

# THE GAZETTE



## GOWARD HOUSE

2495 Arbutus Rd. Victoria B.C. V8N 1V9  
250 477- 4401

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

**April 2023 Editor:** *Marlene Abney*

Administrator: Heidi Hodgins  
Assistant Administrators: Marlene Abney & Tara Jackson  
Janitor: Russ Saunders



### President's Message

This is the first week it has felt a little like spring. I love this time of year. The garden seems to show us something new each morning. The warmth and sunshine lifts our spirits and transforms the landscape with fresh new plant growth, colours and fragrances. The gardeners will be mulching the garden beds over the next few weeks to further enrich the soil.

The Coffee and Conversations Committee has been busy again this month. Goward House will be hosting former Prime Minister Joe Clark on April 20th at 2:00 p.m. and former Assistant Deputy Minister Stewart Goodings on April 21<sup>st</sup> at 2:00 p.m. Parking is often a challenge for these special events. The University of Victoria has assured us we are welcome to use their pay parking lot across Arbutus Road from Goward House.

The kitchen Committee is looking at some new ideas for lunches and snacks as the patio becomes available with the warmer weather. We will be offering afternoon tea, special events and of course our Summer BBQs. Watch for more information in the Gazette.

The Board is preparing for our Annual General Meeting on **Thursday, May 18<sup>th</sup> at 2:00 p.m.** This year the Board and membership will be recognizing Merle and Everett Peterson for their 35 years of dedicated service to the Goward House Society. Merle and Everett are well known for their work as Stewards of the Goward House Woodlands. We wish them well in their retirement.

The Board is also working on some new initiatives to ensure the Goward House Society remains financially sound for the foreseeable future. More information will become available as plans unfold.

As usual, I will be in the President's Corner on Tuesday, April 4<sup>th</sup> from 1:00 to 3:00 p.m. Bring your questions and comments or just come by for a visit.

Enjoy these beautiful warm days!  
Allan

# Arts & Crafts



## CHINESE BRUSH PAINTING

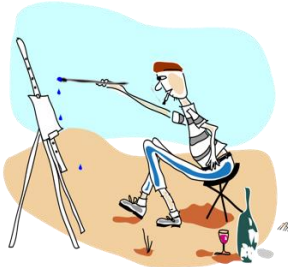
Chinese brush painting is believed to be one of the oldest continuing artistic traditions in the world. It is the traditional art of painting on rice paper or silk with a natural animal-hair brush and ink. Paintings can be monochrome or coloured and typically depict animals, birds, flowers or scenes 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.



## 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.



## PORTRAIT PAINTERS

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

This group is always looking for models. If you would like to model, please contact group leader Vicki Postl - [ypostl@telus.net](mailto:ypostl@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 this friendly group on Mondays from 10:00 - noon.

## CRAFTING

If you enjoy crafting such as knitting, felting, crocheting and embroidery, drop in on Wednesdays from 1:30 - 3:30 and join our Crafters Group. It's all about crafts and social time with this lovely group of crafters.





## SPECIAL GUESTS

### A CONVERSATION WITH THE RT. HONOURABLE JOE CLARK



Thursday April 20<sup>th</sup> 2:00 PM. Priority will be given to Goward House members first. A wait list will be taken for non-members. **FREE** for members **\$5.00** for non-members.

Mr. Clark will share some of his experiences and views on the state of international matters and reflections on the state of our confederation.

Born and raised in Alberta, Joe was first elected to Parliament in 1972. He served as Prime Minister in 1979- the youngest ever PM - and was a Member of Parliament for almost 24 years having been elected eight times. From 1984 - 1993, during the Mulroney Government, he served as Secretary of State for External Affairs and as Minister responsible for Constitutional Affairs. In 1998 he once again led the Progressive Conservatives until 2003.

Since retiring from Parliament, he has served on the Boards of a number of organizations and currently is a member of the Global Leadership Foundation, co-chair of the Stanfield Conversations at Dalhousie University, member of the supervisory Board of Meridiam Infrastructure and a member of the Board of GlobeScan, a global research and strategy company focussed on sustainable development.

He is married to Maureen McTeer and they have one daughter Catherine.

### Former Assistant Deputy Minister (federal and provincial) and author Stewart Goodings



Stewart is a graduate in history from Queen's University and the University of Toronto. As an Assistant Deputy Minister in the Federal Government, he went to Russia and Ukraine regularly from 1992 to 2015 after the collapse of the Soviet Union, sharing Canada's expertise in the field of public administration. His novel, *My Friend, My Enemy* was inspired by his experiences in those two countries.

