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Welcome to Our Community Newsletter!

We're excited to bring back our monthly newsletter to keep our community connected, informed, and engaged. Inside, you'll find important announcements, department updates, upcoming events, an Elders' Corner, and even a fun section to bring a smile.

A big shoutout to Dale Chipesia for helping name our newsletter with submitting names through our Facebook page. Also, a huge thank you to everyone who shared their creative ideas too! You made it tough to choose just one!

We hope this reflects the heart of our community and we welcome your ideas and feedback on what you'd like to see in future issues.

SAVE THE DATE

CULTURAL CAMP
JULY 21 - 25, 2025
Hosted at Pink Mountain Ranch

Calendar of Events



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

Monday 5	MMIWG2S <i>Red Dress Day</i>	Thursday 15	Chief & Council Meeting 10am Massage with Edna 250-630-2830
Wednesday 7	Ratification Vote 5pm Dinner/TLE Info Session LIDO Theatre	Friday 16	Drum Making call 250-793-2152
Thursday 8	TLE Info Session/Ratification Vote Blueberry Hall 11am - 2pm Chief & Council Meeting 10am	Monday 19	VICTORIA DAY
Friday 9	BMO Financial Education Session 5pm - 8pm, LIDO Theatre	Thursday 22	Ratification Vote 5pm Dinner/TLE Info Session LIDO Theatre
Saturday 10	BMO Financial Education Session 10am - 3pm, Band Office	Monday 26	Energetic Healing with Jackie 250-630-2830
Sunday 11	Mother's Day	Wednesday 28	BC Hydro Open House 5pm BRFN Community Hall Reflexology with Brandy call 250-630-2830
Monday 12	Energetic Healing with Jackie 250-630-2830	Thursday 29	Massage with Edna 250-630-2830
Wednesday 14	Drum Making call 250-793-2152 Reflexology with Brandy call 250-630-2830	Women's Sewing Group Tuesdays and Thursdays 4pm - 7pm BRFN School	

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

Get the BRFN APP on your phone...it's FREE!



1

Visit the App Store or Google Play Store and Search 'Blueberry River First Nation'

3

Fill out your information and click 'Register'

2

Tap 'Register' under 'Member Login'

4

Click the verification link in your email address

Elder's Corner



The Sacred Role of Elders

Welcome to the first edition of Elder's Corner—a space dedicated to honouring the knowledge, experience, and guidance of the Elders of Blueberry River First Nation. Our Elders hold a sacred role in our community as keepers of culture, language, stories, and traditions. Their voices connect us to the past, guide us in the present, and help shape a strong future for the next generations.

We are excited to fill this space with sharing messages, stories, and wisdom directly from our Elders on this page in upcoming issues of the newsletter. We look forward to sharing their voices with the community.



Message of Gratitude

We thank our Elders for their continued presence, patience, and teachings. Your guidance strengthens our Nation and reminds us who we are and where we come from.

If you're an Elder and would like to share a story or a teaching in a future edition, we invite you to reach out to Kristian at k.roy@blueberryfn.ca to be included. Thank you.

Word of the month

Hug



âkwaskitin

Cree

Butterfly



wâłále

Beaver



MAY BIRTHDAYS

May Apsassin May 7
Alvina Davis May 17
Gerald Davis May 19
Lillian Apsassin May 21
Gloria Apsassin May 23
Ricky Apsassin May 24
Barbra Chipesia May 24

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

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



Spring has sprung!

Spring is finally here after a long winter. Days are longer and the weather is warmer, bringing renewal and awakening inviting us all to step outside and enjoy the natural beauty of nature.

Take time this month to enjoy outdoor activities and return to the land to harvest traditional foods like roots and berries, trap or hunt, and prepare for the busy summer season. It's also a time for reconnecting with ancestral places, teaching youth land-based skills, and taking part in ceremonies that honour the renewal of life.

Movement will boost physical health, but also improves mood and reduces stress - thanks to the extra sunlight and fresh air. By spending more time in nature and embracing the season of renewal, you align with the rhythms of the land and nourish your overall well-being.



May is National Strawberry Month



Strawberries are rich in vitamin C—just one cup provides more than 100% of your daily recommended intake, boosting your immune system and promoting healthy skin.

Easy Strawberry Yogurt Parfait

Ingredients:

- 1 cup fresh strawberries, sliced
- 1 cup Greek yogurt (plain or vanilla)
- 1/4 cup granola
- Honey (optional)

Instructions:

1. In a glass or bowl, layer half the yogurt.
2. Add a layer of strawberries, then a spoonful of granola.
3. Repeat the layers with remaining yogurt, strawberries, and granola.
4. Drizzle with honey if desired. Enjoy!

