

# THE GAZETTE

**OCTOBER 2021** Editor: *Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Suzanne Ball

Custodian/Janitor: Lyle Rumpel

Goward House

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## President's Message

The Goward House Society 2021 Annual General Meeting was held on September 16<sup>th</sup> on the lawns of Goward House. We were blessed with a beautiful day and 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 next AGM will be held at the regular time in March 2022.

Goward House has undergone some significant changes over the last two years, but nothing quite like the changes required to manage the COVID-19 pandemic. Our staff had to move from regular routines to coping with ever changing guidelines and restrictions. As Dr. Bonnie Henry said: "We are building the space ship as we are flying it". The immediate loss in revenue posed a real threat to the viability of the programs at Goward House. With the hard work of an amazing staff and the commitment of a dedicated Board of Directors we are still viable and planning for 2022. This wouldn't have been possible without your generous support. We look forward to providing more opportunities and activities for all our members as the pandemic is brought under control over the next year.

A special thank you to Barry Mah Ming for his tireless efforts over the last two years as your president. Barry was our cheerleader through these difficult days. He made many phone calls of encouragement to members checking to see if they were ok. He recruited new members at every opportunity and provided words of encouragement and support for Board members and staff as they struggled with their tasks. Thank you for your leadership, Barry. We will look forward to your voice of experience as past president in the coming year.

Improvements and upgrades to the Goward House facility have continued over this challenging time thanks to the generosity of the Saanich Municipality. The Board and membership appreciate the special partnership we have with Saanich. Watch for more improvements in 2022.

Finally, thank you for your vote of confidence in me as your new president. Goward House is a very special place. I will look forward to working with all of you to ensure Goward House continues to thrive.

Allan

## PRESIDENT'S APPEAL

Our annual President's Appeal fundraiser is underway - your mailout package is available for pick up at the front desk. This year we are raising funds for acoustic treatments of both the Tea Room and the Lower Hall as well as the installation of a hearing assistance system in the Lower Hall. Thanks to the generosity of our members last year, we have been able to weather the brunt of the pandemic in 2020.

Thank you for supporting Goward House!



### NEW FITNESS CLASS Tuesdays with Manda Ghag

This new, 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 run Tuesdays 11:00 - 12:00.



### BRIDGE LESSONS with Jim Brackenbury

Come October, we are looking forward to Bridge lessons again. Bidding in the 21st Century - Standard American starts October 14th, and runs for eight weeks, from 9:30 to 11:30. No lesson November 11<sup>th</sup>. Registration is limited so please sign up at the front desk soon. **Registration is now open. \$80.00 for members and \$100.00 non-members.**

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

Calvin Cummings, Susan Cummings, June Coutts, Elizabeth Hagmeier, Mei Yi Lin, Nora Ready, Charlane Simpson

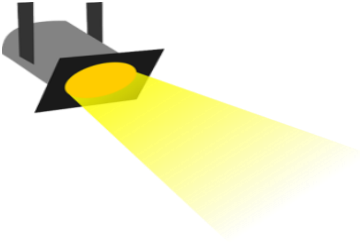
Anne Walsh & Moira Wightman



Book Club is held every third Thursday each month. October Book Club is meeting October 21st, from 1:00 - 2:30. As the September Book Club was cancelled, the title for October Book Club remains **The Time Between** by Maria Duenas.

# House Spotlight

This month we feature Barry Mah Ming, our personable, outgoing President.



Born and raised in Red Deer Alberta, Barry is the youngest of four children. After graduating from secondary school, he attended the University of Alberta to receive his Bachelor of Arts in Economics with a minor in Political Science. Law school followed, and Barry moved to Toronto to attend Osgoode Hall at York University. Subsequently, he articulated with the Federal Department of Justice in Vancouver, primarily as a drug Prosecutor. In 1975, he joined the BC Provincial government as a prosecutor before entering private practice, and then retired in 1998. For a short time in his retirement, Barry was a Tour Director taking clients through the Rockies and other parts of British Columbia.

Looking to find his roots, Barry visited China (his grandfather came to Victoria in 1902 and his mother was born here), and ended up staying there for 10 years teaching English. There he experienced the SARS health crisis, the Sichuan earthquake, the Beijing Olympics and Expo in Shanghai.

