

# **The Augustine Eagle**

***NOVEMBER 2024***



**WE HONOR OUR VETERANS**

# WHO'S NEW IN THE HOUSE



## Carol

Carol was born in Sudbury, Ontario. Carol had 2 sisters & 1 brother. Carol's dad was a mining engineer, after Carol finished high school, the family moved out to Kitimat BC in 1952. Carol got a job in a library, but then decided on studying at UBC where after four years, she earned herself a Bachelor's degree in Commerce. Carole, met her husband, and married in Calgary.

They moved around a lot due to Carol's husband working as an engineer. Carol enjoyed a career as a senior high school teacher for 40 years. Carol & her family enjoyed skiing in the winter & sailing on their sailboat in the summer. The couple raised a son & a daughter and have 4 grandsons. Welcome to Augustine House Carol.



## Mary Anne

Mary Anne was born in Northern Ontario to Polish parents.

Mary Anne moved around a lot when she married, living in Windsor, Vancouver, Duncan, Texas and Los Angeles.

In Vancouver, she owned a seamstress business when her three children were small, designing and sewing high end clothes.

She continued to sew for her daughter until recently.



Mary Anne went back to university to earn degrees in math and Computer Science and worked as a systems analyst for union gasworking on the first digital mapping systems.

Travelling was important enjoying many places in Europe. Italy being a favorite.

After retiring, Mary Anne moved back to Vancouver to be closer to her 3 children and seven great grandchildren.

Welcome to Augustine House Mary Anne.



**REMEMBRANCE DAY SERVICE FROM OTTAWA**

**MONDAY NOVEMBER 11<sup>th</sup>**

**10:30 AM**

**MEDIA ROOM (3<sup>rd</sup> floor)**



# RESIDENT FORUM MINUTES

Held Thursday October 24<sup>th</sup> @ 3:00 pm

Present: Naaz, Tim, Anne, Joanne, Ivan and 35 residents attended in the East Lounge

## **Naaz Khan: (Executive Director)**

- Tim introduced Naaz Khan, new Executive Director at Augustine House.
- Naaz has an extensive background in Nursing and Healthcare.
- We will have Dr. Camacho starting every other Friday. She will be taking AH residents who do not currently have a family physician, for more information see Cathy.
- We will also have a physiotherapist as well, more details to follow.
- We're looking forward to the Jingle Bell Brunch, coming December 8<sup>th</sup>.

## **Tim: (Recreation Manager)**

- We will be meeting about the Christmas Fair, that will be happening December 4<sup>th</sup>
- We're looking forward to the Head Shave for Cancer on November 1<sup>st</sup>.
- Clocks go back one hour on Sunday, November 3<sup>rd</sup> – remember to reset your clocks.
- We will be presenting the Remembrance Day Service from Ottawa in the Media Room on Monday, November 11<sup>th</sup>.
- Elder College Choir will be performing on November 5<sup>th</sup>.
- We'll be enjoying a Grey Cup Party on Sunday, November 17<sup>th</sup>.
- Casino Trip is planned for November 7<sup>th</sup>.
- Thanks to Marilyn as the Light and Easy Devotional continues to draw new residents.
- Feedback has been very positive on the new Sunday brunch we now offer every Sunday.
- Birthday Tea will be Thursday, November 14<sup>th</sup> "Sports" is the theme – wear your Sports Jersey!
- Check the November Calendar and Newsletter for more events!

## **Marilyn Carmack: (Resident Council President)**

- Resident Council is the voice of the residents here at Augustine House.
- We greet new residents and provide them with a Welcome Package.
- If you see a new resident, be sure to say 'hi and introduce yourself.
- Our goal is to really connect with other residents and create a Community.
- For more information on Resident Council, see Marilyn Carmack.

