



WAQATASG ELDERS CARE FACILITY UPDATE

By Ann Marie Jacques

Listuguj's Elders Care Facility, Waqatasg – meaning “Northern Light” has been in the works dating back to 2001. In 2023, the vision of Waqatasg officially became a reality, and the building's construction was completed.

Back in November, it was announced that Rheal Raymond had taken on the role of Administrator of Waqatasg. He is working hard to ensure the facility is staffed with top-of-the-line, experienced workers who will go above and beyond for Listuguj's Elders. Raymond said there are two goals when it comes to the facility: “The main goal of Waqatasg is to bring back clients who are already placed in different facilities, to the community. The second goal is that once we're fully operational, we shouldn't have to transfer residents outside of the community.”

At this time, the facility has three doctors secured, Dre. Luce Picard, Dre. Marjolaine Leblanc-Roberge and Dre. Catherine Benoit. These doctors will regularly visit on a rotating basis and tend to residents. They will always be accessible via phone and email, and after each visit, will make recommendations to the nurses and staff on how to continue providing the utmost care to the residents.

Jarvis White has taken on the role of Environmental Services Supervisor. He will be supervising the custodians, watchmen, and laundry workers in the building. He is responsible for anything mechanical in the building, ventilation, HVAC, water, etc.

Tasha Doiron, who is currently working with the Listuguj Community Health Services at the Health Centre, has been working half days as an assistant to the Administrator.

As of right now, the kitchen has two employees. The Head Cook and Supervisor of the Kitchen is Catlin Irvine, and the Chef is Ryan Morrison. They are currently working on menu options, which will include traditional meals. All food will be made and prepared in-house daily.

When it comes to staffing, the facility is facing challenges in finding nurses. The Listuguj Mi'gmaq Government Human Resources department is working hard to find candidates for nursing positions because Waqatasg cannot open its doors until nurses are in place. Waqatasg Elders Care Facility is currently looking for Long-Term Care Registered Nurses – two full-time and four part-time positions.

For nursing job postings, and other jobs available at Waqatasg Elders Care Facility, visit listuguj.ca/jobs/.

LOCAL ARTIST SPOTLIGHT MIRANDA BARNABY

By Ann Marie Jacques



Miranda Barnaby's love for beading started at a young age. When she was in middle school, she looked forward to class with Claudia Gray every week. In high school, she spent many lunch breaks beading and learning with Lita Isaac. Her eagerness to learn eventually led to a passion for beading. She was gifted a pair of beaded earrings and beading supplies from her aunt, and this inspired her to practice making earrings and dreamcatchers, and the rest is history.

Over the years, Barnaby developed her own personal style when it comes to her creations. Her work is very vibrant and intricate with a bohemian flare. She uses birch bark, porcupine quills, and fox or rabbit fur for her hand-sewn pom-poms. As of recently, Barnaby has been crafting beautiful genuine leather purses with removable pom earrings.

With over 6200 followers on social media, her work has evolved significantly over the past six years. Her earrings have been modeled in a fashion show in Edmonton, Alberta, and most notably featured in Sephora's Native Women's Association of Canada on Indigenous Beauty. Barnaby's work can be found on the Facebook page, "Beadwork/Dreamcatchers by Miranda." Here you will find what pieces are available for purchase, and information on custom items.

Barnaby's creativity is unmatched, and she states she does not look online for inspiration, but the designs come naturally to her. "I'm so excited for what the future holds. I don't think I could ever stop being creative, it's in my blood," said Barnaby.



LISTUGUJ WINS ATLANTIC POLICY CONGRESS OF FIRST NATIONS CHIEFS SECRETARIAT AWARDS

By Julianne Wysote

The Listuguj Mi'gmaq Government Office of Chief & Council and Natural Resource Department would once again like to extend their congratulations to the following community members and departments on their Atlantic Policy Congress of First Nations Chiefs Secretariat Fisheries Awards:

Captain of the Year - Frank Brisk

Deckhand of the Year - John-Daniel Wysote

Exemplary Conduct & Workplace Safety Award - Listuguj Health and Safety and Natural Resources Departments

Innovation in Fisheries Award - Dr. Fred Metallic

The APC Fisheries Awards Program is meant to recognize exceptional achievements by First Nation community members, organizations, or businesses within the Atlantic and Gaspé regions. The winners will have achieved distinction through their dedication and commitment to fisheries within their communities.

