

# Listuguj Wi'gation

Vol 2, August

[www.listuguj.ca](http://www.listuguj.ca)

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



Photo by: Ivy Grenier

## Senator Brian Francis Visits Listuguj

By Ann Marie Jacques

Listuguj was very fortunate to have welcomed Mi'gmaq Senator Brian Francis and his wife, Georgina to our community earlier this month. Senator Francis was appointed to the Senate of Canada in 2018 as the first person of Mi'gmaq descent in Prince Edward Island. Senator Francis has had many roles under his belt including former Chief in the Abegweit Mi'gmaq Nation and serving as the Aboriginal Coordinator with the Department of Fisheries and Oceans.

"As the Senator, my role is to advocate for those who are less advantaged in my province and region in Canada," said Senator Francis. He also stated that his former role as Chief helped him prepare for the duties that come with being the Senator. He stated, "Politics are everywhere. There are politics in the Senate, and there are politics in First Nation communities."

The visit included a tour held by Chief Darcy Gray and Council members, touring Listuguj facilities – including buildings and departments currently under construction, and meeting with several community members.

The tour began at the Natural Resources building, meeting with the Capital and Infrastructure team. The team provided Senator Francis with in-depth details regarding new developments, funding, and upcoming projects – such as the park on Glitaw Road, Turtle Lodge, and the new Social Services Building. With the Senator's expertise in the fishing industry, a very impressive discussion with the Director of Natural Resources, Dr. Fred Metallic and Associate Director of Natural Resources - Fisheries,

Denny Isaac was had.

The next stop on the tour was Alaqsitew Gitpu School. Many of the school's staff were working on projects for the upcoming Pow-Wow, one item in particular was intricately crafted cooked curly Birdseye maple boxes designed by students. The Senator was also given a tour of the new Mi'gmaq immersion wing.

A thorough tour of the Listuguj Mi'gmaq Development Centre was given by Associate Director, Jennifer LaBillois-Metallic, highlighting all the courses and services offered in the building. Senator Francis then visited the Listuguj Training & Education building, with a tour from Post-Secondary Program Officer In-Community, Melissa Drapeau.

Other stops on the tour included the highly anticipated Waqatasg Elder's Home, the beautiful new Social Services building that is currently under construction, Caplin Road, the Listuguj Community Centre, the Public Works Compost Building and more.

In conclusion, Senator Francis was impressed by Listuguj, and all current and upcoming projects and developments. He recognized the hard work this community does daily. Senator Francis's advice to young Mi'gmaq or Indigenous people is, "You can be, or do what you want to do in life, if you put your mind to it."



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# Athlete of the Year

## Amelia Rioux

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By Tanner Isaac

LISTUGUJ, QC – Amelia Rioux wins SSHS Athlete of the Year

Sports have always been a big part of Amelia Rioux's life. She started her athletic career at the early age of three years old, beginning with soccer and dance. In grade three, she started swimming; and a year after that, she began playing basketball. When she entered high school, she added volleyball to the list of sports.

For Amelia, playing and committing to these five sports was all just for fun. It was a perfect way to keep busy and get rid of any stress.

"Playing sports is an escape from all the stress of life and everything," said Amelia.

This year at the SSHS Sports Banquet, Amelia won 'Most Improved' for volleyball, 'Best Defense' for basketball, and the 'Henderson Award' for volunteering with the school. She also got her name on the gymnasium wall for winning the biggest award of the night, 'Athlete of the Year'.

This isn't Amelia's first time getting her name on the wall. Her involvement in basketball during her middle school years at AGS scored her 'Rookie of the Year' in grade five, 'MVP' three years in a row afterward, and

was able to get her name on the wall in grade seven for winning 'Athlete of the Year'.

Though she accomplished so much throughout her journey, her high school experience was far from normal due to the pandemic.

"I only had like one normal year of high school, which was grade nine," she said. "I lost out on half of it all."

Attending high school during the pandemic is unimaginably rough, but Amelia got by. She graduated from SSHS this year and already has her plans set out for what is next.

"I'm going to Holland College for kinesiology in the fall. I'll get my diploma in two years and then I want to finish my degree at a university," she said. "Once I'm done that, I want to go to my bachelor of education and teach at AGS."

For her upcoming journey, you can expect Amelia to be trying out for the basketball, soccer and volleyball teams. There is no doubt that she will become a huge asset to any team she plays for.

The community of Listuguj is proud of Amelia and her accomplishments and can't wait to see her continue thriving.



Photo by: Ivy Grenier



## Chief's Corner



In August we had the opportunity to reunite with friends and family at our 30th Annual Traditional Mawiommi. People from coast to coast joined us to pray and celebrate, as we reopened for our first public gathering since March 2020. This year we saw approximately 6,000 people in attendance, making this Mawiommi one of the largest in our recent history. On behalf of myself, Council, and our staff, I would like to acknowledge and thank the Pow Wow Committee for their hard work and dedication

and for making our Mawiommi such a big success. To all our community members and residents, I hope you had a memorable Summer surrounded by your loved ones.

