



# THE GAZETTE

Goward House  
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## SEPTEMBER

2016

Editor: Mary Homer

### PRESIDENTS MESSAGE

In my last message I referred to negotiations with the Saanich Municipality. The process started in Oct. 2014 when we asked for a review of our grant and lease situation. As reported previously, a number of things have transpired since that time. Now, I have good news. In early July we celebrated our 25th anniversary and enjoyed Music on the Lawn courtesy of the Saanich Legacy Fund. Saanich Councillor Fred Haynes attended to provide us with the 'ceremonial' cheque representing the Saanich contribution to that event. Fred kindly spent a lot of time with me that evening, during which we discussed our Goward House situation.

Fred Haynes took the initiative to bring our concerns to Council at their meeting on August 8th. Elaine Leonard and I both attended and were allowed to speak. I felt Councillor Haynes did a great job of presenting our case and I am very happy to report that Council then passed a motion, without dissent, asking their staff to review our Goward House situation as we had requested. That is good news; but we must be mindful that this process of review may take considerable time. During discussion of the motion it was noted that a number of departments would be involved in this review and that staff do have fairly heavy workloads as it is. So, we will stay tuned and hope for positive results; though they may be a ways down the road.

More good news: You may remember that at our AGM in March 2016 the membership voted for an exploration of our acquiring an AED. Your Board has done that and I am happy to report we now possess an AED. Some people have now been trained in its use. The AED will be located on a wall in the front foyer (main floor)

We now look forward to another round of great Goward House activities to either try again or explore for the first time. I wish you well with that and all else.

David Eyles, President

### TAI ONE ON !

Tai Chi classes are very popular at Goward House. If you have ever been curious about Taoist Tai Chi, now is your opportunity to drop in to the:

#### Fung Loy Kok Taoist Tai Chi™ Open House

Monday, September 12

9:30 am – 11:00 am

Learn about the health benefits, see a live demonstration, enjoy a free "try-it" session, and enjoy complimentary coffee or tea on the main floor, following the info session. All are welcome!

For those interested in taking up Taoist Tai Chi, Goward House is pleased to offer:

#### Fung Loy Kok Taoist Tai Chi™ – Beginners' Classes

Tuesdays and Fridays of each week

11:00 am – 12:00 noon

September 13 (Tues) to November 18 (Fri)

The Fung Loy Kok Taoist Tai Chi Society will be conducting Beginners' Tai Chi classes at Goward House on Tuesdays and Fridays of each week until November 18, 2016. These classes are appropriate for those that have never before experienced Fung Loy Kok Taoist Tai Chi™ or for those wanting a refresher. Upon completion of the Beginners' Tai Chi classes, participants will be able to transition to the Continuing Tai Chi classes, also offered at Goward House (on Mondays and Thursdays).

### GOWARD HOUSE CLOSURE

MONDAY, SEPTEMBER 5  
LABOUR DAY

### LAST BBQ LUNCH FOR THE YEAR

WEDNESDAY, SEPT 14  
11:30 am - 1:00 pm

Salmon Burgers . . .	\$6
Beef Burgers . . . . .	\$5
Hot Dogs . . . . .	\$4
Caesar Salad . . . . .	\$2
Feature Dessert . . .	\$3

The weather promises to be perfect for sitting on the deck!

**SEPTEMBER ART SHOW** **FREE**  
August 31 – September 28 **ALL ARE WELCOME!**  
Mon – Fri [9:00 am to 4:00 pm]

**Art Show and Sale**  
by

**The Goward House Portrait Group**

The Goward House Portrait painting group was originally set up by Mrs. Goward many years ago, when Goward House was her home. The Goward House Portrait Group consists of a group of dynamic painters. This show displays works from members of that painting group:

**SPANISH CLASSES - Level 1 (Sequoia Room)**  
Tuesdays - 9:00 am to 11:00 am  
September 6 to December 13  
On Hiatus: Dec 17 to Mar 20  
Continuing: Mar 21 to May 23



This course is for true beginners and others who may have had Spanish in the past but who wish to review what they once learned. The textbook and accompanying CD (Warren Hardy Book 1) can be purchased at a cost of \$45 from GH

