



# The Northern Pulse

Northern Rockies Community Newsletter

Volume. 2 - Issue. 6



FEB 09 2019



Valentine's Special, February 1st-14th

**STOREWIDE 15% OFF**

Celebrating 40 years

Valentine's Day, Saturday, Feb 14th

1986 - 2026

## EXTRA!! EXTRA!!

### HERITAGE DAYS FEB 21<sup>ST</sup> & 22<sup>ND</sup>



1PM - 4PM  
BAKE SALE  
FREE  
UNGUIDED  
TOURS OF  
MUSEUM  
CAR SHED  
WILL BE OPEN

SEEKING  
MUSICIANS,  
FRESH BAKING,  
BANNOCK  
COOKS, AND  
VOLUNTEERS

Enjoy fresh bannock, coffee, tea, and water in the Trappers Cabin both days

Raffle prizes, 50/50 draw

**FORT NELSON HERITAGE MUSEUM**



Join the celebration and experience the rich history, culture, and community spirit of Fort Nelson! Heritage Days brings everyone together for family-friendly activities, live entertainment, local food, and fun for all ages.

PRICES EFFECTIVE Feb 12 - 18

**IGA** Hometown Proud

**FEED THE DREAM**

Seniors Save 10% Every Thursday!

Raspberries product of Mexico 170g **2.49**

Boneless Skinless Chicken Breast 15.41/kg **6.99/lb**

Rose Bouquets asst. colors one dozen Starting at **35.99**

Hours: 7 Days a Week 7:00 am - 9:00 pm Phone: 250-774-2791 Address: 4823 50th Ave South

**NFWRx**  
Northern Fire WoRx

Dr. Sonja E. R. Leverkus  
PhD RPBio RPF PAg EP  
Founder and Sr. Fire Lead

(250) 321.FIRE / (250) 321.3473  
(250) 321.BURN / (250) 321.2876  
info@northernfireworx.com  
https://northernfireworx.com

List of Services

- Prescribed Fire
- Ignitions
- Fire Suppression
- Fuel Treatment
- Fire Guard Planning
- FireSmart Assessments
- Danger Tree Services
- Fire Mapping
- Fire Rehabilitation
- Training
- Contract Crews
- Forest Services

**CENTURY 21** Your trusted choice in Energy Realty Real Estate

Cathleen Soucie REALTOR®  
250.321.0777  
cathleensoucie@gmail.com

SCAN FOR LISTINGS

**IG WEALTH MANAGEMENT**

Dave Milner, RRC Experienced, trusted, local advice for all your financial planning needs  
(250)774-7526 for an appointment

IG Wealth Management Inc. Mutual Fund Division I.G. Insurance Services Inc. ig.ca IG 100 A legacy of planning. Now and forever.

**1 & 2 BEDROOM UNITS AVAILABLE**

Call or email today to arrange a viewing and get an application!

250 775 0070  
bearbrook.gary@gmail.com

**BEARBROOK**  
"Your industrial and residential lease specialists"

### Our Library - Danika Andrews

Each day in the library offers familiar comforts: books, computers, magazines, games, quiet corners, movies, play spaces, and places to relax. There is the steady rhythm of checking resources in and out, the soft beep of machines, low music filling the space, and light streaming through the windows. Staff go about their work while patrons move throughout the library, each finding their own place within it.

And yet, each day is entirely unique. The people who fill the library create a richness of experience and life that cannot be found anywhere else. We call all who walk through our doors patrons for a reason. They are patrons of the arts, of education, of learning, of exploration, of community, and of life itself.

Our patrons enrich our spaces with their curiosity, with the stories they share as they interact with staff and with one another, and with their creativity as they explore new ideas, concepts, and skills through events, programs, and displays. Every day, they bring new ideas, questions, and needs into our space.

We chat. We talk. We create. We search for answers to questions both silly and serious, offering help however we can. We invite patrons in and hope they find a welcoming place here. Some areas are louder than others; silence is not required everywhere. Instead, we encourage connection and community within our shared spaces.

We welcome all who seek a safe place. We strive to be a space that rises to meet the needs of everyone who walks through our doors.

Where Stories, Ideas & Community Meet - Follow us on Facebook, TikTok & Instagram

Phone: 250-774-6777 | Email: fnpl@fnpl.ca | fortnelson.bc.libraries.coop

### MUSKWA MUSINGS with Casey Gairdner

Dig In: Start Your Fort Nelson Garden This February

In Northern B.C, a successful harvest doesn't start in the dirt it starts on your windowsill. With our short, intense summers, February is the magic window to give your garden the head start it needs to beat the first frost and ensure a decent harvest.

