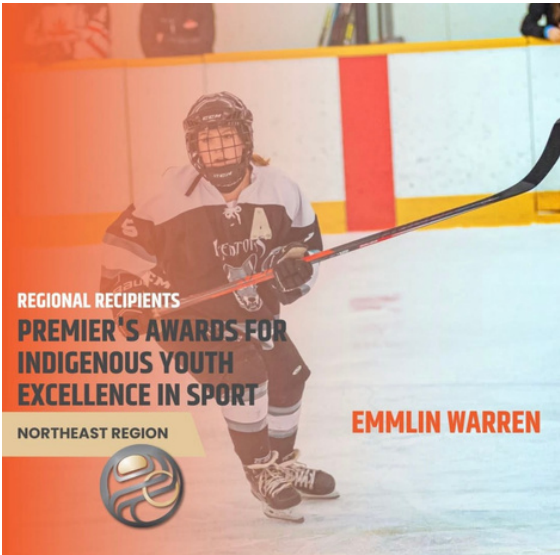


## PHOTO OF THE WEEK

Congratulations to Emmlin Warren (16) on your selection as a regional recipient of the **2024 Premiers Award for Indigenous Youth Excellence in Sport**

for the Northeast Region. This award is in recognition of your outstanding sport achievements and dedication to your education, culture, and leadership in your community.



CONGRATULATIONS, EMMLIN WARREN!!

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\*TICKETS ON SALE AT THE LITERACY OFFICE, JUICES & THE 'A' FRAME\*

**TAKING CARE OF THOSE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS**

The FNCLS recently hosted a showing of the documentary “Taking Care”. The film follows a couple (Seth Rogen and his wife Lauren Miller Rogen) as they face the challenges of Lauren’s mother’s early-onset Alzheimer’s disease. As many will know, this hits very close to home for my family and I. My Mom was diagnosed with Young Onset Alzheimer’s’ disease in 2021 at the age of 63.

This diagnosis came after a year of noticing symptoms and a barrage of diagnostic tests.

Despite being a health researcher myself and conducting multiple studies on the impacts of a variety of diseases and conditions, having my Mom be diagnosed with a serious and life-limiting illness has often left me feeling frustrated and hopeless. With this column I hope to impart some knowledge, support, and hope to others.

While the terms "Alzheimer's disease" and "dementia" are often used interchangeably, they are not the same thing. Dementia is not a specific disease, rather it is a term for a set of symptoms caused by a disorder affecting the brain. Alzheimer’s disease is the most common cause of dementia and accounts for 60-80% of all diagnoses. To put it another way, every case of Alzheimer’s disease is an example of dementia, but not every type of dementia is Alzheimer’s.

The Alzheimer’s Society of Canada reports that as of January 1, 2025 an estimated 771, 939 people in Canada are living with dementia. By 2030 nearly 1 million people in Canada could live with dementia. Every day, more than 414 Canadians develop dementia, this is more than 17 every hour. The statistics are bleak and staggering, but there is hope. Scientists have made great progress in understanding Alzheimer’s disease despite not fully understanding what causes the disease. At the present time it is proposed that the cause is a combination of age-related changes in the brain, along with genetic, health, and lifestyle factors. While we can’t alter our genes (at least not yet), we can control how much physical activity we get, our diet, smoking, alcohol consumption, sleep, and social engagement.

In addition to the physical and cognitive effects of this disease, the stigma associated with Alzheimer’s disease is pervasive and challenging. Just as every case of cancer is unique, so is every case of Alzheimer’s disease. Impairments in memory is just one of the many symptoms and in my case the least challenging. It can affect mood, communication, and physical capabilities. In “Taking Care” Lauren states that her Mom “...worked incredibly hard, she was constantly trying to contribute, she wasn’t just a passenger”. It’s vital that we view people living with dementia as whole, contributing members of our communities, not merely passengers along for a ride they don’t understand or deserve, a ride you wouldn’t wish on anyone.

