

# *THE CAMELOT HERALD*

Editors: Sebastien St. Laurent/ Ryan Bayer

January 2026

## *Dates to Remember*

- Jan 01: New Year's Day
- Jan 06: Epiphany
- Jan 07: Orthodox Christmas
- Jan 14: Orthodox New Year
- Jan 25: Robby Burns Night

2026  
HAPPY NEW YEAR

# 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 January 21 at 10:15am.

# What's Happening Around Town

- Jan 01-05: That's How The Lights Get In Art Exhibit. Time: 9:00 am - 4:00 pm, Location: 3220 Cedar Hill Rd, Victoria BC.
- Jan 04: Tri-City Americans At Victoria Royals. Time: 2:05 pm, Location 1925 Blanshard Street, Victoria, BC.
- Jan 06-11: Tina Turner Musical. Time Varies Check Royal & Mcpherson Playhouse. Location: 805 Broughton Street, Victoria, BC.
- Jan 09-10: Spokane Chiefs At Victoria Royals. Time: 09th at 7:05pm, 10th at 4:05pm. Location 1925 Blanshard Street, Victoria, BC
- Jan 10: Belfry Theater 50th Anniversary Open house. Time: Noon– 4:00 pm, Location: 1291 Gladstone Ave, Victoria, BC.
- Jan 10,17,24: Ross Bay Villa Historic House And Garden Tour. Time: 2:00 pm, Location: 1490 Fairfield Rd, Victoria, BC. Admission: \$7.50 Plus Tax.
- Jan 21: Joelle Rabu: I Don't Belong Here Stories And Songs At The Edge Of Forgetting. Time: 7:30pm-11:30pm. Location: 2243 Beacon Ave, Sidney, BC.
- Jan 23: Prince George Spruce Kings At Victoria Grizzlies. Time: 7:00pm. Location:1767 Island Highway, Victoria, BC.
- Jan 23: Moonlight Sinatra, Angela Verbrugge. Time: 7:00pm - 11:00pm. Location: 753 View Street. Victoria. BC.
- Jan 24:Symphony In Space With The Victoria Symphony. Time: 7:30pm - 11:30pm. Location: 806 Broughton Street, Victoria, BC.
- Jan 25: Tom Green Comedy Tour. Time: 7:00pm. Location: McPherson Playhouse, 3 Centennial Square, Victoria, BC.
- Jan 29: Coquitlam Express At Victoria Grizzlies. Time: 7:00pm. Location: 1767 Island Highway, Victoria, BC.
- Jan 31: Red Deer Rebels At Victoria Royals. Time 6:05pm. Location 1925 Blanshard Street, Victoria, BC

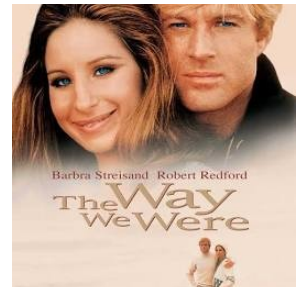
# THE CAMELOT CINEMAS

Jan 03 : The Way We Were (1973) Romance/Drama

During post-WWII McCarthyism, a diametrically opposed couple come together only to find out that genuine friendship and physical attraction is not enough to overcome fundamental societal beliefs.

Cast: Barbara Streisand, Robert Redford, Bradford Dillman

Director: Sydney Pollack

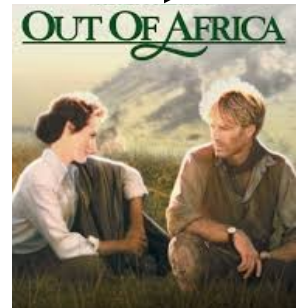


Jan 09 - 10: Out Of Africa (1985) Romance/Drama

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.

Cast: Meryl Streep, Robert Redford, Klaus Maria Brandauer

Director: Sydney Pollack

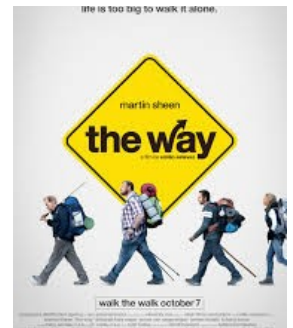


Jan 17: The Way (2010) . Comedy/Drama

A father heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself.