**REGISTRATION INFO:** Tel: 250 477 4401

**SPANISH CLASSES - Level 2 (Sequoia Room)**  
Fridays - 9:00 am to 10:30 am  
September 9 to December 16  
On Hiatus: Dec 17 to Mar 20  
Continuing: Mar 24 to May 26



This course is for students who have completed the Level 1 course and are ready to study at a higher level. The textbook and accompanying CD (Warren Hardy Book 2) can be purchased at a cost of \$45 from GH

**REGISTRATION INFO:** Tel: 250 477 4401

**SPANISH CONVERSATION (Billiards Room)**  
Fridays  
10:30 am – 12:00 noon  
Beginning: Friday, September 9

This group will recommence their Spanish Conversation sessions on the date/time indicated above. If you have had Spanish instruction and would like to practice what you have learned, you are welcome to join this group. There is no formal instruction at these sessions.

**MAH JONG LESSONS** **NEW!**  
Mondays – Sept 12 to Oct 24\* (6 sessions)  
1:00 pm to 3:00 pm **NON-MEMBERS ARE WELCOME!**  
\*no class Oct 10 (Thanksgiving Day)

The Mah Jong group at Goward House has been active for 25 years and is currently offering lessons on how to play. This tile game for four players originated in China and involves skill, strategy, and calculation (as well as a certain degree of luck). You will have lots of fun learning from our experienced players!



Class size is limited.

Register early to avoid disappointment!

**Cost:** \$60 (includes annual membership to Goward House with expiry date of Dec 31, 2017)

**CIAO BELLA – Conversational Italian**  
Tuesdays – (GH Theatre)  
10:30 – 12:00 noon  
Starting: September 13



Are you looking for a fun way to practice your Italian in a conversational setting? Join the Goward House Italian Conversation Group!



This group is open to Italian language-speakers of all levels.

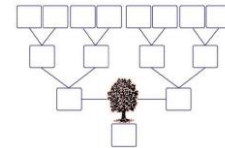
There is no formal instruction provided in this group. We will *parlare Italiano* and learn from one another.

Come prepared to talk about . . . “*what I did this summer*”.

**GENEALOGY GROUP** **NEW!**  
Tuesday – September 13  
1:30 pm to 3:00 pm (GH Theatre)



Have you an interest in tracing your family roots but haven't gotten around to it? Or perhaps you started years ago and just need a gentle nudge to get you going again. If so, you may wish to join this group to re-inspire your continued search.



No registration necessary. Simply drop-in on the date/time noted above. Facilitator: Pat Longman

**LUNCH SPECIAL**  
Thursday – September 22  
11:30 am – 12:30 pm



The Goward House Cooking Club will be regaling us with their culinary skills once more, when they offer the following lunch special:

- Homemade Meat-Filled Ravioli (Baked)
- Green Salad
- Tea or Coffee
- \$8 per person

A limited number of plates are available.  
To reserve your lunch, call: 250 477 4401

**AFTERNOON HERITAGE TEA and VICTORIAN VOGUE . . . a vintage fashion experience**  
Thursday, September 29  
1:30 pm seating



Goward House invites you to a delightful afternoon tea while viewing vintage fashions provided by *Victorian Vogue*. This heritage house is the perfect venue to showcase these vintage fashions. Currently their costumes date from 1780 to 1920 with the bulk of the collection dating to Victorian / Edwardian times. Come and enjoy a touch of elegance and history with your afternoon tea.

**Cost: \$25 per person**  
**Seating is limited**  
Reserve your spot today  
by phone: 250 477 4401  
**NON-MEMBERS WELCOME!**



## LINE DANCING FOR BEGINNERS

Tuesday – September 20

12:15 pm – 1:15 pm

**New**

Have you ever wondered how to “touch, tap, hook, scuff, and stomp” your way to fitness in 2016? Come and try out our new Beginners class. First-timer? No problem! Your first class is free! Drop-in - no registration required.

## CHAIR DANCE CLASS

Friday – September 30

3:00 pm

**Free Class**

Chair Dance is great for everyone as well as those with mobility and balance problems.

Chair Dance is a form of dance/movement that aims to provide participants with creative expression while experiencing the joy of movement. This form of exercise offers integration of body and mind and develops greater flexibility, coordination and muscle strength. Benefits include reduced stress, lower blood pressure, improved cognitive functioning, overall increase in stamina and circulatory flow and increase in muscle activity and respiratory function.

