



Leq'á:mel

First Nation



May 2026



**Our offices will be closed  
Monday May 18<sup>th</sup>  
for Victoria Day.**

**We will re open 8am Tuesday  
May 19<sup>th</sup>.**

**In case of emergency please  
call**

**1-604-378-2931**



**Leq'á:mel Xwélmexw (People)**

**Quarterly Meeting**

May 28<sup>th</sup> 2026

Time: 7:00PM

## **Attendance Options**

**In-Person:** The meeting will be held in the Admin Building Gym on May 28<sup>th</sup> at 7:00pm. Light snacks and refreshments will be available for In-Person attendees.

**Zoom:** The Quarterly reports and zoom link will be emailed out to all Leq'á:mel Citizens on May 14<sup>th</sup>. 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](mailto:reception@leqamel.ca)



**We look forward to seeing you there!**

# May

# 2026

Program Colour Code: Community Health Education Traditional Healing Community Engagement

## Leq'á:mel Health and Wellness Center Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BR= Health Board Room GPB= General Purpose Building				1 NA 12-1 (GPB)	2
3 Work Out Class 6-8pm (Gym)	4 Nurse Practitioner 9-3	5 A/A Group(BR) 7pm Massage Work out class 6:30pm-7:30pm	6 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Kids Group 4:30-5 Youth Group 5-6 Sr. Youth Group 6-7	7 Meals on Wheels Chiro Work out class 6:30pm-7:30pm Jordans Principle Claim help 1-4pm (HB)	8 NA 12-1 (GPB) Mothers Day Delivery	9
10 Work Out Class 6-8pm (Gym)	11 Nurse Practitioner 9-3	12 A/A Group(BR) 7pm Dental Work out class 6:30pm-7:30pm	13 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Elders Group 6pm(HB)	14 Meals on Wheels Dental Salmon Ceremony 5pm	15 NA 12-1 (GPB) Lunch with the Bunch 12-2pm Bingo and Kids Group Bakesale 5pm-7pm (Gym)	16
17 Work Out Class 6-8pm (Gym)	18 Victoria Day Offices Closed Sr. Youth Carwash 12-4pm (Lands)	19 A/A Group(BR) 7pm Massage Work out class 6:30pm-7:30pm	20 Mission Mobile Clinic @ Gas Station 1:30-4:30pm	21 Meals on Wheels Chiro Work out class 6:30pm-7:30pm	22 NA 12-1 (GPB)	23
24 Work Out Class 6-8pm (Gym)	25 Nurse Practitioner 9-3	26 A/A Group(BR) 7pm Work out class 6:30pm-7:30pm	27 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Elders Group 6pm(HB)	28 Meals on Wheels Footcare	29 NA 12-1 (GPB) Lunch with the Bunch 12-2pm	30 Youth Group Flea Market 12-4pm
31 Work Out Class 6-8pm (Gym)				<div style="border: 1px solid black; padding: 5px;"> <p>Tutoring Mondays, Tuesdays and Thursdays. Call or text Julie 236-988-2584</p> </div>		



## Leq'á:mel Development Corporation

### Introducing Mikaila McKnight

We are excited to welcome Mikaila McKnight-Marrale as our new Economic Development Assistant! Mikaila is the primary contact for Tenants issues in the Modular Home Parks and also supporting business development and other projects of the LDC.

Mikaila brings a passion for connecting with people and supporting community initiatives, combining her organizational skills with a friendly, approachable style.

Originally from the small community of Riondel in the Kootenays, Mikaila spent about 13 years living in North Delta before recently moving to Hope, BC. She has a certificate in Administrative Professional Studies from Vancouver Community College (VCC) and a strong background in administration, property management support, and customer service.

Mikaila brings a solid background in administration, property management support, and customer service, along with a certificate in Administrative Professional Studies from the Vancouver Community College (VCC). These experiences have shaped her detail-oriented and people-focused approach, allowing her to coordinate projects efficiently, support community initiatives, and ensure smooth day-to-day operations.

