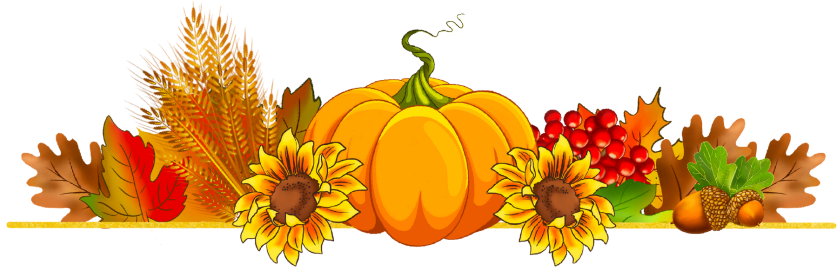




Content:

- Calendar of Events
- Elder's Corner
- Administration and Finance Updates
- Health and Wellness Updates
- Education Updates
- Restoration Updates
- Fun Page



Fall Harvest Season

What We Gather and Why It Matters

As the leaves change and the air cools, fall marks an important time for harvesting and preparing for the winter ahead. Across our territories, families and harvesters return to the land to gather food, medicine, and materials—continuing a cycle that has sustained generations.

October is a month of gratitude and readiness, when community members give thanks for what the land provides and ensure nothing is wasted. It's also a time to teach younger generations about respectful harvesting, safety, and the importance of maintaining balance with nature.

Typical Fall Harvests

Fish and Whitefish Runs

As rivers cool, mountain whitefish and other species move upstream to spawn. Many families take advantage of this fall run to fish, smoke, and dry their catch for the months ahead.

Waterfowl and Grouse

Migrating ducks and geese fill the skies in October. These birds are traditionally harvested and preserved through smoking or freezing, helping to supplement winter meals.

Berries, Roots, and Plants

Late-season berries such as cranberries and rosehips are gathered before the first snow. Roots and bark from medicinal plants are also collected for teas and healing during the winter.

Firewood and Trapping Prep

As temperatures drop, families begin cutting firewood and checking traplines—activities that ensure warmth and food throughout the colder months.

Calendar of Events



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

Monday 13	OFFICES CLOSED FOR THANKSGIVING
Tuesday 14	MASSAGE WITH ANOOP 9am
Wednesday 15	CARROTS/BEETS CANNING
Wednesday 15	Reflexology with Brandy
Thursday 16	COUNCIL MEETING Elders Wisdom/Bingo Community Hall
Thursday 23	MASSAGE WITH EDNA 9am
Tuesday 28	MASSAGE WITH ANOOP 9am
Friday 31	HAPPY HALLOWEEN

For appointments call 250-630-2830

Medical Transport Services every TUESDAY & THURSDAY between 10am - 2pm.
Please contact Med Trans 5-7 days in advance.



SATURDAY, OCTOBER 26

HALLOWEEN CRAFTS

Saturday, October 18, 1pm



Hair-Cutting Day with Marilyn Crowe

at Health wing for haircuts and eyebrows-waxing

Friday, October 17, 2025
10 am to 3 pm



Elders, band members, staff are welcome to come and attend.

We will have refreshments water, fruit, snacks. Please drop in or call Tracey to schedule a time.



GRIEF + LOSS + TRAUMA with Richard Samson

Tuesday, Oct 28 - Thursday, Oct 30
9:30am - 4:00pm



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



Staying Healthy This Cold and Flu Season

As colder weather brings people indoors, flu and cold season begins—making it especially important for Elders to stay well.

At Blueberry River First Nations, we value both western medicine and traditional Dane-zaa healing as a united circle of care.

Western Medicine Tips:

- Get flu and COVID-19 vaccines at the local clinic.
- Wash hands often and use hand sanitizer.
- Stay hydrated, eat regularly, and get plenty of rest.
- Keep warm and avoid sudden temperature changes.
- Contact the community nurse early if feeling unwell.

Traditional Medicine:

- Labrador Tea: Eases coughs and congestion.
- Spruce Pitch & Needles: Used for chest colds.
- Rosehips & Cranberries: Boost the immune system.
- Sage & Sweetgrass: Cleanse homes and promote healing.
- Moose Broth & Fish Soup: Restore strength and hydration.



