

THE GAZETTE



GOWARD HOUSE

March 2024 *Editor: Marlene Abney*

Administrator: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders Custodian: Leslie Hall

2495 Arbutus Rd. Victoria B.C. V8N 1V9

250 477- 4401

gowardhouse.com

administration@gowardhouse.com



President's Message

I really enjoy the warm and cozy atmosphere at Goward House during the cold and rainy days of winter: the smell of hot lunches cooking as you come through the door, members sitting around the fireplace with a hot drink and maybe a muffin and laughter coming from the Tea Room or other parts of the house as members enjoy their activities. We are truly fortunate to have this wonderful place to get together.

Goward House membership continues to increase. We welcomed five new members in February and many more renewed their membership for another year. There are now 388 active members enjoying all the Goward House Program has to offer. There is always room for more so encourage your friends and family to join us.

There has been lots of interest in the Purdy's Easter Chocolate Fundraiser this year. It is not too late to order. The deadline for orders is Friday, March 1st and pick-up will be Monday March 25th.

We will be hosting several very interesting speakers again this month. March 7th Lindsay Dixon will talk about the Overuse of Prescription Drugs by Seniors. Federal MP Laurel Collins will join us on Monday, March 11th. On March 25th Cliff & Diana Cunningham will take us on an African Safari adventure. Look for further information in the Gazette.

I will be in the President's Corner on Tuesday, March 5th from 1:00 p.m. to 3:00 p.m. You are always welcome to bring your questions and ideas or just come for a visit.

Enjoy the late winter/early spring flowers and blossoms while they last. I will look forward to seeing you at the House. Happy Spring!

Allan



Special Guest M.P. Laurel Collins

Monday March 11th, 2:00 pm

FREE for members NON-MEMBERS \$10.00

Please pre-register at the Front Desk

Laurel Collins has been honoured to serve as a Member of Parliament for Victoria since 2019. She is the NDP Critic for Environment and Climate Change and the Deputy Critic for Families, Children and Social Development.

She has been recognized as a climate champion in the House of Commons and has fought hard for bold climate action and good jobs for workers in a low-carbon economy. She is a strong advocate for a health-based approach to the toxic drug crisis, for Indigenous rights and for real action on the affordable housing crisis.

Laurel has dedicated her life to advocating for social and environmental justice issues and is committed to continuing that work to ensure a liveable planet for future generations. Laurel and her partner James have two daughters, Alora and Éowyn.



Lindsay Dixon - Pharmacist

The Overuse & Misuse of Prescription Drugs by Seniors

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 second in a series of talks with Lindsay.

Thursday March 7th 2:00 pm

FREE for members

\$10.00 for non-members

Please pre-register at the front desk.



The next Book Club will be **Thursday March 21st 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.



MONEY MATTERS

with Pam Katunar

The next session will be **Thursday March 28th** from 2 - 3:30 pm. The topic for this presentation is the role of Insurance in Estate Planning.

Join us as we discuss strategies using insurance to create more effective intergenerational wealth transfer, uses of segregated funds, GICs from insurance companies, deferred annuity settlement options, concerns about beneficiaries that are not good with their money; corporate vs personal insurance and other insurance tips that you need to know!

Please pre-register at the front desk by Tuesday March 26th.

Attendance is free.

VOLUNTEER OPPORTUNITIES

FRONT DESK - Can you spare 2 hours every other Thursday afternoon? Shift is noon - 2:00 pm. Greet members, answer phone calls and perform sales. This is a social position where you will meet other members and assist staff.

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 or call 250 477-4401.

FUNDRAISING - How Can You help?

We received **\$165.50** from our **Fairway's** fundraising. Want to help raise funds for Goward House? 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.

Pepper's Foods in Cadboro Bay Village also offers a fundraising program. Visit Pepper's and 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!



VOLUNTEER MEETINGS & RECRUITMENT

Volunteer meetings are held twice a year, spring and fall. If you are already a volunteer, these meetings are a refresher and an opportunity to discuss your ideas or have questions addressed. If you are interested in volunteering, please come and see what it's all about. Maybe now is the time for you to take the leap!



Kitchen Volunteer Meeting - **Tuesday March 19TH** , 11:00 am - noon.

Please rsvp to marlene@gowardhouse.com



Front Desk Volunteer Meeting - **Tuesday March 26TH** , 11:00 am - noon

Please rsvp to marlene@gowardhouse.com



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 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. Draws are done the last day of each month. **GOOD LUCK!**

Our January punch card draw winner was Georgia Jared. Congratulations!

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

Tom Barne, Debra Clarke, Catherine Kerr, Cassie Kangas, Leslie Knight, Murthi Kotturi, Veronica Marner, Victoria Osier-Mixon, Catherine Reader & Cove Silas

UPCOMING EVENTS THIS MONTH

(please pre-register at the Front desk)

Pharmacist Lindsay Dixon - The Overuse & Misuse of Prescription drugs by Seniors. Thursday March 7th @ 2:00 pm.

