

# THE GAZETTE

NOVEMBER 2021 *Editor: Marlene Abney*

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

Goward House

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## President's Message

The autumn colours are here and so are the first winter storms. I have never seen so many leaves and so much debris in the Goward House garden as following the most recent storm. The leaf colours are spectacular this year!

You will notice that we are leaving a layer of leaves in the garden beds. We are doing this on purpose. It is part of our soil amending program. The leaves add a layer of organic material to enrich the existing soil. They help protect tender roots during the cold of winter and keep the soil cool and moist in summer. When planting this spring we can add a layer of top dressing to create a healthy environment for new roots to grow.

The lifting of more restrictions this month has enabled the bridge groups to reopen and our kitchen to operate on a very limited basis. Many members are looking forward to having our kitchen back to normal. We need volunteers to make this happen. If you have worked in the kitchen in the past, or would like to learn how you can be involved in the future, please contact Marlene. She can also let you know about other volunteer opportunities. Think about volunteering. Volunteers are essential to the success of Goward House operations.

The old theatre is now the new Library and, thanks to some help from Saanich, the renovation has been completed. Be sure to check it out the next time you are at the House. New carpet, paint and glass entrance doors have transformed this once forgotten room. New tables and chairs will arrive in November.

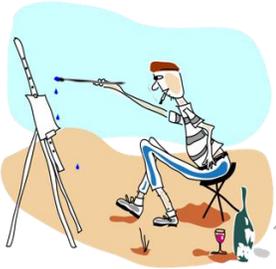
Enjoy these beautiful fall days!

Allan

## PRESIDENT'S APPEAL

Our annual President's Appeal fundraiser is underway - If you did not pick up your package at the Front Desk, you should have received it in the mail. 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.

Thank you for supporting Goward House!



### PORTRAIT PAINTERS Tuesdays

This creative group meets on Tuesdays from 1:15 - 4:00 pm. We supply the easel and you supply your talent!

This group is always looking for models. If you would like to model, please contact group leader, Vicki Postl - [vpostl@telus.net](mailto:vpostl@telus.net)



### EASY AEROBICS Tuesdays 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 - **POSTPONED** until January 2022

Bidding in the 21st Century - Standard American starts January 14th, and runs for eight weeks, from 9:30 to 11:30. Registration is now open. \$80.00 for members and \$100.00 non-members. Please sign up at the Front Desk.

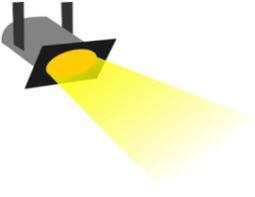


### PAPER QUILLING Mondays with Karin, Esther & Jean

Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Paper quilling projects can be used to decorate cards, boxes, gift bags, picture frames, or even be made into 3D stand-alone art pieces.

If you would like to try quilling, join these friendly ladies on Mondays from 10:00 - noon.

# House Spotlight



This month we feature Allan Davies, our new President!



Allan was born and raised in Victoria. He has an older sister and two younger brothers. He grew up on Estevan Avenue a short distance from Willows Beach. Allan spent his summers on the beach or sailing on the waters off Cadboro Bay. Cadboro Bay has a special place in his heart as he has been a member of the Royal Victoria Yacht Club for over 40 years.

After graduating from Oak Bay High School, Allan attended the University of Victoria where he received a Bachelor of Education Degree. He began his teaching career in the Victoria School District. It was through teaching he met and married the love of his life, Fern. Allan went on to study at the University of Oregon completing a Masters Degree in Curriculum and Instructional Leadership. He spent 33 years serving the Greater Victoria School District as a classroom teacher, school principal and Associate Director of Human Resources.

Allan loves the outdoors. During his working years he spent many hours racing sailboats, skiing, hiking and working in the garden. His passion was for sailing and he became a veteran of many Swiftsure Races. Allan and Fern spent summers on their sailboat exploring the Gulf Islands. They also chartered sailing yachts in the British Virgin Islands, Tahitian Islands, Seychelle Islands and along the Dalmation Coast of Croatia.

