

THE GAZETTE

GOWARD HOUSE

April 2022 Editor: *Marlene Abney*

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

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President's Message

It is wonderful to see such an increase in activity at Goward House. Our activity schedule is getting back to normal. Our Board Committees are enthusiastically planning new events, activities and improvements to the House. One of the most exciting plans evolving is the return of food services. In consultation with the Board, staff are developing a plan to maximize the use of volunteers and provide a more convenient service for members. Our food service relies heavily on volunteers. If you are interested in getting involved with our food service delivery, Marlene would love to hear from you!

To show appreciation to our volunteer members we are holding a Volunteer Appreciation Event on April 26th. Watch for more details!

Another successful President's Forum was hosted on March 17th. The next Forum will be held on Thursday, April 14th. Please join us. Bring your questions and hear how the Board is working for you.

A membership drive will be held during the month of May. Goward House members who recruit a new member will receive 8 blue tickets or 4 yellow fitness tickets to be shared with the new member. If you are enjoying Goward House, we hope you will also encourage your friends to join. There is something for everyone at Goward House.

Remember our AGM will be held on Thursday, May 19th. The staff and Board are preparing materials to review the year and describe plans for the future.

The President's Appeal project this year was to improve the acoustics in the lower hall and the dining room area. Sound absorbing panels and enhancements for those with hearing aids will soon be installed.

Although I love all months in the garden, April and May are two of my favourites. The new growth is now emerging after what always seems like a long winter. Each day I look forward to the little surprises the garden has to offer. Plants you thought may have perished are now pushing up new growth and the cycle continues! Looking forward to warmer days and lots of colour in the garden.



Taking the First Step

by Paul Redchurch

Goward House Member

Each day starts with that metaphorical 'first step' and it is that step which, in no small way, determines one's future (direction) and the path to be followed. Whether or not that initial step is backward, to the side or forward, it is a part of the 'dance of life' and, while the length and direction of subsequent steps may vary yet, as long as the music keeps playing and as long as the beat goes on, one has to keep dancing - *like there's no tomorrow*.

Have life's circumstances recently necessitated a change in your steps and your tempo? Are you looking for a fresh challenge or - so to speak - a new dance? Are you open to trying something different or perhaps re-kindling a long-dormant interest? If so, then perhaps your first step should be in the direction of Goward House.

At Goward House Seniors' Activity Centre, one will find that the metaphorical dance of life is on-going and providing myriad opportunities to re-kindle or start afresh - and at one's chosen tempo; opportunities which are specifically designed to attract, engage and stimulate active seniors.

As a long-time member of Goward House, I recall that, for me, its initial attraction was the opportunity it provided to exercise and explore my latent artistic talent in a non-threatening and supportive environment. What has kept me coming back over the years is the camaraderie and the welcoming atmosphere.

As an artist, my main interests align with those of the Drop-In Painters whose talents utilise a variety of media. Alternatively, the Chinese Brush Painters encourages participation by individuals with an interest specific in the art of Chinese brush stroke painting. A third group of artists, Portrait Painters, invites participation on both sides of the easel - either as an artist or a model. If the latter, one is gifted with the portrait of choice. Talk about *win - win*.

Each group is provided the opportunity to showcase their respective creations with an on-site art show and sale. The Goward House Gallery is also available for art shows by local artists ranging in styles and experience.

Not sure if you would fit in? Well, trust me - neither was I when I took that first step. Initially painting was the draw for this self-taught novice but, for over a decade, fun and camaraderie have kept me coming back - week after week.

My Goward House membership also comes with a bonus in that it has provided me with numerous opportunities to share my time, talents and *joie de vivre* with other active seniors, local schools and various community groups.

So don't cogitate, don't hesitate, and don't procrastinate - just take that first step and *participate!*

At Goward House you'll find your place and we'll all benefit; especially you!

