

The Augustine Eagle

DECEMBER 2019





Augustine House Resident Council Meeting

MINUTES of Resident Council Meeting held November 19, 2019.

Attendance: Joseph, Don, Catherine, Phyllis, Carla, Matt, Peggy Recorder, Glenn, Charlotte.

Call to Order at 10:00 a.m. by President Joseph.

Adoption of Agenda: M/S Catherine/ Phyllis. Approved.

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

Reports: Treasurer: Catherine reported income amounted to three cheques, \$132, \$135, \$254 for a total of \$531.00 giving us a balance of \$2532.53. Donations were made to the following: Delta Assist \$250.00, Covenant House \$250.00, South Delta Food Bank \$250.00 for a total Disbursement of \$750.00. Final Balance of \$1782.53. M/S Catherine/ Matt. Approved

Food & Dining: The Food and Dining Form held by Steve on Wednesday November 6, 2019 answered questions or concerns of Residents in attendance. M/S Charlotte/Phyllis. Approved.

Fire & Safety: M/S Matt/Peggy fire alarm clearly heard thorough out building. Approved.

Hospitality: Phyllis called on five new people, some who have not moved in as yet. Names will be presented next month. M/S Phyllis/ Catherine. Approved.

Haven House: Glen reported ill during night: unable to attend.

Recycling & Composting: Charlotte reports the recycling of plastic seems to be decreasing for the last few weeks. Composting of food waste is unchanged with no complaint from kitchen staff.

Adjournment: Catherine at 10:40 a.m.

Next Meeting at 10:00 a.m. on December 17, 2019



RESIDENT FORUM MINUTES

Held Thursday, November 28th , 2018 @ 3pm

Present: Tim, Murray, Anne, Marine, Joanne, and 38 residents attended in the Media Room

Marine:

- Marine is very happy to be the new Director of Care here at AH.
- Born in Hong Kong; Marine has been a nurse in Canada for 25 years.
- Daughter is moving to Seattle, very much looking forward to seeing daughter.
- Hours are 7am-3:30pm. Please do not hesitate to stop by the office anytime.

Murray:

- Fire Safety: In the event of a real fire, please stay in your suite, if we need to evacuate – we will come and get you.
- Every third Monday we test fire alarms, every 2-3 months we do fire drills.
- TELUS switchover is complete – please let front desk know if there is an issue with any channels.

Tim:

- Special thanks to the Christmas Elves/Volunteers who decorated Augustine House, it's very festive! Greatly appreciated by staff and residents.
- Lots of holiday events happening this month, check calendar for dates and times and don't forget to sign up if you'd like to come.
- '**Dining In**' is Tuesday, **Dec 3rd** – menu is Chinese Food! Sign up if you'd like to attend – pre-payment
- **Tuesday, Dec 2nd** is the Salt Spring Soap Sale, trip to Potters Christmas Store, **Wednesday, Dec 4th**.
- **Thursday, Dec 5th** the bus will be going to Michaels Craft Store.
- **Tuesday, Dec 10th** is the Tea for Mari Casey who is retiring – everyone is welcome.
- **Wednesday, Dec 11th** the bus will be going to '**Christmas with the VSO**' at South Delta Baptist Church – sign up if you'd like to attend.
- **Christmas Lights Tour** – we'll be doing 3 tours, it's a wonderful way to see the Christmas lights.
- During December, the Ladner Glee Club will be coming to perform, '**Jazzagirls**' will also be performing.
- **Tuesday, Dec 31st**, New Year's Eve – join us for our New Year's Eve party from 7:30-9:30 when Liz and Steve will be here!



13 Things You Didn't Know About Christmas in Canada

1. "A Christmas Story" Has Canadian Roots

The risqué leg lamp. Ralphie's sliding rejection from Santa. Flick's tongue mishap. Can you imagine Christmas without an annual screening of *A Christmas Story*? While the tale appears to be all-American, a substantial part of the movie was filmed in Canada. Ralphie's school, the Chinese restaurant where his family ate, the famous swearing scene as well as the interior segments were all shot in Canada. And where else would you find the old TTC "red rocket" streetcars?

