

Leq'á:mel First Nation



July 2026



OFFICE CLOSED

Leq'á:mel First Nation
offices will be closed
Wednesday, July 1st for
Canada Day

**In case of emergency please call
1-604-378-2931**

July

2026

Program Colour Code: Community Health Education Traditional Healing Community Engagement

Leq'á:mel Health and Wellness Center

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Abbreviations: GPB= General Purpose Building	BR= Board Room		Canada Day Offices Closed	1 Meals on Wheels Water Fight Day 1-3:30pm (gym)	2 NA 12-1 (10220 N. Deroche Rd.) BINGO 5pm (Gym) Cultas Adventure RSVP day	3 4
	5 Nurse Practitioner 9-3 Cultas Adventure Park 11am-5pm	6 A/A Group(BR) 7pm Massage Yoga 4-5pm (gym)	7 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Movie Day 1-3:30 (gym)	8 Meals on Wheels Chiro	9 NA 12-1 (10220 N. Deroche Rd.) Agrifair Ticket RSVP End Day	10 11
	12 Nurse Practitioner 9-3 Open Gym Day 11am-2pm	13 A/A Group(BR) 7pm Yoga 4-5pm (gym)	14 Mission Mobile Clinic @ Gas Station 1:30-4:30pm CRA 10am-3pm (Health Center) Family Dinner Night 4:30-7:30pm (Gym)	15 Meals on Wheels	16 NA 12-1 (10220 N. Deroche Rd.) Scowlitz Playground and Spray Park 1-3:30pm	17 18
	19 Nurse Practitioner 9-3	20 A/A Group(BR) 7pm Massage Open Gym Day 11am-2pm Science world Rsvp DAY Yoga 4-5pm (gym)	21 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Footcare Science World	22 Meals on Wheels Chiro Rock Painting and freezies 1-2:30pm (Health center gazebo)	23 NA 12-1 (10220 N. Deroche Rd.)	24 25
	26 Elders Trip RSVP Day	27 A/A Group(BR) 7pm Dental Elders Trip to Fort Langley 9am-3pm Yoga 4-5pm (gym)	28 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Footcare	29 Meals on Wheels Dental	30 NA 12-1 (10220 N. Deroche Rd.) Dental Self Care Day 9am-2pm (Health Center)	31



Éy swáyel mèkw'wát. Welk-kay-nemot tel skwix. Teli tsel kwê Leq'á:mel. Tsel yoyes li te Leq'á:mel First Nation. Olú áswáyel tl'owayel. *(Many thanks to my daughter, Qwostelot, for assisting in presenting my opening statement in Halqeméylem. I am not that adept yet)*

My English name is Sara Kelly. I am happy to be joining the Leq'á:mel First Nation as the Healing Homes Coordinator. It is my hope to bring just to the program that Lena Paul established in Leq'á:mel for us.

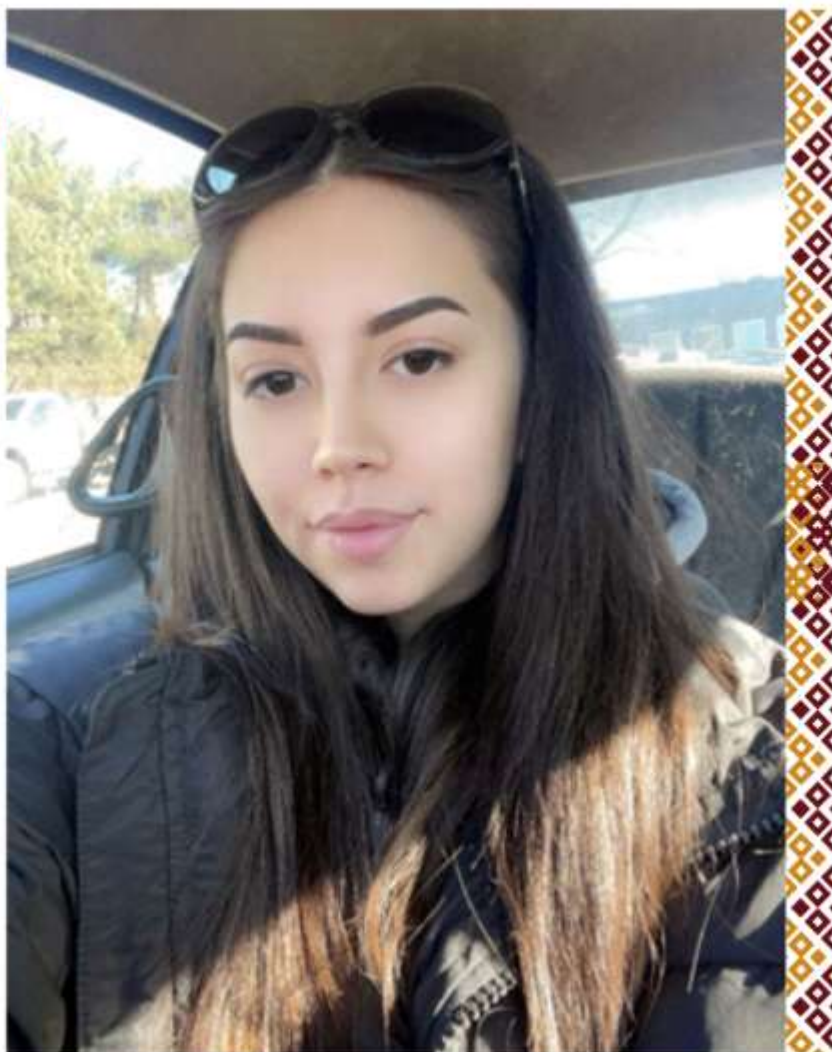
I am happily committed to my partner-in-crime, Roderick Leon, of Sts'ailes, and our children and grandchildren. Between the two of us we have 12 children and 15, soon to be 16, grandchildren. Our way of life is rooted in maintaining a strong connection to our ancestors through activities such as fishing, hunting, and participating in our cultural practices. At the same time, we embrace and navigate the realities of modern society, creating a balance between traditional values and contemporary ways of living. It is of the utmost importance to me to continue that way of life for our grandchildren, their grandchildren and future generations to come.

