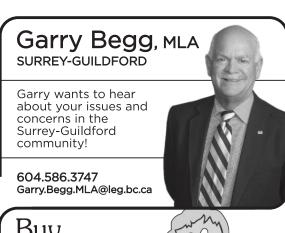
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talking to someone can help

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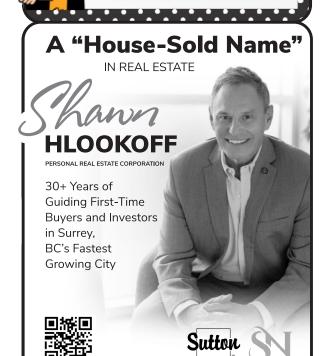
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Vol. 3 No. 47 Nov. 24, 2025

Everybody's Talking

Sacred splash: In Heerlen, Netherlands, an empty church is getting new life as a swimming pool. Architects are preserving the historic charm while adding clever features, including an adjustable pool floor that allows the venue to host both swimming and cultural events. Glass walls shield stained glass and artwork from humidity, while church pews have been repurposed as seating and bar tables. The pulpit, once used for sermons, will now offer a perfect vantage point for the lifeguard. Swimmers enter through the original aisles, experiencing the blend of old and new. Designed to honour the building's past while meeting modern needs, this inspired project shows how thoughtful design can breathe new life into cherished spaces.

Shifting shade: Designer Joe Doucet of New York (U.S.) found himself unsure what colour to paint his house until the answer revealed itself in a mood ring. Using the same chemical idea, he created a paint that flips from white to black depending on the temperature, aiming to help homes stay cooler in the heat and warmer in the cold. The shift responds to outdoor conditions and could cut energy use without wires or moving parts. Still in testing, the early results show indoor temperatures are noticeably affected. The formula can be used with other colours, too, so a blue house would turn light blue in the summer and dark blue in the winter. The idea is to let the weather decide the colour, and hopefully save energy costs at the same time.

Petal parade: A springtime tradition transforms the streets of Noto, Italy, with vast carpets of flowers. During the Noto Infiorata Festival, local artists craft elaborate floral mosaics along Via Nicolaci, each design reflecting a chosen yearly theme. Thousands of petals are carefully arranged by hand, drawing visitors from near and far. What began as a tourism initiative has grown into a celebrated cultural event, filling the Baroque city with colour, scent, and art. Surrounding streets host concerts, markets, and displays of local crafts. For many, strolling through this fleeting gallery of blooms is a chance to experience Noto's rich blend of beauty and tradition, one petal at a time.

Tunnel trouble: In Nara, Japan, train operators faced an unusual challenge. Turtles were getting stuck on the tracks. To prevent accidents and protect the reptiles, a local railway company teamed up with an aquarium to build a turtle tunnel beneath the rails. Designed for these slow-moving travellers, the passage lets them safely pass under the tracks instead of risking a crossing above. Monthly checks keep things running smoothly, with any rescued turtles taken in for care. While the tunnel has already saved several shelled commuters, it's just one small fix in a much bigger picture. Other regions are now testing similar wildlife paths. For these turtles at least, there's finally a safer way to get from one side to the other.

Quoteable Quotes

"Freedom is the greatest fruit of self-sufficiency." ~ Epicurus "We see what we believe rather than what we see."

~ Alan Watts

What's Happening

Non profit organizations and charities – promote your upcoming event here free of charge! Please provide three to four weeks' notice.

Surrey Tree Lighting Festival & Holiday Market 2025 will be held November 22 & 23 at the Surrey Civic Plaza (13450-104 Avenue) from 12 to 8 p.m. The 15th annual event returns with its first-ever free outdoor ice skating rink! Kick off the holiday season with light displays, live music, free photos with Santa, free amusement rides, and much more. For more information, visit surreytreelighting.ca.

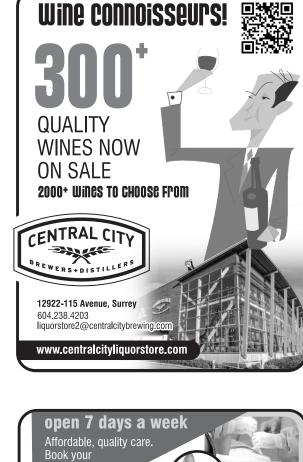
Prostate Cancer Support South Fraser meets at Victory Memorial Park (14831-28 Avenue, Surrey) on the last Saturday of every month (except July & December) from 10 a.m. to noon. Hear guest speakers and participate in informative discussion. Open to all, including spouses and family. Call 236.258.5257 for more information.

Trivia

- 1. What colour is Kermit the Frog?
- 2. Featured in an Agatha Christie novel, this train started running in 1883.
- 3. What name is given to the science of sound?
- 4. Mushrooms are more closely related to animals than to plants – T/F?
- 5. Several Mesoamerican peoples used chocolate as what?

