



CABBAGE KINGPINS OF THE NEIGHBOURHOOD!



Darlene and Wade Eggers proudly show off the giant cabbage they grew right in their backyard garden this season. Alongside this leafy masterpiece, the couple has been nurturing cherry tomatoes, zucchini, lettuce, and a vibrant array of lilies. When asked what's next for the massive cabbage, Darlene shared that it's already been transformed into a giant roaster full of cabbage rolls—a true garden-to-table triumph.

🌱 Have a garden harvest you're proud of? Send us photos of your bounties to be featured in The Northern Pulse! newsletter@fncls.com

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RPBio RPF PAg EP

Founder and Sr. Fire Lead

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MESSAGE FROM MAYOR ROB FRASER OF THE NORTHERN REGIONAL MUNICIPALITY

As we embrace these warm days of summer, I want to remind everyone to stay safe and healthy during these hot days. Please remember to drink plenty of water, take breaks in the shade or air-conditioned spaces, and check on neighbours who may need extra support. Staying cool is key to enjoying all that this season has to offer. The Recreation Centre is available to the community as a cooling space every day from 6:15 am - 9:00 pm, with many free or affordable activities to enjoy while you're there.



This BC Day weekend, we have a wonderful opportunity to come together and celebrate our province's rich history and vibrant community spirit. Did you know that the NRRM encompasses the traditional meeting grounds, gathering places and traveling routes of at least seven Indigenous communities? Acho Dene Koe First Nation, Dene Tha' First Nation, Doig River First Nation, Fort Nelson First Nation, Kaska Nation, Prophet River First Nation and the Métis community are among the Indigenous communities the NRRM is aware of in the area. Fort Nelson First Nation (FNFN) members came from all over the territory to the Old Fort, on the banks of the Fort Nelson River, to trade furs and purchase goods at the Hudson Bay Post, and where members later settled on a seasonal basis – but this wasn't 'home'. FNFN ancestors also came from different areas of the territory: Nelson Forks, Francois, Pretty Hill, Deer River, Snake River, Kotcho Lake, Fontas, Kahntah, and Moose Lake. Some FNFN relatives even came from as far away as Alberta and the Northwest Territories, and were adopted into the Nation by FNFN elders.

I challenge each of us to take some time this BC Day weekend, and learn something new about BC, or visit the Fort Nelson Heritage Museum this weekend to discover something new about our local history. Explore our slice of BC through guided berry picking ([facebook.com/FortNelsonEventsSociety](https://www.facebook.com/FortNelsonEventsSociety/)), paddling Parker Lake, or walking the Demonstration Forest and experiencing the boreal forest. Visit the Farmer's Market this weekend and enjoy a taste of Fort Nelson, go on a scavenger hunt (or geocache!) and take time to explore Fort Nelson's beautiful outdoors, visit community gatherings, or simply relax with family and friends.

Let's make this holiday weekend memorable by appreciating our past, celebrating our present, and looking forward to a bright future together.

Wishing you all a safe and joyful BC Day!" **Rob Fraser, Mayor**

MUSKWA MUSINGS WITH CASEY GAIRDNER

The Unseen Threads of Small-Town Life, Finding Belonging Beyond the Bustle

Before smartphones put the world in our pockets, connection looked a little different. In small towns, it isn't through Wi-Fi, it is through each other.

Here, privacy is more of a suggestion than a guarantee. People know your name, your story, and probably that embarrassing moment from both your childhood and each one after.

It's humbling, but also deeply human. Small towns have a way of making you visible, for better or worse.

That's the magic of it. Every action, good, bad, or awkward, ripples through the community. Accountability isn't a slogan, it's just how things work.

For those who feel like outsiders or prefer to blend in, that visibility can feel overwhelming at first. But over time, that same watchful gaze often softens into something comforting, a quiet kind of care.

The beauty of small-town life is in the shared ebbs and flows. You don't just live alongside people, your stories weave together. The slower pace, the deeper roots, the way people show up when it matters, these things create a sense of belonging that's hard to replicate.

Of course, it's not all easy. That ever-present awareness can feel invasive. It's tough if you're new or don't quite fit the mold. But in time, the community tends to reveal itself, not perfect, but profoundly real.

Maybe Dorothy said it best: "There's no place like home." And in a small town, you just might find yours....

Until next week.

