

THE GAZETTE



GOWARD HOUSE

April 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

This is the first week it has felt a little like spring. I love this time of year. The garden seems to show us something new each morning. The warmth and sunshine lifts our spirits and happily transforms the landscape with fresh new plant growth, colours and fragrances. Over the next few weeks, in order to further enrich the soil, the gardeners will continue mulching the garden beds.

The Program Committee has been busy preparing to host a number of interesting speakers in April. As a special guest this month, we will welcome former MLA and current Saanich Counsellor, Susan Brice on Monday, April 29th at 2:00 p.m. Presentations concerning the Heart and Stroke Foundation, Dying with Dignity, and Estate Planning will round out the program for April. Be sure to check the Gazette for more information.

The Kitchen Committee's Pantry Program continues to be very popular. Each month the weekly hot lunch specials are posted in the Gazette. Many thanks to the member volunteers who have cooked delicious meals and contributed so generously to the program.

With the warmer weather, and as the patio becomes available, we are hoping many more members will join us for lunches and snacks. As we move into spring and summer, we look forward to offering more special events and, of course, our Summer BBQs. Watch for more information in the Gazette.

The Board is preparing for the Annual General Meeting on Thursday, May 16th at 2:00 p.m. The Board has been updating the Society's Constitution and Bylaws to be sure they remain relevant. To allow time for review, any changes will come to you in the form of a special resolution 14 days before the AGM. A vote on any special resolutions will be taken at the AGM.

We welcomed five new members to the Goward House membership again this month. At last count we are nearing 400 members - which is the highest number since 2019! There is always room for more so please encourage your friends and family to join us.

Enjoy these beautiful warm days!

Allan



In Conversation with Susan Brice

Monday April 29th, 2:00 pm

Join us to learn of Susan's history and commitment to Public Service and her perspectives on the challenges facing Saanich.

FREE for members NON-MEMBERS \$10.00

Please pre-register at the Front Desk

Susan has had a wide range of community roles and is currently a Councillor for Saanich Municipality and Chair of the Finance and Governance Committees as well as being a Director of the Capital Regional District where she Chairs the Finance Committee.

Susan's past political experience includes Chair, Greater Victoria School Board, Councillor and Mayor of Oak Bay and Provincial MLA and Cabinet Minister. Her current political involvement is Councillor Saanich Municipality-chair Finance & Governance, Director CRD-Chair-Chair Finance, and board member Greater Victoria Harbour Authority. Susan's community service experience includes the Cridge Centre for the Family, the B.C. ALS Society Community Committee and a board member of the Swan Lake Nature Sanctuary.

Past Appointments:

- Director Victoria Airport Authority
- Chair Regional Transit Commission
- Board Member Pacific Sport Institute
- Chair Camosun College Foundation
- Director Municipal Finance Authority
- Deputy Chair B.C. Police Commission



MONEY MATTERS

with Pam Katunar

The next session will be **Thursday April 25th** from 2 - 3:30 pm. The topic for this presentation is **Estate Planning - Legal Considerations**. Gurpreet Randhawa, Partner at Sitka Law will be a guest speaker.

Join us as we discuss the critical legal documents you need to have in today's world: will, power of attorney, representation agreement, role of the executor, having alternative plans, possible role of a Trust Company, etc.

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

Attendance is free.

SAVE THE DATE

(please pre-register at the Front desk)

Mary Stambulic - Heart & Stroke Foundation -
Thursday April 11th @ 2:00 pm.

MAID - Dying with Dignity presents Family & MAID.
Monday April 15th @ 2:00 pm.

Pam Katunar - Money Matters. Thursday April 25th
@ 2:00 pm.

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

Valentina Santamaria - Wild Birds Unlimited.
Thursday May 2nd @ 2:00pm.

Ken Fyke - Former Deputy Minister of Health. Monday
May 13th @ 2:00 pm.

HOT MEAL SPECIALS

Wednesday April 3rd - Sweet & Sour Meat Balls

**Wednesday April 10th - Fast Chicken w/ cream
sauce served with rice and peas.**

Wednesday May 1st - Beef Lasagna



Dying with Dignity



The topic for this presentation is **Family & MAID.**

Monday April 15th 2:00 pm

Please pre-register at the Front Desk.



