

The Augustine Eagle

NOVEMBER 2020



WE HONOUR OUR VETERANS



CLOCKS GO BACK 1 HOUR

SUNDAY NOVEMBER 1st

2:00 AM

CHARLOTTE'S ORCHARD



Charlotte says she is never bored, one of the things she does is tends to the greenery in her suite.

Charlotte has been saving pips from Oranges, lemons, Grapefruit, Pears and Apples, they are planted and this is the result.

Charlotte is always so inspiring in her 100th year.

All Saints' Day

All Saints' Day, also known as All Hallows' Day, Halloween, the Feast of All Saints, or Solemnity of All Saints, is a Christian festival celebrated in honour of all the saints, known and unknown. In Western Christianity, it is celebrated on 1 November by the Roman Catholic Church, the Anglican Communion, the Methodist Church, the Church of the Nazarene, the Lutheran Church, the Reformed Church, and other Protestant churches. The Oriental Orthodox churches of Chaldea and associated Eastern Catholic churches celebrate All Saints' Day on the first Friday after Easter.



In the Western Christian practice, the liturgical celebration begins at Vespers on the evening of 31 October, All Hallows' Eve (All Saints' Eve), and ends at the close of 1 November. It is thus the day before All Souls' Day, which commemorates the faithful departed. In many traditions, All Saints' Day is part of the season of Allhallowtide, which includes the three days from 31 October to 2 November inclusive and in some denominations, such as Anglicanism, extends to Remembrance Sunday. On All Saints Day, it is common for families to attend church, as well as visit cemeteries in order to lay flowers and candles on the graves of their deceased loved ones. In Austria and Germany, godparents gift their godchildren Allerheiligenstriezel (All Saint's Braid) on All Saint's Day, while the practice of souling remains popular in Portugal. It is a national holiday in many historically Christian countries.

The Christian celebration of All Saints' Day and All Souls' Day stems from a belief that there is a powerful spiritual bond between those in heaven (the "Church triumphant"), and the living (the "Church militant"). In Catholic theology, the day commemorates all those who have attained the beatific vision in Heaven. In Methodist theology, All Saints Day revolves around "giving God solemn thanks for the lives and deaths of his saints", including those who are "famous or obscure". As such, individuals throughout the Church Universal are honoured, such as Paul the Apostle, Augustine of Hippo and John Wesley, in addition to individuals who have personally led one to faith in Jesus, such as one's grandmother or friend.

In the British Isles, it is known that churches were already celebrating all saints day on November 1st at the beginning of the 8th century to coincide with or replace the Celtic festival of Samhain. James Frazer suggests that 1 November was chosen because it was the date of the Celtic festival of the dead (Samhain). However, Ronald Hutton points out that, according to Óengus of Tallaght (d. ca. 824), the 7th/8th century church in Ireland celebrated All Saints on 20 April. He suggests that 1 November date was a Germanic rather than a Celtic idea.



1945 - 2020

After almost six long years of fighting, the Second World War finally came to an end on 15 August 1945, when Japanese forces surrendered in Asia and the Pacific.

Victory over Japan (V J) Day was declared and large crowds gathered in Canada and around the world to celebrate the coming of peace and remember the tremendous sacrifices that had been made.

While the bulk of Canada's military efforts in the Second World War were focused in Europe, our country also committed forces to the struggle against Japan in Asia and the Pacific. In fact, more than 10,000 Canadians served in that theatre of war.



Robert Hampton Gray, VC

Robert Hampton (Hammy) Gray, VC, aviator, student (born 2 November 1917 in Trail, BC; died 9 August 1945 in Onagawa Bay, Honshu, Japan). Following the Second World War, Gray was posthumously awarded the Victoria Cross (VC), the highest award for bravery in the British Empire, becoming the last VC recipient of any nation during that war.



Early Life

Robert Hampton Gray was the oldest of three children born to Wilhelmina and John Gray, a jeweller and a veteran of the South African War. At a young age, Gray's family moved from Trail to Nelson, British Columbia, where he completed high school. He spent a combined four years at the University of Alberta and University of British Columbia, intending on obtaining a medical degree.

