

THE CAMELOT HERALD

Editor: Ryan Bayer

December 2024

Dates to Remember

- **Dec 01: Advent Begins/ World Aids Day**
- **Dec 07: Hannukah**
- **Dec 21: Winter Solstice**
- **Dec 25: Christmas Day**
- **Dec 26: Boxing Day**

Birthdays!!

- **Dec 01: Frances Feger**
- **Dec 06: George Kyle**
- **Dec 15: Elizabeth Ward**
- **Dec 20: Felicity Klassen**
- **Dec 22: Marie Zarowny**
- **Dec 25: Joan Foss**

*Merry
Christmas!*

Camelot **ACTIVITIES**

- ◆ **SUNDAY:** Bingo at 1pm! Drop in for Bingo in the dining room; includes a special treat from our Chef.
- ◆ **Birthday Dinner** on the last Sunday of each month to celebrate Residents who have had a birthday that month.
- ◆ **MONDAY:** 09:30 am– Tai-Chi in the lounge.
- ◆ **WEDNESDAY:** 09:30 am– Chair Exercises in the lounge.
- ◆ **FRIDAY:** 09:30 am– Tai-Chi in the lounge.
- ◆ 03:00 pm– Trivia in the lounge.
- ◆ **SATURDAY:** 09:30 am– Chair exercises in the lounge
07:15 pm– Movie night in the lounge.
03: 30 pm– **Happy Hour!** in the Lounge

SERVICE REMINDERS

- ◆ Elevator maintenance : Every 2nd Thursday of the month.
- ◆ Fire Alarm: Pacific Coast Fire conducts the Fire alarm test on the last Thursday of every month.
- ◆ Garbage/ Recycling: Garbage is picked up every second Thursday. **Please remember to segregate the garbage and place in them in their delegated bins. Do not put garbage or plastics into the CARDBOARD bin. PLEASE pass on the information to your Personal Care Aid Worker.**

MISCELLANEOUS

- ◆ Please note, residents are requested to **not use their scooters in the Main Floor, Elevators, and your suites**. Request you to kindly park the scooter in the basement before proceeding to the main floor and your suites.
- ◆ Reminder! We are a “ No Scent” building. For the comfort of residents and visitors who have allergies, please refrain from wearing strong perfumes and colognes.

PERSONAL CARE

- ◆ Foot Care: If you would like an appointment with Denise for foot care, please provide your name to Mikki in Suite 305. The cost is \$45.00 per person.

FOOD SERVICE

- ◆ Extra Tray/ Guest in Dining Room: Please notify the office/ kitchen **48 hours in advance** for an extra guest meal.

