

THE GAZETTE



September 2026 Editor: *Marlene Abney*

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GOWARD HOUSE

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President's Message

*"September skies are a reminder that every day
is a fresh start filled with opportunities."*

Autumn does feel like an opportunity to start new activities and get back to ones we took a vacation from in the summer. As our programming resumes, we welcome members who continued to visit the House during the summer, and welcome back returning members who we haven't seen for a few months. We're looking forward to seeing everyone in our classes, courses and activities, visiting the Tea Room and Art Gallery, and re-connecting with the community around us.

We would like to highlight some new opportunities being offered this Fall, including a lecture and then workshops on Haiku Bookmaking, new sets of Chinese Brush Painting lessons, Singing Lessons for Men, and Bridge Lessons, as well as a collaboration with the UVic School of Nursing to engage in an inter-generational classroom (an information session will be September 21st). Of course, we will also once again be offering a full schedule of presentations in our Speakers Series, including Saanich Mayoral candidates and a session regarding pros and cons of amalgamation. Also of note is the new Gazette feature we are starting in this issue called "Did You Know?", for those curious to learn tidbits about the incredibly impressive histories of our members. Finally, right out of the gate in September we are hosting one last delicious BBQ on the 10th (please pre-order at the Front Desk) - we hope to see you all there!

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

SAVE THE DATE

Thursday September 10th - **Welcome Back BBQ**. Please sign up and pre-pay at the front desk by September 3rd.

Monday September 14th - Tai Chi Open House - 10:30 - 11:30. Lower Hall. Free.

Monday September 14th - 2:00 pm - **One Breath Poetry** with **Terry Ann Carter** - a presentation on Haiku. Please pre-register at the front desk. Free for members, \$10.00 for non-members.

Tuesday September 15th - Registration for **Bridge Lessons with Jim Brackenbury** opens at 10:00 am. The course is "Bidding" and the lessons run October 15th - December 10th. Members \$100.00 and non-members \$150.00.

Tuesday September 15th - **"How to Sing" with Phil Robbie** (for men) course begins. Please see front desk to sign up before it fills up.

Thursday September 17th - November 5th. **Chinese Brush Painting** with Barb Mekelburg. Please sign up at the front desk. Spaces are limited.

Monday September 21st - 11:30 am - **UVic School of Nursing - Intergenerational Learning Program** presentation. Please pre-register at the front desk. Free.

Thursday September 24th - **Money Matters** - 2:00 pm. The topic is Wealth and Health - the Evolving Healthcare Landscape in Victoria. Guest speaker is Dr. Govender. Free.

Monday September 28th - 2:00 pm - **Dr. Evert Linquist**. Dr. Lindquist is Professor of Public Administration University Victoria. The Municipal election on October 17 will include a question about the possible amalgamation of Saanich and Victoria. Dr. Lindquist is familiar with the issues involved and will present them for consideration. Free.

Thursday October 1st - 10:30 - 11:30. Somatic Movements session 1 begins. 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.

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.



Welcome Back BBQ

Please join us for the final BBQ of the season.

Thursday 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 September 3rd.

Goward House will be closed **Monday September 7th** for Labour Day and **Wednesday September 30th** for National Day for Truth and Reconciliation Day.



President's Appeal 2026

Our annual President's Appeal fundraiser is coming soon. This year our project is **to improve the West Pathway, and replace the Lower Level chairs.**

Your mail-out package will be available for pick-up at the Front Desk Friday September 11th. Please save us a stamp and pick up yours at the Front Desk.

Thank you for your ongoing support !



MONEY MATTERS with Pam Katunar

The September session of **Money Matters** September 24th 2:00 pm

The topic is **Wealth and Health - Victoria's Evolving Healthcare Landscape**. This presentation is about the changing realities in primary care, preventative and executive health, aging in place, navigating access challenges, and the growing role of integrated private/public healthcare models in supporting patients and families. Dr. **Sundren Govender** (MBChB, CCFP) Medical Director Monarch Health Solutions Inc.

