

# CSPC NEWSLETTER

February 2025 | Office #113 - Unit 12-8465 Harvard Place, Chilliwack, BC V2P 7Z5



## February Fun Facts

- Valentine's Day began as a celebration of friendship, not just romantic love.
- The first heart-shaped boxes of chocolates were introduced in the 1800s.
- Red roses became a symbol of love because they were linked to the Roman goddess Venus.

## Upcoming Events

### Valentine's Day Social

Date: February 11, 2026

Location: Lynnwood Retirement Residence in the multi purpose room. 10 AM - 11:30

For CSPC counsellors. Come by yourself or bring your client, spouse or friend. Bring a snack to share.

### St. Patrick's Day Roundtable

Date: March 17th , 2026

Location: #12 8465 Harvard Place  
Time: 10:15 AM - 12 PM

For CSPC counsellors only

## Current Need for Peer Counsellors

Our program continues to grow, and we currently have 10 female clients and 2 male clients waiting for a peer counsellor. If you feel able to take on an additional client, your support would make a meaningful difference.

We are also always happy to welcome new counsellors – please share this opportunity with anyone who may be interested.

Check out our brand  
new website  
[www.cspc.ca](http://www.cspc.ca)



## FRIENDLY REMINDER!

PLEASE SEND IN YOUR VOLUNTEER HOURS FOR January 2026 Please continue to use the email [cspc.statistician@gmail.com](mailto:cspc.statistician@gmail.com). I want to keep the 2 emails separate. Client Hours: Phone and In person, travel hours: amount of time travelled, Training hours:, CSPC hours: Roundtable, meetings etc. \*record time to the nearest 1/4 hour

Office closed February 16th

CSPC OFFICE HOURS MONDAY to FRIDAY 9:00 AM TO 1:00 PM P: (604)793-7204

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## **Java Social**

Join us for a relaxed group discussion!  
Doors open at 10:15 AM—grab a coffee and get comfortable. Meetings will start at 10:30 AM. Please call the office to RSVP.

**February: 2, 9, & 23**

**April: 13, 20, & 27**

**March: 2, 9, & 30**

**May: 4, 11, & 25**

## Did You Know?

- Your heart beats about 100,000 times a day and pumps enough blood to fill a large swimming pool in a year.
- Laughing can improve circulation and reduce stress – even a few minutes can give your heart a healthy boost.
- February is the only month that can pass without a full moon, making it truly one of a kind
- Did you know? Smiling – even when you don't feel like it – can help your brain feel happier.
- Did you know? Listening to music can reduce stress and improve memory.
- Did you know? Staying socially connected can help reduce feelings of loneliness during winter months.
- Did you know? Gentle movement, even stretching in a chair, can help improve circulation and mood.
- Your brain releases feel-good chemicals when you do something kind for someone else, helping both the giver and the receiver feel better.



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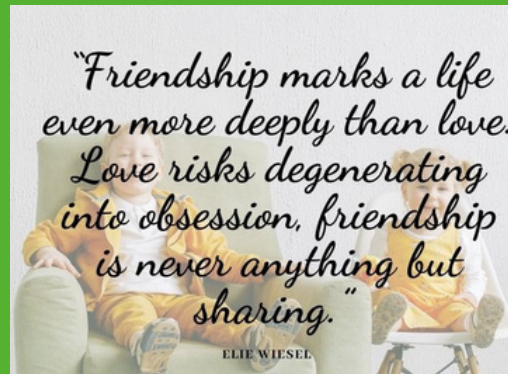
## Valentine's Questions

1. What fruit is also known as the 'love apple' because of its shape and was once thought to be an aphrodisiac?
2. True or False: A Rabbi invented speed dating
3. What is the most popular way to meet someone?
4. True or False: More people are single now than in the 1950's
5. Who invented Champagne?
6. Meg Ryan and Tom Hanks play romantic interests in what two popular movies?
7. True or False: Casablanca has a happy ending.
8. What is the most tragic love story in literature?
9. One of the best-known stories in Arthurian Legend includes the love story of these two characters.
10. The first Valentine's Day box of chocolates was created by: Richard Cadbury or Milton Hershey?

Bonus Questions:

How much money is spent each year on Valentine's Day?

What 7 countries celebrate Valentine's Day?



Crabby Road 2-15-12

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



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## Hummingbird Facts

Hummingbirds may be small, but they are among the most fascinating birds in the world. They are the only birds able to fly forward, backward, and even hover in place, thanks to wings that can beat up to 80 times per second. Their rapid movement requires enormous energy, so hummingbirds feed often and have one of the fastest metabolisms of any animal. In the process, they play an important role in pollination, helping flowers and plants thrive.

One species many of us are lucky to see locally is the Anna's hummingbird. Unlike most hummingbirds that migrate thousands of kilometers to Central America or Mexico, Anna's hummingbirds are unique because many stay along the Pacific Coast year-round. Some do travel seasonally, but their movements are usually much shorter — often a few hundred kilometers — and in last 30 years they have expanded their winter range as far north as British Columbia. With their shimmering green feathers and bright pink throats, Anna's hummingbirds are a beautiful reminder that even in cooler months, nature is still very much alive around us. See additional pamphlets for more details



**“We clicked right from the beginning. I’m over the moon to have met her,” Dolores enthused. ~DW**



Answers: (1) tomato (2) True (3) Through friends (4) True (5) Dom Pierre Pérignon, a French monk (6) Sleepless in Seattle and You've Got Mail (7) False (8) Romeo and Juliet by William Shakespeare (9) Lancelot and Gwenevere (10) Richard Cadbury Bonus: \$21 Billion and Canada, Mexico, United Kingdom, France, Australia, Denmark, & Italy



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