As many of you know I previously worked for Leq'á:mel, however this is my first real venture focusing on our community's health and wellness. This new chapter allows me to focus on where my heart lays, my community, and the people of Leq'á:mel, my family.

I am open to hearing your suggestions or providing any input on what you would like to see for this program. I will always do my best to bring it forward. This is your community and I am here to assist you in the best way I can. Always falling back on Letsemot ("One Heart, One Mind")

Yálh yexw kw'as hó:y,c





Hello, my name is Madison. I am 25 years old and excited to be the new Assisted Living Worker. I am looking forward to supporting the community members and becoming more involved in the Leqamel community. As a new mother, I cherish spending time with my family and creating meaningful connections with those around me. I am grateful for this opportunity and look forward to learning, growing, and contributing to the community.





Hello, I would like to introduce myself, my name is Monique Bond I am from the Lower Nicola Band in Merritt, and my grandfather was Ranger Coutlee. My family and I reside in Chilliwack.

I worked for the Abbotsford School District for 20 years and for the Chilliwack School District for the past six years as an Indigenous Support Worker at Bakerview Centre for Learning and KSS.

I recently made a career change and started with SASET at the end of March this year. I am at Leq'á:mel every Monday from 9:00 a.m. to 3:00 p.m.

I can help with resumes, cover letters, and information about training opportunities offered through SASET.

I look forward to meeting you and supporting you in your employment and training goals.

Stó:lō Aboriginal Skills & Employment Training (SASET) Bldg 5B-7201 Vedder Road Chilliwack, BC V2R 1G5 Phone: 604-858-3691 Fax: 604-824-2698 Cell: 604-824-2637 E-mail: Monique.bond@saset.ca Toll Free (BC): 1-888-845-4455 SASET Email: info@saset.ca Website: www.saset.ca	 Monique Bond Employment Facilitator Outreach Services
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To keep communication running smoothly, we kindly ask that all Leq'á:mel Xwélmexw (People) bring any departmental issues to the appropriate managers before contacting council. This helps to ensure that concerns are handled efficiently and by the right people.

Maintenance, Andy Williams

1-604-378-2931 andy@leqamel.ca

Lands, Andrew Treger

1-236-604-4441 andrew@leqamel.ca

Housing, Wendy McDonald

1-604-826-7976 wendy@leqamel.ca

Natural Resources, John Tao

1-236-602-4441 john@leqamel.ca

Health, Jamie Jensen

1-604-287-0011 jamie@leqamel.ca

Administration, Peter Pynacker

1-604-826-7976 peter@leqamel.ca

Daycare, Kate Tralenberg

1-604-287-2004 kate@leqamel.ca



HOUSING NEWS

Energy assessments for the PIEER heat pump funding have been completed on the first 20 homes. We are now getting quotes from HVAC companies to size the appropriate equipment required and cost of install.

Funding amounts with PIEER vary depending on the type of heating system currently in your home, with higher funding available for homes that are heated by fossil fuel systems (such as oil, propane or natural gas) than for homes with electric furnace. Those who heat their home with oil will be required to meet a minimum oil consumption of 500L annually. Proof of oil consumption within the last twelve months is required at the time of application.

While our goal is to provide heat pumps at no cost to all eligible households, residents who currently have an electric furnace may be required to cover a portion of the installation cost if the available funding does not fully cover the project.

If you are interested in having a heat pump installed in your home, fill out the information page and return to the office or email to stephanie@leqamel.ca

Wendy McDonald · Housing Manager

604-826-7976 · wendy@leqamel.ca

Stephanie Toth · Housing Assistant

604-826-7976 · stephanie@leqamel.ca

HOME MAINTENANCE TIPS

Test smoke and carbon monoxide alarms monthly. Replace batteries if necessary.

Prevent moisture and mold by using bathroom fans when showering or kitchen exhaust fan when cooking. Wipe up excess moisture on windows and surfaces.

Keep drains clean. Avoid pouring grease, oils or food scraps down the kitchen drain.

Reminders

Any renovations to band owned homes need approval from LFN Housing Dept before beginning.

Any occupant living in a band owned home requires approval from LFN Housing.

Subletting is not permitted.



Leq'á:mel First Nation

43101 Leq'á:mel Way Phone: (604) 826-7976
Deroche, BC V0M 1G0 Fax: (604) 826-0362
www.leqamel.ca

Community Notice: Heat Pumps

Dear Leq'á:mel Xwélmexw (People)

We are pleased to inform the community that we are working with the PIEER program to bring heat pumps to **On-Reserve homes** at no cost. The heat pumps will provide both heating and cooling, improving comfort and reducing energy bills. Private homes can choose not to participate.

As part of this upgrade:

- An energy specialist will need to do a home energy evaluation, which will take between 1.5-2 hours per home.
- A new heat pump will be installed

Your furnace may be removed and replaced depending on whether it is compatible with the heat pump.

To move forward, a funding application must be submitted. **On-Reserve** Leq'á:mel Xwélmexw (People) who are interested in participating will be required to provide the following information. This information is required to complete the application and confirm eligibility.

Name:
Address:
BC Hydro Account Number:
BC Hydro Meter Number:
Contact Number:
Email:

Once funding has been received, a participant acknowledgement form will need to be signed by the account holder. If you would like to be included in the funding application, please complete the information above and send it back to stephanie@leqamel.ca or drop in off at Reception at the Administration Office, 43101 Leq'á:mel Way, Deroche

Thank you,
Housing Department
Leq'á:mel First Nation
wendy@leqamel.ca
stephanie@leqamel.ca
604-826-7976

COMMUNITY ASSISTANCE BENEFITS

Our Programs

- ✓ Arts, Language & Culture
- ✓ Daycare
- ✓ Education & Training
- ✓ Housing
- ✓ One-Time Senior Special Gift
- ✓ Recreation
- ✓ Health & Dental



Contact Us Today!



