



# THE GAZETTE

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**NOVEMBER 2016**

Editor: Mary Homer

## PRESIDENTS MESSAGE

At our recent Board Meeting on October 14th, we welcomed Saanich Councillor Fred Haynes to meet the Board and talk with us about Council's recent agreement to review their relationship with the Goward House Society. As you may remember from my recent reports, Fred was instrumental in supporting our request and we look forward to staying in touch with how the review process proceeds.

This month I'm feeling a little whimsical. I've recently come back from a quick trip back east. When I travel I enjoy visiting churches. I visited Quebec City and approached an interesting church there. I was happy to find the door open which is not always the case) but on entering I found not a church but a library . . . but that's another story.

In Charlottetown, PEI, I visited St. Paul's Church which was built in the early 1800's. A gentleman of the Catholic persuasion was there as a guide. Why was a Catholic a guide in an Anglican church? He explained he had always been a Catholic but his wife was an Anglican and he preferred the St. Paul's Church building and so, while he attended services in the Catholic church, he enjoyed being a guide in the Anglican one.

I've visited a lot of churches and other buildings in my time. Some give me very good feelings while others leave me cold, often in a variety of ways. The gentleman in St. Paul's explained his like for that building by saying he felt hugged by the building itself whenever he came inside. I thought that was a lovely way of describing such a positive feeling.

My guess is that most of us could use more hugs as we go through life so I love the idea of feeling 'hugged' by a building. Of course it's not a physical feeling but a sense of warmth, peace and acceptance. I get that feeling in other places too; it could be a forest, a house, or any building . . . but for some reason there is usually some age and wood involved

I sometimes experience a similar feeling when in Goward House. I hope some of you may too. Some time when there are few people or distractions, get a tea or coffee and come and sit quietly in the House living room. Do you have any sense of what I am talking about? I hope so.

David Eyles

**DAYLIGHT SAVINGS TIME**  
ends **SUNDAY, NOV 6**  
at **2:00 am**



Be sure to turn your clock "back" one hour, either:

- a) Before going to bed on Saturday night; or
- b) Upon waking on Sunday morning.

**Now is also a good time to check the batteries in your smoke detectors!**

**GOWARD HOUSE CLOSURE**  
**FRIDAY, NOVEMBER 11**



*Lest  
We  
Forget*

**REMEMBRANCE DAY**

## PRESIDENT'S APPEAL

This is a friendly reminder that our President's Appeal continues to be in effect. Anyone wishing to contribute and receive a donation receipt for their 2016 taxation year, needs to donate by December 22nd. Donations received after December 22 will receive a donation receipt for the 2017 taxation year. Funds received will be put towards the cost of new furnishings. Thank you.

**NOVEMBER ART SHOW** **FREE**  
October 28 – November 23 **ALL ARE WELCOME!**  
Mon – Fri [9:00 am to 4:00 pm]

**An Art Show and Sale  
with works by the**

**Federation of Canadian Artists**

The Federation of Canadian Artists (FCA) is a national organization founded in Kingston, Ontario in 1941 and now headquartered in Vancouver.

The Victoria Chapter has 150 members, from Sooke to the Gulf Islands.

Each year in the spring and fall, the Chapter holds a show juried by FCA signature members (those who have attained high standing in the Federation). Approximately 100 paintings are submitted, with one third to one half selected for the show. Jurors look for the "wow" factor, good composition, mastery of the artist's medium and technique, and originality of style. The result is a first class exhibition, varied in style and media, featuring the best works of 30 - 40 of the region's top artists.

**All are welcome to drop in & meet the artists at  
Artist's Reception  
Sunday, November 6  
1:30 pm – 3:30 pm**

**BEGINNERS' LINE DANCING** **NEW**  
Tuesdays  
12:15 – 1:00 pm

Come and learn to touch, tap, hook, scuff and stomp your way to fitness in 2016. This new program is a fun way to exercise and meet others that share the enjoyment of moving to music. Come and try it out! First-timer? No problem, your first class is free!

**BOOK CLUB** **NEW MEMBERS WELCOME!**  
Tuesday – November 15  
1:30 pm – 3:30 pm (GH Theatre)

This group meets on the 3<sup>rd</sup> Tuesday of each month in the Goward House Theatre. At the next meeting the members will discuss **North Sea Requiem by A.D. Scott**. They welcome additional members to join them for fun and chatter. It is never too late to join this group!

**SUN ROOM BRIDGE GROUP** **NEW MEMBERS WELCOME!**  
Thursdays  
12:45 pm – 3:45 pm

This group welcomes new members to join them for a fun afternoon of bridge playing. They play "social" (not duplicate) bridge and are a very friendly group. Drop in to the Sun Room and see if this group is a good fit for you. First-timer? No problem, your first time is free!

