

THE GAZETTE

APRIL 2021

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Goward House

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President's Message

CIRCUIT BREAKER

Spring Break has seen a big spike in COVID cases, such that the Provincial Health Officer has had to reverse course from what we all hoped would be a loosening of the restrictions sooner rather than later. As you have all heard from Heidi, indoor fitness has been halted. Winter had only been officially over a week, clocks had been moved forward & the annual flower counts had begun, when new restrictions were imposed until April 19th. Please do not lose hope, as more of us are getting vaccines sooner than we had thought so that herd immunity is coming!

Once again I want to thank you for your continued support of GH by renewing your membership, even though you may not be attending activities. No penalties are being imposed (and no rebates!) for late renewal.

Thank you for supporting St. Patrick's Day lunch, Purdy's Chocolate sales & Easter Dinner. Our Budget Committee has done a superb job in keeping projections on course. We hope Saanich will do the roof soon, in time for a fuller re opening. We are also booking rentals into the late Summer and Fall, in anticipation of restrictions easing somewhat.

All Board members have agreed to continue to serve you, so continuity is preserved during this pandemic. They have all been working diligently, as have staff, to ensure we have a place to come back to once so-called normalcy has returned.

I hope you enjoyed & will enjoy future Coffee & Conversations, like we had on March 24th.

I wish all of you a happy time while you celebrate your Faiths, including Easter, Passover, Ramadan and Vaisakhi.

Barry

April 18 - 24 is Volunteer Appreciation Week



The first ever National Volunteer Week in Canada was celebrated in 1943. Canadians have seen the value volunteers bring to our country for a long time. It had a very specific purpose: to enlist women for wartime voluntary service. Designated by the Canadian War Services department and organized by the Women's Voluntary Services (W.V.S.), major cities across the country such as Montreal, Toronto, Vancouver, and Winnipeg hosted recruitments and special events to raise awareness about the vital contributions women were making to the war effort. Years later volunteer centres across Canada had the idea of having an annual week honouring all Canadian volunteers in all sectors of service. Throughout the 1970s and 1980s, Volunteer Week grew. Finally, in 1990, Volunteer Canada proclaimed National Volunteer Week to be in April, in all communities across the country.

Since then, National Volunteer Week has become a time for all Canadians to intentionally recognize the contributions volunteers make to their communities, to raise awareness of the value this adds and to thank volunteers for all of their time, energy, commitment and care. Volunteers are an invaluable resource in Canada and without them, many organizations would not be able to serve their communities the way they do. And on top of that, volunteers create a culture in Canada where people care about their neighbours and want to set aside time to build community. This is something so important and worthy of celebrating! This year, the theme is The Value of One, The Power of Many. (source from blog.vouunteer.ca)

Goward House Honour Roll of Pandemic Volunteers

Our thanks to each and every one of you!

Board Of Directors

Lois Akam, Treasurer (Budget/Front Desk & Membership/Policy & Procedures)

Judy Baldwin (Programs/Volunteers)

André Berthiaume (Budget/Emergency Preparedness/Facility)

Gail Branton, Past President (Front Desk & Membership/Grounds, Garden & Parking/Personnel)

Mary Collins (Environs/Programs)

Allan Davies, Vice President (Budget/Emergency Preparedness/Facility/Grounds, Garden & Parking/Personnel)

Gail Flitton, Secretary (Environs/Special Events)

Lee Frank (Kitchen/Special Events/Volunteers)

Barry Mah Ming, President (Kitchen/Publicity)

Gayle Millbank, Past President (Personnel/Policy & Procedure/Publicity)

Front Desk

Lois Akam

Ivan Baggs

Eleanor Beam

Gail Branton

Mary Collins

Lee Frank

Loraleigh Jantzen

Al Kuhn

Brian Malley

John Martens

Barb Martin

Linda Metters

Barb Sawyer

Donna Signori

Nancy Sing

Crafters & Quillers

Barb Sawyer

Loraleigh Jantzen

Karin Geppert

Esther Pomeroy

Jean Smith

Woodlands

Everett Peterson

Merle Peterson

Marcia Knowles

Susan Ikeda

And...

