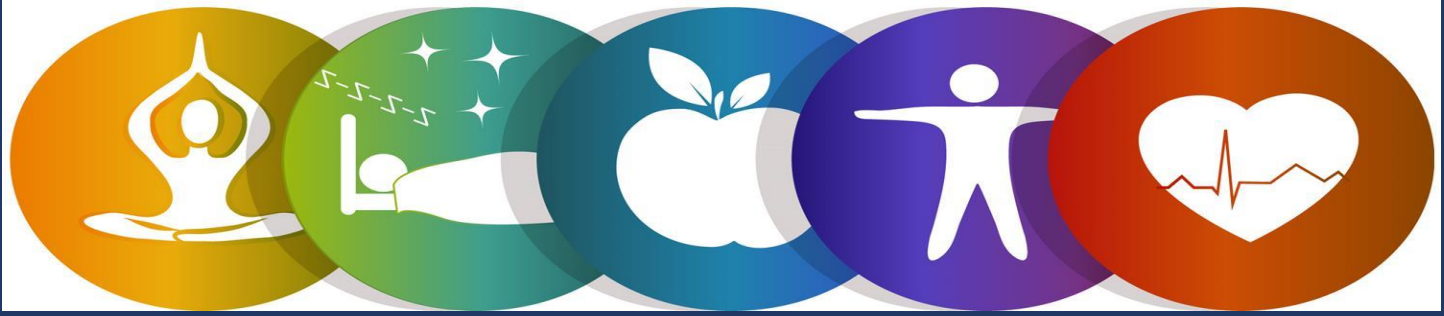


WELLNESS



THIS WEEK'S THEME: CHOCOLATE!

How fitting is this theme for February!!! – here are a few fun facts about this sweet treat!!



1. Cocoa pods are the fruit of the cacao tree. An average cacao tree lives about 200 years, but it only give cocoa beans for 25 years.
2. It takes a cacao tree five years to produce its first cocoa beans (pods).
3. The pod looks like a football that comes in various colours such as green, yellow, orange, red, purple or maroon, Cacao pods are about 8-14 inches long. Most interestingly, it grows directly from the main branches and trunk of the tree, not from the stem like an apple.
4. When the seeds are extracted from the pod, they are very moist. To make cocoa powder, the sees need to be roasted to dry pa and become power easily

5. The peak growing period for a cocoa tree is a duration of 10 years.
6. Cacao trees range from 13-26 feet tall. Sometimes reaching 32 feet.
7. Cocoa flowers can blossom on cacao trees all year around, however the flowers will die within 24 hours if not pollinated.
8. The Swiss consume more chocolate per capita than any other nation on earth: 22 pounds each compared to 11 pounds per person in the United States.
9. Every year around 2 billion pounds of chocolate is consumed on average
10. The largest chocolate bar ever weighed over 12,770 lbs.
11. The world's most valuable chocolate bar is a 100-year old Cadbury bar. It sold for \$687 at auction in 2001.
12. Darker chocolates can have a much caffeine as a can of Coca-Cola



No-Bake Brownie Recipe

INGREDIENTS:

For the bars:

- 1 cup packed pitted Medjool dates
- ¼ cup raw walnuts
- ¼ cup raw pecans halves
- ½ cup shelled pistachios, divided
- ¼ cup unsweetened shredded coconut
- 1 tablespoon chia seeds
- 3 tbs unsweetened cocoa powder
- 1 tablespoon melted virgin coconut oil
- 1 teaspoon vanilla
- ¼ teaspoon sea salt
- ¼ cup goji berries (or dried cherries)
- 1 tablespoon warm water, if necessary

For the topping:

- 1.5 ounces dark chocolate

To garnish:

- 1 tablespoon shelled pistachios
- 1 tablespoon goji berries
- 1 tablespoon chopped pecans
- sea salt, for sprinkling on top

INSTRUCTIONS

1. Add dates, walnuts, pecans, only ¼ cup of pistachios to the bowl of a food processor. Process until chunky. Next add in unsweetened shredded coconut, chia seeds, cocoa powder, coconut oil and vanilla extract. Process again until mixture is chunky and slightly clumping. If mixture is dry, add 1-2 tablespoons of warm water.

2. Next add in remaining ¼ cup pistachios and goji berries and pulse again a few times until pistachios are slightly chunky. Add mixture into a 8×4 inch loaf pan lined with parchment paper, pressing evenly towards the sides of the pan.

3. Add dark chocolate to a small saucepan and place over low heat until melted. You can also microwave in 30 second increments, stirring in between until chocolate is fully melted and smooth. Pour over the bars, tilting pan so that the chocolate covers the bars evenly. Garnish the bars with 1 tablespoon of the following: pistachios, goji berries and crushed pecans.