**GENEALOGY GROUP** **NEW**  
Tuesday – November 8  
1:30 pm (GH Theatre) **NEW MEMBERS WELCOME!**

Do you have an interest in tracing your family roots and never got around to it? Or perhaps you need a nudge to get re-started in your search. If so, drop in and check us out!

**WHITE ELEPHANT SALE** **FUNDRAISER**  
November 3 – 17 (Monday to Friday)  
9:00 am – 4:00 pm

Goward House members will have the opportunity to pre-view and pre-purchase White Elephant items for sale on the dates and times noted above. The White Elephant tables will be set up in the Billiards Room (top floor) of Goward House.

Everyone is welcome to come and view our treasures.

Purchase those items that draw you!

**Come often, buy lots!**



**iPAD Club** **NEW MEMBERS WELCOME!**  
Thursday – November 17  
10:00 am – 11:30 am

This group meets on the 3<sup>rd</sup> Thursday of each month in the Sun Room. The group support one another as well as benefit from receiving guidance from their former instructor who drops in from time to time.

**OPEN TO MEMBERS & NON-MEMBERS**  
**FUNDRAISER**

**PURDY'S CHOCOLATE ORDERS**  
Order Deadline: Monday, November 14  
Order Pick Up: Thursday, December 8

Once again we are participating in the Purdy's Chocolates *Seasonal Fundraiser*. This has proven to be a successful fundraiser in the past and we look forward to another successful campaign this year.

By purchasing your Purdy's chocolates from this fundraiser, Goward House can earn up to 25% profit on its fundraising sales.

Anyone wishing to order Purdy's Chocolates for this fundraiser is asked to have their orders in by Monday, November 14.



Order forms and catalogues are available from the front desk.

Chocolate orders will be available for pick up from Goward House on Thursday, December 8

**ANNUAL GOWARD HOUSE CRAFT FAIR**  
Saturday, November 19 10:00 am – 4:00 pm  
Sunday, November 20 10:00 am – 4:00 pm  
Admission: \$2 only **FUNDRAISER**  
**OPEN TO MEMBERS & NON-MEMBERS**

Handmade by local artisans: Raggedy Anns, woodwork items, jewelry, fabric works, artwork, candles and soaps, Sock Monkeys, children's clothing, jams & jellies, baking, purses, Xmas items and more. Tea Room open for lunch and snacks. Bring a friend!

## LUNCH SPECIAL

Thursday – November 24

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:

### **Sampler of Savouries Plate:**

Mini Bagel Pizza  
Stuffed Endive  
Parmesan Spinach Balls  
Stuffed Mushrooms  
Hermit Cookies & Festive Fruit Skewers  
Tea or Coffee

\$10 per person

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



## LOOKING AHEAD:

### CHRISTMAS LUNCHEON & CONCERT

Thursday, December 8

Arrive by: 11:30 am

**SEATING IS LIMITED**

Lunch: 12:00 noon

**ALL ARE WELCOME!**

Following with tradition, we will be offering our annual Christmas Luncheon & Concert. After the luncheon you will have the opportunity to enjoy a musical performance by our **Goward House Singers**, which will take place in the Lower Hall at 1:00 pm.

Following the concert, we will be offering dessert with coffee and/or tea at 2:00 pm.

#### Menu

Stuffed Turkey Breast  
Mashed Potatoes and Gravy  
Peas  
Cranberry Sauce  
Choice of: Pumpkin Pie or Mincemeat Tarts



We urge you to register and pre-pay your attendance as soon as possible to avoid disappointment.

Tel: 250 477 4401

Cost: \$20 members and guests

\$15 GH Singers

**Door Prizes!**

## MONEY MATTERS

Thursday – November 24

2:00 pm – 3:30 pm

Topic: Effective Charitable Giving

**FREE**

(GH Theatre)

**ALL ARE WELCOME!**

You are invited to come and learn valuable information about effective charitable giving. This free information session is made possible by Pam Katunar – Investment Advisor with Raymond James. Due to the popularity of these information sessions, please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

## SNOW PROTOCOL



## IN CASE OF SNOW

**MEMBERS and VOLUNTEERS  
ARE ASKED TO**

**PHONE 250 477 4401**

**TO DETERMINE  
IF HOUSE IS OPEN FOR ACTIVITIES**

**WE DO NOT WANT ANYONE DRIVING  
IN THE SNOW UNNECESSARILY**



## VOLUNTEER OPPORTUNITIES:

You need only donate 6 hours per month

**CURRENTLY WE HAVE A NEED FOR:**

### **Kitchen Volunteers:**

Thursday afternoons (alternating\*)

12:30 pm to 3:30 pm

Training: two "on-site" training sessions to take place  
No food preparation is required. Make tea, coffee, sell items, collect money & run the dishwasher. Minimal training is required.