Hosted and presented by Heart Wealth Management of Raymond James.

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

"Bidding in the 21st Century"

Thursday October 15th to Thursday December 10th, 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 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".

Registration opens Tuesday September 15th at 10:00 am. 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.)

GENTLE REMINDER

A reminder for members and the general public that we rent the House for private events during evenings and weekends. Signs are placed outside the House indicating that there is a private event taking place. Please observe this communication and do NOT enter the House or wander around the grounds and gardens when a rental is happening.

Thank you in advance!

Did you know?

A member of Goward House attended a reception in Belgrade that was attended by Marshal Tito of Yugoslavia.

The father of someone you see regularly around The House was a bootlegger and a member of Goward House prosecuted him.

A member of Goward House wrote programs for computers while an employee in the next room used an abacus to do the same.

Calling all VENDORS for Craft Fair 2026!



Table rentals are still available for our Craft Fair November 21st & 22nd.

small table (4') -- \$45

Please email Heidi at gowardhouse@shaw.ca. Craft Fair table rental forms are available at the front desk or by email.

New

Silver Surfers

You are invited to join this new discussion group for members, exploring the rapidly changing technology around us. Come prepared to share your experiences as we start our conversation on a different topic each month, chaired by **Leah Freedman**. The group meets 10:00 – 11:30 am the **FIRST** (non-holiday) **Monday each month**.

- Sept 14: What's so smart about Smartphones?
- Oct 5: Health Technology
- Nov 2: Social Media
- Dec 7: The Smart Home – convenience or complication?
- Jan 4: Learning New Technology

Members only – admission is a blue ticket. Please pre-register with the Front Desk by the Friday before.

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

Norah Arthurs, Anne Bailey, Cathy Becker, Malca Casiro, Vicki Kuhl, Sydney Price Sparling & Rekha Srivastava.

Arts & Crafts



CHINESE BRUSH PAINTING

Chinese brush painting is believed to be one of the oldest continuing artistic traditions in the world. It is the traditional art of painting on rice paper or silk with a natural animal-hair brush and ink. Paintings can be monochrome or coloured and typically depict animals, birds, flowers or scenes from nature. Our Chinese Brush Painters meet on Wednesdays from 9:30 - 1:00 pm. Curious about Chinese Brush Painting? Come meet our artists to learn more. *(A blue ticket is required.)*



DROP IN ART

Come and join our Drop-in Art group Wednesday mornings. 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.)*



CRAFTING

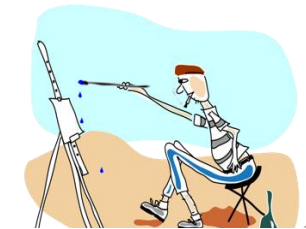
If you enjoy crafting such as knitting, felting, crocheting and embroidery, drop in on Wednesdays from 1:30 - 3:30 and join our Crafters Group. It's all about crafts and social time with this lovely group of crafters.



PAPER QUILLING

Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Paper quilling projects can be used to decorate cards, boxes, gift bags, picture frames, or even be made into 3D stand-alone art pieces.

If you would like to try quilling, join this friendly group on Mondays from 10:00 - noon.



PORTRAIT PAINTERS

This creative group meets on Tuesdays from 1:15 - 4:00 pm. We supply the easel, and you supply your talent!

This group is always looking for models. If you would like to model, please contact group leader Vicki Postl - vpostl@telus.net *(A blue ticket is required.)* This group returns September 8th.



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)

SPECIAL INTEREST



BOOK CLUB

Book Club meets every 3rd Thursday at 1:30 pm. Join in on the discussion with your friends. Books are sometimes available to sign out at the front desk. Please call ahead. *(A blue ticket is required.)* This group returns September 17th.



SOCIAL BRIDGE

Goward House hosts Social Bridge every Monday & Thursday afternoon. You don't need a partner to participate. If you enjoy playing Bridge and socializing, join this fun group from 12:30 - 4:00 pm in the Arts & Crafts Room on Mondays and the Sun Room on Thursdays. *(A blue ticket is required.)*



ADVANCED FRENCH CONVERSATION

Parlez-vous Français? Why not join this lively group of Goward House members for a social get together.

