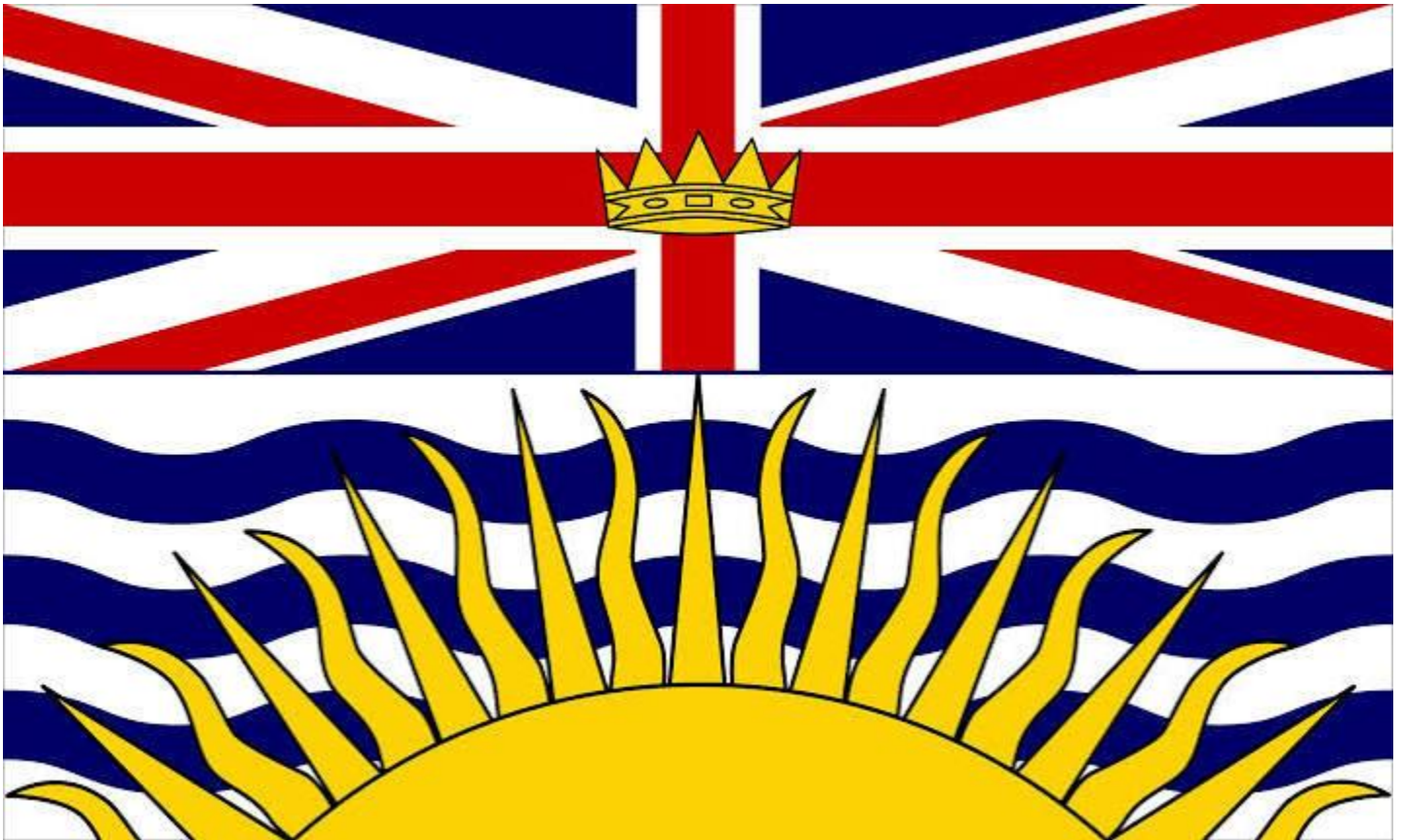


The Augustine Eagle

AUGUST 2026



WHO'S NEW IN THE HOUSE



Ursula

Ursula was born in an industrial town in Germany called Bietigheim. Ursula had 1 brother & 3 sisters. Their dad was in both world wars but after the second world war was over, he worked for the Government, in the tax department. After she finished high school, Ursula began training as a pharmacy assistant, but after hearing a teacher of hers talk about London England, she wanted to go there, so she went to London and found a job as a nursing assistant at a hospital near the center of town. Ursula eventually followed her brother to Edmonton, Canada where he had come to earn his engineering degree. This is where Ursula met Herb at church, he was an engineer. The couple got married in 1961 and moved out west to Vancouver where they had their first 3 kids in three years. They had 2 more children, totaling 5. Ursula & Herb bought a lot in Tsawwassen and built a house where they lived for 58 years before Ursula decided to move to Augustine House. Ursula enjoys gardening, reading about history, biographies and really loves classical music. Ursula has 14 grandchildren & 2 great grandchildren and has travelled to New Zealand, Austria, Sweden, Switzerland, Italy, Scotland, Ireland, & more.



