

THE GAZETTE



GOWARD HOUSE

December 2023 – January 2024 Editor: *Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders Custodian: Leslie Hall

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250 477- 4401

gowardhouse.com

administration@gowardhouse.com



President's Message

Christmas arrived this year on November 18th and 19th with our first Christmas Craft Fair since 2019! Many thanks to the staff and volunteers who spent hours decorating the house for Christmas and preparing Goward House to host over 20 crafters. The house was buzzing with a festive atmosphere both Saturday and Sunday - a wonderful way to begin the Christmas Season.

The Chinese Brush Painters Art Show and Sale began last week at Goward House. Such beautiful art work has added a special touch to the Christmas decorations and contributes to a warm and welcoming feeling in the house. Their work will be on display until the end of January.

Our Christmas Luncheon on December 14th has been so popular we have almost reached capacity and sold out. Your support for this annual event is greatly appreciated. We look forward to a delicious turkey lunch and the fellowship of Goward House members and their guests.

Our financial plan seems to be working. Membership is increasing and the hot lunch and pantry program is becoming very popular. House activities and special events are well-attended. Special thanks to members for their support in revitalizing the Goward House Program. It is not too late to contribute to the President's Appeal. We are still hoping to reach our goal of supporting Goward House operating expenses in 2024. Sincere thanks to all members who have contributed so generously this year.

On behalf of the Goward House Board of Directors and staff we would like to extend our best wishes to all Goward House members for a wonderful Holiday Season and a healthy 2024.

Warmest thoughts to all for peace, joy and happiness,
Allan



The next Book Club will be **Thursday December 21st from 1:30 - 3:00 pm.**

The December title is **Klara and The Sun** by **Kazuo Ishiguro**. Participants need to find their own book. There are several copies at the Public Library.

Activity Ideas!

Goward House is looking for interested members who would like to form a new activity. The activities would be subject to approval by the Administrator and run by a volunteer facilitator within the group. Blue tickets would apply. Examples of groups could be: walking group, poetry/writing group, travel discussion group, men's discussion group, card making group, photography club etc. The facilitator (s) would be the group contact for administration. Please submit your interest to Heidi Hodgins at gowardhouse@shaw.ca. Specify what type of group you are interested in and what days and times you would be available. Thank you!



Margie Mayfield Presentation

Margie Mayfield is a professor emerita in the faculty of Education at the University of Victoria. She has been a solo traveller by inclination, avocation, and circumstance since she was 19 and went to study medieval history at the University of Aberdeen in Scotland.

This session presents the lives and experiences of nine exceptional, interesting, and enthusiastic women travellers from the 4th to the 21st century who wrote about their adventures in their own words. These accomplished and admirable women include an abbess whose only guidebook was the Bible, a brewer and restless pilgrim now honoured by the Anglican communion, four Victorian women (a trader in Africa, an explorer, an artist, and a collector of butterflies), and three 20th century travellers (a scholar, an adventurer, and a famous author). Reading list included.

Monday January 22 2:00 pm

FREE for members NON-MEMBERS \$10.00

Please pre-register at the Front Desk

Goward House Christmas Luncheon

Thursday December 14th at NOON

Turkey with fresh herbs, buttery mashed potatoes, gravy and cranberry sauce, bread stuffing with dried plum and sage. Complemented with local vegetables. Dessert, coffee and tea included. *Vegetarian option available.*

(cash wine bar available.)

\$25.00 p/p

Pre-order and pay by December 6th

Seating is limited



PURDY'S CHRISTMAS CHOCOLATE FUNDRAISER

Pick up of orders is from the Front Desk, Friday December 8th.

Goward House raised a record breaking \$850.00 with this fundraiser!

Thank you for participating!

THANK YOU FOR YOUR DONATION

Goward House would like to thank the following companies and donors for their generous contributions to our holiday raffle baskets.

Heart Pharmacy, QE Home Essentials, Heirloom Linens, Pharmasave Broadmead, Gail Branton, Myrna Rouse, Lee Frank, Fairway Market, Slater's First Class Meats, Penna & Co. Kitchen Shop, For Good Measure, Barb Martin, Ken Cross, Harry Torno, Wild Birds Unlimited & Pepper's Foods.

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 January 2nd. **GOOD LUCK!**

Our November punch card draw winner was Barb Mekelburg. Congratulations!



MONEY MATTERS

with Pam Katunar

The next session will be **Thursday January 25**, from 2 - 3:30 pm. The topic for this presentation is **2024 ECONOMIC & MARKET OUTLOOK**.

Join us as we discuss the economic and financial-market developments of the past quarter and what our analysts are forecasting for the coming year. Our team will share our outlook on the global economy and major asset classes as well as discuss the major opportunities and risks we see on the horizon.

Please pre-register at the front desk by Tuesday January 23rd.

Attendance is free.

