

THE GAZETTE

GOWARD HOUSE

October 2022 Editor: *Marlene Abney*

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

250 477- 4401

gowardhouse.com

administration@gowardhouse.com

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders

Custodians: Leslie Hall & Dylan Salahor



President's Message

Goward House is steadily coming back to life as members return from August vacations to take part in the many activities and special events being offered at the House. This September summer-like weather has extended the time members can spend on the deck and in the gardens. Drop by even if it is only to enjoy our beautiful setting.

The Board was expecting the house to be shrouded in scaffolding and netting at this stage in September. As with many companies in recent times, supply issues are a problem. The Facilities Committee is meeting with Saanich and the roofer late September to discuss when construction will begin. Staff will provide an update as soon as more information is available.

The President's Appeal has begun. Check the Gazette for information on this year's project and how you can contribute.

I am looking forward to our first President's Corner on Tuesday, October 4th! I will be available in the main living room from 1:00 p.m. to 3:00 p.m. to answer questions, listen to your ideas and share some of the projects the Board has undertaken this year. President's Corner will be offered the first Tuesday of each month.

Please join us in welcoming Russ Saunders and Tara Jackson to the Goward House staff. Russ will be our part-time janitor working Monday, Wednesday and Friday each week. Tara will job-share with Marlene to support the programs we offer at Goward House. You will see her most often on Thursday and Friday each week.

Looking forward to the always spectacular fall colours!

Allan

FITNESS & WELL BEING



YOGA with Andrea Baudic

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Our instructor, Andrea, will guide you through gentle yoga poses to enhance flexibility and lower your stress. Please bring your own yoga mat. Yoga is available Fridays, 9:30 -10:30 am.



STRENGTH & BALANCE with Manda Ghag

Come join Manda Mondays and Thursdays for a fun and invigorating class. Participants are first seated on chairs to warm up, progress to use of hand weights and conclude with other gentle exercises that will make you feel great. See you there!



TAI CHI with Gordon Muir

Tai Chi is offered in a single 90-minute class, Mondays and Thursdays. Master Gordon will move through the positions, and students will "drop-in and drop-out" according to their comfort and skill level. The instructors can advise individuals about their skill level; advanced students are welcome to stay for the entire 90-minutes if they choose. There will be a couple of 5-minute breaks during the class (good times to enter or exit!).

Mondays 11:30 - 1:00 & Thursdays 9:30 - 11:00

All participants must be members-in-good-standing, and monthly fees must be pre-paid (\$50 month).



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.

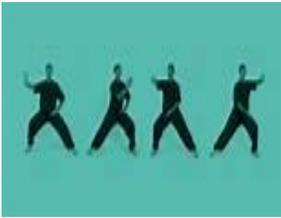
Wear comfortable clothes and shoes to this fun class.



MEDITATION

Amid the lingering pandemic and all the environmental, political and economic instability swirling around our heads, Monday afternoon meditation provides an oasis of serenity. Those attending on a regular basis report feeling refreshed and restored, with greater patience, perspective and compassion in their daily lives.

The class aims to provide deeper insight into ourselves, our connection with others and the world. The peaceful environment provides an opportunity for reflection, insight and thoughtful discussion. We welcome new participants.



SILK REELING

Through a course of study and effort, a student will gradually not only restore their body but learn a completely different way of moving and powering their body. This is called Internal movement as eventually all movement is created inside the body. The set we will be working on is designed to fix joint problems in the body.

By regaining a full range of motion in each joint we strengthen and cure joint issues. Silk Reeling is a fun set to work on and has a variety of exercises that are unique and easy to learn. Mondays 1:15 - 2:15, yellow ticket required.

ART



DROP IN ART

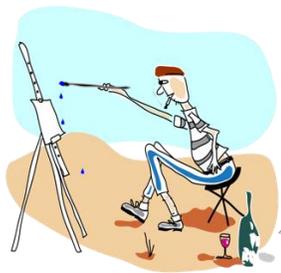
Come and join our Drop-in Art group Wednesday mornings. Bring your brushes and paint and create your masterpiece in whichever medium you prefer.

Drop in anytime from 8:00 - 11:30 am. and enjoy the company of like-minded artists.



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.



PORTRAIT PAINTERS

This creative group meets on Tuesdays from 1:15 - 4:00 pm. We supply the easel, and you supply your talent!

