

# *THE CAMELOT HERALD*

Editor: Ryan Bayer

**April 2025**

## *Birthdays!!*

**Apr 10: Robert Clarke**

**Apr 11: Marina Smith**

**Apr 12: Joyce Harris**

# Happy

# Easter

## *Dates to Remember*

**Apr 01: April Fool's Day**

**Apr 18: Good Friday**

**Apr 20: Easter Sunday**

**Apr 30: Tax Filing Deadline**

# Camelot **ACTIVITIES**

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

## 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.

## 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

- April 01: Children of God (Movie), Time: 07:30– 09:40pm, Location: McPherson Playhouse, 3 Centennial Square, Victoria, BC. Ticket: \$35.00 On wards, Synopsis: A gorgeous, powerful musical about an Oji-Cree family whose children were taken away to a residential school in Northern Ontario.
- April 03: Walker Maintenance Drop In, Time: 01:00 pm– 02:30pm, Location: Luther Court Society, 1525 Cedar Hill Cross Road, Victoria, BC.
- April 04: Candlelight: Tribute to Adele, Time: 08:45– 10:45 Pm, Location: Christ Church Cathedral, 930 Burdett Ave, Victoria, BC. Ticket: \$35.00 Onwards.
- April 05: Esquimalt 5K & Kids 1K Run, Time: 09:00 am– 10:30 am, Location: Archie Browning Sports Arena, 1229 Esquimalt Road, Victoria, BC.
- April 05: Fleetwood Magic, The Authentic Tribute to Fleetwood Mac, Time: 07:30 pm– 09:00 pm, Location: McPherson Playhouse, 3 Centennial Square, Victoria, BC.
- April 10: Victoria Folk Music Night, Time: 06:00 pm, Location: 751 View Street, Victoria, BC.
- April 11: Eh Bien, Dansez Maintenant!- Douce Memoire– Early Music Society of the islands, Time: 07:30pm to 09:00 pm, Location: Denford Hall, Glenlyon Norfolk School, 781 Richmond Ave, Victoria, BC. Info: Step into the French Renaissance Royal Court: A Spectacular Ball with Douce Mémoire & Hubert Hazebroucq!
- April 12 & 13: Wake Up the Gorge– Outrigger and Small Boat Races, Time: 08:00am– 05:00 pm, Location: Victoria Canoe & Kayak Club, 355 Gorge Road West, Victoria, BC.
- April 13: Family Fun Day at Kaleidoscope Theatre, Time: 09:00am– 12:00pm, Location: 613 Pandora Ave, Victoria, BC.
- April 19: Lions' Easter Eggstravaganza, Time: 11-00am– 02:30 pm, Location: Bullen Park, 527 Fraser Street, Victoria, BC.
- April 19– 22: Easter Bunny Hunt at the Butchart Gardens, Location: Butchart Gardens, 800 Benvenuto Ave, Brentwood Bay, BC.
- April 26: Jerry Seinfeld Live, Time: 07:30 pm, Location: Save On Foods Memorial, 1925 Blanshard Street, Victoria, BC.
- April 26: Gigantic-Er Garage Sale, Time: 09:00 am– 01:30 pm, Location: Archie Browning Centre, 1151 Esquimalt Road, Victoria, BC.
- April 26: Earth Day 2025– Climate Talk, Park Cleanup & Silent Disco, Time: 04:00– 07:00pm, Banfield Park, 521 Craigflower Road, Victoria, BC.
- April 25, 26 & 27: 75th Victoria Miracles Rally, Time: 01:00 pm, Location: Leonardo Da Vinci Centre, 195 Bay Street, Victoria, BC.
- April 26– 27: Flavour Trail Downtown, Time: 09:00– 07:00 pm, Location: Victoria Public Market at Hudson, 1701 Douglas Street, Victoria, BC.
- April 27: 36th Annual Times Colonist 10K Run, Time: TC10K Start: 07:00 am, Family Run Start: 11:00 am, Location: TC10K Start line– Corner of Superior St and Menzies Street, Victoria, BC.

## Pat Hapgood: Eternal Tides- The Voyage of a Lifetime

Following my recent talk and photo presentation about our family's incredible sailing adventure, I've received many questions from friends eager to learn more about our journey. To provide a clearer picture of our experience, I've decided to share a brief account of our remarkable voyage aboard the *Melissa II*

### Voyage of the *Melissa II*

On July 2, 1979, my husband, our two young daughters, and I set sail from Whitby, Ontario, embarking on a three-year sailing adventure. By the journey's end in August 1982, we had covered 26,000 nautical miles, eventually arriving in Victoria, our new home.

Our voyage took us through the Caribbean, across the North Atlantic to the Azores, and onward to England. We navigated the canals of France, sailed the Mediterranean, and explored Spain, Italy, Gibraltar, and the Canary Islands. Continuing down the northwest coast of Africa, we crossed the Atlantic once more, visiting the West Indies before sailing across the Caribbean to Panama. From there, we passed through the Panama Canal into the Pacific Ocean, journeying up the coasts of Central America, Mexico, and the U.S. West Coast until we reached our final destination: Victoria.

### The Journey

We sailed out of the St. Lawrence River, making our first stop in Prince Edward Island to visit friends. From there, we continued down the Atlantic Coast to North Carolina before heading to the Virgin Islands, where we spent our first winter adjusting to life at sea.