Mikaila has always been drawn to roles that involve helping others; whether working as a camp counselor, volunteering as a peer tutor, or supporting community projects. She enjoys building positive relationships, fostering collaboration, and contributing to initiatives that make a meaningful difference.

Outside of work, Mikaila loves exploring her new hometown, connecting with neighbors, and finding ways to give back to the community. She's excited to be part of local projects and looks forward to meeting and working with community members!



LDC Staff Contacts:

Ron Smith, CEO [ecdev@legamel.ca](mailto:ecdev@legamel.ca) 604-845-1424

Debbie Daoust, Bookkeeper [FinanceLDLP@legamel.ca](mailto:FinanceLDLP@legamel.ca) 604-217-8448

Mikaila McKnight, Economic Development Assistant [infoLDLP@legamel.ca](mailto:infoLDLP@legamel.ca) 236-887-7588

# HOUSING NEWS

We are working with PIEER to get funding to install heat pumps at no cost. Heat pumps provide both heating and cooling within the home. 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.

We are submitting the first round of funding to have energy assessments done on 20 homes. Once energy assessments are completed, 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](mailto:stephanie@leqamel.ca)

Health & Safety renovations continue. We would like to get a few more Health & Safety inspections done in May to submit for another round of funding. If your home has not had a Health & Safety inspection and has renovation needs, please contact us to get on the list for future inspections.

**Wendy McDonald · Housing Manager**

**604-826-7976 · [wendy@leqamel.ca](mailto:wendy@leqamel.ca)**

**Stephanie Toth · Housing Assistant**

**604-826-7976 · [stephanie@leqamel.ca](mailto:stephanie@leqamel.ca)**

## HOME MAINTENANCE TIPS

Test smoke and carbon monoxide detectors regularly. Replace batteries if necessary.

Clean out dryer vents to ensure dryer is running effectively and to reduce the risk of fire.

Vacuum fridge coils

Clean humid areas to prevent mold and mildew.

## 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](http://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](mailto: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](mailto:wendy@leqamel.ca)  
[stephanie@leqamel.ca](mailto:stephanie@leqamel.ca)  
604-826-7976

- **P**aving 2026 – Select repairs & some full-depth areas are planned to be repaired early Summer. Some of the planned work is simply repairing potholes, some to replace areas that have failed and some to better move storm water to drains. Residents should expect minor delays or detours as we perform repairs. We will work hard to keep these traffic interruptions to a minimum, please follow traffic control instructions.



- LFN water operators monitor water systems daily, the wells performance and overall consumption rates, we track anomalies to identify any possible problems with supply pipes underground. Spikes in water usage often point to line breaks.
- Congratulations to Maintenance team member Shannon Howell on her recent Small Water Operator's Certification. She is a valuable part of the maintenance Team as our Health and Safety Committee representative and our Primary First Aid attendant.

If you see something we missed or something that requires our attention for community maintenance, please reach out to any member of the maintenance team.

# LEQ'Á:MEL FIRST NATION CELEBRATES NEW DEWDNEY BRIDGE RIBBON CUTTING



On April 15<sup>th</sup>, 2026, Leq'á:mel First Nation, along with project partners from the Ministry of Transportation and Transit and McElhanney to celebrate the official ribbon cutting for the new Dewdney Bridge.



The ceremony marked an important milestone for a project that supports safer and more reliable travel for Leq'á:mel members, neighboring communities, and everyone who depends on this important connection. The Dewdney Bridge is more than transportation infrastructure; it is part of the daily movement of families, workers, emergency services, and community life throughout the area.

Leq'á:mel was proud to organize the event alongside the Province's project representative and McElhanney. We were also honored to welcome community Elders and members of the Family Advisory Committee to take part in the ceremony. Their presence helped ground the event in community, respect, and the importance of acknowledging those connected to this place.