What's Happening Around Town

- * Dec 01– 31: Lights of Wonder, Location: Centennial Square, Victoria, BC.
- * Dec 01– Jan 06: The Magic of Christmas, Time: 03:00 pm to 09:00 pm, Location: Butchart Gardens, 800 Benvenuto Avenue, Brentwood Bay, Saanichton, BC.
- * Dec 01: Victoria– Comfort & Joy, Time: 03:00pm to 04:00 pm, Location: Broad View United, 3703 Saint Aidans Street, Victoria, BC.
- * Dec 03– Jan –03: Esquimalt Christmas Tree Village, Time: 12:30 to 10:00 pm, Location: Esquimalt Recreation Centre, 527 Fraser Street, Victoria, BC.
- * Dec 05: Harbour Holiday Light Up, Time: 05:00 pm to 07:00 pm, Location: Inner Harbour Causeway Marina, Float D, Victoria, BC.
- * Dec 07: Lighted Truck Convoy and Food Drive, Time: 05:00 pm, Location: Odgen Point to Royal Bay
- * Dec 07: Historic Horse Tour: Time: 02:00 pm, Location: Ross Bay Villa Historic House Museum, 1490 Fairfield Road, Victoria, BC.
- * Dec 07: Metchosin Christmas Spirit Market, Time: 10:00 am to 04:00 pm, Location: Metchosin Community Hall, 4401 William Head Road, Victoria, BC.
- * Dec 07: The Dickens Fair 2024, time: 10:00 am to 04:00 pm, Location: James Bay Community Centre, 2A9, 140 Oswego Street, Victoria, BC.
- * Dec 08: Christmas Pops with Canadian Brass, Time: 02:30 pm– 04:30 pm, Location: Royal Theatre, 805 Broughton Street, Victoria, BC.
- * Dec 10: Stars on Ice Holiday, Time: 07:00 pm, Location: Save On Foods Memorial, 1925 Blanshard Street, Victoria, BC.
- * Dec 12– 15: Messiah by Candlelight, Time: 07: 30 pm & 02:30 pm, Location: Christ Church Cathedral, 930 Burdett Ave, Victoria, BC.
- * Dec 15: Brunch with Santa at the Courtney Room, Time: 11:00 am to 02:00 pm, Location: The Courtney Room, 623 Courtney Street, Victoria, BC.
- * Dec 15: Yellowpoint Christmas, Time: 02:00 pm to 05:00 pm, Location: McPherson Playhouse, 3 Centennial Square, Victoria, BC.
- * Dec 16: Battle of the Big Bands– A Christmas Fundraise for Charity, Time: 07:00 pm to 09:30 pm, Location: Glenlyon Norfolk School, 781 Richmond Ave, Victoria, BC.
- * Dec 18 & 19: Daniel Lapp's Home for Christmas Concert, Time: 07:30 pm to 09:00 pm, Location: Royal Theatre, 805 Broughton Street, Victoria, BC.



We are so fortunate to have an amazing selection of books available to us in our Camelot library. When the weather keeps us inside, or we are unable to get to the public library, it's an easy trip to the lounge to find reading material.

We at the Camelot owe many thanks to Joan Hanneson who has looked after the library for eight years, with help from Marion Glass and initially from Georgeane Hyde. Now Joan has decided to 'retire' and has passed the torch to me. I know that I have big shoes to fill - and that does not refer to the size of Joan's feet- and I will do my best to keep this wonderful resource current and accessible to us all. I am pleased to say that Marion has agreed to continue to assist. That will make the transition much smoother.

Generous donations continue to help us add to the selection available, however that sometimes means that some of the older volumes must be 'weeded' in order to make room. That is always a difficult task, but any books we are taking from the shelves will be made available to anyone wishing to keep them before we donate them - to New Horizons, local Little Libraries, the Times Colonist book sale or charity shops.

For now, happy reading! The rain, wind and dark afternoons are perfect times to curl up with a good book.

-Diana McNeil, 309



Wish you and all your loved One a Very Merry Christmas. May this season bring you the best of God's blessing and loads of Love, Joy and a fun filled family time.

-All the staff at the Camelot





Christmas by far is one of the most loved holiday seasons not just for Christian's alone but for many communities. Growing up in a Christian majority town in Fort Cochin a city in the Southern State of Kerala, India, meant I was always got to see majority of the houses decorated with Stars, and lights. Each Street association tried the out do the other to put up the best lights in the neighborhood. Christmas also meant that it is time for the prepping Christmas goodies like KulKuls (a traditional Christmas sweet prepared from flour, sugar, and coconut cream), Rose cookies (a crunchy flower shaped cookie made from Rice flour), fruit cakes, not to forgot the customary grape wine or ginger wine. Gift exchanges among families always includes a bottle of homemade wine, and the sweet treats, The festive season culminates with the burning of the Old Man or Pappanji on Dec 31st at mid night to bring in the New year, and the Cochin Carnival Parade. Some historians says that the Pappanji burning ceremony in Kochi is thought to have originated from the remnants of the Christmas and New Year celebrations of the Portuguese who ruled Fort Cochin region from 1503 to 1663. That being said lets take a look at some of the Christmas celebrations and traditions around the world.

China

In China, only about one percent of people are Christians, so most people only know a few things about Christmas. Because of this, Christmas is only often celebrated in major cities. In these big cities there are Christmas Trees, lights and other decorations on the streets and in department stores. Santa Claus is called 'Shengdan Laoren' (old Christmas Man) and has grottos in shops like in Europe and America. The post men might dress up as Santa when delivering letters before Christmas!