The winners in each category were selected by an independent jury and received special recognition and an award at the APC Fisheries Awards Banquet and Ceremony held in Membertou, Unama'gi, on January 24, 2024.



Chief's Corner



Photo by: Franky Photography

With our fiscal year coming to an end, we are very happy with the progress Listuguj has made in 2023. A major project that is happening right now in the community is the new Police Station on the 132 Highway. There was a call for tender that was issued in March 2023 for the construction of the building, and since then things have been moving along smoothly and efficiently. The new Police Station will be bigger, and more accommodating to the staff and community members. It is set to open in late fall 2024. Thank you to everyone who is working hard on this project.

PER CAPITA DISTRIBUTION

By LMG Economic Development

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, 2019, you have until May 5, 2024, to apply.

If you turned 18 on January 6, 2024, you have until January 5, 2029, 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, 2024 to March 31, 2024 = **Payment in April 2024**

April 1, 2024 to June 30, 2024 = **Payment in July 2024**

July 1, 2024 to September 30, 2024 = **Payment in October 2024**

October 1, 2024 to December 31, 2024 = **Payment in January 2025**

GINA'MU STUDIO A PLACE TO PLAY AND LEARN

By Ann Marie Jacques

Gina'mu Studio is a brand-new facility located in Campbellton, New Brunswick, offering before and after-school care and weekend programs. The weekend programs include playgroups, art workshops, and Mi'gmaq language classes for youth ages 5-11. "This project is a combination of all my passions, and needs that I see for the Mi'gmaq community," said Amy Martin, owner of Gina'mu.

Martin is a Concordia University student, majoring in First Peoples Studies, with a minor in Human Rights Studies. She began teaching Mi'gmaq two years ago in Montreal and comes from a family of youth educators. Her sister, Karen Martin, is a Mi'gmaq Immersion teacher at Alaqsitew Gitpu School. Amy Martin said she relies a lot on the community of Listuguj for their resources when it comes to teaching the Mi'gmaq language.

At Gina'mu Studio, Martin expressed the importance of acceptance and kindness. This facility is open to everyone and is a safe place to play and learn social skills. "We're here to make friends, and teach the language," said Martin.

Martin offers a before and after-school program on weekdays from February to June, picking back up in September. It will run in the mornings from 6:45 AM to 8:45 AM, and in the afternoon from 2:30 PM to 5:00 PM. The before-school care is \$75, the after-school care is \$50 and if you'd like both services, it is \$100. Weekend programs consist of a Mi'gmaq language class from 1-2 PM, and an art and play workshop from 2-3:30 PM. These programs run for \$10 each. There are no long-term commitments for these programs. Schedules of activities will be released ahead of time on Gina'mu Studio's Facebook page.

Gina'mu Studio is located at 156C Water St. in Campbellton. If you want to register your child in one of these programs or would like more information, you can find Gina'mu After-School on Facebook, or email ginalearningcenter@gmail.com.



AN ADDRESSMENT BY MMS

By the Mi'gmawei Mawio'mi Secretariat

The An'go'tmeq Nm'tginen Unit, led by Director Juliette Barnaby with Scott Metallic as Coordinator, Nathalie English managing Consultations and Accommodations (C&A), and supported by Executive Assistant Santana Gedeon and C&A Assistant Julia Anglehart, conducts over 100 provincial and federal consultations yearly. The team integrates a balanced "Two-Eyed Seeing" approach while prioritizing water-first and conservation approaches and supports the unit's broader initiatives.

The AN Unit responds to the various Natural Resource activities that impact the Rights and Titles of the Mi'gmaq Nation throughout the territory of Gespe'gewa'gi. These recommendations are then brought to the Chiefs Executive Committee (CEC) level for the Chiefs to ratify.

