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Prince George woman named 2025 "Queen" of weight loss

Tammy Dillabough of Prince George was earlier this year named the 2025 TOPS British Columbia Queen. Dillabough lost 76.8 pounds (35 kg) through the non-profit TOPS (Take Off Pounds Sensibly). TOPS is a non-commercial weight loss, education, and support organization.

In 2025, British Columbia TOPS members lost a total of 7,917 pounds. Tammy attributes her weight loss success to the support she received from her fellow TOPS members, along with portion control and regular exercise.

One in four Canadian adults is obese. According to TOPS, British Columbia has an obesity rate of 23.2%. By committing to a healthier lifestyle, people can achieve weight loss and overall wellness.

Trivia: *What controversial industry has celebrity Paris Hilton spoken out against?*
(Answer over →)

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Mayors renew call for better cell coverage

Newly elected mayors of Mackenzie and Prince George last week called for better and more consistent cell coverage in the north following the bus crash on Highway 39 that sent 20 passengers to hospital with seven in serious condition November 4.

Mayors Pete Kyllo and Garth Frizzell add in their joint news release that a helipad at UHNBC should also remain a priority.

The bus incident highlighted the need for consistent cell coverage and better commu-

See 'Cell coverage' over →

Have a Rose or Razz?
thebuzzette@gmail.com

News of the Odd: For decades in the London Underground subway a voice over loudspeaker reminded travelers to "Mind the gap" – a safety message to keep away from the edge of the train platform. That announcement was voiced by actor Oswald Laurence in the 1970s.

After Laurence's death in 2007, his wife would sometimes sit at Embankment Station just to hear his voice over the loudspeaker.

In 2012, the transit authority changed the voice to a digital one. Heartbroken, Margaret Laurence asked them for a CD of her husband's recording.

When they heard why she wanted it, they didn't just send a CD, they restored her husband's voice for all the announcements at Embankment Station.

Did you know?

How often you check your phone may matter more for your brain health than how long you spend on it. Research results vary but most **cell phone** users underestimate how many times they check their phones per day. Information fragmentation and message overload can affect cognitive ability.

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The Macktown Buzzette
Nov 19 - Dec 2, 2026

OGS breaks ground near airport

The Omineca Growers Society (OGS) has taken a step forward in their goal of growing food locally.

Member and director Kyle Tapper says the society recently cleared a section of their new parcel off Coquiwalldie Road and has planted roughly 450 cloves of garlic.

In the spring, they are planning on planting up to three varieties of potatoes. This is considered a test plot for the group and if all goes well, Tapper says they will be expanding the amount of produce by quantity and variety in upcoming years.

The OGS was formed in 2022 to operate a greenhouse and gardens to supply Mackenzie with locally grown produce year round. The society was gifted a lot by the District in the airport subdivision, which was switched last year to a larger plot further down the road.

As yet the group has not found funding for a commercial greenhouse but will begin their outdoor gardens with these first crops.

Asked about the soil

See 'First crops' over →

Quotes:

"If you claim to love freedom but want to restrict certain groups, you don't love freedom. You love privilege.
-- Tim Walz

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Community Notes

AUTUMN GNOME CRAFT @ the Library Nov 23, 5 - 6 pm. Age: Adults. Free.

LIBRARY ACTIVITIES Nov 29th: *Snowflake Craft* 11 am, Ages 5 - 9. *Among Us* game 4 - 5 pm. Ages: 10 - 15.

HOUSE CONCERT Marin Patenaude @ The Arts Centre. Nov 28, 7 pm. Tix $30/$35.

DUNGEONS & DRAGONS Thursday group now runs from 3:10 - 4:40 pm @ the Library. Ages: 13-17.

Out of Town

BOOK LAUNCH *Ode to a Mother Tree* by Jamie Bastedo. Books & Company November 25, 7 pm. 1685 3rd Avenue, Prince George

Services

SUNRIZE LAWN CARE Accepting clients for winter snow removal. Call for pricing. Anthony: 250-552-2211 or Dick: 250-997-7546

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'First crops'...

quality, Tapper said the regional agrologist feels positive about the potential and indicated that root crops grow well in the sandy soil. Tapper said he was advised the addition of nitrogen and phosphorus will help.

Local business operator Rick Parent, who owns property off Mill Road, has had good success with potatoes and carrots in his plots with the same sandy soil.

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CRYPTO-QUOTE

OBVD BE J PUDJODZ OYBLI. OT EJK, "B ZTL'O YJHD OBVD", BE FBSD EJKBLI, "B ZTL'O AJLO OT". – FJT ONC

MINI-CROSS select answers from last issue: Across: 1. Confab, 7. Amnesia, 9. Rail, 11. Ikea, 14. Edges DOWN: 1. Caramel, 2. Oman, 8. Abated, 12. Kesh WORD MORPH: PLANE - PLACE - PEACE - PEACH - TEACH - REACH - REACT

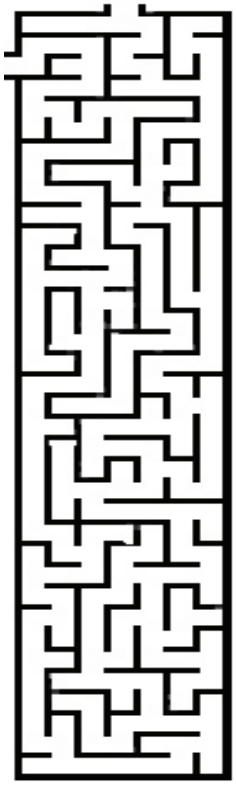
Trivia answer: The "troubled teen" industry. Hilton testified against the Provo Canyon School in Utah for its treatment of girls in its care.

The trouble with being punctual is that nobody's there to appreciate it.
– Franklin P. Jones



themacktown buzzette .com

A-MAZE



Jobs from days past...

BRICK MAKER.
Adams, Austin, Colborne avenue
BRUSH MAKER.
Kirkup, Joseph, 196 St Paul
BUTTER INSPECTOR.
McDonnell, Francis, Grey Nun

(from a Montreal directory, 1855)

'Cell coverage'...

nications in the region, the mayors say. B.C. has approximately 15,000 km of primary and secondary highways but only 62% have cellular service coverage.

Highway 39 even a short distance out of town lacks coverage.

In addition, the mayors say, universal broadband for internet connectivity has not been achieved.

Both mayors commended the response from RCMP and other emergency personnel that day. But Mayor Kyllo added, "When lives depend on minutes, transportation shouldn't take hours."

In a separate statement, Kyllo thanked Surerus Murphy and Enbridge, both of which have teams working locally, for offering their ETVs and medics.

2027 Budget: Add your input

The District of Mackenzie is inviting residents to help shape the 2027 Budget.

As planning gets underway, the District wants to hear your ideas, priorities, and suggestions for community services, programs, projects, and infrastructure.

Visit the District of Mackenzie's Let's Chat Mackenzie page to share your feedback and help inform budget discussions for 2027.

Submit your ideas online at: *letschatmackenzie.ca/2027-budget*



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