Come and learn what Chair Dance is all about!

**Tel: 250 477 4401 to register your attendance.**

**HAVE YOU RECENTLY RETIRED?**

**ARE YOU PLANNING TO RETIRE?**

**KNOW SOMEONE PLANNING TO RETIRE?**

**THE REAL QUESTION IS:**

**READY TO RETIRE?**

Thursday – October 6

11:30 am

Cost: \$30

**FUNDRAISER**

Receive a free copy of  
*Ready to Retire*  
(which retails for \$19.95)

Join us for this informative fundraiser luncheon, during which best-selling author Lyndsay Green will share findings from her latest book: *Ready to Retire?* What you and your spouse need to know about the new reality of retirement.

**All proceeds of this event benefit Goward House Society.** Space is limited. This fundraising event will be promoted to the general public. To avoid disappointment, don't delay reserving your spot.

### REGISTRATION INFO:

Phone: 250 477 4401 to reserve your spot

Registration / payment deadline: Sept 23 (Fri)

## BRIDGE LESSONS for TRUE BEGINNERS

Thursdays

2:00 pm - 3:30 pm

October 13 to December 1\*

\*no class Thurs Nov 10 - make up class on Mon Nov 28)

Debbie Wastle will instruct this 8-week course of Audrey Grant's Bridge Basics are lessons designed for the absolute beginner. Learn the mechanics of the game and the fundamentals of bidding, play and defense. The material is presented in a clear, well-organized format, moving smoothly from one topic to the next. This course is for anyone who wants to enjoy this favourite pastime!

### REGISTRATION INFO:

Cost: \$ 80 Goward House Members

\$100 non-members

+ \$ 15 for textbook (payable to instructor)

Registration/payment deadline: Sept 19, 2016

**NEW!**

## FRENCH FOR BEGINNERS

Thursdays 11:00 am to 12:00 noon

October 20 to December 15

(Sequoia Room)

**New  
Nouvelle**

This is an introductory course for those with no or little French, focusing on communication skills (especially oral) which require a great deal of student participation through partner, group, or whole class activities.

In this class, you will learn: -basic pronunciation and phonetics, -numbers, time, dates, days of the week, colours - to greet people and say good-bye – to do introductions – to ask & answer simple questions including the location and directions to various places, starting times of events, price of tickets -the most commonly used regular and irregular verbs in the present tense - to order something to eat or drink and how to buy what you need -the difference between formal and informal speech and when to use which -various cultural aspects of the French-speaking world

**Register by tel: 250 477 4401**

Class size is limited.

**Registration deadline: October 14 (Friday)**

## BRIDGE LUNCHEON

Saturday, October 22

**FUNDRAISER**

Cost: \$20 per person

**NON-MEMBERS ARE WELCOME!**

Gather a foursome of your friends to make up a table and join us for a lovely Goward House lunch and an afternoon of bridge.

### Admission price includes:

- Bridge Games

- Lunch (including coffee/tea)

- A prize to be won at each table

**All playing levels are welcome!**

**Your table of four play together for the afternoon!**

We have room for 20 tables and they go quickly.

Register by phone: 250 477 4401

Registration / payment deadline: Friday - October 14

## BRIDGE LESSONS - Topic: Defense in the 21<sup>st</sup> Century

Mondays 1:00 pm to 3:00 pm OR

Wednesdays 9:30 am to 11:30 am

October 24 / 26 to December 12 /14 (8 weeks)

Jim Brackenbury, an ACBL accredited bridge teacher and club director, will be teaching this eight week course. The focus will be on helping newer and intermediate players improve their defensive play in bridge, using the most recently updated textbook from the American contract Bridge League. Class size is limited. Register early to avoid disappointment.

### REGISTRATION INFO:

Cost: \$ 80 Goward House Members

\$100 non-members

+ \$ 30 for textbook (payable to instructor)

Register by phone: 250 477 4401

Registration / payment deadline: Mon – Oct 3

**2<sup>nd</sup> SET OF  
LESSONS  
NOW  
AVAILABLE**

## MONEY MATTERS

Thursday, October 27

2:00 pm – 3:30 pm (GH Theatre)

Topic: **Estate Planning 101 (new and improved)**

You are invited to come and learn valuable information about important tax savings and how to have a plan and peace of mind in retirement. Make sure you don't miss out on any tax planning opportunities. Special Guest Speaker: Cindy David, CFP, CLU, FEA, TEP Presented by: Pam Katunar – Investment Advisor with Raymond James. Please pre-register with our front desk (tel: 250 477 4401).

