

# *THE CAMELOT HERALD*

Editors: Sebastien St. Laurent

February 2026

Ryan Bayer

## *Dates to Remember*

- Feb 06: Winter Olympics Opening Ceremony
- Feb 08: Super Bowl 2025
- Feb 14: Valentine's Day
- Feb 16: Family Day
- Feb 21: Heritage Week

## *Birthdays!!*

- Feb 02: Patricia Donovan
- Feb 12: Inge Bose
- Feb 22: Ruth Clements

**BLACK  
HISTORY  
MONTH**

# 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 February 18 at 10:15am.

# What's Happening Around Town

- Feb 01 - 28: Victoria Hot Chocolate Festival. Check [hotchocolatefestvictoria.com](http://hotchocolatefestvictoria.com) for more info. Varying locations and times.
- Feb 03 - 04: Kamloops Blazers At Victoria Royals. Time: 7:05 pm. Location; Save on Foods Memorial Centre. 1925 Blanshard Street, Victoria, BC. Price:
- Feb 04: Victoria Young At Heart Seniors Expo. Time: 11:00 am - 3:00 pm. Location 3170 Tillicum Rd, Victoria, BC. Price: Free
- Feb 06: CCN/Aterbaletto Contemporary Dance Show. Time 7:30pm. Location: Royal Theater. 805 Broughton Street, Victoria, BC. Price: \$35.00
- Feb 07: Lino Fabric Printmaking. Time: 1:30 pm - 3:30 pm. Location: The Maritime Museum of BC. 744 Douglas Street, Victoria, BC. Price: \$29.99 - \$49.99
- Feb 07: Annual Medieval Conference. Time: 7:00am - 4:00pm. Location: Bob Wright Center. 3800 Fin-nerty Road. Victoria, BC. Price: \$35.00
- Feb 08: Victoria Stamp & Postcard Fair. Time: 10:00am - 3:00pm. Location: Sandman Hotel, 2852 Douglas Street, Victoria, BC. Price: Free.
- Feb 13 to 15: Victoria At Dusk Art Show. Time: 5:00pm - 9:00 pm. Various locations including Ship Point, Bastion Square, Government Street, Victoria Conference Centre, Royal BC Museum. Price: Free.
- Feb 14: Seedy Saturday Gardening event. Time: 11:00am - 4:00pm. Location: Crystal Garden, 713 Douglas Street, Victoria, BC. Price: Free.
- Feb 19: Valdy Canadian Folk Music. Time: 7:00pm - 9:00pm. Location: Mary Winspear Centre. 2243 Beacon Avenue, Sidney, BC. Price: \$35.00
- Feb 20: The Black Hair Salon: The Story of Our Crowns. Time: 6:00 pm - 9:00 pm Royal BC Museum. 675 Belleville Street. Victoria, BC. Price: \$25.00.
- Feb 21: Spark to Flame Concert, Time: 7:30pm - 9:30pm. Location: Victoria Conservatory of Music. 900 Johnson Street, Victoria, BC. Price: \$23.87
- Feb 22: 2026 Lunar Year Parade and Blessing of Merchants. Time: 11:30am - 3:30pm. Location: Chinatown. 500 Fisgard Street, Victoria, BC. Price: Free.

## Black History Month: A Time to Reflect, Learn, and Choose Compassion

- Ryan Bayer

Black History Month is a meaningful time to pause and reflect on the stories, struggles, and contributions of Black communities throughout history. It reminds us of the courage, perseverance, and hope shown by ordinary people who worked toward fairness and dignity for all.

As we observe Black History Month today, we do so in a world that often feels unsettled. Many people sense growing unrest- wars in different parts of the world, rising intolerance, and deeper divisions among people. Differences in politics, religion, immigration, and personal beliefs are spoken about more openly than ever, sometimes leading to anger rather than understanding.

History offers us important lessons in times like these. The Civil Rights Movement, led by figures such as Dr. Martin Luther King Jr., was rooted in the belief that all people deserve equality and respect. Dr. King did not fight injustice with hatred or violence, but with courage, patience, and a commitment to peaceful change.

This also brings to mind the many Black Canadians whose perseverance influenced change. What if Mary Ann Shadd had chosen a different path to fight slavery? What if Viola Desmond had responded with violence instead of standing her ground peacefully? Their choices remind us that courage and steadfastness can reshape society, even when the road is long and difficult.

This leads us to a thoughtful question for today: **Are we truly treating everyone as equal in our daily lives?**

It is an easy question to ask, but a harder one to answer honestly.

The Bible offers guidance that is both challenging and comforting. In Matthew 5:44, we are reminded: *“Love your enemies and pray for those who persecute you.”* These words invite us to consider a different response to injustice- one rooted not in anger, but in love. What might change if we chose compassion over retaliation, and understanding over division?

When we look back at history, many great struggles were overcome through non-violence and perseverance. The American Civil Rights Movement, the Indian independence movement, and the efforts of Black Canadians like Mary Ann Shadd and Viola Desmond all show the power of peaceful action, faith, and moral courage. These moments remind us that love, when practiced consistently, can bring lasting change.

Black History Month is not only about remembering the past- it is also about learning how to live better today. It encourages us to listen more closely, judge less quickly, and treat one another with dignity and kindness.

As we honor Black History Month, may we carry its lessons beyond this month. In a divided world, choosing love, respect, and compassion- especially when it is difficult- may be one of the most meaningful ways we can move forward together.

THE  
Writer's  
CORNER

