



Content:

- Upcoming Events
- Elder's Corner
- Administration and Finance Updates
- Health and Wellness Updates
- Restoration Updates
- Fun Page



Cultural Camp 2025

Powerful Gathering of Traditions and Community

From July 21st to 25th, community members of all ages gathered at the Pink Mountain Ranch for the Annual Blueberry River First Nations Cultural Camp — five unforgettable days filled with learning, laughter, and connection.

Focused on preserving and practicing ancestral knowledge, the Cultural Camp continues to be a powerful expression of BRFN's cultural strength and identity. Guided by Elders and Knowledge Holders, participants took part in hands-on workshops like Ribbon Skirt Making, Drum Making, Dreamcatcher Crafting, Bannock Making, Drymeat Processing, and Tea Dance Drumming. Evenings were filled with fun and celebration — including Poker Night, Indian and Cash Bingo, Indian Relay, a Talent Show, a Comedy Night, and a heartfelt Graduates Recognition.

Cultural Camp is a place to reconnect with our roots, strengthen community ties, and pass on the knowledge of our people. Every shared meal, song, and story is a meaningful step in keeping our culture alive and thriving.

Through events like these, we reaffirm our commitment to the land, the language, and the people. With every drumbeat, every word spoken in Dane-zaa, and every laugh around the fire, we honour where we come from — and ensure a strong future for generations to come.

Calendar of Events



For complete event details visit the BRFN website and be sure to visit our Facebook page and App.

Monday 11	FNHA Lunch & Learn
Tuesday 12	MASSAGE WITH ANOOP 9am
Wednesday 13	REFLEXOLOGY WITH BRANDI 9am
Thursday 14	MASSAGE WITH EDNA 9am
Thursday 14	HAIRCUTS WITH MARILYN 10am
Thursday 14	MASSAGE WITH EDNA 9am
Monday 18	FNHA
Tuesday 19	NENAN FAMILY SERVICES
Tuesday 19	MASSAGE WITH ANOOP 9am
Thursday 21	MASSAGE WITH EDNA 9am

For appointments call 250-630-2830

BRFN HEALTH DEPARTMENT WILL BE CLOSED FOR SUMMER BREAK AUGUST 25-29

Medical Transport Services every TUESDAY & THURSDAY between 10am - 2pm.

Please contact Med Trans 5-7 days in advance.

Blueberry River Restoration Society is working with BRFN to launch a Member Safety Ticket Training Program, running from June to December 2025!

This initiative is designed to support BRFN members who are interested in gaining or renewing essential safety certifications for employment in the Restoration Department and beyond.

Whether you're a youth looking to kickstart your career, an experienced worker needing a refresh, or anyone in between — this opportunity is for you.

Training Includes:

H2S Alive, First Aid & CSO

WHMIS, TDG

ATV/UTV Operation

Ground Disturbance, ARGO, Snowmobile Safety

PCST & more!

Contact: Joanna Chipesia

jchipessia@blueberryfn.ca or 250-262-9780

Let us know which courses you're interested in.

We'll guide you from registration to completion.



E-Newsletters & Updates

SIGN UP FOR THE TOPICS OF YOUR CHOICE!

What's New at Blueberry?

Stay informed about the latest **community news, restoration projects, Implementation Agreement updates,** and **much more** by signing up to our new email communications distribution list!



To **SUBSCRIBE and choose** which emails to receive, click the link in the comments, or scan this QR code.

Elder's Corner



Honouring Our Traditions at Cultural Camp

This summer's Cultural Camp was a beautiful reminder of the strength, resilience, and richness of our traditions.

From the sound of the drum to the laughter of children learning from Elders, every moment reflected the spirit of our people.

Our cultural gatherings are more than events — they are teachings in motion. When we pass down stories, prepare traditional foods, or take part in our sacred practices, we are doing more than preserving our culture — we are living it. These activities ground our young ones in their identity and remind us, as Elders, of our responsibility to share what we know.

Thank you to all who helped organize, attend, and support the camp. Let's continue walking together in the footsteps of our ancestors, making sure our ways are not forgotten, but carried forward with pride and purpose.

Word of the month

Summer Summer



nîpin
Cree



ts'éh'j
Beaver



August Birthdays

Mary-Jean Wolf August 3
Hank Apsassin August 8
Edward Apsassin August 23
Sandra Apsassin August 31

Administration & Finance



ABOUT US....

Our office is responsible for administration of finance, human resources, and general office functions. This includes accounts payable, accounts receivable, payroll, audits, budgeting, human resources, reception, general office tasks, and assisting Chief and Council with other tasks.

