

THE GAZETTE



GOWARD HOUSE

March 2025 Editor: *Marlene Abney*

General Manager: 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 21 new members in February and many more renewed their membership for another year. There are now 437 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.

Our Tai Chi Open House on February 10th with new instructors Gabriel Shaw and Jacqueline Sloan was very well attended. Jacqueline brings a dance, choreography, Pilates and rehabilitation background to her work in Tai Chi. Classes will be 10:45 a.m. to 11:45 a.m. on Mondays.

We will be hosting a Somatics Movements Open House on Thursday, March 13th from 10:30 a.m. to 11:30 a.m. with Jennifer O'Halloran. Join us and learn more about this new exercise program. Jennifer's eight-week course will commence April 3rd and finish May 22nd.

I will be in the President's Corner on Tuesday, March 4th 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 look forward to seeing you at the House.

Happy Spring!

Allan

SAVE THE DATE

Tuesday March 4th - 1:00 pm - President's Corner with Allan Davies in the Living Room.

Thursday March 6th - 2:00 pm - Elizabeth May - MP Saanich Gulf-Islands and Leader of the Green Party. **

Thursday March 13th - 10:30 am - Somatic Movements Open House with Jennifer O'Halloran. **

Tuesday March 18th - 1:00 pm - Guided walk through Haro Woods with Deborah Dickson.

11:00 am - Kitchen Volunteer Meeting

Tuesday March 25th - 11:00 am - Front Desk Volunteer Meeting

1:30 pm - Goward House Social Circle

Thursday March 27th - 2:00 pm - Money Matters with Pam Katunar. The topic is estate planning. **

Monday April 14th - 2:00 pm - Ikebana Japanese Floral Design. Linda Petch will discuss the beauty of nature in designing arrangements of this ancient artform. **

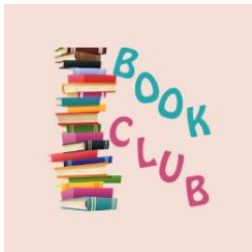
*(**please pre-register at the Front desk)*

VOLUNTEER OPPORTUNITIES

We are always 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.

VOLUNTEERS NEEDED - We are really in need of a Front Desk volunteer every other Tuesday pm. Also, the kitchen needs a volunteer every other Tuesday from 10:30 - 2:00 pm. Please let us know if this interests you.

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.



Book Club with Susan Gilberstad

Book Club will meet Thursday March 20th from 1:30 - 3:00 pm. The title for discussion will be **Followed by the Lark** - by Helen Humphreys. Members need find their own copy of the book.

For this meeting, participants are also asked to come with 2 suggestions of books for possible future reads, along with short descriptions.



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 **Naz Rayani**.

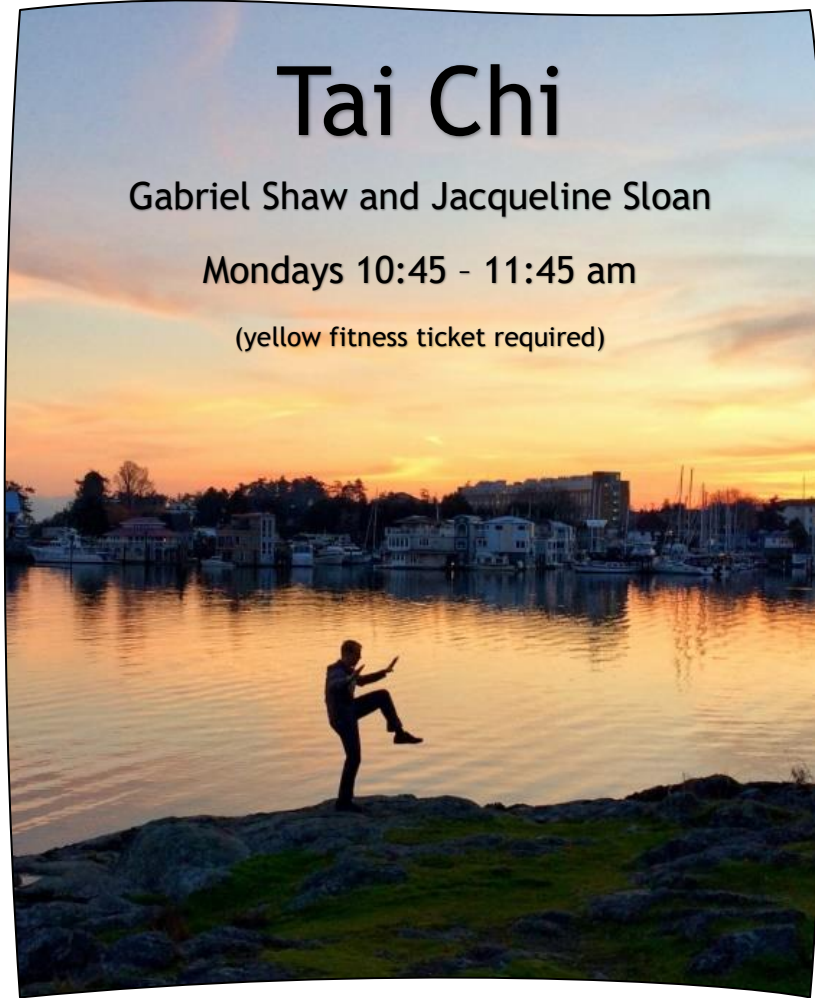
Congratulations!