The event also recognized the involvement of Leq'á:mel staff and Guardians throughout the project. From pre-construction through completion, the Guardians supported environmental and cultural monitoring to help ensure that work was carried out with care and respect for the land, water, and cultural values of the area.



We also want to acknowledge the work of everyone involved in helping bring this project to completion, including Leq'á:mel staff, Guardians, community members, Elders, and project partners. The new bridge is an important improvement for local travel and reflects the importance of having Leq'á:mel voices involved in projects within our territory.





NON  
MEMBER \$5  
DROP IN FEE

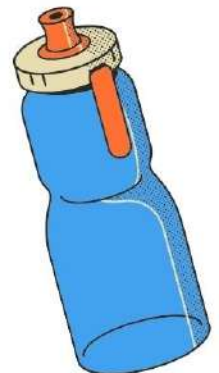
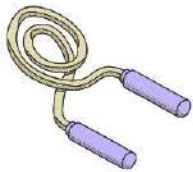
# COME JOIN US FOR CIRCUIT WORKOUT!

TUESDAYS 6:30-7:30PM

THURSDAYS 6:30-7:30PM

SUNDAYS 6-8PM

WHAT TO BRING: COMFORTABLE CLOTHES,  
WATER AND A SMILE!



IN THE GYM

43101 Leq'á:mel Way, Deroche

FOR MORE INFORMATION  
PLEASE CONTACT MICHELLE :

EMAIL: [MICHELLE.LEDENKO@LEQAMEL.CA](mailto:MICHELLE.LEDENKO@LEQAMEL.CA)  
604-287-0011 OR 236-887-1359

ADULTS  
ONLY 18+





**S T S ' A I L E S**

# **FOODBANK**

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

**EVERY SECOND WEEK**

**APRIL 17**

**MAY 1 AND 15 AND 29**

**ELDERLY ENTRY: 12:30PM**

**GENERAL PUBLIC ENTRY: 1PM**

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



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)

APRIL 19<sup>TH</sup>, MAY 6<sup>TH</sup>, MAY 24<sup>TH</sup>, JUNE 10<sup>TH</sup>.  
11AM TO 1PM.

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

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						
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# 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**  
**May 7<sup>th</sup> and 21<sup>st</sup>**  
**June 4<sup>th</sup> and 18<sup>th</sup>**

# Massage Therapy

Each session is a  
relaxing 30 minutes

with Tara Backman

**Now booking**  
**May 5<sup>th</sup> and 19<sup>th</sup>**  
**June 2<sup>nd</sup> and 16<sup>th</sup>**

# 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**  
**May 12,13, 14**



# May 6th

## @ the Leq'á:mel Health Center

Snacks and  
drinks  
provided

**Kids Group 4:30pm-5pm**  
**Ages 0-12 \*parents strongly  
encouraged to participate\***

**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](mailto:events@leqamel.ca) or  
236-887-2759/604-284-0011 with any questions or if  
you need a ride**




LADIES OF LEQ'Á:MEL

# Mother's Day Flower Delivery

**DELIVERIES WILL TAKE  
PLACE ON MAY 8<sup>TH</sup> 2026**



To all the ladies of Leq'á:mel living on reserve, and to those who live locally and usually attend our Mother's Day event, we are wanting to share our love to you, if you are a mother, a grandmother, a soon to be mother, a mother who has lost a child, a motherly figure, a soul wanting to be a mother, a soul unable to become a mother, a furbaby mother, as well as various other circumstances surrounding motherhood. We hope that you are all celebrated.



We will be celebrating you by delivering some flowers to you this year, rather than hosting a large event. We hope you have a fabulous day, surrounded by all that makes you smile.

With Love,

*The Leq'á:mel  
Events Team*



Leq'á:mel First Nation

# First Salmon Ceremony

**Thursday May 14<sup>th</sup> 2026**

**Doors open 5pm**

**Ceremony starts at 5:30pm with  
dinner to follow**

Please join us as we celebrate the  
salmon and the recent success and  
progression of our Nation.

