



Happy St. Patrick's Day

Saint Patrick's Day on March 17th; a celebration honored world wide! Remember to wear green, legend says it hides you from the leprechauns! The Shamrock is the symbol of Saint Patrick's Day with each leaf representing something different; faith, hope and love.

COVID-19 Update

As we all know, we are still on lock down and the same rules still apply.

- Wear a mask when in public indoor settings.
- Stick to your core bubble, and do not engage in social gatherings.
- Nonessential travel is still to be avoided.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>

COVID-19 Variants

There have been variants of the virus before but there are currently two of concern due to the mutation they carry. The variants were seen in South Africa and in the UK. Researchers say the mutation these variants carry are associated with the rapidly rising number of cases in the two countries due to how quickly it can spread. Though it carries this mutation, it has not been shown to cause any severe illnesses or a higher death rate than with the previous variants. The vaccine that is currently becoming available for all people, should still protect against the variants that we know of and any more that can be discovered.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5>

Daylight Savings Time (DST)

On the 14th of March is Daylight savings time so don't forget to set your clock forward by an hour!! Here are some things you may want to know about it.

Why do we have Daylight Savings Time? Daylight savings time was proposed by Benjamin Franklin but was never taken seriously until 1895 when George Hudson, an emotologist decided he needed more daylight hours after work.



Therefore he proposed a 2 hour time shift. Canada implemented it in 1918 as way to increase production for the war.

Do the Pros outway the Cons?

The most obvious pro is that it gives us another hour of daylight, which results in long summer days with the hot sun! Also on the bright side, the shorter nights have proven to be safer and reduce fatalities (by 13%) and robberies (by 7%)

On the contrary however, it might be common to think that people will save energy due to the extra hour of sunlight, it hasn't been that way for nearly a century. A study conducted in 2006 showed that we actually use more. However this seems to be a contraversial topic with some researchers saying that we save and some saying we lose money.

Another consequence of Daylight Savings Time is that it can make people sick and mess with their overall health. This is due to us disrupting our body clocks which leave us feeling tired. Studies have shown that the tiredness due to DST have resulted in more car crashes, workplace injuries, and overall decrease in health that have ended in heart attacks.

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