Conversing in French, you will enjoy a wide variety of topics and practice your language skills at the same time. The group meets Tuesdays from 1:00 - 3:00. *(A blue ticket is required.)*

This group returns September 1st.



ADVANCED SPANISH CONVERSATION

Habla Español? Many of our Goward House members are multilingual. Those who enjoy speaking Spanish meet Friday mornings for some light conversation and social engagement. Conversing in Spanish, you will enjoy a wide variety of topics and practice your language skills at the same time. Join the group Fridays from 10:30 - noon. *(A blue ticket is required.)* This group returns September 11th.



SILVER SURFERS

Join this discussion group for members, exploring the rapidly changing technology around us. Come prepared to share your experiences as we start our conversation on a different topic each month. Chaired by Leah Freedman every **FIRST** (non-holiday) **Monday** of the month from 10:00 - 11:30 am.

Pre-registration required by the Friday before. Please let us know you will be attending by calling the front desk @ 250 477-4401. *(A blue ticket is required.)* The first meeting is September 14th.



MAH JONG

Mah Jong players meet every Tuesday from 1:00 - 4:00 pm in our Sun Room. Join in on the fun with other enthusiasts. Beginners are welcome! *(A blue ticket is required.)*

FITNESS & WELL BEING



STRENGTH & BALANCE with Manda Vranjes

Come join Manda Mondays (9:00 - 10:00) and Thursdays (noon - 1:00) for a fun and invigorating class. Participants are first seated on chairs to warm up, progress to the use of hand weights and conclude with other gentle exercises that will make you feel great. *(A yellow fitness ticket is required.)* See you there!

(please note classes are cancelled Sept. 14th through October 19th)



LINE DANCING with Betty Doherty

Line Dancers are hitting the floor every Tuesday morning from 9:30 - 11:00 am. Betty Doherty will instruct you through sequences of moves to popular tunes. A fun and social class that's a little work out too! Wear comfortable clothes and shoes to this fun class. *(A yellow fitness ticket is required.)*



YOGA with Andrea Baudic

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Our instructor, Andrea, will guide you through gentle yoga poses to enhance flexibility and lower your stress. Please bring your own yoga mat. Yoga is available Fridays, 9:30 -10:30 am. *(A yellow fitness ticket is required.)* Yoga returns October 2nd.



MEDITATION with Eric Elbers

In this world that at times feels overwhelming, Monday afternoon meditation provides an oasis of serenity. Those attending on a regular basis report feeling refreshed and restored, with greater patience, perspective and compassion in their daily lives.

The class aims to provide deeper insight into ourselves, our connection with others and the world. The peaceful environment provides an opportunity for reflection, insight and thoughtful discussion. We welcome new participants, Mondays 2:30 - 4:00 pm. *(A blue ticket is required.)*



Tai Chi (with Qigong warm-up)

Thursdays 9:00 - 10:15

The instructor will guide participants through a warmup of Qi Gong & Mobility movements, then move into Yang Tai Chi form. *(A yellow fitness ticket is required.)* This class returns Sept. 10th.

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

GOWARD HOUSE SINGERS with Phil Robbie



The Goward House Singers are accepting new members during the first 3 weeks of September. Give us a tryout for a couple of weeks to see what you think. We sing some great songs that you'll remember from your past and we have lots of fun doing it. We'll have 8 weeks of practice in September & October and several concerts during November & December. If you like the practices, you'll love the concerts.

Fridays from 1:15 - 3:15 in the Lower Hall. *Choir is a blue ticket activity.*
Rehearsals resume September 4th.

To learn more, have a look at our website - GowardHouseSingers.ca

DUPLICATE BRIDGE

Wednesdays are Duplicate Bridge Day at Goward House. Led by **Susan de Gryp** and **Jim Brackenbury**, participants meet at 12:15 in the Lower Hall. This is a very dedicated group of serious players.

