



The Northern Pulse

Northern Rockies Community Newsletter

Volume. 2 - Issue. 4



JAN
26
2026

FIRE, ICE AND SNOW EVENT



Winter Fun for All Ages

Community members had tons of fun at the NRR Rec Centre's Fire, Ice and Snow event. Families enjoyed free hotdogs and hot chocolate around the fire, played on the beautiful snow castle, skated on the ice track, and could try cross country skiing and snow shoeing.

All sponsored generously by
Fort St John CO-OP.

Photo credit: Northern Rockies Rec Centre

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SCAN FOR LISTINGS

THE NORTHERN PULSE TURNS ONE!

To celebrate, we have a special one time offer for non-profit organizations!

REGISTER NOW FOR A FREE AD VOUCHER (3.5"X2" AD)

newsletter@fncls.com
250-850-5616

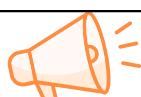
1 & 2 BEDROOM UNITS AVAILABLE

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PUBLIC ANNOUNCEMENT

DEVELOPMENT OF A PEST MANAGEMENT PLAN

This post is a community notice and is sponsored by ConocoPhillips Canada in order to spread the word about their project with public impact.

DEVELOPMENT OF A PEST MANAGEMENT PLAN

Reference #: CPC-IPMP-2026-2031

As per the Integrated Pest Management Regulation of British Columbia, Section 61(1), this is Public Notification that:

ConocoPhillips Canada Resources Corp. is renewing a Pest Management Plan (PMP) under the BC Integrated Pest Management Regulation (IPMR). The five-year (2026-2031) Integrated Vegetation Management Plan (IVMP) applies to the lands (sites and associated roads, facilities, and pipeline rights-of-way) for which CPC is responsible in the areas south of Dawson Creek and the Goodlow, Rose Prairie, Cecil Lake, Gundy, Blueberry, Fort Nelson and Caribou areas north of Fort St. John.

The IVMP outlines practices for non-chemical and chemical management options and describes the process that ConocoPhillips Canada Resources Corp. will use to determine the most appropriate method(s) for vegetation management. All vegetation management activities will be conducted in a way that minimizes the risk to the workers, the public, and the environment and in compliance with all provisions of the BC Integrated Pest Management Act (2009).

Herbicides will only be used in accordance with the Pest Management Plan. The common name and some example(s) of trade names of the herbicides proposed for use under this plan include: aminocyclopyrachlor (Navius, Truvist), aminopyralid (Milestone, Clearview), amitrole (AmitrolT), bromacil (Krovar, Hyvar, Calmix pellets), chlorsulfuron (Telar, Truvist), clopyralid (Lontrel360, Eclipse), dicamba (Dyvel DS, Banvel, Oracle), diuron (Karmex), flazasulfuron (Longrun25), flumioxazin (Payload, Torpedo), glyphosate (Roundup Weathermax, Roundup Transorb, Vantage Plus), hexazinone (Velpar DF).

A copy of the draft pest management plan is available for viewing at: <https://static.conocophillips.com/files/resources/draft-cpc-pest-management-plan-2026.pdf>. For more information, please contact the IPM agent, Melbern Vegetation at admin@melbern.ca, or alternatively you can contact the applicant ConocoPhillips Canada Resources Corp. at regulatoryaffairsmailbox@conocophillips.com.

A person wishing to contribute information about a proposed treatment area relevant to the development of this pest management plan may send copies of the information to the applicant at the email address above within 30 days of the publication of this notice.

MUSKWA MUSINGS with Casey Gairdner

The Modern Grift: Protecting Your Money in a Digital Age

The classic "snake oil" salesman hasn't vanished, they've simply traded their wooden carriage and box of miracle tonics for a high-speed internet connection. Today's grifters often try and be the most polished figures in your social media feed. Using "lifestyle heists" and carefully curated "success" to alter your perception. They try and bypass your logic with promises of incredible returns that seem too good to be true, because they often are.

By positioning themselves as "gurus" fighting a rigged system, these people use complex jargon to make you feel like an insider. They want you to believe that your skepticism is a personal flaw rather than a valid survival instinct, always trust your gut.

Recognizing a scam requires looking past the performance. Whether it is a "fail-proof" investment, a high-return shortcut, or a get rich quick scheme, the objective is the same, extraction. They want you to be the catalyst for their exit strategy, often leaving you holding the bill.

Recently, a member of my own family fell victim to financial fraud. To help ensure your family doesn't face the same struggle, please join BEEM Credit union for an upcoming session on financial safety.

