

The Augustine Eagle

MARCH 2025



WHO'S NEW IN THE HOUSE



Eleanor

Eleanor was born in Chilliwack B.C.

Eleanor worked in the Abbotsford/Chilliwack area for 20 years teaching life skills with mentally challenged adults, a job that gave her much satisfaction.

Eleanor married Herbert Hooge, they were childhood sweethearts, they have a son Lindsay and a Daughter Sonoama

Eleanor has travelled a lot and lists Mexico, California and Europe as her favorites.

Welcome to Augustine House Eleanor.



Alberta 'Abby'

Abby was born in Burns Lake B.C. where she grew up on a farm and had a horse named Sparky.

Abby's family moved to Salmon Arm when she was 17 and finished high school there

Abby attended SFU to study Sociology and Psychology. Abby worked at Vancouver School Libraries as an assistant and later as a special needs worker for children in respite care.

Abby likes arts and crafts and was a member of Brock House Writers, She also loves the outdoors particularly Skiing, Hiking and Travelling.

Abby has two wonderful daughters who live in Toronto and North Vancouver and two grandchildren.

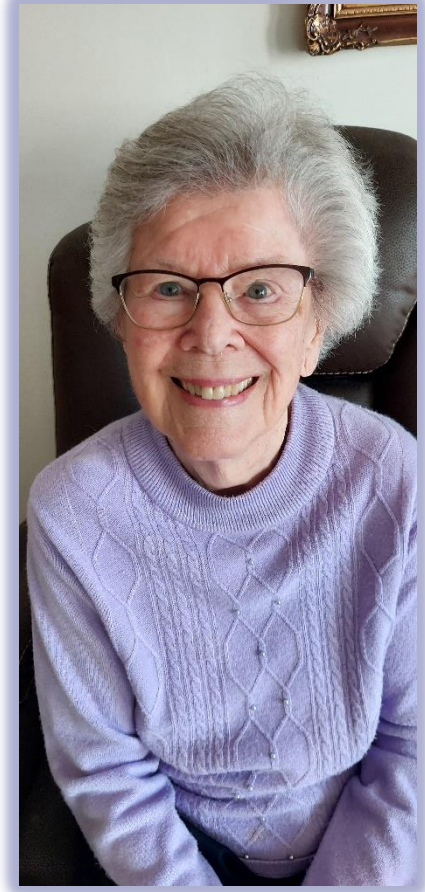


Doreen

Doreen was born in Vancouver in 1928. She was the oldest of 3 children & attended McDonald school, as well as Templeton High School. After graduating, Doreen got a job in the circulation department at the Vancouver Sun.

It was there that she met her husband Charles, who was a photographer for the Sun. One day Charles asked Doreen to jump over a puddle so he could take a picture. Doreen agreed and not only did Charles 'capture the shot,' he also captured Doreen's heart, the picture ended up in the paper.

The couple was married a year later and had 3 beautiful children, raising mainly in North Vancouver. Charles remained with the Vancouver Sun throughout his career and he is responsible for taking the famous photo of Roger Bannister completing the miracle mile. After retiring, Charles & Doreen travelled all over the world, including Europe, Asia, Bali, Australia, Mexico, & had a great time in Newfoundland. Doreen even got a chance to wave at the Pope as he drove by her on a trip to Rome. Doreen has enjoyed needle work, quilting, & gardening. Sadly, Charles passed away in 2018 and Doreen has maintained her home & garden since then, but is happy to be here at Augustine House. Welcome Doreen.



Did you know.....

Who invented Irish coffee.

Joe Sheridan, a chef and bartender at the Flying Boat terminal in Foynes, Ireland, invented this drink in 1943. A plane was forced to return to the terminal because of bad weather, and Sheridan made these special drinks for the chilled passengers to enjoy. They've been popular ever since.



Resident Council update.

From the income of the Christmas Fair council had committed that all proceeds from the raffle would go to charity.

As of January 2025 donations were sent to.

