

Listuguj Wi'gation

Vol 17, December

www.news.listuguj.ca

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



LISTUGUJ WELLNESS
RENEWAL INITIATIVE

KEEPING YOUR WELLNESS IN CHECK DURING THE HOLIDAYS

By Ann Marie Jacques

The holidays come with added pressure and stress financially and mentally, which could be triggering to some individuals. Your mental health is a priority this holiday season.

Here are a few tips to help:

1. Limit holiday expectations – you do not need to be the perfect host or get the perfect gifts. Focus on what you can control and set boundaries.
2. Take some time for yourself – it's no secret this time of year can be stressful and overwhelming. Make sure you are checking in with yourself regularly and giving yourself the necessary breaks.
3. Stay connected with loved ones – the holidays can be lonely. It's important to have a support group who you can reach out to. Whether it's family or friends, it's important to speak to someone you trust about any feelings you have. If at any time, the holidays become too overwhelming and are taking a toll on your mental health, there are resources available.

Below you will find all emergency contact information for Listuguj. These numbers are available 24/7 to support Listuguj community members as best as possible. We recommend using these numbers to ensure that emergencies are dealt with in a prompt and efficient manner.

- For all emergencies – 911
- Listuguj Police Department/Listuguj Fire Department Emergency Line – 418-788-2003
- For Listuguj Community Social Services:

Contact information regarding any youth protection matter or concern during business hours, community members are encouraged to reach the Child and Family Services Social Worker or respective team members at 418-788-3039 from Monday through Friday 8:30-4:30 (exceptions are statutory and designated holidays).

In the event of an after-hour youth protection emergency, community members may call Youth Protection Services for out-of-province calls or cellular calls 418-368-1803 OR 1-800-463-0629 Evenings/Weekends. Additional contacts: emergency calls may be made during the day at 1-800-463-4225.

- Listuguj Haven House 24-Hour Crisis Line – 418-788-5544
www.listugujhavenhouse.ca
Facebook - Listuguj Haven House
- Mawiomi Treatment Centre in Gespe'gegiag – 418-759-3522
<https://www.mawiomi.org/>

The Listuguj Wellness Renewal Initiative wishes you all a safe and happy holiday season!

RHEAL RAYMOND, ADMINISTRATOR WAQATASG ELDER'S CARE FACILITY

By Donna Metallic

On behalf of the Listuguj Mi'gmaq Government, the Listuguj Community Health Services is pleased to welcome Mr. Rheal Raymond, BSW as the Administrator for our Waqatasg Elder's Care Facility.

Born and raised in Campbellton, he comes from a local hard-working family and understands the challenges we face as a border community between two Provincial health care systems. He graduated High School in 1981 and received his bachelor's degree in social work from the University of Moncton in 1987.

Since then, he has worked with the Quebec Provincial CISSS in various social programs supporting youth, elderly, and families. He most recent role within the CISSS was that of Interim Manager for the CHSLD Long-Term Care Home in Matapedia.

As a result of his extensive experience within the Quebec Health Care System, Rheal has worked directly with our Home & Community Care Program as a consultant at the LCHS since 2014. Over the years, he has advocated for our Home Care clients ensuring access to a wide range of services through the CISSS and CHSLD. Rheal has come to understand the communities' need for our own Elder's Care Facility, and the significant role it will have for the clients and their families of Listuguj.

As a local boy, he enjoys long rides in the woods with his ATV, is a Montreal Canadiens Fan (whether they win or not), action movies and having family and friends over to share a meal and life stories. He recently stated that "Waqatasg is a major challenge for me, and I am honored to be part of the start-up team".

Please join me in welcoming Rheal to his new role with us as the Administrator, Waqatasg Elder's Care Facility.