Welcome to Augustine House Ursula



FRIDAY AUGUST 7TH EACH OTHER

FRIDAY AUGUST 14TH PACIFIC MIST

FRIDAY AUGUST 21ST PANCHO AND SAL

FRIDAY AUGUST 28TH MICHELLE CARLISLE

DID YOU KNOW THAT CANADA HAS TWO OFFICIAL FLOWERS FOR THE MONTH OF AUGUST.

The August birth flowers are the **GLADIOLUS** and the **POPPY**

THE GLADIOLUS

The **gladiolus**, or 'sword lily,' represents remembrance, calm, integrity, and infatuation.

Gladiolus indicates that the heart is being "pierced with love."

THE POPPY

The other August flower is the poppy:

- A red **poppy** signifies pleasure;
- A white **poppy** is given for consolation; and,
- A yellow **poppy** wishes wealth and success.



RESIDENT FORUM MINUTES

Held July 23rd, 2026 @ 3:00 in East Lounge

Present: Naaz, Anne, Cathy, Tim, Joanne, and 34 residents attended in the Multipurpose Room

Naaz Khan: (Executive Director)

- Reminder to stay hydrated in the warm weather.
- Roof replacement is ongoing, AH roof really needed to be replaced.
- Power washing will take place after the roof replacement.
- Cathy Mason has retired, we wish her well as she begins a new chapter.
- Shelly Singh replaces Cathy as our Director of Care

Tim: (Recreation)

- Help yourself to cold water in the main lounge and we also have popsicles in the freezer – important to stay cool in the warm weather.
- Richmond Community Concert Band – they played on the patio July 27th.
- We're enjoying the Picnics this summer, if you'd like to join us just sign up on the sheets by the reception area.
- Look for the Bus in the Tsawwassen Sunfest Parade, happening Monday, August 3rd.
- Yearly trip to Trolls for fish and chips is Wednesday, August 5th.
- Writing group is going well, come and join if you're interested.
- We'll be doing a walk in Ladner Village this month.
- No Art Class in August as Rod is on vacation.
- Great music to look forward to in the month of August during Happy Hour.
- We'll hear from 'Each Other', 'Pacific Mist', 'Michele Carlisle', and 'Each Other'
- We are working out the details for a trip to Victoria in October.
- More details to come as we're planning the trip.
- For more events happening during the month of August be sure to check out the Monthly Calendar.

SATURDAY MOVIES

SATURDAY AUGUST 1st @ 2:00 PM " THE GREAT ESCAPER "

Bernie, a veteran, causes alarm at the care home when, with the support of his wife, he secretly sets off for Normandy to attend the 70th anniversary of D-Day.

SATURDAY AUGUST 8th @ 2:00 PM " TEA WITH MUSSOLINI "

In the 1930s fascist Italy, adolescent Luca just lost his mother. His father, a callous businessman, sends him to be taken care of by British expatriate Mary Wallace. Mary and her cultured friends -- including artist Arabella, young widow Elsa and archaeologist Georgie -- keep a watchful eye over the boy. But the women's cultivated lives take a dramatic turn when Allied forces declare war on Mussolini.

SATURDAY AUGUST 15th @ 2:00 PM "COME AWAY "

Eight-year-old Alice and her mischievous brother Peter journey to London to sell a treasured heirloom. Returning home, Alice seeks temporary refuge in a wondrous rabbit hole, while Peter enters a magical realm as leader of the lost boys.

SATURDAY AUGUST 22nd @ 2:00 PM " A FATHERS LEGACY "

A young man on the run takes an old man hostage in his own home. As the days pass, both men reveal secrets from their pasts and realise they may have been brought together for a reason.

SATURDAY AUGUST 29th @ 2:00 PM "THE CRIMSON PIRATE"

Capt. Vallo, 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.