Stay Connected:

Health includes emotional wellness. Call a friend, share stories, or spend time with family—laughter and connection are powerful medicines too.

Word of the month

Harvest



mīna (ᑭᓴ)
Cree



Leaf



at'ô?
Beaver



October Birthdays

Malcolm Apsassin Oct 1

Danny Yahey Oct 10

Walter Apsassin Oct 21

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.

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

Agnal 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



Healthy Winter Meal Prep Tips

Stay nourished and warm this winter with a few simple prep habits:



- **Cook in Batches:** Make large pots of soup, stew, or chili and freeze portions for quick meals.
- **Use Hearty Ingredients:** Root veggies, beans, lentils, and whole grains keep you full and energized.
- **Slow Cooker = Easy Dinners:** Toss in meat, veggies, or broth in the morning and dinner's ready by night.
- **Prep Basics Ahead:** Chop onions, carrots, and garlic to save time during the week.
- **Boost Immunity:** Include garlic, ginger, leafy greens, and berries (fresh or frozen).
- **Stretch Leftovers:** Turn roast meat into sandwiches, wraps, or soup.
- **Label + Rotate:** Mark dates on frozen meals and use older ones first.

Eating well doesn't have to be hard—just a little planning goes a long way!

Garlic & Veggie Soup

Ingredients:

- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 4 cups vegetable broth
- 1 tsp turmeric
- Salt & pepper to taste

Instructions:

1. Sauté garlic and onion in olive oil until fragrant.
2. Add carrots, celery, and spices, then stir.
3. Pour in broth and simmer 20 minutes until veggies are tender.
4. Enjoy warm for a nutrient-packed immune booster!



Garlic supports immunity, turmeric fights inflammation, and veggies add vitamins and minerals

Restoration Department



The September 19th open house was a success, welcoming community members, partners, and supporters. With the launch of the new name and branding, the open house saw over 100 people from across the community attend to learn more about the Society. The event strengthened community relationships and inspired continued collaboration.

At the open house, we launched our new name and visual identity, rooted in our commitment to restoration, culture, and community.

Nan wúújɔ anawúúdle — Land Good Again

The words convey a vision of restoration and harmony among land, water, and people. The logo's elements symbolize this vision:

- Mountains represent strength and resilience.
- Rivers signify life, nourishing all.
- The pathway illustrates our shared healing journey.
- The swan feather symbolizes care, balance, and responsibility.

The tagline “Restoring What Sustains Us” highlights the connection between people and the land, emphasizing healing and inclusive relationships. It invites collective responsibility for restoration through partnership and community effort.

Let’s walk this path of restoration together.

Want to Learn More?

Visit restorationsociety.ca to dive deeper into the story and hear pronunciation guide.



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

HAPPY HALLOWEEN

Wishing all families a safe, fun, and joy-filled Halloween. Whether you're trick-or-treating, carving pumpkins, or just enjoying the spooky season together, may it be full of sweet treats and happy memories.



o?
**FIND
7
DIFFERENCES**



HA HA ••

JOKE of the month

Why don't ghosts like the rain?
It dampens their spirits.



H ALLOWEEN

Word Search

B A T X M D K I Q B L A C K
P S I I Y P A R T Y Y D W Y
A O C M E O G A G X F J B T
D R P A O C T O B E R C U K
W A K B R S J N S X L A F G
M N W S B E W Y R Z R N U Y
U G O B L A C K C A T D L S
Z E A U I T N R K Q R Y L P
V K Q N B Z L B O K O C M I
M N P U M P K I N W W N O D
T R I C K O R T R E A T O E
R S G H O S T Z I U C U N R
A R X F A L L X M N T M W H
O C J O W L O T M T G U N X



GHOST	PUMPKIN	ORANGE	FALL
TRICK OR TREAT	SPIDER	FULL MOON	SCARECROW
OWL	BLACK CAT	PARTY	BLACK
BOO	OCTOBER	BAT	CANDY

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