Barry does a lot of volunteer work outside of Goward House, including: the Cat Rescue Corps, the Lions Club, the Victoria Art Gallery, the Royal BC Museum, and the Canada-China Friendship Association. In addition, he does Board work with Big Brothers & Sisters, the John Howard Society and the YM-YWCA. He also enjoys politics and sports - Barry is a "sports nut" who participates in curling and lawn bowling and walks his 10,000 plus steps a day! A dedicated pet owner, Barry has 5 cats and a dog named Bridget.

Barry joined Goward House in 2012 when he returned to Canada for good, and is very happy to be a volunteer for the Society. He is our newly retired President, and remains a very valued member on the Board.

"I would like to thank the staff and board for their support over the last 2 ½ years. What a great team!"

## RENOVATION NEWS

The Goward House Board and staff gratefully acknowledge and thank the Municipality of SAANICH for many recent upgrades to the House and property, including:

- **lighting** above our Arbutus sign and **lighting** along the ramp to our Garden
- **lighting** and **fixtures** on newly stabilized brick columns at our parking lot entrances
- brand new **carpet** through our top floor
- equal partnership in our **Library renovation**

As well, Saanich is well underway the preliminary processes needed to replace our **roof** in the Spring. The house is looking great!



### World Affairs Discussion Group

As a result of the interest indicated in the recent Member's survey, we are going to initiate a World Affairs Discussion Group. The first meeting is scheduled for October 28<sup>th</sup>, from 1:00 - 2:00 pm (dependent on restrictions). This will be an organizational meeting, led by Mary Collins (Program Committee member), to discuss participants' ideas about topics and presenters for future meetings. Please register with the front desk.

## VICTORIA CHAPTER OF DYING WITH DIGNITY CANADA PRESENTATIONS

If you, friends or family have been wondering about the MAID process and how it works locally, given the March 17, 2021 changes to existing legislation, the Victoria Chapter of Dying with Dignity Canada will be offering factual presentations. Goward House is pleased to be offering the first of three presentations, in October.

**MOVING FORWARD 1: MAID BASICS** - Wednesday October 13<sup>th</sup> at 2:00 p.m. FREE for members, \$3.00 for non-members (bring a friend). Please sign up at the front desk by October 6<sup>th</sup>.

The next presentation, **MOVING FORWARD 2: FAMILY REPORT**, will be February 10<sup>th</sup>. The third presentation will be in the spring.

### In Remembrance



The family of Mary E. Leblanc are sad to announce her passing.

Mary Elizabeth Leblanc was born November 14<sup>th</sup> 1954 in Palo Alto California. Mary passed away August 29<sup>th</sup> 2021 at the age of 66 in Victoria B.C. Fond memories and expressions of sympathy can be shared with the Leblanc family through arrangements with First Memorial Funeral Services, 4725 Falaise Dr. Victoria, B.C. 250-658-5244



## Get Moving and Stay Connected



**The Walkie Talkies**, a casual group of Goward House members meets in the Goward House parking most Mondays at 10:00 am and walk to a different location each week rain or shine.

This dedicated group walks with a “if 2 show we go” rule. Participation is by a suggested donation of a “toonie”. Donation box is just in the lobby by the front desk.

### OCTOBER WALKS

October 4 - Mystic Vale

October 11 - No walk - Goward House closed for Thanksgiving

October 18 - UVic chip trail

October 25 - Summit Park/Peacock Hill. Parking at Cedar Hill Rec. Cntr. Meet at the front entrance. (Leader: Myrna)

### FALL PROGRAM UPDATE

Book Club - every 3<sup>rd</sup> Thursday 1:00 - 2:30 pm

Bridge (Social) - *Please contact administration for space availability.*

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

Choir - Fridays 1:15 - 3:15 outside

Crafters - Wednesdays 1:00 - 3:30 pm

Drop In Art - Wednesdays 8:15 - 11:45 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

Mah Jong - *Please contact administration for space availability.*

Meditation - Mondays 2:30 - 4:00 pm

Portrait Painters - Tuesdays 1:15 - 4:00 pm

Spanish Conversation (Advanced) - Fridays 10:00 - 11:30 am

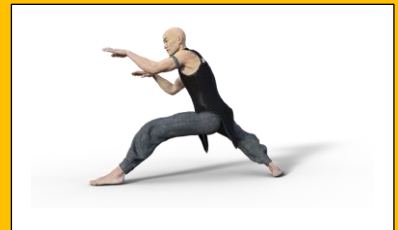
Strength & Balance (with Manda Ghag) - Mondays 9:00 - 10:00 am and Thursdays 11:45 - 12:45 pm