Lands Department



Land-Based Mapping, January - February 2025

Land-based mapping (LBM) involves BRFN community members on the land collecting information about cultural and ecological features. This mapping was led by community Knowledge Keepers to help document priority areas and features. Mapping took place across seasons (July 2024 - February 2025) to capture season-dependent features or values. Information collected during mapping is currently being used in the Implementation Agreement planning process to help identify priority areas for protection based on BRFN values. This newsletter summarizes the final Block (4) of LBM.

Key Features Found

In the final block of Land-Based Mapping, BRFN Knowledge Keepers documented 305 significant features while on the land. The majority of these were wildlife signs, but a natural spring, archaeological sites, cabins, and many medicinal plants were also documented.

Final Land-Based Mapping Stats

- 2415 significant features documented
- 52 Blueberry Knowledge Keepers on the land
- 2 members trained to lead mapping
- 24 weeks of mapping 190 locations visited

*During block 4 of the LBM program, 23 BRFN Knowledge Keepers were on the land and they visited 43 areas.
305 significant features were noted!*

***Thank you to all the BRFN
Elders and Monitors!
This work would not have
been possible without you!***

Next steps...

The data collected from Land-Based Mapping is now being used to support planning the protection areas within the Implementation Agreement's High Value (HV) areas. This data was critical in prioritizing areas for protection that represented ground-truth ecological data and culturally significant areas. The different HV areas are being planned in phases, with the first phase of the plans completed as of March 31 and the second phase to be completed as of July 31. There will be more opportunities to engage in the Implementation Agreement process throughout 2025, so please keep your eyes and ears open!

*For any future Land-Based Mapping questions,
please contact Teneshia Yahey at
tyahey@blueberryfn.ca*

Restoration Department



NEWS AND UPDATES...

2025 Ecological and Cultural Restoration Projects Call for Proposals

Deadline Extended

The Blueberry River Restoration Society is extending the deadline for proposal submissions to **May 14, 2025**.

Learn more about this opportunity at: www.brrsociety.org/opportunities.



Darcy Lodoen
Director of Restoration

Blueberry River Restoration Society Welcomes Darcy Lodoen as Director of Restoration

Darcy Lodoen, originally from Saskatchewan with roots in Onion Lake First Nations, brings nearly two decades of experience as a consultant and industry advisor to his new role.

With a background in biology and a strong passion for animals and restoration, Darcy began his career in Fort St. John and has worked with various nations across Treaties 4, 6, 7, and 8. His work has focused on caribou habitat and ecosystem restoration. Now returning to Treaty 8 territory, he is excited to contribute to the Blueberry River Restoration Society's mission of ecological and cultural renewal.

As Director of Restoration, Darcy will lead efforts in Indigenous-led land stewardship, working closely with the Blueberry River First Nations and partners to support reciprocal restoration and healing of the land.

ENVIROMENTAL SITE ASSESSMENT CERTIFICATE

The Restoration Department and the Restoration Society are partnering with Northern Lights College to determine interest for this **potential** program.

Program Info:

- Mixture of online, in-field, and classroom work
- H2S, WHMIS, & Basic First Aid req, (supported if needed)
- June start, 31 weeks, 22 credits earned

Contact us: Dolly 250-224-7957 Joanna 250-262-9780

We can support equipment and transportation needs. Let us know!

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



Wishing the Mothers, Aunties, Kokums, and Mother figures in our communities a **HAPPY MOTHER'S DAY!** Your guidance, resilience, and care nurture not only families, but entire Nations. Thank you for all that you carry and all that you give.

word search puzzle

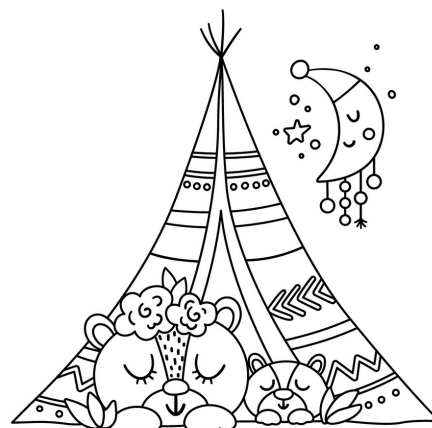
Mother's Day

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

BOUQUET
MAY
CAKE
MOMMY
CARD
SUNDAY
CELEBRATE
TRADITION
COOKIES
LOVE
FLOWERS
HUG
GRATEFUL
FAMILY
HEART
KISS

PUZZLE
TIME

Spot 10 differences



JOKE

of the month

HA HA HA HA

What's the best flower for a boy to give for Mother's day?

Answer: Son-flowers, of course!

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](https://www.linkedin.com/company/Blueberry-River-First-Nations)