M.P. Laurel Collins - Monday March 11th @ 2:00 pm.

Cliff & Diana Cunningham - African Safari Travel Presentation. Monday March 25th @ 2:00 pm.

Pam Katunar - Money Matters. Insurance in Estate Planning. Thursday March 28th @ 2:00 pm.

HOT MEAL SPECIALS

Wednesday March 6th - Beef Enchiladas

Wednesday March 13th - Paninis

Wednesday March 20th - Seafood Lasagna

Wednesday March 27th - Shepherd's Pie



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.

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 Friday March 29th and Monday April 1st. Happy Easter!

IN REMEMBRANCE

Jim Bigsby

Choir member and former Goward House Choir Director.

Jim Bigsby was always good-natured and good-humoured, helpful, hard-working, and curious. He delighted in puns and always seemed to have one at the ready.

A child of Oak Bay, he graduated OBH in 1961 and was an organizer of multiple reunions. He was one of the first UVic students, active in student politics and the Martlet student newspaper. When The Beatles played Vancouver in 1964, Jim was working for a Victoria newspaper and spent the concert photographing the band from in front of the barricades. After graduating from UVic he received a master's degree from SFU.

He went on to a successful and varied career, a serial entrepreneur and consultant specializing in learning materials and communications. He taught his children to value experience as much as education and showed us that a full life was about more than just work.

His profound love of music led to him singing in several Victoria choirs (notably Allegra and Arbutus Singers) and becoming the choir director and music arranger for the Goward House Singers, which he led for 13 years before retiring five years ago.

Jim had a long and happy marriage to Suzanne Bell, a fellow lover of music and dogs. They enjoyed trips to Europe and the Caribbean, annual wedding anniversary visits to Tofino, hosting family dinners, and time with grandchildren. Jim is survived by his loving wife Suzanne; his siblings Stephen and Gail; his children David and Caitlin (through his first wife Kathleen); his daughter-in-law Katy; his grandchildren Connery, Marshall, Elliot, Ella, and Ash; and his dog Pippi. The family is grateful for the loving care provided to Jim in his final year by the staff at Hart House and The Summit.

Arnold Adlkirchner

Goward House member, Tai Chi enthusiast and teacher.

Arnold, a smart, intelligent, empathetic man with a good sense of humour, whom I think of as a good friend and my Tai Chi Brother will surely be missed.

Phil Brumwell

He was an outstanding, compassionate human being, and demonstrated the discipline and search for understanding which nurture the development of the art. Taiji lost an inspiring advocate, and we lost a good friend. I will really miss him.

Gaby Leja

I was so impressed with Arnold's teaching. He was incredibly kind. He had a wicked and very droll sense of humour. He seemed to be able to find just the right thing to say to set us all rolling with laughter. He was also very gentle and patient.

Ursula Steele



Arnold with Gordon Muir





Goward House Portrait Painters

- SHOW & SALE -

Peter Dowgailenko,
Irene Khurana,
Eleanor Koble,
Kathleen Manning,
Victoria Mixon,
Anna Perkins,
Elizabeth Pulker,
Cove Silas &
Gordon D Smith



MARCH 4 - 27 2024

WEEKDAYS 9:30AM - 3:30PM

2495 ARBUTUS ROAD

More information can be found at

<https://gowardhouse.com/>

AFRICAN SAFARI Travel Presentation



Cliff and Diana Cunningham have been fortunate to have travelled now to all 7 continents and visited 53 countries. They present travelogues to several seniors' homes and organizations and enjoy reliving their travels this way.

Join them as they describe their amazing visit to Southern Africa. See and learn about Cape Town and Stellenbosch in South Africa and go on Safari through Zimbabwe, Botswana and Namibia. Visit Table Mountain, Cape of Good Hope and some of the wineries in the area. Then encounter the many exotic animals and birds of the region while enjoying the scenic views. End in the spray of Victoria Falls as the Zambezi River plunges 190 metres into the gorge below.



Monday March 25th 2:00 pm

FREE for members non-members \$10.00

Please pre-register at the front desk.

SAVE THE DATES

Heart & Stroke Foundation presentation by **Mary Strombulic** - Thursday April 11th @ 2:00 pm.

MAID - The 3rd presentation of the MAID series will focus on **Family & MAID**. Join us Monday April 15th @ 2:00 pm.

Money Matters - **Pam Katunar** will discuss Estate Planning and legal considerations on Thursday April 25th @ 2:00 pm.

Susan Brice - Saanich Councillor and former MLA, Minister and Mayor of Oak Bay will speak Monday April 29th @ 2:00 pm.

ACTIVITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00 (no class March 18 th)	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 st Monday)	Chen Basics Tai Chi 12:15 – 1:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 (3 rd Thursday)	Line Dancing 11:00 – noon (no instructor)
Stretch & Strength 10:15 – 11:00 (no class March 18 th)	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>
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



Mary Collins & M.L.A. Murray Rankin



Mary Collins & Dr. Margie Mayfield