

LEQ'Á:MEL
FIRST NATION



MARCH 2026

March

2026

Program Colour Code: **Community Health** **Traditional Healing**
Education **Community Engagement**

Leq'á:mel Health and Wellness Center

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Location Abbreviations: HB= Health Board Room GPB= General Purpose Building	2 Nurse Practitioner 9-3 Medicine plant walk 10-12 Grief and Loss 7-8pm (HB)	3 A/A Group(HB) 7pm Massage 10-2	4 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group 6pm(HB)	5 Meals on Wheels Chiro	6 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB) BINGO 5pm (gym)	7
8	9 Nurse Practitioner 9-3 Grief and Loss 7-8pm (HB) Family Dinner 4pm	10 A/A Group(HB) 7pm	11 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Kids Group 4:30-5 Youth Group 5-6 Sr. Youth Group 6-7	12 Meals on Wheels	13 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB)	14 Kids Group Market 12-4pm (gym)
15	16 Nurse Practitioner 9-3 Open Gym 10-2pm Grief and Loss 7-8pm (HB)	17 A/A Group(HB) 7pm Massage 10-2 TB workshop Hiking Trip 11-1pm	18 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Birdhouse Day 11-2pm Elders Group 6pm(HB)	19 Meals on Wheels Chiro Animal Day 1pm-3pm	20 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB)	21 Scavenger Hunt
22 Scavenger Hunt	23 Nurse Practitioner 9-3 Grief and Loss 7-8pm (HB)	24 A/A Group(HB) 7pm Dental	25 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Art Day 10-3pm (gym) Kids Group 4:30-5 Youth Group 5-6 Sr. Youth Group 6-7	26 Meals on Wheels Dental Play Abby Chilliwack 6:30-8:30pm	27 NA 12-1 (GPB) Lunch with the bunch 1-3pm (HB) Paintballing (must pre register) 12:30-5pm	28
29	30 Nurse Practitioner 9-3 Grief and Loss 7-8pm (HB) Copper Bracelet class	31		Tutoring Mondays, Tuesdays and Thursdays. Call or text Julie 236-988-2584		

A decorative border with green leaves and vines frames the text. The border is composed of various leaf shapes and vine segments in shades of green, some with small white flowers, arranged around the perimeter of the page.

Hello,

My name is Delyse Hoy, and I am very excited to be joining Leq'ámel First Nation as the Community Assistance Benefits (CAB) Clerk.

I am a mom to two daughters and three stepdaughters—four of whom are grown and living on their own. I enjoy spending quality time with my spouse, Carey, and our dog, Harley. Much of our time is spent at home working on our yard, relaxing by the pool, and enjoying the outdoors. I also love playing slo-pitch, which I've been involved in here in Mission for over 30 years. I was born and raised in Mission and truly appreciate the people, businesses, and community.

I bring over 15 years of experience as an Administration and Bookkeeping professional, with a background working in non-profit and public service environments. I am experienced in handling confidential records and am committed to providing equitable, respectful, and professional service.

As the CAB Clerk, I support the day-to-day administration of Community Assistance Benefits programs. This includes assisting with applications, managing records, and coordinating with the CAB Coordinator and Finance team to ensure accurate, timely, and confidential service delivery.

I am grateful for this opportunity and look forward to supporting such a wonderful community.

Kind regards,
Delyse Hoy
Community Assistance Benefits Clerk
delyse@leqamel.ca

New Leq'á:mel Members recently added:

Last Name	Given Name	Date Added
Jackson	Damion Robert	29-Jan-26
James	Kinsley Mae	29-Jan-26
Jefferson	Jayla Rose Christine	29-Jan-26
Marquez	Anita Clare	29-Jan-26
Quipp Brown	Athena Guru Lillian	29-Jan-26
Last Name	Given Name	Date Added
Morris	Corin Cecelia	30-Jan-26
Morris-Finkbonner	Merri-Lynn Mae	30-Jan-26
Morris-Finkbonner	Robert Takadub	30-Jan-26
Morris-James	Abcde Anastasia	30-Jan-26
Last Name	Given Name	Date Added
Finkbonner	Bridgett Rae	2-Feb-26
Finkbonner Jr.	Ronald Frank	2-Feb-26
Hull	Samantha Ann	2-Feb-26
Seymour	Juliette Viola	2-Feb-26

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

Acting Health Manager, 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

We are currently working with PIEER to get funding to install heat pumps at no cost. We are starting with rental units. If you are interested in having a heat pump installed in your home, please fill out the information page included in the newsletter or email Stephanie, stephanie@leqamel.ca. We have included information on the process in the following pages.

