

THE GAZETTE



GOWARD HOUSE

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October 2023 Editor: *Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders Custodian: Leslie Hall



President's Message

It seems this year we have had a very brief transition between seasons. Fall arrived with our first storm of the season and the potential for five days of rain. I always look forward to the colours of fall and the crisper, cooler days.

Our "Welcome Back BBQ" on September 14th was a wonderful success. Members filled the sun deck on a beautiful, warm, sunny day. Our thanks, once again, to our BBQ team of Barb & Dean Sawyer, and to staff and volunteers who helped make this such an enjoyable event.

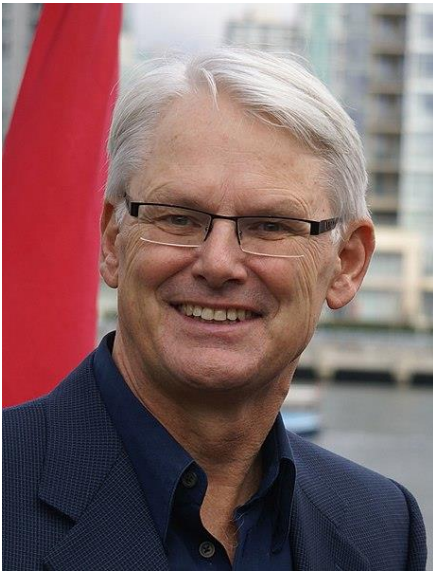
The Kitchen Committee launched a new Hot Lunch and Pantry program during the month of September. Each week the Kitchen Committee is hoping to offer a hot lunch special made by volunteers. The hot lunches during September were chickpea curry and rice, minestrone soup, chili with focaccia bread and lasagna. Servings left over from hot lunch days are frozen, placed in our pantry and made available for sale to anyone looking for a take-out meal. In addition, baked goods, also made by volunteers, are available from the pantry. Don't feel like making lunch one day or need some treats for a special occasion? Think about the Goward House Pantry or join us on hot lunch days.

The President's Appeal was launched at a special meeting held at Goward House on September 18th. At this meeting the Board of Directors' 2023 Action Plan was outlined. Natasha Benn, our special guest from the Victoria Foundation, explained the new Goward House Endowment Fund. If you were unable to attend, the meeting handouts are available at the front desk. Your generous donations will assist the Board in maintaining a vibrant, successful Goward House program for the coming year and, hopefully, beyond.

Once again, I look forward to seeing you at Goward House.

Allan

Goward House presents SPECIAL GUEST Gordon Campbell



“Canada: Past, Present and Future”

Thursday October 5th 2023 2:00 pm

FREE for members

\$10.00 for non-members

Please pre-register at the Front Desk.

Gordon Campbell was elected as the Leader of the BC Liberal party in 1993. He served as an MLA and Leader of the Official Opposition from 1994-2001. He was elected Premier in 2001 after the BC Liberals won 77 Of 79 seats. The highlights of his time as Premier were the restoration of B.C.’s economy, creating a leading-edge climate change policy and building a new relationship with indigenous peoples.

Gordon grew up in Vancouver. After two years of teaching in Nigeria 1970-72, he started his public career as assistant to Mayor Art Phillips.

He served as Canada’s High Commissioner to the United Kingdom from 2011 to 2016. Gordon is now involved with several boards and organizations and lives in Victoria.

Goward House presents SPECIAL GUEST Mayor Dean Murdoch



“What’s ahead for Saanich?”

Join Saanich Mayor Dean Murdoch as he shares the priorities and challenges facing Saanich (and Cadboro Bay) and responds to your questions and/or concerns.

Thursday October 12th 2023 2:00 pm

FREE for members

\$10.00 for non-members

Please pre-register at the Front Desk.

Dean Murdoch is the Mayor of Saanich. Prior to his election as Mayor in 2022, Dean served three terms on Saanich Council. He worked for the Provincial Government at the Ministries of Health and Transportation & Infrastructure, and was an instructor of political science at Camosun College. He grew up in Saanich, attended high school at Claremont Secondary and graduated from the University of Victoria. Dean lives in Saanich with his wife, Rachel, two children, and their 16-year-old Beagle named Bella. Dean is a coffee-drinker, guitar-player, and cyclist.

