



LEQ'Á:MEL FIRST NATION



JUNE 2026



June

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 Nurse Practitioner 9-3	2 A/A Group(BR) 7pm Massage Work out class 6:30pm-7:30pm	3 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Kids Group 4:30-5 Youth Group 5-6 Sr. Youth Group 6-7 Work out class 6:30pm-7:30pm	4 Meals on Wheels Chiro Health and wellness Community Engagement BBQ (Gym)	5 NA 12-1 (10220 N. Deroche Rd.)	6 Fishing Life Skills Net Prep (Gym)9am-4pm
7 Fishing Life Skills Net Prep (Gym)9am-4pm Work Out Class 6-8pm (Gym)	8 Nurse Practitioner 9-3	9 A/A Group(BR) 7pm Work out class 6:30pm-7:30pm	10 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group 6pm(HB)	11 Meals on Wheels Jordans Principle Claims help 2-7pm (Health Center) Work out class 6:30pm-7:30pm	12 NA 12-1 (10220 N. Deroche Rd.) Youth Pasta Fundraiser Dinner 5-7pm (Gym)	13 Fishing Life Skills Simulation Day (Gym)9am-4pm
14 Work Out Class 6-8pm (Gym)	15 Nurse Practitioner 9-3	16 A/A Group(BR) 7pm Massage Work out class 6:30pm-7:30pm	17 Mission Mobile Clinic @ Gas Station 1:30-4:30pm	18 Meals on Wheels Chiro Work out class 6:30pm-7:30pm	19 NA 12-1 (10220 N. Deroche Rd.) Fathers day delivery	20
21 Work Out Class 6-8pm (Gym)	22 Offices Closed	23 A/A Group(BR) 7pm Work out class 6:30pm-7:30pm	24 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group 6pm(HB)	25 Meals on Wheels Work out class 6:30pm-7:30pm	26 NA 12-1 (10220 N. Deroche Rd.)	27
28 Leq'á:mel Day 11-2pm (Gym) Work Out Class 6-8pm (Gym)	29	30		Location Abbreviations:	GPB= General Purpose Building	BR= Board Room
				Tutoring Mondays, Tuesdays and Thursdays. Call or text Julie 236-988-2584		

MEET RAJNEET



Infant & Toddler
Educator

Hello Families!

I'm **Rajneet Kaur**, and I'm excited to be part of the team at **Leq'á:mel Childcare Centre** as an Infant Toddler Educator.

I have almost 3 years of experience working with toddlers and preschoolers. I love this age because their **curiosity is endless**, and I learn so much from them while helping them grow and discover.

I believe children learn best through play! I enjoy doing **sensory play** and **art activities** that spark creativity, build confidence, and make learning fun.

I look forward to getting to know **you and your little ones!**

A Little About Me

- I enjoy hiking and spending time in **nature**
- I love painting and creating **crafts**
- I speak English, Punjabi, Hindi, and I'm currently learning French.

Art and Play Inspires Me!

I love creating fun, hands-on art and sensory activities with children!





Leq'á:mel First Nation Contact Update Form

Please complete and submit this form for the following:

- You have moved; or
- Changed your phone number; or
- Changed your email

Please drop the completed form off at the Administration Building or email your information to membership@leqamel.ca

***Please print clearly in uppercase letters**

Date Submitted:			
Full Name:			
Street Address:			
City:		Postal / Zip Code:	
Province/State:		Country:	
Main Phone #:		Alternate Phone #:	
Email:			

** If you have changed your bank information and have not sent Leq'á:mel Finance your updated banking information, please send your direct deposit information to courtney@leqamel.ca and chelsea@leqamel.ca **

Confidential when completed

HOUSING NEWS

We have started doing energy assessments on the first 20 homes. Once the assessments are completed and we receive all EnerGuide evaluations we can submit for funding to install the heat pump systems.

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

PIEER process includes:

- 1) An Energy Assessment Advisor will come and conduct home evaluations in each residence. The evaluation will include: an air test, measuring the home size, windows, doors and photos of the exterior, attic insulation, existing heating system. The assessment will take approximately an hour and a half to two hours. An information sheet about how to prepare your home will be sent out to those interested before Energy Assessment is conducted.
- 2) Apply for funding to have heat pumps installed.
- 3) Once funding is received an HVAC contractor will come and install heat pumps.

If you would like an inspection for renovations, please contact Wendy or Stephanie. Housing will need to come and assess your home before an inspection is done. The home must be free of garbage and decluttered before bringing in the inspection team.

HOME MAINTENANCE TIPS

Inspect furnace filter. Clean or replace filters when they are dirty.

Vacuum out air return ducts.

Clean kitchen exhaust fan and filter.

Inspect plumbing for drips or leaks.

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, Deroche, BC, V0M 1G0
Tel: 604-826-7976 Fax: 604-826-0362

STUDENT IDENTIFIERS MUST BE COMPLETED IN FULL TO BE PROCESSED

STUDENT INFORMATION:

Student Name:

Mailing Address:

Province/State:

Town/City:

Postal Code/ZIP:

Date of Birth:

Email:

Phone:

Status #:

Gender: Female, Male, Prefer not to say (circle)

Registered LFN Member: Yes/No (circle)

SCHOOL INFORMATION:

Grade Entering in September:

School Attending:

School Mailing Address:

Full-time/ Part-time (circle)

School District #:

Town/City:

CONSENT TO RELEASE STUDENT INFORMATION:

I, _____, the Parent/Guardian of the above-mentioned student, hereby agree to the Terms of the Issuance of the Student Allowance and to send this updated Student Identifier to the Leq'á:mel Education Coordinator at the end of each school year.

