



Leq'á:mel
FIRST NATION



October 2026



LEQ'Á:MEL FIRST NATION
OFFICES WILL BE
CLOSED



MONDAY
OCTOBER 12TH
for

Thanksgiving

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



October

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 Meals on Wheels Chiropractor	2 NA 12-1 (10220 N. Deroche Rd.) Bingo Sts'ailes Foodbank	3
4 16+ Sound Bath 6pm	5 Nurse Practitioner 9-3pm Yoga 5pm-6pm (gym) Drum Group Practice 6pm (gym) Parenting Group 5-6pm (GP)	6 A/A Group(BR) 7pm Dental Work out class 6:30pm	7 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Family Dinner night 4:30pm (gym) Lake Errock Foodbank	8 Meals on Wheels Dental Work out class 6:30pm	9 NA 12-1 (10220 N. Deroche Rd.) Dental Lunch with the Bunch 12-2pm	10
11 Under 16 Sound Bath 6pm	12 Thanksgiving Offices Closed	13 A/A Group(BR) 7pm Massage	14 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Acupuncture Elders Group 6pm	15 Meals on Wheels Chiropractor Kids Group 4:30-5pm Youth Group 5-6pm Sr. Youth 6-7pm	16 NA 12-1 (10220 N. Deroche Rd.) Sts'ailes Foodbank	17
18 Work out class 6:30pm	19 Nurse Practitioner 9-3 Yoga 5pm-6pm (gym) Drum Group Practice 6pm (gym) Parenting Group 5-6pm (GP)	20 A/A Group(BR) 7pm Massage Work out class 6:30pm	21 Mission Mobile Clinic @ Gas Station 1:30-4:30pm	22 Meals on Wheels Health Fair 3-7pm (gym)	23 NA 12-1 (10220 N. Deroche Rd.)	24
25 Work out class 6:30pm Lake Errock Foodbank	26 Nurse Practitioner 9-3 Footcare Parenting Group 5-6pm (GP)	27 A/A Group(BR) 7pm Eye Clinic Work out class 6:30pm	28 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Hearing Clinic 9-3pm Elders Group 6pm	29 Meals on Wheels	30 NA 12-1 (10220 N. Deroche Rd.) Lunch with the Bunch 12-2pm Halloween Event 5-8pm (gym) Sts'ailes Foodbank	31 



PATRICK KELLY (T'esóts'en), O.B.C.

**ORDER of
BRITISH COLUMBIA**



Patrick Kelly (T'esóts'en) has been appointed to the Order of British Columbia! Patrick Kelly (T'esóts'en), a proud member of the Leq'á:mel First Nation within the Stó:lō Nation, has made an enduring impact in B.C. through his commitment to reconciliation, dialogue, and public service. Known for his ability to bring diverse groups together, he played a key role in resolving major conflicts, including the Clayoquot Sound "War of the Woods," helping establish the internationally significant Great Bear Rainforest, and facilitating agreement on the protection of Indigenous burial sites at Grace Islet.

T'esóts'en has dedicated more than four decades to volunteer service, contributing to numerous boards and becoming the first Indigenous chair of the Victoria Foundation. He also helped create the Lieutenant Governor's Reconciliation Awards and continues to support Indigenous youth and community connections through sport.

His leadership on national and international stages, including the Vancouver 2010 Olympic Winter Games opening ceremony, reflects his lifelong commitment to fostering understanding, strengthening communities, and advancing reconciliation across B.C.

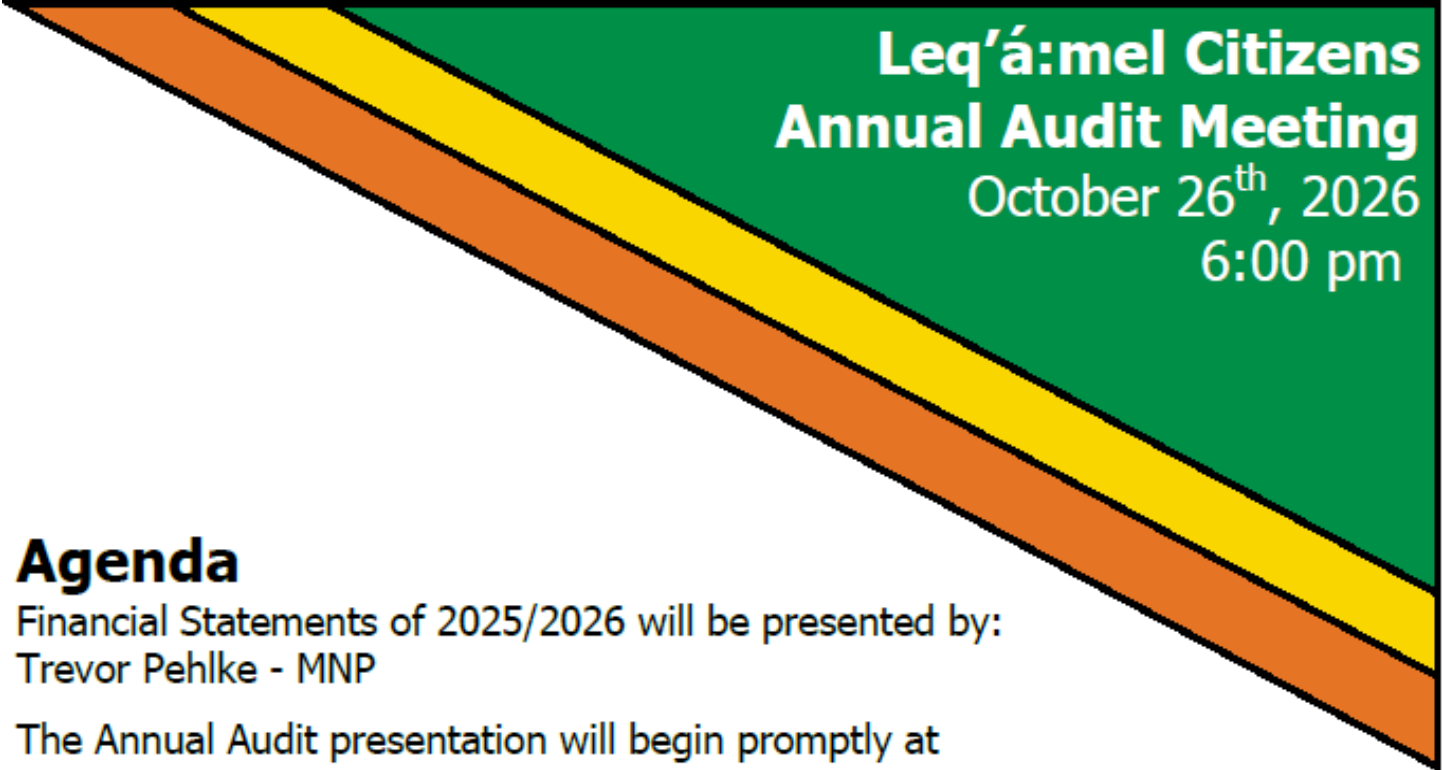
**CONGRATULATIONS,
COUNCILLOR
DARRELL McKAMEY**

