



# Listuguj Wi'gation

Vol 9, March

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

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## LISTUGUJ COMMUNITY HEALTH SERVICES

### PROVIDING THE UTMOST CARE FOR EXPECTANT MOTHERS, BABIES, AND CHILDREN

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By Ann Marie Jacques

Listuguj Community Health Services offers several programs at the Health Centre that aid in wellness and care to community members. One program is the Maternal and Child Care Program. The nurses who provide care and resources for this program are, Katrina Guitard (Registered Nurse), Caroline Jacques (Licensed Practical Nurse), and Avery Jacques (Licensed Practical Nurse).

There are two parts to the Maternal and Child Care Program. The first is Pregnancy and Prenatal appointments. Clients who are pregnant will come in for regular checkups and teachings every four weeks throughout their pregnancy. This will allow them to have access to prenatal, postnatal, and breastfeeding information and the occasional group activities for families in the community. If the client attends at least six prenatal appointments, they are eligible for incentives in the program. These incentives include monthly nutritional support such as monthly milk tokens – this will provide clients with six free 2L of milk each month, monthly grocery bags, a small baby gift at each appointment, and financial support incentives will be available after the baby is born.

Once the baby is born, the nurses will do postnatal appointments for the mother and baby 24-48 hours after discharge from the hospital. These postnatal appointments will ensure that the mother and baby are healthy and if they require any additional resources, the nurses will arrange this. The community of Listuguj also holds an annual Newborn Celebration, where families can celebrate expectant mothers and newborn babies in the community. It is a special event, with a catered meal, guest speakers, gifts, and new babies will be gifted a welcoming eagle feather.

The second part of the program is Childhood Vaccinations and Growth and Development. This part is all about providing the appropriate care for children in the early stages of their lives. It includes the administration of childhood vaccinations based on the Quebec Immunization Program. It also offers regular assessments of children's growth and development and offers referrals as needed to maintain healthy development. The community of Listuguj strives for children's well-being and this program assists families in the community to have access to all resources when it comes to their children's health needs.

As of recently, the Listuguj Community Health Services now offers Midwifery Care for expectant mothers who are looking for a holistic approach to their pregnancy. This program is based out of the Gaspé region and is Indigenous and natural-based. If a pregnant client is interested in Midwifery

Care, they will initially need to be assessed by the Maternal and Child Care staff to see if this is an option for them. If the client meets the criteria and has been permitted to take part in Midwifery Care, the client will be registered and assigned to a team of two or three midwives. Just like the Maternal and Child Care Program, the client will receive checkups every four weeks in Midwifery Care, eventually moving to every two weeks, and then every week. The midwives will offer personal and informative appointments with their clients to ensure the pregnancy is progressing in a typical fashion, midwives are available 24/7 via phone or text for their clients throughout their entire pregnancy. When the baby is ready to be born, two midwives will be present at the birth, as well as the client's partner and/or support person. At this time, clients who are working with a midwife will have their babies at the Maria hospital. If health complications arise during the birth, the medical team at the hospital will take over, but the midwife will still assist the client as their "Doula" for support and coaching. If completed with the midwives, the client will be able to go home within three to four hours post-birth. After this, the midwives will provide care for six weeks post-partum, including checkups for the mother and baby. The midwives are also trained lactation consultants and will assist new mothers with breastfeeding.

"The benefit of this program is ensuring that our clients receive the best prenatal/delivery/and postnatal care possible. Having that care so accessible in the community alone is an opportunity for the community. In addition, the holistic and natural approach taken erases a lot of the medical-based technicalities to the care given. This brings out a more organic and spiritual experience to childbearing and birth based on your wants and needs," said Katrina Guitard (RN).

Everyone has a different pregnancy and birth story, and the nurses at the Listuguj Health Centre work hard to make sure their clients are receiving proper care, have access to resources, and make their pregnancy and birthing experience positive and memorable. When asked if the staff have any advice to pass along to expectant or new mothers, Guitard said, "When they say it takes a village, it's the truth. Be kind and patient with yourself. Being a parent is one of the hardest titles to hold, but one of the most rewarding."

The Maternal and Child Care Program takes new clients as they receive requests. If a client becomes pregnant and would like to have regular prenatal appointments, they can contact the Health Centre at (418)-788-2155, and request to be transferred to the Maternal and Child Health Department.

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## ALEXANDRA METALLIC LOCAL BUSINESS OWNER SPOTLIGHT

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By Ann Marie Jacques

Many people in the community may have known Alexandra Metallic as being a constable for the Listuguj Police Department, but over the last few years, Metallic has made a career change and is now the owner and operator of AM Esthetics right here in Listuguj.

