

# THE GAZETTE



## GOWARD HOUSE

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

**March 2023 Editor:** *Marlene Abney*

Administrator: Heidi Hodgins  
Assistant Administrators: Marlene Abney & Tara Jackson  
Janitor: Russ Saunders  
Custodians: Leslie Hall & Dylan Salahor



### President's Message

Despite the cold weather, the House has been very busy throughout this last month. We had several new members join in January and membership interest continued into the month of February. A vibrant membership is key to the success of the programs at Goward House. We are hoping to return to pre-pandemic membership levels this spring. If you are enjoying your membership at Goward House, please encourage your friends and family to join us.

The roof replacement has finally been completed! Scaffolding is scheduled to be removed by March 3<sup>rd</sup>. The roofers worked very hard over the last two weeks to make up for lost time. Once the scaffolding has been removed the gutters will be replaced. Roofers will then complete some waterproofing around the kitchen entrance and we will, hopefully, be back to normal. Thank you all for your patience and understanding during this important process.

We have enjoyed very interesting speakers during the month of February. The sessions were well attended. Thanks go out to our Program Committee Mary Collins and Wendy Denyes, as well as our hard-working staff, for organizing these successful presentations. Check the Gazette for more information on speakers scheduled in the coming months. And don't miss the Goward House Vintage Fashion Show Thursday, March 30<sup>th</sup>.

The day-to-day operation of Goward House programs relies heavily on volunteers. If you are interested in volunteering on a daily basis or just for special events, it is a great way to get to know other members and become involved. For more information contact Marlene by phone or email [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com).

I will be in the President's Corner on Tuesday, March 7<sup>th</sup> from 1:00 to 3:00 p.m. Bring your questions and comments or just come by for a visit. I will look forward to seeing you around the House.

Allan

# FITNESS & WELL BEING



## STRENGTH & BALANCE with Manda Ghag

Come join Manda Mondays (9:00 - 10:00) and Thursdays (noon - 1:00) for a fun and invigorating class. Participants are first seated on chairs to warm up, progress to the use of hand weights and conclude with other gentle exercises that will make you feel great. See you there!



## EASY AEROBICS

This 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. Mondays 10:15 - 11:00.



## 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.



## 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.



## 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, Mondays 2:30 - 4:00 pm.

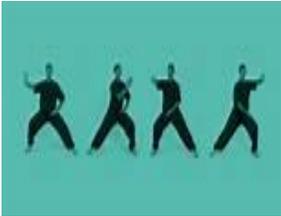


## TAI CHI

Tai Chi is offered in a single 90-minute class, Mondays and Thursdays. Instructors 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).



## 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.



## MONEY MATTERS

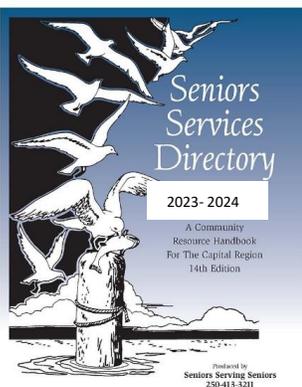
with Pam Katunar

The next session will be **March 23rd, 2023**, from 2 - 3:30 pm. The topic for this presentation is...

**Estate Planning overview:** What legal documents do you need to have in place? What is the role of the executor? Importance of tax planning in estate planning - what if my family doesn't get along? What if my family doesn't live in Canada?

Please pre-register at the front desk by **Tuesday March 21<sup>st</sup>**. Attendance is free.

## Seniors Services Directory



The Seniors Serving Seniors Association of BC organization was formed in 1981 by a group of committed individuals who recognized that seniors would greatly benefit from a one-stop shop for information on services. Over time the Seniors Serving Seniors database of services for seniors has grown to include website addresses and unique programs that reflect the evolving needs of today's senior. Copies are available at the front desk or visit the website. [Seniors Serving Seniors](http://SeniorsServingSeniors.com)



## Vintage Fashion Showcase & Tea Goward House

Thursday, March 30, 2023

2:00 pm Lower Hall

Members \$20.00 Non-members \$25.00



Guests will enjoy a selection of sweets and fruit, along with your choice of Coffee or Tea. Enjoy a parade of vintage fashions with live music accompaniment. Reserve a table of 4 with your friends. Please see the front desk to purchase your seats.

*“Our predecessor, Heritage Productions, conducted vintage fashion shows in the Greater Victoria area for the past thirty years, and Vintage Fashion Showcase will be carrying on this very worthwhile community activity. We enjoy researching, collecting, reproducing and showcasing vintage garments in the context of social history. We model fashions from the 1860s to the 1980s.”*

Please reserve and pay at the Front Desk by March 24<sup>th</sup>. Due to limited seating, all seats at each table will be sold.

