

The Augustine Eagle

OCTOBER 2024





ELECTIONS BC

A non-partisan Office of the Legislature

AUGUSTINE HOUSE VOTES

FRIDAY OCTOBER 11TH

MULTIPURPOSE ROOM

9:30 – 2:30 PM

**PLEASE BRING YOUR VOTING CARD
AND ONE PIECE OF ID**



EARTHQUAKE PREPAREDNESS

THURSDAY OCTOBER 17TH
 MAIN LOUNGE
 10:17 AM

SAVE THE DATE

CAREGIVER & SENIOR EXPO

OCTOBER 5TH • 11 - 3pm
KIN VILLAGE, 5410 10 AVE, DELTA

An event designed to help unpaid caregivers and elderly spouses navigate their caregiving journey by providing helpful information and supportive resources.

Learn about helpful products & services provided by local businesses

GOLD SPONSOR

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SHARE!

SILVER SPONSORS

PRESENTED BY

VENUE SPONSOR

BRONZE SPONSORS



RESIDENT FORUM MINUTES

Held Thursday September 12th @ 3:00 pm

Tim, Anne, Cathy, Joanne, Ivan, and 30 residents attended.

Tim:

- I wanted to pass on a note from Cathy, we will be having our fall vaccination clinic coming up at the end of October.
- Residents will receive the Flu shot and the Covid shot (separate shots but same day). We'll announce that day once we have confirmation.
- We're looking forward to many fun events this fall.
- National Seniors Day is Tuesday, October 1st.
- Join us in the Main Lounge for a delicious Pancake Breakfast, we'll also have music & a Resident Art Show in the afternoon.
- Ian Paton, our MLA for Delta will be here to talk to residents on October 3rd.
- Alta Vida Fashions is back at Augustine House in October. They had a very successful sale the last time they were here and quite a few residents picked up some very stylish items.
- October 5th we'll be hosting a booth at the **Seniors Expo** happening at Kin Village – should be fun!
- We're looking forward to welcoming the Ladner Home Church this month as well as EFC Church – we'll have wonderful Hymm Sings from both of those churches.
- October 8th we'll be visiting Westminster Abbey in Mission followed by lunch at the Mission Springs Pub.
- On October 17th we'll be taking the bus out to Tugboat Annie's in East Richmond.
- We're looking forward to visiting the Halloween Store this month and of course we'll have some Halloween Fun at the end of the month as well.
- Be sure to pick up the October Calendar for more information on what the Recreation Team has planned for the month of October.

SATURDAY MOVIES

SATURDAY OCTOBER 5TH @ 2:00 PM " PEACE BY CHOCOLATE "

A Syrian refugee struggles to settle into his new Canadian small-town life, caught between his dream to become a doctor and preserving his family's chocolate-making legacy.

SATURDAY OCTOBER 11TH @ 2:00 PM "THE BAD NEWS BEARS"

Hard-drinking, ex-minor-league hopeful Morris Buttermaker (Walter Matthau) grumpily agrees to coach a Little League team at the behest of lawyer-councilman Bob Whitewood who has a vendetta against the league for excluding his marginally talented son from play. After failing with his new team of misfits, Buttermaker enlists feisty and gifted pitcher Amanda Whurlitzer (Tatum O'Neal) to lead the charge -- but can he find the luck and patience to whip these outcasts into shape?

SATURDAY OCTOBER 18TH @ 2:00 PM " THE CRIMSON PIRATE"

Capt. Vallo (Burt Lancaster), the leader of a roving band of pirates, hijacks a ship filled with expensive cargo. When a crew member tells him the ship was bound for an island whose inhabitants have risen up against the king, Vallo hatches a scheme to sell guns to the rebels and take their leader in for a reward. But once Vallo and his lieutenant, Ojo , are on the island, their plans change when they meet Consuelo and the other resistance fighters.

SATURDAY OCTOBER 25TH @ 2:00 PM " THREE FEATHERS "

Three Feathers follows the life journey of three young Indigenous men.

During the course of a robbery, they cause great injury to a respected Elder. The community is enraged and demand justice, but the justice given is through a traditional sentencing circle. The youth are sent to live on the land for nine months with two Dene Elders. At first the young men rebel against the support of the Elders but, with the land as their teacher, they soon come to rely on the wisdom and guidance of the Elders.

THANKSGIVING IN CANADA

Thanksgiving weekend. For many, this long weekend really kicks off the autumn season. People across the country will spend it raking leaves, harvesting, shutting down the family cabin, and hopefully eating a delicious meal surrounded by friends and family. But where did this tradition come from?