In Chinese Happy/Merry Christmas is 'Sheng Dan Kuai Le in Mandarin and 'Seng Dan Fai Lok Cantonese. In China, Santa is known as 'Sheng dan lao ren' ; means Old Christmas Man). Only a few people have a Christmas Tree. If people do have a tree it is normally a plastic one and might be decorated with paper chains, paper flowers, and paper lanterns (they might also call it a tree of light). The strange thing is that most of the world's plastic Christmas Trees and Christmas decorations are made in China, but the people making them might not have decorations like them in their own homes at Christmas!

A tradition that's becoming popular, on Christmas Eve, is giving apples. Many stores have apples wrapped up in colored paper for sale. People give apples on Christmas Eve because in Chinese Christmas Eve is called "Ping'an Ye" meaning peaceful or quiet evening, which has been translated from the carol 'Silent Night'. The word for apple in Mandarin is "píngguǒ" which sounds like the word for peace. Some people go Carol singing, although not many people understand them or know about the Christmas Story. Jingle Bells is a popular Christmas song in China!

Eritrea

In Eritrea, like in its neighbour Ethiopia, Christmas is celebrated on January 7th, rather than December 25th. This is because the Eritrean Orthodox Tewahedo Church uses the Geez Calendar that is somewhat similar to the Julian Calendar followed by Eastern Orthodox Church. About half the population of Eritrea are Christians and the other half are muslims. The main churches in Eritrea are the Eastern Orthodox Church, the Eritrean Catholic Church and the Evangelical Lutheran Church. These are the only types of church which are allowed by the Eritrean government. If you're a Christian who belongs to a different type of church, it can actually be very dangerous, as the government controls which types of churches are allowed.

Many Christmas customs and traditions in Eritrea are similar to those in Ethiopia. This includes people in the Eritrean Orthodox Tewahedo Church taking part in a special fast during Advent, leading up to Christmas. The fast starts on the 25th November and only a vegan diet is eaten. A day or two before Christmas, people start preparing their big Christmas meal. Often the animal, which will be eaten at the meal, is purchased from a local street market. These include, sheep, goats, cows or hens. People usually check an animal before purchasing it, to make sure it will have enough meat on it! The prices are normally bartered and making a deal can be a long process. The market is also buzzing with people chatting and doing last-minute grocery shopping for the holiday. On Christmas Eve, the animal is killed. People will also do other final preparations for the meal. These include brewing Swa (a homemade beer), baking Injera (a fermented flatbread made of Taff flour) and cooking Zigni (a hot meat stew, often made with beef). Every family member will help at some point.

In the Eritrean Orthodox Tewahedo Church, people dress in the traditional white outfits. In the church, men sit on one side of the aisle and women on the other. Women wear head coverings as this is traditional. At the front of the church will be the priest in his gold robe, accompanied by five helpers with white veils wrapped around their shoulders. After the church service, everybody goes back to their homes. Green straw (Setti) is spread on the floor and sometimes a soothing incense smoke fills the room. Men are given a glass of the home brewed beer and entertain guests while the women prepare the food. Children are told to sit down and not to get their new or newly washed clothes dirty. When the meal is ready, a prayer is said by the father, the eldest or a senior member of the family and then everyone can spread his fingers and enjoy eating the delicious zigni with the injera (the bread is used to scoop up and eat the stew).

Ecuador

For many people in Ecuador the Christmas starts on December 16th with the Novenas. These are the nine nights leading up to Christmas. There are nine to represent the nine months that Mary pregnant. Families and friends get together to sing villancicos (Christmas Carols) and to pray for sick people they know. People normally go to a different house each night for the Novena. The Novenas are similar to the Posadas in Mexico. Most houses in Ecuador will be decorated with a Nativity Scene called a pesebre. It's traditional that the figure of the baby Jesus isn't put into the scene until the night of Christmas Eve. As well as animals like sheep and cows, you might also get llamas in the pesebre! A special Christmas parade called 'El Pase del Niño Viajero' (The Passage Of The Travelling Child) takes place in many towns and cities from mid December and Christmas Eve. In the procession a figure of the baby Jesus is carried through the streets with lots of music, singing and dancing. There are often other floats and people dressed up for the celebrations.

