

CSPC NEWSLETTER

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



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



Upcoming Events

St. Patrick's Day Roundtable

Date: March 16th , 2026

Location: #12 8465 Harvard Place

Time: 10:15 AM - 12 PM

For CSPC counsellors only

Health and Wellness Fair

Chartwell Lynnwood Retirement Residence
located at 9168 Corbould Street.

Date is Wednesday March 25, 2026.

Time: 1:00pm to 3:00pm

Current Need for Peer Counsellors

Our program continues to grow, and we currently have 7 female clients and 4 male clients waiting for a peer counsellor. If you feel able to take on an additional client, your support would make a meaningful difference. (Either by phone or in person)

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

Check out our website

www.cspc.ca



FRIENDLY REMINDER!

PLEASE SEND IN YOUR VOLUNTEER HOURS FOR February 2026 Please continue to use the email 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

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

CSPC NEWSLETTER

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



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.

March: 2, 9, & 30

May: 4, 11, & 25

April: 13, 20, & 27

TRIVIA QUESTIONS

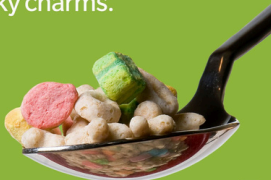
1. What date is St. Patrick's Day celebrated each year?
2. What flower is traditionally associated with the month of March?
3. What happens during the Spring Equinox?
4. According to the old saying, March comes in like a what and goes out like a what?
5. What small plant is traditionally worn on St. Patrick's Day?
6. Why do September, October, November, and December have names that mean 7, 8, 9, and 10 — even though they are now the 9th, 10th, 11th, and 12th months?

*See the last page for answers.



What kind of spells do leprechauns use?

Lucky charms.



RD



It's OK to pretend we're Irish on St. Patrick's Day. We pretend we're GOOD on Christmas don't we?



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

CSPC NEWSLETTER

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

I would like to sincerely thank all of you for reporting your hours. Over the past year, we've seen more counsellors consistently submitting their hours, time, and kilometres on a regular basis – and that is truly appreciated. Your hours matter, every single bit helps. They demonstrate the impact of our program, support our funding, and show just how much care and dedication you give to our clients. Our year end is March 31, and we need all hours submitted up to that date.

You can report your hours in whichever way is easiest for you:

- Call the office and speak to staff or leave a voicemail
- Mail your hours to the office
- Email them to the statistician account

What is reportable?

- Time spent with your client
- Time spent calling your client
- Time spent calling the office
- Time spent at Cspc events or other similar events, includes on-line learning.
- Driving time to and from your client
- Driving time to and from CSPC events or other similar events
- Time spent completing and emailing your stats and communicating with the office

If you're ever unsure whether something counts, please include it or give us a quick call and ask.

Thank you again for everything you do – your time truly makes a difference.



a good friend is like a
**FOUR LEAF
CLOVER**
hard to find and
LUCKY
to have



CSPC NEWSLETTER

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

Cool Facts About March

- March was originally the first month of the year in the Roman calendar. (That's why September, October, November, and December sound like 7, 8, 9, 10 – they used to be!)
- March has two zodiac signs: Pisces (until March 20) and Aries (starting around March 21).
- The Spring Equinox usually falls on March 19–21, when day and night are almost equal in length.
- March weather is famously unpredictable – hence the saying:
- St. Patrick's Day (March 17) commemorates the patron saint of Ireland.
- Shamrocks were used by St. Patrick to explain the concept of the Trinity.
- March is often one of the windiest months of the year in many parts of Canada.
- In many places, animals begin emerging from hibernation in March.
- March's birthstone is Aquamarine, said to symbolize calm and clarity.
- During the Spring Equinox, day and night are almost equal in length – about 12 hours of daylight and 12 hours of darkness.
- The word equinox actually comes from Latin: "aequus" meaning equal, "nox" meaning night, it literally means "equal night."
- It usually happens around March 19–21, marking the official first day of spring in Canada.



Answer List
1) March 17, 2) Daffodil, 3) Day and night are nearly equal in length, 4) Lion and lamb, 5) Shamrock, 6) Because March was originally the first month of the year in the Roman calendar. When January and February were later added to the beginning of the calendar, the names of the later months stayed the same.