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Vol. 21 No. 15 April 8, 2024

**Everybody's Talking**

**Impolite parrots:** Most of us are brought up being told to "mind our manners." Somehow, a flock of eight parrots at Lincolnshire Wildlife Park in eastern England did not get the message. Or, they got the message but refused to listen, and continued to flaunt their "fowl" speech. Park officials had attempted to curb the African grays' behaviour with reprimands like time outs. But to no avail. Now, instead of trying to keep the offending parrots away from the well-behaved ones, park employees have decided to try a new experiment: move the naughty parrots in with the 92 polite parrots in the hopes they will pick up better manners from their feathered peers. Time will tell

**Alpine office:** Hold on to your office chairs! A Chinese advertising agency is being accused of taking "remote work" to a new level by literally relocating its entire operation from a city business district to a remote mountain area. Former employees are crying foul play, alleging that the relocation was a plot to make them voluntarily pack up their desks so the company could avoid layoffs and compensation. In what can only be described as an uphill battle, the agency's move made the daily commute a two-hour trek, each way, especially challenging for those without a personal car. Now, that's taking "remote" work to new heights!

**Bite and run:** Residents of the small town of Vastogirardi, in the Molise region of Italy, could not figure out why they often would go out to their cars only to discover their tires had been slashed. The residents of the peaceful little village were scratching their heads and beginning to fear there was evil intent behind the strange and consistent vandalism. Finally, cameras were set up and undercover patrols assigned to the case. They quickly discovered the culprit: a dog with a very sore set of teeth. Apparently the canine suffered from gingivitis and was biting into the tires to relieve the pain.

**Bad example:** Marathon runners are not likely to be chain smokers. The two habits simply don't go together. But for a 52-year-old Chinese marathon runner known as Uncle Chen, now dubbed Smoking Brother, lighting up before the race and even chain smoking during the race was common. He recently ran the Xiamen Marathon in Beijing and did it in three hours and 33 minutes. However, officials made the decision to issue him a two-year ban from their races, and voided his time and ranking from the event because smoking while on the track was considered to be a punishable behaviour due to its impact on the other 1,500 runners.

**Quoteable Quotes**

"Write your sad times in sand, write your good times in stone."  
—George Bernard Shaw

"Happiness is when what you think, what you say, and what you do are in harmony."  
—Mahatma Gandhi

**What's Happening**

**April 27 - Fabulous Fabric Frenzy Sale** Sale runs from 9 a.m. to 3:30 p.m. at Strathearn United Church 8510 95 Ave. Edmonton. Huge selection of fabric, yarn, notions, craft supplies at rock bottom prices. All profits support the Grandmothers Campaign of the Stephen Lewis Foundation.

**Aug 21 - Links fore Literacy Charity Golf Tournament 2024** The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit [familit.cagolf2024](http://familit.cagolf2024)

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**Trivia**

1. In A Christmas Carol, who was Jacob Marley's business partner?
2. Which British TV show featured John Cleese as a hotel owner?
3. Joseph Glidden invented the first successful paperclip, remote control, or barbed wire?
4. Keflavik is the largest airport in what country?
5. What body of water washes upon the western shore of Australia?

(Flip bottom of page for answers)  
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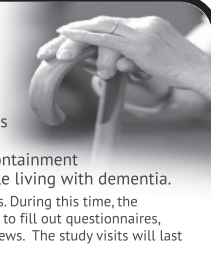
## Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately four weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between one to two hours.

If you are a person living with dementia and urinary incontinence or a care partner and want to learn more about this study, please contact Dr. Wagg's research office at

780-492-6855 (24-hour confidential voicemail)



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# Your Weekly Horoscope

## ARIES

(March 20 - April 19)



Be careful, especially at midweek, of impulsively speaking or taking action without first thinking it through. If you can't stop yourself, be sure to have

a plan B. Lucky numbers: 1, 2, 9, 32, 38, 40.

## TAURUS

(April 20 - May 20)



This week may offer a sudden insight about potential opportunities. Carefully consider the pros and cons. If something feels right to you,

perhaps proceed with it. Lucky numbers: 8, 15, 23, 30, 38, 48.