Additionally, I, _____, the Parent/Guardian, authorize Staff of Mission Public School District #75, and other BC School Districts, to release information about my child on Attendance, Conduct (Suspensions and Alternate Suspensions etc.), Social Emotional Learning and Mental Health & Wellbeing, Academic Progress, School Engagement (including Leadership Opportunities & Extra-Curricular Activities), School Services, External Agency & Community Services to the LFN Education Coordinator.

Verification of continued school enrollment is required to receive the student allowance.

Parent/Guardian Signature: _____

Date: _____



Please email to sheena@leqamel.ca Education Coordinator



Leq'a:mel First Nation

43101 Leq'a:mel Way
Deroche, BC V0M 1G0

Tel: 604-826-7976
Fax: 604-826-0362

www.leqamel.ca

Maintenance Update

May 20, 2026

- **LFN Maintenance staff have been busy keeping up with the growing season, everything is in full bloom. After the raining days, several warm sunny days make for busy days.**
- **Blackberries again this year are high on our maintenance list to keep at bay, our first priorities are to cut around areas to best protect vital infrastructure. Maintenance teams try to fully remove the entire root whenever possible to avoid re-growth in future years. We are working mindful of ground disturbance and overall appearance.**
- **Again this year, maintenance crews will not be using chemical fertilizers to control weeds, these chemicals would eventually flow into rivers and streams and have a negative effect on Leqamel's important river resources.**
- **Permitted Danger tree removal continues again this year, these trees are removed to protect roads, buildings, power lines. The wood taken down is turned into firewood for members.**
- **If you have any maintenance concerns or comments, please reach out to any member of the LFN Team.**



LEQ'Á:MEL FIRST NATION

Lands Department
Emergency Management

COMMUNITY NOTICE

BLACK BEAR AWARENESS

SPÁ:TH - Black Bear.

Please be reminded that we share Territory with *Spá:th*. At this time of the year, bears are likely to be seen in and around the community and can cause conflict. How we manage our living spaces and yards has a major impact on human-wildlife conflict.

Here are some tips to avoid conflict with *Spá:th*:

- **Do not** store garbage or other organic waste outdoors.
- **Pick** any fruit as soon as it ripens, do not let it accumulate on the ground.
- **Avoid** feeding birds when bears are most active (April to November)
- **Feed pets indoors** and keep pets inside at night
- **Clean** your BBQ after each use including the grease trap
- **Store freezers inside** or lock them up if able to do so.
- **Minimize** anything in your yard that may attract a bear
- **Do not** approach any bears at anytime for any reason.

(Photo provided by community member)

Shooting of bears is strictly prohibited.

Do not discharge a firearm in our community, especially in residential areas.

Spá:th is a respected part of our community. There are simple things we can do to prevent conflict with black bears.



REPORT AGGRESSIVE BEARS TO THE BC CONSERVATION OFFICER SERVICE:

1-877-952-7277



Leq'á:mel First Nation

43101 Leq'á:mel Way
Deroche, BC V0M 1G0
www.leqamel.ca

Phone: (604) 826-7976
Fax: (604) 826-0362

New Leq'á:mel members recently added:

Last Name	Name at Birth	Given Name	Section	Date Added
Good		Davonte Cameron	7	24-Apr-26
Kelly		Addison Aurora	7	24-Apr-26
Toby		Dezirae Lynn	7	24-Apr-26
Toby		Duncan Ryan	7	24-Apr-26
Vanderpool		Jaymee Ann	7	24-Apr-26
Vansickle	Madayag	Eugenia Elizabeth	7	24-Apr-26
Walter		Eli Theodore	7	24-Apr-26
Last Name	Name at Birth	Given Name	Section	Date Added
Marquez		Jeremias Madayag	7	27-Apr-26
Marquez		Tyler Jeremias	7	27-Apr-26
Marquez		Talynn Ann	7	27-Apr-26
Santos		Isaiah Marquez	7	27-Apr-26
Santos		Anilia Marquez	7	27-Apr-26
Velez		Diego Marquez	7	27-Apr-26



OCCUPATIONAL SKILLS TRAINING

BACKGROUND

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

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

Food Safe - Level I, Level II

Super Host

Serving It Right

WHMIS

First Aid

Driving Lessons

Bookkeeping Certificate

Computer Assisted Drafting (CAD) Certificate Level I

Insurance Brokers Certificate

Welding Certificate

FUNDING AVAILABLE

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

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

ELIGIBILITY CRITERIA

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

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

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

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

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

HOW THE APPROVED FUNDS ARE PAID

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



OCCUPATIONAL SKILLS TRAINING

APPLICANT OBLIGATIONS

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

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

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

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

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

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

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



APPLICATION FOR OCCUPATIONAL SKILLS TRAINING

43101 Leq'á:mel Way Deroche, BC V0M 1G0

Phone: (604) 826-7976 Fax: (604) 826-0362

Email: sheena@leqamel.ca

APPLICANT INFORMATION

FULL NAME:

ADDRESS:

BIRTHDATE:

CERTIFICATE OF INDIAN STATUS #:

PHONE #:

CELL #:

EMAIL ADDRESS:

Have you previously applied for Occupational Skills Training funding? ☐ YES ☐ NO

PROGRAM / COURSE INFORMATION

PROGRAM / COURSE NAME:

INSTITUTION:

LENGTH OF PROGRAM:

ACCEPTANCE INTO PROGRAM/COURSE
☐ YES ☐ NO ☐ PENDING

FINANCIAL INFORMATION – PLEASE PROVIDE DETAILS

TUITION:

STUDENT FEES:

SPECIAL CLOTHING:

OTHERS:

TOTAL AMOUNT REQUESTED:

SIGNATURE OF APPLICANT :

DATE:

OFFICE USE ONLY

Has the applicant been funded in the last 12 months? ☐ YES ☐ NO

If yes, for what and how much?

