

Caregivers Support Group

Join our free monthly support group for caregivers in our community. This safe, supportive space is here to help those caring for loved ones with chronic or life-limiting illnesses, offering connection, shared experiences, and comfort.

Every 2nd **WEDNESDAY** of the month
1:00pm - 2:30pm

To Register For The Group Contact:
admin@kamloopshospice.com
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Volume 3:14 February 2, 2026

Everybody's Talking!

Waste energy: A modern facility in Beijing, China, is demonstrating how ordinary trash can be transformed into useful power. Collected refuse first is stored in large covered pits, where it ferments before being burned, a step that makes the process more efficient. Overhead cranes scoop tons of waste into massive furnaces, and the resulting heat produces steam that drives turbines, sending electricity back to the city's grid. What remains is sifted for metals, while other residue becomes construction materials. Advanced filters reduce harmful gases and treated water is reused, leaving little behind. Instead of sitting in dumps, rubbish is being converted into energy for low-carbon growth.

Circular mystery: Hidden in Argentina's Paraná Delta lies El Ojo, a floating patch of land that spins within a perfectly round lagoon. Made of dense plant matter, the island became separated from the shore long ago and now drifts in a steady clockwise rotation. Its constant movement has gradually carved the water's edge into the same shape, leaving both island and lagoon as near-perfect circles admired by curious visitors. At about 387 feet (118 m) wide, it is large enough to clearly be seen from above. The exact moment it formed is unknown, though satellite views confirm it has existed for years. For some, it's a place of myth, while for others it's simply an unusual feature of nature.

Canyon refuge: The village of Supai, Arizona (U.S.), is tucked deep inside the Grand Canyon, and is the only inhabited village within the canyon's walls. Reaching it is difficult. Visitors must hike down long trails, take a helicopter, or ride animals along steep canyon paths. The Havasupai, whose name means "people of the blue-green water," have lived here for countless generations and have fought to keep their land. Waterfalls, cliffs, and desert views surrounding the settlement give it a dramatic, isolated setting. Camping and limited lodging exist, but nature's forces often make life unpredictable. Supai remains both a cultural center and one of the most secluded communities in the U.S.

Final supper: In Ephrata, Pennsylvania (U.S.), a man ordered a special steak dinner for his dog Iris, marking her final day with a heartfelt gesture. He mentioned in the note that it was her last meal, and the restaurant staff responded with unexpected kindness. They prepared the food with extra care, added handwritten messages, and wouldn't accept any payment. Iris was treated to steak, mashed potatoes, fries, and warm bread. Her family spent the day taking her for drives, visiting loved ones, and sharing quiet moments. Online, photos of her meal touched people around the world with heartfelt support. That final dinner became a quiet reminder of our love of our pets and how deeply strangers can care.

Quoteable Quotes

"When I was young, I admired clever people. Now that I am old, I admire kind people." —*Abraham Joshua Heschel*

"Be happy, but never satisfied." —*Bruce Lee*

What's Happening

The Kamloops Social Club is hosting a dance featuring Jerry de Souza who does a good mix of classic rock, blues and country. Everyone welcome February 15th at 7:00 pm at St. Paul's Cathedral at 360 Nicola. Tickets \$15.00 at the door!.

Lindy in the Loops presents a Valentine's Weekend Double Feature:
Friday, Feb. 13 Bring the whole family to Swint Sweet Valentines, Live Band Social Dance (7 - 11PM), @ St. Paul's, 260 Nicola Sunday, Feb 15th: (19+) Blue Moon Jazz Night, Slow drag and Blues dancing to live music (7:30-11 PM) @The Effie, 422 Tranquille Rd. Tickets & Details at lindyintheloops.com

Kamloops Fiddlers Valentine Pot Luck Dinner & Dance Feb. 7, 2026 6:00 PM to 10:00 PM Location: 100 Lorne Street - Heritage House Kamloops, BC
Cost: Free for members and \$15.00 for non members
Bring the whole Family Have your tickets at the Door by registering at http://bcfiddlers.com/branches/kamloops/ or pay Cash at the door Or Contact us at kamloopsoldtimefiddlers@gmail.com or call 250-376-2330 There will be a AGM during Dinner

"Messages of Love". Everyone is invited to drop into one of 5 participating coffee shops in Kamloops to write a message of love or a memory on a pink heart and post it on the board, keep it, or give it away. This is free (of course we appreciate donations to Kamloops Hospice, but it's not a requirement) and meant to encourage people to connect and pause to remember or honour those near and dear to them. The locations are: The Vic Downtown, The Art We Are, Motivo Café, Riverbrew Café, and Yew Street Food Hall.

