

The Augustine Eagle

OCTOBER 2019





Augustine House Resident Council Meeting

MINUTES OF RESIDENT COUNCIL MEETING held SEPTEMBER 17, 2019

ATTENDANCE: Joseph , Don, Catherine, Phyllis, Carla, Matt (E). Peggy Recorder, Glen, Charlotte.

Call to Order at 9:45 a.m. by President Joseph.

Adoption of Agenda: M/S Carla, Don. Approved.

Adoption of Minutes of Last Meeting: M/S Glen/Phyllis. Approved.

REPORTS:

Treasurer: Catherine reported donation of \$250.00 to Covenant House, Income from Recycling of \$158.00 giving us as balance of \$2001.53. M/S Catherine/Don. Approved.

Food & Dining: Carla reports on the good work of servers, and no more peppers in soups. Thanks to the work of Kitchen Crews. M/S Carla/Phyllis. Approved.

Fire & Safety: Don reported for Matt: Fire Alarm did not sound as scheduled. Don will check with Murray and report results at next meeting. M/S Don/Phyllis. Approved.

Hospitality: M/S Phyllis/Carla reported we have welcomed Angelo, Nellie, Beverly. We still have Bil to welcome, when we can find him at home. Approved.

Haven House: M/S Glen/Don. The issue of a proper water dispenser is still not resolved to satisfaction of Haven House. Approved.

Recycling & Composting: M/S Charlotte/Catherine. Recycling is going very well due to Charlotte's committee working on this project, however people are leaving full containers of compost in the boxes . There are plenty of signs showing what people are to do. People you are asked to pay attention. This is very important for Augustine House, Your Home! Approved.

New Business: Charlotte has a brochure to prepare you if you encounter an **Earthquake**. DROP-HIDE-. More next Month.

Next Meeting: Tuesday October 15, 2019.

Adjourned: Don at 10: 45 p.m.



Franzl and Angela will be here once again for an afternoon of Music, Dancing, Beer, and Sausage.

Tuesday Oktober 16th

3:30

Main Lounge.



SATURDAY OCTOBER 5TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY OCTOBER 6TH HYMN SING AND SERVICE EAST LOUNGE 2:15

SATURDAY OCTOBER 12TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY OCTOBER 13TH LADNER GOSPEL ASSEMBLY EAST LOUNGE 2:15

SATURDAY OCTOBER 19TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY OCTOBER 26TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY OCTOBER 27TH BAPTIST CHURCH SERVICE EAST LOUNGE 2:15



RESIDENT FORUM MINUTES

Held Thursday, September 26th, 2019 @ 3pm

Present: Anne, Joanne, Tim and 40 residents attended in the Media Room

Tim:

- Tim welcomed everyone. Reminder today's topic after Forum will be on 'Falls Prevention'
- Special thanks to the very kind, anonymous person who paid for all 14 lunches at Tidewater Pub for the Men's Lunch on Thursday Sept 26th!

Anne & Murray:

- Please remember to empty contents of compost container, do not dispose of entire yogurt container, that container can be rinsed and reused.
- We will be switching to **Telus** for a new and improved AH Communications Plan. Each suite will have it's own designated Wi-Fi.
- Current residents will receive **Telus High Speed Internet, Telus Optik TV**. No change to Call Display and free long distance. Cost is \$55/month, \$5 increase to current AH Communications Plan.
- **Telus** will be installing new boxes in every suite. Residents who currently have PVR's with Delta Cable can cancel their accounts as of Nov 15. Delta Cable Boxes will need to be returned. PVR and extra channels can be enabled for an extra cost (less than what Delta Cable charges).
- **Telus Ambassadors** will be here to guide residents & we more information forthcoming. This will be a great improvement to Wi-Fi & offer more HD Channels.