Goward House 250 477-4401

Gowardhouse.com



## Purdy's Easter Chocolate Fundraiser

Everyone loves Easter chocolates, especially the little ones in your life! Help raise more funds for Goward House and expand your order by reaching out to your friends and family.

Brochures can be picked up at the front desk.

Due date for all orders (online and paper) is Friday March 10<sup>th</sup>. Pick up will begin Monday April 3rd.



The next Book Club meeting will be **Thursday March 16<sup>th</sup>** from 1:30 - 3:00 pm.

March title is **Five Little Indians** by **Michelle Good**. Copies are available at the Front Desk but must be returned by March 6th.

*Please note the new meeting time, above!*



### 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 March 7th**.

Bring your ideas and inquiries!

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

**Fred Haynes, Tuula Heinonen, Fiona Mitchell, Kerry Guspodarchuk, Jutta Naim & Sheila Rose Richardson**



# Goward House



PORTRAIT PAINTERS



## PORTRAIT PAINTER'S ART SHOW & SALE

*February 27<sup>th</sup> - March 29<sup>th</sup>*

The Goward House Portrait Painters meet weekly through the year, to paint or draw portraits from a live model. Painting from life provides a unique challenge, especially because we have only a few hours to capture a likeness. Many of the portraits we do go home with our volunteer models. The individual artists in the group use a variety of materials: oils, watercolours, pastels, acrylics, charcoal, pencils and even a tablet. In our own individual art practices we paint landscapes, still lifes, abstracts and en plein air, in addition to portraits. The show at Goward House will showcase our many different talents.

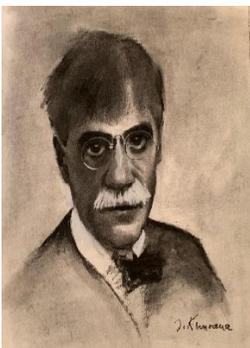
### JENNIFER BROWN



My journey into art began in 2015 studying at home the history of art, drawing, painting, and experimenting with different mediums. I was fortunate to take a few classes at the Victoria Collage of Art before they closed. Currently studying, with great pleasure, at the Noah Layne Atelier of Realist Art. As well, as painting with the Goward House Portrait Painters. I enjoy outdoor painting with the Peninsula Plein Art Painters.

This is a journey that continues to captivate my attention with all it's complexity.

### IRENE KHURANA



I was born in Switzerland where I studied architectural design. I later pursued the graphic arts and worked as a commercial artist in Canada and Switzerland.

Completing a Visual Arts degree at University of Victoria, I have painted and experimented with a variety of mediums.

I practise sketching, drawing, and painting – landscapes plein air, still life and portraiture in particular. I work spontaneously from life, in pastels, oils or acrylic in rapid renderings to in-still a sense of immediacy, to capture the feelings and mood of the particular moment, my personal perception. My body of work is an embodiment of my love for life and nature.

## JEFF LESSE



Jeff Lesse earned a Master of Arts from UBC and after retiring from a career as a Clinical Counsellor he continues to appreciate the depth and humanity of people through portraiture. Jeff has developed digital art techniques to interpret traditional painting concepts and will share high resolution prints of recent work.

To see more of Jeff's work please visit; [www.JeffLeese.art](http://www.JeffLeese.art)

## VICKI POSTL



I have been a participant in the Goward House Portrait Painters for many years and am now the coordinator. I love the opportunity to paint portraits from life and have met many interesting people who have volunteered to sit for us. Portraiture presents many challenges, so it is always stimulating to try a new one each week.

I also love painting outdoors and belong to the A1 Frescoes plein air painting group which meets weekly and paints in many locations throughout Greater Victoria.

I have taken many courses at the Vancouver Island School of Art, using the opportunity to experiment with many different styles and genres. I work primarily in oils, but also use acrylics, watercolours and gouache when it suits the time and subject.

## M DELIA SANSOM



From my early days of study at Nottingham Art College in England, where I qualified as an interior designer, all art forms have guided my life.

It is such a privilege to be able to spend time looking at everything around me; to transpose what I see to paper and canvas.

My affiliation with this portrait group goes a long way back to working with Elizabeth Goward and the sisters of St. Ann, whose Covent was just across the road.

Many fond memories.

## GORDON D SMITH



Gordon D Smith is a Vancouver Island artist working in charcoal, graphite, pastel, oil and acrylic. He has a background in graphic design, life drawing, figurative painting, computer graphics and business management.

Gord studied fine art and graphic design at Douglas College and applied his visual communication skills to private business and government. After retirement he became an active member of the Federation of Canadian Artists (FCA) Victoria Chapter.