**25 YEARS
OF DEDICATED SERVICE
To Leq'á:mel First Nation Leadership**

For 25 years, your commitment, hard work, and steady leadership have contributed to the growth and strength of Leq'á:mel First Nation.

We honour your dedication, recognize your many contributions, and thank you for the difference you have made throughout the years.

*Congratulations on this
remarkable milestone!*



Leq'á:mel Citizens Annual Audit Meeting

October 26th, 2026
6:00 pm

Agenda

Financial Statements of 2025/2026 will be presented by:
Trevor Pehlke - MNP

The Annual Audit presentation will begin promptly at
6:00pm

Attendance Options

In-Person: The meeting will be held in the Admin Building
Gym on October 26th at 6:00pm. Light snacks and
refreshments will be available for In-Person attendees.

Zoom: The zoom link will be emailed out to all Leq'á:mel
Citizens. Please save this email notice, as we do not post
the zoom link on facebook.



**Light snacks and refreshments will be
available at 5:30pm**

We look forward to seeing you there!

Leq'á:mel Xwélmexw (People) Special Housing Meeting

**October 29, 2026
6:00-9:00PM**

Notice

The Leq'á:mel Xwélmexw (People) Special Housing Meeting will take place October 29th.
The zoom link will be emailed out on October 15th.

Attendance Options

In-Person: Everyone is welcome to join us at 5:30PM to share a meal before the meeting. The meeting will be held in the Admin Building Gym on October 29th at 6:00PM

Zoom: Please join the meeting 10 minutes early. This gives us time to confirm everyone's full name prior to the meeting start time. Please save the email when you receive it, as we do not post the zoom link on Facebook.

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!

HOUSING NEWS

Housing applications need to be resubmitted every August 1st to remain on the housing list. Please be sure to reapply if you are still in need of housing. You can email stephanie@legamel.ca or wendy@legamel.ca to get a digital copy. Copies of the housing application can also be picked up at Administration Reception,

Housing has a Special Housing Meeting coming up on October 29th. The meeting will be held in the Admin Building Gym. Join us at 5:30PM to have dinner, followed by the meeting at 6:00PM. Housing questions should have been submitted to your FAC Rep. For those unable to attend in-person, there will be a zoom link available to watch online. If you do not currently receive All Leq'á:mel Xwélmexw(People) emails from Reception, please email reception@legamel.ca to be added to the email list.

We have now completed a total of 40 energy assessments for the PIEER funding to install heat pumps. Having an energy assessment completed is a requirement for those interested in having a heat pump installed. We have also finished installing 20 heat pumps. Once PIEER finishes reviewing the details of the 20 heat pumps, we can apply to start the next 20 homes. If you are interested in having a heat pump installed into your home, please email Stephanie stephanie@legamel.ca to find out more information.

Wendy McDonald · Housing Manager

604-826-7976 · wendy@legamel.ca

Stephanie Toth · Housing Assistant

604-826-7976 · stephanie@legamel.ca

HOME MAINTENANCE TIPS

Schedule a chimney sweep to ensure your wood stoves are safe to use this winter.

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

Turn off outdoor water taps and drain before temperatures drop below freezing to prevent pipes from freezing and bursting.

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 xwexwélmexw (Leq'á:mel People)

Integrated Community Plan

COMMUNITY DINNER & DISCUSSION



October 13, 2026



5:00 PM Dinner, 5:30 PM Meeting



Leq'á:mel Admin Building Gym,
43101 Leq'á:mel Way

Virtual webinar date will be confirmed soon!

Leq'á:mel First Nation is creating an Integrated Community Plan to guide how our lands are used, protected, and cared for over time. The Plan will show how different parts of our land fit together like a blanket.

It will help answer:

- Where new homes can be built
- Where economic development could happen
- Which areas should be protected for environmental reasons
- Which areas should be protected for cultural uses
- Where infrastructure investments may be needed

We are in the first phase of engagement for this project. We want to hear your vision for our lands for the next 20 years!

MATERIALS AVAILABLE

Want to read the discussion guide?

Pick up a copy at the Leq'á:mel Lands and NR Building, 41320 Loughheed Hwy., Deroche, BC or find a link in the email.

Want to read our past Land Use Plan?

Pick up a copy at the Leq'á:mel Lands and NR Building or find a link in the email.

Fill out our survey and interactive map!

Scan the QR codes below or find links in the email.

SURVEY



MAP



The map works best on a computer. Everyone is invited to fill out the surveys, even if you attended the events.

HAVE A QUESTION?

Send an email to: lands@leqamel.ca

Visit: leqamel.ca/project/integrated-community-plan



Rodent-proofing guide & checklist

The simplest way to avoid the use of harmful rodent control methods is to rodent-proof your home. You can break the cycle of temporary fixes and returning unwelcomed guests!