4. Place bars in the freezer for 30 minutes-1 hour to harden. Once ready to serve, sprinkle with sea salt then cut into 8 squares. Store safely covered in the freezer for up to 1 month. Enjoy!





A BIG SHOUT OUT TO TEAM RIDERS **CARLA AND LINDA**!!! – YOU GOT US ON THE BOARD WITH THE RIDES YOU HAVE LOGGED ALREADY!!!
WELL DONE 😊

GO BY BIKE WEEKS

Go by Bike Week

FEBRUARY 5TH – 11TH

Experience the joy of cycling and have a chance to win great prizes. **Any ride counts** – getting groceries, riding to and from work, trail rides, or other recreational rides. Getting around on smaller wheels like rollerblades and scooters count too! Log all rides to enter the prize draw, track your progress, and see how many greenhouse gas emissions you offset by choosing to go by bike. Create a team for more chances to win team prizes. Visit the GoByBikeBC website for more information. If you are interested, click on the following link - [Cowichan Valley SD79 Riders](#) – I have created a team called Cowichan Valley SD79 Riders – look at the top by **TEAM STATS** and click on **RIDERS** and add yourself!





YOGA SCHEDULE

| Location | Days | Time | Provider |
|--|-----------|----------------|-----------------|
| Quamichan School Dance Room | Mondays | 3:45 – 4:30 pm | Gillian Berry |
| Frances Kelsey Secondary Dance Room | Tuesdays | 3:30 – 4:30 pm | Kendra Crighton |
| Chemainus Secondary Dance Room | Thursdays | 3:45 – 4:45 pm | Alison Donnelly |
| Cowichan Secondary Dance Studio | Thursdays | 3:45 – 4:45 pm | Kim MacLean |
| Lake Cowichan School Library | Thursdays | 3:30 – 4:30 pm | Julie Madden |

Looking to join a gym??

Take advantage of these great rates available for SD79 employees

Fit-Co

Bay 2- 5880 York Rd.
Duncan, BC
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee intro. rate for 3 months only \$149.99 (new members only)**

Valley Health & Fitness

#1 – 1400 Cowichan Bay Road
Cobble Hill, BC
250-743-0511 or email info@valleyhealthandfitness.ca

- **Corporate rate of \$39.95 per month + GST (with a 1-year membership)** or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

CrossFit Anchored Athletics

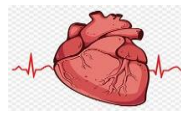
Unit #8 L-6961 Trans-Canada Hwy
Duncan, BC
778-997-3562

- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:
 - 8x one on one Personal Training sessions
 - 3 months of unlimited Group Classes
 - 3 months of Gym Access using a Keyfob between 6am and 10pm
 - 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months

LifeSpeak Inc.



This month on LIFESPEAK – taking control of your



- **Click on the link below to learn more!**

[This month from LifeSpeak: Taking Control of your Heart Health through Good Nutrition](#)

February 2024 • Taking Control of Your Heart Health through Good Nutrition, with Dr. Alison Atrey



[How a healthy diet impacts cardiovascular disease \(CVD\).](#)



[The role of fats in a heart-healthy diet](#)



[The role of protein in a heart-healthy diet](#)



[Carbohydrates and heart health](#)



[The impact of alcohol on your heart health](#)




[Common myths about a heart-healthy diet](#)

**FOR THOSE THAT HAVE BEEN PLAYING ALONG, WELL DONE!! I WILL DO THE DRAW NEXT WEEK AND THE WINNER WILL BE ANNOUNCED IN NEXT WEDNESDAY'S NEWSLETTER!
GET YOUR ANSWERS IN FOR A CHANCE AT THE PRIZE!!**



**FEBRUARY TRIVIA:
EMAIL ME YOUR ANSWERS TO WIN
A PRIZE!**

1. How often are leap years?
2. If you were born in February, what is your sign?
3. When is Valentine's Day? 
4. Jennifer Aniston was born on the 11th of February 1969. Which character did she portray in Friends?
5. John Lennon's wife was born on the 18th of February 1933. Who was she?
6. Which American actor, born on the 18th February 1954, was in Grease, Pulp Fiction and Saturday Night Fever?
7. If you were born in February, what is your birth stone?
8. What is February's birth flower?
9. What does it mean to be a "leaper" or a "leapling:?"
10. Which American actor, born on the 9th of February 1943, played Tommy DeVito in Goodfellas?



Hul'q'umi'num Greetings – February



Mim'ne'

February

(The time of the "baby moon",
the short month)

Hul'q'umi'num WORD for this week:





If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email!** dwhyte@sd79.bc.ca

....until next Wednesday!!!

Take care,

Donna Whyte

Donna Whyte
HR Health & Wellness Manager
250-748-0321 EXT 624

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