In 1621, the pilgrims at Plymouth Plantation, Massachusetts, held what is thought to be the first Thanksgiving in North America, giving thanks for the end to a drought and a bountiful harvest. Without the help of the Wampanoag, who shared planting, hunting, and fishing knowledge and techniques, the pilgrims would have died. Some records say the first official Thanksgiving likely predates this event by around fourteen years.

But let's try again — we're thinking of our neighbours to the south.

Believe it or not, Thanksgiving in Canada, or at least the land that would become Canada, has its own history, separate from our American counterparts.

Traditions of giving thanks long predate the arrival of European settlers in North America. First Nations across Turtle Island have traditions of thanksgiving for surviving winter and for receiving crops and game as a reward for their hard work. These traditions may include feasting, prayer, dance, potlatch, and other ceremonies, depending on the peoples giving thanks.

When it comes to European thanksgivings in Canada, we have a few tales to tell.

As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later on November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi'kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited

with helping avoid scurvy. The neighbouring Mi'kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples).

Champlain's feasts were more than an annual affair. To prevent the scurvy epidemic that had decimated the settlement at Île Sainte-Croix in past winters, the *Ordre de Bon Temps* (Order of Good Cheer) was founded, offering festive meals every few weeks. Medical treatises recommended better nutrition (more food) and entertainment to combat scurvy.

However, despite this history of uniquely Canadian thanksgivings, our modern concepts of Thanksgiving were influenced by our American neighbors. Foods that are associated with a "traditional" Thanksgiving, such as North American turkey, squash, and pumpkin, were introduced to Nova Scotians in the 1750s. After the American War of Independence, the arrival of the United Empire Loyalists ensured the continuation of spreading this "traditional" fare to other parts of the country.

Today Canadian Thanksgiving is held on the second Monday of October every year, or at least it has been since Canadian Parliament declared it so on January 31, 1957. Before this, Thanksgiving in Canada had been held sporadically, often coinciding with other major events and anniversaries.

In 1879, Thanksgiving was officially declared a national holiday to be held on November 6th.

The most recent date change to the second Monday in October was largely a result of the first and second world wars, which we officially remember each year on November 11, Remembrance Day. This was so that the two holidays would not fall on the same weekend.

As Thanksgiving in Canada has historically been celebrated on several different dates, it is fitting that, even though it is observed on Monday, families are equally as likely to celebrate on Saturday or Sunday.

Most Canadians embraced the change of date to October, since that period better coincides with the actual completion of harvest in much of the country.

Parliament officially declares Thanksgiving as "a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed." While this mandate for Thanksgiving may not be observed by all Canadians in its entirety, the ideas of being thankful, of spending time with friends and family, and sharing a delicious meal still remain.

HAVEN HOUSE HAPPENINGS

So long September and hello October. Last month seemed to fly by, & we are so lucky that the sunshine has lasted so we can enjoy walking the beautiful path around the house. We have been busy planning for October and making sure we don't forget anything as there's plenty to be celebrating, like Thanksgiving, Oktoberfest & Halloween. There's also much to talk about like, National Seniors Day & Truth & Reconciliation Day. We will also be getting our flu shots at the end of the month. Looking ahead to Fall and sweater weather, hot chocolate and crisp air, we wish you all a Happy Fall from everyone at Haven House.



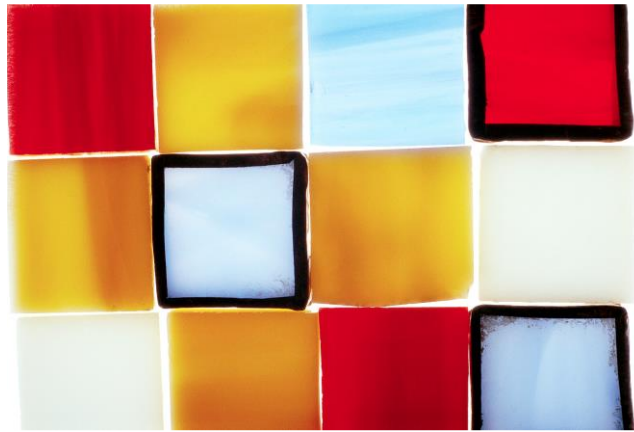
Irene & Jacky Catching the Last Few Rays of Sunshine in September

WEDNESDAY
DECEMBER
4TH
2024


AUGUSTINE
HOUSE

CRAFTS
BAKE SALE
POINSETTA SALE
RAFFLE

AUGUSTINE HOUSE CHRISTMAS FAIR
3820 ARTHUR DRIVE
MAIN LOUNGE
1:00 – 4:00



RESIDENT ART SHOW

WE ARE HAVING A RESIDENT ART SHOW
HERE IN OCTOBER.

