

Leq'á:mel
First Nation



April 2026



**Our offices will
be closed
Friday April 3rd to
Monday April 6th for
Easter Weekend.
We will re open 8am
Tuesday April 7th.**

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



April

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		1 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group	2 Meals on Wheels CRA + Service Canada 1am-3pm (HB) Good Friday Offices Closed	3 NA 12-1 (GPB) Good Friday Offices Closed	4 Easter Pancake Brunch 10am-1:30pm (Gym)
5	Easter Monday Offices Closed	6 A/A Group(BR) 7pm Massage 10am-2pm	7 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Kids Group 4:30-5pm Youth Group 5pm-6pm Sr. Youth Group 6pm-7pm	8 Meals on Wheels Chiro 10am-2pm Meals on Wheels	9 NA 12-1 (GPB) Lunch with the bunch 12-2pm (HB) BINGO 5pm-7pm (Gym)	11
12	Nurse Practitioner 9-3 Grief Group (GP) 7pm	13 A/A Group(BR) 7pm Dental	14 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Elders Group 6pm Family Dinner 4-7pm	15 Meals on Wheels Dental Foot care Jordans Principle claim help 2-7pm (HB)	16 NA 12-1 (GPB) Lunch with the bunch 12-2pm (HB) Oral Health Event 1pm-3pm (HB) Elders Tulip Trip 11am	18 Kids Group Bottle Drive 9am-2pm
19	Nurse Practitioner 9-3 Grief Group (GP) 7pm	20 A/A Group(BR) 7pm Massage 10am-2pm Footcare	21 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Kids Group 4:30-5pm Youth Group 5pm-6pm Sr. Youth Group 6pm-7pm	22 Meals on Wheels Chiro 10am-2pm	23 NA 12-1 (GPB) Lunch with the bunch 12-2pm (HB)	25 Elders Group Flea Market 9:30am-3pm
26	Nurse Practitioner 9-3 Medicine Plant Walk 1am-12pm Grief Group (GP) 7pm	27 A/A Group(BR) 7pm	28 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group	29 Meals on Wheels	30	

Tutoring Mondays, Tuesdays and Thursdays.
Call or text Julie 236-988-2584



Hello, my name is Gordon Armstrong, and I am happy to introduce myself as the Emergency Management Coordinator for Leq'á:mel First Nations.

I have had the opportunity to participate in many of our community events since meeting my wife back in 2008, such as community volleyball nights, craft nights, cultural nights, elders' fundraisers, fairs, pancake breakfasts, and Christmas dinners. When we decided to move back home to Leq'á:mel in 2019 to start our family, I did not think I would also have the opportunity to work for Leq'á:mel. Being able to work for Leq'á:mel First Nation in a capacity that I have a passion for is an absolute honour.

Some of my education and work experience include a recently completed Diploma in Accounting and Business Technologies, serving in the Canadian Armed Forces with The Loyal Edmonton Regiment. I have also just started taking Emergency Management courses through JIBC and have various other training related to the field.

I am extremely excited to start this new journey, and I look forward to connecting more with our community.



Hello,

My name is Genevieve Howell, and I'm excited to be joining the team at Leq'á:mel First Nation as the new Receptionist.

I'm someone who genuinely values connection and creating positive experiences for the people around me. Over the years, working in customer focused roles has shaped me into a friendly, dependable, and approachable person who takes pride in making others feel comfortable and welcome.

Outside of work I enjoy staying active and making the most of my time off, whether that's paddle boarding, dirt biking, horseback riding, snowboarding, or getting outdoors with my dog. I'm also a life long member and volunteer with the Mission Horse Club and volunteer with the Mission Special Olympics. I'm grateful for this opportunity and look forward to getting to know everyone and being part of such a great community as not only a member but also staff.

Kind regards,
Genevieve



SPRING CLEANUP CURBSIDE PICKUP

HOLACHTEN - pickup day is April 7
ZAITSULLACHAN - pickup day is April 7
SKWEAHM - pickup day is April 13
LAKAHAMEN - pickup day is April 13

Please have your trash at the end of driveway for pickup, based on where you live and the appropriate day. O&M crews will pick up. You must have your trash out on your day, or it will not be picked up! We will not have bins out, like in previous years, curbside pickup only.

If you have questions, please contact the following:

Wendy McDonald, Housing Manager
wendy@legamel.ca 604-826-7976

Andy Williams, Operations & Maintenance Manager
andy@legamel.ca 604-378-2931

The transfer station will be open 7 days a week for those that wish to take their trash there themselves for FREE April 4-17, 2026.

This service is for LFN on-reserve members and LDLP Park Tenants only

**NO DRYWALL, WOOD
OR CONSTRUCTION
MATERIALS**

**PLEASE KEEP IT CLEAN
AND ORGANIZED**

**IF YOU MISS YOUR
PICKUP DAY IT IS
YOUR RESPONSIBILITY
TO TAKE IT AWAY**

**YES, WE WILL TAKE
LARGE ITEMS LIKE
APPLIANCES &
FURNITURE**

**TIRES MUST BE
REMOVED FROM RIMS**





- **S**pring Cleanup is scheduled for April 7-17th. This is the second year we will do curbside pickup; this is to make it easier on residents who had difficulty transporting items they wanted removed. We also will take the opportunity to better sort items, reducing the cost of disposal.
- **Y**early scheduled maintenance of the community septic system is scheduled for April, this is preventative maintenance that happens over three days, this prevents unexpected issues with the system.
- **W**inter 2025 we were spared snow this year. We're anticipating a hot dry year, fire prevention is high on our list to pay attention to. We will plan accordingly, working closely with Gord in our emergency department to minimize potential hazards.
- **W**ater is checked and monitored daily, independently tested weekly by First Nations Health authority. We take water quality seriously.