The processions started in the early 1960s after a figure of the baby Jesus was taken to Rome, in Italy, to be blessed by the Pope. The parades are popular throughout Ecuador, but especially in the Andes. The biggest El Pase del Niño Viajero takes place on Christmas Eve in the city of Cuenca and lasts for about eight hours! It ends with the El Niño (the baby Jesus) being carried into the Cathedral de la Inmaculada. A popular activity at Christmas in Ecuador is 'Amigo Secreto' (Secret Friend) which is like Secret Santa. Often multiple gifts are sent in secret, in the days before Christmas, with the gift giver being revealed on Christmas Eve.

Christmas Eve is known as Noche Buena (the good night) and is when the main Christmas meal 'Cena de Nochebuena' is eaten and presents are exchanged. The gift bringer in Ecuador is 'Papa Noel' (Father Christmas/Santa Claus). Getting new shoes is a common gift in Ecuador.

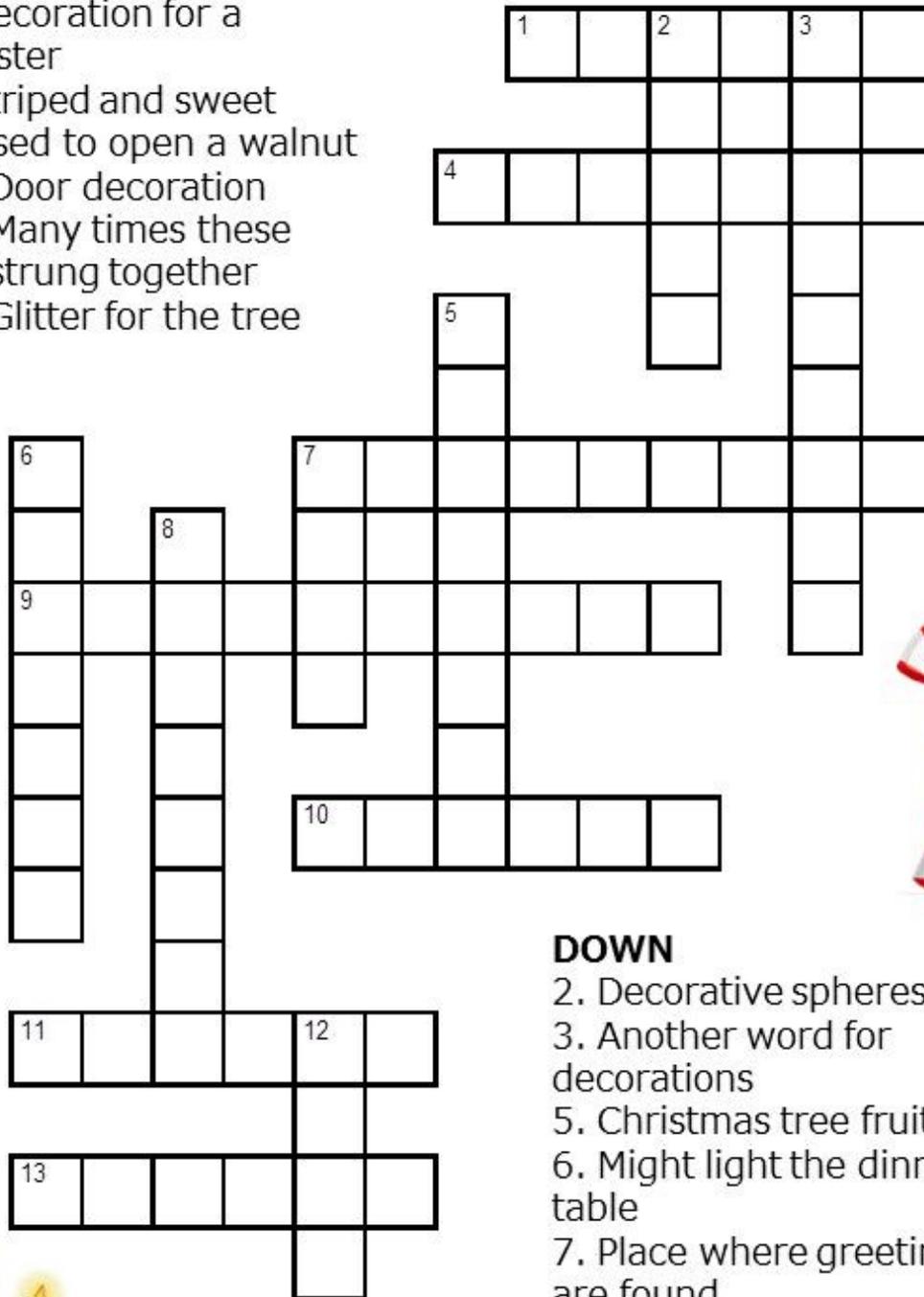
The Christmas meal can consist of roast turkey, chicken or ham with side dishes like rice, potatoes and vegetables. 'Arroz Navideño' (Christmas rice) is yellow rice mixed with different things like small pieces of ham, almonds and raisins, olives, peanuts, cheese and sweetcorn. Different families will have their own recipes for Arroz Navideño made how they like it! A very popular Christmas drink is Rompope, which is like eggnog. Ecuadorian Christmas cake is 'Pan de Pascua' which is like panettone.