WILD BIRDS UNLIMITED

Guest speaker **Valentina Santamaria** from Wild Birds Unlimited will be giving an informative talk on conservation of native pollinators.

Thursday May 2nd @ 2:00 pm.

FREE for members **NON - MEMBERS \$10.00**

Please pre-register at the Front Desk.

See below for more details.

Urbanization has deeply impacted the diversity of native plants found in our community. Due to habitat loss and degradation, populations of bees, butterflies and birds that once dominated our landscape are in decline. The loss of these important pollinator species is detrimental to Canada's agricultural industry and food sovereignty, as we rely heavily on their services to produce economically important crops such as fruits, vegetables and grains. Luckily, the conservation of these important species can start in your backyard! In this presentation, we will explore why conservation of native pollinators is important, which pollinators are found locally in Victoria, and how we can preserve, enhance and maintain their populations.



Guest Speaker **Mary Stambulic**

Join us for a discussion with **Mary Stambulic** of the Heart & Stroke Foundation.

Heart disease and stroke are leading causes of death in Canada. These two conditions cost the Canadian economy more than \$24.8 billion per year. About 2.6 million Canadian adults live with heart disease and almost 948,000 people live with the effects of stroke.

Join us for this presentation from Heart & Stroke to learn how to improve your heart and brain health, signs to watch for, the risk factors that contribute to these conditions, and how you can reduce your risk.

Thursday April 11th @ 2:00 pm.

FREE for members **NON-MEMBERS \$10.00**



Ken Fyke - Former Deputy Minister of Health

A Prescription for Primary Health Reform

During a career that has spanned more than four decades, Ken Fyke has been committed to social justice, equity and health for all people, and provided innovative leadership to many of Canada's health reforms.

Throughout his career, Fyke had the opportunity to work in hospitals and government, serve on Royal Commissions on Health and has had exposure to political processes at all levels. He served as deputy minister of health in two Canadian provinces and held several senior roles in health care administration.

Monday May 13th @ 2:00 pm.

FREE for members **NON - MEMBERS \$10.00**



The next Book Club meeting will be **Thursday April 18th 1:30 - 3:00 pm.**

The February title is **The Dutch House** by **Ann Patchett**. There is a Book Club set at the Front Desk.

FUNDRAISING - How Can You help?

Our **Purdy's Chocolates** Easter fundraiser raised **\$225.68**. Thank you to all who participated!

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!



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 February punch card draw winner was **Bev Liepert**. Congratulations!

On behalf of Heidi and staff, we wish to thank all of the wonderful volunteers at Goward House. It has been said before, but we love saying it again...that we can't do it without your help. From help at the Front Desk to the Kitchen, from Group Leaders and the Board of Directors to our Special Events, Goward House Society relies on the generous time given by our volunteers.

THANK YOU !

Goward House Honour Roll of Volunteers

Board Of Directors

Gail Branton, Past President (Front Desk & Membership, Grounds, Garden & Parking, Personnel)

Mary Collins, Vice-President (Emergency Preparedness, Program)

Allan Davies, President (Finance, Facility, Grounds, Garden & Parking, Personnel)

Wendy Denyes, (Environs, Program, Publicity, Special Events)

Lee Frank, Treasurer (Front Desk & Membership, Finance, Kitchen, Special Events, Volunteers)

Barry Mah Ming, Past President (Environs, Policy & Procedures)

John Martens, (Emergency Preparedness, Policy & Procedures)

Myrna Rouse, (Kitchen, Special Events)

Barb Turner, Secretary (Publicity,Volunteers)

Kitchen

Rosita Dworschak Wendy Major

Val Roberts Myrna Rouse

Barb Sawyer Dean Sawyer

Rheta Steer Spring Yates

Front Desk

Lois Akam Ivan Baggs

Suzanne Ball Eleanor Beam

Tricia Bowden Gail Branton

Mary Collins Gail Flitton

Lee Frank Brenda Lee

Barry Mah Ming John Martens

Barb Martin Esther Pomeroy

Barb Turner

Crafters & Quillers

Elaine Daniel, Karin Geppert, Carolyn Hayward, Esther Pomeroy, Barb Sawyer, Jean Smith, Kittie Ure & Penny van der Valk

And...

