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The 2nd WEDNESDAY of every month 1:00 - 2:30pm

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 Volume 3:34 June 22, 2026

Everybody's Talking!

Shared feast: Over 3,000 residents came together for a community meal that stretched 5,280 feet (1.6 km) through Denver, Colorado (U.S.). Organized by the nonprofit Longer Tables, the "Mile Long Table" brought locals, volunteers, and visitors to one continuous line of seats in the heart of downtown. Farmers, chefs, and sponsors contributed food and support, turning the event into a large-scale neighborhood picnic. Some attendees even reunited with loved ones flown in by surprise through a sponsoring airline. The meal encouraged strangers to connect face-to-face and share stories. Organizers hope to make the gathering a yearly tradition and inspire other cities to create their own tables of connection.

Bee boost: Oxford, England, researchers developed a new bee feed using modified yeast that mimics the nutrients bees gather from pollen. The project aims to support colonies struggling with the decline of native flowering plants. Through fermentation, scientists produced sterols, natural compounds vital for bee growth and energy. Test colonies raised more young and stayed active longer when fed the nutrient-rich mixture. The yeast, altered through genetic methods, offers the same essential lipids as pollen but in a steadier form. Experts say this advance could strengthen pollination systems and boost global food yields, helping bees survive as their natural food sources continue to decline.

Secret snake: In the forests of Barbados, scientists have confirmed the reappearance of a snake species unseen for decades. Hidden beneath a rock during a wildlife survey, the Barbados threadsnake turned out to be the smallest known snake on Earth. Barely the length of a finger, it burrows through soil and roots, rarely surfacing in daylight. Researchers verified its identity under a microscope before returning it safely to its habitat. The finding offers hope that other species presumed lost may still survive in the island's shrinking forest reserves. Conservationists view this rediscovery as a reminder of how fragile these remaining ecosystems are, and how easily their rarest inhabitants can slip away again.

Plastic threads: An engineering student in Baltimore, Maryland (U.S.), has created a method to turn leftover party cups into wearable fabric. Her company, The New Norm, repurposes the plastic from discarded cups into yarn used for sweaters and hats. By combining the plastic with eco-friendly materials, the finished fabric stays soft while avoiding the microplastic shedding of standard polyester clothing. Each piece is 3D-knitted in one seamless process, reducing waste and stitching. The pastel colors come directly from the cups themselves, without added dyes. Production now runs through U.S. facilities, turning single-use plastic into sustainable fashion that redefines how waste can be worn.

Quoteable Quotes

"Goodness is the only investment that never fails."
 —Henry David Thoreau

"Develop a passion for learning. If you do, you will never cease to grow."
 —Anthony J. D'Angelo

What's Happening

This year the Legion celebrates 100 years of service. We are offering free membership for the year. Come by the Legion at 425 Lansdowne St (Thurs-Sun) or go on-line at Legion.ca. Thursday is Open Mic - come have a dinner (5:30) and listen to some great local music (6:30). Meat draws Saturday and Sunday (2:30-4:30)

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.

Trivia

1. What was the capital of East Germany?
2. Who was the original voice of Kermit the Frog?
3. A possum has a pouch—T/F?
4. What is the continuous circulation of water in the earth's atmosphere?
5. A villanelle is a type of gondola, bread, or poem?

(Flip bottom of page for answers)
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Your Weekly Horoscopes

ARIES (March 20 - April 19)

This week you may find that you have a low level of energy and are easily discouraged. Think of this as a "time out" to become clear about what you truly want. Lucky numbers: 3, 8, 15, 16, 41, 43.

TAURUS (April 20 - May 20)

You may be in a mid-week stalemate between the desires of your head vs. your heart. Following your intuition isn't your strong suit, but might be the best path. Lucky numbers: 13, 16, 22, 38, 42, 45.

GEMINI (May 21 - June 20)

Sudden, unexpected information or events may be in your orbit midweek. Be aware of any temptation to impulsively respond before thinking through the situation. Lucky numbers: 7, 10, 15, 17, 27, 40.

