

FOCUS ON RECREATION

*"Let us live like flowers—wild and beautiful and drenched in sun."
~ Ellen Everett*

Happy 156th Birthday, Canada!



Did you know this interesting fact about Canada?

Canada has the longest coastline of any country in the world at

243,977 kilometres (151,600 miles). To put that in perspective, that accounts for 202,080 of the world's total 356,000 kilometres of oceanfront property. If you walked and never stopped—not even to eat, sleep or rest your feet—it would take you four-and-a-half years to walk the length of Canada's coastline.

The summer is here, and so is the warmer weather! Please remember to stay hydrated as the temperatures rise. For those residents residing in The Cedars, water is available at the Front Desk. During periods of hot weather, cooling stations will be made available in The Cedars (BWR) and The Dawson Lounge. More details will be made available when the need for a cooling station arises.

We encourage everyone to attend the programs offered at The Cedars. If you have any suggestions for programs, please see Katie or Trish in the Recreation Office.

July Special Events

Afternoon Music on the Lawn with Jesse Thomas Brown

Monday, July 10 at 2:00 pm

Enjoy an afternoon of music with Dawson Height favourite, Jesse Thomas Brown. The music will be held on the lawn between The Dawson and The Cedars, weather permitting. Refreshments will be served.



Afternoon Music on the Lawn with the VIP Singers

Friday, July 14 at 2:00 pm

Enjoy an afternoon of music with the VIP Singers! The music will be held on the lawn between The Dawson and The Cedars, weather permitting. Refreshments will be served. This concert is sponsored by Saanich Parks and Recreation.

Summer Social with Entertainment by SueMack

Friday, July 21 from 2:00 - 4:00 pm

You are invited to join us at the social event of the summer! Invite your family and friends, dress in your favourite summer ensemble and enjoy sangria and treats while enjoying the lively music of SueMack. More details to follow.



Monthly Birthday Tea

**Friday, July 28 at 2:00 pm
in the BWR**

Enjoy a delicious cupcake and join us as we celebrate the July birthdays!



KAREN'S KORNER

Campus Garden project

Plans for a campus-wide community garden project are underway. The intention of this project is to provide opportunities for campus residents of all three sites – The Dawson, The (soon-to-be) Oaks, and The Cedars to grow vegetables, flowers, and herbs for shared consumption as well as to enjoy the simple pleasures of gardening.

The idea was first raised by Michael C, resident in The Cedars. Michael has an understanding of, and a concern for, the importance of food security. For many years, Michael was a member of an intentional community that grew its own food. We will not be having chickens as Michael had but we are looking to create a small orchard on campus as well.

Based on previous years' experience with allotments, we realize that we will need some expertise to guide us in growing and managing our urban/community gardens. We will have the passion for community gardens and the expertise of Tonia and Katie from Anther Urban Foodscapes. You will recognize Tonia from Hepburn Horticulture who has looked after the grounds of Dawson Heights for more years than I can remember.

These are early days but you will start to see work to prepare the area, chosen for optimal sunshine and access to water, just near the Horseshoe Pit

Dinner's on Us

Saanich Volunteers will be launching a free meal program later in the summer. They have secured funding that will allow them to provide a few free meals at no cost or obligation to the recipient. Who doesn't welcome a break from cooking and a nutritious meal prepared by someone else! Watch out for more information about this program, and how to apply, coming from Saanich Volunteers later in the summer.



FOCUS ON RECREATION cont.

July Outings

Hillside Mall Shopping Trips
Tuesday, July 4, 11, 18, and 25
from 10:00 am—11:30 am
(Sign Up Required)

We will be offering a weekly shuttle to Hillside Mall! We will depart The Cedars at 10:00 am and leave Hillside Mall at 11:30 am. Please note this is a drop-off/pick-up service only. Please sign up by calling the Front Desk of The Cedars (250) 477-4850.

Scenic Drive: Esquimalt Lagoon
Thursday, July 13 at 1:30 pm
(Sign Up Required)

Enjoy a change of scenery as we explore the beautiful Esquimalt Lagoon. Please sign up outside the BWR.

Picnic Lunch at Francis King Park
Thursday, July 20 at 11:30 am

Enjoy a delicious picnic lunch at the beautiful Francis King Park. There will be time for a walk through the park after lunch! Please sign up outside the BWR.



