

THE GAZETTE

SEPTEMBER 2021 *Editor: Marlene Abney*

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Goward House

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President's Message

Step 4 was to begin September 7, but unfortunately that is likely to be delayed. Some older protocols have been reinstated, such as masking indoors. New protocols are coming up, such as proof of vaccinations. We were set to reopen the Kitchen September 13, but that will also be delayed, by a week or two.

We had another wonderful BBQ on August 17. Thank you for supporting us, and kudos to Barb and Dean Sawyer for all their hard work in feeding us. We had three rentals as well, so our bottom line has been improved.

In the House, we replaced 6 smoke alarms, 6 batteries for emergency lights, and the alarm bell in the lobby. Our elevator and shaft, as well as our sewer system, passed inspection. If you use wifi we hope you notice our signal is stronger. Hazardous Material Assessment work has been done under the Roof & Library, and two new doors are being installed in the Library. Kitchen improvements are on our wish list, and plans are being formulated.

Outside the House, Saanich fixed the lighting on our brick columns, the lights illuminating our sign, and lights down the ramp to the back garden. Allan supervised a check of our irrigation system, finding many sites needing fixing or replacing. Sprinklers need upgrading too. Again, many thanks to Allan and Fern for the new plants in the front garden.

Your responses to our Programming Survey have been very positive - we will be starting a couple of monthly discussion groups in the Fall, and looking at Gardening Workshops, more fitness and language groups.

Our membership has fallen to less than 300, so we hope you will renew if you already haven't. To that end, we have extended the \$84 membership deal to the end of December. Remember that the yearly membership is now flexible, and good for a full year.

If you shop at Pepper's Grocery, please use gift cards that you purchase from the cashiers, and advise them you want the donated amount given to GH. If you have a charge account, you just advise them you want the donated part to go to GH.

Finally, you will be receiving my President's Appeal letter soon. If you can contribute, please do! We will be using the funds to improve the Lower Hall and Tea Room Acoustics, as well as install an Assistive Hearing System.

Happy Labour Day, and see you September 16th at our AGM!

Barry

PRESIDENT'S APPEAL

Our annual President's Appeal fundraiser is coming soon - your mailout package will be available for pick up at the front desk on Friday September 3rd. This year we are raising funds for acoustic treatments of both the Tea Room and the Lower Hall as well as the installation of a hearing assistance system in the Lower Hall. Thanks to the generosity of our members last year, we have been able to weather the brunt of the pandemic in 2020.

Thankyou!



NEW FITNESS CLASS with Manda Ghag

This new, action-packed class covers it all! An easy aerobic and free moving work out for those wanting to move forward, backwards and side - to - side. Exercises include the use of light weights and gentle stretching. A complete work out that will have you feeling great! Come on out and give it a try. Classes will run Tuesdays 11:00 - 12:00.



BRIDGE LESSONS with Jim Brackenbury

Come October, we are looking forward to Bridge lessons again. Bidding in the 21st Century - Standard American starts October 14th, and runs for eight weeks, from 9:30 to 11:30. No lesson November 11th. Stay tuned for registration details.

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

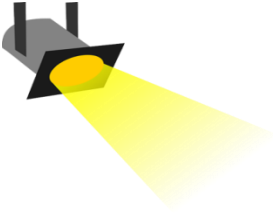
Bob Harvey, Maura Harvey and Karin Mussenden!



Book Club returns on a new day! Book Club will be on a Thursday, beginning September 23rd, from 1:00 – 2:30. (Date changed this month due to AGM September 16th. Book Club meeting will return to 3rd Thursday in October.)

The chosen title for September Book Club is **The Time In Between** by **Maria Duenas**. It's time to get reading!

House Spotlight



This month we feature **Phil Robbie**, our amazing Choir Director.



Phil Robbie

A long time ago, in a galaxy just down the street and around the corner, Philip Robbie was born - destined to become the director of the Goward House Singers. However, it was a long and winding road. Singing began at age 4, or thereabouts, in Sunday School. Singing was so much fun but eventually it always stopped and then the adults wanted to talk. It was a great way to spoil our good time. Then came youth choir. There was the miraculous discovery that singing AND performing went together like a horse and carriage. It was the best of times, although being a teenager it was also the worst of times.