She had taken an interest in enrolling in an esthetics program a few years back but put it aside to focus on her police work. At the end of October 2019, Metallic retired from the Listuguj Police Department and decided it was time to pursue a new passion. AM Esthetics opened in 2020, during the COVID-19 pandemic.

Metallic began her esthetics journey by learning Microblading, which is a semi-permanent, intricate procedure to fill in and shape eyebrows. She also learned eyebrow threading and tinting, eyelash extensions, and lash lifts and then moved on to waxing. From there she took a course in skin care, focusing on facials, manicures, and pedicures. Metallic has two Medical Esthetics Diplomas for photorejuvenation – a cosmetic treatment that utilizes lasers to improve the appearance of skin, and photoepilation – which is laser hair removal. As of recently, Metallic now offers Microblading removal. She is always eager to learn new things and is always interested in new training opportunities. All these services and treatments are available at AM Esthetics for both men and women.

It's obvious that working in esthetics and public security, are two very different fields of work. "It's a huge difference from being a police officer," Metallic laughs. When asked what she likes most about being an esthetician, she said, "You can instantly see results and talk to people. Make friendships really. It's just more of a calming, relaxing environment."

AM Esthetics is always taking new clients. Metallic does not have a set schedule and works day by day. She is very flexible with her schedule and is frequently willing to work on weekends and late evenings for clients who require her services. She said, "It all depends on the person. If you feel like you need to come in a bit later, then perfect, I can work around your schedule." The atmosphere at AM Esthetics is very tranquil and calming, an ideal place for pampering and relaxation.

To book an appointment, inquire about any services available, or purchase gift certificates, find "AM Esthetics" on Facebook and send Alexandra Metallic a message.

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## LPD ST. PATRICK'S DAY

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By Listuguj Police Department

On St. Patrick's Day, the Listuguj Police received a call from the AGS nursery class for assistance whereas they found some little green footprints all over their classroom.

Constable Ouellet responded and investigated the situation. The green little creature was never found!



Photo by: Third Party

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## COMING SOON

### A NEW BUS LOADING ZONE AT ALAQSITE'W GITPU SCHOOL

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By Ann Marie Jacques

Back in January, a Call for Tender was issued for a new bus loading zone at Alaqsite'w Gitpu School. After receiving some bids, the construction of the new bus loading is set to begin in June/July after school is done. The project will be funded by Indigenous Services Canada.

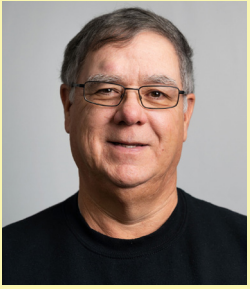
"The school bus loading zone and parking lot will include a designated area for the bus loading and another designated area for parents to pick up their kids. The bus loading area will also be equipped with electrical chargers," said the General Manager of Capital and Infrastructure, Bassem Abdrabou. This update to the parking lot will increase the safety in this area, by allowing a smoother pick-up/drop-off, and help minimize the traffic during peak times.

The project is expected to be completed before the school year begins this September.



Photo by: Third Party

## Chief's Corner



It's been four months since the new administration has come into effect, and we've had the opportunity to attend various events in and out of Listuguj. It's important for us to bring information and knowledge back to share with the community. We aim to keep community members well-informed and are always eager for growth and progress. With the fiscal year coming to an end, I look forward to warmer weather and upcoming projects and events that come along with Spring.

Photo by: Franky Photography

## VOLLEYBALL CANADA

HELPING BRING VOLLEYBALL BACK TO INDIGENOUS COMMUNITIES

By Ann Marie Jacques

Volleyball Canada is helping bring sports back to Indigenous communities with the "Community Sport for All" Initiative from Sports Canada. This initiative is to support volleyball programs in 19 Indigenous communities in Quebec. Volleyball Canada Coach Trainer Monette Boudreau-Carroll visited Listuguj at the end of January and offered her expertise, with a Coach training session for interested community members and volunteers.



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques

## OLLSON SPORTS GROUP COMES TO LISTUGUJ

By Ann Marie Jacques

Over the March break, Ottawa organization, Ollson Sports Group came to Listuguj host to a weeklong power skating and stickhandling hockey camp. The camps were held for youths ages 5-15 and took place at the Civic Centre in Campbellton. These young hockey players were coached by former professional hockey player, John Ollson and Logan Buchanan. Michael Isaac, the Communications Manager for the Listuguj Mi'gmaq Government, arranged for the hockey camp to come to the community with the support of Recreation, Brighter Futures, and the Office of Chief and Council.