Tai Chi (with Gordon Muir) - Mondays noon & 1:15 pm / Thursdays 9:00 & 10:15 am

Quillers - Mondays 10:00 - noon

Walkie Talkies - Mondays 10:00 - 11:30 am

Yoga (with Andrea Baudic) - Fridays 9:30 - 10:30 am (ZOOM option available)



# GOWARD HOUSE

## Announcing our Board of Directors

### EXECUTIVE

President - Allan DAVIES

Vice President - Mary COLLINS

Treasurer - Lois AKAM

Secretary - GAIL FLITTON

Past President - Barry MAH MING

### DIRECTOR

Judy BALDWIN

Andre BERTHIAUME

Gail BRANTON

Lee FRANK

Gayle MILLBANK

Good news! The board has extended the membership renewal deal @ \$84.00 until December 31<sup>st</sup>. If you have not renewed by then, your membership will be deemed expired, and new membership rates will apply (\$100.00). Membership fees are good for 12 months from date of purchase. Expiring memberships will be notified by email reminder throughout the year.

## VOLUNTEERS NEEDED

We know you are out there ☺ .... and we simply can't manage without you. Never volunteered? It's a great way to meet members, current and new! Our opportunities do not require a lot of time, just a few hours a week or every other week. Let's talk about how we can find a time that works for you and Goward House. Please contact [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) if interested in any volunteering opportunities.

## CALL FOR KITCHEN VOLUNTEERS

We are excited to have our Tea Room open. Our soft opening was Monday September 27<sup>th</sup> - we will be open Monday, Wednesday and Thursday to start, from 10:45 - 1:15. Volunteers are needed from 10:30 - 1:30. We hope to add more days as needed and as restrictions allow. We are always looking for volunteers and spares, so if that appeals to you, please email [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)

Without our fabulous volunteers, we would not be able to open our Tea Room. Thank you to Myrna Rouse, Barb Sawyer & Rheta Steer for being our soft opening team.

## CALL FOR FRONT DESK VOLUNTEERS

We still have some openings for the front desk in the fall. Our front desk schedule is two shifts per day, 2 hours each. The morning shift is 10:00 - noon and the pm shift is noon - 2:00. Shifts are weekly or every other week. Let us know if you are interested...and what your availability is. Let's see if we can work out a schedule that works for you. If regular volunteering isn't possible for you, we do keep a roster of spares.

We welcome **Edith McBlain** and **Barb Turner** to the front desk team. Thanks for volunteering ladies! We still need a dedicated, every other Thursday, noon - 2:00 pm volunteer. Please let us know if you can help us out.



## PURDY'S CHOCOLATE FUNDRAISER

It's here again just in time for the holiday season! Goward House earns a percentage of all sales from this popular fundraiser - catalogues are available at the Front Desk as of Friday October 8<sup>th</sup>.

Deadline to order is Monday November 8<sup>th</sup>. Pick up of orders is from the Front Desk, Friday December 3<sup>rd</sup>.

THIS YEAR, you can either:

- Drop off your order form to the Front Desk (along with payment of cash, cheque, or you can pay then by credit/debit cards) OR
- You can order online using a credit card.

Instructions will be with all catalogues. Thank you for participating!



## TEA ROOM NEWS

We are very excited to let our members know **WE ARE OPEN!** The Tea Room will be open for service Mondays, Wednesdays and Thursdays from 10:45 - 1:15. This will be a soft opening at first, and we will hopefully transition to a fuller opening in the new year. We are pleased to be bringing you some brand new food items from local businesses: Bubby Rose's Bakery, Martha's Delectables and Mount Royal Bagels.

We will be serving coffee, tea and hot chocolate along with sweet and savoury snacks such as cookies, muffins, scones, bagels, croissants, cinnamon rolls, tarts and vegan brownies. All beverage tickets are \$3.00 & all snack tickets are \$4.00. Save a little and buy a beverage or snack **PUNCH CARD**: pre-pay for 9 and receive the 10<sup>th</sup> FREE. Beverage punch cards are \$27.00 and snack cards are \$36.00.

Please purchase either your single item tickets, or pre-paid punch cards at the Front Desk. Bon Appetit!