Scam & Fraud Prevention Workshop

- When: February 10, 2026 | 1:00 PM – 2:30 PM
- Where: Northern Lamplighters
- Cost: Free

Hosted by the Fort Nelson Community Literacy Society and Beem Credit Union, at the Northern Lamplighters, this workshop will teach you to spot warning signs before your logic is compromised. Integrity can be rare in the digital and physical world, but your financial safety doesn't have to be. Attend this free workshop and learn to spot the warning signs, as well as what to do if you think you may be a victim.

Until next week,

Be good to one another, and more importantly be good to yourself.

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



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"Conserving biodiversity from the past, in the present, for the future."



SHIFTING MOSAICS CONSULTING



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Fort Nelson, BC V0C 1R0

Hours: Monday - Friday
8:00 AM - 5:00 PM

Phone: (250) 774-6804

Career Opportunities

northernrockies.ca/careers

Job Posting No. 2026.04

Lifeguard Instructor (PT Perm)

Closes: Feb 5, 2026 at 4:30 p.m.

Job Posting No. 2026.03

Lifeguard Instructor (FT Term)

Closes: Feb 5, 2026 at 4:30 p.m.

Job Posting No. 2026.02

Chief Administrative Officer (CAO)

Closes: Feb 13, 2026 at 4:30 p.m.

Bidding Opportunities

northernrockies.ca/bids

ITT-2026-03

2026 Roadworks

Closes: Feb 12, 2026 at 2:00 p.m.

ITT-2026-02

2026 Capital Gravel Supply

Closes: Feb 5, 2026 at 2:00 p.m.

ITT-2026-01

Booster Station Line Replacement

Closes: Feb 12, 2026 at 2:00 p.m.

Advisories, Notices & Hearings

northernrockies.ca/notices

NOTICE OF PUBLIC HEARING

**Site-Specific Zoning Amendment
Bylaw No. 241, 2025**When: 6:00 p.m., Mon. Jan. 26thWhere: Bear Pit, 5319 50th Ave SFor proposed "Zoning Amendment
(5100 50th Ave N - Site-specific
Storefront Cannabis Retailer)

Bylaw No. 241, 2025".

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

Visit www.NorthernRockies.ca

WEEKLY EVENT CALENDAR

Alcoholics Anonymous - Mondays, Wednesdays & Saturdays - 8:00PM to 9:00PM

Mondays: United Church 5104 Sunset Drive,

Wednesdays & Saturdays: Hospice Society Office 4916 50th Street Unit # 6

Sundays - Weekly AlAnon Meeting - 7:00PM - Hospice Society Office

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

Monday, January 26th

Soup & Seniors Social - 11:30AM - Lamplighters Hall**Grief Support Group** - 6:30PM - 4916 50th Ave North Unit # 6**Youth Advisory Club** - 4:00PM-5:30PM - F.N. Public Library

Tuesday, January 27th

Homeschool Hangout - 9:30AM-11:00AM - F.N. Public Library**Soup & Bannock** - 12:00PM-1:00PM - Friendship Centre**Adult D&D Club** - 5:30PM - 7:30PM - F.N. Public Library**Widows Dinner** - 6:00pm - 4904 54th Street**TV Bingo** - 7:00PM-8:00PM

Wednesday, January 28th

Canasta - 11:00AM - Lamplighters**NRCDA & CCRR Drop-in Playgroup** - 9:00AM-11:00AM - Middle of the Track Rec Centre**Elders Social** - 11:30AM-4:00PM - Friendship Centre**Tech Support for Seniors** - 4:30PM-5:30PM - City Furniture**Rotary Meeting** - 12:00PM - Triple "G"**Board Meeting** - 4:00PM - Lamplighters Hall**Gizmos & Gadgets** - 4:00PM-5:00PM - F.N. Public Library**Mitten Making Workshop** - 1:30PM-4:00PM - Friendship Centre

Thursday January 29th

The Track Social - 10:00AM - Middle of the track**Knitting & Crafts** - 3:00PM - Lamplighters Hall**Teen D&D** - 5:30PM-7:30PM - F.N. Public Library

Friday, January 30th

Knit & Crochet - 1:30PM-3:30PM - F.N. Public Library**Fun & Games** - 1:30PM - Lamplighters Hall**Teen Night** - 7:00PM-10:00PM - F.N. Public Library

Saturday, January 31st

Fort Nelson Farmers Market - 9:00AM to 3:00PM - Elks Hall**Canasta** - 11:00AM - Lamplighters Hall

NRSS MEALS ON WHEELS MENU \$10.00/MEAL

**Tuesday, January 27th:** Sausage, perogies, & veggies.**Thursday, January 29th:** Russian Chicken SaladMenu may be subject to change,
call to order 250-774-3193 the day prior.

