



## WAQATASG ELDERS HOME A HOME WITHIN THE COMMUNITY

By Ann Marie Jacques

Health Director of nearly 20 years in the community, Donna Metallic has considerable expertise when it comes to health care in Listuguj. In the past few years, this expertise shifted to elders, and what facilities and services are needed in the community to ensure they are given the best care possible. "How do First Nations experience aging when they have to navigate complex health systems, with medical conditions and complex social and historical conditions?" asked Donna Metallic.

The idea of an elder's home has been on the radar in Listuguj for a long time – dating back to 2001. Throughout the years, many steps were taken, and work was done to get the green light for the elder's home in the community. General Manager of Capital and Infrastructure, Bassem Abdrabou acknowledged community members' hard work over the years: "Several governments, people, and teams have been involved in this project." In 2010 the name, "Waqatasg" was coined by a group of elders in the community – Waqatasg meaning, "Northern Light." Once the land was set aside for the facility, the process began with funding and attaining engineers and construction crews to make this dream become a reality. Most of the funding was from the National Housing Co-Investment Fund - CMHC, the remaining portion of funding was directly from a Listuguj Mi'gmaq Government band contribution. With the help of Chief Darcy Gray, council members, and the Capital and Infrastructure team, the elder's home project was set into motion in 2017. In 2020, the project design and funding agreement was finalized. Capital and Infrastructure Project Manager, Shereef Aboulazm says when he began working with the community just under two years ago, the design had already been confirmed, and now it was his time to handle executing the project. Despite some project challenges mostly related to the COVID-19 pandemic, which included project cost and material supply variations, construction began in July 2021.

The vision for Waqatasg is to be "a home within the community" said Metallic. The community of Listuguj holds elders in high regard and wants them to feel comfortable and at home, and that's where the design concept came from. The facility is the first of its kind to steer away from the typical institutionalized

atmosphere that most nursing home facilities embody and focus more on having a home that reflects on Mi'gmaq values that allow elders to stay connected to the community that they've been a part of their whole lives. In many cases, elders in the community resisted going to facilities outside of the community, for reasons such as language barriers, and the fact that they are being institutionalized outside of their community in a place where they do not feel culturally safe. Metallic ensures that Waqatasg will maintain the connection between elders and their culture and language. She says that the consulting crew that was selected was familiar with First Nations values, beliefs, and principles, and they are aiming for the staff to have that understanding as well.

While the building's physical appearance and general atmosphere may seem very comfortable and relaxed, elders who will be in this facility can expect top-of-the-line medical staff and medical equipment that they may not have had access to. Aboulazm states, "For the doctor's offices and nursing stations, we didn't have expertise on specific medical equipment and furnishings, so we tendered for a consultant for procurement services. We worked with them for a number of months to get the right equipment ready for the building."

While Listuguj does offer various services at the Health Centre, this type of long-term 24-hour care was not offered in the community. "We have programs in the community, for example, the home and community care program, but it's very limited in the types of services we can offer to an individual when their health needs require more than what we can give them," said Metallic.

Waqatasg Elders Home will be a 24-bed facility, with one bariatric room and one palliative care room. There will be an area set up for elders who have Alzheimer's and/or Dementia, and rooms set up to accommodate health conditions an elder may have. There will be a Traditional room, where elders can smudge and continue their spiritual journey, activity rooms, a hair salon, and a gift shop. The facility will be very family-friendly and will allow visits from children.



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## Waqatasg Elders Home

Cont.

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Photo by: Ann Marie Jacques

Not only is this facility needed in the community for elders requiring care, but it will also be a major source of employment opportunities for the area – with a various number of positions such as registered nurses, LPNs, administration staff, legal staff, custodians, kitchen staff, security staff, etc.

The impact that the Waqatasg Elders Home will have on the community will be monumental. “I don’t think people realize how big this will be for the community,” said Metallic. Both Abdrabou and Aboulazm feel very fortunate to have been part of this significant project. Abdrabou has worked on numerous projects throughout his life but says this facility will always have a place in his heart. He said, “It’s not like a shopping mall, or a high rise, or a commercial use building, it’s a building for Elders and First Nations – it’s meaningful.” Aboulazm said, “We get caught up in the numbers and the construction, but when you actually think about it, this will likely be the last place many family members see their grandparents and parents and to be able to speak to them in their own language, it’s a special kind of thing.”

The work that has gone into the Waqatasg Elders Home was a group effort. From Donna Metallic and her team at the Health Centre, the Capital and Infrastructure team, past and present Chief and Council Members, and the community of Listuguj as a whole. As of right now, there is no set date for a grand opening, but they are hoping for late Fall to early Winter.



