





Leq'á:mel First Nation Offices will be closed

**Monday, September 7th
for Labour Day,
& Wednesday,
September 30th
for National Day of
Truth and
Reconciliation**

In case of emergency please call

1-604-378-2931

September2026

Program Colour Code: Community HealthTraditional HealingEducationCommunity Engagement

Leq’á:mel Health and Wellness CenterMonthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 A/A Group(BR) 7pm massage	2 Mission Mobile Clinic @ Gas Station 1:30- 4:30pm	3 Meals on Wheels Social Hour 1-2pm (HB)	4 NA 12-1 (10220 N. Deroche Rd.) Bingo	5
6	7 Labour Day Offices Closed	8 A/A Group(BR) 7pm Footcare	9 Mission Mobile Clinic @ Gas Station 1:30- 4:30pm Footcare Elders Group 6pm(HB)	10 Meals on Wheels Social Hour 1-2pm (HB)	11 NA 12-1 (10220 N. Deroche Rd.) Lunch with the Bunch 12-2pm	12
13	14 Nurse Practitioner 9-3 Social Hour 1-2pm (HB) Yoga 5pm-6pm (gym)	15 A/A Group(BR) 7pm	16 Mission Mobile Clinic @ Gas Station 1:30- 4:30pm Acupuncture Family Dinner Night	17 Meals on Wheels Social Hour 1-2pm (HB) Chiro	18 NA 12-1 (10220 N. Deroche Rd.)	19
20	21 Nurse Practitioner 9-3 Social Hour 1-2pm (HB) Yoga 5pm-6pm (gym) Drum Group Practice 6pm (gym)	22 A/A Group(BR) 7pm massage	23 Mission Mobile Clinic @ Gas Station 1:30- 4:30pm KidsGroup 4:30pm-5pm Youth Group 5-6pm Sr. Youth Group 6-7pm	24 Meals on Wheels Social Hour 1-2pm (HB)	25 NA 12-1 (10220 N. Deroche Rd.) Lunch with the Bunch 12-2pm	26 Free Market 10am-4pm (gym)
27	28 Social Hour 1-2pm (HB) Yoga 5pm-6pm (gym)	29 A/A Group(BR) 7pm	30 Truth and Reconciliation Day Offices Closed Truth and Reconciliation Day Dinner (gym)		Location Abbreviations: HB= Health Board Room	
					Tutoring Call or text Julie 236-988-2584	

Join Us In Welcoming A Leq'á:mel Baby



OZAIA-EILEEN JAYE PREUS

Born August 22, 2026

Baby Ozaia-Eileen was born at 34 weeks, weighing
4lbs 9ounces to:

Mom – Taelyn Malloway
&
Dad – Christopher Preus

Siblings – Sophia, Brooklyn, Christopher Jr, and Trezley

HOUSING NEWS

Housing has been applying to PIEER to install heat pumps into homes on reserve that are interested. We have applied to install 20 heat pumps, which has been approved. LFN received \$300,362 for the first round. Installation of heat pumps has begun on the first 20 homes. A second round of Energy Assessments has been approved and will be completed by the end of August. Once energy assessments have been completed, we can submit another application to install heat pumps in those homes. If you are interested in having a heat pump installed in your home or would like an energy assessment completed on your home please reach out to Stephanie – stephanie@leqamel.ca and I can add you onto the next round of funding. Those who are currently using a heat pump to heat and cool your home do not qualify for the PIEER funding. Replacing an existing heat pump or adding a head to an existing heat pump are not eligible. Funding amounts with PIEER vary depending on the type of heating system currently in your home, with higher funding available for homes that are heated by fossil fuel systems (such as oil, propane or natural gas) than for homes with electric furnace. Those who heat their home with oil will be required to meet a minimum oil consumption of 500L annually.

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

Wendy McDonald • Housing Manager

604-826-7976 • wendy@leqamel.ca

Stephanie Toth • Housing Assistant

604-826-7976 • stephanie@leqamel.ca

HOME MAINTENANCE TIPS

Test smoke and carbon monoxide detectors.

Check rain gutters and if necessary clean out fallen leaves to ensure there is no blockage.

Check and replace weather stripping around doors and windows.

Reminders

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

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

Subletting is not permitted.



Leq'á:mel First Nation

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

Community Notice: Heat Pumps

Dear Leq'á:mel Xwélmexw (People)

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

As part of this upgrade:

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

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

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

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

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

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



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

New Leq'á:mel members recently added:

Last Name	Given Name	Section	Date Added
Ford	Ayla Lucy	7	28-Jul-26
Ford	Jesse Kelly	7	28-Jul-26
Last Name	Given Name	Section	Date Added
Jefferson	Gloria Evelyn	7	29-Jul-26
Shawcross	Delilah Elizabeth Marie	7	29-Jul-26
Florence- Diablo	Jazelle Cecilia	7	29-Jul-26

Greetings LFN Citizens!

A quick reminder:

You must book an appointment with the Membership Clerk if you plan on coming in person to drop off an application form and/or supporting documentation to the Administration building!

