

THE GAZETTE

GOWARD HOUSE

May 2023 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

The Goward House gardens are beginning to show colour as the temperatures warm and the days get longer. For those who love gardening, would like to share ideas and learn more about preparing your garden for spring and summer, please join us in the Lower Hall on Thursday, May 4th from 2:00 p.m. to 3:00 p.m.

It was a busy time at the house a few weeks ago for workshops and speakers. The Honorable Joe Clark presentation April 20th was very well received with over 80 people attending. Questions and comments extended past the hour finishing at 3:30 p.m.

Former Assistant Deputy Minister and author Stewart Goodings brought many back to the Lower Hall on April 21st for an interesting and entertaining presentation. Many thanks to Mary Collins and the Program Committee for arranging these presentations.

April 22nd, Mike Craig of Tamick Training and Supplies presented an excellent workshop on CPR and AED. If you missed Mike this time, he has offered to come again.

Goward House will be featured on our local Chek TV News "The Upside" Monday, June 5th from 5:00 p.m. to 7:00 p.m. Barb Turner, and our Special Events Committee, are working on a program that will demonstrate the many activities offered at Goward House. Watch for more information on how you can help.

A special thank you to our staff who hosted a delicious Volunteer Appreciation luncheon last week for the many who help facilitate the activities and events we all enjoy.

Warmer days will soon be here!! I look forward to seeing you at the House.

Allan

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.

Is this you? Please bring your ideas to us! We will have a planning meeting **Tuesday May 16th at 11:00 am**. Let us know if you can come. Contact 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 and for 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 10 am - noon.

Strawberry Tea - June 15th

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 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 or call 250 477-4401.

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

Lesley Billsborough, Margaret Gayle Brighton, Wendy Donawa, Heather Fraser, Jennifer Susan Hartwig, Anne Heel,
Rennie Heel, Gene Lake, Frances MacLean, Hilarie McMurray, Kathleen Rafferty & Kathie Vitale

SPECIAL INTEREST PROGRAMS



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.



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 library on Mondays and the Sun Room on Thursdays.



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.

Please note the choir will go on hiatus after May 5th, and resumes in September.

Reminder that the **President's Forum** is Thursday May 11, 10 am.

An email with the ZOOM link will be sent out the week of May 8th. Bring your questions, suggestions, and ideas!



Goward House **ARTISTS**

ART SHOW & SALE

MAY 1ST - MAY 25TH 2023

WEEKDAYS 9:30AM - 3:30PM

2495 ARBUTUS ROAD

MORE INFORMATION CAN BE FOUND AT
[HTTPS://GOWARDHOUSE.COM/](https://gowardhouse.com/)

GOWARD HOUSE ARTISTS

CHARLENE BROWN



Charlene is a graduate of the University of Alberta (BSc) and the University of Colorado (MBA), now retired from a career in the Canadian Public Service.

During the ten years her husband was with the Emirates Airline, Charlene travelled extensively, served as Administrator of the Dubai Arts Centre, and wrote about painting, archeology and future studies for the Khaleej Times and the Gulf News.

She has written an art blog, 1150 Words by Charlene Brown, since 2009.

JOE GIRARD



Having always been enthusiastic about art, Joe has, since retirement, concentrated his interest in watercolour painting.

His inspiration often comes from the many scenes viewed and photographed while on camping trips throughout B.C. Having been raised in a rural setting has also given him a greater appreciation of nature. He finds inspiration from the many marine activities on the coast and from his birding outings.

He finds Victoria is a fine place to pursue his art as we are blessed with many fine artists, teachers and galleries.

CAROL NUERNBERGER



As far back as I can remember I have painted. I love the landscape of Canada and look to it for inspiration.

As a self-taught artist, I paint primarily in acrylics, making full use of its vibrant colours and fast drying properties to capture the emotion of the scene. I have lived across Canada but have been fortunate to spend the last 24 years in Victoria.

