

THE GAZETTE

JUNE 2021 *Editor: Marlene Abney*

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Goward House

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President's Message

Happy Days are here again! Great news from our PHO, Dr. Bonnie Henry: the “circuit breaker” has been lifted! The House is open again, and we will be bringing back our activities gradually. We look forward to all of you returning, participants and volunteers. You will receive information about our restart as it unfolds.

Lots of activity in our neighbourhood: the Board had a presentation recently from UVic Properties, about the building of the Queenswood Child Care Centre across the street from us. It will not impact our parking, and we may get more business for our kitchen (once it reopens). Food trucks are coming to Gyro Park this summer, and the dog park there is under review too.

At Goward House, we have enjoyed another fabulous takeout meal from Gianfranco, and another installment in our popular “Coffee & Conversation” ZOOM series. Mark your calendars for our Strawberry Tea on June 17th (pre-registration/payment required, spaces limited), and we hope to offer our summer BBQ's as well. Stay tuned for more details on all upcoming activities and events!

The Board has approved a system change for our membership fees, starting June 1st – the updated Purchase Process is described in this Gazette. Staff are happy to answer your questions (250-477-4401).

Lastly, but not least, I want to give special kudos to our Board, staff and volunteers for their hard work and commitment during these challenging days, especially our Administrator Heidi, whose commitment, dedication, hard work and talent have made her indispensable to the House, for many years to come, we hope. Our VP, Allan Davies, and his wife, Fern, are bringing our gardens back to life, refurbishing lamps, and many more hands-on jobs inside the House. Lois Akam has guided our finances expertly as our Treasurer. Gail Flitton is our dependable Secretary, and now one of our Librarians, as our library undergoes many changes. Past Presidents Gail Branton and Gayle Millbank continue to be sources of valuable knowledge about our Society, and Directors André Berthiaume, Judy Baldwin, Lee Frank and Mary Collins administer their respective portfolios with excellence. We are all blessed with this team. Happy Father's Day, and happy summer!



Goward House

*Is pleased to invite you to our
Strawberry "Bubble Tea"*

Reservations only, with your own household

When: Thursday, June 17th from 1:00 pm to 4:00 pm

How: Order in person by reserving a seating and pay through our front desk by June 10th at noon. \$15.00 p/p includes a beverage.

Guests will sit at their reserved patio table and have 30 minutes to enjoy their order. Times will be strictly adhered to, allowing as many guests as we can safely accommodate.

ON THE BOOKSHELF

Submitted by Loreleigh Jantzen

A mystery lover must read the clever writings of **Anthony Horowitz**. Both **Magpie Murders** and **Moonflower Murders** are two books in one. Confusing? Yes, but very clever and sure to keep us mentally sharp!

The Sea Captains Wife by **Beth Powning** is a harrowing tale of life aboard a sailing ship. A young wife and her toddler daughter sail from Nova Scotia around Cape Horn to Europe. They endure pirates off the waters of China, near mutiny, lack of food, and the birth of a second child. The eventual return home makes for page turning interest.

For a non-fiction selection, **Malcolm Gladwell's** most recent offering is **Blink**. He suggests why intuitive decisions can be better than those made with detailed research, then, conversely, why taking a few seconds to assess a situation can prevent disaster. An easy read in spite of the research detail.

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



The BOOK CLUB will be meeting **THURSDAY June 17th, from 1:00 - 2:30** via ZOOM.

The book selected for June is **The Heart's Invisible Furies** by John Boyne. The book is available at the front desk, but must be returned by June 5th.

Please note that this will be the last Book Club until the Fall.

GROCERY STORE FUNDRAISERS



FAIRWAY MARKETS

Members can pick up blank gift cards from Goward House, and load with any cash denomination at any Fairway Market. Every time you load money onto your card, Goward House receives a 5% rebate of the amount you loaded. You then use your card to purchase groceries, etc., at Fairways.



PEPPER'S FOODS

Members purchase their gift cards directly from Peppers. Ask a cashier for a gift card. Decide what cash denomination you want loaded onto your card, and inform the cashier you would like your rebate to go to Goward House. A 5% rebate will be donated to Goward House.



THRIFTY FOODS

Thrifty Foods is changing its Smile Card fundraising program, as of June 15th. Until that time, members can pick up blank cards from Goward House, to load at any Thrifty Foods. If you have a Goward House Thrifty Foods card already in use, you can continue to load it until June 15th. Currently, every time you load money onto your card, Goward House receives a 5% rebate of the amount you loaded. Goward House received \$328.27 from this program in April.