For more information  
please contact Brittany at  
604-287-0011 or email  
[events@leqamel.ca](mailto:events@leqamel.ca)

**43101 Leq'á:mel Way, Deroche**

May 15<sup>th</sup> 2026

**18+** ADULTS ONLY

# Bingo Night

Free Entry

5pm doors open  
5:30pm games start

Cash only

And our Kids Group will hosting a Bake Sale Fundraiser!



## Fun Games and Prizes

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 May 15 and 29  
12pm-2pm



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

Leq'á:mel  
Sr. Youth  
Group

# CAR WASH

# FUNDRAISER

Minimum  
\$5  
Donation



41320 Lougheed Hwy  
across from the gas station

May 18th  
12-4pm

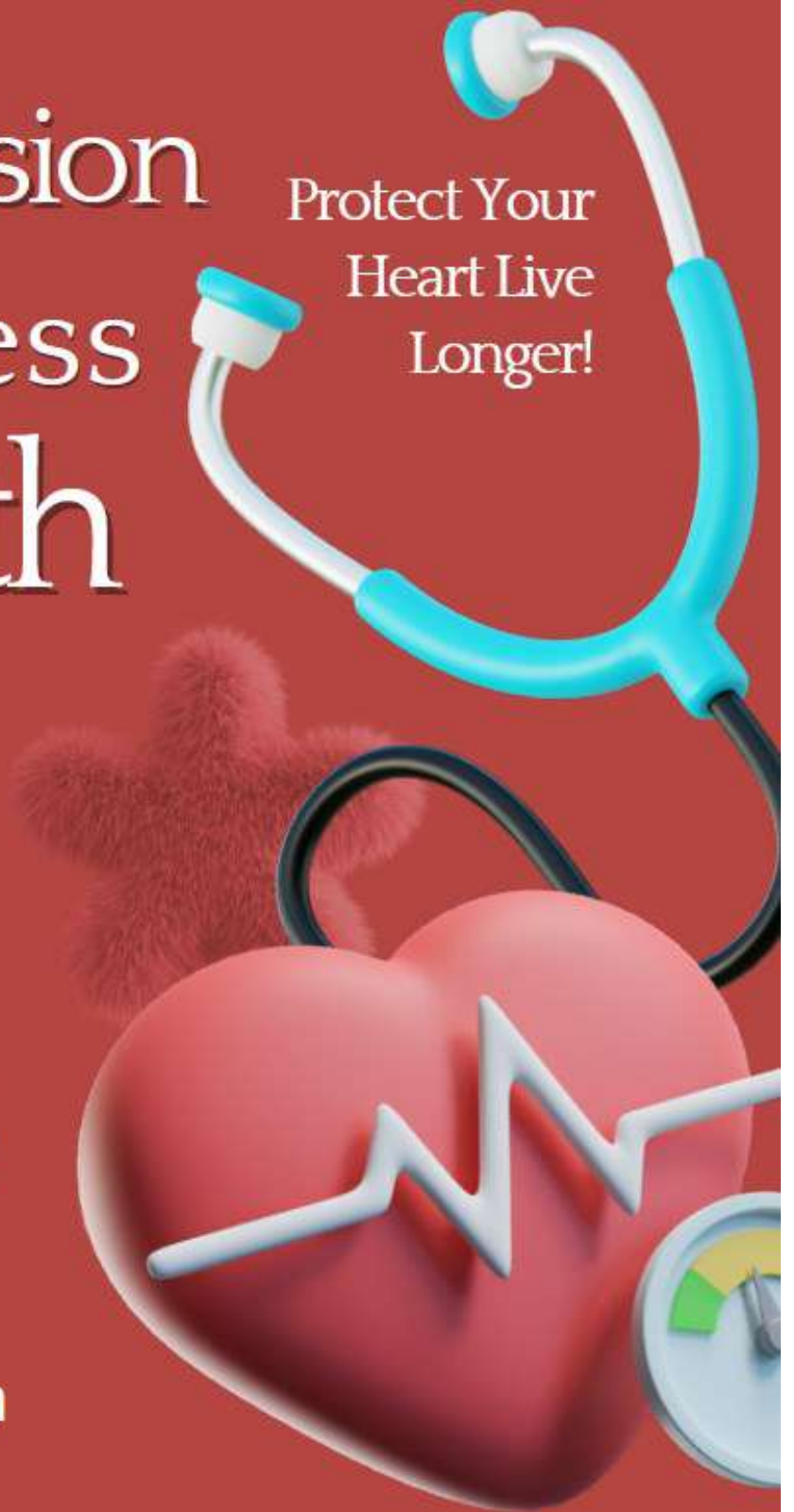
# Hypertension Awareness Month

We Care  
About Your  
Heart 

Come join us at the  
Health Centre for a  
quick blood pressure  
check and easy tips to  
stay healthy!

**May 28<sup>th</sup> 1-3pm**  
**at the**  
**Health Centre**  
**Boardroom**

Protect Your  
Heart Live  
Longer!



For more information  
please call the health center  
604-287-0011

# Did the School Year Catch Up on your Teen?

We are in the final stretch which can be overwhelming for secondary students, catching up assignments and just staying organized can be challenging. For those approaching graduation there is added pressure.

If your secondary student needs a boost to get through the last term, call, email or text for one-one and/or small group academic support.

[julie@legamel.ca](mailto:julie@legamel.ca), 236-988-2584





# 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](mailto:SHEENA@LEQAMEL.CA)**





LEQ'Á:MEL YOUTH GROUP

# FLEA MARKET

**And a concession, all proceeds go to the Youth.**

Saturday  
May 30th

12:00pm-4pm

43101 Leq'á:mel way  
Deroche