# 50th Knokke-Heist Liberation March

Every year thousands of people from Europe and Canada participate in a three-day event, celebrating the liberation of the Netherlands and Belgium by the First Canadian Army. The weekend includes members of the Canadian Armed Forces parading in cities and cemeteries all over the region of Knokke-Heist. The third day of the event is a 33km March, recreating the 1944 route the First Canadian Army took from Hoofdplaat to Knokke-Heist. November 1 to 3, 2024, will be the 50th anniversary of these events and also the 80th anniversary of the liberation of the region around Knokke-Heist. We honor those who have fallen and to celebrate these important milestones.



## The Liberation of Knokke-Heist, Belgium

Located near the North Sea and bordering the Netherlands, Knokke-Heist was occupied by German forces at the beginning of the Second World War.

In 1944, Allied Forces launched a mission to free access to the port of Antwerp. The First Canadian Army was charged with this mission, which included members from Stormont, Dundas, and Glengarry Highlanders.

To open up shipping routes to Antwerp, the First Canadian Army led a series of military operations that became known as the Battle of the Scheldt. It was during this Battle that the town of Knokke-Heist was liberated.

It didn't come without a cost, however. More than 1,000 Canadians, and other Allied soldiers, lost their lives during this liberation.



## Honouring the Fallen

To honour the soldiers who lost their lives in liberating their town, the people of Knokke-Heist decorate their homes with Canadian flags during Canada Week.

"The Mayor of Knokke-Heist, Piet Degroote, and his Council encourage the inhabitants to decorate their homes with the Canadian Maple Leaf Flags.

"This is in honour and gratitude for The Fallen Liberators, young men between the age of 17 to 30 years, all peacefully buried at the Canadian War Cemetery in Adegem, Flanders. It breaks one's heart when you stand in front of their graves to salute them," stated Danny and Fred Jones, curators For Freedom Museum, located in Knokke-Heist.

The men are sons of a British Second World War veteran.

According to the press release, "No town in the world is decorated with more Maple Leaf Flags than Knokke-Heist during the Canada Week, that is why our Mayor Piet Degroote is so proud to name Knokke-Heist, "Maple Leaf City."

Hundreds of Canadians, including the Canadian ambassador, visit Knokke-Heist during this time every year.

Canada Week will culminate in the 50th Canadian Liberation March, which is 33 km long. It is all organized by the local historical society "Cnocke is Hier," the For-Freedom Museum, and the Town Council of Knokke-Heist.



# SATURDAY MOVIES

## SATURDAY NOVEMBER 2<sup>nd</sup> @ 2:00 PM "ON CHESIL BEACH "

In 1962, newlyweds Edward and Florence, both in their early 20s and also both virgins, spend their honeymoon preoccupied and terrified by the upcoming consummation of their marriage.

## SATURDAY NOVEMBER 9<sup>th</sup> @ 2:00 PM " NATIONAL VELVET "

When Velvet Brown (Elizabeth Taylor), an equine-loving 12-year-old living in rural Sussex, becomes the owner of a rambunctious horse, she decides to train it for England's Grand National race. Aided by former jockey Mi Taylor (Mickey Rooney) and encouraged by her family, the determined Velvet gets her steed, affectionately called "The Pie," ready for the big day. However, a last-minute problem arises with the jockey and an unexpected rider must step in as a replacement.

## SATURDAY NOVEMBER 16<sup>th</sup> @ 2:00 PM "ACROSS THE UNIVERSE"

The songs of the Beatles provide the sonic framework for this musical tale of romance, war and peace. When young British worker Jude sets sail for the United States in search of his father, he ends up meeting carefree college student Max and his lovely sister, Lucy, along with a cast of eccentric characters. As Jude and Lucy fall for each other, their relationship is threatened by the social upheaval that accompanies the Vietnam War.

## SATURDAY NOVEMBER 22<sup>nd</sup> @ 2:00 PM " CHARADE "

After Regina Lampert (Audrey Hepburn) falls for the dashing Peter Joshua (Cary Grant) on a skiing holiday in the French Alps, she discovers upon her return to Paris that her husband has been murdered. Soon, she and Peter are giving chase to three of her late husband's World War II cronies, Tex , Scobie and Gideon , who are after a quarter of a million dollars the quartet stole while behind enemy lines. But why does Peter keep changing his name?