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

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.

Housing applications need to be submitted yearly to remain on the list. Application forms are available at reception, or I can email/mail one to you.

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.

Test smoke and carbon monoxide alarms regularly.

Inspect plumbing around toilet and sinks for drips or leaks.

Vacuum fridge coils to prevent overheating.

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.



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

Reducing energy bills in Leq'á:mel with PIEER funding



Leq'á:mel is conducting home evaluations to access the funding for heat pumps

and more...

What happens during the evaluation?



Air-test

~5 mins



Measure

~5 mins



Photos

~5 mins



- ✓ Exterior
- ✓ Attic insulation
- ✓ Heating systems

When are the evaluations?



Date TBC

Starting with rental homes

Who will do the evaluations?



Mark Jackson

Flowcasa energy advisor



Mark Jackson

Reducing energy bills in Leq'á:mel with PIEER funding



Leq'á:mel has submitted funding applications for energy efficient home improvements, including

Ventilation

Air-Source
Heat Pumps

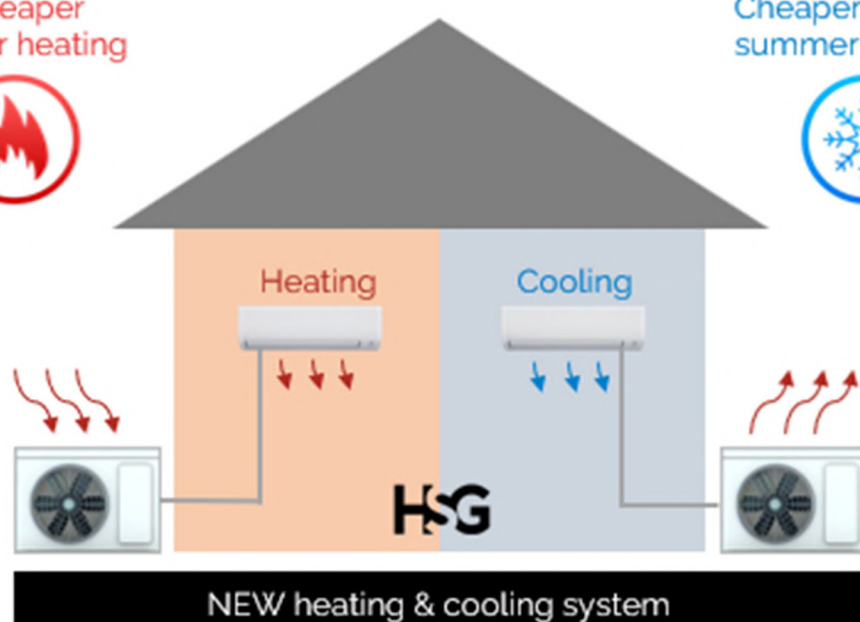
and more...

What is a Heat Pump?

Cheaper
winter heating



Cheaper/added
summer cooling



Reduce
GHGs



Lower
utility bills

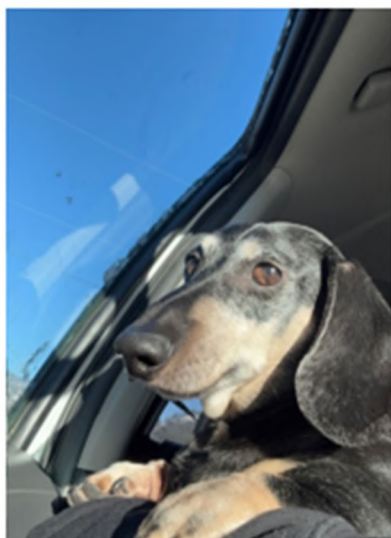


Cooling

Next step: Home evaluations



(To be confirmed)



Social Development Mascot
Mr. Hans Gruber – Waiting for Spring

SOCIAL DEVELOPMENT MARCH 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.

