

FOCUS ON RECREATION

As the leaves begin to change their colors and the air turns crisp, it's time to embrace the beauty of autumn. The season of cozy sweaters, pumpkin spice, and falling leaves is finally here, and it brings with it a sense of warmth and comfort.



Whether you're sipping on a hot apple cider, taking scenic walks through the forest, or simply enjoying the sight of nature's artwork, may this fall season fill your heart with joy and gratitude.

Let's welcome this time of harvest, reflection, and thanksgiving with open arms. Here's to making memories, sharing laughter, and finding the beauty in every golden leaf that graces our path.

Wishing you a season filled with happiness, good company, and the simple pleasures that make autumn so special.

We have several special events and outings planned for this month. We hope you take advantage of the programs offered at The Cedars. If you have questions, please see Katie or Trish in the Recreation Department.

October Special Events

Monthly Blood Pressure Clinics

We are happy to announce we will be hosting a Monthly Blood Pressure Clinic in The Cedars Family Dining Room the first Monday of the Month from 9:00 am—12:00 pm.

The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson.

To sign up for an appointment, please call the Front Desk of The Cedars at (250)477-4850.

October Special Events

Presentation by the Island Deaf and Hard of Hearing Centre Tuesday, October 3 at 1:30 pm in the BWR

Join Amanda Windle from the Island Deaf and Hard of Hearing Centre as she discusses recognizing and addressing the signs of hearing loss, assistive technology, and the Sounds of Change Initiative.

The Great BC ShakeOut Earthquake Drill

Thursday, October 19 at 3:00 pm

The Great BC ShakeOut is an annual opportunity to practice how to be safer during an earthquake. Please join Katie and Trish in the BWR as we practice what to do in the event of an earthquake.

Monthly Birthday Tea with Entertainment by Brandy Moore Friday, October 20 at 2:00 pm in the BWR

Enjoy a freshly baked sweet treat as we celebrate the October birthdays. Entertainment will be provided by Brandy Moore.

Oktoberfest with Ron Sera Friday, October 27 at 2:00 pm in the BWR

Dust off your lederhosen and come down to the Dawson Heights Beer Garden! We will be celebrating Oktoberfest Dawson Heights Style! Entertainment will be provided by accordion player, Ron Sera!



KAREN'S KORNER



Respiratory viruses, including COVID are on the rise, sooner than expected. Many of you will have heard the recent announcements from the Ministry of Health regarding Infection Prevention and Control measures to be put in place by Oct 3. Staff, and visitors to The Cedars, will be required to wear masks when in common areas of the building. (Masks are not required in The Dawson). A Greeter will once again be in place at the entrance to The Cedars simply to check on health status, instruct on sanitizing and provide a mask. There will be no rapid testing or checking of immunization status. The Ministry are not applying previous major restrictions but are adopting a measured approach to prevention and control of infections.

We all need to do what we can to remain healthy. This means good nutrition, supplements if you feel they are of benefit, rest and good hand and cough hygiene. There will be flu and COVID immunizations available by mid/late October in the community. An on-site immunization clinic for Cedars and Dawson residents will be held on Weds. Nov. 1.

Very importantly, if you feel unwell, do not pretend otherwise as some of us are want to do! Stay off work, stay in your apartment, restrict your contact with others in order to reduce the risk of spread, please. We have test kits available so don't hesitate to ask Barb or Jonathan for one or two kits.

I have been asked to raise awareness about the noise levels in the dining room. With many windows, as lovely as they are, these hard surfaces add to the noise level of crockery, cutlery, loud voices and loud laughter. Please be cognizant about how you might help to reduce the noise volume. For an understanding of how hearing loss is affected and managed in such environments do attend the awareness session scheduled for Tues., Oct. 3 by Island Deaf and Hard Hearing Centre.

FOCUS ON RECREATION cont. **October Special Events Continued**

Staff Pumpkin Carving Contest Judging Tuesday, October 31 from 11:00 am— 2:00 pm in the Front Lobby

Dawson Heights Staff will be competing (for bragging rights!) in the third annual Staff Pumpkin Carving Contest! Each department will be carving a pumpkin. Come to the BWR and vote for your favourite pumpkin. The winner will be announced at the Halloween party!



Halloween Happy Hour with Entertainment by Jonathan Young Tuesday, October 31 at 2:00 pm in the BWR

Dress up and join us at our Halloween themed Happy Hour! Enjoy a Halloween themed beverage and treats while our own Jonathan Young entertains!

Costumes will be available to borrow in the Family Dining room from Friday, October 28 to Monday, October 31 for anyone who may wish to dress up.