Email or call the Administration office to book your appointment!

Faye Howell- Membership Clerk

membership@leqamel.ca

604-826-7976 (office)

236-380-1753 (cell)

1-833-826-7976 (toll free)

LAND GUARDIAN UPDATES

NORRISH CREEK RESTORATION

EACH SUMMER, YOUNG FISH ARE STRANDED WITHIN POOLS ALONG NORRISH CREEK. THIS SUMMER, THE JUNIOR GUARDIANS AND SENIOR GUARDIANS DEDICATED THEMSELVES TO SAVING ALL THESE FISH. COHO, STICKLEBACK, AND NORTHERN PIKEMINNOW WERE THE MOST COMMON TO BE SEEN, ALONG WITH THE ODD CRAWFISH. ONCE THESE FISH WERE CAUGHT AND COUNTED, THEY WERE RELEASED INTO A NEARBY WATERSHED WHERE THEY'D THRIVE, AND BE ABLE TO RETURN HOME ONCE THE WATER RISES AGAIN.

COMMUNITY GARDEN

THE COMMUNITY GARDEN IS WHERE THE JUNIORS SPENT MOST OF THEIR MORNINGS THIS SUMMER. WATERING THE PLANTS, WEEDING THE BEDS, AND HARVESTING THE DELICIOUS CROPS ONCE FULLY GROWN.

FISHING AND DISTRIBUTION

COMMUNITY IS OF UTMOST IMPORTANCE TO ALL OF THE GUARDIANS, SO WHEN HELP WAS NEEDED FOR FISHING, THE JUNIORS WERE HAPPY TO HELP! ONCE FISH WERE CAUGHT, AND FISH DISTRIBUTION CAME AROUND, ONCE AGAIN, THE JUNIORS WERE EAGER TO HELP. THEY BAGGED FISH, BROUGHT THEM TO VEHICLES, AND GREW CLOSER TO THE COMMUNITY THROUGH THE INTERACTIONS HAD THROUGHOUT THE DAY.

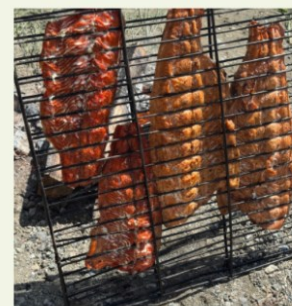
CULTURAL TRAINING

THIS YEAR, THE GUARDIANS HAD RECEIVED MULTIPLE OPPORTUNITIES TO LEARN MORE ABOUT THE CULTURE AND WAYS OF THE STÓ:LŦ PEOPLES. ON A CULTURAL BUS TOUR WITH RAY DOUGLAS, THEY WENT UP TO YALE LEARNING STORIES PASSED DOWN THROUGH GENERATIONS.

AT XÁ:YTEM, THEY LEARNT ABOUT THE WAYS SPECIFIC TO LEQ'Á:MEL AND HAIDA PEOPLES. MAKING CEDAR ROSES, LEARNING HOW TO PROPERLY INTRODUCE ONESELF, HOW BLANKETS WERE MADE AND WORN FOR SPECIFIC CEREMONIES. THE JUNIORS ARE ALWAYS EAGER TO LEARN!

JOE'S SLOUGH

THE PAST FEW YEARS THE JUNIORS AND GUARDIANS HAVE BEEN CLEARING OUT THE BEAVER DAM WITHIN THE FLOOD GATE CONNECTING JOE'S SLOUGH TO NICOMEN SLOUGH, BUT NOW THEY'RE WORKING IN JOE'S SLOUGH WITH A BIGGER PURPOSE. THERE IS NOW WORK BEING DONE IN JOE'S SLOUGH THAT WILL LEAD TOWARDS A CLEAN AND THRIVING HABITAT FOR THE NATIVE SPECIES THAT RESIDE THERE. THE JUNIOR'S HAVE BEEN SALVAGING THE FISH CAUGHT WITHIN THE MUD, IN HOPES TO SAVE ALL THOSE THEY CAN SO THEY MAY RETURN TO A HEALTHIER HOME SOMEDAY IN THE FUTURE.



JUNIOR GUARDIANS

JADA GOULDING



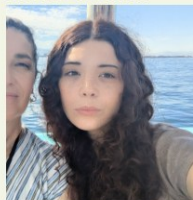
ÉY SWÁYEL!
MY NAME IS JADA GOULDING, AND THIS IS MY FOURTH YEAR AS A JUNIOR GUARDIAN, AND MY FIRST AS THE POST SECONDARY JUNIOR.
I'M CURRENTLY GOING INTO MY SECOND YEAR AT THE UNIVERSITY OF THE FRASER VALLEY, LOOKING TO MAJOR IN INDIGENOUS STUDIES AND MINOR IN ENVIRONMENTAL STUDIES.
I LOVE BEING OUT IN NATURE, SPECIFICALLY BY THE CREEK ON A HOT DAY OR OUT ON A WALK WITH MY FAMILY AND FRIENDS. WILDLIFE IS MY PASSION, I LOVE STUDYING AND LEARNING ALL I CAN ABOUT THE CREATURES WE SHARE THIS WORLD WITH, AND I AM ALWAYS EAGER TO LEARN MORE.
I AM VERY GRATEFUL, AND PROUD TO HAVE THE OPPORTUNITY TO BE A JUNIOR GUARDIAN AGAIN THIS YEAR.
CH'ITHOMÉTSEL!