PADS (Pacific Assistance Dogs) \$500.00

Legion Branch #61 \$500.00

Owl Society \$500.00

In January and February, we welcomed nine new residents into our family with welcome bags that contain a few items that can be useful. (Ideas for new items are always welcome).

New residents also received an invitation to a meet and greet with other new residents the attendance has been almost 100%, its fun to be part of their conversations.



FRIDAY MARCH 7TH EACH OTHER

FRIDAY MARCH 14TH SHOESHAKERS

FRIDAY MARCH 21ST MIKE KINAL

FRIDAY MARCH 28TH MICHELLE CARLISLE



RESIDENT FORUM MINUTES

Held Feb 20, 2025 @ 3:00 pm East Lounge

Present: Naaz, Cathy, Anne, Tim, Joanne, and 32 residents attended in the East Lounge

Tim:

- **PINK** Shirt Day is coming up on Feb 26th we support anti-bullying initiatives by wearing PINK shirts – I'll have shirts for everyone who would like one.
- March 5th is Ash Wednesday, we'll have a service in the Chapel that day.
- AH Memorial Service takes place on Thursday, March 6th @ 2:30pm
- Reminder that the clocks spring forward one hour on Sunday, March 9th.
- We're really looking forward to a performance by the O'Brien Irish Dancers on Saint Patrick's Day which is on Monday, March 17th this year.
- Looking forward to welcoming Spring and planning more outdoor activities.
- We'll be going out for Breakfast in the month of March to McDonalds and Tim's
- Ladner Home Church will be here this month.
- Alta Vida Fashions will be here with a nice selection of clothing March 13th.
- We're going to have Hawaiian Day on March 25th, lots of Polynesian food, a suckling pig and Hawaiian Dancers in the evening – should be lots of fun.
- **Check out the March Calendar for more fun events in March.**

Cathy Mason: (Director of Care)

- Dr. James is retiring at the end of February, he has been a wonderful Doctor to the residents in Haven House.
- We're looking forward to Dr. Camacho being here and taking over for Dr. James.

Naaz Khan: (Executive Director)

- Coffee Group has been going well, be sure to come by and I look forward to hearing what the residents have to say on any topic.
- We've been making some positive changes and hope that the residents are more satisfied overall with food choices and food temperature.
- We'll be moving up early seating in the dining room to **4:30** as opposed to **4:45** and hope that gives residents on early seating more time to enjoy their meal.

SATURDAY MOVIES

SATURDAY MARCH 1st @ 2:00 PM " THE OLD MAN AND THE GUN "

At the age of 70, Forrest Tucker makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest's commitment to his craft, and a woman who loves him in spite of his chosen profession.

SATURDAY MARCH 8th @ 2:00 PM " ONE LIFE "

London broker Nicholas "Nicky" Winton helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before the Nazi occupation closes the borders. Fifty years later, he's still haunted by the fate of those he wasn't able to bring to safety.

SATURDAY MARCH 15th @ 2:00 PM " CELTIC THUNDER "

Celtic Thunder is an Irish singing group and stage show known for its eclectic, theatrical style show. The group is backed by the Celtic Thunder Band on their concert tours, and their live shows are known for the use of dramatic set pieces, visual effects, and highly choreographed staging.

SATURDAY MARCH 22nd @ 2:00 PM " I STILL BELIEVE "

The true-life story of Christian music star Jeremy Camp and his journey of love and loss, which attempts to prove there is always hope.

SATURDAY MARCH 29th @ 2:00 PM " BLUE HAWAII "

After being discharged from the U.S. Army, cool guy Chadwick Gates (Elvis Presley) returns home to Hawaii. Following several years of strict military life, Gates wants nothing more than to hang loose and surf all day. His family pressures him to work for the family pineapple business. Much to the chagrin of his snobby mother (Angela Lansbury), Gates lands a job as a tour guide at the same company where his girlfriend, Maile also works.



