



## Content:

- Calendar of Events
- Elder's Corner
- Administration and Finance Updates
- Health and Wellness Updates
- Education
- Restoration
- Fun Page



Each year on May 5, communities across Canada observe Red Dress Day, a National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S+). It is a day to honour lives lost, support families and survivors, and raise awareness about the ongoing crisis that continues to impact Indigenous communities.

The red dress has become a powerful symbol, representing the women and girls who are missing and those whose voices are no longer heard. Often displayed in public spaces, trees, or windows, empty red dresses serve as a visual reminder of absence, loss, and the urgent need for change.

Red Dress Day also calls attention to the findings of the National Inquiry into Missing and Murdered Indigenous Women and Girls, which identified systemic issues contributing to violence against Indigenous Women, Girls, and Two-Spirit people. It is a time to reflect, listen, and take meaningful steps toward reconciliation and justice.

On May 5, many choose to wear red, attend local events, or take a moment to learn and share information. Even small actions like having conversations, supporting Indigenous-led organizations, or amplifying voices, can help create awareness and foster change. As we mark this important day, we remember that behind every red dress is a story, a family, and a community that continues to seek justice, healing, and hope.

# Calendar of Events



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

Tuesday <b>6</b>	MMIW Walk & Meal	Thursday <b>23</b>	Messages with Edna
Wednesday <b>6</b>	Dudes Club BBQ/ATV Ride	Thursday <b>23</b>	BRFN Early Years Playgroup 11am - 1pm, BRFN Hall
Thursday <b>7</b>	Messages with Edna	Monday <b>27</b>	FHNA
Sunday <b>10</b>	<i>HAPPY Mother's Day</i> BINGO	Tuesday <b>28</b>	Messages with Anoop
Monday <b>11</b>	FHNA	<p><b>MMIW</b></p> <p>Calling all community members and staff of BRFN</p> <ul style="list-style-type: none"> <li>• May 5 2026</li> <li>• BRFN Office at 12:30PM</li> <li>• Walk through Community 1:00PM</li> <li>• Meal to Follow</li> </ul> <p>“We walk in silence for the voices that were taken.”</p> <p>BLUEBERRY RIVER FIRST NATION</p>	
Tuesday <b>12</b>	Messages with Anoop		
Wednesday <b>13</b>	Reflexology		
Friday <b>22</b>	FHNA		
Monday <b>25</b>	FNHA		
Tuesday <b>26</b>	Messages with Anoop		
Thursday <b>27</b>	Elders Engagement		
Friday <b>28</b>	Messages with Edna		

For appointments call 250-630-2830

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

# Calendar of Events

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## Mother's Day



**Sunday, May 10**  
**Doors open 11am**  
**First Ball Drops 1pm**

## \$10,000 PAYOUT

**\$50 Packages - Max 2 per person**  
**Presales: Monday, May 4 - Friday May 9**

At SFN Culture Centre Reception  
 Any tickets left, will be sold at the door before game time.

### 50/50 Concession

19+ Only - Absolutely no one under the age of 19 permitted  
 If you have questions, please reach out to Kirsta at  
 KLindstrom@SAULTEAU.com



**PRIZE DRAW**  
 Participate in the workshops  
 for a chance to win!  
**ONE PARTICIPANT  
 FROM EACH GROUP  
 WILL RECEIVE A PRIZE.**

## EARLY YEARS & PLAY GROUP FINANCIAL LITERACY WORKSHOPS

**May 7, 2025**

Join us for a day of learning, connection, and community.  
 Families and community members are welcome!

**11:00 AM - 1:00 PM | BRFN COMMUNITY HALL**

### EARLY YEARS PLAY GROUP

Bring the little ones and enjoy:

- Story Time
- Crafts
- Snacks
- Play & Connection

**PARENT PARTICIPATION REQUIRED**

Hosted by:  
 Michelle Logan & Ashley True (ISCD)  
 with  
 Nenan Dane Zaa Deh Zona  
 Family Services

### FINANCIAL LITERACY WORKSHOP

Hosted by:

*Hailey Testawitch*

#### Introduction to Basic Banking & Budgeting

Learn the foundations of managing your money, including:

- How to choose the right bank account for your needs
- Understanding how interest works
- Ways to reduce bank and transaction fees
- What a budget is and why it matters
- Tips to help you reach your financial goals
- Ideas to manage and adjust your spending

### COMMUNITY LUNCH

Everyone is welcome!