Onions & Leeks: They require long daylight hours to bulb up. Peppers: A head start builds the sturdy root systems needed for our crisp northern nights. Some crops are slow-movers and need 10 to 12 weeks of indoor growth before the ground thaws. To ensure a bounty by June, start these now:

Celery: This slow grower needs every extra minute it can get.

Perennial Herbs: Lavender and thyme need time to toughen up before their May debut. Our winter sun is a bit shy, so give your seedlings a boost. Use an LED grow light positioned two inches above the soil and a heated seed mat to mimic spring warmth. Want sturdy plants? Run a small fan nearby, the gentle breeze mimics wind, strengthening the stems so they don't flop over later, and adequate lighting ensures they don't get laggy.

A word of caution: Hold off on tomatoes, squash, and cucumbers! These fast-trackers grow too quickly and will become stressed if trapped in small pots for too long.

#### Why Go Green?

Beyond the grocery savings, home grown plants are rugged they're "born and raised" in our climate, making them tougher than anything shipped from the south, and also has a large part to do with why I harvest my seeds each fall. Whether you have a sprawling backyard or a sunny apartment corner, there is nothing more rewarding than the taste of a harvest you raised yourself.

The reward far outweighs the risk. Dust off those trays, dig out that soil and let's get growing! 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

Phone: 250-321-7069

Email: info@shiftingmosaics.com

Website: https://shiftingmosaics.com

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



**DALEX AUTO SERVICES LTD**

\*Automotive Services You Can Count On\*

Address: 4440 50th Avenue North Fort Nelson, BC V0C 1R0

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

Phone: (250) 774-6804



**McValue Meals**  
\$5  
Includes a small drink and a small French fries.

**City Furniture & Appliances Ltd.**  
We don't sell. We help you buy!  
• Furniture • Mattresses  
• Electronics • Appliances  
**Cell Phone From \$0 Down**  
-iPhone -Samsung  
**Bell** Authorized Dealer  
Certified Used Cell Phone From \$99.99

**BEEM** CREDIT UNION  
BEEM There, Done That!  
**BOLD** questions...  
Juggling monthly bills?  
Which ones are fixed & which can change?  
What happens if one gets missed?  
If you want help thinking it through, **BEEM** is here.  
Call 1-855-336-2336 or visit **BEEM** Credit Union

**Community Listening Event**  
Your voice matters!  
Tuesday, February 17  
Session 1: 2-4pm  
Session 2: 6:30-8:30pm  
Northern Lights College  
Fort Nelson Campus  
RSVP: [cwallace@nlc.bc.ca](mailto:cwallace@nlc.bc.ca)  
by Tuesday, February 10

**MONTHLY CALENDARS**

**LIBRARY**

**LAMPLIGHTERS**

**FRIENDSHIP CENTRE**

**WEEKLY EVENTS CALENDAR**

**Monday, February 9th**  
**Grief Support Group** - 6:30PM - 5012 52 Ave West  
**Alcoholics Anonymous** - 8:00PM-9:00PM - United Church 5104 Sunset Dr.

**Tuesday, February 10th**  
**Homeschool Hangout** - 9:30AM-11:00AM - F.N. Public Library

**Wednesday, February 11th**  
**NRCDA & CCRR Drop-in Playgroup** - 9:00AM-11:00AM - Middle of the Track  
**Tech Support for Seniors** - 4:30PM-5:30PM - City Furniture  
**Alcoholics Anonymous** - 8:00PM-9:00PM - 5012 52 Ave West

**Thursday February 12th**  
**The Track Social** - 10:00AM - Rec Centre - Middle of the track

**Friday, February 13th**  
**Narcotics Anonymous** - 7:00PM - Fort Nelson Aboriginal Friendship Centre

**Saturday, February 14th**  
**Fort Nelson Farmers Market** - 9:00AM to 3:00PM - Elks Hall  
**Alcoholics Anonymous** - 8:00PM-9:00PM - 5012 52 Ave West

**Sunday, February 15th**  
**Weekly AlAnon Meeting** - 7:00PM - 5012 52 Ave West

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

**Tuesday, February 10th**  
**Russian Chicken, Carrots, Coleslaw.**

**Thursday, February 12th**  
**Cold Plates**  
Menu may be subject to change, call to order 250-774-3193 the day prior.



Sara Bertrand and her son Malcolm celebrate their Lucky Lotto win in support of the Grace Manor fundraiser.

**ENVIRONMENTAL PROTECTION NOTICE**

Application No. 435750  
Application for a Permit amendment under the provisions of the Environmental Management Act

We, **British Columbia Hydro and Power Authority (BC Hydro)**, intend to submit this amendment application to the Director to amend **Permit # 15854**, issued **March 12, 1999**, and last amended **December 10, 2015**, which authorizes the discharge of air emissions and effluent, from a natural gas fired, electric generation facility.