Second World War

In July 1940, Gray abruptly joined the Royal Canadian Naval Volunteer Reserve as an ordinary seaman and then transferred, on loan to the Royal Navy, as a potential officer candidate. Gray arrived in Britain in September, but due to the length of time before his commissioning as an officer he transferred to the Fleet Air Arm for pilot training. Gray received his naval wings in September 1941 and was commissioned a temporary sub-lieutenant in December.

In May 1942, Gray was posted to South Africa and later that year to eastern Africa, where he served in various squadrons. His promotion to lieutenant in December 1942 coincided with a move to 877 Squadron, which was preparing to deploy to Ceylon (modern Sri Lanka). A change in the Japanese threat, however, led to the squadron's disbandment and Gray's return to Britain in February 1944.

In Britain, Gray was trained to fly the American-built Corsair, designed specifically for aircraft carrier operations. In August, he joined 1841 Squadron, based aboard *HMS Formidable*. The aircraft carrier and two others were tasked to sink the German battleship *Tirpitz*, then hiding in a Norwegian fjord. After an attack on 29 August, Gray received a mention in dispatches for his courage and determination in leading his flight on a low-level strafing run.

HMS Formidable was dispatched to the Far East and joined the British Pacific Fleet in April 1945. Gray went into action two days later, against targets of opportunity at Japanese airfields. In mid-July, the fleet moved closer to Japan to commence attacks against the Japanese Home Islands. During an attack on 28 July, Gray scored a direct hit on a Japanese destroyer and sank it. This attack and earlier ones resulted in the award of the Distinguished Service Cross.

Heroism at Honshu

After the atomic bomb was dropped on Hiroshima on 6 August, operations continued unabated against the Japanese, although pilots were told to avoid unnecessary risks.

On 9 August, Gray led a flight of eight Corsairs against possible targets on the island of Honshu. Finding none, he made a low-level bombing run against a suspected destroyer anchored in Onagawa Bay.

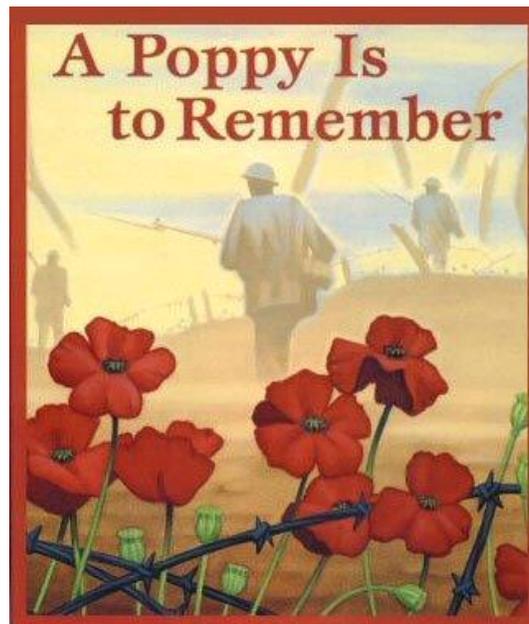
Gray led the first attack, flying through heavy flak (anti-aircraft fire) from shore guns and ships. Although his Corsair was hit and set on fire, he flew on. Gray released his bomb only 45 metres from the Japanese ocean escort *Amakusa* and scored a direct hit. As *Amakusa* began to sink, Gray's Corsair, engulfed in smoke and flames, crashed into the bay, killing him. Gray was posthumously awarded the Victoria Cross (VC) after the attack on the *Amakusa*. His VC citation said Gray has "consistently shown a brilliant fighting spirit and most inspiring leadership." His was the last VC to be awarded in the Second World War.

The Victoria Cross, instituted 1856 by Queen Victoria, is the Commonwealth's highest military decoration for gallantry. It is awarded in recognition of the most exceptional bravery displayed in the presence of the enemy.

Memory

There are many tributes to Gray's heroic act of self-sacrifice. One of the most moving is a simple granite cairn overlooking Onagawa Bay where his Corsair crashed, the only known instance of a monument in Japan honouring an Allied serviceman.

In addition, a bust of Gray is one of 14 life-size statues and busts unveiled in downtown Ottawa in 2006 as part of The Valiants Memorial, which depicts key figures from Canada's military history. The Canadian Warplane Heritage Museum near Hamilton, ON, displays a Corsair Mark IV, which carries the markings of Gray's aircraft. Several geographic features, buildings, plaques and associations also honour his memory.