\**alternating* shifts mean you fill a shift every 2nd Thursday (only 2 shifts per month)

Commencing: Nov 24 or ASAP

**Spares:** If you are unable to volunteer for a regular shift, please consider volunteering as a "spare", for the kitchen or the front desk, to fill a shift when a regularly-scheduled volunteer is away due to medical appointments, illness, or travel plans.

**Volunteering is a great way to meet other Goward House members and make new friends.**

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

# NEWS & INFORMATION:

## THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$189.75 from the Thrifty Foods Smile Program representing sales made in September 2016. Thank you to those members that support GH by using a Thrifty Foods Smile Card (which are available from our front desk).

## A WARM WELCOME to our newest members:

**Marnie Faunt**  
**Jean Vantreight**  
**Christobel Balachandran**  
**Carol Williams**  
**Marty Ryan**  
**Eloise Berry**  
**Heather MacDonald**

**Sheila Miller**  
**Carol Ann Harper**  
**Don McCay**  
**Chris Miles**  
**Wanda Daykin**  
**Andrew Brown**

Please introduce yourself and help to make them feel at home.

## RECEIVE A **FREE** PAINTED PORTRAIT of yourself

Tuesdays  
1:00 pm – 4:00 pm

The Goward House Portrait Group painters are seeking models. You do not have to be a GH member to model. Yes, you do get to keep your clothes on (unless you prefer to do otherwise). The volunteer models receive the portrait of their choice (free), in recognition of their donated time and effort in posing.



artwork by  
Carol Koebbeman

If you would like to model,  
please phone:  
**Jim McFarland**  
**250 477 8988**  
to schedule a Tuesday  
afternoon session

## OUR THANKS TO . . .

*the wonderful team of volunteers that helped make our Bridge Luncheon Fundraiser a success:*

- **Barb Sawyer**
- **Nancy Lypkie**
- **Peta Alexander**
- **Ray Coutts**
- **Ivan Baggs**
- **Dean Sawyer**

*We couldn't do it without you! Our sincere thanks to you!*

*As well, our "thanks" to those individuals that come out to play in support of this event!*

## BILLIARDS ROOMS No play from Nov 3 to Nov 17

### The Bad News:

The Billiards Room is being taken over by our White Elephant Pre-Sales Event during the period of November 3<sup>rd</sup> to November 17. We apologize for the inconvenience but this is an important fundraiser for Goward House.



## PLEASE BE MINDFUL OF HOW YOU PARK YOUR CAR!

- **DON'T TAKE UP TWO SPOTS**
- **PARK WITHIN THE LINES**
- **PULL UP TO THE CONCRETE BARRIER**
- **CONSIDER CARPOOLING WITH FRIENDS!**

## TAI CHI for BEGINNERS NEW CLASSES

Due to popular demand, we will be offering Tai Chi for Beginners again in January 2017. Please be sure to check the joint December / January Gazette for details regarding date and time of the Tai Chi Open House (where registration will take place).

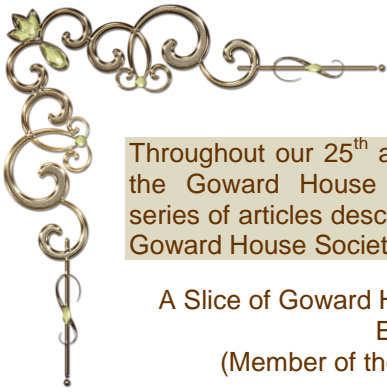


## SERVICE PROVIDERS:

**FOOT CARE – Put your best foot forward**  
Monday, November 7  
Monday, December 5



To book appointments at Goward House please call Kelly at tel: 250 891 5047 or e-mail: [heel2toes.ca@gmail.com](mailto:heel2toes.ca@gmail.com)



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.

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

*This month, history has caught up to the present and we will look at what will be historic years hence. So a brief overview of the Goward House Society today, what we offer and how we operate. No doubt all members will be well informed about those areas that they participate in and enjoy but I trust some information of what else is going on will be of interest.*

*Our Administrator, Elaine, is our only full time employee and has responsibility for the day to day running of Goward House. Mary ably assists part time and has worked here longer than anyone at Goward House. She is primarily responsible for coordinating our volunteers and our communications, particularly the Gazette. Anne has 'come on board' most recently and is a big help covering where necessary and doing a variety of tasks. Lyle is our long serving custodian who also keeps an eye on rentals.*