Is the applicant in good standing? ☐ YES ☐ NO

Approved:

Total Amount Approved?

Comments:

Signature of Education Coordinator:

Date:

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

PATIENT TRAVEL

MEDICAL TRAVEL BENEFITS: REQUIRED DOCUMENTATION

TO ENSURE YOUR TRAVEL IS APPROVED AND PROCESSED QUICKLY,
PLEASE ENSURE YOUR APPOINTMENT DOCUMENTATION IS
CORRECT.

YOUR DOCUMENTATION MUST INCLUDE:

- CLIENT NAME (& ESCORT IF APPLICABLE)
- APPOINTMENT DATE & TIME
- PROVIDER INFORMATION: NAME, FULL ADDRESS, AND POSTAL CODE
- HEALTH PROVIDER FIELD OF PRACTICE
- PROVIDER SIGNATURE OR STAMP (REMINDERS/TEXTS ARE NOT ACCEPTED)

NON-MSP RELATED APPOINTMENTS ARE NOT ELIGIBLE FOR FNHA TRAVEL BENEFITS.

ICBC & WORKSAFE MAY PROVIDE UP TO \$0.73/KM FOR TRAVEL-
CONTACT YOUR CLAIMS ADJUDICATOR.

IMPORTANT

FOR ORTHODONTICS, EXTENDED TRAVEL, OR TRAVEL OUTSIDE THE GVRD, PLEASE SUBMIT DOCUMENTATION AT LEAST 5 DAYS BEFORE YOUR APPOINTMENT.



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
June 4th and 18th

Massage Therapy

Each session is a
relaxing 30 minutes

with Tara Backman

Now booking
June 2nd and 16th

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





Leq'á:mel

KID'S

Group

June 3rd

4:30pm–5pm

in the Health Centre

Ages 0–12

***parents strongly encouraged to attend with
their kids and participate in fundraisers***



June 3rd

@ the Leq'á:mel Health Center

Youth Group

5pm-6pm

Ages 12-18



**Dinner
provided**

Sr. Youth Group

6pm-7pm

Ages 18-27

**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
236-887-2759/604-284-0011 with any questions or if
you need a ride**

**LEQ'Á:MEL
HEALTH AND WELLNESS
COMMUNITY
ENGAGEMENT**

BBQ

THURSDAY

JUNE

5PM-7PM

4

**43101 LEQ'Á:MEL WAY
IN THE GYM**



**JOIN US FOR A BBQ
AND A RELAXED
CHAT WITH
HEALTH STAFF
ABOUT THE
SERVICES YOU
WOULD LIKE TO
SEE AVAILABLE.**

DOOR PRIZES!



FISHING LIFE SKILLS TRAINING

This is a multi-stage learning opportunity for Leq'á:mel kids, and adults to learn about fishing from the starting point of how to prepare a net, to the end point of various preservation styles including canning, freezing, hot & cold smoking.

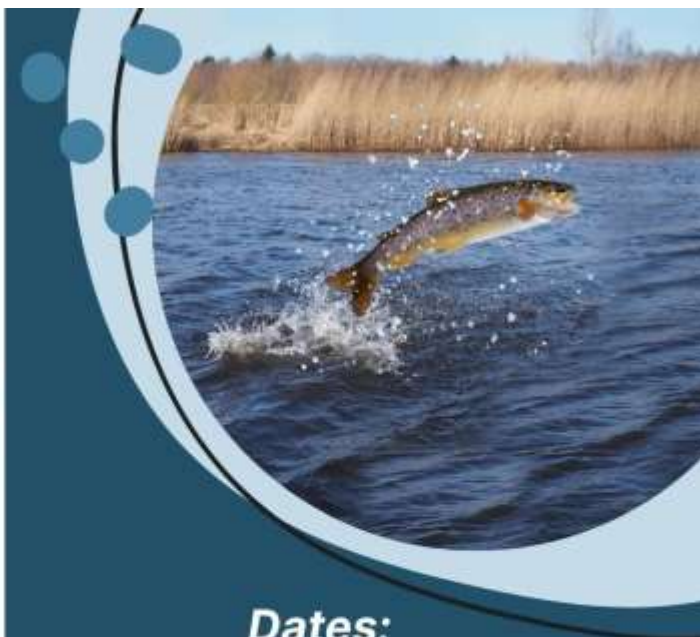


**OPEN TO ALL
LEQ'Á:MEL FAMILIES**

**Kids age 8 and under will
require an adult guardian
present to be able to attend**



Funded by Xyólheméylh



Dates:

Stage 1 - Net Preparations (Learn how to hang set and drift net): **June 6 & 7 in the gym starting at 9am - 4pm**

Stage 2 - Simulation Day (Learn and practice the techniques that will be used in on the beach and water): **June 13 in the gym starting at 9am - 4pm**

Stage 3 - Beach/River Day (Get out on the boat with our skilled fishermen) : **Dates TBD for July**

Stage 4 - Canning Day (Pressure canning the fish we catch in stage 3): **Dates TBD for September**

Stage 5 - Hot & Cold Smoking (Learn from our skilled fish smokers on both techniques): **Dates TBD for October/November**

**Information & or to
RSVP please contact
the events team:**

Phone : 604-287-0011

Cell: 236-887-2759

Email: events@leqamel.ca

LEQ'Á:MEL ELDERS GROUP

LEQ'Á:MEL
MEMBERS
55+

6PM

JUNE 10 AND 24TH

JUNE 24TH WILL BE THE
FINAL MEETING UNTIL
SEPTEMBER

LOCATED AT THE LEQ'Á:MEL HEALTH CENTER
42981 LEQ'Á:MEL WAY

The poster is decorated with various cartoon pasta characters. At the top left, a fusilli character with a red bow. Top center, a farfalle character. Top right, a rotini character. Middle left, a penne character. Middle right, a fusilli character. Bottom left, a farfalle character. Bottom center, a farfalle character. Bottom right, a penne character. A central illustration shows a plate of spaghetti with meat sauce, a slice of pizza, and a side salad.

