

# THE GAZETTE



GOWARD HOUSE

**April 2025 Editor:** *Marlene Abney*

General Manager: Heidi Hodgins  
Assistant Administrators: Marlene Abney & Tara Jackson  
Janitor: Russ Saunders Custodian: Leslie Hall

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[administration@gowardhouse.com](mailto:administration@gowardhouse.com)



## President's Message

Weather forecasters tell us we have received more rain in March than in January and February combined. More than ever, we are looking forward to warm sunshine in the month of April. I love this time of year. The garden seems to show us something new each morning. The warmth and sunshine lift 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 there is a Federal election on April 28<sup>th</sup>, the Committee has arranged for Liberal candidate Will Graves and NDP candidate Laurel Collins to speak on Thursday, April 03<sup>rd</sup>. Green candidate Michael Doherty will join us on Monday, April 07<sup>th</sup>. Be sure to check the Gazette for more information.

With the warmer weather, and as the patio becomes available, we are hoping many more members will join us for lunches and snacks. Last September the President's Appeal raised funds for updating our patio furniture. We are hoping to have our new furniture in time for the summer season. 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.

Over the next few months, the Board will be highlighting opportunities the Goward House Endowment Fund offers for members to support the long term security of the Goward House Program. There will be more information coming soon.

The Board is preparing for the Annual General Meeting on Thursday, May 15<sup>th</sup> at 2:00 p.m. Remember to mark your calendars so you don't forget this important meeting. The Board will be reviewing a very successful year. Membership has increased from 388 to 445 this year - 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

# SAVE THE DATE

**Thursday April 3<sup>rd</sup>** - 1:30 - **Will Greaves**, candidate for the Liberal Party for the Victoria riding, and, at 3:00 pm - **Laurel Collins**, candidate for the NDP party for the Victoria riding. \*\*

**Monday April 7<sup>th</sup>** - 1:30 - **Michael Doherty**, candidate for the Green Party for Victoria riding. \*\*

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

**Monday April 14<sup>th</sup>** - Free Coffee/Tea Day! Please see kitchen volunteer.

**Tuesday April 15<sup>th</sup>** - 1:00 pm - Guided walk through Haro Woods with **Deborah Dickson**.

**Thursday April 24<sup>th</sup>** - 2:30 pm - **Money Matters** with **Pam Katunar**. The topic is estate planning with a focus on trusts. \*\*

**Tuesday April 29<sup>th</sup>** - **Goward House Social Circle** @ 1:30 pm in the Living Room.

**Thursday May 1<sup>st</sup>** - 2:00 pm - **Dwight Owens** - **Ocean Networks Canada** presentation. \*\*

**Tuesday May 6<sup>th</sup>** - 1:00 pm - President's Corner with **Allan Davies** in the Living Room.

**Thursday May 8<sup>th</sup>** - 10:00 am - President's Forum. A Zoom link will be emailed to members.

**Monday May 12<sup>th</sup>** - 2:00 pm - **Mary-Lynn Hanson** from Victoria Foundation speaks on endowment funds. \*\*

**Thursday May 15<sup>th</sup>** - 2:00 pm - **Goward House Society AGM**. Please join us! \*\*

*(\*\* 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](mailto:marlene@gowardhouse.com) or call 250 477-4401.

**VOLUNTEERS NEEDED** - We are really in need of a Front Desk volunteer every other Tuesday from noon - 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 April 17<sup>th</sup>** from **1:30 - 3:00 pm**. The title for this month is **Remarkably Bright Creatures** by **Shelby Van Pelt**. There is a Book Club Set for this book. Please sign out a copy at the front desk.

# GOWARD HOUSE to welcome Candidates for the Federal Riding of Victoria



**Will Greaves**, is running as the Liberal candidate in Victoria. He is a dedicated community member, professor, and father who calls Victoria home. An expert in climate policy, national security, and Arctic politics, he teaches at the University of Victoria. The son and grandson of Canadian diplomats, Will has always been passionate about history and politics. He enjoys biking, cooking, and walking his dog in the woods. Will believes in strong leadership to protect Canada's future, ensuring security and stability for all. He is running to stand up for Canada and build a stronger country for future generations—including his daughter and all our families.

