



# Nujignua'tegeg



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## New medical technology to serve Listuguj

A diabetic retinopathy screening test has been available within Listuguj since June 2014, but many people don't know about it.

With the help of a large, specialized camera, people can have an image of the inside of their eye taken and sent to doctors in Montreal, who will determine if further tests are required.

The intent is to encourage monitoring as painlessly as possible. Diabetes can be managed, if it is monitored properly. With this camera, people can catch problems early, without leaving the community, while only having to deal with people they know.

"This is kind of like step 1 in screening process," said Leila Swasson, a registered nurse who works for the Listuguj Community Health Services, and a Hospital Liaison for the Campbellton Regional Hospital.

Basically — diabetes affects insulin, preventing the body from converting sugar, which then damages blood vessels. Typically it affects smaller areas first, like eyes, or toes. Often these will lead to problems you can't see, until it's too late. "It's all about early detection," Swasson said.



A photo of your eye can alert an Optometrist if further action is needed. People may need to return months later for monitoring, or there may be no problems at all. So far, the most that's had to be done after a scan was a visit to a doctor.

Appointments aren't even required. People can make arrangements the day of, if needed. The first few to make use of the camera were actually called directly.

The equipment is shared with Gesgapegiag, and Optometrists do need to be on call whenever a clinic is held. Swasson expects to start scheduling them again soon. "I think once the summer and vacations are over, we'll start again in September."



## Farewell Kathy and Joe...

Elder Kathy Paul and her husband Joe Sorbey left Listuguj to establish themselves in the Truro region. As Mi'gmaq couple they have family and friends across Mi'gmaqi.

Kathy spent more than 40 year of her life in Listuguj and was often active in different community activities. As a Residential School survivor she was part of different Atlantic and National committees to put pressure on Canada to apologize to First Nations for its assimilationist policies through the Residential school system.

An emotional Farewell lunch was organized for Joe and Kathy at the Elder's lodge on July 20.

According to Mary Bradstreet "Kathy was able to pass on her strength and the honor system that she always valued. I feel that she contributed to my own growth. She helped us with the Restorative Justice Program that is about forgiveness and healing and she was always there for the youth to help them grow as well. She's a sister of mine in a spiritual sense," she said.



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# Passing on traditions

Tanner Sage Barnaby, the son of Tara Barnaby and Robby Ouellette, has been salmon fishing for the last six years and he's only twelve. He leaves the quarry in the middle of a rainy afternoon and when he arrives to the fishing area he slows down the motor to set the net. A very attentive boy, Tanner drives the boat with the seriousness that his tasks require.

As the rain continues to fall, he stops the boat and initiates a conversation with Aurele Isaac, his mentor. They talk about the places where other fisherman set their nets. "We have to respect them," he says. "If you see that one person has a good catch on his place you just can't come the next time and occupy his location. We have laws and we have to respect them," he says to Tanner.

This friendship started when Aurele met Tanner one day. He noticed his interest in the outdoors and he asked if he wanted to fish salmon. After Tanner accepted, Aurele talked to his mother and told him to be ready early in the morning. When Aurele went to pick him up at 6:30 am he was there, waiting at the door.



*Aurele's daughter, Ariel, enjoys the river and specially when they catch salmon.*

Six years later they are still fishing together. "I accepted his invitation because Aurele teaches about my culture and he also speaks to me in Mi'gmaq. I like that, I want to keep our traditions going," said Tanner with a sincere tone.



Aurele grew up fishing, working in the woods, learning the traditions with his father and everything was said in Mi'gmaq. Now it's his turn to pass them on. "I find it important to pass on the tradition because if we don't, who will exercise it, who will pass it to the next generation, who will defend it when threatened?" he maintains.

There are few young fishermen on the river today, but not enough to secure a wide practice and knowledge of the tradition of fishing. "Very few of my friends fish for salmon" said Tanner who seems happy on the river. "I learned to drive the boat, clean the net, grab the floats, pull anchors, check the net, use the pole, clean the salmon and to give away my first catch", he declares. For any young person these skills take time and practice to learn. "Now, I don't have to tell him what to do," says Aurele who feels content to see Tanner learning the skills that allowed the Mi'gmaq to get their sustenance from the river and to maintain the respect for Plamu.

