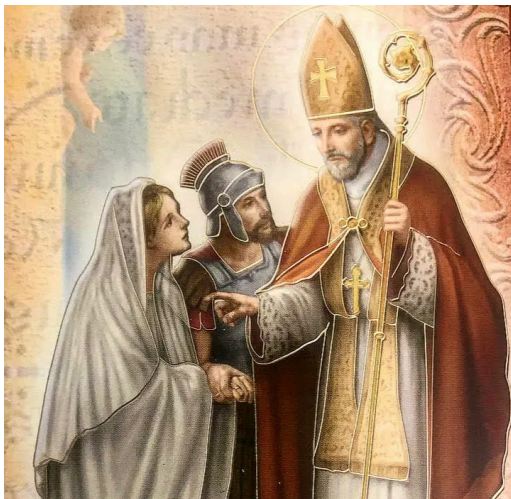


## How Did Valentine's Day Come to Be?

*Written by Glory Wolstenholme*

The history of Valentine's Day is quite complicated, as there are several interpretations of the holiday. Most point to a martyr or saint named Valentine, who was executed on February 14th. Although these tales have foggy details, they share many similarities: a saint sacrifices themselves in an act of love leading to an eventual association with romance.

One of the most well-recognized legends says that Valentine was a Christian priest who resented the ban on marrying young couples. The ban was imposed by Emperor Claudius



II, who believed that married men made for poor soldiers. Valentine continued to perform secret marriages between young people in love. For his defiance, he was executed on February 14th.

Although its origins were rooted in martyrdom, it wasn't until the 14th century that Valentine's Day would begin to be celebrated as a romantic holiday. The association of this day with love caught on rather fast throughout Europe. By the 1500s, exchanging formal love messages and tokens of affection became a way to celebrate the day. These declarations of love began to be seen as tradition.

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In the 1700s, commercially produced Valentine's cards made an appearance. Since then, commercializing romantic expressions has been a major part of Valentine's Day.

Symbols of holidays change over time. Cupid, the Roman god of love, is the most-recognized Valentine's Day icon at present.

Today, Valentine's Day is celebrated by many countries worldwide, though the customs and traditions have changed drastically since its origin. What possibly began as a day of martyrdom and sacrifice has grown into a major celebration of love, affection, and devotion, shaped in everything from handwritten love notes to gifts and romantic dinners.

# Prominent Black Canadians

Written by Sylvie Scott

Here are a few Black Canadians whose leadership and confidence made a large impact on Canada's history. We recognize that there are many African Canadians who made major contributions to Canadian history, but we have decided to put a focus on these three outstanding leaders.



A. B. WALKER, B.A., LL.B., D.C.L.,  
President and Promoter of The African Civilization Movement.

©Wikipedia

## ABRAHAM BEVERLEY WALKER (1851-1909)

Abraham Beverley Walker was the first Canadian-Born Black lawyer in Canada. He was the first non-white law student to be enrolled at the University of New Brunswick and the first African Canadian person in New Brunswick to publish a magazine. Abraham Beverly Walker died of tuberculosis in 1909. He was awarded the Order of New Brunswick in 2019, over 100 years after his death.

## GLORIA BAYLIS (1929 - 2017)

Gloria Baylis won the first case of employment-related racial discrimination in Canada. She trained as a nurse in England and immigrated to Montreal in 1952. Despite the gap in wage, she continued her nursing career and in 1964, she applied for a higher position, sparking a historic legal case. Winning the trial led to being a significant victory against racial discrimination in employment.



©The Canadian Encyclopedia



©Wikipedia

## VIOLA DESMOND (1914 - 1965)

In 1946, Viola Desmond was arrested, jailed, and fined for sitting in a "whites only" section of the Roseland Theatre in Nova Scotia. She confronted the segregation and discrimination that African Canadians faced—and continue to face—every day. She appealed to the Supreme Court of Nova Scotia after her arrest, which brought broad attention. It sparked activism throughout the country. Viola's resistance was an inspiration for the civil rights movement in Canada.

# The Origin of Black History Month

*Written by Molly Chan*

Black History Month is a critical point in the year. It draws attention to the significant accomplishments and contributions of Black North Americans.

This Canadian celebration of the African diaspora began in 1978 when the Ontario Black History Society petitioned the city of Toronto to officially recognize February as Black History Month. In 1995, the Honourable Jean Augustine, the first ever Black Canadian woman to be elected to parliament, introduced a motion to have the month officially recognized across Canada. The motion was carried unanimously by the House of Commons. The 2008 adoption of a final motion proposed by Senator Donald Oliver, the first ever African Canadian man to be appointed to the Senate, cemented February's status as Black History Month. As a result of those motions, February is now officially recognized in Canada as Black History Month.

