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## MIND diet reduces dementia risk

A new study out of the University of Hawaii suggests that diet has a significant role in Alzheimer's disease and related dementias.

Participants over the age of 45 who consumed 'brain-healthy' foods such as leafy green vegetables, berries, nuts, fish, and olive oil showed up to a

13% lowered risk of dementia especially if of African American, Latino or Caucasian descent.

Since the diet highlights popular Mediterranean foods, researchers dubbed it the Mediterranean Intervention for Neurodegenerative Delay or 'MIND' diet.



Trivia: When did Father's Day become popular?



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# **CBC** Radio One now on local FM

A new FM signal for CBC Radio One locally is now transmitting.

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What used to be found at 920 AM locally has now been transferred to 99.9 FM after installation of a new transmitter was completed this week (see also Buzzette July 25, 2024). The AM local signal will no longer be available.

CBC Radio One is the national English-language news and information radio network of the Canadian Broadcasting Corporation. It is commercialfree and offers local and national programming.

Radio Two, now called CBC Music, and traditionally heavy on classical music and jazz, is also on FM but mostly not available in rural Canada.

# The Macktown Buzzette June 12 - 25,

## Wind energy proposal seeks District input If developed, the project

The District has received a request for comment regarding a proposed wind energy investigation near Mackenzie.

Proponent Findlay Wind (0887581 BC Ltd.) has applied for a Licence of Occupation to evaluate the feasibility of a 140-megawatt project roughly 7 km east-southeast of town.

The license allows investigation over an area of 875 hectares, although any potential developed site would occupy a smaller footprint.

# Canada in 2040?

The value of human labour has shrunk because of Artificial Intelligence... Dating apps and gated metaverses will silo users by socio-economic status... Expectations driven by marketing do not match the lived realities of young people.

These are a few predictions from Policy Horizons Canada in "Future Lives: Social Mobility in Question", a report released this year which sees declining social mobility undermining traditional bases of social stability in Canada.

"In 2040, people see inheritance as the only reliable way to get ahead. Society increasingly resembles an aristoc-

See 'Canada 2040' over →

# News of the Odd:

Stephen Wiltshire, an architectural artist with autistic savant abilities, can draw detailed buildings and cityscapes from memory after seeing them only

In 2017, after only a brief helicopter ride over New York City, he drew from memory a 19-foot long drawing of the city in incredible detail. He has drawn other major cities like London, Tokyo, Singapore, Madrid. These can be viewed online.

Born in London in 1974, and remaining non-verbal until he was five, Wiltshire demonstrated drawing talent as a young child. In 2011, he was made an honorary Fellow of the Society of Architectural Illustrators



## Blood donors want northern clinic, says group endorse the campaign.

A northern B.C. campaign is using National Blood Donor Week (June 8–16) to urge northern residents to sign a petition to return blood donor services to the region after the Canadian Blood Services left Prince George in 2015.

could include 20 turbines.

assess wind resources, site

access and constructability,

transmission capacity, prox-

environmental and wildlife

District staff have requested

Province, including access

plans and potential overlap

diques Ski Club's use area.

The District's comments are

due to the province by June 27.

with the Mackenzie Nor-

The investigation will

imity to dwellings, and

further details from the

constraints.

Our Blood Counts is a community-led initiative that launched the petition. Mackenzie town council was the first council to

Currently 70% of Canada's plasma comes from the United States, says the group. Plasma is a key component in life-saving medications for patients with cancer, immune disorders, and other health conditions.

More than 1,600 Northerners so far have signed the petition, which can be found at www.ourbloodcounts.com.



From rivers to mountaintops, wetlands to grasslands, we fund projects that conserve and enhance fish and wildlife in watersheds impacted by BC Hydro dams.

Our Peace Region board approved \$2.1 million for 25 fish and wildlife projects starting this spring.

Learn about the projects we fund at fwcp.ca.



We're a partnership between BC Hydro, First Nations, the Province of B.C., Fisheries and Oceans Canada, and public stakeholders.

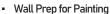


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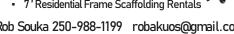
# **ProMech Solutions** A First Nation Company

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## Canadian Navigable Waters Act -**Public Notice**

Kwadacha Natural Resources Limited Partnership (KNRLP) hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, Kwadacha Natural Resources Limited Partnership (KNRLP) has deposited with the Minister of Transport, on the on-line Navigable Waters Registry (http://cps.canada.ca/) and, under registry number 12516, a description of the following work, its site and plans:

Application to the Minister for approval under the Canadian Navigable Waters Act (CNWA) of the installation of a proposed 73.5 m concrete composite bridge on driven pile abutments. The structure is required to provide a secondary emergency egress evacuation route for the remote community of Fort Ware Indian Reserve (File#2025-514386) in, on, over, under, through or across the Kwadacha River.