VANCOUVER

Things I Wish I Knew Before Visiting Vancouver

Vancouver had always looked like one of those cities that had a bit of everything—mountains, ocean, parks, and great food. It absolutely lived up to that reputation, but there were a few things that caught us by surprise. Looking back, these are the things I wish we'd known before our first visit.

You Don't Need a Car to Enjoy the City

We originally thought about renting a car for the whole trip, but we hardly would have used it. Between walking, public transit, and the SeaBus, getting around was easy. If you're only exploring Vancouver itself, a car can actually be more of a hassle than a convenience.

The Weather Can Change Quickly

Even on days that started bright and sunny, we'd end up reaching for a light jacket by the afternoon. The weather wasn't bad—it just changed more often than we expected. Packing a few layers turned out to be much more useful than packing bulky clothes.

Every Neighborhood Feels Different

One thing I didn't expect was how much each area had its own personality. We could spend the morning around the waterfront, wander through Gastown in the afternoon, and finish the evening in Yaletown without ever feeling like we were seeing the same city twice.

Stanley Park Is Bigger Than It Looks

Looking at a map, Stanley Park didn't seem that large, but once we were there, we realized you could easily spend half a day exploring it. Walking or cycling the seawall ended up being one of our favorite parts of the trip, and I wish we'd planned even more time there.

The Food Scene Is Worth Exploring

I expected good seafood, but I wasn't prepared for how many excellent restaurants and casual spots there were. Some of our favorite meals came from small cafés and neighborhood restaurants that we found almost by accident.

Day Trips Are Easy

We thought we'd spend all our time in the city, but Vancouver is a great base for exploring. Whether it's Whistler, the North Shore mountains, or taking the ferry to Vancouver Island, there are plenty of easy day trips if you have an extra day or two.

Bring Comfortable Shoes

We walked far more than we expected. Between exploring neighborhoods, the waterfront, and Stanley Park, our step count climbed quickly every day. Comfortable shoes made a much bigger difference than I expected.

Nature Is Everywhere

One thing that really stood out was how close nature feels, even downtown. It wasn't unusual to look up from a busy street and see mountains in the distance. That combination of city and scenery is what makes Vancouver feel so different from most other major cities.

Don't Rush Your Schedule

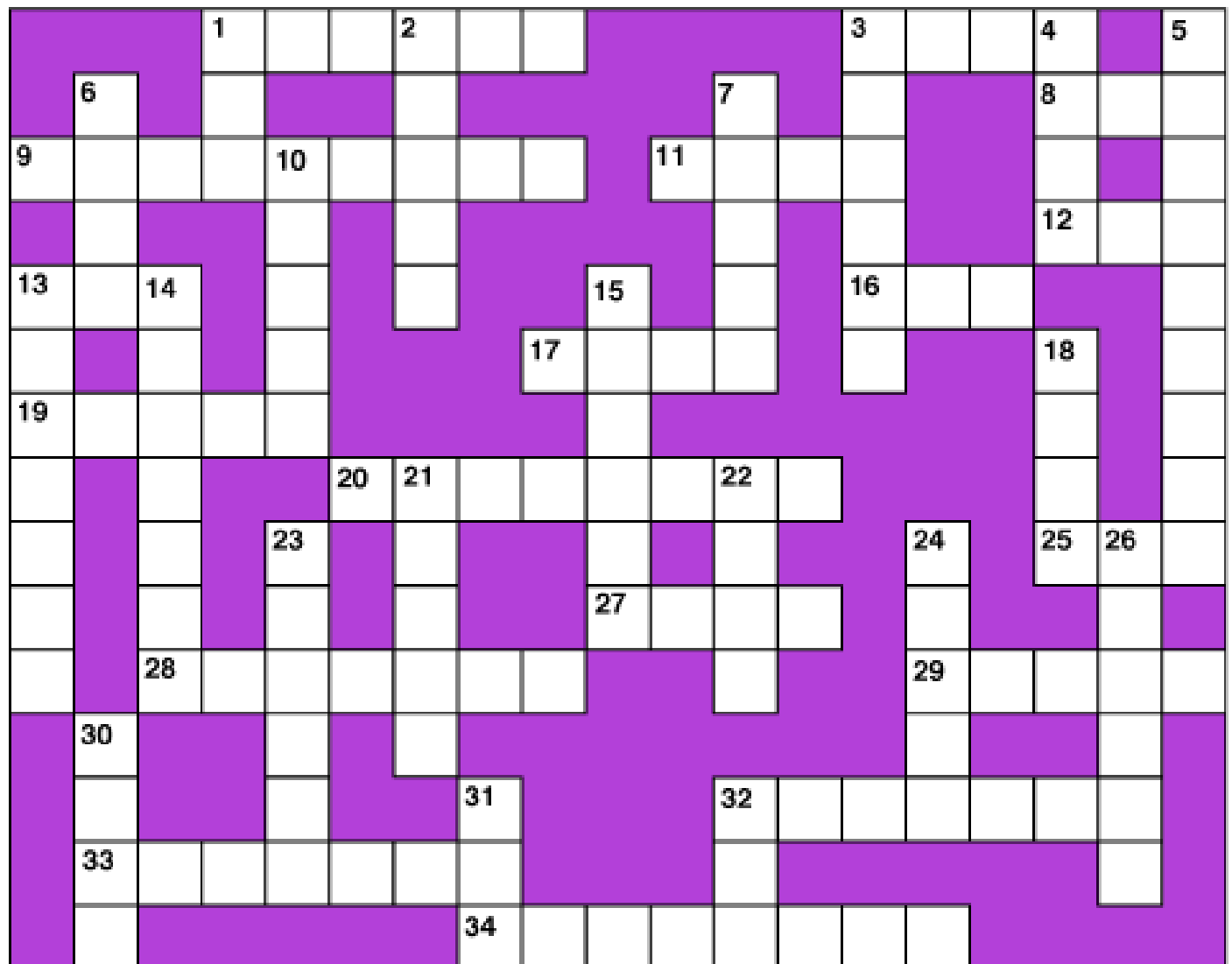
Before arriving, I had a long list of places I wanted to see. After the first day, I realized Vancouver is better enjoyed at a slower pace. Some of our favorite moments were simply sitting by the water with a coffee or wandering through neighborhoods without a plan.

