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MISSING: Your news..!

- ANNIVERSARIES
 - ANNOUNCEMENTS
 - IN MEMORIAM
 - CONGRATULATIONS....
- OR SEND IN A FREE COMMUNITY NOTICE OR CLASSIFIED!

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The Macktown Buzzette

Dec 12 - 19, 2019



Mackenzie Figure Skating Club. Back row: Becky (coach), Braylie, Kaylee, Jayden, & Carly. Front row: Allison, Jordynnn, Alex, & Jaylynn. Missing: Mattie, Lilyan, & Isabell.

MFSC travels to Smithers

Mackenzie Figure Skating Club had 10 skaters travel to Smithers Nov 28 - Dec 1 to compete in the 2019 Kla How Ya Competition hosted by the Houston Figure Skating Club. It was a solid first showing for our girls.

(See results back page) →

Canfor vote next week

Canfor shareholders will vote December 18th in Vancouver to accept or reject a purchase offer from majority shareholder Great Pacific Capital Corporation, owned by Jim Pattison.

Pattison's offer, which pays \$16 per share, was made in August, when shares were around \$9. If accepted, it would take the company private. Private companies do not trade on a stock exchange and are not obligated to report financial results.

Some interpret the move as a positive sign that Pat-

News from Around:

A B.C. woman whose husband died suddenly without leaving a will lost a court battle this week to use his sperm, which has been preserved frozen since October 2018, to have another child.

According to a CBC report, the judge regretted the decision, which was based on a federal law which prohibits removing human reproductive material from a deceased donor's body without written permission.

The woman was also denied property rights over the sperm.

tison wants to increase his exposure to forestry.

People who owned shares in Canfor at the close of business on November 12th are eligible to vote.

In other news, Canfor announced last month more province-wide curtailments over the Christmas season.

Garbage pickup to offer biweekly

In a report to council on Monday, the District said it will offer an option for biweekly garbage collection at a reduced rate in the new year. The option was presented earlier this year with the purchase of the new garbage truck and bins, the latter which are twice the size of a regular garbage can and offer unneeded capacity for many residents.

For residents who need weekly pickup and an extra bin, that will also be an option.

WHAT'S ON

LEGION XMAS BINGO
Thursday, Dec 12th. Doors open at 6 pm, Bingo starts at 7:00 pm. LOTS OF DOOR PRIZES.

CHRISTMAS FAMILY SKATE & HOLIDAY SWIM, December 13th 6 - 8 pm. All ages, no cost. Santa's Workshop 5 pm.

CHRISTMAS POP CONCERT by Mackenzie Figure Skating Club. Dec 20th, 6 - 7:30 pm @ Rec Centre. Admission by donation. Collecting non-perishables for Care n' Share!

FAMILY MOVIE NIGHT Dec 21st 'Abominable' 6:30 - 8:30 pm Rec Centre. Bring your own snacks and drinks! Children under 12 must be w/ an adult.

XMAS PANCAKE BREAKFAST at the Legion on Sunday, Dec. 22nd from 8:00 am till 12 noon. Cost is by donation.

COMMUNITY NOTICES

LEGION WING NIGHTS (WEDS) will be closed on December 25th and January 1st. It will resume on January 8th. Sorry for the inconvenience.

Continued over →

Quotes:

“ I've been absolutely terrified every moment of my life – and I've never let it keep me from doing a single thing I wanted to do. ”
– Georgia O'Keeffe

Correction to Dec 5th issue:

A correction to “MLMCF celebrates 10 years” from last week's Buzzette: Dan Bouliane is the General Manager of the McLeod Lake Mackenzie Community Forest. Ron Crosby is the Chair.

Mackenzie & PharmaChoice THANKS YOU!
Customer Appreciation Night
December 13th, 4:00 - 7:00 pm



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Trivia:

What popular aural hygiene product was originally called 'Baby Gays'?
(See answer back page →)

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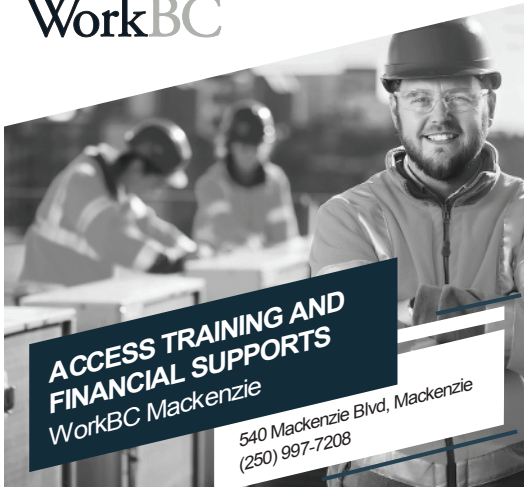
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Harbour Air tests e-flight

Richmond-based Harbour Air announced the successful flight of the world's first all-electric commercial aircraft this week.

The ePlane is a six-passenger DHC-2 de Havilland Beaver outfitted with a 750 hp (560 kW) propulsion system designed by magniX of Redmond, WA. Harbour CEO

Greg MacDougall piloted the flight, which launched from the Fraser River and spent three minutes in the air over Richmond, B.C. on Tuesday.

More test flights will follow as the companies begin the certification process. Harbour Air says this is the first step toward its goal of an all-electric fleet.