FRIDAY NIGHT MOVIES

FRIDAY NOVEMBER 6TH @ 7:00 pm " A BEAUTIFUL DAY IN THE NEIGHBORHOOD"

Lloyd Vogel, a cynical journalist, gets acquainted with a kind-hearted television presenter, Fred Rogers, while writing an article on him. With time, the two strike an unlikely friendship.

FRIDAY NOVEMBER 13TH @ 7:00 pm "CATS"

A tribe of cats must decide yearly which one will ascend to the Heaviside Layer and come back to a new life.

FRIDAY NOVEMBER 20TH @ 7:00 pm "LITTLE WOMEN"

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

FRIDAY NOVEMBER 27TH @ 7:00 pm "TWO FOR THE ROAD"

Architect Mark Wallace (Albert Finney) and his wife, Joanna (Audrey Hepburn), travel to France to meet with an affluent client (Claude Dauphin). While there, they reflect on their first decade of marriage -- memories of when they first met, of courtship and of road trips through the French countryside. As flirtation and playful quarreling turn to boredom with the banality of married life, the Wallace's struggle to rekindle their passion, while mutual infidelity threatens to tear them apart.



OUT OF THE MOUTHS OF CHILDREN

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge.

The purpose of the contest was to find the most caring child.

The winners were...

1, A four year old child, who's next door neighbor was an elderly gentleman, who had recently lost his wife. Upon seeing the man cry, the little boy went into the man's yard, climbed on his lap, and just sat there.

When his mother asked him what he had said to the neighbor, the little boy said, 'nothing, I just helped him cry.'

2, Teacher Debbie Moon's first graders were discussing a picture of a family. One little boy in the picture had a different hair color to the other members.

One of her students suggested that he was adopted.

A little girl said ' I know all about adoption, I was adopted'.

'What does it mean to be adopted?' asked another child.

'It means' said the little girl 'that you grew in your mommy's heart, instead of the tummy'.

3, On my way home one day, I stopped to watch a little league baseball game that was being played in a park near my home. As I sat down behind the bench on the first baseline, I asked one of the boys what the score was 'were behind 14-0 'he answered with a smile. 'Really' I said 'you don't look very discouraged. '

'Discouraged', the boy asked with a puzzled look on his face 'why should we be discouraged, we haven't been up to bat yet'.

US ELECTION

The US president has a huge influence on people's lives both at home and abroad, so when the next election is held on 3 November, the outcome will matter to everyone.

How is the winner decided?

All but two states have a winner-takes-all rule, so whichever candidate wins the highest number of votes is awarded all of the state's Electoral College votes.

Most states lean heavily towards one party or the other, so the focus is usually on a dozen or so states where either of them could win.

These are known as the battleground states.

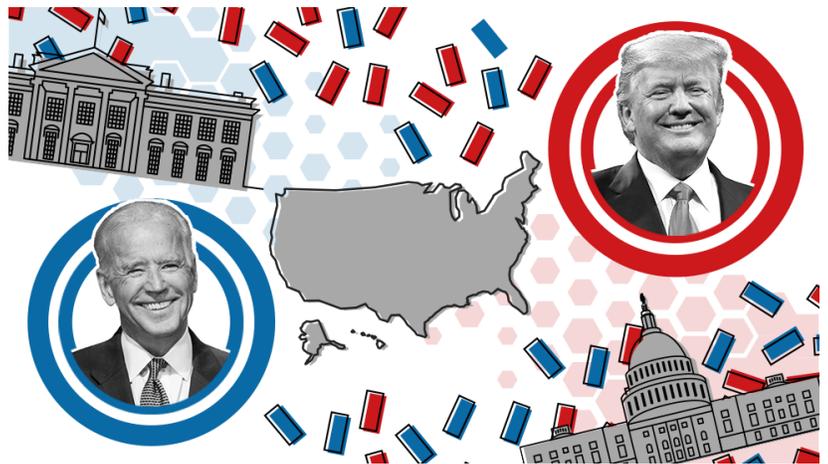
Both candidates compete to win electoral college votes.

Like most voting systems, the electoral college has a number of pros and cons but it is widely respected because of its historical roots in the founding of the US. It usually reflects the popular vote, but it has failed to in two of the last five elections, including when Donald Trump won in 2016.