CANCER (June 21 - July 22)

Is there something heart-felt that you haven't yet achieved? At the end of the week, you may get a chance at it, but you might need to actively seek and manifest it. Lucky numbers: 6, 9, 17, 19, 24, 41.

LEO (July 23 - Aug. 22)

Leos tend to lead with their heart over their head. But for the next few weeks, you may have a chance to develop a more balanced approach to decision making. Lucky numbers: 11, 12, 16, 29, 38, 39.

VIRGO (Aug. 23 - Sept. 22)

Virgos like to be methodical and detail-oriented in decision making. The next few weeks may have a very quick pace, with an opportunity to change your process. Lucky numbers: 1, 5, 18, 21, 26, 40.

Lucky numbers this week: This week's odds favor Cancer winners with the luckiest number being 9.

LIBRA (Sept. 23 - Oct. 22)

Libra is normally tactful and diplomatic. For the next few weeks, be aware of any tendency to make impulsive comments. Putting your foot in your mouth is easy now. Lucky numbers: 14, 19, 25, 28, 38, 45.

SCORPIO (Oct. 23 - Nov. 21)

Your ability to receive intuitive information about people and situations may be heightened at midweek. If you feel overwhelmed, carve out some quiet space. Lucky numbers: 5, 10, 14, 16, 26, 41.

SAGITTARIUS (Nov. 22 - Dec. 21)

Your natural optimism could get a boost toward the end of the week. How might you use this energy positively, during the few days it may be in effect? Lucky numbers: 4, 9, 14, 15, 23, 46.

CAPRICORN (Dec. 22 - Jan. 19)

For the next few weeks, you may find that your grounded nature is disrupted. You can just ride it out or use it to make an adjustment to develop more flexibility. Lucky numbers: 10, 15, 22, 24, 32, 42.

AQUARIUS (Jan. 20 - Feb. 18)

For the second week, the dispassionate quality of Pluto through Aquarius interacts with warmer energy, now asking you to adjust toward more compassion. Lucky numbers: 15, 17, 20, 36, 37, 39.

PISCES (Feb. 19 - March 20)

Pisces can pluck information from the energetic plane, but communicating it to others may be hard. The energy of the next few weeks could bring clarity or confusion. Lucky numbers: 2, 4, 8, 9, 18, 26.

Did You Know...

Pickle day: National Pickle Day (U.S.) on November 14th celebrates everything from sweet to spicy varieties, giving fans a reason to enjoy the tangy treat in many forms. Legends even suggest Cleopatra linked her beauty to a steady diet of pickles.

Air sailors: Female argonaut octopuses trap pockets of air inside their delicate shells to move with precision through the ocean. This clever trick helps them glide efficiently while conserving energy and keeping their eggs safe in the deep sea.

River roots: The rock band Puddle of Mudd got its name after floodwaters filled their rehearsal space in Kansas City, Missouri (U.S.). Years later, a demo tape connected them to the industry, setting the stage for their breakout success.

Monkey mail: In the mid-1900s, Sears catalogs didn't just sell clothes and tools, they even offered live monkeys by mail. The unusual listings made the family catalog seem more like a miniature zoo than a shopping guide.

Gum ban: Ordinary chewing gum is off-limits in Singapore. Importing gum, selling it, or carrying it without a doctor's note is against the law, with only prescribed dental gum allowed under tightly controlled medical rules.

On the Lighter Side

Know the difference between a space ship and a cookie? You can't dunk a rocket in your coffee.

My optician is a man of vision.

You know what really floats my boat? Buoyancy.

Producer: "Didn't you write a play named Fireflies?"
Writer: "Yes, it got glowing reviews."

Knock! Knock! Who's there? Wanda. Wanda who? I wanda where I put my keys.

Answers

4. Water cycle 5. Poem
Trivia answers: 1. East Berlin 2. Jim Henson 3. True

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