

Listuguj Wi'gation

Vol 15, October

www.news.listuguj.ca

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



NATIONAL ADDICTIONS AWARENESS WEEK



**National Addictions Awareness Week is coming up from
November 19th to the 25th.**

We will be launching a special initiative to the community.

Let's get focused!



LISTUGUJ HOLDS FIRST CANCER WALK

By Ann Marie Jacques

On October 4th, the Listuguj Mi'gmaq Government held its first-ever Cancer Awareness Walk in the community. The event was put on by the staff at Listuguj Community Health Services (LCHS), and it was a tremendous success.

October is Breast Cancer Awareness Month, but the event was inclusive to those battling, or having battled all forms of cancer. Lavender merchandise and swag were handed out at the event, and the colour was chosen by LCHS to represent all cancer types.

The Listuguj Police Department led the walk, starting at the Youth Centre and ending at the Community Centre.

At the Community Centre, an opening prayer was done by Blanche Martin. Audrey Isaac did the opening and closing remarks of the evening and introduced special guests and breast cancer survivors, Donna Wysote and Pamela Isaac. The survivors shared their emotional experiences and stories with the crowd.

Attendees were served hearty soup and rolls made by Eli Isaac. Along with cupcakes donated by IGA Extra Campbellton. Floyd Metallic provided the entertainment and was the DJ for the evening.

The event acknowledged those who are currently battling cancer and the survivors. A mini candlelight ceremony was held in honour of those who may have lost the fight with cancer but will never lose their place in our hearts.

According to the Canadian Cancer Society, it is estimated that in 2022:

- 28,600 Canadian women will be diagnosed with breast cancer. This represents 25% of all new cancer cases in women in 2022.
- 5,500 Canadian women will die from breast cancer. This represents 14% of all cancer deaths in women in 2022.
- On average, 78 Canadian women will be diagnosed with breast cancer every day.
- On average, 15 Canadian women will die from breast cancer every day.
- 270 Canadian men will be diagnosed with breast cancer and 55 will die from breast cancer.

If you are 40 to 49 years old, talk to your doctor about your risk for breast cancer, along with the benefits and limitations of having a mammogram.

If you are 50 to 74 years old, have a mammogram every 2 years.

If you are 75 or older, talk to your doctor about whether having a mammogram is right for you.

Thank you to the team at LCHS for organizing this successful event: Melissa Lavoie, Jennifer Caplin, Teeka Dedam, Tyra Barnaby, Kara Metallic, Wanda Metallic, Lori-Lynn Wysote, Cindy Isaac, and Olivia Isaac.

For information on cancer, or for general inquiries, feel free to contact Listuguj Community Health Services at 418-788-2155.



FIRE SAFETY

By the Listuguj Fire Department

National Fire Safety Week was earlier this month from October 8th to 14th. The theme was, "Cooking Safety Starts With You."

A message from the Listuguj Fire Department:

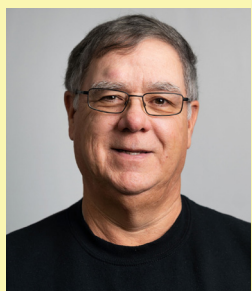
Check your smoke alarms, have an ABC fire extinguisher and always sleep with your bedroom door closed. Have an emergency exit plan with your family. Make sure to have two exits per room. Please be safe, and if you have a fire emergency, get out of your house, and call 911 or the local Police department at 418-788-2003.

Earlier this month, Alaqsitew Gitpu School and the Education Complex, from Nursery to Grade 8, had visits from the Listuguj Fire Department to talk about safety strategies in case of a fire.

We wish you all safety, and it starts with prevention.



Chief's Corner



October is Mi'gmau History Month, and it is a great time to reflect on what it means to be Mi'gmaq. As we are wrapping up our fall lobster season and moving into hunting season, I'd like to remind community members of the importance of asserting our rights as Mi'gmau to a moderate livelihood. However, hunting is not only a way of providing for our family and community but also an important cultural tie to our ancestors. Mi'gmaq hunters should always show respect for the sacrifice the t'iam makes.

I'd like to thank and acknowledge everyone who does their part by sharing their traditional knowledge. By doing so, you are keeping our language and culture alive in the community. Thank you to the hunters and fishers for a safe, and prosperous season.

Photo by: Franky Photography

MOCK JAIL

By Ann Marie Jacques

On October 18th a Mock Jail fundraiser was held. It was a huge success! Listuguj brought in a total of \$2,155 to go towards future community events!

Thank you to everyone who participated, and "served their time" in the mock jail yesterday!

Thank you to the Listuguj Police Department for their time, and for having fun with this community activity.

Thank you to the team at the Community Hall for arranging this fundraiser!



LISTUGUJ EDUCATION ACQUIRES ITS FIRST ELECTRIC BUS

By the Listuguj Education Directorate

The Listuguj Education Directorate has added its first electric bus from Girardin Blue Bird to our fleet. We are pleased to announce that it has arrived, and its charging station at the Education Complex has been installed.

