

# THE GAZETTE



**GOWARD HOUSE**

**February Gazette 2026**    *Editor: Marlene Abney*

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

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**250 477- 4401**

[gowardhouse.com](http://gowardhouse.com)

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## **President's Message**

Hopefully everyone has had a good start to the New Year - we have certainly had some beautiful weather in January to enjoy! There are lots of activities to enjoy at Goward House too - with more coming up in February and beyond. The monthly Gazette is a good place to find information on programming, events and more.

We were privileged to have **Constable Berle Zwaan** again to speak about Scams and Fraud Safety on January 19, with an outstanding turnout! Berle is retiring from the Saanich Police Dept at the end of January and has set up a new not-for-profit society "Outsmart the Scammer" - she will continue to provide educational opportunities on financial crimes and scams. We also enjoyed **Chris Kilford** on January 26 as he shared his knowledge and views on the tumultuous geopolitical challenges we are facing in the world today.

Don't miss out on our February speakers: **Cliff and Diana Cunningham** will join us Feb 12 to discuss what seniors should consider when planning to travel. Then, Feb 23 **Barbara Hawkins and Michael Eby** will discuss how "the remains of Egyptian, Roman and Greek cities and temples and monuments speak to the glory and gore of the past."

We would like to continue to grow our membership, so do let your friends and neighbours know about all the interesting activities there are at Goward House!

I also want to thank everyone who so generously contributed to the President's Appeal for 2025 - we received a record amount and the major plan for the funds is the refurbishment of the Lower Hall. Further details will be provided as we finalize plans with the District of Saanich.

In the meantime, enjoy February, Valentine's Day and Family Day -- and I shall look forward to seeing you at the House!

Mary Collins, President

## SAVE THE DATE

Tuesday February 3<sup>rd</sup> - 1:00 pm - President's Corner with **Mary Collins** in the Living Room.

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

Monday February 23<sup>rd</sup> - 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)

Thursday February 26<sup>th</sup> - 2:00 pm - Money Matters with **Pam Katunar**. The topic is using insurance products for investing. Free.

Tuesday March 3<sup>rd</sup> - 1:00 pm - President's Corner with **Mary Collins** in the Living Room.

Monday March 9<sup>th</sup> - 2:00 pm - SPECIAL GUEST - **THE RIGHT HONOURABLE JOE CLARK**. A Conversation with the Right Honourable Joe Clark in which he will share some of the highlights of his time in public life as well as his views on the challenges we currently face both domestically and internationally.

Tuesday March 17<sup>th</sup> - 1:00 pm - Guided Walk of Haro Woods with **Debra Dickson**.

Thursday March 26<sup>th</sup> - 2:00 pm - Money Matters with **Pam Katunar**. The topic is Estate Planning - Tax Considerations. Guest speaker is Dan Giesbrecht.

## 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 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.



### **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, January 30<sup>th</sup>**.

Due date for all orders (online and paper) is **Friday March 6<sup>th</sup>**. Pick up will begin **March 27<sup>th</sup>**.

Thank you for participating!



Goward House will be closed Monday February 16<sup>th</sup> for Family Day!

## WEDNESDAY LUNCH SPECIALS

FEBRUARY

Wednesday February 4 - Beef Lasagna

Wednesday February 11<sup>th</sup> - Russ's Perogies

Wednesday February 18<sup>th</sup> - Shepherd's Pie

Wednesday February 25<sup>th</sup> - Sweet Chili



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



**Cliff & Diana Cunningham**

present

**Ageless Adventures – Travel for Seniors**

**Thursday February 12<sup>th</sup> 2:00 pm**

**FREE** for members non members \$10.00

Please pre-register by visiting or calling the Front Desk  
(250-477-44010) or by emailing  
[administration@gowardhouse.com](mailto:administration@gowardhouse.com)

**Cliff and Diana Cunningham** have been fortunate to have travelled to all 7 continents and visited 53 countries. They present travelogues to several seniors' homes and organizations and enjoy reliving their travels this way. Don't miss attending this presentation at Goward House where they will discuss things you should know about travelling as a senior!

For this travel talk the Cunninghams will be discussing recent changes to rules as well as key things that every traveller needs to know, focussed on more mature folks.

# Echoes of Empires in the Eastern Mediterranean

Presented by

Michael Eby and Barbara Hawkins



**Monday February 23<sup>rd</sup>**

**2:00 pm**

**FREE** for members non members \$10.00

Please pre-register by visiting or calling the Front Desk (250-477-4401) or by emailing [administration@gowardhouse.com](mailto:administration@gowardhouse.com)



Michael and Barbara journeyed around the eastern Mediterranean in the spring of 2025. As they travelled, they were struck by the tides of civilizations that have swept to and fro over the millennia. Their talk and slide show will focus on the remains of Egyptian, Roman and Greek cities, temples and monuments that speak of the glory and gore of the past.

Michael Eby and Barbara Hawkins are professors in Earth and Ocean Sciences, and Biology at the University of Victoria. They share a love of nature and of travel.



## 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 can 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)*

## Book Club with Susan Gilberstad

Book Club will meet Thursday February 20<sup>th</sup> from 1:30 - 3:00 pm. The title for discussion will be **Playground** by Richard Powers. Please source your own copy as all of the book club books have been signed out.



## MONEY MATTERS with Pam Katunar



The next session of the new year of **Money Matters** is **Thursday February 26<sup>th</sup>** at 2:00 pm

The topic is using insurance products for investing.

Hosted and presented by Heart Wealth Management of Raymond James.

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



## 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 December punch card draw winner **Irene Rathbone** and our January winner was **John Thompson** - Congratulations!