**Great finds at bargain prices!**

\$10 a  
table

Contact our events team to book a table  
[events@leqamel.ca](mailto:events@leqamel.ca)

# MAY ENVIRONMENTAL OPPORTUNITIES

Are you looking for environmental job or volunteer opportunities?



## Why Natural Resource Work?



- You have a passion for the outdoors
- You want to learn more about your land and Natural Environment (tém:éxw)
- You want to meet like-minded individuals while building skills to advance your career
- You want to learn about education and training opportunities to build your resume

## Current Opportunities May 2026

- **Fraser Valley Conservancy- Trail Camera Reviewer- May 18- Dec 31-** 3-4 hours volunteer work every 3 months per property- review trail cameras, identify species- [fraservalleyconservancy.ca](https://fraservalleyconservancy.ca)
- **Port Moody Ecological Society- Fingerling Festival- May 2, 2026-** 11am-3pm- Noons Creek Hatchery & Port Moody Recreation Centre's Ice Rink- 300 Loco rd., Port moody- Volunteers required! Or attend the festival: help release thousands of chum salmon fingerlings into Noons creek and learn about local ecological, educational and land stewardship initiatives- lunch and prizes! <https://www.noonscreek.org/fingerling-festival>
- **Friends of Semiahmoo Bay Society- Invasive Green Crab Trapping- April-Dec 2026-** Blackie Spit (White Rock) & Centennial Beach (Delta)- email Diane- [drepwatson@gmail.com](mailto:drepwatson@gmail.com)



**Have Questions?**

Contact [Morgane@eqamel.ca](mailto:Morgane@eqamel.ca) or call (236) 602-4441 ext.1101 for more information



# Éyameth'

Health Centre

## Indigenous Traditional medicines

To learn more on the medicinal properties of plants/herbs, you can book a one on one appointment with our practitioner.

