



Tse'khene Food & Fuel

1 km off Hwy 97 on Carp Lake Rd.
Mon to Fri: 8 am - 6 pm
Weekends: 9 am - 5 pm • Status gas

Little
Teapot
Café



Serving Soup, Bannock,
Coffee & Sandwiches for
Take-out or Eat-in
(Seating capacity: 12)
Mon - Fri: 8 am - 3 pm
CLOSED Weekends

Find us on

Ph. (250) 750-4687

Helping with grandkids good for the brain?

A new study out of the Netherlands suggests that caring for grandchildren may serve as a “buffer” against cognitive decline

and dementia in older adults.

The research found that grandparents who provided childcare – even just occa-

See ‘Grandkids’ over →



DAVE'S ACCOUNTING Service

- Monthly bookkeeping services
- Personal & corporate tax returns

Phone: (250) 997-1651

E-mail: davecarr@telus.net

Mackenzie stands with Tumbler

Many condolences went out from Mackenzie to families of victims of the school shooting in Tumbler Ridge this week, and a vigil is planned for tonight (Thurs) at the Rec Centre at 6:30 pm.

The incident is one of the largest school shootings in Canadian history, second only to the École Polytechnique shooting which killed 14 female students in Montreal in 1989, according to CBC News.

Kathleen Westergaard, MSW, RSW
Mental Health Clinician
250 997 5220

Offering privacy and choice to Northerners seeking mental health support

Direct billing available to CVAP, ICBC, & Employee Assistance Plans
 KathleenWestergaard.com



Trivia:

When was the first indoor hockey game played? (Answer back page) →

News of the Odd:

In 2020, after an argument with his wife during the Covid lockdown, a man in Como, Italy, stepped outside to cool off and ended up walking 450 kilometres.

His walk took him from the north of Italy to the eastern central coast on the Adriatic Sea. He walked seven days, fed by kind strangers along the way. He was eventually found at 2 am one morning along a highway and, ironically, fined €400 for breaking the Covid curfew.

His wife, who had reported him missing, travelled to Fano to collect him.

Macktown preps for 60th

Plans are underway for Mackenzie's 60th anniversary celebration, which will be marked with community events on the May long weekend this year.

Rumour has it that the Hockeyville time capsule, buried 15 years ago during Mackenzie Hockeyville, will also be opened.

People interested in helping with planning can contact Raye McMeeken.

Forum on housing Feb 23

A forum on affordable housing and homelessness in Canada will be held online on February 23rd.

See “Housing” over →

Quotes:

“Love is not blind -- it sees more, not less. But because it sees more, it is willing to see less.”
-- Julius Gordon

The Macktown Buzzette

Feb 12 - 25, 2026

New program to accelerate LPNs to RN

A new accelerated learning option at the University of Northern British Columbia (UNBC) will enable actively practicing Licensed Practical Nurses (LPNs) to transition to careers as Registered Nurses.

The new LPN Pathway will be part of the current two-year Northern Baccalaureate Nursing Program (NBPN) in the UNBC School of Nursing.

Comprising Year 3 and Year 4 of the UNBC Bachelor of Science in Nursing degree, the LPN Pathway

will be offered at UNBC's campuses in Fort St. John and Prince George.

There are 16 NBPN seats currently in Ft. St. John and 24 in Prince George, which include priority seats for Indigenous students.

“The NBPN was created to build on an individual's previous post-secondary education, enabling students to complete their undergraduate nursing degree in a shorter time-frame,” said Dr. Nathan Lachowsky, Dean, Faculty of Human and Health Sciences, UNBC.

See ‘UNBC Nursing’ over →

Missed by 0.98 seconds!

Mackenzie-born snowboarder Evan Bichon made Macktown proud joining Team Canada at his Olympics debut in Italy this week.

He competed in the Men's Snowboard Cross 1/8 Finals earlier today (Thurs-

day) placing 11th out of 32, clocking 1:08.92 in the high speed race (per Wikipedia). Second-time Olympian Eliot Grondin from Quebec took home silver.

Bichon is one of four from northern B.C. representing Canada at the Games.

PROMETHEUS ELECTRICAL

- For all your electrical needs -

For a free estimate, call Joseph:

514-929-1726

Serving Mackenzie & area



1400 deaths annually from wildfire smoke in Canada

A global health report released last year suggests that, since 2020, 1,400 deaths per year in Canada are attributed to wildfire smoke.

