

THE GAZETTE



October Gazette 2025

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GOWARD HOUSE

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President's Message

Well, our wonderful summer is behind us and fall beckons -- it won't be long before the leaves turn to their autumnal colours! Of course we always look forward to two special days in October- Thanksgiving on October 13 and Halloween on October 31 when we welcome ghosts, ghouls and the many costumed youngsters out to "trick or treat!"

September was a busy month at Goward House with many of our activities starting up again after a summer break. We also had some interesting presentations including welcoming our local MLA Hon Diana Gibson on September 29.

We have several speakers lined up as well in October - Bonnie Yarish and Laurie Wilson from Grandmothers for Africa will join us on Monday, October 6 at 2 pm, to talk about their experiences in Africa. Dying with Dignity is back October 20, with a presentation on MAID - Moving forward. And looking ahead to November: November 6 we welcome Tanya Clarmont from the Victoria Native Friendship Centre, and on November 10 don't miss Tim and Diana Schaffter as they share their experiences working in North Korea.

All of these presentations are open to both members and others - so let your friends and neighbours know, in case they may be interested in joining us. We would appreciate it if you could call or email us if you are planning to attend, so we will have a good idea of what the numbers will be for each event.

I will be in the Living Room for the President's Corner on Tuesday October 7 at 1 pm -- come and join me and bring any questions or suggestions you may have on how to further strengthen our membership and programs.

A mini Members' Survey will be going out to you soon by email and we would appreciate receiving your feedback and suggestions. Please complete and send back by October 15.

Of course, we are looking forward to our Craft Fair on Saturday and Sunday, November 15 and 16 - we still need volunteers so let us know if you would like to help.

Enjoy October!

Mary Collins, President

SAVE THE DATE

Thursday October 2nd - 10:30 am - **Somatics Movements Demo**. This is a free presentation.

Monday October 6th - 2:00 pm - **Bonnie Yarish & Laurie Wilson, Grandmothers for Africa** presentation.

Tuesday October 7th - 1:00 pm - President's Corner with **Mary Collins** in the Living Room.

Monday October 20th - 2:00 pm - **MAID**, Dying with Dignity. The topic is "Moving Forward".

Also, **Free Coffee Day** (while volunteer on duty).

Tuesday October 21st - 1:00 pm - Guided Walk in Haro Woods with **Deborah Dickson**.

Thursday October 23rd - 2:00 pm - **Money Matters** with **Pam Katunar**. The topic is Estate Planning Overview.

Tuesday October 28th - 1:30 pm - **Social Circle** in the Living Room.

Tuesday November 4th - 1:00 pm - President's Corner with **Mary Collins** in the Living Room.

Thursday November 6th - 2:00 pm - **Tanya Clarmont** will be here with a presentation about the Victoria Native Friendship Centre.

Monday November 10th - 2:00 pm - **Tim & Diana Schaffter** presentation on Living in North Korea as World Citizens.

Tuesday November 18th - 1:00 pm - Guided Walk in Haro Woods with **Deborah Dickson**.

Tuesday November 25th - 1:30 pm - **Social Circle** in the Living Room.

Thursday November 27th - 2:00 pm **Money Matters** with **Pam Katunar**. The topic effective Charitable Gifting.

Monday December 1st - 2:00 pm - **Tricia Baldwin** - Dean, Victoria Conservatory of Music.

Tuesday December 2nd - 1:00 pm - President's Corner with **Mary Collins** in the Living Room.

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 looking for a Front Desk volunteer every other Thursday 10:00 - noon as well as Fridays from 10:00 - noon and noon - 2:00 pm every other week. 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.

CRAFT FAIR VOLUNTEERS - Please sign up on the clipboards in the Lobby & Lower Hall.

CHRISTMAS LUNCHEON - Please call or email Marlene. marlene@gowardhouse.com



Goward House will be closed **Monday October 13th** for Thanksgiving.





A Note From Goward House Artist

Paul Redchurch

"On behalf of Goward House Seniors Activity Centre, I created a series of Cadboro Bay vignettes for the Municipality of Saanich as part of the Cadboro Bay Local Area Update promotion/discussion. My renderings were well received and used in various displays and presentations.

Recently, out of the blue, I received a request to use one of those vignettes as a 'Utility Box Wrap' at the foot of Sinclair near the new Cadboro Bay Road roundabout. Not exactly Banksy but anyway, I thought that you might like to see my depiction of the Whale, 'Caddy' and the Octopus enjoying themselves at Gyro Park."