STEP ONE – REMOVE ATTRACTANTS

Outside

- ☐ Remove items stacked next to building exteriors
- ☐ Trim and remove plants next to buildings to eliminate hiding spots
- ☐ In yards, laneways, carports and balconies, secure garbage and compost
- ☐ Keep pet food indoors
- ☐ Pick up fallen fruit or spilled birdseed

Inside

- ☐ Store food inside glass, metal or plastic containers, secure drawers or cupboards, or in the fridge
- ☐ Put away pet food after meals
- ☐ Store food waste in secure bins or in the freezer until time for green waste pick up



STEP TWO – LOCATE ENTRY POINTS

- ☐ Examine exterior or balcony for potential gaps
- ☐ Pull large appliances, boxes and furniture away from the wall, and open cupboards
- ☐ Examine where pipes and wires come through drywall
- ☐ Look for unusual gaps or holes, rodent droppings and signs of gnawed wood, wire or insulation



STEP THREE – EXCLUDE AND REPAIR

- ☐ Use exclusion materials like heavy gauge wire screening, metal mesh, expanding foam sealant and vent covers
- ☐ Seal all interior/exterior gaps or holes bigger than the size of a dime in walls, foundations, sheds, crawl spaces and under porches
- ☐ If needed, install door sweeps to doors with gaps under them
- ☐ Hire an AnimalKind accredited rodent-proofing professional if work is extensive



STEP FOUR – MAINTAIN, MAINTAIN, MAINTAIN!

- ☐ Make a note in your calendar to check for signs of rodent activity and make repairs twice per year

UP FOR AUCTION TO MEMBERSHIP

CHEVROLET SILVERADO 1500

TO HIGHEST BIDDER – MINIMUM BID \$1,000

CLOSING DATE OCTOBER 31ST 2026



ENGINE CONDITION: NEEDS REPLACING

- Production date: 01/18
- 135,000 km on body
- Motor currently pulled apart due to failure and will need replacing
- Tires all hold air with plenty of life left
- 4x4
- Headache rack
- Bluetooth stereo
- Aftermarket exhaust
- Large, spacious cab
- Interior 9/10
- Exterior 9/10



PLEASE SUBMIT BIDS TO RECEPTION
Reception@leqamel.ca

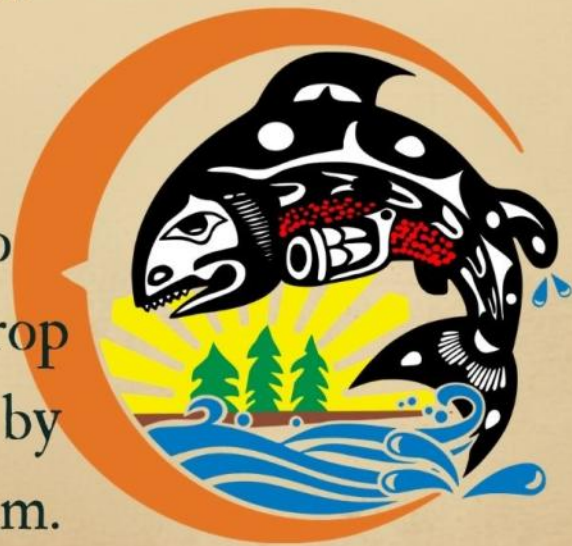
Leq'á:mel! Send us your original art for our **Art Contest**

We want to celebrate your
creativity by putting our
local artists work on
Leq'á:mel swag - including
t-shirts!

Show us what community
pride looks like to you in
your art.

Submit your design to
Events@leqamel.ca or drop
off at the Health Center by
November 2, 2026 at 4pm.

1st place - \$600.00 &
art will be used on
Leq'á:mel swag.
2nd place - \$400.00



Leq'à:MeL CHILDCARE CENTRE

Spaces Available for
Afterschool Care Ages 5-12
Open for Pro-D-Days Spring
and Summer Break

Open
Monday-Friday

ACCB
ACCEPTED

2:30-5:30
Afterschool Care
7:30am-5:30 pm
Full Day

604-287-2004



kate@leqamel.ca



Bus Drop-off Available from
Deroche Elementary



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)

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



National Day for Truth & Reconciliation

September 30, 2026

The National Day for Truth and Reconciliation is a day established by the Government of Canada to honour Residential School Survivors, their families, and communities, and to remember the children who never returned home.

This day was created in response to Call to Action #80 from the Truth and Reconciliation Commission of Canada.

Call to Action #80 states:

“We call upon the federal government, in collaboration with Aboriginal peoples, to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process.”

In short, the day was established to:

- Honour Survivors and those who never returned home.
- Educate Canadians about the history and impacts of residential schools.
- Encourage reflection, healing, and meaningful reconciliation between Indigenous and non-Indigenous peoples.
- Recognize that Every Child Matters.

Today, we reflect on the injustices inflicted upon our ancestors, families, and friends. We continue to see and feel the impacts of the residential school system, and many of those effects remain with us today. Yet, despite these challenges, we continue to heal, grow, and move forward together.

Our resilience as Indigenous Peoples is a testament to the strength of those who came before us and those who continue this journey today. We honour the Survivors, remember those who never returned home, and support the generations affected by this legacy.

We are still here. Our cultures, languages, traditions, and communities endure. We will continue to walk the path of healing, truth, and reconciliation, ensuring that future generations know their history, celebrate their identity, and carry forward the strength of our people.

Every Child Matters. We Matter!

Parenting THROUGH CONNECTION

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

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

Snacks and Beverages Provided
Judgement Free and Confidential

Mondays, 5pm - 6pm
@ General Purpose Building

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

**October 1st and 15th
November 5th and 19th
December 3rd and 17th**

Massage Therapy

Each session is a
relaxing 30 minutes

with Tara Backman

Now booking

**October 13th and 20th
November 3rd and 10th
December 1st and 15th**

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

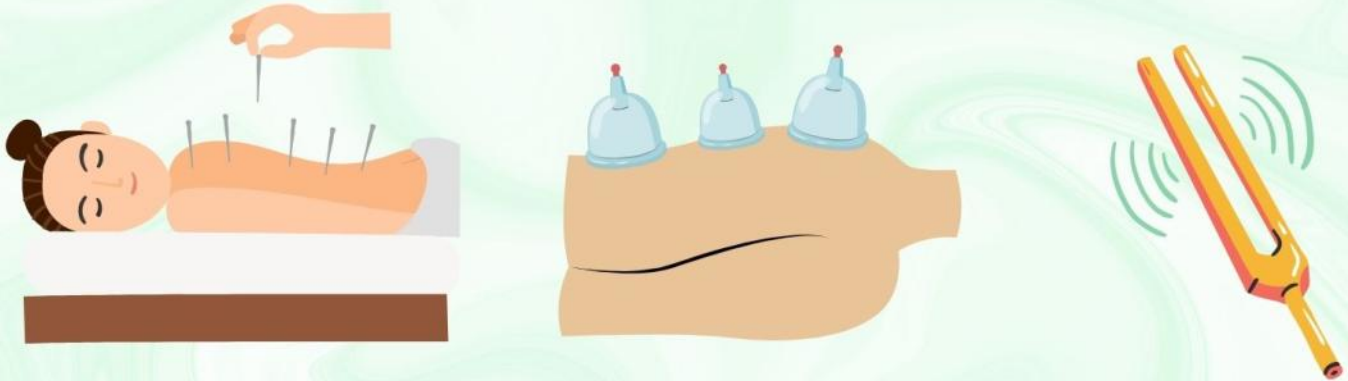
Now booking

**October 6th-9th
November 24th-26th
December 8th-11th**



Dr. Karyn Smith, registered Doctor of Traditional Chinese Medicine.

