

# THE GAZETTE



## GOWARD HOUSE

**February 2024 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

A belated Happy New Year to everyone! I hope you enjoyed a wonderful holiday season. May 2024 bring you good health and happiness.

Despite the very cold and snowy weather earlier this month, there has been lots of activity at Goward House. As of the end of January our membership increased to 372 which is the highest it has been since 2019! House activities, as well as the Speakers Program, have been very well attended. Don't forget to join us in the Lower Hall for a presentation by B.C. MLA Murray Rankin on Thursday, February 1<sup>st</sup> at 2:00 p.m.

It is wonderful to see more and more members gathering in the Tea Room before and after activities or dropping by just to meet and socialize with friends. Although the administrative staff have been more than willing to help when the Tea Room gets busy, it is not part of their responsibility. The Tea Room is run entirely by member volunteers. As the Tea Room gets busier, more volunteers will be needed to keep things running smoothly. If you are able to volunteer and would like to learn more about how you can be involved, please contact Marlene ([marlene@gowardhouse.com](mailto:marlene@gowardhouse.com)).

Many thanks to all the very generous members who contributed to the President's Appeal again this year. As of December 31<sup>st</sup> 2023, the Society received \$16,895.00. These donations will definitely help with Goward House operating expenses while the Society's action plan has time to fully develop and reach financial goals. Early indications are the plan is working well. It is not too late to contribute to the President's Appeal. Any amount would be much appreciated.

A few more weeks of chilly weather and we can look forward to the warmer, longer days of spring. I will be in the President's Corner on Tuesday, February 13<sup>th</sup> this month from 1:00p.m. to 3:00 p.m. as I am unable to be there at my regular time. I look forward to seeing you at the House. Enjoy this warm weather!

Allan



## Special Guest MLA Murray Rankin

Thursday February 1<sup>st</sup>, 2:00 pm

*"Current Priorities for the Provincial Government and for Oak Bay - Gordon Head".*

FREE for members    NON-MEMBERS \$10.00

Please pre-register at the Front Desk

Murray Rankin was elected as the MLA For Oak Bay-Gordon Head in 2020 and has served as the Minister of Indigenous Relations and Reconciliation since that time.

Prior to provincial politics, Murray served as the Member of Parliament for Victoria between 2012-2019, and was the NDP Justice and Attorney General Critic, Health Critic, and NDP House Leader. Between 2019 and 2020, Murray was the Chair of Canada's National Security and Intelligence Review Agency, overseeing all national security and intelligence activities carried out by the Government of Canada.

Throughout his career, Murray has been a dedicated advocate for climate action, accessible health care and childcare, and worked extensively to advance reconciliation with Indigenous Peoples. As a lawyer with expertise in environmental, Indigenous, and public law, Murray has been a staple in Victoria for many years, serving as a professor of law at the University of Victoria, and founding groups such as the West Coast Environmental Law Association and the BC Public Interest Advocacy Centre.



## 10 Ways to Recognize a Scam

With the help of Saanich Police, empower yourself with the practical techniques to increase your financial and technological safety skills to protect yourself and loved ones.

Join us for a presentation by **Constable Berle Zwaan** of the Saanich Police for this important topic **February 8<sup>th</sup> @ 2:00 pm** in the Lower Hall. Please register at the Front Desk.

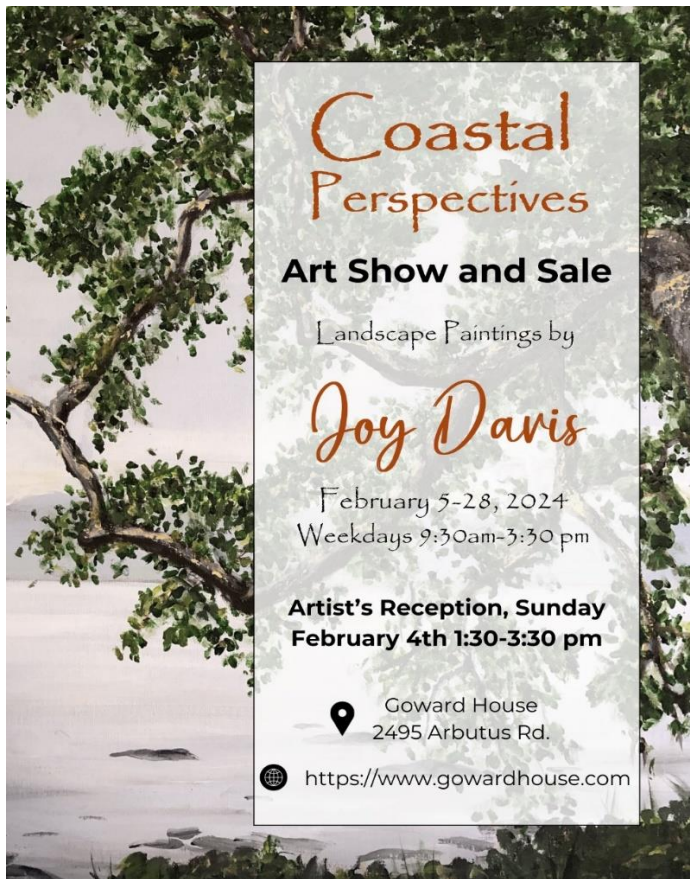
FREE for members    \$10.00 for non-members



The next Book Club will be **Thursday February 15th from 1:30 - 3:00 pm.**

The February title is **Tom Lake** by **Anne Pache**. Participants need to find their own book. There are several copies at the Public Library.