Tai Chi

Gabriel Shaw and Jacqueline Sloan

Mondays 10:45 - 11:45 am

(yellow fitness ticket required)



Gabriel Shaw

I started practicing Tai Chi and Qigong when I was 13 years old and immediately fell in love with the beauty and depth of the practice. These tools have helped me manage anxiety, heal pain and shift burnout, as they have for many of my students.

In 2018, I earned my bachelors of science in kinesiology, followed by a designation as a clinical exercise physiologist. My background in many areas of health from paramedicine, hospitals, clinics, studios and gyms gives me a holistic perspective on healing. I combine these tools in my coaching practice to help people release stuck energy and find balance physically, mentally and spiritually. Learn more about my work at coachgabrielshaw.com.



Jacqueline Sloan

Jacqueline grew up in a physically active family. At an early age, she translated this love for movement into dance, which took her from the Royal Winnipeg Ballet to the National Ballet of Canada.

Physical injuries precipitated a move into stage production and choreography, which led her to training and teaching Pilates and rehabilitation. Jacqueline spent 9 years as a physiotherapist assistant enjoying teaching people about how the body works.

About 10 or 11 years ago she met Gabriel Shaw and fell in love with Tai Chi. She found Gabriel's unique approach very much in line with her own knowledge and experience of the body. "Bringing the mind, body and soul into a centred healing movement practice is one of the most gratifying things I have done".



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 **Friday February 7th**.

Due date for all orders (online and paper) is **Wednesday March 12th**. Pick up will begin **Monday April 14th**.

Thank you for participating!



MONEY MATTERS with Pam Katunar

Our next Money Matters is **Thursday March 27th** from 2 - 3:30 pm.

The topic for this month is Estate Planning and Tax Considerations. Guest Speaker is Dan Giesbrecht, CPA, CGA, Principal, Giesbrecht & Associates. Effective tax planning strategies for estate planning will be covered including tips and planning techniques.

Hosted and presented by Heart Wealth Management of Raymond James.

Money Matters is **FREE**. Please pre-register.

Bridge Lessons - "Defense"

Thursday April 24th to Thursday June 19th - 9:30 - 11:30 am

Jim Brackenbury will teach this nine-week course at Goward House on Thursday mornings. The course will be aimed at players familiar with bidding and play of the hand, using the most recently updated textbook from the American Contract Bridge League. Jim is an accredited ACBL bridge teacher and club director.

Registration for the course begins **Tuesday March 4th at 10:00 am**. Fees are \$90 for Goward House members and \$110 for non-members. The required textbook can be purchased directly from the instructor. (Please let the front desk know if you require the textbook "Defense in the 21st Century" at registration.)



Somatics Movements Open House

An introduction to Somatics Movement Course

OPEN HOUSE - Thursday March 13th , 10:30 - 11:30 am.

Come and find out what Somatic Movement is and meet the instructor, Jennifer O'Halloran.

(see more next page)



Somatic Movements for Spring - Awakening for your Body

Special 8-week course

Thursday mornings, 10:30 - 11:30 am from April 3rd - May 22nd.

Pre-registration and payment of \$64.00 required.

Registration begins March 13th (*immediately after the Open House*).

Wake up and tune into your body for spring with a gentle somatic movement practice. By practicing specific proven movements and focusing on various areas of the body we can improve our posture, overall flexibility, reduce muscle tension while regaining the joy and ease of physical movement.

This eight-week series will

- Awaken your connectedness to your body
- Enable you to discover how you hold tension in your body and how you can release it
- Guide you through a series of gentle, slow and enjoyable movements designed to help you relax key muscles and increase flexibility
- Result in an increased sense of ease and balance in your body
- Provide you with the tools and motivation to make somatic movements part of your ongoing wellness program

Jen is an ESMTT (Essential Somatics[®] Movement¹ Teacher in Training). For many years I had felt unbalanced in my body but could not find out why. In 2023 I found Essential Somatics and then began studying with founder Martha Pederson. I am excited to have found a practice that explains what is happening in my body as I age and gives me movement tools to combat the effects of everyday life and injury. I am thrilled to share this with others.