Trish Brooke (Library)

Gail Flitton (Library)

Gianfranco Mosca (Special Meals)

A Big THANK YOU to our Volunteer Instructors and Group Leaders

Jim Brackenbury (Bridge)	Eric Elbers (Meditation)	Barbara Loan (French Conversation)
Wendy Denyes (Walkie Talkies)	Leah Freedman (iPad Club)	Vicki Postl (Portrait Painters)
Betty Doherty (Line Dancing)	Ann Gibbard (Chinese Brush Painting)	Phil Robbie (GH Singers)
Charles Dool (GH Painters)	Susan Gilberstad (Book Club)	Val Roberts (Spanish Conversation)
Rosita Dworschak (German Conversation)	Mary Homer (Italian Conversation)	John Simpson (Spanish Conversation)
		John Tibbles (Spanish Conversation)

Goward House Honour Roll of Pre-Pandemic Front Desk & Kitchen Volunteers

Peta Alexander	Pat Davis	Nancy Lypkie
Carol Bogart	Charles Dool	Don Patrick
Peter Bruce	Janice Dunning	Val Roberts
Hildegard Chamberlain	Linnea Fouracre	Anne Roburn
Carol Connolly	Dennis Gedney	Myrna Rouse
Anne Crozier-Smith	Wendy Gedney	Dean Sawyer
Elaine Daniel	Rebecca Grant	Rheta Steer
		Harry Torno

We did our best to recognize everyone, please forgive us if we missed you.

ON THE BOOKSHELF

Reading! What can be better than a good book and a warm drink on a dreary day?

“**A Fine Balance**” by **Rohinton Mistry** transports one to mid 1970’s India. It tells of four unlikely people whose lives intertwine at a time of political turmoil. Mistry’s brilliant command of the English language enriches the humour, compassion, and horrors of the time. It is one of my favourite books.

Kathryn Mannix, a palliative care consultant, wrote “**With the End in Mind**” based on her many years caring for the dying. Her stories guide us to think of death not with trepidation, but with greater understanding of the process of dying. A lovely read, probably essential for us all.

Submitted by Loreleigh Jantzen



Goward House received \$325.00 for February from **Thrifty Foods Smile Program**. 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 **Thrifty Foods** or **Fairway Market**. Visit your favourite store, load up the card and voila, Goward House receives 5% of the value you load. If you shop at **Peppers**, you can purchase a Pepper’s gift card. Load the card and then just let them know you are a Goward House member and that you’d like the donation to go to Goward House. Thank you to members who participate! Every little bit adds up.



New From Goward House

via ZOOM:

Coffee & Conversations

“The Birds of Spring” with Ann Nightingale

Wednesday April 21, 2021

10:30 am - 11:30 am



Spring has sprung! Most of the breeding birds have arrived and are on nests, and birdsong is everywhere.

Ann Nightingale, Rocky Point Bird Observatory volunteer and frequent media guest for birdy topics, will share her excitement about our local birds and answer your questions.

Reminder emails with the Zoom access link will be issued on April 16 and April 21. Click the link below to check out the Rocky Point Bird Observatory web site.

[Rocky Point Bird Observatory web site](#)

Save the date - Monday May 17th Guest: Dr. Johanne Brodeur, Ph. D, MTA, Victoria Conservatory of Music



Happy Easter

*Goward House will be closed Friday
April 2nd and Monday April 5th.*

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.

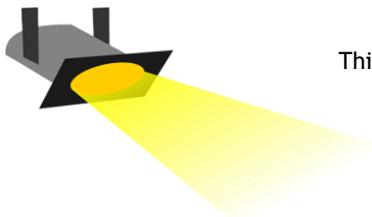
On behalf of Goward House Society, board and staff, we appreciate and thank you for wearing your mask in the house as directed by the Public Health Office. Masks are always available at the front desk. Thank you!



The BOOK CLUB will be meeting Tuesday April 20th, from 1:00 - 2:30. The book selected for April is *The Japanese Lover* by Elizabeth Allende.

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.

House Spotlight



This month we feature our wonderful Strength & Balance instructor Manda Ghag.



Manda Ghag

Manda was born in Saskatoon, Saskatchewan but has lived most of her life here on beautiful Vancouver Island. She currently resides in Victoria and has two children. Manda has several hobbies including sewing, baking, gardening, working out and Croatian Folk Dancing. “I enjoy travelling and a few of my recent travels (before Covid) include Austria, Croatia, Italy and Japan.”

Teaching fitness since 1983, and a BCRPA approved instructor, Manda realized how important fitness is to the maturing body and how daily tasks are so much easier to do when one keeps their body fit and healthy. Her Strength & Balance classes were developed with the idea that these elements are key for the maturing body.

A 60 minute Strength & Balance class begins by doing some very simple warm up movements while sitting in a chair. “I like to activate the core by using a ball for many strengthening exercises.” She explains that once the body is warm and ready, we march, clap, jog, and pump while seated. This provides a safe and controlled cardio workout. Hand held weights are then introduced for toning arms and legs. A light stretch is added before standing for balance exercises. The class ends with a 10 minute, guided meditation.

