

THE GAZETTE



July & August 2026 Editor: *Marlene Abney*

General Manager: Heidi Hodgins

Assistant Administrators: Marlene Abney & Tara Jackson

Janitor: Russ Saunders Custodians: Leslie Hall & Brandi Ennis

GOWARD HOUSE

2495 Arbutus Rd. Victoria B.C. V8N 1V9

250 477- 4401

gowardhouse.com

administration@gowardhouse.com



President's Message

Welcome to summer at Goward House! We are settling into our role as co-presidents, appreciative of the members, staff and volunteers around us. Although Goward House is quieter in the summer, there are several special events coming up in July and August. We are happy to host the first of Saanich's "Music in the Park" events on July 7th, with BBQ, snacks, and desserts available from 5 until 7. The band, Free Spirits, will play from 6 to 8. Bring your lawn chairs to enjoy the concert among the trees in our back yard! We would love to see you there and hope that some of you can volunteer to help us make the event a success. Volunteering at Goward House is a great experience and a good way to meet your fellow members.

Something new is coming up on July 16: High Tea! Bring some friends and join us for a delightful treat. Once again, we will have 3 summer Barbeques, with the first on July 21st. Come and enjoy good food and our beautiful garden. See the front desk to sign up for these events.

Enjoy your summer and we look forward to seeing you around the House.

Gail Branton and Joy Olesky

Co-Presidents

SAVE THE DATE

Tuesday July 7th - **Music in the Park**. Goward House hosts this annual BBQ and concert. BBQ from 5:00 - 7:00 and concert from 6:00 - 8:00 pm.

Thursday July 16th - **High Tea**. Goward House hosts the first High Tea of the summer! Please see front desk to purchase.

Tuesday July 21st - **Goward House July BBQ**. Please see front desk to purchase, by July 16th.

Thursday July 23rd - **Money Matters** - 2:00 pm. The topic for July is Estate Planning - Advanced funeral planning with guest speaker **Colin Benesch** (Earth's Option Cremation and Burial Services).

Tuesday August 18th - **Goward House August BBQ**. Please see front desk to purchase, August 13th.

Thursday August 20th - **High Tea**. Goward House hosts the first High Tea of the summer. Please see front desk to purchase.

Thursday August 27th - **Money Matters** - 2:00 pm. The topic for August is Estate Planning - Why would I use a Trust Company? Guest speaker is **Benjamin Buckingham** (Senior Trust Advisor Solus Trust).



MONEY MATTERS with Pam Katunar



Thursday July 23rd - 2:00 pm. The topic is Estate Planning - Advanced Funeral Planning with guest speaker **Colin Benesch** (Earth's Option Cremation and Burial Services).

Thursday August 27th - 2:00 pm. The topic is Estate Planning - Why would I use a Trust Company? Guest speaker is **Benjamin Buckingham** (Senior Trust Advisor Solus Trust).

Hosted and presented by Heart Wealth Management of Raymond James.

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

Goward House will be closed **Wednesday July 1st** for Canada Day and **Monday August 3rd** for B.C. Day.



Join us for MUSIC IN THE PARK at Goward House!

presented by Saanich Parks, Recreation and Community Services
and Goward House

July 7th 2026 from 5:00 – 8:00pm

BBQ from 5 -7 with music by Fine Spirits - concert from 6-8 pm



Music in the Park

Come out and join your neighbours for an evening of music in your local park. Food available for purchase or bring your own picnic.

TUESDAYS, 6:00 - 8:00pm

July 7th **Fine Spirits** (current & classic hits)
Goward House, 2495 Arbutus Rd.

July 14th **Shenanigans** (classic rock)
Majestic Park, 4380 Majestic Dr.

July 21st **The Hit List** (danceable hits)
Beckwith Park, 857 Beckwith

July 28th **The Sutcliffes** (Beatles)
Brydon Park, End of Viewmont Ave.

