

Leq'á:mel

First Nation



February

2026

Leq'á:mel Xwélmexw (People) Quarterly Meeting

Feb 3rd, 2025
Time: 7:00PM

Attendance Options

In-Person: The meeting will be held in the Admin Building Gym on February 3rd at 7:00pm. Light snacks and refreshments will be available for In-Person attendees.

Zoom: The agenda, meeting minutes and zoom link have been emailed out. Please save the email as we do not post the zoom link on Facebook.

If you can't find the zoom link, please contact reception@leqamel.ca before 3:30 PM on February 3rd to receive the link.

Not receiving Leq'á:mel email?

We email our Newsletters each month, as well as other important or urgent messages from Leq'á:mel First Nation. If you would like to receive these emails, please contact reception@leqamel.ca



We look forward to seeing you there!



**Our offices will be closed
Monday February 16th for
Family day. We will
reopen 8:00am Tuesday
February 17th.**

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

2026

Program Colour Code: Community Health Traditional Healing
Education Community Engagement

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Abbreviations: GPB= General Purpose Building	BR= Board Room					
1	2 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584	3 A/A Group(BR) 7pm Massage 10-2 No workout class	4 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group	5 Elders Meals Work out class 6:30-7:30pm	6 NA 12-1 (GPB) Medicine Plant walk 10am Lunch with the bunch 1-3pm (HB) BINGO 5pm	7
8	9 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Quarter bag class 6-8pm (Health center)	10 A/A Group(BR) 7pm Work out class 6:30-7:30pm	11 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Hearing Clinic Kids Group 4:30-5pm Youth Group 5-6pm Sr Youth 6-7pm	12 Elders Meals Winchester Victor Sessions Jordans Principle Sessions 2-7pm Work out class 6:30-7:30pm	13 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB) Quarter bag class 6-8pm (Health center)	14
15	16 Family Day: Offices Closed Family Day Event 12-4pm (Gym)	17 A/A Group(BR) 7pm Massage 10-2 Work out class 6:30-7:30pm	18 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Family Dinner night hosted with Education Elders Group	19 Elders Meals Chiro 10-2 Work out class 6:30-7:30pm	20 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB)	21
22	23 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked.	24 A/A Group(BR) 7pm February 24, 25,26 The Health Center will be hosting The work of Winter: Traditional Wellness Seasonal Gathering. Please join us in the Gym. 8am-5pm	25 Mission Mobile Clinic @ Gas Station 1:30-4:30pm	26	27 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB)	28



Hello my name is Carla Dupperon. I am the new receptionist for the Leq'á:mel Administration building. I am a Leq'á:mel band member and have recently moved back to Deroche from Alberta. I am very thankful for this opportunity and am looking forward to becoming a member of our community again. In my free time I enjoy spending quality time with my spouse and family. I also enjoy camping, bonfires, shopping, and crafting.



Hello, my name is Alisha, I am excited to start my role as an Early Childhood Educator at Leq'á:mel lwesáwtwx Childcare Centre. I have been an Early Childhood Educator for 14 years and truly love teaching children and being part of their growth and development. Watching children learn new skills, gain confidence, and discover the world around them is the most rewarding part of my career. When I'm not at the daycare, I enjoy spending time with my two teacup Yorkies. I also love being outdoors and staying active through snowboarding, gardening, 4×4ing, and camping with my family. I believe that learning happens everywhere, and I bring that same sense of curiosity, fun, and care into the classroom every day.



Please Join Us In
Welcoming



Addison Aurora Kelly
Born June 17, 2025

*We apologize to the family once more for the late welcoming
of this beautiful baby girl
Sincerely - The Events Team.*



Please Join Us In
Welcoming



Davonte Cameron Good
Born January 7, 2026

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, Barb Blanchard

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

Administration, Peter Pynacker

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

Daycare, Kate Tralenberg

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



Indigenous insight

N E W S L E T T E R

National Newsletter 2026 Census Special Edition

Ce bulletin est aussi disponible en français.

The Indigenous liaison program supports Indigenous communities in making the best possible use of Statistics Canada's information and services.

To subscribe to this newsletter, send an email to the regional advisor in your area.

Contents:

2026 Census is coming!

2026 Census questionnaire – What's New

Did you Know?

Privacy and confidentiality of personal information

The Learning Corner

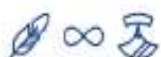
Why participate in the Census

Why support the Census

Statistics Canada - Hiring

Census Engagement

2026 Census is Coming!



Once every five years, the Census of Population provides a detailed and comprehensive statistical portrait of Canada that is vital to our country. The census is the only data source that provides consistent statistics for small areas such as a neighbourhood or a First Nation Community. The Census collects information that cannot be obtained effectively from other sources.

Census data are used to provide socioeconomic information on First Nations people, Métis and Inuit across Canada. Among other things, these results can assist Indigenous people, their communities, organizations and governments plan for:

- the development of Indigenous language and education programs
- the development and/or expansion of community health and social services
- decisions regarding business and economic opportunities
- the evaluation of existing programs and new service needs

The Census is an essential tool for understanding how Canada is changing over time. Census information has many other important uses in the day-to-day lives of Canadians. Local governments and community administrations can use the census data to develop programs and services, such as planning for schools and health services. Businesses analyze census data to make critical investment decisions, and social services agencies depend on the census to understand the evolving needs of their communities.