As a kid, Aurele's father, Isaac Isaac, "Isaacji" taught him salmon fishing, moose and deer hunting, and ice fishing. His older brother, uncles and other adults also passed on to him that traditional knowledge. He used to spend two weeks of the Christmas holidays in the woods. Today children have fewer teachings and it worries Aurele. "When I was a kid I had access to a lot of traditional activities and now I feel there isn't enough of that for the children. My father told me

'I will not always be here so you need to learn all these things because you are a Mi'gmaq.' So it's up to us men to pass on our traditions," affirms Aurele.

After the fishing season, Tanner and Aurele will team up again for partridge hunting, rabbit snaring, moose hunting, ice fishing.



*Tanner spend less time on video games. Aurele saw his interest for traditions and he's teaching those he learned from his parents and relatives.*

"Aurele is a good friend who teaches me a lot. He's a good teacher," says Tanner who is in Grade 7 at AGS. "Most of my friends don't go fishing. I only know one kid that goes salmon fishing with his grand-father."

"I'm amazed by the number of kids who are interested in fishing but sadly for one reason or another their dads don't take them to the river," said Aurele who also fishes with his daughter Ariel. "Our traditions are getting weaker and we need to share our knowledge and bring more kids out because they will be the ones defending our rights. They need to practice traditions to exercise rights. Some communities have negotiated their fishing rights and I don't it want to happen it here."



## Listuguj at the National Youth Summit

struggling to figure out what they truly want to do, I challenge people — all people — to be good at everything you do, up to this point and forward.”

Nearly a dozen speakers — all renown in their area of expertise — presented to the audience throughout the day. Two conference rooms needed to be joined together to hold an unexpected number of participants. “We prepared for around 150 youth and had almost 300 registered before the event,” said Andre Bear, who became one of two newly elected Co-Chairs of the Assembly of First Nations Youth council on July 10. “We’ve heard great feedback from the attendees and we were also given a lot of advice on what we can do better for next time.”

The underlying theme of the entire weekend was the importance of wellness in the community — physical wellness, just as much as mental wellness. “Your garbage is my garbage,” said Chief Cadmus Delorme of the Cowessess First Nation, who spoke of the power of encouraging others, uplifting your peers with positive humor, and the fact that one problem within the community can cause an imbalance.

Before lunch “The Youth Walk of Hope” arrived, with weathered shoes, and reflective vests. They had completed their

month long journey from Attawapiskat, northern Ontario, to speak with the AFN leaders, which held its 37th Annual General Assembly later that week in Niagara.

Patrick Etherington Jr. (Moose Cree Nation), spoke on behalf of the walkers of the recent struggles happening in the community of Attawapiskat. “I’m very proud of them man” said Etherington “They broke down their barriers that we all have, especially on more isolated reserves up north”

After the morning’s presentations, all attendees were treated to a catered lunch and “Pow-wow Bootcamp” created by Santee Smith and assisted by Joshua DePerry (AKA Classic Roots). The bootcamp is a high-energy Pow-wow/Dance training class. Santee Smith wants to promote dance, physical fitness and life affirming body expression while incorporating culture.

The whole Summit lasted one day, and was a welcomed overload of information for those who attended.

“This inaugural gathering showed me that we can create a meaningful change for the lives of all First Nation youth,” said Jill Martin. “Each and every one of us has a voice that needs to be heard.

**T**he 2016 National First Nations Youth Summit on Wellness, held in Niagara Falls, Ontario, hosted over 200 First Nation youth from communities all across Canada. Marcy Jacques, Jill Martin and Tyler Morrison represented Listuguj at the event to learn how other First Nations youth are dealing with different issues in their communities.

The focus of the summit was clear — the well being of First Nations Youth across Canada. The Co-Chairs that spoke on Mental Wellness expressed that First Nations Youth do have belonging and purpose, and they are not forgotten.