Allan retired in December 2004. After a busy career in education, he pursued new interests and projects. He learned to play golf and bridge. One of his favourite projects was restoring the family sailboat. Along with his wife, Allan has spent countless hours creating their most enjoyable garden. Retirement brought more time for travel. Having a keen interest in learning about people and other cultures, Allan and Fern have visited 22 countries over the last seventeen years. They have accumulated a wealth of wonderful memories and experiences.

Goward House is on Allan's route home from the Yacht Club, thus enabling him, over four decades, to observe the transformation of the House. He always loved this house and became concerned when it seemed to be abandoned. He was so relieved when, in the early 1990's, a new foundation was put under the house and significant restoration was completed.

Bridge lessons brought Allan to the House for the first time in 2018. He realized he knew a number of Goward House members. He began volunteering in the kitchen and attending Tai Chi. He was encouraged to join the Board of Directors in 2019 and has been an active member on a number of committees, particularly the Facility and Garden Committees. This year he was honoured to be selected to serve as President of the Board of Directors. He is looking forward to working with a very dedicated and committed Board of Directors, a talented hard-working staff and an active, enthusiastic, supportive membership.



The Book Club will be on Thursday November 18<sup>th</sup> from 1:00 - 2:30.

This month we will be reading two titles; **The Golden Son** by Gowda Shilpi Somaya and **21 Things You Didn't Know About The Indian Act** by Bob Joseph.

## Picks to Click

[Saanich Heritage Walking Tours](#) The District of Saanich values community heritage. Their collection of heritage walking tours are provided to increase public awareness of our heritage and encourage residents and visitors to explore our neighborhoods.

["MAID" Netflix series](#) Click and view the trailer of this series shot entirely in Victoria, and also at our very own Goward House last February. Please note there is strong language used in the series. Photos of the Goward House set coming soon.



## Vancouver Cherry Blossom Festival

### Haiku Invitational

One of Goward House's staff members was recently awarded one of the Sakura Awards, in the British Columbia category, for the 2021 *Haiku Invitational* contest of the *Vancouver Cherry Blossom Festival*. The contest receives many entries from many countries.

Lyle Rumpel's winning haiku was:

*waning snow*

*moonlight follows the bough*

*to the blossom*

Haiku poetry is difficult to define. In modern English practice a haiku is most often like a short one-breath or two-breath expression of a particularly striking moment, or contrast, related to nature. It is very unusual now to count syllables when writing English language haiku, and generally the poems do not state a belief or adage, but instead are aimed at evoking wonder or empathy in a reader.

## In Remembrance



It is with heavy hearts we announce **Jim Stevenson** passed away peacefully at home surrounded by his girls, two years after a glioblastoma diagnosis. Beloved husband of Wendy and caring father to Jennifer, Amy, Sally and Lindsay. Devoted grandfather (Bopa) of Lowell, Owen, Avery and Carlin. Predeceased by his loving brothers: John, Bob, and Billy and survived by David. Jim was adored by family and many friends. His laughter, joy and smile lit up every room. In every way he was a blessing in our lives. A stabilizing force that leaves us with a legacy of living life with gratitude and love. A celebration of Jim's life will be planned at a later date.



Please note Goward House will be CLOSED Thursday, November 11th to observe Remembrance Day.



## 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.

Our Walkies group is seeking a new leader for 2022. If interested, please contact Marlene. We would like to thank Wendy Denyes for being leader this past year.