Although any funds loaded onto these cards never expire, the fundraising program attached to these cards expires June 15th. This means you can load the cards until that date, and use the funds whenever you wish.



Spring Cookies

Delicious and pretty!

Why not treat a friend, your partner or yourself to some Spring cookies?

Drop by and pick some up @ \$5.00 each. This is a fundraiser for Goward House.

PROCESS CHANGE for Annual Dues

Overview: Effective June 1st, 2021, Goward House is moving the annual dues process from a fixed structure (Jan-Dec) to a flexible structure (12 months starting anytime). This should simplify the purchase process for both new and returning members, as well as staff and volunteers.

Highlights:

1. There will be two fees, and two fees only: \$100 for a new membership, and \$84 for a membership renewal (if paid prior to membership expiration date). Both are good for 12 months.
2. Annual wallet cards are distributed at point of purchase, with expiration date clearly marked.
3. Late fees are eliminated – if your membership has lapsed, you start fresh and pay the \$100 new membership fee.
4. Pro-rating is eliminated – your membership is good for 12 months, from point of purchase.
5. “Snow Bird” memberships are eliminated – again, your membership is good for 12 months, from point of purchase.
6. Proof of membership in good standing (wallet card) must be produced with every purchase of yellow and blue tickets, or course fees (i.e. Tai Chi).

Transition Period: June 1st – August 31st, 2021, will be our transition period, moving from one system to the other. During this time,

- any 2020 member who has not yet renewed their 2021 membership can renew at \$84 (rather than \$100) – your renewal will be good for 12 months
- all 2021 memberships renewed in 2020 will have the expiration date of January 1st, 2022
- all 2021 memberships renewed in 2021 will have their expiration dates adjusted to capture 12 months (this also applies to any NEW 2021 memberships)

Questions:

If I purchased my annual membership under the old system, do I lose months?

No. Staff will re-evaluate all existing 2021 memberships, and extend expiration dates to match date of purchase when necessary. If you renewed your 2021 membership prior to January 1st, your start date is January 1st, 2021 (and your expiration date is January 1st, 2022).

How will I know when my fees are due? Will I be notified?

Your wallet card will have your expiration date on it. As well, Goward House will send you a renewal email, approx. 2 months in advance of your expiration date. (Alternative methods of notification can be identified both at the point of purchase, and by contacting admin staff.)

I purchased my membership in good faith, while the House was closed or limited. Aren't those purchasing under the new system being rewarded, while I lose out?

Annual membership fees are a fee to belong to the Goward House Society. When an annual fee is purchased, it is for 1 year, including natural closures, holidays, low activity schedules, and the like. This last year, we all endured an unforeseen crisis. Those who renewed their memberships during this time were both able to participate in the limited activities we could offer and directly support the continuance of the Society during this significant crisis -- for this we are incredibly grateful.

I want to renew my membership when the new system starts. I have not renewed my membership for 2021 yet. Does this mean I will need to pay \$100 as a new member?

No, you will pay \$84. We will have a 3 month period of transition from June to August, during which anyone who had a valid 2020 membership can renew at \$84. After the 3 month transition period, if your membership has expired you will pay \$100 when you purchase your new membership.

If I renew my annual fees ahead of my expiration date, will I lose any membership-in-good-standing time?

No. If you renew your membership prior to your expiration date, your new year starts on your expiration date.

You increased the fees last Fall, and now you're increasing them again??

The membership fees are not increasing, but flexibility is. Last Fall, fees rose from \$5/month to \$7/month, to help address a significant financial crisis the Society was facing. This modest increase was the first fee increase in many years. At the time, late fees were increased from \$10 to \$16, which would move an \$84 annual fee to \$100. So, the figures remain the same, but members can now enjoy more flexibility within the fee structure.

I am a Front Desk volunteer – this all seems so complicated!

In actuality, it should be easier for reception volunteers. Rather than figuring out dates, late fees, pro-rated fees and Snow Bird fees, there will only be two numbers to remember: \$84 for timely membership renewals, and \$100 for new memberships or reactivating a membership. All paperwork is filled out the same way, but expiration dates are now always 1 year from date of purchase.

What is my wallet card good for?

You will need to produce your wallet card as proof of membership in good standing every time you purchase fitness or activity tickets, or when you register for a course (Tai Chi, Bridge Lessons, etc.). Membership in good standing also gives you discounts on rentals, and access to free educational lectures and presentations.