T5007s for filing Income Tax will be sent out by the end of this month (February).

We will be starting the Annual Review process in April and will be mailing out application forms with instructions. Please complete what you can and gather all requested documents, then email or phone to make an appointment.

We have had an uptake in interest in applying for Persons with Disabilities (the PWD Booklet). Please be advised that in order 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 one's 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.

Jenny Wagner

778-345-6137 (text friendly)

Monday to Thursday

jenny@legamel.ca

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**](mailto:kathy@legamel.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)

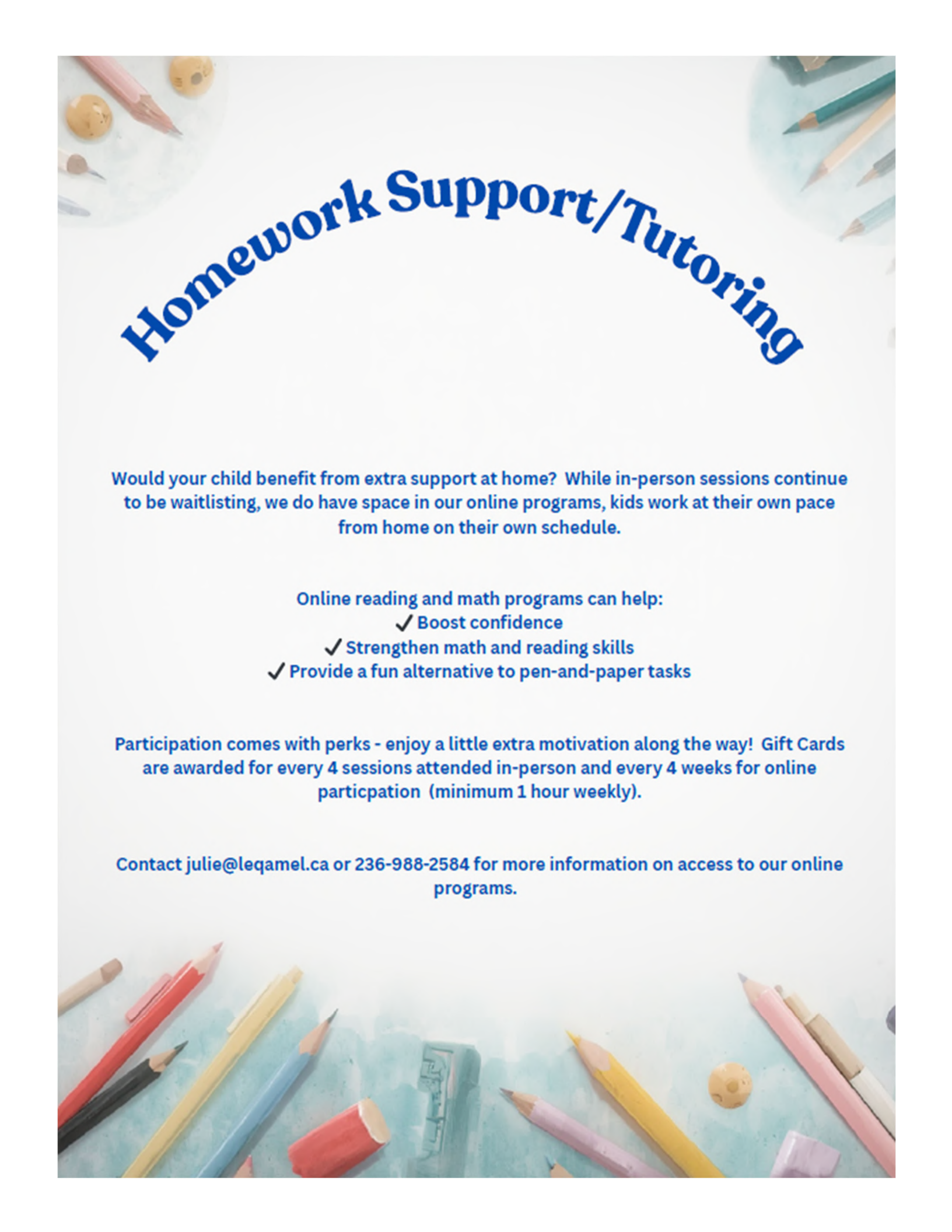
August 26, 2026 (for September 2026)

