

Listuguj Wi'gation

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Listuguj, Gespe'gewa'gi, Mi'gma'gi



Photo by: Marie-Christine

ENVIRONMENTALLY FRIENDLY WASTE MANAGEMENT

By Ann Marie Jacques

There are many options for waste management in the community of Listuguj – regular garbage pickup, recycling, the eco-center, the transfer site, and as of 2022, composting.

Marie-Christine Roussel Gray was working for the Sustainable Development Institute in Wendake, QC in 2017, when the idea of starting a composting project in Listuguj was brought to her attention. The company did its research and developed a waste management plan based on how much waste is being produced in Listuguj. After this study was completed, the plan went into effect. “It was the start of the composting program and all the projects we’ve had to improve waste and environment in general,” said Roussel Gray. Roussel Gray then moved to Listuguj and became the Environmental and Sustainable Development Coordinator at Capital and Infrastructure, taking on the composting project in the community. After receiving the funds from Indigenous Services Canada in 2019, the compost project officially began in July, 2022.

Even though there were enough composting bins for every house in Listuguj, Capital and Infrastructure did a voluntary approach initially for community members. The research found that quite a few households were already practicing composting, but the bin just took it to the next level. There were a lot of participants at first, but Capital and Infrastructure are aware of the challenges that may come with composting in the cold winter months.

Composting is also offered at Alaqsite'w Gitpu School, and eventually, the program will include all Listuguj Mi'gmaq Government buildings – at first, primarily focusing on buildings that produce more food, or that house a cafeteria (schools, Gignu, Waqatasg Elders Home, etc.)

When asked why composting is important in the community, Roussel Gray said, “There is always the environmental argument when it comes to composting, but there’s also the financial reasons. Waste costs a lot.” Having the community compost in their everyday lives will lower the cost of waste transportation.

Currently, waste goes to St. Alphonse de Caplan which is roughly 110 KM away. “Compost is wet and heavy, so that is something that we have to pay to carry. Now, we just keep it here. The more people who compost, the easier it will be to manage and maintain. The more people who participate, the more money we’ll save in the community,” said Roussel Gray.

There are other methods of waste management in the community. There is regular curbside garbage pickup that occurs Thursdays between 8 AM and 5 PM. The garbage is collected and taken to a landfill. Recycling is done bi-weekly, and the company is subcontracted by Listuguj and taken to a sorting centre. The Eco-Center is located at the Public Works Garage where community members can dispose of their household hazardous waste, such as used oils, propane cylinders, etc. This is a monitored site and is locked at night. Lastly, the transfer site is where community members can dispose of bulkier items such as household appliances and furniture.

There are many waste management options in Listuguj and Capital and Infrastructure have developed many tools to help the community navigate which items go where. At this time, a sorting guide is available for pickup at the Capital and Infrastructure building or online at listuguj.ca. There is a Listuguj Environment Facebook page that frequently posts calendars and reminders. A new tool is in the works as well – an app that can be downloaded onto your phone. “You will be able to put your address in, and it will show you a calendar for pickup. You can set up notifications on when to put out your bins,” said Roussel Gray.

If you are interested in composting, please visit Public Works weekdays from 8:00 AM-5:00 PM to pick up your bin. If you have any questions regarding waste management in Listuguj, feel free to message the Listuguj Environment Facebook page, or email them at environment@listuguj.ca.

GETTING SPIRITUAL WITH CHAD GEDEON

By Ann Marie Jacques

Chad Gedeon is a Councillor here at the Listuguj Mi'gmaq Government, and works in the Culture and Language department. When he got back into politics in 2018, he knew right away that he wanted his focus to be on revitalizing the culture and language in the community. The first project he took on was the creation of the Etlinpisulti'gw Healing Grounds. In the beginning, the area on Bordeaux Road only consisted of a teepee, and after community engagements, and discussions with elders and residential school survivors, Gedeon took the lead on making the grounds what they are today. A place of healing, outdoor community gatherings, ceremonies, and teachings. It's a place where people can just sit outside and be at peace.