Trivia

1. In the song, "Mares eat oats, and does eat oats," what do little lambs eat?
2. Clown, Little Tramp, or Acrobat is Charlie Chaplin's most famous recurrent character?
3. Bees use this body part to harvest nectar from flowers.
4. Antarctica is a desert—T/F?
5. Tin is a traditional gift given for which wedding anniversary?

(Flip bottom of page for answers)

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Your Weekly Horoscopes

ARIES

(March 20 - April 19)



You may receive a sudden insight this week about an old emotional wound. What action can you take to resolve it, thereby creating a long-term spiritual benefit for you? Lucky numbers: 5, 15, 21, 27, 33, 40.

TAURUS

(April 20 - May 20)



Things that have been stalled may begin to turn around this week, but will take a while to fully move forward. Are your efforts in alignment with your highest values? Lucky numbers: 4, 8, 13, 17, 26, 41.

GEMINI

(May 21 - June 20)



In April, Uranus will move into Gemini for seven years, which may bring many opportunities and considerable turbulence. Plan how to proceed when you get there. Lucky numbers: 1, 12, 24, 26, 32, 33.

CANCER

(June 21 - July 22)



A new opportunity may emerge for you this week. It might require you to make an adjustment in your view of the world and to expand your focus to humanity at large. Lucky numbers: 6, 17, 26, 35, 43, 45.

LEO

(July 23 - Aug. 22)



Clear communication may be difficult for the next few weeks. You might want to wait on important negotiations, or be very sure that the terms are crystal clear. Lucky numbers: 10, 24, 27, 29, 31, 36.

VIRGO

(Aug. 23 - Sept. 22)



The beginning of the week may highlight your natural ability to do detailed, precise work. You might make considerable progress if you are strategic in your efforts. Lucky numbers: 11, 17, 27, 35, 38, 40.

LIBRA

(Sept. 23 - Oct. 22)



Is there an issue that you have had a difficult time resolving? Midweek may be a good time to do so because your tact and diplomacy will be heightened then. Lucky numbers: 3, 16, 19, 22, 34, 38.

SCORPIO

(Oct. 23 - Nov. 21)



This weekend may be a good time to retreat from the world. You might find your emotions challenging. A break could help you avoid difficult interactions. Lucky numbers: 7, 9, 18, 25, 37, 41.

SAGITTARIUS

(Nov. 22 - Dec. 21)



For the next few weeks, things may be busy and chaotic, especially in your communications with others. Double check details and try to avoid unnecessary conflict. Lucky numbers: 2, 5, 15, 32, 43, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



An unusual, late week insight may encourage you to take your current endeavors in a different direction. Don't reject this, but carefully evaluate the pros and cons. Lucky numbers: 7, 9, 22, 29, 30, 41.

AQUARIUS

(Jan. 20 - Feb. 18)



You may be surprised to be tripped up in communicating something you thought was clear. This might be a hidden opportunity to integrate new ideas into your views. Lucky numbers: 14, 15, 28, 32, 40, 44.

PISCES

(Feb. 19 - March 20)



You may find things are confusing for the next few weeks, which might make progress difficult. But this also could be an opportunity for growth, if you can be patient. Lucky numbers: 8, 13, 14, 29, 41, 42.

Lucky numbers this week: This week's odds favor Virgo winners with the luckiest number being 17.

Did You Know...

Glass glow: Stained glass has shaped light for centuries, turning plain windows into radiant displays. Its beginnings trace back to ancient beads and early Roman windows, later evolving into cathedral masterpieces of dazzling color and history.

Spud spark: A few potatoes, some copper and zinc, and a handful of clips are all it takes to light up a tiny clock. The potato's natural acid helps trigger a reaction that turns metal into mild electricity. Turns out, veggies can carry a charge.

Shimmer surprise: That subtle sparkle in lipstick may come from fish scales. Processed into a shiny substance called guanine, these scales give cosmetics a pearly glow when light reflects and refracts through multiple layers.

Backdoor breathing: When some species of turtles hunker down for winter, they barely need oxygen. The small amount they require comes through a surprising source: they absorb oxygen directly from the water into their derrières.

Pupil pause: Human eyes grow slightly after birth, then stay nearly the same size for life. While the rest of the face changes significantly over time, the eyes remain mostly unchanged. That's why babies appear to have such big eyes.

On the Lighter Side

A dinosaur crashed his car. Talk about tyrannosaurus wrecks!

I passed a field of sheep on the bus today. Why they were on the bus, I don't know.

Customer: "Waiter, there's a dead fly in my soup."
Waiter: "Yes, sir, it's the hot water that kills them."

Knock! Knock! Who's there? Wheel. Wheel who? Wheel be going now!

How does a beaver know which tree to cut down? Whichever one he chews.

Answers

Trivia answers: 1. Ivy 2. Little Tramp 3. Proboscis 4. True 5. 10th

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Mar 17 - Will the World Really End in Fire?

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