Mi'gmau worldviews and values are central to what we do for our students. This direction is most noticeable through our land-based learning initiatives. We're excited to continue leading by example in choosing this zero-emission option. The Quebec Government provided a \$125,000 rebate for the first electric bus. Should we decide to purchase more, each subsequent bus will receive a \$150,000 rebate. This is part of their plan to convert 64% of all school fleets from gas to electric by 2030.

Important Safety Precaution

Listuguj Education's Transportation / Service Manager, Chris Metallic, urges us to keep an eye out for the new bus because we may not hear it coming. Compared to diesel and gas-powered buses, the electric bus's battery and engine do not make the same loud noises we're accustomed to. To ensure the safety of students, drivers will play a musical tune from the bus when it slows to under 25 km/hr.

About The Electric Bus

Like our other school buses, electric buses are guaranteed for 15 years, but we'll only use them for a maximum of 10 years. This keeps them at peak performance. Over time, we will replace our remaining gas and diesel buses with electric ones.

Our bus will support Level 2 (6 hours to full) and Level 3 (3 hours to full) charging options. It can also be plugged into a house with the provided adapter. A full charge has a range of about 200 km. Therefore, the battery will only need regular top-ups for our daily bus routes around Listuguj.

Our new electric bus costs \$391,000, which includes the charging station. Although their cost is four times that of a gas or diesel bus, there will be no additional fuel costs. This is especially important as gas prices continue to rise.



LOCAL BUSINESS SPOTLIGHT SOFIA'S EATS & TREATS

By Ann Marie Jacques

Sofia's Eats & Treats opened two years ago in Campbellton on the waterfront. Owner, Erika Barnaby, did not have previous experience when it comes to owning and operating a restaurant, but when a kiosk became available, Barnaby decided to give it a shot. Barnaby said, "I've always wanted to be a business owner, and decided to go for it." Sofia's Eats & Treats became a popular and successful summer attraction in Campbellton.

As of September 14th, Sofia's Eats & Treats opened in a brand-new location in Atholville. The new establishment consists of the same great food and treats as the previous location, with new spacious indoor seating, and a family fun atmosphere.

Barnaby loves being creative when it comes to food options at the restaurant. She travels a lot and takes note of various food that she can put her own spin on. The restaurant consists of a variety of fried foods, such as burgers, pizza, garlic fingers, taco bowls, and the fan favorite, the "Munchie Box" which contains pizza or garlic fingers and a choice of four delicious appetizers. Barnaby also comes up with various dessert creations such as funnel fries, and ice cream. Sofia's Eats & Treats offer daily specials alongside everyday menu items.

When it comes to her business, Barnaby said, "I appreciate the support and feedback I got from the community."

The new restaurant is located at 156 Notre Dame Street in Atholville. The restaurant shares the building with the Legacé Fish Market. They are open Tuesday to Saturday from 11 AM to 6 PM. You can find them on Facebook at Sofia's Eats & Treats!



PER CAPITA DISTRIBUTION

By 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, 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**

SIX NEW CERTIFIED MEDIATORS IN LISTUGUJ

By Tracy Morrison

On behalf of the Restorative Civil and Mediation Program I would like to introduce to you our six certified mediators who were recently trained by Redwolf Mediation Inc. Mr. David Noganosh is a Mediator, Negotiator, and Trainer from the Anishinabek Nation, Wolfclan. David is the Principal and Founder of Red Wolf Mediation & ADR Services. The mediators went through two phases of in-person training in the Community. Our mission is to resolve conflict with a safe and positive approach that will ensure effective communication skills for our people. So, let's give a warm welcome to Sylvia Isaac, Natalie St. Laurent-Rioux, Michael Aaron Barnaby, Vicky Leblanc, Katy Scerba, and Erika Bacon as our new mediators for the Community of Listuguj.



NALOXONE TAKE-HOME KITS

By Ann Marie Jacques

Naloxone is a medication used to rapidly reverse opioid overdose.

Listuguj Community Health Services now 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.



OCTOBER MI'GMAQ MINI LESSON

By the Language Revitalization Team

October Mi'gmaq Words – Wigewigu'sewe'l Glusuaqann

October – Wigewigu's

Wigewigu's – Wigewigu's na tujiw wi'sisg welwigewultijig =

October – October is when the animals are nice and fat.

Ejgugj / ejgugjgl – pumpkin/ pumpkins

Piesgmin / piesgminn – corn/ corn (pl)

Sg'te'gmuj/ sg'te'gmujg – ghost/ ghosts

Ugsisgewei/ Ugsisgewel – mask/masks

Mena'taqug – he/ she harvests his/ her crops

Mena'taqu – I harvest crops

Mena'taqueg – We harvest crops (dual)

Mena'taqu'tieg – We harvest crops (plural 3+)

Suitis/ suitisl – candy / candies

Na'jipugtaq'nej / na'jupugtaq'nejg – bat / bats

Go'gweij / go'gweijig – spider/ spiders

Go'gweijua'pi / go'gweijua'pi'l – spider web / spider webs

Ap'tapegiejit / ap'tapegiejijig – turkey / turkeys

Gepmite'tmg Mi'gmawei – Honoring the Mi'gmaq Way –

Mi'gmaw History Month

Ango'mgewei na'gweg – Treaty day

Mi'watmgewei na'gweg – Thanksgiving day

Gap'jnait – Halloween

Puign/ puigng – broom/ brooms

Najitia'mue'get – he/she goes moose hunting

Su'n/ su'nl – cranberry / cranberries

Listuguj Community Center
42, Dundee Road
418 788-3000

CHRISTMAS BINGO

November 18th

Doors open at 11:00 am
Bingo starts at 1:00 pm.