Gedeon's next project is the Turtle Lodge. He said, "The Turtle Lodge will be a place of healing, where we will practice our language more, where ceremonies can be formed, where we can practice our teachings, share our stories and culture. We will have a room for elders and residential school survivors. There will be a kitchen for feasts after ceremonies. There will be workshop rooms for drum making, basket making, learning about medicine making, and more." At this time, ground-breaking for the new Turtle Lodge is expected Spring of this year.

Not only are these healing resources beneficial to individuals, but also to various departments in the community, such as Social Services. With many people battling mental illness and addiction, having a place like the healing grounds, or the Turtle Lodge, is a useful tool for departments to recommend individuals take part in to begin or continue their healing process.

Gedeon believes these healing resources are a way for the community to change their way of thinking. To help encourage the preservation of the language and culture, and to learn the tools the Mi'gmaq people once had before. He said, "Before with our ancestors, everyone had a role in the community, the basket makers, the gatherers, the fishers, it was a balance, and we lost that balance once modernization kicked in."

A lot of people in the community of Listuguj practice spirituality and everyone practices it in their own unique way. "To me, spirituality is the connection with our ancestors, our teaches, and Mother Earth," said Gedeon. If you are looking to learn more about spirituality and healing in the community, reach out to knowledge-keepers and elders for more insight. Take part in the various ceremonies and gatherings at the Etlinpisulti'gw Healing Grounds and other facilities in the community, and eventually, the new Turtle Lodge will be another alternative for your spiritual journey.



Photo by: Franky Photography

MESSAGE FROM HEALTH & SAFETY

Winter time is now upon us. During this frigid season we must remember to take certain precautions to stay safe. When outdoors, wear appropriate footwear for the winter. Winter boots have better traction than summer or indoor footwear, so consider bringing summer/indoor footwear to work and change in the office/workplace.

The use of ice cleats may also help with traction outdoors. However, be careful when travelling indoors on hard surfaces. Cleats will have the reverse effect.

Parking lots and walkways are common places for slips/falls during the winter. Please exercise caution as black ice may be present at entry points/parking lots.

Making sure they are kept clean of ice and snow is very important. If they are not frequently maintained during the day, have a bucket of salt/sand with a small shovel available where needed. We all can take a few minutes to help by spreading out some salt/sand. Safety is everyone's responsibility.

When walking over an icy patch, try walking like a penguin. Remember, keep your hands out of your pockets to keep your balance.

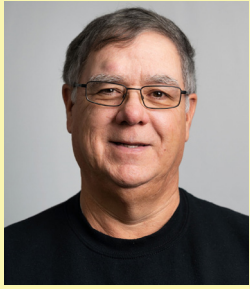


Photo by: Ann Marie Jacques



Walk flat footed and take short steps Wear footwear that provides traction Step down, not out from curbs Use your arms for balance Carry only what you can

Chief's Corner



We begin 2023 with a sense of togetherness in the community of Listuguj. It has been great to see people being so supportive and caring in times of need. Whether it's fundraisers, ceremonies, and the various resources we have in the community.

We have entered our cold winter months, and I encourage you all to be safe and alert when it comes to the ongoing weather conditions. Keep an eye on all Listuguj Mi'gmaq Government channels for weather information and possible closure updates. In closing, I'd like to remind everyone to please continue to ensure elders are safe and cared for during these harsh winter months.

Photo by: Franky Photography

DON'T QUIT QUITTING

By Ann Marie Jacques

Listuguj Community Health Services has several programs and resources available to community members. One program is the Smoking Cessation program, which is coordinated by Wanda Metallic. Metallic is well-known in the community for her work in programs such as the Opioid program, as well as the Brighter Futures program that has been in effect for the last 30 years.

The Smoking Cessation program began roughly five or six years ago. It is offered to people who would like assistance in quitting smoking. In the beginning, Metallic would determine how many cigarettes the person consumes and then release a starter kit that consists of various Nicotine gum, patches, inhalers, and vaporizers. People can try these products out to see which they prefer and can return to the Health Centre to receive more. Each product contains a number of milligrams pertaining to how many cigarettes are consumed. For example, Step 1 has the highest dose of nicotine which would typically be what a person who is just starting to quit, would use. Metallic will offer a two-week supply of these products at a time. The starter pack also consists of a journal for people to keep track of the journey so far, and to write about their experience.