Tim:

- Trip to Victoria is Oct 1st, bus will leave at 8 am to catch the ferry.
- National Seniors Day is Oct 1st.
- Wednesday, Oct 2nd you can Register to Vote, come to main Lounge 9:30-1.
- Carla Qualtrough and Tanya Corbet will be visiting AH.
- Oktoberfest Party Wed, Oct 16th with Beer, Pretzels, Sausage! Franzl & Angela will be performing.
- Shakeout BC – Earthquake Preparedness will be Oct 17th in the Main Lounge.
- Veteran's Photo – we'll take the photo in October, date TBD.
- Halloween Party on Oct 31st, that same day we'll do a headshave for cancer.
- Flu Clinic will be Friday, Nov 1st 9:30-1:30 in the Multipurpose Room
- New volunteer, Eve from Little Flower Academy high school will be playing piano in the dining room Mondays and Wednesdays before dinner.
- Check the Calendar for more fun events taking place in October.

THANKSGIVING

Thanksgiving, is an annual Canadian holiday, occurring on the second Monday in October, which celebrates the harvest and other blessings of the past year.

Thanksgiving has been officially celebrated as an annual holiday in Canada since November 6, 1879, when Parliament declared a national day of thanksgiving.^[1] The date, however, was not fixed, and moved earlier and later in the year, though it was commonly the third Monday in October.

On Thursday, January 31, 1957, the Parliament of Canada made a proclamation stating: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the 2nd Monday in October.

Statutory holiday

Thanksgiving is a statutory holiday in most of Canada, contestably, for religious reason, with the exceptions being the Atlantic provinces of Prince Edward Island, Newfoundland and Labrador, New Brunswick, and Nova Scotia, where it is an optional holiday. Companies that are regulated by the federal government (such as those in the telecommunications and banking sectors) recognize the holiday regardless of its provincial status.

Traditional celebration

As a liturgical festival, Thanksgiving corresponds to the English and continental European harvest festival, with churches decorated with cornucopias, pumpkins, corn, wheat sheaves, and other harvest bounty. English and European harvest hymns are sung on the Sunday of Thanksgiving weekend.

While the actual Thanksgiving holiday is on a Monday, Canadians may gather for their Thanksgiving feast on any day during the long weekend. Foods traditionally served at Thanksgiving include roasted turkey, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corn, various fall vegetables (mainly various kinds of squashes but also Brussels sprouts), and pumpkin pie. Baked ham and apple pie are also commonly served, as well as regional dishes such as salmon or wild game.

Traditions such as parades can be a part of Thanksgiving in Canada, such as the Kitchener-Waterloo Oktoberfest parade, although they are not that common. The Canadian Football League holds a nationally televised doubleheader, the Thanksgiving Day Classic. It is one of two weeks in which the league plays on Monday afternoons, the other being the Labour Day Classic. Unlike the Labour Day games, the teams that play on the Thanksgiving Day Classic vary each year.

Canadian Thanksgiving coincides with the observance in the United States (US) of Columbus Day and Indigenous Peoples' Day and has done so since the US implemented the Uniform Monday Holiday Act in 1971 (most countries in the Western Hemisphere fix Columbus Day to October 12). As such, American towns with high levels of Canadian tourism will often hold their fall festivals over Thanksgiving/Columbus Day weekend, in part to draw and accommodate Canadian tourists. Border towns also often experience an uptick in shoppers at grocery stores, as Canadian shoppers take advantage of lower sales taxes and commodity prices in the United States over the long holiday. The U.S. also has its own Thanksgiving, but on the fourth Thursday in November.

History

Canadian troops attend a Thanksgiving service in the bombed-out Cambrai Cathedral, in France in October 1918

According to some historians, the first celebration of Thanksgiving in North America occurred during the 1578 voyage of Martin Frobisher from England, in search of the Northwest Passage. His third voyage, to the Frobisher Bay area of Baffin Island in the present Canadian Territory of Nunavut, set out with the intention of starting a small settlement. His fleet of fifteen ships was outfitted with men, materials, and provisions. However, the loss of one of his ships through contact with ice, along with many of the building materials, was to prevent him from doing so. The expedition was plagued by ice and freak storms, which at times scattered the fleet; on meeting again at their anchorage in Frobisher Bay, "... Mayster Wollfall, a learned man, appointed by her Majesties Counsel to be their minister and preacher, made unto them a godly sermon, exhorting them especially to be thankful to God for their strange and miraculous deliverance in those so dangerous places ...". They celebrated Communion and "The celebration of divine mystery was the first sign, scale, and confirmation of Christ's name, death and passion ever known in all these quarters."