*Technology has made some things like our communication easier. Now we have better 'hardware' and email which, though some are already saying its old fashioned, helps us communicate more quickly with those who have it too. We also have a new revitalized website. Such was never imagined by most of us 25 years ago.*

*The Goward House Society is a non-profit organization. Foundational to the operation of Goward House are our valuable volunteers. As our activities have expanded, so has the need for volunteer help to make events successful. Our members have risen to the occasion and currently about 80 people help us with activities and running the house.*

*Our Board, with myself as current President, is made up of a group of directors who have the responsibility of representing our fellow members and overseeing the Goward House operations. We make policy and provide guidance regarding major decisions. You will probably only see the Board as a group at the annual March A.G.M. but our regular meetings are open to the public and anyone who would like to visit and observe would be welcome.*

*It takes approximately \$170,000 to run Goward House for a year. Goward House is owned by the Saanich Municipality who give us a modest grant which covers about 15% of our costs. As this is significantly less than that which the Municipality gives to other senior centres we have been asking for a review of our grant situation. Saanich has recently agreed to this and we await the results.*

*Membership and other fees bring in a little over \$50,000 and the tea room generates about \$12,000 per year. We can't afford to let the house sit idle when not used by members so we rent it out for a variety of activities like weddings, memorials, family reunions etc.. This fluctuates but on a good year might generate \$45,000.*

*And what happens at Goward House? A lot! We have over 500 members as I write this and probably more activities happening than ever before. Most popular are Bridge, Tai Chi, Spanish, Art and Fitness classes. I won't try and cover all we offer, but a quick look at the Gazette shows a wide variety of programs. As well, from time to time, we offer a variety of stand-alone events which help us cover our costs.*

*As we go in and out of the house it is often easy to forget the lovely environment of gardens and forest in which this all takes place. A few dedicated volunteers with occasional help from Saanich look after our forest. Clearing ivy and other invasive species has been a large and long term task. We owe a debt of thanks to all those who have worked hard on this and other outdoor tasks over the last 25 years.*

*The lower area of the Goward House 6 acres had most of its trees removed many years ago. It is here that the volunteer ecological restoration activities are now focused in order to recreate forest cover. This is part of the Saanich Urban Forest Strategy. In addition to 100 new tree saplings being established since 2010 in 2016 up to 40 seedlings of a variety of indigenous trees are proposed for planting in our lower area.*

*Our gardens are looked after by a contracted garden service. As the city increases in size and busyness our beautiful natural setting is an increasingly valuable oasis of tranquility for all to enjoy.*

*Our membership and programs change and evolve. Next month, in the final article of this series, a look at what the future might hold for Goward House.*



## 7 WINTER SAFETY TIPS\*

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

- Avoid Slipping on Ice** Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- Dress for Warmth** So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.
- Fight Wintertime Depression** Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.
- Check the Car** Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.
- Prepare for Power Outages** Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.
- Eat a Varied Diet** Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency - - can be a problem. Consume foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.
- Prevent Carbon Monoxide Poisoning.** Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

\*Info extracted from article written by Andrea Lee

MONDAY		NOVEMBER 2016	
9:00-10:00	Tai Chi Club [On-Going Group]		
9:00-12:00	Billiards		
10:00-1:45	Foot Care (Nov 7 and Dec 5)		
10:15-11:15	Tai Chi Club [On-Going Group]		
10:30-12:00	Paper Quilling (Sequoia Room)		
11:30-12:30	Strength & Balance		
1:00-3:00	Mah Jong (Sun Room)		
1:00-3:30	<i>Write On!</i> (closed group) (4 <sup>th</sup> Mon each mo.)		
1:15-3:00	GH Singers		
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		
10:30-12:00	French am–Intermediate Level		
10:30-12:00	Italian Conversation (NEW)		
11:00-12:00	Tai Chi for Beginners Tue / Fri		
12:15-1:00	Line Dancing - Beginners (NEW)		
12:00-4:00	Bridge, one table (closed)		
1:00-3:00	French pm–Advanced (Sequoia Rm)		
1:30-3:30	Genealogy Group (NEW) November 8		
1:30-4:00	Portrait Painters		
1:30-3:30	Book Club – (Nov 15) 3 <sup>rd</sup> Tues ea. mo.		
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 (Nov 17) (4 <sup>th</sup> Thurs each mo.)		
10:15-11:15	Tai Chi Club [On-Going Group]		
11:00-12:00	French for Beginners (NEW) Sequoia Rm		
11:30-12:30	Strength & Balance		
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		
10:30–12:00	Spanish–Conversation		
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)		

**LINE DANCING on FRIDAYS  
and  
SOCIAL BRIDGE on FRIDAYS  
are cancelled on  
Friday, November 18  
due to our Christmas Craft Fair  
Our apologies.**