

THE GAZETTE

GOWARD HOUSE

June 2023 Editor: *Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders

Custodians: Leslie Hall & Dylan Salahor

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

250 477- 4401

gowardhouse.com

administration@gowardhouse.com



President's Message

The Goward House Annual General Meeting was held May 18th, 2023, on the lawn of the beautiful Goward House garden. There was a good turn out again this year. Many thanks to all those members who took the time to attend this important meeting. The AGM package is available on our website, and paper copies at the Front Desk. If you have any questions, please do not hesitate to contact administration staff or a Board member.

The Board said good-bye to Director Gail Flitton at the AGM. Gail has been a director for six years and served as Board secretary during her tenure. Gail's work was much appreciated. She will be missed. We look forward to continuing to work with Gail as a house volunteer.

Goward House will be featured on our local television network Chek TV "The Upside", Monday, June 5th from 5:00 p.m. to 7:00 p.m. During this broadcast, many members have volunteered to demonstrate some of the activities Goward House has to offer. Our thanks to those members.

Music in the Park and the Goward House BBQ are back on July 4th for the first time in three years. Historically, this has been a big event so lots of volunteers are needed. If you are able to help, please contact Marlene.

Now that the warm weather has arrived, our sunny deck is open for lunch or just coffee. We encourage you to take advantage of this beautiful setting.

I will be in the President's Corner Tuesday, June 6th and look forward to seeing you at the House.

Allan

Saanich Parks and Recreation and Goward House presents

MUSIC IN THE PARK July 4, 2023

Please join us for the return of Music in the Park at Goward House!

BBQ from 5:00 – 7:00

Concert 6:00 – 8:00



Come out and join your neighbours for an evening of music in your local park. Food available for purchase or bring your own picnic.

Jul 4 Impulse Response (Funky Soul/Pop)
Goward House, 2495 Arbutus Rd.

Jul 11 Younger Than Yesterday (British, Classic Rock)
Majestic Park, 4380 Majestic Dr.

Jul 18 BackBeat (60's, British Invasion)
Beckwith Park, 857 Beckwith

Jul 25 Rock of Ages (60-80's Classic Rock)
Hyacinth Park, 700 Marigold

Aug 1 Freeze Frame (80's Cover Tunes)
Brydon Park, End of Viewmont Ave.

Aug 8 Chick Wagon Band (Country/Folk)
Rutledge Park, Inverness & Cloverdale

Aug 15 Demographix (Classic Rock)
Rutledge Park, Inverness & Cloverdale

Aug 22 Tight Hair (Disco)
Rudd Park, 3259 Irma

Goward House Strawberry Tea



Please join us for our annual **Strawberry Tea Thursday June 15th** from 12:30 - 2:30, followed by the Goward House Singers choir concert at 2:30.

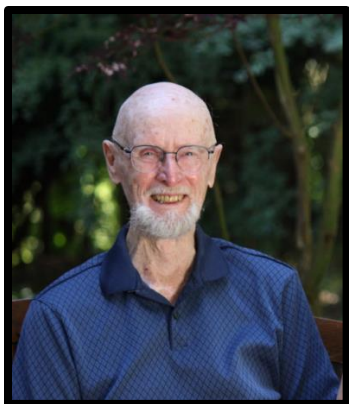
\$15.00 includes: strawberry short cake with berries and whipped cream, a beverage and our choir concert.

Please reserve and pre-pay by visiting the front desk.

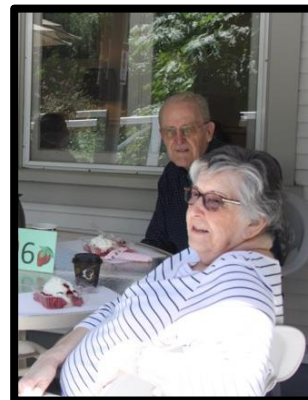
Please note that reserved seating on the deck is first-come first-served at the time of purchase (two sittings available, 12:30 and 1:30 pm).

Choir singers pay \$10.00.

Choir concert only, suggested donation of \$5.00.



The Goward House Board of Directors, staff and your fellow volunteers are saying “hasta la vista” to **Dr. John Tibbles** and **Eleanor Beam**. Both John and Eleanor have been members and volunteers at Goward House for many years. We will miss seeing you both on the front desk, but we hope you will visit us often, as you retire from volunteer duties. Thank you for all your cheerfulness and generous time over the years.



The next Book Club meeting will be **Thursday June 15th from 1:30 - 3:00 pm**. The Book Club title for June is **The Vanishing Half** by **Brit Bennett**. The books are available to sign out at the Front Desk and need to be returned by the June meeting.

The Book Club will be on hiatus for July and August and will return September 21st.