As always, youth gives way to adulthood - well at least to being older. Now there was adult choir. There was the fear that being adult would take away all the enjoyment but that was not the case. Music was more complex and more enjoyable. Concerts became bigger events and there was a variety of conductors. Surprisingly each director was a bit different - some were quite different. I thought it was quite magical that one person could keep all that music in their head, keep us in time, notice the mistakes and teach us our parts and smile while they were doing it.

Then the dark ages arrived. There was no singing. No I'm not talking about COVID. I'm talking about that time in my life when I wasn't singing in any choir. I didn't realize that it was the dark ages until after. Suddenly, out of nowhere, there was a new choir - and then another - and then another. One seemed to flow into each other. There were all those songs going round and round - not just in the shower but everywhere I went.

But how did I get to be a director? The director of one of the choirs - the Arbutus Singers - was going to be away and so was the assistant director. Foolishly, I said I'd give it a try - the threat of falling on my face wasn't enough to deter me. It was more than I could ever have imagined. It was one of those wonderful experiences that surprises us to no end. Why hadn't I done this before. Let me do it again!

And I did do it again and again and again. It was the best thing I've ever done (other than having a daughter) in my life. The reason directors don't normally say that is because they don't want all of their singers to become directors. There wouldn't be any singers in choirs - just collections of directors - and that wouldn't be good at all.

When the former director of the Goward House Singers, Jim Bigsby, (I had met him in one of those choirs that came after the dark ages) thought it might be time for him to retire, he asked if I'd be interested. He took me out for coffee as he thought he might have to bribe me. My answer was instantaneous - of course I want to conduct your choir! And that's how I got here.

When I'm not directing or prepping music I do various design things - websites, video, printed items. Although I'm retired, I still need interesting things to fill up my days. I live in a very old house (a suite) right across the street from Government House. It's a wonderful neighbourhood with lots of houses and gardens to stimulate the senses.

If you or someone you know would like to join the choir, we'd love to have you. We sing mostly songs from the 20's to the 70's and there is a list on the choir website with what we're working on this Fall. You can contact me through the choir site. - GowardHouseSingers.ca



World Affairs Discussion Group

As a result of the interest indicated in the recent Member's survey, we are going to initiate a World Affairs Discussion Group. The first meeting is scheduled for October (dependent on restrictions). This will be an organizational meeting, led by Mary Collins (Program Committee member), to discuss participants' ideas about topics and presenters for future meetings. Stay tuned for more information in the October Gazette.

Victoria Chapter of Dying with Dignity Canada Presentations

If you, friends or family have been wondering about the MAID process and how it works locally, given the March 17, 2021 changes to existing legislation, the Victoria Chapter of Dying with Dignity Canada will be offering factual presentations. Goward House is pleased to be offering the first of three presentations, in October.

MOVING FORWARD 1: MAID BASICS - Wednesday October 13th at 2:00 p.m. FREE for members, \$3.00 for non-members (bring a friend). Please sign up at the front desk by October 6th.

The next presentation, **MOVING FORWARD 2: FAMILY REPORT**, will be February 9th. The third presentation will be in the spring.

In Remembrance



The family of **Jean Ackland** are sad to announce her passing on the afternoon of July 26, 2021.

Jean was born and raised in Bradford, England. In her early 20's, she travelled to Canada with her best friend, Glennys. Jean met her husband and lifelong love, Robert Ackland, in Vancouver, BC. They had 50 amazing years together. They settled in Victoria, BC and raised their daughters in paradise.

Jean had a 25 year career working with VIHA as a Medical Laboratory Technologist. She was well respected and enjoyed her work and coworkers. Jean retired in 1997 and filled her days with gardening, singing, walking and of course her family and dear friends. Jean would never miss an opportunity to try new things, attend ball games, voice recitals, band concerts, walks and talks with her girls, outings with good friends and amazing family reunions. Jean was so supportive and loving to all her family and friends.

Jean is predeceased by her husband Bob and siblings Derek and Barbara. She will be forever remembered and grieved by her family: daughters; Sarah (Myles), and Allison (Ken), and grandsons; Benjamin, Grayson, Harrison and Owen.