September 23, 2026 (for October 2026)

October 21, 2026 (for November 2026)

November 18, 2026 (for December 2026)

December 16, 2026 (for January 2027)



Homework Support/Tutoring

Would your child benefit from extra support at home? While in-person sessions continue to be waitlisting, we do have space in our online programs, kids work at their own pace from home on their own schedule.

Online reading and math programs can help:

- ✓ Boost confidence
- ✓ Strengthen math and reading skills
- ✓ Provide a fun alternative to pen-and-paper tasks

Participation comes with perks - enjoy a little extra motivation along the way! Gift Cards are awarded for every 4 sessions attended in-person and every 4 weeks for online participation (minimum 1 hour weekly).

Contact julie@leqamel.ca or 236-988-2584 for more information on access to our online programs.



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.

ARE YOU INTERESTED
IN LEARNING

Halq'eméylem

We are working hard to get a new cohort of language students started soon. If you are interested in learning the language, please reach out to the Leq'á:mel Health Centre to provide your contact information.

At this time, we have not set a date for starting the next cohort but those who provide their contact information will be contacted with further information as soon as we can provide it.



Information to be provided to
Events@leqamel.ca
604-287-0011



BAT AMBASSADOR TRAINING WORKSHOP

IN PARTNERSHIP WITH METRO VANCOUVER
REGIONAL PARKS, THE BC COMMUNITY BAT
PROGRAM IS PUTTING ON A FREE BAT
AMBASSADOR TRAINING WORKSHOP
WEDNESDAY, APRIL 1ST, 2026

FOR MORE INFORMATION AND SIGN UP
PLEASE CONTACT :
AIMEE MITCHELL
FRASER VALLEY COORDINATOR
BC COMMUNITY BAT PROGRAM
T. 1-855-922-2287 EXT. 23
E. FRASERVALLEY@BCBATS.CA



CAB PROGRAM COMMUNITY Q&A SESSION

The Leq'á:mel First Nation Community Assistance Benefit (CAB) Program is available exclusively to LFN Citizens and is made possible through income earned on a Community Trust established from the Klatwaas Settlement (2023).

MARCH 5, 2026 AT 5:30 PM
LOCATION: ADMIN BUILDING GYM

Our CAB staff will be available to walk members through our brand new **CAB Portal** and answer any questions regarding the **CAB application process**.

We look forward to seeing you there!

Light snacks & refreshments will be available.

A zoom link will be provided for those who are unable to attend in person.

Leq'á:mel Family **DINNER NIGHT**

**MARCH
9TH**
4PM - 7PM

**Hosted with
Education**

Come join us for a meal, good conversation with family and take home a bag of fresh produce.

Each household will have a chance to win a grocery hamper, and kids will have a chance to win a fun filled hamper of their own. All adults will also have their opportunity to win great door prizes.



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

For more information please contact the
events team:

Events@leqamel.ca | 604-287-0011



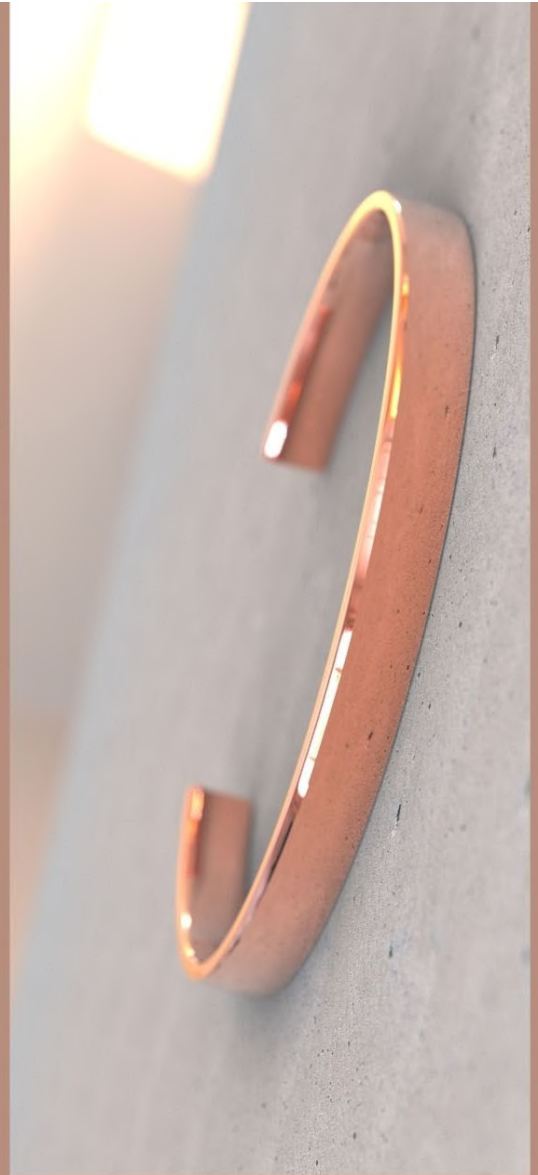
COPPER BRACELET MAKING

AGES 15+

MARCH 30TH 2026
6:00PM

MUST RSVP BY
MARCH 20TH AS
SPOTS ARE
LIMITED

LEQ'Á:MEL
ADMINISTRATION
BUILDING
43101 LEQ'Á:MEL WAY



TO RSVP PLEASE
CONTACT THE EVENTS
TEAM:
EVENTS@LEQAMEL.CA
604-287-0011
236-887-2759





Leq'á:mel Kid's (0-7) Group

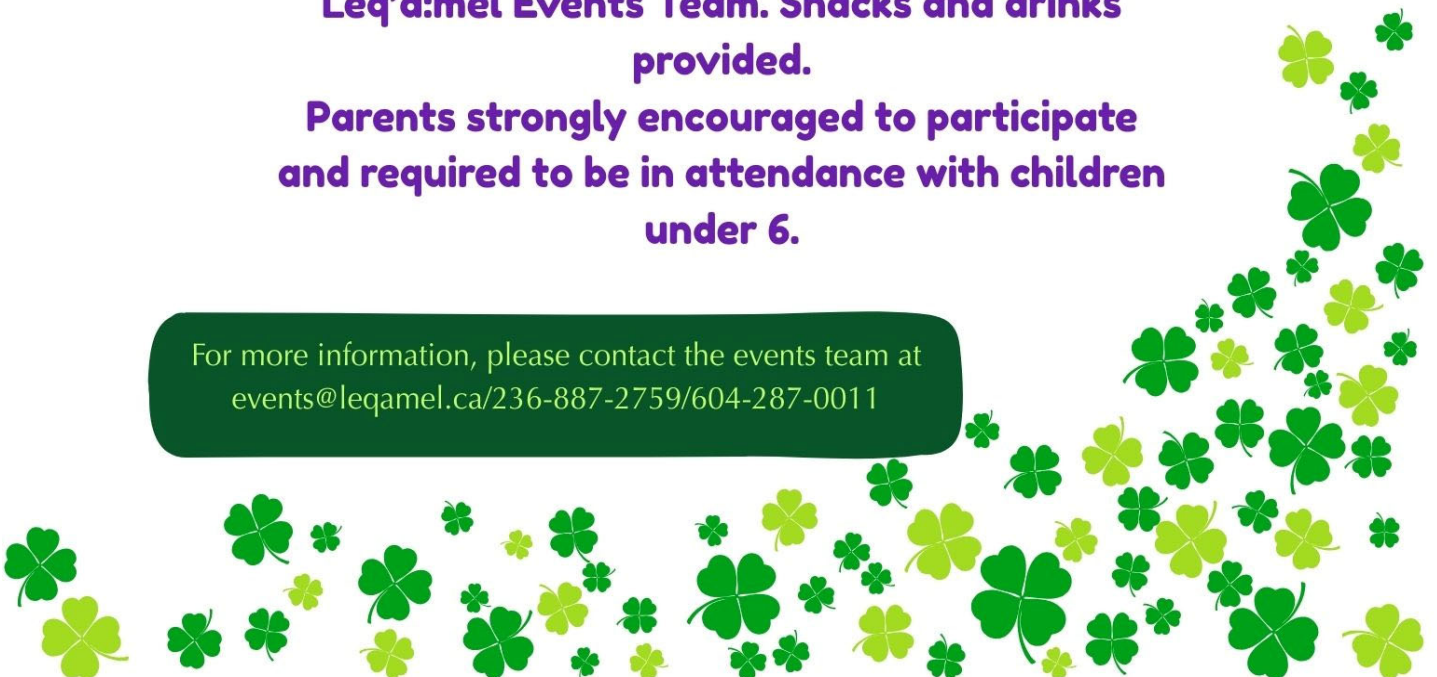
MARCH 11TH & 25TH
4:30PM – 5:00 PM @ LEQ'Á:MEL HEALTH CENTRE



