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Honouring International Day of the World's Indigenous Peoples – August 9

Each year on August 9, communities around the world recognize the International Day of the World's Indigenous Peoples.

On this day we celebrate the rich cultures, traditions, languages, and contributions of all Indigenous Peoples while acknowledging the importance of protecting Indigenous rights, knowledge, and ways of life.

This year's observance is an opportunity to reflect on the strength, resilience, and wisdom that Indigenous communities continue to share with future generations. From caring for the land and preserving languages to celebrating culture through art, storytelling, music, and ceremony, Indigenous Peoples play an essential role in shaping vibrant and healthy communities.

As we mark this day, we encourage everyone to take time to learn, listen, and celebrate the diverse cultures and histories of Indigenous Peoples. Whether by attending a community event, supporting Indigenous artists and businesses, or simply taking a moment to reflect, every action helps foster greater understanding and respect.

Together, let us honour the past, celebrate the present, and inspire a future built on reconciliation, respect, and shared understanding.

Happy International Day of the World's Indigenous Peoples.

Calendar of Events



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

Monday 10	FNHA Lunch & Learn
Tuesday 11	Massages with Anoop
Monday 17	FNHA
Tuesday 18	Massages with Anoop
Thursday 20	Massages with Edna
Monday 20	CULTURE CAMP 2026 BEGINS!
Monday 31	FNHA

For appointments call 250-630-2830

Medical Transport Services every **TUESDAY & THURSDAY** between 10am - 2pm. Please contact Med Trans 5-7 days in advance. **NOTE: CLOSED AUG 24 - 28 FOR STAFF SUMMER BREAK.**

Thank you to everyone who came out and participated, volunteered and attended the BRFN 2026 Cultural Camp that took place July 20 -24.



Elder's Corner



Culture Camp 2026

Keeping Traditions Alive, One Generation at a Time

Last month we once again gathered for Cultural Camp, a special week dedicated to sharing knowledge, strengthening connections, and celebrating traditions that have been passed down through generations.

Throughout the week we came together to learn practical skills that are deeply rooted in our culture. Activities such as moose meat preparation and dry meat making reminded participants that harvesting is about much more than providing food. These teachings reflect respect for the animal, gratitude for what the land provides, and the responsibility to use every part wisely. Passing these skills on ensures they continue to live in future generations.

Traditional arts, including beading, ribbon skirt and shirt making, mini drum making, and teepee lamp creation, gave participants an opportunity to express creativity while learning the stories and meanings behind these cultural items.

Outdoor activities such as horseshoes, archery, axe throwing, and slingshot competitions encouraged friendly competition while building confidence, patience, and traditional outdoor skills. The evening events, including tea dances, bannock contests, talent shows, and relay games, brought everyone together to laugh, celebrate, and strengthen community bonds.



August Birthdays



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



The camp also offered opportunities for wellness through cedar brushing, spirit baths, yoga, breathwork, and traditional medicine teachings. These activities reflected the importance of caring for not only our physical health, but also our emotional, mental, and spiritual well-being.

Perhaps the greatest gift of Cultural Camp is the opportunity for generations to learn side by side. Elders shared wisdom gained through a lifetime of experience, while children and youth listened, asked questions, and practised new skills. These moments of learning together help ensure that language, traditions, and cultural knowledge continue to thrive for years to come.

As we look back on another successful Cultural Camp, we extend our gratitude to everyone participated throughout the week. Every lesson taught, every story shared, and every tradition practised helps strengthen our Nation and preserves the rich culture that continues to guide us today.



Photo Credit: Craig Smith

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:

Cheryl Wallace, CPA
cfo@blueberryfn.ca

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 & Wellness



ZUCCHINI

Quick Facts

Celebrate Zucchini Month this August!

A summer favourite that's delicious, versatile, and good for you!