When asked why a program like this is important for the community, Metallic simply said, "Smoking is bad for you. Eventually, smokers are going to quit smoking because they have no choice. It's too bad that it gets that far."

If you are looking to quit smoking or would like some information, walk-ins are available, or you can contact the Listuguj Health Centre at 418-788-2155.



Photo by: Ann Marie Jacques

MEET YOUR COMMUNITY DIETICIAN

Mallory Campbell

By Ann Marie Jacques



Photo by: Mallory Campbell

After completing her bachelor's degree at Mount Saint Vincent University in Nova Scotia, Mallory Campbell completed her internship in Gesgapegiag where she officially finished her degree and passed her exam to become a registered Dietitian. Campbell has been working as the registered Dietitian in Listuguj and Gesgapegiag for a little over 10 years now.

When people hear the word "Dietician" they might associate this role strictly with dieting and weight loss, but this isn't the case. A Dietician offers much more insight when it comes to the connection between food and health. In Quebec, there is really no significant difference between a "Dietician" and a "Nutritionist." Listuguj offers a Nutrition Program to all community members at Listuguj Community Health Services. These services can be offered in both individual or group settings and can include cooking classes, one-on-one individual consultations, or group information sessions. A program like this is very important and beneficial to have. "It can empower the community to embrace, understand, and enjoy food," said Campbell.

A few topics that can be covered in the Nutrition program are:

- Diabetes
- Heart Health
- Pregnancy
- Infant/Child Nutrition
- Allergies
- Cancer
- Digestive Health
- Weight loss/weight gain

Every consultation is unique, because it is on a case-by-case basis and ultimately what an individual's need or goal is. Campbell will gather information and go from there. She said, "General information is usually collected which would cover things such as past/current eating habits, medical history, current health, medication, culture/food traditions, etc."

There is a lot of information out there when it comes to nutrition, and Campbell said that it can get confusing and overwhelming but here are a few nutrition tips from Campbell:

1. Enjoy the food you eat.
2. Try a variety of foods.
3. Cook at home.
4. Limit processed foods.
5. Choose water as your drink of choice.

If you are interested in meeting with Campbell, Registered Dietitian at Listuguj Health Services, please call, 418-788-2155 and ask to speak with Mallory. She will schedule an appointment for a consultation and will help you on your way to your personal nutrition goals.

LOCAL BUSINESS OWNER SPOTLIGHT

Alexandra Willett

By Ann Marie Jacques

Alexandra (Barnaby) Willett graduated from Acadia University in Sociology, and during her final year of studies, she discovered she had a passion for health and fitness. She knew she wanted to take this passion to the next level, so she began EL Wellness Studio – Spin + Fitness from scratch during the COVID-19 pandemic. Willett took on multiple roles for the studio – instructor, payroll, marketing, Human Resources, Inventory management, etc. She began business planning in late 2020, and the doors officially opened to the public in September 2021.

Since its opening, the studio now consists of several instructors and studio leaders and offers 25 classes per week. These classes start as early as 6:00 AM and run until late in the evenings. There are two studios in the facility that offer inclusive group fitness classes. In Studio 1, Spin (indoor cycling) classes are offered. These spin classes are very high-energy and fun and contain upbeat music and lights. In Studio 2, various group fitness classes range from low-intensity workouts, such as yoga and M1ND, to high-intensity workouts like “Get Pumped” and L1FT.

EL Wellness is a very inclusive studio that thrives on the notion that fitness is about feeling good and pushing yourself. The instructors are very supportive and encouraging when it comes to an individual’s personal fitness journey. Willett said, “A fitness class at EL will push you past your fitness abilities, but it will also uplift you and reassure you of how capable you are.”

Willett said her favorite thing about working at EL Wellness is connecting with the studio’s members. “Watching new members grow so quickly, watching confidence build and self-esteem rise. Our community and the energy they bring will always be the heartbeat of the studio,” said Willett. If you’ve ever experienced a class at EL Wellness, you can just feel the confidence and joy in the studio rooms. The instructors are knowledgeable and provide an all-around positive experience.

