

THE GAZETTE

June 2022 Editor: Marlene Abney

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tamsin Dunn

Custodian/Janitor: Lyle Rumpel

GOWARD HOUSE

2495 Arbutus Rd. Victoria B.C. V8N 1V9

250 477-4401

gowardhouse.com

administration@gowardhouse.com



President's Message

The Goward House Society 2022 Annual General Meeting was held on May 19th in the main hall of Goward House. Despite the rainy cool weather, we had a great turn out of members. The AGM reports package is available on our website for your reading pleasure. Just a reminder, barring any further restrictions, our AGM will be held each year on the third Thursday in May.

We said good-bye to three Directors at the AGM this year: Lois Akam, Gayle Millbank and Judy Baldwin. Lois joined the Board in 2018 and served as treasurer from 2019 to the present. Gayle joined us over 10 years ago and served in many roles including co-president with Gail Branton. Judy Baldwin joined us two years ago and served on the Program and Volunteers committees. We thank them for their dedication and exceptional service. We will miss them and wish them many new adventures.

Four new Board members were acclaimed at the AGM: Wendy Denyes, John Martens, Myrna Rouse and Barbara Turner. The Goward House Society can have as many as 12 and as few as 8 Board members. The Society currently has 11 Board members to provide support for 13 standing committees. The new Board members come with a variety of backgrounds, lots of enthusiasm and a history of dedicated volunteer service to Goward House. The Board appreciates their willingness to serve and is looking forward to working with them!

Things have been steadily getting back to normal at Goward House over the last few weeks. It is nice to see discussions over coffee and sandwiches in the dining room once again. Let's hope the trend continues, our activities expand and membership grows in 2022.

At any time if you have questions, concerns or accolades please contact our administrative staff or a Board member. Communication is very important to us.

Summer is coming ... I promise.

Allan



LINE DANCING with Betty Doherty

Line Dancing has returned! Every Tuesday morning from 9:30 - 10:30 am, Betty Doherty will instruct you through sequences of moves to popular tunes. (NO CLASS JUNE 7th)

Wear comfortable clothes and shoes to this fun class.



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



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.



GOWARD HOUSE CHOIR with Phil Robbie

Our very own Goward House Singers meet Fridays from 1:15 - 3:15 pm in the Lower Hall. Talented choir director, Phil Robbie, leads the group through an eclectic repertoire of music. The choir performs occasionally, though participating in performances is optional. Come out and give it a try, meet new friends, and sing your heart out.



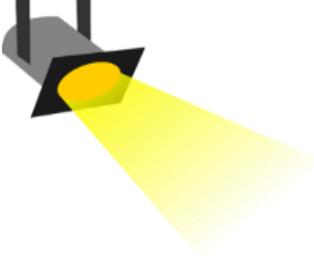
EASY AEROBICS with Manda Ghag

This 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 now run Mondays from 10:15 - 11:00 am. (NEW DAY & TIME)**



DUPLICATE BRIDGE with Jim Brackenbury

Do you like to play Duplicate Bridge? Wednesdays are Duplicate Bridge Day at Goward House, 12:15 - 4:00 pm. Joining is easy. Please call or email us, and we will have Jim, our Bridge expert and facilitator contact you to set you up. Bring a friend, or come solo, you will meet lots of new friends.



House Spotlight



Goward House is welcoming our new Assistant Administrator: **TAMSIN DUNN**

Hi there! Tamsin here. I took over for lovely Suzanne in April and I've already met quite a few of you. I feel blessed to work for such a lovely place with awesome people too! I'm a fun-loving, kind, free-spirit with a great sense of humor, the old British wit.

A little about me... I immigrated here from London, UK, in 2015 where my career background was originally theatre dance. I performed in London's West End in such famous musicals as Cats and the Lion King. When I had my daughter in 2009, I decided to hang up my dancing shoes and did a 4-year degree in nutritional medicine. I ran my own busy clinic specializing in women and children's health.

I live in Langford with my daughter Amelia Rose, age 12, and all our animals! My daughter and I also volunteer with rescue animals - hence our little zoo, consisting of 3 cats, one dog and 5 guinea pigs.

I adore all things creative and enjoy painting and sketching as well as dress making. One of my favorite things to do is stargaze on clear beautiful evenings. I also enjoy walking our pup, and in warmer weather, paddleboarding with my daughter.

When I'm not so busy with my daughter and our zoo, nothing brings me more pleasure than being in our little garden and growing veggies and herbs.

I look forward to meeting you all, and I'm excited to be part of the beautiful Goward House staff.

Warmest blessings,

Tamsin xx



GOWARD HOUSE STRAWBERRY TEA

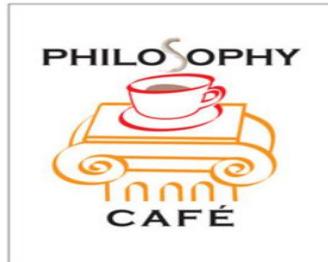
Please join us for our annual Strawberry Tea Thursday June 16th from 12:30 – 2:15 followed by the Goward House Singers choir concert. \$15.00 includes strawberry short cake with berries and whipped cream, a beverage and the choir concert.