2. The Prime Minister Doesn't Want Your Gifts

If you want to send a little holiday cheer to the Prime Minister, think again. The Federal Accountability Act of 2006 – as well as security protocol – state that Canada's PM and his family cannot accept monetary presents, gift cards or perishable items such as cookies or cakes. And don't even bother sending other items – they may be severely damaged during the security screening process.

3. Albertans Spend the Most on Christmas

A study by Statistics Canada discovered that residents of Alberta spend more per capita (\$967 on average per person) in retail stores than any other Canadian province. Citizens of the Yukon and Northwest Territories caused cash registers to ring in holiday exultation, too, as they ranked in at number two (\$928) and three (\$926) respectively.

4. Santa Has a Lot of Canadian Elves

Since 1982, [Santa's Post Office](#) has employed mailroom elves from Canada, and he has received more than 20 million letters from children around the world. Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

5. Canadians Love Department Stores... and Booze

According to Statistics Canada, Canadians prefer to shop in person. With total sales of nearly \$3.2 billion dollars, the number one place for Canadians to check off their holiday shopping lists was...department stores. Care to guess the second most-visited venue for festive spenders? Pop the cork and raise a glass to Canada's beer, liquor and wine stores. Their \$1.6 billion dollars worth of holiday sales earned the runner-up position.

6. Michael Bublé Had a Very Merry Christmas in 2011

2011 was a green Christmas for Canadian crooner, [Michael Bublé](#). Nielsen Soundscan in the U.S. listed Bublé's 'Christmas' album as the second best-selling album of 2011. With a tally of 2.45 million sales in the United States alone, his festive release earned truckloads of cash and was only exceeded sales-wise by Adele's '21' album. What is most remarkable is that a Christmas album with only a few weeks on store shelves outsold practically all the year's competition.

7. Canadians Love Eggnog

Don't knock the nog. According to Statistics Canada, 5.8 million litres of eggnog were consumed in December 2009. While eggnog isn't everyone's idea of a delicious holiday tippie, it's obvious that many Canadians do enjoy it.

8. Canada Loves Christmas Trees

Did you know our country harvests approximately 5.5 million [Christmas trees](#) each year? That's roughly one Christmas tree for every 7 Canadians. But if you can't spend Christmas in Canada, you might as well take a little piece of the country with you. In 2006, Canada exported 2.25 million Christmas trees to over 25 countries including Japan, Mexico, the United States and Jamaica.

9. Rudolph Was Canadian

If you were born in Canada after 1964, your Christmases probably involved an annual viewing of the 'animagic' holiday special, 'Rudolph the Red-Nosed Reindeer.' Rankin-Bass, an American production company, created this beloved Christmas program, but did you know that there's a secret Canadian connection? All the characters' voices (with the exception of Sam the Snowman) were performed by Canadian actors, singers and voiceover artists at the RCA Victor Studios in Toronto.

10. Canadians Dig Turkey

The Turkey Farmers of Canada report that in 2017, 8.8 million whole turkeys were consumed. 40.6 per cent of Canadian households bought turkey products for their holiday feast. Still feeling peckish? Canadians purchased a grand 3.9 million whole turkeys for Christmas last year. That is a lot of drumsticks, wishbones, and turkey sandwiches.

11. Canadians Love Ballet

Dreaming of Sugar Plum fairies, mice, and soldiers dancing through your holiday season? The Nutcracker ballet is an annual Canadian Christmas tradition with performances wowing audiences from coast to coast. The National Ballet of Canada's ballerinas have used 5,548 pairs of pointe shoes for performances of The Nutcracker since 1995 (as of January 2017).

12. Canadians Love To Give

A November 2012 poll by Ipsos Reid on behalf of RBC found that four in five Canadians (that's 82 per cent of the population) plan on giving Christmas gifts this year. The poll disclosed that the average Canadian will spend about \$1,182 on presents. More than half (56 per cent) of Canadians will rely on credit cards to make these seasonal purchases, while only 24 per cent will use savings.