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

Arnold Adlkirchner, Deborah Brennan, Robert Crowle, Sharon Crowle, Jan Dawson, Jim Dukarm, Margaret Elzinga, Grethe Floyd, Patrick Floyd, Georgia Jared, Bruce McCormack, Dianne Roe, Alandra Shaffer, Carolyn Smith, Naomi Soleil, Shelley Thompson, Lorraine Van Somer, David Walker & Spring Yates

In Remembrance

Joseph Girard



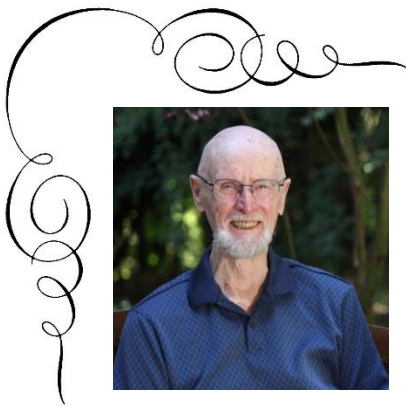
Joseph Maurice Girard of Victoria, B.C. passed away on August 26th 2023. Predeceased by his father Emile and mother Sylvia, wife Mildred (Mickey), brothers Peter (Kathleen), John (Geraldine), sisters Charlotte Girard, Marie Weicker (Wilfred), Theresa Parker and son Richard Heming. He is survived by his sons Mark (Angela) and Robert Heming; daughters Lyndsey Collander (Rick), Patricia Boehler (Kevin), and his granddaughter Claudia. He also leaves behind a great many nieces and nephews, being the second youngest of six children.

Joe was born in Lemans, France, in 1933 and immigrated to Canada just months before the 2nd World War broke out in 1939. His family made their way to Nanaimo B.C. He graduated from U. B.C. as a Librarian and worked primarily in the Greater Victoria region. After his retirement in the mid 90's he enjoyed travelling with his wife Mickey and dog Penny in their camper truck.

He was an avid painter with many of his fine works adorning the walls of friends, relatives and Goward House (where he had many good friends). He enjoyed boating and fishing – there are many fond memories of him entertaining on his trusty boat in and around Victoria. He was a kind and gentle soul who enjoyed the company of his loved ones greatly. For him there was no greater satisfaction than learning of other peoples' joy and accomplishments.

His last weeks were particularly difficult as he struggled with a variety of illnesses and treatments at the Royal Jubilee Hospital in Victoria. Many thanks go out to Dr. Grimwood and the care team on the 4th floor North.

Dr. John Tibbles



John Adrian Russell Tibbles died peacefully at home on September 6th. Born on February 23, 1929, in Yorkshire, England, to Dr. Nick and Joan Tibbles, John trained at what is now the Royal London Hospital Medical College. After graduation he was employed as a house doctor and spent his National Service in the Royal Air Force in Singapore and Hong Kong as a general practitioner.

He emigrated to Canada with his fiancée, Dr. Sylvia Keet. They soon married and had three children who they raised in Halifax. Both John and Sylvia were residents in paediatrics first in Ottawa and then at the Hospital for Sick Children, Toronto where he became interested in paediatric neurology. He returned to England to study adult neurology and then back to Toronto as a Research Fellow in paediatric neurology. John was appointed to the staff of the Henry Ford Hospital in Detroit where he stayed for two years.

In 1965, John returned to Canada to become the first paediatric neurologist East of Quebec at the old Halifax Children's Hospital. He enjoyed the challenge of trying to provide teaching in the medical school, and a new service to a scattered population while taking advantage of some of the opportunities for clinical research in a new discipline. Over time, the department grew, and they were able to provide travelling clinics to more distant parts of the Maritimes and a productive clinical research team.

John's research interests remained clinical largely in the areas of epilepsy, and the borderlands of epilepsy and migraine. During this time, he was a President of both the Canadian Paediatric Society and the Canadian Association of Child Neurology and was a member of the board of examiners in neurology of the Royal College. Later he was also honoured by his colleagues when the annual Canadian Association of Child Neurology lectureship in child neurology was named after him.