When asked about the future plans of EL Wellness, Willett was excited to share the details. “We are currently in the renovation stages of an expansion! I’m absolutely over the moon to share that we will be the first and only fitness facilities in the Maritime provinces to offer classes using our new equipment.” She said that expansion has always been on her mind and would like to accommodate the studio’s members more with new fitness options. “Our new Studio 3 will offer another type of training that is not offered elsewhere. Stay tuned to see!” said Willett.

If you are interested in the available courses at EL Wellness Studio, there are a number of ways to get informed. You can stop by the studio, located at 206 Notre Dame St. in Atholville for more information on scheduling and classes offered. All class descriptions and schedules are available on www.elwellnessstudio.com or on the EL Wellness app, which can be found in the App store on any smartphone. Individuals can create a profile on the website or the app and book a class.

Walk Out Stronger at EL Wellness Studio!



Photo by: Third Party

Congratulations Division B Champs!

By Ann Marie Jacques



Photo by: Third Party

Congratulations to the 2023 B Division Champs, Moms & Pops Moosemen! The Uppi'ganjig Annual Hockey Tournament took place in Eel River Bar on January 20th, 21st, and 22nd, 2023.

All-Star Goalie - Bradley Slaughter

All-Star Defence - Cody Condo

All-Star Forwards - Noah Barnaby and August Morrison



Congratulations Archers!

By Ann Marie Jacques



Congratulations to the members who competed in the Bathurst 3D Archery tournament earlier this month:

Josh Dedam Sr – Senior Barebow Gold Medalist
Mitch Isaac – Senior Barebow Silver Medalist
Ayden Barnaby – Senior Olympic Recurve Silver Medalist
Kieran Dedam – Cadet Barebow Gold Medalist
Pasmay Paul – Pre-Cub Barebow Gold Medalist
On the team but did not compete, Harmony Isaac.

Congratulations to the members who competed in the Lancaster Archery Classic in Lancaster Pennsylvania January 26th to 29th:

Josh Dedam Sr – Barebow Division with a score of 308/660
Mitch Isaac – Olympic Recurve Division with a score of 403/660
Ayden Barnaby – 11-17 Olympic Recurve Division with a score of 366/660.
Kieran Dedam – 11-17 Barebow Division with a score of 155/660.

There are a number of competitions for our athletes coming this year:

- Canada Winter Games in PEI for Team NB Feb 28th to March 4th, 2023, Regionals March 4th & 5th.
- MICA, Miramichi March 19th
- 3D & Target Provincials in Bathurst NB April 29th & 30th
- Canada Cup East (National), Laval Qc June 22nd to 24th
- NAIG 2023 July 15th to 23rd 2023
- 3D & Target outdoor provincials July 15th and 16th
- Field outdoor Provincials July 22nd
- Eastern Canadian Crown July 28th to 30th in Truro Nova Scotia

Congratulations Team NB!