For more information, please contact administration@gowardhouse.com. (A blue ticket is required.)



FUNDRAISING - How Can You help?

We received **\$84.50** from our **Fairway's** fundraising this quarter! 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 **\$300.00** for the months of July & August. Proceeds to Goward House! 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. **Barry will be unavailable for bottle recycling Sept. 7th - 21st.** **Please do not leave any bottles on the Goward House porch.**



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 July punch card winnder was **Ann Gibbard** and our August punch card draw winner was **Del Pengelly**. Congratulations!

Chinese Brush Painting Lessons

with Barb Mekelburg

Sept. 17 - Nov. 5, 2026 (eight sessions)

Thursdays 1:00-3:00 at Goward House



Learn to paint goldfish, crab, monkey, tiger, sunflower, maple leaf...and how to prepare your work for show (gluing/mounting and chopping). Topics to be finalized at first meeting.

limited spaces; 8 weeks \$150 (*\$120 GH members)

inquire at Goward House desk 250-477-4401



Some spots still available....



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 ongoing)

Please see instructor bio below.

Members \$120.00 Non-members \$150.00
(space limited)

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.

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 28 – October 26, 2026
(no session Thanksgiving Monday. See more information on these sessions next page).

Interested participants who register for the program are required to attend the workshops Monday September 28th, October 5th, & October 19th from 11:30 am - 12:30 pm. You will be guided through the program with UVic nursing students who are gathering information from you, the participant. The final presentation is Monday October 26th at 11:30 am. All are welcome.

We hope you will find this program a great way to interact with young students who may be pursuing a career in nursing with an emphasis on the older adult. This is a great opportunity to share and meet with other members of a team of dedicated nursing students from UVic. Please consider registering!

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.



TAI CHI OPEN HOUSE

Goward House Lower Hall

with instructors Gabriel Shaw and Jacqueline Sloan

Monday September 14th from 10:30 - 11:30 am



FREE. NO pre-registration required.

Come for a Tai Chi demonstration and bring your questions about the program!



Gabriel Shaw

I started practicing Tai Chi and Qigong when I was 13 years old and immediately fell in love with the beauty and depth of the practice. These tools have helped me manage anxiety, heal pain and shift burnout, as they have for many of my students.

In 2018, I earned my bachelors of science in kinesiology, followed by a designation as a clinical exercise physiologist. My background in many areas of health from paramedicine, hospitals, clinics, studios and gyms gives me a holistic perspective on healing. I combine these tools in my coaching practice to help people release stuck energy and find balance physically, mentally and spiritually. Learn more about my work at coachgabrielshaw.com.



Jacqueline Sloan

Jacqueline grew up in a physically active family. At an early age, she translated this love for movement into dance, which took her from the Royal Winnipeg Ballet to the National Ballet of Canada. Physical injuries precipitated a move into stage production and choreography, which led her to training and teaching Pilates and rehabilitation. Jacqueline spent 9 years as a physiotherapist assistant enjoying teaching people about how the body works.

About 10 or 11 years ago she met Gabriel Shaw and fell in love with Tai Chi. She found Gabriel's unique approach very much in line with her own knowledge and experience of the body. "Bringing the mind, body and soul into a centred healing movement practice is one of the most gratifying things I have done".



Somatic Movements Awakening for your Body With Jen O'Halloran

2 fall sessions

October 1st, 8th, 15th & 29th

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 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^R 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 presents Mayoral Candidates for Saanich

FREE - Please pre-register at the front desk.



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.



Special Guest Speaker Dr. Evert Lindquist

Should Victoria and Saanich Amalgamate?

Monday September 28th 2:00 pm

FREE - Please pre-register at the front desk.

On October 17, 2026, the residents of Saanich and Victoria will have an opportunity to vote in a non-binding referendum question: "Do you support Saanich and Victoria becoming one municipality?" This presentation will review how this question came to be approved by both Councils, provide background on the 2024-2025 Victoria-Saanich Citizens' Assembly process which recommended the amalgamation of the two municipalities, and summarized the various views and considerations which informed the Citizens' Assembly conclusions.

