

# *THE CAMELOT HERALD*

Editor: Ryan Bayer

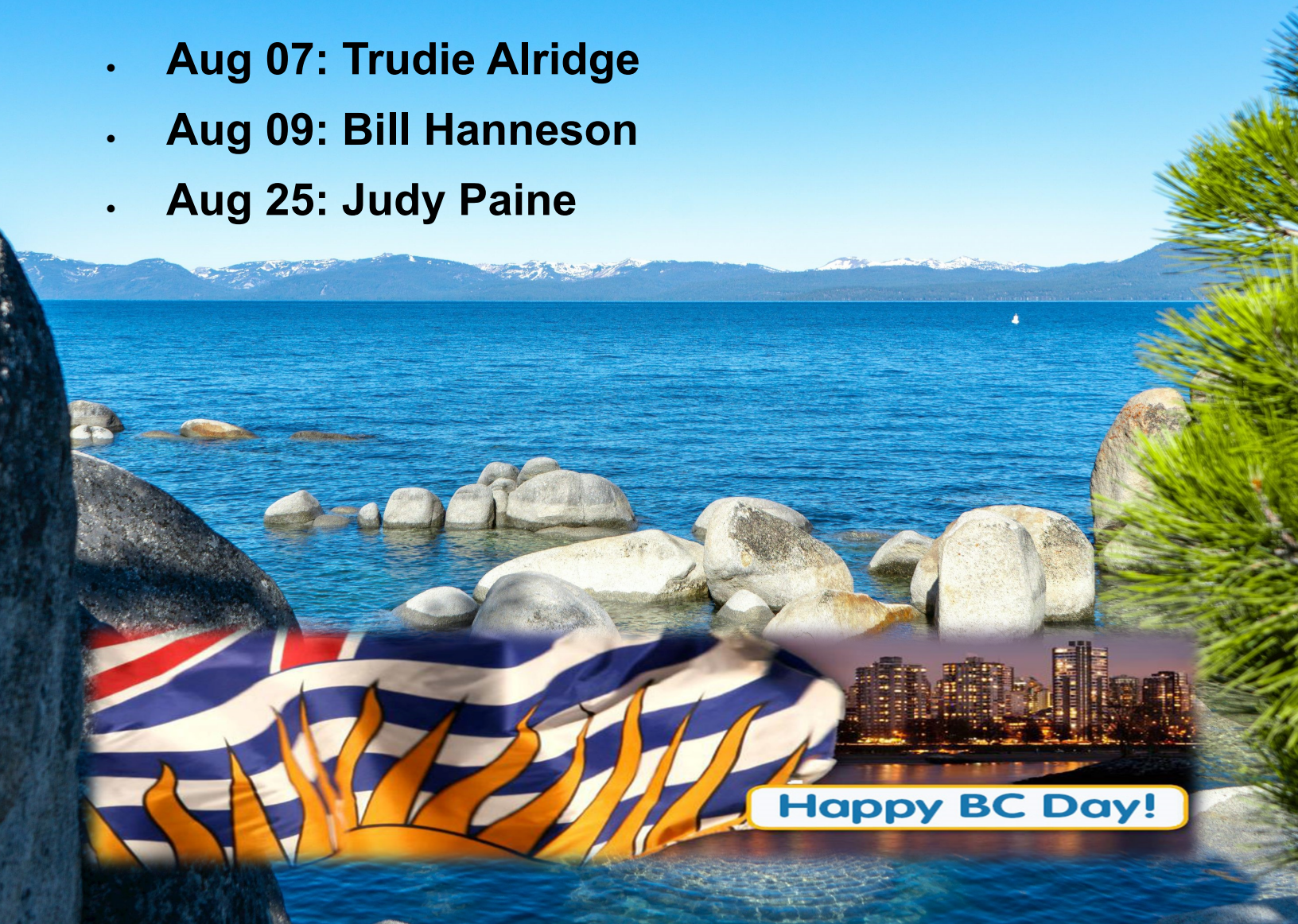
**August 2025**

## Dates to Remember

- **Aug 04: B.C Day**
- **Aug 15: National Acadian Day**
- **Aug 18: Discovery Day**

## Birthdays

- **Aug 07: Trudie Alridge**
- **Aug 09: Bill Hanneson**
- **Aug 25: Judy Paine**



**Happy BC Day!**

# Camelot **ACTIVITIES**

- ♦ **SUNDAY:** Bingo at 1pm! Drop in for Bingo in the dining room; includes a special treat from our Chef.
- ♦ **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.**

## COFFEE MEETING

- ♦ The next coffee meeting will be on August 20, 2025, Time: 10:15 am.



