

THE GAZETTE



GOWARD HOUSE

December/January Gazette 2025

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President's Message

Well it is hard to believe that December is here and we will soon be celebrating Christmas along with the New Year 2026!

2025 has been a good year at Goward House as a result of the great work of our dedicated staff, our volunteers and all our members who participate in the many activities we offer. Our Craft Fair in November was another success with such outstanding support from staff, volunteers, vendors and all who came to enjoy and purchase the many terrific crafts!

Another important accomplishment this past year, has been the purchase and install of new tables, chairs and umbrellas on our back deck - we will particularly enjoy them when spring and summer arrive! Many thanks to Allan Davies for all his work on this initiative.

Now we are looking forward to our Member's Christmas Lunch on December 11 followed by our Choir concert - look forward to seeing many of you there.

We will then close December 24 at noon, and reopen January 2 when we look forward to welcoming everyone to a new year filled with lots of

programs and activities. When you are at the House for an activity or just want a break, take the opportunity to enjoy our Tea Room where you can purchase coffee, tea, refreshments and sandwiches and weekly soup as well. Bring along a friend and show them around - we are always looking for new members to join us.

This Gazette also includes information about some of the Presentations already confirmed for the new year -come and join us!

As always, we welcome your input and ideas - so please let me know if you have suggestions of how we can do better. Join me in the President's Corner in the Living Room on Tuesday December 2nd at 1pm.

In the meantime I send my best wishes to you and your families for a happy and healthy holiday time!

Mary Collins, President

SAVE THE DATE

Thursday November 27th - registration for Somatic Movements with **Jennifer O'Halloran** opens. Course runs Jan. 8th - Feb. 26th.

Monday December 1st - 2:00 pm - **Tricia Baldwin** - Dean, Victoria Conservatory of Music. (Free for everyone)

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

Thursday December 11th - noon - **Goward House Christmas Luncheon**, followed by a choir concert from the Goward House Singers. Please pre-pay at the front desk by December 2nd.

Monday January 19th - 2:00 pm - **Saanich Police Constable Berle Zwaan** presents updated information about AI and current trends in fraud safety. (Free for everyone)

Thursday January 22nd - 2:00 pm - Money Matters with **Pam Katunar**. The topic is Market Outlook. **April Dorey Hartwig** joins the heart Management for this session. (Free for everyone)

Monday January 26th - 2:00 pm - **Chris Kilford** - President, Canadian International Council, Victoria Branch will discuss the geopolitical challenges of today! (Free for members)

Thursday February 12th - 2:00 pm - **Cliff and Diana Cunningham** - Ageless Adventures, Travel for Seniors. (Free for members)

Monday February 23 - 2:00 pm **Barbara Hawkins** and **Mike Eby** - Echoes of Empires in the Eastern Mediterranean, focussing on Egypt and ruins in Greece and Rome. (Free for members)

Monday January 5th - Registration begins for Chinese Brush Painting Course with **Barb Mekelburg**. Course runs February 12th - April 2nd.

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 morning from 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.



Goward House will close at noon December 24th and will reopen Friday January 2nd.



Goward House Christmas Luncheon

Thursday December 11th at NOON

Turkey with fresh herbs, buttery mashed potatoes, gravy and cranberry sauce, bread stuffing with dried plum and sage.
Complemented with local vegetables.
Dessert, coffee and tea included.

*Vegetarian option available.
(cash wine bar available)*

\$30.00 p/p

Pre-order and pay at the front desk by
December 2nd. Seating is limited.

GOWARD HOUSE CHOIR @ 2:00 pm
(\$5.00 for concert only)



PURDY'S CHRISTMAS CHOCOLATE FUNDRAISER

Pick up orders from the Front Desk, Friday December 5th.

Thank you to everyone who participated!



There is still time to donate to our President's Appeal and receive a tax receipt for 2025. The deadline is December 12th for this tax year.

Thank you to all who have donated so far!



Goward House



Holiday Food Drive

Spread holiday cheer
and make a difference
in our community!

NOV 17 - DEC 11

WE WILL ACCEPT DONATIONS OF

- NON-PERISHABLE FOOD
- FEMININE HYGIENE PRODUCTS
- TOILETRIES

Spread the Joy!

Drop off in the bin at the
Front Desk before December 12!



www.gowardhouse.com

Holiday RAFFLE BASKETS

On display in our Lobby, you will see three beautiful 2025 Raffle Baskets.

This year's themes are:

Wellness

Home Office

A Lot of Snacks

Tickets are available through the Front Desk, at **\$2 for a single or \$5 for 3.**

A single ticket gives you a chance to win any of the baskets!