## GEMINI

(May 21 - June 20)



At midweek, your mind may be running at break-neck speed. Take a deep breath and wait. Any important insight you receive should still be

there in a few days. Lucky numbers: 7, 22, 31, 32, 35, 46.

## CANCER

(June 21 - July 22)



Your emotions may be particularly volatile at week's end. Be careful about saying something that you can't retract. Perhaps postpone that

conversation for a few days. Lucky numbers: 5, 6, 10, 25, 39, 45.

## LEO

(July 23 - Aug. 22)



Your innate enthusiasm and joy may get an extra boost right now. How might this temporary energy help you accomplish something new for

yourself and others? Lucky numbers: 6, 10, 12, 26, 35, 41.

## VIRGO

(Aug. 23 - Sept. 22)



Are you feeling frustrated and in opposition to something or someone? If you can't find a win-win outcome, you may want to wait a few days

to proceed. Lucky numbers: 4, 5, 7, 11, 26, 32.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 35.

## LIBRA

(Sept. 23 - Oct. 22)



Libras tend to prioritize good relations with others over their own desires. If this applies to you, midweek may offer an opportunity to negoti-

ate what you need. Lucky numbers: 3, 5, 6, 10, 38, 43.

## SCORPIO

(Oct. 23 - Nov. 21)



Are obstacles preventing you from getting on the same page with someone else about a problem? How might your view-

point be adjusted to facilitate a solution? Lucky numbers: 2, 8, 12, 27, 28, 48.

## SAGITTARIUS

(Nov. 22 - Dec. 21)



A solid set of beliefs is often important for Sagittarians. You might be challenged this week. Are your prior beliefs still valid or do you need

to reconsider them? Lucky numbers: 16, 20, 23, 27, 33, 39.

## CAPRICORN

(Dec. 22 - Jan. 19)



Your heart and mind may be out of sync at the end of the week. To create balance, you might want to lean into more emotional expression at

this time. Lucky numbers: 10, 14, 31, 34, 42, 43.

## AQUARIUS

(Jan. 20 - Feb. 18)



Humanitarianism can be an important life theme for Aquarians, though your approach may be detached. Now maybe you can add some fire to

jump start your endeavours. Lucky numbers: 12, 13, 15, 16, 39, 43.

## PISCES

(Feb. 19 - March 20)



In the last few weeks, have you been implementing opportunities that manifest your ideals into the world? What steps might you take

before this energy passes? Lucky numbers: 9, 16, 18, 20, 28, 32.

## Did You Know...

**Toothache troubles:** If you lived in Germany during the Middle Ages, you might have been one of the many people who believed that kissing a donkey would take away toothache pain. If the donkey kicked, that could be a different matter!

**Scrumptious meal:** Pork pies are a staple of British cuisine. The dense pastry is filled with minced pork belly or shoulder that is seasoned with nutmeg, salt, and pepper. Savoury jelly is added after cooking.

**Sleeping patterns:** Most people try to get eight hours of shut-eye every night. Famous painter Leonardo Da Vinci, like many other geniuses, favoured a 20-minute power nap every four hours. That's not much sleep!

**Unique license plates:** For many years in Nunavut, a territory in Canada's far north, drivers had unique license plates on their vehicles. Most plates are rectangular. But until 2012, Nunavut license plates were shaped like a polar bear.

**Main course:** Lots of people enjoy dining on chicken cordon bleu, that delicious combination of chicken, ham, and cheese that is breaded then fried or baked. The dish's origins are in Switzerland.

## On the Lighter Side

A couple went to a party dressed as a barcode. They decided they were an item.

Sign on the house: "Drums for Sale."

Sign on the house next door: "Yay!"

Knock! Knock! Who's there? Zany. Zany who? Does Zany body have carrots? I'm hungry.

What sort of shoes does Winnie-the-Pooh wear? None, he has bear feet.

What's yellow and swings through the jungle smelling of almonds? Tarzipan.

## Answers

Trivia answers: 1. Ebenezer Scrooge 2. Fawcety Towers 3. Barbed wire 4. Iceland 5. Indian Ocean

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