



LISTUGUJ WELLNESS RENEWAL INITIATIVE

LISTUGUJ KICKS OFF NATIONAL ADDICTIONS AWARENESS WEEK WITH A WELLNESS WALK

By Ann Marie Jacques

Last month the Listuguj Mi'gmaq Government (LMG) teased a new initiative coming to the community. Earlier this month the Listuguj Wellness Renewal Initiative (LWRI) was unveiled. The LWRI focuses on the well-being and health of our community members and will provide education, resources, and support for all.

This includes the promotion of a combination of clinical, cultural, and holistic approaches to wellness, empowering community members to overcome substance abuse and addictions, and advocating for positive change.

This initiative is supported and endorsed by Listuguj Chief and Council.

For its very first event, the LWRI partnered up with Listuguj Community Health Services for the first-ever Wellness Walk to kick off National Addictions Awareness Week. The walk took place on Friday, November 17th, and it was a great success.

It was wonderful to see so many people participate in this Wellness Walk. After the walk, everyone gathered at the Community Centre, where speeches were held. Chief Scott Martin spoke about how addictions impact everyone in the community. LMG's CEO Bassem Abdrabou spoke about how it's all about making a difference in even one person's life. Several LMG directors spoke about how wellness and healthy lifestyles are important to their directorates:

Michael Isaac Sr. – Director of Education
Tanya Barnaby – Director of Social Services
Donna Metallic – Director of Health
Fred Metallic – Director of Natural Resources

The keynote speaker of the event was Listuguj's Warren Morrison. Morrison spoke about his battle with substance abuse. He stated that from ages 15-26, he struggled with addiction. He has led an addictions-free life since August 4, 1996, and spoke on how important community support, resources and communication are to individuals looking to overcome addiction.

Thank you to everyone who made this event possible:

Listuguj Community Members
Listuguj Community Health Services
Listuguj Wellness Renewal Initiative
Listuguj Community Social Services
Listuguj Public Security
Listuguj Communications Department
Christine Metallic – Opening Prayer and Community Smudge
Warren Morrison – Keynote Speaker
Michael Isaac Jr. - MC
Diane Bernard – Caterer
J.M.I Designs
Chaleur Signs
Annette Barnaby and Rose Vicaire at the Listuguj Community Development Centre
IGA Extra Campbellton
Provigo Réjean Lévesque
Pizza Delight
Tim Horton's

LOCAL AUTHOR SPOTLIGHT EMMA METALLIC

By Ann Marie Jacques

Emma Metallic is from Listuguj, and is currently employed at Alaqsite'w Gitpu School as an Education Assistant. She has completed her Bachelor of Arts degree at the University of King's College in Halifax, Nova Scotia. She has completed level two of the Adult Mi'gmaq Immersion program in the community. Her most recent accomplishment is having her story, Nipugtug published.

The story Nipugtug (meaning forest) is about a girl named A'le's who snowshoes through the forest and Gespe'gewa'gi trails. On her journey, she meets various animals and trees who guide her while she faces the challenges and emotions of learning the Mi'gmaq language. The story can be interpreted as a bit of an autobiography for Metallic. She said, "It does get challenging learning Mi'gmaq full-time, for me what really helped was going out in the woods and snowshoeing. That's when I found that nipugtug is what grounded me with my language journey." Being in the woods and being with nature really helps Metallic find a deeper sense of connection with her language.

The story was brought to life when Metallic's good friend, Natalie Laurin was completing her undergrad for her degree, and for her final project, she needed to create an exhibition. She reached out to Metallic to collaborate and the two were able to use the Treaty Space Gallery in Nova Scotia to showcase their work. Laurin was responsible for supplying the illustrations, while Metallic provided the text in both English and Mi'gmaq. The exhibition was a complete success, and afterward, many people asked Metallic and Laurin if the story was published or available anywhere. This positive feedback gave Metallic the motivation to seek a publisher.

Metallic was informed that Ontario's Indigenous-owned publishing company, Kecedon Press, was accepting manuscripts. After she sent in a copy of her story, she heard back that it had been accepted.

Metallic wrote Nipugtug first in English and then wrote it in Mi'gmaq to the best of her ability. She received help from her teachers and classmates in the Adult Mi'gmaq Immersion program. She also sought guidance from community elder, Joe Wilmot, and her father, Dr. Fred Metallic. The book is published together in two different languages and consists of beautiful illustrations done by Natalie Laurin.