9 REGULAR GAMES
2 SPECIALS
WINNER TAKE ALL

FULL CARD \$1500

Entry fee is **\$15**
Kids books **\$5**

Children must be accompanied by an adult

JOE ROBERT MEMORIAL HOCKEY TOURNAMENT

The Joe Robert Memorial Hockey Tournament is coming up on November 24, 25 and 26th at the Campbellton Memorial Civic Centre.

Division and Prizes are as follows:

A Division \$10,000

B Division \$5,000

A \$500 deposit will be due November 10, 2023 to hold your spot on the schedule. We will only be accepting a total of 14 teams for the tournament. If a deposit is not received by this time, you will not be placed on the schedule. (All deposits are non-refundable)

VENDOR CALL OUT:

If you are a First Nations vendor and would like to set up during the JRM Memorial Hockey Tournament, please get in contact with Joe Robert Memorial's Facebook page or contact Mike Isaac at mike_ajig14@hotmail.com.

For any additional information, please contact the Joe Robert Memorial Facebook page or contact Mike Isaac.

NOVEMBER 24-25-26, 2023

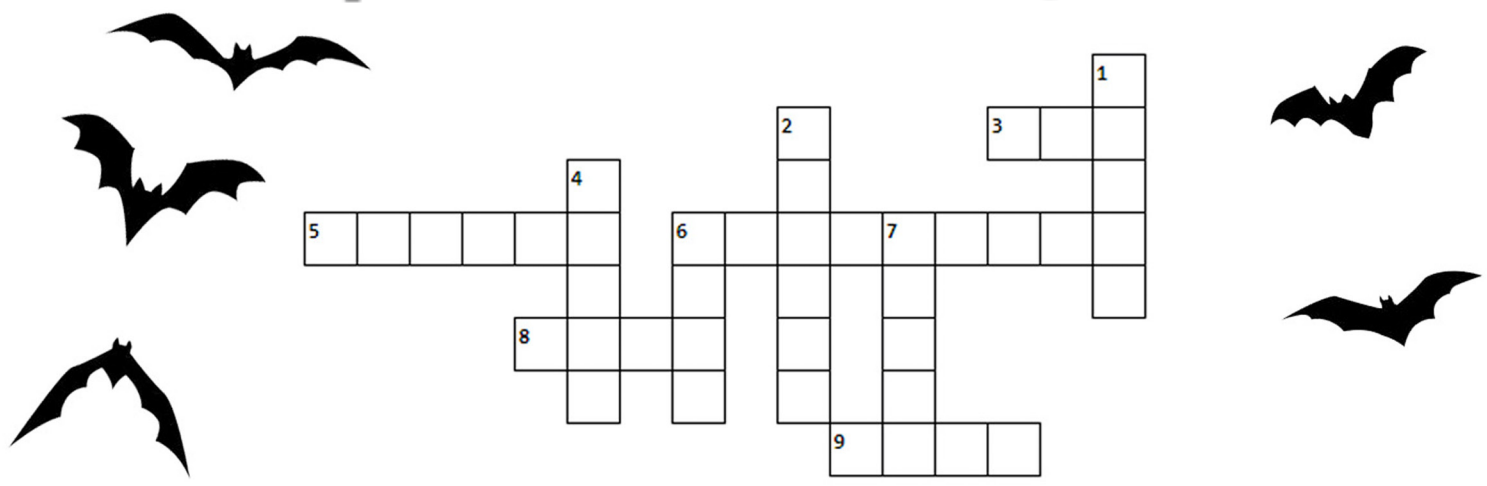


JOE ROBERT
MEMORIAL
HOCKEY
TOURNAMENT

PRIZES
\$10 000\$ A
\$5 000 B

REGISTRATION
\$1250 - A
\$1000 - B

CAMPBELLTON MEMORIAL CIVIC CENTRE



Across

3. What a ghost says
5. Halloween, Friday the 13th and A Nightmare on Elm Street are these kinds of movies
6. October in Mi'gmaq
8. Halloween is in this season
9. A radio station in the community that holds a Halloween bingo

Down

1. October is hunting season for this animal
2. Pumpkin in Mi'gmaq
4. Trick or _____!
6. This animal howls at the moon
7. She rides on a broom

Did You Know?

Articles and photos can be also accessed online on our website: news.listuguj.ca.

For community inquiries contact: feedback@listuguj.ca



Listuguj
MI'GMAQ GOVERNMENT