**Thursday April 3<sup>rd</sup> at 1:30 pm**

Pre-registration required    [administration@gowardhouse.com](mailto:administration@gowardhouse.com)



**Laurel Collins** is the incumbent MP and the NDP candidate for Victoria in the 2025 federal election. She has served as the Critic for Environment and Climate Change since 2019. Laurel is known as a climate champion in Parliament and across Canada. She helped change the Criminal Code to better support survivors of sexual assault and continues to advocate for survivors of intimate partner violence. She's taken bold steps to tackle Victoria's housing crisis and helped deliver dental care to millions of Canadians.

**Thursday April 3<sup>rd</sup> at 3:00 pm**

Pre-registration required    [administration@gowardhouse.com](mailto:administration@gowardhouse.com)



**Michael Doherty** is running as the Green Party of Canada candidate in Victoria. He has been a litigation lawyer in British Columbia for 35 years, at public interest organizations (Ecojustice, the BC Public Interest Advocacy Centre) for about half of that time, and with the public service (the federal Department of Justice and the Attorney General of British Columbia) for the other half. He has two degrees (BA, MA) in political science and three degrees (LLB, MJur, PhD) in law. He has taught law at universities and colleges and has authored books on law and other subjects. He has a long history of working on environmental issues, beginning as a volunteer with the Sierra Club in Victoria in the late 1970s.

**Monday April 7<sup>th</sup> at 1:30 pm**

Pre-registration required    [administration@gowardhouse.com](mailto:administration@gowardhouse.com)



## Purdy's Easter Chocolate Fundraiser

Pick up will begin Monday April 14th. Thank you for participating!



### MONEY MATTERS with Pam Katunar

Our next Money Matters is **Thursday April 24<sup>th</sup>** from 2:30 pm.

The topic for this month is Estate Planning with a focus on **Trust Considerations**. This includes types of trusts, when to use trusts, how to set them up; when to set them up.

Hosted by Heart Wealth Management of Raymond James. The Guest Speaker is Damien Enright, Partner with Johns Southward LLP, Practice Area - Wills & Estate Planning, Business Law, Real Estate Law.

Hosted and presented by Heart Wealth Management of Raymond James.

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

Still a few spots left!



### Bridge Lessons - "Defense"

**Thursday April 24<sup>th</sup> to Thursday June 19<sup>th</sup> - 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 began **Tuesday March 4<sup>th</sup> 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 21<sup>st</sup> Century" at registration.)

### WEDNESDAY LUNCH SPECIALS

Wednesday April 9 - Beef Lasagna

Wednesday April 16 - Chicken Broccoli Casserole

Wednesday April 23 - Paninis

Wednesday April 30 - Russ's Perogies



*(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 **April 15<sup>th</sup> 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.



## Somatic Movements for Spring - Awakening for your Body

Special 8-week course

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

Pre-registration and payment of \$64.00 required.

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<sup>®</sup> Movement<sup>1</sup> 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.

### FUNDRAISING - How Can You help?

**Pepper's Foods** in Cadboro Bay Village offers a great fundraising program. 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!

**Fairway Market** is another way to fundraise for Goward House. 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. Fairway 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:

Maura Byrne, Lee Capon, David Greer, Joni Hockert, Jack Hodgins, Lois Looman, Wendy Macleod, Molly McConnell, Wendy Orr, Mae Petersen, Susan Ruttan, Loren Sahara, Theresa Walton & Mary Wick.

# 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 14<sup>th</sup> 2:00 pm

FREE for members \$10.00 for non-members

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



## 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.

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## 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](mailto:vpostl@telus.net)

*(portrait shown is courtesy artist Gordon Smith)*

## 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 March punch card draw winner was **Peta Alexander**. Congratulations!



**Mary-Lynn Hanson**, Sr. Manager, Philanthropic Partnerships and **Natasha Benn**, Director of Philanthropic Services with the Victoria Foundation, will discuss what it means for Goward House to have an endowment, and the benefits and opportunities it provides to ensure our long-term sustainability. Natasha will also discuss the various ways of making a charitable gift, during one's lifetime and through one's estate planning, to support Goward House and other causes that are important to you. She will share some of the tools that the Victoria Foundation has for building awareness of community needs and opportunities as the Foundation works together with donors to support the work of the charitable sector.