Photo by: Ann Marie Jacques

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## JUSTIN CALDWELL

### 20 YEARS AT CHRQ

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By Ann Marie Jacques

If you’ve ever turned on your radio to CHRQ 106.9 FM or checked them out on Facebook, then you’re more than likely familiar with Justin Caldwell. Caldwell has been working with CHRQ for the past 20 years in the community of Listuguj. Originally from Matapedia, QC, his radio career began when he went to school for broadcasting in Woodstock, NB. From there he did a job placement at CKNB in Campbellton where he worked for a period of time. He noticed a job ad for a DJ at CHRQ, applied for it, and the rest is history.

“Radio was a big deal as a kid. I thought it would be a cool experience to do something like that,” said Caldwell.

Even though there are no specific formats or job titles, Caldwell says his position could be called the “Program Director.” He assists with bingo, commercial breaks and productions, sales, and on-air work.

CHRQ differs from other radio stations for a few reasons. As mentioned before, there is no specific format – no specific genre of music is played in any order. The on-air staff has the freedom to be in the moment and play what they would like and can adjust accordingly on the spot. Caldwell said, “We’re able to take requests and that’s something not every radio station does because their formats are so strict.” The station also thrives on being very local and community-driven.

The staff at CHRQ are grateful for Listuguj’s continued support over the years when it comes to bingo, advertisements, participation in request shows and events, etc. Caldwell said his favorite thing about working for CHRQ is being able to provide information to the community. He also expressed his gratitude to the community for being so welcoming and kind to him over the past 20 years. He said, “The community has just been so welcoming that I want to try to do my best for listeners and for the community to provide information and provide service the best we can.”

Tune in to Justin Caldwell on-air Monday-Thursday from 7 AM-1 PM, and on Friday nights for the very popular, All Request Country Show on CHRQ 106.9 FM.



Photo by: Wayde Barnaby



## Chief's Corner

In November, a new administration was welcomed at the Listuguj Mi'gmaq Government, with 11 returning councilors and one new council member. I am very eager to take on the role of Chief of Listuguj and would like to thank the community for all their support. I look forward to working with council to bring Listuguj accountability and transparency. This month we also took time to remember veterans who have served and fought for our freedom. We also recognized those who are currently in service, and who continue to fight.

## Mijua'ji'j Park

By Ann Marie Jacques

Earlier this month, Listuguj celebrated the grand opening of Mijua'ji'j Park with a Chief & Council VS. Capital & Infrastructure basketball game.

Thank you to the community for stopping by to check out the new basketball court and playground, and to cheer on the teams!



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques

## LOCAL BUSINESS OWNER SPOTLIGHT

Marcy Isaac

By Ann Marie Jacques



Photo by: Third Party

When Marcy Isaac completed massage school, she always knew that she wanted to return home to Listuguj and open her own massage clinic, and that's just what she did.

After finishing school, Isaac moved back home and worked at the Listuguj Community Health Centre, and after her contract came to an end, she rented space for her own massage therapy clinic in Campbellton. Eventually, she was given the opportunity to open and renovate a space in Listuguj, and Hands on Health Massage Therapy has been at 50 Gaspé Highway, for roughly six years now.

Isaac remembers being asked at school, "What encourages you to be here, doing massages?" and a lot of the answers were the same: to help people. Isaac still feels passionate and motivated when it comes to her craft. "To be in this type of profession, you need to have that thing, that drive that makes you be helpful and thoughtful, and just help people. My mom always said I had that touch and feel," said Isaac. "People call me, 'Marcy Healing Hands,'" she added and laughed.

Isaac offers a wide variety of services at Hands On Health Massage Therapy, and as of recently, Hot Stone Therapy. Isaac said, "Since the pandemic, a lot of my clients are coming now for stress." Before the COVID-19 pandemic, many of Isaac's clients came in to receive therapy for specific injuries, now they come in due to fatigue, stress, and just in need of some self-care. Hot Stone Therapy takes relaxation to the next level. Another service offered is the Graston Technique – where a stainless-steel instrument is used to decrease any tension or soreness in a muscle. The closest practitioner for this technique would be in Moncton. Isaac also offers several types of massages, pregnancy massages, and Paraffin Wax for hands and feet. Isaac said this service is good for arthritic hands, so it is beneficial for elders. "It's really nice to sit with our elders and chat," said Isaac, who will go to elders' homes to provide the service, for those who cannot make it into her clinic.

Isaac is always keeping up to date on new techniques and services that could be offered at the clinic. In the future, she is looking to expand her team and possibly hire new massage therapists. As of right now, Hands on Health Therapy is accepting new clients and can be contacted via phone at 506-790-4729, or on Isaac's personal or business Facebook page to make appointments.