# What's Happening Around Town

- August 02: ViVa Victoria Latin Festival, Time: 03:00 pm onwards, Location: Centennial Square, 1 Centennial Square, Victoria, BC.
- August 03: Symphony Splash, Time: 07:30 pm, Location: Inner Harbour Pathway, Victoria, BC.
- August 05, 12, 19, 26: Time: 06:00 pm, Location: Memorial Park, 1200 Esquimalt Road, Esquimalt, BC.
- August 06: Summer Outdoor Movies, Time: 08:00 pm, Location: Bullen Park, 527 Fraser Street, Victoria, BC.
- August 08 & 09: Victoria Dragon Boat Festival, Time: 09:00 am to 06:00 pm, Location: Inner Harbour, Ship Point and China Town, Victoria, BC.
- August 08-10: Phillips Backyard Music Festival, Time: 02:00 pm to 11:00 pm, Location: Phillips Brewing & Malting Beer Shop, 2000 Government Street, Victoria, BC.
- August 10: Cadboro Bay Festival , Time: 11:00 am, to 03:00 pm. Location: Cadboro– Gyro Park, Sinclair Road, Victoria, BC.
- August 11: The Bowker Creek Brush Up Art Show, Time: 11:00 am to 04:30 pm, Location: Bowker Creek, from Hampshire Street to Armstrong Ave, Victoria, BC.
- August 22– 24: Harbour Blues n Roots Festival, Time: 11:30 am, Location: Ship Point, 800 Block Wharf Street, Victoria, BC.
- August 29-31: Classic Boat Festival, Time: 09:00 am to 08:00 pm, Location: Inner Harbour Causeway, 790 Government Street, Victoria, BC.
- August 30– September 01: Saanich Fair 2025, Time: 03:00 pm to 11:00 pm, Location: 1528 Stellys Cross Road, Saanichton, BC.

Say Hello to the Newest Resident at 'The Camelot',

**Ruth Clements @ 305**

Make sure you do give her a “**BIG**” Camelot Hi”.



## ODE TO SCHOOL

By **Jeannine Clark**



I am writing about how our dining residents made it to elementary school. I was intrigued and inspired by the two ladies with whom I usually dine, Shirley Cannon and Irene Cook, of whose experiences were very different from my own in London, Ontario. I then started to wonder how other residents made their trip to school back in the day.

I taught in a French Immersion public school in London, Ontario. Students attending French Immersion schools usually live farther away from their local English schools, so most of them arrived and left by bus. Every student had a designated spot on the bus that was strictly adhered to. The students arrived starting at 8am via 14 school buses. Our last bell rang at 2:45pm and the convoy of yellow buses left one after the other at 3pm. Since the English schools start and end later, the buses would then head to their partner English schools to pick up more students at 3:30pm. There were a few students who live close by, called "walkers", and SUVs would drive some students home.

In contrast to the above, the methods I have been hearing about astound me. Even as I write this, I am still amazed by your resilient and enterprising methods of travel back in the day and how your venturesome spirits continue. For instance, to make it to school in southern Saskatchewan, Shirley Canon climbed up a fence to hop on the back of a horse, and along with her sister, rode that horse to the local school. There was a shed on the school property where the horse was tied and left to nibble and lounge, and after the school day, Shirley and her sister rode the horse back home. Then I found out that Irene Cook rowed a boat from Finn Bay to Lund and docked it near her school, where it bobbed and floated. There it remained until the end of the day for her return trip, with the oars and boat still safely docked and waiting for her. I was hooked!