O'BRIEN IRISH DANCERS

MONDAY MARCH 17TH
MAIN LOUNGE
10:30 AM

EnChor (choir)

TUESDAY MARCH 18TH

Dining Room

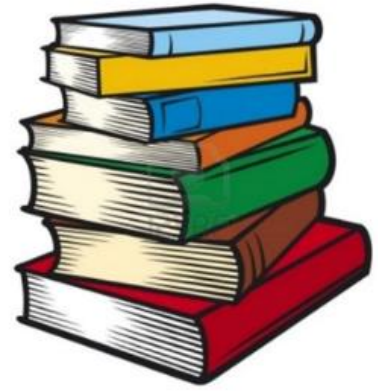
2:45 pm

Followed with Irish Coffees in the Main Lounge.

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.



IWD 2025 campaign theme is 'Accelerate Action'

Collectively, we can **Accelerate Action** for gender equality.

Step forward in solidarity for International Women's Day (IWD) 2025 on March 8 to help **#AccelerateAction**.

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum.

Focusing on the need to **Accelerate Action** emphasizes the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres.

So, together, let's **Accelerate Action** to speed up the rate of progress worldwide.

HAVEN HOUSE HAPPENINGS



Hello everyone. What a wonderful February we've had, we had 4 birthday celebrations. We kept ourselves busy doing all kinds of things and we have tons of stuff to look forward to in March, including Frank's 99th birthday. Cheers!



May love and laughter
light your days,
And warm your heart
and home.
May good and faithful
friends be yours,
Wherever you may roam.

May peace and plenty
bless your world
With joy that long
endures.
May all life's passing
seasons
bring the best to you
and yours.

ireland-calling.com/wisdom-always-remember-to-forget



SUNDAY MARCH 9TH @ 2:00 AM

ST. PATRICK'S DAY

Saint Patrick's Day is a cultural and religious celebration that happens annually on March 17th to mark the death date of the most commonly recognized patron saint of Ireland, Saint Patrick. It is also a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador.



It is believed that St. Patrick, a Roman-Britain-born Christian missionary, was born in the late fourth century and is credited with bringing Christianity to the Irish people.

It is also believed that St. Patrick drove all the snakes out of Ireland. However, post-glacial Ireland never actually had snakes. Many believe that the term "snakes" referred to the serpent symbolism of the Druids of that time and place. Today, there are no snakes to be found!

Irish immigrants began observing the holiday in Boston in 1737 and the first St. Patrick's Day parade was held in New York City in 1766. Corned beef and cabbage are traditional foods eaten on this holiday.

St. Patrick's Day has become a holiday all around the world, and for one day out of the year, anyone can be Irish and join in the celebration.

Most people, whether they are Irish or not, wear green on this day. One of the Irish traditions is to pinch anyone who is not wearing green on St. Patrick's Day, so make sure to wear green on Sunday, March 17th!



dreamstime.com

DAY OF THE MONTH

NATIONAL LETS LAUGH DAY

Each year, National Let's Laugh Day on **March 19th** reminds us to add a little humor to our day. It's never good to be serious all the time and letting the laughter bubble up from time to time is good for all of us!

#LetsLaughDay

We have all heard the saying, "Laughter is the best medicine." This is the day to take your medicine.

Some studies have shown that laughter may boost your immune system, relieve tension and help you relax as we all know, laughter can also be contagious. Even faking it seems to have some benefits. Classes called "laughter yoga" engage the abdominal muscles, lungs, arms, and facial muscles while using humor to get us laughing to cure what ails us.

When you and a friend have those long bouts of uncontrolled laughter that end in tears and aching stomach muscles that last a good 10 minutes or longer, you burn between 10-40 calories per 10 minutes. So, keep giving each other those don't-look-at-me-or-I'll-start-laughing-again looks and you'll keep right on burning more laugh-healthy calories and you'll enjoy a good memory, too!

Who does not need any of those things in our busy and hectic world?