The LFN community maintenance team is planning on a busy spring growing season; we are busy preparing tools and equipment for the season. We will again increase the removal of Blackberry Bushes around the community; this invasive plant is relentless if left to grow.

The maintenance staff takes pride in the appearance and maintenance of the Leq'á:mel community, our team will continue to work hard providing a well-maintained community for residents.

Should you have any community maintenance concerns, please reach out to any member of the maintenance team.



Social Development Mascot
Hans Herman Gruber

SOCIAL DEVELOPMENT APRIL 2026

INCOME ASSISTANCE

As those of you who are employable have been advised, an Employment Action Plan is required each month before your Income Assistance cheque or direct deposit can be released. Please note SASET has an employment counsellor who comes into the office. Her day in our community at the Administration Building is Mondays from 9:00 to 3:00.

We have had an increase in applications for Persons with Disabilities (the PWD Booklet). Please be advised that to be approved for Disability, one must meet the following criteria:

The 5 criteria for the PWD designation:

Criterion 1: 18 years of age (can also apply if one is 6 months away from ones 18th birthday)

Criterion 2: Duration of impairment is likely to continue for at least 2 years from the date of PWD designation assessment

Criterion 3: Severe physical or mental impairment must be present

Criterion 4: Severe impairment directly and significantly restricts abilities to perform daily living activities

Criterion 5: Requires help to perform daily living activities due to restrictions

Employment or the inability to work cannot be considered when applying for the PWD designation.

A reminder that signed Budget and Decision sheets need only be returned once per year or when you are issued a supplement of some sort (worker will request that you sign and return).

This also applies to the **Monthly Renewal** for Income Assistance funds. It is only required to be completed once per year **OR** when there is any change on the file, i.e. change of address, number of occupants or marital status.

Working income assistance clients are asked to submit confirmation of earnings/stipends each month. We are required to track these. If they are below your allowable limit, they do not get deducted from your income assistance funds. Current limits:

MONTHLY EARNINGS EXEMPTIONS

Regular IA and PPMB Clients Monthly:

Singles and Couples \$600.00

Family units with dependent
Children \$900.00

PWD Clients are calculated Annually (Jan 1-Dec 31)

Single PWD	\$16,200.00
Couple, 1 is PWD	\$23,400.00
Couple, both are PWD	\$32,400.00

Jenny Wagner
778-345-6137 (text friendly)

Monday to Thursday

Assisted Living

Our Assisted Living Worker is Kathy. She works from Monday to Wednesday. Her role is to support and enhance the dignity and independence of our Elders, as well as those who are physically or mentally disabled. Her goal is to assist them to remain in their own community with family and friends.

Currently Kathy provides weekly services for clients and assists with occasional transportation.

Please feel free to contact her if you have any questions.

Kathy Muirhead Cell: **778-539-8207**
Monday to Wednesday kathy@legamel.ca

HOUSING NEWS

We are currently working with PIEER and HVAC Contractor to get funding to install heat pumps at no cost. Heat pumps provide both heating and cooling within the home. If you are interested in having a heat pump installed in your home, please fill out the information page in newsletter and return it to the office. Copies of the information page will be available at the Administration office or email Stephanie, stephanie@leqamel.ca to receive a digital copy. Process for installing heat pumps:

- 1) An Energy Assessment Advisor will come and conduct home evaluations in each residence. The evaluation will include: an air test, measuring the home size and photos of the exterior, attic insulation and your existing heating system.
- 2) Apply for funding to have heat pumps installed.
- 3) HVAC contractor will come and install heat pumps.

Health & Safety inspections and renovations continue. The first renovation project of 21 homes (\$1.965 million) is nearing completion and final inspections will be done by end of April. Housing was successful in accessing \$107,000 in RRAP grants for 3 homes and work has either been completed, or well underway. The second renovation project of 14 more homes (\$2.21 million) is in the startup phase and renovations will begin late April/early May.

We are contacting Tenants to get new tenancy agreements signed for April 1st. Rental increases for Tenants will start April 1st.

Wendy McDonald - Housing Manager

604-826-7976 - wendy@leqamel.ca

Stephanie Toth - Housing Assistant

604-826-7976 - stephanie@leqamel.ca

HOME MAINTENANCE TIPS

Check and replace furnace filters when they are dirty. This will keep airflow unobstructed.

Visually inspect roof for any leaks.

Clean gutters and downspouts to ensure that water is running away from the home.

Check the siding and outside of the home for any winter damage.

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 should take about 15 minutes 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



FINAL SCHOOL TERM FRENZY

The final term is fast approaching (April–June), and the crunch is ON! This is not the time to let assignments pile up or leave exam studying until the night before (we've all been there....it's not pretty).

Whether your student needs help finishing that overdue assignment, preparing for an upcoming test (or a rewrite), or just figuring out where their notes actually are, we can help.

Sometimes success starts with something simple—like setting up a binder so papers stop mysteriously disappearing!

If you would like information (find out what we can offer), please reach out to julie@leqamel.ca (236-988-2584).

CHILDCARE

SERVICES

Available



Leq'á:mel Iwesáwt'xw Childcare Centre Has Spaces Available

Spaces currently available in our 3-5 classroom and
After School Care

Open Monday - Friday 7:30am - 5:30pm

We offer full day care for school age during

Pro-D-days, Spring Break and Summer

Bus available from Deroche Elementary

Childcare Subsidy accepted. Opted into Childcare Fee
Reduction Initiative

Please Call or email:



Contact Us

604-287-2004 kate@leqamel.ca



#62 Moq'wem Place
Deroche BC



S T S ' A I L E S

FOODBANK

**LOCATED AT THE FAS GAS: 1001 MORRIS VALLEY
ROAD**

EVERY SECOND WEEK

MARCH 20TH

APRIL 3 AND 17

ELDERLY ENTRY: 12:30PM

GENERAL PUBLIC ENTRY: 1PM

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



LEQ'Á:MEL MEMBERS
JOIN US FOR A SPECIAL

Easter Brunch

filled with delicious food, refreshing drinks, and festive vibes.

