

The skills gap you can fill

It's a global predicament. Common to every country and felt most acutely in small towns and communities like the South

Cariboo. At every level, in every area of community life, we see

Community volunteering is a lot of fun. It's also a lot of work.

Work done by a small but dedicated core group of people you

those existing volunteeers age out or move away. The leagues and the local clubs fold. Events and activities disappear. Even

volunteer first responder programs such as fire and rescue face

closure due to this incremental loss. Our community can still

With fewer government resources available and working people busier than ever, the low volunteer numbers are no

can find in every town and city in Canada. Until one by one

this shortage. Everyone needs more volunteers.



# JANUARY 2023



## ASHCROFT INTERIOR BLINDS

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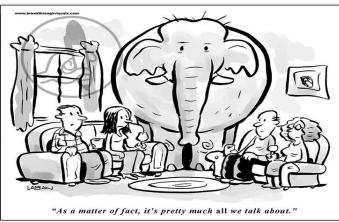
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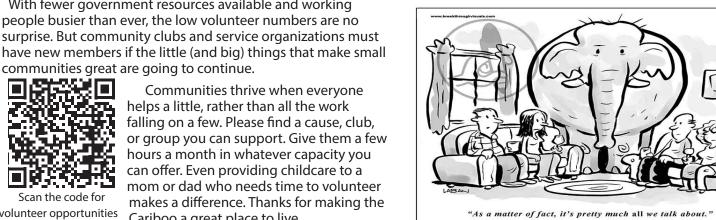
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# communities great are going to continue.

Communities thrive when everyone helps a little, rather than all the work falling on a few. Please find a cause, club, or group you can support. Give them a few hours a month in whatever capacity you can offer. Even providing childcare to a mom or dad who needs time to volunteer makes a difference. Thanks for making the Cariboo a great place to live.

Scan the code for volunteer opportunities

reverse this trend.

**Did You Know?** 

The scientific term for brain freeze is "sphenopalatine ganglioneuralgia."



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AIRFARE BEACH CLAMS DUNE ENJOYMENT HEAT INTERTIDAL LOTION MUGGY OUTSIDE PARASOL

OUAY

RELAXING SURFING TRIP UNDERWATER VACATION

## <u>SUDOKU</u>

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.

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Anxiety

Sports

Injuries

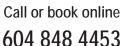
Depression

FØ



"NOTHING HEALS THE BODY BUT THE BODY ITSELF"

- Neuropathy
   Diabetes
  - Arthritis
  - Chronic Pain



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#### **ANIMAL HOUSE**

An elephant and a zebra are walking to the watering hole. The elephant spots a tortoise, grabs it with his trunk and flings it into the water.

The zebra asks, "Why did you do that?" "40 yrs ago that tortoise nipped my tail," says the elephant. "Forty years ago! How did you remember?" "I have turtle recall."

Q: What do you call a lazy baby kangaroo? A: A pouch potato.

Q: What do you call a penguin in the desert? A: Lost!

Q: What do you get from a pampered cow? A: Spoiled milk.

#### **School District 27 Dates to Remember**

#### January 9

First day back after Winter Break

#### Kids Help Phone 1-800-668-6868

Free service for kids and teens to discuss issues or concerns with a professional counsellor (available 24 hrs).



TO Advertise, Call 778-444-8625 or email thebuzz@cariboopublishing.ca





OPEN JAM! Alternating Sundays, at the 108 Community Hall from Nov. 2, 2pm - 4pm, \$3 drop in.

Unit 3 - 460 S. Birch Avenue (Birch Centre)

#### Spotting and Stopping Digital Scammers

Digital scammers are often one step ahead of the security measures taken to combat their predatory behaviour. These are some current tactics thieves are using to target consumers when they are buying gas, doing online banking, or shopping at retail establishments.

**Banking identity check** - Online scammers armed with a phone number and an email address will impersonate a bank representative and ask an unsuspecting customer to repeat the verification code just sent to them. In reality, they are hijacking the account using the forgot password function, stealing available funds, using it for fraudulent loan applications and other illegal activities such as money laundering. Never provide a verification code sent to your smartphone to anyone claiming to be a bank representative doing a security check.

**Gift Card sticker swap** - Recent news reports in the Canadian media have highlighted a sneaky way scammers are ripping off retailers and customers. Using tiny barcode labels affixed to legitimate gift cards, the thieves reroute the funds meant to activate the card. Instead it credits an account or card belonging to the scammer. Always check gift card bar codes before buying and make sure the correct amount and company are credited when it is activated at the cashier.