Cast: Martin Sheen, Emilio Estevez, Deborah Kara Unger

Director: Emilio Estevez



Jan 24: Dead Man Walking (1995) Crime Drama

A nun, while comforting a convicted killer on death row, empathizes with both the killer and his victim's families.

Cast: Susan Sarandon, Sean Penn, Robert Prosky

Director: Tim Robbins





## The Bear Trail: How a Canadian Bear Became Winnie-the-Pooh

- Ryan Bayer

The past couple of months have been a whirlwind. Between sleepless nights, new routines, and the sheer joy of welcoming our little princess into the family, finding time to sit down and think- let alone write- felt almost impossible. Life has been happily rejigged, with everything now revolving around her tiny fingers, soft cries, and endless cuddles.

As my wife and I talked about how we want to raise her, one surprisingly thoughtful point came from our son, Ronan. He suggested that we try to keep her away from TV screens, mobile phones, and tablets- at least early on- so she doesn't become dependent on electronic devices and can begin talking sooner. It made us pause. He had a point.

After all, we grew up without these constant screens. I still remember when our family finally bought a television- and that only happened after the 1992 Cricket World Cup in Australia. I suspect my dad knew exactly what he was doing, given how much I loved the game. Television back then felt special. Programs were something you *looked forward to*, not something that was always on. In this current age though it makes me wonder if the programs that are available for kids good for their growth?

Some of my favourites were *Giant Robot*, and of course the classic cartoons that seem almost forgotten today - *Tom and Jerry*, *Bugs Bunny*, *Mickey and Minnie Mouse*, and many others. But one character stands out in particular, and that's the inspiration behind this article: Winnie-the-Pooh. Now that's the twist, we're not going to talk about the ill effects for The Television on Youngs Minds but lets talk about the impact a little Canadian Bear had on young minds back then and continues to impact young minds even now.

I loved Winnie-the-Pooh because she was simple, gentle, and always willing to help her friends- though easily distracted by her love for honey. Over time, I've developed a habit of wanting to understand the *stories behind the stories*: where characters come from, why they exist, and what makes them endure. Perhaps that curiosity has grown alongside today's world of misinformation and social media. It feels important to know what's real.

So, who exactly is Winnie-the-Pooh? And did you know she has a Canadian connection?

Believe it or not, Winnie-the-Pooh was inspired by a real bear who once lived at the London Zoo- and she got there thanks to a Canadian soldier and veterinarian named Harry Colebourn.

The story begins in White River, Ontario, in 1914. While waiting at a train station, Harry bought a black bear cub for \$20. He named her Winnipeg Bear, after his hometown- "Winnie" for short. Harry was on his way to Quebec to join fellow soldiers heading overseas for World War I, and Winnie went with him.

When Harry and his unit sailed to England, Winnie was right there on the ship. She quickly became a beloved pet and unofficial mascot of the Second Canadian Infantry Brigade while they trained on Salisbury Plain. When the brigade was later ordered to France, Harry couldn't take Winnie with him. Instead, she was temporarily loaned to the London Zoo- a decision that would quietly change history.

Winnie became one of the zoo's most popular animals. Because she had been raised around soldiers, she was remarkably gentle. Children could feed her—and even ride on her back! Her favourite treat wasn't honey, but a sweet mix of corn syrup and condensed milk.



It was at the London Zoo that A. A. Milne and his young son Christopher Robin met Winnie. Christopher was so enchanted by her that he named his teddy bear after her. Milne combined that name with “Pooh,” the name of a friend’s pet swan, and thus Winnie-the-Pooh was born. The rest, as they say, is history.

Milne’s books—*Winnie-the-Pooh* (1926) and *The House at Pooh Corner* (1928)—introduced the world to Pooh, Piglet, Eeyore, Kanga, Owl, Rabbit, and later, Tigger. The characters were inspired by Christopher Robin’s own stuffed animals, and the books were beautifully illustrated by E. H. Shepard. Winnie even appeared in poetry collections like *When We Were Very Young* and *Now We Are Six*.

The gentle bear captured hearts across the globe. *Winnie-the-Pooh* was translated into many languages—including Latin—and became the first foreign-language book to make *The New York Times* Best Sellers list.