## SATURDAY NOVEMBER 29<sup>th</sup> @ 2:00PM "THE APARTMENT"

Insurance worker C.C. Baxter (Jack Lemmon) lends his Upper West Side apartment to company bosses to use for extramarital affairs. When his manager Mr. Sheldrake (Fred MacMurray) begins using Baxter's apartment in exchange for promoting him, Baxter is disappointed to learn that Sheldrake's mistress is Fran Kubelik (Shirley MacLaine), the elevator girl at work whom Baxter is interested in himself. Soon Baxter must decide between the girl he loves and the advancement of his career.

# **HAVEN HOUSE HAPPENINGS**



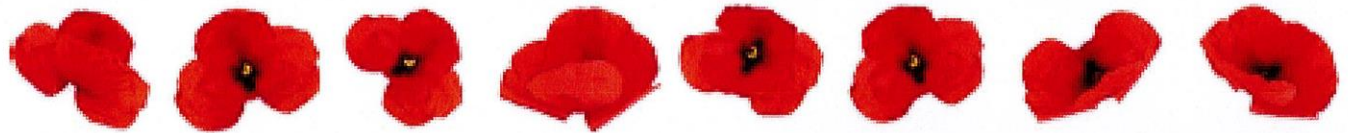
**Hello, here we are, It's November already. We were so lucky to enjoy fantastic weather well into October but we are definitely feeling a change in the weather.**

**In November we will be planning some fun activities like crafts, baking, trivia, music & smoothies. We will recognize Remembrance Day, and talk about our own memories & experiences during that time.**

**We're also keeping ourselves busy with regular exercise, as well as staying active with games, visits, & walks.**

**See you around the house**





*On Remembrance Day, we Honour All our Veterans. Including Augustine House resident Pat Walton. Pat has lived at Augustine House since 2003 – the year we opened. Pat served in the Second World War. Still only in her late teens, she was a driver, transporting ammunition for the RAF.*



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[www.augustinehouse.ca](http://www.augustinehouse.ca)



SafeCare BC

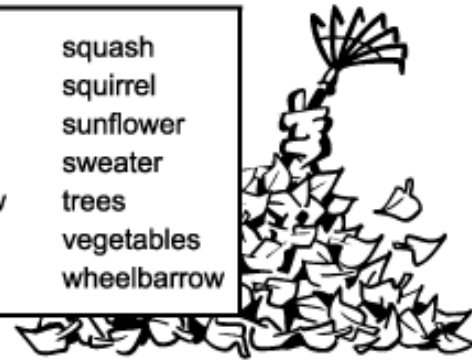


# AUTUMN



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apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



Tree Valley Academy



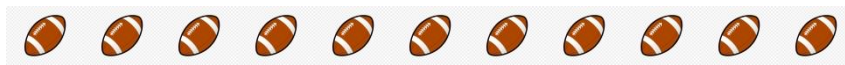
# GREY CUP PARTY

SUNDAY NOVEMBER 17<sup>TH</sup>

3:00 PM

MAIN LOUNGE

JOIN US FOR OUR FAMOUS  
WINGS AND A DRINK FROM THE BAR



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**FEELING LUCKY !!!!**  
**GREY CUP SQUARES**  
**AVAILABLE**  
**NOW**  
**\$2:00 EACH**



