

# THE GAZETTE

GOWARD HOUSE

**November 2022 Editor:** *Marlene Abney*

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

250 477- 4401

Administrator: Heidi Hodgins

[gowardhouse.com](http://gowardhouse.com)

Assistant Administrators: Marlene Abney & Tara Jackson

[administration@gowardhouse.com](mailto:administration@gowardhouse.com)

Janitor: Russ Saunders

Custodians: Leslie Hall & Dylan Salahor



## President's Message

Who could have expected summer-like weather would be with us until the end of October? Everyone has been enjoying these beautiful warm, sunny days. The last few days have given us the first signs of fall temperatures and the badly needed October/November rains. The fall colours are emerging as we prepare our gardens for winter. The recent garden workshop held at Goward House was, by all accounts, a success. The program committee is planning additional garden workshops for the spring. Watch for more details in the new year.

Many of you have noticed your President's Appeal donations "at work" this week. The 2021 President's Appeal project was to improve the sound system for those with hearing difficulties and improve the acoustics in the Tea Room and Lower Hall. Because of the work Goward House is presently doing, Saanich used this opportunity to install new LED lighting in the Lower Hall and new paint for the Tea Room. It has been a busy week. Many thanks to Saanich for their continued support.

We are currently accepting donations for President's Appeal projects to be completed over the next year. If you have any questions about President's Appeal please do not hesitate to contact our staff.

A reminder that the next President's Corner will be held on Tuesday, November 1<sup>st</sup> from 1:00 p.m. to 3:00 p.m. in the main lounge.

Looking forward to seeing you at Goward House.

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. Instructor Phil Brumwell 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 Dancers are hitting the floor every Tuesday morning from 9:30 - 10:30 am. Betty Doherty will instruct you through sequences of moves to popular tunes. A fun and social class that's a little work out too! 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.

*On hiatus for a few weeks.*

## 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.

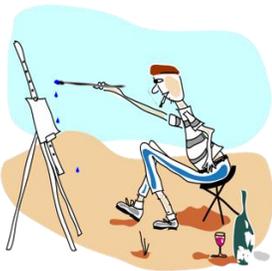
Drop in anytime from 8:00 - 11:30 am. and enjoy the company of like-minded artists.

### 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](mailto: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 November 17<sup>th</sup> from 1:00 - 2:30 pm.**

The November titles are **A State of Terror** by Hillary Clinton & Louise Penny and **Infinite Country** by Patricia Engel.

Please note that copies of A State of Terror can be found at the library. All copies of Infinite Country from the Book Club set are currently all signed out.

# Goward House Christmas Luncheon

Thursday December 8<sup>th</sup>

Lunch served @ noon (Seating opens at 11:40 am)

Goward House Singers @ 2:00 pm

Turkey with lemon and fresh herbs, buttery mashed potatoes, gravy and cranberry sauce, bread stuffing w/dried plum and sage, complimented with roasted local winter vegetables. Dessert, coffee and tea included.

Cash wine bar.

\$25.00 p/p

Pre-order and pay by November 30<sup>th</sup>.

(vegetarian option available, seating is limited)

## Christmas Card Making Workshop

*With Suzanne Ball*

“What began as a way to fill the “stay home” time during Covid has blossomed into raw edge paperworks, and my little cards are now sold at several local shops from Sidney to Sooke. Each card is handmade and one of a kind. No special tools required - the technique is simple. Let your imagination lead the way!

Join me for an afternoon of paper tearing, sticky fingers & laughter, leave with 5 beautiful, one of a kind Christmas cards to share with those you love (the most!)”

November 22 from 1 -3 pm (Arts & Crafts Room) Pre-registration and payment required; all materials included.

\$15.00 members

\$20.00 non-members





## COMING SOON

### Saanich Chief Constable Dean Duthie

Thursday December 1st, 2 - 3:30 pm

Members are FREE Non members \$5.00



**Chief Constable Dean Duthie** joined the Saanich Police Department in 1995. He has enjoyed assignments in Patrol, Detectives, Staff Development and Professional Standards.

Dean was promoted to Deputy Chief in August of 2020, and then to Chief Constable in February of 2022.

