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Cultural Camp is an opportunity for all generations to connect with the land, strengthen relationships, and learn from the knowledge and experiences of our Elders and Knowledge Keepers. Throughout the week, participants will have the opportunity to take part in traditional teachings, hands-on activities, music, storytelling, and outdoor experiences that help share knowledge, strengthen community, and carry traditions forward for future generations.

The Camp is more than just a gathering, it's a place where traditions are shared, friendships are formed, and memories are made. It is a time for youth to learn from Elders, for families to spend meaningful time together, and for everyone to deepen their connection to culture, community, and the land.

We look forward to seeing everyone at Cultural Camp from July 20-24 as we celebrate our culture, honour our teachings, and enjoy another unforgettable week together.

Calendar of Events



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

Tuesday 7	Massages with Anoop
Monday 13	FNHA Sun Safety Lunch & Learn
Tuesday 14	Massages with Anoop
Wednesday 15	Reflexology
Thursday 16	Massages with Edna
Monday 20	CULTURE CAMP 2026 BEGINS!
Monday 27	FNHA
Tuesday 28	Massages with Anoop
Thursday 30	Massages with Edna

OFFICE WILL BE CLOSED FOR CULTURE CAMP JULY 20 -24.

For appointments call 250-630-2830

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

SAVE THE DATE

CULTURAL CAMP

July 20 - 24
Pink Mountain Ranch

Elder's Corner



It's Family Reunion Month

July is Family Reunion Month

This is wonderful reminder to celebrate the people who help shape our lives. Whether it's gathering for a barbecue, attending a community event, sharing stories around the kitchen table, or simply making time for a phone call, every moment spent together helps strengthen family bonds.

For our community, family extends far beyond immediate relatives. Kôhkom, Kimosôm, Aunties, Uncles, cousins, friends, and Elders all play an important role in passing down traditions, language, values, and teachings from one generation to the next.

This month, with our Cultural Camp, it is a great opportunity to share family stories, look through old photographs, teach grandchildren a traditional skill, or prepare a favourite family recipe together.

These simple moments create lasting memories and help keep our culture and history alive.

No matter how big or small your gathering may be, time spent with loved ones is a gift. Wishing everyone a joyful July filled with laughter, connection, and cherished family memories.



July Birthdays



July 2 **Raymond Appaw**

July 9 **Robert Pyle**

July 11 **Bryan Pyle**

July 17 **Margaret Wokely**

July 23 **Deloris Maas**

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



SUMMER SAFETY



Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy the outdoors, spend time with family, and take part in community events.

A few simple precautions can help you make the most of the season while staying safe and healthy.

Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and sunscreen with SPF 30 or higher. Try to seek shade during the hottest part of the day, especially between 11 a.m. and 3 p.m.

Staying hydrated is just as important. Drink plenty of water throughout the day, even if you don't feel thirsty, and remember to take breaks if you're working or spending long periods outdoors.

When heading out on the land, let someone know where you're going. Carry a fully charged phone if possible, and be aware of changing weather conditions and local wildlife. Wearing appropriate footwear and packing a basic first aid kit can also help you stay prepared.



WHAT'S IN YOUR Cultural Camp Bag?



ESSENTIALS	NICE TO HAVE	DON'T FORGET
 ✓ Water bottle	 ✓ Camp chair or blanket	 ✓ A positive attitude
 ✓ Sunscreen	 ✓ Camera or phone for photos	 ✓ Respect for the land, Elders, and fellow participants
 ✓ Hat	 ✓ Notebook and pen to capture teachings or stories	 ✓ Curiosity and a willingness to learn
 ✓ Sunglasses	 ✓ Reusable bag for crafts or handouts	 ✓ Your smile!
 ✓ Comfortable walking shoes		
 ✓ Weather-appropriate clothing (layers are always a good idea!)		
 ✓ Rain jacket, just in case		
 ✓ Bug spray		

Fun page



Welcome to this month's Fun Page! Take a break with our puzzles and enjoy a little nature-inspired fun for the whole family.



Find
9
differences



July Riddle

What do
you call a
bear with
no teeth?



a gummy bear

CONTACT

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VISIT US



www.blueberryFN.com



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