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!

Meeting Details:

March 11th & 25th

5PM - 6PM

Leq'á:mel Health
Building

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.

*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



SENIOR YOUTH GROUP (AGES 18-27)

MARCH 11TH & 25TH



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**

MARK YOUR CALENDARS FOR OUR **SPRING MARKET**



**MARCH
14TH 2026**
12(NOON)
TO 4PM

Tables available for vendors to book.
\$10/table Please contact
Brittany/Chance to book.
Events@leqamel.ca or
text 236-887-2759

43101 LEQ'A:MEL WAY, DEROCHE

Proceeds will go to the
Leq'a:mel Kid's Group

SPRING BREAK Photo SCAVENGER HUNT

Join us in finding all of the items listed below. Be sure to take a picture of each item with a member of your family included in the picture.

Once you have found all items, submit your photos to events@leqamel.ca by **4:00PM, Monday March 23rd.**

All completed entries will be entered into draw for your family's chance to win a prize.

Items to find:

- A yellow house
- A stop sign
- a cat
- a dog
- a bike
- a mailbox
- a picket fence
- a rock
- 2 different shaped leaves
- a bridge
- a fire hydrant
- a bench
- a bumper sticker
- something with the word Leq'á:mel on it
- a bird
- a trash can

Open to all
Leq'á:mel member
families

For more information, please contact Brittany or Chance at the Leq'á:mel Health & Wellness Centre.

To be completed
March 21 & 22
weekend.

📞 [604-287-0011](tel:604-287-0011)

✉️ events@leqamel.ca

📞 [236-887-2759](tel:236-887-2759)



Spring Break

**Feathers
& Fun**

**BIRDHOUSE PAINTING
DAY**

COME JOIN US FOR SOME FUN

Build and/or paint a birdhouse.
Lunch Provided

Let's get creative and make some
birdhouses to be able to take home
and set up in your yard to be able to
watch the many different birds that
are local to the area this spring.

March 18th

11am - 2pm

**General Purpose Building
42985 Leq'á:mel Way**

**Kids under 6 will require a parent/guardian
to attend with them**



Join us for Spring Break

ARTS & CRAFTS

WE WILL BE MAKING:

- SENSORY JARS
- PAINTING ROCKS
- DREAM CATCHERS
- FUZZY GUYS
- PAINTING NAMES ON CANVAS

LUNCH WILL BE PROVIDED!

March 25th, 2026 | 10am - 3pm
Administration Building

FOR MORE INFO:

Brittany & Chance
Events@leqamel.ca
Call us at 604-287-0011
Text us at 236-887-2759



**March
27th**

**Ages
13-18**

LEQ'Á:MEL YOUTH!

**COME JOIN US AT
MILLIONAIRE
PAINTBALL AN
AFTERNOON OF
PAINTBALL**

**RSVP BY 4PM ON
MARCH 18TH**

- Ride Provided
- Snacks/Drinks Provided
- 2.5 hours of paintball fun
- Tippmann semi auto paintball marker provided
- JT full facemask and fog resistant goggles provided

**More info contact Brittany/Chance
Events@leqamel.ca/604-287-0011/236-887-2759**

Spring Break is time for hiking

Come join us for a hike at the Spirit Trail in Harrison Hot Springs. Spirit Trail is a short walk through a beautiful cedar forest. What makes this trail so special is that a local resident and artist has decorated many of the cedars along the trail with beautiful masks.