To all BRFN Members:

Please be advised that applications for the BRFN Youth Extracurricular Sponsorship must be submitted to the Finance Department as one complete package in a single email. Applications sent in multiple emails will not be processed.

All documents must be properly scanned and legible. If you require assistance with scanning, support is available at the BRFN Reception from Monday to Friday, 9:00 AM to 4:30 PM.

If you are in town, you may also receive assistance from the Finance Department at the Town Office (1007 100 Ave) every Friday between 9:00 AM and 4:30 PM.

How to pay for propane, internet & housing maintenance



You may etransfer your payment to etransfer@blueberryfn.ca. Please indicate what the payment is for on your etransfer "Note/Memo". You also need to provide your email or phone number so we can send you a receipt of payment. You may pay in person at Blueberry River First Nation Band office reception.

Finance Staff Contacts:

Arjun Mohan 250-630-2810

amohan@blueberryfn.ca

Finance Manager - for finance-related matters that involve strategic planning, budgeting oversight, financial reporting, or require leadership-level input or decision-making.

Liezl Quintana 250-630-2807

lquintana@blueberryfn.ca

For general finance questions and payroll inquiries

Aurora Carranza 250-630-2822

acarranza@blueberryfn.ca

Propane Services

Shilpa Joseph 250-630-2846

sjoseph@blueberryfn.ca

Internet Services

Agna Francis 250-630-2846

afrancis@blueberryfn.ca

For matters related to Accounts Payable



Are you on the new MEMBER PORTAL?

We've moved from a shared password to individual Member accounts.

To register with your new account, go to:

1. Members Login -

<https://blueberryfn.com/members-login/>

2. Fill out the registration form and wait to be verified.

3. Once verified, you will receive a confirmation email to set up your new password and log in!

You can also follow the steps by scanning the QR CODE:



Check back often for Members-only updates on TLE, TRL, along with other items from Chief and Council.

If you need assistance accessing the portal, please email:

BRFNComms@cmrconsulting.ca and someone will get back to you shortly.

Health & Wellness



Seasonal Harvest: Berries & Veggies – What’s Ready in August and How to Keep It Fresh



August is one of the best months to gather food from the land and garden. Whether you’re picking wild berries or harvesting vegetables, now’s the time to enjoy nature’s gifts—and save some for later.

Berries: Picked and Preserved

Look for ripe saskatoons, blueberries, raspberries, and chokecherries. These sweet, nutrient-rich berries are perfect for fresh eating or preserving.

How to Preserve Berries:

- **Freezing:** Rinse and dry berries. Spread them on a tray to freeze individually, then store in freezer bags. They’ll last up to 1 year.
- **Drying:** Use a dehydrator or sun-dry on clean screens. Store in sealed jars or bags for use in teas, trail mix, or baking.
- **Jam or Syrup:** Make low-sugar preserves or syrups. Store in sterilized jars and enjoy through the winter.

Vegetables: From Garden to Table (and Beyond)

August vegetables might include carrots, potatoes, peas, beans, corn, onions, and zucchini.

How to Store Seasonal Veggies:

- **Root veggies (carrots, potatoes, onions):** Keep in a cool, dark, dry place. Lasts 1–3 months **depending on conditions.**
- **Zucchini and corn:** Store in the fridge. Best eaten within 5–7 days.
- **Green beans and peas:** Refrigerate in a breathable bag. Use within 3–5 days, or blanch and freeze to keep for up to 8 months.

Gathering and storing food is more than a seasonal task—it’s a way to honour the land and care for your family year-round. Happy harvesting!

Easy Roasted Carrots



Ingredients:

- 1 lb (about 4–5 medium) carrots, peeled and cut into sticks or rounds
- 1–2 tbsp olive oil
- Salt and pepper to taste
- Optional: 1 tsp honey or maple syrup for a touch of sweetness
- Optional: Fresh herbs like parsley or thyme for garnish

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the carrots with olive oil, salt, and pepper in a bowl. Add honey or maple syrup if using.
3. Spread the carrots out on a baking sheet in a single layer.
4. Roast for 20–25 minutes, or until the carrots are tender and slightly caramelized, flipping once halfway through.
5. Garnish with fresh herbs if desired, and serve warm.

Restoration Department



Introducing Grandmother's Greenhouse: Rooted in Culture, Growing the Future

Blueberry River Resources is proud to Introduce **Grandmother's Greenhouse**, a subsidiary focused on the propagation and distribution of native plants and seeds across Treaty 8 territory.