Years later, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, from 1604, also held feasts of thanks. They even formed the Order of Good Cheer and held feasts with their First Nations neighbors, at which food was shared.

After the Seven Years' War ended in 1763, with New France handed over to the British, the citizens of Halifax held a special day of Thanksgiving. Thanksgiving days were observed beginning in 1799 but did not occur every year.

During and after the American Revolution, American refugees who remained loyal to Great Britain moved from the newly independent United States to Canada.

They brought the customs and practices of the American Thanksgiving to Canada, such as the turkey, pumpkin, and squash.

Lower Canada and Upper Canada observed Thanksgiving on different dates; for example, in 1816 both celebrated Thanksgiving for the termination of the war between France and Great Britain, the former on May 21 and the latter on June 18. In 1838, Lower Canada used Thanksgiving to celebrate the end of the Lower Canada Rebellion. Following the rebellions, the two Canadas were merged into a united Province of Canada, which observed Thanksgiving six times from 1850 to 1865. The first Thanksgiving Day after Canadian Confederation was observed as a civic holiday on April 5, 1872, to celebrate the recovery of the Prince of Wales (later King Edward VII) from a serious illness.^[14]

For many years before it was declared a national holiday in 1879, Thanksgiving was celebrated in either late October or early November. From 1879 onward, Thanksgiving Day has been observed every year, the date initially being a Thursday in November. After World War I, an amendment to the Armistice Day Act established that Armistice Day and Thanksgiving would, starting in 1921, both be celebrated on the Monday of the week in which November 11 occurred. Ten years later, in 1931, the two days became separate holidays, and Armistice Day was renamed Remembrance Day. From 1931 to 1957, the date was set by proclamation, generally falling on the second Monday in October, except for 1935, when it was moved due to a general election. In 1957, Parliament fixed Thanksgiving as the second Monday in October. The theme of the Thanksgiving holiday also changed each year to reflect an important event to be thankful for. In its early years it was for an abundant harvest and occasionally for a special anniversary.



HAPPY HALLOWEEN

HALLOWEEN WITH MUSIC BY
SINCERELY YOURS

MONDAY OCTOBER 31ST
MAIN LOUNGE
7:15 PM

PRIZES FOR BEST COSTUMES

© MARK ANDERSON

WWW.ANDERTOONS.COM



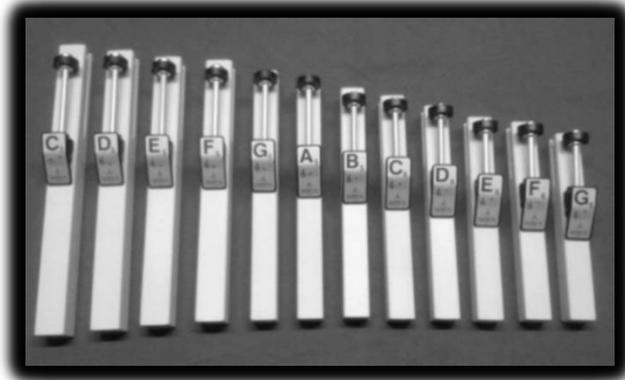
"OK, I think you'll like these."

Hand chime choir every SUNDAY EVENING

We are always looking for new members

7:15 pm.

Multipurpose Room.



The Great
British Columbia
**Shake
Out**
shakeoutbc.ca

October 17, 10:17 a.m.

Are you ready?

Learn more at
uvic.ca/shakeout



EARTHQUAKE PREPAREDNESS

THURSDAY OCTOBER 17TH
DINING ROOM
10:19 AM

Laughter is medicine for dementia patients



Muriel Klein never lets go of comedian Michael Piper-younie's hand when he visits her in her Alzheimer's care centre.