*Fun activities for the family, including a special guest
apperance, an Easter scavenger hunt and Easter baskets for
the kids.*

Gather your loved ones and celebrate with us!



APRIL 4, 2026
10AM - 1:30PM

Leq'á:mel Administration Building
43101 Leq'á:mel Way



FOR MORE INFORMATION PLEASE
CONTACT THE EVENTS TEAM:
EVENTS@LEQAMEL.CA
604-287-0011
236-887-2759



Leq'á:mel Kid's (0-12) Group

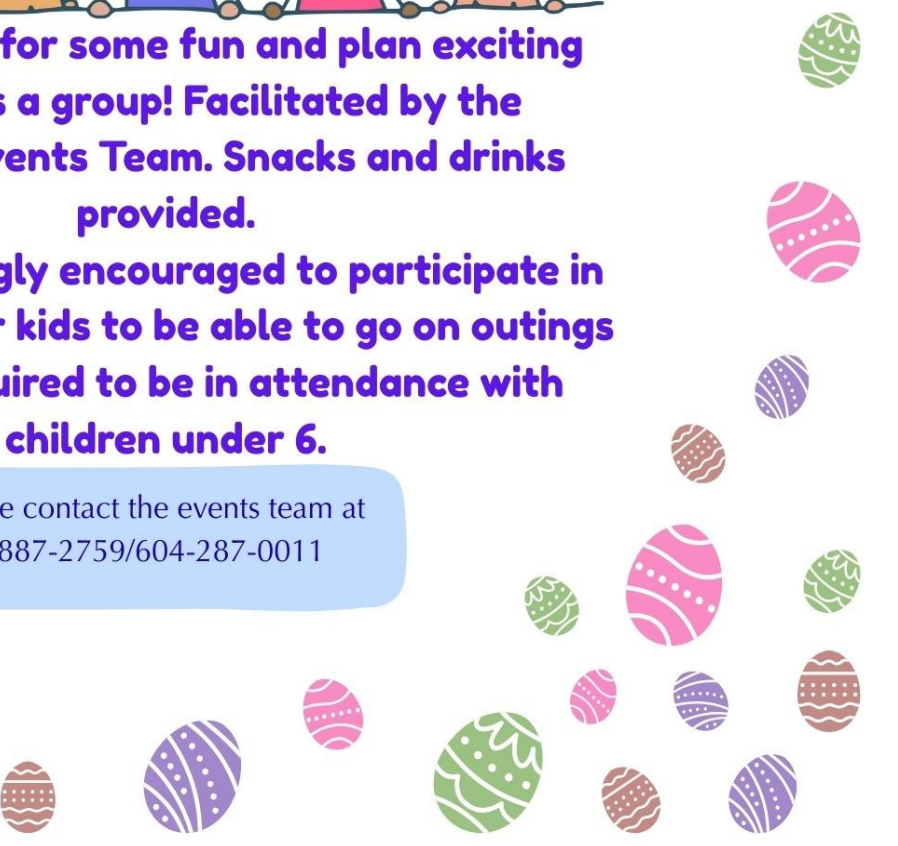
APRIL 8TH & 22ND
4:30PM – 5:00 PM @ LEQ'Á:MEL HEALTH CENTRE



Come join us for some fun and plan exciting outings as a group! Facilitated by the Leq'á:mel Events Team. Snacks and drinks provided.

Parents strongly encouraged to participate in fundraising for kids to be able to go on outings and are required to be in attendance with children under 6.

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





LEQ'Á:MEL

YOUTH GROUP

Ages 12-18

Come join us for a meal
and help plan an
unforgettable group
outing!

Meeting Details:
April 8th & 22nd

Concerned about
coming alone? Bring a
friend, sibling, cousin or
parent.

This is a safe space for
all. Any form of bullying
will NOT be tolerated.

5PM - 6PM

Leq'á:mel Health
Building

*Need a ride? Text us
at 236-887-2759*



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





Leq'á:mel

SENIOR YOUTH GROUP **(AGES 18-27)**



APRIL 8TH & 22ND

6:00 PM – 7:00 PM

LEQ'Á:MEL HEALTH CENTRE



**COME JOIN US AND
SHARE A MEAL, MEET
NEW FRIENDS, PLAN
EXCITING OUTINGS
TOGETHER. FACILITATED
BY THE LEQ'Á:MEL
EVENTS TEAM.**

Need a ride from locally? not a
problem let us know ahead of
time and we can arrange one.

**WANT MORE INFORMATION?
CONTACT THE LEQ'Á:MEL EVENTS
TEAM: EVENTS@LEQAMEL.CA
236-887-2759/604-284-0011**



Chiropractic Care

with Dr. Brian Cervo

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

Now Booking
April 9th and 23rd
May 7th and 21st
June 4th and 18th

Massage Therapy

with Tara Backman

Each session is a
relaxing 30 minutes

Now booking
April 7th and 21st
May 5th and 19th
June 2nd and 16th





April 10, 2026

***DOORS OPEN AT 05:00PM
GAME STARTING AT 5:30PM***

**Bring your friends and family for a night of fun and
laughter. The lucky Bingo winners will receive prizes!
Everyone welcome!**

43101 Leq'á:mel Way



Family Paint Night

April 13th, 2026

Leq'á:mel Gym

Doors open at 5pm

Painting to start at 5:30pm



Snacks and Drinks will be provided

Please RSVP to sheena@leqamel.ca

Or call 604-826-7976

25 spots available





APRIL IS ORAL HEALTH MONTH

**COME IN TO SEE OUR HYGIENIST
SHE IS BOOKING
APRIL 14TH, 15TH, 16TH**



Did you know:
Brushing for two full minutes allows
the fluoride in your toothpaste to
work on bacteria- but brushing alone
is not enough...
Daily flossing is crucial- brushing
alone only cleans 45% of teeth
surfaces!