## 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 February 4<sup>th</sup>**.



## Knives Out!

A big thank you to Goward House Custodian **Brandi Ennis** and member **David Collins** for their donation of the beautiful (and very sharp) knives for our kitchen. They are displayed on a gorgeous magnetic, wooden knife holder.



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

**Judith Ambridge, Joyce Bartley, Bonnie Buick, Don Cudmore, Barbara Dunne, Susan Field, Reg Hashizume, Colleen Knudskov, Don Murray, Derek Nurse, Antonia Olak, Ed Paul, Mary Paul, Kate Reston, Ian Reston, Sheila Ruffell, Diana Smardon, Evelyn Smith, David Stuart, Dale Viberg, Sheila Wall & Ron Warden.**



MORE INFO  
[WWW.GOWARDHOUSE.COM](http://WWW.GOWARDHOUSE.COM)

ETHNE CULLEN  
*Art Show*  
& SALE

ARTISTS' RECEPTION

*01 | feb | 26*

1:30 - 3:30PM

WEEKDAYS  
9:30AM - 3:30PM  
GOWARD HOUSE  
2495 ARBUTUS RD



**THURSDAY MARCH 5, 2026**

**2:00PM LOWER HALL**



Guests will enjoy a selection of sweets and fruit, along with your choice of Coffee or Tea. Enjoy a parade of vintage fashions with live music accompaniment. Reserve a table of 4 with your friends. Please see the front desk to purchase your seats.

*"Our predecessor, Heritage Productions, conducted vintage fashion shows in the Greater Victoria area for the past thirty years, and Vintage Fashion Showcase will be carrying on this very worthwhile community activity. We enjoy researching, collecting, reproducing and showcasing vintage garments in the context of social history. We model fashions from the 1860s to the 1980s".*

Please reserve and pay at the Front Desk by Feb 26<sup>th</sup>.  
Due to limited seating, all seats at each table will be sold.

**MEMBERS \$25    NON-MEMBERS \$30**

[www.gowardhouse.com](http://www.gowardhouse.com)    (250)477-4401



**NEW!**

## PUZZLE CLUB

Seeking members interested in putting together puzzles and meeting other members. All skill levels welcome!

**When: first and third Wednesday of each month (starts Feb. 4<sup>th</sup>)**

**Time: 9:30 – 11:30 am**

**Where: Sun Room**

**Fee: blue ticket (first time free)**

**NEW!**

### 2<sup>ND</sup> TAI CHI CLASS added!

As requested by members, a second set of Qigong and Tai Chi classes have been added, courtesy of instructor Jacqueline Sloan.

**WHEN:** 2<sup>nd</sup> & 4<sup>th</sup> MONDAY of each month (starts Feb. 9<sup>th</sup>)

**TIME:** 10:30 - 11:00 am - Qigong & Mobility

11:00 - 11:45 am - Yang Style Tai Chi Form

**WHERE:** Lower Hall

**FEE:** single yellow ticket for one or both classes

### Pantry Program - Come Join Us!

Are you interested in cooking hot lunches for our Tea Room, but unsure how to begin? Our team of chefs are quite happy to have a shadow assistant while they cook, and always happy to talk about the program!

If you would like to book a no-obligation "shadow" session, please contact Marlene at [administration@gowardhouse.com](mailto:administration@gowardhouse.com)



We raised **\$875.00** from our Purdy's Christmas fundraiser. Thank you to all who participated! We are looking forward to another successful Purdy's Easter Chocolate fundraiser underway this month. Don't miss out!

### 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 December. Barry asks that you hold on to your returnable containers for him at your home (until mid March) as he is way until then. **Please do not leave them on the Goward House porch.** We do not have room for them. 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!



## 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  <b>(returns February 6<sup>th</sup>)</b>
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	Mah Jong 1:00 – 4:00	Puzzle Club 9:30 – 11:30 <b>(1<sup>st</sup> &amp; 3<sup>rd</sup> weeks)</b>	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15
Qigong & Mobility 10:30 – 11:00 Tai Chi Form 11:00 – 11:45 <b>(2<sup>nd</sup> &amp; 4<sup>th</sup> Monday)</b>	Portrait Painters 1:15 – 4:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:30 – 3:00	
Social Bridge 12:30 – 4:00		Crafters 1:30 – 3:30		
Meditation 2:30 – 4:00				

### **GOWARD HOUSE SOCIETY**

Board of Directors: 2025-26 Committees

COMMITTEE	DIRECTORS
<b>FACILITY</b>	<i>Allan Davies, Lee Frank, Mary Collins</i>
<b>FINANCE</b>	<i>Mary Collins, Lee Frank, Allan Davies (&amp; Heidi Hodgins)</i>
<b>KITCHEN</b>	<i>Barbara Sawyer, Joy Olesky</i>
<b>PERSONNEL</b>	<i>Gail Branton, Lee Frank, Mary Collins</i>
<b>PROGRAM</b>	<i>Mary Collins, Barbara Turner, Barbara Sawyer, Joy Olesky</i>
<b>PUBLICITY &amp; OUTREACH</b>	<i>Barbara Turner, Mary Collins</i>
<b>VOLUNTEERS, MEMBERSHIP &amp; FRONT DESK</b>	<i>Gail Branton, Joy Olesky, Lee Frank</i>
<b>President: Mary Collins</b>	<b>Vice-President: Barbara Turner</b>
	<b>Secretary: Gail Branton</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 W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.*

## “Scene” Around Goward House



Generous donations from Goward House members were delivered to the Shelbourne Community Kitchen. Thank you to all who donated.



Happy gift basket winner Tanya Clarmont!



Constable **Berle Zwaan** presents a very well attended fraud prevention talk.