Enjoy:  
**TACOS IN A BAG  
 & BANNOCK TACOS**



Contact Us  
**250-787-2151**  
 admin@nenan.ca

## Dudes Club



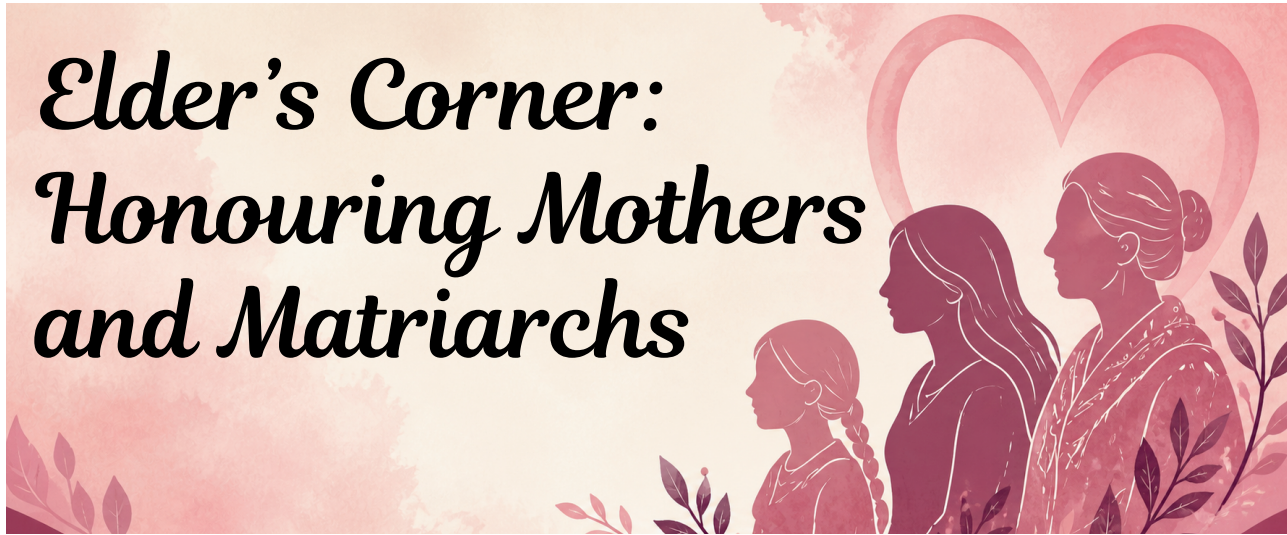
Men of BRFN...  
 Please join us for a  
 Trail Ride followed by  
 a BBQ.

**MAY 6**  
**3PM**  
**Meet at**  
**BRFN Community Hall**

Please make sure you  
 bring and wear all  
 protective safety gear  
 for riding your ATV.

Contact:  
 Allan Apsassin  
 250-224-7864

# Elder's Corner



## *Elder's Corner: Honouring Mothers and Matriarchs*

*As we approach Mother's Day, we take time to honour the women who have shaped our lives. Our mothers, grandmothers, aunts, and all matriarchs who carry wisdom, strength, and love through generations.*

*Mothers are the heart of the family and the keepers of our traditions. They are teachers, storytellers, caregivers, and leaders. Their guidance and teachings are passed down, helping to preserve identity and culture.*

*Mother's Day is not only a time to celebrate, but also to reflect. We remember those who are no longer with us, honour those who have stepped into mothering roles, and acknowledge that for some, this day can bring a mix of emotions. It is a time to show kindness, offer gratitude, and hold space for one another.*

*Honouring our mothers can be done in simple, meaningful ways like sharing a meal, offering words of thanks, spending time together, or carrying forward the values they have taught us.*

*As we celebrate this special day, let us recognize the strength, love, and wisdom of all mothers and matriarchs. May we continue to walk in their teachings, uplift one another, and pass on their legacy to future generations.*

### May Birthdays



May 7 **May Apsassin**

May 17 **Alvina Davis**

May 19 **Gerald Davis**

May 21 **Lillian Apsassin**

May 23 **Gloria Apsassin**

May 24 **Barbara Chipesia**

May 24 **Ricky Apsassin**

# 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](mailto: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](mailto: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](mailto:lquintana@blueberryfn.ca)

*For general finance questions and payroll inquiries*

**Aurora Carranza** 250-630-2822

[acarranza@blueberryfn.ca](mailto:acarranza@blueberryfn.ca)

*Propane Services*

**Shilpa Joseph** 250-630-2846

[sjoseph@blueberryfn.ca](mailto:sjoseph@blueberryfn.ca)

*Internet Services*

**Agnal Francis** 250-630-2846

[afrancis@blueberryfn.ca](mailto: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](mailto:BRFNComms@cmrconsulting.ca) and someone will get back to you shortly.

# Health & Wellness



## Mental Health Awareness Month

### Small Steps Matter

May is Mental Health Awareness Month, a reminder to care for our minds as much as our bodies. Small, simple habits can make a meaningful difference:

- **Stay connected** – Reach out to a friend or loved one
- **Get outside** – Fresh air and light can boost your mood
- **Move your body** – Even gentle activity helps
- **Create quiet moments** – Pause, breathe, reset
- **Be kind to yourself** – Give yourself grace
- **Limit overload** – Set boundaries with media

Mental health looks different for everyone. This month, take a moment to check in with yourself and others.