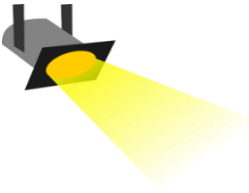
Stewart also spent 9 years working in Victoria for the BC Government as an Assistant Deputy Minister of Consumer Affairs. Now living in Comox, he's active in the local writing community, as Chair of the Denman Island Readers and Writers Festival, and as a member of the Comox Valley Writers Society. Please join Mary Collins in welcoming Stewart as he talks about Russia, Ukraine, and his first novel.

When Stewart Goodings first started going to Russia and Ukraine in the early 1990s, both countries were emerging from 70 years of being part of the Soviet Union. Over a 20-year period, he was one of many Western advisors who shared their experiences of public administration with Russian and Ukrainian officials as they tried to adapt to new methods of governing and managing their economies.

Stewart worked on various technical assistance projects focused on civil service reform, public administration, women and labour market reform, gender equality, municipal government, management training, and legal services. He met people in their offices and homes and came to have an affection for both Russians and Ukrainians, both of whom share links with Canada. And he also wrote a novel inspired by his time in Russia.

Now there is a war being waged by Russia on Ukraine. What impact is this having on both Russia and Ukraine, and what does it mean for Canada? Stewart will share his perspectives and also looks forward to hearing the thoughts and questions of Goward House members.

Friday April 21 2023, 2:00 p.m. in the Maple Room. Please pre-register at the Front Desk.



## HOUSE SPOTLIGHT

Welcome back Fred Haynes!



Hello Goward House!

After eight years of a truly fascinating time working as a Councillor and then Saanich Mayor, I am so very pleased to be once again volunteering in your kitchen at Goward House. Some may recall my previous time here back in 2015 when I was put through my paces by Elaine and Mary. That experience proved so valuable as it allowed me to see first hand the amazing treasures of genuine social connectedness that Goward House brings forward for all its members. This understanding in turn helped my work with your then President David Eyles and Elaine in securing support from Council for new and essential long-term financial supports from Saanich.

My wife Cathy and I together with our three young sons David, Luke and Carl arrived in Saanich in 2002. We first met in Tokyo where we met on “walk-about.” Cathy had arrived from Melbourne, Australia and was a school teacher by profession. Funded by a Commonwealth Scholarship from the U.K., I had just finished my Ph.D. studies in diabetes at the Banting and Best Department of Medical Research in Toronto. In Tokyo, aside from working, we were each training in the martial art of Aikido. This was a pursuit from our teenage and university years. In my training in Japan, I was privileged to study under Sensei Gozo Shioda, one of the true masters. I have an 8th degree black belt and teaching license and have taught around the world. As some of you will know from your own travels, Japan is a very safe and culturally rich country. It is certainly worth a visit.

I managed to entice Cathy to come to Ontario and we lived several years in Georgetown. To pay the bills needed for our growing family, together we started up Contact Canada, a publishing company. For some 30 years we published information on food, health and renewable energy companies across Canada.

During the cold and deep snowy winter months, Cathy noticed a green area - Vancouver Island - on the CTV weather map. Coming from Melbourne, Cathy was certainly not a fan of the months of ice, snow or the cold, so probably no surprise that we eventually spent our next years preparing to relocate here.

My original home is London England. My father was a carpenter and my mother a seamstress. Somehow they raised five children in a tiny London home. As children of the 1940s Mum and Dad both experienced the bombing horrors of WWII and evacuation from London. Despite that, or perhaps because of that, as a post-war family of seven we lived a happy but frugal life.

Now in our 22nd year as Islanders, we tremendously appreciate our lives here in Saanich and on the island. Two of our sons, Luke and Carl, live in Saanich and are getting married this summer. David, the third, lives in Cumberland. Married to Emilie, his sweetheart from middle school, he is celebrating the first-year birthday of Josephine, our precious new granddaughter.

Cathy and I enjoy helping out on tasks with others where we can. I have rejoined the Saanich Legacy Foundation which folks will know from Music In The Park here at Goward House and across Saanich.

If you are up and about on Wednesday afternoons do drop by the kitchen, enjoy a cup of tea or nice sandwich snack, and say hello.

Cheers  
Fred



## Welcome new volunteer Wendy Major!

Wendy is our new kitchen volunteer on Thursdays. Wendy is native to Beautiful British Columbia, moving to Victoria in 1979 after spending her early years in Northern BC and the Okanagan. She worked for over 30 years in administrative capacities at the University of Victoria, largely in the Dean's office of the Faculty of Social Sciences. Since retiring, she says she feels privileged and grateful to spend more of her time cycling, golfing and sailing and having the freedom to visit friends plus her three children and five grandchildren. She enjoys practicing yoga on Fridays with Andrea and her group at Goward House and has already met many friendly and interesting people.

Great to have Wendy join our team!



## In Remembrance

### Mickey Girard



Joe & Mickey Girard

It is with deep sadness that we announce Mickey's passing in Victoria on February 25, 2023. Mickey was a long-time member of Goward House.