672.478.0111



cab@leqamel.ca

Leq'á:mel
Childcare Centre has

CHILDCARE AVAILABLE.

SCHOOL AGE CARE

FULL TIME SUMMER
CARE & AFTERSCHOOL
OPTIONS AVAILABLE

3-5 YEAR OLD CHILDCARE AVAILABLE

FULL TIME SPOTS
AVAILABLE,
MONDAY-FRIDAY
7:30AM-5:30PM



KATE@LEQAMEL.CA



604-287-2004



Leq'á:mel
Health and Wellness
Center is happy to present

YOGA CLASSES

For
ages
16+

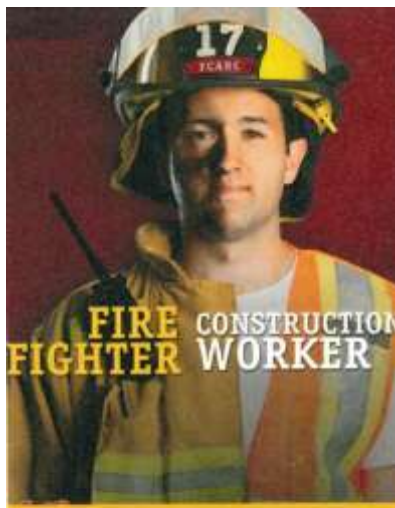
Free for Members
\$6 for non members
(Cash only)

Tuesdays
4-5pm

Tickets must be purchased at
the Health Center



43101 Leq'á:mel way
in the Gym



*We're not looking for
heroes, just neighbours!*

**NORTH FRASER
VOLUNTEER FIRE DEPT**



WE'RE HERE FOR YOU

**North Fraser Volunteer
Fire Department**

Fire Chief: Gerard Baars
nffc@fvrd.ca

Hall 1: 8840 Rowan Road
Dewdney, BC V0M 1H0 6

Hall 2: 43824 Watkins Road
Lake Errock, BC V0M 1N0

11980 Sylvester Road
McConnel Creek, BC V2V 4J1

Hall 3: www.fvrd.ca/fire

FAQS? *Do I need any experience?*

- › No. You just have to be 19 years or older and preferably live within 15 minutes of the firehall.
- › We provide all the required training and protective clothing.

What is the time commitment?

- › Training sessions are held once a week and last for about two hours. You are expected to attend a minimum of 75% of all training sessions.
- › The average call out lasts about one hour. Major incidents can last for several hours. You are considered on call 24/7/365 and, if available, are expected to respond—although we recognize no one can be available every second.

How do I apply?

- › Visit www.fvrd.ca/fire and complete the Volunteer Firefighter Application Form. We will do the rest.

I don't want to be a firefighter, but can I help in some other way?

There's more to firefighting than putting out fires! There's administrative work, equipment maintenance, fundraising and recruitment activities.

Why become a volunteer firefighter?

1 PERSONAL GROWTH

- › **Learn new skills.** We provide extensive firefighting and emergency response training which includes Certified First aid, first responder, auto extrication, air brakes, structural fire, wildfire, incident command and much more.
- › **Increase your self-confidence.** Firefighters perform vital, life-saving work and are held in high esteem in their communities. As a volunteer firefighter your skills will be put to the test. This is a unique chance to find out just what you're made of.
- › **Try out a potential new career.** This is a great opportunity to find out if career firefighting is a good fit for you. Several of our members have used their training and experience to become career firefighters.
- › **Gain experience in leadership and team building.** Teamwork is at the heart of firefighting. You will be taught about leadership and team dynamics.
- › **Improve your physical fitness.**

2 COMMUNITY

The desire to give back to their community and keep it safe are common reasons many give for becoming a volunteer firefighter.

The communities of Dewdney, Lake Errock and McConnell Creek rely heavily on their volunteer fire department for safety. Not only do the firefighters attend fires, they also respond to vehicle accidents and other emergency events, and are often the first ones on the scene of an emergency.

3 FRIENDSHIP

There's a reason firefighters often refer to each other as family.

You spend a lot of time with your fellow firefighters while training and responding to emergencies. You rely on your teammates for your safety during dangerous and stressful situations. This creates incredibly strong bonds and connections with your fellow firefighters.

Bonds such as these carry over into your daily life creating lasting friendships, which can foster a sense of belonging and commitment to your community.

DID YOU KNOW?

Having a fire department in your community can substantially reduce your property insurance costs.



JULY ENVIRONMENTAL OPPORTUNITIES

Why Natural Resources work?



- Learn more about your land and Natural Environment (tém:éxw)
- Meet like-minded individuals
- Build skills to advance your career
- Education and training opportunities
- Make connections; build your resume

Current Opportunities July 2026

- **Event! Wetland Assessment Course- July 6-10-** BC Wildlife Federation
- **Job Posting! Climate Policy Analyst-**Union of British Columbia Indian Chiefs
- **Job Posting! Various Positions-** Indigenous Climate Action
- **Volunteer! Bat Monitoring-July 15 & July 29 - Widgeon Marsh Regional Park-** BC Bats & Metro Vancouver Parks- 7:45-10pm- email: sam.cousins@metrovancover.org to register
- **Volunteer! Fundraising Committee-** Sturgeon Conservation Society
- **Volunteer! Wild research- Conservation programs-** Migratory bird monitoring, urban raptor monitoring, wetland habitat monitoring: visit wildresearch.ca or email info@wildresearch.ca
- **Volunteer! Trail Camera Reviewer- May 18- Dec 31-** Fraser Valley Conservancy- visit: fraservalleyconservancy.ca
- **Volunteer! Invasive European Green Crab Trapping- April-Dec 2026-** Friends of Semiahmoo Bay Society- Blackie Spit (White Rock) & Centennial Beach (Delta); email Diane: drepwatson@gmail.com