AUGUST LASLO



ÉY SWÁYEL, TAANS!!!
I'M AUGUST LASLO, AND THIS IS MY FOURTH SUMMER AS A JUNIOR GUARDIAN. I AM THRILLED TO HAVE RETURNED FOR ANOTHER WONDERFUL SUMMER. THIS PROGRAM HAS TRULY CHANGED MY LIFE AND IS THE REASON THAT I AM ATTENDING VIU IN THE FALL FOR THEIR RESOURCE MANAGEMENT OFFICER OF TECHNOLOGY PROGRAM.

EMMA LAIDMAN



HELLO! MY NAME IS EMMA LAIDMAN AND THIS IS MY THIRD YEAR BEING A JUNIOR GUARDIAN WITH LEQ'Á:MEL. I'M A TWENTY YEAR OLD STUDENT WHO HOPES TO PURSUE A CAREER IN NATURAL RESOURCES. IN MY FREE TIME I ENJOY TAKING MY DOG ON HIKES AND EXPLORING THIS AREAS BEAUTIFUL LAKES AND MOUNTAIN SIDES.
WORKING WITH THE GUARDIANS FOR THE PAST THREE SUMMERS HAVE BEEN AN ABSOLUTE PLEASURE! LEARNING ABOUT STO:LO HISTORY AND THE LANDS NATIVE SPECIES HAS BEEN VERY EDUCATIONAL AND DELIGHTFUL TO BE TAUGHT . LEQ'Á:MEL GUARDIANS ARE THE ABSOLUTE BEST! PAIRED WITH THEIR FRIENDLESS AND DEDICATION IS THEIR KNOWLEDGE AND HARD WORK ETHIC. THEY HAVE BEEN AMAZING TEACHERS OVER THE SUMMERS.
IT'S BEEN AN HONOUR TO BE APART OF THIS PROGRAM WITH LEQ'Á:MEL FIRST NATIONS. THANK YOU FOR THE OPPORTUNITY TO LEARN AND WORK ON THE LAND.

RILEY ZEEB



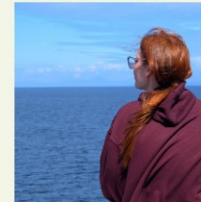
IM RILEY, IM 16 YEARS OLD, AND THIS IS MY SECOND YEAR AS A JUNIOR GUARDIAN. IM VERY GRATEFUL I WAS ACCEPTED INTO THE PROGRAM A SECOND TIME, AS THIS JOB HAS BEEN A WONDERFUL LEARNING EXPERIENCE FOR ME. AS A FIRST NATION LEQAMEL MEMBER, I TAKE AN INTEREST IN THE LAND I LIVE ON, AND FIND THAT THIS JOB HAS BEEN VERY EDUCATIONAL REGARDING MY CULTURE AND THE AREA IT ORIGINATES FROM. MY COWORKERS ARE VERY FRIENDLY AND WELCOMING, AND WORKING WITH THEM AND FOR LEQAMEL HAS BEEN A GREAT EXPERIENCE.

KATHLEEN POINT



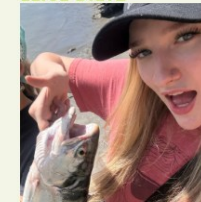
GREETINGS! MY NAME IS KATHLEEN POINT. THIS IS MY SECOND YEAR AS A JUNIOR GUARDIAN WITH LEQ'Á:MEL FIRST NATION. I AM 18 YEARS OLD AND MY MAJOR IS BACHELORS DEGREE IN ENVIRONMENTAL STUDIES. BEING A PART OF THIS PROGRAM HAS BEEN SUCH AN AMAZING EXPERIENCE FOR ME. IT HAS GIVEN ME THE OPPORTUNITY TO LEARN MORE ABOUT MY COMMUNITY, THE ENVIRONMENT, AND THE IMPORTANCE OF TAKING CARE OF THE LAND AROUND US. THROUGHOUT THE SUMMER, I WAS ABLE TO GAIN NEW EXPERIENCES AND SKILLS THAT I WILL CONTINUE TO CARRY WITH ME THROUGHOUT MY EDUCATION AND FUTURE CAREER.
THIS SUMMER BROUGHT ME A LOT OF HAPPINESS AND GAVE ME MANY MEMORIES THAT I WILL ALWAYS BE GRATEFUL FOR. I ENJOYED BEING ABLE TO COME TO WORK EACH DAY KNOWING THAT I WAS DOING SOMETHING MEANINGFUL WHILE ALSO HAVING FUN AND CONNECTING WITH OTHERS. THE PROGRAM HELPED ME GROW NOT ONLY AS A STUDENT, BUT ALSO AS A PERSON. IT GAVE ME A STRONGER APPRECIATION FOR MY COMMUNITY, THE ENVIRONMENT, AND THE IMPORTANCE OF GIVING BACK. I AM VERY THANKFUL THAT I HAD THE OPPORTUNITY TO BE A JUNIOR GUARDIAN FOR ANOTHER SUMMER, AND I LOOK FORWARD TO TAKING EVERYTHING I LEARNED WITH ME INTO MY SECOND YEAR OF UNIVERSITY AND BEYOND.