***1st appointment and treatment 60 minutes. ***



Follow up appointments:

Acupuncture: 60 minutes.

**Cupping Therapy:
20 minutes**

**Sound Healing with Tuning
forks therapy:
20 minutes**

**Now Booking:
October 14 (full)
November 18
December 16**

**Located at the Health Center
Please call 604-287-0011 to
book**



BINGO

Night

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

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

Friday October 2nd



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



OCTOBER ENVIRONMENTAL OPPORTUNITIES

Why Natural Resources work?

- Learn about your Land & Natural Environment (tém:éxw)
- Meet like-minded people
- Build skills & advance your career
- Access education & training
- Make connections & build your resume



Current Opportunities October 2026

- **Volunteer! Restoration Planting- Oct 3- 10am-12:30pm- Kanaka Creek, Maple Ridge-** join through Metro Vancouver Regional Parks Ecological Restoration Team via Meetup
- **Volunteer! Eco Blitz- Riparian Habitat Restoration-Burnaby Lake Regional Park- Oct 8 & 9- 10am-1pm-** Join through Metro Vancouver Regional Parks Ecological Restoration Team via Meetup
- **Volunteer! Trail Camera Reviewer- May 18- Dec 31- Fraser Valley Conservancy-** visit: fraservalleyconservancy.ca
- **Volunteer! Invasive European Green Crab Trapping- April-Dec 2026- Friends of Semiahmoo Bay Society- Blackie Spit (White Rock) & Centennial Beach (Delta);** email Diane: dropwatson@gmail.com
- **Volunteer! Fraser Valley Watershed Coalition-** fvwc.ca/volunteer
- **Volunteer! Join the Habitat Healers Team with the Fraser Valley Conservancy:** fraservalleyconservancy.ca/opportunities
- **Volunteer! Fraser Valley Mountain Bike Association-Trail representative-** trail building & advocacy- **Abbotsford & Chilliwack-** email: trails@fvmba.com

Contact: naturalresources@leqamel.ca for more information

Leq'a:mel Healing Homes

Sound Bath for Grief with Horses

Acknowledging the reality of grief in safe and supportive environment.

Space is limited
to 15 seats

Date: Sunday, October 4, 2026

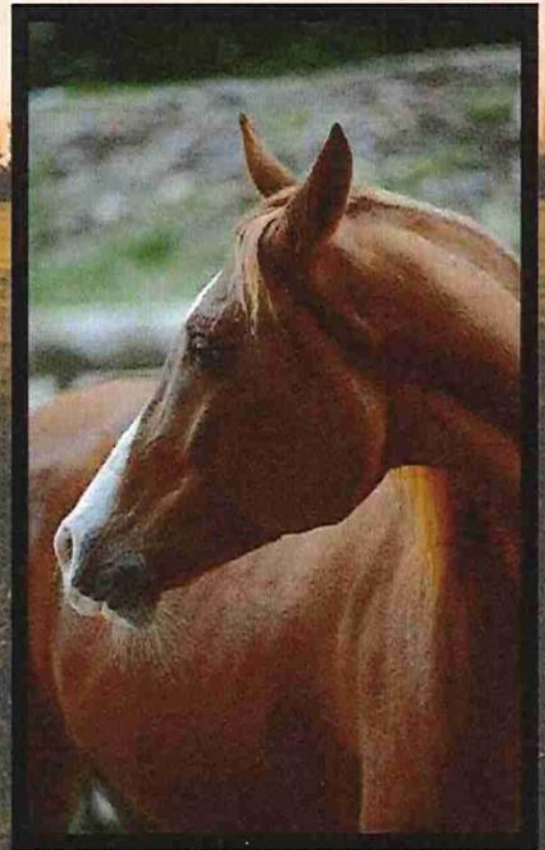
Time: 6:00 pm to 7:30 pm

Location:

Finding Your Stride, 11143 Brooks
Road, Deroche, BC

Ages:

16 years & older



Please bring a comfortable chair, a
warm blanket, and anything else that
helps you feel comfortable and
supported.

To RSVP or for more
information:

Phone: 604-287-0011

Email: sara@legamel.ca

Monday Night Yoga

October
5th
19th

Ages 16+

5-6pm

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

43101 Leq'á:mel Way
in the gym





LEQ'Á:MEL DRUM GROUP

**INVITES YOU TO COME JOIN
US FOR DRUM GROUP
PRACTICE NIGHTS**

Join our drummers and
dancers as they practice
and learn our Leq'á:mel
song.

Every other Monday evening

October 5 and 19

**at 6pm in the Gym at 43101
Leq'á:mel Way**



**For more information, please
contact Brittany Paul
236-887-2759**

CIRCUIT WORKOUT IS BACK!

Tuesdays: October 6, 20, 27

Thursday: October 8

Sundays: 18, 25

6:30pm

43101 Leq'á:mel

way

in the gym

LEQ'Á:MEL MEMBERS

THANKSGIVING FAMILY DINNER NIGHT

OCTOBER 7TH | GYM @ 43101
4:30 PM - 7PM | LEQ'Á:MEL WAY,
DEROCHE

*Come join us for a night, chat with
fellow Leq'á:mel family members, take
home a produce bag, enjoy a meal, and
a chance to win a hamper.*

EVENTS@LEQAMEL.CA
604-287-0011 / 236-887-2759



Halq'eméylem

Language Classes with

Jonny Shaw

**Starting October 7th and running every
Wednesday**

5pm to 7pm

**Genereal Purpose Building
beside the Health Center**

To sign up please call 604-287-0011

Dinner will be provided

LUNCH WITH THE BUNCH



OCTOBER 9TH AND
OCTOBER 30TH
FROM 12-2PM

COME TO THE HEALTH
CENTER FOR
SOUP, LAUGHS AND
CONVERSATION

PLAY SOME GAMES, DO
SOME CRAFTS LEARN
SOMETHING NEW



42981 LEQ'Á:MEL
WAY

SOUND BATH FOR GRIEF WITH HORSES

For Youth

Helping youth face grief with safety and support.



