

THE GAZETTE

GOWARD HOUSE

July & August 2022 *Editor: Marlene Abney*

Administrator: Heidi Hodgins
Assistant Administrators: Marlene Abney & Tamsin Dunn
Custodian/Janitor: Lyle Rumpel & Nathan Moyer

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President's Message

Our summer weather has finally arrived and it is now warm enough for members to enjoy their morning coffee on our beautiful sundeck over-looking the garden. Thanks again to Dean and Barb Sawyer for the cheerful tablecloths now covering the deck tables.

Despite the cool weather, many members enjoyed the return of the Strawberry Tea on June 16th. The strawberries were delicious and the opportunity to connect with other members priceless. A special thank you to our staff for their hard work in helping to make this event a success. Mark your calendars for our summer BBQs on July 19th and August 16th.

Recently, I had the opportunity to attend a Goward House discussion group on World Affairs led by Captain Terrance C. Milne RCN (retired). I was amazed by Captain Milne's colourful career. His stories were fascinating and informative. Many thanks to Captain Milne for an enjoyable presentation. I am sure there are other members who have life adventures or special skills to share so please let us know if you would like to lead a discussion group.

The Board has finally received a start date for the replacement of the roof at Goward House. The construction of the scaffolding will begin on Thursday, September 01st. This is a very big and important project scheduled to last 10 weeks. The roof will have a shrink wrap cover so the work can continue in any weather. The roofer will work with administration to ensure activities can continue as normal - as much as possible. As the time gets closer, watch for more information regarding program adjustments and construction routines. Thank you to the Saanich Municipality for this major upgrade.

The Board and staff look forward to seeing you at Goward House during these warm summer days.
Allan

SOCIAL BRIDGE



Goward House hosts Social Bridge every Thursday afternoon. You don't need a partner to participate. If you enjoy playing Bridge and socializing, join this fun group from 12:30 - 4:00 pm in the Sun Room.



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. (*Summer schedule is sporadic - please contact staff for details.*)



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.

Wear comfortable clothes and shoes to this fun class.



CHINESE BRUSH PAINTING

Chinese brush painting is believed to be one of the oldest continuing artistic traditions in the world. It is the traditional art of painting on rice paper or silk with a natural animal-hair brush and ink. Paintings can be monochrome or coloured and typically depict animals, birds, flowers or scenes from nature. Our Chinese Brush Painters meet on Wednesdays from 9:30 - 1:00 pm. Curious about Chinese Brush Painting? Come meet our artists to learn more.



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.



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.



Summer Book Club meetings will be held Thursday July 21st and Thursday August 18th from 1:00 - 2:30.

The title for July is **The Paris Secret** by **Karen Swan**. Book Club sets are available at the front desk.

The title for August is **Trappings** by **Vanessa Winn**. (Book Club set *may* be available, please call ahead)

September 15th meeting is planned for visiting Point Ellice House to meet with author Vanessa Winn. She will share the history of the house and the people who lived there.

SUMMER READING

Summer is the time when papers and journals put out their recommendations for the best 10 or 20 or even 100 best summer reads. They always include a few “must read” books - typically a few of the goriest murders they can find, and a few of the slushiest “rom-coms” (to borrow a phrase from movie reviews). Then to cookbooks, philosophy and more. Val and I have selected a few of our own choices for the summer that never comes. . . or not yet anyway!

“**The Summer of a Dormouse**” by **John Mortimer**. Mortimer himself is, or was, a somewhat eccentric barrister (English for lawyer who presents in court, as opposed to solicitor who doesn't). He was also a highly successful author and the creator of the Rumpole series on TV, as well as a multi-book autobiography. This is a rich and entertaining account of a year in the late middle-age life of a then 77 year old Mortimer. He enjoys the life that he writes about and makes intelligent and original comments about the people he meets and the situations in which he finds himself. A friend of mine once met him and found him somewhat ascerbic and self-centred, but I enjoy Mortimer's writing and this is a good book for the beach. You may also encounter SWMBO in his books. ("SWMBO" is an acronym for "She Who Must Be Obeyed" and stands for John Mortimer's wife, who tends to dominate him rather unsuccessfully).

“**Full Disclosure**” by **Beverley McLaughlin** is the first of two legal and mystery thrillers by the former Chief Justice of Canada, written in her late seventies. As might be expected, it contains courtroom scenes that are gripping and cerebral, but also descriptive of the stresses that the lawyers undergo. The scene is Vancouver, the place names familiar, and one is left with wanting to read the sequel. Oh, the second book continues with the central character, lawyer Jilly Truitt - and I am about to read it!

Beverley's knowledge of our criminal justice system shows through in her writing, and in this respect the book shares a great deal with the late P.D. James' work, who used her knowledge of the health system in Britain, which gives the stamp of authenticity to her writing.

Next up is “**Major Pettigrew's Last Stand**” by **Helen Simonson**. This too is an extraordinary first book, by an author who is a graduate of the London School of Economics, and a former travel executive. It is an unabashed love story of a retired British regular army officer in his 60's, who is leading a quiet life in a small English village in Sussex. However, the stage is not being set for another Agatha Christie type reconstruction, or even a mindless “rom-com.” Instead, we are confronted with a thoughtful love affair that makes the village re-examine it's prejudices when this very typical retired officer finds himself falling in love with a thoughtful Pakistani lady shopkeeper. Objections and prejudices on both sides develop - some of which are subtly but humorously dealt with, while others present near insuperable barriers. The gentle humour is here for the taking alongside fun being poked at tradition. Curl up with the book and enjoy it - I did!