WE WOULD LOVE FOR YOU TO SHOW US
ANY ART PROJECTS YOU HAVE
WORKED ON.

THIS IS TO CELEBRATE NATIONAL
SENIORS DAY.

TUESDAY OCTOBER 1ST 2024

PLEASE SEE TIM FOR MORE
INFORMATION.

TUESDAY OCTOBER 1ST

8:30 - 10:00

DINING ROOM

Pancake
Breakfast



MEET MLA IAN PATON

THURSDAY OCTOBER 3RD

2:00 PM

EAST LOUNGE.



COVID VACCINE

BOOSTER CLINIC

Influenza Vaccine will also be available

WEDNESDAY OCTOBER 30TH.

Happy Halloween



Halloween or Hallowe'en (a contraction of All Hallows' Evening) also known as All Halloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in a number of countries on 31 October, the eve of the Western Christian feast of All Hallows' Day and Reformation Day. It begins the three-day observance of All hallow tide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

It is widely believed that many Halloween traditions originated from Celtic harvest festivals that may have pagan roots, particularly the Gaelic festival Samhain, and that this festival was Christianized as Halloween. Some academics, however, support the view that Halloween began independently as a solely Christian holiday.

Halloween activities include trick-or-treating (or the related guising), attending Halloween costume parties, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories and watching horror films. In many parts of the world, the Christian religious observances of All Hallows' Eve, including attending church services and lighting candles on the graves of the dead, remain popular, although elsewhere it is a more commercial and secular celebration. Some Christians historically abstained from meat on All Hallows' Eve, a tradition reflected in the eating of certain vegetarian foods on this vigil day, including apples, potato pancakes, and soul cakes.

The word *Halloween* or *Hallowe'en* dates to about 1745 and is of Christian origin. The word "Hallowe'en" means "hallowed evening" or "holy evening". It comes from a Scottish term for *All Hallows' Eve* (the evening before All Hallows' Day). In Scots, the word "eve" is *even*, and this is contracted to *e'en* or *een*. Over time, (*All*) *Hallow(s) E(v)en* evolved into *Hallowe'en*. Although the phrase "All Hallows'" is found in Old English "All Hallows' Eve" is itself not seen until 1556.



*Franzl and Angela will be here once again for an
afternoon of Music, Stories and BEER*

Tuesday Oktober 15th

3:30

Main Lounge



Sunday October 6th Ladner Home Church 2:15

Saturday October 15th Hymn Sing with Herb 2:30

Saturday October 19th EFC Church 2:30

East Lounge

Photography Word Search

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APERTURE	ENLARGEMENT	OVEREXPOSURE	SATURATION
BALANCE	ENLARGER	PANNING	SHUTTER
BELLOWS	FILTER	PANORAMA	SLIDE
BLOWUP	FIXING BATH	PARALLAX	STOP BATH
CAMERA	FLASH	PHOTOFINISHER	TELEPHOTO LENS
CLOSE UP	FOCAL LENGTH	POSITIVE	TINT
COLOR	FRAME	PRINT	STONE
CONTRAST	HOT SHOE	PROCESSING	TRIPOD
CROPPING	LIGHT METER	RANGEFINDER	UNDEREXPOSURE
DARKROOM	LIGHTING	RETOUCHING	VIEWFINDER
DEVELOPER	NEGATIVE	SAFELIGHT	ZOOM LENS

Friday HAPPY HOUR

FRIDAY OCTOBER 4TH SHOESHAKERS

FRIDAY OCTOBER 11TH EACH OTHER

FRIDAY OCTOBER 18TH BRIAN GIMBAL

FRIDAY OCTOBER 25TH ALEX WHITTAKER

October Baby

October babies love to make friends and are good at it. They return affection to those who give it to them easily, and treat their friends and loved ones with great importance. A conversation with an October baby can be filled with jokes, dreams and strong opinions. They tend not to focus on others' impressions of them and recover quickly.

October Birthstone

Opal • Pink Tourmaline



Because opal has the colors of other gems, the Romans thought it was the most precious and powerful of all. The Bedouins believed that opals contained lightning and fell from the sky during thunderstorms. The ancient Greeks believed opals gave their owners the gift of prophecy and guarded them from disease, while Europeans have long considered the gem a symbol of hope, purity, and truth.



Very few gems match tourmaline's dazzling range of colors. From rich reds to pastel pinks and peach colors, intense emerald greens to vivid yellows and deep blues, the breadth of this gem's color range is unrivalled. The confusion about the stone's identity is even reflected in its name, which comes from "Toramalli", which means "mixed gems" in Sinhalese (a language of Sri Lanka).

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