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# LETE Holiday Reminders

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By Listuguj Education, Training & Employment

With the holidays fast approaching, Listuguj Education, Training & Employment (LETE) would like to remind you of our upcoming events and deadlines. This is an exciting time for everyone but especially for our students. They've been busy rehearsing, creating and studying. They can't wait to share all their hard work with the community!

First and foremost, we'd like to invite you to the AGS Christmas Market on December 16th from 11:00 a.m. to 2:00 p.m. The Market will be held in the gym while supplies last. Some of the products our students will be selling are Christmas cookies and sweets, ornaments, Christmas cards, jewelry, wooden objects like feather boxes and charcuterie boards, and food.

Following all this excitement, students will have their last day of classes on December 23rd. Classes will resume on January 9th. However, the learning doesn't have to stop during the holidays. We're bringing back the Mi'gmaq Lessons of the Day! Make sure to follow LETE on Facebook and Instagram to see a new lesson each day of the Christmas break. Gather the whole family and practice each lesson together.

Please note that the Elawsingewei Gina'muo'guom (Adult Education) will have their last day of classes on December 20th and will resume on January 4th.



Next up, here is a list of all AGS Christmas Concerts:

**Monday, December 19<sup>th</sup>**

**1:30 PM** - Mi'gmaq Immersion K4 - Grade 4

**Tuesday, December 20<sup>th</sup>**

**10:00 AM** - Elementary English/French Immersion K4 - Grade 4

**1:30 PM** - Middle School Talent Show

**Thursday, December 22<sup>nd</sup>**

**10:00 AM** - Back-Up Concert Date (in case of snow day).

Check out our social media for real-time updates.



Honouring the Legacy of Gail Metallic



**Honouring the Legacy of Gail Metallic – Memorial Awards**  
Family and friends will offer monetary awards in memory of Gail Metallic, a lifelong educator and leader. Gail devoted her life to revitalizing the Mi'gmaq language and celebrating the resilience of our People. Gail leaves a legacy of promoting the best interests of students and the community, revitalizing the Mi'gmaq language and, more importantly, working with others to build Mi'gmaq systems of governance, education, culture and language. Loved for her abilities to bring about the best in others and see the best in others, we will memorialize Gail's commitment to her people through the recipients of this scholarship.

\* Applicants interested in applying for the winter awards have until December 9, 2022. Generally, there will be four \$500.00 awards, one of each under the four following categories:



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## LETE Holiday Reminders

Cont.

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By LETE

### FALL SUBMISSIONS

1. General Academic Success is represented by a student transitioning to a college, vocational, or university who has demonstrated a commitment to community, academics and their Mi'gmaq heritage.
2. Mi'gmaq Language and Culture Excellence – represented by a student or community member who has shown a dedicated and consistent effort to celebrate, learn, promote and otherwise revitalize their capacity to speak Mi'gmaq and practice their culture in any concrete form.

### WINTER SUBMISSIONS

3. Perseverance and Resilience – represented by a student or community member who, through their efforts, has achieved success in their personal or academic life, and has overcome significant challenges, whether these challenges are personal or a product of living with colonial trauma.
4. Personal Growth and Improvement Support – represented by a student or community member who requires financial support to gain knowledge, training, practice, etc., that will contribute to building Mi'gmaq systems of knowledge and doing in Listuguj.

#### Additional information on who can apply:

Generally, all applicants would have attended the Alaqsitew Gitpu School and/or attended a high school localized to Listuguj. Should an applicant not meet either requirement but can prove solid and deep ties to Listuguj, or a personal commitment to directly strengthening the community, they are welcome to apply. Applicants who are Mi'gmaq but do not have status will also be considered, so long as they attended AGS and a localized high school for a minimum of two years.

Applicants interested in applying for the winter awards have until December 9, 2022, to do so. We ask that applicants provide their names and explain who they are, how they fit the category, and why they should be considered for these awards, using the information described above as a guide. Applicants can apply in writing, under 500 words, visually or orally. You can submit them to Christie Caplin Isaac at [ccaplinisaac@lete.listuguj.ca](mailto:ccaplinisaac@lete.listuguj.ca).

Those selected for the first two awards will have to provide their social insurance number to meet the legal requirements of EF Realtor Inc, the donator of the first two awards.



**LISTUGUJ**  
EDUCATION, TRAINING & EMPLOYMENT

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## STANLEY BARNABY

AN ADVOCATE FOR INDIGENOUS PEOPLE AND COMMUNITIES

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By Ann Marie Jacques



Photo by: Third Party

Originally from Listuguj, QC, Stanley Barnaby is the Chief Executive Officer (CEO) at the Joint Economic Development Initiative (JEDI) located in Fredericton, NB. His extensive educational background, work experience, and passion for advocating for Indigenous people and communities led him to this highly regarded position.