Email: [Barb.Leggat@eyameth.com](mailto:Barb.Leggat@eyameth.com)

Call: 604 796-3818

46048 Lougheed, Harrison Mills

**For anyone between Agassiz and Mission**



Samples of plants  
harvested for their  
medicinal properties

Stinging Nettle

Rose Petals

Dead Nettle

Licorice Root

# SEABIRD MOBILE DIABETES TEAM



## When and where?

**Éyameth' Health Centre**  
**46048 Lougheed Highway, Harrison Mills**

August 11, 2026

Program starts at 9:30am

December 8, 2026

Finishes at 4:00pm

Appointments are every 30 mins

## Who is it for?

- Anyone curious about their diabetes risk

## What does the appointment include?

- Testing blood sugar, cholesterol levels and kidney function
- Diabetes education

**Registration required**

**Eight appointments available per day**

**If you have any questions or would like to register please contact us at 604-796-3818**



**HONOUR YOUR STRENGTH**  
**DIABETES WELLNESS PROGRAM**

**May 5, 12, 19, & 26 From 2-4 PM**  
**Location: Éyameth' Health Centre**

*46048 Lougheed Hwy., Harrison Mills*

Join us for a series of wellness sessions for those living with diabetes and for friends of loved ones who support someone with diabetes!



**To Register Please Contact**

**604-796-3818**

or

**Drop-in at our Location in Person**




**LEQ'Á:MEL  
ELDERS MEAL  
DELIVERY**

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

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




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

For Example:

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

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

604-287-0011

IT'S TIME TO GET VACCINATED!



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

**Did you know:**  
Children starting kindergarten are eligible for 2 vaccines.

**Did you know:**  
In grade 6 & 9 children are eligible for 2 additional vaccines

**Did you know:**  
All adults are eligible for tetanus vaccine every 10 years

If you have any questions please call or drop by the health centre anytime and speak with Brenna or Jamie.

604-287-0011



**TB TESTING  
AVAILABLE**

AT LEQ'Á:MEL HEALTH CENTRE.

CALL THE NURSE TO BOOK  
604-287-0011

# 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: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# MERRY MONTH OF MAY

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

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

- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- |              |              |
|--------------|--------------|
| GARDEN       | MOTHER'S DAY |
| GEMINI       | PIÑATA       |
| GREEN        | PLANT        |
| LADYBUG      | SEEDS        |
| LAWNMOWER    | SPRING       |
| MAYPOLE      | SUNSHINE     |
| MEMORIAL DAY | TAURUS       |
| MOM          | TEACHER      |

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

GIVE GIVE GIVE GIVE GET GET GET GET	ROADS	
GO it it it it	effect	BD ii
HURRY	STAND I	DOOR
<p>1. Forgive and Forget 2. Cross Road 3. I'm on Top of the World          4. Go For It 5. Side Effect 6. Beady Eyes 7. Hurry Up          8. I Understand 9. Back Door</p>		