In the winter, Gail Powell and her neighbors sometimes got a chance to hop on a stone boat sled for a slide to school. On particularly frosty days, one teacher would drive her car slowly to school in case there were students walking, and then Pat Donovan could hitch a ride, though she couldn't slide on the gravel roads. Pat would stand on the running boards or bumper of that teacher's car. Marion Glass walked by foot and although it was not technically her voyage home, she would sometimes skate on a frozen yard nearby. Judy Paine broke the ice that covered puddles in the winter with her two best friends on their way to Cloverdale Elementary school on Quadra Street.

When the weather got warmer, Marie Zarowny and also Joyce Harris rode their bikes to their own separate schools. Ross Smith rode a street car to a French Catholic school in the South Eastern Township of Quebec. He began in an all-girls school before being sent to the Bishop College School for Boys, specifically for the Sons of English Gentlemen. Judi Morin took a school bus to a two-room school house at Parksville. Only after the first Christmas did that school offer indoor toilets. She remembers being allowed to drink only one little cup of water a day.

By foot was by far the most common method of travel, however, few trips were straight forward in that seemingly simple method. Barb Whitney walked 20 minutes to her elementary school in Alban, Michigan (although she was born in West Virginia). As a short cut, she followed along the local railway tracks from Detroit to Chicago, the same tracks which had carried military equipment during WW2. Bob Clarke crossed over the railway tracks through a puff of smoke at Newton Abbot Junction in Devon, England, and paused to wave at the engineer. Diana McNeil lived in Kent and walked to an all-girl's school, then to a school that offered mixed classrooms, though the boys and girls were still segregated on the playground. That's when the girls would play marbles with the boys at the dividing fence along that playground. In Cornwall, Elizabeth Wade traveled by foot to her elementary school and said her trip was downhill. What a pleasant surprise to hear such a rare description.



Dave Glassen walked 2 1/2 miles to get to school. One way. Doug Seeley walked home for lunch in a spiral to avoid a bully until the neighbor stopped it. Sometimes he could see the night sky and was intrigued at it even back then. Alfie had several hills to walk over, making the saying "uphill both ways" valid. Frances walked four city blocks in Montreal to get to school along with her sister. Larry Churchill had a long rural route to go, and Pat Hapgood walked a fair ways to her elementary school in Ottawa, near the Civic Hospital, the hospital where Ross Smith was born. In Oshawa, Lynda Lawrie passed by the General Motors Manufacturing building on her way to school and could see car parts being spray-painted by workers wearing heavy overalls and ghoulish looking masks. Those sprayers would play up the spooky act for Lynda and her peers passing by, apparently quite successfully. Lani White and Trudie Aldridge walked faithfully a few blocks each to school in calm, safe, and orderly fashions. Dawn Mahara was a very close walk to her school, but Fliss Klassen had the shortest trek of all, having been homeschooled. So, She went from the kitchen to the Livingroom every day.

As for Cec Clark, there were two hills with two buildings in the distance from his elementary school. Perched on the first was the local high school, and on the second hill was the provincial jail. His Principal used to encourage him to aim for the first hill and not the second. Thank you for exceeding all expectations, Dad, and to all the dinners at Camelot, a big thank you for humoring my question. To Shirley Cannon and Irene Cook, thank you for your inspiration and stellar company. Safe travels, all.



## Ode to Iceberg Lettuce

By *Fliss Klassen*

Where has all the Iceberg Lettuce gone?  
Not grown in greenhouses, fields, or gardens  
Difficult to find in store produce aisles or bins  
Even Romaine, Looseleaf and Butterhead are scarce  
Replaced by Arugula or Kale which is the worst  
Unpronounceable varieties like Radicchio  
Replace mouthwatering leaves of green  
Salads are no longer crisp and crunchy  
Instead, dreadful bits of green and purple colours  
Stick to our incisors as we munch  
Tough leaves of kale grind between our molars  
Oh, for the days of Iceberg leaves tossed with mayonnaise  
Tangy and tasty on our tongues and teeth  
On rare occasions I have spotted lettuce wedges  
Or a few large leaves of Iceberg lining a Chickpea salad  
Let's cut the kale and fragmented Arugula from our plates  
At our future meals and fetes  
Forget hip and trendy food fads please  
And relish the crunch of Iceberg leaves.

