

THE GAZETTE

AUGUST 2021

Administrator: Heidi Hodgins
Assistant Administrators: Marlene Abney & Suzanne Ball
Custodian/Janitor: Lyle Rumpel

Goward House

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Goward House gardens

President's Message

Wildfires have necessitated a return to a State of Emergency. If you are travelling in BC (and I hope you are), please be extra careful. We have been lucky on the Island so far, just like with COVID, but we can't give up on our guard.

We had a wonderful BBQ in July, with another one set for Aug 17. Please come to support your House, as well as meet your fellow members.

Your Board has been busy in July, including preparing Capital Plans for our meeting with Saanich in October. In the meantime, we have signed a contract for construction of doors to the Library (Theatre as was), set to commence in August. We are in process of upgrading furniture in the Library, and preparing for a kitchen remodel in the future. The Billiards Room upgrade is ongoing as well.

Our membership offer for renewals is set to expire August 31, so please consider rejoining before that date and avoid having to return as a new member.

Kudos to Allan & his wife Fern for their considerable volunteer time in our garden. The garden lighting will be upgraded in August & the cobblestone walk will be amended, to make it safer for all.

Kitchen volunteers will be needed for September -- please contact Marlene if you would consider doing a shift.

Thank you for responding to our programming questionnaire, the results of which will be forthcoming.

Have a wonderful BC Day, keep safe as usual & hope to see you at the BBQ. Take Good Care!

Barry

ON THE BOOKSHELF

The Bishop's Man by Linden MacIntyre - submitted by John Tibbles

First published about 12 years ago (but eerily current because it deals with scandals within the Catholic Church), *The Bishop's Man* is a thriller full of twists and turns. It does not mention the abuses inflicted on our indigenous population, yet it is eerily prescient as an unmentioned topic. In brief, the Bishop's man is his fixer, his trusted associate, who facilitates the quiet reassignment of priests who abuse youth both sexually and in other ways, to distant parts where they can do little harm and be conveniently forgotten. The Bishop's man gradually realises that he can no longer ignore the abuses that take place. MacIntyre is or was an investigative journalist and this shines through in the book. There are a couple of copies in the GVPL.

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

Book Club returns in September on a new day!

Thursday September 16th 1:00 – 2:30



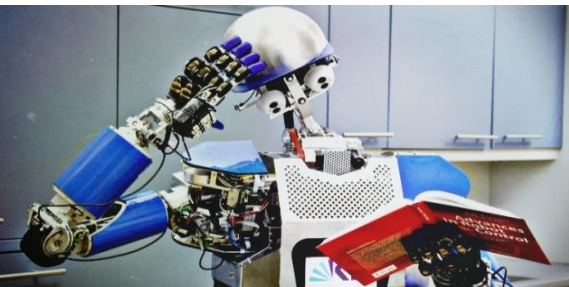
Yoga with Andrea Baudic returns in September!

Fridays 9:30 – 10:30 am

Andrea will be offering a hybrid model of both in person and ZOOM.



CLICKS OF INTEREST



Everett Peterson has made us aware of Alltrails.com which allows an online view of the footpath system within the Goward House woodland area. He says "considering the scale at which this map had to be displayed, we are impressed with the accuracy of the footpath routes shown." Click below.

[Alltrails](https://www.alltrails.com)

If you like jokes and philosophy, you may enjoy www.elderclowns.blogspot.com.

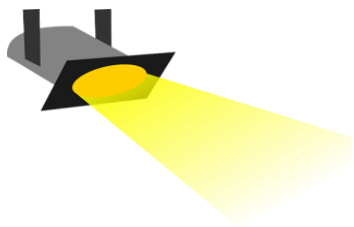
"Elderclowns" are aging jesters free of younger people's fear of making fools of themselves. They read books, they ask questions, and they like lame puns. They frequent the Philosophy Café, which serves lots of corn, puts *veritas* in the *vino*, has a resident house-dog (Dogma), and a House Philosopher who cleaves to the Stoic tradition -- comically. "Philo-sophia" itself (literally, love of wisdom) has led humanity down some fairly hilarious paths. The elderly philosopher might be the wisest clown in the whole wisdom-loving tribe.