The land upon which the facility is situated, and the discharge occurs is **Lot A, District Lot 2683, Peace River District, Plan PGP 43372**, located near **Fort Nelson, British Columbia**, within the municipality.

The amendment requests that the following conditions be changed from the existing emission sources, which currently include one natural gas-fired turbine generator (G1), a once-through steam generator and condensing steam turbine generator (G2) operating under the current permit, as well as temporary boilers and a temporary 1 MW black-start diesel generator operating under temporary authorization to the replacement of temporary boilers used for preheating, with natural gas-fired Fuel Gas and Combustion Air Heaters, and adding a 1 MW black-start diesel generator (to be upgraded at a future date with a larger capacity). G2 is not operating at this time due to a lack of process water supply and effluent treatment, a permanent solution to be developed at a future date.

In addition to the above, BC Hydro will install a backup/emergency 17.5 MVA dual-fuel (diesel and natural gas) turbine generator (G3) equipped with an electric fuel bath gas line heater. This unit would operate on an as-needed basis on natural gas only to ensure power supply continuity in the region following recent wildfire related damage to the transmission line or whenever G1 is out of service. This will enhance the Facility's ability to provide power to the region in the event of an outage.

Any person who may be adversely affected by the proposed amendment and wishes to provide relevant information may, within 30 days after the last date of posting, publishing, service or display, send written comments to the applicant, with a copy to the Director, Environmental Protection at [Industrial.Waste.Authorizations@gov.bc.ca](mailto:Industrial.Waste.Authorizations@gov.bc.ca). The identity of any respondents and the contents of anything submitted in relation to this application will become part of the public record.

Dated this 14 day of January, 2026.  
original signed by Melanie Aguiar  
Contact person: Melanie Aguiar, Senior Environmental Coordinator  
Email address: [melanie.aguiar@bchydro.com](mailto:melanie.aguiar@bchydro.com)  
Phone: 604 992-1995

**BC Hydro**  
Power smart

**NORTHERN ROCKIES REGIONAL MUNICIPALITY**  
Opportunities & Notices

**Career Opportunities**  
[northernrockies.ca/careers](http://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](http://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](http://northernrockies.ca/notices)

**Don't Paws - Fetch Your 2026 Dog License!**

Stop by the Town Office to pick up your 2026 dog license today!

Licenses need to be renewed annually

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

**FULL LICENSE IN 6 MONTHS OR SOONER**

**2 HIGHSCHOOL CREDITS**

**START YOUR DRIVING JOURNEY TODAY!**

**250-500-2915**

**GLP BY DRIVEWISE BC**

**NRSS BUS SCHEDULE**  
Tuesdays-Fridays  
10AM-3PM

**NORTH PAW ANIMAL RESCUE FUNDRAISER**

Scan here to purchase Purdy's chocolate to support a great cause!

All you need is love... and maybe a little chocolate.

**FNNF/NRRM Community Forest Alternate Director Recruitment Opportunity**

Opportunity will remain open until filled  
Details: [NorthernRockies.ca/AltDirectorCFCorp](http://NorthernRockies.ca/AltDirectorCFCorp)

Contact: Lisa Thompson  
250-774-2541 Ext. 2042

**NORTHERN ROCKIES**  
Regional Municipality

**TIP OF THE WEEK:**  
Tidy one small space at home. A quick 10-minute reset can make your space feel calmer and more manageable.

Fort Nelson's Women of Influence invites you to a special Movie Night

**THE HOUSEMAID**

SUNDAY, FEBRUARY 15TH | DOORS OPEN: 6:00PM MOVIE: 7:00PM | TICKETS \$25  
Includes admission, medium popcorn, medium pop, & light snacks at intermission.

19+ EVENT Tickets via e-transfer: [womenofinfluencefn@gmail.com](mailto:womenofinfluencefn@gmail.com)  
Please include ticket holder's name in the transfer

CASH BAR

**FIRE ICE SNOW FAMILY DAY**

FEBRUARY 16 12:00 - 3:00  
AT ART-IC FRASER PARK  
FREE HOTDOGS & HOT CHOCOLATE

FREE LEARN TO SKI LESSONS

SPONSORED BY: **CO-OP** Fort St. John

FOR MORE INFO CALL 250-774-2541 EXT.1  
OR VISIT [NRRM.PERFECTMIND.COM](http://NRRM.PERFECTMIND.COM)

**Northern Lamplighters Activity Centre**  
**Valentines Day Tea**

\$10 Adults  
\$5 Children

14th February 2pm-4pm

**WE NEED YOUR HELP**

Seeking volunteers for Monday mornings to distribute newsletters.  
Contact us if you can help!  
250-850-5616  
[newsletter@fncls.com](mailto:newsletter@fncls.com)