Together, through awareness, compassion, and small daily steps, we can build stronger, healthier communities.



## Brain-Boosting Blueberry Walnut Overnight Oats

Why it's good for your brain

- Blueberries – rich in antioxidants that support memory
- Walnuts – high in omega-3 fatty acids for brain function
- Oats – steady energy to help with focus
- Chia seeds – support brain and heart health

### Ingredients

- ½ cup rolled oats
- ¾ cup milk (or almond milk)
- ¼ cup Greek yogurt
- ½ cup fresh or frozen blueberries
- 2 tbsp chopped walnuts
- 1 tbsp chia seeds
- 1–2 tsp honey or maple syrup
- Dash of cinnamon (optional)

### Instructions

- Add oats, milk, and yogurt to a jar or bowl
- Stir in chia seeds, honey, and cinnamon
- Fold in blueberries and walnuts
- Cover and refrigerate overnight (or at least 4 hours)
- Enjoy cold, or warm it up in the morning

### Quick Tip

Make a few jars at once for an easy grab-and-go breakfast that fuels both your body and your mind.



# Education



## APPLY TODAY!

### 2026 Archaeology Field School

Tse'k'wa Heritage Society is partnering with University of Northern British Columbia to offer an archaeology field school at Tse'k'wa National Historic Site.

Indigenous participants will camp alongside UNBC students for six weeks, learn hands-on archaeological skills, and earn 6 university-level credits and a certificate of completion!



No experience is required but spaces are limited. Eligible participants will have no costs to attend the program.

Visit for more info & to apply






PRFN members contact Penny St. Pierre for more info:

250-500-3529

[Penny.stpierre@prophetriverfn.ca](mailto:Penny.stpierre@prophetriverfn.ca)

May 11 - June 22

Tse'k'wa National Historic Site

 Alyssa Currie, Tse'k'wa Executive Director  
 1-250-224-7906  
 [TsekwaHeritage@gmail.com](mailto:TsekwaHeritage@gmail.com)

# Restoration Department



**Nan wújɔ anawúúdle**  
Restoration Society

## Elders Wisdom Leads the Way

# Honouring the Women in Our Lives

Join us for a meaningful gathering to honour the women in our families and community through storytelling, reflection, and cultural sharing.

Bring a photo and share stories of the women who have shaped your life, teachings, and identity.

Elders are encouraged to bring a youth.

**Win a Doorprize**

May 27, 2026  
BRFN Community Hall  
4pm - 7pm

**Strengthening connections between Elders and youth**

**To RSVP or for more information:  
Lynn Harvey 250-224-8824**

**We invite you to be part of this important work. (250) 262-0771 [info@restorationsociety.ca](mailto:info@restorationsociety.ca)**

### Stay Connected With Us

We encourage members and community partners to follow, like, and share our social media pages to stay up to date on restoration work, community initiatives, and stories from the land. Your support helps amplify this work and strengthen our shared commitment to caring for the territory.



Facebook QR Code

LinkedIn QR Code



**Contact the Restoration Society:**  
Angela D'Amato van den Hout, CEO  
[angela@brrsociety.org](mailto:angela@brrsociety.org)  
250-262-6253

**Contact the Restoration Department**  
Jerri-Lynn Apsassin, Executive Assistant  
[japsassin@blueberryfn.ca](mailto:japsassin@blueberryfn.ca)  
250-224-2746

# Fun page



May Long Weekend! A time to soak up the sunshine, fire up the BBQ, and enjoy a well-deserved break.

PUZZLE TIME

## CAMPING

— wordsearch puzzle —

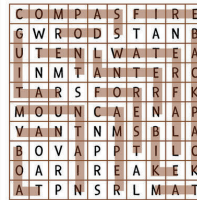


C	O	M	P	A	S	F	I	R	E
G	W	R	O	D	S	T	A	N	B
U	T	E	N	L	W	A	T	E	A
I	N	M	T	A	N	T	E	R	C
T	A	R	S	F	O	R	R	F	K
M	O	U	N	C	A	E	N	A	P
V	A	N	T	N	M	S	B	L	A
B	O	V	A	P	P	T	I	L	C
O	A	R	I	R	E	A	K	E	K
A	T	P	N	S	R	L	M	A	T


Find objects in the picture and in the puzzle



- |           |           |
|-----------|-----------|
| COMPASS   | BOAT      |
| FIRE      | CAMPER    |
| GUITAR    | FOREST    |
| ROD       | BIKE      |
| TENT      | MAT       |
| LANTERN   | WATERFALL |
| MOUNTAINS | BACKPACK  |
| VAN       |           |



1



2

3

4

5

6

7

8

9

10

## FIND 10 Differences...



SOLUTION



## CONTACT

Blueberry Reserve Rd, Kristian Roy  
 Buick, BC VOC 2R0 **Communications Coordinator**  
 (250) 630-2800 k.roy@blueberryfn.ca

## VISIT US

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