Monday May 12<sup>th</sup> 2:00 pm

FREE - everyone welcome!



*On behalf of Heidi and staff, we wish to thank all 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, Policy & Procedures, Volunteers)

Mary Collins, Vice-President (Environ, Personnel, Program)

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

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

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

Linda Petch, Director (Environ, Grounds, Garden & Parking)

Myrna Rouse, Director (Kitchen, Special Events)

Barb Turner, Secretary (Program, Publicity)

## Kitchen

Rosita Dworschak      Deb Flitton

Wendy Major      Gillian Roach

Myrna Rouse      Barb Sawyer

Rheta Steer      Spring Yates

## Front Desk

Ivan Baggs      Suzanne Ball

Jane Birkbeck      Tricia Bowden

Gail Branton      Mary Collins

Gail Flitton      Lee Frank

Brenda Lee      Barry Mah Ming

John Martens      Barb Martin

Joy Olesky      Esther Pomeroy

Ivy Pye      Barb Turner

## Crafters & Quillers

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

## And...

Rheta Steer, Myrna Rouse, Barb 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, Elaine Daniel, Chris Neilson, Tricia Bowden, Ann Gibbard, Barb Mekelburg, Sheila Hofmeyr, Katherine Odgers, Peta Alexander, Wendy Denyes, Nancy Lypkie, Margo Allen, Deb Flitton, Gail Flitton, Georgia Jared, Anne Swannell, Spring Yates, Anne Heel, Rennie Heel, Ursula Steele, Allan Davies, Fern Davies, Joan Lee, Phil Robbie, Alison Campbell, Sheila Hunter, Patricia Young, Heather Shea, Susan Gilberstad, Brenda Shewchuk, Susan Morris, Patricia Brooke, Christine Neilson, Julia Day, Kay McQueen, Linda Petch, Lois Akam, Joy Olesky, Valerie Roberts, & Barry Mah Ming.

*Thank you, each and every one of you for volunteering for our Craft Fair, Christmas Luncheon, 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

Lois Akam (Mah Jong)

Jim Brackenbury (Bridge)

Mary Collins (Guest Speakers)

Anton de Bakker (Spanish Conversation)

Eric Elbers (Meditation)

Leah Freedman (iPad Club)

Ann Gibbard (Chinese Brush Painting)

Susan Gilberstad (Book Club)

Angela Enright (French Conversation)

Vicki Postl (Portrait Painters)

Phil Robbie (GH Singers)

Alison Campbell (choir liaison)

Carol Nuernberger (GH Painters)

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





## Join us for a presentation with Dwight Owens

Ocean Networks Canada

Amazing “Big Science” Initiative

Thursday May 1<sup>st</sup> 2:00 pm

Free for members non-members 10.00

Please pre-register by visiting or calling the front desk or email  
administration@gowardhouse.com

**Ocean Networks Canada (ONC)**, an initiative of the University of Victoria, operates a unique and extensive array of ocean observing systems. Starting with VENUS in the Salish Sea, installed in 2006, NEPTUNE in the northeast Pacific in 2009, the Cambridge Bay Observatory in the Arctic in 2012, and Livingston Island off the Antarctic coast in 2024, ONC has been involved at the cutting edge in the design, operations, and innovation associated with advanced research ocean observatory systems. The presentation provides a broad overview of the observatories and the science they support.

Dwight Owens has over 30 years’ experience in science education and communications. Since joining Ocean Networks Canada in 2008, Dwight has served a variety of roles, including web content management, outreach, user engagement, learning and community engagement, and most recently as the Impact and Capacity Development manager.