Sincere thank you to Dr. Liebscher and the entire GHOB Home Care Team. Thank you to special family friends who have meant so much to Mom over the many years. Our grief is matched by tremendous gratitude for the memories of a well-lived life, full of love and laughter.

Thank-you Mom for showing us how to embrace and love life.

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.

SEPTEMBER WALKS

September 6 - No walk, Labour Day holiday

September 13 - Arbutus Rd. Path to Seaview and back

September 20 - Queenswood Rd. and area

September 27 - Feltham trail/San Juan trail. Park at Gordon Head Rec. Cntr. Meet by main entrance. (Leader: Nancy)

FALL PROGRAM UPDATE

Book Club - every 3rd Thursday 1:00 - 2:30 pm

Bridge (Social) - *Please contact administration for space availability.*

Chinese Brush Painting - Wednesdays 9:30 - 1:00 pm

Choir - Fridays 1:15 - 3:15 outside

Crafters - Wednesdays 1:00 - 3:30 pm

Drop In Art - Wednesdays 8:15 - 11:45 am

Easy Aerobics - Tuesdays 11:00 - 12:00 noon

French Conversation (Advanced) - Tuesdays 1:00 - 3:00 pm

iPad/iPhone Club - 2nd Monday for September only - 10:00 - 11:30 am

Mah Jong - *Please contact administration for space availability.*

Meditation - Mondays 2:30 - 4:00 pm

Portrait Painters - Tuesdays 1:15 - 4:00 pm

Spanish Conversation (Advanced) - Fridays 10:00 - 11:30 am

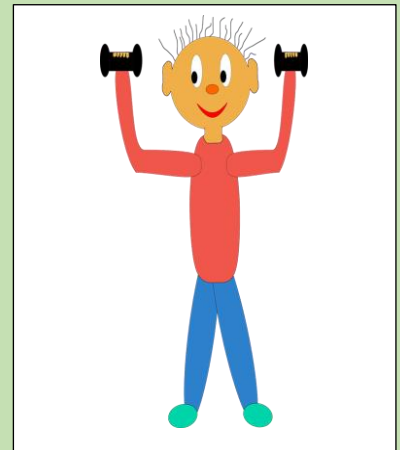
Strength & Balance - Monday 9:00 - 10:00 am and Thursdays 11:45 - 12:45 pm

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

Quillers - Mondays 10:00 - noon

Walkie Talkies - Mondays 10:00 - 11:30 am

Yoga - Fridays 9:30 - 10:30 am (ZOOM option available)



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 your votes. The meeting will be held outdoors (weather permitting).

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



Good news! The board has extended the membership renewal deal @ \$84.00 until December 31st. If you have not renewed by then, your membership will be deemed expired, and new membership rates will apply. (\$100.00) Membership fees are good for 12 months from date of purchase.

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.

CALL FOR KITCHEN VOLUNTEERS

We are excited to be opening the Tea Room at some point 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 to our spare list. We will add more days and volunteers throughout the Fall. Email marlene@gowardhouse.com Thank you.

CALL FOR FRONT DESK VOLUNTEERS

We have some openings for the front desk in the fall. Two shifts per day, 2 hours each. The morning shift is 10:00 - noon and the pm shift is 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.

We will be needing a volunteer on the front desk every other Tuesday, noon - 2:00 starting September 28th. We say goodbye to longtime volunteer **Loraleigh Janzten**. Best of luck on your move out east Loraleigh!

As of October 6th, we will need a dedicated morning front desk volunteer every other Wednesday. The shift is 10:00 - noon. We also need an afternoon front desk volunteer every other Thursday noon - 2:00 as of September 23rd. Please call or email marlene@gowardhouse.com Thank you.

Activity Schedule (as of TUESDAY SEPTMBER 7th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Easy Aerobics 11:00 – 12:00	Drop In Art 8:15 – 11:45	Tai Chi 9:00 – 10:00 & 10:15 – 11:15	Yoga 9:30 – 10:30 (returns September 10)
Walkie Talkies 10:00 – 11:30	French Conversation (Advanced) 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 11:45 – 12:45	Adv. Spanish Conversation 10:00 – 11:30 (returns September 10)
Quillers 10:00 – 12:00	Portrait Painters 1:15 – 4:00	Crafters 1:00 – 3:30	Book Club 1:00 – 2:30 (September 23, this month ONLY, due to AGM on Sept. 16)	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 (September 13 th ONLY, due to Labour Day)				
Tai Chi noon – 1:00 & 1:15 – 2:15				
Meditation 2:30 – 4:00				

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.