## FUNDRAISING NEWS

We have received a significant amount of fundraising money through our grocery store partners: \$999.99 from Peppers, \$134.50 from Fairway Markets and \$110.00 from Thrifty Foods. As you can see, these add up for the benefit of Goward House. Please see the front desk for your Fairway cards. For Peppers, buy a gift card and let them know the charity portion goes to Goward House. Thanks for participating!



Yes, face masks are back... we hope not for long.

THANK YOU for wearing your mask while visiting Goward House!

As of September 26, proof of vaccination must be presented with your QR code, either by photo or print out. As of October 24, participants who have not shown proof of full vaccination, will need to show the "green" QR code on your phone or have a printout. Most of you have completed this "one and done" step. Thank you for your continued patience with the vaccine card blitz roll out.

## Current Activity Schedule

| MONDAY  | TUESDAY  | WEDNESDAY                                | THURSDAY                                    | FRIDAY  |
|---|--|--|---|---|
| Strength & Balance<br>9:00 – 10:00                              | Easy Aerobics<br>11:00 – 12:00                   | Drop In Art<br>8:15 – 11:45              | Tai Chi<br>9:00 – 10:00<br>& 10:15 – 11:15  | Yoga<br>9:30 – 10:30                                |
| Walkie Talkies<br>10:00 – 11:30                                 | French Conversation<br>(Advanced)<br>1:00 – 3:00 | Chinese Brush<br>Painters<br>9:30 – 1:00 | Strength & Balance<br>11:45 – 12:45         | Spanish Conversation<br>(Advanced)<br>10:00 – 11:30 |
| Quillers<br>10:00 – 12:00                                       | Portrait Painters<br>1:15 – 4:00                 | Crafters<br>1:00 – 3:30                  | Book Club<br>1:00 – 2:30<br>(3rd Thursday ) | Choir<br>1:15 – 3:15                                |
| iPad & iPhone Club<br>10:00 – 11:30<br>(1 <sup>st</sup> Monday) |  |  |   |   |
| Tai Chi<br>noon – 1:00<br>& 1:15 – 2:15                         |  |  |   |   |
| Meditation<br>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 protocol/directives 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 2021-2022

| COMMITTEE   | DIRECTORS   |
|---|---|
|   |   |
| <b>BUDGET</b>   | <i>Lois Akam, Allan Davies, André Berthiaume</i>  |
| <b>EMERGENCY PREPAREDNESS</b>                         | <i>Allan Davies, André Berthiaume</i>             |
| <b>ENVIRONS</b>                                       | <i>Mary Collins, Gail Flitton</i>                 |
| <b>FACILITY</b>                                       | <i>André Berthiaume, Allan Davies</i>             |
| <b>FRONT DESK &amp; MEMBERSHIP</b>                    | <i>Gail Branton, Lois Akam</i>                    |
| <b>GROUND, GARDEN &amp; PARKING</b>                   | <i>Allan Davies, Gail Branton</i>                 |
| <b>KITCHEN</b>  | <i>Lee Frank, Barry Mah Ming</i>                  |
| <b>PERSONNEL</b>                                      | <i>Allan Davies, Gail Branton, Gayle Millbank</i> |
| <b>POLICY &amp; PROCEDURES</b>                        | <i>Gayle Millbank, Lois Akam</i>                  |
| <b>PROGRAMS</b>                                       | <i>Mary Collins, Judy Baldwin, Gail Flitton</i>   |
| <b>PUBLICITY</b>                                      | <i>Gayle Millbank, Barry Mah Ming</i>             |
| <b>SPECIAL EVENTS</b>                                 | <i>Gail Flitton, Lee Frank</i>                    |
| <b>VOLUNTEERS</b>                                     | <i>Lee Frank, Judy Baldwin</i>                    |
| <b>**Please direct all inquiries to Heidi Hodgins</b> |   |
| <b>President:</b> Allan Davies                        | <b>Vice-President:</b> Mary Collins               |
| <b>Secretary:</b> Gail Flitton                        | <b>Treasurer:</b> Lois Akam                       |



**“Scene” Around Goward House  
AGM September 16, 2021**



**Goward House Board of Directors (left to right)**

**Lois Akam, Andre Berthiaume, Gail Flitton, Judy Baldwin, Gail Branton, Allan Davies, Lee Frank,  
Barry Mah Ming, Mary Collins, Gayle Millbank**



**Barry with his doggo Bridget**



**Heidi Hodgins, our Administrator extraordinaire**