

THE CAMELOT HERALD

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Sebastien St. Laurent

Dates to Remember

- June 8: Worlds Ocean Day
- June 21: Father's Day
- June 21: Summer Solstice
- June 21: National Indigenous Peoples Day
- June 24: Saint- Jean Baptiste Day

Welcome!!

Welcome to our newest
Resident Alana Samson

Birthdays!!

- June 1: Irene Cook
- June 1: Ross Smith
- June 17: Dave Klassen
- June 29: Cecil Clark

*Welcome
Summer!*

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 in 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 June 17, 2026 at 10:15am.

What's Happening Around Town

May 30-June 8: Ocean Week Victoria. With over 25 organizations presenting events around the region and on the water. You can enjoy everything from art exhibits to IMAX films to paddling, intertidal explorations, and more, kicking off with a World Ocean Day celebration at Fisherman's Wharf on May 31. With dozens of events available, there's something for everyone, whether it's your first time on the ocean, or you've got a pair of sea legs.

June 19 to 28: Welcome to TD Victoria International JazzFest – a celebration of 10 hot days and nights of the coolest music in town! The longest-running party on Vancouver Island brings you jazz, blues, funk, world, and more, featuring free-to-attend outdoor performances, ticketed and cover charge shows, and free-to-attend workshops across Victoria and Esquimalt, BC!

June 27 & 28: TD International Jazz Fest Location: Esquimalt Bullen Field Time: 1pm to 4pm Cost: Free

June 24-28: Victoria Ska & Reggae Fest. Catch the rhythm of summer at the Victoria Ska & Reggae Festival, running at venues across the city, with main stage action at Ship Point on the stunning Inner Harbour. Headliners Souls of Mischievous and Lagwagdon will ignite the stage, joined by a vibrant mix of local and international artists. Choose from individual show tickets or take the plunge with a VIP Full Fest experience for special access to every show and chill VIP Lounges. Let the grooves roll in on the harbour breeze, grab your tickets and join the fun!

June 19–20: Victoria Dragon Boat Festival. Ready, set, race! Celebrate the first week of summer at the Victoria Dragon Boat Festival. Join the crowds lining the Inner Harbour to cheer on the iconic dragon boat races, catch exciting music and cultural shows, browse marketplace vendors and bars, and more right in the heart of the city. Inspired by the roots of Victoria's Chinatown, the festival is Vancouver Island's original dragon boat event and first launched during the 1994 Commonwealth Games. Feel the excitement as 30+ dragon boat teams from across North America compete in thrilling race across the Inner Harbour all weekend long!

June 13: Fern Fest. Spend a day living like a local in Victoria at one of the city's largest neighbourhood festivals. FernFest is a beloved neighbourhood celebration, bringing together 90+ local artisans, incredible live music, delicious food vendors, family-friendly activities, and community fun. Come early to browse for the perfect keepsake, sample fresh, seasonal flavours, or let the kids run free at Stevenson Memorial Park. In the evening, the festival turns into a neighbourhood street party at Fernwood Square with live music and a beer garden to keep you grooving until 10:00pm. It's a full day of festivities that invites you to experience Victoria like a local.

June 5-7: The Oak Bay Tea Party returns to Willows Beach, inviting families to enjoy amusement rides, a floating teacup race, and the whimsical Oak Bay Tea Party Parade that winds through Oak Bay's streets on June 6. Cheer on participants in the floating teacup challenge, join the Kids Craft zone for free arts, crafts, and sandcastle building contests. This all-ages classic pairs seaside fun with quirky traditions and tasty eats, creating a weekend overflowing with local charm.

Don't miss the beloved pancake breakfast from 7:00 am - 11:00 am on June 6th & 7th

Interesting Father's In History

Charles Darwin: The Doting Scientist

While Charles Darwin is universally celebrated for his paradigm-shifting theory of evolution, he was also a fiercely devoted family man. At his country estate in Downe, Kent, he spent decades juggling groundbreaking scientific experiments with being a deeply involved father to his 10 children, frequently drawing inspiration for his work from his home life.

Despite the demands of his scientific research and his lifelong battle with chronic illness, Darwin was a highly active and affectionate father. In the Victorian era, when many fathers were distant and uninvolved, Darwin broke the mold. He loved being around his children, often allowing his study to double as a chaotic family playroom.

He treated his children as fascinating subjects of observation, combining his paternal love with scientific curiosity. He kept detailed diaries of their development, tracking everything from their first smiles to how they learned to express emotions.

Darwin's close observations of his children's behavior eventually contributed to his 1872 book, *The Expression of the Emotions in Man and Animals*, which became a foundational text in both behavioral psychology and evolutionary studies.