Contact: naturalresources@legamel.ca for more information



July 2nd
1PM-3:30PM

WATER FIGHT DAY



**WILL TAKE PLACE IN THE PLAYGROUND, BUT
THE GYM WILL BE OPEN FOR THOSE THAT DO
NOT WISH TO GET WET**

**Children under 7 must be
accompanied by an adult**

SNACKS AND DRINKS WILL BE PROVIDED

**FOR MORE INFORMATION PLEASE
CONTACT THE EVENTS TEAM
236-887-2759
EVENTS @LEQAMEL.CA**

**43101 Leq'á:mel Way,
Deroche**



Chiropractic Care

New clients welcome
first appointment will be
a 45 minute session
any session after will be
15 minutes

with Dr. Brian Cervo

Now Booking
July 9th and 23rd
August 27th

Massage Therapy

Each session is a
relaxing 30 minutes

with Tara Backman

Now booking
July 7th and 21st
August 11th and 25th

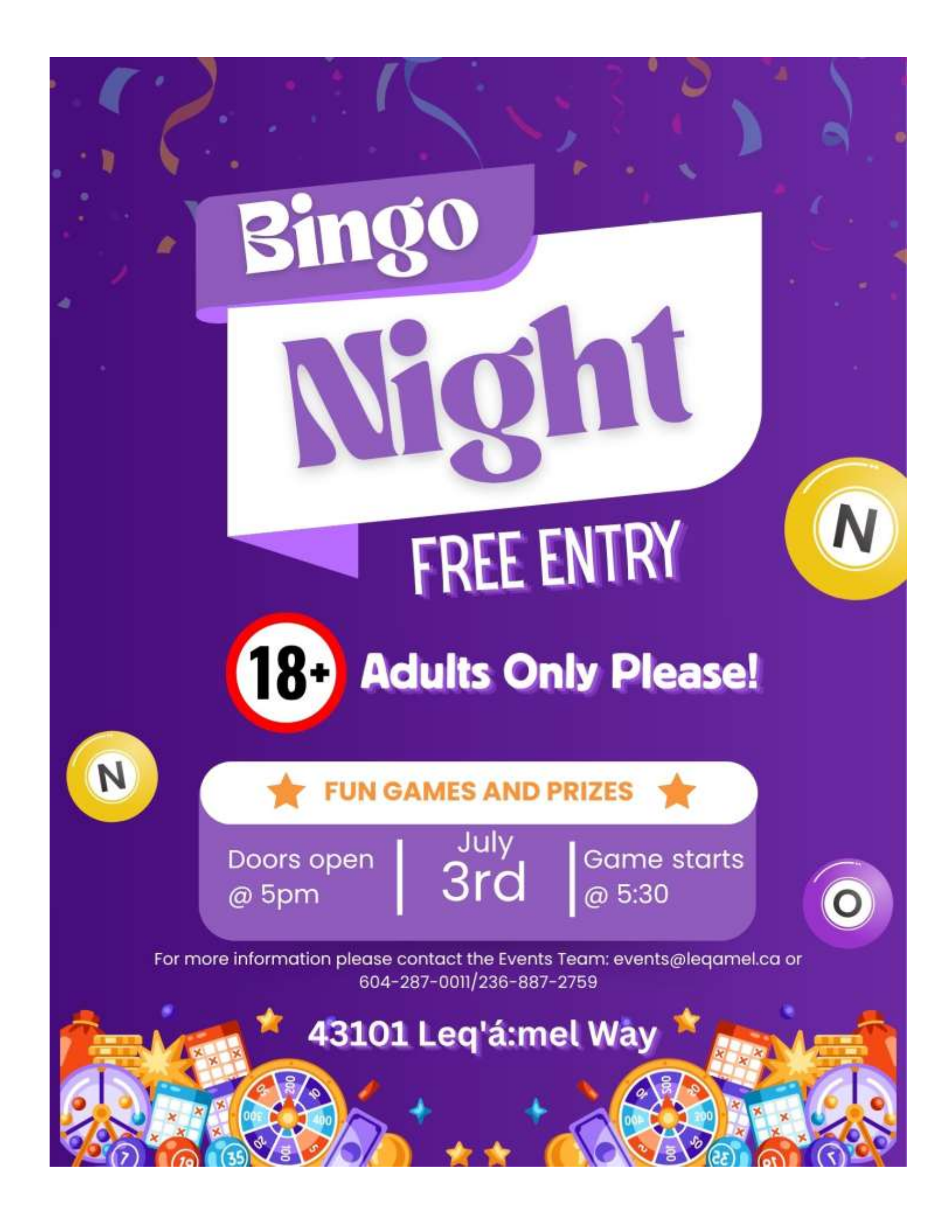
Dental Care

Each session is about an hour and
a half with our dental hygienist.
Cleanings and she can do X-rays.
And speak with our team to see if
your eligible for home visits.

with Michelle Beattie

Now booking
July 28th-31st
August 4th-7th





Bingo

Night

FREE ENTRY



18+

Adults Only Please!



FUN GAMES AND PRIZES



Doors open
@ 5pm

July
3rd

Game starts
@ 5:30



For more information please contact the Events Team: events@leqamel.ca or
604-287-0011/236-887-2759

43101 Leq'á:mel Way





CULTUS LAKE ADVENTURE PARK

**JULY 6TH DEPARTING LFN AT
11AM RETURNING AT 5PM**

PLEASE RSVP BY JULY 3RD 4PM

Transportation is provided -limited seats are
available.

