

THE CAMELOT HERALD

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Ryan Bayer

March 2026

Dates to Remember

- **Mar 08: Daylight Saving Time**
- **Mar 08: International Women's Day**
- **Mar 09: Commonwealth Day**
- **Mar 17: Saint Patrick's Day**
- **Mar 20: Spring Equinox**
- **Mar 29: Palm Sunday**



Birthdays!!

- **Mar 06: Lynda Lawrie**
- **Mar 22: Pat Hapgood**
- **Mar 23: Alfie Feger**
- **Mar 25: Eva Mitchell**
- **Mar 26: Jeanine Clarke**



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 March 18 at 10:15am.

What's Happening Around Town

Mar 1: Victoria Historical Society Silent Auction Gala. Time: 2:00pm - 4:00pm Location 777 Belleville Street. Victoria BC. Price: \$20.00

Mar 5-12-19-26: Craft and Connect. Time: 3:00 - 4:00pm. Location 1525 Cedar Hill Cross Road. Victoria. BC. Price: Free

Mar 7: InspireHealth's 10th Annual Rain Walk Time: 9:30am - 12:00pm. Location: 2187 Oak Bay Avenue. Victoria BC. Price: Free

Mar 11: The Story Collection: Wildlife Photographer of the Year. Time: 7:00pm - 9:00pm Location: Royal BC Museum. 675 Belleville Street Victoria BC. Price: \$20.00

Mar 13: Vancouver Giants @ Victoria Royals. Time: 7:05pm. Location: Save On Foods Memorial Center. 1925 Blanchard Street. Victoria BC. Price: Varies

Mar 13-14: Crafted Farmhouse Spring Market. Time: 5:00pm - 9:00pm. Location: Mary Winspear Centre 2243 Beacon Avenue. Victoria BC. Price: \$5.00

Mar 14: Hanami Blossom Market. Time: 11:00am - 4:00pm. Location: 1240 Gladstone Avenue, Victoria BC. Price: \$4.00

Mar 15: Spring Craft Fair and Garage Sale. Time: 10:00am - 2:00pm. Location: 761 Station Avenue, Victoria BC. Price: Free

Mar 17: Everett Silvertips @ Victoria Royals. Time: 7:05pm. Location: Save On Foods Memorial Center. 1925 Blanchard Street. Victoria BC. Price: Varies

Mar 19: The Andrew Greenwood Quintet Plays Gershwin. Time 7:00pm - 9:00pm Location Hermann's Jazz Club. 753 View Street. Victoria, BC. Price: \$33.00

Mar 20- 21: Prince George Cougars @ Victoria Royals. Time 7:05pm and 6:05pm. Location: Save On Foods Memorial Center. 1925 Blanchard Street. Victoria BC. Price: Varies

Mar 21: Spring Into Vintage Fair & Farmers Market. Time: 9:00am - 4:00pm Location: 195 Bay Street Victoria. BC. Price: \$5:00.

Mar 21: Spring Variety Sale. Time: 10:00am - 2:00pm. Location: 495 Burnside Road East. Victoria, BC. Price: Free

Mar 22: String Theory Show. Time 7:00pm - 9:00pm. Location Hermann's Jazz Club. 753 View Street. Victoria, BC. Price: \$33.00

Eight Week Journey

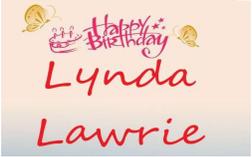
We came to India in 1990
full of wonder and anticipation
and eyes wide enough
to swallow a whole subcontinent.
Taj Mahal at sunrise
that marble ghost floating above its own
reflection,
and we just stood there,
two tiny humans
trying to understand how stone could
glow
like it remembered love.
Rajasthan struck us next
a riot of colour,
palaces rising out of desert heat
like they'd been painted by the sun itself.
Turban reds, sari golds,
a kaleidoscope that didn't need turning.
Udaipur wrapped us in quiet.
The Lake Palace drifting on still water,
lanterns glistening on the surface
like stars that had forgotten the sky.
Then Goa
bare feet, warm sand,
waves whispering secrets
that didn't belong to any war,
any border,
any headline.
But the world doesn't ask
if you're ready
before it changes.
January 17.
Trivandrum.
A lounge, a band,

a night that should've been nothing more
than music, dancing and laughter.
Then silence.
The band stopped.
The room froze.
We stopped dancing
A voice announced Kuwait had been bombed.
History walked in without knocking.
And when the band started again,
they played Billy Joel's *We Didn't Start The Fire*
and the irony struck so hard
it felt like the floor shifted.
A moment carved into memory
with a forte of sound.
After that, the air changed.
Westerners weren't welcome,
weren't safe,
weren't invisible anymore.
Leaving the Southern tip of India,
fuel was scarce,
patience even scarcer.
A mob of angry farmers
surrounded our car
when our young driver tried to fill the tank.
Voices sharp,
faces hard,
danger thick enough to taste.
Dave stepped out slow,
calm like a man walking through fire
who refuses to burn.
Told the driver,
"Get back in.
Drive."

At the next station,
money talked louder than fear,
and we got just enough diesel
to keep moving north.
Five days of roads winding beneath us,
of landscapes rolling by
while the world felt like it was tilting.
1200 kilometres later we planned to catch a
train to Bombay
but newspapers told of Westerners being killed
at the Bombay train station.
So we tore up our tickets,
hired an older driver
whose eyes had seen too much
to be surprised by anything.
Bombay felt tense,
like a city holding its breath.
We skipped the American hotel
we'd already paid for,
chose a local place instead,
kept our voices low,
our heads down,
our accents tucked away
like contraband.
Three days inside,
waiting for the world to settle
And our flight to carry us out
Singapore was supposed to be calm,
but even there the war followed us.
Hotel notices warned of bombs
in lounges,
In hallways,
even in bedrooms.

We slept with one eye open,
bags packed,
hearts still racing from India's goodbye.
And then
the flight home.
The engines lifted us
out of the world's tension,
and something inside finally unclenched.
When we landed in Vancouver,
the relief was so fierce
we felt like kissing the ground.
But it wasn't just safety we felt
it was the weight of everything we'd carried,
everything we'd seen,
everything we'd become
in those eight weeks
when the world shifted beneath our feet.
Home looked different after that.
More fragile.
More precious.
Like we'd stepped back into our lives
with new eyes
eyes that had watched beauty and danger
walk hand in hand,
eyes that understood
how quickly wonder can turn to fear,
and how deeply a journey
can carve itself into who you are.
A journey that began in awe
and ended in awareness
and left us changed
in ways we're still learning to name.

March '26

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