



COMBINING MI'KMAQ AND CELTIC MUSIC MORGAN TONEY

By Ann Marie Jacques

Juno Award Nominee and East Coast Music Award Winner, Morgan Toney is a Mi'kmaq traditional Celtic fiddler and singer from Cape Breton, Nova Scotia.

He got into music at a young age after he was introduced to highly influential bands by his family. When he was seven years old, he was visiting his Uncle's house and his Uncle had a Phil Collins Live in Concert DVD. Toney immediately fell in love with the idea of being a musician and performing for a crowd. He took the DVD home and watched it every day. He eventually took an interest in playing the drums and began drumming on his mother's pots and pans, which led to her buying Toney his first set of drums.

He played drums throughout his adolescence and transitioned to playing the fiddle after he graduated high school. When he graduated high school, he knew he wanted to study music and signed up for various music programs across Nova Scotia. He enrolled in a Traditional Celtic Music Program at Cape Breton University, where he took fiddle lessons. When it comes to playing the fiddle, Toney said, "The fiddle – people say is the most difficult instrument to learn, and to master, and I feel like when I get to the age of 92, I feel like I'll still be learning, and it fascinates me so much." Toney has only been actively playing the fiddle for five years but has proven his excellence and dedication to this challenging instrument.

Toney eventually took lessons from different fiddlers across Nova Scotia. He performed at various events and parties in his community and noticed that when he played for Elders, they typically became uninterested in Celtic music after some time. He decided to try to fuse traditional Mi'kmaq music with Celtic music. One song he always really loved is the Mi'kmaq social song, "Ko'jua" and once he added Celtic flare with his fiddle, it instantly became a big hit. When it came to this mash-up, Toney said, "Taking two cultures of Cape Breton – the Mi'kmaq culture, the Mi'kmaq songs, the Mi'kmaq teachings, the Mi'kmaq philosophies, everything that makes me who I am – and blend it with the Celtic music of Cape Breton." Toney now classifies this genre of music as, "M'ikmaltic."

It's no secret that Toney is always working on his craft. In his downtime, he likes to turn off social media, go outdoors, and take his dog for walks.

Toney's album Resilience came out in November of 2023, and it was positively received, earning various awards and nominations. He and his band are currently in the studio working on a new album.

You can find Morgan Toney's music on all streaming platforms.

A RECAP OF THE LWRI SYMPOSIUM

By Ann Marie Jacques

The Listuguj Wellness Renewal Initiative (LWRI) focuses on the well-being and health of all community members, from youth to Elders. The initiative strives to provide education, resources, and overall support to all. This includes the promotion of cultural and holistic approaches to wellness, empowering community members to overcome substance abuse and addictions, and advocating for positive change.

On February 21st and 22nd, the LWRI held a two-day Wellness Symposium at the Listuguj Community Development Center. This event consisted of many guest speakers and presenters focusing on the topic of overall wellness in the community. Several booths were set up inside with a variety of information and resource materials. A sacred fire was held outside for the duration of the event by John Paul Lavigne. Lunch was provided on both days by Tyana Barnaby.

The event began with an opening prayer and smudge from Glenda Wysote-LaBillois.

Councillor Chad Gedeon spoke on behalf of the Listuguj Mi'gmaq Government's (LMG) Chief and Council. Regarding the LWRI, Gedeon said, "I think we can all agree what is important to our community is its wellness and better health – mentally, physically, and spiritually." Gedeon's speech was followed by a video clip from LMG's CEO Bassem Abdrabou.

Glenda Wysote-LaBillois returned to the podium and spoke about her role as a social worker, and how culture and tradition played an important role in helping to overcome trauma in her life.

The Listuguj Community Health Services Directorate began their portion of presentations starting with Director, Donna Vernon Metallic. Metallic spoke about the many programs and services available within Health Services.