Canada was following the United States, whose national recognition of February as a month celebrating the African diaspora had kickstarted similar movements around the world. Though a significant portion of Black History Month is dedicated to acknowledging and celebrating pioneering historical figures, it also calls for recognition of the historical enslavement and oppression of individuals of African descent in North America.

The first shipload of enslaved Africans brought to British North America during the Trans-Atlantic Slave Trade docked in Jamestown in 1619.

In 1689, under the order of King Louis XIV, New France (as Canada was then called) enslaved both Pawnee Indigenous peoples and Africans. At that time most of the slave colonies in Canada were in Nova Scotia.

As decades passed, the number of freed slaves in the province grew, giving way to a growing anti-slavery movement. In 1793, an enslaved Black woman named Chloe Cooley resisted being transported and sold to the U.S., inciting unrest amid slave colonies across Upper Canada.



©Canada Post

Her resistance became a catalyst for a law presented by the Lieutenant Governor John Graves Simcoe, which was passed that same year. This act to prevent the further introduction of slaves made it illegal to bring slaves to Canada. Upon crossing the border, an American slave would be freed. The act paved the way for the Underground Railroad, through which tens of thousands of escaped slaves made their way to freedom in Canada.

# The Origin of Black History Month (Continued)

*Written by Molly Chan*

Unfortunately, the law did not actually abolish slavery within Canada itself, allowing for the continued enslavement of African Canadians and their descendants. It was not until August 1st, 1834 that slavery was abolished across the British Empire.

African Canadians continued to experience various forms of discrimination in the following centuries. After the abolition of slavery, freemen were expected to accept smaller plots of land and lower wages. Canadians of African descent immigrating to Western Canada experienced hostility and intolerance. Segregation continued into the late 1900s. Black Canadians faced barriers in accessing employment, housing and public services.



*©Federation of Black Canadians*

It was not uncommon for restaurants, hotels, and theatres to refuse to admit Black citizens. The last whites-only school in Canada closed in 1983, marking over one hundred years of segregation.

As the years drew closer to the 21st century, Black activists began to see the results of their decades-long campaigns against systemic racism. Provinces passed laws combatting inequality, created bills of rights, and commissioned human rights boards. Anti-racist movements gained momentum in the 2000s as they partnered with other social movements in order to challenge inequity and uphold intersectional racial justice.



*©McGill University*

Black History Month invites us to reflect on the accomplishments of Black North Americans. It also reminds us to be aware of the challenges faced by the African diaspora across North America. The Black Lives Matter movement has gone a long way in drawing our attention to the discrimination that remains present in our society. The month provides an opportunity to look closer at the systems perpetrating injustice within our communities. February is a time for us to be interested and curious about our fellow Canadians who are members of the Black community, past and present. Reflecting on the inequality of the past can help us pave the way to a better future.

## Groundhog Day 2025 Results

*Written by Molly Chan*

Van Island Violet, British Columbia's own forecasting groundhog, has predicted another six weeks of winter. The groundhog gave her traditional forecast on February 2nd, also known as Groundhog Day.



©Vancouver Island Marmot Recovery Foundation

According to folklore, if a groundhog sees its own shadow on February 2nd, winter is not yet over. Its lack of a shadow heralds the coming spring.

The tradition was inspired by the Christian holiday of Candlemas. Candlemas was the midway point between the winter solstice and the spring equinox. Traditionally, candles were lit to tell how long winter would continue to last.

Settlers brought the tradition to North America, where it evolved with varying results from province to province. Bears were the original meteorologist mascot, then groundhogs took the job.

Nowadays in Nova Scotia, Lucy the Lobster predicts the coming weather. Though Groundhog Day is observed both in Canada and the United States, it is not a federal holiday. All banks, schools, and government functions remain open.

If Van Island Violet is correct, there is still a long way to go before winter leaves us. Does anyone smell snow?

## Valentine's Day: Date Spots Around Victoria

*Written by Arden Giles*



Are you wondering where to take your loved one for some Valentine's Day fun? Look no further! Here are some cute date spots around Victoria.

Victoria is known for its beautiful beaches and coastlines. Perhaps you could take your Valentine for a walk along Dallas beach and stop by the Beacon Drive-In for some fries after. Yum!

Axe throwing is always a fun way to bond over how bad you are at sports (in my case, at least). Spending time at a place like Axe & Grind is a great way to enjoy a fun Valentine's date.

Some more spots in Victoria include the Board Game Café and Quazar's arcade.



You could also look into a more unique date with a less specific location! For example, go to the nearest thrift store and try to find a suitable outfit for your partner (whether that be a silly one or a more formal style). Go out for dinner in your new stylish fits!

Another fun challenge is to pop by your local grocery store and pick up some odd ingredients that seem interesting. Try to cook something fun (and hopefully not too outlandish) with your groceries.