About a year after Dani Klein Modisett moved her mother from Manhattan to an Alzheimer's care centre near her Los Angeles home in 2016, she noticed that her mom, then 84, was sad and withdrawn.

Muriel Klein, once the life of the party (even with her memory loss), was no longer talkative or interested in food. She kept her head down and slept a lot.

"I was really upset, thinking, 'What have I done? Why did I take her from everything she loved in Manhattan?'" Modisett said.

During a dental exam one afternoon, Modisett, an author and former standup comedian, tearfully told her dentist about her mother, saying she wished she could hire a comedian for her. "Why don't you?" her dentist replied.

Modisett went home and made a few calls, and soon she had hired a standup comedian to visit her mom eight hours a week.

The first day, the comedian told Klein: "Some days, I don't want to talk either, Muriel. When someone gets in my face, I think, '(expletive), do I look like I want to talk?'"

Klein repeated the expletive — a Yiddish word — laughing. Then she repeated it again. She lit up.

"After that visit, my mom became more engaged and started eating and laughing again," said Modisett, who has taught comedy classes at the University of California, Los Angeles. "She felt that she was being seen."

In early 2017, realizing that other seniors with memory loss could also benefit from some slapstick and one-liners, Modisett launched Laughter on Call, an organization that pairs comedians with people who have dementia and Alzheimer's. The group also puts on laughter workshops and live comedy shows at care centres.

Families and care facilities work out a fee in advance with the comedians for their services — generally between \$25 and \$50 an hour for one-on-one visits — said Modisett, 56.

"Comedians can use the work, and people with memory loss can use the laughter," she said. With studies showing that laughter can improve health, ease stress and contribute to longevity, Modisett's idea is starting to catch on.

Laughter on Call's two dozen comedians mostly work in California, but some of the comedians also have clients in other states. Modisett said she has got inquiries from memory care centres across the country.

In Los Angeles, comedian Marty Ross, 79, took up comedy 15 years ago after nearly five decades in retail. "Bringing laughter to seniors, especially seniors with Alzheimer's, is so heartwarming," said

Ross, who lives in Santa Clarita, Calif. “The realization that many of these people don’t have regular visits from family makes (it) even more special.”

Modisett’s mother now receives twice-weekly visits from Michael Piper-younie, 40, a standup comedian from Los Angeles who said he has developed more empathy and patience since joining Laughter on Call.

“Spending time with Muriel genuinely makes me feel better about my own day to day,” he said. “When she sees me, the excitement in her face is palpable. She beams a huge smile and reaches out her hand to mine.”

For two hours, Piper-younie tells funny stories and makes silly faces, he said, and sometimes, he and Klein will listen to music or dance. During their time together, she never lets go of his hand.

“We’ve developed a special bond that is beneficial for both of us,” he said.

“I feel honoured to be doing this beautiful work and to be Muriel’s companion. When I get her to a full belly laugh, it really makes my heart sing.”

Modisett said she knew it was time to move her mother to California when a friend from New York called in 2016 and said that Klein’s memory loss had worsened.

Diagnosed with Alzheimer’s in 2011, Klein initially argued with waiters and had difficulty filling out a bank deposit slip, Modisett said.

“As time went on, I knew in my heart it wasn’t right to leave her in Manhattan,” she said.

The various caregivers and helpers were costing \$15,000 to \$17,000 a month, she said, and the level of help still wasn’t enough.

Now 87, Klein seems more at peace with herself, Modisett said. She smiles when she wakes up at her care centre.

Care centre employees who have hired Laughter on Call comedians to put on group shows say they’ve noticed changes in memory-loss residents who watch the routines.

“It helps them with their health — not just the mind, but the mind, body and soul,” said Juliana Rocha, director of resident engagement and a music therapist for a Silverado Alzheimer’s care centre in Los Angeles.

Every Friday, after two or three comedians get residents involved in interactive storytelling, the seniors seem less anxious and more focused, Rocha said.