Harry Colebourn, meanwhile, served heroically during the war, rising to the rank of Captain. Although he visited Winnie whenever he could, he eventually decided the London Zoo was the best home for her. In 1919, he donated her permanently in gratitude for the care she received. Winnie lived at the zoo until her death in 1934.

After the war, Colebourn returned to Canada, opened a veterinary practice in Winnipeg, retired in 1945, and passed away in 1947. He is buried in Brookside Cemetery—leaving behind a legacy far greater than he could ever have imagined.

As we think about raising our children in a world filled with screens and distractions, there’s something comforting about stories like Winnie-the-Pooh—simple, kind, and timeless. Maybe that’s why Pooh still matters today. And maybe that’s a reminder for all of us: sometimes, the simplest stories leave the deepest impressions.



The real-life Christopher Robin with Winnie; if you look closely you can see it’s signed with the location, “The Zoo.”



Christopher Robin’s real-life stuffed animals that inspired Winnie-the-Pooh, Piglet, Tigger, Kanga and Eeyore.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# HAPPY NEW YEAR!

## ACROSS

2. Formal attire for a New Year's gala
6. Colorful decoration unfurled at midnight
8. Written request to join the festivities
9. Auditory entertainment for the party
11. Night before the big day
13. Joyful state of mind for the occasion
16. Device for creating a ruckus at 12 AM
19. Spherical object dropped to mark the new year
20. Famous New York location for celebrations
22. Social gathering to welcome January 1st
26. Symbolic elderly figure of the passing year
30. Raised glass with well-wishes for the future
31. Tool for tracking days in the coming year
32. Elegant female attire for a New Year's soirée
33. Device counting down to midnight
34. 365-day period coming to an end
35. Vocal tally of seconds until midnight
36. Fun activities at a New Year's gathering

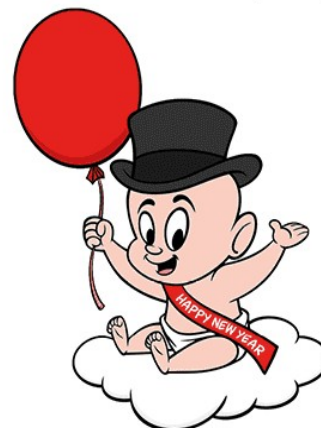
## DOWN

1. First month of the new calendar
3. Rhythmic movement to celebrate
4. Festive headwear for the occasion
5. Small paper bits thrown in celebration
7. Explosive noisemaker for the festivities
9. Moment the new year officially begins
10. Stemware for sipping bubbly beverages
12. Handheld firework for celebrations
14. Final month of the outgoing year
15. Bubbly beverage for toasting
17. Romantic gesture at the stroke of twelve
18. Symbolic infant representing the new year

21. Traditional song sung on New Year's Eve
23. Customary practice for the holiday
24. Festive event to welcome the new year
25. Personal promise for self-improvement
26. Initial occurrence in the new year

27. Sand-filled timer symbolizing passing time
28. Inflatable decorations for the party
29. Commitment made for the upcoming year

Auld Lang Syne	Father Time	Music
Baby	Firecracker	Noise Maker
Ball	First	Party
Balloons	Flute	Resolution
Calendar	Games	Sparkler
Celebration	Gown	Streamer
Champagne	Happy	Times Square
Clock	Hat	Toast
Confetti	Hourglass	Tradition
Countdown	Invitation	Tuxedo
Dancing	January	Vow
December	Kiss	Year
Eve	Midnight	





# January '26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 Trivia 03:00 p.m	3 Exercise 9:30 a.m 
4 	5 	6 	7 Exercise 9:30 a.m	8	9 Trivia 03:00 p.m	10 Exercise 9:30 a.m 
11 	12	13	14 Exercise 9:30 a.m	-	16 Trivia 03:00 p.m	17 Exercise 9:30 a.m 
18 National Winnie the Pooh Day 	19 	20	21 Exercise 9:30 a.m	22	23 Trivia 03:00 p.m	24 Exercise 9:30 a.m 
25 HAPPY ROBBIE BURNS DAY! 	26 	27	28 Exercise 9:30 a.m	29	30 Trivia 03:00 p.m	31 