Donna Metallic

Director, Listuguj Community Health Services



Photo by: Third Party



Photo by: Ann Marie Jacques

PER CAPITA DISTRBUTION

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



Photo by: Franky Photography

2023 was a great year for the community of Listuguj! Many great events were held, and many achievements were celebrated. I'd like to take this opportunity to congratulate Listuguj's Deven Condo-Mitchell and Gesgapegiag's Amanda Larocque on competing in The Amazing Race Canada. It was a pleasure watching them come in fourth place and making their communities proud! We announced the Listuguj Wellness Renewal Initiative focusing on bringing wellness back to the community. We teamed up with Listuguj Community Health Services and kicked it off with an incredibly successful Wellness Walk in November. We lost several community members in 2023. I offer my condolences to everyone who has been impacted by these losses in the community. As always through difficult times, Listuguj bands together and helps one another heal. Here's to a bright 2024! On behalf of the Listuguj Mi'gmaq Government's Chief and Council, we wish you all a Merry Christmas and a Happy New Year!

CHRISTMAS TURKEY BASKET DISTRIBUTION

Listuguj Christmas Turkey Basket Distribution

Earlier this month, Christmas turkey baskets and toys were distributed to community members. The turkey baskets consisted of a Butterball turkey, and all the fixings to make the perfect holiday meal.

A big thank you to all involved in making this happen for the community:

- Annette Barnaby, Rose Vicaire, Ranay Metallic, and Lisa Metallic for organizing and distributing the turkey baskets.
- Listuguj Mi'gmaq Government's Beautification team for carrying the turkey baskets out to community members' vehicles.
- Provigo Réjean Lévesque for providing the food for the turkey baskets.
- Various local businesses in the community, and the Listuguj Mi'gmaq Government for cash donations for the toys.



Photo by: Ann Marie Jacques

A CHRISTMAS LETTER FROM MMS

By Chastity Mitchell

Gwe,

With the arrival of Gesig, Mother Earth will be covered with the blanket of snow that gives a beautiful scenery. Changing everything into gentle curves and snow-capped trees. Here's a gentle reminder to use our beautiful territory and explore the Gespe'gewa'gi trails, it's medicine to connect with the land.

As the Interim Executive Director of the Mi'gmawei Mawio'mi Secretariat, the accountability and transparency to our Citizens is always a priority. The Mi'gmawei Mawio'mi Secretariat is pleased to start the Gesig season by presenting our Annual Report 2022-2023. This edition focuses on some important highlights from our Chair to Ango'tmeg Nmt'ginen, Communications, Nijigina'muet, Negotiations and Financial statement.

We are in an era of change and with change comes shedding and growth. This past year has allowed me in my capacity to assess the on-going needs of our organization and communities while recognizing the strengths, gaps and challenges during this shift. I'm hopeful the future engagement with our leadership through strategic planning will strengthen and harmonize the mandate of the MMS.

In closing of our 2023 year, I'm pleased to share you can find a digital copy of our Annual Report by visiting our Facebook page. Also we are very thrilled to share the launch of our new website. Come discover what we're all about and what you can look forward to.

December marked the 1st anniversary milestone since our move to our new office located at 48 Dundee Road in Listuguj, I'm pleased to share we've settled in and welcome you to stop in for a tour and peta'wei at any time.

In the spirit of wellness and gentle holidays.

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Chastity Mitchell

Interim Executive Director

COMING
Website
SOON

www.migmawei.ca



2023

a year in review



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Ann Marie Jacques



Photo by: Third Party



Photo by: Ann Marie Jacques



Photo by: Julianne Wysote



Photo by: Ann Marie Jacques

ON BEHALF OF
THE LISTUGUJ MI'GMAQ GOVERNMENT'S
CHIEF AND COUNCIL

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ABSENT FROM THE PHOTO:
COUNCILLOR ANNETTE BARNABY,
COUNCILLOR CHAD GEDEON,
COUNCILLOR GORDON ISAAC,
COUNCILLOR DR. CATHY MARTIN,
AND COUNCILLOR ALEXANDER MORRISON.

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! **Almost one third** of home Christmas tree fires are caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes more than **one in every five** of the fires.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



First Nations' Emergency Services Society
OF BRITISH COLUMBIA



Listuguj
MI'GMAQ GOVERNMENT