Evert Lindquist is a Professor of Public Administration with the University of Victoria's School of Public Administration. He served as its School's Director, as well as Editor of *Canadian Public Administration*, the journal of the Institute of Public Administration of Canada, for many years. He teaches courses on government, policymaking, and public sector reform and has published widely on those topics, including on citizen engagement. Professor Lindquist served as a neutral member of the Advisory and Oversight Group for the Victoria-Saanich Citizens' Assembly on Amalgamation.

In Remembrance



Mrs. Linnea Anne Fouracre

Linnea was born in Salmon Arm, BC to Sam and Ivy Miller. When she finished high school she moved to Victoria to train as a nurse at the Royal Jubilee Hospital, graduating in the class of 1959. It was during this time she met Donald and they married in 1960. They grew and cultivated a wonderful family with Linnea being a loving homemaker and mother. "Mom would say she was just an ordinary mother but for us she was extraordinary." Linnea created a home where everyone felt welcome and her gifts as a gracious hostess were well known by family and friends. Linnea was a very generous person giving her time, talents and resources. She was an active member of PEO Chapter AJ, A Time Out For Women at Cadboro Bay United and Goward House.

Predeceased by Don in 2013, she is survived by her loving daughters Karen, Susan and Catherine and her four beloved grandchildren Rhys, Sam, Grace and Tessa. She will also be greatly missed by her sister Glenda and her children Ben (Sogol) and Andy as well as her brother Jim (Kate) and niece Kimberly (Dave). We would especially like to thank the Palliative Care Nurses Mikaela, Dawn and Theodora for their support. A celebration of her life was held Saturday August 22nd.



Book Club with Susan Gilberstad

Book Club will meet Thursday September 17th from 1:30 - 3:00 pm. The title for discussion is **Up and Down** by **Terry Fallis**.

There is NO Book Club Set available this month.

WEDNESDAY LUNCH SPECIALS

September

Wednesday 2nd - Chicken Lasagna

Wednesday 9th - Russ's Perogies

Wednesday 16th - Thai Curry Pork

Wednesday 23rd - Butter Chicken

Wednesday 30th - CLOSED



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

Haro Woods Guided Walking Group

Please join Goward House member **Deborah Dickson** on monthly guided walks through Haro Woods. Deborah was instrumental in the preservation of Haro Woods over the last few decades.

Did you know that Haro Woods is the last urban forest in East Saanich? Have you seen the Owl nests? History shows that this land has been used by humans and four-legged animals for centuries. This green corridor provides refuge for urban animals and migrating birds to move safely through our community.

The next walk will be **September 15th at 1:00 pm**, weather permitting. Please meet in the lobby at Goward House. The walk through the woods is on accessible trails, for all ages, and transit is available on Arbutus Rd.

Free for all, all welcome.



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.

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.

CRAFT FAIR VOLUNTEERS - Mark your calendars for our annual Craft Fair taking place November 21st and 22nd. Look for the sign-up clip board coming soon!

Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Balance 9:00 – 10:00 (NO classes Sept. 14th, 21st, 28th, & Oct. 5th)	Line Dancing 9:30 – 11:00	Drop in Art 8:00 – 11:30	Tai Chi (w/Qigong warm-up) 9:00 – 10:15 (returns Sept. 10th)	Yoga 9:30 – 10:30 (returns October 2nd)
Quillers 10:00 – noon	French Conversation Adv. 1:00 – 3:00 (returns Sept. 1)	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00 (NO classes Sept. 17th, 24th & Oct. 1st, 8th & 15th)	Spanish Conversation Adv. 10:30 – noon (returns Sept. 11th)
Silver Surfers 10:00 – 11:30 1st (non-holiday) Monday. Returns Sept. 14th.	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 Oct. 5th)				

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 W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.

"Scene" Around Goward House

July BBQ



High Tea