“They’re smiling, they’re engaging,” she said. “That kind of connection helps to build brain cells and helps to slow the progression of dementia.”

Although many memory-care patients can’t communicate the way they used to, the person who families and friends knew and loved is still in there, Modisett added.

“Through laughter, we can start a conversation and draw those personalities out,” she said.

“Comedians in particular have the charisma, courage and fearlessness to engage someone who might be feeling confused, isolated or lonely.”

She recalled a recent afternoon when a team of her comedians put on a “Titanic Remembrance Day” show for several dozen people with dementia.

“All of the residents were made shipmates, and the band started leading them in singing Amazing Grace,” Modisett said.

“I looked around and saw that everyone in the room was smiling and laughing, and I knew that I was witnessing something remarkable.”

For that hour, she said, “there was no anxiety, stress or sadness. Only happiness.”

TRANSITION YEARS & HEALTHY LIVING RESOURCE & INFORMATION FAIR



SATURDAY, OCTOBER 26th 2019

9:00 a.m. – 3:00 p.m.

Ladner United Church - 4960 48 Ave, Delta, BC V4K 4X6 LADNER

The resource and information fair will provide seniors, elders and their families with information about local resources and how to access them

PRESENTATIONS

Memory Changes And What We Can Do About Them

What To Expect When Your Loved One Moves Into A Care Home

Friends Are Better Than Vitamins

Let's Get Honest About Mental Health

Senior Services & Volunteering

Estate & Personal Planning Basics

Free admission, door prizes & light lunch provided
Register - Ladner United Church office-604-946-6254
Email: office@ladnerunited.org
Over 25 resource and information booths



Presented by the Delta Division of Family Practice a partnership of Doctors of BC and the Government of British Columbia

A POEM WRITTEN BY AUGUSTINE HOUSE RESIDENTS ON THE EVENING OF
TUESDAY OCTOBER 17TH @ 7:00 PM.

FALL

FEWER DAYS FILLED WITH LIGHT

ALSO RAIN, DAY AND NIGHT

LEAVES ARE FALLING EVERYWHERE

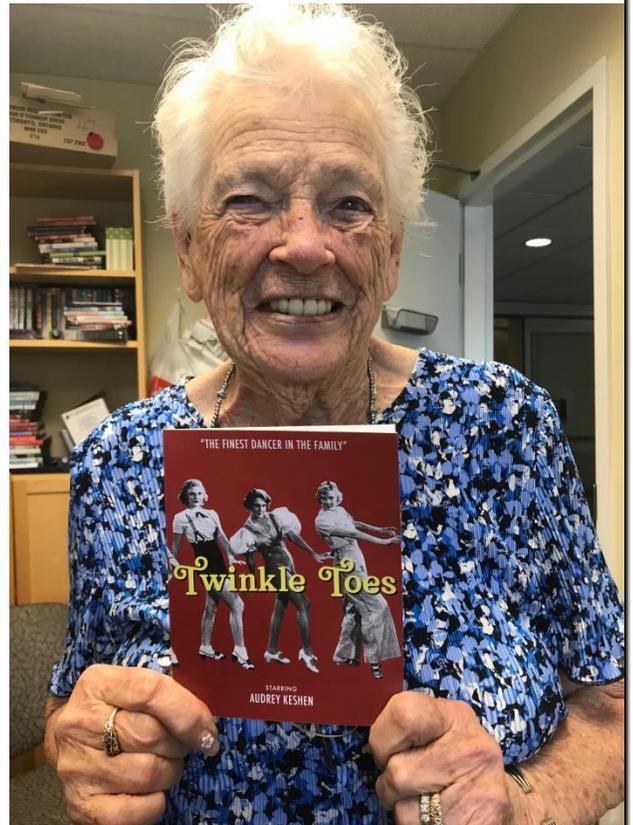
LET THEM FALL, I DON'T CARE

Audrey 'Twinkle Toes'

Since Audrey has been leading our line-dancing group on Saturday mornings and an impromptu line dance during Happy Hour, Audrey has become known as Twinkle Toes.