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Merry Month of May

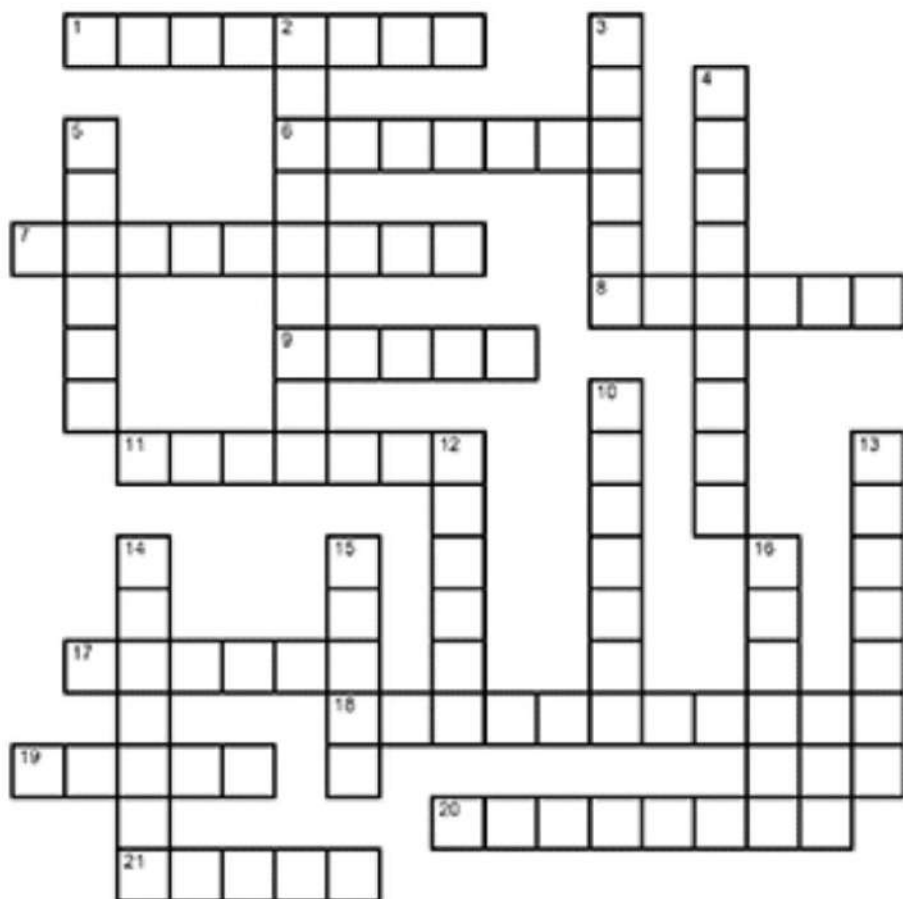


## ACROSS

1. Sport played on a diamond.
6. \_\_\_ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the \_\_\_ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: \_\_\_ Day.
21. Plant these and you may get some flowers.

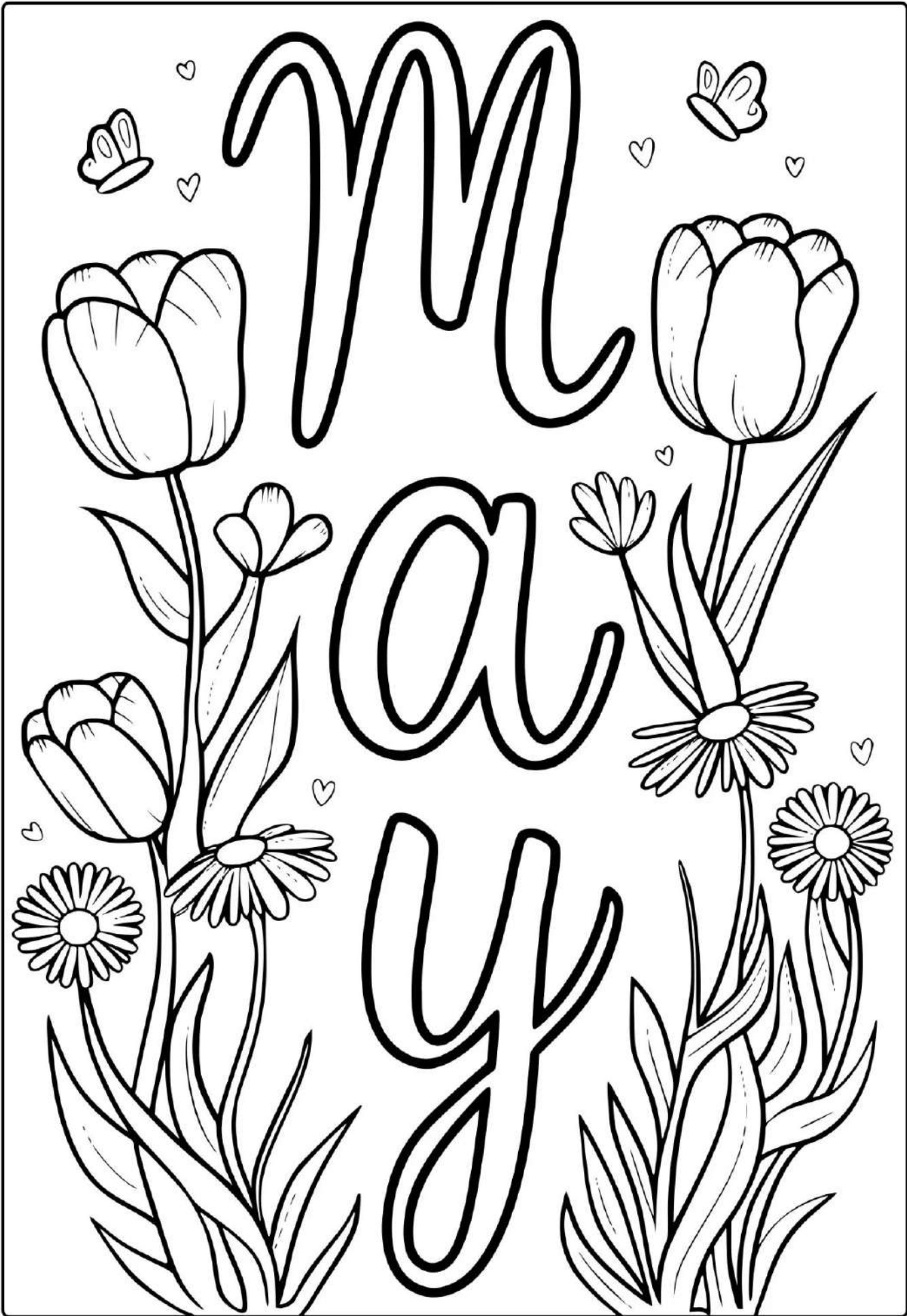
## DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the \_\_\_ be with you.
16. Might be filled with candy and broken as part of a May celebration.