Dean has a Master of Education Degree from the University of Victoria and is a recipient of the Governor General's Police Exemplary Service Award. He sits on the British Columbia Association of Chiefs of Police (BCACP) Equity, Diversity, and Inclusion Committee as well as the Canadian Association of Chiefs of Police (CACP) Ethics Committee.

## MONEY MATTERS

**Money Matters** with **Pam Katunar** is returning to Goward House! The first session will be Nov 24<sup>th</sup>, 2022, from 2 – 3:30 pm. The topic for this presentation is Charitable Gifting vs Giving. Please pre-register at the front desk by Tuesday November 22nd.

Free for members      \$5 for non-members



### Welcome our new employee, **Tara Jackson!**

Tara was born and raised here in Victoria, BC. She is the youngest of her immediate family of 5 with 2 older brothers. All throughout high school she studied Art and Dance - things she is still extremely passionate about. For most of her working career she managed different retail stores, most recently being La Senza. She loves helping people and bringing out the best in them. She's always been outgoing and at times a bit loud! Her creativity and huge personality bring a warm and welcoming spark to all environments.

Tara is looking forward to her position as an Assistant Administrator and Art Curator at Goward House as well as getting to know the membership.

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

**Jim Frazer, Glenda Green, Patricia McNish, Bickey Nadasen, Fran Pollet, William Ritchie, Anthony Taylor, Sue Thorpe, & Lynne Walker**

## IN OUR NEIGHBOURHOOD

**FREE** - Saanich Emergency Program Volunteer Information Session, will be held **November 16<sup>th</sup>** (7:00 - 8:00 pm). Join Saanich for a free 60-minute information session to learn about Saanich Emergency Program and the various components and training requirements.

**FREE** - Preparedness 101: Emergency Preparedness Begins with You, will be held **November 23<sup>rd</sup>** (7:00 - 8:00 pm). This 60-minute presentation offers the information you need to prepare yourself and your family to survive on your own for up to 7 days after any disaster.



### 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 7<sup>th</sup>.

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

To order, you can either:

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

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

### COMING SOON!

Rosemary Ham & Asiago Cheese  
**PANINI SANDWICH SPECIAL \$8.00**

Wednesday November 9<sup>th</sup>

Please pre-order and pay at the front desk by noon, [Friday November 4<sup>th</sup>](#).



### PRESIDENT'S CORNER

Our president, **Allan Davies**, will be available for casual conversation every first Tuesday of the month.

Join Allan in the living room at Goward House from 1:00 - 3:00 pm on **Tuesday November 1<sup>st</sup>**.

Bring your ideas and inquiries!

**Goward House will be closed Friday November 11<sup>th</sup> to observe Remembrance Day.**



## 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 <sup>rd</sup> Thursday)	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 1 <sup>st</sup> 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 <i>(on hiatus)</i>				
Meditation 2:30 – 4:00				

## GOWARD HOUSE SOCIETY

Board of Directors: Committees 2022-23

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



New tablecloths were generously made by board member Barb Turner with fabric donated by Assistant Administrator Marlene Abney.



Past President of Goward House and current board member, Barry Mah Ming competed in lawn bowling at the B.C. Sr. Games this past August. Barry and his teammate (left) WON Gold in pairs over 70, and Silver in mixed pairs over 70 (right). Congratulations!



## Current Goward House Art Exhibition

*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

### ‘The Laundry Room - Airing our Linens’

Laura, Lesley, and Elizabeth here.

We hope you have been enjoying all the laundry-related artwork filling the main floor of Goward House this passed month and on until the end of November.

We have been hearing lots of interesting stories about people’s personal laundry experiences and memories. In the Sequoia Room, we have set up a whiteboard with a basket of Post-It notes and pens where we encourage you to write your laundry stories and share them with others.

One laundry-related discussion was about the correct way to iron a shirt. A ‘round the circle’ survey found there is more than one ‘correct way’ that has been handed down through the generations.

A group gathered around Laura’s collection of laundry chemicals and spent time reminiscing about their memories of the products which led to Laura explaining how she grows crystals on fabric. Her crystal in the glass box grows bigger each week.

We want to thank Marlene and Tara for all of the support they have given us and the efforts they have made to show our artwork at its best.

Here is a link where you can read more about us and how this exhibition came together [Art Openings link](#)