## August: A Month of Freedom and the Complex Legacy of Colonialism

By *Ryan Bayer*



Every August, as warm winds sweep across the globe and flags are raised in celebration, I find myself reflecting on something far deeper than the season itself. For **India, Pakistan, Jamaica, and Trinidad & Tobago**, this month marks Independence Day—a hard-won moment in history when their people broke free from British colonial rule. But beyond the parades and patriotic songs lies a more complex truth: **freedom was only the beginning**. I often wonder: **Did independence truly bring the freedom these nations dreamed of?** Or did it simply replace foreign rule with new struggles?

These were not easy victories. Behind each independence day lies a story of people rising against injustice, of communities torn and rebuilt, and of identities forged in the fires of resistance. As someone who has seen the ripple effects of colonial history in culture, politics, and even family stories, the independence anniversaries of these nations hold a deeply personal meaning. They remind us that freedom is never handed over—it is claimed, often at great cost.

And so, as we mark these August milestones, it's important to not only celebrate the joy of independence but also to remember the long shadows cast by colonial strategies like **"Divide and Rule"**—tactics that left nations independent but, in many cases, deeply wounded. These stories of struggle and sovereignty deserve to be told, shared, and remembered.

### **Jamaica: August 06, 1962**

Jamaica's independence from the British on August 6, 1962, came through diplomacy rather than bloodshed. After more than 300 years of colonial rule, the island transitioned into sovereignty with grace. Leaders like Alexander Bustamante and Norman Manley laid the groundwork for democratic governance, while Jamaicans celebrated a new national identity.

Yet, decades later, Jamaica still grapples with economic hardship, systemic inequality, and the lingering impact of colonial-era structures. For many, the dream of full freedom—economic, educational, and social—is still unfolding. The question remains: Is political independence enough when economic dependence persists?

Did you know? Sir Alexander Bustamante spent quite a number of years living in Cuba and worked as an Officer in the service of Presidents Alfredo Zayas and Gerardo Machado in the 1920s.

### **India: August 15, 1947**

India's independence on August 15, 1947 is remembered as a monumental achievement—one led by visionaries like Mahatma Gandhi, Jawaharlal Nehru, and countless unnamed freedom fighters who believed in a free and united nation. Their struggle was long and painful, but it was rooted in nonviolence, hope, and deep moral conviction.

However, this freedom came at an unbearable cost. The British, using their well-worn strategy of "Divide and Rule", had amplified religious and communal tensions for decades—setting the stage for Partition. Instead of one united India, two nations were born: India and Pakistan. The result was one of the bloodiest mass migrations in history, with more than a million lives lost and millions more displaced.

Today, India stands as one of the world's largest and most vibrant democracies, with remarkable achievements in fields like technology, space exploration, and medicine. It is home to a rapidly growing digital economy, cutting-edge medical research, and a thriving startup culture that has earned it global recognition.



Yet, beneath this progress lies a history of painful division. It's important to remember that Muhammad Ali Jinnah, the founder of Pakistan, was once a passionate voice in the Indian independence movement. A member of the Indian National Congress and a firm believer in Hindu-Muslim unity, Jinnah worked alongside leaders like Gandhi and Nehru for years. However, over time—amid growing religious tensions, political disagreements, and a deepening sense of marginalization felt by many Muslims—Jinnah came to believe that a united India would not adequately safeguard Muslim interests

This shift led him to advocate for the creation of a separate nation, culminating in the demand for Pakistan. The British Empire's "Divide and Rule" strategy only fueled the divide, exploiting differences to maintain control until the very end.

The result was the Partition of 1947—a moment that brought freedom, but also one of the largest mass migrations in human history, accompanied by staggering violence and trauma. India emerged from that painful division determined to move forward. But even today, the wounds of Partition still echo in its borders, politics, and social tensions. The irony is stark: a nation born from ideals of unity, nonviolence, and freedom also carries the scars of division. And yet, India continues to rise—a global leader in science, technology, and democracy, striving to reconcile its past while shaping a hopeful future.