"It feels very empowering to have a story published in Mi'gmaq and English. It's something very special to me. Especially this story in particular. It's a story I've been thinking about for a very long time," said Metallic.

Nipugtug is now available for purchase on Kecedon Press's website. The community is incredibly proud of Emma Metallic and her accomplishments and looks forward to what she has in store for the future.



PER CAPITA DISTRIBUTION

By LMG 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 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/ 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.



Listuguj Mi'gmaq Land Claim Settlement Per Capita Distribution for Listuguj Minors Turning 18 Quarterly Payment Schedule

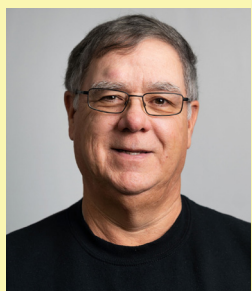
January 1, 2023 to March 31, 2023 = **Payment in April 2023**

April 1, 2023 to June 30, 2023 = **Payment in July 2023**

July 1, 2023 to September 30, 2023 = **Payment in October 2023**

October 1, 2023 to December 31, 2023 = **Payment in January 2024**

Chief's Corner



November has been a big month for the Listuguj Mi'gmaq Government. A few weeks ago, we unveiled our exciting new initiative, the Listuguj Wellness Renewal Initiative. This initiative was created to help promote the overall well-being and health of community members, by providing resources and education in a clinical and cultural way. I look forward to seeing what innovative ideas the initiative has in store for the future.

This month was also Remembrance Day. We took time to remember and honor our veterans. Thank you to the men and women who fought and sacrificed so much for our freedom.

We also had an Indigenous Governance Symposium this month where knowledge was shared on the importance of self-governance. Thank you to all the guest speakers and to everyone who made this event possible.

Photo by: Franky Photography

NOVEMBER MI'GMAW WORDS

November - Gept'gewigu's

Remembrance Day - Sma'gnist Mi'walug'gwig

Soldier - Sma'gnis

War/Battle - matnting

Remember - migwite'lmatl

Lightly snowing - Pesa'ji'jg

Getting dark - oqonitpaqamugwiaq

Frozen over (water) - gep't'g

Keeps one warm - gisue'g

Cold - Tegig

Walk through Snow - alasumteget

LOCAL BUSINESS SPOTLIGHT ARCHER ADVERTISING

By Ann Marie Jacques

Kirt Dedam has significant involvement and a number of key roles in the community of Listuguj. He has a Bachelor of Business degree and has always been passionate about entrepreneurship. He has done consulting with community members looking to start businesses. He is the Mesgi'g Ugu's'n Project Manager with Mi'gmawei Mawio'mi Business Corporation (MMBC) and is involved with Listuguj's Economic Development department and the Mawo'ltjig Mijjuaji'g Childcare Centre. Dedam also owns and operates the advertising company, Archer Marketing.

Archer Marketing was created in early 2020, just before the COVID-19 pandemic. In its early stages, it began with digital advertising. Dedam started with roughly six TV screens placed inside indoor locations in the area that feature advertisements for local businesses. "Part of why I wanted to get into this, was to try to help small businesses. It was a mix of my passion and trying to help the community and small businesses in our area," said Dedam. In the beginning, business was fairly slow due to the pandemic, but Dedam saw it as an opportunity to iron out and resolve any challenges that come with operating a new business.

In 2021, Dedam decided to launch outdoor billboard advertising with four billboard structures, which can be seen on the 132 highway and Interprovincial. From the beginning, the outdoor advertisements were successful and continue to sell out every year.

Today, Archer Marketing has 22 outdoor advertisement spaces and nine indoor TV advertisement spaces.

Each TV advertisement consists of roughly 20 clients, that loop on 15-second intervals. Dedam charges a very reasonable fee of \$5 per month to promote businesses.

When it comes to Archer Marketing's operations, Dedam said, "I handle all the aspects. I do the graphic design; and installation and I do the construction." As of more recently, he has been receiving help with construction due to the company's success.

Dedam takes pride in advertising in the Listuguj area. He is working on building clientele and expanding Archer Marketing, hoping to put up more TV screens in Campbellton and even in Dalhousie. Dedam realizes that the messages his billboards and advertisements give off are important in the community. He is striving for family-friendly advertisements that promote healthy messages and positivity.