SPECIAL GUEST SPEAKER

Elizabeth May - MP Saanich-Gulf Islands and Leader of the
Green Party

Thursday March 6th - 2:00 pm

Free for members non-members 10.00

Please register in advance either in person at the front desk, by telephone 250 477-4401 or by email (administration@gowardhouse.com)

Elizabeth May served as Leader of the Green Party of Canada from 2006 - 2019 and returned as leader in November 2022. She is the Green Party of Canada's first elected Member of Parliament representing Saanich-Gulf Islands in 2011. She continues as the Member of Parliament.

In 2005, Elizabeth May was made an Officer of the Order of Canada in recognition of her decades of leadership in the Canadian environmental movement. She graduated from Dalhousie Law School and was admitted to the Bar in both Nova Scotia and Ontario. She practiced law in Ottawa with the Public Interest Advocacy Centre prior to becoming Senior Policy Advisor to the federal minister of the Environment (1986- 1988). For seventeen years Elizabeth served as Executive Director of the Sierra Club of Canada.

A proud mother and grandmother, she lives in Sidney, British Columbia, with her husband John Kidder. Elizabeth is the author of nine books, including her most recent revised book, *Climate Change for Dummies*.

WEDNESDAY LUNCH SPECIALS

Wednesday March 5th - Mac & Cheese

Wednesday March 12th - Beef Chili w/ Corn Bread

Wednesday March 19th - Hawaiian Chicken

Wednesday March 26th - Shepherd's Pie



(Lunch specials are available while supply lasts. Items not sold day of may be available for take - out.)

Haro Woods Guided Walking Group

Please join Goward House member **Deborah Dickson** on a guided walk through Haro Woods. Deborah was instrumental in the preservation of Haro Woods over the last few decades.

Did you know that Haro Woods is the last urban forest in East Saanich? Have you seen the Owl nests? History shows that this land has been used by humans and four-legged animals for centuries. This green corridor provides refuge for urban animals and migrating birds to move safely through our community.

The next walk will be **March 18th at 1:00 pm** weather permitting. Please meet in the lobby at Goward House. The walk through the woods is on accessible trails, for all ages, and transit is available on Arbutus Rd.

Free for all, all welcome.

FUNDRAISING - How Can You help?

Pepper's Foods in Cadboro Bay Village offers a great fundraising program. We received **221.98** from our Pepper's fundraising this quarter. Would you like to help raise funds for Goward House? 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's that simple and it does add up!

Fairways cards are available at the Front Desk. Once you have your card assigned, please visit customer service at a Fairway Market and have it loaded with any amount you would like. Fairways will donate 5% of the value to Goward House.

Thank you to all the members who help raise these funds by participating.

Barry's Bottle Recycling donated **\$100.00** last month. Thank you Barry! If you have returnable containers you'd like to donate, please call Barry at 250 888-9963. Proceeds to Goward House!



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

Louise de Lugt, Ron Hunsinger, Penny Martin, Barbara Ollis, Beverly Paty, Donna Phillips, Gary Porter, Susan Porter, Roxanne Rees, Susan Ruttan & Benny Wong



We would like to thank **Heart Pharmacy** for generously donating to our Christmas gift baskets. *(We regret they were inadvertently left off the list of donors last month.)*

Ikebana - The Art of Japanese Floral Design

With Linda Petch



Ikebana, the Japanese art of floral design, symbolizes the beauty of all components of the natural world working in harmony. While there are many styles of Ikebana, in all styles, flowers, leaves, branches and stems are arranged to reflect the beauty of nature and evoke emotion in the viewer. Often, Ikebana designers incorporate twigs, moss and stone and in their designs. The basic elements of Ikebana, colour, line and mass are arranged to achieve this effect, leaving room in the design for the butterflies to fly.

Monday April 14th 2:00 pm

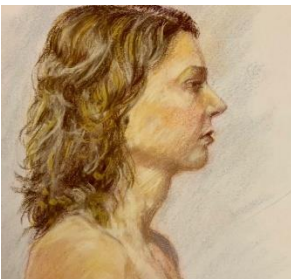
FREE for members \$10.00 for non-members

*Please register in advance either in person at the front desk,
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Linda Petch

Linda received her teacher certificate in Sogetsu Ikebana this year after completing its required curriculum of 110 lessons. In Sogetsu Ikebana, each of the 110 lessons has a specific structural assignment. She chose to study Sogetsu Ikebana because, in addition to the structured curriculum, it's the freest, most unrestricted style of Ikebana as it also allows freestyle designs.