KAITLYN WATSON



HI, I'M KAITLYN, I AM MÉTIS & 18 YEARS OLD. IN MY FREE TIME I REALLY ENJOY HIKING, FREE-DIVING, & CREATING ART. I AM CURRENTLY WORKING TOWARDS BEING A PARAMEDIC IN THE FUTURE. I JOINED THE JUNIOR GUARDIAN PROGRAM TO SPEND MORE TIME LEARNING ABOUT THE LAND. BEING A PART OF THIS PROGRAM HAS ALLOWED ME TO MAKE A DIFFERENCE HELPING THE ENVIRONMENT THROUGH THINGS LIKE FISH SALVAGING.

ELISE DIETZ

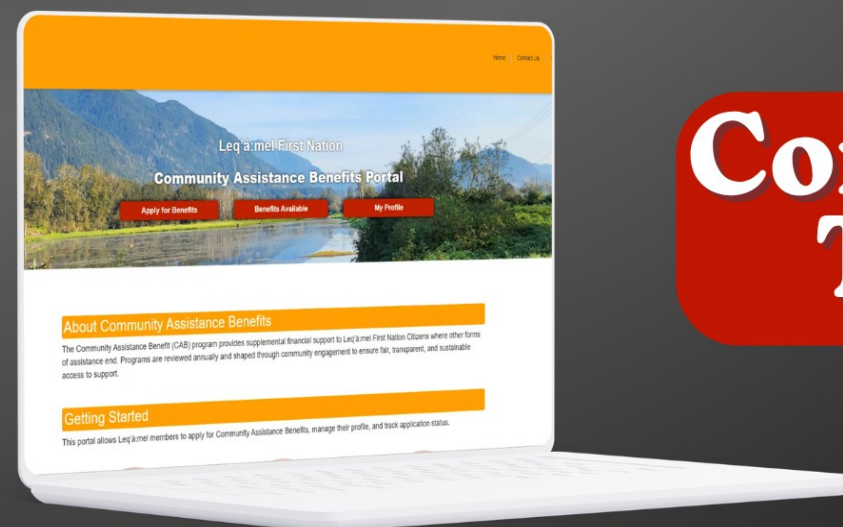


HELLO , MY NAME IS ELISE DIETZ. I AM FROM MISSION BC, I WAS BORN AND RAISED HERE. THIS IS MY FIRST YEAR AS A JUNIOR GUARDIAN WITH LEQ'Á:MEL FIRST NATION. I WANTED TO WORK HERE BECAUSE I ENJOY HELPING THE ENVIRONMENT, THIS JOB HAS BEEN VERY EDUCATIONAL FOR ME. I REALLY ENJOY BEING IN THE OUTDOORS, MY FAVOURITE PART ABOUT THIS JOB IS FISH SALVAGING. I LOVE GOING TO THE COMMUNITY GARDEN , ITS A GREAT PLACE TO GO AND CHECK ON THE VEGETABLES , FRUITS AND FLOWERS. I WILL DEFINITELY BE JOINING THE JUNIOR GUARDIAN PROGRAM NEXT YEAR AGAIN, I AM MORE THAN GRATEFUL I WAS GIVEN THE OPPORTUNITY TO LEARN AND MAKE NEW FRIENDS WITH THIS JOB. THANK YOU TO EVERYONE I HAVE MADE MEMORIES WITH AND LEARN'T FROM.

COMMUNITY ASSISTANCE BENEFITS

Our Programs

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



Contact Us Today!

☎ 672.478.0111
✉ cab@leqamel.ca

41290 Lougheed Highway Unit C, Deroche BC, V0M 1G0 | Portal Link: cab.leqamel.ca

YOUTH CENTRE Transportation PILOT PROJECT

Departing LFN Health Centre at 4pm

Returning trip departing at 8pm

Leq'á:mel Health, Events, & Education have secured transportation to and from for youth aged 12-18 to be able to attend the Mission Youth Centre every Wednesday.
Starting August 19th through to October 14th 2026.

**TO SIGN YOUR
YOUTH UP PLEASE
CONTACT EVENTS
TEAM:**

Office: 604-287-0011

Cell: 236-887-2759

Events@leqamel.ca

The Youth Centre is located in the Mission Community Activity Centre at 33100 10th Avenue, and is a youth drop-in space. It is staffed by a dedicated team of Youth Engagement Workers, that are committed to providing a secure, inclusive, and complimentary environment where young individuals can connect, have fun, and express their unique selves.



