

# THE GAZETTE



GOWARD HOUSE

**September 2023 Editor:** *Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders    Custodian: Leslie Hall

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## President's Message

Welcome back to all members who are returning from summer vacations. For those who stayed home this summer, we hope you have enjoyed the non-stop sunny, warm weather in Victoria.

Our summer BBQ's have been so popular this year we are holding an additional "Welcome Back" BBQ on **September 14<sup>th</sup> from 11:00 a.m. to 1:00 p.m.** Hope you are able to join us for the last BBQ of the season. Special thanks to our BBQ chef, Dean Sawyer, and all the staff and volunteers who help to make our BBQ's such a success.

You may have noticed how active the Publicity Committee and staff have been in letting the community know about all the opportunities and activities Goward House has to offer. This hard work has stimulated new interest in Goward House. Rental numbers for 2024 are increasing and we received 20 new members just last month. We are encouraged and hoping this trend will continue. Our dream is to be so popular we have a membership waitlist!

The Goward House program has always relied on revenue from membership fees, activity fees and rentals. The Board has learned, through the loss of revenue and membership during the pandemic, that Goward House needs a more sustainable source of revenue and a plan to remain viable in uncertain times and for the future. As a result, the Board is hosting a **Meeting in the Lower Hall on Monday, September 18<sup>th</sup> at 2:00 p.m.**, with the Victoria Foundation as a special guest. This meeting will explain the Board's plan and describe how members can help to ensure the Goward House Program remains healthy and successful well into the future. Please join us for this important meeting. Bring your questions and share your ideas.

Be sure to check out the new list of speakers for September and look for new activities and special events coming this fall.

I will be back in the President's Corner in the Main Lounge from 1:00 p.m. to 3:00 p.m. the first Tuesday each month beginning **Tuesday, September 5<sup>th</sup>**. This is an opportunity for members to sit down with the President for an informal question and answer session. Connecting with members is very important to us.

Enjoy the final warm days of summer.

Allan



# President's Appeal

Our annual President's Appeal fundraiser is coming soon - your mail-out package will be available for pick-up at the Front Desk **Friday, September 8<sup>th</sup>**. This year we are supporting our current sustainability and the development of our program by applying President's Appeal to our operating budget. In addition, thinking about our future sustainability, we will be investing in the creation of our endowment fund. Thanks to the generosity of our members last year, we updated our website, making it more user-friendly, and are in process of establishing a "room-by-room" lighting update.

Thank you!

## Goward House presents SPECIAL GUEST Mayor Dean Murdoch

### "What's ahead for Saanich?"

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



**Thursday October 12<sup>th</sup> 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 and 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.



Congratulations to **Julia Day**, our beverage card draw winner for August. Don't forget to write your name and phone number on the back of all of your punch cards and turn them in to a kitchen volunteer or staff member for your chance to win one of our monthly draws for a free beverage card.

## Goward House presents SPECIAL GUEST Gordon Campbell



### “Canada: Past, Present and Future”

Thursday October 5<sup>th</sup> 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.

### Lindsay Dixon - Pharmacist

#### “The Expanding Role of Pharmacists in BC”

Lindsay Dixon is a registered Pharmacist from Victoria, British Columbia, where she currently works with Heart Pharmacy Group. Lindsay has practiced pharmacy for over 10 years, the majority of which has been in the area of Community Pharmacy Management. Please join us for the first in a series of talks with Lindsay.

Thursday September 7<sup>th</sup> 2:00 pm

FREE for members

\$10.00 for non-members

Please pre-register at the front desk.

In March of 2020, Lindsay founded Friendly Pharmacy 5 - a multimedia platform where Lindsay harnesses the power of video to communicate evidence-based science to the public and provide viewers with credible, easy to understand health information. This work has led to countless media engagements, and collaborations with scientists and healthcare professionals both nationally and internationally.

In 2021, Lindsay was awarded the Ben Gant Innovative practice award from the BC Pharmacy Association for her multimedia work throughout the pandemic and in 2022 she was recognized by Pharmacy Practice & Business Magazine with the Raise Your Voice Award, again for her multimedia work. Lindsay's videos and blog posts are also featured regularly on the Canadian Healthcare Network.