Census data are also a key component of emergency preparedness and crisis management. For example, in the early days of the COVID-19 pandemic, crucial information on vulnerable populations was provided to public health authorities and emergency services officials.

2026 Census questionnaire—What's new

The 2026 Census of Population long-form questionnaire ([2A-L](#)) is now available on the Statistics Canada website.

Statistics Canada has published a series of fact sheets and technical reports explaining the content changes for the 2026 Census of Population, as well as other important details.

Indigenous Liaison Program Contacts:

Acting National Manager

Melinda Commanda

(705) 522-9221

melinda.commanda@statcan.gc.ca

British Columbia

Nicole Huska

(236) 660-2495

Nicole.huska@statcan.gc.ca

Alberta and Yukon

Kathleen Crowe

(403) 463-4062

kathleen.crowe@statcan.gc.ca

Saskatchewan and Northwest Territories

Helen Tootoosis

(639) 471-0288

helen.huntertootoosis@statcan.gc.ca

Manitoba

Raymond Watkins

(403) 498-4297

raymond.watkins@statcan.gc.ca

Inuit Nunangat

Tommy Akulukjuk

(343) 573-8423

tommy.akulukjuk@statcan.gc.ca

Ontario

Nicholas Printup

(905) 414-7086

nicholas.printup@statcan.gc.ca

Québec

Gibbson Wong

(343) 630-3001

gibbson.wong@statcan.gc.ca

Atlantic Provinces

Sara Leah Darrigan

saraleah.darrigan@statcan.gc.ca

Fact sheets

The following 10 fact sheets provide an overview of content changes for the 2026 Census of Population. They explain, by census topic, the reason for asking the questions, the questionnaire content changes considered, as well as the resulting approach for 2026.

- [Content changes for the 2026 Census of Population: Date of birth \(age\), sex at birth and gender, relationship to Person 1, and marital status](#)
- [Content changes for the 2026 Census of Population: Languages and language of instruction](#)
- [Content changes for the 2026 Census of Population: Ethnic or cultural origins, religion, immigration, citizenship and place of birth](#)
- [Content changes for the 2026 Census of Population: Indigenous Peoples](#)
- [Content changes for the 2026 Census of Population: Income and expenditures, housing and homelessness](#)
- [Content changes for the 2026 Census of Population: Labour market activities, commuting and education](#)
- [Content changes for the 2026 Census of Population: Canadian military experience](#)
- [Content changes for the 2026 Census of Population: Mobility](#)
- [Content changes for the 2026 Census of Population: Activities of daily living](#)
- [Content changes for the 2026 Census of Population: Population group](#)

Technical reports

Data users, stakeholders and key interest groups can refer to this series which provides an in-depth look at changes in content for the 2026 Census of Population questionnaire, as well as detailed information on the design and methodology of the content test component of the [2024 Census Test](#).

The following reports explain the conceptual frameworks and definitions used and outline the related findings from the 2024 Census Test on sexual orientation, homelessness and general health.

- [Report on content changes for the 2026 Census of Population: General health](#)
- [Report on content changes for the 2026 Census of Population: Homelessness](#)
- [Report on content changes for the 2026 Census of Population: Sexual orientation](#)
- [2024 Census Test: Design and methodology of the content test](#)

Did You Know?

Privacy and confidentiality of personal information

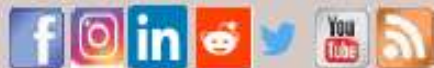
What does Statistics Canada do with your personal information?

- **We protect it**
Statistics Canada has strict rules to safeguard all its data holdings, and these rules adhere to or exceed the requirements of the [Statistics Act](#), the [Privacy Act](#) and relevant federal policies and directives. We have put in place information technology (IT) systems that protect your information from cyber attacks, and only approved individuals can enter Statistics Canada premises.

All employees have taken an oath to protect your information and have received mandatory confidentiality training. The oath is valid even after their employment has ended and is accompanied by penalties that include fines and imprisonment.

Stay Connected with Statistics Canada:

Visit the [Stay Connected](#) portal on Statistics Canada's website



No endorsement of any social media products or services is expressed or implied.

Help us spread the word

If you know an organization or person that may benefit from what this newsletter has to offer, please pass it on or put them in contact with us.

Learning Corner

Why Participate in the Census

YOUR CENSUS, YOUR STORIES: CANADA'S PORTRAIT



The Census is a source of detailed data for small areas such as a neighbourhood, postal code or a First Nation Community. The Census collects information that cannot be obtained effectively from other sources on specific groups, such as, Indigenous people, one-parent families and seniors.

The Census questions remain similar for each Census therefore the data can be used to compare changes that occur over time in the Canadian population.

Some examples of how data are used:

- Population data are used to determine program planning for different populations, e.g. Indigenous Skills and Employment Training Program.
- Age data are the most important information for leaders and decision-makers who plan for the future. Some Indigenous programs are based on age data, e.g. Indigenous early learning and child care, Brighter Future Initiative, Aboriginal Head Start, First Nations Head Start.
- Labour Market Activity Data can assist Indigenous communities to develop programs and make long-term plans in the area of human resources, education and training.