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. Our winner from the June 1st draw is **Barb Downie**. Next draw will be July 1st.

GOOD LUCK!

Goward House Summer BBQs

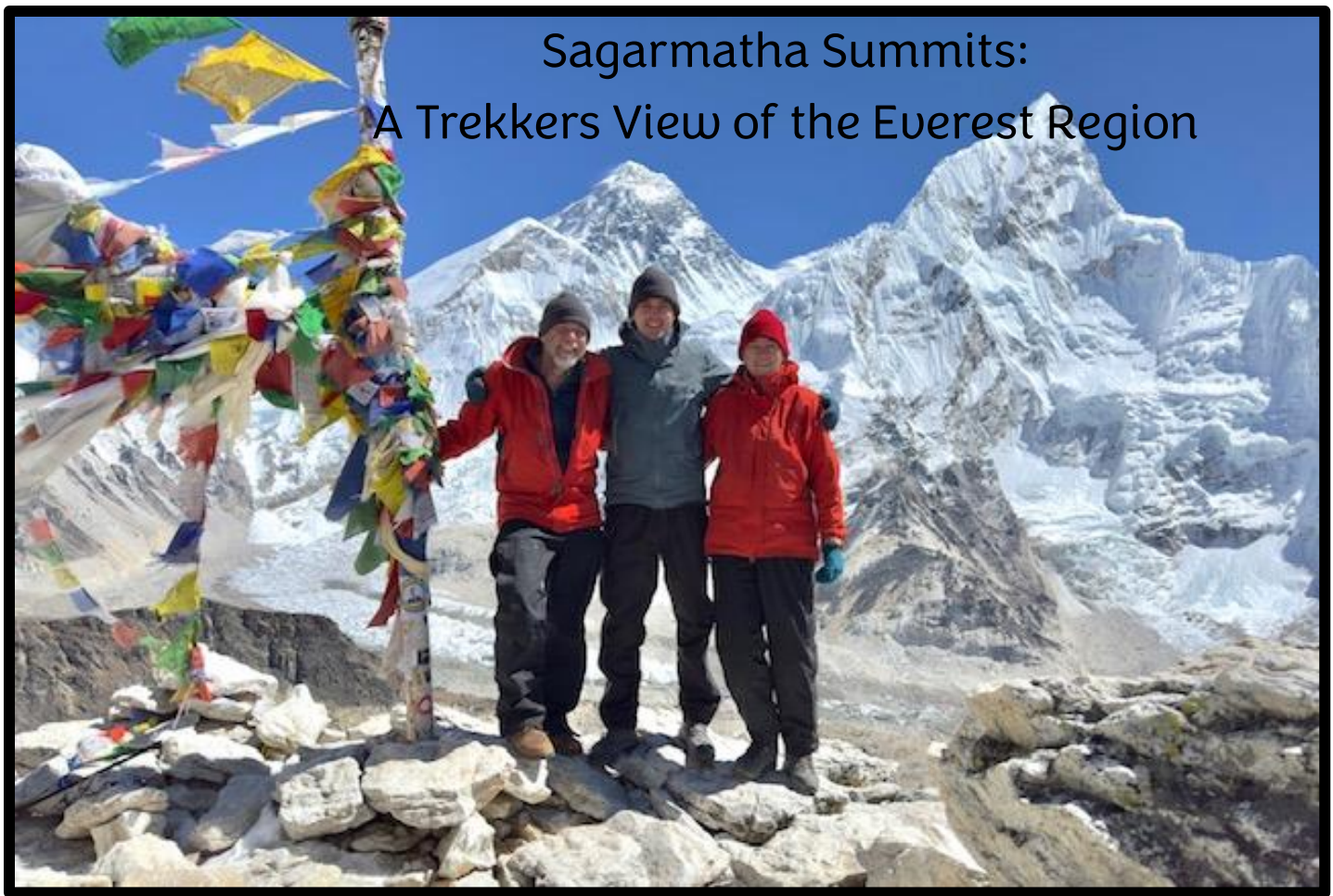
Tuesday July 18 and Tuesday August 15

11:30 am – 1:00 pm

Please pre-order and pay at the front desk by the following deadlines:

July BBQ – Thursday July 13th

August BBQ – Thursday August 10th



Sagarmatha Summits: A Trekkers View of the Everest Region

Thursday June 8th 2:00 pm

Goward House – Lower Hall

Last fall, Barbara Hawkins and Michael Eby (both University of Victoria Professors and Cadboro Bay Residents) returned to the Solukhumbu region of Nepal and trekked for three weeks in the Everest region. This was a return trek – 25 years after the first one, but this time with their son!

Come and join us as they share their remarkable experience and spectacular photography of the region. It will almost make you feel that you are with them on the trek!