Each state gets a certain number of electoral college votes partly based on its population and there are a total of 538 up for grabs, so the winner is the candidate that wins 270 or more.

This means voters decide state-level contests rather than the national one, which is why it's possible for a candidate to win the most votes nationally - like Hillary Clinton did in 2016 - but still be defeated by the electoral college.

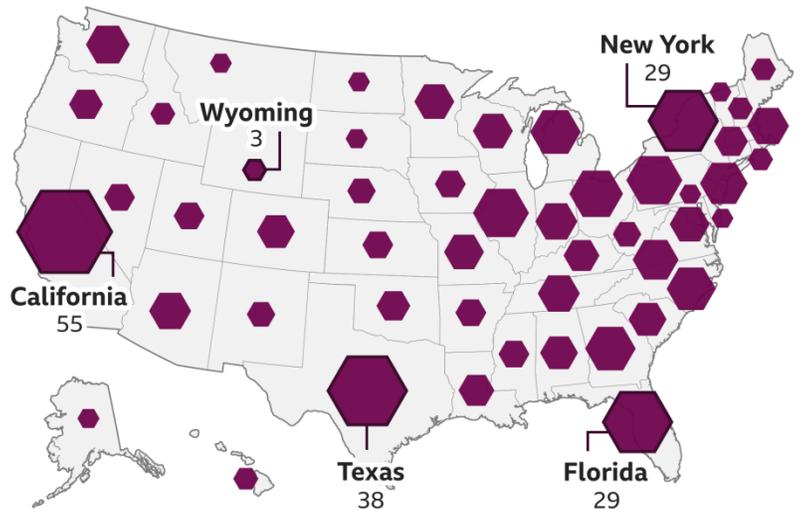
Hillary Clinton was Donald Trump's opponent in 2016. She ended up winning nearly three million more votes than Mr Trump, mainly



because she picked up a high number of votes in strong Democrat states like New York and California. However, her rival comfortably beat her in the electoral college race 304 to 227 because he won several tight contests in key states.

The electoral votes allocated to each state
270 out of 538 are needed to win the presidency

Size shows electoral votes per state



BBC

Who can vote and how do they do it?

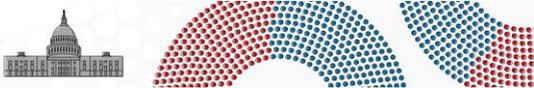
If you're a US citizen and you're 18 or over, you should be eligible to vote in the presidential election, which takes place every four years.

However, lots of states have passed laws requiring voters to show identification documents to prove who they are before they can vote.

These laws are often put into place by Republicans who say they're needed to guard against voter fraud. But Democrats accuse them of using this as a form of voter suppression as it is often poorer, minority voters who are unable to provide ID like a driving licence.

How people vote is a contentious issue this year because of the coronavirus pandemic. Some politicians are calling for wider use of postal ballots, but President Trump has said - with very little evidence - that this could result in more voter fraud.

Is the election just about who is president?



No. All of the attention will be on Trump v Biden, but voters will also be choosing new members of Congress when they fill in their ballots.

Democrats already have control of the House so they will be looking to keep hold of that while also gaining control of the Senate.

If they had a majority in both chambers they would be able to block or delay President Trump's plans if he were to be re-elected.

All 435 seats in the House are up for election this year, while 33 Senate seats are also up for grabs.

When will we find out the result?

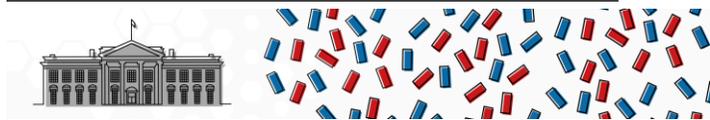
It can take several days for every vote to be counted, but it's usually pretty clear who the winner is by the early hours of the following morning.

In 2016, Donald Trump took to the stage in New York at about 3am to give his victory speech in front of a crowd of jubilant supporters.

But don't set your alarm clocks just yet. Officials are already warning that we may have to wait longer - possibly days, even weeks - for the result this year because of the expected surge in postal ballots.

The last time the result wasn't clear within a few hours was in 2000, when the winner wasn't confirmed until a Supreme Court ruling was made a month later.

When does the winner take office?



If Joe Biden wins the election, he wouldn't immediately replace President Trump as there is a set transition period to give the new leader time to appoint cabinet ministers and make plans.

