
Esquimalt INK

February 2024

Celebrate Valentine's Day with Love Week!

Written by Adaenna Lascina

Get ready, Esquimalt, as it is now Love Week! From Monday, February 12th to Thursday, February 15th, Leadership has some festivities planned to keep YOU in the spirit of love.

Monday was quite a way to kickstart this week:

- Greetings from the awesome decorations done by the Leadership students
- Candy offerings from members of the BIPOC Club (any and all are welcome to join!!) in the belated celebration of the Lunar New Year
- The proudly flown rainbow flag on its mast to show ESQ's support for SOGI inclusivity

Tuesday brings us familiar warmth and sweetness: Free hot chocolate! In the words of Charles M. Schulz: "All you need is love. But a little chocolate now and then doesn't hurt."

Wednesday reminds us of the beauty that words can hold, and it is also Valentine's Day! Be prepared for some positive heart notes headed your way.

On Thursday, to end what will most likely be a memorable week for all of us, our lovable mascot (Ollie) will be handing out some sweet treats!

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Esquimalt High School's Instagram

Unfortunately, we will not be having a Valentine's Day dance, but a reminder to look forward to the upcoming Spring Dance on March 14th, 2024!

That's all for the week, Esquimalt! Have a wonderful Valentine's Day!

And a special thanks to the Leadership students and faculty for making all of this possible!

Thanks for reading this newspaper and helping us get started again! If you're interested in joining the club, please find one of the posters around the school and scan the QR code. Any help is appreciated!

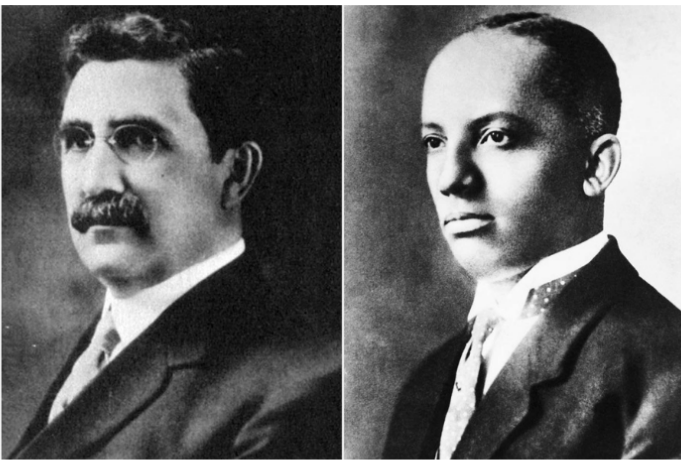
BLACK HISTORY MONTH

Black History Month: How It Came to Be



Written by Margaret Fournier

Black History Month began in 1915, nearly half a century after the Thirteenth Amendment terminated slavery in America. In September of that year, minister Jesse E. Moorland and historian Carter G. Woodson co-founded an association that helped promote achievements from African American people.



Moorland (left) and Woodson (right) - Getty Images

Esquimalt High School celebrates Black History Month by bringing in guest speakers, setting up posters, and educating students and staff.

Be sure to read the Docker for more information surrounding upcoming Black History Month events.

The Library Learning Commons has an awesome display of books that you can read to learn more about Black History Month and to support Black authors!

Today, that association is known as the Association for the Study of African American Life and History. This group sponsored a national “Negro History Week” in 1926, and they chose the second week of February for this because it coincides with the birthdays of Abraham Lincoln and Frederick Douglass.

This event had a national impact, inspiring schools and communities nationwide to celebrate and host performances and lectures to educate people on Black history and achievements.

Black History Month today is the time to honour the contributions and legacy of African Americans across American and Canadian history, as well as around the world. From activists and civil rights pioneers to science, culture, politics, leaders, healthcare, and so much more in our history.



Image from the Docker newsletter for the week of February 12-16.

VALENTINE'S DAY

A Brief History of Valentine's Day

Written by Adaenna Lascina

The day recognized for giving and receiving love is not quite as heartwarming as many of us are led to believe.

