

THE GAZETTE

MARCH 2021

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Goward House

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PRESIDENT'S MESSAGE

Wow, what a snow storm! Hope you all survived the polar vortex. The Ides of March is coming and the Provincial Emergency Order has again been extended. Consequently, we have deferred our 2021 AGM to May 20th at 2pm, in hopes that we can have it in person and outdoors, as we did last September. Save the date!

Nominations are open for the Board - please contact either Gail Branton (gail@thebrantons.com) or Gayle Millbank (gaylemillbank@gmail.com) if you are interested.

Thank you for responding to our request for membership renewals. Although many of you have indicated you are waiting for a full reopening of the House, and the recommencement of your favourite activities, I hope you will rejoin as soon as possible, to help our financial situation.

When you return, hopefully sometime in March, you will see new signs out front, advertising our activities. A big thank you to our VP Allan Davies for building and painting a new frame, and installing the signs.

Thank you for purchasing Valentine cookies, and Gianfranco's fantastic takeout meals - both sold out! Easter Purdy's chocolates will be available to purchase until March 5th, and we hope to offer a delivered Easter supper on April 1st (details in this Gazette). Also, brand new, we are adding an advertisement page (members only) to the Gazette - 20 words for \$20.

Some small rentals have been booked for April, so you can see we remain optimistic for a reopening in the near future. Speaking of rentals, we have had an unexpected windfall, with Netflix renting the House for filming! Thank you all for respecting their "Do Not Disturb" requirement as part of our contract. Hope we can recognize the House in "MAID."

Finally, I wish you all a Happy International Women's Day on March 8th, and Happy St. Patrick's Day on March 17th. March 17th also happens to be the 1 yr anniversary of when we first closed the House. So much has happened since then, and Goward House remains as vibrant as ever, in large part due to YOU! Thank you. Barry



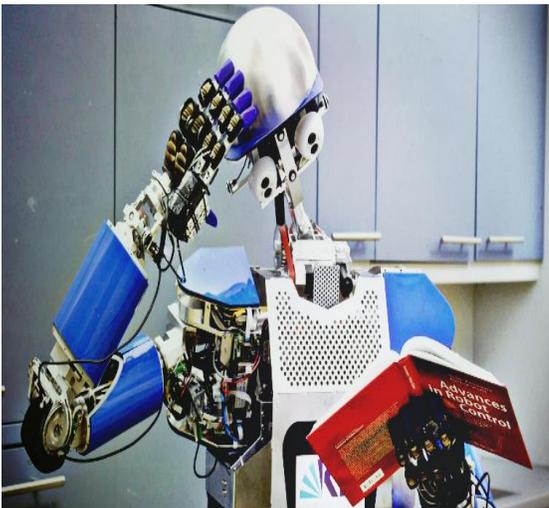
The **BOOK CLUB** will be meeting Tuesday March 16th, from 1:00 - 2:30. The book selected for March is *The Alice Network* by Kate Quinn. Please note you must acquire this book yourself.

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.



WOW! Goward House received **\$426.87** for December and **\$360.00** for January from Thrifty Foods Smile Program and **\$122.50** from Fairway Markets for the month of December 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



[Saanich Supports UN's Decade on Ecosystem Restoration](#) Saanich Mayor, Fred Haynes, has signed a Proclamation demonstrating Saanich's support and participation in the United Nations Decade on Ecosystem Restoration 2021 - 2030. Click the link for the whole story.

[Seniors' Services Directory](#) Seniors Serving Seniors is a charitable society serving seniors in the Capital Region. The Seniors' Services Directory is produced every two years. For additional information on senior services and help navigating the Directory please contact the Senior Link at 250 413-3211 or click the link above. Directories are available through our front desk.



Goward House EASTER DINNER

Goward House and Red Cedar Café are pleased to offer members a freshly prepared, delicious Easter inspired meal delivered right to your door.