Why Support the Census?

The Census of Population helps paint a statistical portrait of Canada's diverse population and the places where we live.

Results from the census help provide high-quality information on key socioeconomic trends and analysis that can support important decisions that affect organizations, businesses, municipalities, governments and Indigenous communities across Canada.

Your responses are vital for planning services that support employment, education, public transportation, healthcare, and more.

Please contact one of the Indigenous Liaison Advisors in your area as listed above.

Communities, organizations and businesses have specific information needs. Statistics Canada's Indigenous Liaison Program is dedicated to serving you with this newsletter, as well as with ongoing learning and sharing activities.

Statistics Canada
is hiring in select northern
and remote communities!

APPLY NOW: census.gc.ca/jobs-north

Use your local knowledge to broaden your skills and gain professional experience.

Apply now: census.gc.ca/jobs-north.

Statistics Canada will soon be hiring across Canada.

Hiring across Canada begins on January 6, 2026. Until then, we're focused on hiring for [jobs in select northern and remote communities](#). If you live elsewhere, you are welcome to apply early by selecting the Apply Now! button online at [census.gc.ca/jobs](#).

Note: If you are not located in one of the select northern and remote communities, your application will be reviewed at a later time.

Census Community Supporter Toolkit

This toolkit provides helpful information and ready-to-use resources to promote the census and census job opportunities in your community. It includes materials that you and your organization can use to share the benefits and positive impact of the census.

We need your support to make the 2026 Census a success.

What's in the toolkit?

You can download the following materials:

- [Articles](#)
- [Printable posters](#)
- [Web banners and images](#)
- [Social media content](#)

LEQ'Á:MEL INDIAN REGISTRATION ADMINISTRATOR (IRA)

★ FEBRUARY ★ APPOINTMENTS

are available now

CONTACT ISC

The contact information for
Indigenous Services Canada in
regard to IRA work is
bcirbl@sac-isc.gc.ca



STEP 1. CONTACT THE IRA

The IRA can be contacted through
email at registrar@leqamel.ca
or over the phone by calling
778-549-7447



STEP 2. MAKE AN APPOINTMENT

While contacting the IRA, make an
appointment to meet at the
Leq'á:mél Administrative Office and
discuss the overall goal.



STEP 3. THE APPOINTMENT

When coming to the appointment,
ensure that you have all
identification and documentation
necessary to complete the process.



I.R.A
DIANA CARVAJAL



I am the new Indian Registration Administrator for Leq'á:mél First Nation. Protecting individual rights while serving the collective interests of the community is my top priority. I act as an advocate for applicants when files are delayed or complex and serve as a bridge between community members and Indigenous Services Canada (ISC). I support members by helping them navigate registration under the Indian Act, including:

- Applications for Status registration
- Name changes, amendments, and corrections
- Parentage and lineage documentation
- Transfers between First Nations or bands

Through this role, I aim to ensure applications are accurate, complete, and handled with care, respect, and confidentiality.

HOUSING NEWS

Hello everyone,

My name is Stephanie Toth. I have been the Receptionist for the past year, and I am pleased to introduce myself as the new Housing Assistant. I am excited to join the team and look forward to supporting residents with housing related questions, applications, and day-to-day assistance. I value clear communication, respect, and a welcoming community. I am here to help, however I can. Please feel free to say hello or reach out if you need assistance.

Health & Safety inspections and renovations continue. If your home has renovation needs, please contact us to get on the list for future inspection.

Rental increase letters were mailed out before Christmas. If you have not received the rental increase, please reach out.

Housing continues to engage with FAC and Council to find solutions to historical housing matters. Your family representative should be communicating these matters with you.

Prepare for winter weather by having your snow shovel ready, pathways clear, and some ice melt ready to spread when it's icy.

Wendy McDonald · Housing Manager

604-826-7976 · wendy@leqamel.ca

Stephanie Toth · Housing Assistant

604-826-7976 · stephanie@leqamel.ca

HOME MAINTENANCE TIPS

Disconnect hoses from the hose bib.

Test smoke and carbon monoxide alarms regularly.

Dryer lint traps should be cleaned each time the dryer is used.

Ensure gutters and downspouts are clear to allow for proper drainage.

Reminders

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.

CHILDCARE

SERVICES

Available



Leq'á:mel Iwesáwtxw 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**

Hello
Winter



Homework Support/Tutoring

Our LFN after-school Homework Support and Tutoring Program is off to a strong start this winter term! While regular weekly spots are currently full, there are still several ways your child can receive extra support or encouragement with their learning.

We are often able to schedule one-time "catch-up" sessions, and we also offer online program options for K-5 Reading and K-12 Math.

Families are also encouraged to place their child on the waitlist for regular one-to-one support, as openings frequently become available due to cancellations or as students transition to a "help-when-needed" model once they are caught up.



For more information or to explore available options, please contact Julie at julie@leqamel.ca or 236-988-2584.