Guinness is an Irish dry stout that originated in the brewery of Arthur Guinness (1725–1803) at St. James's Gate brewery in the capital city of Dublin, Ireland. Guinness, produced by the Diageo beverages company, is one of the most successful beer brands worldwide. It is brewed in almost 50 countries and is available in over 120. Annual sales total of Guinness in 2011 was 850 million litres (220,000,000 US gal).

Guinness features a burnt flavour that is derived from roasted, unmalted barley, although this is a relatively modern development, not becoming part of the grist until the mid-20th century. For many years, a portion of aged brew was blended with freshly brewed beer to give a sharp lactic flavour. Although Guinness's palate still features a characteristic "tang", the company has refused to confirm whether this type of blending still occurs. The draught beer's thick, creamy head comes from mixing the beer with nitrogen and carbon dioxide when poured. It is popular with the Irish, both in Ireland and abroad. In spite of declining consumption since 2001 it is still the best-selling alcoholic drink in Ireland where Guinness & Co. Brewery makes almost €2 billion worth of the beverage annually.

The company was started in 1759 in Dublin, but had to move its headquarters to London

at the beginning of the Anglo-Irish Trade War in 1932. In 1997, Guinness plc merged with Grand Metropolitan to form the multinational alcoholic drinks producer Diageo.



History

Arthur Guinness started brewing ales in 1759 at the St. James's Gate Brewery, Dublin. On 31 December 1759, he signed a 9,000-year lease at £45 per annum for the unused brewery. Ten years later, on 19 May 1769, Guinness first exported his ale: he shipped six-and-a-half barrels to Great Britain.

There have been claims that Arthur Price, a Welshman, took the original recipe with him to Ireland where he hired a servant, Richard Guinness, whose son later opened the brewery. "Stout" originally referred to a beer's strength, but eventually shifted meaning toward body and colour Arthur Guinness started selling the dark beer porter in 1778. The first Guinness beers to use the term were Single Stout and Double Stout in the 1840s. Throughout the bulk of its history, Guinness produced only three variations of a single beer type: porter or single stout, double or extra and foreign stout for export'. Porter was also referred to as "plain", as mentioned in the famous refrain of Flann O'Brien's poem "The Workman's Friend": "A pint of plain is your only man.

Composition

Guinness stout is made from water, barley, roast malt extract, hops, and brewer's yeast. A portion of the barley is roasted to give Guinness its dark color and characteristic taste. It is pasteurized and filtered. Making the product requires knowledge in the sciences of microbiology, mycology, bacteriology, and thermodynamics. Despite its reputation as a "meal in a glass", Guinness only contains 198 kcal (838 kilojoules) per imperial pint (1460 kJ/l),¹ slightly fewer than skimmed milk, orange juice, and most other non-light beers.

Although Guinness may appear to be black, it is officially a very dark shade of ruby.

Health

Pint of Guinness

Studies claim that Guinness can be beneficial to the heart. Researchers found that "antioxidant compounds" in the Guinness, similar to those found in certain fruits and vegetables, are responsible for the health benefits because they slow down the deposit of harmful cholesterol on the artery walls." Guinness ran an advertising campaign in the 1920s, which stemmed from market research – when people told the company that they felt good after their pint, the slogan was born – "Guinness is Good for You". Advertising for alcoholic drinks that implies improved physical performance or enhanced personal qualities is now prohibited in Ireland.

Diageo, the company that now manufactures Guinness, says: "We never make any medical claims for our drinks."



Katherine Tynan "A Lament"

*Percy, golden-hearted boy,
In the heyday of his joy
Left his new-made bride and chose
The steep way that Honour goes.*

*Took for his the deathless song
Of the love that knows no wrong:
Could I love thee, dear, so true
Were not Honour more than you?*



Augustine House

3820 Arthur Drive

Delta, B.C. V4K 5E6

Telephone: (604) 940-6005

Fax: (604) 940-6015

Email: info@augustinehouse.ca

Website: augustinehouse.ca