Happy Wanderers: Island View Beach
Thursday, July 27 at 1:30 pm
(Sign Up Required)

Stretch your legs and enjoy views of Haro Strait, James Island, and Mount Baker. Please sign up outside the BWR.

New Program

Meditation with Rosaline
Monday mornings at 9:30 am
in the BWR

Start your week with a relaxing meditation session with fellow Cedars resident, Rosaline Christensen. No experience is required.

Bob Clarke—The Cedars

Where did you grow up? In Saanich (4060 Grange Road)

Tell us about your family— I had wonderful parents, 4 siblings—3 sisters and 1 brother. We all got along well. My wife, Betty, and I have 2 sons, 6 grandchildren and 10 great-grandchildren.

How long have you lived in Victoria? All my life! 91 years.

When did you move to Dawson Heights?

We moved here on March 1, 2022.

What are your hobbies? Recording family history, writing humorous verse, recording quotations in calligraphy, recording bits of wisdom (especially innocent wisdom of grandchildren!). I wrote a column for Island Parent Magazine called "Being Grampa". I also enjoy writing pieces about "Old Victoria". I create "Wood n' Wisdom" on driftwood.

What is your most prized possession? The Japanese garden that I created in my backyard garden at home. It was featured in two garden magazines! I also had a collection of 1940s cars, trucks, and a camperized van, which I personalized.

What is the greatest accomplishment of your life? I have a few. First, being happily married to the love of my life for 70 years. Second, coming up with great ideas and carrying them through to successful conclusions. Third, taking an RCMP cop to court for simply writing parking tickets for cars in a potentially dangerous area on Salt Spring Island.



I got Public Works to post "No Parking" signs, doing his job for him. Fourth, I started the "Quarter Milers Club" for 16 to 24 year-old "hotrodders" and eventually took racing off the streets and putting it on a strictly supervised "Drag Strip". Finally, I carved two large "Welcome to Broadmead" signs that are still up today.

What is your favourite childhood memory? Growing up in a happy home in the depression years, but not realizing that we were poor—like many others. We made our own fun, with the help of an imaginative Mother.

What is something that always makes you smile? Remembering the innocent honesty of our young grandchildren (who are now adults).

What are you most thankful for? Growing up in a happy home in Victoria.

Where is the best place you have ever travelled to? Japan

What is something that another resident would be surprised to learn about you? Probably that I have so many diversified interests.

Is there anything else you would like to share? This is a happy place, with a great staff and friendly residents.

If you would like to be featured in an upcoming "Who's Who", please see Katie or Trish in the Recreation Office!

BRAINTEASER



Word Pyramid

Each word in the pyramid has the letters of the word above it, plus a new letter.

- T
- ___ Point in Time
- ___ Insect living in a colony
- ___ Volcano in Sicily
- ___ Person who acts on behalf of another
- ___ Feeding
- ___ Making Hot
- ___ Instructing

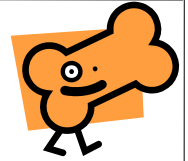
What do the following words have in common:

GRAM METER TRIBE METRIC
STOLE TOM

Answers for June Brainteasers:
Karen sets her clock to noon before walking to her friend’s house. She notes the time at her friends house and walks right back home. She then calculates the total time of her trip (how far past noon her clock now reads) and adds half that amount to the time that was on her friend’s clock.

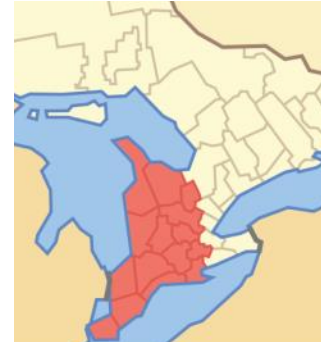
Tony chooses from the box labelled apples and oranges. Whichever fruit is inside is the only fruit in that box (remember they are all mislabeled). Say it’s an apple. Then the “orange box” must be the mix and the apple box must be the oranges.

FUNNY BONE



Whoever said, “Do the job right the first time and you’ll never have to do it again,” never shoveled snow off a Canadian driveway.

Who needs to go to Europe? Did you know that you can find Brussels, Stratford, Lisbon, Paris, Vienna, Copenhagen, London and Dublin all in Ontario? These are all towns or communities in South-western Ontario.



WELCOME TO DAWSON HEIGHTS

The Cedars
 Emily J
 Nelly A

The Dawson
 Bonnie B



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