The journey through the infamous Bermuda Triangle was not without its perils. About 400 miles out, a violent storm swept down upon us. With all sails down and a thousand feet of line dragging behind to slow the vessel, we were still making five knots. For the next thirty sleepless hours, we battled relentless gale-force winds. The ferocity of the storm shredded our jib, and the strain pushed *Melissa II* to her limits, leaving her with cracked ribs. And I must admit, the storm pushed our family to our limits as well. But somehow, through sheer determination, we made it through the three-day ordeal, repairing the torn sails and mending the boat's wounds before pressing on.

The second winter was spent cruising the tranquil, turquoise waters of the Bahamas. But the call of the open ocean soon lured us onward. We sailed across the Atlantic to Bermuda, then on to the Azores, and eventually to Britain. That crossing, completed in 36 days, was nothing short of eventful. Blinding rain squalls, high winds, frigid weather, illness, and even a particularly aggressive whale ensured the journey was never dull.

But there were breathtaking moments as well: graceful porpoises leaping alongside the boat, sea turtles gliding past, schools of flying fish breaking the surface, and giant tuna slicing through the depths. We saw whales, sharks, and even passing freighters that altered course just to exchange friendly greetings with us.

Once in England, we toured its storied sites before crossing the English Channel to France. Our journey down the French canals began at Le Havre, where we lowered the mast and navigated the intricate waterways ourselves. As we moved south, the locks grew larger, reminiscent of the Panama Canal itself. For months, we meandered through picturesque towns, charming villages, and bustling cities, covering 1,000 miles before finally reaching the Mediterranean.

But our timing was off. Winter was approaching, and with it, fierce storms. Nevertheless, we pressed on, visiting Italy, Monaco, Spain, and Gibraltar, waiting out the winter months in Spain until spring's warmer embrace allowed us to continue.

From there, we ventured down the African coast to Casablanca, then to the Canary Islands, where we spent several weeks preparing for another Atlantic crossing. In March 1982, we arrived in Tobago, our spirits lifted by the familiarity of the Caribbean.

We enjoyed a period of “holidaying” in the Caribbean before making our way to Panama. Our passage through the Gulf of Mexico was cautious and tense. We traveled in a convoy with an Australian vessel returning home, offering mutual protection against the threat of modern-day pirates that still lurked in those waters.

On May 17th, Melissa II passed through the Panama Canal and into the Pacific. From there, we sailed up the coast past Costa Rica and Mexico. The final legs of our journey took us to San Diego, where we cleared customs, before finally reaching Victoria. To my relief, we were greeted by people eager to hear our story, which soon made its way to television and radio.

Looking back, it was an extraordinary adventure. At times, nerve-racking and exhausting—days spent wondering if the relentless winds would ever calm, nights spent praying for still seas. But the rewards were just as numerous: the magnificent places we visited, the warmth and kindness of people from all walks of life, and the strength we discovered within ourselves.

Through it all, our daughters never faltered in their studies, thanks to their dedication and the Ontario Department of Education, which provided everything they needed to keep up with their schooling while at sea.

People often ask if I would do the trip again. My answer? “No comment.”

I hope this note answers many of the questions I couldn’t cover in my presentation.

Pat Hapgood (#307)



Pat presenting her sailing adventure.

## A Legacy of Flavor: Honoring our Beloved Chef Brenda Hook

You are my sunshine , our only Sunshine  
You make us happy when skies are gray.  
You'll never know how much we'll miss you  
When you take our sunshine away

We know that Brenda, Is in the Kitchen,  
When we hear music behind the door  
How well she knows us and what we're fond of  
Even asks if we'd line more.

She's always smiling, And very caring  
She plans our meals and cooks them too.  
Wel always know we'll be looked after  
With her soups, her bread, her stew.

We'll miss you Brenda, But you have earned this  
A lovely trip and retirement too  
Please come and see us and when you visit  
You can tell us all your news.

You are our sunshine, our only sunshine  
You make us happy, when skies are gray  
You'll never know how much we'll miss you  
When you take our sunshine away.



-A tribute to Brenda by the residents of the Camleot sung to the tune of "You Are My Sunshine".

### A Haiku!

Springtime amore– Bold Canoodling crows display, In Nature's glory.

- Irene Cook

A melody drifts from the Kitchen's embrace  
A symphony of flavours, a rhythm of grace  
Spoons tap like drums, pots hum along  
A chef is in the groove, Oh, what a boon!

A quiche like no other, the bread divine  
Each bite a memory, each taste so fine.  
Herb roasted chicken, a Masterpiece true,  
Brenda, you've found Its very SOLE too.

Oh, how we'll miss the love on each plate,  
The warmth, the care that made meals great.  
Enjoy your cruise, the ocean's embrace,  
And time with grandkids—a joy to chase.

To Brenda, whose palate we'll always adore,  
Do visit us soon—we'll keep an open door.  
Weekends will long for your magical touch,  
For a chef like you, we love so much!

- Ryan Bayer



It was a heartwarming sight to see all the residents gathered in the dining room , sharing their love and Farewells for our beloved Chef Brenda Hook as she retired from her role as a full time chef. Chef Steve Ensured the party was complete wit the most delightful scones and a perfectly crafted cake– a celebration Filled with sweetness and memories to cherish for a lifetime. Thank you Brenda, you were an amazing Co-worker. Thank you Marie Zarowny, Joyce Harris, Judy Paine, Fliss Klassen, Larry Churchill and each and everyone who made this a memorable day.