OCCUPATIONAL SKILLS TRAINING

BACKGROUND

The Leq'á:mel First Nation provides support to Leq'á:mel First Nation members who wish to pursue short term education programs or courses which will make them job ready in short periods of time (one year or less).

Examples of training that the OST funding could be used for:

Food Safe - Level I, Level II

Super Host

Serving It Right

WHMIS

First Aid

Driving Lessons

Bookkeeping Certificate

Computer Assisted Drafting (CAD) Certificate Level I

Insurance Brokers Certificate

Welding Certificate

FUNDING AVAILABLE

Actual costs of the training, with a maximum of \$5,000. Could include PPE, work boots and/or rain gear if required for the training. **Living Allowances are not covered under this program.**

There is a limited amount of funding available for this OST program, and applications are dealt with as they arrive. Once LFN's OST funding is exhausted, no applications can be approved until the next fiscal year (April 1).

ELIGIBILITY CRITERIA

The applicant must be at least **18 years of age** to be eligible for Occupational Skills Training funding.

The applicant is expected to put in writing the reason why they are requesting the funding under the Occupation Skills Training program. The applicant must be in financial good standing with the Leq'á:mel First Nation. However, if the applicant owes the Leq'á:mel First Nation but is making regular payments on the outstanding debt, the applicant will be considered to be in good standing.

The program or course will not exceed one year or 12 months.

The training or program is not eligible for funding under the regular Post-Secondary Program, or the applicant does not wish to pursue assistance under the Post-Secondary Program.

The applicant will not be eligible to apply for additional support (Post-Secondary Program or Occupation Skill Training Funding) for a period of one year.

HOW THE APPROVED FUNDS ARE PAID

The funds will only be released to the training/education institute upon acceptance into the program or course. Should the applicant take initiative and pay for the course themselves Leq'á:mel First Nation will reimburse the applicant upon receiving proof of payment.



OCCUPATIONAL SKILLS TRAINING

APPLICANT OBLIGATIONS

The applicant agrees that they will attend classes regularly and complete the training.

The applicant agrees that they will pass the training and provide documentation to the Education Coordinator to prove that they have successfully completed the program.

The applicant agrees to a lifetime maximum of \$5,000.00 pursuant to the Occupation Skills Training funding or as determined by the administering authority.

The applicant agrees that if they do not pass or complete the training that the paid funding will be a repayable as a loan. In the event that the applicant fails to make regular payments on the loan, the applicant agrees that the Leq'á:mel First Nation can withhold any money dispersed to that applicant/member. The applicant agrees that if they fail to make payments on their member loan (in the event that they do not complete the program/course) the applicant will not be eligible for any further funds from Leq'á:mel First Nation until which time the loan is repaid.

The applicant agrees to consult with a counsellor if any problems arise academically, emotionally, financially or physically.

The applicant agrees to adhere to school regulations and meet the standards required by the school for continuation in the course.

IF YOU ARE INTERESTED IN THIS OST FUNDING OPPORTUNITY FOR YOUR TRAINING,
THEN **PLEASE CONTACT SHEENA ZEEB AT SHEENA@LEQAMEL.CA**



Income Assistance Cheque Issue Dates 2026

January 21, 2026 (for February 2026)

February 25, 2026 (for March 2026)

March 25, 2026 (for April 2026)

April 22, 2026 (for May 2026)

May 27, 2026 (for June 2026)

June 24, 2026 (for July 2026)

July 29, 2026 (for August 2026)

August 26, 2026 (for September 2026)

September 23, 2026 (for October 2026)

October 21, 2026 (for November 2026)

November 18, 2026 (for December 2026)

December 16, 2026 (for January 2027)

A message from our Elders' Group

Ey swáyèl tel siyá:ye (Hello my friends)

Our Elders' Group has gathered together once again, and we are looking for Band Members who are 55+ and would like to join our group.

Planning monthly dinners, bingo nights, visiting other communities and social events (trips) are some of the activities we are looking forward too!

**We look forward to seeing / meeting you at our meeting.
Your voice is important!!**

Meeting Dates:

February 4th, 2025 6PM at the Health Centre

February 18th, 2026 6PM at the Health Centre

March 4th, 2026 6PM at the Health Centre

March 18th, 2026 6PM at the Health Centre



LEQ'Á:MEL ELDERS GROUP

\$5 PER TICKET

Valentines

RAFFLE TICKET



DRAW DATE FEBRUARY 11 2026

3 PRIZES DONATED BY LOCAL BUSINESSES

GIFT BASKET FROM SAVE ON FOODS

GIFT BASKET FROM NO. 10 HAIR SALON

GIFT CARD FROM ELENIS RESTURANT

Please see Leq'á:mel Elders Group Members to purchase a ticket.

To see the prizes in person/ buy tickets, the Elders will be set up at the Youth Flea Market on January 31st in the Leq'á:mel gym (12-4pm).

Well Done

Torryn and Lynden!

Winners of the December Childrens' Oral Health Initiative
Brushing Challenge



Superheroes of tooth care -
keep up the excellence!

DID YOU KNOW THE HEALTH CENTER HAS AN APOTHCARY?

