

THE GAZETTE

GOWARD HOUSE

March 2022 Editor: *Marlene Abney*

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

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President's Message

As of February 17th COVID restrictions have been eased and Goward House capacities are returning to normal. Please watch for more information in the Gazette and from emails from staff. We are looking forward to seeing you at the House more often.

Thanks to all Goward House members who joined us for our first President's Forum on February 17th. We trust all who participated enjoyed the information updates and the discussion.

During COVID restrictions, Board members have missed the opportunity to interact with members during activities at the House. The President's Forum is a virtual Zoom meeting designed to provide a scheduled opportunity for members of the House to interact with the Board of Directors until capacities fully return to normal. The virtual meeting is held the Thursday following each monthly Board Meeting beginning at 10:00 a.m. The next President's Forum will be Thursday, March 17th. All members are welcome.

The Board passed a motion at their February Board Meeting moving the date of our AGM. Unless unforeseen circumstances require a change, beginning in May 2022, the Goward House Society Annual General Meeting will be held once each calendar year on the third Thursday in May. We are hoping the weather will cooperate, allowing the meeting to be held outside in the garden. Watch for more details as we get closer to the time.

Our Board Committees have been very active and working hard to find ways to improve the Goward House experience for members. We are blessed with a unique facility and grounds that offer a one of a kind experience for seniors 55+. As COVID restrictions are eased and spring approaches, encourage your friends to renew their membership or join our community as a new member. Enjoy the park, the gardens and our charming facility.

Eagerly awaiting those spring cherry blossoms!

Allan



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.

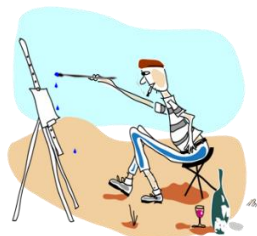
TAI CHI with Gordon Muir



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. Vaccine passport is required.

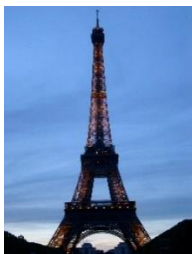
PORTRAIT PAINTERS



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 - ypostl@telus.net

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.

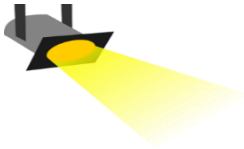
Conversing in Spanish, you will enjoy a wide variety of topics and practice your language skills at the same time. Join the group Fridays from 10:30 - noon.

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.



House Spotlight

This month we get to know lovely Barb Turner. Barb is a very friendly Front Desk volunteer and active member.



I was born and raised in Winnipeg, Manitoba. When I was 11 years old, one of the girls in my ballet class invited me to “Bring a Friend Day” at the Ice Club of Greater Winnipeg. The club skated out of the nice warm Winnipeg Arena. Before that, all my skating had been done outdoors bundled up in so many layers of clothing that I looked like the Michelin Man. I could barely move! My friend lent me her skating tights and a beautiful skating dress with a cardigan to match. I felt like a Princess. I was able to skate for an entire hour without freezing my fingers or toes, so I was hooked! At the end of the session, I begged my parents to let me join the figure skating club. From that point on, figure skating took up almost all my spare time. Over many years of intense training 5 days per week, I became a gold level test skater and competed in several Provincial & Prairie Sectional Championships. The very best thing that came out of my skating career was meeting Sid Turner who was, at that time, a Canadian National ice dance competitor. He was the young man that I would eventually marry.

There was no doubt that I wanted to teach figure skating when I was ready to give up my amateur status. I worked my way through all the Skate Canada written and practical exams to earn my Professional Figure Skating Coach certification. Being a self-employed skating coach turned out to be a very fulfilling and rewarding career that lasted for 52 years.

In the mid 1970s, after vacationing in Vancouver, Sid & I decided that it was time to leave the cold Winnipeg winters and the mosquito laden summers, for a more pleasant BC coast climate. Our plan was to give ourselves three years to find jobs and make the move. One year after setting that goal, it became a fait accompli. Sid, my 3-year-old son, Scott, and I made Victoria our new home!

We love to travel and have been fortunate enough to go on many cruises and what I call plane, train and automobile trips which gave us the opportunity to visit every single continent. I look forward to travelling again when I feel it's safe to do so. In the meantime, I'll have to be content with reliving my travel adventures by looking at hundreds of my pictures and reading my travel journals.

In 2019, I started thinking that it might be time to retire. I kept on postponing making that final decision because I was still healthy and I really loved my job. Two days before Covid shut down the arenas, I was on the ice coaching, got caught in a rut which caused me to take a gentle tumble. I guess the fall wasn't that gentle because I ended up with a broken wrist. Hmm... a fall, Covid rearing its ugly head and then with the arenas shutting down... I figured it was a sign, so I announced my retirement. Little did I know how much I would miss all the skaters, their parents and my coaching colleagues. It was all too much for a social butterfly like me. I went into a bit of a depression. Thankfully, a friend convinced me to join Goward House and try line dancing. The next day I became a member and I joined the line dancing class. That was the medicine that was needed to lift my spirits. Everybody in the class was so friendly and welcoming. I was back on my way to being my happy self.