13. Christmas Isn't Only Once a Year

In some corners of Canada, it's Christmas 365 days a year. Welcome to Reindeer Station (Northwest Territories), Christmas Island (Nova Scotia), Sled Lake (Saskatchewan), Holly (Ontario), Noel (Nova Scotia), Turkey Point (Ontario), and Snowflake (Manitoba).



SATURDAY DECEMBER 1ST CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY DECEMBER 2ND HYMN SING AND SERVICE EAST LOUNGE 2:15

SATURDAY DECEMBER 8TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY DECEMBER 16TH LADNER GOSPEL ASSEMBLY EAST LOUNGE 2:15

SATURDAY DECEMBER 15TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SATURDAY DECEMBER 22ND CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY DECEMBER 23RD BAPTIST CHURCH SERVICE EAST LOUNGE 2:15

SATURDAY DECEMBER 29TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

NEW YEARS EVE PARTY



WITH LIZ AND STEVE

TUESDAY, DECEMBER 31ST @ 7:30 pm

MAIN LOUNGE



DOOR DECORATING CONTEST

Decorate your front door

Each floor wins a prize

Winners to be revealed

Thursday December 19TH at the Birthday Tea.



WHILE YOU ENJOY A TIPPLE OR TWO THIS CHRISTMAS SEASON, HERE ARE SOME FACTS ABOUT LIQUOR IN CANADA AND THE U.S.



- 1914 WORLD WAR ONE BEGINS
- 1917 BC GOES DRY ON OCT 1ST
- 1920 BC VOTES TO REPEAL PROHIBITION
- 1921 THE BC LIQUOR CONTROL BOARD IS FORMED
- 1929 PROHIBITION ENDS IN THE US
- 1933 THE GREAT DEPRESSION BEGINS
- 1945 WORLD WAR TWO ENDS, BUT MEN AND WOMEN MUST STILL DRINK SEPARATELY IN BEER PARLOURS
- 1948 THE LAST DRY PROVINCE, PEI, REPEALS PROHIBITION
- 1954 BC'S FIRST COCKTAIL LOUNGE LICENCE GOES TO SYLVIA HOTEL
- 1962 CANADA'S FIRST SELF SERVE LIQUOR STORE IN BURNABY
- 1965 THERE ARE NOW 124 LIQUOR STORES IN BC
- 1970 DRINKING AGE IS REDUCED TO 19
- 1979 THE FIRST VANCOUVER INTERNATIONAL WINE FESTIVAL
- 1980 BC LIQUOR FLAGSHIP STORE AT 39TH AND CAMBIE OPENS
- 1999 BC LIQUOR LAUNCHES ITS FIRST WEBSITE
- 2000 BC LIQUOR BECOMES AN OFFICIAL BRAND
- 2006 THE FIRST 'TASTE' MAGAZINE IS PUBLISHED
- 2014 BC LIQUOR LAUNCHES 'COLDZONE' FOR CHILLED PRODUCTS
- 2016 BC LIQUOR OPENS ITS 198TH STORE AND CELEBRATES ITS 95TH YEAR.

CHEERS !!!!!!!!!

A CHRISTMAS STORY



BUY YOUR OWN PRESENT

Last Christmas, Grandpa was feeling his age, and found that shopping for Christmas gifts had become too difficult. Therefore, he decided to send cheques to everyone instead.

In each card, he wrote, “Buy your own present!” and mailed them early.

He enjoyed the usual flurry of family festivities, and it was only after Christmas that he noticed that he had received no cards in return.

Puzzled over this, he went into his study, intending to write to them and ask what had happened.

It was then as he cleared his cluttered desk that he got his answer.

Under a stack of papers, he was horrified to find all the cheques that he forgot to put in the cards.

MERRY CHRISTMAS GRANDPA!



HANUKKAH

SUNDAY DEC.22ND - MONDAY DEC.30TH

The eight-day festival of Hanukkah is celebrated at the beginning on the 25 of Kislev, a month on the lunar Hebrew calendar that usually falls between the end of November and the end of December on the solar standard calendar.