### NOVEMBER WALKS

November 1 - Hollydene Park

November 8 - Cadboro Bay/Gyro Beach

November 15 - Queen Alexandra Grounds/Haro Woods

November 22 - Queenswood Rd. and area

November 29 - Cedar Hill Golf Course. Meet at clubhouse parking lot off Derby Rd. (leader: Wendy)

### FALL PROGRAM AT A GLANCE

Book Club - every 3<sup>rd</sup> Thursday 1:00 - 2:30 pm

Bridge (Social) - **PRE REGISTRATION REQUIRED**

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

Duplicate Bridge - Wednesdays 12:15 - 4:00 pm

Easy Aerobics - with Manda Ghag on Tuesdays 11:00 - 12:00 noon

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

iPad/iPhone Club - every 1st Monday - 10:00 - 11:30 am

Mah Jong - **PRE REGISTRATION REQUIRED**

Meditation - Mondays 2:30 - 4:00 pm

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

Spanish Conversation (Advanced) - Fridays 10:30 - noon

Strength & Balance - with Manda Ghag on Mondays 9:00 - 10:00 am and Thursdays 11:45 - 12:45 pm

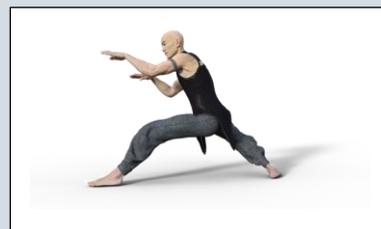
Tai Chi - with Gordon Muir on Mondays noon & 1:15 pm / Thursdays 9:00 & 10:15 am

Quillers - Mondays 10:00 - noon

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

World Affairs Discussion Group - next meeting December 9<sup>th</sup> 1:00 - 2:00 pm **PRE REGISTRATION REQUIRED**

Yoga - with Andrea Baudic on Fridays 9:30 - 10:30 am **PRE REGISTRATION REQUIRED** (ZOOM option available)





# GOWARD HOUSE CHRISTMAS GIFT BASKET FUNDRAISER

This year Goward House is offering the choice of two delicious, seasonal gift boxes. Filled with locally made selections, set in a seasonal box with cellophane wrap and bow. We all know how difficult it is to choose gifts for everyone on your list. Here's the answer! One - stop shopping. Buying for family, friends, colleagues, or a special service person in your life? Simply order one or more of these gift baskets and pick them up here at Goward House. Your purchase comes with the knowledge that you have contributed to Goward House for this fundraiser.



## Gift Box 1

- Tout de Sweet Gumdrops
- Island Nut Roastery Trail Mix
- Melinda's Biscotti
- Rogers Chocolate
- Martha's Delectables Sugar Christmas Tree Cookie
- Gift Card
- \$55.00



## Gift Box 2

- Jenny Marie's Gourmet Crackers
- Smoked Salmon Pate
- Rogers Chocolate
- Rock Coast Holiday Chocolates (4)
- Martha's Delectables Sugar Christmas Tree Cookie
- Gift Card
- \$55.00

Please pre-order and pay for your gift boxes at the Front Desk by NOON Tuesday November 30<sup>th</sup>. Please indicate which gift box you would like to order. Pick up starting Friday December 10<sup>th</sup>.

## BRIDGE NEWS

**BRIDGE is returning to the House! As before, we host two kinds of bridge, Duplicate and Social:**

Duplicate - for more structured play, please contact Jim at [jimbrackenbury@shaw.ca](mailto:jimbrackenbury@shaw.ca) with all questions

Social - for more casual play, pre-register with any scheduled Group, or contact Administrator at [gowardhouse@shaw.ca](mailto:gowardhouse@shaw.ca) to book your own group.

## VOLUNTEERS NEEDED

### CALL FOR KITCHEN VOLUNTEERS

We are excited to have our Tea Room open. The Tea Room is serving Mondays, Wednesdays and Thursdays from 10:45 - 1:15. Volunteers are needed from 10:30 - 1:30. We hope to open more days however we need more volunteers to make it happen. If you can help on Tuesdays or Fridays, please let us know. We hope to add those days early in the New Year. We are always looking for spares as well, so if that appeals to you, please email [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)

Without our fabulous volunteers, we would not be able to open our Tea Room. Thank you again to **Myrna Rouse, Barb Sawyer & Rheta Steer** for being our re-opening team.