LEQ'Á:MEL YOUTH GROUP

PASTA FUNDRAISER

\$15 A PLATE

SERVED WITH GARLIC BREAD
AND SALAD

June 12th 5 - 7PM

Cash only

43101 Leq'á:mel Way, Deroche

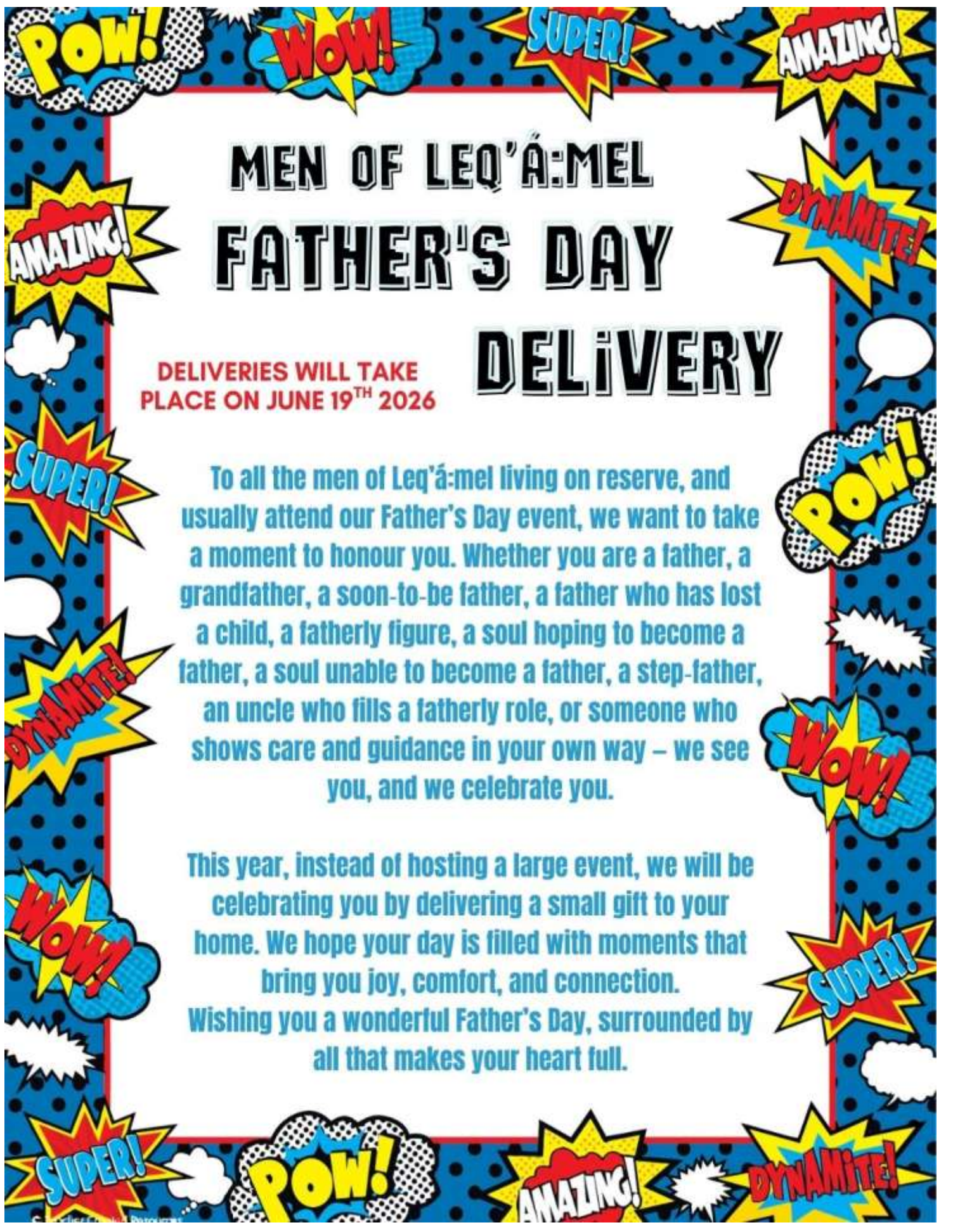
Leq'á:mel Health Centre Invites you to Lunch with the Bunch

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

Friday June 12 and 26
12pm-2pm



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



MEN OF LEQ'Á:MEL FATHER'S DAY DELIVERY

DELIVERIES WILL TAKE
PLACE ON JUNE 19TH 2026

To all the men of Leq'á:mél living on reserve, and usually attend our Father's Day event, we want to take a moment to honour you. Whether you are a father, a grandfather, a soon-to-be father, a father who has lost a child, a fatherly figure, a soul hoping to become a father, a soul unable to become a father, a step-father, an uncle who fills a fatherly role, or someone who shows care and guidance in your own way – we see you, and we celebrate you.

This year, instead of hosting a large event, we will be celebrating you by delivering a small gift to your home. We hope your day is filled with moments that bring you joy, comfort, and connection. Wishing you a wonderful Father's Day, surrounded by all that makes your heart full.