As a member of Studio 30 and the Goward House Painters I have especially enjoyed learning from other artists.

PAUL REDCHURCH



Paul was born in Hull, England and has been a resident of Victoria for over sixty years. After retiring from the BC Public Service and a career in Information Technology, Paul – who describes himself as a “born doodler” and considers any blank space a beckoning canvas – decided to take it up a notch and bought some paints, paper and brushes and dove right into the “painting thing.”

The “self-taught” artist's work covers a wide versatile range of subjects – from the cottages of his native Yorkshire to Orcas off his Vancouver Island home – and his creations are achieved utilising watercolours, pen and ink and acrylics.

As a member of Oak Bay Community Artists and Goward House Painters, Paul has shown his work publicly since 2005 participating in numerous Oak Bay Artists Studio Tours, the Bowker Creek Brush-up, the Oak Bay Summer Night Market, Cadboro Bay Art Walk and both individual and group shows at Goward House.

Among his works, Paul includes private commissions and Christmas cards for the Municipality of Oak Bay and he is proud of the fact that he is the first artist to have one of his creations grace the cover of that municipality's Annual Report. A growing number of Paul's self-initiated paintings and commissioned works have found homes both inside and outside of Canada.

VICKIE STEWART



I have lived in Victoria since 1975. My husband and I love travel in our RV. Currently we have a small trailer (we downsized from a lovely big motorhome a few years ago). Duke, our cat, comes with us and has seen a lot of Canada and the US... He is our ambassador. We take him out on a leash and he is a magnet for meeting other people.

I am inspired by artists from all genres. My art is also greatly influenced by my travels, nature's ever-changing canvas, and my spiritual journey.

Today I work in watercolour, acrylic, and mixed media on canvas, cradleboard, and paper.

Art journalling is a core part of my daily art practise. I love working in my own homemade journals (stitched, junk journals, altered books) as well as off-the-shelf journals. Each allows me to explore feelings, ideas, tools, mediums, and techniques. Exploring new ideas and keeps me passionate about art and helps me evolve my style.

I am an award-winning artist. I have shown my paintings at various art shows and venues on southern Vancouver Island. I love the art community here on the island.

ANNE SWANNELL



Anne Swannell has been drawing and painting since she was four years old. She likes to paint landscapes, imaginary landscapes, and abstracts.

This piece is inspired by the wind in November!



Haida Canoes by Joe Girard

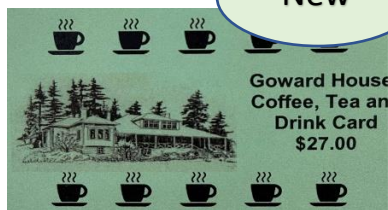


The next Book Club meeting will be **Thursday May 18th** from 1:30 - 3:00 pm.

The Book Club will be discussing some of the essays from **Braiding Sweetgrass** by Robin Wall Kimmerer. Participants will read the first and last essay from each of the five sections, as well as the Preface, the Epilogue and the Notes.

A book can be signed out from the Book Club Set at the front desk at Goward House. We hope to see you at the meeting.

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. Our winner from the May 1st draw is **Lee Frank**. Next draw will be June 1st.

GOOD LUCK!

MONEY MATTERS

with Pam Katunar and guests



Cheri Crause (realtor, Royal LePage) and **Jill Phipps** (certified relocation and transition specialist)

The next session will be **Thursday May 25th 1:30 pm**. The topic for this presentation is downsizing your home. What to do with your house, what to do with the money and what to do with the stuff?

Please pre-register at the front desk by **Tuesday May 23rd**. Attendance is free.

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.

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

Please pre-pay and reserve 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



We received \$437.97 from our **Pepper's** fundraising program thanks to our members who participate. Please consider buying a gift card from Pepper's and let them know you'd like the fundraising portion to go to Goward House.