Goward House presents...

**Joy Davis**

**Art Show & Sale**

**February 5<sup>th</sup> – 28<sup>th</sup> 2024**

*"As I've always called BC's coastal islands home, I have a deep affection for the landscapes of the Pacific Northwest with their endlessly varied combinations of mountains, ocean, islands and trees!"*

**Artist Reception Sunday February 4<sup>th</sup>, 1:30 – 3:30**

**2495 Arbutus Rd.**



### **Purdy's Easter Chocolate Fundraiser**

Everyone loves Easter chocolates, especially the little ones in your life! Help raise more funds for Goward House and expand your order by reaching out to your friends and family.

Brochures can be picked up at the front desk starting Monday February 5<sup>th</sup>.

Due date for all orders (online and paper) is **Friday March 1st**. Pick up will begin **Monday March 25th**.

Thank you for participating!



Goward House will be closed Monday February 19<sup>th</sup> for Family Day!



## STRETCH AND STRENGTH CLASS

Join our lovely instructor **Manda Ghag** in a class designed to elongate and add strength to your core, leg muscles and arms. This 45-minute class will have you feeling great while improving your every day functional movement.

**Mondays 10:15 - 11:00**

**1<sup>st</sup> Class FREE**

(then requires a fitness ticket)

## VOLUNTEER OPPORTUNITIES

**KITCHEN VOLUNTEER** needed every other Tuesday 10:30 - 1:30.

**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.

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

## FUNDRAISING - How Can You help?

We received **\$354.19** from our Pepper's fundraising program. 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.

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.

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



## SPECIAL PRESENTATION

### *The Future of Cancer Care - BC Cancer Victoria Helps Lead the Way*

This presentation will discuss the role of clinical trials and tomorrow's standard of care available today, leading to better patient outcomes at BC Cancer - Victoria.

**Presenters:** **Phil Pollock**, Manager, Clinical Trials & Clinical Research, BC Cancer Victoria and **Jane Evans, Sr.** Development Officer, BC Cancer Foundation.

**Monday February 26<sup>th</sup> 2:00 pm**

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

Please pre-register at the front desk.



## MONEY MATTERS

with Pam Katunar

The next session will be **Thursday February 22<sup>nd</sup>**, from 2 - 3:30 pm. The topic for this presentation is **Estate planning - tax considerations**.

Join us as we discuss various topics related to probate, designated accounts, tax planning strategies for estate planning purposes, filing deadlines when someone dies, types of returns, what about adding children to accounts, new tax considerations.

Please pre-register at the front desk by Tuesday February 20th.

Attendance is free.

## 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 31st. **GOOD LUCK!**

Our December punch card draw winner was **Maggie Easton**. Congratulations!



### UPCOMING EVENTS

*(please pre-register at the Front desk)*

**M.L.A. Murray Rankin** - Thursday February 1<sup>st</sup> @ 2:00 pm

**Saanich Police Constable Zwaan** - "10 Ways to Recognize a Scam" - February 8<sup>th</sup> @ 2:00 pm

**Money Matters** - Pam Katunar - February 22<sup>nd</sup> @ 2:00 pm

**Jane Evans** - "The Future of Cancer Care in BC" - The Cancer Foundation February 26<sup>th</sup> @ 2:00 pm

### HOT MEAL SPECIALS

**Wednesday February 7<sup>th</sup>** - Meat Lasagna

**Wednesday February 14<sup>th</sup>** Valentine's Day Special - Grilled Cheese and Tomato Soup **\$10.00**

**Wednesday February 21<sup>st</sup>** - Russ's Perogies

**Tuesday February 27<sup>th</sup>** - Honey Mustard Chicken w/ rice and vegetable.



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

**Diane Bradley, Joy Carroll, Drelene Gibb, Helen Lindholm, Sally McLean, Anna Perkins, Elizabeth Pulker, Brian Sheilds, Linda Stern, Diane Ulrichsen & Evelyn Zapantis**

## 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
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 <sup>st</sup> Monday)	Chen Basics Tai Chi 12:15 – 1:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 <sup>rd</sup> Thursday)	Line Dancing 11:00 – noon (no instructor)
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>
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>
<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 WSÁNEĆ peoples whose historical relationships with the land continue to this day.*



## "Scene" Around Goward House



Leslie Hall presenting raffle gift basket #1 to winner **Kittie Ure**.



Wendy Stevenson picking up raffle gift basket # 2 for winner **Phyllis Anderson**.



Russ Saunders presenting raffle gift basket #3 to **Barry Mah Ming**.



Thank you to **Fern Davies** for the beautiful, festive pots!