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!



Yes, face masks are back... we hope not for long.

THANK YOU for wearing your mask while visiting Goward House!

Details to come regarding the vaccine card mandate, effective September 13th.

“Scene” Around Goward House

Goward House BBQ August 17th



Barb & Dean Sawyer with President Barry Mah Ming



Board member Mary Collins enjoying the BBQ



Great to see everyone finally enjoying our deck again!



The brick work on our pillars has been repaired and the new “lantern look” fixtures are beautiful!

Member Contributions

Change and Adapt: that's my Covid mantra

By Gayle Millbank

My life is different than it was before March 17 of 2020. That was the day after my 79th birthday and the day BC shut down because of the Covid 19 pandemic.

Of course my life is different. My life is one of constant change and adaptation. I will get older. My children will retire. My grandchildren will become adults. That is a given; that is life. What I really am asking is - how, specifically, has my life changed because of Covid, and how did I adapt.

First, I could not have my friends and family inside my house, so I set up an outside room in my carport. it is friendly and welcoming and a safe way to visit.

Next, I could not travel so I have learned to host Zoom for family and friends. I'm a Zooming grandma. Plus, I watch my families' activities on Instagram and FaceTime. Internet communication is here to stay.

I cancelled my house cleaners because of the public health orders regarding indoor contacts. So I developed a routine for cleaning which consumes time and energy. This adaptation will not continue after covid. I am begging my cleaners to come back.

I could not go to movies or the opera, so I have been watching The Met online and Netflix. This might continue but I prefer to go to the theatre and enjoy the reactions of my fellow participants.

I could not go to the bank or use cash, so I learned how to transfer money from my bank account via email or texting to others. This will continue as it is so convenient.

I could not go shopping so I ordered on line. As if they have been teleported parcels arrive on my doorstep - calamari from Costco, a rain barrel from Wayfair, groceries from Pepper's. Online shopping will continue, but I will go back to my favourite stores.

I couldn't go to a pub or restaurant, so I cook and cook some more, with infinitesimal relief from take-out food. I will return to restaurants with great joy.

I couldn't go to my hairdresser so I twist my hair into a knot as it grows longer and thinner. This might continue.

I could not visit my health care workers. So for my doctor, if I can't heal myself, I ask for telephone screening. Then, if cleared, go to her office. My doctor wears a plastic face shield. The first time I saw her I thought I had stepped into a Star Trek movie. At my dentist's office I stand patiently as the receptionist, legs braced, arms straight out holding a device, much as one would if holding a gun, aims at my forehead and clicks. Hopefully this will not continue.

I could not attend Goward House so I attend educational zoom classes from U Vic and UBC. I subscribe to Patreon for Tai Chi. I will be happy to resume my activities.

So these are some concrete changes and how I have adapted to the restrictions of Covid. But there have been intangible changes too.

I have developed a great respect for the scientists who have identified this virus and developed vaccines to protect us.

I have developed profound gratitude for all the people working to develop, acquire and distribute and administer the vaccine to us.

I am grateful I have the brains to use and resources to afford internet services that have connected me with family members and the world.

I am grateful I live in a house with enough room for my spouse and me to have space from and with each other.

I feel blessed and grateful that I live in the best country in the world, and in the best city in that country

So to sum things up - yes covid has forced some change in my life, but on the whole I have been able to adapt and for that I am very grateful.

OH, RAGING SKY

Oh, raging sky
we did not ask for this
Far too often this summer
your unwelcome visits have come

The air is full of your deafening roars
and with it you bring your fire works
flashing ever downwards across the sky
and often reeking with terror

This summer we worry again
Please, not a repeat of the last
Such unnecessary destruction
and erasing of our boreal heritage

It is not just the trees
it is so much more - the wild life
unable to move faster
than those engulfing flames

Twenty years, they say
for nature to re-grow its past
Yes, new life will begin again
but, why must it be so slowly done

All in good time
A calming adage
yet all I can think of
is the desecration of the sacred past

CHARLES DOOL, JULY 2021