

ROTARY CLUB OF FORT NELSON PANCAKE BREAKFAST



The Rotary Club of Fort Nelson was proud to host a community pancake breakfast on April 19, bringing together friends, neighbours, and volunteers for a morning of good food, fun, and connection. On his way through town, Fort St. John Rotarian Bruce Kosugi noticed the event ad in The Northern Pulse and decided to stop in—not just for breakfast, but to lend a helping hand. His willingness to jump in and support the event was a wonderful example of Rotary fellowship in action. Adding to the joy of the morning, the Easter Bunny made a special appearance—delighting children and adults alike with smiles, photos, and a little extra springtime cheer. A heartfelt thank you goes out to everyone who helped make this event such a success—from the early risers flipping pancakes to all who came out to enjoy the festivities. Your support truly made a difference in our community.

PEACE RIVER NORTH MLA - JORDAN KEALY



I am excited to announce that I will have an MLA booth at the annual Fort Nelson Chamber of Commerce Trade Show May 3rd and 4th. Come out to support the local economy, socialize and to overall have a great weekend. I believe it is vital for Fort Nelson to be fairly represented not only in Victoria but also in the Peace River North riding. I will only be able to attend on Saturday May 3rd due to having to travel back to Victoria on Sunday. Stop by our booth to discuss questions or concerns you may have that I as your MLA can help you with. I look forward to seeing you all and discussing what is on your minds.

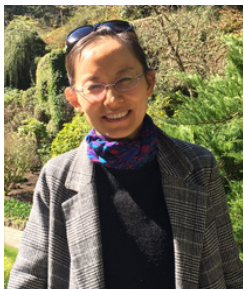
FORT NELSON CONSTITUENCY OFFICE

Hours: Monday 9am-12pm - Tuesday, Wednesday, Thursday 9am-3pm

PHONE: 250-774-9607

103, 5420 50th Avenue North

TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE



Hello! I'm Xiaoyan (Joyce) Jing, a Traditional Chinese Medicine (TCM) practitioner, and I'm honored to share this ancient healing art with you.

My journey with TCM began six years ago at Oshio TCM College at Victoria, where I earned my license before advancing my studies under a TCM master from China. As an immigrant to Canada over a decade ago, I found not just a new home but a deeper connection to my roots. The vast beauty of this land and the kindness of its people inspired me, while my own health challenges led me to TCM—a system where cultural wisdom and healing intertwine.

TCM is more than acupuncture and herbs; it's a philosophy. Rooted in Daoism, it sees health through the lens of *qi*, yin-yang, Five Elements and so on. The body isn't a collection of isolated parts but a dynamic ecosystem, shaped by everything from climate and diet to emotions and relationships. Illness arises when this balance falters, so TCM doesn't just suppress symptoms—it restores harmony. When the body's internal environment shifts, disease naturally recedes.

This holistic approach means treatment extends beyond clinics. We might guide you in qigong to calm the mind, adjust foods to support digestion, or suggest lifestyle tweaks to align with seasonal rhythms. True healing involves awareness—of your body, your habits, and your connection to the world around you.

Bringing TCM to Fort Nelson feels like a homecoming. Here, surrounded by nature's grandeur, the principles of balance and interconnection resonate deeply. Alongside my colleagues, I hope to offer not just relief but a pathway to lasting wellness—one that honors the unity of body, mind, and spirit.

Let's explore this journey together. Your health, in all its dimensions, is worth nurturing.

Xiaoyan (Joyce) Jing - R. TCMP

Profession: Traditional Chinese Medicine and Acupuncture

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RPBio RPF PAg EP

Founder and Sr. Fire Lead

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Website: https://northernfireworx.com

Let's Celebrate!

NRRM Water Week

May 4 - 10

WATER TREATMENT PLANT TOURS

Schedule your visit! Book an Appointment

FREE SWIM 9:00am - 4:00pm

May 10th Sponsored by Public Works

COLORING CONTEST

Enter at the Rec Centre for a chance to win a prize!