Lindsay is most passionate about equipping the public to make informed choices about their own health by providing them with credible, science-based resources and education.

SAVE OTHER DATES for Lindsay Dixon:

- **March 7<sup>th</sup>**, 2pm: The Overuse and Misuse of Prescription Drugs by Seniors
- **June 6<sup>th</sup>**, 2pm: Cannabis explained – the Uses and Misuses





## "Bidding in the 21<sup>st</sup> Century"

Thursday October 12<sup>th</sup> to Thursday December 7<sup>th</sup>, 2023 9:30 - 11:30 am



This nine-week course will introduce students to modern bridge bidding based on the most recent "Standard American" textbooks from the ACBL. The Bidding course is aimed at students new to contract bridge or students who want to return to the basics for a refresher course. There is a requirement for a textbook, to be purchased directly from the instructor: "Bidding in the 21<sup>st</sup> Century".

Please register for the course at the front desk by September 29<sup>th</sup>. Fees are \$90 for Goward House members and \$110 for non-members. The required textbook will be purchased directly from the instructor. Please let the front desk know if you require the textbook, at the time of registration. If you are not certain about any aspect of the course, please phone Jim (250-479-5661) and/or attend a coffee get-together with him on September 28<sup>th</sup>, 9:30 AM, at Goward House. Jim will learn about your card-playing experience and provide an outline of the course and expectations.



## New Class with Manda Ghag

Please join Manda on Mondays from 10:15 - 11:00 am for **STRETCH & STRENGTH**

Increase your range of motion, reduce muscle and joint pain. Improve your posture, relax and decrease stress with guided relaxation. Please bring your own yoga mat.

*Stretch & Balance requires a yellow fitness ticket*



## New Class with Gordon Muir

**CHEN BASICS TAI CHI** Tuesdays 12:15 - 1:00

Chen Style Taijiquan is the original Tai Chi that all others derive from.

Its origins are in Chen Village (Chen Jia Gou) and are based on Traditional Chinese Medicine, Meridian Theory, Taoist Meditation and Taoist Breathing. This class is presented as a way to have a look at a different style of Tai Chi and boost your abilities in Yang Style Tai Chi.

Chen is based on the idea of *Chan*, or twisting, and is a very powerful means of restoring health.

In this class we will gently approach the art and work on movements sure to help students with Rooting, Aligning and joint rotation (*Chan*).

*Chen Basics requires a yellow fitness ticket*

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

Nabil Bennett, Phillip Brumwell, Mary Ann Hayward, Beth Klick, Teresa Koroll, Richard Lawrence, Jill Maloney,  
Susan McConnell, Joy Olesky, Marilyn Perks, Gillian Rosenthal & Bree Watts.

# WELCOME BACK BBQ

Our final BBQ for the season is THURSDAY SEPTEMBER 14<sup>TH</sup>

11:30 – 1:00



Choose your arrival time: 11:30, 11:45,  
noon, 12:15, 12:30

Your choice of sirloin beef, salmon, or veggie burgers & hot dogs

To accommodate deck seating for as many as possible, we please ask that you adhere to your arrival time. Thank you.

## OUTDOOR LAWN GAMES

Goward House now has **OUTDOOR lawn games available for use!** Sign up at reception to use your choice of 4 new games on our rear lawn: Bocce, Yard-Zee, Ring Toss and Ladder Golf.

One group per time slot: 9-11am, 11am-1pm and 1-3pm. You are welcome to sign up for multiple time slots at a time, and reserve in advance.

Feel like playing spontaneously? Check in with reception - if the games are available, you are most welcome to play.

Cost is one blue ticket per player. Guests welcome! We require one player in the group be a member.



### More Fun & Games?

We are asking our membership if they have interest in indoor Carpet Bowling?

Please email [marlene@gowardhouse.com](mailto:marlene@gowardhouse.com) and we will start an “expression of interest” list.

# 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. A yellow ticket is required. See you there!



## STRETCH & STRENGTH with Manda Ghag

Improve your strength and flexibility in this 45 min class, Mondays 10:15 - 11:00 am. Increase your range of motion and reduce muscle and joint pain. Improve your posture. Relax and decrease stress while enjoying a guided relaxation. Please bring your own yoga mat. A yellow ticket is required.