Located at approximately 57° 25' 53.54" N, 125° 36' 51.12" W, on unsurveyed foreshore or land covered by water being part of the bed of the Kwadacha River fronting District Lot 4839, I.R. No.1, being Fort Ware, Cassiar District. PID: 013-495-381 PIN: 1755620, in the Province of British Columbia.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or, by sending your comments directly to #820-800 Burrard Street, Vancouver BC, V6Z 2J8, if you do not have access to the internet.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Signed at Prince George, British Columbia, this 4th day of June, 2025.

(Signature) .Kwadacha Natural Resources Limited Partnership (full name of owner)

# Thought of the Day (and whiting phompt!)...

If you could spend an afternoon with anyone, living or dead, famous or familiar, who would you choose, and why?

If you wish, share it with the Buzzette! E-mail thebuzzette@gmail.com. Write c/o P.O. Box 2342.

# COMMUNITY Notes

### CHILDREN'S CRAFTS

at the Visitor Centre Saturdays 1 - 3 pm. #11 - 600 Mackenzie Blvd. June 14-15: Father's Day crafts. June 21-22: Magic wand

## MORFEE SCHOOL CHOIR

Spring Concert June 16th, doors 6 pm. Callahan Room, Rec Centre.

**VOLUNTEER HUB** Does your organization need help recruiting volunteers? Contact us 250-997-5459 or *office* @mackenziechamber.bc.ca

## MCLEOD LAKE MACKEN-ZIE COMMUNITY FOREST

AGM June 18, 11 am @ MLIB NRC Building, McLeod Lake

ROOMMATES AND THE LAW IN B.C. Webinar June 24th, 12 pm. Register: peopleslawschool.ca

YOUTH MURAL CAMP @ MCAC July 7 - 11. Youth aged 11 to 18 can apply. Artists will be compensated, thanks to BC Arts Council. Send application with copies of your art to

# MAGIC SQUARE

ed@mackenziecac.com

Each row, column and centre diagonal must add up to the same sum. No repeating numbers!

		10
5		
40	15	

# Facts: Building, the

New York City's 102-storey **Empire State** world's tallest

skyscraper at the time, began construction on March 17, 1930 and was completed on May 1, 1931 – a total of 410 days. It used 10 million bricks, 200,000 cubic feet of Indiana limestone, 6,400 windows. As many as 3.400 workers were on site every day.

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# CRYPTO-QUOTE

C JIKH XJLAQF WS ECZU Y UHF JR XYFFHDCHU RJD KQDCUFWYU TCFQ Y IJFH JI CF UYSCIA FJSU IJF CIKPLZHZ. - XHDIYDZ WYIICIA

CROSSWORD select answers from last issue: ACROSS: 1. Roused, 6. Type, 11. Connecticut, 14. Noob, 22. Cameras, 27. Rearm, 30. Ordinance. DOWN: 1. Racetrack, 3. Sandals, 6. Triangle, 13. Matured. SUDOKU from last issue: Top row: 4, 2, 1. Second row: 2, 1, 3. Third row: 4, 2, 3. Bottom row: 1, 3, 4.

was first proposed there in 1909 by Sonora Smart Dodd. Trivia answer: Canada may have adopted it from the U.S. when it

Two cannibals are eating a clown. One looks at the other and says, "Does this taste funny to you?" — Joe Mande, quoting his dad



# **Ganada 2040'...** Secondary Education] is a

racy Wealth and status pass down the generations. Family background - especially owning property – divides the 'haves' from the 'have-nots'."

"In 2040, owning a home is not a realistic goal for many.... Inequality between those who rent and those who own has become a key driver of social, economic, and political conflict."

"In 2040, aspirations for social mobility among youth are at odds with expectations of immobility... Cognitive dissonance between what youth are programmed to want and what they know they can expect, leads many to frustration and apathy. Only a few maintain a strong drive to innovate and succeed in traditional terms '

"As the old belief that [Post

reliable path to upward mobility breaks and enrolments plummet, the sector may become a stranded asset

"Property ownership - and by extension wealth - may become even more concentrated if younger generations abandon the idea of buying [homes] in favour of renting ... That could leave those with existing capital or equity in a position to snap up more and more residential property...

"People might find alternative ways to meet their basic needs... Housing, food, childcare, and healthcare co-operatives may become more common. This could ease burdens on social services but also challenge market based businesses.

Read the report at: horizons.service.canada.ca/

## POPCORN -









The Buzzette is a community news & advertising flyer for Mackenzie BC and area, published every second Thursday and distributed to restaurants, businesses and public venues around town and to McLeod Lake. An e-edition is also available online. Like other commercial media, the Buzzette relies 100% on advertising. You can , support it by buying an ad, a family notice, by liking or sharing it online, and by participating! Share your news, pics, events, opinions, jokes. Call (250) 997-5038 E-mail:TheBuzzette@gmail.com themacktownbuzzette.com f/macktownbuzzette