Please pre-register at the front desk.

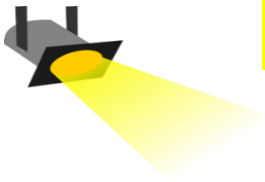
Free for members \$5.00 for non-members

Goward House

2495 Arbutus Rd.

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administration@gowardhouse.com



HOUSE SPOTLIGHT



Deb Flitton

Gail Flitton

Goward House has a few members who are siblings! The Flitton sisters are a delightful pair. We are fortunate to have them volunteering with us. Gail has been on the Board of Directors for the past 6 years (now retiring from those duties) and currently works the Front Desk. Deb joined us recently in the kitchen.

Deb Flitton

I'm a retired librarian, a graduate of UBC. The three 'Flitton girls' grew up in Penticton in the 1950s and then graduated out of school in West Vancouver.

I've worked government and public libraries, all in BC. My favourite areas were North Island (Port Hardy, Port MacNeil, Port Alice and Sointula).

I was a Fisheries Guardian for a year on my Monk wooden boat with territory around Hunter and Calvert Islands. My son was born in 1982 and remains in Sechelt now that I have joined my sister here in Victoria. I'm very attached to Goward House and enjoyed bringing my father, Ralph, here in 1994 when I looked after him because of his Parkinson's. A very restful yet stimulating place.

Gail Flitton

I graduated from West Van High and UBC and more or less fell into a career of managing media relations for such major events as the first visit of Charles and Diana to Canada, Expo 86, the G7 Toronto Summit, and so on. Upon retirement in 2000, my husband Don and I traveled extensively to Australia, SE Asia and throughout the US. Being history buffs and political junkies, we sought out Presidential libraries or homes and visited 23 of them over a number of years. We found them to be wonderful insights into particular periods of American history.

I have served on the Board of Governors of UVic, the Saanich Police Board and am just now winding up 6 years on the board of Goward House. I joined Goward House exercise classes almost 20 years ago and have thoroughly enjoyed my association with this special place. Don passed away in July of last year and I am thrilled to have my sister come to live with me. The last time we lived in the same town at the same time was West Vancouver in the 60s. We've got a lot of catching up to do!

Nature's Silhouettes AND Stories

Art Show & Sale

Fabric Artist

**MARGO
STYAN**



MAY 29 - JUNE 29 2023

Weekdays 9:30am - 3:30pm

2495 Arbutus Road

More information can be found at
<https://www.gowardhouse.com>

Goward House Presents

Nature's Silhouettes and Stories

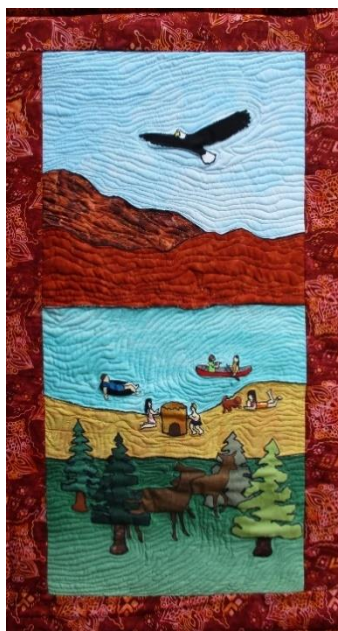
Fabric Artist
Margo Styan

Artist Statement

“There is a great need for peace and tranquility in the world today. Every living being can testify to this. We must stop, look, listen, and meditate upon all the wondrous things that the Creator has provided for our well being and growth. My art is intended to help those who stop for a while to look and then listen to their own inner beatings of their heart which urges them to meditate and discover truth for themselves and help them “grow and develop and appear in the utmost beauty.” I believe we all have a gift that needs to be discovered and offered to this existence, and thus peace and tranquility can be found.”



“Duo Dancers”



“Beach Fun”



“Mammoth Haven”

FUNDRAISING - How Can You help?

We received \$175.00 from our Fairway Market fundraising program over the past several months. Cards are available at the Front Desk. Once you have your card, please visit customer service at Fairway Market and have it loaded with any amount you would like. Fairways will donate 5% of the value to Goward House.

We also received 232.71 from our Pepper's fundraising program, which you can also participate in at Pepper's Foods in Cadboro Bay Village. Ask for a gift card and load with any amount you would like and ask that the charitable portion be donated to Goward House. It does add up! Thank you to all the members who help raise these funds by participating.

We would also like to thank Pepper's for the beautiful bouquets of flowers they donated for our Volunteer appreciation Luncheon.