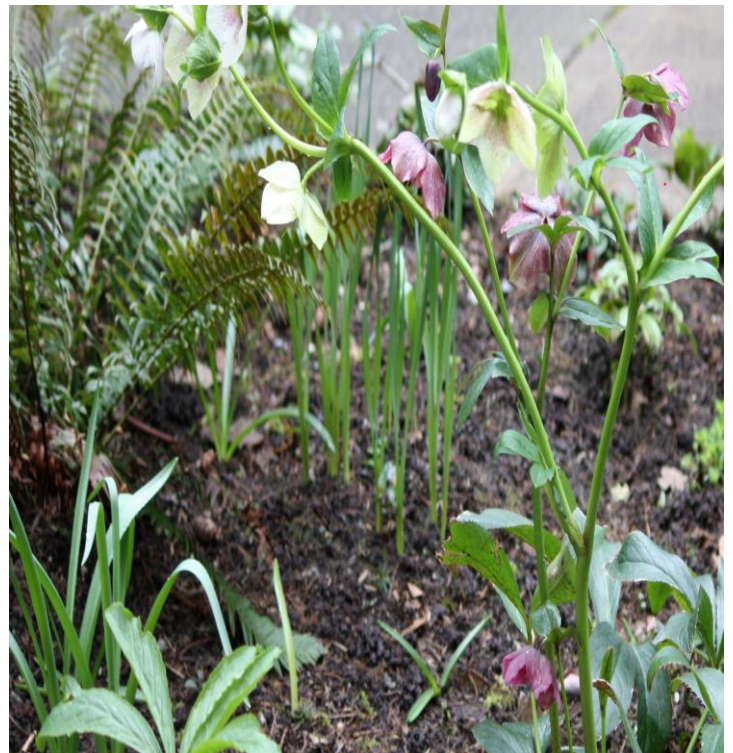
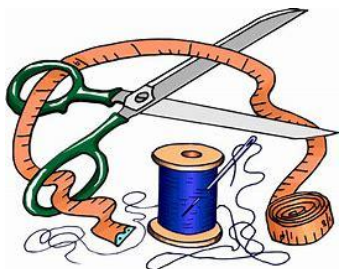
### Goward House Repair Clinic

In need of a “tear repair?” A button sewn on? Loose ends fixed? Our very own Goward House Crafters (who are also sewers, knitters and stitchers) are offering a simple clothing repair clinic exclusively to our members.

Visit our Crafters on the first Wednesday of each month, from 2 -3 pm, and bring your simple repair jobs. Our crafters will select a pickup date and recommend a suggested donation to Goward House.

(Please note: Clean items only. The Crafters have the right to refuse large or challenging requests. NO zippers please!)

The next repair clinic will be Wednesday April 2<sup>nd</sup>



## 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>(April 7<sup>th</sup>)</i>	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00 <i>(April 17<sup>th</sup>)</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
<b>ENVIRONS</b>	<i>Mary Collins, Linda Petch</i>
<b>FACILITY</b>	<i>Allan Davies, Lee Frank</i>
<b>FINANCE</b>	<i>Allan Davies, Lee Frank, Heidi Hodgins</i>
<b>GROUND, GARDEN &amp; PARKING</b>	<i>Allan Davies, Gail Branton, Linda Petch</i>
<b>KITCHEN</b>	<i>Myrna Rouse, Lee Frank</i>
<b>PERSONNEL</b>	<i>Allan Davies, Gail Branton, Mary Collins</i>
<b>POLICY &amp; PROCEDURES</b>	<i>Allan Davies, Barry Mah Ming, Gail Branton</i>
<b>PROGRAM</b>	<i>Mary Collins, Barbara Turner</i>
<b>PUBLICITY</b>	<i>Barbara Turner, Barry Mah Ming</i>
<b>SPECIAL EVENTS</b>	<i>Myrna Rouse, Lee Frank</i>
<b>VOLUNTEERS, MEMBERSHIP &amp; FRONT DESK</b>	<i>Gail Branton, Lee Frank</i>
<b>President: Allan Davies</b>	<b>Vice-President: Mary Collins</b>
	<b>Secretary: Barb Turner</b>
	<b>Treasurer: Lee Frank</b>

*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



**Elizabeth May** - MP Saanich-Gulf Islands and leader of the Green Party at our very well attended presentation Thursday March 6<sup>th</sup>, 2025.