BLUEBERRY RIVER FIRST NATIONS

CREEVER TALES

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The contributions of Indigenous peoples to Canada's military history are a legacy of strength, resilience, and dedication.

Throughout history, Indigenous men and women have answered the call to serve, often overcoming significant barriers and discrimination. Their bravery, dedication, and contributions are an important part of Canada's military history.

Today, we remember those who gave their lives, recognize those who returned home, and express our gratitude to all Indigenous veterans and their families.

We honour their service, remember their sacrifices, and ensure their stories are never forgotten.

Calendar of Events

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

Thursday **5**	Womens Coffee Talk 4:30pm - 5:30pm
Monday **9**	FNHA RSV Lunch & Learn
Monday **16**	FNHA
Tuesday **17**	Massage with Anoop
Wednesday **18**	Reflexology with Brandy
Thursday **19**	Massage with Edna Womens Coffee Talk 4:30pm - 5:30pm
Monday **23**	FNHA
Thursday **25**	Foot Care with Drea
Thursday **26**	Massage with Edna Womens Coffee Talk 4:30pm - 5:30pm
Saturday **28**	Dr. Day Dr. Salah
Monday **30**	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.











Elder's Corner

Honouring Those Who Served, Remembering Their Stories



November is a time for reflection, gratitude, and remembrance. Two important days give us the opportunity to honour those who served and sacrificed for the freedoms we enjoy today.

November 8 – Indigenous Veterans Day recognizes the contributions of First Nations, Métis, and Inuit peoples who served in Canada's military. Many Indigenous veterans faced discrimination and unequal treatment, even after returning home from war. Despite these challenges, they served with courage and dedication. This day ensures their unique experiences, sacrifices, and contributions are remembered and honoured.

November 11 – Remembrance Day is a time for all Canadians to honour those who served in times of war, conflict, and peace, especially those who never returned home. It is a day to reflect on the cost of war and the importance of peace.

For our Elders, remembrance is also about keeping stories alive. By sharing the experiences of veterans with younger generations, we help preserve their legacy and teach the importance of courage, respect, and gratitude.

As we observe these two important days, may we remember not only those who served, but also the families and communities who carried their stories forward. Lest we forget.

November Birthdays



November 18	Agnal
November 23	Stacey
November 23	Nicole
November 25	Jedney



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 work, 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 also 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

Movember – Men's Health Matters

November is *Movember*, a month dedicated to raising awareness about men's health, including prostate cancer, testicular cancer, mental health, and suicide prevention.

Men often put their own health on the back burner, whether they're busy working, caring for family, or simply not used to talking about health concerns. But looking after yourself is an important part of looking after the people you love.

Make Time for Checkups: Regular visits with a healthcare provider can help identify potential health concerns early. Ask about appropriate screenings based on your age, family history, and personal risk factors.

Talk About Mental Health: Stress, anxiety, and depression can affect anyone. Reaching out to a trusted friend, family member, Elder, or healthcare professional is a sign of strength, not weakness.

Stay Active: Walking, fishing, working outdoors, or participating in community activities are great ways to stay active and support both physical and mental well-being.

Stay Connected: Spending time with family, sharing stories, and maintaining connections with culture and community can support emotional wellness.

This November, encourage the men in your life,fathers, grandfathers, brothers, sons, uncles, and friends, to make their health a priority.

Taking care of your health isn't just about living longer. It's about living well.



Fun page

Colder weather is on the way! Take a break and enjoy our winter inspired fun page.



What did the wool hat say to the scarf? You hang around while I go on ahead.



Find 7 differences





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VISIT US

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