## Opening of the Eastern Door Women's Gathering

By Ann Marie Jacques



Families First Support Services hosted the Opening of the Eastern Door event. Guest speakers at this event included Elder Janie Meader and Shinead Meader from Membertou, Dr. Andrea Colfer from Elsipogtog, Karen Bernard from Waycobah and Rose Ann Martin from right here in Listuguj.

Families First Support Services, Cultural Coordinator Christine Metallic discussed the importance of this event, "We've been trying to get it organized for the last three years, because of COVID we weren't able to."

This three-day Women's Gathering featured ceremony, teachings, sharing and prayer. It was a time for women to gather and listen to one another to help with healing. "The purpose of the women's circle is to create a safe space, to be able to share your story or listen to other people share their stories, so you can decide where you would like to go in your own healing journey," said Christine Metallic. The theme for the gathering was reclaiming power as women. Dr. Andrea Colfer said in her teaching, "We don't need anyone's permission to be Indigenous women."

You can find more information on upcoming events on Families First Support Services, or Haven House's Facebook page, as well as posters and pamphlets in various Listuguj locations.

## Listuguj Police Department Debuts Axon Body Worn Cameras

By Ann Marie Jacques

Listuguj, QC - Earlier this month, the Listuguj Police Department announced that going forward, 14 frontline members will be equipped with Axon body worn cameras. The cameras will be used during their day-to-day operations, to continue to maintain a safe community. Listuguj Police Department Chief, Trapper Metallic said, "The main reason for bringing in these devices was to improve our service delivery to the community." These cameras will be set in place not only to secure safety for the public, but for the officers as well.

Listuguj Police Department's initial statement on the cameras via social media: the intended outcomes of the Axon body worn camera initiative include, the enhanced collection of unbiased evidence, enhanced transparency with the public body, Enhanced officer accountability and professionalism, protection of both the public and officers and to assist in an officer's ability to de-escalate certain situations.

The data from the videos and images captured using the Axon body worn cameras are uploaded to secured servers in Canada. Officers will be provided with login credentials and will be able to access the data and can even receive video evidence and photos straight to their mobile devices. These easy to access videos and photos will be used to review certain incidents and will allow the department to act accordingly.

"By using body worn cameras, the Listuguj Police Department seeks to reinforce trust and confidence with the community by keeping everyone protected; mentally, spiritually, physically and emotionally," said Chief Trapper Metallic.

Stay tuned for public information sessions with the Listuguj Police.





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## "You Have to Find Humor in Painful Things"

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By Ann Marie Jacques

What better way to kick off Listuguj's first Pow-Wow in two years than kicking it off with a live performance from the hilarious, Don Burnstick?

The last time Burnstick was in Listuguj was in 2017 for National Addictions Awareness week where he talked about sobriety, violence and well-being, this time around, he came to the community to lighten things up after the pandemic. "COVID was horrible across the board," says Burnstick, "You're healing when you can make fun of an experience. You have to find humor in painful things."

Burnstick is forever grateful for the impact he has on people, and how his show effects the lives of his multi-generational fans: youth, adults and elders. He is touched by the laughter that erupts from the crowd at each show, and by the stories from individuals saying he played a major part in their lives. Burnstick recalls one powerful fan encounter where the fan stated he and his father often laughed and bonded together listening to Burnstick, and since the fan's father passed away, he continues to watch and listen to Burnstick in memory of his father and feels his father laughing alongside him.

Burnstick believes it's his mission to make people forget their problems while he is performing. He says, "Somebody in the audience could be thinking about suicide, or someone is depressed, or someone got beat up the night before, there's stuff that's going on, so if I can help those people, I'll do it. I'll pour my guts out."

Touring North America and performing for Indigenous communities is what Burnstick craves. He acknowledges that he could travel the world and perform, but says he wants to specifically share his humor and visit with the Indigenous communities who have supported him since day one. Burnstick says it is truly humbling to see fans lined up outside venues to listen to him speak. "I used to get in trouble for my words, now I get paid for them."

Burnstick has developed major following on various social media platforms. Be sure to follow him for news, upcoming show dates, and of course the humor we all love him for.



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## Local Juice Bar is Here to Quench Your Thirst!

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By Tanner Isaac



On top of being a full-time artist, a clinical aesthetician, and a cannabis store owner, Tracey Metallic now has another business, Ki'Juice.

Ki'Juice is a beverage bar specializing in low calorie, sugar free energy drinks. They recently just introduced bubble tea, smoothies and iced coffee. Customers can also customize their own drink to their liking. The business opened in August, 2021, and has been successful ever since.

"When we were first given the idea in early February, 2021. We thought it might work but then we quickly put it aside because we were busy with our other business. After Giving it much thought, we decided to go for it," said Tracey.

Ki'Juice is located on Church Crescent here in Listuguj, attached to Tracey's home. This location is a main challenge for the business, as it is not centrally located; but customers still find their way to keep the business going.

