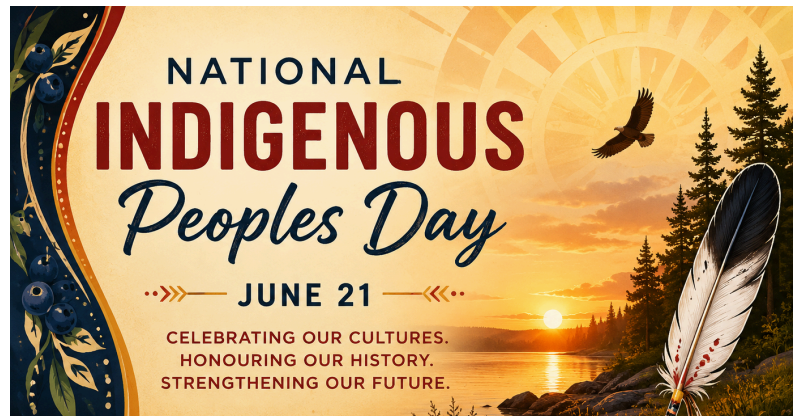




Content:

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



Celebrating National Indigenous Peoples Day

June 21 marks National Indigenous Peoples Day, a time to celebrate the cultures, traditions, languages, and contributions of Indigenous Peoples across Canada.

For Blueberry River First Nations, this day is an opportunity to honour our Elders, who carry the wisdom of generations; our youth, who will lead us into the future; and our community members, who continue to keep our culture strong. It is a time to reflect on our deep connection to the land, our history, and the values that guide us as Dane-zaa people.

As we gather with family and friends this summer, let us take pride in our traditions, share our stories, and continue passing our knowledge from one generation to the next. Every song, language lesson, cultural teaching, and act of kindness helps strengthen our community and preserve our heritage.

On this National Indigenous Peoples Day, we celebrate who we are, where we come from, and the bright future we are building together.

Happy National Indigenous Peoples Day 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.

Tuesday 9	Massages with Anoop
Wednesday 10	Elder's Engagement Language Class 1pm Hall
Monday 15	FNHA Painting Party 5:30pm
Wednesday 17	Language Class 1pm Hall
Thursday 18	Massages with Edna
Friday 22	SADeclarations
Sunday 21	<i>Father's</i> HAPPY DAY
Monday 22	 COLOUR RUN!
Tuesday 23	Massages with Anoop
Wednesday 24	Reflexology Language Class 1pm Hall
Friday 29	FNHA

For appointments call 250-630-2830

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




CULTURAL CAMP
July 20 - 24, 2026
Pink Mountain Ranch

FNHA NURSING LUNCH & LEARN

DATES:
JUNE 15, 2026
JUNE 29, 2026

TOPICS:
MEN'S HEALTH
STROKE

PLEASE JOIN US!



Elder's Corner



Keeping Our History Alive



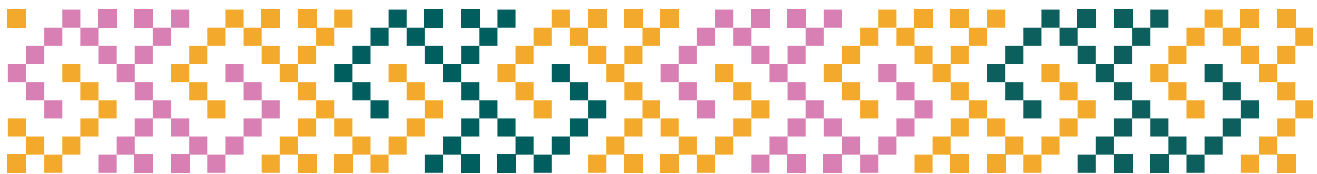
June is Indigenous History Month, a time to reflect on the stories, teachings, and experiences that have shaped our people and continue to guide us today.

For generations, our history was shared through storytelling. Elders passed down knowledge about the land, our language, family connections, traditional ways of life, and the values that helped our people thrive. These teachings were not written in books. They were carried in memory, shared around campfires, during time spent on the land, and through everyday life.

Today, those teachings remain as important as ever.

As the world changes, it is important that we continue to create opportunities for Elders and youth to spend time together. Whether sharing stories, participating in cultural activities, speaking our language, or learning traditional skills, these moments help strengthen our community and ensure that knowledge is passed on to future generations. Indigenous History Month reminds us that history is not only about the past. It lives in our families, our traditions, our connection to the land, and the lessons we continue to share with one another.

As Elders, we have a responsibility to continue sharing what we know. As younger generations, there is an opportunity to listen, learn, and carry those teachings forward. When we honour our history, we strengthen our future.



June Birthdays



June 3 **Vern Napoleon**

“The stories we share today become the teachings our grandchildren carry tomorrow.”