GOWARD HOUSE

BRING A FRIEND, SIGN A FRIEND, MEMBERSHIP DRIVE

For the month of May, Goward House is holding a membership drive. Goward House members who sign up a new member will receive 8 blue tickets or 4 yellow fitness tickets to share with the new member. We would love to expand our membership; this is how you can help.

Encourage your friends to come visit the House and enjoy any of our activities FREE for the first try.

We are convinced that, with your help, we can continue to bring more vibrant seniors into our membership and enjoy all that Goward House has to offer.

Membership drive runs for the entire month of May!



ADVANCED FRENCH CONVERSATION

Parlez-vous Français? Why not join this lively group of Goward House members for a social get together.

Conversing in French, you will enjoy a wide variety of topics and practice your language skills at the same time. The group meets Tuesdays from 1:00 - 3:00.



ADVANCED SPANISH CONVERSATION

Habla Español? Many of our Goward House members are multilingual. Those who enjoy speaking Spanish meet Friday mornings for some light conversation and social engagement.

Conversing in Spanish, you will enjoy a wide variety of topics and practice your language skills at the same time. Join the group Fridays from 10:30 – noon.



TAI CHI with Gordon Muir

Tai Chi is offered Monday afternoons and Thursday mornings. The earlier classes on each of these days are focused on learning and mastering Section 1. The 2nd class of the day is a continuation and advancement of the next section.

As always, your first class is a free trial. Please let us know you will be trying the class.



iPHONE & iPad CLUB

Looking for some tips on expanding your use and understanding of these devices? Please join club leader Leah Freedman every **FIRST Monday** of the month from 10:00 - 11:30 am.

Please let us know you will be attending by calling the front desk @ 250 477-4401.



DROP IN ART

Come and join our Drop-in Art group Wednesday mornings. Bring your brushes and paint and create your masterpiece in whichever medium you prefer.

Drop in anytime from 8:00 - 11:30 am. and enjoy the company of like-minded artists.



YOGA

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

Yoga class is available in House or via ZOOM Fridays from 9:30 - 10:30.

GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 19th 2022 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



The next Book Club meeting will be Thursday April 21 from 1:00 - 2:30.

The title for April is **Before the Fall** by **Noah Hawley**.
Books are available to pick up at the front desk.

World Affairs Discussion Group



Who Needs Five Eyes?

Canada's Role in International Intelligence
(rescheduled for April 21)

Please register with the front desk

The next meeting is **April 21th at 1:00 pm** in the Maple Room. Our guest speaker is Alan Breakspear. Alan Breakspear will review the history and current state of Canada's intelligence community, with emphasis on threat changes since 9/11, including public health threats and civil disturbances. He will provide a definition of intelligence, rather different from that found in popular spy novels, and explain the intelligence cycle from a practitioner's viewpoint.

During Alan Breakspear's 30-year career in Canada's federal public service, he occupied several increasingly senior positions, mostly in intelligence.

He started as a linguist/analyst at the Communications Security Establishment (CSE), headed the forerunner of Canada's modern strategic analysis unit in the Privy Council Office (PCO) and, after work in program analysis at the Treasury Board (TBS), moved on to be a senior manager in the Canadian Security Intelligence Service (CSIS).

In 1994, he formed a company to provide consulting and training services in intelligence and security to private sector clients throughout North America. He also taught "Intelligence and Public Policy" to political science undergrads at UBC and UVic.

APRIL 24 - 30 IS VOLUNTEER APPRECIATION WEEK



(from volunteer.ca)

The National Volunteer Week theme for 2022, Volunteering Is Empathy In Action, affirms the strong connection between volunteerism and empathy. This profoundly human connection is at the heart of healthier individuals and stronger communities.

Empathy is a quality that can help people relate to others and build awareness around different experiences. It connects people in ideas and actions and helps create bonds forged in common goals and aspirations.

Volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.

From coast to coast to coast in formal and informal settings, volunteers create caring, collaborative, and compassionate communities. During National Volunteer Week 2022, we celebrate the contributions of Canada's millions of volunteers: their actions, their understanding, and their genuine concern for the world around them.