MULLEIN

MULLEIN (*Verbascum thapsus*) IS A TALL, FUZZY PLANT FOUND IN MANY PARTS OF THE WORLD. IT HAS LONG BEEN USED AS A NATURAL REMEDY FOR LUNG AND BREATHING PROBLEMS LIKE COUGHS, BRONCHITIS, AND ASTHMA. MULLEIN HELPS SOOTHE IRRITATED TISSUES AND LOOSEN MUCUS, MAKING IT EASIER TO BREATHE.



MULLEIN CAN BE USED IN HERBAL EAR DROPS. IT HAS NATURAL SOOTHING AND ANTIMICROBIAL PROPERTIES THAT HELP RELIEVE EAR DISCOMFORT, REDUCE INFLAMMATION, AND SUPPORT HEALING

MULLEIN TEA HAS MANY POTENTIAL BENEFITS. IT MAY EASE YOUR COUGH, HELP FIGHT INFECTION, AND REDUCE INFLAMMATION.

COME STOP BY THE HEALTH CENTER FOR MORE INFORMATION OR TO TAKE SOME HOME!



Leqamel Health Center
604-287-0011

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

February 6th
starting point
at the Health
Center

10am-
11:30am

604-287-0011

BINGO NIGHT

A graphic for a bingo night event. It features the word "BINGO" in large, bold, red letters with a blue outline, and "NIGHT" in pink letters with a blue outline. Surrounding the text are several bingo balls with numbers: a red ball with 6, a blue ball with 8, a white ball with 22, a green ball with 6, and a blue ball with 8. There are also two bingo cards: a pink one with a green ball on top and a blue one with a red ball on top. A red badge with "18+ ADULTS ONLY" is also present.

18+ ADULTS ONLY

February 6, 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





RAIN OF ARROWS
— EQUESTRIAN ARCHERY —



The Singh Foundation
giving all the love away

2026 Horse Archery OUTREACH PROGRAM

February 7th
10am-4pm

- No cost
- Ride provided



6 PARTICIPANTS PER WORKSHOP

FOR YOUTH 12-18

AT 25133 0 AVE, LANGLEY

ALL EQUIPMENT, HORSES & FOOD
PROVIDED

WHAT THE WORKSHOPS COVER:

- INTRO ABOUT THE HISTORY & SPORT OF HORSE ARCHERY
- BASIC ARCHERY ON THE GROUND
- LUNCH (FOOD PROVIDED)
- HORSEMANSHIP WHILE GROOMING & TACKING THE HORSES
- TRY SHOOTING WITH MOVEMENT
- RIDE & SHOOT WHILE YOUR HORSE IS SAFELY LED BY AN INSTRUCTOR

Call 604-287-0011 to sign up



Come join us for a make and take

Quarter Bag Workshop

Come join us for a fun, hands-on workshop
where you'll learn to craft quarter bags
totally handmade by YOU!

This workshop will be held over 2 nights,
where you will make 2 quarter bags - 1 for
you to take and 1 that will be used at a later
date for a ceremony put on by Leq'á:mel.



 **February**
9th & 13th starting at 6pm
until 8pm in the
Health Building

No need to bring
anything, just show
up ready to learn

Find more information contact the events team by
email at events@leqamel.ca or in office/by phone
at 604-287-0011 or by text at 236-887-2759

COMING

FEB 11, 2026



AMPLIFON

HAVE QUESTIONS ABOUT HEARING LOSS, PRODUCTS, ADJUSTMENTS,
UPGRADES OR MAINTENANCE AND CLEANING?

MARK YOUR CALENDARS- DETAILS TO FOLLOW
MICHELLE @ LEQAMEL HEALTH CENTRE 604 287-0011



Leq'á:mel Kid's (0-12) Group

FEBRUARY 11TH 2026
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 and 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!**

Concerned about coming alone? Bring a friend, sibling, cousin or parent.
This is a safe space for all. Any form of disrespect/bullying will NOT be
tolerated.



Meeting Details

February 11th 2026
5:00 PM - 6:00 PM
Leq'á:mel Health Centre

*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)

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

FEBRUARY 11TH



6:00 PM – 7:00 PM

LEQ'Á:MEL HEALTH CENTRE

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**



First Nations Child and Family Services
and Jordan's Principle Settlement

Drop-ins with a Claims Helper



Removed
Child Class



Removed Child
Family Class



Have questions? Need more information or help starting a claim?

February 12 2-7pm

Health Centre Boardroom

First come, first served

*****Please bring at least one piece of ID with you*****



Learn more @ www.fnchildclaims.ca

LEQ'Á:MEL

FAMILY DAY PARTY



FEBRUARY 16, 2026

NOON - 4PM

**Get ready to
party Leq'á:mel!**

Everyone Welcome! Come
join us and celebrate Family
Day in a fun, safe space!