Good Food.
Good People.
Strong
Community.



EVERYONE
Welcome!
♡

COMMUNITY BBQ

Come Together. Connect. Celebrate Our Community!



SATURDAY

JUNE 20TH, 2026

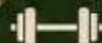


11:00 AM - 2:00 PM



43101 LEQ'A:MEL WAY
DEROCHE, BC V0M 1G0

★ IN THE GYM ★



JOIN US
IN THE GYM
RAIN OR
SHINE!



**DOOR
PRIZES!**



**FREE
FOOD!**



**INFORMATION
ON CURRENT
PROJECTS**



Hosted by

LEQ'A:MEL
DEVELOPMENT CORPORATION

Contact Us



Cell: 236-887-7588



Email: infoLDLP@leqamel.ca



<https://leqameldevelopmentcorporation.ca/>





SCHOOLS OUT GRADUATION BBQ

JUNE 27, 2026

12PM TO 2PM

GAMES • MUSIC • FOOD

LEQ'Á:MEL

COMMUNITY GYM

**IF YOU WILL BE GRADUATING THIS YEAR PLEASE
CONTACT SHEENA AT SHEENA@LEQAMEL.CA**



Leq'á:mel Day



PRODUCE BAGS



APOTHECARY

FACE PAINTING



DOOR PRIZES



**FOOD
TRUCKS**



BANNOCK STATION

AND MORE...

June 28th 11am-2pm

43101 Leq'á:mel Way, Deroche



18+

LEQ'Á:MEL CIRCUIT WORKOUT

**\$5 FOR NON
MEMBERS**

**TUESDAYS AND THURSDAY
6:30PM-7:30PM**

***JUNE 4TH CLASS IS MOVED
TO JUNE 3RD***

SUNDAYS 6-8PM

**IN THE GYM
43101 LEQ'Á:MEL WAY**



For more information
please contact Michelle : Email:
michelle.ledenko@leqamel.ca
604-287-0011 or 236-887-1359

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

UNDERSTANDING PTSD

Post-traumatic stress may affect how individuals experience thoughts, emotions, and daily situations after challenging events.



WHY AWARENESS MATTERS

Understanding different experiences may encourage empathy and reduce stigma in everyday interactions.

If you or someone you know is experiencing symptoms of PTSD help is available. Please connect with the Health Centre for support and resources.
604-287-0011



COMMON EXPERIENCES

- Intrusive memories
- Heightened alertness
- Difficulty relaxing





Summer Vibes

Looking for academic support
over the summer?

Flexible schedule, no early mornings 🥰

1-1 in person or small group options
for some subjects

Brush up on key skills

Support for summer school courses

Support for online courses

Preview courses for September



Julie@leqamel.ca
236-988-2584

ON JULY 15 2026
10AM-3PM
CRA WILL BE ON SITE
AT THE HEALTH
CENTER

DONT FORGET
TO FILE YOUR TAXES, IF THEY
ARENT COMPLETED CREDITS AND
PENSIONS MAY STOP IN JUNE
UNTIL YOUR TAXES ARE DONE.

THEY CAN HELP
YOU ACCESS
BENEFITS, CREDITS,
AND ESSENTIAL
FINANCIAL
SUPPORT

CALL MICHELLE WITH ANY QUESTIONS AT

604-287-0011 OR

236-887-1359

OR EMAIL

MICHELLE.LEDENKO@LEQAMEL.CA

42981 LEQ'Á:MEL WAY



S T . J O S E P H S

FOOD BANK

ST. JOSEPH'S FOOD BANK, MISSION, BC
DISTRIBUTES FOOD AT 9:00 AM - NOON
EVERY 2ND WEDNESDAY & THURSDAY.

32600 7TH AVENUE
MISSION, BC V2V 2B9

January						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	Mo	Tu	We	Th	Fr	Sa
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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)
JUNE 10TH.
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
JUNE 12 AND 26
JULY 10 AND 24

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

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




LEQ'Á:MEL ELDERS MEAL DELIVERY

**EVERY THURSDAY BETWEEN
10AM-1PM
WE WILL DELIVER
1 SALAD
1 SOUP
1 DINNER
1 DESSERT
AND SOME FRESH FRUIT**

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




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

For Example:

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

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

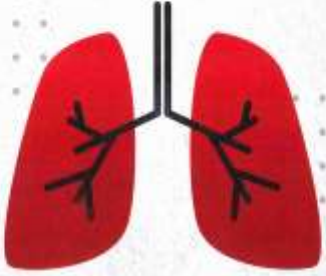
IT'S TIME TO GET VACCINATED!



LEQ'Á:MEL HEALTH CENTRE NURSES PROVIDE VACCINES

Did you know: Children starting kindergarten are eligible for 2 vaccines.	Did you know: In grade 6 & 9 children are eligible for 2 additional vaccines	Did you know: All adults are eligible for tetanus vaccine every 10 years
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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 a
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 sam@fraserhouse.org or call 604-826-6810
to connect



Lung Cancer Screening

If eligibility
is met,
please call
1-877-717-5864
or contact
our nursing
team
(604-287-0011)
for
support.



Lung Screening

It is recommended that patients discuss the benefits and limitations of lung screening with their primary care provider.

Who is eligible for lung screening?

Lung screening is best for those who are at high-risk for lung cancer and who are not experiencing any symptoms. This usually includes people who are:

- ☒ 55 to 74 years of age;
- ☒ Currently smoking or have smoked in the past; and,
- ☒ Have a smoking history of 20 years or more.