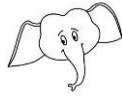
**FREE**

**NON-MEMBERS ARE WELCOME!**

## ANNUAL GOWARD HOUSE CRAFT FAIR

Saturday, November 19

Sunday, November 20



This annual fundraiser could not take place without the support of the Goward House members. In preparation of this year's event we are seeking the following items to be donated by members for our craft fair table:

- Handmade craft items (knitted, crocheted, etc.);
- Home baking and homemade preserves;
- Beaded items, ornaments, etc.

We are also seeking donations for our "white elephant" table. Items donated must be in good condition, sale-able, and not much larger than a breadbox.

## CRAFT TABLES NOW AVAILABLE

Anyone wishing to rent a craft table during our 2-day craft fair in November is asked to contact Elaine Leonard directly at 250 477 4401 or by e-mail: [info@gowardhouse.com](mailto:info@gowardhouse.com) Please share this information with any craft-fair participants you may know.

## A WARM WELCOME to our newest members:

Janet Ruddell, Mahesh Chaturvedi, Janice Chaturvedi, Bertha Churchill, Cecile Baird, Heather MacDonald, David Korican, Sheryl Petrie, Gail Straughan, Ravi Mehra, Patricia Goulart and Ann Taylor. Please introduce yourself and help to make them feel at home.

## DID YOU KNOW . . . GH MEMBERS RECEIVE A DISCOUNT ON RENTAL RATES?

We don't just rent for weddings!  
Are you planning a special event?  
A variety of spaces available to accommodate your needs.

## WEDDINGS (large or small)

Goward House offers an all-in-one venue; a perfect setting for the ceremony, wedding photography, and celebratory reception afterwards.

- Rehearsal Dinner
- Ceremony and Reception
- Gift Opening

## FAMILY CELEBRATIONS

Goward House offers an intimate and welcoming atmosphere.

- Birthdays
- Anniversaries
- Bridal Showers
- Baby Showers / Christenings
- Bar Mitzvahs / Bat Mitzvahs
- Reunions and family picnics
- Christmas gatherings
- Other special occasions

Goward House offers venues, both indoor and outdoor, for family events of all types.

## MEETINGS

- Business meetings
- Club meetings
- Sunday Worship

Call: 250 477 4401 for rental info

## VOLUNTEER OPPORTUNITIES

The following are great opportunities for members that do not volunteer on a regular basis to show their support by volunteering at these special events:

### Before the Craft Fair

**Friday, November 18** – Setting up for Craft Fair (1 hour)  
Looking for a few strong men to move furniture (at approx. 1:00 pm) in preparation for the craft fair taking place the next day.

### At the Craft Fair

**Saturday, November 19** (3 hour shifts)

**Sunday, November 20** (3 hour shifts)

- Seeking persons to operate the "lift" and act as security;
- Seeking persons to collect admission at the door;
- Seeking persons to work in the Tea Room;
- Seeking persons to work the GH White Elephant table and the GH Baking table;

### After the Craft Fair

**Sunday, November 20** - Putting it all back (1 hour)

Looking for a few strong men to return furniture to its original placement (at approx. 4:00 pm) in preparation for the normal activities taking place at GH the next day.

### Christmas Luncheon & Concert

**Thursday, December 8**

- Seeking persons to help serve the lunch and clear tables (3 hours);
- Seeking persons to help clean up after luncheon and serve desserts / coffee (3 hours);
- Seeking persons to prepare potatoes (at home); ingredients will be supplied;

If you can spare some time to help us out, please contact either Elaine Leonard or Mary Homer at 250 477 4401.