Noteworthy achievements include delaying vacation lease draws and opening discussions for better terms, contributing to the Hydro Carbon agreement to end oil production and plan for the decommissioning of active wells in Gespe'gewa'gi and advocating for the protection of the caribou population, which has dwindled to just over 30, by participating in workshops for a protection plan with the federal and provincial governments.

The AN unit also engages in various regional and environmental management tables, including sustainable development, forestry, wildlife management, water councils, and protected areas. Despite limited resources, the unit is expanding collaborations with local scientific organizations to manage the workload more efficiently and effectively to continue its advocacy for the Mi'gmaq Nation.

What's new: The Team is excited to announce that the launch of Mi'gmawei is approaching! Our team has been working the last year to deliver an excellent website, so you can enjoy the best possible updates and user experience. It be at your fingertips by March 1, 2024.

We are seeking interested applicants for a Manager of Finance and Administration to join our team. For more information, visit our facebook page at Mi'gmawei Mawio'mi Secretariat.

Stay connected about the MMS by visiting our website at www.migmawei.ca or keep informed by stayconnected@migmawei.ca



JOB POSITION :

- **MANAGER OF FINANCE AND ADMINISTRATION**

COME JOIN OUR TEAM!



SEND YOUR LETTER OF INTENT AND RESUME TO RESUME@MIGMAWEI.CA

LOCAL AUTHOR SPOTLIGHT EMILY ANGEL ISAAC JOHNSON

By Ann Marie Jacques

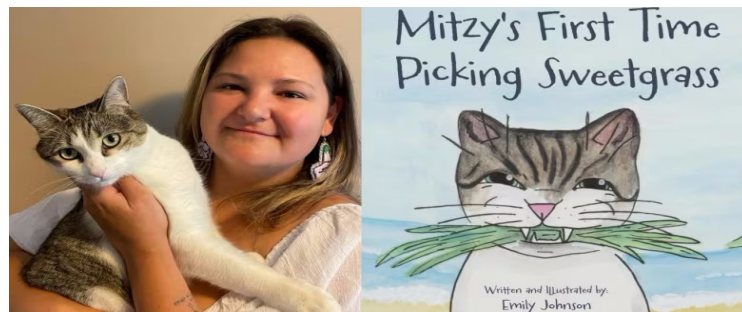
Emily Angel Isaac Johnson is from right here in Listuguj, but grew up in the Fredericton, New Brunswick area. She attended the New Brunswick College of Craft and Design and obtained a diploma in Wabanaki Visual Arts. She is currently working on becoming a certified doula and is planning on going back to school for a degree in design and plans on writing more books on Indigenous teachings.

Johnson created the book, *Mitzy's First Time Picking Sweetgrass* after a class assignment for an oral tradition course. She created the watercolor images and script. Johnson said, "I got the idea by brainstorming my favourite things to do traditionally. Sweetgrass picking has always been a favourite! My cat Mitzy is very adventurous, and I figured why not make her the main character?"

This book is a great tool to introduce these kinds of teachings to children who may not be familiar with sweetgrass picking. Here is a summary of the book provided by Johnson:

Mitzy the cat is invited by her mom to go sweetgrass picking for the very first time! As her mom passes the important Indigenous teaching down to the next generation, Mitzy learns that this beautiful plant is a traditional medicine that is used for ceremonies, healing, and art.

Mitzy's First Time Picking Sweetgrass is available on Monster House Publishing's website. Order your copy today!



NALOXONE'S AVAILABILITY

By Ann Marie Jacques

Naloxone – AKA "Narcan" is a medication used to rapidly reverse opioid overdose.

Listuguj Community Health Services has Naloxone take-home kits available for pickup to community members. To retrieve one of the kits, individuals must undergo a brief training session on how to administer Naloxone. This training is provided at the Health Centre.

For more information, stop by the Health Centre at 6 Pacific Dr., or call 418-788-2155.

Jenn Isaac, Outreach Counsellor for Mawio'mi Treatment Center also has Naloxone kits available in the community. She is located at the Haven House here in Listuguj, or via call or text at 418-520-6547.

What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting drug used to temporarily reverse the effects of an opioid overdose. Naloxone can restore breathing within 2 to 5 minutes.