Kitchen Tips:



Saggy broccoli or celery?

Do you hate when you pull out the broccoli you bought a few days ago and it's already gone soggy? Not to worry! Cut a new end off

the stalk and put it, cut end first, in a jar or bowl of fresh water. Leave for a day or a few hours, while the stalk absorbs some water. Voila! Refreshed vegetable!

Have a kitchen tip to share? Leave a message at 997-5038 or E-mail: thebuzzette@gmail.com.



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PEACE OF MIND CAMPAIGN is raising funds for Kordyban Lodge at UHNBC Hospital, to reduce fees from \$54 to \$20/night. Look for donation cans around town or call Edith at 997-3899. Bottles and cans can be donated to account #106 at the Elks Bottle Depot.

CNC LABOUR MARKET SURVEY for people who have been displaced or affected by industry closures in Mackenzie. If you are a worker or small business owner, please contact Rachelle Dumoulin at 250-997-7214.

LEARN TO SKI and have fun in the snow! Sundays starting Jan 5th. For kids ages 3 to 9. Mackenzie Nordiques X-country Ski Club. 250-988-1454. mackenzienordiques.ca

CARE 'N SHARE & ST. PETER'S PARISH are in need of help to stock their shelves. Drop off donations to the Chamber Office at 88 Centennial Dr. between 8:30 am - 4:30 pm, closed during the lunch hour. Please share and thank you!!

NINTENDO SWITCH AT THE LIBRARY Drop-in for youth ages 6+ from 4 to 6 pm on Wednesdays and Thursdays this month. Play your favourite games on the Switch!

ANNOUNCEMENTS



Gary and Krystal Cobb are delighted to announce the arrival of their son Arlo Don Anthony Cobb. Born October 20th, 2019 at 1:56 pm, 7 lbs, 5 oz. Proud grandparents are Boyd & Sheila Anderson of McBride, Edward Cobb of Mackenzie & Kim Cobb of Nanaimo.

The key to eating healthy is not eating any food that has a TV commercial.

— Mike Birbiglia



MFSC Smithers results

Star 1: Alex- Bronze, Lilyan- Merit. **Star 1 Quad Threat:** Jaylynn- Bronze, Lilyan- Bronze, Alex- Bronze, Isabell- Bronze

Star 2: Carly- Bronze, Mattie- Bronze. **Star 2 Quad Threat:** Carly- Silver, Mattie- Silver

Star 3: Jayden- Bronze, Braylie- Silver, Kaylee- Silver. **Star 3 Elements:** Jayden- Bronze, Braylie- Bronze, Kaylee- Silver

Showcase 1: Jaylynn- Silver, Alex- Bronze, Lilyan- Bronze, Carly- Bronze, Mattie- Silver, Jayden- Gold, Braylie- Silver, Kaylee- Gold

Star 6: Allison- 6th. **Star 5 Artistic:** Allison- 8th

Our next competition is in Prince George January 17-19 at the Kin Centre rinks 1&2, if you're in PG come cheer on our local skaters!

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BRAIN TEASER

Magic Square solution from last week:

12	27	6
9	15	21
24	3	18

"When Jen is twice as old as Jean, then I shall be just 17. But Jennifer was 23 when Jean was twice as old as me." This is what Jill said.

So please do tell us, then: how old was Jill when Jean was ten?

WORD SCRAMBLE from last week: Kelly's Bakery, Norlite Furnaces, College of New Caledonia
Trivia answer: Q-Tips

5 tips to help you freeze out those winter cravings

From a lack of vitamin D to a decrease in body temperature, many factors affect the foods that our bodies crave in winter. To stay on track with your diet and exercise routine, try following a few of the nutrition tips below.

Hydrate, hydrate, hydrate. Even though we're not sweating as much, winter months are much cooler and dryer, and our bodies need water just as much as at other times. When we're hydrated, our appetites are more controlled, but when we're not, we can often mistake thirst for hunger.

Make protein your friend. With colder temperatures, comfort foods seem increasingly appetizing. Warm foods rich in carbohydrates and sugars are sometimes too convenient for a quick pick-me-up. Protein satisfies your appetite better, and keeps you full longer, suppressing cravings for heavy, greasy foods.

Hibernating is for bears. Maintaining regular physical activity is important for both

body and mind in winter. Bracing the cold can be daunting at first, but outdoor activities turn cold weather into fun. Skiing, skating, sledding and hiking are all great ways to exercise that don't feel like cardio.

If you have to stay at home, yoga, dancing, pushups, jumping jacks are great ways to keep your body toned and limber. Even housework can work up a sweat!

Keep vegetables in your diet. Choice and selection will differ in winter, but there are plenty of in or near-season fruits and vegetables available in winter. Squashes and root vegetables like carrots, cabbage, potatoes and beets can be cooked in a variety of ways to offer bulk, fibre and nutrition in the cold months. Or make use of canned or frozen summer vegetables and fruits.

Heat smart. With the cold weather we seek foods that will warm us too, like hot chocolate, eggnog or "pumpkin spice"-everything, most of which are high in sugar. Try instead a bowl of soup, chili or stew. It will also warm you, but fill you up with vitamins, protein, and fibre.

Source: newscanada.com



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