### **Pakistan: August 14, 1947**

Pakistan came into being on August 14, 1947, carved out of British India as a homeland for Muslims. It was the result of a hard shift in the vision of Muhammad Ali Jinnah. A respected lawyer and leader within the Indian National Congress, Jinnah originally sought equal rights for Muslims in an inclusive India. But over time, amid rising communal violence, growing distrust, and political marginalization, he came to believe that Muslims would never be truly safe or politically empowered in a Hindu-majority nation.

With support from the All-India Muslim League, and against the backdrop of the British Empire's waning grip, Jinnah demanded a separate nation. The idea of Pakistan was born—initially as a political safeguard, but quickly becoming a reality when the British hastily agreed to Partition.

Pakistan's birth was turbulent and traumatic. It was formed in two parts:

- West Pakistan** (now Pakistan)

- East Pakistan** (now Bangladesh)

Separated by 1,600 kilometers of Indian territory, the two regions had little in common beyond religion. Tensions over language, resources, and political control soon took root. By 1971, a brutal civil war broke out, and East Pakistan seceded, becoming the independent nation of Bangladesh.

Despite these early fractures, Pakistan has endured and evolved. It has developed a strong sense of national identity and has made significant strides in areas like agriculture, nuclear technology, and infrastructure. Its cultural and literary contributions are rich, and its people deeply resilient.

Yet Pakistan continues to face pressing challenges—political instability, economic volatility, military dominance in governance, and religious extremism have often overshadowed its progress. The country's ongoing tensions with India, especially over Kashmir, serve as reminders of the unresolved legacies of Partition.

Still, there are signs of hope. A younger generation is increasingly connected to the global world through technology, education, and entrepreneurship. Civil society, media, and grassroots movements are gradually reshaping the narrative.

As Pakistan marks each Independence Day, it does so with both pride and introspection. The question that lingers—much like in other post-colonial nations—is not only *how* it gained independence, but what kind of freedom it continues to build.

### **Trinidad & Tobago: August 31, 1962**

Trinidad and Tobago stands out among former British colonies for its relatively peaceful and orderly path to independence. Gaining full sovereignty on August 31, 1962, the twin-island nation transitioned gracefully from colonial rule to self-governance—guided by intelligent political leadership, notably that of Dr. Eric Williams, a historian and economist who would become the country's first Prime Minister.

Unlike many other post-colonial states that experienced violent upheaval, Trinidad and Tobago secured its freedom through constitutional negotiation and political maturity. As a former sugar- and oil-based economy under British control, the country had long endured a plantation system rooted in slavery and later indenture-ship. Yet at independence, it emerged with a strong sense of national purpose, choosing to stay within the Commonwealth and chart its own democratic course.

Culturally rich and vibrantly diverse, the country boasts a population primarily descended from African and Indian heritage, with influences from Europe, China, and the Middle East. This cultural mosaic is reflected in its world-famous Carnival, calypso and soca music, steelpan, and multifaith religious observances—all symbols of national pride and unity.

Today, Trinidad and Tobago is considered one of the more developed economies in the Caribbean, thanks in large part to its oil and natural gas resources. It has made significant progress in education, healthcare, and infrastructure.

However, challenges remain, including economic inequality, youth unemployment, crime, and ethnic divisions—many of which trace back to its colonial legacy.

Still, the spirit of resilience and celebration runs deep. Trinidad and Tobago continues to punch above its weight on the world stage—whether in music, sports, or diplomacy. In many ways, Trinidad and Tobago's story is a quiet triumph—a nation that won its freedom with dignity and continues to shape its destiny with courage, color, and care.

So yes, August is a month of celebration. But for me, and perhaps for many others, it is also a time of introspection. The flags and fireworks are beautiful—but they are not the full story.

These nations have come a long way, and their people are resilient beyond words. They've built democracies, nurtured culture, and contributed to the world in profound ways. But the challenges they face today—economic instability, ethnic divisions, corruption, and inequality—often stem from two intertwined sources: a colonial past that was never truly resolved, and post-independence leadership that, at times, pursued selfish political gains under the guise of nationalism.