Portrait Models Needed!

Our Goward House Portrait Painters are always looking for models. The artists meet Tuesdays from 1:00 - 4:00 pm. Sit in a comfy chair and relax as the artists paint you at repose.

Models may take one of their portraits home. Please contact Vicki Postl at vpostl@telus.net

(portrait shown is courtesy artist Gordon Smith)

Expression Of Interest Requested

We are seeking interest about a Zoom presentation from **Osteoporosis Canada**. If a Zoom Presentation of this nature interests you, please let us know if there is a day of the week that you prefer.

administration@gowardhouse.com



Goward House Portrait Painters

- SHOW & SALE -



Irene Khurana,
Jeff Leese,
Kathleen Manning,
Anna Perkins,
Vicki Postl &
Gordon D Smith

MARCH 4 - 26 2025

WEEKDAYS 9:30AM - 3:30PM

2495 ARBUTUS ROAD

More information can be found at

<https://gowardhouse.com/>

Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00	Line Dancing 9:30 – 11:00	Drop in Art 8:00 – 11:30	Strength & Balance 12:00 – 1:00	Yoga 9:30 – 10:30
Quillers 10:00 - noon	French Conversation Adv. 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Social Bridge 12:30 – 4:00	Spanish Conversation Adv. 10:30 – noon
iPad & iPhone Club 10:00 – 11:30 <i>(March 3rd)</i>	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 <i>(March 20th)</i>	Choir 1:15 – 3:15
Tai Chi 10:45 – 11:45	Portrait Painters 1:15 – 4:00	Crafters 1:30 – 3:30		
Social Bridge 12:30 – 4:00				
Meditation 2:30 – 4:00				

GOWARD HOUSE SOCIETY

Board of Directors: Committees 2024-25

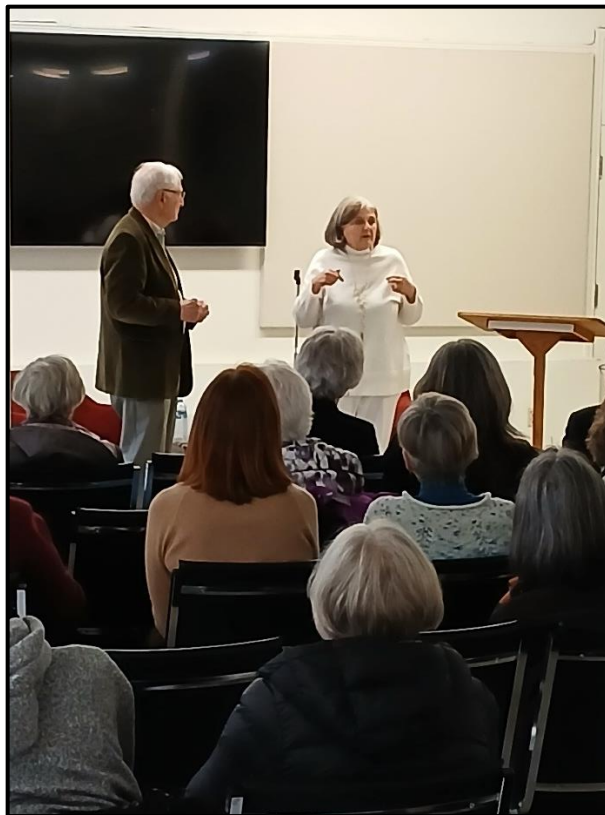
COMMITTEE		DIRECTORS	
ENVIRONS		<i>Mary Collins, Linda Petch</i>	
FACILITY		<i>Allan Davies, Lee Frank</i>	
FINANCE		<i>Allan Davies, Lee Frank, Heidi Hodgins</i>	
GROUND, GARDEN & PARKING		<i>Allan Davies, Gail Branton, Linda Petch</i>	
KITCHEN		<i>Myrna Rouse, Lee Frank</i>	
PERSONNEL		<i>Allan Davies, Gail Branton, Mary Collins</i>	
POLICY & PROCEDURES		<i>Allan Davies, Barry Mah Ming, Gail Branton</i>	
PROGRAM		<i>Mary Collins, Barbara Turner</i>	
PUBLICITY		<i>Barbara Turner, Barry Mah Ming</i>	
SPECIAL EVENTS		<i>Myrna Rouse, Lee Frank</i>	
VOLUNTEERS, MEMBERSHIP & FRONT DESK		<i>Gail Branton, Lee Frank</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



Leah Hollins – Chair Island Health



Maureen McTeer & Dr. Jay Spence