Congratulations Paul, from all of us at Goward House!


FEDERATION OF CANADIAN ARTISTS
 Victoria Chapter
VictoriaFCA.ca

FACE to FACE

Live Portrait Painting

Saturday, October 18, 2025 | 1pm - 3:30 pm



Guest Model : Ed Bain

Q Radio Morning Show Host
 Check News Weather Anchor
 & Upside Co-Host

Artists
 Ken Faulks SFCA
 Clement Kwan SFCA
 Cove Silas

Goldfinch Arts Centre
 170 Goldfinch Rd
 Colwood BC, Canada

Presented By
Federation of Canadian Artists & Arts & Culture Colwood Society







Canadian Artists and Arts and Culture Colwood presents Face to Face: Live Portrait Painting

The event will feature three artists, two of whom are Goward House portrait painters, Cove Silas and Clement Kwan. Gord Smith, also a Goward House painter will be MC. Radio personality Ed Bain will be the guest model.

Ever wondered what it's like to watch a portrait come to life right before your eyes? Join us for a fun afternoon as three talented FCA artists – Ken Falks SFCA, Clement Kwan SFCA, and Cove Silas – paint none other than local radio & TV personality Ed Bain!

- Saturday, October 18, 2025
- 1:00 - 3:30 pm
- Goldfinch Arts Centre, 170 Goldfinch Rd, Colwood
- Free admission
- Register through EventBrite
-

Come for the art, stay for the laughs, and see what happens when brushes meet personality.
 Presented by the Federation of Canadian Artists and Arts and Culture Colwood.

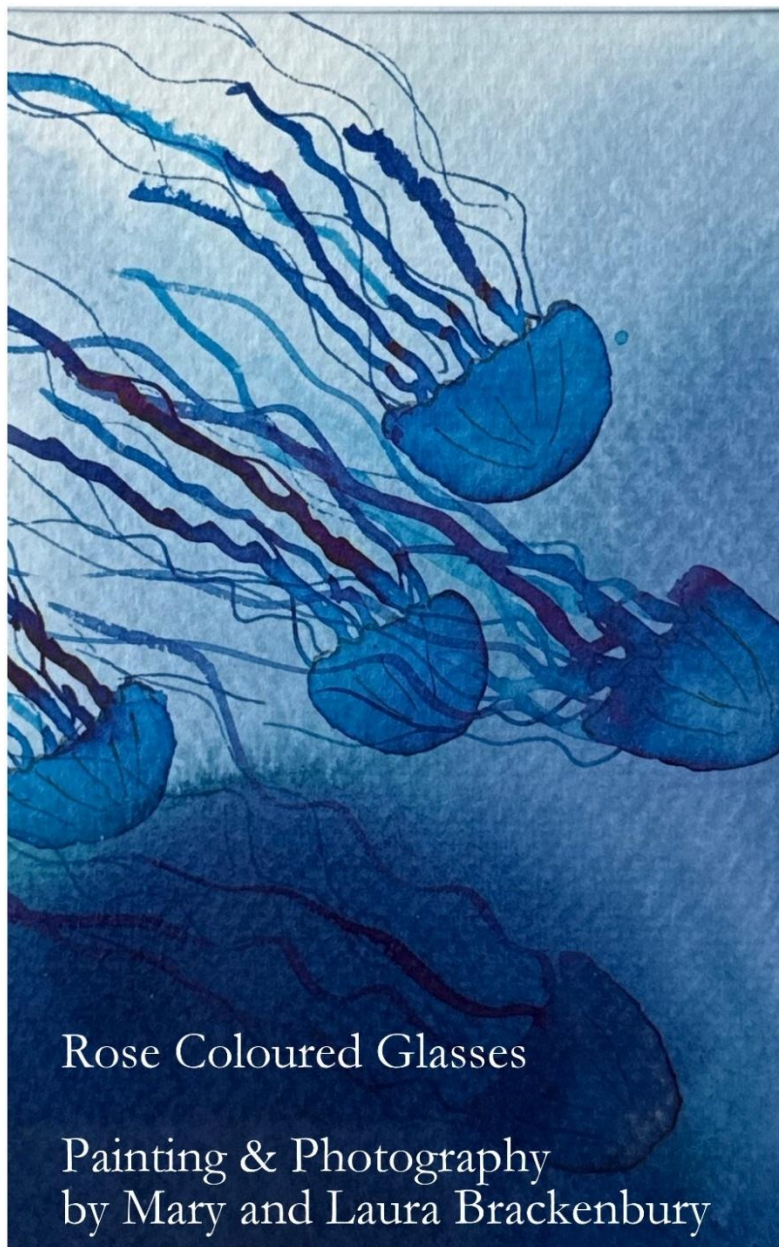
GOWARD HOUSE REPAIR CLINIC



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. NO zippers please!