It seems like her family has adopted the name too, according to a recent birthday card from her Grandson.

Keep up the good work Twinkle Toes



HAVEN HOUSE HAPPENINGS

Hello from Haven House. Wow September seemed to fly by! We were truly blessed with lots of sunny skies. We have been busy discussing October and all the special days coming up. We're looking forward to a big turkey dinner with all the fixings on Thanksgiving, including pumpkin pie. Next there is Oktoberfest coming up, with Franz & Angela, (an Augustine House tradition) where we will hear traditional German songs, and sample some sausage and pretzels. We have also been talking about costumes for our Halloween Party on the 31st. You may not recognize us! This month we are excited to meet Eve, our new volunteer. Eve is going to play piano for us on Monday and Wednesday afternoons. We're really looking forward to hearing her play. Prost!!



MICHAEL'S GRANDKIDS & MIKE'S CRITTERS



Exercise is good for more than your Heart!

We are all aware that exercise improves our physical condition; helping us to regulate weight, blood sugar and blood pressure, and improves our balance to name a few. But did you know that regular physical activity can also benefit your mental health?

When we exercise, our body releases chemicals that help us relax, feel more pleasure, and feel less pain. People who exercise regularly have reduced anxiety levels and are less depressed than people who are less active. This is why sometimes doctors will suggest physical activity along with medications when treating patients for depression or anxiety.

Improved Mood

For most of us, a doctor's prescription is not necessary. However, why wouldn't we want to improve our mood? When we exercise, the body increases the production of endorphins; a chemical that can positively affect mood. This elevated mood will last for some time after we stop exercising.

Improved Brain Function

When we exercise, the body increases blood flow, including to our brain. This increased blood flow helps our brains function better. It also helps in promoting brain cell growth and repair in the hippocampus; the part of the brain where memories are stored. As a result, physical activity can help to improve both concentration and memory.

Relieve Stress

Our body produces hormones related to stress, such as cortisol and adrenaline. Exercising helps to reduce the amount of these hormones, which, in turn, reduces the stress we experience. By reducing feelings of stress, we may find we sleep better and our appetite will increase.

So what should we do?

As the seasons change it may become more difficult to exercise regularly. Luckily here at Augustine House there are many opportunities to exercise either individually or in a group. I encourage you to look at the monthly schedule or speak with one of our Recreation staff. Maybe chair yoga is right for you or maybe walking outside on a nice fall day or inside or at the Mall on a rainy day. The trick is to identify what you enjoy and have a plan to make this happen. Exercising, even for 10 minutes, can provide significant benefits to your physical and mental health. **So Let's Get Active!**



CANADA VOTES 2019

Voting day is **MONDAY OCTOBER 21ST** here at
Augustine House in the **Main Lounge** from
12:00 – 18:00 PM

Residents can also vote at South Delta
Recreation Center from October 11th to 14th.

Advance polls are also open at Tsawwassen
Mills Mall at the Elections Canada office (close
to entry 3) from now to election day.

Residents will require picture ID with their
address on it to use the advance polls. Expired
drivers licenses will work.