Final Thoughts

Vancouver ended up being one of those cities that was easy to settle into. It has the energy of a big city without feeling overwhelming, and it's just as rewarding to spend an afternoon in a park as it is visiting the main attractions. If I were planning my first trip again, I'd skip the rental car, leave more free time in the itinerary, and spend even longer exploring the neighborhoods. Sometimes the places we hadn't planned to visit became our favorites.

Written by a recent overseas visitor during the FIFA World Cup

SUMMER CROSSWORD



ACROSS

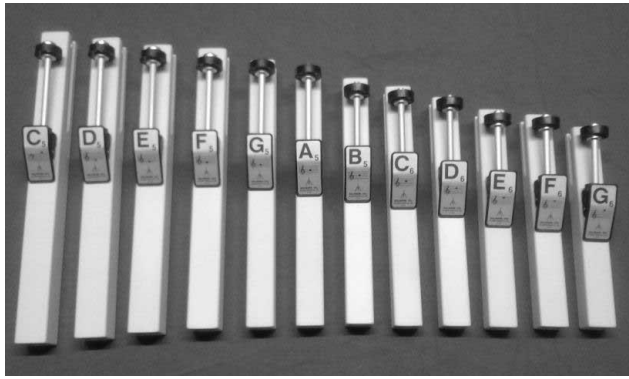
1. Light rain
3. String _____
8. Single
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
20. Water sport
25. Used to pave roads
27. Relax

28. Step back
29. Very humid weather
32. Warm weather foot wear
33. _____ storm
34. Thrilling

DOWN

1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go it alone
7. Weather word

10. Capture
13. Leisure activities
14. Follows a car
15. June 21
18. Always do your _____
21. Pools are full of this
22. Birds home
23. Suntan _____
24. Hot & _____
26. Summer month
30. Better _____ than never
31. _____ you sleeping?
32. Take a seat



Hand Chime Choir

With Music Therapist Christine!

Join us for a fun afternoon of playing Handchimes.

Open to all, No experience necessary.

Wednesdays

3:30pm

Multipurpose Room



JOIN US FOR

WEEKLY MASS FROM

HOLY ROSARY CATHEDRAL IN VANCOUVER

MEDIA ROOM

TUESDAYS

9:30 AM

HAVEN HOUSE HAPPENINGS

Hello from Haven House. We hope you are all enjoying the summer. August is looking great for us. We are making plans to keep ourselves busy next month, with things like badminton & baking. We will also be enjoying BINGO, trivia, and movies together. At the end of August we are having a patio party, just for fun. We wish you all a lovely sunny day. See you all around the house.



