#### 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.

r 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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Dr. Sonja E. R. Leverkus PhD 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), 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.

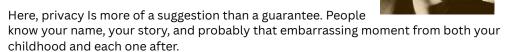
Let's make this holiday weekend memorable by appreciating our past, celebrating our present, and looking forward to a bright future together.

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 isnt through Wi-Fi, it is through each other.



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



#### ECOLOGICAL CONSULTING COMPANY

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

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#### **MEALS ON WHEELS MENU** \$10.00/MEAL

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



\*Call to order 250-774-3193 the day prior\*

# **ARTIST CALL**

LOOKING FOR

- EVENT DATE SEPT 12-13

**TO PARTICIPATE IN THE 2025** STREETFEST

NORTHERNROCKIESAC@GMAIL.COM

NORTHERN ROCKIES

# EEKLY EVENT CALENDA

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

<u>Phoenix Theatre</u> **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 5<sup>th</sup>

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 7<sup>th</sup>

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 9<sup>th</sup>
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,
- ⅓ 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

Assemble Rolls: Add 1/4 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

Bake: Cover with foil, bake at 350°F for 2 to 21/4 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** 

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/bid

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

Advisories, Notices & Hearings

Notice of Public Hearing **OCP/Zoning Amendment** 

Bylaws No. 236 & 237, 2025 When: 6:00 p.m., Mon. August 11th Where: Bear Pit, 5319 50<sup>th</sup> 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.



'BEEM There, Done That' 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



# 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 . . . .

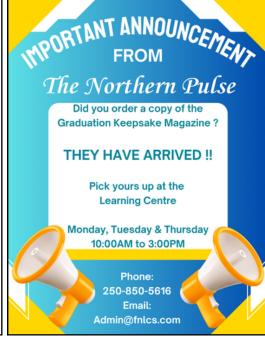
IF YOU HAVE EXCESS FABRIC OR YARN YOU WOULD LIKE TO DONATE.

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

#### 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.







Diversion Pilot Project— and we're looking for food-service businesses to lead the way in reducing kitchen waste!

Contact us to get started! **Expressions of Interest** 250-774-2541 ext 2040 due August 31, 2025 rdpadmin@northernrockies.ca