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:

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



Men's Health Month: Strong Men Ask for Help



For many generations, men have been seen as providers, protectors, and problem-solvers. They work hard, care for their families, and often put the needs of others ahead of their own. While these qualities are admirable, they can sometimes make it difficult for men to talk about their own struggles.

Many men were taught to "tough it out" when facing challenges. Whether it's physical pain, stress, grief, anxiety, or loneliness, they may keep those feelings to themselves. But carrying life's burdens alone can take a toll on both physical and mental health.

This Men's Health Month, let's remember that strength doesn't mean suffering in silence.

True strength can be found in reaching out to a friend, talking with family, seeking guidance from an Elder, or asking a healthcare professional for support. It can mean taking time to heal, rest, and reconnect with what matters most.

For many Indigenous men, wellness is about more than physical health. It includes connection to family, culture, language, community, and the land. Spending time outdoors, participating in cultural activities, sharing stories, and learning from Elders can all play an important role in maintaining balance and well-being.

As we recognize Men's Health Month, let's encourage the men in our lives to take care of themselves with the same dedication they show to others. A healthy community starts with healthy individuals, and no one should feel they have to carry their challenges alone.

June 11 is CORN ON THE COB DAY!

Did you know June 11 is Corn on the Cob Day? Corn has been an important food source for Indigenous Peoples across North America for thousands of years. It's packed with fibre, vitamins, and antioxidants, making it both nutritious and delicious.



Garlic Butter Grilled Corn on the Cob *Directions:*

Ingredients:

- 4 ears of corn, husks removed
- 2 tbsp melted butter
- 1 clove garlic, minced
- Pinch of salt and pepper

- Mix melted butter, garlic, salt, and pepper.
- Brush mixture over the corn.
- Grill over medium heat for 10–15 minutes, turning occasionally, until lightly charred.
- Serve warm and enjoy!

Wellness Tip - Summer is a great time to enjoy fresh, seasonal foods. Eating a variety of fruits and vegetables helps support heart health, digestion, and overall well-being. Pair your grilled corn with a fresh salad or lean protein for a healthy summer meal.

Education



**OCTOBER
2,3,4
2026**

**INDIGIWORX Presents
NĒHIYAWĒWIN**

**AGES
13-18
LIMITED
CAPACITY**

YOUTH

CREE LANGUAGE CONFERENCE 2026

CREE LANGUAGE WORKSHOPS | DINNER NETWORKING & ENTERTAINMENT EVENT

REGISTRATION NOW OPEN!

ATTENDEES (13-18) Includes 3-day access, workshops, 2 Cree book packages, Saturday breakfast, lunch & dinner/Live Entertainment/Dance Sunday breakfast. Youth must be Accompanied by chaperon(s).

RESERVE A TABLE FOR YOUR TEAM!
Book a TABLE OF 8 for your youth to attend together.

REGISTER NOW: INFO@INDIGIWORX.COM • 780-220-7753 • WWW.INDIGIWORX.CA

EDMONTON INN & CONFERENCE CENTRE • 11834 KINGSWAY NW, EDMONTON, AB

Restoration



Nan wújɔ anawúdle
Restoration Society

Elders Wisdom Leads the Way Honouring the Men in Our Lives

A STORYTELLING & CULTURAL GATHERING



- Join us for a meaningful gathering to honour fathers, grandfathers, uncles, brothers, and male role models through storytelling, reflection, and cultural sharing.
- Bring a photo and share memories that reflect the important role men play in preserving culture, language, identity, and community values.
- Youth participation is strongly encouraged through storytelling and listening, strengthening intergenerational connections and cultural understanding.

Elders lead the way, and our youth carry the teachings forward.

Win a Doorprize!
Youth are encouraged to attend!

June 17, 2026
BRFN Community Hall
4:00pm – 7:00pm

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

Please share a photo with us!

Strengthening connections between Elders and youth

We invite you to be part of this important work. (250) 262-0771 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:
11421 Alaska Road, Fort St John
250-262-0771
info@restorationsociety.ca

Contact the Restoration Department
Jerri-Lynn Apsassin, Executive Assistant
japsassin@blueberryfn.ca
250-224-2746

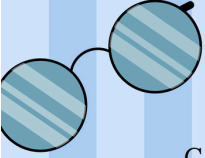
Fun page



Happy Father's Day! Enjoy this month's Fun Page as we celebrate the dads and father figures who make our community stronger.




Father's Day word search



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

HUG
STRONG
GRANDFATHER
FISHING
SUIT
HERO
PARENT
WALLET

TIE
CAKE
PRESENT
LOVE
BARBECUE
KISS
DAD
WATCH






Spot 10 differences



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