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SPRING SOLSTICE

The Significance of the Spring Solstice

Each year in March, the Spring Solstice, often called the Vernal Equinox, marks an important turning point in the natural world. It is the moment when day and night are nearly equal in length, symbolizing balance, renewal, and the return of life after winter.

This time of year carries deep meaning and is connected to the rhythms of the land, the changing seasons, and the responsibilities we hold to nature and one another.

A Time of Balance

The Spring Solstice represents the point when the Earth begins to tilt more toward the sun in the northern hemisphere. As a result, daylight hours begin to grow longer than the night. This balance between light and dark reflects an important teaching: life is strongest when balance is maintained, between people and the land, between work and rest, and between the physical and spiritual worlds. It is a reminder to reflect on our own lives and ask where balance may need to be restored.

Awakening of the Land

This seasonal shift has traditionally signaled the beginning of new activities tied to the land. It may be a time for preparing for planting, gathering medicines, fishing, or observing the return of certain animals that signal the change in season.

These natural signs remind us of the deep connection between people and the environment, and how closely our lives are linked to the health of the land.

Calendar of Events



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

Thursday 5	Massages with Edna
Monday 9	FNHA
Wednesday 10	Women's Group 1pm - 3pm BRFN
Thursday 12	Nenan Play Group 11am - 1pm
Monday 16	FHNA
Tuesday 17	Women's Group 1pm - 3pm BRFN
Wednesday 18	Spa Day
Thursday 19	Massages with Edna
Monday 30	FNHA
Tuesday 31	Women's Group 1pm - 3pm BRFN

For appointments call 250-630-2830

Medical Transport Services every **TUESDAY & THURSDAY** between 10am - 2pm.

Please contact Med Trans 5-7 days in advance.

HEALTH OFFICE CLOSED FOR SPRING BREAK
MARCH 23 - 27, REOPENS ON MARCH 31

LUNCH & LEARN
In Partnership with FNHA

March 30, 2026
10:30 AM – 1:00 PM

Proper Usage of Antibiotics

Learn about:

- When antibiotics are needed
- Why finishing prescriptions matters
- Antibiotic resistance
- Safe and responsible use

Hosted by
Blueberry River First Nations
HEALTH DEPARTMENT

Women's Spa Day
For BRFN Women & Women in the Community

March 18, 2026
9:00 AM – All Day

Take time for yourself and enjoy a full day dedicated to wellness, relaxation, and self-care.

Services Available

- Massage with Edna
- Massage with Valarie
- Eyebrows with Roxy Gairdner (Tinting, Clean-Up, Hybrid Stain, Wax)
- Haircuts with Marilyn
- Reflexology with Brandy
- Eyelashes with Vanessa Henryu

Appointment Required
Please call Health Reception to book:
250-630-2830

Location: BRFN Health Department
Hosted by: Blueberry River First Nations Health Department

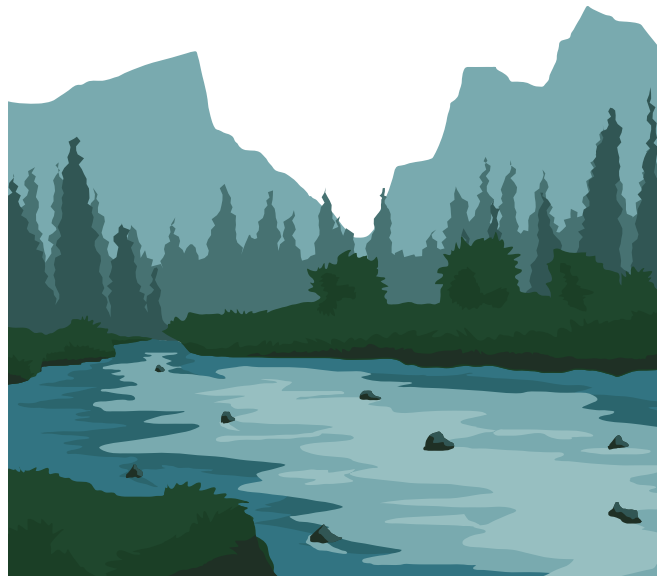
Elder's Corner



World Water Day

Wisdom from the Elders

Each year on March 22, people around the world recognize World Water Day, a time to reflect on the importance of water and the role it plays in sustaining life. For Indigenous peoples, water has always been deeply respected and understood as sacred. Elders often remind us of a simple but powerful truth: **water is life.**