Hanukkah means “dedication,” and the holiday commemorates the rededication of the Temple in Jerusalem after the defeat of the Syrian-Greeks in 165 BC.

The Syrian-Greek emperor Antiochus IV tried to force the Greek culture and religion upon the Jewish people under his rule. In 168 BC, he declared that the Temple holy to the Jews would be used for the worship of the god Zeus.

Soon after, he completely outlawed Judaism and made its practice punishable by death. Mattathias, the High Priest in the Temple, and his sons refused to give up their religion and led a revolt against the Greeks.

Mattathias, his family, and those who joined them were called Maccabees because Yahuda, Mattathias’ oldest son, was a powerful warrior nicknamed Ha’Maccabee, ancient Hebrew for “the Hammer.”

The Miracle of the Oil

Although they were outnumbered, the Maccabees defeated the Greeks after several years of fighting and reclaimed the Temple. As they prepared to rededicate their defiled Temple, the Jews found only enough pure oil to light the Eternal Light for one day. The oil miraculously lasted for eight days, allowing time for more oil to be pressed from olives and purified for use.

The hanukkiyah is a special menorah used only during Hanukkah. It is a special nine-branched candelabrum with a place to light a flame for each of the eight days. It symbolizes the miracle of the oil and celebrates the freedom won for the Jewish people by the Maccabees.



CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
 C H Z Q E J A O R E I N D E E R I R L Q
 M B M O L S Z T V W U P O B N D T T V V
 N H N J O L L Y N U Y E N M I H C C E U
 X P M N P P S F I A G K A C L Y V H S Z
 D L A E H X C E L B S F P G C E T Q E G
 Z O M N T H E D A Y S G N I T E E R G M
 S D Z I R V T Q P S G S B W C C P W V Q
 P U I Z O V A J A E O R U A C F S O G S
 G R E H N X R L B P Y N N N H R S O I L
 B N Z C S T B H J O M D P I M O A B V M
 Y M I S T L E T O E Y R D E E S M C I U
 G O C N O R L D K C O Q O N R T T W N B
 W K Y Q C Z E J A G O V T D R Y S D G Q
 L O R T K L C N I C G P N R Y L I N X S
 J N X J I R E F B A V A P J E H R D C Z
 X L W O N H T A E R W V I I L E H A Y E
 W L R D G Z G Y L D J C G N X E C M B O
 M Y A D I L O H L S U H J A W N Z A M J
 I X P D B T V H S K M W S E L D N A C U

BELLS
 CANDLES
 CANDYCANE
 CARDS
 CELEBRATE
 CHIMNEY
 CHRISTMAS

RUDOLPH
 SANTA
 SEASON
 SLEIGH
 STOCKING
 TREE
 WREATH

ELVES
 FROSTY
 GIFT
 GIVING
 GREETINGS
 HOLIDAY
 JOLLY

JOY
 MERRY
 MISTLETOE
 NOEL
 NORTHPOLE
 REINDEER



WHO'S NEW IN THE HOUSE



Anna "Patricia"

Anna was born in Kensington, P.E.I, her name was changed early in life to Patricia because her Aunt Anne lived next door and the family did not want to cause any confusion over names.

Patricia's father was a gold miner in Alaska where he owned a mine but had to return home due to a family bereavement, he had an arranged marriage of sorts and Patricia's parents went on to have 10 children.

Patricia was a Teacher on P.E.I , but jobs were scarce and wages were low, so she ended up teaching in Babine Lake (The longest natural lake in BC).

Patricia met her husband Raymond when she was teaching in Terrace; he worked for the Camano project southeast of Kitimat.

Patricia and Raymond had five children

Patricia played Ice Hockey until she was 78, she played defense.

Patricia has been publishing books for 30 years including her own memoir "A time to remember"

Welcome to Augustine House Patricia.

Edna

Edna was born in Regina, her family moved to Vancouver when she was 12 where she attended Grandview High school.

In grade 12 the president of BC Packers knew the school principal and needed to hire some staff. Edna had some reception and stenography skills so was hired, she worked there for 10 years.