***Waivers will be
required for all
attendees.***





Back to School - Let's Do This!

**Ready, Set, Read! Start the year strong with our NEW
Raz-Kids Online Literacy Program**

**Raz-Kids is a fun online program that lets kids
practice Reading and Math skills anytime,
anywhere, at their own pace.**

- Fun, interactive activities, build confidence
- Support available by cell, text, email.
- Quick monthly check-in by email or text.
- Read 3 books or complete 3 activities each week
and receive a gift card at the end of each month.

**Limited spaces available for one-one and small
group tutoring, in person and on zoom.**

**For more info and/or sign up for your
username and password contact
julie@leqamel.ca (236-988-2584)**



Chiropractic Care

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

with Dr. Brian Cervo

Now Booking
September 17th
October 1st and 15th
November 5th and 19th
December 3rd and 17th

Massage Therapy

Now booking with Tara Backman
September 1st and 22nd
October 13th and 20th
November 3rd and 10th
December 1st and 15th

Each session is a
relaxing 30 minutes

Dental Care

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

with Michelle Beattie

Now booking
October 6th-9th
November 24th-26th
December 8th-11th



Make your own Moccasins



Would you like to make your own pair
of moccasins?

This workshop will be 4 weeks long
and will run every Thursday in
September. Starting at 5PM.

**Must RSVP as seating is
limited.**

September 3rd 10th 17th 24th

For more information or to rsvp
please contact

email - Events@leqamel.ca

call - 604-287-0011

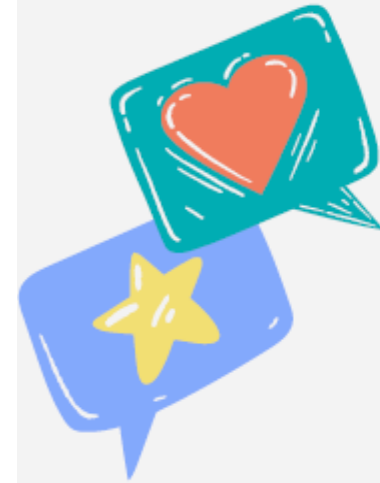
text -236-887-2759



Join us for

SOCIAL HOUR

at the Health Center



**PLAY BOARD
GAMES OR GROUP
GAMES ON THE TV
WITH YOUR
PHONES, CHAT AND
RELAX WITH OTHER
MEMBERS**



*Monday September 14th and 28th
and
Thursday September 3rd and 17th
1pm-2pm*

42981 Leq'á:mel way





BINGO

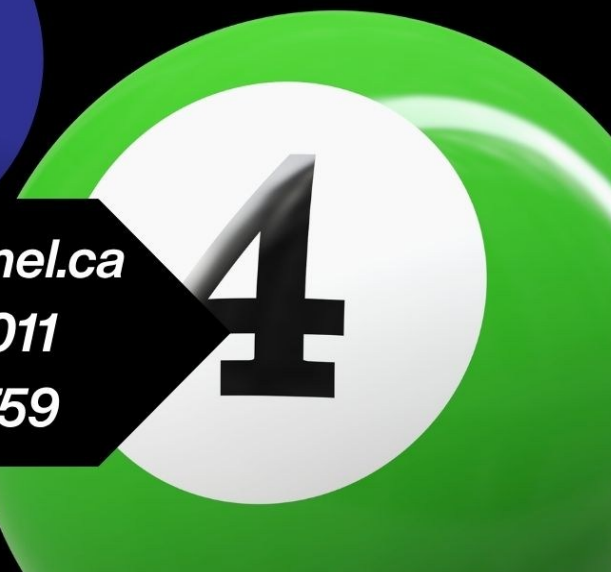
Night



Doors open @ 5PM
Games start @ 5:30PM

Come join us for an adults
night out. Fun games,
snacks, and laughter!

Friday September 4th



Events@leqamel.ca

604-287-0011

236-887-2759

A decorative border with a light beige background and brown floral and vine motifs. The border is composed of several sections: a top section with a central floral ornament, a left section with a vertical vine and star pattern, a right section with a vertical vine and star pattern, and a bottom section with a central floral ornament. The text is centered within the border.

Leq'á:mel Elders Group is Back!

**Starting Wednesday
September 9th
6pm
Health Center
Boardroom**

**Band Members who are 55+ and would like to
join in planning monthly dinners, bingo
nights, visiting other communities, social
events (trips) and more.**

**Come share your ideas and help us plan the
fun!**

JOIN US FOR LEQ'Á:MEL'S

MAINTENANCE

Community BBQ



Friday Sept 11th | 11:30 AM–1:30 PM

41290 LOUGHEED HWY, DEROCHE

OUTSIDE THE C.A.B. OFFICE

MEET THE MAINTENANCE TEAM AND SHARE YOUR
QUESTIONS OR CONCERNS.

