

# THE GAZETTE

Goward House

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MAY 2021

Editor: Marlene Abney



April 12, 2021

## President's Message

Unfortunately, the Circuit Breaker has been extended until after the May long weekend. Consequently, we have decided to postpone our AGM to **September 16, at 2:00 pm**, with hopes we can be outside like last year.

Thank you for supporting our last fundraiser with the Lasagna and Panna Cotta made by Chef Gianfranco. We hope you will continue to support your home away from home by using your Fairway, Peppers & Thrifty gift cards. We have Fairway cards that you can get at the front desk, to load and use at any of their stores. Peppers has two methods to support us: first, if you have a charge account tell them you want a portion of your purchases to go to GH, or if you buy a gift card ask them to designate GH as the charity you support.

Your President will continue to collect any returnable empties for charity, so please don't put them in your recycling. Call me at my new cell phone 236 508-1999 (or home 250 381-3647) for pickup.

If you need foot care - which I receive every 6 weeks - you can support GH by calling Graeme at 250 580-3668 as he makes a donation for each appointment.

We have 231 members, and thank you to everyone who has renewed! I look forward to when we can be 500 strong again.

We hope you enjoyed Coffee & Conversations with Ann Nightingale. Next up is Dr. Johanne Brodeur on Music Therapy.

April 27 was our Volunteer Appreciation Day. Your Board thanks and applauds all GH volunteers! A special thanks to Jim Brackenbury for his superb leadership in keeping Virtual Bridge for the GH players.

Happy Mother's Day and let's cross our fingers that after we enjoy the Victoria Day long weekend, albeit without the Parade, we can welcome you back! Barry



The BOOK CLUB will be meeting Tuesday May 18, from 1:00 - 2:30. The book selected for May is **Warlight** by Michael Ondaatje and June's title is **The Heart's Invisible Furies** by John Boyne. Both book sets are available at the front desk. **Warlight** must be returned by May 8 and **The Heart's Invisible Furies** must be returned by June 5.

May Book Club meeting will be via **ZOOM**. Happy reading!

## ON THE BOOKSHELF

Submitted by John Tibbles

One sign that a book has made an impact on me, is that I have not been able to resist scribbling in it. Comments and notes of agreement, or why I don't like some piece of it. One such treasure is "21 Lessons for the 21<sup>st</sup> Century" by Yuval Noah Harari, an Israeli academic and historian. He has written three books, one on the history of mankind, one on the future of mankind and this one which is concerned with offering clarity of thinking about our present problems... knowing what the key questions of our time are, together with putting forward responses to some. Eighteen million of his 3 books have been sold and many readers must have been kept awake by him at night. Comments about the book include Bill Gates, "he is such a stimulating writer that even when I disagreed, I wanted to keep reading and thinking," and from Good Housekeeping, "the perfect brain food: easy to digest and totally invigorating."

The next book is a book of short stories called "Sleep No More: Six Murderous Tales" by P.D. James, who is celebrated as much for being a writer as for being the author of classical "whodunnits." This is, I think, the only short story book she has written, and it is at times spine chilling. It may keep you awake at night, but it's worth it!

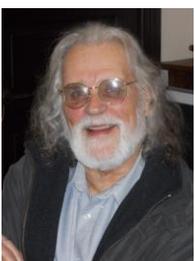
Lastly, whether you like him or not, there is no denying the fact that Boris Johnson is a headline grabbing character. One side of the man is his ability as an author as well as having been an excellent Lord Mayor of London. He has produced an engrossing book, "Johnson's Life of London." I thoroughly recommend this well written book for the personalities who come to life in its pages.

Please send your book reviews to [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) to be considered for the Gazette.



Goward House received **\$380.46** for March 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 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**, 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.

## In Remembrance



Many Goward House members may remember Richard Andersen who recently passed away. Richard was a dedicated volunteer at Goward House and web master for a time. Richards' impressive career included designing flight simulators for NASA (Mariner and Viking projects) and designing computer systems for Voyager and Galileo. His proudest achievement was having used his computer skills to create programs that facilitated individuals suffering from brain damage. He enjoyed philosophy, reading and classical music. Richard will be dearly missed by his family and friends.



## Coffee & Conversations

### May Presentation

via ZOOM

"If Music Be The Food of Life, Play On!"

with Dr. Johanne Brodeur, Ph.D, MTA

Monday May 17, 2021

10:30 a.m. - 11:30 a.m.



This informal presentation and discussion will cover an introduction of the Music Therapy Department at the Victoria Conservatory of Music as well as how music can assist those suffering from anxiety, isolation, or physical issues - especially during this current pandemic.