She was born in Lloydminster, Alberta on July 5, 1935. Her early years were spent in the community of Paradise Valley, Alberta. She then attended Camrose Lutheran College, and, in later years, the University of Victoria, receiving a Bachelor of Arts in 1977.

Mickey and Joseph Girard married on Dec 21, 1979. Upon her retirement from the B.C. Provincial Government in 1995 she and Joe spent many years fishing and boating around Victoria. They also enjoyed RVing on Vancouver Island and across B.C. Mickey and Joe as well pursued their passion for watercolour painting at the Oak Bay Monterey Centre and at the Goward House Centre in Saanich.

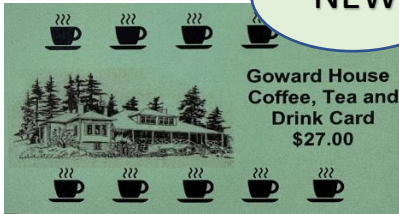
### **SAVE THE DATE** –

Coffee & Conversations with **Saanich Police Chief Constable Dean Duthie**.

Thursday May 11, 2 pm. Please pre-register at the Front desk.

**FREE** for members **\$5.00** for non-members

NEW



## MONTHLY DRAW FOR A FREE BEVERAGE PUNCH CARD

Submit any of your used punch cards for a chance to win a FREE beverage card in our new monthly draw. Simply write your name and phone number on the back of your card and give it to a kitchen volunteer or a staff member. First draw will be May 1<sup>st</sup>.

**GOOD LUCK!**

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

Barry Andruschak, Jackie Brien, Deborah Dickson, Barbara Levson, David Macdonald, Kathleen Manning, & Rick Weatherhead

## April is Volunteer Appreciation Month

The National Volunteer Week theme for 2023 is Volunteering Weaves Us Together. This reveals the importance of volunteering to the strength and vibrancy of our communities through the interconnected actions we take to support one another. These diverse forms of sharing our time, talent and energy strengthen the fabric of our community.

Through volunteering we experience our interconnectedness, making our lives more meaningful. Getting involved in various ways, we find friendship, develop trust, and link our relationships. Threading these connections, we come to belong as we contribute towards the same goals.

Like each individual thread makes weaving stronger, every volunteer's experience, perspective, and abilities add to our collective resilience. Woven together from coast to coast to coast, volunteering reinforces our ability to grow, thrive, and create change within our community, province, and country.

Knowing our volunteer contributions are valued and meaningful creates a greater sense of purpose and dedication. From helping build a home, cleaning up a park, or coaching a sports team to cooking for an ill friend, checking in on a neighbour, or helping a stranger cross the street, each action we take impacts our community's overall wellness, now and for future generations.

During National Volunteer Week 2023, we celebrate our collective impact: through our kindness, generosity and commitment to volunteering, we weave our lives together. (source material from Volunteer Canada)



On behalf of Heidi and staff, we wish to thank all of the wonderful volunteers at Goward House. It has been said before, but we love saying it again...that we can't do it without your help. From help at the Front Desk to the Kitchen, from group leaders and the Board of Directors to our special events, Goward House Society relies on the generous time given by our volunteers.

THANK YOU !

# Goward House Honour Roll of Volunteers

## Board Of Directors

Gail Branton, Past President (Front Desk & Membership, Grounds, Garden & Parking, Personnel)

André Berthiaume, Past Treasurer

Mary Collins, Vice-President (Emergency Preparedness)

Allan Davies, President (Finance, Facility, Grounds, Garden & Parking, Personnel)

Wendy Denyes (Environs, Program, Publicity, Special Events)

Gail Flitton, Secretary

Lee Frank, Treasurer (Front Desk & Membership, Finance, Kitchen, Special Events)

Barry Mah Ming, Past President (Environs, Policy & Procedures)

John Martens (Emergency Preparedness, Policy & Procedures)

Myrna Rouse (Kitchen, Special Events)

Barb Turner (Publicity, Volunteers)

## Kitchen

Rosita Dworschak      Wendy Major

Val Roberts              Myrna Rouse

Barb Sawyer             Dean Sawyer

Rheta Steer

## Front Desk

Lois Akam                Ivan Baggs

Eleanor Beam            Gail Branton

Mary Collins             Lee Frank

Brian Malley             John Martens

Barb Martin              Esther Pomeroy

Nancy Sing               John Tibbles

Barb Turner

## Woodlands

Everett Peterson

Merle Peterson

Marcia Knowles

## Crafters & Quillers

Elaine Daniel      Karin Geppert

Carolyn Hayward    Esther Pomeroy

Barb Sawyer        Jean Smith

Kittie Ure

## And...

Sylvia Brewis (Christmas décor)

Heather Brown (BBQs)

Peter Bruce (website)

Val Collins (Christmas Luncheon)

