

THE GAZETTE



May 2026 Editor: *Marlene Abney*

General Manager: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders Custodians: Leslie Hall & Brandi Ennis

GOWARD HOUSE

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President's Message

Well, our April showers have certainly helped to bring about May flowers - I hope everyone will enjoy the beautiful gardens here at Goward House. With the good weather, we can now enjoy time outside on the deck so do come by and enjoy a coffee, sandwich or treat.

We have a lot going on in May and I would particularly like to highlight our **Annual General Meeting, Thursday May 21 at 2pm** - hopefully the weather will cooperate and it can be held in the garden!

At that time, my term as President will come to an end. I would just like to thank and acknowledge all who have been of such great assistance to me over the past year - our amazing staff, my great fellow Directors, our wonderful volunteers and our members who keep Goward House relevant and welcoming! I also appreciate the great support we receive from Saanich! It has been an honour and pleasure to serve in this role.

Join us Friday morning, May 29 when your Board members will prepare and serve a pancake brunch (tickets ahead or at the door, \$12). This is a great way to get to know your Board!

Our annual Strawberry Tea is Thursday, June 18, and once again we are hosting the opening night of Saanich's "Music in the Park" Tuesday, July 7 - please do join us for these events! Further details will be provided in the June Gazette.

I would also like to remind you that we are welcoming "Dying with Dignity" representatives for a presentation Monday, May 4 at 2pm, and our final presentation for this season will be Thursday, June 11 at 2pm, when MP Will Greaves will join us to share his experiences during his first year in Parliament. Please give us a call or email to register for these presentations.

While some of our programs take a break over the summer, there is still lots going on, so do take advantage of the opportunity to spend some time at the House.

Again, many thanks to all our members for your support of Goward House and I shall look forward to seeing you at the House!

Mary Collins, President Goward House Society

SAVE THE DATE

Monday May 4th - 2:00 pm - **MAID - Dying with Dignity**. The topic is MAID from a Family's Perspective.

Tuesday May 5th - President's Corner with **Mary Collins** in the Living Room.

Tuesday May 19th - 1:00 pm - **Haro Woods Guided Walk**. Please meet in the lobby.

Thursday May 21st - 2:00 pm - **GOWARD HOUSE ANNUAL GENERAL MEETING**. Please pre-register at the front desk ASAP. 4

Thursday May 28th - **Money Matters**. The topic this month is downsizing. What to do with your home, stuff and money? Please pre-register at the front desk.

Friday May 29th - from 9:30 am. **Board of Director's** hosts a **Pancake Brunch**.

Thursday June 11th - 2:00 pm - **MP Will Greaves**. Please pre-register at the front desk.

Tuesday June 16th - 1:00 pm - **Haro Woods Guided Walk**. Please meet in the lobby.

Thursday June 18th - **Goward House Annual Strawberry Tea & Choir Concert**. Please see front desk to purchase.

Thursday June 25th - **Money Matters**. The topic in June is estate planning and cross border considerations. Our guest this month is accountant **Brent England**. Please pre-register at the front desk.



Dying with Dignity

The topic for this presentation is **MAID: From the Perspective of Family Members**.

Please pre-register at the front desk.

Monday May 4th 2:00 pm

Since 2016, when Medical Assistance in Dying (MAiD) became legal across the country, thousands of Canadians have used it. Each province's Department of Health has implemented MAiD slightly differently. In British Columbia, citizens on Vancouver Island have been one of the most frequent users of the legislation.

Medical Assistance in Dying (MAID) From Family Members' Perspectives, is presented by volunteers in the Victoria Chapter of Dying With Dignity Canada. Join us for a factual presentation on MAID, including an overview of ongoing changes to existing federal legislation. The main focus will be to hear from 3 panel members who will tell the story of the experience of their family member who received MAID. There will be time for questions.



GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 21st 2026 at 2:00 pm

Please pre-register for our AGM and let us know that you will be attending. We need your input and your votes. The meeting will be held outdoors (weather permitting).

Give us a call, or email administration@gowardhouse.com



Book Club with Susan Gilberstad

Book Club will meet Thursday May 21st from 1:30 - 3:00 pm. The title for discussion will be **Nothing to See Here** by Kevin Willson.

There is a Book Club Set at the front desk. As always, one should call and ask if there is a copy in the bag before coming to sign out a book. Book Club members are encouraged to bring their copy back when they are finished reading the book to ensure that everyone is able to get a copy to read before the next meeting. Thank you, Susan Gilberstad.



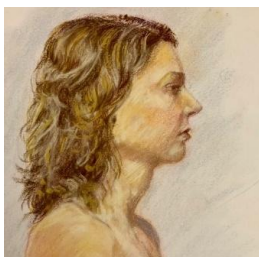
MONEY MATTERS with Pam Katunar

The May session of **Money Matters** is May 28th at 2:00 pm

The topic is **Downsizing Your Home.**

Hosted and presented by Heart Wealth Management of Raymond James.