Valerie Roberts, Rheta Steer, Myrna Rouse, Barb Sawyer, Dean Sawyer, Rosita Dworschak, Wendy Major, Gail Flitton, Lee Frank, Barb Martin, Ken Cross, John Martens, Barb Turner, Gail Branton, Esther Pomeroy, Mary Collins, Ivan Baggs, Suzanne Ball, Lyn Coles, Elaine Daniel, Julie Newson, Chris Neilson, Tricia Bowden, Ann Gibbard, Barb Mekelburg, Sheila Hofmeyr, Katherine Odgers, Peta Alexander, Wendy Denyes, Gayle Millbank, Nancy Lypkie, Margo Allen, Eleanor Beam, Deb Flitton, Gail Flitton, Gela Stach, Georgia Jared, Anne Swannell, Elaine Carson, Spring Yates, Anne Heel, Fran Pollet, Christine Willes, Ursula Steele, Allan Davies, Fern Davies, Joan Lee, Carol Simson & Barry Mah Ming.

Thank you, each and every one of you for volunteering for our Craft Fair, Christmas Luncheon and decorating, Pantry Program, Strawberry Tea, Music in the Park, and BBQs ! We could not do it without you!

A Big THANK YOU to our Volunteer Instructors and Group Leaders

Jim Brackenbury (Bridge)

Mary Collins (Guest Speakers)

Anton de Bakker (Spanish Conversation)

Betty Doherty (Line Dancing)

Eric Elbers (Meditation)

Leah Freedman (iPad Club)

Ann Gibbard (Chinese Brush Painting)

Susan Gilberstad (Book Club)

Barbara Loan (French Conversation)

Vicki Postl (Portrait Painters)

Phil Robbie (GH Singers)

Anne Swannell (GH Painters)

We did our best to recognize everyone, please forgive us if we missed you.

VOLUNTEER OPPORTUNITIES

SPECIAL EVENTS

We are looking for some members to add to our roster of volunteers for special events and the Front Desk.

Two of our special events require many volunteers to make them happen: **MUSIC IN THE PARK** and **GOWARD HOUSE CRAFT FAIR**. Please look for the sign-up sheets on clip boards (main floor and Lower Hall) closer to the event dates.

Please let us know if you can help!

Front Desk - We currently need a volunteer for both every other Tuesday am or every other Thursday pm. The shift is only 2 hours and is an important role. You will greet people, make sales and answer the phone. It is a very social position where you will meet a lot of our friendly members.

Music in the Park & GH BBQ - July 2nd. We need at least 12 volunteers for cash handling, food/concession and traffic control.

Goward House CRAFT FAIR - Nov. 16th & 17th We need many volunteers for cash handling, kitchen, and parking lot duty. Volunteer hours can be just one day or both days and split into shifts between volunteers.

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

GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 16th 2024 at 2:00 pm

Please pre-register for our AGM and let us know that you will be attending. We need your input and your votes. The meeting will be held outdoors (weather permitting).

Give us a call, or email administration@gowardhouse.com



Eco-Print Workshop

with Nora Ready

Tuesday May 14th from 1:00-3:30pm.

Members \$10.00 (supply fee) Non members \$30.00

Space is limited to 8 participants. Please register at the Front Desk.

Victoria Chapter of Dying with Dignity COMMUNITY FORUM

“Let’s Talk: End-of-life Choices”

This event is being held at Oak Bay High School on **Saturday April 6th**. Goward House representatives will be participating along with many other community partners.

“The focus of this Community Forum is on end-of-life planning, options and resources, and conversations which will destigmatize death and dying and give comfort to all concerned,” says Gwen Anholt, co-chair of the Victoria Chapter of Dying With Dignity Canada (DWDC). “We’re thrilled by the level and interest shown for this community forum, including generous sponsorship support from the *Times-Colonist*.”

Advance registration is required. Reservations can be made online at dyingwithdignity.ca/victoria-forum. There is a \$10.00 registration fee which includes morning coffee break and a light lunch at noon.

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

Barry Arnsdorf, Gayle Fletcher, Ginny Glover, Elizabeth Hamilton, Glenn Hamilton, Marilyn Neal, Mike Neal, Anne Pope, Ruth Robinson, Alex Stephen, & Jean Topham.



Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00	Line Dancing 9:45 – 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 <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>
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 WSÁNEĆ peoples whose historical relationships with the land continue to this day.

“Scene” Around Goward House



M.P. Laurel Collins & our own Mary Collins