Why does naloxone work only temporarily?

Naloxone is active in the body for only 20 to 90 minutes, but the effects of most opioids can last longer. This means that the effects of naloxone are likely to wear off before the opioids are gone from the body, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An overdose is always an emergency. Even if naloxone has been administered, always call for help.

TIP: If you or someone you know is using opioids, make sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

Is naloxone safe for everyone?

Yes, naloxone is safe for all ages. It works only if you have opioids in your system. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

How is naloxone helping to address Canada's opioid crisis?

Naloxone has been used to successfully reverse thousands of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are available without a prescription and can be picked up at most pharmacies or local health authorities.

In Canada, two types of take-home naloxone kits are available:



Naloxone Nasal Spray is sprayed directly into the nose where it is absorbed. It starts to take effect in 2 to 3 minutes.



Injectable Naloxone is injected into a muscle in your body: the upper arm, thigh or buttocks are best. It starts to take effect in 3 to 5 minutes.

Naloxone Saves Lives. Get a Kit.

- ✓ Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing
- ✓ If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit
- ✓ Take-home kits are available at most pharmacies or local health authorities; no prescription is needed
- ✓ Kits expire and should be replaced after 18 to 24 months

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

ISBN 978-0-660-28934-2

Get the facts at Canada.ca/Opioids



Government
of Canada

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du Canada

Canada

DEBBIE & ARNOLD

Married for 45 years

Story of how they met:

Their story started on July 1st, 1972. They met at the Carnival in Campbellton when Debbie wanted to go on the scrambler, the girls she was with wouldn't go on, but one of them saw Arnold and knew him from school. She hollered at him and told him Debbie wanted to go on the ride, and Arnold said he would go on with her. Since that night, they have been on a continual ride. They dated for seven years and got married in 1979.

The key to a happy marriage:

Three words: Compassion, trust, and love. They have gone through rough times and wonderful times, and they never gave up on each other and still don't to this day. When one of them is at their weakest point, the other is the strength that carries them through.

FUN FACT

Every year on July 1st, Arnold and Debbie can be found at the carnival waiting in line for the scrambler at 10 PM, just as they've done for the past 52 years.



MARLENE & SIMON DEDAM

Married for 55 years in July

The key to a happy marriage:

Love, patience, and respect for one another.



CHRISTIE CAPLIN & RODNEY ISSAC

Married for 16 years

26 years together



Story of how they met:

Rodney and Christie's love story began at the dugout at the ball field right here in Listuguj! They started what you would call "dating" in August 1998, but ultimately went separate ways after a few months. They got back together at the end of 1999, which lasted about 8 months. In September, Christie moved to New Hampshire, and shortly after, in 2002, Rodney moved there as well. While in the States, they started seeing each other again on March 29th, 2003, and have been together since.

The key to a happy marriage:

Loyalty and communication are key. Support one another no matter what, and never leave the house without a hug and a kiss.



SARA MURRAY + TIMMY ISAAC

25 years together



Story of how they met:

Timmy and Sara met through a mutual friend in the year 2000.

Advice for a long-lasting relationship:

No matter how hard it gets, it's worth fighting for. It's easier to work together than to work apart.



THELMA + FORYST MARTIN

Married for 47 years

Story of how they met:

They met on Valentine's Day 54 years ago.

The key to a happy marriage:

Lots of patience and love!

TINA MARTIN + FLOYD METALLIC

25 years together



Story of how they met:

Floyd and Tina fell in love the first time they met! They spoke about how lucky they both were to have met each other at a very difficult time in their lives. They knew that they both wanted the same things in life and that no matter what challenges they were going to go through they would stay together.

Advice for a long-lasting relationship:

Each day we are given a choice to find the happiness that we deserve.



ELIZABETH BARNABY + HERBY MARTIN

Married for 37 years



Story of how they met:

They first met when Elizabeth was walking down Dundee Rd, and Herby picked her up. The rest is history!

The key to a happy marriage:

Don't argue. They both agree on everything together.





Listuguj
MI'GMAQ GOVERNMENT