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## 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 occasionally –

*See 'Grandkids' over →*



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## 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

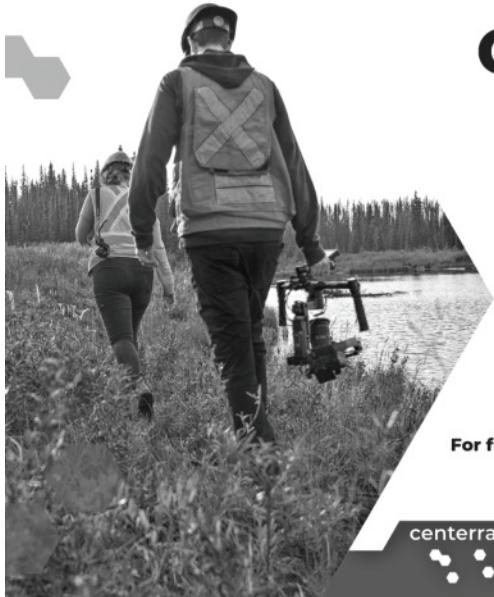
250 997 5220

Offering privacy and choice to Northerners seeking mental health support

Direct billing available to CVAP, ICBC, & Employee Assistance Plans  
[KathleenWestergaard.com](http://KathleenWestergaard.com)



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



## COMMUNITY PROJECT FUND

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

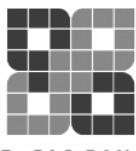
Funding up to \$10,000  
March 1 deadline

For full funding application information  
visit [bcmining.centerragold.com](http://bcmining.centerragold.com)  
OR scan the following QR Code

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DR. JAS PAHAL  
DR. GARY SIDHU

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## '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. ☺



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## 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](mailto: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.

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

tance. It has achieved positive outcomes for homelessness in several countries.

The online forum will be livestreamed on Zoom starting at 9 am February 23. Find the link at [canadawestforum.org](http://canadawestforum.org)

via in-sights.ca

# 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 - 20<sup>th</sup>. 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 23<sup>rd</sup>, 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. Neptune

**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

## 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

### SUNRISE LAWN CARE

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plus Community Events, News & Sports

Live program Mon - Fri, 6 - 10 am

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## 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](http://youngagrarians.org)

[thebuzzette@gmail.com](mailto: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.

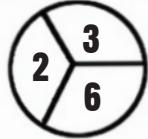
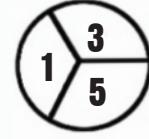
I SAW YOU: Blonde, wool scarf, brown jacket, distressed jeans with both knees exposed. You needed a scarf the size of a tablecloth but didn't mind the cold on your knees!

## 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](http://TheMacktownBuzzette.com)

In Montreal, the first indoor hockey game in many forms outdoors before, although it was played on record took place on March 3, 1875.

Trivia answer: Although it was played in many forms outdoors before,

**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](mailto:thebuzzette@gmail.com)