SEPTEMBER 11TH
AND
25TH
12PM-2PM

LUNCH WITH THE BUNCH



COME TO THE HEALTH
CENTER FOR
SOUP, LAUGHS AND
CONVERSATION

PLAY SOME GAMES, DO
SOME CRAFTS LEARN
SOMETHING NEW



42981 LEQ'Á:MEL
WAY

Monday Night Yoga

First Class
September
14th

Ages 16+ 5-6pm

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

43101 Leq'á:mel Way
in the gym



LEQ'Á:MEL FAMILY DINNER NIGHT

COME JOIN US FOR A MEAL
AND CHAT WITH OTHERS

TAKE HOME A PRODUCE BAG

CHANCE TO WIN A HAMPER

4:30PM
–
7PM

SEPTEMBER 16TH 2026

Administrative Building
43101 Leq'á:mel Way, Deroche

Events Team:
Phone: 604-287-0011
Cell: 236-887-2759
Events@leqamel.ca



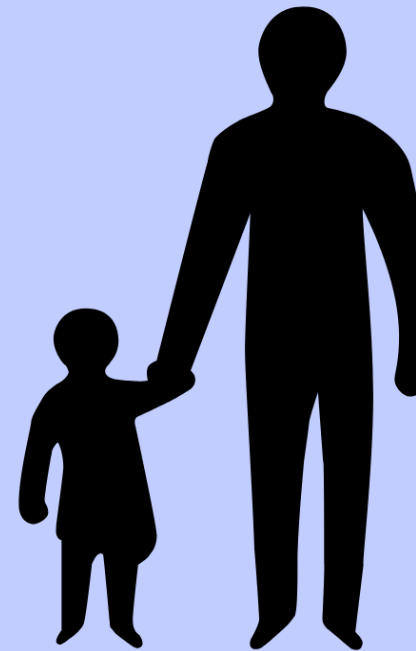
Parenting

THROUGH CONNECTION



Parenting group provided by Leq'a:mel
Family Support Services
Contact Mike Weisse @ 236-887-0054
to register

*"Attachment is
for Life"*



Join other parents and discuss
strategies to build connections with
your children through all development
stages.

Snacks and beverages provided
Judgement free and Confidential

September 21 5pm
@ General Purpose Building

We will be introducing
our Healing Homes
Coordinator & Family
Support worker who
hope to work closely
with our group.

Join us for Kids Group

Snacks and
Drinks
will be
provided

For children aged 0-12

September 23rd 4:30-5PM

At the Leq'á:mel Health Center

**Parents are strongly encouraged to
attend with their children**

for more information contact the events team

email - Events@leqamel.ca

call - 604-287-0011

text - 236-887-2759



Youth Group

Ages 12-18

September 23rd

5PM-6PM

At the Leq'á:mel Health Center
**Come join us, meet some
new friends and plan
exciting fundraisers and
outings as a group.**

Dinner is provided

Contact the events team at
events@leqamel.ca

or

236-887-2759 / 604-287-0011
with any questions or if you need a ride

We will be introducing our Healing Homes
Coordinator & Family Support worker who hope
to work closely with our group.



SR Youth *group*

September 23rd 6–7PM

Ages 18–27

Dinner is provided

At the Leq'á:mel Health Center

**Come join us, meet some
new friends and plan
exciting fundraisers and
outings as a group.**

Contact the events team at events@leqamel.ca

or

236-887-2759/604-287-0011

with any questions or if you need a ride

**We will be introducing our Healing
Homes Coordinator & Family Support
worker who hope to work closely with
our group.**



FREE MARKET



September 26th

10am-4pm



Do you have gently used items you were planning to donate to a thrift store? Bring them to the gym for our FREE Market! Set up a table to sell nothing—or simply donate your items for others to enjoy. Kids' clothes? Adult clothes? Shoes? Small household items? Excess of fresh produce? Bring it all! Everything is FREE!



Everyone is welcome!



**43101 LEQ'Á:MEL WAY
IN THE GYM**



October 27th

**DR. BUBRA
OPTOMETRIST**



TO BOOK AN APPOINTMENT

CALL: 604-287-0011

CALL/TEXT: 236-887-1359

EMAIL: MICHELLE.LEDENKO@LEQAMEL.CA



**42981 LEQ'Á:MEL WAY
LEQ'Á:MEL**



L A K E E R R O C K

FOODBANK

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

SEPTEMBER 9TH AND 27TH
OCTOBER 7TH AND 25TH
NOVEMBER 15TH AND 25TH
DECEMBER 9TH
11AM TO 1PM.