CALL MICHELLE TO BOOK AN APPT 604-287-0011



Leq'á:mel Family Dinner Night



April
15
2026

4-7pm



Food, Family, Fresh Produce

Leq'á:mel Administration Building
43101 Leq'á:mel Way

Events@leqamel.ca | 604-287-0011 | 236-887-2759



Jordan's Principle

Removed Child and Removed Child Family Class Settlement

**Claims
Helper**

APRIL 16

2-7

PM

By appointment

Leq'á:mel Health Centre

604-287-0011 Michelle

LEQ'Á:MEL ELDERS
YOUR INVITED TO RSVP FOR THE

HARRISON TULIP FESTIVAL

**SPENG TIME WITH FELLOW LFN ELDERS
AND ENJOY THE BEAUTY OF THE HARRISON
TULIP FESTIVAL**

APRIL

17

2026

**RSVP REQUIRED DUE TO
LIMITED BUS SEATING**

To RSVP, please contact the Events team:

Email: events@leqamel.ca

Office: 604-287-0011

Cell: 236-887-2759



NATIONAL ORAL HEALTH MONTH

COME TO LEQ'Á:MEL HEALTH CENTRE
APRIL 17TH, 2026 1-3PM

DENTAL HYGIENIST MICHELLE WILL BE
HERE TO DO A PRESENTATION ON ORAL
HEALTH AND ANSWER ANY QUESTIONS!

COME FOR A BOWL
OF SOUP AND BE IN A
DRAW FOR 1 OF 4
GIFT CARDS



Leq'á:mel Kid's Group

BOTTLE

DRIVE



drop-off/pick up date

**April
18**

9am - 2pm

drop-off location:

**Leq'á:mel Health Centre
42981 Leq'á:mel
Way, Deroche**

**Help our
kid's raise
funds for a trip to
the zoo & the
aquarium**

**Every can and bottle
makes a difference!**

For more information or to
request pick up:

text 236-887-2759
email events@leqamel.ca

Let's recycle for a purpose!

Leq'á:mel Senior Youth Group (18-27)

Spring Raffle:



\$5/ticket

Draw Date: April 22, 2026

Prizes:

1st Prize - 18' Drum donated by
Jason Thompson

2nd prize - Snack Basket donated
by the Deroche General Store



Support our Leq'á:mel Youth Group Raffles

LEQ'á:MEL YOUTH GROUP (12-18)

SPRING RAFFLE:



\$2/TICKET

DRAW DATE: APRIL 22, 2026

PRIZES:

1ST PRIZE - SWEETLEGS BUNDLE
DONATED BY JENN PAUL
2ND PRIZE - MOVIE NIGHT IN
BASKET



**APRIL 25TH 2026
9:30AM-3PM**



**Leq'á:mel Elders
* Group is Hosting a ***

SPRING



FLEA

**Garage
Tables**

MARKET

Table rentals

open to all (\$10)

Concession will be available



**Craft
Tables**

**43101 Leq'á:mel Way
in the gym**

**50/50
draw**

**Any questions or to book a table contact
Ken Jasper kenjasper55@gmail.com**

Medicine / plant walk

Guided by Muriel Victor



**Come and
learn about
our native
plants and
how they can
be used
medicinally**

Join the Walk!

weather permitting

April 27
starting point
at the Health
Center

10am-
noon

604-287-0011

Leq'á:mel Health Centre Invites
you to

New Time!
12-2pm

Lunch with the Bunch

Play board games, shuffle some cards, chat
with friends, and enjoy a warm bowl of soup!

Every Friday in April in the
Health Centre Boardroom



Leq'á:mel Health Centre
42981 Leq'á:mel Way
604-287-0011

A SPACE FOR HEALING GRIEF AND LOSS SUPPORT GROUP



Starts on March 2nd
Every Monday for 8 weeks
7pm-8pm
in the General Purpose Building

8 week Grief & Loss Healing Group with Maria Nagy



Maria has a Bachelor of Science degree in Mental Health
and Addictions
and has experience in the field of addictions.

During the 8-week program participants will work on:
The 5 stages of grief
The effects on the body
Do an art and craft
Have a memorial dinner

Participants will take home a swag bag!

10 spots! Age
21+

REGISTRATION IS REQUIRED
TO SIGN UP PLEASE CALL THE
NURSES AT THE HEALTH CENTRE

Leq'á:mel Health Centre
604-287-0011

ENVIRONMENTAL JOB & VOLUNTEER OPPORTUNITIES

Are you looking for job or volunteer opportunities in the Environmental Sector?



Why Natural Resources Work?



- You have a passion for the outdoors
- You want to learn more about your Natural Environment
- You want to meet like-minded individuals while building skills to advance your career
- You want to make connections in the field

Current Opportunities April 2026

- **Friends of Semiahmoo Bay Society** - Invasive Green crab trapping- April to December 2026 - Boundary Bay- Contact Diane: drepwatson@gmail.com for more info
- **Lower Mainland Green Team** - Invasive species removal- April 4, 19, 21 - Various Locations- Visit greenteamsCanada.ca for more info
- **BC Wildlife Federation** - Volunteer Outreach Lead- Lower Mainland & Fraser Valley- email volunteer@bcwf.bc.ca
- **Mission Earth Fest**- April 25, 2026 - 11am-3pm - Mission Environmental Stewardship Society- Fraser River Heritage Park

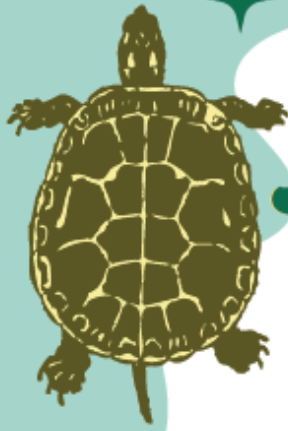
ONLINE SEMINARS:

- **April 8, 12-1pm**- Motus technology tracking birds & bats, **April 24, 12-1pm**- Arctic Grayling Conservation - visit: <https://fwcp.ca/events>



Have Questions?