He has enjoyed attending the Portrait Painting sessions at Goward House over the past three years.

## JACQUELINE WALLACE



I feel fortunate to be able to return to drawing and painting after having been away from any sort of art practise for 45 years, before retiring in 2018. Since that time I have thrown myself into improving me artistic skills, and each creation is felt to be a fun experiment and joyful experience.

I work in a wide variety of media including oil, acrylic, watercolour, gouache, casein, and mixed media. Portrait painting is a favourite, but I also enjoy urban sketching, landscapes, collage, and abstract work. Variety keeps me engaged.

I moved from Calgary to Victoria last spring, and have been delighted to be able to join a number of the friendly and welcoming art groups operating in Victoria. The vibrant art scene here was a pleasure to discover, and I hope to be part of it for many years into the future.

## VOLUNTEER OPPORTUNITIES

### SPECIAL EVENTS

We are pleased to present many special events coming this year. We are looking for several volunteers. Please let us know if you can help!

Front Desk (every other Tuesday am or Thursday pm)

Vintage Fashion Show - Thursday March 30<sup>th</sup>

Strawberry Tea - June 15<sup>th</sup>

Music in the Park & GH BBQ - July 4<sup>th</sup>

Goward House BBQ - July 18<sup>th</sup> & August 15<sup>th</sup>

Goward House CRAFT FAIR - Nov. 18<sup>th</sup> - 19<sup>th</sup>

More to come...

Please email Marlene - [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) or call 250 477-4401.



Barb & Dean Sawyer with Past President Barry Mah Ming

### VOLUNTEER MEETINGS

Volunteer meetings are held twice a year, spring, and fall. If you are already a volunteer, these meetings are a refresher and an opportunity to discuss your ideas or have questions addressed. If you are interested in volunteering, please come, and see what its all about. Maybe now is the time for you to take the leap!



Kitchen Volunteer Meeting - **Tuesday March 21<sup>st</sup>**, 11:00 am - noon.

Please rsvp to [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)



Front Desk Volunteer Meeting - **Tuesday March 28<sup>th</sup>**, 11:00 am - noon

Please rsvp to [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)

## COMING SOON - **Date TBA**

### CPR & AED Training

Mike Craig of Tamik Training and Supplies Ltd. will be providing instructions in this *non certification* workshop. Material covered, including hands-on practice with CPR dolls, includes:

- Assessing level of consciousness
- CPR
- AED
- Conscious choking patients
- Unconscious choking patients



We received **\$160.00** from our **Fairway Market** fundraising program over the last several months. To participate in the Fairway Market fundraising program, please visit our front desk and ask for a Fairway card. For Pepper's, drop by the store and buy a gift card. Let the cashier know that you want the fundraising portion to go to Goward House.

Thank you to all who participate!



### BITS AND PIECES

**TEA ROOM** - If you plan on having lunch with us, and we hope you do, please call ahead to pre-order your sandwiches (*except Wednesdays, when we already have a full lunch option available*). Let us know your planned arrival time and sandwich choice of either egg salad or salmon salad. We would be happy to take your reservation. This will help us keep food waste and costs down. Thank you.

**PARKING LOT** - Parking is sometimes at a premium here at the House. Please use the parking stall lines and the cement "parking block" designating each space. We have noticed many users are not taking care to park straight in (line with the cement blocks). We hope that with the wind-up of roof work, there will be many more spots available. Thank you for your patience.

**WALKIE TALKIES** - Spring is around the corner and we are looking for a group leader for our walking group. If this interests you (and maybe a friend to co-lead with you), please give us a call or drop an email to [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com).



## 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	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 1:30 – 3:00 ( <i>new time</i> ) (3 <sup>rd</sup> Thursday)	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 1 <sup>st</sup> Monday		Crafters 1:30 – 3:30	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
EMERGENCY PREPAREDNESS	<i>John Martens, Mary Collins</i>
ENVIRONS	<i>Wendy Denyes, Barry Mah Ming</i>
FACILITY	<i>Allan Davies</i>
FRONT DESK & MEMBERSHIP	<i>Gail Branton, Lee Frank</i>
FINANCE	<i>Allan Davies, Lee Frank</i>
GROUNDS, GARDEN & PARKING	<i>Allan Davies, Gail Branton</i>
KITCHEN	<i>Myrna Rouse, Lee Frank</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, Wendy Denyes, Lee Frank</i>
VOLUNTEERS	<i>Lee Frank, Barbara Turner</i>
<b>President: Allan Davies</b>	
<b>Vice-President: Mary Collins</b>	
<b>Secretary: Gail Flitton</b>	
<b>Treasurer: Lee Frank</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.*