In 1986, John moved to Victoria to be the Medical Director of the Queen Alexandra Children's Centre and opened a private practice in paediatric neurology. John was dedicated to his Socrates discussion group and playing chess. Some other pleasures he shared with his wife Valerie included cruising and racing out of the RVYC, studying Spanish throughout Mexico and teaching Spanish at Goward House. Besides his wife Valerie, he is survived by daughters Francesca (Gregg) Dawe of Nanoose Bay; Isabelle Southcott of Powell River; son Russell (Mary) Tibbles of Comox; grandchildren Matthew and Alexander Southcott; Ben and Olivia Tibbles. He is also survived by stepchildren Helen (Jean Baillargeon) Roberts; Susan (Doug) McCreary and David (Laura) Roberts and numerous step grandchildren.

The family wishes to thank their many friends for their support, visits, and kindness as well as the nursing staff and Susan McCreary for their wonderful care. In lieu of flowers, donations may be made to Habitat for Humanity or Doctors Without Borders.

A celebration of life will be held on December 16, 2pm at the First Unitarian Church in Saanich.



Special Guest Dr. Andrew J. Weaver

Thursday November 9th, 2023 2:00 pm

In this, his 2nd presentation at Goward House, Dr. Andrew Weaver will discuss privilege, agency and the Climate Scientist's role in the global warming debate.

MEMBERS - FREE

NON-MEMBERS \$10.00

Please pre-register at the Front Desk

Dr. Andrew J. Weaver is a Professor in the School of Earth and Ocean Sciences at the University of Victoria. He was also the Canada Research Chair in Climate Modelling and Analysis until he was elected as a BC Green Party MLA in the 2013 BC Provincial Election representing the riding of Oak Bay-Gordon Head. In 2015 Dr. Weaver assumed leadership of the BC Green Party, leading them to an historic election result in the 2017 provincial election with three elected MLAs holding the balance of power in an NDP minority government. He returned to UVic after two terms as an MLA.

Dr. Weaver received his B.Sc. (Mathematics and Physics) from the University of Victoria in 1983, a Master of Advanced Studies in Mathematics from Cambridge University in 1984, and a PhD in Applied Mathematics from the University of British Columbia in 1987. He has authored or coauthored over 200 peer-reviewed papers in climate, meteorology, oceanography, earth science, policy, education and anthropology journals. He was a Lead Author in the United Nations Intergovernmental Panel on Climate Change 2nd, 3rd, 4th and 5th scientific assessments. He was the Chief Editor of the Journal of Climate from 2005-2009.

Dr. Weaver is a Fellow of the Royal Society of Canada, Canadian Meteorological and Oceanographic Society, American Meteorological Society, American Geophysical Union and the American Association for the Advancement of Science. Over the years he has received a number of awards including the NSERC-Steacie, Killam and Guggenheim Fellowships and the CMOS President's Prize, the Royal Society of Canada Miroslaw Romanowski Medal and the A.G. Huntsman Award for Excellence in Marine Science. In 2008 he was appointed to the Order of British Columbia and in 2014 he received an honorary D. Sc. Degree from McMaster University.



The next Book Club meeting will be Thursday October 19th

The Book Club title for October is Permanent Astonishment by Tomson Highway. Please find your own copy of the book. Local libraries have a total of 29 copies, however participants should check availability.

Please
wipe
your
feet

It's that time of year again and the storm season is just beginning. Help us keep the carpet and the Lower Hall floor free from the wet and mud. Before entering the House, please do give your feet a good wipe!

Fitness and Tai Chi participants should consider bringing indoor footwear to change into for their class.

THANK YOU!

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 - 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 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.

Fee Changes

TICKET PACKS

Please note that we will have new pricing for our ticket packs, as of October 15th :

Yellow ticket 10 pack -- \$80 (single yellow ticket -- \$9)

Blue ticket 10 pack -- \$40 (single blue ticket -- \$4.50)

You are most welcome to purchase as many packs as you like at our current pricing, ahead of October 15th. These tickets do not expire, and can be used after the fee changes take effect.

ANNUAL DUES

Please also note that the price for annual dues will be changing, as of January 1st.