If you meet the above requirements, please contact the Lung Screening Program for a phone consultation at: 1-877-717-5864. You will complete a risk assessment over the phone to determine your screening eligibility.

Insert primary care provider stamp/label or complete fields below.

Patient Name: _____

Primary Care Provider Information

Provider Name: _____ MSP#: _____

Signature: _____ Date: _____



FRASER SALISH REGION
First Nations Health Authority

WELLNESS SUPPORTS

COMMUNITY WELLNESS INITIATIVES

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

Andrew Duerksen

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

Kalista Kirkness

Community Wellness Initiatives Facilitator
Kalista.Kirkness@fnha.ca

Tracey Jirak

Harm Reduction Educator
Tracey.Jirak@fnha.ca

Mehrdad Ghafouri

Harm Reduction Educator
Mehrdad.Ghafouri@fnha.ca

ENVIRONMENTAL PUBLIC HEALTH

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

Amber Lee

Manager, EPHS
Amber.Lee@fnha.ca

After hours emergencies:

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

HEALTH BENEFITS

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

Sandra (Sandie) Martins-Toner

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

MATERNAL CHILD & FAMILY WELLNESS

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

Tara McLaughlin

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

Ashley Crey

Aboriginal Headstart Program Advisor
Ashley.Crey@fnha.ca

Maggie Charlie-Defazio

Aboriginal Headstart Program Advisor
Maggie.Defazio@fnha.ca

Robyn Mertin

Specialist, Family Wellness
Robyn.Mertin@fnha.ca

Jonathan Williams

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

Jennifer Kazun

Family Wellness Systems Navigator
Jennifer.Kazun@fnha.ca

Darren Charlie

Youth Wellness Liaison
Darren.Charlie@fnha.ca

Rhianon Teegee

Family Wellness Systems Navigator
Rhianon.Teegee@fnha.ca

Shannon Williams

Wellness Navigator
Shannon.Williams@fnha.ca

FNHA Systems Support Line:

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



FRASER SALISH REGION
First Nations Health Authority

WELLNESS SUPPORTS

NURSING

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

Sam Noizadan

Regional Nurse Manager

Sam.Noizadan@fnha.ca

Vashti Garcia

Nursing Practice Consultant,
Harm Reduction & Substance Use

Vashti.Garcia@fnha.ca

Jaspreet (Jas) Shokar

Community Health Practice Consultant

Jaspreet.Shokar@fnha.ca

WELLNESS SYSTEMS NAVIGATORS

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

Deanna Rabeneck

Wellness Systems Quality Care Coordinator

Deanna.Rabeneck@fnha.ca

Lori Parkinson

Wellness Systems Quality Care Coordinator

Lori.Parkinson@fnha.ca

SUPPORT & CONTACT LINES

Hope for Wellness Line

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

FNHA Doctor of the Day

1-855-344-3800

MENTAL HEALTH & WELLNESS

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

Misty Cockerill

Manager, Mental Health & Wellness

Misty.Cockerill@fnha.ca

Megan McLaughlin

Tobacco & Cannabis Coordinator

Megan.McLaughlin@fnha.ca

Rosaline Madhavan

Mental Health & Wellness Liaison

Rosaline.Madhavan@fnha.ca

Helena Visona

Mental Health & Wellness Liaison

Helena.Visona@fnha.ca

Elizabeth (Beth) Julian

Traditional Wellness Coordinator

Elizabeth.Julian@fnha.ca

Jody Jones

Traditional Wellness Coordinator

Jody.Jones@fnha.ca

HEALTH EMERGENCY MANAGEMENT

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

Leah Brody

Regional Manager, Health Emergency Management

Leah.Brody@fnha.ca

Amber Stewart

Regional Addictions Specialist

Amber.Stewart@fnha.ca

FNHA Systems Support Line:

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



June
Word Search

The graphic features the word "June" in a red script font and "Word Search" in a black serif font. It is decorated with a yellow sun, a pair of blue and green striped shorts, and a red bikini top with yellow trim.