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



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Dr. Sonja E. R. Leverkus PhD RPBio RPF PAg EP
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MEALS ON WHEELS MENU

\$10.00/MEAL

- Tuesday, Aug 5 - TBD
- Thursday, Aug 7 - TBD

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250-774-3193
the day prior**

ARTIST CALL

LOOKING FOR **EVENT DATE**
CULTURAL LEADERS **SEPT 12-13**
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TO PARTICIPATE IN THE 2025 STREETFEST

EMAIL:
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NORTHERN ROCKIES ARTS COUNCIL

RYAN KERR SENIOR SANTA PROJECT IS LOOKING FOR VOLUNTEERS!

We are looking for your help. Did you volunteer before in past years to knit or sew something for the Senior's Christmas gift bag? Are you new and would like to volunteer?

We are looking for :

-PEOPLE TO KNIT/CROCHET BLANKETS FOR THE SENIOR GIFT PACKAGES. YARN WILL BE PROVIDED

-PEOPLE WHO LIKE TO SEW/QUILT TO MAKE SMALL LAP BLANKETS, SMALL SOUP BOWL COZYS

OR

IF YOU HAVE EXCESS FABRIC OR YARN YOU WOULD LIKE TO DONATE.

Email: ryankerrseniorsantaproject@gmail.com
OR CONTACT DEBBIE AT 250-321-3321

WEEKLY EVENT CALENDAR

Got an Event? Let Us Help Spread the Word – For Free!

Send us your event name, time, and location, and we'll add it to our community calendar at no cost.

Email the details to: newsletter@fncls.com

Alcoholics Anonymous - Mondays,Wednesdays & Saturdays - 8:00PM to 9:00PM
Mondays at the United Church - 5108 Sunset Drive,
Wednesdays & Saturdays at Hospice Centre 5312 43rd Street

Narcotics Anonymous - Fridays - 7:00PM - Fort Nelson Aboriginal Friendship Centre

NRRM Recreation Centre Summer Swim Schedule
Family Swim - Monday to Sunday- 9:00AM to 1:00PM
Public Swim - Monday to Sunday - 1:00PM to 4:00PM
Evening Swim - Monday to Friday - 4:00PM to 8:00PM

Phoenix Theatre
Bad Guys 2 - August 1 to 14 - 7:00PM - August 2 Matinee 2:00PM
NO SHOWS on August 4th , Tuesdays or Wednesdays

Monday August 4th - Stat Holiday BC Day
Grief Support Group - 6:30PM - Fort Nelson Hospice 5312 43rd Street

Tuesday August 5th
Widows Dinner, Fort Nelson Hospice - Call 250-775-1457 to RSVP or for more info.

Wednesday August 6th
Baby Playgroup Ages 0-2 - 9:00AM to 11:00AM - NR Child Development 5011 Airport Drive
Canasta - 11:00AM - Northern Lamplighters Clubhouse
Elders Social - Friendship Centre
Tech Support for Seniors - 4:30PM to 5:30PM - City Furniture

Thursday August 7th
The Park Social - 10:00AM to 11:30AM - Art Fraser Park
Food Bank Distribution - 11:00AM to 3:00PM
Fort Nelson Warrior's Hope Hub - 6:30 PM - Hospice Society 5312 43rd Street

Friday, August 8th
Fun & Games - 1:30PM - Northern Lamplighters Clubhouse
Dinner and Games - 5:30PM - Literacy Society

Saturday, August 9th
Fort Nelson Farmers Market - 9:00AM to 3:00PM - Elks Hall
Canasta - 11:00AM - Northern Lamplighters Clubhouse

OLD-FASHIONED CABBAGE ROLLS

Ingredients

1 head green cabbage,
1½ lb extra-lean ground beef,
1 cup cooked rice,
1 egg,
1 onion, minced,
3 cloves garlic, minced,
½ cup parsley, chopped,
1½ Tbsp Worcestershire sauce,
1½ tsp salt,
½ tsp pepper,
½ tsp dill,
½ tsp onion powder,
pinch red pepper flakes (optional),
3 cans (15 oz each) tomato sauce,
½ cup cabbage water

Instructions

Boil Cabbage: Core cabbage, boil until leaves soften (8–10 min), peel off 18 leaves, reserve ½ cup water.

Make Filling: Mix beef, rice, egg, onion, garlic, parsley, Worcestershire, seasonings, and half the tomato sauce.

Assemble Rolls: Add ¼ cup filling per leaf, roll tightly. Layer in a baking dish lined with extra leaves.