RSVP REQUIRED - tickets will not be given to those
that do not rsvp

**Children under 7 must
be accompanied by an
adult**

**RSVP to the events
team at:**

text 236-887-2759

call 604-287-1105

email events@leqamel.ca

Leq'á:mel members only



42981 Leq'amel Way,
Deroche BC V0M 1G0



LEQ'Á:MEL

MOVIE DAY



COME WATCH A KID FRIENDLY MOVIE
WITH US IN THE GYM!
SNACKS AND DRINKS WILL BE PROVIDED
CHILDREN UNDER 7 MUST BE
ACCOMPANIED BY AN ADULT

JULY 8TH

1PM - 3:30PM

43101 LEQ'Á:MELWAY, DEROCHE



OPEN GYM DAYS



July
13th &
21st



11AM
-
2PM

LUNCH WILL BE PROVIDED
COME HANG OUT AND PLAY
SOME GAMES!

Children under 7 must be accompanied by an adult



For more information please contact the events team:
604-287-0011/236-887-2759/evnts@leqamel.ca

43101 LEQ'AMEL WAY, DEROCHE

ON JULY 15 2026
10AM-3PM
CRA WILL BE ON SITE
AT THE HEALTH
CENTER

DONT FORGET
TO FILE YOUR TAXES, IF THEY
ARENT COMPLETED CREDITS AND
PENSIONS MAY STOP IN JUNE
UNTIL YOUR TAXES ARE DONE.

THEY CAN HELP
YOU ACCESS
BENEFITS, CREDITS,
AND ESSENTIAL
FINANCIAL
SUPPORT

CALL MICHELLE WITH ANY QUESTIONS AT

604-287-0011 OR

236-887-1359

OR EMAIL

MICHELLE.LEDENKO@LEQAMEL.CA

42981 LEQ'Á:MEL WAY



LEQ'Á:MEL *Family* DINNER NIGHT

JULY 15TH | 4:30PM - 7:30PM

*Come share a meal with us in the gym!
Chance to win a grocery hamper and take
home fresh produce!*



43101 LEQ'AMEL WAY, DEROCHE
Member Families Only

**SNACKS & DRINKS
PROVIDED**

Come join us at

SQ'ÉWLETS

**JULY 17
1 - 330**

PLAYGROUND & SPRAY PARK

Join us for an afternoon full of fun!

Rides available - limited seats please contact the
events team if you require a ride.

**Kids under 7 require an adult guardian
to be present**

For more information or to book a ride,
please contact the events team:

Office: 604-287-0011

Cell: 236-887-2759

Email: events@leqamel.ca



Lunch will be
provided!

SCIENCE WORLD

JULY 22ND

Departing LFN at 8:30 and Returning at 3pm



Children under the age
of 7 must be
accompanied by an
adult

Transportation will be provided, limited
seats available RSVP BY JULY 21TH

text 236-887-2759

call 604-287-1105

email events@leqamel.ca

We will be leaving by 8:45
from the Health Centre,
please make sure you are
on time

SUMMER FUN ACTIVITY

ROCK PAINTING & FREEZIE DAY

COME JOIN US TO PAINT ROCKS TO ADD
TO THE ROCK SNAKE IN FRONT OF THE
HEALTH CENTRE AND ENJOY FREEZIES

JULY 23 | 1-2:30PM

ALL AGES WELCOME!

FOR MORE INFORMATION, PLEASE CONTACT
THE EVENTS TEAM:

PHONE: 604-287-0011

TEXT: 236-887-2759

EMAIL: EVENTS@LEQAMEL.CA



Leq'á:mel

ELDER'S TRIP TO FORT LANGLEY



**JULY 28TH
9AM - 3PM**

**Transportation and
lunch will be provided**

Please RSVP by July 27th 4PM if
you wish to attend

**For more information or to RSVP
text 236-887-2759
call 604-287-4105
email events@leqamel.ca**

42981 Leq'amel Way, Deroche

ABBOTSFORD
AGRIFAIR

TICKETS

RSVP BY JULY 10TH 4PM

Phone 604-287-0011

Text 236-887-2759

Email Events@Leqamel.ca

**OPTION OF AUGUST 1ST OR 2ND
CAN RSVP FOR ONE DAY ONLY**

FAIR HIGHLIGHTS

**AMUSEMENT RIDES, CARNIVAL GAMES,
PETTING ZOO, 4-H SHOWS, MAINSTAGE
CONCERTS, DEMOLITION DERBIES, DOG
SHOWS, FOOD TRUCK ALLEY, AND MORE..**

FOR MORE INFORMATION

**EMAIL
EVENTS@LEQAMEL.CA**

Recovery Support

AA SUPPORT

- 24 HOUR AA CELLPHONE
604-864-1552
- DEROCHE OLD SCHOOL
TUESDAYS @ 7:00 PM
LFN HEALTH BUILDING
- SERENITY HOUR GROUP
MISSION ALANO CLUB
MON-FRI-12:00 PM,
& SAT & SUN - 1:00 PM

NA SUPPORT

- LEQ'A:MEL AT NOON GROUP
NEW LOCATION
10220 N. DEROCHE RD
(FVRD BLDG.)
FRIDAYS @ 12:00 PM
- MISSION POSSIBLE GROUP
ALL SAINTS MONESTERY, DEWDNEY
THURSDAYS @ 7:00 PM

WWW.BCRNA.CA

WWW.DISTRICT44AA.ORG

PLEASE CONTACT THE HEALTH & WELLNESS CENTRE
AT 604-287-0011 FOR MORE INFORMATION ON
AA & NA PROGRAMS



L A K E E R R O C K

FOODBANK

LOCATED AT THE CENTRAL COMMUNITY CHURCH
4375 LOUGHEED HWY (ACROSS FROM THE CHEVRON
GAS STATION)

JULY 12TH
AUGUST 16TH
11AM TO 1PM.

