



February 2020

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Valentine's Day History

The origins of Valentine's Day aren't clear. It is thought there were a number of local fertility festivals in Europe in pre-Christian times. Often in the middle of February. Many people also thought that birds chose their mates at this time of year. Around the year 1380, the English poet Chaucer wrote a poem for the first anniversary of the engagement of King Richard II to Anne of Bohemia. This is thought to be the first association between celebrations of romantic love and St Valentine's Day on February 14. The connection remained important throughout the middle ages.

In the mid-19th century, there was an increase in interest in Valentine's Day. In the United States, then Canada. Manufacturers promoted paper lace and cards as a means of increasing their sales. Gradually, this date was seen as an occasion for a man to present gifts to a woman he had or would like to have had a romantic relationship. It was also customary for lovers to exchange handwritten notes, now largely replaced by commercially produced cards.

Most common symbols of Valentine's Day are hearts, which are used to decorate many things, including cards, trees, wrapping paper, cookies or gift boxes. Other symbols associated with February 14 are birds, teddy bears, Cupid and couples kissing or embracing. The colors red and pink are often associated with Valentine's Day.

Valentine's Day is not a public holiday, but here is a list of holidays in Feb. in Canada:

- Groundhog Day Saturday, February 2
- Chinese New Year Sunday, February 10
- Family Day Monday, February 11
- Carnival / Shrove Tuesday, Tuesday, February 12
- Ash Wednesday, Wednesday, February 13
- National Flag of Canada Day Friday, February 15
- Louis Riel Day Monday, February 18
- Family Day Monday, February 18
- Islander Day Monday, February 18
- Heritage Day in the Yukon Friday, February 22
- Purim Sunday, February 24

Here are some websites to explore if you want to have a paperless Valentine's Day:
 FREE Valentine's Day eCards: http://www.123greetings.com/events/valentines_day/
 Valentine's Day Messages: <http://www.stvalentinesday.org/valentines-day-messages.html>

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Valentine's Day Superstitions

Several Valentine's Day superstitions have made their way into our modern-day vocabularies. For example, in the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week, and "to wear your heart on your sleeve" now means that it is easy for other people to know how you are feeling.

Other Valentine's Day superstitions revolve around predicting who you're going to marry. Some people used to believe that the first bird a single woman saw on Valentine's Day would give her an indication of the kind of man she'd marry. If a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. And if she witnessed a goldfinch flying above, she would marry a millionaire. I dread to think what it would mean if you saw a vulture, luckily they're not common round these parts. These superstitions probably come from the belief that birds, particularly lovebirds, began to mate on February 14th.

Although not directly related to Valentine's Day, similar modern-day superstitions deal with love and predicting future marriage partners. According to tradition, thinking of five or six names of boys or girls one may like to marry and twisting the stem of an apple until it falls off will reveal a future spouse. The person whose name was being said when the stem fell off is the future winner of a set of marriage vows. The number of children a person will have can also be superstitiously predicted by blowing the seeds of a dandelion into the wind. The number of seeds remaining on the stem reveal the number of children the person will have.

Garnered Leaflets

by David O'Neil

How can I listen with the wind in my ears?
How can I see you in my eyes?
Jumping from confusion, landing lightly;
balanced on forever, I loved you so I told you a lie!
Once that would have been a confession.
Now I don't know what it entails,
except that all together, means yearning forever.
I gladly left for another in the wings...
spread softly, open, willing to try;
glancing sorely waiting to fly.
Who knows serving dreams that are empty,
never leaving a cup poured for you,
should stain a darker color accustomed to.
But with all my chances left open,
and straining from the start.
Revelation tripped me,
sending a song straight from my heart.

Every month the Young Adults Program gives back to their community. This month they handed out care packages and hot chocolate on the downtown streets of Abbotsford to those in need. The night was a success, the Young Adults appreciated the experience and the recipients were more than grateful.



Although it's one of the country's oldest (and oddest) traditions, dating all the way back to 1887, celebration of Groundhog Day didn't actually originate in the United States. In fact, the groundhog wasn't even a part of the original event that essentially inspired the day.

The idea stems from an ancient European Christian celebration known as Candlemas Day. The holiday initially was an observance of the midpoint between the winter and spring equinoxes, according to the Punxsutawney Groundhog Club. Religious leaders would bless candles used during the winter and pass them out to the townspeople each year on February 2. The superstition at the time was that if the weather was sunny and clear on the day the candles were distributed, the rest of winter would be long and rough. On the other hand, if the weather was cloudy and gray when people received their candles, spring was on the way.



Easy Sudoku

				2	5			
		4			1		7	
		7		6		2		
		1		8	9			
	6		2	1		9		
							6	
7		2				6	4	
4		5	9			7		2
	1						5	

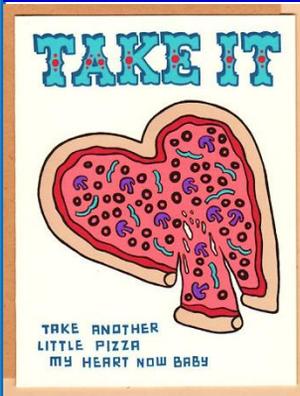
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THE LAST WORD BY DAVID O'

I usually do this last. Not because it's the last word but because I have to think about it all month. Sometimes it's easy, this isn't one of those times!

I have reconsidered my New Year resolutions due to the fact I broke them on the 2nd. This will give me more time to ponder them fully. The first one is cigarettes and second one, pot. Both I've given up easily in the past but now it's like WTF am I doing! I counted and added, tallied all the variables and come back to the same answer, every time, is that insane or what? The total came to \$200.00 dollars a month. \$200.00 every fucking month; just throwing it away basically. Yup right down the old crapper goes my 200.

This takes no consideration based on the facts, in fact it's a no-brainer. I'm going to start saving that 200 instead. Let's see how far I can go with it, a visit back to my family that I've not seen in 31 years. Ya, ya that's the ticket, see!

Mission Statement:

Our philosophy focuses on health rather than illness.. We offer a supportive and inclusive environment that is client centered; staff and members work side by side as a team to reach individual goals.