## THE RESULTS ARE IN!

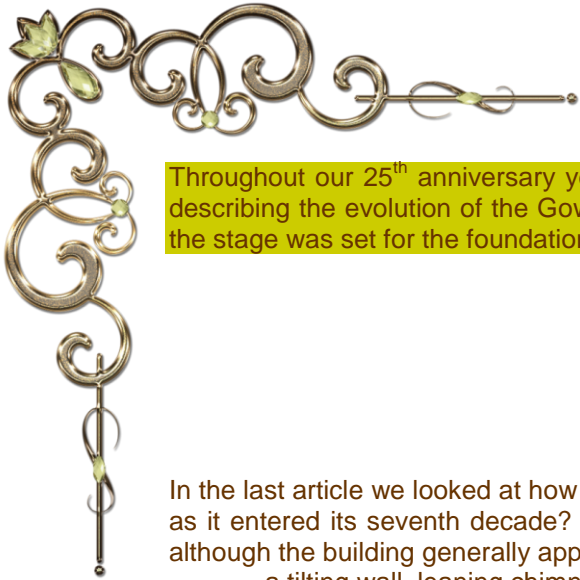
The recent Portrait Photography Fundraiser organized by Mary Homer raised over \$1,400 for the benefit of Goward House. Our thanks to all that participated in this fundraiser and to the three volunteer photographers: *Peter Bruce, Ann White, and Mary Homer*. Samples of photos taken can be viewed on our website [www.gowardhouse.com](http://www.gowardhouse.com) click on "Special Events" and then click on "Past Events" and then scroll through the photos for the 2016 Portrait Photo Fundraiser. This fundraiser may take place again next year for those that may be interested to participate.

## THRIFTY FOODS - SMILE CARD FUNDRAISER

We received from Thrifty Foods, the sum of \$241.50 representing funds raised in June and \$283.20 representing funds raised in July, from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

## FRUIT DONATIONS

Goward House will happily accept any donations of fresh fruit that can be used to make fruit crisps. Please keep us in mind when picking your apples, blackberries, plums, etc.



Throughout our 25<sup>th</sup> anniversary year of 2016, the Goward House Gazette will publish a series of articles describing the evolution of the Goward House Society. This initial article is a brief historical outline of how the stage was set for the foundation of our Society.

A Slice of Goward House History  
by David Eyles  
(Member of the Goward Family)

In the last article we looked at how Goward House was as a family home. But just how tired was this house as it entered its seventh decade? In his 1986 report, Herman Rebneris, a building consultant, noted that although the building generally appeared solid, some concerns were as follows:

- a tilting wall, leaning chimney, and sloping floors;
- obsolete kitchen and electrical service;
- major work needed on roof, flashing and gutters;
- some evidence of Powderpost Beetle and rot around the skirting.

Clearly the Society's Building Committee, the supervision architect, and the renovation contractor (Campbell Construction Ltd.) faced several challenges as they brought the former Woodlands home back to life. The heritage appearance of the original home was to be preserved while up-to-date services were to be provided. Also, alternations were required so that the building would serve as a seniors' centre, instead of a family home.

It seemed a renovation would occur just in time. The biggest change was to raise the entire house by 27 inches with an entire new lower floor underneath. This put the house on a solid level foundation. The deck was widened to allow the lower area to be even larger. The result was the Goward House we know today with a new useable area of almost 8,000 square feet on three levels.

The cost for all the work back in 1990 was approximately \$425,000. The funds were provided through a three-way split. The District of Saanich provided approximately one-third of the total required, while another third came from a variety of grants offered by the Federal and Provincial governments. The remaining third of the costs was covered by donations from a variety of local residents and businesses. There are listed more fully in Everett Peterson's booklet *From the Beginning*.

Since the original renovation, the most major work necessary has been the re-doing of the deck. It seems the problem of rot in the deck was not a result of any original construction but rather may have been caused by insufficient slope in the new enlarged deck and insufficient ventilation. Fortunately those issues have now been addressed. Another major addition was the installation of an elevator to operate between the Main Floor and the Lower Hall. And most recently, we have added a new concrete entrance ramp.

Currently Goward House seems to be in solid shape; both front and back. The only item on the horizon is a new roof which we hope to have in place in the near future.

Goward House is designated as a *heritage house*. As such, not only do we wish to maintain its heritage characteristics but we are required to do so. Any changes must be approved by the Saanich Heritage Committee. So . . . now we have the newly renovated Goward House.

Turn in next month to find out more about some of the *ups and downs* that occurred in the earlier years.