Our next BBQ is Tuesday 17th

Please note the BBQ will be held a little earlier in the day. Goward House members will be enjoying their BBQ on the deck from 11:30 – 1:00 pm. Please note, our garden will be closed at this time. Burgers, hot dogs, chips, ice cream treats and pop are all available. Please place your order with the front desk as of August 3.

House Spotlight



This month we feature a lovely couple, Goward House members

Val Roberts & John Tibbles



John Tibbles & Valerie Roberts

We came to Victoria from the East coast in the '80s and soon after were married in a friend's house on Sinclair Hill. We settled in Cadboro Bay and have both lived there longer than anywhere else. John is a retired physician and Valerie a retired landscape gardener who looks after our very small garden. When we gave up sailing from the Yacht Club we discovered Goward House, and, since we planned to spend part of our winters in Mexico, began taking Spanish from Claude Campbell. He later had to retire due to ill health but persuaded us to lead the Spanish group which we did for a number of years. It has now morphed into a Conversation group which is still continuing, and thanks to Zoom has kept going through the COVID time.

Meanwhile we have volunteered - Val in the kitchen and John as part of the front desk crew. We have both had our portraits painted by the talented portrait painting group and John distinguished himself by almost falling asleep while being done!

A couple of years ago John celebrated his 90th birthday in Goward House - and a fine time was had by all. John is now waiting for Val to catch up! Meanwhile life is for the living and we look forward to Goward House being fully and safely open very soon!

Get Moving and Stay Connected



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

AUGUST WALKS

August 2 - No walk (Goward House closed for BC Day)

August 9 - Cadboro Bay/Gyro Beach

August 16 - Queen Alexandra Grounds/Haro Woods

August 23 - Pathway through Haro Woods to Edgelow, down Lexington to Arbutus and back to GH

August 30 - Layritz Park/Quick's Bottom - Royal Oak area. Meet at Layritz Park parking lot off Layritz Ave.
(Leader Margo or Wendy)

SUMMER PROGRAM UPDATE

Book Club - Thursdays 1:00 - 2:30 (on break for August)

Bridge (Social) - Please contact administration for space availability

Chinese Brush Painting - Wednesdays 11:30 - 2:00

Choir - Fridays 1:15 - 3:15 outside

Crafters - Wednesdays 1:00 - 3:00

Drop In Art - Wednesdays 8:30 - 11:00

French (Adv. Conversation) - Tuesdays 1:00 - 3:00

iPad & iPhone Club - 1st Monday of the month - 10:00 - 11:30

Mah Jong - Please contact administration for space availability

Meditation - Mondays 2:30 - 4:00

Spanish (Adv. Conversation) - On hiatus until September

Strength & Balance - Mondays 9:00 am & 10:30 am/Thursdays noon

Tai Chi - Mondays noon & 1:15/Thursdays 9:00 & 10:15

Qi Gong - Mondays 2:30

Quillers- Mondays 10:00

Goward House would like to extend a very warm welcome to new members **Irene Holbrook** and **Gloria Malleson**!

THANK YOU MEMBERS... WE ARE PLEASED TO BE HEARING FROM YOU!

With the very real possibility of returning to full operations in September, and additional meeting spaces through our internal renovations, your Board of Directors conducted a review of Goward House activities. We sent our members a short survey to ask about their commitment to current programs and to solicit ideas for potential future programs and events. The results will be presented at our AGM Thursday September 16th. If you missed the survey, you can ask for a paper one at the front desk. We really appreciate those of you who took the time to respond.