The new president is officially sworn into office on 20 January in a ceremony known as the inauguration, which is held on the steps of the Capitol building in Washington DC.

After the ceremony, the new president makes their way to the White House to begin their four-year term in office.

HAVEN HOUSE HAPPENINGS

Goodbye to another October and Hello November. Last month we celebrated Rolla's Birthday with a special cake and high tea. We wish her a wonderful year ahead. We all really want to thank the cooks for the Thanksgiving Dinner this year, It was scrumptious. We talked about how most everyone were eating Turkey that day and what other traditions we keep. For Halloween,we decided to work on some different pumpkins this year. Some are made from string and can you guess what we made the other pumpkins out of? We have kept our Halloween celebration small this year, but still got to enjoy our fair share of candy and goodies, as well as a bit of dressing up.

Looking ahead to November,we will be celebrating another birthday with our newest resident, Reno. We are also planning to make and then taste fudge. On November 10th, It's international tounge twister day,so we look forward to a few chuckles on that day. We will recognize Remembrance Day with a moment of silence, then a discussion over tea in the afternoon.Have a great month from everyone in Haven House.

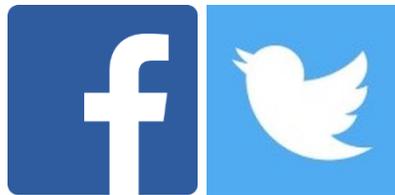
Happy Birthday Rolla

Pumpkin Crafts

Nancy all ready for Halloween



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.



Many thanks to Richard for bringing his talent to the Main Lounge recently.

WHO'S NEW IN THE HOUSE



Lucia

Lucia was born in Portugal, her family moved to India when she was very young.

Lucia met Rosario Francis in India, they married in 1940, Rosario worked for the UN during the war.

Lucia studied to be a teacher, which she did for many years.

When her husband died, Lucia was advised to keep busy; she became a volunteer at a senior's community in Langley for many years.

Luci has three children and lots of grandchildren and greatgrandchildren.

When asked what hobbies and interests she has, Lucia said she is always interested in helping others.



MABEL

Mabel was born in Nesbitt, Manitoba.

Mabel's dad owned a red and white general store and post office which she worked at when she was 19.

She also worked as a manager of another nearby post office which is where she met Alan, Mabel became engaged to Alan when she was 20, her mother said she had to be at least 20 years old before she became engaged.

Mabel and Alan married in 1940 and came to live in Agassiz BC, where they bought a store, they lived there during the flood of 1948.

Mabel worked for The Bay for 30 years starting at their downtown store before switching to Richmond Centre.



Blood Sugar Can Increase with Age



Older adults have a higher risk of diabetes due to two combined age-related effects:

1. Less insulin is produced in the body
2. The body is less sensitive to the effects of insulin

The result is that blood sugar levels in the body may remain higher.

Ask the pharmacist for advice on reducing your risk of developing diabetes.

604-254-4633



REMEMBRANCE DAY SERVICE FROM OTTAWA

WEDNESDAY NOVEMBER 11th @ 10:30 AM
MEDIA ROOM (3rd floor), and MAIN LOUNGE

Family Visits

Fraser Health has updated their requirements to **1 visitor per resident per visit** with no more than 1 visit per day. We realize that this is a change and are in discussions with Fraser Health regarding this change. We are in the process of hiring staff to ensure safe infection control processes continue to be in place.

To ensure the safety of our community, we continue to encourage family and friends to stay in touch **virtually and remotely**. Please contact the recreation department for assistance with this.

The majority of onsite visits will continue to occur outside in designated visiting areas at the **main entrance** and at the **east entrance**. Outside continues to be the safest place to visit.

Visitors must:

- 1) **make an appointment**
- 2) **prescreen prior to arriving at Augustine House.**
- 3) **bring and wear a face mask at all times**
- 4) **follow the posted rules regarding physical distancing and duration of visit.**
- 5) **At this time, no items, including food and drink, may be exchanged between the resident and their visitor.**

Visits will not be allowed if there is an active COVID-19 outbreak at the home, and you will not be able to visit if you or your family member is ill or have any COVID-19-like symptoms. Visits may be cancelled due to poor weather.