OCTOBER 11, 2026

Finding Your Stride, 11143 Brooks Road, Deroche, BC

15 SEATS

15 & UNDER

6:00 PM

For more info or to sign up: sara@leqamel.ca | 604-287-0011

LEQ'Á:MEL

Red Road Warrior Ceremony

We want to lift you
up:

- if you are currently struggling with addictions,
- if you have struggled and are recovering from addiction,
- if you have stood by a your loved one throughout their addiction.

We kindly ask that you reach out to Sara, our Healing Homes Coordinator if you plan to attend this event as a person whom we would be covering.

November 12th, 2026
Leq'á:mel GYM (43101
Leq'á:mel WAY)

Doors open at 5pm

Dinner to be served
at 5:30

Ceremony to start at
6:30

For more information or if you wish to step forward to be covered, please contact Sara.

Email: Sara@leqamel.ca
Office: 604-287-0011
Cell: 236-887-0754

Brushers will be available for those who need them during this event.



**Leq'á:mel Elders Group
October Dates**

**Wednesday
October 14th and 28th
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!**



The background of the flyer is a light beige color. It is decorated with several orange pumpkins, some with carved faces (smiling and spooky), and green vines with yellow and orange leaves. The text is centered in the middle of the page.

LEQ'Á:MEL KID'S GROUP

AGES 0 - 12

PARENTS STRONGLY
ENCOURAGED TO ATTEND

SEE YOU THERE!

October 15th

4:30 p.m. - 5 p.m.

42981 Leq'á:mel Way

SNACKS, FUN, & LAUGHS

EVENTS@LEQAMEL.CA

604-287-0011 / 236-887-2759



LEQ'Á:MEL YOUTH GROUP

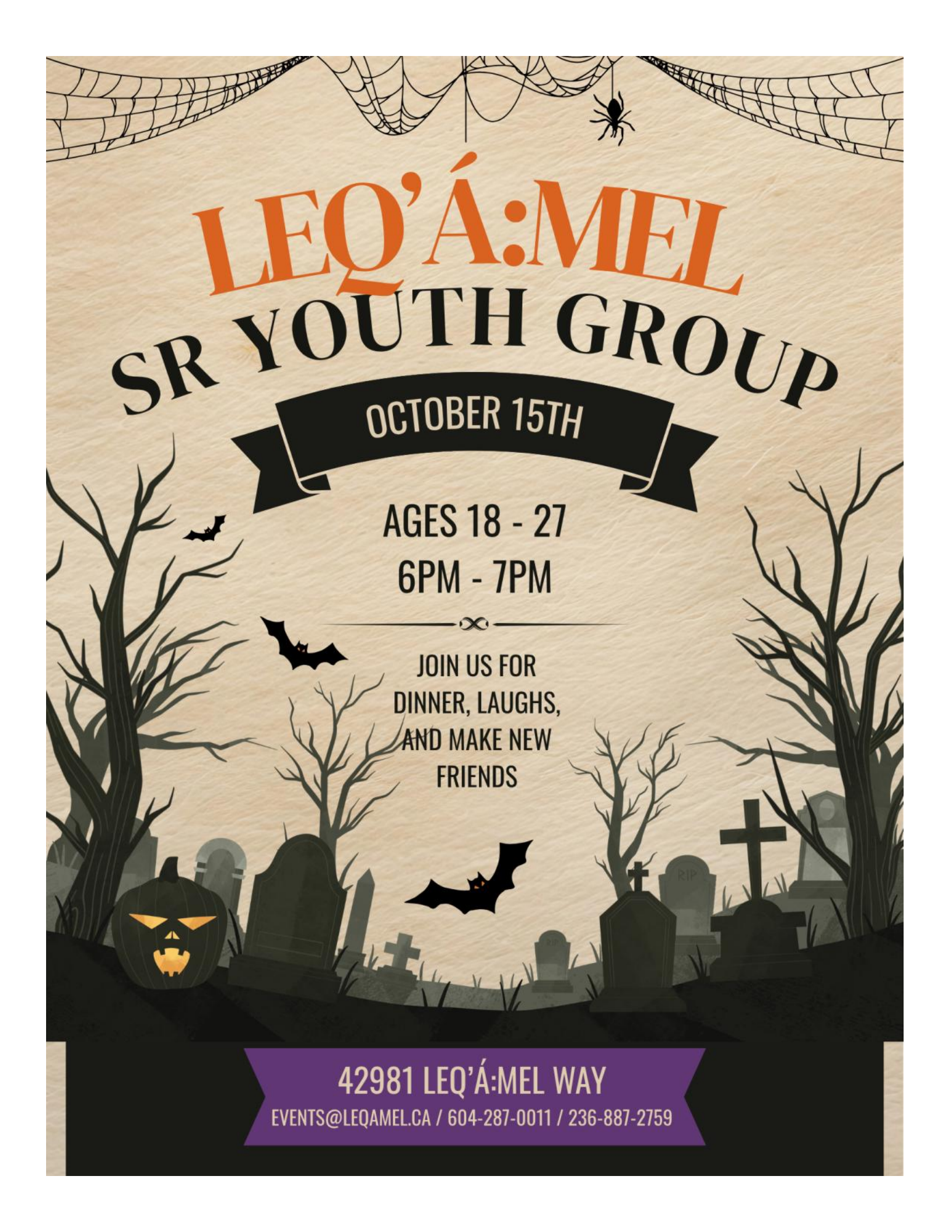
AGES 12- 18

SEE YOU THERE!