The menu has grown exponentially since opening; and there is sure to always be a drink to your liking. "Our menu is diverse where the customer can come in and order a healthier alternative to what's out there like our sugar free, carb free, energy drinks; or they can enjoy a sweet treat like a strawberry coconut cream cheese smoothie with strawberry popping Boba's," Tracey said.

Many drinks have become a hit, like the Banana Pop, Mr. Freeze, and Bruce Banner. A lot of these drinks couldn't have been made without the help of Tracey's boyfriend and co-owner, Justin Lavigne. "It's Justin's pallet and impeccable taste who creates many of the drinks, which is why I dubbed him with the name Mix Master Jay," Tracey says. "He's the best!"

With Tracey's hard work and diligence, Ki'Juice's success can only go up. She plans on creating a franchise for Ki'Juice. "We are currently planning to expand; and within the near future, open up our second Ki'Juice beverage bar. We are looking at either Miramichi, Moncton or Fredericton," Tracey says.

Ki'Juice is located at 21A Church Crescent, in Listuguj, Qc. They are open from Monday – Friday, 9:00am – 8:00pm; and Saturdays, 10:00am – 8:00pm. Be sure to check them out!



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# Listuguj Powwow

## 2022

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Photo by: Ivy Grenier



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## CRAFTING MEANINGFUL INDIGENOUS FASHION

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### CHEY DESIGNS

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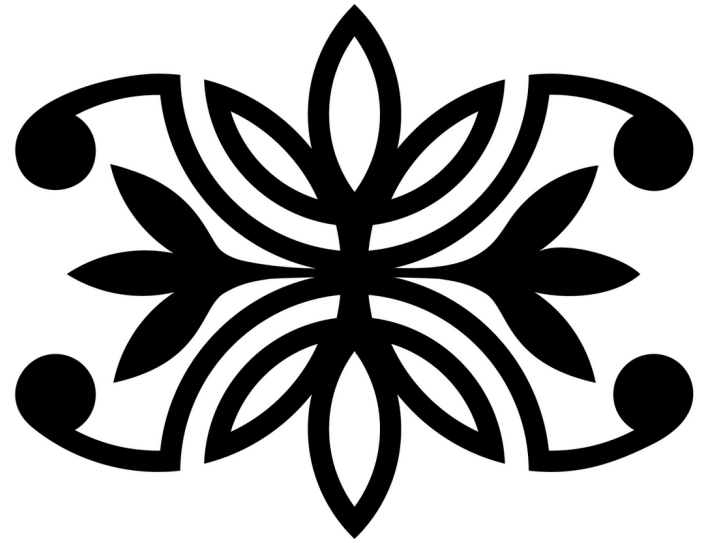
By Ann Marie Jacques

Cheyenne Isaac-Gloade is originally from Listuguj and now resides in Millbrook, Nova Scotia. She always had a passion for Mi'kmaq art and fashion and her goal was to become a fashion designer. She could often be found sketching and drawing dresses, and studying various runway looks, but she quickly realized there wasn't a lot of Indigenous fashion out there.

"Some of my earliest inspirations were mainstream fashion, but one of the things I noticed was there was no Indigenous presence there," said Isaac-Gloade. She set out to change that.

She always appreciated traditional, Indigenous fashions, and it was important to keep ancestral symbols alive but to also modernize and evolve it. "My inspiration is I take kind of an older concept and combine it with a modern-day twist," said Isaac-Gloade. And that leads us to Chey Designs.

Chey Designs is a way for Isaac-Gloade to express herself and create elegant garments that tell a story. The brand features Indigenous apparel, intricate beaded jewelry and most recently, ribbon skirts. The debut collection, Wasuwegl Nigwegl was launched in August – which consisted of beautifully crafted, modernized ribbon skirts. Wasuwegl Nigwegl loosely translates to "growing flowers." Her concept behind this collection is that every woman is a unique flower who is beautiful in their own way. "The sun shines on all flowers. There's enough sun for all of us." – said Isaac-Gloade.



The Wasuwegl Nigwegl skirt collection sold out in under five minutes on launch day. "I just felt like I was living my dream," said Isaac-Gloade

Isaac-Gloade's plan for the future is to continue to release meaningful Indigenous collections with Chey Designs with a powerful message. She would also love to collaborate with other Indigenous artists. Her long-term goal would be to have the opportunity to design for clients, and have them wear her garments at red carpet events.

You can find more information on Cheyenne Isaac-Gloade and Chey Designs at [cheydesigns.ca](http://cheydesigns.ca).



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

If you have MOVED within the last two years, please update your mailing address with the Deputy Electoral Officer, Christine (Tina) Barnaby, to ensure that you receive all material relating to the upcoming "Election 2022".

Please email [tinabarnaby@listuguj.ca](mailto:tinabarnaby@listuguj.ca), for identification purposes state your full name along with your DOB (emails must be received from the individual directly).