August 4th **Groove Diggers** (top 40 & classics)
Hyacinth Park, 700 Marigold

August 11th **Backbeat** (tribute to the 60's)
Prospect Lake Park, 331 Prospect Lake Road

August 18th **Late Shift** (classic rock & roll)
Rutledge Park, Inverness & Cloverdale

August 25th **Apex Breaks** (psychedelic jungle funk)
Rudd Park, 3259 Irma

MUSIC IN THE PARK - PARKING INFORMATION

This is a popular event, and our parking is limited. We cannot save spots for members. Some things to keep in mind:

- ✓ Come early!
- ✓ Carpool, get dropped off, bike or bus (bus stop is directly outside the House).
- ✓ There are only TWO wheelchair parking spots, and those cannot be reserved.
- ✓ There is some street parking, but that is also limited (and Saanich does monitor it).
- ✓ There is pay parking available across the street (UVic Queenswood Campus) as well as at the corner of Haro and Arbutus. Both are within reasonable walking distance.
- ✓ There is also parking down Haro, near Frank Hobbs Elementary - you can walk through Goward Woodlands to get to the event. 😊

Parking Lot Attendants will try to keep traffic moving through our lots, and facilitate drop-offs. Traffic in the lots will be uni-directional (enter at West Entrance; exit at East Entrance). Thank you in advance for supporting our volunteer Lot Attendants!

LET THE OUTDOOR LAWN GAMES BEGIN!

OUTDOOR lawn games season has begun! Reserve a time by signing up at the front desk. A choice of 4 games is available for use on our rear lawn: Bocce, Yard-Zee, Ring Toss and Ladder Golf.

One group per time slot: 9-11am, 11am-1pm and 1-3pm. You are welcome to sign up for multiple time slots at a time, and reserve in advance.

Feel like playing spontaneously? Check in with the front desk - if the games are available, you are most welcome to play.

Cost is one blue ticket per player. Guests welcome! We require one player in the group be a member.



Goward House Summer BBQs

Please mark your calendars and join us for our annual BBQs.

Our first BBQ is a public event - **Music in the Park July 7th.**

Goward House will host three more: **July 21st, August 18th** and our final one, our Welcome Back BBQ, is **September 10th.**

Your choice of Beef, Salmon or Veggie burgers as well as Hot Dogs.

(potato chips, ice cream and beverages are also available)

Please sign-up (at the front desk) and prepay by July 16th for the July BBQ, by August 13th for the August BBQ and September 4th for the September BBQ.

WEDNESDAY LUNCH SPECIALS

Wednesday July 22nd - Butter Chicken

Wednesday August 5th - Beef Lasagna

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

Goward House
is pleased to host
HIGH TEAS
this summer!



Please join us for special Goward House High Tea afternoons this summer! Enjoy a selection of sandwiches and sweet & savoury goodies to share with friends.

when: **Thursday July 16th & Thursday August 20th**

12:30 pm

where: **Goward House Tea Room** (or deck weather permitting)

Price: \$30.00 p/p

Please reserve and pay at the front desk. Limited seating available, all available seating will be filled.



DROP IN ART

Summer is the perfect time to try something new. Our **Drop-in Art** group meets Wednesday mornings and encourage you to come by and see what it's all about. Bring your brushes and paint and create your masterpiece in whichever medium you prefer.

Drop in anytime from 8:00 - 11:30 am. and enjoy the company of like-minded artists. (A blue ticket is required.)



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)

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 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 June. 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

Kitchen Volunteer NEEDED for Thursdays! We are looking for an enthusiastic member to volunteer, preferably every Thursday (or every other Thursday). We welcome a team of two friends or solo act. Make a few sandwiches, serve a few coffees and treats. Training is provided for this fun and social volunteer shift. Usual time commitment is 11:00 am - 2:00 pm, with some flexibility. Please contact marlene@gowardhouse.com for more information. Your Tea Room needs you!

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.

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.

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

Joan Ethier, Chris Fox, Dave Nicholds & Arleen Pare.