A Sacred Connection

Water nourishes the land, supports animals and plants, and sustains our communities. Rivers, lakes, and streams have long been places where families gathered, travelled, fished, and shared knowledge. In many traditions, water is also connected to ceremony and prayer, reminding us of our responsibility to care for the land.

Teachings for Future Generations

Our ancestors understood the importance of protecting water and taking only what was needed. These teachings continue to guide communities today. Caring for water is not just about today—it is about ensuring clean water for the generations still to come.

Honouring Water

As spring approaches and the snow begins to melt, we are reminded of the powerful cycle of water and its role in renewing the earth each year. On World Water Day, we honour the wisdom of the Elders and the responsibility we all share to protect this precious gift.

March Birthdays



March 11 **Virginia Assassin**

March 11 **Bella Gravel**

March 13 **Linda Chipesia**

March 16 **Peter Yahey**

March 22 **Ralph Wolf**

March 23 **Cornelia Maas**

March 29 **Ley Apsassin**

March 30 **Stratton Adekat**

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 etranfer@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 & Wellness



NATIONAL NUTRITION MONTH

March is **National Nutrition Month**, an annual campaign led by Dietitians of Canada to highlight the importance of healthy eating and informed food choices. This year's theme, "**Nourish to Flourish**," reminds us that food does more than fuel our bodies, it supports our physical health, mental wellbeing, and our connections with family, culture, and community.

Good nutrition helps build strong immune systems, supports growth and repair, and can reduce the risk of chronic diseases such as diabetes and heart disease. During Nutrition Month, communities are encouraged to focus on balanced eating patterns, enjoying a variety of foods, and choosing meals that fit their culture, preferences, and budget.

This March, take small steps to nourish your body and spirit, try cooking more at home, sharing meals with loved ones, or exploring traditional and wholesome foods. Even simple changes can help you and your family flourish throughout the year.

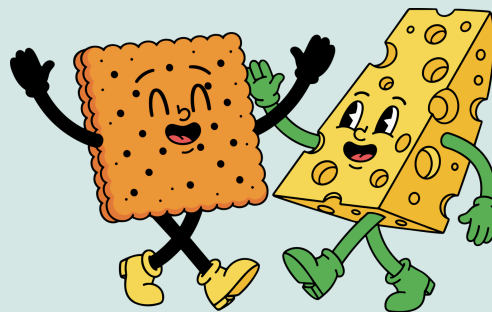


Healthy Snack Ideas:

Looking for simple ways to nourish your body between meals? Try these easy, budget-friendly snack ideas that support energy and wellness throughout the day.

- Apple slices with peanut or sunflower seed butter
- Yogurt topped with berries or granola
- Carrot and cucumber sticks with hummus
- A small handful of nuts and dried fruit
- Whole grain crackers with cheese
- Hard-boiled eggs
- Banana with a sprinkle of cinnamon
- Air-popped popcorn
- Trail mix with seeds and nuts
- Smoothie made with frozen fruit and milk or a milk alternative

Tip: Pair a protein food with a fruit or vegetable to help you stay fuller longer.



Education



INDIGENOUS DIGITAL FILMMAKING PROGRAM



Learn all aspect of filmmaking
in a state-of-the-art facility

APPLY NOW!

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Centre for Film & Animation

P: 604-990-7904

E: film@capilanou.ca

www.capilanou.ca/idf

Fun page



Welcome to our March Fun Page! As winter starts to melt away, enjoy this month's Fun Page filled with lighthearted activities to brighten your day.

SPRING WORD SEARCH PUZZLE

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



FIND 10 DIFFERENCES

NUMBER FILL IN PUZZLE

4587 33569
6956 86431
3657 71637

449263
587341
787489

2563856
1466923
6247191

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