(Flip bottom of page for answers)

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appointment

Dr. Gurmeet Bhullar

Animal

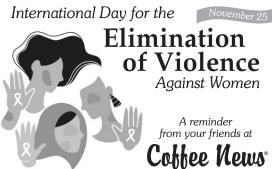
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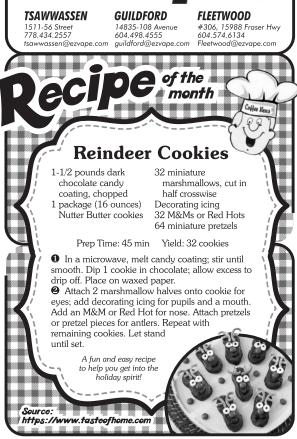
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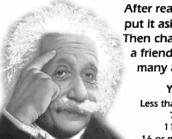
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Your Score:

Less than 6 - Keep trying

7-10 - Getting better 11-15 - Excellent

16 or more – Genius!

Your Weekly Horoscope

(March 20 - April 19)



It would be wise to monitor any angry feelings you have this week. Consider if they

have been triggered by a return to your emotions surrounding an old wound. Lucky numbers: 9, 13, 14, 19, 22, 28.

TAURUS

(April 20 - May 20)



Are you feeling a strong urgency to address or complete something right now? It may be

helpful to take a deep breath and think through the situation before you act. Lucky numbers: 7, 9, 15, 23, 35, 38.

GEMINI

(May 21 - June 20)



For the next month, you may encounter an obstacle in a relationship. Seek a compro-

mise that you both can live with, going forward. Waiting may not be helpful for the situation. Lucky numbers: 12, 20, 30, 37, 39, 42. **CANCER**

(June 21 - July 22)



This may be a good time to integrate your values and beliefs into your daily routine. It

may require a review of where you stand to decide how to move ahead. Lucky numbers: 1, 3, 9, 18, 40, 46.

LEO

(July 23 - Aug. 22)



Early in the week, your head and heart may be in opposition. If you can't reconcile the

two, it may be best to wait a few days before taking any action. Lucky numbers: 6, 15, 22, 25, 37, 43.

VIRGO

(Aug. 23 - Sept. 22)



In the past two-plus years, you may have experienced periods of disruption to your

normally grounded approach. This fully, it has helped you develop dynamic might begin to improve in the next few months. Lucky numbers: 13, 21, 30, 31, 34, 45.

PISCES (Feb. 19 - March 20)



For more than two years, Saturn has been in Pisces and stays until February. Hope-

a more grounded approach. You have a last chance now. Lucky numbers: 18, 21, 30, 35, 38, 45.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 12.

Did You Know...

Lucky seven: U.S. and Canadian phone numbers weren't always seven digits long. Engineers found that the length offered enough combinations to expand the system, while still being short enough for people to remember, balancing function and memory.

Strings surprise: Before becoming a rap star, J. Cole spent years mastering the violin. By high school, he was first chair in the orchestra, performing familiar movie themes. That early passion for music carried into his later career.

Sea mystery: In the North Atlantic Ocean, the Sargasso Sea doesn't touch any land. Instead, it's defined by powerful ocean currents that form a natural boundary. Many sea creatures, including eels and turtles, travel through it during their long migrations.

Cosmic crop: Potatoes became the first vegetable grown in space. Thanks to a team-up between NASA and researchers in Wisconsin (U.S.), special "Quantum Tubers" were crafted using a mix of farming know-how and space science.

Dad delivery: Instead of moms, male seahorses are the ones who carry and birth their young. Their pouch works much like a uterus, nourishing the babies inside. It's a rare twist in nature's approach to parenting.

On the Lighter Side

Knock! Knock! Who's there? Achoo. Achoo who? Achoo my gum every day.

Sign in a bank window: "Come in and see if you are loan-ly." I suffered for months with ringing in my ears, then I got an

Joy: "Where were you when the parade went by?"

Jim: "I was home waving my hair."

Joy: "Next time use a flag."

Auswers

4. True 5. Currency

Trivia answers: 1. Green 2. Orient Express 3. Acoustics

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(Over)

Music Lessons Musical Instrument Sets (Sept. 23 – Oct. 22)

You may find yourself

being aggressive at

the week's end. Ask

yourself if this feeling

is justified, or if you should take

a breath and wait a few days

2, 10, 17, 20, 28, 44.

(Oct. 23 - Nov. 21)

SAGITTARIUS

CAPRICORN

AQUARIUS

(Jan. 20 - Feb. 18)

(Dec. 22 - Jan. 19)

(Nov. 22 - Dec. 21)

SCORPIO

before acting. Lucky numbers:

This dynamic might begin to

shift at the week's end. Try to

focus on common ground. Lucky numbers: 11, 12, 15, 16, 22, 48.

for you. Explore new possibilities,

but consider waiting a bit before

numbers: 4, 12, 20, 30, 35, 36.

be a good time for you to do so.

Look for new opportunities that are

more in alignment for you. Lucky

numbers: 5, 6, 15, 17, 24, 28.

implementing them. Lucky

For the last few

weeks, you may have

encountered difficul-

ties in communicating.

Sagittarians often are free spirits and, for

the next month, this

desire may be strong

Capricorns generally

time considering their

values, but this may

The last month may

have had mishaps

with equipment,

communications,

travel, and so forth. At the week's

end, this situation could begin to

shift, so try to be patient. Lucky

numbers: 3, 21, 22, 24, 33, 42.

don't spend much



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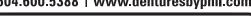














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