Winning tickets will be drawn December 11th.

Many thanks to all the businesses that supported our baskets and a very grateful thank you to our team of donation canvassers:

Myrna Rouse, Margo Allen, Barb Turner

& Barry Mah Ming.

WE WOULD LIKE TO THANK OUR WONDERFUL LOCAL BUSINESSES FOR THEIR SUPPORT FOR THEIR GIFT BASKET DONATIONS THIS YEAR!

Wellness

Mayfair Optometric Clinic
Saanich Nails and Spa
Starbucks Saanich Centre
Gail Branton
Barb Turner
Pharmasave Broadmead
Saanich Parks and Rec
Bristol Town Hair Fashion
Heart Pharmacy Fairfield

Home Office

Starbucks Saanich Centre
Barb Turner
Fern & Crow
Pharmasave Broadmead
Heart Pharmacy Fairfield
London Drugs Tillicum

A Lot of Snacks

Mexigo Broadmead
For Good Measure
Thrifty's Quadra Village
Starbucks Saanich Centre
Pepper's
Fig Deli
Country Grocer
Save On Foods
Dairy Queen

BOOK CLUB with Susan Gilberstad



The next Book Club will be Thursday **December 18th** from 1:30 - 3:00 pm. The title for this month is **The Heaven and Earth Grocery Store** by **James McBride**. Book Club set is available however the copies may all be signed out. If you have a copy and finish reading early, please return the copy to the front desk so others may sign one out. Thank you.

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



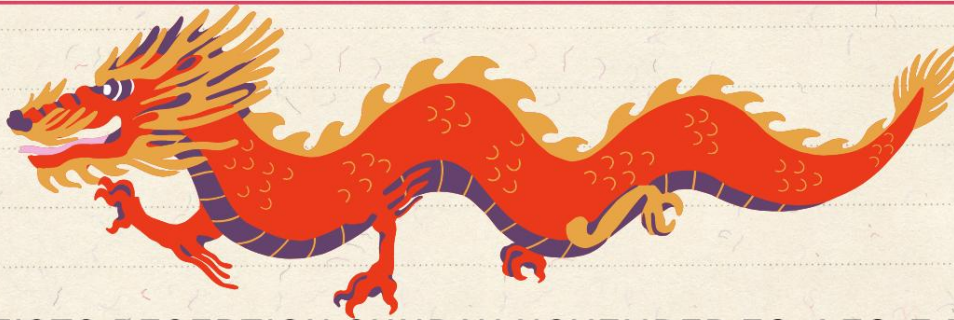
THE STUDIO OF
Harmonious Endeavours



Art Show & SALE



CHINESE BRUSH PAINTING



ARTISTS RECEPTION SUNDAY NOVEMBER 30, 1:30-3:30PM

DECEMBER 1 2025 - JANUARY 28 2026

**GOWARD
HOUSE**

2495 Arbutus Road

WEEKDAYS

9:30am - 3:30pm

<https://www.gowardhouse.com>



Tricia Baldwin

Dean, Victoria Conservatory of Music

Imagining the Future of Music and Music Education: Our Responsibility for Future Generations

Monday December 1st - 2:00 pm

Please pre-register at the front desk. Free presentation.

Tricia Baldwin is a distinguished arts leader with a career spanning top Canadian institutions. She is a graduate of the Faculty of Music in Performance at University of Toronto and the MBA program at the Schulich School of Business, York University. She also studied at the Royal Conservatory of Music as well as with USC clarinetist Mitchell Lurie in Los Angeles. A recipient of the Canada Council's John Hobday Award and the Queen's Human Rights Initiative Award, Tricia embraces lifelong learning and a complete passion for music.

Dean Tricia Baldwin, with her remarkable colleagues at the Victoria Conservatory of Music, envision a world of possibilities for the role of music and music education in society. This is a most exciting and challenging time for the arts, filled with disruptors that have inspired and required new thinking about the essential role of culture and inclusive education in our society. Examining the rapidly changing landscape for the arts, Tricia discusses our collective responsibility in music education to take the steps now required for the creation of the future we so passionately desire for our students and a healthy society. She will ask the participants in this session, "If, together, we get things right, what is your vision for 2035 for the arts and arts education in our society in the future?"

WEDNESDAY LUNCH SPECIALS

DECEMBER

Wednesday December 3rd - Hamburger Soup

Wednesday December 10th - Chicken & Sausage w/Spanish Rice

Wednesday December 17th - Crab Melts

JANUARY

Wednesday January 7th - Vegetarian Lasgana

Wednesday January 14th - Hawaiian Chicken

Wednesday January 21 - Butter Chicken

Wednesday January 28th - Thai Pork



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



Guest Speaker

Chris Kilford, CD, PhD

President, Canadian International Council, Victoria Branch

“The geopolitical challenges of today!”