Contact Morganeleqamel.ca or call (236) 602-4441 ext.1101 for more information



ENVIRONMENTAL JOB & VOLUNTEER OPPORTUNITIES



Other Resources & Information

- **Habitat Healers with Fraser Valley Conservancy:** fraservalleyconservancy.ca
- **Alouette River Management Society**- Salmon spawning surveys, water quality testing, invasive removal- visit alouetteriver.org/volunteer to apply
- **Fraser Valley Watersheds Coalition**- Tree Planting, native shrub planting, wetland enhancement projects
- **Fraser River Sturgeon Conservation Society**- ghost gear removal, PIT tagging programs
- **Abbotsford Mission Nature Club**- Nature Education, Outreach, Bird and Bat box maintenance, Habitat Stewardship
- **The Steelhead Society of BC and BC Conservation Foundation**- Stream enrichment opportunities
- **Lower Fraser Fisheries Alliance** - Indigenous Fisheries Stewardship
- **Mission Environmental Stewardship Society (MESS) Youth Environmental Stewardship (YES) Club** - Opportunities for High School students to earn volunteer hours
- **DFO Stock Assessment Technician Application**- visit: psjobs-emploisfp.psc-cfp.gc.ca

Visit website links above, join mailing lists, follow organizations on social media, and consider checking out groups and opportunities on websites like **Meetup** to learn more about local opportunities



Have Questions?

Contact Morgane@eqamel.ca or call (236) 602-4441 ext.1101 for more information

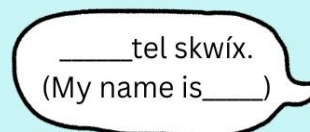
WANT TO LEARN HALQ'EMÉYLEM?

**SECOND COHORT STARTING IN
MAY 2026**

Language lessons will start with the basics and are meant for beginning students.

We ask that students are age 12 and up.

Please contact the Events team to sign up as the class will be limited to 10 people for an in person class. Time and weekday to be determined. Sign up will be first come first serve. All students must be able to commit to the program as lessons will not be repeated for those who miss classes.



**For more information or to sign up, please
contact the Events Team:**

**Events@leqamel.ca 604-287-0011
236-887-2759**



We are looking for your input and knowledge!

We are looking for volunteers who would like to be a part of revitalizing our Halq'eméylem language in Leq'á:mel through recordings.

To be included, volunteers must be able to speak the language - all levels of experience accepted.

All interested volunteers must please provide contact information, level of experience and availability. Please send an email to Christina at carmstrong@leqamel.ca or contact the Leq'á:mel Health Centre and leave information with receptionist.

Recovery Support

AA Meeting Support

24 hour A.A. Cellphone:
604-864-1552

Deroche Old School:

Where: LFN Health Building

When: Tuesdays- 7 pm

Zoom:

Monday: Mission Morning
10 am

ID 9904980719

PW: Mission

For the latest updates, check the
website:

www.district44missionaa.org

NA Meeting Support

Where: All Saints Monastery
(37323 Hawkins Pickle Road)

When: Thursdays at 7 pm

Leq'á:mel at Noon

Where: LFN General Purpose
Building

When: Fridays at 12 pm
(noon)

Please contact the Health & Wellness
Centre at 604-287-0011 for more
information about AA & NA programs.

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 ELDERS MEAL DELIVERY

**EVERY THURSDAY BETWEEN
10AM-1PM
WE WILL DELIVER**

- 1 SALAD**
- 1 SOUP**
- 1 DINNER**
- 1 DESSERT**
- AND SOME FRESH FRUIT**

**IF YOU WOULD LIKE TO SIGN UP FOR THIS
SERVICE, PLEASE CONTACT THE HEALTH CENTER
AT 604-287-0011**




**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!



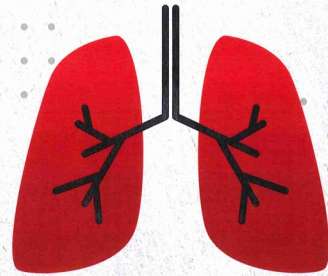
LEQ'Á:MEL HEALTH CENTRE NURSES PROVIDE VACCINES

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



Care provided by Dr. Brando, DPM & Jamie, DPM

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

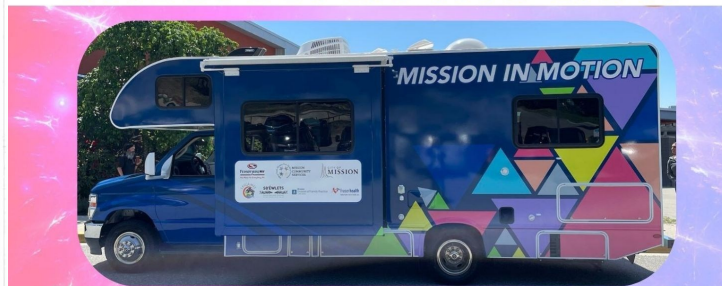
Couples

Families

ASKING FOR
HELP
IS OK

Mission 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



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





FRASER SALISH REGION
First Nations Health Authority

WELLNESS SUPPORTS

COMMUNITY WELLNESS INITIATIVES

Healthy living activities to support the health and wellness of individuals, families and communities.

Andrew Duerksen

Acting Lead, Wellness Initiatives
Andrew.Duerksen@fnha.ca

Kalista Kirkness

Community Wellness Initiatives Facilitator
Kalista.Kirkness@fnha.ca

Tracey Jirak

Harm Reduction Educator
Tracey.Jirak@fnha.ca

Mehrdad Ghafouri

Harm Reduction Educator
Mehrdad.Ghafouri@fnha.ca

ENVIRONMENTAL PUBLIC HEALTH

Works in partnership with communities to identify and prevent environmental public health risks and provide recommendations to reduce them.