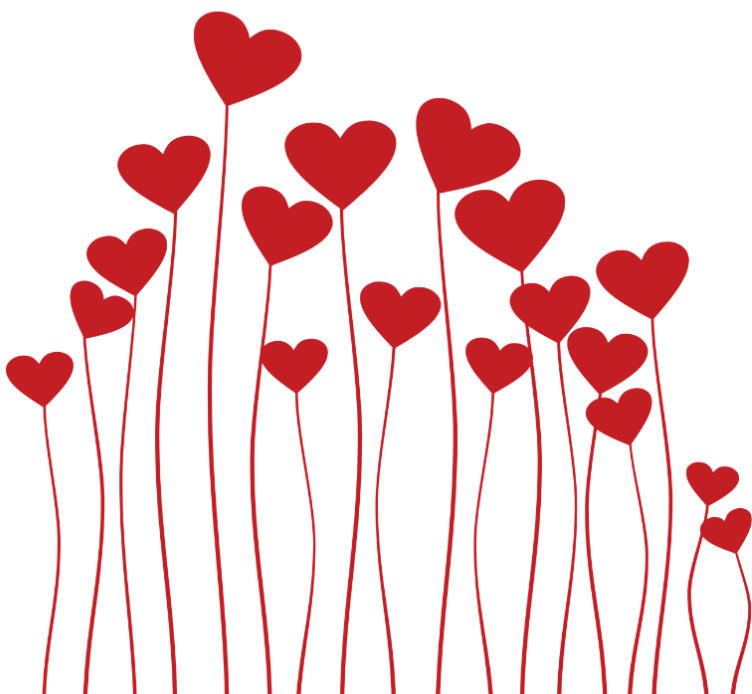
The origins of this beloved day itself continue to be debated by historians, though many sources seem to reach a consensus that it had some association with an archaic ritual known as Lupercalia, dating back to the era of the Roman Empire.

This event annually took place on the 15th of February A.D. 270 (referred to then as the Ides of February). Its traditions are what most, if not everyone, in the present time would consider strange.



Dedicated to the Roman God of agriculture, Faunus, women and fields of crop would be gently struck with strips of goat hides, to word it as vaguely as possible. In doing so, it was believed that this would promote fertility. Later in the day, women and men, through the method of a name draw, would be arranged in pairs that would often lead to marriage.

By the end of the 5th century, with the prominence of Christian values, the entire celebration of Lupercalia had been banned by the Church. Following this, February 14th was now recognized as St. Valentine's Day. In an interesting turn of events, what once was a festival of fertility evolved into a day that is presently associated with love.



Super Bowl LVIII Review

Written by Arden Giles
(with the help of her
father, Andrew)

Last Sunday, the biggest sporting event in America happened! It took place in Las Vegas, which has definitely gotten more involved with sports entertainment recently. They hosted the Formula 1 race back in November, and the 58th annual Super Bowl where the Kansas City Chiefs and the San Francisco 49ers played against each other.

At first, the game was pretty low-scoring. But once the teams really settled in, they were able to break records for the longest field goal in Super Bowl history! This game got even more entertaining as it went into overtime at 19-19. After the 49ers were able to score a field goal in the first possession of overtime, the Chiefs connected on a touchdown play, placing them as the winning team with a score of 25-22.

Sure, the Super Bowl is mostly about football, but there are two other main components that I haven't mentioned yet. The beloved halftime show was performed by Usher (and his co-musicians in his hit song Yeah!) with a guest performance by Alicia Keys. These halftime shows help to expand the audience beyond football fans.



Steph Chambers/Getty Images

The larger the audience we have, the more expensive commercial slots get. The Super Bowl is notorious for having popular and creative commercials (great for both business and entertainment – it's a win-win!) Sadly, we can't get access to these commercials on live TV here in Canada. Thank goodness for YouTube, though!

This game also attracted an entirely new set of Taylor Swift fans, after she showed up to the game alongside other celebrities to support her partner Travis Kelce (a member of the Chiefs) and celebrate his team's second consecutive Super Bowl win.



TM

The Vancouver Canucks Are First in the NHL!

Written by Arden Giles

As of right now, the Vancouver Canucks are the first in the National Hockey League! Their talented core of players have been performing well this season, and their supporting cast has been exceeding expectations. Elite goaltending and strong coaching techniques have also brought our Vancouver team to success.

In late January, the Vancouver Canucks traded Andrei Kuzmenko and a package of prospects for Elias Lindholm from the Calgary Flames. There are now two Elias's on the team (Lindholm and Pettersson)!



Image from tradetalksports.com

The Canucks are still looking to make the finishing touches on the team that will hopefully advance them deep into the Stanley Cup Playoffs. But as the Canucks get better, so do the other teams in the league. Coming in second and third are the Boston Bruins and the Dallas Stars, respectively. Another source of competition is the rapidly rising Edmonton Oilers.

The Stanley Cup Playoffs will begin in mid-April, and all of the hockey fans around will be tuned in! I may be biased, but I certainly hope the Canucks can continue their great season onwards. Go Canucks go!



The Groundhog Day Results Are In!

Written by Jeannie Slamet

February 2nd. Groundhog Day. Whether you know it because of the rodent, the idiom, or the slightly unsettling Bill Murray movie, it's a pretty well-known occurrence.