I am a member in good standing, but didn't receive a wallet card when I paid my fees (or maybe I lost it?). How will I make the purchases you mention?

Front Desk volunteers can issue you a new wallet card if you need one.

Why now?

These last 14 months have turned our world upside-down. ALL businesses have had to make unprecedented large changes in next to no time at all (the word du jour is "pivot"). Many changes are temporary, and some can be permanent. As Winston Churchill said, "never waste a good crisis!" Right now is an excellent time to address some processes and systems that could benefit from upgrading. The Board and admin staff have had many, many discussions about annual fees, acknowledging a variety of circumstances. Moving forward, this new simple structure seems to offer the most benefit to all members.

HH May 12/21

If you have any questions or comments about our new process, please don't hesitate to call us. 250 477-4401

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

Barbara Jenks, Diane Moffat, Alan Purser, Judi Purser & Van Williams

House Spotlight



This month we feature Andrea Baudic, our lovely Yoga instructor.



Andrea, originally from Manitoba, moved to Victoria in 2007. She and her husband ran a large grain farm in Manitoba, but she stopped active farming in the early 2000's. Andrea eventually sold the farm to a farming partnership that she created a few years after her husband's death in 1997. Retiring from farming allowed her the opportunity to fully pursue other interests that included continuing studies in Yoga and Kinesiology. The bonus was spending more time with her growing daughters.

As a young mom, Andrea turned her studies toward Eastern Healing Arts including a meditation practice as well as dance. Other athletic pursuits followed, including Tai Chi and Qi Gong, and finally, Yoga, which she has taught since 2000. These days her Yoga instruction "reaches out to our demographic, helping us all stay strong in body, balance and mental focus." She trained at Kripalu Institute for Yoga and Well Being, with supplemental trainings in many styles, most notably Anusara, Prankriya and with many teachers such as Yoganand, Michael Carrol, Shiva Rae, Judith Lasator and John Friend. Today she teaches "what I see most, that needs to be taught. I draw on my many years of personal experience, training and study, both academic and practical."

Andrea has an eclectic educational background including a BSc in Agriculture, is a registered Acupuncturist and Chinese Medicine Herbalist, and has extensive training in dance in both Ballet and Contemporary technique.

Andrea lives in Victoria in a blended, extended family with her husband Peter. Their daughters and son, and their partners and grandchildren, are spread from Ontario to the south island of New Zealand. In non-Covid times, Andrea and her husband enjoy travelling to see them all, and look forward to doing that again. Her hobbies include kayaking and enjoying time at the cabin, knitting and weaving, and studying the elegance of body movement and mechanics.

Andrea looks forward to welcoming back her Yoga students in the fall after a break for the summer.

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.

JUNE WALKS - The group has resumed!

June 7 - Mystic Vale

June 14 - Cadboro Bay/Gyro Beach

June 21 - Queenswood

June 28 - Swan Lake (Leader: Wendy/Nancy) Park in the lower parking lot at Saanich Municipal Hall. Take Darwin off Saanich Rd. which leads to the Hall parking lot. Meet by the trail entrance.

REMINDERS

MAiD

Dying with Dignity Canada (Victoria Chapter)

ZOOM Presentation

Thursday June 10, 2021 11:00 am to noon

Since 2016, when medical assistance in dying became legal across the country, thousands of Canadians have used it. Each Province's Department of Health has implemented MAiD slightly differently. British Columbians and more notably citizens on Vancouver Island have been some of the most frequent users of this legislation. If you have been wondering about the MAiD process and how it works locally, including the changes to existing federal legislation (March 2021) Dying with Dignity Canada is offering a factual presentation to Goward House members. This is a free Zoom event and pre-registration is required by noon June 3, 2021. Call or email to register @ 250 477-4401

- **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 June 7th.
- **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.
- 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.

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 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!

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	<i>Yoga</i> 9:30 – 10:30 <i>(returns in September)</i>
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				
Qi Gong 2:30 – 3:30				
Meditation 2:30 – 4:00				
Classes that have resumed in house.				
These activities <u>will return soon</u> and members will be notified.				

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

WOODEN TOYS

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

250 477-7998

WANTED

Goward House would like to borrow a self-propelled wheel chair. Measurements should be 28" - outside to outside of wheels. Please call us if you have one.

250 477-4401

"Scene" Around Goward House



Goward House received this thank you card from the Production company. We look forward to sharing more photos with you when we are permitted to.