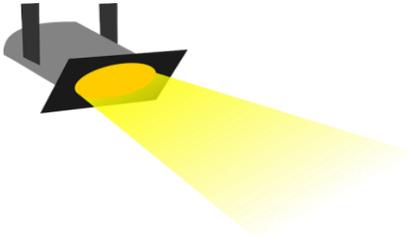
WHEN: Thursday April 1st (delivery 3:00 - 5:00 p.m.)

MENU: Ham, scalloped potatoes, carrots & broccoli and apple crisp for dessert.

PRICE: \$25.00 (place your order at the front desk Monday - Friday 10:00 am - 2:00 pm before NOON Wednesday March 24th)

Please note that delivery time is approximate and available to members residing in Victoria or Saanich. If you live outside these areas, or prefer, meals can be picked up at Goward House April 1st between 3:00 pm and 5:00 pm. Let the front desk volunteer know your preference.

House Member Spotlight



This month we feature another lovely couple, Goward House members Barb & Dean Sawyer. These two are always stepping up to help out at Goward House. We thank them both for volunteering!



Barb retired from secretarial work 13 years ago and joined Goward House shortly after, to take Tai Chi and Spanish. A few months later she volunteered to work in the kitchen and did so until the pandemic hit. Over the years she has taken Spanish, practiced Yoga, Strength & Balance and Line Dancing. She has also participated in the Book Club, iPad Club, walks with the Walkie Talkies and still gets together with the crafters. Barb has also volunteered for special events and presently volunteers at the front desk.

Dean retired from Sawyer Sewing Center 12 years ago, which is a family owned business. It is now owned by his son Jarrett. Over the years Dean has volunteered setting up for special events, running the barbecue, which is traditionally offered once a month over the summer months, and working in the kitchen twice a month.

They both enjoy volunteer work and like to give back to the community. Dean also volunteers at Rainbow Kitchen preparing the daily meal and pickup and delivery of food supplies. Together they have raised 4 children and enjoy being grandparents to 7 grandchildren all living in Victoria.

“We are both members of Pacific Animal Therapy Society and our little dog Sparki is a therapy dog. We also foster kittens for Cats Cradle Animal Rescue”.



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 friends. It's not too late to get your order in. Brochures are at the front desk, or you can order on-line. Due date for all orders (online and paper) is **Friday March 5th**. Pick up will begin **Monday March 29th**.



Happy St. Patrick's Day

ON THE BOOKSHELF

“The Curve of Time” by M. Wylie Blanchette is the saga of summers that Mrs. Blanchette with her five children spent cruising the waters off Vancouver Island some eighty plus years ago. They cruised in a small power boat around the lovely bays and inlets, exploring new places and having adventures with wildlife. The children had the unrivalled opportunity to grow in the idyllic but sometimes dangerous places they visited. Their mother found the resources to teach them and find food from the land and sea. This is a wonderful escape in this time of enforced isolation. It has recently been republished in a 30th edition.

John & Val Tibbles

Please send your book review to marlene@gowardhouse.com to be considered for the Gazette.

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.

MARCH WALKS

March 1 - UVic Chip trail

March 8 - Arbutus Rd. - path to Seaview and back

March 15 - Queenswood grounds

March 22 - Hollydene Park

March 29 - Feltham and San Juan trails. Parking at the Gordon Head Recreation Centre.

Meet by main entrance. (public washroom inside) Leader: Nancy



In Remembrance



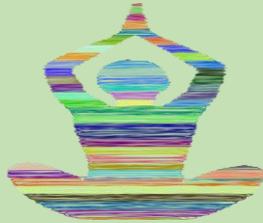
[Connie Isherwood](#) - (click link for full story) Connie Isherwood passed away at 101 yrs. and amazingly, was still working as a lawyer to the end. Goward House member Everett Peterson reminded us that she carried out the original legal registration of Goward House Society, and she authored the original by-laws of the society. At the same time, her husband, lawyer Foster Isherwood, was a key member of the originating group of directors of the Goward House Society. Foster became the second President of GHS in 1990 - 1991, following Kenneth MacNeill's 1988-1990 term.