THANK YOU CRAFT FAIR VOLUNTEERS

Goward House would like to thank the many, many volunteers for our first Craft Fair in 4 years! It was a great success which depended on your generous time and commitment. Please raise a glass to:

Barbara Sawyer, Dean Sawyer, Eleanor Beam, Deb Flitton, Gail Flitton, Christine Neilson, Gail Branton, Mary Collins, Rheta Steer, Esther Pomeroy, Wendy Denyes, John Martens, Barb Turner, Gela Stach, Nancy Lypkie, Myrna Rouse, Dave Rouse, Georgia Jared, Barb Martin, Ken Cross, Anne Swannell, Elaine Carson, Tricia Bowden, Spring Yates, Rosita Dworschak, Tyler Hodgins, James Young, Barry Mah Ming, Christine Neilson, Katherine Odgers, Ann Gibbard & Anne Heel. *(Apologies if we missed anyone! Please know you were greatly appreciated, too!)*



UPCOMING EVENTS

(please pre-register at the Front desk)

Dying with Dignity - "Advanced Care Planning".
Thursday January 11th 2:00 pm

Margie Mayfield Presentation - Monday January 22
2:00 pm.

Saanich Police Constable Zwaan - "10 Ways to
Recognize a Scam" February 8th 2024.

HOT MEAL SPECIALS

Wednesday Dec. 6th - Beef Stroganoff

Wednesday Dec. 20th - Chicken Parisienne w/ rice
and veg



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

Wynn Arden, Jerry Asner, Yanina Betkowski, Heather Cozens, Evelyn Downs, Gilda Good, Barbara Hawkins, Allan Jared, Peter Kirchner, Jean Lemay, Heather MacNeil, Ann Mazuruk, Susan Morriss, John Neufeld, Martha Oleson, Shirley Rainey & Wendy Wardle

VOLUNTEER OPPORTUNITIES

Can you help? We are still looking for members to add to our roster of volunteers and for special events. If you are able to help or want more information, please email Marlene at marlene@gowardhouse.com or call 250 477-4401.

HOT LUNCH & PANTRY PROGRAM - Chefs and bakers needed! We need cooks who want to share their culinary talents with our membership. Meals are first served as hot lunches, then fill our freezers with take-home suppers and baking.

FUNDRAISING - How Can You help?

Fairways 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.

Peppers is another way you can help support Goward House. 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.

Barry's Bottle Recycling donated \$50.00 last month. Thank you Barry!



Dying with Dignity

IT'S YOUR LIFE. IT'S YOUR CHOICE.



The topic for this presentation is **Advanced Care Planning**.

Thursday January 11th 2:00 pm

Please pre-register at the Front Desk.

President's Appeal

There is still time to donate to The President's Appeal before the deadline of December 15th for a 2023 tax receipt.

Thank you to all who donated this year!

SNOW & ICE ALERTS

We want to keep all of our members safe this winter, so in case the weather outside is frightful (and not so delightful), members and volunteers are asked to call Goward House @ 250 477-4401 after 8:30 a.m. to receive information on House closures due to inclement weather. Please stay safe on the roads this winter.

PLEASE USE CAUTION ON WOODEN BRIDGES WHILE WALKING THROUGH WOODLANDS!

Exhibition and sale of
CHINESE BRUSH PAINTING

December 1, 2023 – January 30, 2024

Weekdays, 9:00–4:00

Opening reception

Sunday, December 3, 2023, 1:30 – 3:30



From the
Studio of Harmonious Endeavours
Arlene Davey – Barbara Downie – Ann Gibbard
John Hart – David Macdonald – Barbara Mekelburg
Nenagh Molson – Dorothy Roberts

Goward House, 2495 Arbutus Road
www.gowardhouse.com



ACTIVITY SCHEDULE

Monday schedule begins Jan. 8th 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00	Line Dancing 10:00 – 11:00 (returns Jan. 9 th)	Drop in Art 8:00 – 11:30	Yang Style Tai Chi 9:30 – 11:00	Yoga 9:30 – 10:30 (returns Jan. 26 th)
Quillers 10:00 - noon	Silk Reeling 11:15 – noon (returns Jan. 9 th)	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation Adv. 10:30 – noon (returns Jan. 12 th)
iPad & iPhone Club 10:00 – 11:30 1 st Monday	Chen Basics Tai Chi 12:15 – 1:00 (returns Jan. 9 th)	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 rd Thursday)	Line Dancing 11:00 – noon (no instructor) (returns Jan. 5 th)
Stretch & Strength 10:15 – 11:00	French Conversation Adv. 1:00 – 3:00 (returns Jan. 2 nd)	Crafters 1:30 – 3:30	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15 (returns Jan. 5 th)
Yang Style Tai Chi 11:30 – 1:00	Mah Jong 1:00 – 4:00 (returns Jan. 9 th)			
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00 (returns Jan. 2 nd)			
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>
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: 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



Elaine Leonard is ready for the Craft Fair!



Charles Dool and his lovely artwork.



Georgia and Myrna in the Café.



Lower Hall ready for the doors to open.



Goward House Crafters table – almost a sell out!



Cozy set-up for the Craft Fair.