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



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 of artist Gordon Smith)



Goward House
ARTISTS

ART SHOW & SALE

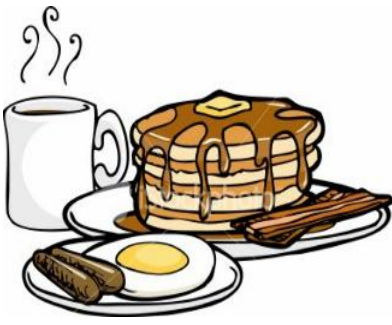
ARTISTS' RECEPTION SAT APRIL 25 1:30-3:30PM

APRIL 28 - MAY 28 2026

WEEKDAYS 9:30AM - 3:30PM

2495 ARBUTUS ROAD

MORE INFORMATION CAN BE FOUND AT
[HTTPS://GOWARDHOUSE.COM/](https://gowardhouse.com/)



The Goward House Board of Directors

invite you to a delicious

PANCAKE BRUNCH \$12.00

Friday May 29th from 9:30 am

Your brunch includes pancakes, sausages, scrambled eggs and choice of coffee or tea.

Tickets \$12.00 (please purchase your ticket at the front desk)



Goward House will be closed **Monday May 18th** for the Victoria Day long weekend.

Goward House Strawberry Tea

Please join us!

Thursday June 18th from 12:30, followed by the Goward House Singers concert at 2:15 pm.

\$15.00 p/p

Sponge cake served with strawberries and whipped cream, a beverage and our choir concert.

Please reserve and pre-pay by visiting the front desk.

Please note that reserved seating on the deck is first-come first-served at the time of purchase (two sittings available, 12:30 and 1:30 pm).

Choir members pay \$10.00.

Choir concert only, suggested donation of \$5.00.





Goward House is excited to offer drop in Mah Jong (Hong Kong style) every Tuesday from 1:00 - 4:00 pm. We have a lot of fun and laughter. Participants meet in the Sunroom on the main floor. Beginners are welcome!

Come and try us out - the first day is free!

(A blue ticket will then be required to participate)

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 **John Anderson**. Congratulations!



FUNDRAISING - How Can You help?

We received a whopping \$660.97 from our Pepper's fundraising this quarter! Thank you to all who participate with the Pepper's fundraising program. If you'd like to help, see below.

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 for you and always mention that you would like the charitable portion going to Goward House. 5% percentage of the value of the cards will go to Goward House! Thank you to all the members who help raise these funds by participating.

Barry's Bottle Recycling donated \$150.00 for the month of April. 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



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 - Music in the Park 2026, Tuesday July 7th. We need a small army of volunteers to help with this big event. Many positions are available in the kitchen (prep and assembling buns) and the garden area (handing out chips, pop and BBQ items). Signup sheets coming soon (look for the signup sheets on clip boards in the lobby and Lower Hall).

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. Please email administration@gowardhouse.com for more information.



WEDNESDAY LUNCH SPECIALS

May

Wednesday 6th - Butter Chicken

Wednesday 13th - Hawaiian Chicken

Wednesday 20th - Shepherd's Pie

Wednesday 27th - Chili & Cornbread



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

JIGSAW PUZZLE CLUB

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

When: first and third Monday of each month.

Time: 12:45 – 2:15

Where: Sun Room

Fee: blue ticket (first time free)



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



PARKING

at Goward House

Please refrain from parking on the grass by the sidewalk, as well as in the garden bed by the bus stop. These are sensitive areas easily damaged by cars.

We respectfully ask you to park straight in your parking spot. We know the stall lines are not always easy to see - focus on the concrete header. (We lose spots when multiple drivers park on a slant.)

We have 45 spots available between our two parking lots, which is more than ample most of the time. When we have large groups at the House, carpooling is strongly advised.

On behalf of the Staff, THANK YOU!

NEW: Over the Phone DUES Payments

As requested, members can now renew their dues over the phone! Leave your name and number with a Front Desk volunteer, and staff will call you back to facilitate payment.

Please note: as over-the-phone payments are costly, and require a staff person, we are currently limiting these kinds of payments to DUES renewals only.

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
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 1st Monday (No iPad in May)	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15 (Friday May 22nd ONLY)
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00	Crafters 1:30 – 3:30	Book Club 1:30 – 3:00	
Jigsaw Puzzle Club 12:45 – 2:15 (1st & 3rd weeks)				
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 WSÁNEĆ peoples whose historical relationships with the land continue to this day.

“Scene” Around Goward House



Kevin Scott from the Victoria Hospitals Foundation.



Author **Michael Layland**.