ONE BREATH POETRY

A Talk on Haiku

Presentation by Terry Ann Carter

Monday September 14th 2:00 pm

Free for members / 10.00 for non-members

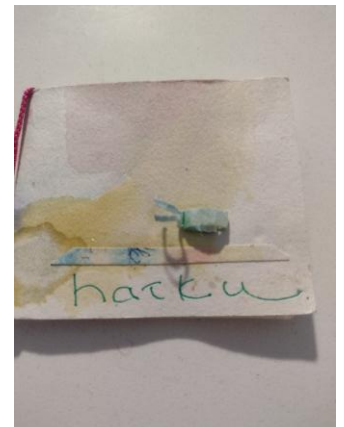
(A 3 – part course will be offered the following 3 weeks. See below for details).

Poet and paper artist, Terry Ann Carter is the author of eight collections of long form poetry, two haiku guidebooks, and five haiku chapbooks; she has edited four haiku anthologies. As past president of Haiku Canada, founder of and facilitator for KaDo Ottawa (2001-2012) and Haiku Arbutus Victoria Study Group (2014-present), she has given hundreds of haiku and book arts workshops around the world. *A Crazy Man Thinks He's Ernest in Paris* (Black Moss Press) was shortlisted for the Archibald Lampman Award; *day moon rising* was shortlisted for the Acorn-Plantos People's Poetry Award and *Tokaido* (Red Moon Press, 2017) won a Touchstone Distinguished Book Award. As a community fellow (2017) at the University of Victoria's Centre of Study in Religion and Society (CSRS) she studied Buddhist influence on contemporary English haiku and gave several lectures on this topic. In 2019, she was a judge for the first International Haiku Contest for the city of Morioka, Japan. *Haiku in Canada: History, Poetry, Memoir* (Ekstasis Editions) and *Moonflowers: Pioneering Women Haiku Poets in Canada* (catkin press) were both published in 2020. Her latest editions include *Blue Moon: the Ono no Komachi Poems*, Jackpine Press, 2021; *First I Fold the Mountain*, Black Moss Press, 2022; and *In the Spaces Between Bonsai*, Aeolus House, 2024.

Terry Ann will be offering a 3 - part course - Sept. 21, Sept. 28th & Oct 5th from 1:00 - 3:00 pm. Fees are \$20.00 for members & \$25.00 for non-members. All supplies will be provided. See samples below.

Registration begins August 4th. Please visit the front desk to sign-up.

<https://www.terryanncarter.com/>



Registration begins August 4th

Intro to Chinese Brush Painting

Taught by artist Barb Mekelburg

This is the first of a 2-part course followed by another one in the Spring (optional). An introduction to basic materials, techniques and topics with a focus on traditional subjects such as bamboo, orchid, plum blossom and chrysanthemum will be covered. Barb may include additional short demos on quick studies such as fish, pine, small figures, and Barb's favorite animals.

Fall Course - 8 classes, Thursdays 1:00 - 3:00.
Sept 17th to Nov 5th (registration opens Aug 4th)

Please see instructor bio below.

Members \$120.00 Non-members \$150.00



Barb Mekelburg

Barb Mekelburg was a career adult educator at colleges and universities in Manitoba and BC who turned to art in retirement.

After an introduction to Chinese brush painting by a potter in 2009, Barb embarked on a self-directed study that led to illustrations in books, artistic labels on cottage industry products such as soaps and jams, and menus for a start-up restaurant in Wales. Her blogspot (<https://followmybrushmarks.wordpress.com>) has connected her with brush painting aficionados around the globe.

While a member of the Goward House Chinese Brush Painting group as well as another at the Monterey Rec Centre in Oak Bay, she has delivered brush painting workshops and demonstrations on such subjects as bamboo, horses, tigers, pigs, rats and mandarin ducks. In 2019 Barb painted deep in one of this province's most treasured Ancient Forests near Prince George as part of "Art in the Forest", a celebration of both creativity and the subjects that inspire so many creators. Another highlight of her painting experience was to paint in Victoria's Inner Harbor with the Victoria Chinese Business Association at the annual Chinese Dragon Boat Festival in 2022.