P S T L R S A N D C A S T L E B K L T

O E H F P L K R S U M M E R F B L V L

T S U I F D T N P W P R K I R I S T Z

K S N R B U T T E R F L Y K L E E N N

NADEKRPQJENJDYSPLYT

A L E F N Y F T S U R T K O N M K F C

T G R L H M E A A W N C R C A Q C M R

G N S Y M R U H T H I E S E X W U S S

NUTPYLC CRHKMRNLJSUO

I S O M C D E Q K V E C M T U F Y N I

N I R Y V P B D A T E R I I I S E D S

TEMMGTBCGCYISININBT

H M T S Y M A I I T G T P D T G O E I

G O C R H T B T K Q W F R R A W H S C

I N M I I O Y V H Y L M L N B Y K S E

LAQONCRCLOMUINAREGT

W D N Q B C A T P N O L E M R E T A W

Y E T M L E I S S V G J K K M B R D Q

N N W B B P R P Y Q Y N O E P P P R R

SUNDRESS





UMBRELLA



SUNGLASSES



STAR



TANK TOP

THUNDERSTORM

TANK TOP

THUNDERSTORM

VACATION

WATERMELON

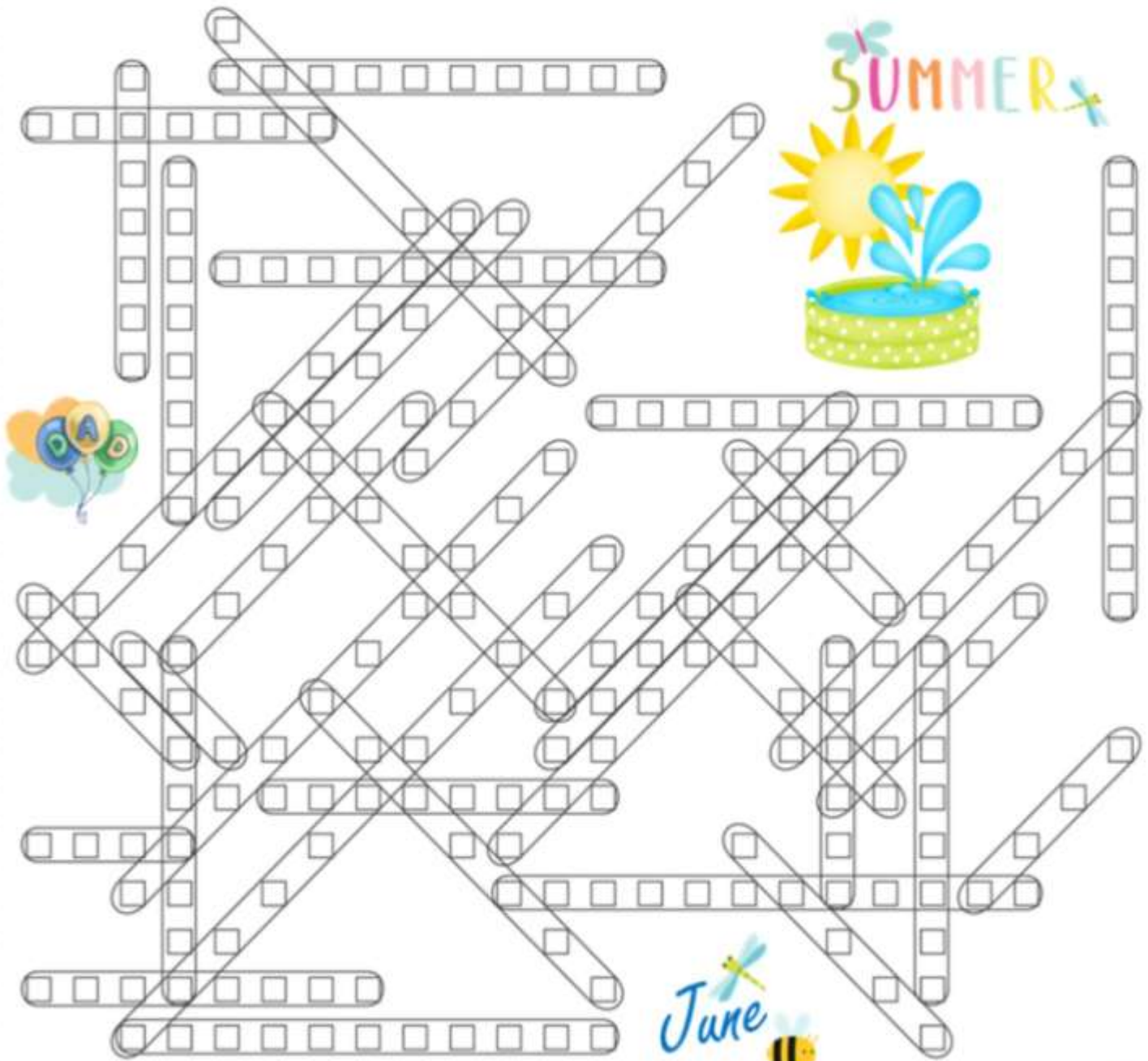




June Word Fit



Fit the words in the list into the encircled squares. Words will read forward, backward, up, down, and diagonally and will normally cross other words. Spaces included in answers.



