

Training the next round of firefighters

The last time Listuguj had a firefighter training course was roughly 15 years ago. As years passed the number of firefighters we had slowly dropped. "We keep on getting volunteers that quit, every year," said Garry Caplin, Listuguj Fire Chief.

After several attempts to establish a training course, the program finally had enough applicants to move forward this year. This round of firefighters could potentially expand our Fire Station here in Listuguj.

In September the program started with 10 recruits. The training runs for a total of 10 weeks, ending in the second week of December. During this time, the trainees are put through vigorous training routines.

When working with emergency services, minutes can save lives. The training will prepare the recruits to meet those

standards of readiness, and to handle the stress from whichever emergency they may respond to.

"I was kinda nervous at first, then I started learning more about it," said Tyrone Metallic, a current recruit.

The recruits had many live training exercises during the program so far. One morning, a fire drill was held at the LMDC, recruits entered the building, checking for anyone inside. It gave them a chance to test some of what they were learning.

Before responding to an emergency, the recruits have to be experienced with many things, including PPE (Personal Protective Equipment), the SCBA (Self-contained breathing apparatus), and they also have to be able to get fully equipped in 60 seconds.

Continue on Page 4



New Firefighters are being trained in Listuguj from September to December. It's the first course in 15 years.

Families First



Page 2

Public Meeting



Page 4

Photo Album



Page 3



Listuguj



Listuguj channel

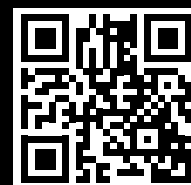


ListugujNews



news@listuguj.c

Scan the QR code to read the newsletter



Traditional Parenting: Helping people heal together

The Traditional Parenting Program offers a supportive group, without judgement, for anyone struggling with any aspect of parenting. Coordinators Tanya Barnaby and Christine Metallic try to offer tools, but ultimately, the group develops on its own. It's been more effective than one-on-one counselling.

"Things that you would not normally see in one-to-one ... you will see it in a group," said Metallic. "I always find the group has more meaning."

The program offered by Families First Support Services becomes a support network. People share experiences, while coordinators try to find information and resources to help.

The group starts in the fall, and progress through the winter months together, every week at the same time.

"Surprisingly, interestingly, they are all committed to that process," said Barnaby. "And it's a long process."

The basic structure of a meeting is simple — opening prayer, time to check in with everyone, a topic of discussion, another discussion on how that information may relate to your life, and then a closing circle.

"As the weeks go on, we present less, and they bring up the issues and we have a discussion," said Metallic. "We really try hard for confidentiality and safety. Once we build that, then the shift changes where the participants end up running the group, and we're just giving them information."

The program started five years ago. Without entirely reinventing the wheel, Traditional Parenting used the experiences of similar groups out west, and responded to a growing need in the community.

"There was a need for helping support families in another way that was more culturally relevant," said Barnaby.



Tanya Barnaby, left, and Christine Metallic, of the Traditional Parenting Program offered by Families First Support Services.

The program changes a bit from year to year, as they gather more feedback, and they use all the tools they can. An understanding the intergenerational impacts of trauma has often proved to be useful.

"It's understanding our history," said Metallic. "And allowing families to have an understanding that — some of this stuff may not necessarily be theirs. It could be their grandparents, it could be their parents. But by taking a look at this — you don't have any excuse why you can't change and be a better parent."

Barnaby and Metallic remember one woman showing up, unsure of herself, looking like "a deer in the headlights."

Overtime, the counsellors got to know her and her true personality. The "vivacious" personality that was often stifled, and told to "calm down," was appreciated and accepted by the group. She became comfortable being herself, and started trusting her abilities.

"For her to take that quality as a gift, as oppose to something that should be stifled," said Barnaby. "For her to find that she has self-worth, that she is worthy, and that she can do stuff for herself and her son ... it makes it worthwhile for us."

Message from the Chief



We began Mi'gmaq history month with two wonderful celebrations, one at the Alaqsit'w Gitpu School and the other at Sugarloaf Senior High School.

