

THE GAZETTE



October 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

*"October is the treasurer of the year."
Paul Laurence Dunbar*

Welcome to October and to an exciting month at Goward House! This Gazette is filled with details about upcoming activities.

This October is bringing municipal (and now provincial!) elections. If you live in Saanich, we have presentations by several of the mayoral candidates to help you prepare to vote.

Getting away from politics, we will have a speaker from the BC Cancer Foundation tell us about recent breakthroughs in cancer research. We are also hosting Moirá Dann from the Craigdarroch Castle Museum, who will introduce us to Kathleen Dunsmuir, a provocative and interesting historical character in our city.

Thank you to our members who are participating in the joint project between the University of Victoria Nursing Program and Goward House. It's allowing cross-generational learning between nursing students and our "elders" about life experiences, healthy aging, and the power of community.

The Christmas Craft Fair on November 21st and 22nd is fast approaching. Our vendor tables are sold out! If you're able, please sign up to volunteer - there's a wide variety of jobs to be done and it's a great opportunity to get to know some of your fellow members. Sign up sheets can be found around the House.

We look forward to seeing you in our Tea Room, a place to connect with community, appreciate the art, and enjoy delicious lunch items, treats, and beverages. Watch for homemade soups on some Thursdays during the winter.

Wishing you all a beautiful and bountiful October!

Warmly,
Joy Olesky and Gail Branton (Co-Presidents)

SAVE THE DATE

Thursday October 1st - 10:30 - 11:30. **Somatic Movements** with **Jennifer O'Halloran**. Session 1 begins Oct 1st. Please pre-register and pay at the front desk.

Monday October 5th - 2:00 pm - Saanich Mayoral candidate **Rishi Sharma** & Saanich Mayoral candidate **Zac de Vries** at 3:00 pm. Free.

Tuesday October 6th - 1:00 pm. President's Corner with Co-Presidents **Gail Branton** & **Joy Olesky** in the Living Room.

Thursday October 8th - 2:00 pm - Saanich Mayoral candidate **Karen Harper**. Free.

Thursday October 29th - 2:00 pm - **Jordan McClymont** & **Dr. Julian Smazynski** - From Community Support to Cancer Breakthroughs. Free.

Thursday October 22nd - 2:00 pm. **Money Matters** with **Pam Katunar**. The topic is - An Introduction to Investing. Bring your questions! Free.

Thursday November 12th - 2:00 pm. **Moira Dann** - Craigdarroch Castle Society. Please pre-register at the front desk. Free for members and \$10 for non-members.

Saturday November 21st and Sunday November 22nd - **GOWARD HOUSE CHRISTMAS CRAFT FAIR**. Please visit us or volunteer! Sign-up on ONE of the clip boards in the lobby or Lower Hall. Thank you!



President's Appeal

Our annual President's Appeal fundraiser ONGOING. This year our project is to **replace Lower Level chairs and improve the West pathway**. If you have not received your package, please see the front desk for assistance. The last day to contribute to the Appeal for a 2026 tax receipt is Friday December 11th.

Thank you!



The final presentation is Monday October 26th at 11:30 am. This will be a summary of the workshops.

FREE!



Goward House will be closed **Monday October 12th** for Thanksgiving.





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 2nd.

Deadline to order is Wednesday November 10th. Pick up of orders is from the Front Desk, Friday December 4th.

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!



MONEY MATTERS with Pam Katunar

The October session of **Money Matters** is October 22nd 2:00 pm

The topic is - **An Introduction to Investing**. Are you brand new to investing or just wanting to learn the basics? Pam Katunar will present various types of accounts including asset allocation, diversification, risk tolerance and offer a safe place to ask questions.

Hosted and presented by Heart Wealth Management of Raymond James.

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

In Remembrance



Dot Roberts

Dorothy (Dot) Roberts passed away on September 20th after a short illness. She was born in Walsall, England, on June 2nd, 1945. She received her Bachelor of Arts degree in Social Studies at Liverpool University, and after emigrating to Canada in 1968, continued her education by receiving a master's degree in history from UVIC. She worked as a social worker in several positions, most notably at Oak Bay Lodge, before retirement. She was an avid artist, producing many Chinese brush paintings. She is survived by her husband of 60 years Frank, her sister Margaret, children Anne and Michael, and grandchildren Kenyon and Tobias. She will be greatly missed by all her family and friends.

There will be a celebration of her life at a later date. In lieu of flowers, a donation in her name to Goward House would be appreciated.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com



Somatic Movements Awakening for your Body With Jen O'Halloran

2 fall sessions

Session 1 - October 1st, 8th, 15th &
29th (instead of October 22nd)

Session 2 - November 5th, 12th, 19th
& 26th

Thursdays 10:30 - 11:30 am

Please re-register and pay at the front desk.

Wake up and tune into your body for Fall with 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 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 four-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."*

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

Patrick Anderson, Denise Andrew, Shannon Baillie, Barry Bell, Dolores Bell, Eugeniya Bobrenok, Gail Brown, Douglas Cliff, Mary Dummer, Nancy Frederickson, Ann Higinbotham, Bob Higinbotham, Joni Hockert, Lesley Hands Wilson, Marie Lapwood, Janet Mathews, Lynne Parten, Barbara Penty, Patricia Hofstrand, Kathy Nemes, Kevin Ronnessth, Lynne Ronnessth, Mary-Jane Rowley, Alice Schellenberg, Gail Steele, Gwen Taylor & Irena Zworska.