More information & Tour Bookings - Call Public Works 250.774.2541 Ext.2090

MUSKWA MUSINGS WITH CASEY GAIRDNER

Finding Our Northern Light: Cultivating Hope in Our Community

Life in our northern home, while beautiful, can sometimes present challenges. It's natural to connect with others over shared concerns, but focusing solely on anxieties can inadvertently dim our collective outlook. While acknowledging difficulties is important, dwelling on potential negative outcomes can limit our vision and hinder our ability to move forward constructively. As the saying goes, "The only thing to fear is fear itself."

This week, let's consciously harness the incredible power of our minds to seek out and focus on the good, even amidst perceived challenges. Perspective can be the key to finding positive aspects in every situation. Instead of solely bonding over potential problems, let's dedicate a few moments each day to actively envisioning the outcomes we desire in different areas of our lives. This isn't about ignoring reality, but rather intentionally directing our mental energy towards hope and possibility. We've explored the path of worry, why not forge a new perspective this week by discussing what we'd like to see happen, rather than focusing on less desirable outcomes?

The quality of our thoughts profoundly influences our outlook. By shifting our focus from preparing for the worst to envisioning the best, we can cultivate a more positive perspective. This offers a proactive way to navigate difficult emotions, fostering a greater sense of agency and hope for the bright future we all deserve.

This week, take a small step. When you find yourself caught in a spiral of worry, pause and imagine a positive resolution. By consciously choosing to envision what we do want, we can begin to break free from fear-based thinking, one positive thought at a time. Wishing you all a wonderful week ahead, filled with joy, positive outcomes, and strong, healthy mindsets.

Until next week,

Submitted by Casey Gairdner - "The Muskwa Muser." Muskwamuser@gmail.com



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Dr. Sonja E. R. Leverkus PhD RPBio RPF PAg EP
Founder and Ecosystem Scientist

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Annual General Meeting
May 3, 2025 @ 11:00 AM

Fort Nelson
PLAYSCHOOL

There will be a vote to change the constitution and bylaws

WEEKLY EVENT CALENDAR

Monday April 28, 2025 - *Girls Night Ages 13 to 19* - 4:00PM to 6:00PM
Fort Nelson Aboriginal Friendship Society - Call 250-774-2994 ext 1003 for more info.

Monday April 28, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM
Mondays at the United Church - 5108 Sunset Drive

Tuesday April 29, 2025 - *Soup, Bannock & Dessert \$6.00* - 12:00PM to 1:00PM
Fort Nelson Aboriginal Friendship Centre

Tuesday April 29, 2025 - *Book Craft* - 1:00PM
Northern Lamplighters Hall

Wednesday April 30, 2025 - *Canasta* - 11:00AM - Northern Lamplighters Clubhouse

Wednesday April 30, 2025 - *Elders Social* - 11:30AM to 4:00PM
Fort Nelson Aboriginal Friendship Society

Wednesday April 30, 2025 - *Tech Support for Seniors* - 4:30PM to 5:30PM - City Furniture
For Seniors Needing Help to Figure Out Their Settings or Features on Smartphones

Wednesday April 30, 2025 - *FREE Movie "The Perks of Being a Wallflower"* - 7:00PM
Sponsored by FNCLS Safe Spaces

Wednesday April 30, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM
Wednesdays & Saturdays at the Hospice Centre 5312 43rd Street

Thursday May 1, 2025 - *The Track Social* - 10:00 AM
NRRM Rec Centre Walking Track - Call 250-774-2541 ext.1 for more info.

Thursday May 1, 2025 - *Fort Nelson Warriors Hope Hub* - 6:30PM
5312 - 43rd Street - Circle of care and support for cancer patients and families

Friday May 2, 2025 - *Narcotics Anonymous* - 7:00PM
Fort Nelson Aboriginal Friendship Centre

Saturday May 3, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM
Wednesdays & Saturdays at the Hospice Centre 5312 43rd Street

Saturday & Sunday May 3 & 4 - *Chamber of Commerce Annual Trade Show* -
Saturday May 3rd 10:00AM - 5:00PM & Sunday May 4th 10:00AM - 3:00PM
NRRM Recreation Centre



ANSWER ME THIS...