 95% WATER A refreshing vegetable that helps keep you hydrated.	 20 CAL One cup of sliced zucchini has only about 20 calories.	 GOOD SOURCE OF NUTRIENTS Contains vitamins A, C, B6, potassium, and manganese.	 HIGH IN FIBRE Supports healthy digestion and helps you feel full longer.	 IT'S ACTUALLY A FRUIT! Botanically, zucchini is a fruit because it grows from the flower.	 PICKED YOUNG The smaller the zucchini, the more tender and flavourful.	 SO MANY USES Grill it, roast it, spiralize it, bake it, or add it to soups, stir-fries and more!	 GARDEN FAVOURITE One healthy zucchini plant can produce 6–10 lbs (or more)!
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August is Zucchini Month, making it the perfect time to enjoy one of summer's most versatile and nutritious vegetables. Whether grilled, baked, spiralized into noodles, added to soups, or made into muffins and fritters, zucchini is an easy way to add flavour and nutrition to your meals.

Zucchini is packed with vitamins A and C, potassium, and antioxidants that help support a healthy immune system. It's also high in water and fibre, making it a great choice for staying hydrated and supporting healthy digestion during the warm summer months.

Easy Cheesy Zucchini Fritters

Looking for a delicious way to use up fresh summer zucchini? These crispy zucchini fritters are quick to make, packed with flavour, and make a great side dish, snack, or light lunch. Zucchini is rich in vitamins A and C, provides fibre for healthy digestion, and is naturally low in calories, making it a nutritious addition to summer meals.

Ingredients

- 2 medium zucchini, grated
- 1 teaspoon salt
- 1 large egg
- ½ cup shredded cheddar cheese
- ⅓ cup all-purpose flour
- 2 green onions, finely chopped (optional)
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1–2 tablespoons vegetable oil

Directions

- Grate the zucchini and sprinkle with salt.
- Let sit for 10 minutes.
- Squeeze out as much moisture as possible using a clean kitchen towel or paper towels.
- In a bowl, combine the zucchini, egg, cheese, flour, green onion, garlic powder, and pepper. Mix until well combined.
- Heat oil in a large skillet over medium heat.
- Scoop about 2 tablespoons of the mixture into the pan for each fritter and gently flatten.
- Cook for 3–4 minutes per side, or until golden brown and cooked through.
- Serve warm with plain Greek yogurt, sour cream, or your favourite dipping sauce.

Fun page



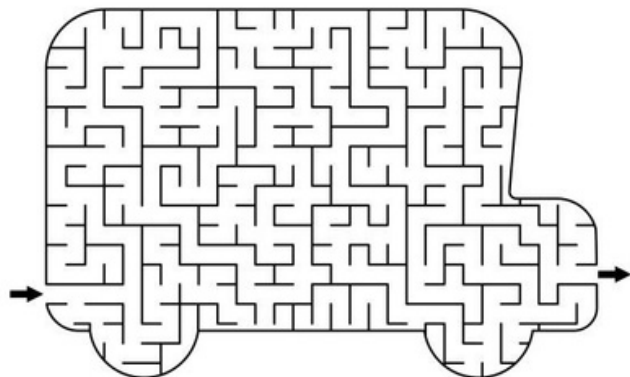
Welcome to this month's Fun Page! Take a break with our puzzles and enjoy a little nature-inspired fun for the whole family.

BACK to SCHOOL

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

GRADES	SCIENCE	BOOKS	PENCIL
WRITING	DESK	READING	HOMEWORK
MATH	TEACHER	FRIENDS	SCHOOL
STUDENTS	PAPER	LIBRARY	SUBJECTS

FIND THE WAY OUT



WHICH ONE IS MY BACKPACK?

•My backpack has a rocket and two stars on it.
•It is not pink.

•My backpack has a strawberry and two more pictures.
•It is yellow and blue.

•My backpack has a pink bunny on it.
•It doesn't have any blue.

•My backpack has at least two yellow stars.
•It doesn't have any green.

August Riddle

What school supply is the king of the classroom?

the ruler!

CONTACT

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VISIT US

www.blueberryfn.com
www.facebook.com/BlueberryRiverFN.com
[www.Linkedin.com/company/Blueberry-River-First-Nations](https://www.linkedin.com/company/Blueberry-River-First-Nations)