## LINE DANCING with Betty Doherty

Line Dancers are hitting the floor every Tuesday morning from 10:00 - 11:00 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. A blue ticket is required.



## 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. A yellow ticket is required.



## MEDITATION with Eric Elbers

In this world that at times feels overwhelming, 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. A blue ticket is required.



### YANG STYLE TAI CHI Gordon Muir

Yang Style 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 with Gordon Muir

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. Silk Reeling is now on **Tuesdays from 11:15 - noon** and a yellow ticket is required.



### CHEN BASICS TAI CHI with Gordon Muir

Chen is based on the idea of *Chan*, or twisting, and is a very powerful means of restoring health. In this class we will gently approach the art and work on movements sure to help students with Rooting, Aligning and joint rotation (*Chan*).

Tuesdays 12:15 - 1:00

Chen Basics requires a yellow fitness ticket

### GOWARD HOUSE SINGERS with Phil Robbie



The Goward House Singers are accepting new members during the first 3 weeks of September. Give us a tryout for a couple of weeks to see what you think. We sing some great songs that you'll remember from your past and we have lots of fun doing it. We'll have 8 weeks of practice in September & October and then 7 concerts during November & December. If you like the practices, you'll love the concerts.

Fridays from 1:15 - 3:15 in the Lower Hall. Choir is a blue ticket activity.

To learn more, have a look at our website - [GowardHouseSingers.ca](http://GowardHouseSingers.ca)

### MAH JONG LEADER WANTED

**Are you a Mah Jong player who would enjoy bringing the game back to Goward House?**

We are actively looking for a Mah Jong playing member, willing to facilitate a group for other interested members. We can book the weekly time and space to suit your schedule!

For more information, please contact Heidi at [gowardhouse@shaw.ca](mailto:gowardhouse@shaw.ca)



# Dying with Dignity



The first of three in our MAID series is **Introduction to MAID**. Please join us for an informative talk on medical assistance in dying. Please pre-register at the Front Desk.

**THURSDAY SEPTEMBER 28<sup>TH</sup> 2:00 pm**

**FREE** for members    \$10.00 for non-members

## President's Forum & Corner Dates

Please join Allan Davies in the living room September 5<sup>th</sup>, October 3<sup>rd</sup>, November 7<sup>th</sup> and December 5<sup>th</sup>.

The Fall President's Forum is September 14<sup>th</sup>. A Zoom link will be emailed to you.

## UPCOMING GUEST SPEAKERS - MARK YOUR CALENDARS (all speakers @ 2:00 pm)

Thursday September 7<sup>th</sup> - **The Expanding Role of Pharmacists in BC** with Pharmacist Lindsay Dixon

Monday September 18<sup>th</sup> - **Connecting Philanthropy with Community Needs**- Victoria Foundation

Thursday September 28<sup>th</sup> - **Introduction to MAID** - Dying with Dignity

Thursday October 5<sup>th</sup> - **Canada: Past, Present and Future** - with Gordon Campbell

Thursday October 12<sup>th</sup> - **What's Ahead for Saanich** - with Mayor Dean Murdock

Thursday October 26<sup>th</sup> - **Cybercrime** with Saanich Constable Berle Zwaan

Thursday November 2<sup>nd</sup> - **Peking to Paris** with Chris Beresford

Thursday November 9<sup>th</sup> - **Privilege, Agency and the Climate Scientist's Role in the Global Warming Debate** with Dr. Andrew Weaver

Thursday Nov. 23<sup>rd</sup> - Money Matters

Thursday November 30<sup>th</sup> - Habitat for Humanity



The next Book Club meeting will be **Thursday September 21<sup>st</sup> 1:30 - 3:00 pm**

The Book Club title for September is **Lincoln Highway** by Amor Towles. There is no Book Club Set for that book, but the library website is showing several copies available, and individuals are responsible for getting their own copy.