**FITNESS CLASSES AVAILABLE  
ON A REGULAR BASIS:  
(your first “try it” class is free)**

**MONDAYS**

**Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm**

**(no classes Sept 5 to Oct 6)**

**Monday classes resume Oct 17**

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

**TUESDAYS**

**Body Shapes with Michelle Hoekstra  
9:30 am – 10:30 am**

**(no class Sept 6)**

This program offers a variety of benefits including strength and flexibility. Fluidity of motion and a more relaxed and expressive body, using bands, hand weights and balls.

**THURSDAYS**

**Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm**

**(no classes Sept 8 to Oct 6)**

**Thursday classes resume Oct 13**

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

**FRIDAYS**

**Gentle Yoga with Andrea Baudic  
9:30 am – 10:30 am**

*(re-starts Sept 9)*



This class accommodates all levels of ability. You will leave the class feeling stretched, centered and re-energized. This yoga class is for everyone.



**SERVICE PROVIDERS**

**FOOT CARE – Put your best foot forward**

**Monday, September 12**

**Monday, October 3**

Please contact our front desk (tel: 250 477 4401) to schedule your appointment.



**GENTLE YOGA** has moved to a new time: 9:30 am to 10:30 am  
Fridays *(same day, new time)*

MONDAY		SEPTEMBER 2016	
9:00-10:00		Tai Chi Club [On-Going Group]	
9:00-12:00		Billiards	
10:00-1:45		Foot Care (Sept 12 and October 3)	
10:15-11:15		Tai Chi Club [On-Going Group]	
10:30-12:00		Paper Quilling (Sequoia Room)	
11:30-12:30		Strength & Bal. <b>(no classes in Sept)</b>	
1:00-3:00		Mah Jong (Sun Room) restart Sept 12	
1:00-3:30		<i>Write On!</i> (closed group) (restart Sept 19)	
1:15-3:00		GH Singers (restart Sept 12)	
TUESDAY			
9:00-11:00		Spanish –Level 1 Beginners Sept 6 to Dec 13 & Mar 21 to May 23	
9:00-12:00		Billiards	
9:30-10:30		Body Shapes <b>(no class on Sept 6)</b>	
10:30-12:00		French am–Intermediate Level	
11:00-12:00		Tai Chi for Beginners Tue/Fri	
12:15-1:15		Line Dancing - Beginners (starts Sept 20)	
12:00-4:00		Bridge, one table (closed)	
1:00-3:00		French pm–Advanced (Sequoia Rm)	
1:15-4:00		Portrait Painters (restart Sept 6)	
1:30-3:30		Book Club – (Sept 20)	
WEDNESDAY			
9:00-Noon		Drop-in Art (Lower Level)	
9:00-4:00		Billiards	
12:15-4:00		Duplicate Bridge (Lower Level)	
1:00-4:00		Chinese Brush Painting (Arts&Craft Rm)	
1:30-3:30		Craft + Knitting Group (Sequoia Room)	
2:00-4:00		Mah Jong Players (Sun Room)	
THURSDAY			
9:00-10:00		Tai Chi Club [On-Going Group]	
9:00-12:00		Billiards	
10:00-11:30		iPad Club (restarts Sept 15)	
10:15-11:15		Tai Chi Club [On-Going Group]	
11:00-12:00		French for Beginners <b>(NEW)</b> Sequoia Rm	
11:30-12:30		Strength & Bal <b>(a class only on Sept 1)</b>	
12:45-4:00		Social Bridge (All Levels) Drop In	
FRIDAY			
9:00 – 10:30		Spanish – Level 2 Sept 9 to Dec 16 & Mar 24 to May 26	
9:30 – 10:30		Gentle Yoga (restarts Sept 9 )	
10:30–12:00		Spanish–Conversation (restarts Sept 9)	
11:00-12:00		Tai Chi for Beginners (Tues & Fri) Sept 13 to Nov 18	
12:00-4:00		Billiards	
12:30-3:45		Bridge(Intermediate Level) (Sun Room)	
1:30 – 2:30		Line Dancing (On-going)(restarts Sept 16)	

**PICK UP / DROP OFF AREA**

The “Pick Up” and/or “Drop Off” area at the front desk was originally intended for administrative use only. Over the years, it has evolved into a “pick up/drop off” zone for use by members. Unfortunately, many items do not get picked up in a timely manner which adds to the workload of our staff. *Effective immediately* anyone wishing to leave items for pick up by another member must seek pre-approval of the Administrator (Elaine). Front desk volunteers are instructed to not accept any items for the “pick up” area. Thank you.