Peggy helping out



Julienne at bingo



Judy on the path



Wednesday August 13th marks the designated International Lefthanders Day; first observed in 1976. The main idea was to promote awareness of the inconveniences left-hand people face in everyday life. It also celebrates their uniqueness.

Left-Hand Word Search. Find the words highlighted: Left-handedness is also known as sinistrality. A left-handed person has a preference for the left hand for everyday activities. Roughly 10% of the world's population are left handed. Hand orientation is developed before a child is born; left handed foetuses hold their left hand predominantly close to their mouths. Despite twins having a higher frequency of left-handedness, the cause remains unexplained. In the past, left-handedness was considered negative in many cultures but the Incas of South America believed they possessed special spiritual abilities including healing. It is believed that the proportion of left-handers is increasing and historically, left-handers have produced an above average quota of high-achievers. Some famous left-handers include Barack Obama,

Michealangelo and Buzz Aldrin.

LEFT HAND WORDSEARCH

TRY IT WITH YOUR LEFT HAND FOR AN EXTRA CHALLENGE
U N M I C H E L A N G E L O B B I G F T N N S Y J T L
L X A Y T N B M R N V M M J T J X S P R E F E R E N C
E X B B P E V P Q B W Q T K C H T X G X L F A G O Y
W R F R R O U G H L Y V A I R X T D S T W O J S D Y I
P Q X R T T S U V G Q S V B B N I H V H R Z U N E X I
L A I N E D S X Y N W T G E S G Z C J U R Z P S S H H
R I I V S D D C U W U E V U N Q O S T E V G S A R A
O K D K V F O E T U S E S A X V T N U P M H E M T C
M J V I H D O L N Y R R O Y I L F V U L U B J E Z W N
I J L A I Y L N S P I R I T U A L Z M L N S V L B H M A
Z O R I E N T A T I O N G S X I S E P N E O K I N Z M S
C W Z S V W Q T H Z B T B K
C O N S I D E R E D P Z U Y M M U L T O A H W G S F
V G Q T S N P W G I K Y B A J Y R O Q R M E P D Z J I
J F R C G U F R E Q U E N C Y L P F K W C Y S M G P
O P U L A T I O N M Y



Fun Facts About British Columbia to Impress Your Friends on BC Day

The first Monday of August is known as BC Day in the province of British Columbia. We all sure love the long weekend that this statutory holiday gives us, so let's take this opportunity to learn some fun facts about the wonderful province that we live in!

1. British Columbia is the third largest and most westerly province in Canada and it is four times the size of Great Britain. The length of BC's coastline is over 27,000 kilometres.
2. Half of all British Columbians live in the metropolitan area of Vancouver.
3. BC has three UNESCO World Heritage Sites, six National Parks and over 400 provincial parks, recreation and conservation areas.
4. Two-thirds of British Columbia's land base (we're speaking of an area larger than France!) is forest land, and more than half of that area has had little or no human contact.
5. Among all provinces and territories of Canada, British Columbia has the mildest climate. It has the longest frost-free periods of Canada and flowers often start blooming as early as February.
6. British Columbia is one of the top 3 producing regions of cranberries and blueberries in the world.
7. Did you ever wonder what the BC flag stands for? We have the answer: On the top part there is a Royal Union Flag, reflecting British Columbia's British heritage. It is marked by the King Edward crown in the centre, which represents the Royal Family. The lower half shows a setting sun, representing the western location of the province. The blue and white lines behind the sun symbolize BC's location between the Pacific Ocean and the Rocky Mountains.
8. Speaking of world records, BC resident Sarwan Singh who lives in the City of Surrey in the south of BC holds the world record for "Longest Beard" on a living male. It measures over 2.33 metres.

9. Actress Pamela Anderson was born on July 1st, 1967, in Ladysmith, BC, on Vancouver Island. She was the first child born in Canada on the 100th celebration of Canada Day (4:08 am), and was therefore named Canada's "Centennial Baby".

10. BC's capital city Victoria, located on Vancouver Island, has an annual flower count at the end of the winter. Each year the community gets together to count more than one billion blooms. And while we are speaking of Victoria – the city was named after the British Queen Victoria.