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

S T S ' A I L E S

FOODBANK

LOCATED AT THE FAS GAS: 1001 MORRIS VALLEY
ROAD
EVERY SECOND WEEK
SEPTEMBER 4 AND 18

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

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

Recovery Support

AA SUPPORT

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

NA SUPPORT

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

WWW.BCRNA.CA

WWW.DISTRICT44AA.ORG

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



LEQ'Á:MEL

MEALS ON WHEELS

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

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



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

For Example:

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

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

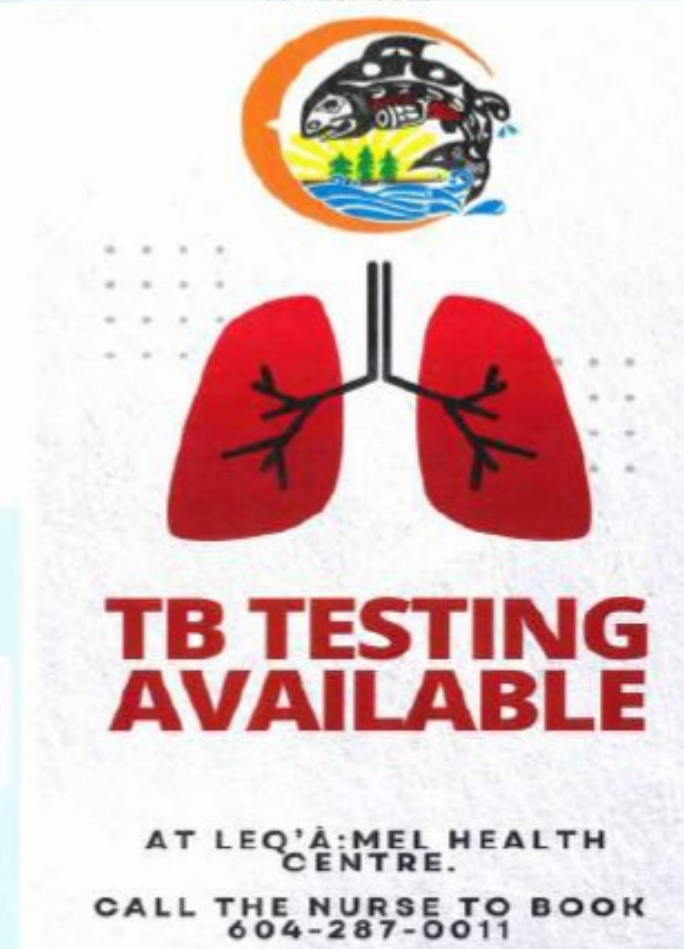


IT'S TIME TO GET VACCINATED!

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

Did you know: Children starting kindergarten are eligible for 2 vaccines.	Did you know: In grade 6 & 9 children are eligible for 2 additional vaccines	Did you know: All adults are eligible for tetanus vaccine every 10 years
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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




Mission
Division of Family Practice

Leq'a:me! 

Mobile Clinic

"Mission In Motion"



**Located at the Tim Hortons
in Deroche**



Attending physician -
Dr. Jeff Kornelsen

**Every Wednesday
1:30pm - 4:30pm**

Walk-in accepted

CARES Counselling Society

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

Children	Youth
Adults	Couples
Families	ASKING FOR HELP IS OK




Fraser House Rural Connections

Free Substance Counselling

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

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

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





September



APPLES
ASTERS
AUTUMNAL
BACK TO SCHOOL
BACKPACK
BONFIRE
BOOKS
BUS
CARAMEL APPLE
CHILL
CIDER
CINNAMON
COACH
COLLEGE
COOLER
CORN MAZE
CRISP
CROPS
DECIDUOUS
ELEMENTARY
EQUINOX
FALL
FESTIVALS
FLANNEL
FOLIAGE
FOOTBALL
FROST
GAMES
GOLD
GOLDENROD
GOURDS
GRANDPARENTS DAY
HARVEST
HAYRIDE
HIGH SCHOOL
HOMECOMING
HOMEWORK
LABOR DAY
LEAF PEEPERS
LEAF PILE
LEARN
LEAVES
MABON
MUMS
NINTH
NOTEBOOKS
NUTMEG

B	T	K	Y	E	H	A	R	V	E	S	T	G	M	I	V	R	U	B	B	D	B	W
C	I	F	W	B	A	C	K	P	A	C	K	M	L	M	G	O	J	Y	T	R	V	R
Q	E	V	P	U	Y	A	B	U	W	I	O	R	C	H	A	R	D	G	M	H	O	W
T	H	J	N	S	R	V	T	M	F	N	F	R	O	S	T	A	Y	D	E	P	T	F
Q	H	D	P	F	I	N	U	P	N	N	E	A	N	Q	G	N	L	R	C	A	Z	V
L	A	B	O	R	D	A	Y	K	W	A	X	I	Q	M	R	G	A	M	E	S	F	X
E	W	D	Z	M	E	W	E	I	N	M	A	B	O	N	A	E	S	T	U	D	Y	M
A	U	T	U	M	N	A	L	N	F	O	L	I	A	G	E	Z	T	P	C	J	K	T
F	E	S	T	I	V	A	L	S	S	N	E	R	H	U	T	P	E	N	C	I	L	S
P	J	P	A	P	B	G	O	T	H	J	A	Q	E	C	Z	H	R	I	O	S	L	P
I	Y	C	I	G	O	S	W	C	C	H	R	G	O	U	R	D	S	N	A	H	Q	Q
L	O	A	L	C	O	O	L	E	R	I	N	R	A	K	E	I	E	B	C	S	G	G
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Q	C	F	A	D	S	Y	Y	D	P	H	P	N	T	I	I	X	F	P	E	W	R	H
U	N	O	T	E	B	O	O	K	S	S	T	D	E	C	I	D	U	O	U	S	L	O
I	R	O	I	R	M	Y	E	U	H	C	M	P	R	A	C	T	I	C	E	S	E	M
N	Z	T	N	H	S	S	D	I	R	H	C	A	R	A	M	E	L	A	P	P	L	E
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C	O	L	L	E	G	E	D	D	F	L	A	N	N	E	L	N	D	J	E	P	E	M
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ORANGE
ORCHARD
PENCILS
PICK YOUR OWN
PRACTICE
PUMPKINS
RAKE
REAP
RED