Christmas Decorating

ACROSS

- 1. Used to wrap a present
- 4. Decoration for a banister
- 7. Striped and sweet
- 9. Used to open a walnut
- 10. Door decoration
- 11. Many times these are strung together
- 13. Glitter for the tree



DOWN

- 2. Decorative spheres
- 3. Another word for decorations
- 5. Christmas tree fruit
- 6. Might light the dinner table
- 7. Place where greetings are found
- 8. Hung by the chimney
- 12. Might be cedar, fir or pine



December '24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>Frances Feger</p> 	<p>2</p> <p>Tai-Chi 9:30 a.m</p>	<p>3</p>	<p>4</p> <p>Exercise 9:30 a.m</p>	<p>5</p>	<p>6</p> <p>Tai-Chi 9:30 a.m</p>  <p>George Kyle</p> <p>Trivia 03:00 p.m</p> 	<p>7</p> <p>Exercise 9:30 a.m</p>
<p>8</p> 	<p>9</p> <p>Tai-Chi 9:30 a.m</p>	<p>10</p>	<p>11</p> <p>Exercise 9:30 a.m</p> 	<p>12</p>	<p>13</p> <p>Tai-Chi 9:30 a.m</p> <p>Trivia 03:00 p.m</p> 	<p>14</p> <p>Exercise 9:30 a.m</p>
<p>15</p>  <p>Elizabeth Ward</p> 	<p>16</p> <p>Tai-Chi 9:30 a.m</p>	<p>17</p>	<p>18</p> <p>Exercise 9:30 a.m</p>	<p>19</p>	<p>20</p> <p>Tai-Chi 9:30 a.m</p>  <p>Felicity Klassen</p> <p>Trivia 03:00 p.m</p>  	<p>21</p> <p>Exercise 9:30 a.m</p>
<p>22</p>  <p>Marie Zarowny</p> 	<p>23</p> <p>Tai-Chi 9:30 a.m</p>	<p>24</p>	<p>25</p> <p>Exercise 9:30 a.m</p>  <p>Joan Foss Merry Christmas</p>	<p>26</p> 	<p>27</p> <p>Tai-Chi 9:30 a.m</p> <p>Trivia 03:00 p.m</p> 	<p>28</p> <p>Exercise 9:30 a.m</p>
<p>29</p> 	<p>30</p> <p>Tai-Chi 9:30 a.m</p>	<p>31</p>				