Over the years I have volunteered at numerous Skate Canada events. For 4 years I served as Director at Large on the BC Provincial Coaches Committee. I served in every single position on the Vancouver Island Skating Coaches Committee for over 25 years. For the past several years I have volunteered with Santa's Anonymous and recently I started volunteering on the front desk at Goward House.

I would like to thank the staff and all the Goward House members for being so patient with me as I learn the ropes of working on the front desk.



WEEKLY PROGRAMS AT A GLANCE



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

Bridge (Duplicate) - Wednesdays 12:15 - 4:00

Bridge (Social) - Thursdays 12:30 - 4:00

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

Choir - Fridays 1:15 - 3:15

Crafters - Wednesdays 1:00 - 3:30 pm

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

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

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

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

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* Mondays 9:00 and Thursdays noon

Tai Chi - with *Gordon Muir* Mondays noon & 1:15 pm / Thursdays 9:30 & 10:45 am

Quillers - Mondays 10:00 - noon

Walkie Talkies - Mondays 10:00 - 11:30 am (currently on hiatus)

World Affairs Discussion Group - next meeting is Thursday March 17th

Yoga - with *Andrea Baudic* Fridays 9:30 - 10:30 am - (ZOOM option available) no class March 18





The next Book Club will be Thursday March 17th from 1:00 - 2:30.

The title for March is **The Gown** by **Jennifer Robson**.
Books are available to pick up at the front desk.

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 calendars with these dates: **March 17th & April 14th**.

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



Thanks to participating Goward House members, **\$656.61** was raised from our Peppers fundraising program over the last several months.

You can help raise funds for Goward House by visiting Peppers in Cadboro Bay village and purchasing a gift card. Let them know you want the “fundraising portion” to be given to Goward House. Use your gift card toward your own grocery purchases or gift it to someone.

THANKS FOR PARTICIPATING!





Purdy's Easter Chocolate Fundraiser

Everyone loves Easter chocolates especially the little ones in your life! Help raise more funds for Goward House and expand your order by reaching out to your friends. Brochures can be picked up at the front desk. Due date for all orders (online and paper) is Friday March 18th. Pick up will be Monday April 11.

World Affairs Discussion Group



Who Needs Five Eyes?

Canada's Role in International Intelligence

The next meeting is **Thursday March 17th** 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."

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 sign up at the Front Desk.



REMINDER for THURSDAY'S FITNESS AND TAI CHI

As of March, Tai Chi on Thursdays is from 9:30 – 10:30 and 10:45 – 11:45. Strength & Balance will be from noon – 1:00.

Volunteers Needed

The Kitchen is looking forward to expanded hours, but we need your help. Right now, we are looking for volunteers to make it happen. If you have a few hours to volunteer, please let us know so we can start planning for a wider opening.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Easy Aerobics 11:00 – 12:00	Drop In Art 8:00 – 11:30	Tai Chi 9:30 – 10:30 & 10:45 – 11:45	Yoga 9:30 – 10:30 (Unavailable March 18)
Walkie Talkies 10:00 – 11:30 (on hiatus)	French Conversation (Advanced) 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation (Advanced) 10:30 – noon
Quillers 10:00 – 12:00	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 st Monday)		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!

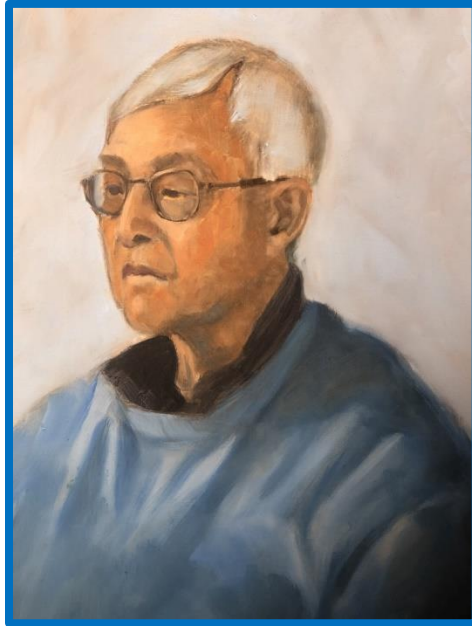
GOWARD HOUSE SOCIETY Board of Directors: Committees 2022

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>
PROGRAMS	<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.

GOWARD HOUSE PORTRAIT PAINTERS ART SHOW & SALE

February 25 - March 29 2022



Portrait of Barry Mah Ming by Gordon Smith.

The Goward House Portrait Painters meet weekly through the year, to paint or draw portraits of a live model. Painting from life provides a unique challenge, especially because we have only a limited time to capture a likeness. The individual artists in the group use a variety of materials: oils, watercolors, pastels, acrylics, charcoal and pencils. In our individual art practices, we paint landscapes, still life, abstract, and do plein air in addition to portraits. The show at Goward House will showcase our many different talents. Many of the portraits we do go home with our models.

Viewing times are 9:30 am – 3:30 pm Monday – Friday (except statutory holidays)



Portrait Painters on a recent Tuesday afternoon.