I’m not an expert and I certainly don’t have all the answers, no one does. But I have learned that talking to someone who is on a similar journey can make all the difference. If you have any questions or just need to talk, please reach out to me. In an upcoming issue of the Northern Pulse I will be sharing some resources that we have found helpful. Stay tuned! *Submitted by Shayna Dolan - Shayna.dolan@unbc.ca*



### MUSKWA MUSINGS WITH CASEY GAIRDNER

#### Spring Growth and Greener Futures

Hello Fort Nelson! The air is crisp, and snow is still on the ground, but the vibrant energy of spring is undeniably stirring. It’s a time of renewal, a perfect moment to reflect on our collective impact and explore how we can nurture a more sustainable future.

This week, I’m thrilled to shine a spotlight on two remarkable local initiatives that are cultivating positive change, NRRM’s dedicated vermicompost farm, which was the brainchild of Wilf Hoath and “Collectively Sustainable” a local waste reduction and recycling service, spearheaded and owned by Ariana Quin.

Consider the transformative power of vermicomposting. Everyday kitchen scraps, coffee grounds, vegetable peels, and other biodegradable materials are being converted into a rich, fertile compost. The dedication of individuals like Wilf Hoalf and Ariana Quin is demonstrating the ease and profound benefits of recycling our food waste. Ariana’s “Collectively Sustainable” service simplifies this process, providing an accessible and affordable avenue for community participation.

Why is this important? Vermicompost serves as a natural, gentle fertilizer, fostering the flourishing of our gardens and local flora without the use of harsh chemicals. This reduces landfill waste and enriches and creates a healthy eco-friendly soil additive to use in our gardening efforts.

I wholeheartedly encourage everyone to delve deeper into these initiatives. Please explore Ariana’s Facebook page at [www.facebook.com/collectivelysustainable](https://www.facebook.com/collectivelysustainable), and visit the NRRM website for comprehensive details on our town’s vermicomposting project. Let us unite in our efforts to cultivate a greener Fort Nelson, one compost bin at a time. As we all prepare for the gardening season, we would love to hear from you. Do you have any gardening tips that have proven successful in our unique climate? Your insights are wanted and encouraged. Please don’t hesitate to reach out or send me an email.

Until next week,

Casey Gairdner - “The Muskwa Muser.” [Muskwamuser@gmail.com](mailto:Muskwamuser@gmail.com)

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UPCOMING  
HOLIDAYS

GOOD FRIDAY  
APRIL 18, 2025

EASTER  
APRIL 20, 2025

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

Tuesday, April 1, 2025 - Chicken Penne, Veggies, Fruit & Dessert

Thursday, April 3, 2025 - Meatballs, Rice, Fruit & Dessert

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

NEW!

FIRST MEETING WILL BE  
APRIL 4, 2025, 7:00 PM, AT THE  
FORT NELSON ABORIGINAL  
FRIENDSHIP CENTRE

MEETINGS HELD EVERY FRIDAY

WEEKLY EVENT CALENDAR

Monday March 31, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM  
Mondays at the United Church - 5108 Sunset Drive

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

Wednesday April 2, 2025 - *Community Round Table Meeting* - 12:00PM  
The Bear Pit @ Town Hall

Wednesday April 2, 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 2, 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 2, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM  
Wednesdays & Saturdays at the Hospice Centre 5312 43rd Street

Wednesday & Thursday April 2 & 3, 2025 - *Movie "The Island Between Tides"* - 7:00PM  
Rated PG - Filmed in Northern B.C.

Thursday April 3, 2025 - *Fort Nelson Warriors Hope Hub* - 6:30PM  
5312 - 43rd Street - First Thursday of Each Month  
Circle Of Care And Support For Cancer Patients And Families

Thursday April 3, 2025 - *The Track Social* - 10:00 AM  
NRRM Rec Centre Walking Track - Call 250-774-2541 ext.1 for more info.

Friday April 4, 2025 - *Northern Rockies Events Society Presents "Conway Kootney"* -  
Doors Open 7:00PM Show At 8:00PM - \$30.00/Ticket  
NRRM Rec. Community Hall - 19+ Event

Friday April 4, 2025 - *Narcotics Anonymous* - 7:00PM  
Fort Nelson Aboriginal Friendship Centre

Saturday April 5, 2025 - *Alcoholics Anonymous* - 8:00PM to 9:00PM  
Wednesdays & Saturdays at the Hospice Centre 5312 43rd Street

NORTHERN ROCKIES REGIONAL MUNICIPALITY

Opportunities & Notices

Career Opportunities

[northernrockies.ca/careers](http://northernrockies.ca/careers)

Job Posting No. 2025.06  
Recreation Labourer  
Closes: Apr 6, 2025 at 4:30 p.m.