Pre-registration is required. **Fall session is FULL but inquire about our waitlist.**

This group is always looking for models. If you would like to model, please contact group leader Vicki Postl - vpostl@telus.net



PAPER QUILLING

Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Paper quilling projects can be used to decorate cards, boxes, gift bags, picture frames, or even be made into 3D stand-alone art pieces.

If you would like to try quilling, join these friendly ladies on Mondays from 10:00 - noon.

SPECIAL INTEREST



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. Come out and give it a try, meet new friends, and sing your heart out.



SOCIAL BRIDGE

Goward House hosts Social Bridge every Monday & 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 Arts & Crafts Room on Mondays and the Sun Room on Thursdays.



ADVANCED FRENCH CONVERSATION

Parlez-vous Français? Why not join this lively group of Goward House members for a social get together.

Conversing in French, you will enjoy a wide variety of topics and practice your language skills at the same time. The group meets Tuesdays from 1:00 - 3:00.



ADVANCED SPANISH CONVERSATION

Habla Español? Many of our Goward House members are multilingual. Those who enjoy speaking Spanish meet Friday mornings for some light conversation and social engagement. Conversing in Spanish, you will enjoy a wide variety of topics and practice your language skills at the same time. Join the group Fridays from 10:30 - noon.



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.



The next Book Club will be **Thursday October 20th** from 1:00 - 2:30 pm.

The October title is **Last Bus to Wisdom** by **Ivan Doig**.

Books are available to sign out at the Front desk.

BRIDGE LESSONS with Jim Brackenbury



“Play of the Hand in the 21st Century”

October 13 to December 8, 2022



Jim Brackenbury will teach this nine-week course on Thursday mornings, 9:30 to 11:45 am, at Goward House. The focus will be on helping newer and intermediate players improve their play of the hand in bridge, using the most recently updated textbook from the American Contract Bridge League. Jim is an accredited ACBL bridge teacher and club director.

Register for the course at the front desk prior to October 6th. Fees are \$80 for Goward House members and \$100 for non-members. The required textbook can be purchased directly from the instructor. (Please let the front desk know if you require the textbook, at the time of registration.)



Cruising Through the Panama Canal with Professor Rosa Stewart

Professor Rosa Stewart of the UVic Speakers Bureau, will take us "Cruising through the Panama Canal" in her presentation accompanied by photos. We will travel from L.A., California to Fort Lauderdale, Florida through the Panama Canal with stops in Mexico, Costa Rica, Panama and Columbia. She is a teaching professor and undergraduate Advisor in Hispanic and Italian Studies at UVic. For many years she taught for the Continuing Studies Travel Study Program having led education tours to Spain and Latin America. She established a study abroad program with other members of the department for undergraduate students. Rosa has given more than 100 lectures in the community throughout Victoria.

Thursday October 27th 2:00 pm

Members are FREE Non members \$5.00

Please call 250 477-4401 or visit the Front Desk to register.

Vaccine passports required. Masks are optional, based on personal comfort and preference.

Our next Coffee & Conversations is Thursday December 1st Chief Constable, Dean Duthie with the Saanich Police.



Goward House Society Garden Program

Preparing Your Garden for Winter

One of the program activities requested in our last programming survey was an opportunity for members to share their gardening ideas and learn more about tried and true gardening techniques that are tried and true. On Thursday, October 13th from 2:00 p.m. to 3:00 p.m., Allan Davies will host the Program Committee's first Gardening Workshop. Helpful ideas on how to prepare your garden for the winter months will be discussed. Topics will include lawns, leaves, pruning, soil, bulbs, perennials, and ceramic pots.

If you love gardening, would like to share your ideas and learn more about preparing your garden for winter, please join us in the lower hall at Goward House on October 13th.

Garden Workshop Thursday, October 13th 2:00 p.m. to 3:00 p.m.

Pre-registration required.



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 to update the lighting in the House, with a focus on the Lower Hall. In addition, we will be refreshing our website, making it more user-friendly. Thanks to the generosity of our members last year, we have purchased a portable Hearing Assist System, and are in the process of installing acoustic treatments in the Lower Hall and Tea Room.

Thank you for supporting Goward House!