B.C. QUIZ ANSWERS

- | | |
|--|---|
| <ol style="list-style-type: none">1. FORMER QUEEN = VICTORIA2. FISH APPENDAGE = SALMON ARM3. TO WOO A JOINT = COURTNEY4. 2,000 LB MONARCH = PRINCETON5. PURSUE = CHASE6. SEA DROPS = OCEAN FALLS7. BETWEEN FAITH & CHARITY = HOPE8. HORSE DRAWN BUGGY = SURREY9. CENTURY HOUSE = 100 MILE HOUSE10. BIG UTENSILS = GRAND FORKS11. AWARD = MERRITT12. MASSACHUSETTES TAVERN = BOSTON BAR13. OPEN PASTURE = FIELD14. PATH = TRAIL15. BLOCKADE = BARRIER16. COLOURED STONE = WHITE ROCK17. NOISY DOG TOWN = BARKERVILLE18. COSTELLO'S CHEVY AND = ABBOTSFORD19. TRANSPARENT FLUID = CLEARWATER20. COOL HIT = CHILLIWACK21. MONEY RIVER = CACHE CREEK22. MINERAL CREEK = SALTSPRING23. TOUGH LIMB = ARMSTRONG24. DEVIL'S ENTRANCE = HELLS GATE | <ol style="list-style-type: none">25. BEES BUM = ENDERBY26. BILL'S POND = WILLIAMS LAKE27. ICE CREAM BAR = BOSTON BAR28. CHOCOLATE DESSERT = NANAIMO29. SET FIRE TO WATER = BURNS LAKE30. OVERCOOK A HONEY MAKER = BURNABY31. SHELTER FOR A PANEL TRUCK = VANCOUVER32. GRITTY SALIVA = SANDSPIT33. RECENT PREACHER HERE FROM EAST = NEW WESTMINSTER34. FELINE'S COVE = LIONS BAY35. AWARE COVE = ALERT BAY36. ATTACK A LARGE ANIMAL = SICAMOUS37. PREMIERS FOOT = VANDERHOOF38. FAMOUS MOM IN ROCKING CHAIR = WHISTLER39. DICKENS CHARACTER = OLIVER40. ADMIRAL OF THE FLEET = NELSON41. CAT'S RUG = KITIMAT42. BALCONY = TERRACE43. SOUP STREAM = CAMPBELL RIVER44. RUGGED HARBOUR = PORT HARDY |
|--|---|



Civic Holiday

Civic Holiday is the most widely used name for a public holiday celebrated in most of Canada on the first Monday in August, though it is only officially known by that term by the governments of Nunavut, the Northwest Territories, and Prince Edward Island. The Civic holiday is recognized as a statutory holiday in those three provinces and territories.

The holiday is known by a variety of names in other provinces and municipalities, including British Columbia Day in British Columbia, New Brunswick Day in New Brunswick, and Saskatchewan Day in Saskatchewan. The holiday is celebrated as Natal Day in Nova Scotia and Terry Fox Day in Manitoba. The day is not a statutory holiday in Nova Scotia and Manitoba.

Alberta

In 1974 the Government of Alberta, acting through Minister of Culture Dr. Horst A. Schmidt, declared the first Monday in August an annual holiday to recognize and celebrate the varied cultural heritage of Albertans, known as Heritage Day. This gave rise in 1976 to the Edmonton Heritage Festival, a three-day celebration of food, dance, and handicrafts of cultures from around the world. Heritage Day has been an "optional" civic holiday, having been downgraded from a statutory holiday following the introduction of Family Day in 1990.

British Columbia

In 1974, the Legislature of British Columbia introduced legislation nominated by Surrey MLA Ernie Hall to establish the holiday. It was the last province to establish an August Monday holiday.

Ontario

The holiday was renamed Simcoe Day in Toronto effective 1969 in honour of the first Lieutenant-Governor of Upper Canada and the promulgator of the Act Against Slavery, but a motion at the Ontario Municipal Association to extend the name change across Ontario failed. According to a 2005 proclamation, this name continues to apply in the present amalgamated city of Toronto. Civic Holiday is now known by one of a number of local appellations such as:

- Colonel By Day in Ottawa,
- George Hamilton Day in Hamilton,
- Joseph Brant Day in Burlington,
- Founders' Day in Brantford,
- McLaughlin Day in Oshawa,
- Alexander Mackenzie Day in Sarnia,
- James Cockburn Day in Cobourg,
- Peter Robinson Day in Peterborough,
- John Galt Day in Guelph, as well as numerous other names in smaller municipalities.
- When not given a local name, it is often referred to as 'Civic Holiday'. Although a work holiday is given to employees of the federal and many municipal governments, the Government of Ontario has not defined this day as a statutory holiday and it is not mentioned in either Ontario's Employment Standards Act or Retail Business Holidays Act. Schools are generally already closed, regardless of the holiday's status, because of summer vacation. The Caribbean Cultural Festival, formerly known as Caribana, is held this holiday weekend in Toronto, coinciding with Emancipation Day.