Barnaby became interested in this field when he was in high school, and he joined the Job Readiness program at LMDC and discovered his love for accounting. He said, "One of my job placements was at the MMS [Mi'gmawei Mawiommi Secretariat] in the accounting department and this is where my career in accounting started. I worked at the MMS for a couple of Summers during my studies and will forever be grateful for my experience there." From here, he attended the University of New Brunswick (UNB) in Fredericton, where he obtained his First Nations Business Administration. He received a Bachelor's in Business, Technological and Aboriginal Economic Development certifications, Management Development Program certificate, and a Master's Certificate in Project Management.

According to JEDI's website, "The Joint Economic Development Initiative (JEDI) is an Indigenous organization dedicated to supporting Indigenous participation in New Brunswick's economy." Barnaby first joined the team as a finance intern and eventually moved up to various other positions such as Finance and Operations Manager and Senior Project Manager, up until 2021, when he was the Acting CEO, eventually becoming appointed to the CEO. JEDI focuses its work on the support of Indigenous entrepreneurs and small businesses, community economic development, workforce development, and partnerships with the public and private sector. "The thing I like most about working for JEDI is that I get the opportunity to work with all the Indigenous Communities and people in New Brunswick to create and provide opportunities that better our communities and people," said Barnaby. You can find more information about the programs JEDI offers at their website, [jedinb.ca](http://jedinb.ca).

Barnaby also has devoted a lot of his time doing volunteer work in several programs and organizations. One of the volunteer roles to highlight is that as of 2021 he was elected President of CANDO (Council for the Advancement of Native Development Officers) which is a national non-profit organization that strengthens Indigenous economies by offering various programs and services.

Although Barnaby now resides in Fredericton, New Brunswick, he misses his friends and family here in Listuguj, his dad's camp, the woods, and the river. He says his future plans are to continue to create, provide and advocate for the Indigenous people and communities in New Brunswick, while raising a family with his fiancé, Megan in her home community of Sitansisk.



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# REMEMBRANCE DAY CEREMONY

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Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



## LISTUGUJ BAND ELECTORAL OFFICER'S SUMMARY OF RESULTS

CANDIDATE'S FOR CHIEF	TOTAL
<b>MARTIN, Scott</b>	<b>661</b>
GRAY, Darcy	641

CANDIDATES FOR COUNCIL	TOTAL
<b>BARNABY, Annette</b>	<b>649</b>
<b>GEDEON, Chad</b>	<b>647</b>
<b>METALLIC, Wendell</b>	<b>593</b>
<b>ISAAC, Gordon Jr.</b>	<b>554</b>
<b>MARTIN, Dr. Cathy</b>	<b>543</b>
<b>MOLLEY, Erwin Peter</b>	<b>505</b>
<b>MORRISON, Alexander (Popoff)</b>	<b>489</b>
<b>SWASSON, Sheila</b>	<b>482</b>
<b>BARNABY, Ali</b>	<b>475</b>
<b>METHOT, Kevin Bixie</b>	<b>472</b>
<b>MARTIN, George</b>	<b>468</b>
<b>METALLIC, Sky (Baun)</b>	<b>462</b>
WYSOTE, Lyle	424
WYSOTE, Timmy Steel	420
WYSOTE, Chris	416
BARNABY, Calvin	408
JACQUES, Sailor Lloyd	369
MARTIN, Patricia (Patty)	367
DEDAM, Joshua Eric	357
JACQUES, Paul	327

CANDIDATES FOR COUNCIL	TOTAL
ISAAC, Michael	320
METALLIC, Tracey	297
ISAAC, Terry (Jr.)	264
ISAAC, Jesse Ray	212
METALLIC (Barnaby), Donna	206
WYSOTE, Marcus	202
WYSOTE, Wilfred William (Moley)	196
METALLIC, Duke	185
BRISK, Peter Joseph	182
BARNABY, Ala'suinu (L'as)	165
BARNABY, Cory Bouge	138
METALLIC, Roddy (Hot Rod)	127
GRAY, Mason Storm	93
BARNABY, Dakota Rico	92
GIDEON, Carl	69
SWASSON, Floyd	68
METALLIC, Peter Albert (Jutter)	62
BRISK, Jonathon	57
CONNORS, Damien Dewey	

**Council attendance will resume next month pending council minutes approval.**

**For community inquiries contact: [feedback@listuguj.ca](mailto:feedback@listuguj.ca)**



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MI'GMAQ GOVERNMENT