**LEQ'Á:MEL ADMIN.
BUILDING - 43101
LEQ'Á:MEL WAY**

WHAT TO EXPECT:

- Huge Bouncy Castle Obstacle Course
- Wingerz Food Truck
- G's Donairs Food Truck
- Mini Donuts
- Face Painting by Chubby Cheeks
- Scavenger Hunt & Egg Drop Contest

**FAMILY
FRIENDLY
DOOR
PRIZES**

FUN FOR ALL AGES

**FOR MORE
INFORMATION CALL
604-287-0011
OR EMAIL**

EVENTS@LEQAMEL.CA



Family Dinner Night

*In Collaboration
with the Leq'á:mel
Education Dept.*



COME JOIN US FOR DINNER, MINGLE
WITH FAMILY AND HAVE A CHANCE
TO TAKE HOME A HAMPER OR DOOR
PRIZE. TAKE HOME A BAG OF FRESH
PRODUCE.

Wednesday
18 February 2026

4:00PM
TO 7:00PM

Leq'á:mel Administration Building

FOR MORE
INFORMATION PLEASE
CONTACT THE EVENTS
TEAM AT
EVENTS@LEQAMEL.CA
OR BY PHONE AT
604-287-0011/236-887-2759

LEQ'Á:MEL HEALTH
CENTER INVITES YOU TO

LUNCH WITH THE BUNCH

JANUARY,
FEBRUARY
AND
MARCH
EVERY
FRIDAY
1-3PM

SOUP AND
BOARDGAMES



42981 LEQ'Á:MEL WAY

RELAXING *MASSAGE*

NOW BOOKING

FEBRUARY

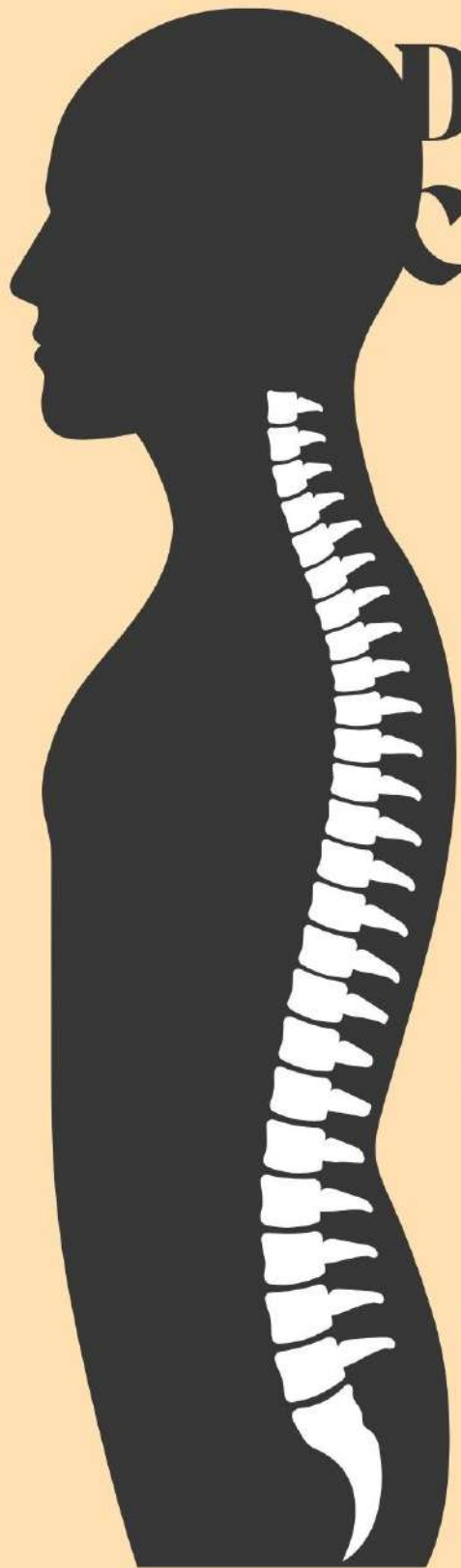
3 AND 17



