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Reflecting on a Meaningful Year Together

As we reach the end of another year, it's a time to pause, look back, and recognize the strength and unity within our community. Over the past twelve months, we have shared moments of learning, healing, culture, and connection, each one reminding us of the importance of coming together.

This year, our work alongside the Restoration Society continued to move our Nation forward. Through collaboration, planning, and hands-on efforts, we made meaningful progress in support of our lands, and waters for future generations.

The Health Department played a special role in supporting overall wellness, providing a wide range of services from massages to haircuts, and so much more. These offerings

helped ensure that community members of all ages received care with dignity, compassion, and respect.

We also gathered for events that nourished both spirit and community. Drum-making, summer BBQs, community dinners, and the Pink Mountain Cultural Camp all brought families together to celebrate culture, language, and shared traditions.

As we wrap up the year, we honour the dedication of everyone who contributed, attended, volunteered, and supported these programs.

From our team to every household: **thank you for being part of this year's journey.**

Wishing you a warm and joyful holiday season, and a peaceful start to the new year.

Calendar of Events



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

Tuesday 17	Band General Meeting BRFN Community Hall 10am - 3pm
Wednesday 18	Massage with Anoop

For appointments call 250-630-2830

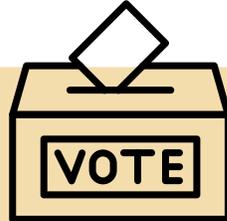
Medical Transport Services every TUESDAY & THURSDAY between 10am - 2pm.
Please contact Med Trans 5-7 days in advance.



Our Health Services Office will be closed at noon on December 18 and from December 19 to January 5 for the holidays.



Elder's Christmas Dinner
December 17, 2025
4pm - 7pm



YOUR VOICE MATTERS!

Vote in the regularly scheduled General Band Election this January.
More details coming soon!

General band election (family councillors):

- ◆ January 12, 2026
- ◆ **Chief selection:** January 13, 2026



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 a Year of Elders' Voices and Gatherings

This year, the Restoration Society was honoured to sit with our Elders through a series of heartfelt gatherings that brought stories, guidance, and cultural memory to the centre of our work. Each session reminded us that restoration is not only about healing the land—it is about listening to the people who have carried its teachings across generations.

This year's two Elder engagement sessions reminded us why Elders' wisdom continues to guide our path. We began in October with An Evening With Our Elders, sharing a warm meal, stories, and a few lively rounds of bingo that filled the room with laughter and connection. We then moved into Mapping Our Memories, where Elders gathered around maps of the old reserve, recalling family gathering places, ceremonial sites, and cultural spaces that deepened our understanding of the land's true spirit.



Word of the month

Celebrate



mīthomahke

Cree

Snow



łáá

Beaver



December Birthdays

Margaret Wolfe Dec 23

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 and Wellness



Year-End Health Check-In

As the year winds down, December is the perfect time to pause and reflect on your overall well-being. Think about what supported your health this year, whether it was staying active, eating well, managing stress, or simply taking small steps toward better habits. Acknowledging your progress, even the quiet wins, helps you build a stronger foundation for the year ahead.



It's also a great moment to look at any appointments or screenings you may have put off. Booking dental visits, wellness checkups, bloodwork, or routine follow-ups before the new year can give you peace of mind and a healthier start to January. Even reviewing your medications, supplements, or daily routines can highlight easy opportunities for improvement.

Finally, set a few gentle goals for yourself - not resolutions, but intentions. Maybe it's getting more sleep, moving your body a little more, or carving out time for mental rest. Small, sustainable changes create the biggest impact, and December is the ideal time to reset, refocus, and step into a healthier new year.

Healthy Recipe of the Month: Healthy Chocolate Avocado Mousse

Ingredients

- 2 ripe avocados
- ¼ cup unsweetened cocoa powder
- 3–4 tbsp maple syrup or honey (adjust to taste)
- 1 tsp vanilla extract
- A pinch of salt
- Optional: a splash of almond milk for extra creaminess
- Optional toppings: berries, coconut flakes, nuts, dark chocolate shavings

Why it's healthy:
avocados provide healthy fat & fibre.



Instructions

1. Scoop out the avocados and add them to a blender or food processor.
2. Add cocoa powder, maple syrup, vanilla, and a pinch of salt.
3. Blend until smooth and creamy. If it's too thick, add 1–2 tbsp of almond milk.
4. Taste and adjust sweetness if needed.
5. Chill in the fridge for at least 20 minutes for best texture.
6. Serve with fresh berries, nuts, or a sprinkle of dark chocolate.

