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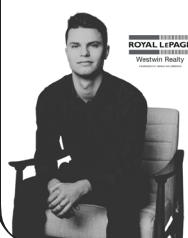
The SAFER program helps B.C. seniors with monthly rent payments to make rent more affordable.

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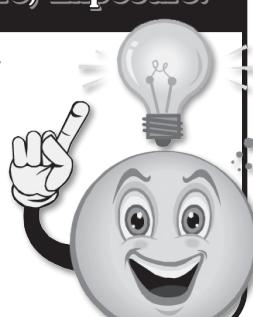


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Volume 3:15 February 9, 2026

## Everybody's Talking!

**Blood alternative:** Japan is testing a new kind of blood, created in labs, to meet medical needs without relying on constant donations. Aiming to solve supply issues faced by many hospitals worldwide, researchers are exploring synthetic versions that carry oxygen and don't require matching blood types. The project is especially urgent in places like Japan, where a declining population means fewer donors but rising demand. Unlike real blood, these alternatives can be stored longer and used more flexibly in emergencies and remote areas. If the trials succeed, the technology could ease pressure on blood banks and reshape how hospitals and other health officials prepare for surgeries, accidents, and public health crises.

**Island wonder:** Socotra, an Arabian Sea island off the coast of Yemen, is so unusual it has been likened to another planet. Rugged mountains and dry plateaus rise above stretches of beach and sand, creating a dramatic landscape surrounded by turquoise water. The island shelters many lifeforms found nowhere else on Earth, making it a showcase of rare biodiversity. Among its most recognizable plants are the umbrella-shaped dragon blood trees, with their striking red resin. The distinctive flora give the land a surreal appearance, adding to its mystique. With its unique species and remarkable scenery, Socotra stands out as one of the world's great natural wonders.

**Grass legacy:** Near the highlands of Huinchiri, Peru, a hand-woven bridge stretches over a river, rebuilt each year by dedicated villagers. The design, passed down through generations, follows ancient methods that use tightly braided grass in place of steel or wood. Victoriano Arizapana, the community's bridge master, oversees the process from start to finish, continuing a tradition rooted in Inca engineering. Before work begins, an offering is made to the land, seeking protection. Once completed, the old bridge is cut loose and left to return to nature below. With care, Arizapana secures the final ropes. The bridge then opens for use, ready for another season of crossings.

**Book revival:** A centuries-old church has been reimagined as a multi-level bookshop blending history with modern design in Zwolle, Netherlands. The building's tall arches and long central aisle remain untouched, while new structures have been added along the sides without altering the original frame. Visitors can browse the collection, pause under restored paintings, or listen to the organ during events. The space offers a mix of fiction, nonfiction, and children's books, and also features a cafe. Upstairs, a replica skeleton hints at the site's medieval past. The building now operates as a functional retail space with room for events and community use. Everything fits without disrupting the building's original layout.

## Quoteable Quotes

"Love is a canvas furnished by Nature and embroidered by imagination." —Voltaire

"Don't feel stupid if you don't like what everyone else pretends to love." —Emma Watson

## 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 Sweet 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](http://lindyintheloops.com)

**"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.

**The Sweet Adelines, Desert Sounds A Cappella + Chorus** meets every Tuesday at 6:30pm at the South West Community Church, 700 Hugh Allan Drive, lower entrance.

**Drop-in Badminton** at the OLPH Gym - 635 Tranquille Rd. every Tuesday at 7:00 pm with a \$5.00 drop-in fee. Call Robert at 250-579-0193 for more information.

**Karaoke** every Saturday night 8 pm-close at The Office Pub & Grill 2020 Falcon Rd.

## Trivia

1. What country is known as the "Land of a Thousand Lakes"?
2. The musical West Side Story is a retelling of this Shakespeare play.
3. This light show happens when solar particles collide with Earth's atmosphere.
4. A horse's height is measured in \_\_\_\_\_.
5. Who wrote the song "This Land Is Your Land"?

*(Flip bottom of page for answers)*

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**(Over)**

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## Understand Your Bible

Feb 3 - Who is Lucifer and Satan?  
Feb 17 - Who are the 144,000?  
Mar 3 - What Is the Soul, and What Happens When We Die?  
Mar 17 - Will the World Really End in Fire?

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At midweek, an opportunity to be of aid to a group, large or small, may emerge. It might require some sacrifice on your part, but still could be in your best interests. Lucky numbers: 9, 26, 27, 33, 37, 47.



**VIRGO**  
(Aug. 23 - Sept. 22)

For the next few weeks, you may lose interest in performing work that requires precision and detail. Consider what this process might say about your passion. Lucky numbers: 4, 5, 11, 18, 20, 32.



**LEO**  
(July 23 - Aug. 22)

Have you considered how to expand your role in the world to aid humanity? The weekend may be a good time to translate this adjustment into outward action. Lucky numbers: 2, 12, 13, 27, 28, 47.

**CANCER**  
(June 21 - July 22)

Your head and heart may be pulling you in different directions at the beginning of the week. If you can't reconcile this stalemate, consider waiting a few days to act. Lucky numbers: 3, 13, 30, 40, 45, 48.

**GEMINI**  
(May 21 - June 20)

For the next few weeks, you may be pulling you in different directions at the beginning of the week. If you can't reconcile this stalemate, consider waiting a few days to act. Lucky numbers: 5, 16, 25, 26, 30, 47.

**TAURUS**  
(April 20 - May 19)

Saturn is moving into Aries for the next two years. A likely challenge during this period will be finding a good balance of taking action vs. maintaining the status quo. Lucky numbers: 15, 16, 25, 26, 30, 47.

**SCORPIO**  
(Oct. 23 - Nov. 21)

You may have an opportunity to develop a bolder leadership style over the next two years. This might require you to integrate a higher level of risk into your world view. Lucky numbers: 8, 11, 13, 18, 21, 38.

**PIRATES**  
(Dec. 22 - Jan. 19)

You may find the next two years to be a time of testing. The challenge might be to resist the temptation to be stubborn in favor of becoming a mature leader. Lucky numbers: 7, 8, 9, 13, 21, 22.

**SAGITTARIUS**  
(Nov. 22 - Dec. 21)

Early this week, your natural sense of optimism may be strong. Before moving forward, be sure to check any plans you make during this period for potential obstacles. Lucky numbers: 6, 7, 8, 12, 15, 48.

**CAPRICORN**  
(Dec. 22 - Jan. 19)

Your ambition to achieve success may be particularly strong during the middle of the week. Be sure to consider the goals of those who will be impacted by your efforts. Lucky numbers: 10, 17, 19, 36, 42, 44.

**AQUARIUS**  
(Jan. 20 - Feb. 18)

As an Aquarius, your goals to aid humanity may get bogged down in confusion and uncertainty this week. Is this a message to be more flexible in your endeavors? Lucky numbers: 8, 14, 23, 31, 35, 42.

**LIBRA**  
(Sept. 23 - Oct. 22)

For the next few weeks, be aware of how much others are asking of you. Carefully consider whether you can meet their requests without sacrificing your own needs. Lucky numbers: 5, 13, 15, 22, 29, 46.

**PIRATES**  
(Oct. 23 - Nov. 21)

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(Feb. 19 - March 20)

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**PIRATES**  
(March 21 - April 19)

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