Monday January 26 at 2 pm

please pre-register at the front desk.

FREE for members non members \$10.00

The geopolitical challenges today are seemingly endless. Indeed, from Washington, to Moscow, Beijing, Kyiv and beyond, countries are burning the midnight oil as they seek a way out of the turbulent times we live in. Over the past 18 months, our speaker travelled to Türkiye, Taiwan, South Korea, Japan and Bhutan on official and semi-official visits, where he had a chance to sit down with numerous officials including Canada's Ambassador to Türkiye, Kevin Hamilton, to Taiwan's Vice Minister of Foreign Affairs, Remus Li-Kuo Chen. Chris also spent two weeks in Poland and Latvia, meeting officials from both countries and visiting members of the Canadian Armed Forces who are training Ukrainian military personnel and leading NATO's Multinational Brigade in Latvia. During his talk, Chris will speak about his various visits, what he learned while on the ground and what are the key geopolitical issues we should be aware of today.

Chris is a member of the national board of the Canadian International Council, the editor of CIC's online foreign policy magazine Open Canada, president of the CIC Victoria branch and a sessional professor with the Canadian Forces College, where he teaches courses focused on Canadian foreign and defence policy. He also holds a PhD in history from Queen's University with a focus on civil-military relations in the developing world. Chris enjoyed a 36-year career in the Canadian Army, commanding 4th Air Defence Regiment, followed by various senior positions in the Department of National Defence, including Director, Future Security Analysis and Military Liaison Officer to the Senate Committee on National Security and Defence. From July 2009 until July 2010, Chris deployed to Canada's Embassy in Kabul, Afghanistan as the Deputy Military Attaché. On his return to Canada, he commenced Turkish language training, after which he was sent to Canada's Embassy in Ankara as the Canadian Defence Attaché with cross accreditation to Azerbaijan, Georgia, and Turkmenistan. He was in this post from July 2011 until July 2014. Chris retired from the military in September 2014.

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 clinic will be Wednesday December 3rd.

WINTER SESSION ANNOUNCED!



Somatic Movements Awakening for your Body With Jen O'Halloran

January 8th - February 26th

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

Pre-registration and payment of \$64.00 required.

Wake up and tune into your body 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[®] 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."*



MONEY MATTERS with Pam Katunar

The first session of the new year of **Money Matters** is Thursday January 22nd at 2:00 pm

The topic is Market Outlook. Guest speaker is **April Dorey Hartwig**.

Hosted and presented by Heart Wealth Management of Raymond James.

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



“Play of the Hand”

Thursday January 15th to Thursday March 12th, 2026, 9:30 - 11:30 am



Jim Brackenbury will teach this nine-week course at Goward House on Thursday mornings, 9:30 to 11:30 am. The focus will be on helping newer and intermediate players improve their play of the hand in bridge, using the most recently updated textbook from the American Contract Bridge League. Jim is an accredited ACBL bridge teacher and club director.

Fees are \$90 for Goward House members and \$120 for non-members. The required textbook can be purchased directly from the instructor. (Please let the front desk know if you require the textbook “Play of the Hand in the 21st Century” at registration.)

(lessons sell out quickly)

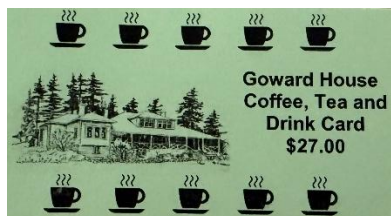
FUNDRAISING - How Can You help?

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 November. 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!



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 November punch card draw winner was **Naz Rayani**. Congratulations!

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

Constance McAvoy, Anna Minkus, Mollie Palmason, Joan Porter, Jennifer Sadee, Evelyn Smith,
Michael van der Lee & Tina van der Lee

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 – 9:30 Tai Chi Form 9:30 – 10:15	Yoga 9:30 – 10:30 (returns February 6 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 (December 1st)	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15 (rehearsals resume in January)
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00	Crafters 1:30 – 3:30	Book Club 1:30 – 3:00 (December 18 th & January 15 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, Joy Olesky
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 W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.

“Scene” Around Goward House



A very big thank you to **Fern Davies** and **Gail Branton** for the beautiful festive pots that Fern designed for the House. Absolutely gorgeous!



A very interesting and well attended talk on living in North Korea with speakers Tim and Diana Schaffter.