

# CSPC NEWSLETTER

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



*Mother's Day is a special time to recognize and celebrate the care, strength, and compassion of mothers and mother figures in our lives. Whether it's a kind word, a shared memory, or a simple moment together, it's the love and support they give that makes a lasting difference. This Mother's Day, we honour all those who nurture, guide, and uplift others every day.*



## Upcoming Events

### **BC Senior Advocate**

Date: May 5<sup>th</sup> - Tuesday

Time: 10 AM - 11 AM

Location: The Loft at the Chilliwack Sports Landing Center

Meet Dan Levitt, the BC Senior Advocate. This drop-in session provides an opportunity to learn more about the Seniors Advocate's role during a presentation and question-and-answer period. Doors open at 9:30am, elevator access is available, and no registration is required.

### **AGM**

Date: May 13<sup>th</sup> - Wednesday

Time: 10 AM

Location: Lynnwood Retirement Residence - theater room

**We would really like as many people to attend as possible as we need to discuss what the future of our organization will look like.**



## **Check out our website**

**[www.cspc.ca](http://www.cspc.ca)**



## **FRIENDLY REMINDER!**

PLEASE SEND IN YOUR VOLUNTEER HOURS FOR April 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 will be closed Monday May 18<sup>th</sup>

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.

May: 4, 11, & 25



## **MAY TRIVIA**

1. Mother's Day marks the most \_\_\_\_\_ on any given day of the year.
2. How did Mother's Day start?
3. What year was the first Mother's Day celebrated?
4. If a stay-at-home mom's position was paid, how much would they make?
5. What is the highest number of children one woman has birthed in total?
6. When did Victoria Day become a legal holiday in Canada?
7. What was Queen Victoria's actual name?
8. How long did Queen Victoria rule for?
9. How many assassination attempts did Queen Victoria survive?
10. How many countries in the world commemorate Queen Victoria with a holiday?



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## Mental Health

When people hear the term “mental health,” it’s often associated with struggle or something negative. But the truth is, mental health is something we all have—just like physical health—and it deserves regular care and attention. It can shift from day to day, shaped by our experiences, relationships, and how we look after ourselves.

Taking time to check in with how we’re feeling, reaching out for support, and allowing ourselves moments of rest are all part of maintaining our well-being. When we care for our own mental health, we’re better able to show up for others with patience, compassion, and understanding. Small acts—like listening, connecting, or simply being present—can make a meaningful difference for someone else, and for ourselves.



Answers: 1. phone calls (phone traffic spikes as much as 37% after the civil war, organizer Ann Jarvis started a committee to foster community between mothers on both sides of the war. She began “Mother’s Friendship day.” Julia Ward Howe also wrote a “Mother’s Day proclamation” to promote peace. 3. 1908 4. According to salary.com and in comparison to other jobs and the work expected of moms, it’s \$184,820. 5. The mom with the most kids is Mrs. Feodor Vassilyev of Russia. She gave birth to 69 children between 1725 and 1765. 6. 1901, 7. Christened Alexandrina (but called Drina as a child), she started using Victoria—her middle name—at 18 when she ascended to the throne. 8. 63 years 9. Eight 10. one, Canada is the only country in the world to commemorate Queen Victoria with a holiday

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## MARKETS

**May 1** 6 Am to 8:30 pm  
**Abbotsford Tulip Festival** - 3663 Marion Road  
35+ acres of tulips and wildflowers, daily food trucks,  
live painting and piano

**May 2** 9 Am to 3 pm  
**Fraser Valley Thrift Market** - Chilliwack Heritage Park  
Admission: \$2.00 (Kids under 5 are Free)

**May 2** 9:30 am to 2 pm  
**Annual Plant Sale** - Cookes Presbyterian Church  
cash only

**May 30** 10 am to 6 pm  
**Bridal and Baby Market** - Chilliwack Heritage Park  
TWO markets under ONE roof. over 130 incredible  
vendors gathered under one roof, we are here to help  
you plan the wedding of your dreams, prepare for your  
little one's arrival, or your provide for toddler's growing  
needs.



## WEEKLY FARMER'S MARKETS

**TUESDAY** 3 PM - 7 PM  
Market at the Coliseum 45323 Hodgins Ave  
Starts May 26 and ends Oct 6

**WEDNESDAY** 4 PM - 8 PM  
Sardis Park Artisan & Farmer's Market - 6898 School  
Lane  
Starts April 1 and ends August 26

**FRIDAY** 5 PM - DUSK  
Yarrow Farmer's Market - Pioneer Park Starts May  
29 and ends August 28

**SATURDAY** 10 AM - 2 PM  
Downtown Chilliwack Community Market - Central  
Community Park  
Starts May 23 and ends Oct 24



*I am worthy of love,  
respect, and happiness*



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