Amber Lee

Manager, EPHS
Amber.Lee@fnha.ca

After hours emergencies:

1-844-666-0711
Ephs.afterhours@fnha.ca

HEALTH BENEFITS

Access to FNHA benefits such as vision, dental, pharmacy, medical supplies, transportation and counseling services.

Sandra (Sandie) Martins-Toner

Team Lead, Community Relations
Sandra.Martins-Toner@fnha.ca

MATERNAL CHILD & FAMILY WELLNESS

Supports planning and design for wellness programs and services for maternal child, early years, youth and family wellness including health promotion and literacy.

Tara McLaughlin

Maternal Child & Family Wellness Lead
Tara.McLaughlin@fnha.ca

Ashley Crey

Aboriginal Headstart Program Advisor
Ashley.Crey@fnha.ca

Maggie Charlie-Defazio

Aboriginal Headstart Program Advisor
Maggie.Defazio@fnha.ca

Robyn Mertin

Specialist, Family Wellness
Robyn.Mertin@fnha.ca

Jonathan Williams

Community Child & Youth Care Coordinator
Jonathan.Williams@fnha.ca

Jennifer Kazun

Family Wellness Systems Navigator
Jennifer.Kazun@fnha.ca

Darren Charlie

Youth Wellness Liaison
Darren.Charlie@fnha.ca

Rhianon Teegee

Family Wellness Systems Navigator
Rhianon.Teegee@fnha.ca

Shannon Williams

Wellness Navigator
Shannon.Williams@fnha.ca

FNHA Systems Support Line:

Systems.Support@fnha.ca or Call: 604-743-0635



FRASER SALISH REGION

First Nations Health Authority

WELLNESS SUPPORTS

NURSING

Supporting community health nurses and health programs, the nursing team strives to provide comprehensive care and promote wellness at every level.

Sam Noizadan

Regional Nurse Manager

Sam.Noizadan@fnha.ca

Vashti Garcia

Nursing Practice Consultant,
Harm Reduction & Substance Use

Vashti.Garcia@fnha.ca

Jaspreet (Jas) Shokar

Community Health Practice Consultant

Jaspreet.Shokar@fnha.ca

MENTAL HEALTH & WELLNESS

Supports community and individual mental health and wellness through clinical connections and cultural practices promoting mental, emotional, spiritual and physical wellness.

Misty Cockerill

Manager, Mental Health & Wellness

Misty.Cockerill@fnha.ca

Megan McLaughlin

Tobacco & Cannabis Coordinator

Megan.McLaughlin@fnha.ca

Rosaline Madhavan

Mental Health & Wellness Liaison

Rosaline.Madhavan@fnha.ca

Helena Visona

Mental Health & Wellness Liaison

Helena.Visona@fnha.ca

Elizabeth (Beth) Julian

Traditional Wellness Coordinator

Elizabeth.Julian@fnha.ca

Jody Jones

Traditional Wellness Coordinator

Jody.Jones@fnha.ca

WELLNESS SYSTEMS NAVIGATORS

Assists with navigating the healthcare system and connects with health, wellness and social services.

Deanna Rabeneck

Wellness Systems Quality Care Coordinator

Deanna.Rabeneck@fnha.ca

Lori Parkinson

Wellness Systems Quality Care Coordinator

Lori.Parkinson@fnha.ca

SUPPORT & CONTACT LINES

Hope for Wellness Line

1-855-242-3310 or; online chat at:
chat.fn-i-hopeforwellness.ca

FNHA Doctor of the Day

1-855-344-3800

HEALTH EMERGENCY MANAGEMENT

Facilitates FNHA activities in response to emergencies that may impact the health of community members.

Leah Brody

Regional Manager, Health Emergency Management

Leah.Brody@fnha.ca

Amber Stewart

Regional Addictions Specialist

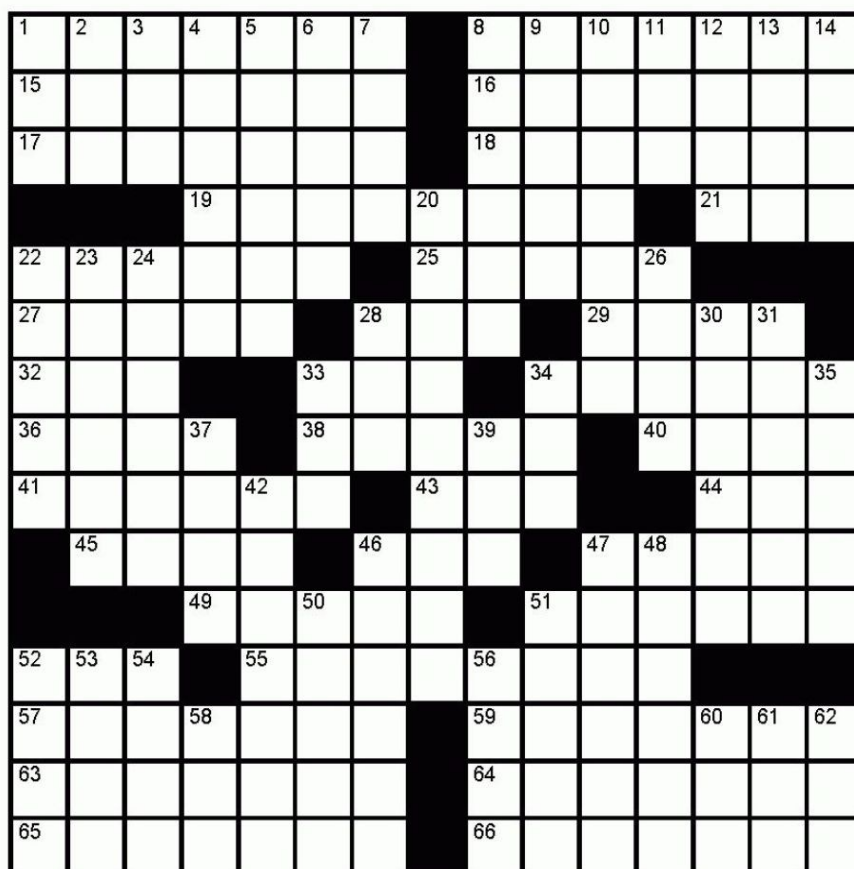
Amber.Stewart@fnha.ca

FNHA Systems Support Line:

Systems.Support@fnha.ca or Call: 604-743-0635

Across

1. Choice of colors
8. Charlotte hoopsters
15. Extreme pains
16. Native New Yorkers
17. Fraternity parties
18. Ankle-to-waist wear
19. Harpist's progression
21. F.B.I. worker: Abbr.
22. Pancho and the Cisco Kid, e.g.
25. Prepare, in a way, as beans
27. Like some treated lawns
28. Launch of 2/20/86
29. Some deer
32. Sugar suffix
33. 1960s-'80s Red Sox great, informally
34. Locale of seven C. S. Lewis novels
36. With 38- and 40-Across, grocery purchase ... or what can be found in some other Across answers in this puzzle
38. See 36-Across
40. See 36-Across
41. Milk snakes
43. Moo
44. Global financial org.
45. Facts
46. No. before or after a colon
47. Yemen's capital
49. "You're ___ One, Mr. Grinch"
51. Coolest, in rap slang
52. Kwik-E-Mart owner on "The Simpsons"
55. 1957 Buddy Holly hit
57. Extreme poverty
59. "Eat your ___!" (mom's order)
63. Tropical woe
64. Fighting words



65. Move quickly (over)

66. Save

Down

1. Nuclear power since 1998: Abbr.
2. Turn gray, say
3. Captain's charge
4. Captivate
5. Steering system component
6. Univ. of Maryland athletes
7. Latin infinitive
8. "The Wizard of Oz" scarecrow portrayer
9. "___ by land ..."
10. Irish exclamation
11. It might be bummed, for short

12. "___, I do believe I failed you" (opening of a 1998 hit)

13. Aftertaste, e.g.

14. Army NCO

20. Turning gray

22. You might get it coming and going

23. Say $2 + 3 = 6$, e.g.

24. Marcos of the Philippines

26. Days of ___

28. Red leader

30. Driver

31. Summation signs

33. Gridiron stats: Abbr.

34. Point just past 11 on a clock: Abbr.

35. Comparable to a pig

37. Greek salad ingredient

39. Long time

42. Castle fortification

46. Hungarian

47. Nancy's pal, in the comics

48. Sour brew

50. Spooky

51. "___ a Letter to My Love" (Simone Signoret film)

52. Some mil. defenses

53. Like some airline travel periods

54. Wrinkly fruit

56. Actor Montand

58. Gangbanger's gun

60. Dander

61. Follower of "harvard."

62. Back-to-school mo.

We hope you liked these
brain games, courtesy of
Leq'á:mel
Health

Sudoku

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

We hope you liked these brain games, courtesy of
Leq'â:mel Health

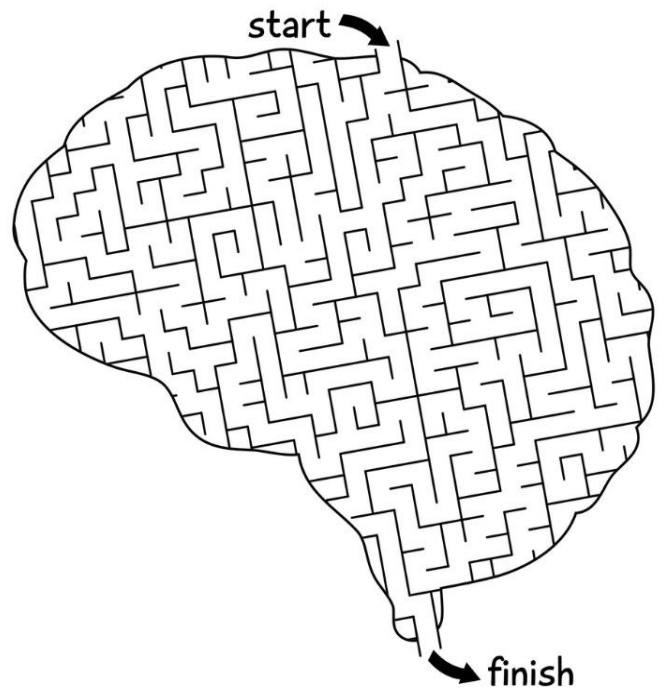
Birds Word Search

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

ALBATROSS
 CRANE
 DUCK
 GOLDFINCH
 HAWK
 KINGFISHER
 OWL
 PUFFIN
 STORK
 VULTURE
 BLUE
 CROW
 EAGLE
 GOOSE
 HUMMINGBIRD
 LARK
 PELICAN
 RAVEN
 SWAN
 CANARY
 DOVE
 FALCON
 GULL
 JAY
 MAGPIE
 PENGUIN
 ROBIN
 TOUCAN

BRAIN MAZE

Can you find your way out of the brain?