Also, Barry's bottle and container fundraising has raised \$60.00 so far this year. Thank you to board member **Barry Mah Ming** for raising these funds! Please call Barry to donate at 236-508-1999.

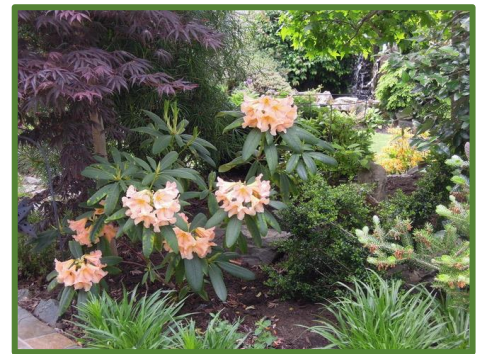
Gardening Workshop with Allan Davies

Thursday May 4th 2:00 pm Lower Hall

The feedback from our garden workshop on October 13th was very positive. The feedback included another workshop in the spring for help with preparing your garden for spring and summer. Once again this will be an opportunity for members to share their gardening ideas and learn more about gardening techniques that are tried and true.

On Thursday, May 4th from 2:00 p.m. to 3:00 p.m. the Program Committee will hold its second Gardening Workshop. Topics will include lawns, irrigation, soil, spring pruning, bulbs, perennials, shopping for new plants, planting, annuals. If you love gardening, would like to share your ideas and learn more about preparing your garden for spring and summer, please join us in the Lower Hall at Goward House on May 4th.

Please pre-register at the front desk.



Saanich Chief Constable Dean Duthie

Thursday May 11th, 2 pm

Members are FREE Non members \$5.00

Please pre-register at the front desk.



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.

GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 18th 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



Immediately following our AGM:

Please also join us in celebrating the retirement of **Merle and Everett Peterson**, our long-time stewards of the Woodlands. Cake and refreshments to be served.



Garbage, Recycling and Kitchen



We now have new containers for garbage and recycling for your used hot beverage cups and lids. Clean paper, cardboard and newspapers are also acceptable.

Please choose the correct container for your refuse. We have noticed that some items are not going in the correct container. Our Janitor appreciates your help by using the right bin!

FOOD SAFE KEEPS YOU SAFE

Members are to be reminded that the kitchen is for staff and volunteers ONLY. Members should not enter the kitchen and help themselves to water or hot water, take utensils, or use the sterilizer to deposit used dishes and cutlery etc. This is a **FOOD SAFE** regulation. Please ring the bell at the front desk for a staff member to help you if a volunteer is not on duty. Also consider bringing your own water bottle to your activity. In this age of heightened awareness of communicable diseases, we are doing our best to keep you SAFE. Thank you in advance for your co-operation.

MARK YOUR CALENDARS

Chek Upside - Monday June 5th, 5:00 - 7:00 pm, **Chek TV Upside Guys** (Jeff King and Ed Bain) will be broadcasting live from Goward House. We are excited that several GH groups will be participating. Please contact admin. if interested in participating.

Coffee & Conversations - Thursday June 8th 2:00 pm. Travel presentation, **Sagarmatha Summits: A Trekkers View of the Everest Region** (Sagarmatha is the Nepalese name for Everest). 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!

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 st Tuesday)	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 rd Thursday)	Choir 1:15 – 3:15 <i>(last practice May 5th then on hiatus until September)</i>
iPad & iPhone Club 10:00 – 11:30 1 st Monday <i>(except June, meeting is June 12th)</i>	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>
GROUND, 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: Gail Flitton	Treasurer: Lee Frank

We acknowledge with respect the Lək̓ʷungen 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



An impressive turn out for Rt. Honourable Joe Clark's presentation April 20th.



Author and former deputy minister Stewart Goodings' presentation was held April 21st. It was a very entertaining and well attended event that our members thoroughly enjoyed. Signed copies of Stewart's book are available to purchase from our display cabinet.