Goward House presents Mayoral Candidates for Saanich

**FREE - Please pre-register at the front desk, by calling 250 477-4401 or email
administration@gowardhouse.com**



Rishi Sharma

Monday October 5th 2:00 pm

Rishi Sharma is a former Chief of Staff, senior BC public servant, and community leader. He holds a Master of Arts in Leadership from Royal Roads University, where his thesis examined how meaningful conversations strengthen relationships. His public service included supporting the Minister of Health on seniors' care and long-term care, helping improve services for older British Columbians.

Zac de Vries

Monday October 5th 3:00 pm



Zac de Vries was born and raised in Saanich and received a Bachelor of Arts from the University of Victoria in 2017. He has worked for the provincial government where he is a Senior Specialist Food and Beverage Processing with the BC Ministry of Agriculture and Food and advises executive leadership and the Minister on issues affecting the food and beverage processing sector.

He is a two-term member of Saanich Council and currently Chairs the Transportation Advisory Committee and is a member of the Finance and Governance Committee and a member of the South Island Prosperity Partnership Municipal Partners Committee. He also is the Chair of the Capital Region Housing Corporation Board and serves on a number of Capital Region Boards. He is married and has one daughter.

Karen Harper

Thursday October 8th 2:00 pm



Karen Harper started as a teacher in English and French immersion and then worked in income security at the BCTF managing the provincial disability plan and being pension plan trustee. Returning to Saanich she became VP and CKO at the Pension Corporation where she led on creating an effective, efficient, and accountable service-oriented organization. After retirement, she ran for Saanich council where she is completing her 9th year.

"Bidding in the 21st Century"

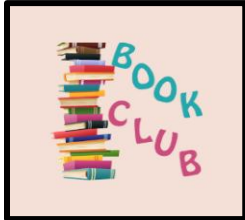
Thursday October 15th to Thursday December 10th, 9:30 - 11:30 am



Sold out – Waitlist only!

Jim Brackenbury will teach this nine-week course at Goward House on Thursday mornings, 9:30 to 11:30 am. The course will introduce students to modern bridge bidding based on the most recent "Standard American" textbooks from the ACBL. The Bidding course is aimed at students new to contract bridge or students who want to return to the basics for a refresher course. There is a requirement for a textbook, to be purchased directly from the instructor: "Bidding in the 21st Century".

Fees are \$100.00 for Goward House members and \$150.00 for non-members. The required textbook can be purchased directly from the instructor. (Please let the front desk know if you require the textbook, at the time of registration.)



Book Club with Susan Gilbertstad

Book Club will meet Thursday October 15th from 1:30 - 3:00 pm. The title for discussion **Becoming a Matriarch** by Helen Knott. There is NO Book Club Set available this month.

CRAFT FAIR VOLUNTEERS NEEDED

Craft Fair 2026 dates are

Saturday November 21st & Sunday November 22nd

Please sign up on the clip board in the lobby.

- Kitchen and Café volunteers to serve customers
- Raffle ticket sellers
- Goward House ambassador table
- Admission sales (front desk and cash sales experience an asset).

A few volunteers are needed Friday November 20th - to make sandwich fillings and assemble sandwiches.

If you are able to help or want more information, please email Marlene at marlene@gowardhouse.com or call 250 477-4401.





Guest Author Moira Dann

Headstrong Heiress: A Talk by Moira Dann

Moira Dann is the author of Craigdarroch Castle in 21 Treasures.

Thursday Nov 12 at 2:00 pm

FREE for members 10.00 for non-members

Kathleen Dunsmuir was born into great wealth and privilege in a colonial society bubble in Victoria and even spent part of her youth living in Hatley Castle, the second of two castles — along with Craigdarroch — built by the Dunsmuirs. She showed a great generosity of spirit and an embrace of hard work in supporting the troops during the first and second world wars; yet that selflessness was juxtaposed with her desire to be a Depression-era movie star and her willingness to pay for the chance — ultimately leading to her financial ruin.

Moira Dann is the author of *Craigdarroch Castle in 21 Treasures* (Touchwood) and is the past president of the Craigdarroch Castle board of directors. Moira was a journalist for many years, working primarily at the CBC and The Globe and Mail. She is currently studying for an MA in Public History at UVic.



WEDNESDAY LUNCH SPECIALS

October

Wednesday 7th - Beef Lasagna

Wednesday 14th - Chili

Wednesday 21st - Hawaiian Chicken

Wednesday 28th - Southern Style Pork Chops



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

Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00 (NO class Oct. 5 th , 12 th 19 th)	Line Dancing 9:30 – 11:00	Drop in Art 8:00 – 11:30	Tai Chi (w/Qigong warm-up) 9:00 – 10:15	Yoga 9:30 – 10:30 (returns October 2 nd)
Quillers 10:00 – noon	French Conversation Adv. 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00 (NO classes Oct. 1 st , 8 th & 15 th)	Spanish Conversation Adv. 10:30 – noon
Silver Surfers 10:00 – 11:30 1 st week (non- holiday)	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	
Meditation 2:30 – 4:00				

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



Terry Ann Carter Haiku Presentation