Martin Luther King Jr. & The Loving Home

Dr. Martin Luther King Jr. was a deeply devoted father to his four children—Yolanda, Martin Luther III, Dexter, and Bernice. Despite the relentless demands of the civil rights movement, he created a "loving home" by prioritizing quality time, utilizing nonviolent conflict resolution, and deeply inspiring his children with his vision of hope. The impact of "the loving home" on King's fatherhood and early upbringing is rooted in two distinct ways: **as a father to his own children** and **his experience growing up under his father**.

Dr. King as a Father to His Children: Balancing his public leadership with private family life was deeply important to Dr. King. Despite constant travel, jailings, and looming threats, Dr. King made an effort to play games, engage in sports, and share normal family dinners whenever he was home. He applied his philosophy of nonviolence to his parenting. The King home was characterized by love and conflict resolution, where he and his wife Coretta taught their children to respond to hate with love, and how to forgive rather than harbor bitterness. In his "Letter From Birmingham Jail," King famously detailed the heartbreak of having to explain racial segregation to his young children, such as why they were forbidden from attending the "Funtown" amusement park. He and Coretta were honest about his frequent absences and arrests, assuring their kids that their father was doing this to help other families.



His Upbringing in "The Loving Home": King frequently credited his own "loving home" in Atlanta—under the guidance of his mother, Alberta Williams King, and his father, Reverend Martin Luther King Sr. (often called "Daddy King")—for shaping his character and philosophy. King noted that his parents rarely argued, which made him associate God and the universe with safety, love, and friendliness. He credited his mother for his gentleness and sweet demeanor, while attributing his strong determination for justice to the dynamic and fearless personality of his father. Daddy King, a prominent pastor at Ebenezer Baptist Church, actively mentored his son and shielded him from the degradation of segregation, teaching him to assert his dignity and demand equal respect from a young age.

Theodore Roosevelt Sr. & The Strenuous Life

Theodore Roosevelt Sr. is widely regarded as the architect of the future President's "Strenuous Life". A dedicated philanthropist and strict disciplinarian, he refused to let his son's severe asthma ruin his life, famously challenging him to build his own body to match his formidable mind.

The father's profound influence and guiding principles for raising young "Teedie". After realizing doctors and wealth could not cure his son's debilitating asthma, Theodore Sr. built a second-floor gymnasium in their home and delivered a defining ultimatum: *"Theodore, you have the mind but you have not the body, and without the help of the body the mind cannot go as far as it should."* His son affectionately referred to him as "Great Heart" (alluding to the character in *Pilgrim's Progress*). Theodore Sr. set an unbending standard against selfishness, cruelty, idleness, and cowardice, while also teaching his son that men and women should be held to the same standard of clean living. The father's challenge to overcome hardship and build resilience directly inspired his son's famous doctrine of the **"Strenuous Life,"** a philosophy advocating for vigorous physical culture, overcoming obstacles, and seeking hard tasks. Future President Theodore Roosevelt remarked that he never made a vital decision for his country without first considering what position his father would have taken.



Dr. William Lynn Weaver & The Quiet Strength

Dr. William Lynn Weaver, a pioneering Black academic surgeon and civil rights trailblazer who helped integrate Knoxville's West High School in 1964, frequently credited his father, Ted (Thurman) Weaver, as his ultimate role model. He described his father's "quiet strength" and constant presence as the anchor that kept him safe through the violent racism he endured as a teenager.

Despite working long, exhausting hours as a janitor and chauffeur, Ted Weaver was a fiercely devoted and present father to Lynn and his siblings. During the traumatic integration of West High School, Lynn faced heavy hostility in the classroom and on the football field. He has noted that whenever he felt scared and doubted his survival, simply looking up and seeing his father gave him the feeling that he was safe. In one of StoryCorps's most famous and touching broadcast segments, Dr. Weaver recalled sitting at the kitchen table as a teenager, deeply frustrated with high school algebra. Knowing his father hadn't had the opportunity to take algebra in his own youth, Lynn went to sleep. He woke up at 4 a.m. to find his father had stayed up all night studying the textbook so he could sit down and patiently teach him the material. Into his adulthood and successful medical career as the Chief of Surgery at the Morehouse School of Medicine, Dr. Weaver called his father for advice on every major decision. He modeled his own life and parenting after him, stating, *"I would be a success if my children loved me half as much as I love my father."*



National Indigenous Peoples Month & National Indigenous Peoples Day

June is National Indigenous Peoples Month—a meaningful time to honour the cultures, stories and achievements of Indigenous Peoples in Victoria, BC, which is located on the traditional territories of the ləkʷəŋən- People, now known as the Songhees Nation and Xwsepsum Nation. The ləkʷəŋən People have stewarded these lands and waters since time immemorial, and your visit is a wonderful opportunity to learn about their culture and support their incredible businesses. Consider booking a tour with Songhees Tours, which offers immersive, First Nation-led canoe and walking tours through the heart of Victoria’s Inner Harbour. Proudly owned by the Songhees Nation, Songhees Tours is the only Indigenous-owned and operated tour provider in the Inner Harbour.