Restoration Department



Year-End Reflections: Strengthening the Foundation for Restoration

This year marked an exciting shift as the Restoration Department and the Restoration Society began working more closely together, building stronger connections with the Restoration Committee and the community. This growing collaboration has opened the door to new opportunities, training, and jobs for BRFN members, helping support the long-term care of our lands and waters.

As a community, we completed 9 projects that supported the healing of important areas of our Territory and carried forward more than 20 ongoing projects focused on land restoration, water protection, cultural revitalization, and long-term stewardship. Each effort reflects the hands, hearts, and teachings of BRFN members who continue to guide this work.

Our team also leaned into learning—taking safety training, building field skills, and preparing for next year’s Training Extravaganza so even more members can join restoration crews. This year showed how much we can achieve as our two teams begin walking this path together. We look ahead to 2026 with pride and gratitude for everyone who helped make this progress possible.

This year marked a meaningful shift as we focused on supporting BRFN-led restoration and strengthening the Nation’s capacity to guide work in ways rooted in community values. By spending more time with BRFN teams, we built trust and ensured decisions reflected BRFN direction. Our first Call for Proposals brought in 36 ideas, with 10 projects now underway, and the 10-Year Strategic Restoration Plan continues to move forward.

We also explored new approaches by piloting cumulative-effects work that brings together traditional ecological knowledge and western science, while improving coordination with the Province and strengthening project reporting. These changes are helping shape restoration that honours both community teachings and technical tools.

Looking ahead to 2025–26, we’re excited to expand restoration investments, finalize BRFN-led standards, and continue sharing updates with the community as we walk this path together.



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

Education



Attention Students



Indigenous Summer Student

Position:	Indigenous Summer Student
Department:	Varies depending on role
Location:	Calgary, AB, Dawson Creek, BC, or Fort St. John, BC
Employment Type:	Temporary
Safety Sensitive:	Varies depending on role
Travel:	Varies depending on role

We are actively recruiting for an Indigenous Summer Student to join us in our Calgary, AB, Dawson Creek, BC or Charlie Lake, BC (Fort St. John, BC) office. The Summer Student term is 4-months from May to August 2026. Depending on available vacancies, we are able to offer employment opportunities in a variety of areas such as:

- Engineering
- Operations
- Finance / Accounting
- Information Technology
- Commercial
- Human Resources
- Legal
- Community Investment

Responsibilities:

- Gain hands on work experience to further support your career goals.
- Champion NRM's culture through effective and supportive practices.
- Be provided with opportunities to build your network with fellow students and colleagues.
- Learn more about Midstream operations and NRM's 2026 vision.
- Specific responsibilities will depend on your team and work location.

Qualifications:

- An Indigenous student (First Nations, Inuit, Métis)
- Currently enrolled (or commencing in Fall 2026) in post secondary education.
- Ability to be an effective team player.
- Proficient in the use of MS Office applications.

How to apply:

To apply for this opportunity please send your resume and cover letter (optional) to hr@nrm.ca or use the below QR code:



Comments:

To learn more about us, visit www.nrm.ca

The above profile is intended to describe the general content of, and requirements for, the performance of this job. It is not to be construed as an exhaustive statement of accountabilities, qualifications, or other aspects of the job.

At NorthRiver Midstream we embrace a culture of diversity and inclusion with equal access to opportunities based on individual merit by creating an environment which encourages all employees to contribute their unique capabilities and perspectives.

We appreciate your interest in working with us; however, only those applicants selected for interviews will be contacted. Final candidates for this position may be required to undergo some background checks.

Fun page

As we gather with loved ones, may this time bring warmth, connection, and gratitude for the strength of our community. We honour the traditions, resilience, and spirit of Blueberry River First Nations, and look forward to a bright and hopeful year ahead. *Merry Christmas and Happy New Year to all.*



CHRISTMAS

word search puzzle

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

Words may be horizontal, vertical and diagonal.

- | | | | |
|-----------|---------|--------|-----------|
| ELF | SNOW | HOLLY | CARD |
| STOCKING | GARLAND | BELL | CHRISTMAS |
| WREATH | EVE | LIGHTS | STAR |
| FIREPLACE | TREE | SLEIGH | SANTA |

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