

NEWSLETTER

01 October, 2024



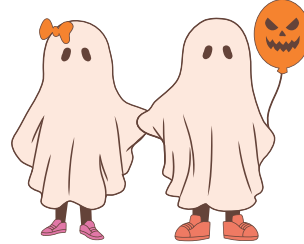
Thanksgiving

October 14, 2024



Halloween!

October 31, 2024



The end of the
summer is not the
end of the world.
Here's to
October...



"Hold on to what is good,
Even if it's a handful of
earth. Hold on to what
you believe, Even if it's a
tree that stands by itself.
Hold on to what you
must do, Even if it's a
long way from here. Hold
on to your life, Even if it's
easier to let go. Hold on
to my hand, Even if
someday I'll be gone
away from you."
- Chief Crowfoot

Happy October, neighbors! As we step into this vibrant fall season, our community is alive with opportunities to connect and celebrate. In this edition, we're excited to share important updates, upcoming events, and ways to engage with one another. Be sure to check out our event listings for local gatherings, workshops, and volunteer opportunities designed to bring residents together. For more detailed information, visit our community band office to get the latest updates. Let's continue to foster connections and make our community a better place for everyone this season!

What to expect in October

Weather and Seasons

- **Cooling Temperatures:** October marks a clear shift from summer to autumn. Expect cooler temperatures, especially in the evenings. Mornings can be crisp, and daytime temperatures may range from mild to cool.
- **Autumn Foliage:** One of the highlights of October is the vibrant fall foliage. Trees turn shades of red, orange, yellow, and brown, creating picturesque landscapes. Peak leaf colors vary by region, so local foliage reports can help you catch the best displays.

Seasonal Activities

- **Harvest Time:** October is a prime month for harvest festivals and agricultural activities. It's the time for pumpkin patches, apple orchards, and other fall harvests. Many regions host farmers' markets and seasonal events celebrating local produce.
- **Outdoor Activities:** The cooler weather and beautiful scenery make October ideal for outdoor activities such as hiking, biking, and exploring nature. The fall colors and crisp air provide a refreshing backdrop for outdoor adventures.

Health and Wellness

- **Allergy and Flu Season:** With the change in weather, you might experience shifts in allergy symptoms. Additionally, flu season begins in October, so it's a good idea to get a flu shot and practice good hygiene to stay healthy.
- **Seasonal Affective Disorder (SAD):** As daylight hours shorten, some people may start to experience symptoms of Seasonal Affective Disorder. It can be helpful to maintain a routine, get outside during daylight hours, and consider light therapy if needed.

Fashion and Lifestyle

- **Wardrobe Changes:** It's time to transition your wardrobe to accommodate cooler temperatures. Layering becomes important as temperatures can vary throughout the day.
- **Cozy Comforts:** October is a great time to enjoy cozy activities, such as reading by the fireplace, sipping hot beverages like apple cider or pumpkin spice lattes, and preparing hearty, comforting meals.

OCTOBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3 Nurse	4 Knife-making @ Band hall	5 Knife-making @ Band hall	6
7 Stress Awareness with Heather Best	8	9	10 Nurse	11 Knife-making @ Band hall	12 Knife-making @ Band hall	13
14 Moccasins - Bev Lambert Thanksgiving	15 Moccasins - Bev Lambert Halfway River Group Information Dinner	16 Moccasins - Bev Lambert	17 Nurse Moccasins - Bev Lambert	18 Moccasins - Bev Lambert Knife-making @ Band hall	19 Knife-making @ Band hall	20
21 Nutrition for Diabetes Workshop	22	23	24 Nurse	25	26	27
28	29	30	31 Nurse Baby/Littles day Halloween			

COMMUNITY EVENTS

HRFN 2024



**HALFWAY RIVER
FIRST NATION
(Dunne-za)**

Halfway River Group Information Dinner

Come join us for the 2024 Halfway River Group Information Dinner at the Northern Grand/Ramada Hotel in Fort St. John on October 15th from 5 PM to 8 PM. - Sign up sheet for this event will be at the Office.

Stress Awareness with Heather Best

Come take part in a Stress Awareness workshop with Heather Best on October 7 from 10:30 AM to 12:00 PM! This informative session will provide valuable insights into understanding stress and effective strategies for managing it. Whether you're looking to enhance your well-being or learn new coping techniques, this workshop is a great opportunity to gain practical tools in a supportive environment. Don't miss out on this chance to invest in your mental health!