In many cases, the vacuum left by departing colonial powers was filled not with unity and justice, but with power struggles, opportunism, and policies designed to divide rather than heal. Whether by design or neglect, these ulterior motives delayed the real work of nation-building and reconciliation.

So as Canadians, living in a land that is “free and strong,” we are called not just to observe these anniversaries from a distance, but to reflect deeply on what freedom truly means—for ourselves and for others. With the privilege of peace comes the responsibility of empathy—to learn from the past, to stand for justice, and to support nations still wrestling with the unfinished work of liberation.

Because freedom, in its truest sense, is not only about independence—it's about dignity, equity, and shared humanity. To conclude, I found this quote from Eleanor Roosevelt quite intriguing:

*“Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry his own weight, this is a frightening prospect.”*



## How well do you know your Province: The BC Day Trivia

1. What city has the world's largest hockey stick?

A. \_\_\_\_\_

2. British Columbia draws many visitors to its natural attractions. Which common natural attraction includes Harrison, Radium, and Fairmont?

A. \_\_\_\_\_

3. The main highway to go north to Alaska and into the Yukon and Northwest Territories is the Alaska Highway. When was the Alaska Highway built?

A. \_\_\_\_\_

4. Shuswap is considered the \_\_\_\_\_ capital of Canada.

A. \_\_\_\_\_

5. Which BC city is regarded as Canada's smallest?

A. \_\_\_\_\_

6. What is another name for the IronWorker's Memorial Bridge?

A. \_\_\_\_\_

6. The 22-hectare (55-acre) site that houses the spectacular Butchart Gardens was formerly a quarry of what?

A. \_\_\_\_\_

7. Fruit is a well known export from the Okanagan Valley. What new export has become important in the 21st century?

A. \_\_\_\_\_

8. The Northern Rockies Region is approximately how big?

A. \_\_\_\_\_

9. Where is Mile 0 of the Trans Canada Highway located?

A. \_\_\_\_\_

10. What was the most important industry during the 20th century to the economic development in British Columbia?

A. \_\_\_\_\_

11. BC has what for most of its eastern border?

A. \_\_\_\_\_

12. Which street is Science World located on?

A. \_\_\_\_\_

13. What is the name of the mountain highway pass between Mill Bay and Victoria?

A. \_\_\_\_\_

14. Okanagan Lake is the largest lake in the Okanagan. What is the next largest lake in the Okanagan?

A. \_\_\_\_\_

15. The town of Fort Nelson is named after whom?

A. \_\_\_\_\_

16. Cape St. James is associated with what BC geographical feature?

A. \_\_\_\_\_

17. When considering the three regions that make up the Pacific Rim National Park Reserve, on which coast of Vancouver Island can it be found?

A. \_\_\_\_\_

**\*The Answers will be shared in next months newsletter**

# August '25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<u>1</u> Trivia 03:00 p.m.	<u>2</u> Exercise 9:30 a.m.  
<u>3</u> 	<u>4</u> 	<u>5</u>	<u>6</u> Exercise 9:30 a.m.  JAMAICA INDEPENDENCE DAY	<u>7</u> 	<u>8</u> Trivia 03:00 p.m.	<u>9</u> Exercise 9:30 a.m.  
<u>10</u> 	<u>11</u>	<u>12</u>	<u>13</u> Exercise 9:30 a.m.	<u>14</u> 	<u>15</u> Trivia 03:00 p.m. 	<u>16</u> Exercise 9:30 a.m. 
<u>17</u> 	<u>18</u> 	<u>19</u>	<u>20</u> Exercise 9:30 a.m.	<u>21</u>	<u>22</u> Trivia 03:00 p.m.	<u>23</u> Exercise 9:30 a.m. 
<u>24</u> 	<u>25</u> 	<u>26</u>	<u>27</u> Exercise 9:30 a.m.	<u>28</u>	<u>29</u> Trivia 03:00 p.m.	<u>30</u> Exercise 9:30 a.m. 
<u>31</u> 						