This is a Canadian and American tradition stemming from a European belief that animals awakening from hibernation is a sign of spring's arrival. It's probably the only time we put this much trust in a large rodent. And while it's debatable how accurate the creatures' predictions are, many people still have a lot of fun blindly trusting 'Punxsutawney Phil' and 'Shubenacadie Sam'.

There are a number of season-predicting groundhogs in Canada. From Warton Willie in Ontario to Fred la Marmotte in Quebec (the replacement for the other Fred la Marmotte who sadly passed away last year), we've got a lot of meteorological clairvoyance going on.

The problem is that their predictions don't always match up. Despite the debatable reliability of the groundhog forecasters, the tradition continues with an impressive amount of enthusiasm.



Sylvan Lake News (no photographer credit given)

So here we are: these are this year's Groundhog Day results.

- Warton Willie (Ontario): Early Spring
- Fred la Marmotte (Quebec): Early Spring
- Shubenacadie Sam (Nova Scotia): Early Spring
- Balzac Billy (Alberta): Six More Weeks Of Winter
- Manitoba Merv (self-evident location): Six More Weeks Of Winter

(Keep in mind that the last two are actually just humans with puppets, so their predictions may have less credibility than our faithful rodents!)

BONUS FUN FACT!

Interestingly, there is also a *lobster* who apparently predicts the weather. Her name is Lucy and she lives in Nova Scotia. She also predicted a longer winter, though, so maybe her popularity has lessened by now.

Red Velvet Heart Cookies

Recipe by Debbie at
bakedbroiledandbasted.com/red-velvet-heart-cookies

Formatted by Arden Giles

INGREDIENTS

- 1/2 cup cocoa
- 2 + 3/4 cup cake flour
- 1/4 teaspoon salt
- 3 teaspoons baking powder
- 1 cup butter at room temperature
- 1 cup granulated sugar
- 2 large eggs
- 3 tablespoons sour cream
- 1 teaspoon pure vanilla
- 1 tablespoon red food coloring

INSTRUCTIONS

1. In a large bowl sift together the cake flour, cocoa, salt, and baking powder. Set aside
2. Cream together the room-temperature butter and sugar until fluffy
3. Add both eggs, sour cream, and vanilla. Beat until blended
4. Add red food coloring and beat until blended
5. Add flour mixture a little at a time until it is all blended
6. Place dough in a bowl and chill for at least an hour
7. Preheat oven to 350 degrees
8. Roll dough out on a floured surface about a 1/4 inch in thickness, careful not to roll too thin or they will be too crispy
9. Flour cookie cutters and cut out hearts
10. Place them on a cookie sheet lined with parchment paper about 2 inches apart, they will spread
11. Bake in preheated oven for 8-10 minutes



Photo by Debbie at bakedbroiledandbasted.com

OPTIONAL CREAM CHEESE FROSTING

- 8 oz cream cheese room temperature
 - 4 Tablespoons of butter room temperature
 - 4 cups powdered sugar
 - 1 teaspoon vanilla
 - 2-3 tablespoons milk or half and half
 - Sprinkles optional
12. Cool completely before frosting
 13. I piped on frosting and then spread it around but you can just spread
 14. Apply sprinkles before the frosting hardens

**Let us know if you
make these cookies!**



Word Search

Thanks to Sophia Phan for creating all of our games this month!



cards equality heart rose weather
 chocolate February Leap Year shadow winter
 crimson groundhog pink Valentine

February Holiday Word Scramble

CAKBL SRIYTOH NMHTO

NRALU WNE ERYA

HOOGNDUGR ADY

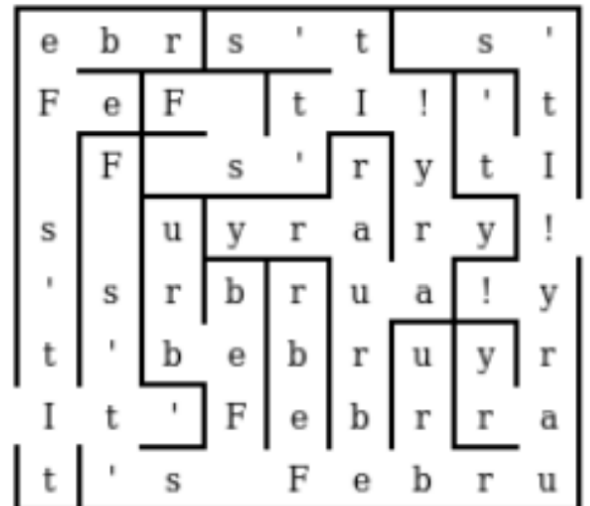
EVANLNETIS YDA

MLYFIA YAD



Maze

Find "It's February!" in the maze.



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