Edna married George in 1954; George sold fresh and canned Fish to Europe and was transferred to Toronto by his company.

George was transferred again to San Mateo outside San Francisco for 5 years, which Edna loved.

Edna and George had two children, both boys; she likes to play Poker and is an avid Golfer.

Welcome to Augustine House Edna.

June

June was born at home in Vancouver. Her parents, George and Rose Maylam had emigrated from England. June had one older sister.

June worked as a stenographer for the City of Vancouver. It was at a Christmas party for city workers that she met her future husband, Tom.

They have four children and eight grandchildren.

June was nine when she started writing to a pen pal in England through the Vancouver Sun. They have visited each other many times

June was a Girl Guide and now belongs to the 'Trefoil group'.

She travelled a lot when her husband worked for Air Canada.

June enjoys knitting.

Welcome to Augustine House June

Ted and Suzanne

Ted and Suzanne were both born at St .Paul's Hospital in Vancouver. They both have two brothers. Ted grew up in Vancouver and Suzanne in Victoria and Penticton.

Ted worked as a teacher in Vancouver and later as a school administrator. Suzanne worked for the Bank of Montreal.

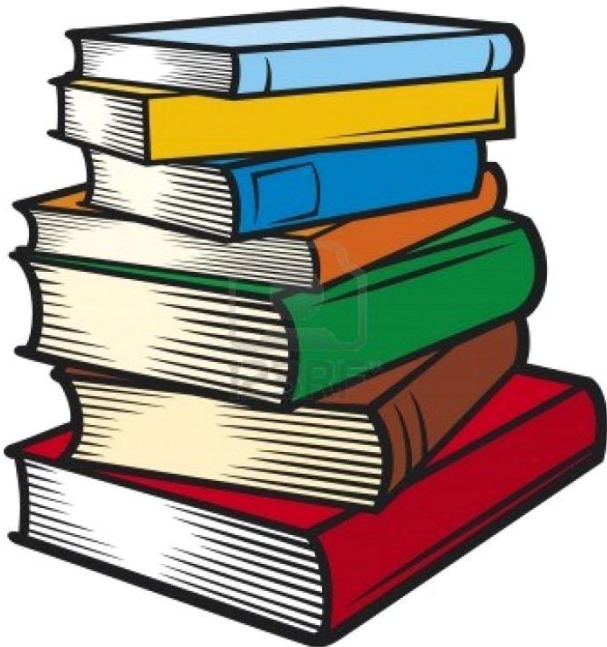
They were introduced by a coworker of Ted's in 1958. They married in 1962 in Victoria. They have a daughter, a son, and two grandchildren.

They spent 2 years in Germany while Ted taught in the armed services.

In retirement, Ted assisted the Provincial Liberals campaign to elected Gordon Wilson

Ted belonged to the Knights of Columbus and enjoys jazz music. Suzanne enjoys quilting and knitting. They travelled throughout Western Europe and Costa Rica where Ted helped refurbish a school.

NEW BOOKS



We have had a new delivery of large print fiction and non-fiction books in the East Lounge.

Take a look, there is something for everyone

HAVEN HOUSE HAPPENINGS

Hi everyone. What an exciting time of the year this is for us in Haven House. We have taken down all the fall décor and were ready to start our Christmas decorating. We've made a list of all the things we plan to do in December, including caroling, cookie decorating, and sending out Christmas cards to friends & loved ones. We also agree that everyone is looking forward to the turkey dinner with all the trimmings, and spending time with our families, because to us, that's what Christmas is all about. Peace to All



Just a Few of Santa's Helpers



What is Yoga good for anyway

Well, for starters you can expect increased muscle tone, balance, strength, and improved mood. Breathing exercises also help to increase lung capacity. You can expect your posture to improve and you may even sleep better. Sounds great to me!

Some of you may know that I kayak. It was passion of mine and my husband's many years ago, and now that the kids are grown we have time to get back to it. If you have ever sat in a kayak, you will know how important good balance is – they are decidedly tippy! My balance, generally, is fine, but I noticed getting back into my boat that I was not as confident as I used to be. That's where Yoga came in.