“Those are our future leaders” said Bobby Cameron, Regional Chief for the FSIN. “We encourage them and acknowledge them. They’re all valuable, they’re loved and cared for.”

The facilitator Stan Wesley opened the Summit enthusiastically, calling for a culture of doing the very best you can. “What I tell people, is that when they’re



## Community meetings are planned

With so much to get up to speed on, there was very little information to release. But one thing was already definite.

“The clear message from council has been that we need to engage our community more,” Chief Gray said. “We do need to speak with our community members.”

A community meeting had already been set for September. “It’s just a way of engaging and sharing information with the community,” Chief Gray said. There are plans for continuous, regularly scheduled meetings like this.

Following the celebrations of the BACS

graduating class, the upcoming Bachelor of Education offered by McGill University, is on the forefront of many people’s minds. It starts in September.

Another university program in the community — especially in education — with a conscious effort to promote and encourage Mi’gmaq perspective is huge.

“From a community development standpoint — this is so exciting,” Chief Gray said. “You get to that point of ... we as a community are starting to steer and direct our own education, right. We’re going to be able to teach our kids what’s important to us.”

**F**our weeks following the election, Chief Darcy Gray had been going nonstop. The morning he was elected, he packed his office at Sugarloaf Senior High School, and unpacked at the LMG that afternoon.

“I’ve been on the go since,” Chief Gray said. “Even holidays aren’t holidays.”

## Listuguj hosted firefighter competition



Listuguj was host for the Provincial Firefighters competition on July 9th. Representatives from Whapmagoostui and Waswanipi (James Bay Cree Nation) Kawawachikamach (Naskapi Nation) joined Listuguj for the annual competition.

According to Gary Caplin, The Listuguj Firefighters Director, “there are communities that don’t allow their firefighters to leave their communities because this is the dry season and they have to be ready to protect their people from forest fires.”

The four teams faced different challenges to designate a winner to represent Quebec Aboriginal firefighters at the National competition in August. This year the winner was Kawawachikamach. Listuguj has near 11 active firefighters and more than 20 trained volunteers. Listuguj is planning a new training session for new volunteers that enrolled to protect the community.



More than 60 people gathered under the new LMG tent at Moffat landing for the presentation of the book *Nta'tugwaqanminen - Our Story*. The book produced by the Mi'gmawei Mawiommi Secretariat is the fruit of many years of research, reflections and discussion about Gespe'gewa'gi Mi'gmaq. A video about the importance and uniqueness of the book, was presented to the public. The video included interviews to Elder Barnard Jerome, an academic, a lawyer, a youth, a researcher and the MMS Director.

The book itself is rich in information about history, archeology, place names, legal analysis of Aboriginal Title, the Mi'gmaq vs. Canadian vision on the territory and the regional, national and international context of Indigenous struggles to reaffirms their Inherent and Aboriginal rights.

The book *Nta'tugwaqanminen* describes the evolution of the Gespe'gewa'gi Mi'gmaq and it represents a solid source of information for those interested in knowing Mi'gmaq identity, culture, history and the roots of our rights. There are few books available on library shelves that carry the voices of the Mi'gmaq knowledge holders and written from a Mi'gmaq perspective. This is a “must read” for all Mi'gmaq and anyone working with the Mi'gmaq people.

For Maddie Metallic, a Mi'gmaq language teacher the book is necessary for Mi'gmaq students at all levels. “I remember when I went to Mount Allison University we were taught about our history and about our people from a non-native perspective. At that time I felt that it was wrong and we were misrepresented but I didn't have the tools to respond to them. If at that time I had the book *Nta'tugwaqanminen* and I had read it, I would have the tools to respond to their misinformation.” Holding the book on her hand and with a strong sentiment Maddie concluded: “This is a great book with so much information and above all, from a Mi'gmaq perspective.”

The *Nta'tugwaqanminen* book is available at the MMS office and will be distributed in Listuguj, Gesgapegiag and Gespeg.

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