Q: A farmer has twenty sheep, ten pigs, and ten cows. If we call the pigs cows, how many cows will he have?

A: Ten cows. We can call the pigs cows, but it doesn't make them cows.

Q: I Start with M, end with X, and have a never-ending amount of letters. What am I?

A: A mailbox

NORTHERN ROCKIES REGIONAL MUNICIPALITY

Opportunities & Notices

Career Opportunities

northernrockies.ca/careers

Job Posting No. 2025.01

Casual Positions

Closes: Dec 31, 2025 at 4:30 p.m.

Paid-On-Call Firefighters

Open until filled

Bidding Opportunities

northernrockies.ca/bids

For current bidding opportunities visit
www.northernrockies.bidsandtenders.ca

Advisories, Notices & Hearings

northernrockies.ca/notices

Are You Thinking of
Upgrading Your Storefront?

Business Facade Improvement Program is now available to help business and property owners in the Core Commercial Area improve their building exteriors.

Apply now!

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Email: CDPadmin@northernrockies.ca

Application and Guidelines available online at www.northernrockies.ca/BFIP

Applications will be accepted until July 31st

NOTE: This advertisement contains the most current postings as of the newsletter publication date.

Visit www.NorthernRockies.ca

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Fort Nelson & District Chamber of Commerce

Annual Trade Show

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Twitter

Instagram

It's our business!

Saturday, May 3rd, 10 am - 5 pm

Sunday May 4th, 10 am - 3 pm

The Fort Nelson Trade Show offers a variety of products and services, whether you are looking to sell or grow your business the Fort Nelson Trade Show is the perfect opportunity to meet with new and existing clients!

EXHIBITORS / FOOD / FUN & MORE....

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STORY EXCERPT - WRITTEN BY LOCAL YOUTH PARKER THOMPSON

"Well now the party can begin." Draven took a step into the sunlight and smiled. Sticky black goo seeped from his cloak like tentacles and lifted him into the air. One of the tentacles picked Mira up, she was surprised and scared but calmed down when Draven grabbed her waist and held her close.

"You let go of my daughter, you monster." Mira's father screamed. Draven looked at him with dark, cold, emotionless eyes, then looked up. He raised his free hand and storm clouds filled the sky, leaving nothing but lamplight. Draven laughed as lightning flashed across the sky, rain pelting down onto everything below. Mira screamed as lightning hit her father, causing him to collapse.

"Draven..?" Mira asked quietly, she gasped when his eyes caught her attention. They had no pupils and were as dark as the sky above.

"Yes my dear?" His voice was deep and sounded like a low growl.

"What are you doing? This isn't the Draven I fell in love with." Mira whispered.

"Then I'll make you love me." Mira stared in Dravens eyes, not able to look away. Everyone watched in horror as Mira's eyes faded to black.

"My dear, shall we take over the world?" Draven nodded and was about the talk when Mira started twitching. Her eyes went back to normal and she quickly kissed him. His eyes faded back to dark brown and the goo, clouds and fire started fading away. Draven looked down at his shaking hands.

"What have I done?" He muttered as Mira ran over to her father who was laying on the grass.

"Father? Father wake up." Mira sobbed, taking his hand in hers.

"Father please don't die." Draven took a step to go to Mira but the sun burned his hand so he remained in the shadows.

"Please don't leave me dad." Everyone watched as the princess pleaded for her fathers life.

NRSS - MEALS ON WHEELS MENU - \$10.00/MEAL

Tuesday, April 29, 2025 - Pork Steak with Mushroom Gravy, Mashed Potato, Veggies, Fruit & Dessert

Thursday, May 1, 2025 -

To purchase gift cards or to be added to the list call 250-774-3193 the day prior

Rotary

Club of Fort Nelson

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Literacy Society

Please Email Fort Nelson Community Literacy Society to purchase ad space or share your event.
newsletter@fncls.com

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May 12th to 16th, 2025
or
June 2nd to 6th, 2025

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