THEY HAVE COFFEE AND SNACKS AVAILABLE FOR
THOSE WHO WOULD LIKE TO STICK AROUND AND
ENJOY SOME CONVERSATION.



S T S ' A I L E S

FOODBANK

LOCATED AT THE FAS GAS: 1001 MORRIS VALLEY
ROAD

EVERY SECOND WEEK
JULY 10 AND 24
AUGUST 7 AND 21

ELDERLY ENTRY: 12:30PM
GENERAL PUBLIC ENTRY: 1PM

NEEDED TO SIGN UP: NAME, BIRTHDATE AND HOW
MANY IN HOUSEHOLD

**ST. JOSEPH'S FOOD BANK, MISSION, BC
DISTRIBUTES FOOD AT 9:00 AM - NOON
EVERY 2ND WEDNESDAY & THURSDAY.
32600 7TH AVENUE
MISSION, BC V2V 2B9**

January						
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March						
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31						

June						
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July						
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August						
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30	31					

September						
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October						
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November						
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29	30					

December						
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20	21	22	23	24	25	26
27	28	29	30	31		

Lung Cancer Screening

If eligibility
is met,
please call
1-877-717-5864
or contact
our nursing
team
(604-287-0011)
for
support.



Lung Screening

It is recommended that patients discuss the benefits and limitations of lung screening with their primary care provider.

Who is eligible for lung screening?

Lung screening is best for those who are at high-risk for lung cancer and who are not experiencing any symptoms. This usually includes people who are:

- ☒ 55 to 74 years of age;
- ☒ Currently smoking or have smoked in the past; and,
- ☒ Have a smoking history of 20 years or more.

If you meet the above requirements, please contact the Lung Screening Program for a phone consultation at: 1-877-717-5864. You will complete a risk assessment over the phone to determine your screening eligibility.

Insert primary care provider stamp/label or complete fields below.

Patient Name: _____

Primary Care Provider Information

Provider Name: _____ MSP#: _____

Signature: _____ Date: _____



LEQ'Á:MEL 

MEALS ON WHEELS

DELIVERY WILL BE EVERY THURSDAY BETWEEN 10AM-12PM
1 SOUP OR SALAD
1 DINNER
AND SOMETHING SWEET-FRESH FRUIT OR DESSERT

IF YOU WOULD LIKE TO SIGN UP FOR THIS SERVICE
PLEASE CONTACT MICHELLE AT THE HEALTH CENTER AT 604-287-0011
WEDNESDAY THRU FRIDAYS
OR
EMAIL MICHELLE.LEDENKO@LEQAMEL.CA



Did you know that there are many over-the-counter medications available at no cost for individuals with status?

For Example:
 Polysporin(Ointment, eye, and ear)
 Tylenol, Advil and Gravol of various kinds (Infant, Kids, and Adult)
 Voltaren
 Allergy medications
 Lice treatment (Nyda, Nix)
 Epipens
 Various Vitamins (pediatric and prenatal multi vitamins)
 Refresh eye drops
 Dairy digestive (Lactaid)
 Arthritis relief
 Diarrhea relief
 Heart Burn aid
 Nicorette inhalers
 and so much more

Check out plan w online to see the full list or contact our nurse (or your pharmacist of choice) with any questions.
604-287-0011

IT'S TIME TO GET VACCINATED!



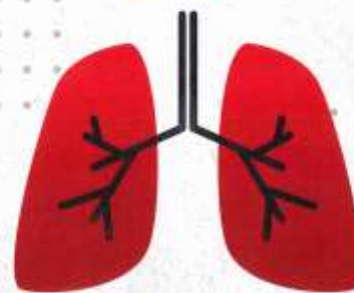
**LEQ'Á:MEL HEALTH CENTRE
NURSES PROVIDE VACCINES**

Did you know:
Children starting kindergarten are eligible for 2 vaccines.

Did you know:
In grade 6 & 9 children are eligible for 2 additional vaccines

Did you know:
All adults are eligible for tetanus vaccine every 10 years

If you have any questions please call or drop by the health centre anytime and speak with Brenna or Jamie.
604-287-0011



**TB TESTING
AVAILABLE**

AT LEQ'Á:MEL HEALTH CENTRE.
CALL THE NURSE TO BOOK
604-287-0011

FOOTCARE SERVICE

Now Available

Our Services :

- ✓ ASSESSMENTS
- ✓ NAIL TRIMMING
- ✓ EDUCATION
- ✓ GOAL PLANNING

BOOKING NOW

604-287-0011



Mobile Clinic "Mission In Motion"



Located at the Tim Hortons
in Deroche



Attending physician -
Dr. Jeff Kornelsen

Every Wednesday
1:30pm - 4:30pm

Walk-in accepted

CARES Counselling Society

Contact the nurse at Leq'a:mel Health
Centre for a referral
604-287-0011
Confidential Counselling services for all
ages

Children

Youth

Adults

Couples

Families

ASKING FOR
HELP
IS OK



Fraser House Rural Connections Free Substance Counselling

Whether you are looking for support around your own
substance use concerns, or you are affected by the use of
someone close to you, Fraser House Rural Connections
counsellors are ready to connect.

Located at the Deroche Access Centre
Serving clients from Hatzic Lake to
Harrison Mills

Contact sam@fraserhouse.org or call 604-826-6810
to connect



Sudoku Game

8	9	3			4			5
		4	1	6				8
	3					8		2
	8	9		1		6	4	
1		2						3
3				8	1	7		
7			6			3	8	1

	5						2	
			3	8			6	
		8				1		
	2		8	9		7		
	9	1	4	3	2	5	8	
		4		7	6		1	
		7				2		
	4			5	9			
	3						5	

					5		1	
		5	7		4		3	9
				9				2
1	9			6				
	6		5		3		4	
				1			2	7
3				5				
9	4		1		6	5		
	7		3					

	3	2	5					
4			1	7		2		
7		1	9		2	8		
	1						8	
6			4		9			5
	9						2	
		7	3		4	1		8
		3		5	7			2
					6	5	3	

4				1	7			3
		3				9		4
					6		5	
5	8		6		1			
		7		3		8		
			8		5		9	2
	6		4					
9		5				4		
3			7	5				6

			3	4	5		9	
	4			8		1	3	
				2				8
		2						
	7	8	2	5	4	3	6	
						5		
4				3				
	8	6		9			5	
	1		8	7	6			

SUMMER



Write 3 words for each category as fast as you can.

