

THANK YOU FROM THE FORT NELSON BEARS HOCKEY TEAMS



A heartfelt thank you to the incredible businesses in Fort Nelson who stepped up to support our Fort Nelson Bears youth hockey teams! Your sponsorship has helped our families travel to the 2025 Yukon Native Hockey Tournament — an unforgettable opportunity for our young athletes. Our Youth team took home Bronze in a nail biter semi finals game. We're proud to recognize: Fort Nelson First Nations, J A S Skidding, Eh Cho Dene, Secure Energy, CO OP Fort Nelson, Elevate Energy Services Ltd, Nahka Woodworking, Lynkyn Safety, Dalex Automotive, IGA, Save On Foods, Bumstead Water Services,

NAPA Autoparts, CMP Sports, Home Hardware, Tangle Ridge Custom Crushing, Red Apple, Down To Earth Healthshop, Boston Pizza, Tire Craft Fort Nelson, Brad Kendall and Julie McGuire. And finally and most importantly, all the hockey moms and grannies that grinded away this winter to put on fundraisers, cooked meals at the school. Anouk Dickie, Marie Turgeon, Leslie Dickie, Kim Youb, Janelle Badine, Kelsey Dingwell, Lacey Coutu, Tanis Mould, Linda Mould, Leah Mould, Sabrina Turgeon, and Lisa McKenzie. We're excited for this group of players to keep growing together and come back up next year. Your support makes a lasting impact, both on and off the ice.

Mahsi cho for believing in our players and helping make this journey possible!

-Submitted By Harrison Dickie

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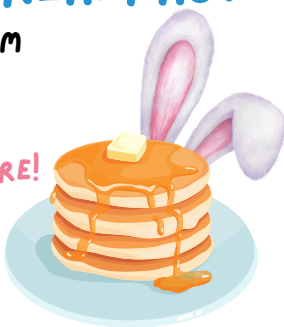
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ALIENS AT THE AIRPORT?



One of my earliest childhood memories is of watching a UFO perform energetic maneuvers in the sky above Fort Nelson.

The year was either 1966 or 1967, when my family lived in the Airport subdivision. Mom was shepherding us kids through our usual bedtime routine when we heard a

hubbub outside. Groups of neighbors were standing in their yards, facing in the direction of the runway and pointing upwards. We pounded down the stairs to join them. The UFO was a single light. Had it remained motionless, it would have passed as just another star; but no star ever moved like this one. Confining itself to one small section of the sky, it 'drew' a frantic zig-zag pattern against the blackness, darting with startling swiftness in all directions: up, down, diagonally side to side--always in a perfectly straight-line trajectory. Even as a small girl of 5, I was aware that no man-made aircraft in the world could pivot that abruptly or operate so quietly; I don't remember any sound at all. We watched the crazy flight for some time. And there the memory ends.

Recently I spent an afternoon poking through the Fort Nelson News archives at the library, searching for any mention of the incident. I was excited to find, in the March 1967 edition, a full-page report of a spate of UFO sightings. However, none of them matched the one I witnessed.

I'd love to hear from anyone else who remembers this sighting, (or any other in the region).

Submitted by - Facebook: Dawn L. Dowd; Email: DLDowd@yahoo.com.

MUSKWA MUSINGS WITH CASEY GAIRDNER

Teamwork Makes the Dream Work at Chalo School



As the sun shines brightly this week, there's more than just warmth in the air—there's an incredible energy growing right here in our community. At Chalo School, a group of dedicated educators is inspiring young minds through hands-on, real-world experiences that go far beyond traditional textbooks.

This past week, I had the joy of witnessing something truly special.

Picture this: children eagerly planting seeds in soil, each one symbolic of their own potential. It's not just about memorizing facts, it's about doing, connecting, and learning through action. The teachers at Chalo create a nurturing environment where every student is treated with genuine care, making education feel more like a journey of growth rather than just a series of lessons.

What's happening at Chalo isn't just about gardening or culture; it's about fostering teamwork, responsibility, and a deep sense of community. Watching the children, bright-eyed and eager to learn, fills me with hope for the future. These young citizens are gaining practical skills that will serve them, and all of us for years to come.

A huge shout-out to Chalo for involving our elders in the children's education, ensuring invaluable knowledge is passed down through generations. This collaborative approach is a beautiful example of how teamwork and togetherness can shape a better tomorrow. Let's all take a moment this week to reflect on the power of unity. Get involved, try something new, and embrace the spirit of growth around you. You might just find yourself blooming in ways you never expected.

Until next week!