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

Robin Ashforth, Iris Bannerman, Angela Cliff, Keith Dixon, Maleh Gonzalez, Glenda Iverson, Clare King, Beverly Leipert, Kev Price, Lyle Rumpel, Bev Smalley, Alix Sutton, Diane Taylor, Jacqueline Wallace, Esther Wiebe, Norman & Sharon Williams, Lois Winter, & Pamela Woodland

THE *Art Exhibition*
LAUNDRY
ROOM *Airing Our Linens*



Elizabeth Carefoot • Laura Feeleus • Lesley Turner

September 30 - November 30
 OPEN WEEKDAYS 9:30 to 3:30
 excluding statutory holidays

Reception: Sunday, October 23 1:30 - 3:30
 Refreshments provided

Goward House
 2495 Arbutus Road, Victoria, BC V8N 1V9



Now Showing
 at Goward
 House

Elizabeth Carefoot

Artist Statement

Many or most of my works in this show deal with common-place challenges in doing laundry, such as stains, pocket contents, ironing boards, and the like, but done in a light-hearted way. Stains are considered shameful and problematic, and it has traditionally been “women’s work” to redeem or rehabilitate the stained item. My artistic process in redeeming a ruined item is to enhance it by stitching and decorating. I have no expectations as to the result. I just respond to the dynamic of the relationships of the elements and have faith that my experiences will show the way.

[The Laundry Room: Airing our Linens](#)



Laura Feeleus

Artist Statement

What drew me to this theme were the memories of my mother washing at an old-fashioned wash tub with a scrub board and then our first washing machine, over which we both laboured for 1 day a week. I am intrigued by the various washing compounds and agents that have been sold to women over the last century as magical solutions. I will use stitching, photography, and printmaking to reflect on these products and other aspects of women and housework.



Lesley Turner

Artist Statement

With this body of work, I have used predominantly men’s business shirts to rethink the everyday tasks of laundering, ironing, buttoning and folding while examining expectations of domestic perfection. It is an autobiographical account of the years I spent inside the home supporting my husband’s career outside the home. It was a relationship of interdependence and an unending routine of performing our tasks. We worked as a team. He got paid while my domestic efforts were unaccounted for.



CHOCOLATIER



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 7th.

Deadline to order is Thursday November 10th. Pick up of orders is from the Front Desk, Friday December 9th.

To order, 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!

FUNDRAISING NEWS

We received **\$266.41** from our recent Pepper's fundraising. 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.

To participate with Fairway Market, please visit our front desk and ask for a Fairway card. Thank you to all who participate!



PRESIDENT'S CORNER

Our president, Allan Davies, will be available for casual conversation every first Tuesday of the month. Our very first one will be **Tuesday Oct. 3rd**.

Join Allan in the living room at Goward House from 1:00 - 3:00pm

Bring your ideas and inquiries!



We would like to welcome our new Janitor **Russ Saunders**.

Russ was born and raised in Victoria. After many years living and working in Vancouver, Russ moved back to Victoria and settled in the University Heights area. His former career was in grain inspection for the Canadian Grain Commission.

Russ comes from a large family and has 6 siblings (he is the youngest in his family). In his spare time, he enjoys spending time with family and friends.

Russ looks forward to meeting and becoming acquainted with our members.

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 – 11:00 | Yoga 9:30 – 10:30 |
| Easy Aerobics 10:15 – 11:00 <i>(on hiatus)</i> | French Conversation Adv. 1:00 – 3:00 | Chinese Brush Painters 9:30 – 1:00 | Strength & Balance 12:00 – 1:00 | Spanish Conversation Adv. 10:30 - noon |
| Quillers 10:00 - noon | Portrait Painters 1:15 – 4:00 | Duplicate Bridge 12:15 – 4:00 | Book Club 1:00 – 2:00 (3 rd Thursday) | Choir 1:15 – 3:15 |
| iPad & iPhone Club 10:00 – 11:30 1 st Monday | | Crafters 1:00 – 3:00 | Social Bridge 12:30 – 4:00 | |
| Tai Chi 11:30 – 1:00 | | | | |
| Social Bridge 12:30 – 4:00 | | | | |
| Silk Reeling 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> |
| GROUND, 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>John Martens, Barry Mah Ming</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 Lekwungen 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



Merle & Everett Peterson, stewards of the Woodlands since 2004



Staff and board members were treated to a tour of the Woodlands with Merle & Everett Peterson September 15th 2022. Pictured from L – R are: Russ Saunders, Everett & Merle, Myrna Rouse, John Martens & Wendy Denyes.