October 15th
5 p.m. - 6 p.m.
42981 Leq'á:mel Way

DINNER, FUN, & LAUGHS

EVENTS@LEQAMEL.CA
604-287-0011 / 236-887-2759



LEQ'Á:MEL

SR YOUTH GROUP

OCTOBER 15TH

AGES 18 - 27
6PM - 7PM

JOIN US FOR
DINNER, LAUGHS,
AND MAKE NEW
FRIENDS

42981 LEQ'Á:MEL WAY

EVENTS@LEQAMEL.CA / 604-287-0011 / 236-887-2759



**Door
Prizes!**

Leq'á:mel Health Fair

**5th
Annual**

**Everyone
Welcome!**

Our health fair is packed
with multiple vendors,
healers, student RMTs, free
haircuts, immunizations,
and more!



**Over 30
service
providers!**



**Food
Trucks!**



**October
22nd
3pm-7pm**

**Plus many
more!!!!!!**

Leq'á:mel Admin Gym
43101 Leq'á:mel way Deroche, BC
V0M 1G0

For More Information
Call: 604-287-0011



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**



Wed Oct 28, 2026

**Mobile Hearing
Clinic**

9-3pm

Leq'á-mel Health & Wellness Ctr



Call Michelle to sign up 604-287-0011

or email: michelle.ledenko@leqamel.ca

Leq'á:mel HALLOWEEN KIDS PARTY

EVERYONE
is welcome here!

Friday, October 30th, 2026 • 5:00 PM - 8:00 PM
Admin. Building Gym • 43101 Leq'á:mel Way, Deroche

Activities & Fun:

Tasty Treats, Costume Contest, Fun Games, Dance Party & Prizes



236-887-2759



604-287-0011



events@leqamel.ca

WILLS *Seminar*

PLAN TODAY. PROTECT TOMORROW.

Join us for an informative evening
about Wills and Estate Planning.



**WEDNESDAY,
NOVEMBER 4**



DINNER PROVIDED
5:00 PM – 5:30 PM



SEMINAR
5:30 PM – 6:30 PM
Questions & Discussion Until 7:00 PM

**MAIN
PRIZE!**



CANUCKS TICKETS
FOR AN UPCOMING GAME
LOWER BOWL SEATS!



Additional prizes to be won!



**SCAN TO
RSVP**

Let us know if
you're coming!



**WILLS INTAKE
SIGN-UPS**
**THURSDAY,
NOVEMBER 12**

Sign up to begin your Will with
the support of our legal team.



LOCATION:
43101 Leq'á:mel Way, Deroche, BC V0M 1G0
(Gymnasium at the Administration Building)

Your legacy. Your wishes. Your future.

Leq'á:mel Membership

CHRISTMAS

Basket RSVP

This Christmas, we will be handing out Christmas Dinner baskets. With your choice of a turkey or ham, and some fixings to go along with it. Each hamper will come with extra goodies & Leq'á:mel swag to make your Christmas a great one!

RSVP by November 13th at 4pm with the events team

****Limit 1 per household - can only RSVP for your own household****



Santa will be visiting to take photos with you and your family and to provide gifts to LFN kids

For those who do not live locally and RSVP for a hamper, the cash equivalent of the ham/turkey and produce, will be provided via direct deposit (unless able to pick up.)

**HAMPER PICK UP WILL BE ON
DECEMBER 19TH, 2026 10AM - 3PM**

43101 Leq'á:mel Way

**For more info or to RSVP:
Email: Events@leqamel.ca
Text: 236-887-2759**





S T S ' A I L E S

FOODBANK

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

**EVERY SECOND WEEK
OCTOBER 2, 16 AND 30**

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

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)**

**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.**



Academic Support

Our Academic Support/Tutoring Program is off to a great start this school year!

Our one-to-one tutoring program is currently full. We have started a waitlist for regular weekly sessions. However, we can often accommodate an occasional session or a little extra support when needed (with advance notice).

Looking for a little extra reading support at home?

We also offer Raz-Kids Online, a fun and interactive literacy program that allows children to practise their reading at home, at their own pace and on their own device.

To help keep students motivated, we offer monthly participation incentives! Students who complete three Raz-Kids stories/books per week throughout the month will earn a gift card at the end of the month.

For more information or to sign your child up for Raz-Kids, contact julie@legamel.ca (236-988-2584)



STANDARD FIRST AID — TRAINING —



STÓ:LŌ ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS HOSTING

Traffic Control Training

October 13 & 14, 2026
(8:30am - 4:30pm)



This training is open to all Indigenous unemployed and underemployed people living in the SASET catchment area. Regardless of origin in Canada.

Training will be held at SASET Chilliwack, Bldg 5B - 7201 Vedder Rd, Chilliwack. Please call 604-858-3691 for more information

Email info@saset.ca for more information

Lunch, Transportation Supports and Safety Gear Provided!

Join TCP too
Oct 13 & 14!!!



LUNCH
INCLUDED



OCTOBER 15 & 16, 2026

Training will be held at SASET Chilliwack
Bldg 5B - 7201 Vedder Rd, Chilliwack
Please call 604-858-3691 for more information



APPLY TODAY

Canada



In partnership with BCHydro, Stó:lo Aboriginal Skills and Employment Training is pleased to host...

CONSTRUCTION TRAINING

BUILD SKILLS. BUILD SAFETY. BUILD OUR FUTURE.



October 5 - 16, 2026

**TRAINING WILL TAKE PLACE AT
KATZIE FIRST NATION**

10946 Katzie Rd, Pitt Meadows, BC V3Y 2G6

This training is open to all Indigenous unemployed and underemployed people living in the SASET catchment area. Regardless of origin in Canada.



Lunch, Transportation
Supports and
Safety Gear Provided!

BC Hydro
Power smart

**CERTIFICATES
INCLUDED:**

FALL PRO
SKID STEER
AERIAL LIFT
TCP
CONFINED SPACE
FORKLIFT
FIRST AID
WHMIS/WCB

CULINARY ARTS PRE-TRADES PROGRAM



Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

January 11th - March 19th,
2027

Are you an Indigenous, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply



REGISTER TODAY!

SPACES ARE LIMITED - RESERVE YOUR SPOT NOW.

Canada

Canada

BRITISH COLUMBIA

SKILLEDTRADES BC

This program is funded by the Government of Canada and the Province of British Columbia.