I hope this small article helped spark your date ideas for Valentine's Day! Perhaps you'll find that one of these ideas is the right pick for you and your Valentine this year. Enjoy!

## LOVE SONGS FOR VALENTINE'S DAY

*Organized by Eleanor Hogg*

Here's a playlist of love songs for a special Valentine's Day occasion!

- 1) Here, There And Everywhere by the Beatles
- 2) I'll Have to Say I Love You in a Song by Jim Croce
- 3) Fade Into You by Mazzy Star
- 4) God Only Knows by the Beach Boys
- 5) Anyone Else But You by the Moldy Peaches
- 6) Say Yes by Elliott Smith
- 7) Dark Red by Steve Lacy



*Psst! Scan this code within your Spotify app to access this playlist. Click on the Search tab, then click the camera icon in the top left to scan!*

## SEASONAL POETRY *Organized by Bren Grundy*

### *Burning the Old Year*

Letters swallow themselves in seconds.  
Notes friends tied to the doorknob,  
transparent scarlet paper,  
sizzle like moth wings,  
marry the air.

So much of any year is flammable,  
lists of vegetables, partial poems.  
Orange swirling flame of days,  
so little is a stone.

Where there was something and suddenly isn't,  
an absence shouts, celebrates, leaves a space.  
I begin again with the smallest numbers.

Quick dance, shuffle of losses and leaves,  
only the things I didn't do  
crackle after the blazing dies.

*Written by Naomi Shibab Nye*

## COOKIE COMPETITION INFORMATION



**Are you (or someone you know) a baker? Do you want a chance to win a week's worth of delicious cafeteria cookies?**

As you may already know, Esquimalt Ink will be hosting a cookie competition! Here's some more information about the upcoming bake off.

We will be working with the Leadership class to incorporate this cookie competition as a Love Week event.

Love Week is an annual series of Valentine's Day-themed events hosted around the school. More information about Love Week 2025 will be posted soon, so be sure to keep your eyes out!

We will be putting up posters around the school for those who are interested in signing up to enter their delicious cookies into the contest.

If you're interested in submitting your award-worthy cookies, look for posters around the school later this week!

*Written by Arden Giles*

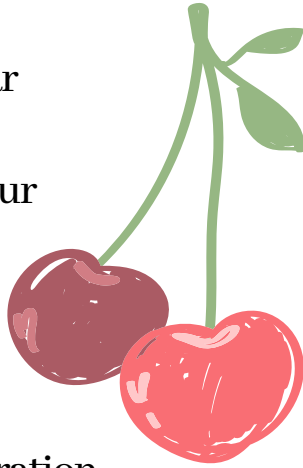
# Delectable Cherry Cookies

*Organized by Glory Wolstenholme*



## INGREDIENTS

- 1 ½ cups of powdered sugar
- 2 cups of butter
- 3 ⅔ cups of all purpose flour
- A pinch of salt
- ⅔ cup of finely chopped maraschino cherries
- ½ teaspoon of rum extract
- Powdered sugar for decoration (optional)



## DIRECTIONS

- 1) In a large bowl, cream together powdered sugar and butter until light and fluffy
- 2) Add flour and salt; stir until dough holds together.
- 3) Combine dough, cherries and rum extract; if necessary knead to blend
- 4) Cover with saran wrap and chill in the refrigerator for 30 minutes.
- 5) Preheat oven to 350°F, roll out into balls of about 1 inch diameter.
- 6) Bake for 8-12 minutes, or until set but not browned.
- 7) Once cooled, Roll in powdered sugar or drizzle with glaze (see glaze directions to the right)

## GLAZE DIRECTIONS

- ½ cup of powdered sugar
- 1 teaspoon of cherry juice
- 1 teaspoon of water

Mix all of these ingredients together. Add more sugar or cherry juice to change the texture. Use this glaze on your cookies to add an extra cherry kick!

## ENJOY!

## February GAMES

Organized by Bren Grundy

## February Maze

Spot 10 differences!



# Happy Valentine's Day

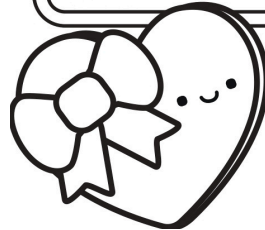


### VALENTINE'S DAY WORD SEARCH

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P	L	A	T	I	C	R	C	G	L
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J	U	N	T	N	P	D	T	Q	V
Y	H	Y	V	D	G	I	F	T	E



CANDY  
CARD  
CUPID  
FRIEND  
GIFT  
HEART  
HUG  
LOVE  
ROSE  
SWEET



### OUR TEAM

Have any questions or concerns? Contact us at [esquimalt.ink@gmail.com!](mailto:esquimalt.ink@gmail.com)

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