If you are interested in advertising with Kirt Dedam of Archer Marketing, you can contact him via email at: kirt-dedam@gmail.com, or on social media. His contact information can also be found on the indoor TV screen advertisements throughout the area.



Photo by: Third Party

MENTAL HEALTH IS LIKE A TREE

To stay strong and healthy it needs looking after.
You need to take care of the roots of the tree for it to grow tall and stand strong.

MENTAL AND EMOTIONAL

HEALTHY HEADSPACE **FEELING DEADLY**
STRONG HEALING **RESILIENCE**
THOUGHTS POSITIVE THINKING
SUPPORT **FEELINGS**

PHYSICAL

SPORT **HEALTHY BODY** **EXERCISE**
LOOKING DEADLY **GOOD SLEEP**
NUTRITION **HUNTING** **DANCE**
FISHING **HEALTHY LIFESTYLE**



SPIRITUAL

rites **Culture** **IDENTITY** **COUNTRY**
LANGUAGE **ELDERS** **BELIEFS** **LORE**
CEREMONY **TOTEMS** **SACRED**
TRADITION **DREAMING**
ABORIGINALITY **PRIDE**

FAMILY

FRIENDS **AUNTIES AND UNCLES**
PARENTS **COMMUNITY** **CLAN**
SUPPORT **KINSHIP** **SAFE PLACE**
ROLE MODELS **BELONGING**



LISTUGUJ WELLNESS
RENEWAL INITIATIVE



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



PLEASE JOIN US FOR A

WINTER social

**Community hall
SATURDAY**

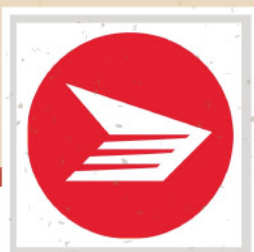
DECEMBER 9TH - 5:00PM

TICKETS SALES NOVEMBER 6TH.

\$60.00

CATERED--ENTERTAINMENT--DOOR PRIZES

TICKETS AVAILABLE AT COMMUNITY HALL
418-788-3000 OR 581-884-0723

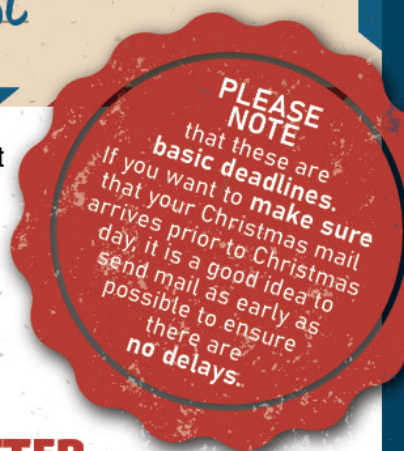


Merry Christmas

Holiday Tips from Canada Post



The holidays are a **busy time** of the year, and Canada Post is no exception! Here are a few tips and deadlines this holiday season to consider from Listuguj's Post Office.



HOLIDAY DEADLINES FOR SENDING CARDS

Local	December 19
Regional	December 18
National	December 15
To the USA	December 12

SANTA CLAUS LETTER DEADLINES

From Schools	From Home Addresses
December 7	December 18

HOLIDAY DEADLINES FOR SENDING PACKAGES

	Priority	Xpresspost	Expedited Parcel or flat rate box	Regular Parcel
Local Zone	December 21	December 21	December 20	December 19
Regional Zone	December 21	December 21	December 18-20	December 14-19
National Zone	December 20	December 20	December 12-19	December 8-18

	Xpresspost USA	Expedited Parcel USA	Tracked Packet/Small Packet
USA	December 15	December 13	December 12

Other tips to keep in mind:

- Please remove all old labels and barcodes from boxes and parcels before sending.
- Please ensure your package is sealed with the correct address.
- If you are inquiring about a missing package, please have the tracking information beforehand.
- If sending a package throughout Canada, flat rate boxes are a great, convenient option and Listuguj will offer tax-free to community members. Flat rate boxes come in four different sizes and will ship as long as it's under 11 pounds.
- Please be patient with Canada Post and their employees during the busy holiday season. Incoming and outgoing mail doubles during the season.



Listuguj
MI'GMAQ GOVERNMENT