Manda has been a fitness instructor at Goward House for well over ten years and is much loved by her students. She welcomes members to come and participate in her classes on Mondays and Thursdays. (*pre-registration required*)

Goward House would like to extend a very warm welcome to new member **Jane Birkbeck**.

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. *The group is temporarily on hold.*

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.

APRIL WALKS

April 5th - No walk, Easter Monday

April 12th - Cadboro Bay/Gyro Beach

April 19 - UVic chip trail

April 26 - Uplands Park for camas. Parking at Cattle Point. Meet by first boat ramp as you drive in.

REMINDERS

GOWARD HOUSE ANNUAL GENERAL MEETING

Save the date!

Thursday May 20th 2:00 p.m.

We plan on holding the meeting outside, similar to the one last year. Please plan on attending this very important meeting. Please call and register so we have a running tally as we need a quorum. Thanks in advance.

- **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. Registrants will be called when we can resume the class.
- **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 ypostl@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.
- Our library is open! Please call ahead to book a time. We can't guarantee you will have access if you drop in. Library use is scheduled around activities. Books are returned to the front desk where they will be placed in a bag with date of return. Books will be left for at least 3 days before being returned to the bookshelves by our lovely volunteer librarians Trish Brooke and Gail Flitton .

When Hollywood North Calls

Marlene Abney



It's not unusual to see film crews around Victoria. After all, Victoria has for decades been a hot bed of productions, be they film, TV series or documentaries. Remember back in 1990, when Goldie Hawn and Mel Gibson shot Bird on a Wire here? And yes, there were many more productions to come after that.

When the pandemic hit over a year ago, most, if not all, productions were put on hiatus. Vancouver and Victoria were especially hard hit with so many television series and films being made here in B.C. Slowly, as phase 1 opened things up late last Spring, the entertainment business dusted off the cameras and put thousands back to work. Actors, production crews, agents and location shoots were back in business, with a twist of quarantine.

It's hard to imagine that Goward House, being the old heritage home beauty that she is, has not been scouted as a film location before (at least not in recent history). Driving by the property one day, a local location manager saw the property and asked himself, "what is this place?" Stopping by, having a look around, and pursuing an informal chat with Goward House administrator Heidi Hodgins, he was intrigued and quickly made the next move. A group from the production company came to see Goward House to potentially be included as a location for a Netflix production called Maid. The production, currently shooting in Victoria, has some big-name stars, but for the purpose of this article, the star, of course, is Goward House.

Once our location was selected, crews would come and go with tape measures and cell phone cameras clicking away. Contracts were signed and Goward House staff were hired to be "point people." Essentially, a point person answers any questions involving the house for the location Production Assistants. Where is the electrical panel? Where are the light switches for the outside lighting? We were liaisons there to assist the P.A.s. and be Goward House ambassadors.

Day one of the 12-day rental, crew were tasked to have everything moved out of the main floor and lower level (chairs, tables, paintings, carpets, plants etc.). They carefully wrapped everything and took it away, to be returned to its original space once the production completed filming. The following seven - and up to 12-hour long days - the trades crews would remove doors, and add new "set doors" and a new lobby entrance. Though these doors were indeed fake, they looked incredibly real, using highly technical and expert carpentry tradespersons to use real wood and aluminum cladding for an authentic look. Transformation takes time, just like a regular house renovation would. Out of the 12 day long rental contract, there would be only one day of filming! Then it all gets quickly deconstructed and put back to its exact, original self.

What does this mean for Goward House? The rental contract brought in much needed revenue. The pandemic has placed the Goward House Society, as with many other non-profits, in precarious financial limbo. Goward House is a place for older adults to participate in activities, health and wellness and engage with each other. As we know, engaging has a new meaning these days. The Tea Room has been closed for a year. Many members are staying home and reluctant to renew memberships. Rentals for weddings and other gatherings are next to zero due to Covid-19 restrictions. As with so many businesses and non-profits, revenue is down an extraordinary amount. Enter Hollywood North. A casual drive down Arbutus Rd. by a curious location manager, has brought some good cheer for 2021. Our bottom line is looking up and we are proud of our old girl. Wouldn't the Goward family be pleased as pie?

Lights, camera, action and many thanks to the Maid producers, crews and staff.

Cut. That's a wrap.

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 late 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

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.

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!

All activities temporarily suspended - 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 text space is available for members to purchase, to post messages such as birthday greetings, items for sale or wanted etc. Contact marlene@gowardhouse.com

WOODEN TOYS

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

250 477-7998

“Scene” Around Goward House



Everett Peterson - Honorary Lifetime Member, volunteering in the Woodlands



A Queenswood deer checking out the Netflix action.