June 21, 2026 is the 30th anniversary of National Indigenous Peoples Day. It's a time to recognize and celebrate the traditions, cultures and contributions of First Nations, Inuit and Métis.



Unceded Territories, a painting by artist Lawrence Paul Yuxweluptun. Image from Museum of Anthropology in University of British Columbia in British Columbia, Canada

Celebration’s in Victoria for National Indigenous Peoples Month

Royal Roads University Celebration: The largest regional gathering (co-hosted by 18 regional partners) takes place on **Friday, June 19, 2026**, from 10:00 a.m. to 3:00 p.m. Located at 2005 Sooke Road in Colwood, this free, family-friendly event features cultural heritage, music, traditional foods, and community connections.

Victoria Native Friendship Centre (VNFC): The VNFC hosts a

Come celebrate with us!

NATIONAL INDIGENOUS PEOPLES DAY CELEBRATION

- Canoe Landing Protocol Practice and Challenge
- Indigenous artists and vendors fair
- Live performances
- Field games
- Guided nature walks
- Food trucks
- Much more

FRIDAY, JUNE 20, 2025
10AM-3PM
ROYAL ROADS UNIVERSITY
EVERYONE WELCOME!

Father's Day Trivia Quiz

- When is Father's Day celebrated?
a. Second Sunday in June b. Third Sunday in June c. First Sunday that falls after 20th June
- Who founded Father's day as a day to celebrate the child and father relationship?
a. Sonora Dodd b. William Jackson Scott c. Raymond Weeks
- What is the most gifted present that fathers receive on this day?
a. Coffee mug b. Neck tie c. Collar Shirt
- Which country celebrates Father's Day on the King's birthday?
a. North Korea b. Brunai c. Thailand
- What is generally considered the official Father's Day flower?
a. Rose b. Carnation c. Sun Flower
- Who is considered to be The Father of the United States?
a. John Adams b. Thomas Jefferson c. George Washington
- In North America, if your father is living, you wear a red flower. However, if your father has passed away, what color would you wear?
a. Yellow b. Pink c. White
- In Italy, Father's Day is celebrated on which Saint's Day?
a. Patrick b. Joseph c. Christopher
- Which Royal family member is the father to George, Charlotte & Louis?
a. Prince William b. Prince Harry c. Prince Andrew
- Which company now owns Daddies sauces?
a. American Garden b. Heinz c. French's
- What is Father's Day in Germany often known as?
a. Rest Day b. Walk Day c. Men's Day
- Which group of people first celebrated Father's Day in the middle Ages?
a. Egyptians b. Chinese c. Catholic Europeans
- Which Canadian prime minister has a father who also served as prime minister?
a. Justin Trudeau b. R. B. Bennett c. Joe Clark
- What is the name of Simba's father in the 1994 animated movie "The Lion King"?
a. Rafiki b. Nala c. Mufasa
- Mahatma Gandhi is known as the father of which country?
a. Nepal b. India c. Bangladesh



FATHER'S DAY FUN FACTS

Father's Day in Numbers

4th

biggest day for sending greeting cards, after Christmas, Valentine's Day, & Mother's Day

24.7

percent of fathers want something homemade for Father's Day

1972

The year it was made into a national holiday in the US

DID YOU KNOW?

The necktie is consistently the most popular gift given on Father's Day



Father's Day is the busiest day of the year to collect phone calls, beating Mother's Day



In Germany, men drink beer all day in the garden on Father's Day



OH, FATHER!



Ramjit Raghav became the world's oldest 1st-time dad by fathering his 1st child at the age of 94



Darth Vader is 1 of the top 10 worst movie-dads, according to *Salon Magazine*



Among seahorses, it's the male who carries the babies

Sources

- <http://www.msn.com/en-us/lifestyle/smart-living/15-fun-fathers-day-facts/ss-AAh990E>
- <http://www.ibtimes.com/fathers-day-history-9-interesting-facts-you-may-not-know-about-holiday-its-origins-1975312>
- <https://www.factretriever.com/father-facts>