**Gas Pump Card Skimmer** - Gas pump card skimmers surreptitiously install Bluetooth enabled card readers inside gas pumps and steal the data from a debit or credit card. They use information such as the account number and password PIN to access the cardholder's accounts. The card skimmers are hard to spot but you can protect yourself by paying inside at the gas station or using a credit card (with zero liability) rather than using a debit card. **Avoid pumps with obvious signs of tampering or those that are located out of the attendant's line of sight.** 

#### Jokes that are older than your Mom

Wife: Do you want dinner? Husband: What are my choices? Wife: Yes and no.

Women don't make fools of men. Most guys are do-it-yourselfers

Few women admit their age. Few men act theirs.

is what we're all about.

FREE services available: • Drop-In Programs • Family and Individual Counselling • Family Support and Home Visitors • Family Support and Home Visitors

My wife dresses to kill. Sadly she cooks the same way.

Him: "Why did you marry me?" Her: "Because you are so funny". Him: "I thought it was my good looks." Her: "You see? You are hilarious".

> #1-486 Birch Avenue 100 Mile House, BC VOK 2E0

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 Saturday 3 pm to 9 pm

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#### Skywatcher's Almanac

January 1 Sunrise 8:11 am

n Sunset 4:06 pm

January 6 - Full Moon

January 21 - New Moon

January 31 Sunrise 7:45 am

Sunset 4:52 pm

Sunrise/Sunset times for 100 Mile House and area.

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#### **Your Horoscope**

**Aries** - When considering your path, build on your best qualities. Embrace the positive traits your friends use to describe you.

**Taurus** - Digital screens are great, but our minds need variety. Hold a familiar object in your hand. Notice how it makes you feel.

**Gemini** - Waterfalls are a good place to find rainbows in the mist. When you look over the edge, what unexpected beauties await?

**Cancer** - One alluring strategy on the game show *Jeopardy*! is to bet big on the daily double. Real life sometimes asks you to be patient.

**Leo** - Many of us settle into a groove when it comes to music tastes. Expand your sonic appetites and explore new sounds for 30 days.

**Virgo** - Sixty years ago the Mona Lisa was displayed in the U.S. for the first time. An enigmatic smile can take you to interesting places.

**Libra** - What are the qualities and behaviours you think makes a great dad? Extend those fatherly ways toward your inner child.

**Scorpio** - Most people lack the ability to trust their intuition. Let your gut guide you in January and see if things fall into place.

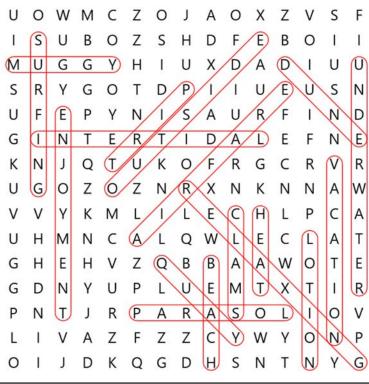
**Sagittarius** - Led Zeppelin's debut album dropped mono sound for a stereo mix only. Artistic geniuses embrace suitable technologies.

**Capricorn** - It's a birthday time of year for you. We're gonna need more candles. Just kidding. Share your light with us all year long.

**Aquarius** - What could be more boring than knowing the future? Look towards the unpredictable for unexpected blessings.

**Pisces** - Despite the cold, snow, and lack of food, little birds still chirp in the morning. Start your day with a tuneful heart.

#### WORD FINDER ANSWERS



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**Cariboo Publishing** Short run colour printing

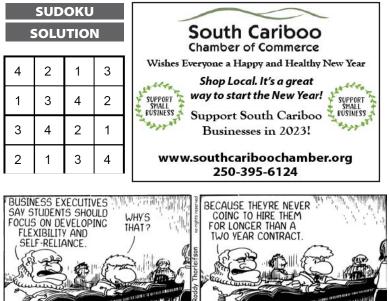
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Where to find South Cariboo Winter Fun 100 Mile Nordics - 100milenordics.com/250-395-2104 Mt. Timothy Ski Area - skitimothy.com/250-396-4095 100 Mile House outdoor ice rink - 485 Cedar Ave (former 100 Mile Junior Secondary School)



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