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Leapers and Leaplings Special Day



Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!



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Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

SCAN HERE
TO VIEW ADDITIONAL
SPRINGBANK CONTENT





Springbank Ladies Time Out



WHAT IS Springbank LTO?

We are Non-Profit Women's Club, creating community and supporting new friendships in Springbank and the surrounding area.

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Find us on FB • Instagram @springbankLTO SpringbankLTO.ca



Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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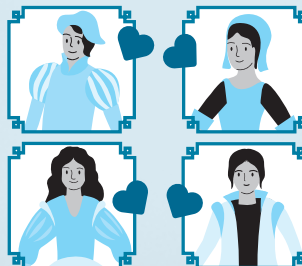
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Medieval Tinder

Wearing your heart on your sleeve is more than just a phrase. Did you know that in the Middle Ages, love was a fashion statement? Back then, singles played a name-lag game, pinning their Valentine's name on their sleeves for a week! Talk about wearing your heart on your sleeve - literally!





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The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



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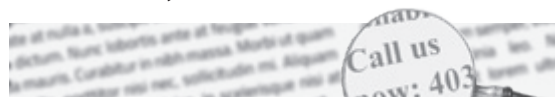
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Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.

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BRAIN GAMES

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8			5		1			9
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		4		7				5
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GAMES & PUZZLES

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- This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
- These stepbrothers create zany projects to make the most of their summer vacation.
- This pop duo from the 60s are well known for their song "I Got You Babe".
- These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
- This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
- This superhero duo attempts to thwart the evil plans of villains in Gotham.

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