SPORTS
STUDY
SUNFLOWER FIELDS
SWEATERS
SWEATSHIRT
TAILGATING
TEACH
WORKERS
YELLOW



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	7	4	6					
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				2		1		5



FALL WORD SCRAMBLE

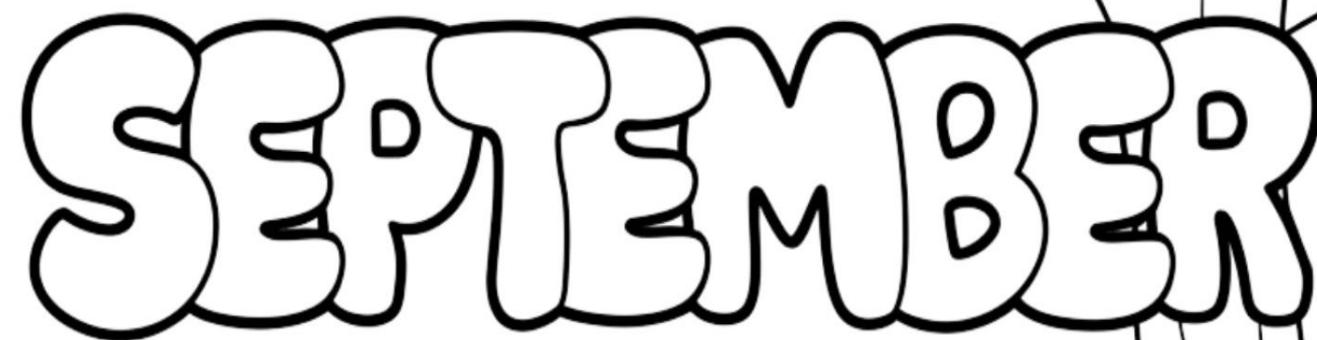
- RQUISREL
- PLPAE
- WCOR
- AGOERN
- OTESMCU
- AWREETS
- NRIA
- OORBCET
- ETJACK
- ACRON



WORD LIST

- APPLE
- SQUIRREL
- CROW
- SWEATER
- OCTOBER
- ACORN
- RAIN
- COSTUME
- JACKET
- ORANGE





SEPTEMBER

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
Finance Coordinator	Chelsea Bensmiller	chelsea@leqamel.ca	604-826-7976
Payroll & Accounting Clerk	Meghan Toews	meghan@leqamel.ca	604-826-7976
Membership Clerk	Faye Howell	membership@leqamel.ca	236-380-1753
Housekeeper	Kim Town		604-826-7976

SOCIAL DEVELOPMENT

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

HOUSING, OPERATIONS & MAINTENANCE

Housing Manager Capital Projects Coordinator	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
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441Ext1103
Emergency Management Coordinator	Gord Armstrong	gordon@leqamel.ca	236-602-4441

NATURAL RESOURCES

Acting Natural Resource Manager	Kilby Zeeb	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, Lead Nurse & Health Projects Coordinator	Jamie Jensen	jamie@leqamel.ca	604-287-0011
Medical Receptionist	Chelsea Blaine	medicalreception@leqamel.ca	604-287-0011
Licensed Practical Nurse	Candice Ackerman Jamie Jensen	candice@leqamel.ca jamie@leqamel.ca	778-347-8051
Community Support Worker & COHI Aide	Michelle Ledenko	michelle ledenko@leqamel.ca	604-287-0011
Home Health Community Care Aid	Melissa Stone	melissa@leqamel.ca	604-287-0011
Community Connections Engagement Coordinator	Brittany Paul	events@leqamel.ca	236-887-2759
Events Support Worker	Jaida Laslo	events@leqamel.ca	604-287-0011
Housekeeper	Bambi Seymour	bambi@leqamel.ca	604-287-0011
Healing Homes Coordinator	Sara Kelly	sara@leqamel.ca	604-287-0011
Family Support Worker	Mike Weisse	mweisse@leqamel.ca	236-887-0054

EDUCATION

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

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

LEQ'A:MEL DEVELOPMENT CORPORATION

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

SASET Career Development – Office 604-858-3691

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

CHIEF AND COUNCIL PORTFOLIOS

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

Updated Aug 28th, 2026