Men's Basketball

Marcus Martin

Women's Basketball

Amelia Rioux

Beach Volleyball

Alex Lirette
Ala'suinu Barnaby

Volleyball

Annie Morrison
Tamika Gideon
Tayla Larocque

Swimming

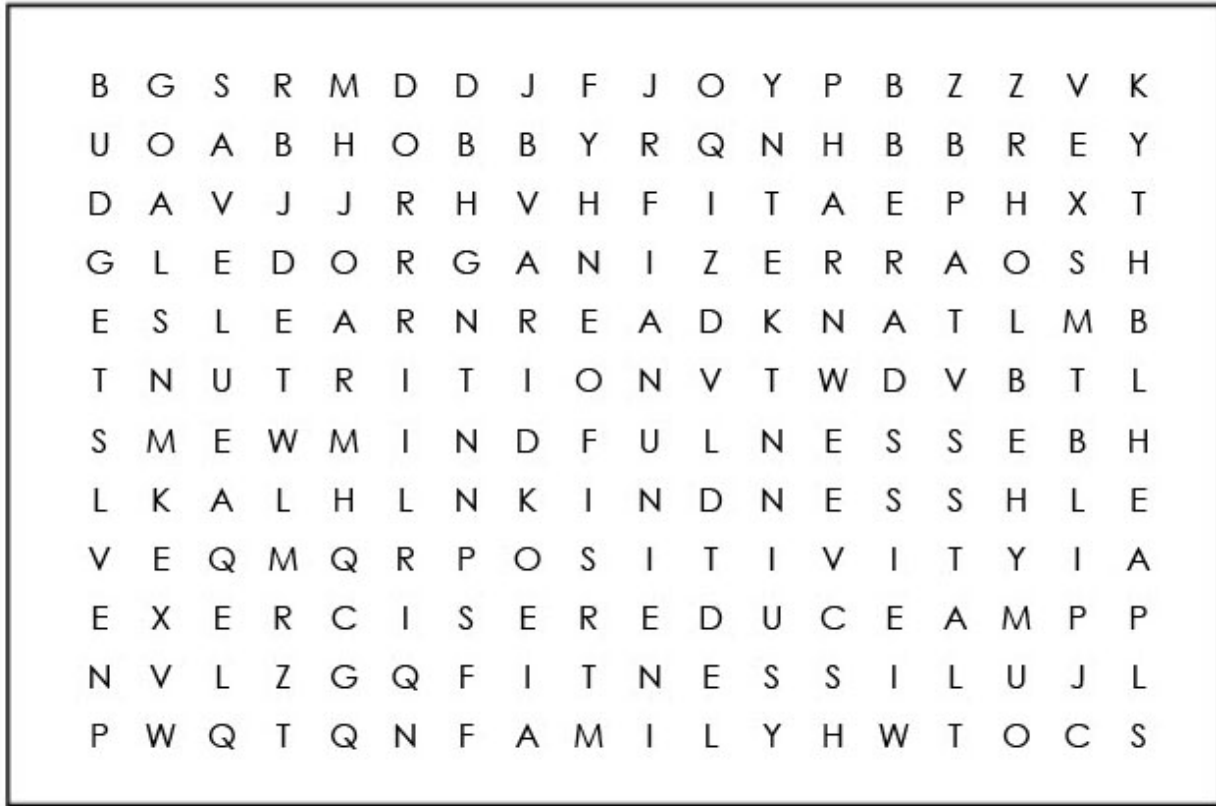
Amelia Rioux
Erika Metallic
Harmony Isaac Gedeon

Archery

Ayden Barnaby

The Listuguj Mi'gmaq Government would like to congratulate our local athletes on Team NB for advancing to the next round of tryouts for the 2023 North American Indigenous Games.

NEW YEARS RESOLUTION WORD SEARCH



ART
BUDGET
EXERCISE
FAMILY
FITNESS
FRIENDSHIP
GOALS

HEALTH
HOBBY
JOY
KINDNESS
LEARN
MINDFULNESS
NUTRITION

ORGANIZE
POSITIVITY
READ
REDUCE
SAVE
TRAVEL

Council Attendance

	Chief Scott Martin	Councillor Ali Barnaby	Councillor Annette Barnaby	Councillor Erwin Molley	Councillor Chad Gedeon	Councillor Gordon Isaac Jr.	Councillor Cathy Martin, Dr	Councillor George Martin	Councillor Sky Metallic	Councillor Wendell Metallic	Councillor Alexander Morrison	Councillor Kevin Method	Councillor Sheila Swasson
Chief and Council Attendance	3	3	3	3	3	3	3	3	3	3	3	3	3
Required Attendance	3	3	3	3	3	3	3	3	3	3	3	3	3
Total Attended	3	3	3	2	3	3	3	3	3	2	3	3	3
Absence With Excuse (E)	0	0	0	1	0	0	0	0	0	1	0	0	0
Absence Without Excuse (A)	0	0	0	0	0	0	0	0	0	0	0	0	0

For community inquiries contact: feedback@listuguj.ca



Listuguj

MI'GMAQ GOVERNMENT