11. The wettest city of Canada is Prince Rupert on the west coast of British Columbia. With an average of 239.7 days of rain per year and a total amount of 2593.6 mm of rain per year, it was given this title by The Weather Network.

12. Vancouver Island is also home to the highest waterfall in Canada. The Della Falls in Strathcona Provincial Park are 440 metres high, which is more than eight times the height of Niagara Falls.

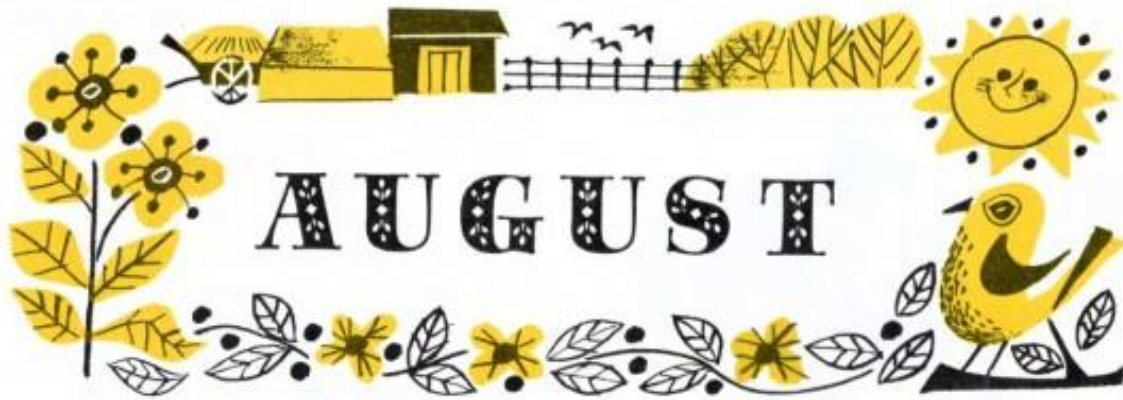
13. "The Hanging Garden Tree" on Meares Island close to Tofino is one of the oldest known western red cedars and is estimated to be between 1,500 and 2,000 years old.

14. British Columbia is the province with the highest number of vegetarians and vegans in Canada. As of March 2018, around 8.6 percent of survey respondents in British Columbia stated that they were vegetarian, whilst 3.9 percent claimed to be vegan. Among the population of under 35 year-olds, almost 40% of the population claim to be vegetarian or vegan.

15. Between 1917 and 1921, alcohol was prohibited in British Columbia.

16. Nanaimo, a coastal city on Vancouver Island, is the Bathtub Racing capital of the world. The first race took place in 1967 to showcase Nanaimo to the world and contestants are required to use a bathtub boat.

17. Whistler is home to the highest unsupported cable car in the world – with the highest point being 436 metres (1,430 ft). It connects the two peaks of the Whistler Blackcomb ski resort, one of the best resorts in North America for skiing and snowboarding. Until 2017 it also held the world record for the longest free span between ropeway towers.



August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days. Its zodiac sign is Leo and was originally named *Sextilis* in Latin because it was the 6th month in the original ten-month Roman calendar under Romulus in 753 BC, with March being the first month of the year.

About 700 BC, it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 46 BC (AUC 708), giving it its modern length of 31 days. In 8 BC, it was renamed in honor of Emperor Augustus. According to a *Senatus consultum* quoted by Macrobius, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt. Commonly repeated lore has it that August has 31 days because Augustus wanted his month to match the length of Julius Caesar's July, but this is an invention of the 13th century scholar Johannes de Sacrobosco. *Sextilis* in fact had 31 days before it was renamed, and it was not chosen for its length.

In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere. In the Northern Hemisphere, August falls in the season of summer. In the Southern Hemisphere, the month falls during the season of winter. In many European countries, August is the holiday month for most workers. Numerous religious holidays occurred during August in ancient Rome.

Certain meteor showers take place in August. The Kappa Cygnids take place in August, with the dates varying each year. The Alpha Capricornids meteor shower takes place as early as July 10 and ends at around August 10, and the Southern Delta Aquariids take place from mid-July to mid-August, with the peak usually around July 28–29. The Perseids, a major meteor shower, typically takes place between July 17 and August 24, with the days of the peak varying yearly. The star cluster of Messier 30 is best observed around August.

Among the aborigines of the Canary Islands, especially among the Guanches of Tenerife, the month of August received in the name of *Beñesmer* or *Beñesmen*, which was also the harvest festival held this month.



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