Knife-Making

Join us for an exciting knife-making workshop! Whether you're a beginner or an experienced craftsman, this is a fantastic opportunity to learn new skills and create your own custom knife. The workshops will be held at the community band hall on October 4th, 5th, 11th, 12th, 18th, and 19th.

Moccasins-making

Join us at the community hall for an exciting moccasins workshop led by Bev Lambert! This hands-on session will guide participants through the art of crafting beautiful, comfortable moccasins using traditional techniques. Whether you're a beginner or have some experience, this workshop promises to be an enriching experience. Mark your calendars for October 14, 15, 16, 17, and 18!

Nutrition for Diabetes

On October 21st at the community hall there will be an informative workshop for Nutrition for Diabetes! These sessions will cover essential dietary guidelines, meal planning, and tips for managing diabetes through nutrition. Whether you're living with diabetes or supporting someone who is, these workshops are designed to empower you with the knowledge to make healthier choices. Don't miss this opportunity to enhance your understanding of nutrition for better health.

Halloween Party and Haunted House!

Get ready for some spooky fun at the clinic on October 31! Join us for a Haunted House and Halloween party just for the kids! Enjoy thrilling activities, treats, and a chance to show off your best costumes. It's a fantastic way to celebrate Halloween in a safe and festive environment. Don't miss this exciting event!

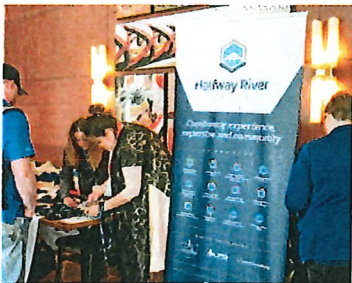




Celebrate With Us!

Please join us for the 2024 Halfway River Group information dinner at the Northern Grand/Ramada Hotel in Fort St John for dinner, gifts, presentation, a Question & Answer session, and an opportunity to connect with your Halfway River First Nation businesses.

We look forward to connecting with you!



All Halfway River members
18 years and older welcome

Bus transportation is available from
the HRFN community to the event.
Please register at the Band office.



DATE: Tuesday, October 15th
TIME: 5 pm – 8 pm
LOCATION: Plaza 2 Room
Northern Grand Hotel
9830 100 Avenue
Fort St John, BC



Halfway River Group
101-10012 97th Ave Fort St John BC V1J 5P3
P: 250-785-4058 www.HalfwayRiverGroup.CA

Foundations Exploratory (2025)

Foundations

Application Deadline

December 30, 2024

Start Date

January 13, 2025

Course Length

12 Weeks

Weekly Schedule

Monday – Friday

9 am – 4 pm

Program Delivery

Live, online instruction (laptop provided!)

About This Course:

Currently, Indigenous Peoples represent less than 1% of BC's tech sector. We want this to change, and many companies do, too. Building your understanding of the tech sector and six in-demand fields, Foundations is an ONLINE exploratory course for learners who are considering a tech-related career.

Learning Outcomes

- Computer basics and professional practices including Microsoft Office and other tools administrative professionals can use to maximize organization, productivity, and efficiency
- Web development and coding basics including backend functionality and frontend website builders
- GIS/GPS Mapping basics including gathering data, performing analysis, and visualizing information through Geographic Information Systems and Global Positioning Systems

INTERESTED? Come to the housing dept. for more information!

Foundations Exploratory (2025)

Foundations

- Communications and Digital Marketing basics including online brand strategy, effectively engaging stakeholders, search engine optimization, and social media
- Software Testing basics including recognizing bugs
- Network Setup and Support basics including setting up internet connections, installing routers and servers, troubleshooting, and security.

Job Outlook:

Technology in BC offers a significant opportunity for well-paying jobs now, and into the future. In 2018, BC's tech sector included more than 10,000 companies employing over 123,000 professionals. Tech is now BC's fourth-largest economic sector. There are and will continue to be many opportunities in tech as the economy expands and employees retire. Although Indigenous Peoples represent less than 1% of BC's tech professionals, many companies are actively recruiting professionals who identify as First Nations, Inuit, or Metis.

Learner Supports:

Funded!!

This course is funded for Indigenous Peoples ages 18+ living in BC.

Equipment!!

Equipment and technology required for this course is provided.

Support Team!!

FNTC Staff are always available for 1:1 meetings.

Living Expenses!!

Learners are eligible to apply for funding to cover some living expenses.

INTERESTED? Come to the housing dept. for more information!