Dr. Stéphanie Marsan and RN Johanna Sincère also spoke on behalf of the Listuguj Community Health Services Directorate. Both Marsan and Sincère work at the Centre Hospitalier de l'Université de Montréal (CHUM) specializing in addictions and have been working with Listuguj since 2019. Some of the topics that were covered were the current opioid crisis, harm reduction strategies, and what treatments are available at the CHUM for those struggling with addictions and substance abuse. These treatments include inpatient and outpatient clinics, evaluations, detox services, consultations, withdrawal support and management, and specific services with rapid access for Indigenous clients.

Dr. Marsan said, "We are living through an opioid crisis right now," and provided some signs and symptoms on how to tell if someone is going through an opioid overdose:

- Shallow breathing or no breathing.
- Blue lips/fingertips.
- Drowsy/unconsciousness.
- Dizziness/confusion.
- Choking/gurgling/snoring sounds.
- Cold or moist skin.
- Very small pupils.

Sincère spoke about substance use, harm reduction strategies, and needle exchange programs. These strategies help reduce the negative consequences associated with drug use, including overdose, infectious disease transmission, Hepatitis C, etc.

Dr. Marsan concluded her presentation by touching on the negative stigmas when it comes to substance abuse and addictions. She spoke about the shame and embarrassment individuals may feel when they are actively using substances or seeking treatment. Dr. Marsan said, "What we need to do is not isolate people, we need to actually bring them love, we need to give them attention," which resulted in applause from the audience.

Listuguj Community Social Services began their portion of speeches with Director, Tanya Barnaby. She addressed the wellness issues in the community. "First Nations health and wellness is gravely affected by historical and cultural specific factors that include, but are not limited to, the loss of language, the connectedness to the land, residential school abuses, systemic racism, environmental destruction, cultural, spiritual, emotional and mental disconnectedness," said Barnaby,

Cultural Coordinator Christine Metallic spoke about her time working as a crisis worker in Montreal. She talked about the grieving process, personal growth, and how important it is to break the silence to help cope with pain.

Addictions Counsellor Michael Martin told the audience about a new program he will be offering at the Listuguj Community Social Services Directorate in the future. The program is called, "Living in Balance" and has been created to educate families on addictions and culture. This will be a 27-part program and the time/date will be determined later.

Chief's Corner



I would like to take this time to thank everyone who made the Wellness Symposium a success on February 21st and 22nd. Thank you to all the presenters and guest speakers, and the Listuguj Wellness Renewal Initiative. The event was very informative and an important step to help our community achieve wellness and positive change.

We got a taste of spring recently, but there is still plenty of winter left. Please continue to be vigilant and safe when it comes to winter road conditions.

Photo by: Franky Photography



Photo by: Ann Marie Jacques

Director of Public Security, Peter Arsenault took the podium and spoke about the Bylaw Enforcement program and the role that the Listuguj Police Department, Fire Department, and Listuguj Rangers play when it comes to wellness in the community.

Victim Specialist, Kali Barnaby wrapped up day one of the symposium with a thorough presentation on the correlation between domestic violence and substance abuse. She presented statistics on the domestic and sexual violence impacts in Listuguj in 2022 and 2023. She spoke about the importance of victims being able to come forward and express themselves. Barnaby said, "I wanted to serve my community. I'm doing my dream job now, working with the police and helping victims break the silence, encouraging their voices to come forward and speak up on what they've been through, or what their friends have been through. Lift that heavy weight that they all have on their shoulders."

Day two of the symposium kicked off with a presentation from Melissa Bryan and Mitchell Syvret-Caplin of Mawiomi Treatment Center. They spoke about the seven-bed facility in Gesgapegiag, that offers 6-7 weeks of treatment for individuals battling substance issues and abuse. As of Fall 2023, Listuguj now has a local Outreach Coordinator for Mawiomi Treatment Center, Jenn Isaac. The Center incorporates both clinical and cultural workshops and offers pre-treatment and aftercare services. Bryan mentioned that the Center is looking to expand its services into detox in the future. When it comes to addiction, Bryan said, "I heard a saying once that the opposite of addiction is connection. So how do we get people reconnected? Reconnected to their families, reconnected to their roles and responsibilities. I think that's ultimately what we have to do."