# CLOCKS GO BACK 1 HOUR

## SUNDAY NOVEMBER 3<sup>rd</sup>



*FRIDAY NOVEMBER 1<sup>ST</sup> MICHELLE CARLISLE*

*FRIDAY NOVEMBER 8<sup>TH</sup> BRIAN ZALO*

*FRIDAY NOVEMBER 15<sup>TH</sup> ALEX WHITTAKER*

*FRIDAY NOVEMBER 22<sup>ND</sup> GARTH JOHANNESSON*

*FRIDAY NOVEMBER 29<sup>TH</sup> PACIFIC MIST*



## **Christmas Fundraiser Raffle**

**Tickets-\$2 each or 3/\$5**

**1<sup>st</sup> Prize One night stay at Augustine House guest suite.**

**2<sup>nd</sup> Prize – Handmade lap blanket by Elizabeth**

**3<sup>rd</sup> prize Handmade teddy bear by Elizabeth**

**4<sup>th</sup> prize Color Teddy Bear by Willy**

**5<sup>th</sup> prize Teddy bear by Elizabeth**

**6<sup>th</sup> Prize Afghan by Willy**

**7<sup>th</sup> Prize Baby blanket by Olga**

**8<sup>th</sup> Necklace (Fifth Ave jewelry)**

**9<sup>th</sup> prize Earrings (fifth Ave Jewelry)**

**10<sup>th</sup> prize set of 8 wine glasses**

**11<sup>th</sup> prize Galarie Chocolate gift box**

**12<sup>th</sup> prize Charcuterie board**

**13<sup>th</sup> prize Brita water system**

**14<sup>TH</sup> prize Silk Scarf (altavida Fashions)**

**15<sup>th</sup> prize Porcelain Bowl set**

**16<sup>th</sup> prize Folded umbrella**

**Plus lots more !!!**

**Tickets on sale from Monday November 4<sup>th</sup> – Main Lounge – 10:45 am**

# Baking Donations for the Christmas Bazaar



## AUGUSTINE HOUSE RESIDENTS AND FAMILIES

We would love to have some baked goods donated for our Christmas bazaar on Wednesday December 4<sup>th</sup>.

Please bring it to the Recreation staff; Tim, Joanne or Ivan by Monday December 2<sup>nd</sup>



## HEAD SHAVE BY DONATION

ALL PROCEEDS GO TO CANCER RESEARCH

TIM'S DOING IT, HOW ABOUT YOU!

FRIDAY NOVEMBER 1<sup>ST</sup>

2:00 pm

MAIN LOUNGE



## FOOD AND TOY DRIVE

Help us help others, boxes are in the  
Heritage lounge.

Toys on the Left – food on the Right



**WEAR A SPORTS JERSEY OR HAT BIRTHDAY TEA**

NOVEMBER IS A GREAT MONTH FOR SPORTS

NBA, NFL, NHL, CFL, PREMIER LEAGUE FOOTBALL,  
CHAMPIONS LEAGUE FOOTBALL, DAVIS CUP TENNIS,  
WORLD SERIES BASEBALL (MAYBE).

LET'S CELEBRATE - OL'E OL'E O'LE.

**THURSDAY NOVEMBER 14<sup>TH</sup>**

**DINING ROOM**

**2:50**



# The Women's Land Army

By Rose Perritt (WLA 134339)

A world of chaos, a world at war,  
Destruction as never seen before,  
A world of heartbreak, world of fear,  
And misery so hard to bear.  
Armies wrong, and Armies right,  
Marching forth to kill and fight,  
And lo, the toll of death was high.

An Army came, but not to kill,  
Only hungry mouths to fill,  
An Army clad in brown and green,  
About the countryside was seen,  
Around the farmyards, on the roads,  
With horses, carrying heavy loads,  
A women's army, firm of hand,  
Had come to conquer on the Land.

In lonely ones, or gangs together,  
In strange fantastic English weather,  
That never a moment may be lost,  
In tearing winds and biting frost,  
They tended livestock, planted seed,  
Tilled, manured, conquered weed,  
Picked potatoes, cabbage, beet,  
So that England still could eat.

Now a world at peace, a world still mad,  
A world all blasted, weary, sad,  
A lot more hungry mouths to fill,  
The green Army is needed still,  
Little reward will come their way,  
But beauty in their hearts will stay,  
That comes to those that understand,  
Love of a horse, the love of the land.



# November Birthstone

• Citrine •



The first uses of **citrine** in jewellery can be dated back to the Hellenistic Age (323-280 BC) in Greece. At one time it was used as a talisman against alcoholism, evil thoughts, overindulgences, scandal, libel, and treachery. Some also carried it as protection against plagues, epidemics, as well as venomous snake and reptile bites.

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