HALF AN HOUR PER SESSION

CALL THE HEALTH CENTER TO BOOK YOUR APPOINTMENT TODAY

604-287-0011

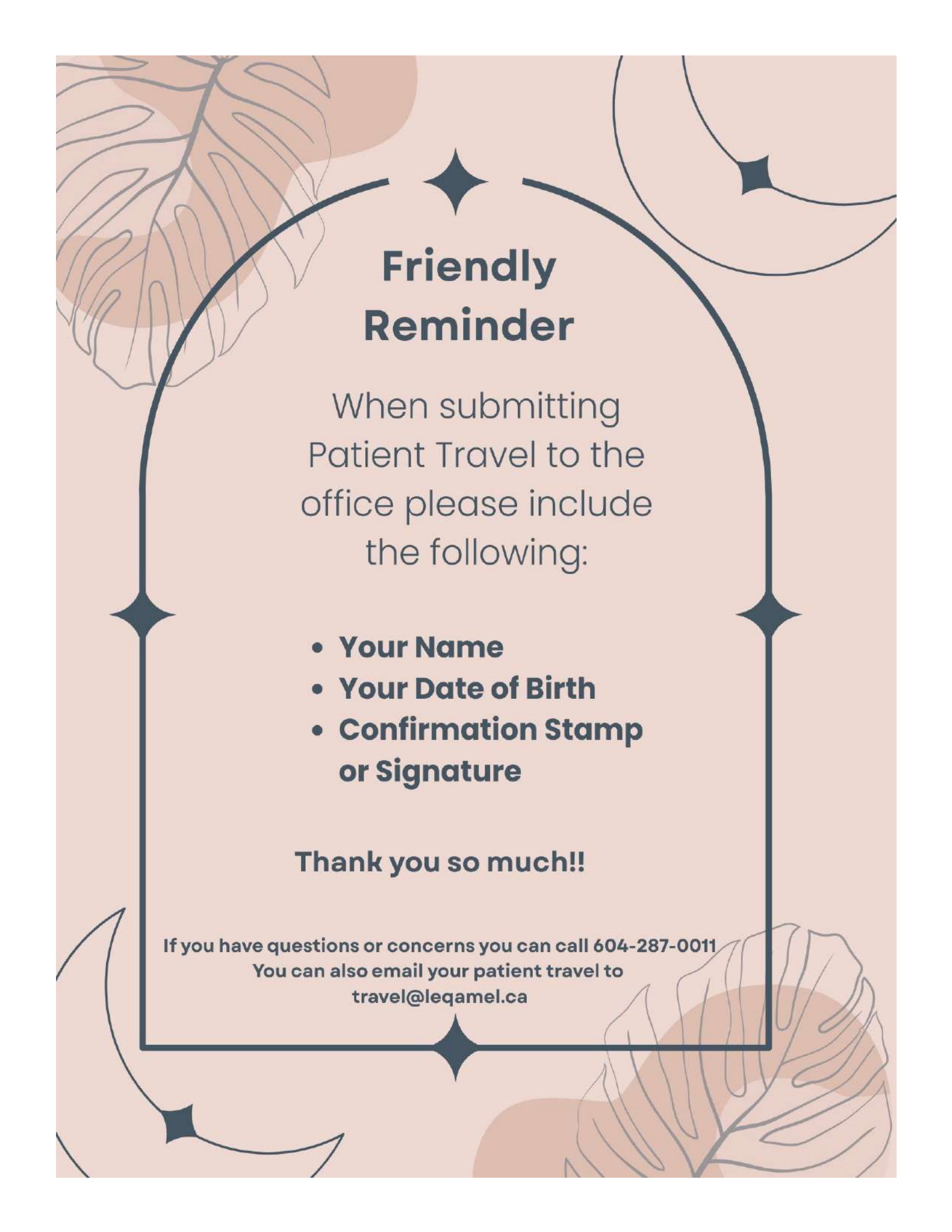


Dr. Cervo Chiropractor

Now Booking:
February 19th

Call the Health Center
to book your spot
(1st visit is 45 mins, any
visit after is 15 mins)

604-287-0011



Friendly Reminder

When submitting
Patient Travel to the
office please include
the following:

- **Your Name**
- **Your Date of Birth**
- **Confirmation Stamp
or Signature**

Thank you so much!!

If you have questions or concerns you can call 604-287-0011
You can also email your patient travel to
travel@leqamel.ca

FOOD SAFE

Level I

***Come
join us!***

DETAILS:

FULL DAY course & written exam
FRIDAY MARCH 20, 2026
8:30 am to 5:00 pm,

LIMITED SPACES

CALL TO SIGN UP

½ HR LUNCH
PROVIDED

SNACKS

604-287-0011



WHERE:

Leq'á:mel Community Gym

**COMING
APRIL 2026**

Service
Canada 

Canada 



canada revenue
agency

Dates to be announced- follow

Lez'a:mel on Facebook

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)