Lastly is an old friend - but one to keep up to date with. **Donna Leon** is an American expatriate who has lived in Venice for 30-something years, but recently relocated to Switzerland. She writes the Brunetti detective novels - about 30 of them - and I can't think of a bad one. They include thoughtful portraits of individuals, the usual crimes difficult to resolve until the very last part of the book, and outstanding portraits of family life with the small intimacies and characteristics that only an outstanding writer can achieve. Her personality shines through in “**My Venice and Other Essays**” if you want to know her better. I can't think of any poor books by her, and she has published about 25-30 Brunetti books by now!

So now, if summer comes, meet some of my old friends.

John Tibbles



GOWARD HOUSE ANNUAL BBQs

July BBQ - Tuesday July 19th from 11:30 am - 1:00 pm.

August BBQ - Tuesday August 16th from 11:30 am - 1:00 pm.

Goward House members will be enjoying their BBQ on the deck (first come, first served) or open seating around the House. Your choice of burgers, hot dogs, chips, ice cream treats, and pop are all available. Please sign-up and place your order with the front desk.

July BBQ ORDER deadline - Thursday July 14th

August BBQ ORDER deadline - Thursday August 11th



FUNDRAISING NEWS



We received **\$202.49** from our **Pepper's** and **\$130.38** from our **Fairway Market** fundraising programs over the last several months. It's easy to participate. Drop by Pepper's and buy a gift card. Let the cashier know that you want the fundraising portion to go to Goward House. (We would also like to thank Pepper's for donating flowers and For Good Measure for donating cookies for our Volunteer Appreciation event last month!) To participate with Fairway Market, please visit our front desk and ask for a Fairway card. Thank you to all who participate!

VOLUNTEERING AT GOWARD HOUSE

September is a great time to join Goward House as a volunteer. We have a few opportunities available and would love to hear from you. If you have a few hours a couple times a month, or even once a week, please email marlene@gowardhouse.com.

Volunteers work in the kitchen, front desk and at special events. Our volunteers are special people ☺ who enjoy socializing and helping our members have a great experience at Goward House. In the Fall, we will be having volunteer meetings for a "refresher of duties." Even if you cannot commit to any set schedule, we keep a roster of spares. Thank you for considering being a volunteer with us. We can't do it without your help!



A big thank you to Rheta Steer and Elaine Daniel for preparing strawberries for our Strawberry Tea. We had a lovely turn out this year and the choir did a fabulous job. Thank you to our Goward House Singers, Choir Director Phil Robbie and piano accompanist Joe Hatherill. It was so nice to hear you sing again!

We would also like to thank Barb & Dean Sawyer for their help with the New Members' BBQ. Look for Barb & Dean at our next BBQ on July 19th!

Goward House has hired a new weekend custodian. **Nathan Moyer** comes with many years of custodial experience with local school boards and currently also works at Garth Homer Society. We wish him a warm welcome to the Goward House family.

ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Line Dancing 9:30 – 10:30	Drop In Art 8:00 – 11:30	Tai Chi 9:30 – 10:30 & 10:45 – 11:45	Yoga 9:30 – 10:30 <i>(on hiatus until September)</i>
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 <i>(on hiatus until September)</i>	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				

GOWARD HOUSE SOCIETY

Board of Directors: Committees 2022-23

COMMITTEE	DIRECTORS
BUDGET	<i>Allan Davies, André Berthiaume</i>
EMERGENCY PREPAREDNESS	<i>André Berthiaume, Mary Collins, Wendy Denyes</i>
ENVIRONS	<i>Wendy Denyes, Barry Mah Ming</i>
FACILITY	<i>André Berthiaume, Allan Davies</i>
FRONT DESK & MEMBERSHIP	<i>Gail Branton, Lee Frank</i>
GROUPS, GARDEN & PARKING	<i>Allan Davies, Gail Branton</i>
KITCHEN	<i>Lee Frank, Myrna Rouse</i>
PERSONNEL	<i>Allan Davies, Gail Branton</i>
POLICY & PROCEDURES	<i>Barry Mah Ming, John Martens</i>
PROGRAM	<i>Mary Collins, Wendy Denyes</i>
PUBLICITY	<i>Barbara Turner, Wendy Denyes</i>
SPECIAL EVENTS	<i>Myrna Rouse, Lee Frank</i>
VOLUNTEERS	<i>Lee Frank, Barbara Turner</i>
President: Allan Davies	Vice-President: Mary Collins
Secretary: Gail Flitton	Treasurer: André B.

We acknowledge with respect the Lək̓ʷungen 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.

Scene Around Goward House



As you can see, our roof is in dire need of replacement. Saanich will be replacing the roof including upgrading to earthquake code, beginning early September. It is expected to take a few months. We look forward to having it completed early November.



Beautiful Hollyhocks in the Woodlands.

Retirement News



Our man about the House, **Lyle Rumpel**, is retiring at the end of July!

Lyle has been custodian, carefully maintaining Goward House since January 2009. Staff, the Board and our members who know Lyle, will miss him very much.

Please drop by, Friday July 29, from 1:00 - 3:00, to wish him well and happy adventures.