THINK FAST

Summer Months

Foods that are cold

Things to do in summer

Things you find at a beach

Words that start with 'S'

Summer colors

Summer chores

Summer smells

Things you find at a pool

Signs of summer

Summer drinks

Campfire foods

Summer vacation spots



SUMMER

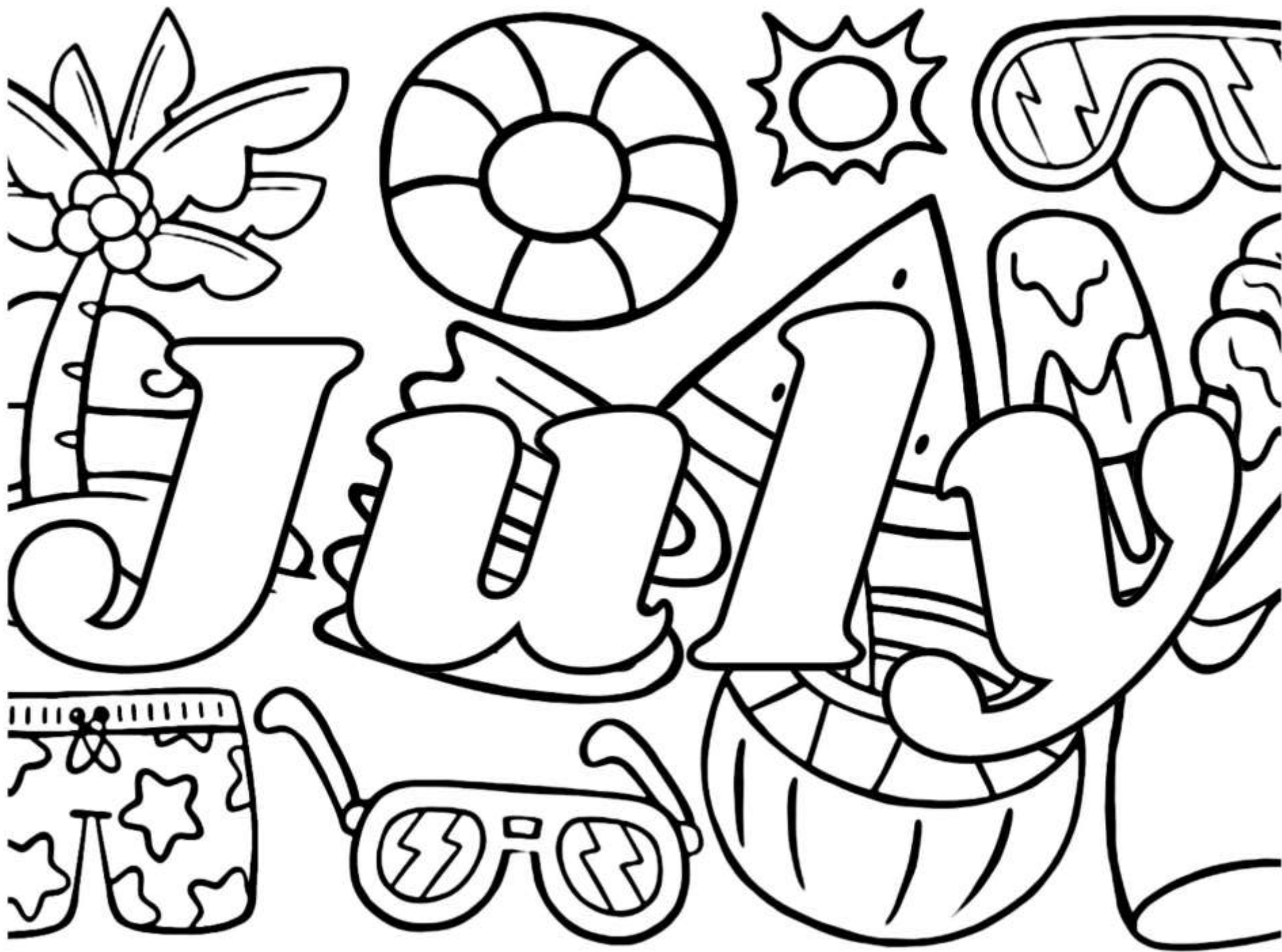
WORD SEARCH

WORD LIST

AUGUST
BASEBALL
BEACH
CAMP
FISHING
FLIP FLOPS
HOT
ICE CREAM
JULY
JUNE
LEMONADE
OCEAN
PICNIC
POOL
SAND
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIM SUIT
SWIMMING
TOWEL
UMBRELLA
VACATION
WATERMELON

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





Employee Contact Information

ADMINISTRATION & FINANCE

Toll Free US/Canada			1-833-826-7976
Administrator & Senior Finance Officer	Peter Pynacker	peter@leqamel.ca	778-933-0311
Executive Assistant	Tina Brooks	tinabrooks@leqamel.ca	604-378-0950
Indian Registrar Administrator (IRA)	Diana Carvajal	registrar@leqamel.ca	778-549-7447
Human Resources	Stella Laidman	humanresources@leqamel.ca	604-302-9823
Receptionist	Genevieve Howell	reception@leqamel.ca	604-826-7976
Accountant	Courtney Clark	courtney@leqamel.ca	604-826-7976
Accountant	Chelsea Kieler	chelsea@leqamel.ca	604-826-7976
Membership Clerk	Faye Howell	membership@leqamel.ca	236-380-1753
Housekeeper	Kim Town		604-826-7976