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

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MONDAY

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SATURDAY

WEEKLY EVENT CALENDAR

Friday April 4 to Thursday April 17, 2025 - *MOVIE “A Minecraft Movie”* - 7:00PM & 2:00PM Matinee on Saturday - Phoenix Theatre

Monday April 7, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM Mondays at the United Church - 5108 Sunset Drive

Tuesday April 8, 2025 - *Soup, Bannock & Dessert \$6.00* - 12:00PM to 1:00PM Fort Nelson Aboriginal Friendship Centre

Tuesday April 8, 2025 - *TV Bingo (NWTEL Channel 208)* - Card Sales At Fort Nelson Aboriginal Friendship Center From 9:00AM to 6:30PM Games Start At 7:00PM - Concession Open For Players In The Hall All Proceeds Go To The Food Bank

Wednesday April 9, 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 9, 2025 - *Elders Social* - 11:30AM to 4:00PM Fort Nelson Aboriginal Friendship Centre - Bring Your Favourite Snack Call 250-774-2993 Ext. 1013 For More Information

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

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

Friday April 11, 2025 - *Narcotics Anonymous* - 7:00PM Fort Nelson Aboriginal Friendship Centre

Saturday April 12, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM Wednesdays & Saturdays at the Hospice Centre 5312 43rd Street

BUILDING A NETWORK OF INFORMATION AND SUPPORT FOR DEMENTIA CARE

As a follow-up to my article last week, I wanted to share some of the information and resources that I have found helpful in navigating my Mom’s experience with dementia. I can only speak from my experience and I strongly urge everyone to connect with their family doctor if they have any concerns. My first suggestion to anyone experiencing signs of Alzheimer’s disease or noticing them in a loved one is to connect with the Alzheimer’s Society of BC. I cannot say enough about the incredible support this organization provides. In addition to a massive online library, individuals can self-refer to First Link®. After registering, a representative will call you within a few weeks to learn about your situation and connect you with resources. There is also a Dementia Helpline available Monday-Friday 9am-8pm at 1-800-936-6033.

In terms of the best ways to communicate with someone with dementia, well, there is no one best way. Dementia is caused by damage or changes in the brain that disrupt its ability to function properly, and will impact each person differently. The Alzheimer’s Society shares the below tips:

- Communicate clearly and calmly.
- Use short, simple sentences.
- Don’t talk to the person as you would to a child – be patient and have respect for them.
- Try to communicate with the person in a conversational way, rather than asking question after question which may feel quite tiring or intimidating.
- Include the person in conversations with others. It is important not to speak as though they are not there. Being included can help them to keep their sense of identity and know they are valued. It can also help them to feel less excluded or isolated.
- Avoid speaking sharply or raising your voice.

While I’ve learned so much about dementia and Alzheimer’s disease over the past five years, I’ve learned far more about myself. More often than not, challenges in communicating with my Mom have stemmed from my own lack of knowledge, time, and patience. There is so much fear associated with this disease, and believe me, I get that. But I refuse to let this fear dictate how my family and I are managing this experience. Building your own library and tool-kit of information and support is vital and there are people and organizations available to help.

As always, if you have any questions or need more information please reach out to me. -Submitted By Shayna Dolan - Shayna.dolan@unbc.ca





BC'S JR. ALL-NATIVE PROVINCIAL BASKETBALL CHAMPIONSHIPS

From March 16th to 21st, nearly 2,000 indigenous youth aged 9 to 18 participated in BC's Jr. All-Native Provincial Basketball Championships. Fort Nelson sent four representatives as part of the Treaty 8 BC Bison: players Andrew Hill, Kalik Beattie, Jacob Zuber, and manager Cedar Wechlin.

The Bison, with a roster of 12 players from Fort Nelson to West Moberly Lake, brought seven players to the championships. They won their first game against Bella Coola and followed it with another victory over Nak'azdli Whut'en.

Andrew Hill earned two Player of the Game awards, while Kalik Beattie excelled in defense, aiding their close wins. Jacob Zuber brought intense hustle as our 6th man.

The Bison were named the Most Sportsmanlike Team out of 33 in their division and are now ranked in the Top 20 teams in BC's All-Native Basketball division. These guys represented their community and nations well. "We went into this tournament to build our basketball community, team chemistry and to put northern BC basketball on the map, coming out with 2 wins and an award were not in the plans, so I'm really proud of them", says Manager and Director Cedar Wechlin.

Looking ahead, the Bison aim to expand their All-Native programming and hope to register more northern teams for next year's JANT 2026 in Langley, BC.

-Submitted by Cedar Wechlin





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Rotary Club of Fort Nelson

Fort Nelson Community Literacy Society

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



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

Tuesday, April 8, 2025 - Perogies & Sausage, Veggies, Fruit and Dessert

Thursday, April 10, 2025 - Chicken Fingers, Fries, Coleslaw, Fruit and Dessert

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



Fort Nelson Community Literacy Society

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A Big Thank You from the Northern Pulse Team

We’d like to express our sincere thanks to everyone who has contributed articles, photos, and stories to the Northern Pulse newsletter. Your input is helping us reconnect and strengthen the bonds within our community. Together, we’re creating something special, and we couldn’t do it without you. Thank you for being part of this journey!