With over 35 years of hockey training and coaching experience, Ollson has also played on a number of teams such as the Ottawa 67's and the Canadian National Team, and has worked with the Chicago Blackhawks Organization. When it comes to holding these hockey camps, John Ollson said he loves traveling and visiting new places and communities. He was very impressed with Listuguj and the cohesiveness of Pointe-à-la-Croix and Campbellton. "I also love working with the kids you know, it's fun to see them learning, from our standpoint," said Ollson. The hockey camp also consisted of youth in our community and surrounding areas, who volunteered their time to help assist with the camp. When asked what advice Ollson could give to young Listuguj hockey players, he mentioned the work ethic and values that come along with the sport. The youth participating in the sport will learn diligence and teamwork. "If you don't get it right away, it doesn't mean you should give up on it, it takes a lot of repetition to be good at it," said Ollson.

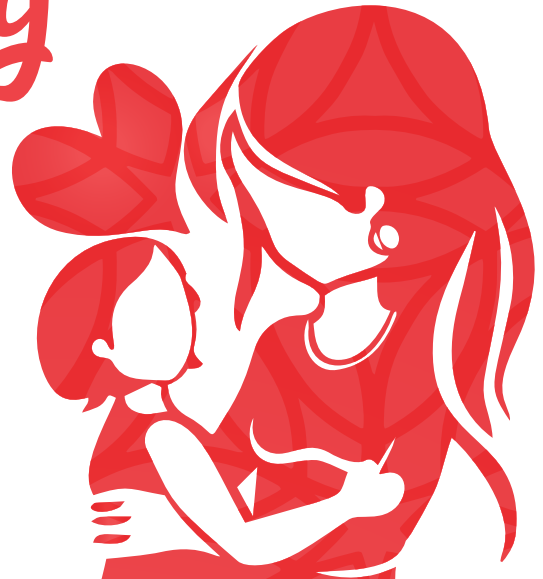
Michael Isaac has always had a passion for hockey and runs the Listuguj Pugtew, a weekend hockey program in collaboration with the Listuguj Youth & Family Centre. Isaac felt the camp would be a fun and beneficial experience for Listuguj athletes. "I seen this as an opportunity to give the kids of Listuguj a higher-level experience to help their development and Ollson Sports Group didn't disappoint," said Isaac. It's no secret that Listuguj is home to some very talented and skilled athletes, including hockey players. Isaac said, "This community has produced QMJHL players, Junior players, Senior players with some even drafted to the NHL. Although these dreams may be a few years down the road for the youth that took part in the Ollson Sports Group camp over the March break, the significant improvement that the kids showed just over a week was significant. This gives me great pride to say that if these youth stick with it, Listuguj will continue to produce good hockey players in the future."



Photo by: Michael Isaac

*\*Women only event.*

# Mother's Day Social



*Saturday, May 13<sup>th</sup>*

*Listuguj Community Center*

*Doors Open 5 PM*

*Raffle!*

*Diamond Pendant*

*Catered Meal!*

*Door Prizes,  
Games, and More!*

*Entertainment by:  
James Young Band*

*Information & Tickets*

*Annette Barnaby: 581 884 0723*

*Rose Vicaire: 418 788 3000*

*\$50*

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## VICKY METALLIC METALLIC PUBLISHING

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By Third Party

It was in 2021 when Vicky Metallic first had the idea to create Metallic Publishing – a Mi'gmaq owned business with an aim to publish and distribute Mi'gmaq language books and other related language educational material for schools and students across Gespe'gewa'gi, as well as for the general public.

Vicky has long been passionate about reading and writing. She was raised speaking Mi'gmaq as her first language by her parents Mary Ann and Frank Metallic. In 2018, she enrolled in an intensive 2-year Mi'gmaq literacy training program at LETE (Listuguj Education, Training & Development), where she was introduced how to read and write in the language by her instructor and aunt Janice Vicaire. It was during this time that she developed an interest in, and realized the potential of, Mi'gmaq language creative writing, and had planned to help create curriculum content for the school. However, life made a sudden change.

The time between 2018 and 2021 was significant for her. Suffering the huge personal loss of her partner Mark, it prompted her to reflect and re-evaluate how she really wanted to be spending her time. During her break from work, she knew it was time to go about her interests a little differently. With an entrepreneurial spirit, experience in proposal writing, and strong support from her family, she set out on a slightly new career path as an independent publisher.

“It feels great to be able to give what I never had as a child. Growing up, I was only exposed to the language in my home from my immediate and some extended family. Looking back, I think how significant it would have been to see children's books and tv shows in our language. Not seeing my language reflected anywhere has always made me feel like an outsider. With Metallic Publishing, I hope to change that. I want to provide a sense of belonging.”