UFV

SASET-Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET-Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-2116

SASET-Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

SASET-Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET-Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-2116

SASET-Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



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



Mobile Clinic "Mission In Motion"



Located at the Tim Hortons in Deroche



Attending physician -
Dr. Jeff Kornelsen

Every Wednesday
1:30pm - 4:30pm

Walk-in accepted

CARES Counselling Society

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

Children

Youth

Adults

Couples

Families

ASKING FOR
HELP
IS OK

Fraser House Rural Connections Free Substance Counselling

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

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

Contact sam@fraserhouse.org or call 604-826-5810 to connect





Autumn Sudoku

Fill each row, column, and block with unique numbers from 1 to 6



1	4	3	6	2	5
5		6	4		3
3	1	4	2		
6		2	3		
4	3	5	1	6	2
2			5	3	

1	5			3	2
3	4	2		5	
2		4	3	6	5
5		3	2	1	4
4	3	5			1
	2	1	5		3

2	3		1	5	
5		1	2	3	
3		5	4		
6	4	2	5	1	3
	5	3	6	2	
1	2		3	4	5

			3	5	
3	5	6	1	4	
	2	3	5	6	1
5	6	1	4		3
2	3	4	6		5
6		5		3	4



Thanksgiving brain teasers

			
			16
			11
19	7	14	MathEasily.com

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 =
 =
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Key Facts About October

Origins & Name

- The name October comes from Latin octo (“eight”) because it was originally the eighth month in the early Roman calendar before January and February were added.
- In Old England, it was called Winmonath (“wine month”) and Winterfylleth (“winter full moon”).
- October is the 10th month of the Gregorian calendar, has 31 days, and its name comes from the Latin octo meaning “eight,” reflecting its position in the ancient Roman calendar.

Seasonal Significance

Northern Hemisphere: second month of autumn; leaves turn red, orange, and yellow.

Southern Hemisphere: second month of spring.

Symbols

Birthstones: Opal and Tourmaline.

Birth flower: Calendula.

Zodiac signs: Libra (until Oct 22) and Scorpio (from Oct 23).

Astronomical Events

Hunter’s Moon: Traditional name for October’s full moon.

Meteor showers:

Draconids peak around Oct 8–9.

Orionids peak around Oct 21–22 and originate from Halley’s Comet.

Historical & Cultural Notes

Ancient Roman festivals included Meditrinalia (Oct 11) and Armilustrum (Oct 19).

October 4, 1582: Gregorian calendar reform began, skipping 10 days.

October 4, 1957: Launch of Sputnik I, beginning the Space Age.

October 8, 1871: Peshtigo Fire, the deadliest U.S. wildfire.

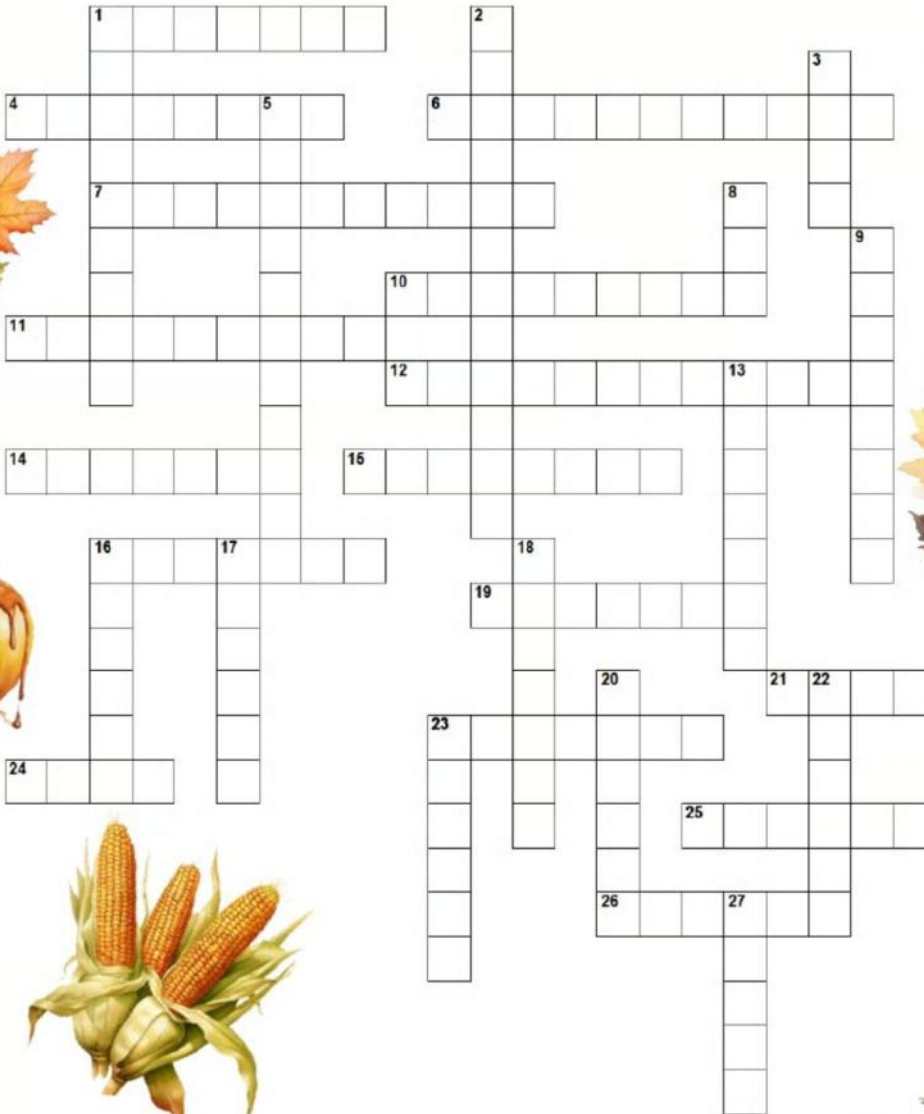
Holidays & Observances

Halloween (Oct 31)

Thanksgiving (second Monday of October).