Elaine Daniel (Christmas Luncheon & Strawberry Tea)

Rosita Dworschak (Christmas Luncheon)

Nancy Lypkie (Christmas Luncheon)

Gayle Millbank (Christmas Luncheon)

Barb Sawyer (Christmas Luncheon, Strawberry Tea, BBQs & Library)

Dean Sawyer (BBQs)

Carol Simson (Christmas décor)

Rheta Steer (Strawberry Tea)

Myrna Rouse (Christmas Luncheon)

*Thank you, each and every one of you!*

# A Big THANK YOU to our Volunteer Instructors and Group Leaders

Jim Brackenbury (Bridge)	Mary Collins (Coffee & Conversations)	Anton de Bakker (Spanish Conversation)
Betty Doherty (Line Dancing)	Eric Elbers (Meditation)	Leah Freedman (iPad Club)
Ann Gibbard (Chinese Brush Painting)	Susan Gilberstad (Book Club)	Barbara Loan (French Conversation)
Vicki Postl (Portrait Painters)	Phil Robbie (GH Singers)	Anne Swannell (GH Painters)

*We did our best to recognize everyone, please forgive us if we missed you.*

## VOLUNTEER OPPORTUNITIES

### SPECIAL EVENTS

We are still looking for some members to add to our roster of volunteers for special events and the Front Desk.

Two of our special events require many volunteers to make them happen: **MUSIC IN THE PARK** and **GOWARD HOUSE CRAFT FAIR**.

Please let us know if you can help!

**Front Desk** (every other Tuesday am or every other Friday am and pm - 2 hour shifts)

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

**Music in the Park & GH BBQ - July 4<sup>th</sup>** - We need at least 10 - 12 volunteers for cash handling, food/concession and traffic control.

**Goward House CRAFT FAIR - Nov. 18<sup>th</sup> - 19<sup>th</sup>** We need at least 12 - 16 volunteers for cash handling, kitchen, and parking lot duty. Volunteer hours can be just one day or both days and split into shifts between volunteers.

**Walking Group Leader** - If you are interested in leading a group of members on a casual walk, we can help with past walking plans and choose a day that works for you. Our Walkie Talkies have been without a leader for over a year now, and we would love to get it going again.

More to come...please email Marlene - [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) or call

250 477-4401.

## GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 18<sup>th</sup> 2023 at 2:00 pm

Please mark your calendar for our AGM and let us know that you will be attending. We need your input and your votes. The meeting will be held outdoors (weather permitting).

Give us a call, or email [administration@gowardhouse.com](mailto:administration@gowardhouse.com)







## 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 April 3<sup>rd</sup>**.

Bring your ideas and inquiries!



## MONEY MATTERS

with Pam Katunar and lawyer **Charlotte A Salomon**

The next session will be Thursday April 27th, 2023, from 2 - 3:30 pm. The topic for this presentation is Estate Planning. Come and learn about legal documents you should have in place and why. Bring your questions!

Please pre-register at the front desk by **Tuesday March 25th**. Attendance is free.



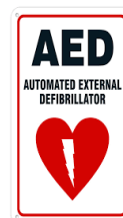
The next Book Club meeting will be **Thursday April 20<sup>th</sup> from 1:30 - 3:00 pm**.

The title chosen for April is **Astra** by **Cedar Bowers**. Book Club will now meet in the Sequoia Room. Participants must find their own copy to read. Some books are available at the public library.

## CPR and AED Training

**Mike Craig** of Tamik Training and Supplies Ltd. will be providing instructions in this *non certification* workshop. As well as hands-on practice with CPR dolls, material covered will include:

- assessing level of consciousness
- CPR
- AED
- conscious choking patients
- unconscious choking patients



When - Saturday April 22, 2023 from 9 - noon  
Where - Goward House Lower Hall

**FREE for MEMBERS ONLY** (sorry, no non-members for this special workshop)



Goward House will be closed Friday April 7<sup>th</sup> and Monday April 10<sup>th</sup> for the Easter long week-end.

## 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	President's Corner with Allan Davies 1:00 – 3:00 (1 <sup>st</sup> Tuesday)	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 <sup>rd</sup> Thursday)	Choir 1:15 – 3:15 (no choir April)
iPad & iPhone Club 10:00 – 11:30 1 <sup>st</sup> Monday	Portrait Painters 1:15 – 4:00	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.*

## "SCENE" AROUND GOWARD HOUSE



Dr. Andrew Weaver was our guest speaker for Coffee & Conversations February 9<sup>th</sup>. He spoke about global warming and advancing climate policy in our parliamentary democracy.

The afternoon event was very well attended, with many of our members enthusiastically participating in discussion with Dr. Weaver.

We thank Dr. Weaver for making time for our members!

Dr. Andrew Weaver & Board Member Mary Collins

## Vintage Fashion Showcase

