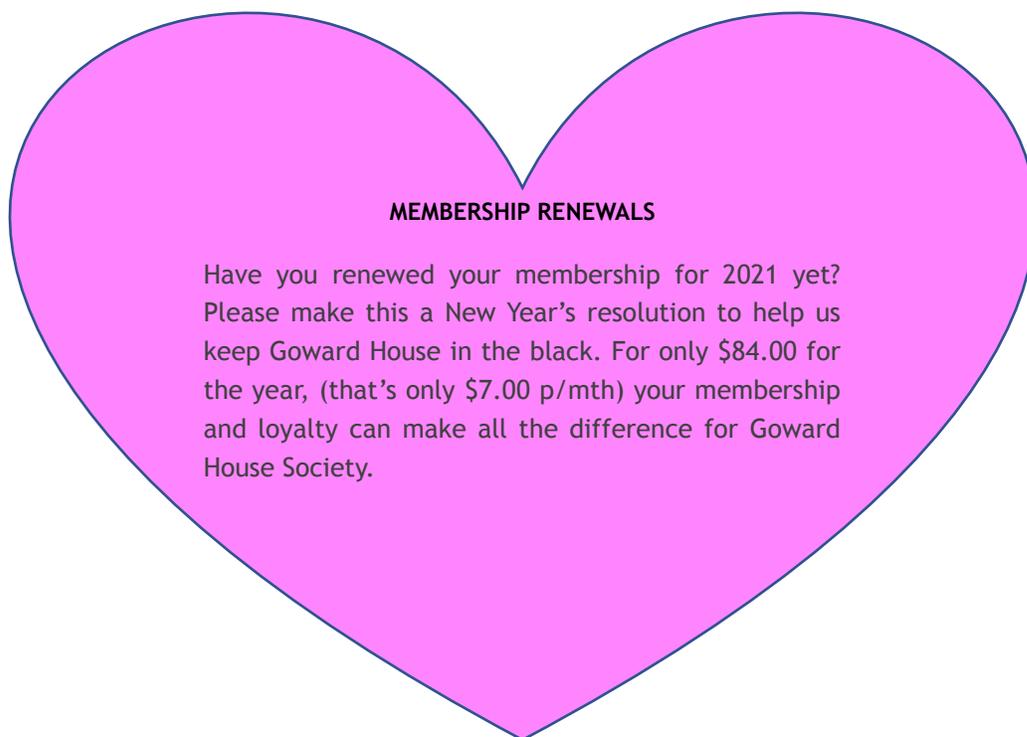
## CALLING ALL “WANNA BE” VOLUNTEERS

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. Thanks for reading on about our current opportunities below.

**We are looking forward to our Kitchen reopening, however, we don't anticipate this happening before Spring.**

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.



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

**Activities temporarily suspended except Strength & Balance, Tai Chi & Yoga - 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 – 11:30	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 1 <sup>st</sup> (+ 3 <sup>rd</sup> if needed)	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 1st Monday of the month (and 3rd Monday if needed), however, February class is scheduled for Monday February 22 (if restrictions are lifted).