Kathleen Bryce (Cathy) Rilla - Cathy was a chartered accountant and past, active member at Goward House. She enjoyed Bridge, golfing, art and travelling. She was a great person to be around and work with, and will be sorely missed.

Claude Campbell - (Angus) Claude retired as Superintendent of the Saanich School District. Following his passion for teaching, he and his wife Jardy travelled and taught English in many places around the world including China, Slovakia and Mexico. Claude also enjoyed lawn bowling, studying and teaching Spanish and volunteering at Goward House. His family and friends will miss his smile and gentle guidance.

REMINDERS

Yoga classes are still ongoing at Goward House. You may attend in person (limited capacity) or via ZOOM. Please register with us and purchase yellow fitness tickets to attend. Drop off your yellow fitness ticket to the front desk please.



- **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 3rd Monday of the month. Please call to confirm a spot since we will not know what restrictions will be in place. Next class is scheduled for Monday March 1st.
- **Portrait Painters Group** are always looking for models. Once restrictions are lifted, the group will meet on Tuesdays from 2:00 - 4:30. Please let Vicki know at vpostl@telus.net if you would be interested in modelling this year.
- A friendly reminder to our members that all activities and fitness classes, including Tai Chi, require pre-registration to attend. You may visit the front desk to purchase activity tickets (Monday - Friday 10:00 - 2:00) and to pay monthly Tai Chi fees.



- 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 am to receive information on House closures due to inclement weather. Please stay safe on the roads!

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 are always available at the front desk. Thank you!

AUDITIONING for VOLUNTEERS - (kidding) 😊

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.

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.

A BIG THANK YOU to Myrna Rouse for the fabulous new knives for the kitchen. They are a welcome addition to the old cutters we have. Myrna, as a kitchen volunteer, must have remembered the tired, old knives we had!



An Update From Jim Brackenbury Our Bridge Instructor and Facilitator

Along with all other Goward House activities, the Duplicate Bridge group ceased to operate in mid-March 2020. After a two month break, we decided to see if there might be interest amongst the Bridge players in continuing to play our weekly Wednesday games, but online from home. We found that most of our regular players had access to computers at home, and were able to download **Bridge Base Online**, a popular application for bridge players. Our participation numbers increased steadily through the summer and into the fall, from 64 in May to 192 in December. We currently average 40 players per week.

Jim Brackenbury sets up Team Matches for the participants, and ensures a different pair of opponents every week through an eight week cycle. We have a designated host for each Team Match, who is responsible for organizing the match for their game, involving eight players. Our hosts are Judi Woytack, Nancy Fauteux, Joane Berube, Jane Fogh-Dohmsmidt and Jim Brackenbury. Joane also posts the detailed results from each match to the Goward House Bridgewebs website.

Jim is delighted with the ongoing success of this venture. Participants had a 100% renewal rate of their Goward House memberships for 2021, and we have added three new members. Participants have also been generous with their donations to Goward House, in lieu of weekly activity fees they have paid in the past.

Jim welcomes inquiries from other bridge players who would like to give it a try, or simply would like more information. jimbrackenbury@shaw.ca

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

Susan Muir, Sharon Shalinsky, Jane Danzo and Keith Anderson

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.

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.

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!

Activities temporarily suspended except Strength & Balance, Tai Chi & Yoga: stay tuned!

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 10:00 – 11:30 1 st (+ 3 rd 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				

Calling all members!

This space is available for members to purchase to post messages such as birthday greetings, items for sale or wanted etc. Twenty words for \$20.00 p/mth Please contact marlene@gowardhosue.com

WOODEN TOYS

In teak, mahogany, oak and fir for all ages. Email harrytorno@telus.net to request a catalogue. 250 477-7998