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.

The next repair clinics will be Wednesday October 1st & Wednesday November 5th.

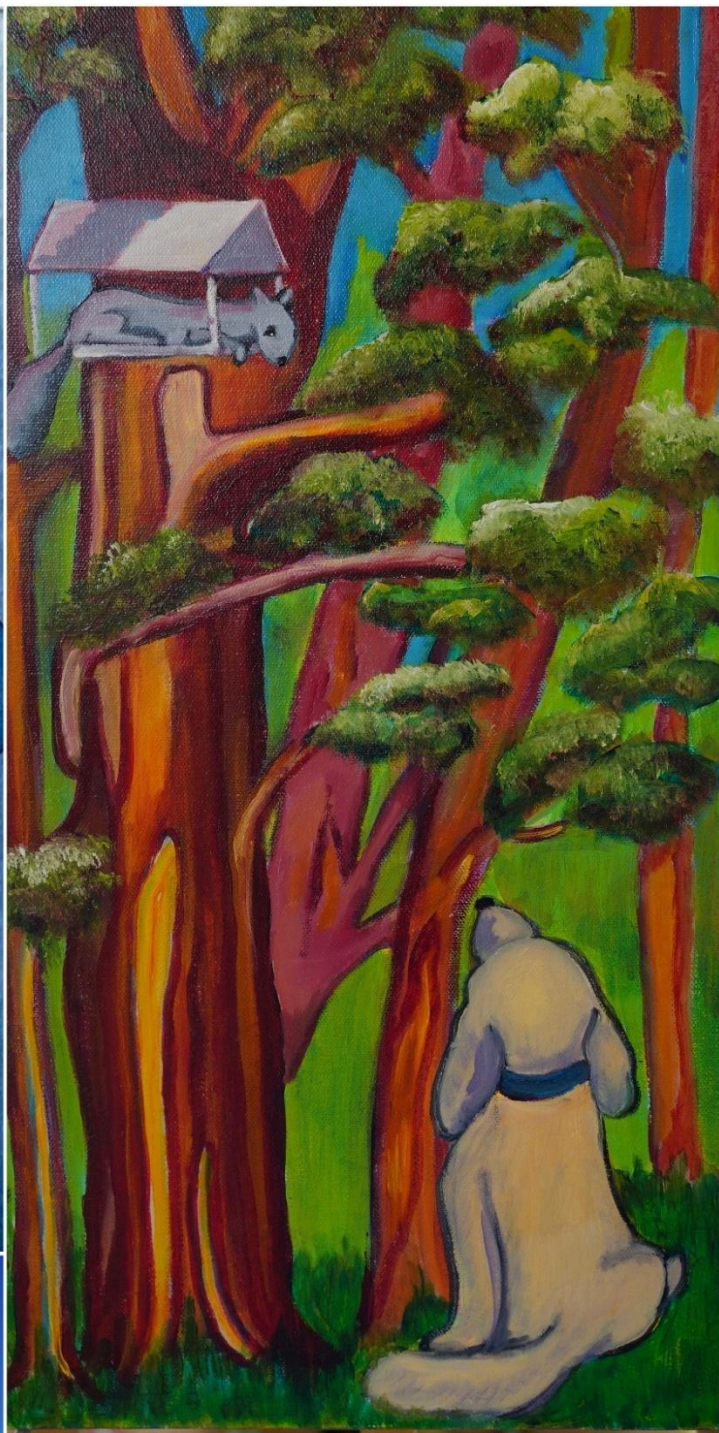


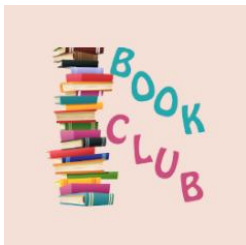
Rose Coloured Glasses

Painting & Photography
by Mary and Laura Brackenbury

September 28-October 29, 2025
Goward House ~ 2495 Arbutus Road

Opening: September 28 1300-1500
Artists will be in attendance





BOOK CLUB with Susan Gilberstad

The next Book Club will be Thursday October 16th from 1:30 - 3:00 pm. The title for this month is **Bear** by **Julia Phillips**. All the books from the club set are signed out. Please source your own copy.