Our priority continues to be protecting vulnerable residents, so we are taking a cautious and phased approach. To this end, Augustine House continues to, screen residents and staff twice daily for symptoms to ensure the overall health and well-being of residents.

Augustine House will carefully and thoughtfully plan our approach to changes as they come from the Health Authority and the Ministry of Health. Thank you for working with us to this goal.

Yours Sincerely,

Jackie Reiners,

Executive Director

Trees Word Search

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

Alder

Apple

Ash

Aspen

Birch

Buckthorn

Cedar

Cherry

Chestnut

Chinkapin

Cottonwood

Cypress

Dogwood

Elm

Fir

Hawthorn

Hazel

Larch

Maple

Oak

Pine

Poplar

Redwood

Sequoia

Spruce

Sweetgum

Sycamore

Walnut

Willow

Yew

MEET THE STAFF

#66

NAME: AMINA

POSITION: LPN

WHAT IS YOUR BASIC PHILOSOPHY IN LIFE:

FAILURE IS NOT THE END, THE ONLY REAL MISTAKE IS THE ONE YOU LEARN NOTHING

WHAT ARE YOUR FAVORITE BOOKS/MOVIES:

TITANIC, THE NOTEBOOK, THE AVENGERS, AND TERMINATOR.

WHAT DID YOU WANT TO BE GROWING UP:

A NURSE.

WHAT KIND OF MUSIC DO YOU LIKE: R&B,

POP, COUNTRY.

WHAT DO YOU DO FOR FUN: *WATCHING MOVIES, TAKING A WALK, SHOPPING AND COOKING.*

WHAT MAKES YOU HAPPY: FAMILY TIME.

WHAT IS YOUR IDEAL DATE NIGHT: DINING OUT, RELAXING, AND HAVING GOOD CONVERSATION.

WHO WOULD YOU MOST LIKE TO MEET: MY PARENTS, IT'S BEEN 8 YEARS SINCE I'VE SEEN THEM.

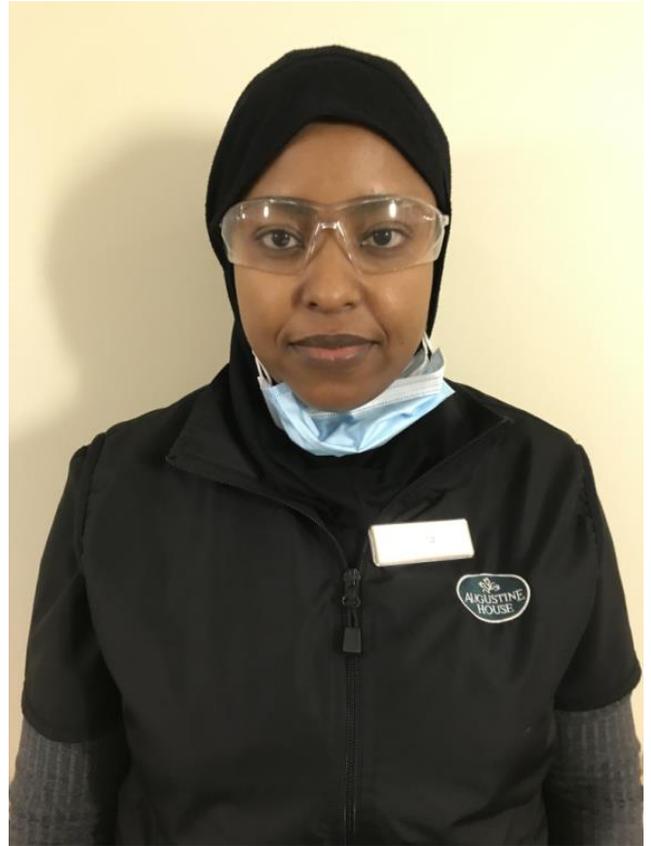
WHAT IS YOUR PERFECT VACATION: *ANYWHERE WITH WATERFALLS, LUSH GREEN AND GOOD FOOD.*

WHAT IS YOUR FAVORITE FOOD: *CHICKEN CURRY WITH FLATBREAD.*

WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD: BE KIND AND RESPECTFUL TO OTHERS, HAVE FUN.

WHAT WERE YOUR HIGH SCHOOL GRADES LIKE. A'S AND B'S

PARTING WORDS TO THE MASSES ARE...: TAKE CARE, GOD BLESS.





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