WEEKLY GROANER



Why did the banana go to the doctor?
Because it wasn't peeling well

HAVE SOMETHING TO SHARE IN
THE NEWSLETTER?
CALL 250 850 5616 OR EMAIL
NEWSLETTER@FNCLS.COM FOR
MORE INFO

The Northern Pulse
Celebrates its First Birthday
-Seanah Mollica, Executive Director, FNCLS

The Northern Pulse began as a creative act of desperation.

Here at the Fort Nelson Community Literacy Society, we lost one of our main funding contracts last year—about 25% of our operating budget. For a small charity like ours, it was a devastating blow.

When that funding disappeared, we were scrambling to figure out how to keep our staff, our programs, and our doors open. Many vulnerable people rely on our centre every day. Our services and supports are vast, and our funding, insufficient.

Our community had lost the Fort Nelson News—an absence that left a gap in how people access local information, especially those who don't use digital platforms. There had been talk of starting a community newsletter, but it seemed like a big project to embark on with our limited capacity.

Then came the funding loss- desperate times call for creative thinking.

As we searched for fundraising ideas, we revisited the newsletter concept (with a big thank-you to Tara Neufeld) and realized it could serve two purposes: raising funds through advertising while rebuilding a shared space for local information, stories, and connection. With a seed grant from Rotary, and subsequent help from NRRM, we brought it to life.

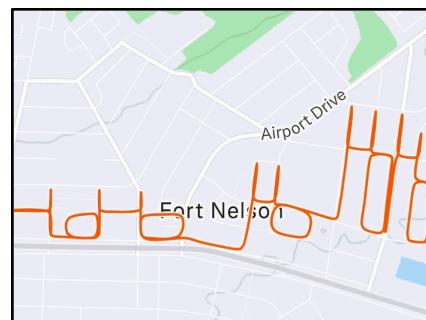
Since then, the Northern Pulse has grown into something truly special. We hope to continue sharing community stories and voices for a long time to come. This wouldn't be possible without the businesses and organizations that support us by purchasing ad space, our dedicated delivery volunteers, and the talented writers and contributors who generously share their time and stories.

We are always looking for article writers and community content. If you have a story, thoughts to share, a good recipe- anything! Send it in to our coordinator, Sherice!

Thank you to everyone who has supported the Northern Pulse along the way, and happy first birthday, Northern Pulse!

Advent's Latin root advenire means "to arrive." Adventure's root is "adventurous" and means "to happen." Both words ring with spirit of departing from ordinary, embracing unknown, undertaking risk, and experiencing extraordinary. The annual Advent Run does all of that and more.

Each year, Sinister Sports, an online support group for runners, gets behind an Advent Run. From Dec. 1 to 24, runners, just over 400 hundred this year, aim to run at least 2 km a day for 24-days in a row, indoors or outside. This year, the top distance was 1000 km, and our town's Melinda Belleau racked up 230 km including some decent outdoor runs despite the deep cold spell. Alongside, as often as possible, was partner Bryan.



On Christmas Eve, the final leg of the local Advent Run was made especially memorable with a gathering of the Fort Nelson Ladies Running Group: Melinda, Angie, Ioana, Chloe, and Rhonda (plus Bryan), each decked out in Christmas lights for a jog along Melinda's HoHoHo route (pictured to the left). From my place, I am sure I heard Santa cheering them on with his boisterous HoHoHo!

SPRUCE takes a turn at Journaling
for Laughter by Maggie SquiresREADY FOR A NEW JOB OR
CAREER PATH?**Join our Job****Readiness Program**
to gain the skills
employers want.**Contact us for more info!**wayne@fncls.com

250-850-5616



EXTRA! EXTRA!

HERITAGE DAYS FEB 21ST & 22nd 1:00PM-4:00PM

FORT NELSON HERITAGE MUSEUM

- BAKE SALE
- FREE UNGUIDED MUSEUM TOURS
- CAR SHED OPEN

- SEEKING
- MUSICIANS
- FRESH BAKING
- BANNOCK COOKS
- VOLUNTEERS

- RAFFLE PRIZES
- 50/50 DRAW

PLEASE RECYCLE**PLEASE RECYCLE****PLEASE RECYCLE****PLEASE RECYCLE**