In Remembrance

Goward House is sad to announce long-time member and volunteer, Peter Bruce has passed away. Peter was a very kind and generous person donating countless hours helping Goward House on the Board and with our website. He will be deeply missed. His wife Randi and their children shared the following with us:

Peter Kenneth Caldwell Bruce

Peter, our hearts are broken. You have moved on to your new spirit adventure and we are at a loss without your beautiful presence in our physical lives. You met the challenges of the last two years with courage, fortitude, acceptance and grace. Peter, you are an extraordinary man who touched so many lives in so many ways. You embraced life learning, adventure, change and new experiences. You excelled at whatever you put your mind to - creative pursuits, photography, website development, gardening, you name it, you did it. Your "do list" was never finished. You loved life, the people you met, your friends and most especially your family. Your non-judgemental ways, unique caring, encompassing heart, quirky sense of humour and powerful belief in others endeared you to so many. Thank you Peter, for all you are, were, and will be to us as we move on. Rest well our dear dear Peter, we will cherish you forever.

Wife Randi, sons Harrison, Robin and sister Gill, countless family and friends will miss him terribly and hold him close in love.

Peter received such excellent care from our medical crew and for that our family is forever grateful.

A Celebration of Life will be held beginning of June.

For details or condolences, please visit www.earthsoption.com.

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

Hanne Banister, Tricia Bowden, Ken Cross, Catherine Kildoff, Christine Laptuta & Marilyn Reynolds.

New

Volunteer Cooks and Bakers Needed

Do you enjoy cooking or baking? We are looking for several volunteers to bake goodies or cook some delicious meals for take out and luncheon specials. Our idea is to have volunteers come into the kitchen and work their magic. Goward House will package and freeze the items for retail sale. Take home a yummy banana or lemon loaf or a convenient single serving of lasagna or Shepherd's Pie for take-out. We are looking for volunteers who would like to offer a bit of their time to help Goward House raise some funds.

A Pantry orientation meeting is planned for **Tuesday July 25th at 11:00 am**. We will also start scheduling for the program. Baked goods will be started in August and special meals will start in September. Please bring your ideas to us! Contact organizer Myrna Rouse myrnalloyrouse@gmail.com or marlene@gowardhouse.com



MORE VOLUNTEER OPPORTUNITIES

SPECIAL EVENTS

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

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!

Music in the Park & GH BBQ - July 4th - We need at least 10 - 12 volunteers for cash handling, food/concession and traffic control. This is our first Music in the Park in 3 years, and we need your help to make it a success.

Goward House CRAFT FAIR - Nov. 18th - 19th We need at least 12 - 16 volunteers for cash handling, kitchen, and parking lot duty. Volunteer hours can be just on one day or both days or even just part of a day.

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 choosing 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 or call 250 477-4401.

SPECIAL PROJECT VOLUNTEER NEEDED

Our **front bench** is looking weathered and needs some attention. We are looking for a volunteer with the know-how, to sand and varnish it. If you are interested in helping us out with this project, please contact us.

Mark Your Calendar

Chek TV and the Upside Guys will be broadcasting live from Goward House on Monday June 5th from 5:00 – 7:00 pm. Don't forget to tune in and watch!

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 <i>(on hiatus July & August, returns Sept. 8th)</i>
Easy Aerobics 10:15 – 11:00 <i>(last month offered)</i>	French Conversation Adv. 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00 <i>(no class June 15th)</i>	Spanish Conversation Adv. 10:30 – noon <i>(on hiatus July, returns Aug. 11)</i>
Quillers 10:00 - noon	Portrait Painters 1:15 – 4:00 <i>(on hiatus July & August, returns Sept. 5)</i>	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 rd Thursday) <i>(meeting is June 15th)</i>	Choir 1:15 – 3:15 <i>(returns Sept. 8th)</i>
iPad & iPhone Club 10:00 – 11:30 1 st Monday <i>(meeting is June 12th)</i>		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 2023-24

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>
GROUPS, 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>
President: Allan Davies Vice-President: Mary Collins Secretary: Barb Turner Treasurer: Lee Frank	

We acknowledge with respect the Lekwungen peoples on whose traditional territory the neighbourhood of Cadboro Bay lies, and the Songhees, Esquimalt and W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.

“Scene” Around Goward House

Merle and Everett Peterson, long-time members and Goward House Woodlands stewards since 2004, are retiring! We had a celebration with them following the AGM. Goward House Society created plaques honouring their careers as stewards, and have erected them at two trail heads for all to see. Merle and Everett have volunteered in the Woodlands since 1988. We will miss seeing them regularly, but we know they will be visiting us often.



Goward House

Board of Directors 2023 – 2024

Mary Collins, Lee Frank, Gail Branton,
Barry Mah Ming, Allan Davies, Barb
Turner, Myrna Rouse, John Martens &
Wendy Denyes (L – R)