October

Crossword



Across

1. What you wear to go trick-or-treating
4. Event where people compete in races
6. U.S. holiday celebrated on the second Monday of October
7. Popular fall vegetable that is orange inside
10. Type of squash harvested in October
11. Month when many schools have this break
12. Tasty treat often made with caramel and apples
14. Machine used to collect crops
15. Sport that has its World Series in October
16. Something you might wear to keep warm in October
19. Famous magician known for his spooky tricks
21. Harvest crop often gathered in October
23. Process of gathering crops
24. Creepy, crawly insect
25. Famous ghost in literature, "_____ of the Opera"
26. Type of dance performed at fall festivals

Down

1. Plant that is often dried & used for decoration in the fall
2. It's fun to tell these around a campfire
3. Time of year when the weather gets cooler
5. Celebration often associated with German culture in October
8. What you might wear on your head to keep warm
9. Place where people are buried
13. Orange fruit often carved for Halloween
16. Creepy animal with eight legs
17. Another word for fall
18. Insect that migrates to Mexico in October
20. Trees lose these in October
22. Color of pumpkins
23. Activity where you walk in nature to see the changing leaves
27. Fruit often associated with bobbing



October Word Search



ACORNS
APPLES
AUTUMN
AUTUMNAL
EQUINOX
BAKING
BONFIRE
BRISK AIR
CHESTNUTS
CIDER
COLUMBUS DAY
CORN MAZE
COZY
CRANBERRIES
FALL FOLIAGE
FOOTBALL
GOURDS
HALLOWEEN
HARVEST
HAYRIDES
INDIGENOUS
PEOPLES DAY

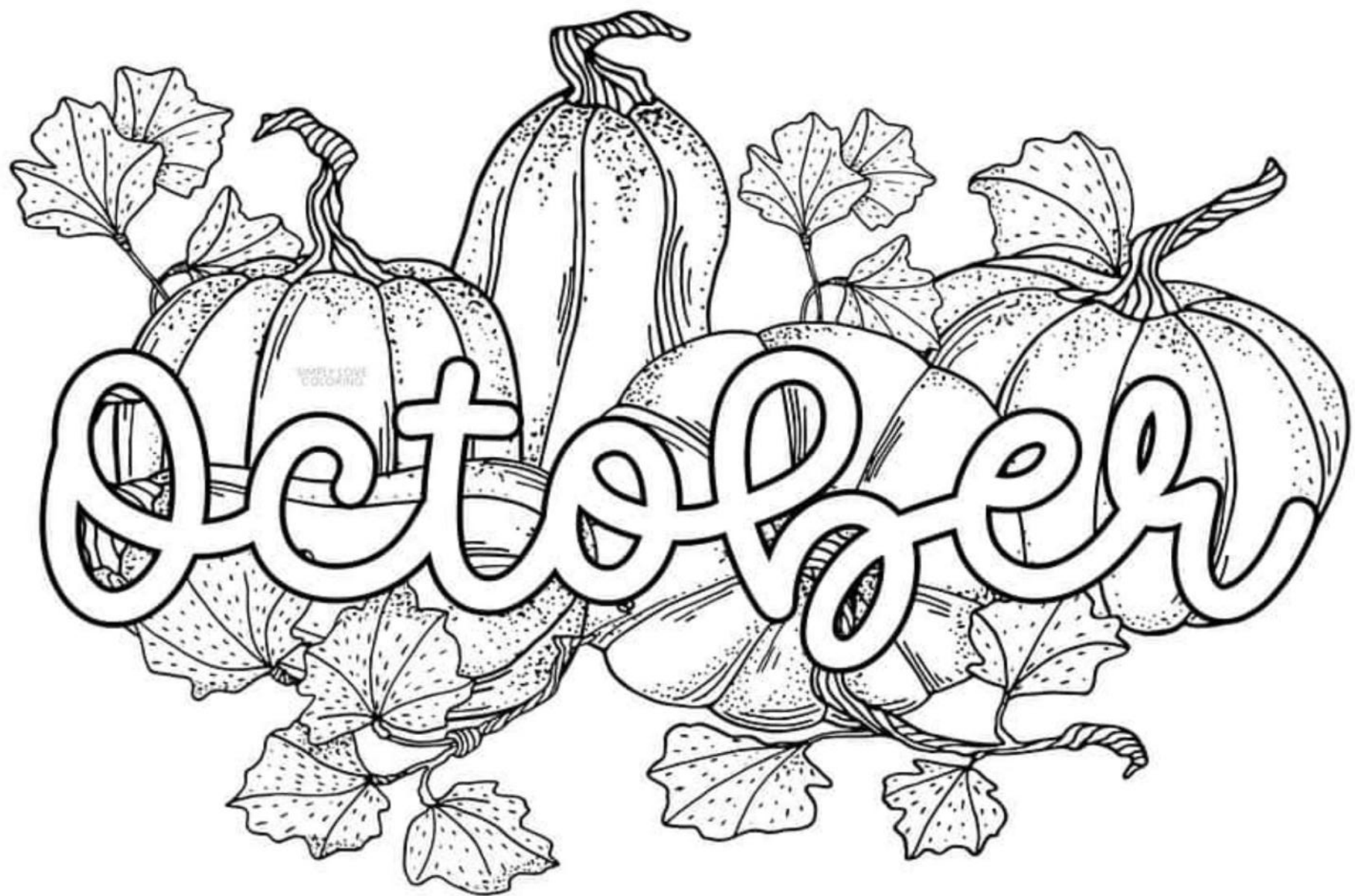
I	T	G	M	T	N	K	G	F	A	L	L	F	O	L	I	A	G	E	V
N	M	A	K	S	T	J	M	K	Z	Z	F	O	O	T	B	A	L	L	S
D	E	X	U	G	Q	R	G	R	N	E	E	W	O	L	L	A	H	M	E
I	C	X	C	T	A	U	T	U	M	N	R	I	A	K	S	I	R	B	D
G	I	Q	R	P	U	Y	A	F	M	N	R	B	N	Y	K	A	V	Y	I
E	P	W	A	H	C	M	L	S	S	P	Q	B	A	K	K	N	K	S	R
N	S	K	N	R	J	F	N	E	H	B	U	D	W	I	N	O	E	M	Y
O	J	Q	B	K	Z	T	V	A	O	R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



LEAVES
OKTOBERFEST
PUMPKINS
RAKING
SCARECROW



SOUP
SPICE
SPOOKY
SQUASH
SWEATERS



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	kilby@leqamel.ca	236.602.4441 ext. 1110
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