M A R C H

17

Planned departure from
the Leq'á:mel Health Centre
at 11am

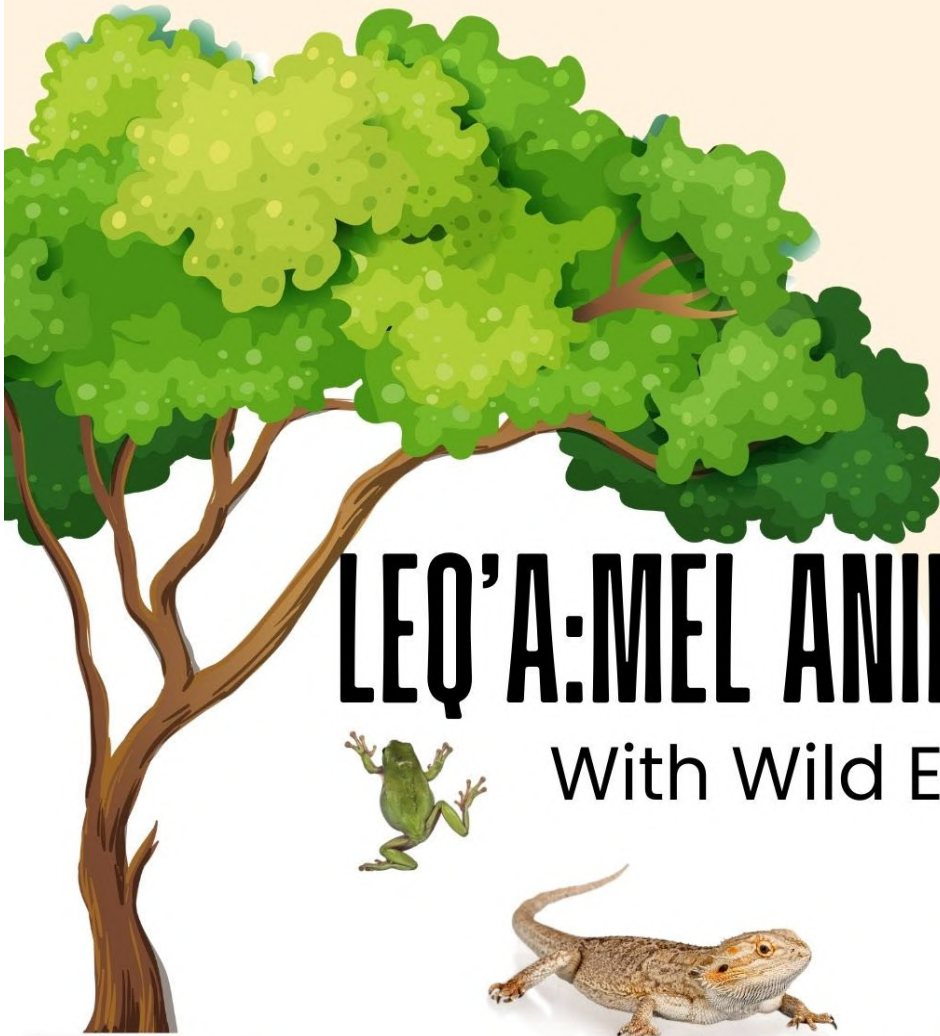
📍 42981 Leq'á:mel Way

☎ 604-287-0011

✉ Events@leqamel.ca

**RIDES & LUNCH
PROVIDED.
PLEASE RSVP TO
ENSURE WE HAVE
A SEAT FOR YOU
ON THE BUS.**





LEQ'A:MEL ANIMAL DAY

With Wild Education!



LFN Administration Building

Kids under 6 must be accompanied
by a parent/guardian

19 MARCH 2026 1PM-3PM



Come join us for some spring
break animal fun! Learn about
all sorts of different animals.