Moving to Victoria in 2010, Barb studied with local brush painting enthusiasts Andy Lou, John Nip and Nenagh Molson. Her Chinese brush painting art has been displayed at numerous venues such as the offices of Seniors Advocate, the Orchid Society of Victoria's annual show, the Cedar Hill Rec Centre and at annual shows at Goward House and the Monterey Rec. Centre.

While Barb taught online courses (and even online instructors!) she prefers in-person, hands on instruction when it comes to art. Participants will receive a supplies list of which they are responsible to bring.



Intergenerational Learning Program

Share your lived experiences, connect across generations,
help shape future nurses



- The UVic School of Nursing is inviting older adults to participate in an exciting new Intergenerational Learning Program with fourth-year nursing students.
- Through a series of interactive sessions, older adults and nursing students will learn from one another, share experiences, and explore topics related to healthy aging, community, and wellbeing.

Information & Welcome Session Monday, September 21, 2026 Goward House

11:30 am

Join us to learn more about the program, meet the students and facilitators, and ask questions.

Program Sessions: Mondays, September 21 – October 26, 2026

How to Sing

for MEN only

6 Workshop Sessions

1 easy hour each

NEW
Fall 2026
Course

Sept. 15, to Oct. 20

Tuesdays from 1pm to 2pm

**You don't need any musical background.
Open to any man over 55 who wants to sing.**

Led by Philip Robbie — *Director of the Goward House Singers*

Register at Goward House - 2495 Arbutus Rd.
250-477-4401 ... from July 7th

6 WORKSHOPS - \$100 — (\$80 for Goward House members)



Scan for more info

Contact — philrobbie@icloud.com

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!



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 June punch card draw winner was **Anton de Bakker**. Congratulations!

THANK YOU

A big thank you to **Galey Family Farms** for their generous donation of delicious strawberries for our Strawberry Tea, and **Morning Fresh Eggs** for their generous donation of eggs for our Pancake Brunch!



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 Ch Form 9:30 – 10:15 (returns Sept. 3rd)	Yoga 9:30 – 10:30 (returns Oct. 2nd)
Quillers 10:00 - noon	French Conversation Adv. 1:00 – 3:00 (returns Sept. 1st)	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation Adv. 10:30 – noon (returns Sept. 11th)
iPad & iPhone Club 10:00 – 11:30 1st Monday	Mah Jong 1:00 – 4:00	Duplicate Bridge 12:15 – 4:00	Social Bridge 12:30 – 4:00	Choir 1:15 – 3:15 (returns Sept. 4th)
Social Bridge 12:30 – 4:00	Portrait Painters 1:15 – 4:00 (returns Sept. 8th)	Crafters 1:30 – 3:30	Book Club 1:30 – 3:00 (returns Sept. 17th)	
Meditation 2:30 – 4:00				
Jigsaw Puzzle Club 12:45 – 2:15 (returns Sept. 21st)				

GOWARD HOUSE SOCIETY

Board of Directors: 2026-27 Committees

COMMITTEE	DIRECTORS		
FACILITY	Chris Neilson, Lee Frank, Gail Branton, Roberta Hesselgrave		
FINANCE	Lee Frank, Gail Branton, Joy Olesky (& Heidi Hodgins)		
KITCHEN	Barbara Sawyer, Joy Olesky		
PERSONNEL	Gail Branton, Joy Olesky, Lee Frank, Mary Collins		
PROGRAM	Mary Collins, Barbara Turner, Joy Olesky, Roberta Hesselgrave		
PUBLICITY & OUTREACH	Barbara Turner, Mary Collins, Cassie Kangas		
VOLUNTEERS, MEMBERSHIP & FRONT DESK	Joy Olesky, Gail Branton, Cassie Kangas		
Co-President: Gail Branton	Co-President: Joy Olesky	Secretary: Barbara Turner	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



Board of Directors 2026 - 2027

(L-R) Chris Neilson, Cassie Kangas, Barb Turner, Joy Olesky, Mary Collins, Gail Branton, Lee Frank
and Roberta Hesselgrave (missing Barb Sawyer)



Goward House Board members **Roberta Hesselgrave & Barb Sawyer** and Custodian **Brandi Ennis** prepping
for the Bridge Luncheon.