baseball

basketball

beach

bees

campfire

cookout

diploma

dragonflies

father

fireflies

fishing

flag day

frisbee

graduation

hammock

hot

Juneteenth

lake

lemonade

patient

playful

pool

relax

sixth

solstice

stargazing

strawberries

summer

sunglasses

sunshine

tent

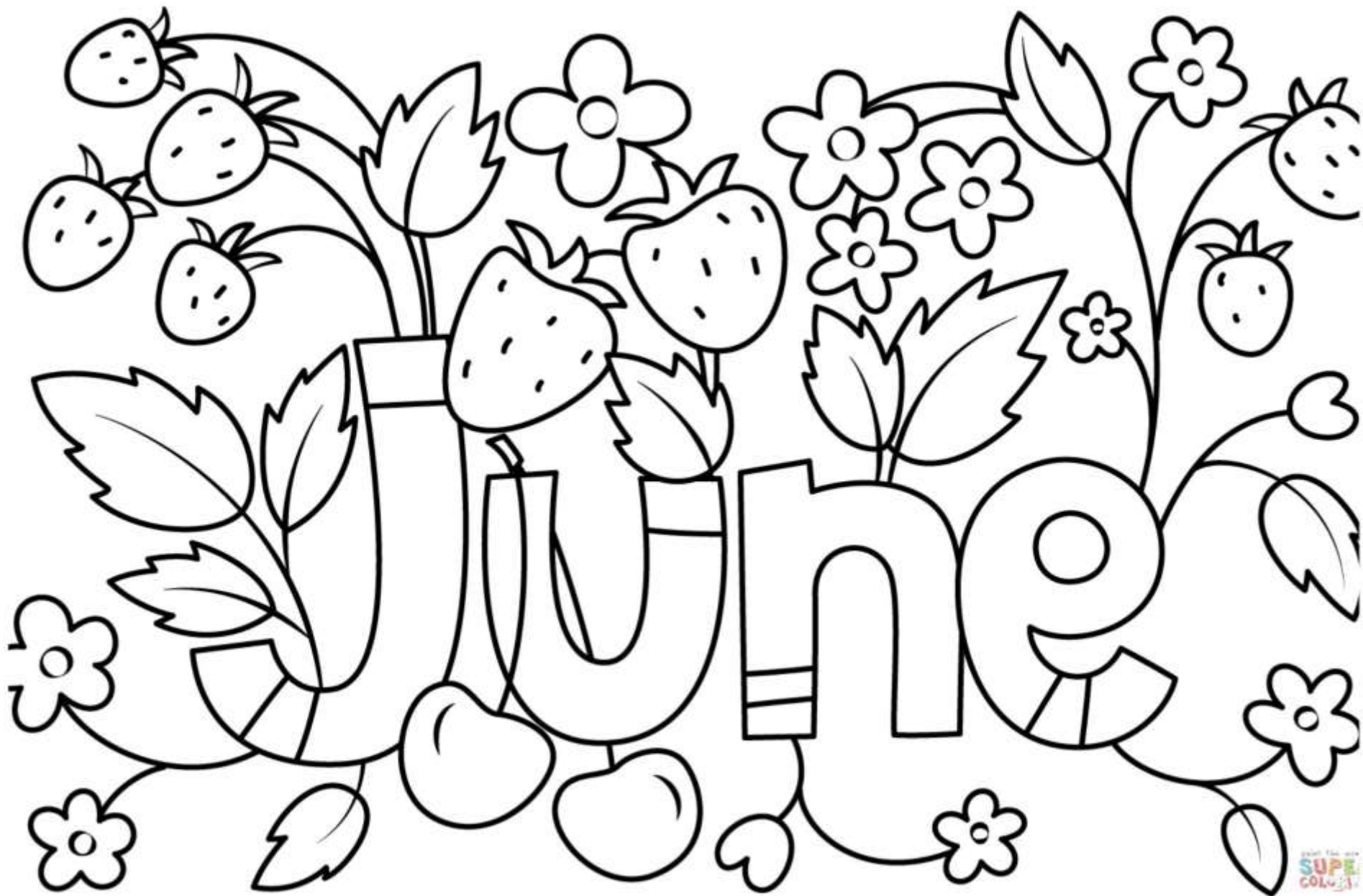
vacation

watermelon

weddings

wildflowers





Employee Contact Information

ADMINISTRATION & FINANCE

Toll Free US/Canada			1-833-826-7976
Administrator & Senior Finance Officer	Peter Pynacker	peter@leqamel.ca	778-933-0311
Executive Assistant	Tina Brooks	tinabrooks@leqamel.ca	604-378-0950
Indian Registrar Administrator (IRA)	Diana Carvajal	registrar@leqamel.ca	778-549-7447
Human Resources	Stella Laidman	humanresources@leqamel.ca	604-302-9823
Receptionist	Genevieve Howell	reception@leqamel.ca	604-826-7976
Accountant	Courtney Clark	courtney@leqamel.ca	604-826-7976
Accountant	Chelsea Kieler	chelsea@leqamel.ca	604-826-7976
Membership Clerk	Faye Howell	membership@leqamel.ca	236-380-1753
Housekeeper	Kim Town		604-826-7976

SOCIAL DEVELOPMENT

Assisted Living Worker	Kathy Nicolle	kathy@leqamel.ca	778-345-6137
Social Development Worker			

HOUSING, OPERATIONS & MAINTENANCE

Housing Manager	Wendy McDonald	wendy@leqamel.ca	604-826-7976
Housing Assistant	Stephanie Toth	stephanie@leqamel.ca	604-826-7976
Public Works & Maintenance	Glen McDonald	glen@leqamel.ca	604-712-1655
Public Works & Maintenance	Daemon Cooper	daemon@leqamel.ca	604-826-7976
Public Works & Maintenance	Shannon Howell	shannon@leqamel.ca	604-826-7976
Public Works & Maintenance	Jeremy Bensmiller	jeremy@leqamel.ca	604-826-7976
Transfer Station 604-826-7960	Dean McDonald	dean@leqamel.ca	604-768-9687
Operations & Maintenance Supervisor	Andy Williams	andy@leqamel.ca	604-378-2931

LANDS DEPARTMENT

Lands Manager	Andrew Treger	andrew@leqamel.ca	204-890-4882
Senior Planning Officer	Benafshaw Dashti	benafshaw@leqamel.ca	604-378-2549
Executive Assistant to Lands & Natural Resources Governance	Nichole Clement	nichole@leqamel.ca	236-602-4441 Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441 Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441 Ext1103
Emergency Management Coordinator	Gord Armstrong	gordon@leqamel.ca	236-602-4441

NATURAL RESOURCES

Natural Resource Manager	John Tao	john@leqamel.ca	403-835-7865
Guardians Coordinator	Melissa Friesen	mfriesen@leqamel.ca	604-768-8787
Referral Officer	Justin Laslo	justin@leqamel.ca	778-539-6437
Fisheries and Fish Habitat Technician	Morgan LaPointe	morgan@leqamel.ca	236-602-4441 Ext1101
GIS Technician	Kilby Zeeb	kilby@leqamel.ca	604-217-5139
Administration Assistant	Lisa Head	lisa@leqamel.ca	236-602-4441 Ext1113

COMMUNITY ASSISTANCE BENEFIT

Community Assistance Benefit Coordinator	Shelby Rossmiller	shelby@leqamel.ca	604-799-6038
Community Assistance Benefit Clerk	Delyse Hoy	delyse@leqamel.ca	672-478-0111

HEALTH CENTRE & EVENTS

Acting Health Manager	Jamie Jensen	jamie@leqamel.ca	604-287-0011
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
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

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