I began attending Yoga this fall and in that short time, I have noticed a marked improvement with my balance when I get into my boat. I am noticeably more stable and confident. Both good things when I don't feel like swimming!

I would like to encourage anyone who has any concerns with balance to give our Yoga classes a try – and stick with them for at least two months. Classes are offered at Augustine House on Tuesday mornings and Thursday afternoons. I would love to hear how you feel after regular attendance. Who knows, you may not only improve your balance. You may notice other benefits as well.

Jackie Reiners
Executive Director

MEET THE STAFF

#56

NAME: KIRIN

POSITION: DINING

WHAT IS YOUR BASIC PHILOSOPHY IN LIFE: BE HAPPY FOR NO REASON.

WHAT ARE YOUR FAVORITE BOOKS/MOVIES: NIGHT (ELIE WIESEL)
TOP GUN (TOM CRUISE).

WHAT DID YOU WANT TO BE GROWING UP: VETERINARIAN

WHAT KIND OF MUSIC DO YOU LIKE:
ROCK .

WHAT DO YOU DO FOR FUN: BOATING
IN THE SUMMER.

WHAT IS YOUR FAVORITE COCKTAIL: VODKA CRANBERRY.

WHAT MAKES YOU HAPPY: WINE.

WHAT IS YOUR IDEAL DATE NIGHT: DINNER AND A WALK ON THE BEACH.

WHO WOULD YOU MOST LIKE TO MEET: KEITH RICHARDS.

WHAT IS YOUR PERFECT VACATION: BALI, INDONESIA.

WHAT IS YOUR FAVORITE FOOD: SUSHI.

WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD: LEARN THE VALUE OF A
DOLLAR.

WHAT WERE YOUR HIGH SCHOOL GRADES LIKE. DECENT.


PARTING WORDS TO THE MASSES ARE...: LIVE LIFE, HAVE FUN.




DID YOU KNOW.....



We have a website - check it out at

 We have a Facebook Page - just go to www.facebook.com and search Augustine House Society and "Like" us or Google Facebook Augustine House Society

 We even have a Twitter page! Our name is @augustinehouse

 We also have areas in the building that have wireless access, so if grandkids are visiting and they want to play on their electronic devices, they can connect to the internet for free! Get the passwords from Reception.



A BIG THANKYOU TO OUR VOLUNTEER ELVES WHO ONCE AGAIN HAVE MADE OUR HOME SO FESTIVE AND SEASONAL.

MARI

As we say goodbye to 2019, we are also saying goodbye to one of our Managers. Mari Casey will be retiring on December 31, 2019 and all of us at Augustine House would like to take this opportunity to recognize what an important role she has played. Since the very beginning, Mari was a volunteer when the Board was in the preliminary stages of building. Then, her secretarial business aided the Augustine House Society through the building stage. Mari then took on the role of Manager, Community Relations and Marketing, 17 years ago. Mari has been a vital part of the Augustine House Community ever since.



Whether it's baking soda bread on St. Patrick's Day, or meeting with potential residents during tours – Mari has always been there for residents, fellow staff members, families and everyone who has walked through our doors. Mari will be enjoying a well-deserved break in Spain and visiting with family in the coming months but we're hoping it's not 'good-bye' just 'cheerio'. We wish Mari all the best and as they say in Galway – Slainte!



A Christmas legend

Three trees shivered
in the cold moonshine,
a date palm, an olive
and a dark green pine.

They whispered together,
saw a light in the sky,
paused, secrets forgotten,
heard a new baby's cry.

They stood in the yard
near the child's manger bed.
'What can we give him?'
the gentle pine said.

The olive gave oil
to soothe his small feet.
The palm promised dates,
all sticky and sweet.

'But what about me?'
the poor pine tree cried.
'I can't think of a thing.
I've tried and I've tried!'

Hearing her cries all
the stars tumbled down
to light up her branches
like a bright golden crown.

Then the pine tree stood tall
so the baby could see
on that first Christmas Day,
his first Christmas tree.

Moira Andrew



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