

# Exploring Mi'gma'gi

For Sheila Swasson, finding a reason to get outside during the winters has made all the difference. Swasson can often be seen encouraging people to join her on snowshoe treks behind her house, the former Busted land.

"Sometimes there could just be me, or there could be anywhere between 2 to 15 of us on the trails," Swasson said. "We can do anywhere between 2 kilometers to about 4 to 5 kilometers."

Swasson has been heading out for the last few winters, but says it has become much more organized this year. She thinks it's great.

The treks have been bringing her back to hidden childhood spots, like "grandmother's field," and the camp built by the late John Dedam,

where a generator powered lights that could be seen from the highway every Christmas.

*(Visit the website to see video that includes this location.)*

But for Swasson, being active in the winter is important for many reasons.

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## Letter to Campbellton Hospital

Chief Scott Martin sent a letter to the CEO of the Campbellton Regional Hospital, Gilles Lanteigne, concerning "discrimination and unprofessional on the part of your hospital staff members towards our Listuguj First Nation members."

Chief Martin requested to be added to the agenda of the next board meeting, along with Paul Stanley, CEO of the LMG.

Two incidents were specifically cited — a "Greetings, Native Savages," sticker from the Dreamworks movie "Home" that was given to a child, and another incident where a receptionist would not provide drugs to a community member, and "made disparaging remarks by insinuating the individual would abuse these drugs."

The letter can be found in its entirety online at [www.listuguj.ca](http://www.listuguj.ca).

### EDUCATION

## LMDC Career Fair



The LMDC held a career fair on Feb. 24. A group of Grade 9 and 10 students attended in the morning, and the group of Grade 11 and 12 students attended in the afternoon. (PHOTO: Adam Hodnett)

Listuguj students had the opportunity to explore future plans on Feb. 24. The LMDC organized a career fair, and invited a mix of professionals to represent their fields.

The hope was to create an event that was engaging.

"Not just to go around to the tables and pick up pamphlets," said Bobbi Madahbee, the Re-Investment Manager with the Listuguj Education Directorate. "We wanted them to actually get interactive with them."

NBCC had two simulators with joysticks set up. Students got to try their hand at running excavators.

"The young people are use to video games, but when they started on

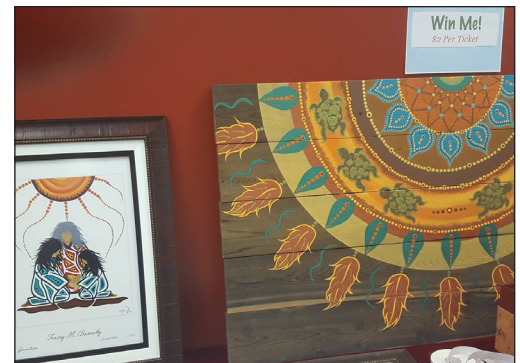
the simulator there was a little difficult at first," said Constance Sewell, the Aboriginal Student Advisor for NBCC in Miramichi and Moncton. "So I could see a little frustration, but they did really well."

A survey beforehand helped the organizers gauge interests. They invited guests, and planned presentations accordingly. The second half of the visits were intended to directly address the students interests. Panelist spoke about Education and Business in one classroom, and Health and Law in another.

"We were really surprised at some of the outcomes," said Madahbee. "A lot of the kids want to go into entrepreneurship."

### COMMUNITY

## Listuguj Market



Some art work being raffled off at the Listuguj Market on Feb. 21. (PHOTO: Abby Metallic)

Abby Metallic moved home, but missed the markets she had gotten use to in Moncton. That's why she started the Listuguj Market on Sundays.

Sometimes over two dozen vendors come out. Some even travel from as far as Saint-Quentin, or Big Cove.

Metallic tries to organize a market about once a month.

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# Career Fair

Other popular fields identified in the survey were graphic and video game design. Davinci College was present to explain some of their programs.

Fashion, and design were also identified as big interests. Whitney Dedam, from Listuguj, had a table. She works as a hair stylist in Moncton, and is now the only educator with Johnny B Hair Care in Canada. The training took her to Los Angeles.

And aside from trying to help students learn a bit more about careers they may be interested in, the organizers of the career fair also wanted to provide the opportunity to learn about other careers that may be in demand.

Representatives from the MMS

offered information on careers needed for the Mesgi'g Ugju's'n Wind Farm.

As much as the fair was for kids to learn more about what they were already interested in, it was also to help expose them to the many careers out there. Especially for those who don't know what they want to do yet.

"Not knowing - there's no need to panic," said Madahbee. "It's just, don't be scared to get out there and try things and take risks, and challenge yourself. I think that's what we really want to get across to the kids."



### READ MORE

Read what other representatives had to say at [news.listuguj.ca](http://news.listuguj.ca)

# Market

She holds them a little less often in the summers, when there are more things going on, inside and outside the community. The last one was on Feb. 21.

She does her best to plan it so the events can be as inclusive as possible, for the whole family.

"I always try to book it on days where everybody - like single parents can come with their kids," she said. "I try to do different things. I try to get someone who does face painting, you know, when that's available."

Essentially, anyone can set up. Tables are \$10 each, or three for \$25.

The markets originally started because Metallic knew a lot of people created things at home. They often sold stuff online or at other markets. But for Metallic, anyone running any small business at all is welcome. Items don't have to be hand made.

"They're more than welcome to come in and set up and show everybody what they do," she said.

Metallic uses the table fees to pay for the facility, but when there's extra, she takes the opportunity to promote the vendors.

"I'll go back and buy from the other vendors. I'll spend like \$20-\$30 and I'll raffle it off on CHRQ, so that people can win it. But they have to come to the market to pick it up, and they need to go to the vendor to pick it up. So it kind of gets people to come and then go check everything else that's going on. It's really fun."

# Snowshoeing

"Many years ago, I was suffering from seasonal depression," she said. "The winter months seemed so long, so cold, so bleak. But now I pray for this - when it starts to snow, because I know the trails are going to get a good boost. We get to go outdoors and play in the snow, and you know, enjoy each other's company."

encourages everyone to try it.

"This is free. Just get your snowshoes and head out."



Sheila Swasson in a video about her snowshoeing adventures.



### SCAN TO SEE VIDEO

Download any free QR code app to your phone and scan this to go directly to our video and full story on [news.listuguj.ca](http://news.listuguj.ca)

# Market (Photos by Abby Metallic)

See more photos at [news.listuguj.ca](http://news.listuguj.ca)



# Community Listings

## Firefighters

The community is looking for 15 applicants over 18 to train in the field of firefighting.

CONTACT:  
Peter Arsenault at  
418-788-2334

## Alaqsitew Gitpu School

The Winter Carnival will be held on March 3rd and 4th.

March break will be from March 7th to 11th.

## Court Date

People are encouraged to attend the court dates with Chaleur Terminals Inc. in Campbellton on March 14th and 15th in Campbellton.

## Writers Award

The deadline for submissions to the 2016 Mi'gmaq Writers Award is April 29th.

Visit [www.facebook.com/migmaqwritersaward](http://www.facebook.com/migmaqwritersaward) for more information.



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