Prizes will be awarded for the best costume!

October Outings

We have a number of outings planned for October. Please see the Monthly Recreation Calendar for more information. Please sign up for outings outside the BWR.

- **Hillside Mall Shopping Trips**
Tuesday October 3, 10, 17 and 31
from 10:00 am—11:30 am
- **Happy Wanderers: Beckwith Park**
Thursday, October 5 at 1:30 pm
- **Outing to the Art Gallery of Greater Victoria (admission is \$11)**
Thursday, October 12 at 1:30 pm
- **Ballet Victoria Tea for Tutu "Ballet Rocks"**
Wednesday, October 18 at 1:00 pm

My Homestead Days

I was born in a log cabin in Fort Assiniboine, Alberta. It was the district nurse's home across the Athabasca River from my parent's homestead a few miles away. There was no bridge yet at this crossing, there was a ferry in the summer and an ice bridge in the winter.

We also lived in a log house which my Dad built when he made a claim for a homestead on a 1/2 section (160 acres) of land. To get title to the land you had to dig a well, build a house, clear so many acres ready to plant a crop and physically live on the land for a certain amount of time. After you met these requirements you could apply for the title to the land.

When I was six years old we bought a goat named Nellie who I then learned to milk.

We also had a few cows and some chickens. We had a very large garden and every fall we filled the cellar under our house with root vegetables and also with many jars of the wild berries we had picked and canned.

In the spring we would fall asleep to the sound of frogs singing in the natural ponds on our land.

I remember one spring a forest fire came through and it took many hours of hard work through the night to save the big log barn my Dad built.

My Dad also drove the school bus for our district for 19 years. My mother milked the cows and looked after the chickens and the garden.

We had no electricity so everything was done by hand including the laundry and

the cream separator which we had to turn the handle really fast and sometimes my three sisters and I took turns at it when we were old enough.

It was a very quiet and peaceful way of life.

Sheila Omelchuk



Sheila and her goat, Nellie

Fundraising Update

Holiday Craft Fair Saturday, November 25 1:30 pm to 3:30 pm in The Cedars Dining Room

On Saturday, November 25 we will be holding our Annual Dawson Heights Craft Fair from 1:30 pm to 3:30 pm in the Dining Room at The Cedars.

We are currently accepting applications for local Artisans.

We are also accepting donations of Christmas items, costume jewellery, and craft items for the Dawson Heights Craft Table, where money raised will go to the Residents' Fund.

If you are interested in participating please come and see Katie or Trish in the Recreation Office or call us at 250-477-4850.

The Purdys Chocolatier Fundraiser will also be held in November!

BRAINTEASER

What is the ONE WORD
which can be used to complete
ALL of these words?

DE _ _ _ ST

F _ _ _

SH _ _ _

ST _ _ _

D _ _ _

P _ _ _ NT

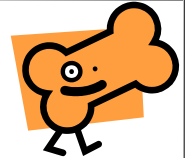
C _ _ _

These 16 words can be grouped into
four groups of words that share some-
thing in common. Can you figure out
how to sort them?

| | | | |
|---------|---------|-------|------|
| FLOOR | SHINE | CUTIE | COW |
| GLOW | SEEDY | HORSE | BEAM |
| EXCEL | RADIATE | VAULT | ENVY |
| BUFFALO | RINGS | SHEEP | GOAT |

Answer from
September:

| | | |
|---|---|---|
| 2 | 3 | 1 |
| 1 | 2 | 3 |
| 3 | 1 | 2 |

FUNNY BONE

Why was the robot couple's
anniversary in the fall?
They were autumn mated.

Who won the skeleton beauty contest?
No body.

Why did the pumpkin
lose the boxing match?
He let his gourd down.



What is it called when a
tree doesn't believe its
autumn? *Disbe-leaf.*

Why is it so easy to trick a leaf in
October? *They fall for anything.*

What is the ratio of a pumpkin's circum-
ference to its diameter? *Pumpkin Pi.*

BC Transit is implementing a
new payment system called
UMO. Rather than bus tick-
ets or a monthly bus pass, you
will be able to purchase a
reloadable card that you "tap"
when you get on the bus.
Come and see Katie or Trish if
you would like information or
assistance with purchasing an
Umo card.



**Our purpose is to provide safe housing in
a nurturing community for independent seniors on limited income.**
DAWSON HEIGHTS HOUSING LTD.



Tel: 250-477-4850

3710 Cedar Hill Road, Victoria, BC V8P 5V5

After Hours Tel: 250-883-2773

Website: www.dawsonheights.ca