Quebec, Newfoundland & Labrador, Yukon

The first Monday in August is not generally observed as a holiday in Quebec, parts of Newfoundland and Labrador, or Yukon, but replacement summer holidays may be observed as follows:

- Quebec observes Saint-Jean-Baptiste Day on 24 June.
- In Yukon, Discovery Day is observed on the third Monday of August instead, and commemorates the 1896 discovery of gold in the territory and the start of the Klondike Gold Rush.
- In Newfoundland and Labrador, the Shops Closing Act provides for a civic holiday on the date of the Royal St. John's Regatta (usually the first Wednesday of August) in St. John's, the date of the Harbour Grace Regatta (usually the fourth Saturday in July) in Harbour Grace, and a date fixed by the applicable municipal council in all other municipalities. Several of these communities use the first Monday in August as a civic holiday, while others have not selected any date.

WHO'S NEW IN THE HOUSE

ANGELO POLYMENAKOS



Angelo (Evangelos) Polymenakos was born and raised in Greece, he made his way to Halifax, and then to Vancouver in 1952, for a better life. He left behind his parents, brother and 2 sisters in Greece, 3 of his sisters are nearby, 2 in Ladner, he loved walking to visit them up to last year. Angelo will be 90 in January, but his papers recorded March 27, 1930, so that is when his family celebrates his birthday. Angelo met his wonderful and beautiful wife Angela (Evangelia) and married in 1956. The happy couple had four girls . Angelo has seven grandchildren. 3 great grandchildren. Angelo loves family get-togethers, holidays and Greek weddings.

Angelo was always the helpful driver for friends, family, and many pregnant relatives driving to Royal Columbian Hospital, as most did not have a car or even drive out of Ladner. Angelo worked full time at Olympic Meats under the Oak Street Bridge as a meat packer and foreman, working long hours for overtime to get ahead, and doing other work on the weekends. Angelo wanted a new house and a new car, so he worked extremely hard all his life until age 65, without barely missing a day.

Welcome to Augustine House Angelo.

Nellie Vandergouwe

Nellie was born in the Netherlands to Adrianna and Jan DeKraker. She had 2 younger sisters.

Nellie met her husband , Martin at a dance. They married in 1953 and moved to Edmonton in 1955. They lived in St. Albert for 40 years, raising 3 children. Nellie worked as a seamstress and Martin in the catering business.

They decided to retire to BC after visiting their youngest daughter who was living in Tsawwassen .

Nellie enjoys reading and walking. She has 6 grandchildren and 2 great grandchildren

MEET THE STAFF

#53

NAME: Mari Casey

POSITION: Manager, Community Relations & Marketing



WHAT IS YOUR BASIC PHILOSOPHY IN LIFE: There is always a solution to a problem ...

WHAT ARE YOUR FAVORITE BOOKS/MOVIES: British Mystery/Detective/Downton Abbey

WHAT DID YOU WANT TO BE GROWING UP: Anything to do with computers.

WHAT KIND OF MUSIC DO YOU LIKE: Jazz, traditional Irish Music

WHAT DO YOU DO FOR FUN: Walk, Gym, Swim and get together with friends.

WHAT IS YOUR FAVORITE COCKTAIL: Gin & Tonic

WHAT MAKES YOU HAPPY: Family time spent on Bowen Island.

WHAT IS YOUR GREATEST STRENGTH/WEAKNESS: Problem solver/chocolate

WHO WOULD YOU MOST LIKE TO MEET: Bill Gates

WHAT IS YOUR PERFECT VACATION: *Discovering new places in the sun. Best vacations were in New York and Australia.*

WHAT IS YOUR FAVORITE FOOD: Indian and any type of seafood dish

WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD: Find your passion and give 100%

WHAT WERE YOUR HIGH SCHOOL GRADES LIKE. Most of my education came after I immigrated to Canada. The opportunities were amazing and I was open to change and learning.

PARTING WORDS TO THE MASSES ARE...: The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” – Winston Churchill



Augustine House

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