The report found that between 2020 and 2024, wildfire smoke pollution in Canada had increased by an average of 172% compared to the years 2003 to 2012.

Published annually in *The Lancet* medical journal, *The Lancet Countdown*

tracks health and climate change globally.

Other findings: Heat exposure last year resulted in the loss of more than 40 million potential labour hours in Canada, 136% more than the average in the 1990s.

The construction sector accounted for almost two-thirds of those lost hours in 2024.

Sources: 2025 Report of the *Lancet Countdown*; *The Energy Mix*

COMMUNITY PROJECT FUND

Applications are now being accepted for projects that support healthy communities, regional sustainability and a diverse post-mining economy.

Funding up to \$10,000
March 1 deadline

For full funding application information visit bcmining.centerragold.com OR scan the following QR Code



centerragOLD

RKS Electric Ltd.

Full service electrical contractor
Electrical safety inspections
Troubleshooting & Repair

Rick@
RKS-Electric.ca

250-997-1285



DR. JAS PAHAL
DR. GARY SIDHU

"We have been serving the community for over 30 years
and look forward to serving for another 30!"



www.hartdental.ca



@hartdental

Accepting new patients! Call us at (250) 962-5351

- ❖ General and Family Dentistry
- ❖ 3644 Austin Road W.
(on the Hart Hwy, across from Tim Hortons)
- ❖ Open Monday to Saturday

COMMUNITY NOTES

CURL MACKENZIE VALENTINE'S FUN-SPIEL Feb 14. 10 am to 4 pm. Come join the fun! \$45 / person for 3 games Prizes and drinks after at Elks. Pizza \$5/slice

LIFE-SIZED CANDY-LAND @ the Library February 19 - 20th. Sign up: (250) 997-6343

MOUNTAIN MAGIC WINTERQUEST happens February 20 - 22 John Dahl Park, Little Mac. Details @ Rec Services.

BOOK CLUB @ the Library Feb book: *Pride and Prejudice*. Discussion February 23rd, 5 pm. Sign up: 997-6343

Winter Haiku by Div 2

Ice is very hard
I slip and fall on my butt
Then I go inside

by Mandeep Kaila

The sun starts to set
Behind the dark, grey clouds
As the cold wind blows

by L.M. Neptuno

The winter is here
The snow begins to fall down
Spring is almost here

by Amber Dixon

We lost nine to one
Our hockey team really sucks
I wish we were good

by Krista and Candace

As the sun falls down
Behind the white and blue sky
Now it is night time

by Krystal Goertz

Clouds are rolling in
Sky is coming out of night
Shot into the day

by Shantel Ness

In the cold winter
Kids sit by their hot fireplace
Wrapped in their blankets

by Tanya Chohan

From The Mackenzie Times, Dec 1994 (edited for space)



Classics, Country, Rock, Billboard 200

plus **Community Events,
News & Sports**

Live program Mon - Fri, 6 - 10 am

**Visit us in the Mackenzie Centre Mall
or online at CHMM.ca**

OUT OF TOWN

YOUNG AGRARIANS MIXER 2026 Feb 28 - March 1 @ Okanagan College - Penticton. Sustainable business, regenerative production, farmer health, Indigenous food sovereignty & more. Info: youngagrarians.org

HYDROPONICS TALK with Clint O'Neil, @ the Library. February 26th, 5 pm.

DEI TALK with Monique Brown @ the Library. (New date) Feb 27th, 4:30 pm

MACKENZIE FIGURE SKATING CLUB ICE SHOW featuring guest star Kurt Browning. March 7 & 8. Tickets available through MFSC.



thebuzzette@gmail.com

A Covid nurse asked me if I've had a sudden loss of taste. I told her, "No, I've always dressed this way."



Did you know?

During the Victorian era, "Vinegar Valentines," also called penny dreadfuls – anti-valentines filled with insults and rejections – were anonymously sent to fend off unwanted suitors.