Pre-pay and reserve by visiting the front desk by FRIDAY JUNE 10TH. Please note that seating on the deck is first come first served, by reserving your table at the time of payment (two sittings available, 12:30 and 1:30 pm).



The next Book Club meeting will be Thursday June 16th from 1:00 - 2:30.

The title for June is Station 11 by Emily St. John Mandel.
Books are available at the front desk.



FEATURED PRESENTER: Jan Hofmeyr

Thursday, June 2 from 2:00 p.m. - 3:00 p.m. Maple Room

Last year's Goward House Membership Survey indicated strong interest in a Philosophy Discussion Group.

If you're interested in great thinkers and change makers, big ideas and "isms", this is your opportunity to listen, learn, explore, and be stimulated! Join us on **Thursday, June 2** for the first of what we hope will be many engaging presentations and discussions in the year to come.

Jan Hofmeyr, who helped launch our World Affairs Discussion Group with his excellent talk on China, has kindly agreed to a return engagement. Jan was a Senior Lecturer in Eastern religions and the philosophy, psychology, and sociology of religion at the University of Cape Town. The focus for this Philosophy Café session will be on Buddhism. Here's Jan's plan for this session:

"Buddhism is a profoundly practical 'ism' that is relatively easy to understand. I'll start my talk with a brief overview of what's believed about the Buddha's life. Then we'll look at the core of Buddhism: The Four Noble Truths and the Eight-Fold Path. I'll close with a very brief overview of the missionary impact of Buddhism. Since I want to leave lots of time for questions and discussion, my talk will necessarily be brief."



The June 2nd session will also be an opportunity for those present to share areas of interest and ideas for future discussions in the Fall.

You don't have to be a philosophy geek - all curious minds are welcome!

Call 250-477-4401 to reserve your seat.

Members: Free Non-members: \$5.00

Masks are optional, based on personal comfort and preference.



World Affairs Discussion Group

Friday June 17 @ 1:00 pm

Guest Presenter - Captain Terrence C. Milne RCN (retired)



There's No Life Like It!

Terry will cover some of the interesting and humorous aspects of life in the navy, as well as with the diplomatic corps in Japan. He will also highlight some unique challenges from his four-year post in Japan, and discuss Canada-Japan relations.

Captain Terrence Milne was born and attended school in the UK. He started his naval career with HMS Worcester as a Cadet before moving to the Blue Star Line, where he served as an officer and visited many countries.

In 1960, he was commissioned as a Sub-Lieutenant in the Royal Canadian Navy. Major career appointments include Command of four warships, and assignment for six weeks as RCN Liaison aboard HMY Britannia covering a Royal Visit to BC.

From 1978 to 1981 he served as NATO Staff Officer, Supreme Allied Command Atlantic HQ, followed by 4 years as Canadian Defence Attaché at the Canadian Embassy Tokyo (1985-89).

On completing his assignment in Japan, Terry retired from the RCN and he and his wife, June, returned to living in their home in Saanich. He is an active member of the Royal Victoria Yacht Club and has sailed his ketch Katzenjammer up to Haida Gwai and across to the Hawaiian Islands.

Terry was also the lead on fundraising for the Hampton Gray Memorial Statue recently unveiled at the BC Aviation Museum in Sidney.

please register ahead of time as space is limited

Members: free

Non-Members \$5.00

Dying with Dignity



Our next information meeting is called **Moving Forward 2: Family Reports** and will take place **Thursday June 9th 2:00 – 3:30**. If interested, please register at the Front Desk.

Members: free

Non-Members: \$5.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Line Dancing 9:30 – 10:30 (no class June 7th)	Drop In Art 8:00 – 11:30	Tai Chi 9:30 – 10:30 & 10:45 – 11:45	Yoga 9:30 – 10:30 (no class June 24 then on hiatus until Sept)
Easy Aerobics 10:15 – 11:00	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.

Goward House would like to extend a very warm welcome to new members
Suzanne Ball, Carolyn Hayward & Phyllis Manchester-Duval

GOWARD HOUSE SOCIETY Board of Directors 2022-2023

The annual Goward House Society AGM was held on Thursday May 19th. We had a great turn-out of Goward House members. Returning board members are President Allan Davies, Vice President Mary Collins, Treasurer André Berthiaume, Secretary Gail Flitton, Directors Lee Frank, Gail Branton and Past President Barry Mah Ming. We also welcomed four new Board Members to our existing board. Joining the team are Wendy Denyes, John Martens, Myrna Rouse, and Barb Turner. We look forward to working with everyone!

REMINDERS

Please note there will be no Yoga Friday June 24 (then on hiatus until September). Also, no Line Dancing June 7th.



Strawberry Tea deadline to reserve is Friday June 10.

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

Scene Around Goward House

Our Board of Directors 2022 - 2023



Mary Collins, Gail Flitton, Lee Frank, Gail Branton, Barb Turner, Wendy Denyes, André Berthiaume, Myrna Rouse, John Martens & Allan Davies. (L-R)



A BIG thank you to Barb & Dean Sawyer for making our new tablecloths for the deck. They look great!