## CALL FOR SUBMISSIONS

If you, or someone you know would be interested in exhibiting in our Art Gallery, please submit an application to Tara, our curator. Submissions should include:

Artist's CV

Artist statement

5 images

Submissions are accepted on an ongoing basis and can be dropped off in person or emailed to

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

## FUNDRAISING - How Can You help?

We received \$132.50 from our **Fairways** fundraising in August. 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.

You can also participate in our fundraiser at **Pepper's Foods** in Cadboro Bay Village. Ask the cashier for a gift card, load it 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.

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



### Volunteer Cooks and Bakers Needed

Do you enjoy cooking or baking? We are still looking for volunteers to bake goodies or cook some delicious meals for take out and luncheon specials. Our Take Out meal program rolls out September 7<sup>th</sup>. If interested, please contact organizer Myrna Rouse [myrnalloyrouse@gmail.com](mailto:myrnalloyrouse@gmail.com)



### TEA ROOM SPECIALS THIS MONTH

Thursday September 7<sup>th</sup> - Chickpea Curry with Rice

Monday September 11<sup>th</sup> - Minestrone Soup

Thursday September 21<sup>ST</sup> - Chile w/Focaccia bread

Thursday September 28<sup>th</sup> - Lasagna (choice of meat or vegetable)



## MORE 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. 18<sup>th</sup> - 19<sup>th</sup> We need at least 12 - 16 volunteers for setup, cash handling and kitchen. Volunteer hours can be on one day or both days or even just part of a day.

Please sign-up on the clip board in the Lobby or in the Lower Hall.

We are also looking for volunteers on the front desk. There are two shifts available on either Tuesday or Thursday mornings (10 am - noon). Please contact Marlene if interested.

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



### THANK YOU!

We wish to thank new member **Lyn Coles**, for generously donating her time sanding and varnishing our front bench. It looks fabulous!

## ACTIVITY SCHEDULE

| Monday  | Tuesday  | Wednesday                             | Thursday   | Friday  |
|---|--|---------------------------------------|--|---|
| Strength & Balance<br>9:00 – 10:00  | Line Dancing<br>10:00 – 11:00<br>(returns Sept. 12 <sup>th</sup> ) | Drop in Art<br>8:00 – 11:30           | Yang Style Tai Chi<br>9:30 – 11:00   | Yoga<br>9:30 – 10:30<br>(returns Sept. 8th)                         |
| Stretch & Strength<br>10:15 – 11:00   | Silk Reeling<br>11:15 – noon                                       | Chinese Brush Painters<br>9:30 – 1:00 | Strength & Balance<br>12:00 – 1:00   | Spanish Conversation<br>Adv.<br>10:30 – noon<br>(returns Aug. 11th) |
| Quillers<br>10:00 - noon  | Chen Basics Tai Chi<br>12:15 – 1:00                                | Duplicate Bridge<br>12:15 – 4:00      | Book Club<br>1:30 – 3:00<br>(3 <sup>rd</sup> Thursday)<br>(returns September 21st) | Choir<br>1:15 – 3:15<br>(returns Sept. 8th)                         |
| iPad & iPhone Club<br>10:00 – 11:30<br>(this month Sept. 18 <sup>th</sup> ) | French Conversation<br>Adv.<br>1:00 – 3:00                         | Crafters<br>1:30 – 3:30               | Social Bridge<br>12:30 – 4:00  |   |
| Yang Style Tai Chi<br>11:30 – 1:00  | Portrait Painters<br>1:15 – 4:00<br>(returns September 5th)        |                                       |  |   |
| Social Bridge<br>12:30 – 4:00   |  |                                       |  |   |
| Meditation<br>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>            |
|                                |   |
| <b>President:</b> Allan Davies | <b>Vice-President:</b> Mary Collins         |
| <b>Secretary:</b> Barb Turner  | <b>Treasurer:</b> 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 This Summer



Music in the Park 2023!



Our fabulous Music in the Park kitchen volunteers.



James the Grill Master for Music in the Park.



More fabulous Music in the Park volunteers.



GH Board members (l-r) Wendy Denyes, Myrna Rouse & Barb Turner at Caddy Bay Days.



Leslie and Heidi, August birthday girls sharing a little celebration.