BE MINE

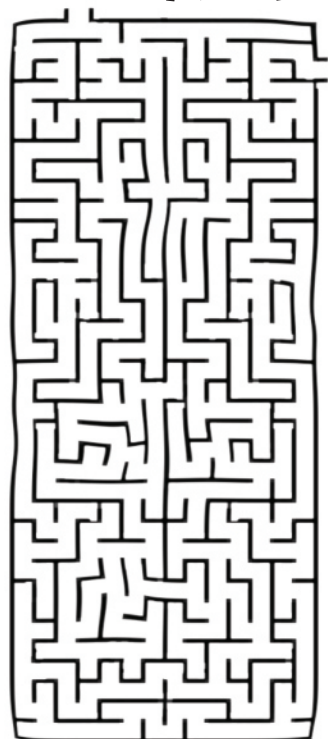


I Potato you Babe

Blue eyes
You've been on my mind.

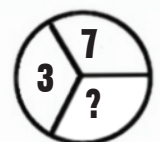
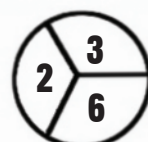
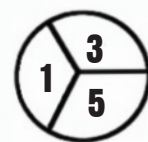
I SAW YOU: Blonde, wool scarf, brown jacket, distressed jeans with both knees exposed. You needed a scarf the size of a tablecloth but didn't mind the cold on your knees!

A-MAZE



MISSING NUMBER

Find a pattern to guess the missing numbers.



WORD MORPH from last issue: SOULS, SOURS, POURS, POUTS, PORTS, PARTS, PARTY. SYMBOL SODUKU: See Puzzle Solutions at TheMacktownBuzzette.com

Trivia answer: Although it was played in many forms outdoors before, the first indoor hockey game on record took place on March 3, 1875, in Montreal.

The Buzzette is a community news flyer for Mackenzie B.C. and area, published every second Thursday and distributed to restaurants, businesses and public venues around town. An e-edition is also available online. The Buzzette is produced by one part-time publisher/writer/ editor, working from home. If you want to see more local news, contribute and participate! Share your news, pics, notices. Community notices are always free. Ph. (250) 997-5038 E: thebuzzette@gmail.com

'Grandkids'...

sionally, scored higher on tests of both memory and verbal fluency compared with those who didn't.

Published in the journal Psychology and Aging, the

study says that as long as the caregiving is not burdensome or a strain, the benefits derived may be due simply to the broader experience of being involved with caregiving.

via goodnewsnetwork.org

Note: The Buzzette was not pressured by any young parents to print this story. ☺



- Physiotherapy
- Nutrition
- Acupuncture
- Osteoarthritis management

Proudly serving our community for nine years

577 Skeena Drive, Mackenzie



Book online at: azuhealth.ca Or call: 250 997 3500

Tsay Keh Dene Timber LP FOREST OPERATIONS MAP

Tsay Keh Dene Timber FLA99439 2026-1

Tsay Keh Dene Timber's Operations Map # Tsay Keh Dene Timber FLA99439 2026-1, public review and comment from February 12 - March 14, 2026, at link below, or in person by appointment Mon-Fri 8 am - 4 pm. Contact the forestry department at the email or phone number below in order to schedule an appointment. 1200 Mill Road, Mackenzie, BC, V0J 2C0. This FOM is applicable for 3 years and may be relied upon to apply for a cutting or road permit to harvest a cutblock or construct a road displayed on the FOM.

250-645-4982
fom@chuchoforestry.com
<https://fom.nrs.gov.bc.ca/public/projects>



'UNBC Nursing'...

Delivered over five consecutive semesters, the LPN Pathway - NBNP will be a full-time program of combined theoretical and clinical coursework, including experiential learning such as simulation, laboratory and clinical

placements in northern communities.

Applicants will need to be registered as LPNs with the B.C. College of Nurses and Midwives (BCCNM), and have at least two years of experience in acute care settings in B.C.

'Housing First forum'...

Hosted by Canada West Forum, the event will have speakers from Finland, Austria and B.C.

It has achieved positive outcomes for homelessness in several countries.

An international Housing First campaign has prioritized immediate, permanent housing with tailored social supports available for those who need assis-

The online forum will be livestreamed on Zoom starting at 9 am February 23. Find the link at canadawestforum.org

via in-sights.ca

SERVICES

MARTIAL ARTS MONDAYS @ the Legion
Classes for all ages in MMA or exercise your chi with Zen in Motion. Call instructor Fedo de Baat 250-997-3722

SUNRIZE LAWN CARE
❖ Snow Removal
Now Available! ❖
Reliable, local, affordable. Call Anthony: 250-552-2211 or Dick: 250-997-7546