Add Sauce: Mix remaining tomato sauce with cabbage water, pour over rolls.

Bake: Cover with foil, bake at 350°F for 2 to 2¼ hours.

Rest: Remove top leaves, let sit 20 min. Serve.

Sourced From: www.girlheartfood.com/old-fashioned-cabbage-rolls/

NORTHERN ROCKIES REGIONAL MUNICIPALITY

Opportunities & Notices

Career Opportunities

northernrockies.ca/careers

Job Posting No. 2025.23
Lifeguard Instructor I (Part-time)
Closes: Aug 18, 2025 at 4:30 p.m.

Job Posting No. 2025.22
Lifeguard Instructor I (Full-time)
Closes: Aug 18, 2025 at 4:30 p.m.

Job Posting No. 2025.19
Recreation Operations Manager
Closes: Aug 18, 2025 at 4:30 p.m.

For current career opportunities visit www.northernrockies.ca/careers

Bidding Opportunities

northernrockies.ca/bids

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

Advisories, Notices & Hearings

northernrockies.ca/notices

Notice of Public Hearing
OCP/Zoning Amendment
Bylaws No. 236 & 237, 2025

When: 6:00 p.m., Mon. August 11th
Where: Bear Pit, 5319 50th Ave S

For proposed “OCP Amendment (Highway Commercial to Urban Residential) Bylaw No. 236, 2025” and proposed “Zoning Amendment (4603 50 Ave S - C-2, C-3 to RMH) Bylaw No. 237, 2025”.

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

Visit www.NorthernRockies.ca

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Money tips, local insight, and advice from the credit union that gets it.

Mid-Summer Money Check
Halfway through summer is a great time to check in on your spending. A quick review now can keep you from a fall financial hangover.

Want a quick mid-summer budget refresh? Connect with **BEEM** and we'll get you on track.
Call 1-877-787-0361 or visit **BEEM Credit Union** (formerly North Peace Savings) here in Fort Nelson.

A ROAD TRIP IS A WAY FOR THE WHOLE FAMILY TO SPEND TIME TOGETHER AND ANNOY EACH OTHER IN INTERESTING NEW PLACES.

THE BENEFITS OF VOLUNTEERING: WHY GIVING BACK IS GOOD FOR YOU

Volunteering is more than just helping others—it’s also a powerful way to improve your own well-being. When you volunteer, you boost your mental health by reducing stress and increasing happiness. Helping others releases feel-good chemicals in the brain, which can lift your mood and give you a sense of purpose. Physical health can also improve through volunteering. Active volunteer work keeps you moving, which supports better fitness and can even lower blood pressure. Additionally, volunteering helps build meaningful social connections. Working with others toward a common goal fosters a sense of community and reduces feelings of isolation.

Volunteering also offers the chance to learn new skills like leadership, communication, and teamwork. These experiences can enhance your resume and even open doors to new career opportunities. Beyond practical benefits, volunteering helps you develop empathy by exposing you to different perspectives and life experiences, making you more compassionate and socially aware. Finally, volunteering provides a refreshing break from your routine, helping to reduce burnout and spark creativity. Overall, volunteering enriches both your life and the lives of those you help—making it a truly rewarding experience for everyone involved.

IMPORTANT ANNOUNCEMENT FROM

The Northern Pulse

Did you order a copy of the Graduation Keepsake Magazine ?

THEY HAVE ARRIVED !!

Pick yours up at the Learning Centre

Monday, Tuesday & Thursday
10:00AM to 3:00PM

Phone: 250-850-5616
Email: Admin@fncls.com

FINISH

Northern Rockies Triathlon

Saturday August 23, 2025

- Compete as a team or individual!
- \$15 for Adults 19+ | Free for ages 0-18 and 60+
- 4 different distance and 2 duathlon options available
- Seeking volunteers! Spectators are always welcome.

Register Now! 250-774-2541 ext. 1
nrrm.perfectmind.com

FOOD FOR THOUGHT... AND FOR WORMS!

Let's feed the worms, not the landfill.

The NRRM is launching a Commercial Kitchen Organics Diversion Pilot Project— and we're looking for food-service businesses to **lead the way** in reducing kitchen waste!

Contact us to get started!
250-774-2541 ext 2040
rdpadmin@northernrockies.ca

Expressions of Interest due August 31, 2025

Rotary
Club of Fort Nelson

Fort Nelson Community Literacy Society

250-850-5616
newsletter@fncls.com