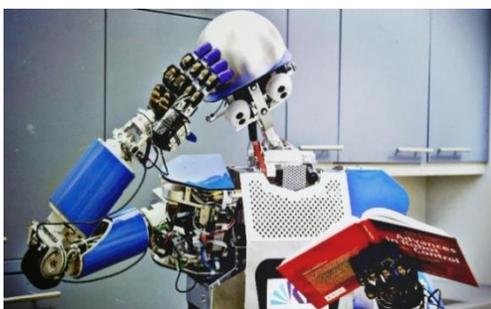
Dr. Brodeur has a Doctorate in Music Therapy, Music and in Health Science, is an international speaker, and a woman with endless energy. Johanne specializes in paediatric music therapy, is the mother of two adult daughters and a very proud grand-mother to two little grand-daughters.

Johanne is an avid tennis player, loves to travel (when possible), devours books, and eats mostly raw food.

<https://vcm.bc.ca/faculty-members/johanne-brodeur/>

Reminder emails with the Zoom access link will be sent on May 12 and May 17.

## CLICKS OF INTEREST for the CURIOUS



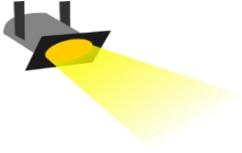
Feeling low, stressed or anxious (and who isn't these days)? There is a FREE resource available in BC called BounceBack which is a skill-building program to help adults and youth 15 + manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. Here is the link: [BounceBack](#)

Royal BC Museum has their [Orcas: Our Shared Future](#) exhibit on until January 9, 2022. Dive deep into the stories and science that surround the magnificent orca, spirit of BC's wild coast and apex predator of all oceans. Follow the currents of ecological activism, popular culture and Indigenous beliefs to gain a new appreciation of these sophisticated animals, long feared in Western cultures as "killer whales." Discover the complex social structure of orca society and reflect on surprising consequences of captivity. For tickets, visit [Royal BC Museum](#)

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1Funny.com is your destination for daily humour designed specifically for seniors. Every day 1Funny.com combs the internet for new funny videos, pictures, jokes and other interesting things that resonates with seniors. Here's a great example. [Breathtaking Footage of a Billion Butterflies](#)

You can subscribe to their newsletter from their website [1Funny.com](#) and receive daily smiles.

# House Spotlight



This month we feature our awesome landscaping expert, Lester Easton.



Lester took over the landscaping for Goward House in October of 2017. He started his own landscaping business, Lavatera, four years ago, not long after moving to Victoria. Born and raised in Edmonton, Lester has lived in BC for over thirty years, previously having lived in North Van, Vancouver and Whistler. His mom just moved here from Edmonton and his sisters' family resides in Vancouver.

"I first got into gardening with my family, as my mom and uncle are both avid gardeners. I am an Arborist and Journeyman Landscape Horticulturist having studied horticulture beginning in 1998. My education includes Kwantlen and Capilano Universities, followed by 17 years working on the tree and horticulture crews for parks in North Van. I have also taken many other diverse courses, including Organic Land Care, Tree care, Soils, Pruning, Landscape Design, and Arboriculture Canada courses."

Lester enjoys many outdoor pursuits such as camping, scuba diving, hiking, biking, and playing hockey. His many hobbies include traveling, yoga and live music.

Lester is very approachable and happy to talk to members about his landscaping work here at Goward House.



Crew member Kevin

## 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.

May walks are suspended due to the present restrictions on gatherings, stay tuned for June.

## IMPORTANT DATE CHANGE

GOWARD HOUSE ANNUAL GENERAL MEETING

moving to

THURSDAY SEPTEMBER 16<sup>TH</sup> 2021

2:00 pm

## REMINDERS

- **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. Please note that May iPad Club is cancelled due to the restrictions in place until May 25<sup>th</sup>.
- **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](mailto: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.
- **Yoga class May 21<sup>st</sup> is cancelled.**
- 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**.
- Online Bridge continues to be a big success. Our bridge instructor, **Jim Brackenbury**, reported a record number of 204 participants of virtual bridge matches in March! Thanks to Jim, our members are able to continue to play.

## 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. When pandemic restrictions ease, we will be assessing the reopening of our Tea Room. A call for kitchen volunteers will be posted in future Gazettes. Please contact [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) if interested in any volunteering opportunities.

### 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 <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				

## 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. Twenty words for \$20.00 p/mth.

Please contact [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)

### WOODEN TOYS

In teak, mahogany, oak and fir for all ages. Email [harrytorno@telus.net](mailto:harrytorno@telus.net) to request a catalogue.

250 477-7998

### WANTED

Small manual typewriter in good working condition, to purchase, lease or borrow. Please contact:

[suzanne@gowardhouse.com](mailto:suzanne@gowardhouse.com)

## "Scene" Around Goward House



Where's Lyle? Can you spot him?



Lyle Rumpel, our man about the House!



Spring in full bloom