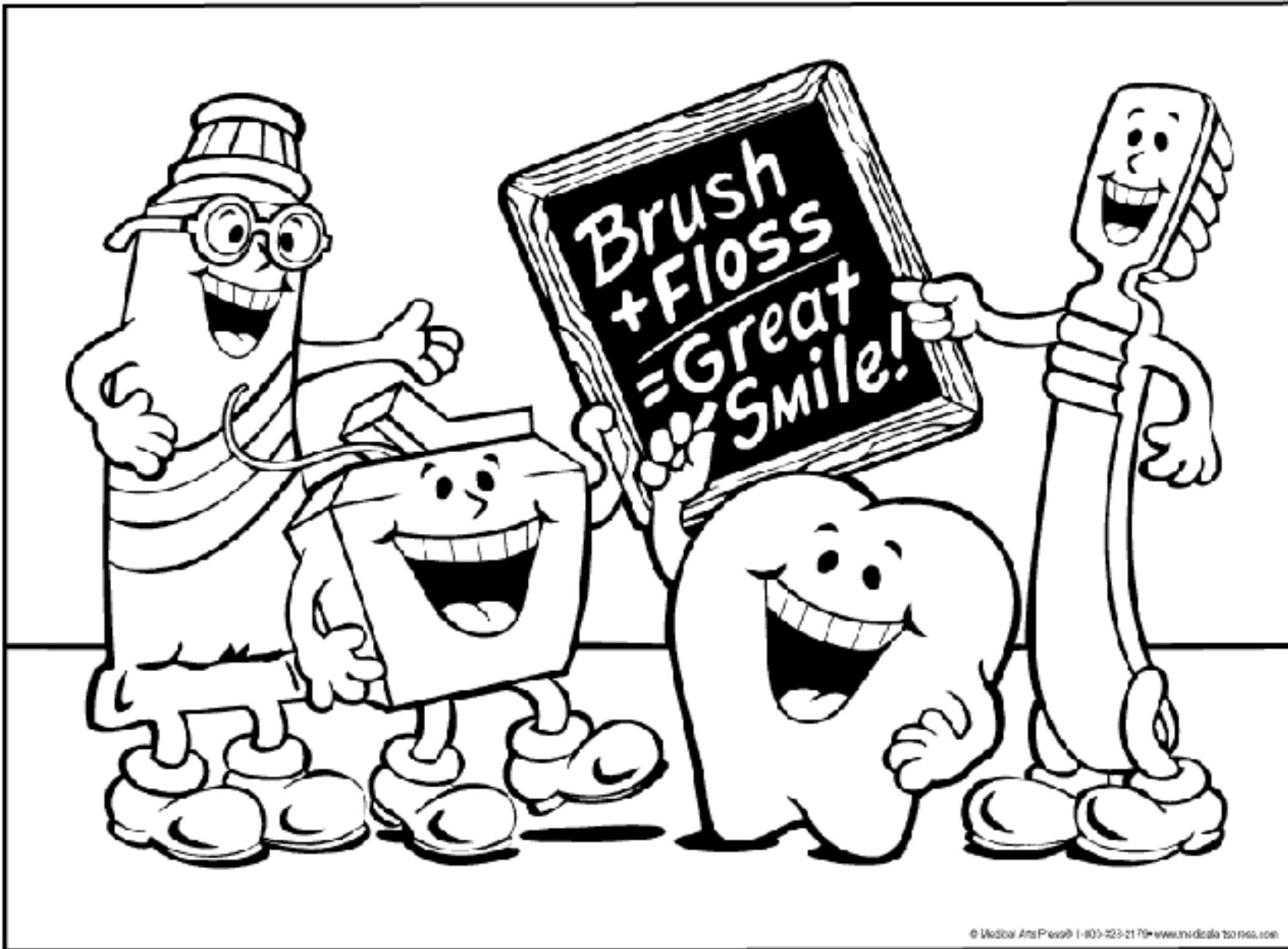
When: Thursdays at 7 pm

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.



We hope you enjoy this coloring sheet!
With smiles from Michelle and Melissa
COHI aides

Brain Teaser Word Search

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

attention	brain	cognition	cortex	dementia
Dopamine	exercise	exploration	function	hemisphere
left	lobe	memory	music	neurons
right	senses	sleep	stimulate	stress
superfood	temporal	vision	wired	



Leqamel Health Center
604-287-0011

Exercise your brain with this puzzle. 🌱



Sudoku



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

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

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

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



Leqamel Health Center
604-287-0011

Exercise your brain with this puzzle. 🍀



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

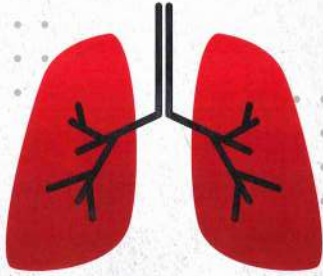
IT'S TIME TO GET VACCINATED!



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. Anne, RN & Jennie, RN

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

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

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

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

FNHA Fraser Salish Traditional Wellness Seasonal Gathering



FRASER SALISH REGION
First Nations Health Authority

"The Work of Winter: Explore and Create"

The FNHA Fraser Salish Region is excited to host the **Traditional Wellness Seasonal Gathering**.

This is a space to come together to share stories and learn from shared hands-on experiences that reflect community strengths and priorities. It supports regional work by exploring traditional wellness approaches, learning what matters most to communities and building the Traditional Wellness Framework for the Fraser Salish Region to collectively shape future directions.

Meals provided | Graphic recording | Interactive sessions

This three-day event will feature cultural sharing, interactive breakout sessions and meaningful opportunities to build connections across the Fraser Salish Region.

February 24, 25, 26, 2026

8:00 am - 5:00 pm

43101 Leq'á:mel Way, Deroche

Travelling 50km or more? Register by **February 13** to access accommodations.



For more information please contact the FNHA Fraser Salish Mental Health and Wellness Team at fs-mentalhealthwellness@fnha.ca

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	Carla Dupperon	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	236-602-4441Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441Ext1103

NATURAL RESOURCES

Natural Resource Manager	John Tao	john@leqamel.ca	403-835-7865
Guardians Coordinator	Melissa Friesen	melissa@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
--	-------------------	-------------------	--------------

HEALTH CENTRE & EVENTS

Health Manager	Barb Blanchard	barbara_blanchard@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

Daycare Manager	Kate Tralenberg	kate@leqamel.ca	604-287-2004 604-832-3041
Administration Coordinator	Shalimar Fitzgerald		604-287-2004
Infant & Toddler Educator	Michelle Chapman, Shirlene Lynch		604-287-2004
Early Childhood Educator	Alexis Paul, Caitlyn Sampon, Jaden Noel-Hodder 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		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 January 15 2026