October 2024 - Housing Department



Good day,

My name is Shania. I would like to introduce myself as your new housing coordinator as of September. 😊

First I would like to thank the community and council for helping me move forward in this journey with Halfway River. I hope I can make this process smoother for both members and staff - as well as helping resolve any issues that may arise.

When is the housing office open? - The housing office will be open during the week from **9:00am to 4:00 pm** on weekdays. Please feel free to contact me via email, text, call or smoke signals. For any questions or comments regarding housing - I can set you up with an appointment in person or over the phone.

What can you help me with? - I have property management experience from a rental agency within Fort. St. John. I took rental payments, processed new applications, participated in moving inspections and served eviction notices. I hope to implement a new, effective system for housing within the community.

Email: Sdavis@hrfn.ca

Phone: **250 329 5065**

Appendix 3E Application Renewal

To make the process easier for everyone, I would kindly ask that each household fill out a **housing renewal form**. This would include your current address, phone number and email. This is more efficient for staff to contact the main tenant of the residence, send updates and establish a good form of communication.

Attached you will find a renewal application form. Please add your contact information at the bottom of the page. Can leave your completed application with the front desk, or slip under the Housing Dept. door. I will add to your file and contact you if needed.

Thank you in advance for your cooperation.



Halfway River First Nation Housing Policy

Appendix 3E Application Renewal Letter

To: Housing Department, Halfway River

Re: Application Renewal

Applicant Name(s): _____

Date: _____

All housing applications **must be updated annually by April 1st** to reflect changed family circumstances and to indicate interest in remaining on the Wait List. This letter should be used to inform the Housing Coordinator of any **significant changes in household size and current living situation**.

Failure to provide up to date information for the application will result in your application being removed from the Wait List.

Please select the option(s) below that describe your situation:

- A) _____ My household size has changed significantly since April 1st of last year
- B) _____ My living situation has changed significantly since April 1st of last year
- C) _____ There have been no significant changes in my household size or living situation

If you selected option A or B, please provide additional information in the space below:

Signature: _____

Date: _____

The Housing Coordinator will confirm their receipt of this letter within 10 working days . If you have any questions about the Wait List or the application and selection process, please contact the Housing Coordinator.

Housing Coordinator

CONTACT INFO

HAPPY
Thanksgiving



Happy Halloween

HALLOWEEN

GOBLIN

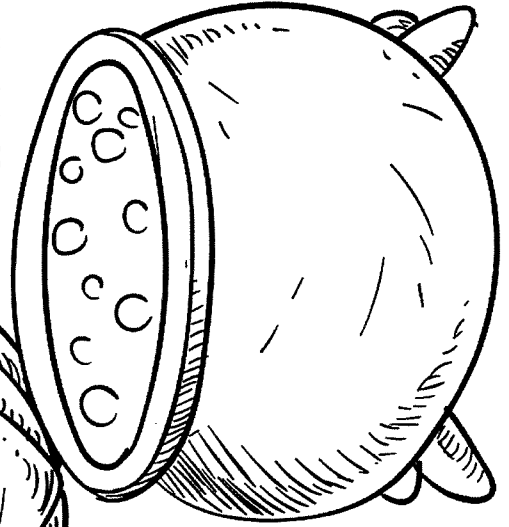
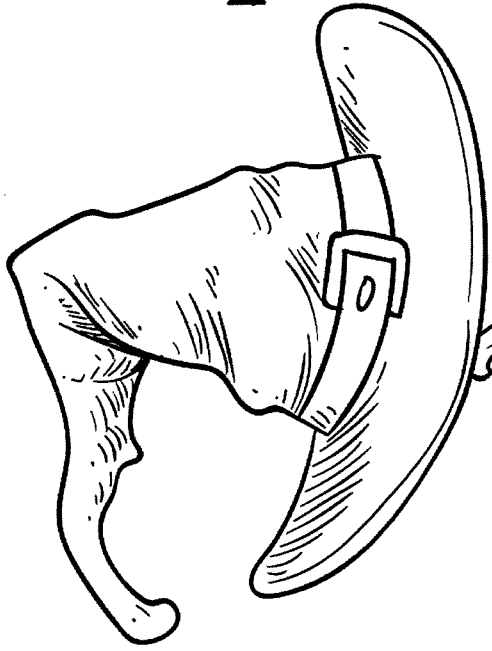
SKELETON

MONSTER

GHOST

SPIDER

VAMPIRE



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

Any Information Please Contact

Halfway River First Nation

16262 Rd 4, Band Office
Halfway, Wonowon
BC, VOC 2N0

Email:- reception@hrfn.ca

For e-newsletters please visit our website

www.hrfn.ca

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