NEW membership -- \$110/year

RENEWING membership -- \$96/year (or \$8 per month)

You are also most welcome to renew your next year's membership prior to January 1st, at our current pricing (however, membership fees are non-refundable).

Many thanks to all our membership for your support!



From Peking to Paris

Join us to see and hear about the 2019 Peking to Paris Motoring Challenge that two local residents completed.

John and Chris Beresford will present a show about the 36 day, 16,000km trip across Northern China, Mongolia, Russia and Europe. Their 1956 Volkswagen Beetle that completed the trip will be on hand (weather permitting) to view. The pictures and video will put you in the driver's seat for this presentation.

Thursday November 2nd 2:00 pm

MEMBERS - FREE

NON-MEMBERS \$10.00

Please pre-register at the Front Desk

FUNDRAISING - How Can You help?

We received **\$329.20** from our Pepper's fundraising in September. Participating is easy, by visiting Pepper's Foods in Cadboro Bay Village. Ask the cashier for a gift card and load it with any amount you would like. Mention that you would like the charitable portion to be donated to Goward House. It does add up! Thank you to all the members who help raise these funds by participating.

Fairway 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.

Barry's Bottle Recycling donated \$40.00 last month. Thank you Barry!



VOLUNTEER OPPORTUNITIES

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

GOWARD HOUSE CRAFT FAIR - Nov. 18th - 19th We need volunteers for cash handling, kitchen. Volunteer hours can be on one day or both days or even just part of a day. *Please sign-up on clipboards found in the Lobby and Lower Hall.*

More to come...please email Marlene - marlene@gowardhouse.com or call 250 477-4401.

KITCHEN VOLUNTEER NEEDED - Mondays, noon - 1:45 pm. Do you have a bit of spare time on Mondays? Come and join our kitchen volunteer team. Serve coffee/tea, baked goodies and sandwiches. Volunteers receive a free beverage and ½ price on food. Please call Marlene at 250-477-4401 or email her at marlene@gowardhouse.com



PURDY'S CHRISTMAS 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 6th.

Deadline to order is Thursday November 9th. Pick up of orders is from the Front Desk, Friday December 8th.

To order, you can either:

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

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

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. Next draw will be Oct. 1st **GOOD LUCK!**

Our August punch card draw winner was **Donna Grainger**. Congratulations!

NOVEMBER - SAVE THE DATES

Thursday November 2nd @ 2:00 pm - Travel presentation "From Peking to Paris".

Thursday November 9th @ 2:00 pm - Guest speaker Dr. Andrew Weaver.

Thursday November 23rd @ 2:00 pm - Money Matters with Pam Katunar.

Thursday November 30th @ 2:00 pm - Habitat For Humanity presentation.

(please pre-register at ther Front desk)

HOT MEAL SPECIALS FOR OCTOBER

Tuesday October 3rd - Chicken Fettucini

Tuesday October 10th - Meat Loaf

Wednesday Oct. 18th - Perogies & Kielbasa Sausage

Wednesday October 25th - Hamburger Soup



ACTIVITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00	Line Dancing 10:00 – 11:00	Drop in Art 8:00 – 11:30	Yang Style Tai Chi 9:30 – 11:00	Yoga 9:30 – 10:30 <i>(no class Oct. 6)</i>
Quillers 10:00 - noon	Silk Reeling 11:15 – noon	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation Adv. 10:30 – noon
iPad & iPhone Club 10:00 – 11:30 1 st Monday <i>(Oct. 16th this month)</i>	Chen Basics Tai Chi 12:15 – 1:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 <i>(3rd Thursday)</i>	Line Dancing 11:00 – noon <i>(no instructor)</i>
Stretch & Strength 10:15 – 11:00	French Conversation Adv. 1:00 – 3:00	Crafters 1:30 – 3:30	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15
Yang Style Tai Chi 11:30 – 1:00	Mah Jong 1:00 – 4:00			
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00			
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>
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>
<div> <div><u>President:</u> Allan Davies</div> <div><u>Vice-President:</u> Mary Collins</div> <div><u>Secretary:</u> Barb Turner</div> <div><u>Treasurer:</u> Lee Frank</div> </div>	

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.

Saying... So Long to Summer 2023!