A blue ticket is required, to attend. New participants are most welcome!

President's Appeal

Our annual President's Appeal fundraiser ONGOING. This year our project is **refreshing and refurbishing the Lower Hall**. If you have not received your package, please see the front desk for assistance. The last day to contribute to the Appeal for a 2025 tax receipt is Dec. 13th.

Thank you!

CRAFT FAIR VOLUNTEERS NEEDED

GOWARD HOUSE CRAFT FAIR - Nov. 15^h - 16th (and Friday Nov. 14th for Tea Room prep). We need volunteers for cash handling & kitchen. Volunteer hours can be on one day or both days or even just part of a day.

Sign-up on clipboards found in the Lobby and Lower Hall.

Or, please email Marlene - marlene@gowardhouse.com or call 250 477-4401.



Calling all VENDORS for Craft Fair 2025!



Table rentals are still available for our Craft Fair November 15th & 16th



large table (8') -- \$80

small table (4') -- \$45

Please email Heidi at goward@shaw.ca. Craft Fair table rental forms are available at the front desk or by email.



Somatic Movements Awakening for your Body With Jen O'Halloran

October 9th - November 27th

Thursdays 10:30 - 11:30 am (8 lessons)

Pre-registration and payment of \$64.00 required.

A class/demo will be held Thursday October 2nd from 10:30 - 11:30 am. Please join us for this FREE class.

Wake up and tune into your body for Fall 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.

Participant Barb Turner comments, *"At the start of the first session, I jokingly said, I'll know that Somatics works if I can get up from the ground without leaning on something. My mobility improved so much that within a couple of sessions I was getting up from the ground unassisted. I call that success!"*

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^R 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."*



WEDNESDAY LUNCH SPECIALS

Wednesday October 1st - Paninis

Wednesday - October 8th - Hawaiian Chicken

Wednesday - October 15th - Shepherd's Pie

Wednesday October 22nd - Panang Curry Pork

Wednesday October 29th - Beef Lasagna



(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 **October 21st 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.

"Living in North Korea as World Citizens"



A Special Goward House Presentation

Please join us Monday November 10th at 2:00 pm.

Few people have *ever* visited North Korea. Even fewer have *ever* lived there. And far fewer were Americans.

Diana Schaffter, an American citizen, lived in North Korea freely for two years, while accompanying her husband, Tim Schaffter, a Canadian, who was the head of the United Nations Children's Fund (UNICEF) there.

Please pre-register at the front desk.

FREE for members Non members \$10.00

- What is it like to live in North Korea as an American?
- What are the North Korean people like?
- How did the North Koreans respond to "the American" in their midst?
- How was it possible to overcome assumptions, prejudices and politics to simply see "people as people" and to build heart-to-heart bridges?
- What spiritual principles did they strive to apply in action to connect with the people?

Please join a non-political talk /discussion by Diana and Tim Schaffter on their experiences from having lived in the Democratic People's Republic of Korea (North Korea) from 2014 to 2016 as "World Citizens", during a time there were heightened tensions with the USA due to nuclear and ballistic missile tests.

PLEASE BRING ALONG ANYONE WHO YOU THINK MIGHT BE INTERESTED.

Diana and Tim have lived in Asia and Eastern Europe for 40 years: Thailand, Vietnam, Romania, India, Kyrgyzstan, Laos and North Korea. Tim worked with the United Nations for 26 years—22 years with UNICEF. Diana worked as an international educator, founding two pre-schools, and serving as an educational consultant to Governments.



Diana Schaffter visiting a North Korea School



MONEY MATTERS with Pam Katunar

First Fall session of **Money Matters** is Thursday October 23rd at 2:00 pm

The topic is "estate planning overview - legal considerations" -

hosted and presented by Heart Wealth Management of Raymond James.

Money Matters is **FREE**. Please pre-register at the front desk.

Dying with Dignity



Monday October 20th @ 2:00 pm

MAID: Moving Forward will outline the ways Medical Assistance in Dying has evolved since its first implementation in 2016. This 45-minute presentation will leave ample time for audience questions.

Free, all welcome.

Please pre-register at the front desk.



