## Newsletter



#### **Love Cards**

In the 1700s, the tradition of exchanging handwritten notes on Valentine's Day emerged in England. Evolving from intricately designed cards adorned with romantic verses, this practice gained popularity, transcending borders. Today, Valentine's Day celebration, marked by the exchange of heartfelt cards, affectionate flowers. and gestures, bringing people together.





#### Calendar

In the ancient Roman calendar, February did not hold its current status as the second month of the year. Originally, March marked the beginning of the calendar year. However, as the calendar underwent modifications and additions, January and February were introduced later in the year

# Dates to remember

- February 2: Groundhog Day
- February 9: Chocolate Day
- February 11: International Day of Women and Girls in Science
- February 14:
   Valentine's Day
- February 22: Presidents' Day
- February 23: National Banana Bread Day
- February 29 (in leap years): Leap Day

## LOVENOTES: FEBRUARY'S SYMPHONY OF AFFECTION, STORIES, AND SURPRISES

February 2024

Get ready for the One Team Scavenger Hunt in Bakersfield! Join us on Sunday, February 11, 2024, at 10:00 AM PST. Meet at Recommended Parking kick off to the adventure. It's time to explore, solve clues. and make memories together. Don't miss out on the excitement!

## One Team Adventures Scavenger Hunt - Bakersfield





### My Funny Valentines Pop-Up Shop

Join us for the Love From Above Community's 2nd Annual 'My Funny Valentines Pop-Up Shop' at the Brundage Swapmeet! Experience a day filled with laughter, love, and unique finds. Explore a curated collection of whimsical gifts, handmade treasures, and delightful surprises – the perfect way to celebrate the season of love with a touch of humor. Don't miss out on this heartwarming event that brings the community together in the spirit of joy and connection.



#### Nate Smith: World On Fire Tour

Get ready for an extraordinary night of music as we present the 'Nate Smith: World on Fire Tour' with the sensational special guest, Dylan Schneider! Mark your calendars for the rhythmic celebration happening on Friday, February 16th, at the iconic Buck Owens' Crystal Palace. Immerse yourself in the soulful melodies, dynamic beats, and electric energy that only Nate Smith can deliver. Join us for a musical journey that promises to set your world on fire – an experience you won't want to miss at the heart of the Crystal Palace's legendary ambiance.

### Bakersfield Condors vs Colorado Eagles



Witness the clash of titans as the Bakersfield Condors face off against the Colorado Eagles on Sunday, February 18, 2024. at electrifying Mechanics Bank Arena. The puck drops at 7:00 PM PST, promising an evening filled heartwith pounding hockey action

### WINTER SEASON - WINTERIZING YOUR HOME: SIMPLE STEPS FOR A COZY SEASON

#### February 2024

it's crucial to prepare your home for the challenges that cold weather can bring. Proper winterization not only ensures your comfort but also protects your property from potential damages, reducing the risk of insurance claims. Here's a comprehensive guide to safeguarding your home and insurance during the winter months:

#### 1. Clean Gutters:

- Remove leaves and debris from gutters and downspouts to prevent clogs.
- Ensure proper drainage to avoid ice dams and potential water damage.

#### 2. Inspect Roof and Attic:

- Check for missing or damaged shingles on the roof.
- Inspect the attic for proper insulation and address any issues to prevent heat loss.

#### 3. Check Chimney:

- Examine the chimney for cracks or damage.
- Schedule a professional chimney sweep to remove any built-up soot or debris.

#### 4. Waterproof Windows and Doors:

- Seal any gaps or drafts in windows and doors with weatherstripping or caulk.
- Consider using draft stoppers to further minimize heat loss.

#### 5. Protect Pipes:

- Insulate exposed pipes in unheated areas to prevent freezing.
- Use pipe insulation or heating tape to avoid burst pipes during freezing temperatures.

#### 6. Service HVAC System:

- Schedule a professional inspection and servicing for the heating, ventilation, and air conditioning (HVAC) system.
- Clean or replace filters and address any issues to ensure optimal efficiency.

#### 7. Prepare Patio and Deck:

- Store or cover outdoor furniture to protect it from winter elements.
- Consider applying a protective sealant to wooden decks to prevent winter damage.

### 8. Ensure Snow Removal Tools Are Accessible:

- Check and organize snow shovels, snow blowers, and ice melt supplies.
- Keep these tools easily accessible for quick snow removal when needed.

Proactively winterize to protect your home, minimize insurance claims, and earn appreciation for safeguarding your property.

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#### INGREDIENTS

- 1/2 cup (115 grams) unsalted butter, melted and slightly cooled
- cup (200)grams) granulated sugar
- 2 large eggs , at room temperature
- vanilla teaspoon extract
- 1/2 cup (65 grams) all purpose flour (spooned & leveled)
- 1/2 cup (45 grams) cocoa powder, sifted
- 1/4 teaspoon salt
- 1/2 cup (95 grams) semisweet chocolate chips
- 1/2 cup M&M's



#### FINDS US AT:



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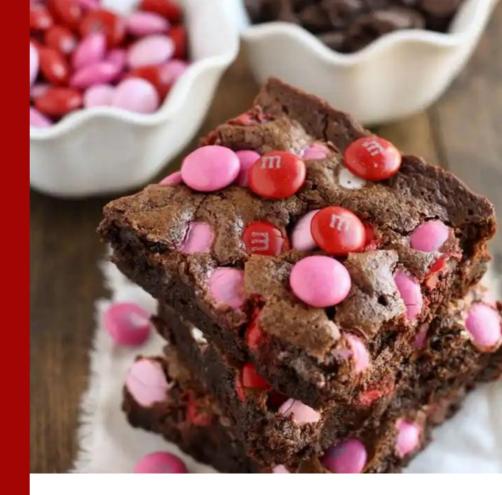


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### Valentine's Day Brownies



16 brownies



) 35 mins

#### INSTRUCTIONS

- Preheat oven to 350°F. Line an 8x8-inch baking pan with parchment paper or aluminum foil, leaving some overhang. If using foil, spray well with cooking spray and set aside.
- In a large bowl, whisk together the butter and sugar. Add in the eggs, making sure to mix well after each one. Mix in the vanilla until combined.
- In a separate bowl, mix together the flour, cocoa powder, and salt.
- Add the dry ingredients to the wet ingredients and whisk until well combined. Gently fold in the chocolate chips.
- Pour the brownie mixture into the prepared baking pan (the batter will be very thick). Evenly sprinkle the M&M's over the top.
- Bake for 25-30 minutes. You will know the brownies are finished when the edges start to slightly pull away and the top looks done.
- Allow to cool completely and cut into squares.