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Giving Thanks, Together

Thanksgiving is a time to gather with family and friends, share a meal and reflect on the many things we are grateful for. It also arrives at a meaningful time of year, as the land changes with the season and another harvest comes to an end.

For generations, gratitude has been an important part of Indigenous cultures, giving thanks for the land, the animals, the plants and medicines, and everything Mother Earth provides. It is also a time to recognize the importance of family, community, Elders and the knowledge that continues to be passed from one generation to the next.

As families gather this Thanksgiving, take a moment to appreciate the simple things: food on the table, stories and laughter being shared, time spent together and the beauty of the land around us.

May this Thanksgiving bring warmth to our homes, gratitude to our hearts and an opportunity to celebrate the people who make our community special.

Happy Thanksgiving from Blueberry River First Nations!

Calendar of Events



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

Monday 5	FNHA L&L Womans Health
Tuesday & Wednesday 6 & 7	Diabetes Clinic
Thursday 7	Chief & Council Zoom Meeting - 11am
Monday 12	HAPPY thanksgiving Closed
Saturday 17	 Halloween Crafts
Wednesday 21	Teachers School Dinner 4-7pm Community Hall
Thursday 22	Chief & Council Zoom Meeting - 11am

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

- **Staff Retreat - October 26-30, office will be closed**
- **Office closed at noon on October 9 & 23**



HALLOWEEN BINGO

CASH PRIZES: \$7,450

COSTUME CONTEST
Concession Available

 **October 17, 2026**  **11:00 AM – Costume Contest Starts**
Judging will be done before the bingo

 **Bingo Starts 12:00 PM**

 **Location: Halfway River First Nation Community Hall**

Everyone welcome 19+



BLUEBERRY RIVER FIRST NATIONS

FALL WILLOW STAKING

DORMANT SITES

5 LOOKING FOR BRFN MEMBERS
Safety tickets required

 **Week of October 19, 2026**
 **Approximately 3 field days**

**To sign up, contact Stan Apsassin
250-261-1194**
Dates subject to weather and field conditions.



BRFN Health Department
October 2026 Visiting Services

 **9:00 AM – 4:30 PM**

 Edna  Thursday, October 8, 2026  Thursday, October 22, 2026	 Anoop  Tuesday, October 13, 2026  Tuesday, October 20, 2026	 Reflexology  Wednesday, October 14, 2026
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For appointments call 250-630-2830

Elder's Corner



Preparing for Winter, Then and Now

October has always been a time of preparation. As the days grow shorter and the temperatures begin to fall, families start getting ready for the winter months ahead.

For generations, Elders have the carried knowledge about what it means to be prepared. From gathering supplies, preserving and storing food, to making sure homes are warm, and looking out for family and community members.

Preparing for winter wasn't only about having enough: it was also about working together, sharing what was available, and making sure no one was left without.

While many of the ways we prepare have changed, those lessons still carry value today. October is a good time to check in with Elders and family members, prepare our homes and vehicles, stock the pantry and make plans for the colder months.

It's also a wonderful time for younger generations to ask questions.

What did winter preparation look like when our Elders were young?

What traditions do they remember?

What knowledge would they like to pass along?

Every story shared is another piece of knowledge carried forward.



October Birthdays



October 1 **Malcolm Apsassin**

October 15 **Joseph Apsassin**

October 21 **Walter Apsassin**

October 22 **Brenda Apsassin**

For generations, fall has been a time for gathering, preserving and sharing food before winter.

Harvest traditions are also a reminder to give thanks for the land, the food it provides and the people who come together to share it.

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 work, 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 also 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



Getting Ready for Winter: A Healthy Start to the Season

As the days get shorter and temperatures begin to drop, October is a good time to prepare ourselves, and our homes for the winter months ahead. A little preparation now can help us stay healthy, active and connected all season long.

Think About Vitamin D

With fewer daylight hours and less time spent outdoors, our bodies may produce less vitamin D from sunlight. Vitamin D helps support healthy bones, muscles and the immune system. Foods such as fatty fish, eggs and fortified milk or alternatives can provide vitamin D. Talk with your healthcare provider about whether a vitamin D supplement is right for you.

Nourish Your Body

Keep nutritious foods on hand for colder days. Soups and stews made with vegetables, beans, wild game, fish or other favourite ingredients can make warm and nourishing meals.

Keep Moving

Cold weather doesn't mean we have to stop being active. Walking, stretching, dancing, outdoor activities, and community recreation are all great ways to keep your body moving.

Get Winter Ready

Check winter clothing and footwear. Prepare your vehicle for cold weather, and make sure important medications and household supplies are stocked before severe weather arrives.

Stay Connected

Winter can sometimes feel isolating. Check in with family, friends, neighbours, and Elders, especially during periods of extreme cold.

A little preparation can go a long way. Take care of yourself, look out for one another, and head into winter feeling ready.

Maple Roasted Root Vegetables

A colourful, cozy Thanksgiving side dish that's easy to make.

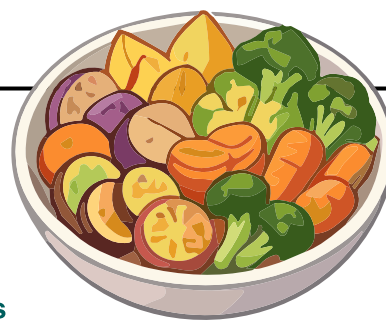
Ingredients

- 2 carrots, chopped
- 2 potatoes, chopped
- 1 sweet potato, chopped
- 1 small onion, chopped
- 2 tbsp oil
- 2 tbsp maple syrup
- ½ tsp garlic powder
- Salt & pepper to taste

Directions

Preheat oven to 400°F (200°C). Toss vegetables with oil, maple syrup and seasonings. Spread on a baking sheet and roast for 30–40 minutes, stirring halfway through, until tender and golden.

Tip: Add squash, parsnips or turnips, whatever you have on hand!



Fun page



Happy Halloween! Take a break and enjoy our Halloween inspired fun page.



CONTACT

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(250) 630-2800

Kristian Roy
Communications Coordinator
k.roy@blueberryfn.ca

VISIT US



www.blueberryFN.com



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