SOCIAL DEVELOPMENT

Assisted Living Worker	Madison Berg	madison@leqamel.ca	778-539-8207
Income Assistance Worker	Kathy Nicolle	kathy@leqamel.ca	778-345-6137

HOUSING, OPERATIONS & MAINTENANCE

Housing Manager	Wendy McDonald	wendy@leqamel.ca	604-826-7976
Housing Assistant	Stephanie Toth	stephanie@leqamel.ca	604-826-7976
Public Works & Maintenance	Glen McDonald	glen@leqamel.ca	604-712-1655
Public Works & Maintenance	Daemon Cooper	daemon@leqamel.ca	604-826-7976
Public Works & Maintenance	Shannon Howell	shannon@leqamel.ca	604-826-7976
Public Works & Maintenance	Jeremy Bensmiller	jeremy@leqamel.ca	604-826-7976
Transfer Station 604-826-7960	Dean McDonald	dean@leqamel.ca	604-768-9687
Operations & Maintenance Supervisor	Andy Williams	andy@leqamel.ca	604-378-2931

LANDS DEPARTMENT

Lands Manager	Andrew Treger	andrew@leqamel.ca	204-890-4882
Senior Planning Officer	Benafshaw Dashti	benafshaw@leqamel.ca	604-378-2549
Executive Assistant to Lands & Natural Resources Governance	Nichole Clement	nichole@leqamel.ca	236-602-4441Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441Ext1103
Emergency Management Coordinator	Gord Armstrong	gordon@leqamel.ca	236-602-4441

NATURAL RESOURCES

Natural Resource Manager	John Tao	john@leqamel.ca	403-835-7865
Guardians Coordinator	Melissa Friesen	mfriesen@leqamel.ca	604-768-8787
Referral Officer	Justin Laslo	justin@leqamel.ca	778-539-6437
Fisheries and Fish Habitat Technician	Morgan LaPointe	morgan@leqamel.ca	236-602-4441Ext1101
GIS Technician	Kilby Zeeb	kilby@leqamel.ca	604-217-5139
Administration Assistant	Lisa Head	lisa@leqamel.ca	236-602-4441Ext1113

COMMUNITY ASSISTANCE BENEFIT

Community Assistance Benefit Coordinator	Shelby Rossmiller	shelby@leqamel.ca	604-799-6038
Community Assistance Benefit Clerk	Delyse Hoy	delyse@leqamel.ca	672-478-0111

HEALTH CENTRE & EVENTS

Acting Health Manager	Jamie Jensen	jamie@leqamel.ca	604-287-0011
Medical Receptionist	Chelsea Blaine	medicalreception@leqamel.ca	604-287-0011
Licensed Practical Nurse	Candice Ackerman Jamie Jensen	candice@leqamel.ca jamie@leqamel.ca	778-347-8051
Community Support Worker & COHI Aide	Michelle Ledenko	michelle ledenko@leqamel.ca	604-287-0011
Home Health Community Care Aid	Melissa Stone	melissa@leqamel.ca	604-287-0011
Community Connections Engagement Coordinator	Brittany Paul	events@leqamel.ca	236-887-2759
Events Support Worker	Jaida Laslo	events@leqamel.ca	604-287-0011
Health Building Cleaner / Organizer	Bambi Seymour	bambi@leqamel.ca	604-287-0011
Healing Homes Coordinator	Sara Kelly	sara@leqamel.ca	604-287-0011

EDUCATION

Education Coordinator	Sheena Zeeb	sheena@leqamel.ca	604-826-7976
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DAYCARE

Childcare Manager	Kate Tralenberg	kate@leqamel.ca	604-287-2004 604-832-3041
Administration Coordinator	Shalimar Fitzgerald		604-287-2004
Infant & Toddler Educator	Michelle Chapman, Candice Leon, Rajneet Kaur		604-287-2004
Early Childhood Educator	Alexis Paul, Alisha Potheary		604-287-2004
Early Childhood Educator sub.	Connie Thomas		604-287-2004
Early Childhood Educator Assistant	Amy Folker		604-287-2004
Responsible Adult	Sarah Keats		604-287-2004

LEQ'A:MEL DEVELOPMENT CORPORATION

Chief Executive Officer	Ron Smith	604-845-1424
Finance	Debbie Daoust	604-217-8448
Economic Development Assistant	Mikaila McKnight	236-887-7588

SASET Career Development – Office 604-858-3691

AFTER HOURS / WEEKEND / EMERGENCIES 1-604-378-2931

CHIEF AND COUNCIL PORTFOLIOS

Economic Development	Darrel McKamey – 604-556-9281	darrel@leqamel.ca
Education	Camielle Laslo – 604-854-9636	camielle@leqamel.ca
Finance	Stacey Goulding – 604-217-1544	stacey@leqamel.ca
Child and Family Services/Custody/Protection	Dawn Styran – 604-226-1356	dawn@leqamel.ca
Health, Traditional Medicines	Lance Campo – 604-889-6514	lance@leqamel.ca
Housing	Sandy McDonald – 604-217-5428	sandy@leqamel.ca
Infrastructure	Sandy McDonald – 604-217-5428	sandy@leqamel.ca
Lands	Stacey Goulding – 604-217-1544	stacey@leqamel.ca
Natural Resources	Phil Sherwood – 604-615-4414	phil@leqamel.ca
Fish and Game	Phil Sherwood – 604-615-4414	phil@leqamel.ca
Culture, Arts and Language	Phil Sherwood – 604-615-4414	phil@leqamel.ca
Specific Claims	Darrel McKamey – 604-556-9281	darrel@leqamel.ca
Justice	Lance Campo – 604-889-6514	lance@leqamel.ca