Volunteering, putting empathy into action, can build communities where people feel happier, healthier, and more welcome - creating a stronger, more connected Canada.

Goward House Honour Roll of Volunteers

Thank you each and every one of you!

Board Of Directors

Lois Akam, Outgoing Treasurer (Budget/Front Desk & Membership/Policy & Procedures)

Judy Baldwin, (Program/Volunteers)

André Berthiaume, Interim Treasurer (Budget/Emergency Preparedness/Facility)

Gail Branton, Past President (Front Desk & Membership/Grounds, Garden & Parking/Personnel)

Mary Collins, (Environs/Program)

Allan Davies, President (Budget/Emergency Preparedness/Facility/Grounds, Garden & Parking/Personnel)

Gail Flitton, Secretary (Environs/Program/Special Events)

Lee Frank, (Kitchen/Special Events/Volunteers)

Barry Mah Ming, Past President (Kitchen/Publicity)

Gayle Millbank, Past President (Personnel/Policy & Procedure/Publicity)

Front Desk

Lois Akam	Ivan Baggs
Eleanor Beam	Gail Branton
Mary Collins	Lee Frank
Loraleigh Jantzen	Al Kuhn
Brian Malley	John Martens
Barb Martin	Linda Metters
Esther Pomeroy	Barb Sawyer
Donna Signori	Nancy Sing
John Tibbles	Harry Torno
Barb Turner	

Crafters & Quillers

Barb Sawyer
Loraleigh Jantzen
Karin Geppert
Esther Pomeroy
Jean Smith

Woodlands

Everett Peterson
Merle Peterson
Marcia Knowles
Susan Ikeda

And...

Trish Brooke (Library)
Gail Flitton (Library)
Carol Simson (Christmas décor)
Sylvia Brewis (Christmas décor)
Peter Bruce (website)

A Big THANK YOU to our Volunteer Instructors and Group Leaders

Jim Brackenbury (Bridge)	Eric Elbers (Meditation)	Barbara Loan (French Conversation)
Wendy Denyes (Walkie Talkies)	Leah Freedman (iPad Club)	Vicki Postl (Portrait Painters)
Betty Doherty (Line Dancing)	Ann Gibbard (Chinese Brush Painting)	Phil Robbie (GH Singers)
Charles Dool (GH Painters)	Susan Gilberstad (Book Club)	Valerie Collins (Spanish Conversation)
Anton de Bakker (Spanish Conversation)	Mary Collins (World Affairs Discussion Group)	

We did our best to recognize everyone, please forgive us if we missed you.

TEA ROOM NEWS

We are excited to announce that we will be expanding our menu as of **Monday April 4th**: the Tea Room will be offering soup and sandwiches once again! Items are purchased through the front desk (the Tea Room no longer handles cash). You may either purchase single tickets or a value punch card (pre-purchase 9, receive the 10th free).

ITEMS	SINGLE TICKET	PUNCH CARD (buy 9 get the 10 th free)
BEVERAGE	\$3.00 	\$27.00
SNACK SOUP ½ SANDWICH	\$4.00 	\$36.00
FULL SANDWICH	\$7.00 	\$63.00

Hours	
Monday -	10:30 - 1:30
Tuesday -	10:30 - 1:30
Wednesday -	10:00 - 2:30
Thursday -	11:00 - 2:00
Friday -	10:30 - 1:15
(times subject to change)	

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

Jennifer Brown, Harris Fisher, Jan Galenza, Mary Kelly, Jeff Leese, Larry Licht, Judith Macquarrie, Alun Rees, Carol Rock, Nancy Taylor & Lorna Jamison

Dying with Dignity



Our next information meeting is called **Moving Forward 2: Family Reports** and will take place **Thursday April 14th 2:00 – 3:30.**