For more information:
604-287-0011
Events@leqamel.ca

**MARCH 21ST 2026
9:30AM-3PM**



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

SPRING



FLEA

**Garage
Tables**

MARKET

**Table rentals
open to all (\$15)
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**

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:

March 4th, 2026 6PM at the Health Centre

March 18th, 2026 6PM at the Health Centre

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 the word "BINGO" at the top and a grid, and a blue one with a grid. A red badge with "18+ ADULTS ONLY" is also present.

18+ ADULTS ONLY

March 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





Leq'á:mel Cannabis Company

February, 2026

Industry and Career Information Sessions:

The Leq'á:mel Development Corporation and Leq'á:mel Cannabis Company are excited to announce that we are gearing up for the 2026 operating season at the new Leq'á:mel Cannabis Company facility by hosting an official event with Chief and Council for the community in the spring of 2026! Details of this event will be advertised in the coming weeks!

The Leq'á:mel Cannabis Company has successfully achieved the phased Health Canada approval to operate at the facility. The second approval is in progress but we expect to have that in the coming weeks for additional operations.

In the coming weeks we will be advertising and hosting a series of informal information sessions for Leq'á:mel members who may be interested in learning more about the licenced cannabis industry as well as Health Canada's role with us at the facility. Sessions will also provide information about some of the employment opportunities and roles that will be available to Leq'á:mel Members at the facility located at Leq'á:mel First Nation.

If you have questions about the facility, employment opportunities or would like to pre-register for the information sessions please email: cannabisco@legamel.ca

Respectfully,

Ron Smith
CEO,

Employment and Skills Training

MARCH 18, 2026

OCCUPATIONAL

FIRST AID BASIC

Limited space—SIGN UP NOW!!

**FIRST AID TRAINING
PLAYS A VITAL ROLE
IN
EQUIPPING
EMPLOYEES WITH
THE SKILLS NEEDED
TO RESPOND TO
EMERGENCIES**

**Ages 16yrs and up
8:30–4:30 in the gym
Lunch Provided**

Open to ALL indigenous people— regardless of status

To Register Call: Michelle 604–287–0011

Brighten your smile

**With Michelle
Beattie's Dental
Clinic at Leq'á:mel
Health and Wellness
Center**

Now Booking

MARCH 24TH, 25TH AND 26TH

APRIL 14TH, 15TH AND 16TH

MAY 12TH, 13TH, 14TH

Contact Michelle Ledenko to book
an appointment

604-236-887-1359 or 604-287-0011
michelle ledenko@leqamel.ca



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

SOAPSTONE CARVING WORKSHOP

WITH ERIN LARSEN OF CARE2CARVE

LEQ'Á:MEL FIRST NATION GYM

SUNDAY MARCH 29, 2026

12PM LUNCH

1PM WORKSHOP



CREATE A PENDANT

ALL SUPPLIES INCLUDED

REGISTRATION IS REQUIRED BY EMAILING OR CALLING

SHEENA@LEQAMEL.CA

604-826-7976

25 SPACES AVAILABLE





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

SPRING WORD SEARCH

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

BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

GREEN
GROW
SEEDS
RAIN

SUNSHINE
BLOSSOM
CHICK
GRASS

SHOWERS
EGGS
GARDEN
CATERPILLAR



Fun Beading Day

Unleash Your Creativity!

Join us for an afternoon full of colors, beads, and creativity! Perfect for kids, teens, and families all skill levels welcome!

23 March, 2026
At 12:00 PM

Snacks and Drinks
will be provided.
All supplies will be
included.

*Let's
get crafty
and have
some fun!*

Please contact Sheena for further information.

604-826-7976

sheena@leqamel.ca



FOOD SAFE

Level I



***Come
join us!***

DETAILS:

FULL DAY course & written exam
FRIDAY MARCH 20, 2025
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 2**

**Service
Canada**

Canada



canada revenue
agency

**10-3 Leqamel Health Centre boardroom
Drop-ins
First come first served**

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	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
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
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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,		604-287-2004
Early Childhood Educator	Alexis Paul, Caitlyn Sampon, Jaden Noel-Hodder Alisha Pothercary		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