Baseball	Green
Blossom	Ladybug
Bumblebee	Lawnmower
Butterfly	Memorial
Cinco de Mayo	Mother
Emerald	Pinata
Fifth	Seeds
Flowers	Spring
Force	Taurus
Garden	Teacher
Gemini	





## **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			
Social Development Worker	Kathy Nicolle	kathy@leqamel.ca	778-345-6137

### **HOUSING, OPERATIONS & MAINTENANCE**

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

### **LANDS DEPARTMENT**

Lands Manager	Andrew Treger	andrew@leqamel.ca	204-890-4882
Senior Planning Officer	Benafshaw Dashti	benafshaw@leqamel.ca	604-378-2549
Executive Assistant to Lands & Natural Resources Governance	Nichole Clement	nichole@leqamel.ca	236-602-4441Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441Ext1103
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	236-602-4441Ext1101
GIS Technician	Kilby Zeeb	kilby@leqamel.ca	604-217-5139
Administration Assistant	Lisa Head	lisa@leqamel.ca	236-602-4441Ext1113

### **COMMUNITY ASSISTANCE BENEFIT**

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

### HEALTH CENTRE & EVENTS

Acting Health Manager	Jamie Jensen	jamie@leqamel.ca	604-287-0011
Assistant to Health Manager	Christina Armstrong	carmstrong@leqamel.ca	236-887-0510
Medical Receptionist	Chelsea Blaine	medicalreception@leqamel.ca	604-287-0011
Licensed Practical Nurse	Candice Ackerman Jamie Jensen	candice@leqamel.ca jamie@leqamel.ca	778-347-8051
Community Support Worker & COHI Aide	Michelle Ledenko	michelle.ledenko@leqamel.ca	604-287-0011
Home Health Community Care Aid	Melissa Stone	melissa@leqamel.ca	604-287-0011
Community Connections Engagement Coordinator	Brittany Paul	events@leqamel.ca	236-887-2759
Events Assistant	Chance Dye	events@leqamel.ca	604-287-0011
Health Building Cleaner / Organizer	Bambi Seymour	bambi@leqamel.ca	604-287-0011

### EDUCATION

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

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		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		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
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Child and Family Services/Custody/Protection	Dawn Styran – 604-226-1356	dawn@leqamel.ca
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Infrastructure	Sandy McDonald – 604-217-5428	sandy@leqamel.ca
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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