In December 2022, Vicky was notified that her funding application to Canadian Heritage was successful. This funding is being used to create language learning content for social media. Videos are uploaded weekly to Metallic Publishing's Facebook page titled “Gesatm egiljei”, which means, “I like to read”, and includes a combination of introductory and intermediate language lessons that are easily accessible to the public.

It's an exciting time for Metallic Publishing. The business is also set to launch its first Mi'gmaq language book, titled U'j'ji'jg, a translation from Robert Munsch's Blackflies, in early spring.

To view the language content, or to purchase a copy of U'j'ji'jg, you may contact Vicky Metallic through Facebook, or by email at [metallic.publishing@gmail.com](mailto:metallic.publishing@gmail.com)



Photo by: Third Party

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## PER CAPITA DISTRIBUTION

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By Economic Development

Have you recently turned 18 years of age?

The Listuguj Mi'gmaq Government wishes to inform Listuguj youth who turn 18 years of age to make an application for their land claim Per Capita Distribution. Listuguj youth who have turned 18, have up to 5 years following their 18th birthday to make their application. Failure to come forward by the 5-year deadline will result in the monies being forfeited.

For example:

If you turned 18 on May 6, 2018, you have until May 5, 2023 to apply.

If you turned 18 on January 6, 2023, you have until January 5, 2028 to apply.

Note: Your name must appear on the qualifying band membership list made on April 29, 2015.

Contact Tim Dedam by email at [tim.dedam@listuguj.ca](mailto:tim.dedam@listuguj.ca) or by phone at **418-788-2136** to make your application or confirm if your name appears on the qualifying band membership list made on April 29, 2015.

You can also visit [www.listuguj.ca/forms](http://www.listuguj.ca/forms) to download the application and instructions.

See below for the quarterly payment schedule. If your completed application is not received before each deadline date, it will be paid in the next scheduled quarter.

METALLIC  
PUBLISHING



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## CONNECTIONS

### MI'GMAQ YOUTH LEADERSHIP PEER PROGRAM

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By Restorative Justice

This is a 12-month Mi'gmaq Youth Leadership Peer Program "Connections" designed for youth ages 12-17 to help the youth learn positive life skills that they will carry out into adulthood. Some of these skills will educate the youth to adapt to their cultural needs, build valuable leadership skills, teamwork, social skills, problem solving, time management and help develop your potential. It will give the youth the opportunity to meet other youth, learn the history, values and beliefs of their community. This program offers a selection of outdoor activities and numerous workshops which will require parent/guardian permission. The program will start at the end of the school of year June 2023 and end in June 2024. More information will be followed in the coming months. If you have any questions or would like more information about the program, you may contact Nathalie Metallic, Youth Leadership Connections Coordinator of the Justice Transformation Initiative by email [nathalie.metallic@listuguj.ca](mailto:nathalie.metallic@listuguj.ca) or by telephone at **(418)788-0351**.

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## SEEKING SUPPLY TEACHERS

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By LETE

The Alaqsitew Gitpu School is looking for supply teachers! Supply teachers can be called upon at a moment's notice to replace teachers. If you are interested in working with our amazing team, you can send your resume to our principals Jeff Grass at [jgrass@lete.listuguj.ca](mailto:jgrass@lete.listuguj.ca) or Jarrett Francis at [jfrancis@lete.listuguj.ca](mailto:jfrancis@lete.listuguj.ca).

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## CARPENTRY PROGRAM

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By LETE

The Listuguj Mi'gmaq Development Centre (LMDC) is looking to bring a Carpentry Program in the community. The potential start date will be Fall 2023.

If you're interested in taking the program, please get in touch with Ashley Barnaby by April 6th, 2023. She can be reached at **418-788-1347** or email her at [asbarnaby@lete.listuguj.ca](mailto:asbarnaby@lete.listuguj.ca).



Listuguj Mi'gmaq  
Development Centre

Looking for  
**STUDENTS INTERESTED IN**



**CARPENTRY PROGRAM**

**CONTACT US BY APRIL 6<sup>th</sup>, 2023**

# Call Out for Supply Teachers !

Send your resume to Jeff Grass  
and Jarrett Francis.



## Did You Know?

Articles and photos can be also accessed online on our website: [news.listuguj.ca](http://news.listuguj.ca).

## Council Attendance

Chief and 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
<b>Required Attendance</b>	9	9	9	9	9	9	9	9	9	9	9	9	9
<b>Total Attended</b>	9	7	7	8	9	9	5	8	9	6	8	9	8
<b>Absence With Excuse (E)</b>	0	2	2	1	0	0	2	0	0	3	1	0	1
<b>Absence Without Excuse (A)</b>	0	0	0	0	0	0	2	1	0	0	0	0	0

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



*Listuguj*  
MI'GMAQ GOVERNMENT