Job Posting No. 2025.01  
Casual Opportunities  
Closes: Dec 31, 2025 at 4:30 p.m.

Bidding Opportunities

[northernrockies.ca/bids](http://northernrockies.ca/bids)

For current bidding opportunities visit  
[www.northernrockies.bidsandtenders.ca](http://www.northernrockies.bidsandtenders.ca)

Advisories, Notices & Hearings

[northernrockies.ca/notices](http://northernrockies.ca/notices)

2025 BUDGET

Review the preliminary budget at  
[www.northernrockies.ca/budget](http://www.northernrockies.ca/budget).

Find the Public Survey (opening soon) at  
[www.northernrockies.ca/budget\\_survey](http://www.northernrockies.ca/budget_survey)  
OR  
visit the Budget Open House on  
April 8, 2025 between 6:00-8:00 pm

Feedback? email:  
[admin@northernrockies.ca](mailto:admin@northernrockies.ca)

NOTE: This advertisement contains the most current  
postings as of the newsletter publication date.  
Visit [www.NorthernRockies.ca](http://www.NorthernRockies.ca)

WILLIAM JENSEN

August 14, 1950 - March 14, 2025

It is with a heavy heart that the family of William Jensen announces his peaceful passing on March 14th, surrounded by his loved ones. A long time Fort Nelson resident, Will leaves behind a legacy of kindness, loyalty, and selflessness. He was a dedicated husband, father, grandfather, brother, and friend who never hesitated to help anyone who needed it. Will could often be seen walking with his devoted wife each day and spending time with his grandchildren whom he adored. He is survived by his wife Sharyl, children Brandon and Sharmaine, siblings Helen, Gloria, Rita, Alice, and Alex, as well as his grandchildren James, Keira, and Cassidy. He is predeceased by his parents Mary and Charlie Jensen, siblings Jim, Dennis, David, Ruth, Nora, and Susie, and granddaughter Mattea (Taya) who has been patiently waiting for her Papa to arrive. The funeral service will be held on May 24th, 2025 at 1pm. The procession will start at the Fort Cafe and end at the cemetery with lunch to follow at the Friendship Centre. The family invites all who knew Will to join them in remembrance of his remarkable life.

YUKON NATIVE HOCKEY TOURNAMENT 2025

The 45th annual Yukon Native Hockey Tournament took place from March 20 to 23, 2025, in Whitehorse, attracting an impressive 60 teams from across the region. The tournament, which celebrates the spirit of Indigenous hockey, featured a mix of divisions, including youth, women, men, and kids. With teams from the Yukon, British Columbia, the Northwest Territories and Nunavut, the event showcased incredible talent and sportsmanship.

The Fort Nelson Bears were proud to have two teams competing in the youth divisions, alongside the Fort Nelson Fireweeds women's team. The teams were supported by a generous donation from the Fort Nelson First Nation Council, which helped cover the cost of the participation and ensure the athletes could compete.

This year's tournament was a thrilling display of skill, community spirit, and teamwork, providing a platform for Indigenous youth and athletes to shine. The event was an unforgettable celebration of culture, unity, and the love of the game. *Submitted by Kathi Dickie*

Players: Aliyah Dendys, Alissa Dendys, Grayson Youb, Karsyn Youb, Linden Dickie, Hailey-Mae Dickie, Haeden Zuber, Jax Turgeon & Tennyr Turgeon

Coaches: Brendan Youb, Aaron Dendys & Harrison Dickie

FNFN Chief and Council: Archie Harrold, Curtis Dickie, Kathi Dickie, Patricia Capot Blanc & Taylor Behn-Tsakoza

\*Some players, coaches and council members are missing from the photo\*

"Adults are always asking children what they want to be when they grow up because they're looking for ideas."

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