### CALL FOR FRONT DESK VOLUNTEERS

We still have some openings for the front desk. Our front desk schedule is 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 have a new volunteer to welcome! **Barb Turner** joins the Front Desk team every other Tuesday and Wednesday afternoons.

We still need a dedicated, every other Thursday, noon - 2:00 pm volunteer for the New Year. Please let us know if you can help us out.



CHOCOLATIER



### PURDY'S CHOCOLATE FUNDRAISER

**THERE'S STILL TIME!** Goward House will earn a percentage of the Purdy's sales of this popular fundraiser just in time for the holiday season. Catalogues are available at the Front Desk.

Deadline to order is Monday November 8<sup>th</sup>. Pick up of orders is from the Front Desk, Friday December 3<sup>rd</sup>.

**THIS YEAR, you can either:**

- Drop off your order form to the Front Desk (along with payment of cash, cheque, or you can pay then by credit/debit cards) OR
- You can order online using a credit card

Instructions will be with all catalogues. Thank you for participating!

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

**Sandra Anderson, Laura Brackenbury, Jannie Hofmeyr, Sheila Hofmeyr, Judy Morgan, Michelle O'Reilly,**

**Betty Sherwood & Anne Swannell**

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
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	Spanish Conversation (Advanced) 10:30 – noon
Quillers 10:00 – 12:00	Portrait Painters 1:15 – 4:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:00 – 2:30 (3rd Thursday )	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 (1 <sup>st</sup> Monday)		Crafters 1:00 – 3:30	Social Bridge Groups 1 & 2 12:30 – 4:00	
Tai Chi noon – 1:00 & 1:15 – 2:15			World Affairs Discussion Group Thursday December 9	
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!

### **GOWARD HOUSE SOCIETY Board of Directors: Committees 2021-2022**

COMMITTEE	DIRECTORS
<b>BUDGET</b>	<i>Lois Akam, Allan Davies, André Berthiaume</i>
<b>EMERGENCY PREPAREDNESS</b>	<i>Allan Davies, André Berthiaume</i>
<b>ENVIRONS</b>	<i>Mary Collins, Gail Flitton</i>
<b>FACILITY</b>	<i>André Berthiaume, Allan Davies</i>
<b>FRONT DESK &amp; MEMBERSHIP</b>	<i>Gail Branton, Lois Akam</i>
<b>GROUND, GARDEN &amp; PARKING</b>	<i>Allan Davies, Gail Branton</i>
<b>KITCHEN</b>	<i>Lee Frank, Barry Mah Ming</i>
<b>PERSONNEL</b>	<i>Allan Davies, Gail Branton, Gayle Millbank</i>
<b>POLICY &amp; PROCEDURES</b>	<i>Gayle Millbank, Lois Akam</i>
<b>PROGRAMS</b>	<i>Mary Collins, Judy Baldwin, Gail Flitton</i>
<b>PUBLICITY</b>	<i>Gayle Millbank, Barry Mah Ming</i>
<b>SPECIAL EVENTS</b>	<i>Gail Flitton, Lee Frank</i>
<b>VOLUNTEERS</b>	<i>Lee Frank, Judy Baldwin</i>
<b>**Please direct all inquiries to Heidi Hodgins</b>	
<b>President:</b> Allan Davies	<b>Vice-President:</b> Mary Collins
<b>Secretary:</b> Gail Flitton	<b>Treasurer:</b> Lois Akam

*We acknowledge with respect the Lekwungen peoples on whose traditional territory the neighbourhood of Cadboro Bay lies, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.*

## “Scene” around Goward House

The Municipality of Saanich presented a Certification of Appreciation to the Goward House Society for decades providing exceptional community programs. Best wishes to all the Board, Staff and Volunteers who make it happen.



Upper stairs - Liz Miller, ( Chair of CBRA) & Allan Davies, (President GH)

Lower stairs - Mary Collins, (Vice President GH) & Fred Haynes, (Mayor of Saanich)



Portrait Painters