Both schools, in the spirit of reconciliation, took the time to recognize the importance of Treaty Day, with many in attendance wearing orange shirts to honour residential school survivors. Both events were capped off with delicious meals made with moose meat; donated by two of our local students.

This month the Listuguj Mi'gmaq government hosted an Open House. It was held on October 18th, at the Listuguj Community Development Center.

We were happy to have many of our community members come check out and learn about the programs and services of the LMG; as well as some new initiatives that are in the works.

We will have more opportunities for people to come out and be a part of the discussion.

Culture Day



The Alaqsit'e'w Gitpu School held a seasonal Culture Day on Sept. 14.

Let's Talk Plamu



The Natural Resources Directorate held the "Let's Talk About Salmon" event on Oct. 6, at the Bingo Hall. Discussions, presentations and focus group sessions were held over the course of 5 hours.

Lj-Ginap



In honor of Lloyd Jacques the Marie-Simone fishing vessel will have its name changed to "LJ GINAP." The word, "Ginap" means a legendary person of great strength.

Public Meeting



On September 25th, Chief and Council held a community meeting at the Listuguj Community Development Center (Bingo Hall) to discuss topics that community members submitted.

The doors opened at 5 p.m with over 50 community members in attendance. It lasted nearly four hours. The night's agenda had several topics.

First item for discussion was the electronic meters from Hydro Quebec. Questions were asked and what benefits come from these meters.

The next topic was the 20 houses being built. It was explained that 10 were ready for construction this year while the other 10 were having the lots prepared for next Spring.

The Matrimonial Property Law was also looked at briefly, with Sheila Swasson explaining what it is and what it means for our community members.

Zenabis was the last item on the agenda, questions focused on the availability of jobs across all sectors, from construction all the way to production. Two 8-week training courses will be hosted by the L.E.D and facilitated by the Kwantlen Polytechnic University. The training would be done online and this would be a starting step for anyone interested in the Professional Management of Medical Marijuana Facilities in Canada.

Other related topics were brought up during the meeting were the Elder's Facility, Education, Future Structure of Housing, Finances on Housing, a request from CHRQ.

Brenda Gideon-Miller was present, and thought it was a

Firefighters (cont'd)

"I thought there was just a basic firefighter," said Jacob Arsenault, another recruit. "You run in the burning building. No — there's so many different jobs, when there's more training ... there is the E.M.T training, then E.M.S training, all that first responder stuff."

Hydrant connections, forward & reverse lay, using ladders, hoisting tools — those are a few of the many operations recruits have to learn. After the course finishes, recruits will be certified first responders. Bringing in new firefighters for our station is great progress.

"The long term goal is to have a couple battalions where we can split our crew with the fire department, also get new recruits, and to build our station even bigger than what it is now," said Caplin.

The new recruits have been getting involved for all sorts of different reasons.

"I didn't have a main interest in being a firefighter, specifically," said Metallic. "I just knew that in emergency situations ... I wanna be able to help people, rescue people."

"It's one of those old kid dreams I guess," said Arsenault. "You know, you want to be a fireman or a police officer, or a Lawyer or something. So I just ran with it, and fell in love with it instantly."

positive meeting overall.

"The only regret that I have is that there wasn't as many community members as I had anticipated," she said.

She would have also liked an agenda prior to the meeting, and any other information that could have been available. Overall, she thought it was encouraging, and a good step by the Chief and Council.

"It was good conversation, good discussion, people were talking," she said. "There wasn't any yelling going on, there wasn't any of the negativity also. I think it was a good first public meeting. I'm looking forward to more."

Events & Notices

• Jobs

New jobs posted at listuguj.ca/jobs

• Men's Well-derness Gathering

WHERE: Stanley Barnaby's Camp

WHEN: October 23, 2016

• Small Business Owner's Course

WHERE: LMDC Building

WHEN: October 29th, 1:00PM

• Annual Flu Clinic

When: November 3rd, 7:00 AM to 7 PM

Where: Listuguj Community Health Services

No Appointment Necessary

Please send us your organization announcements & activities for next issue: deadline October 30
Check us out online, and be sure to share our work!