If interested, please register at the Front Desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Line Dancing 9:30 – 10:30	Drop In Art 8:00 – 11:30	Tai Chi 9:30 – 10:30 & 10:45 – 11:45	Yoga 9:30 – 10:30
Walkie Talkies 10:00 – 11:30 (on hiatus)	Easy Aerobics 11:00 – 12:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation (Advanced) 10:30 – noon
Quillers 10:00 – 12:00	French Conversation (Advanced) 1:00 – 3:00	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 st Monday)	Portrait Painters 1:15 – 4:00	Crafters 1:00 – 3:30	Social Bridge 12:30 – 4:00	
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 safety protocol & guidelines 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 2021-22

COMMITTEE	DIRECTORS
BUDGET	<i>André Berthiaume, Allan Davies</i>
EMERGENCY PREPAREDNESS	<i>Allan Davies, André Berthiaume</i>
ENVIRONS	<i>Mary Collins, Gail Flitton</i>
FACILITY	<i>André Berthiaume, Allan Davies</i>
FRONT DESK & MEMBERSHIP	<i>Gail Branton, Lee Frank</i>
GROUND, GARDEN & PARKING	<i>Allan Davies, Gail Branton</i>
KITCHEN	<i>Lee Frank, Barry Mah Ming</i>
PERSONNEL	<i>Allan Davies, Gail Branton</i>
POLICY & PROCEDURES	<i>Gayle Millbank, Barry Mah Ming</i>
PROGRAM	<i>Mary Collins, Judy Baldwin, Gail Flitton</i>
PUBLICITY	<i>Gayle Millbank, Barry Mah Ming</i>
SPECIAL EVENTS	<i>Gail Flitton, Lee Frank</i>
VOLUNTEERS	<i>Lee Frank, Judy Baldwin</i>
President: Allan Davies	Vice-President: Mary Collins
Secretary: Gail Flitton	Treasurer: André B.

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.

VOLUNTEER OPPORTUNITIES

WALKIE TALKIES, our walking group, needs a new leader. The walkies walk on Mondays from 10:00 am and the length of walk depends on the chosen route. If you enjoy walking and would like to organize several routes for the group, that's all it takes! Let us know if this appeals to you.

LIBRARY HELPERS sporadically come in to shelve a few books and organize new additions. Two people are preferable, so grab a friend and do it together. Set your own schedule for what works best for you (based on library availability).

TEA ROOM Everyone loves the Tea Room but it takes volunteers to keep it open. We need a roster of spares to add to our kitchen volunteers. If you can help, please call us. Thank you to Myrna Rouse, Barb & Dean Sawyer, Rheta Steer, Elaine Daniel, Rosita Dworschak, Heather Shea and Val Roberts for volunteering their time so we can have the Tea Room humming again.

UPCOMING AT THE HOUSE



We are sad to announce that **Suzanne Ball**, one of our Assistant Administrators, is leaving us. Suzanne has been with us since November of 2018 and done an excellent job keeping things running smoothly in the House especially in these challenging times. Suzanne will be missed by her co-workers and members alike. We all wish you the best of luck Suzanne!

PRESIDENT'S FORUM



The **President's Forum** is a meeting opportunity for Goward House members to interact with Directors on the Board – this is a good place to ask questions.

Our President and other Board members will address current Board projects, and topics relevant to the members and House operation. Bring your questions; we will be happy to answer them!

The trial format will be virtual (ZOOM) and monthly. Meetings will be for half an hour to 45 minutes, starting at **10am**. A link will be sent to members by email a couple of times ahead of the date. **NO REGISTRATION** is required – please just “come on by” and join us. Mark your calendar for **April 14th**.

COFFEE & CONVERSATIONS

*Coffee and
Conversations*



Mark your calendars for Thursday May 5th 2:00 pm. Our guest speaker will be **Janis Dunning**. Ms. Dunning was recently honoured with the Order of Canada for her contributions to the arts and philanthropy. More on Janis in the May issue of the Gazette. This event is free to members and \$5.00 for non members. Please register at the Front Desk.