Thank you,

Mary Collins, Judy Baldwin and Gail Flitton

(Programs Committee)



VOLUNTEERS NEEDED

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. Please contact marlene@gowardhouse.com if interested in any volunteering opportunities.

THANKS IN ADVANCE FOR CONSIDERING A VOLUNTEER OPPORTUNITY WITH GOWARD HOUSE.

CALL FOR KITCHEN VOLUNTEERS

We are excited to be opening the Tea Room in September. Details TBA. We will be having a soft opening on Mondays, Wednesdays and Thursdays. We have our first small crew waiting in the wings however, if you would like to volunteer, please let us know and we will add your name. Email marlene@gowardhouse.com Thank you.

CALL FOR FRONT DESK VOLUNTEERS

We have some openings for front desk shifts in the fall. For the time being, shifts are 2 hours, or 4 hours if that's a fit for you, 10:00 - noon & noon - 2:00. Shifts are weekly or every other week. Let us know if you are interested... and what your availability is. Let's see if we can work out a schedule that works for you. If regular volunteering isn't possible for you, we do keep a roster of spares.



A big thank you to Barb & Dean Sawyer for helping at our first BBQ of the summer. Dean was the Grill Master (a position he has filled many times) and Barb looked after food prep and serving. What a team!

Many thanks to Lyle and Suzanne for their part in making this a wonderful afternoon.

Be sure to join us on August 17th for our last BBQ this season.

SAVE THE DATE



at the GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday September 16th 2021 at 2:00 pm

Please mark your calendar for our AGM and let us know that you will be attending. We need your input and votes. The meeting will be held outdoors (weather permitting).

Give us a call, or email administration@gowardhouse.com

THE GOWARD HOUSE PAINTERS ARE BACK

By Joe Girard



We are so grateful to once again be able to gather together each Wednesday and share in our love of sketching and painting. Over the years Goward House has nurtured artists to pursue their passion, be they beginners or more advanced practitioners of their art.

If you have ever wanted to explore the joy of painting or feel the need to revive an old talent come and join us on Wednesday mornings from 8:30 to 11:00 AM. We pursue our art at our own speed and level, making it our rule not to criticize each other but rather to only assist or encourage each other when requested. We are our own tutors. All are welcome to enjoy the comradeship of the group.

Once a year Goward House promotes a collective show of our art. Those willing to participate can each display several pieces for a month, with 25% of the sales going to Goward House.

If you are tired of having had to work at your art on your own through the difficult time of our recent lockdown be WELCOME here!

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. If you are unable to attend a class you are registered for, let us know.

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!

MEMBERSHIP REMINDER

Members are gently reminded that the membership renewal deal expires August 31st.

Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00 & 10:30 – 11:30	Adv. French Conversation 1:00 – 3:00	Drop In Art 8:30 – 11:00	Tai Chi 9:00 – 10:00 & 10:15 – 11:15	<i>Yoga 9:30 – 10:30 (returns in September)</i>
Walkie Talkies 10:00 – 11:30		Chinese Brush Painters 11:30 – 2:00	Strength & Balance 12:00 – 1:00	<i>Adv. Spanish Conversation 11:00 – 12:30 (returns in September)</i>
Quillers 10:00 – 12:00		Crafters 1:00 – 3:30	Book Club 1:00 – 2:30 (returns September 16)	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 (1 st week only)				
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.				

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

NEEDED

@ Goward House

Looking for volunteers to help us haul away unwanted items 2-3 times p/yr.

Do you have a pick-up truck or perhaps an SUV? We could use your help on occasion throughout the year.

Let us know if we can add your name to a list of handy helpers!

SEEKING

1 bedroom accommodation, flexible occupancy date. Preferably somewhere between Oak Bay and Royal Oak and under \$ 1,300.00.

Please contact Suzanne@gowardhouse.com

“Scene” around Goward House



BBQ July 2021



Lester Easton & Allan Davies talking all things gardening.



Walkie Talkies gettin' back together again.