Grandmother's Greenhouse (GGH) specializes in the collection, propagation, and distribution of locally sourced native species to support ecological restoration, cultural revitalization, and land-based healing. With deep ties to the land and community, GGH blends traditional ecological knowledge with modern restoration science to produce high-quality native seedlings for landscape-scale reclamation. As GGH launches its sales platform and begins fulfilling large-scale orders for industrial clients across the region, they utilize the shared services team with Blueberry River Resources (BRR) to manage the core administrative functions such as finance, HR, and logistics as our subsidiary company finds its footing and builds capacity for long-term success.



This summer marked an exciting milestone for BRR and GGH as they co-hosted the **first-ever Amazing Race – Culture Camp Edition**. This event brought together ten teams to compete in a high-energy race through culturally rooted challenges, including fire-building, beading, bannock-making, language relays, and traditional knowledge quizzes. Each station reflected the values of both organizations—honouring the land, our Elders, and the importance of intergenerational learning. The event was a huge success and deeply resonated with the community, setting the tone for future initiatives.

Looking ahead, GGH will continue building relationships with the BRFN community by providing access to culturally significant native plants, particularly those used for cultural and traditional practices — helping to reconnect people to Indigenous plant knowledge and strengthen the relationship between culture and land.

SOCIETY ENGAGEMENT

Members can expect to see the Society at Elders Sharing Circles and family meetings to coordinate efforts and create efficiencies.

Learning from the members of the Blueberry River First Nations to identify and advance restoration priorities is of the highest importance to the Society.

Contact the Restoration Society:
Angela D'Amato van den Hout, CEO
angela@brrsociety.org
250-262-6253

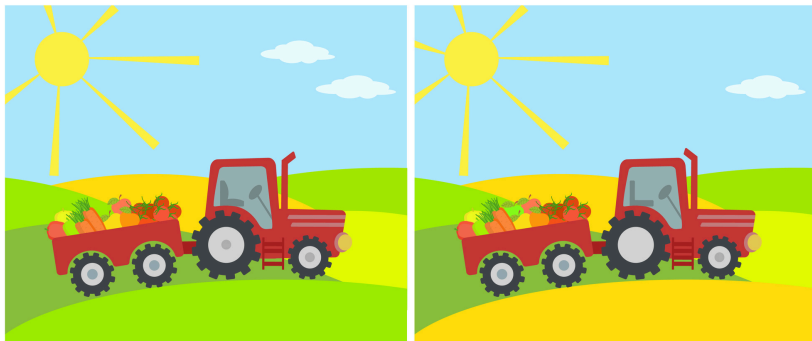
Contact the Restoration Department
Jerri-Lynn Apsassin, Executive Assistant
japsassin@blueberryfn.ca
250-224-2746

Fun page

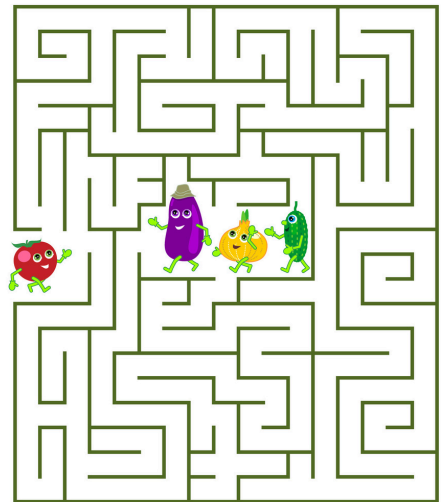


It's vegetable harvest season—a time to celebrate the gifts of the land and the traditions that bring us together. Have a little fun with this month's Fun Page!

Find 8 differences



Help the tomato join the friends!



WORD SEARCH PUZZLE

T	Z	U	C	C	H	I	N	I	E
O	C	A	B	B	A	G	E	E	G
M	U	S	H	R	O	O	M	A	G
A	C	P	C	A	R	R	O	T	P
T	U	O	O	D	A	G	N	P	L
O	M	T	R	I	O	M	I	E	A
P	B	A	N	S	N	R	O	P	N
I	E	T	T	H	M	R	N	P	T
B	R	O	C	C	O	L	I	E	I
A	V	O	C	A	D	O	A	R	N



- Tomato • Radish • Pepper
- Onion • Broccoli • Carrot
- Corn • Eggplant • Zucchini
- Cucumber • Mushroom
- Potato • Cabbage • Avocado

JOKE of the month

What's a vegetable's favourite kind of joke?

A Corny One!



CONTACT

Blueberry Reserve Rd, Kristian Roy
 Buick, BC VOC 2R0 **Communications Coordinator**
 (250) 630-2800 k.roy@blueberryfn.ca

VISIT US

- www.blueberryFN.com
- www.facebook.com/BlueberryRiverFN.com
- www.Linkedin.com/company/Blueberry-River-First-Nations