Traditional Medicines

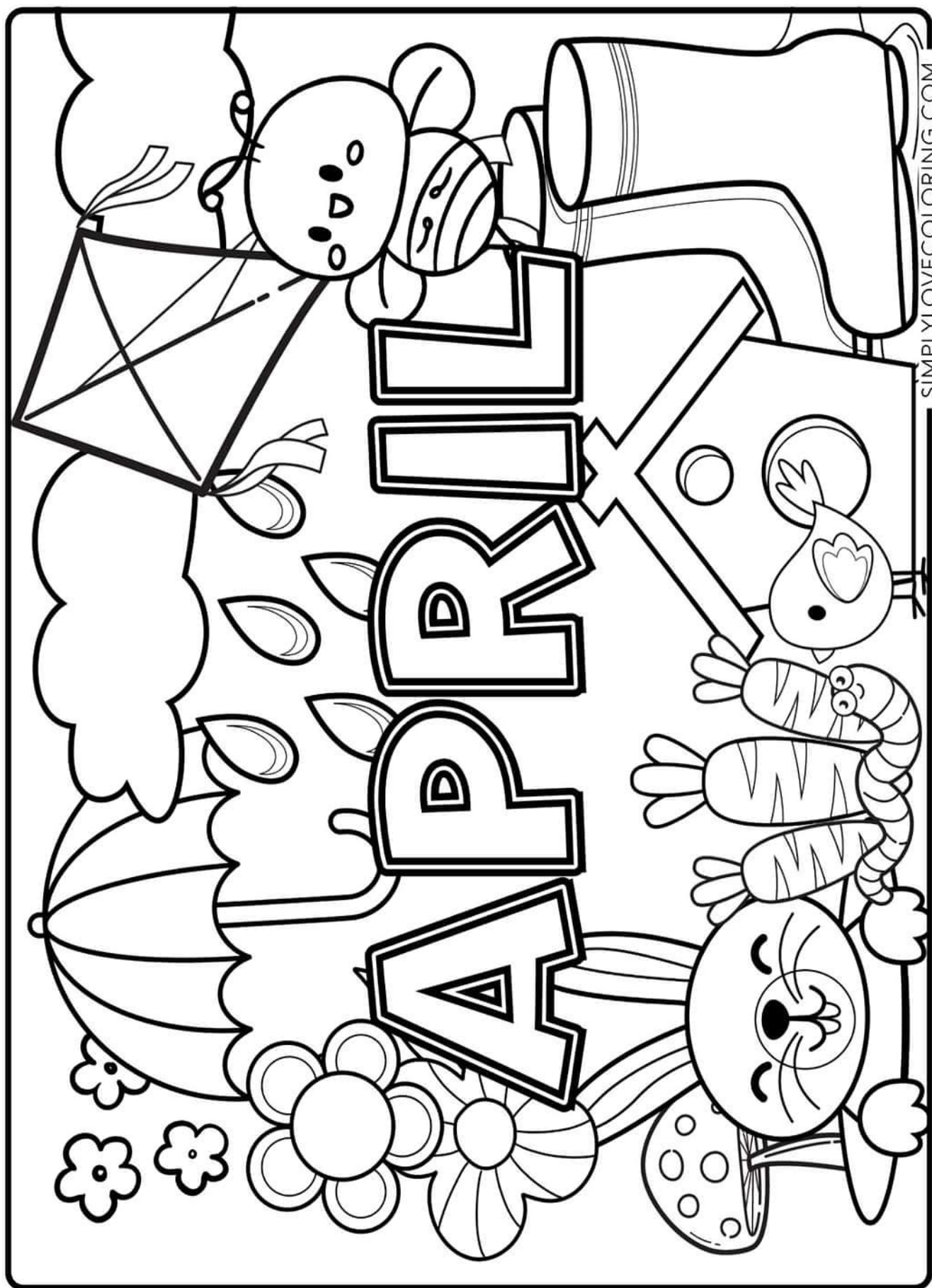
L	G	I	N	G	E	R	R	O	O	T	O	O	A	A	R	B	E	S	E	I	F	T	W	D
R	P	E	G	R	A	T	W	A	O	R	E	R	P	Y	A	E	D	M	O	R	L	L	T	E
A	R	L	R	O	T	N	U	P	O	R	W	Y	R	G	E	B	Y	R	T	O	N	H	A	S
N	R	O	E	R	M	A	P	E	Y	E	E	N	V	M	R	R	A	E	N	R	O	R	Y	L
O	R	N	A	L	R	W	E	Y	E	R	H	N	G	R	R	W	L	O	I	F	O	L	T	R
F	P	N	N	O	A	D	L	L	S	L	R	R	P	E	P	P	E	R	M	I	N	T	O	E
I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

Rosehips
 Calendula
 Clover
 Yarrow
 Devils Club
 Labrador Tea

Spearmint
 Elderberry
 Cleavers
 Sheep Sorrel
 Devils Claw
 Stinging Nettle

Peppermint
 Dandelion Leaf
 Alfalfa
 Parsley Leaf
 Comfrey

Plantain
 Ginger Root
 Alder
 Marshmallow Root
 Arnica Flower



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	Kathy Nicolle	kathy@leqamel.ca	778-539-8207
Social Development Worker	Jenny Wagner	jenny@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	236-602-4441 Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441 Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441 Ext1103
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	236-602-4441 Ext1101
GIS Technician	Kilby Zeeb	kilby@leqamel.ca	604-217-5139
Administration Assistant	Lisa Head	lisa@leqamel.ca	236-602-4441 Ext1113

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
Assistant to Health Manager	Christina Armstrong	carmstrong@leqamel.ca	236-887-0510
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 Assistant	Chance Dye	events@leqamel.ca	604-287-0011
Health Building Cleaner / Organizer	Bambi Seymour	bambi@leqamel.ca	604-287-0011

EDUCATION

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

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, Jaden Noel-Hodder		604-287-2004
Early Childhood Educator	Alexis Paul, Caitlin Sampson,		604-287-2004
Early Childhood Educator sub.	Connie Thomas		604-287-2004
Early Childhood Educator Assistant	Amy Folker, Alisha Potheary		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		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 – 778-539-9893	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 - 778-539-9893	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

Updated March 16 2026