PURDY'S CHRISTMAS CHOCOLATE FUNDRAISER

It's here again just in time for the holiday season! Goward House earns a percentage of all sales from this popular fundraiser - catalogues are available at the Front Desk as of Friday October 3rd.

Deadline to order is Wednesday November 12th. Pick up of orders is from the Front Desk, Friday December 5th.

To order, you can either:

- Drop off your order form to the Front Desk (along with payment by cash, cheque, or credit/debit card) OR
- You can order online using a credit card.

Instructions will be with all catalogues. Thank you for participating!

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

John Anderson, Deb Antiphon, Andrea Baudic, Dawn Bevan, Terry Cormier, Mary Dummer, Robin Durkin, Judee Fong, Peg Harris, Susan Ravlic, Delaina Sadler, Syke Stein, & John Vincent



Laurie and Bonnie

EMPOWERING THE GRASSROOTS

TOPIC OF DISCUSSION

Laurie Wilson and Bonnie Yarish discuss their recent visits with African grandmothers, where community-led organizations build resilience, strength and hope through skilled interventions.

VICTORIA GRANDMOTHERS FOR AFRICA

Goward House
2495 Arbutus Rd
Mon. October 6
2:00 p.m

+ Craft Sale!

www.vg4a.ca
grandmotherscampaign.org
stephenlewisfoundation.org




Grandmothers For Africa Presentation

Monday October 6th 2:00 pm



Please join **Bonnie Yarish** and **Laurie Wilson** as they share their trip experience in Africa and their charitable work for the **Grandmothers for Africa** campaign.

Please pre-register at the front desk.

This presentation will highlight two of the effective, holistic Stephen Lewis Foundation partner organizations visited in South Africa. The audience will get to know two truly grass roots organizations (supported by the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign) who know and understand their community and its needs and respond with tremendous skill, care and devotion to improvement and recovery. The presentation will be followed by an opportunity to check out some of the beautiful items created by our Crafts team for sale.

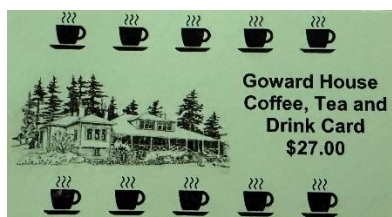
FUNDRAISING - How Can You help?

You can help raise money for Goward House by loading a **Fairways** or **Pepper's** card. 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. For Pepper's, please see a cashier and ask them to load a card with the charitable portion going to Goward House. 5% percentage of the value of the cards goes to Goward House! Thank you to all the members who help raise these funds by participating.

Barry's Bottle Recycling donated \$150.00 for September. Thank you, Barry for your continued support volunteering for Goward House! If you have returnable containers you'd like to donate, please call Barry at 250 888-9963. Proceeds to Goward House! We would also like to thank Barry for securing a donation of buns for our BBQs from the Lion's Clubs of Victoria. Thank you, Lions Clubs of Victoria.



fairwaymarket



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 September punch card draw winner was **Barbara Greeniaus**. Congratulations!

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	Qigong & Mobility 9:00 – 9:45 Tai Chi Form 9:45 – 10:15	Yoga 9:30 – 10:30 (no class Friday October 10 th)
Quillers 10:00 - noon	French Conversation Adv. 1:00 – 3:00	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 (October 6 th)	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00	Crafters 1:30 – 3:30	Book Club 1:30 – 3:00 (October 16 th)	
Meditation 2:30 – 4:00				

GOWARD HOUSE SOCIETY

Board of Directors: 2025-26 Committees

COMMITTEE	DIRECTORS
FACILITY	Allan Davies, Lee Frank, Mary Collins
FINANCE	Mary Collins, Lee Frank, Allan Davies (& Heidi Hodgins)
KITCHEN	Barbara Sawyer, Joy Olesky
PERSONNEL	Gail Branton, Lee Frank, Mary Collins
PROGRAM	Mary Collins, Barbara Turner, Barbara Sawyer
PUBLICITY & OUTREACH	Barbara Turner, Mary Collins
VOLUNTEERS, MEMBERSHIP & FRONT DESK	Gail Branton, Joy Olesky, Lee Frank
President: Mary Collins	Vice-President: Barbara Turner
	Secretary: Gail Branton
	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



Kim Cummins, Director of Shelbourne Community Kitchen.



Linda Schaumleffel at Goward House demonstrating Nordic Pole Walking.