Listuguj's Codey Martin is an Addictions and Mental Health Counsellor and resides in Kahnawake, QC. He gave a powerful presentation on cultural and ceremonial components when it comes to wellness, and how it is important to have a positive relationship with yourself when it comes to grief and trauma. He talked about how colonization continues to affect Indigenous communities, and how there is still a lot of grief work to do. Martin said, "The real journey of wellness begins with ourselves."

Listuguj's Treaty Education Experiential Learning Lead, Patrick Wilmot did a rope exercise with the audience. The exercise symbolized the importance of communication, and what it looks like literally and figuratively.

Michael Isaac is the Director of Education, and he spoke on education's role and responsibility in the community when it comes to wellness. He touched on the learning environment at Alaqsitew Gitpu School, safe classrooms, traditional and healthy lifestyles, and how the main role of education is prevention.

The last presentation of the day was done by Treaty Education Lead, Jacob Gale. He said, "Treaty Education is who we are as l'nu, our culture, our language, our communities, our families, our ceremonies." He spoke about various activities and events that Treaty Education holds that promote social and emotional well-being for students. He shared photos from Culture Days at Alaqsitew Gitpu School, which recently consisted of a moose calling contest and Ko'jua contest. Treaty Education is about promoting culture and instilling teachings on strong cultural identities in students.

This was the second event held by the Listuguj Wellness Renewal Initiative. Please keep an eye out for future events and activities held by the LWRI.

"Our journey to a healthier community starts here"

MITCHELL ISAAC NAMED COACH FOR CANADA'S 3D ARCHERY TEAM

By Ann Marie Jacques

Mitchell Isaac began archery in 2019. His children and wife were heavily involved in the sport, and Isaac eventually decided to give it a try. The first time he played, it didn't go so well, but he didn't get discouraged, he kept trying, and once he was shown the mechanics of how to properly shoot a bow, he quickly fell in love with it.

Isaac said, "Archery was something I never really saw myself doing growing up. I'm a trained hockey player, and hockey was the only thing I knew when it came to competitiveness."

Isaac is now the owner of the Listuguj Archery Club, and the Vice President of the Restigouche Archery Club, located in Atholville, New Brunswick. During the indoor season, Isaac practices in Atholville at Alma Hall, and during the outdoor season, he shoots and trains in Listuguj. Isaac is responsible for managing and coordinating archery in Listuguj and setting up ranges in the paintball field and ball field in the community.

Earlier this month it was announced that Isaac has been selected to be the coach for Canada's 3D Archery Team at the 2024 World Archery 3D Championships. This will be held in Mokrice, Slovenia from September 30th to October 6th. Last Fall there was a call out that Team Canada was looking for a manager and coach. Isaac applied for the coach's position and was selected for an interview, ultimately landing him the title of coach. This event takes place every two years, and the team is selected at Outdoor Nationals, which was held in 2023 in British Columbia. Any athlete who competed at the Nationals was eligible to be on Team Canada.

Isaac will be coaching 20 adult athletes from all over Canada. Six athletes will be returning from the 2022 event. Isaac is currently working on obtaining his Competition Development Coaching Certification, which is the highest level you can get in Canada. He will be using this certification to help the team with strength and endurance training. There is a lot of training when it comes to the sport of archery, not only physically, but mentally. Visualization is important, as well as mental preparations for consistency.

"What's really special about archery is the community that you become a part of," said Isaac.

If you are interested in trying archery, you can reach out to Isaac via Facebook at Listuguj Archery Club or Restigouche Archery Club. During the indoor season, the first night is free, afterwards, those looking to practice archery must be a member of Archery New Brunswick, which comes with an annual fee for adults and children.

Good luck to Mitchell Isaac and Team Canada at the 2024 World Archery 3D Championships!



Photo by: Third Party

PER CAPITA DISTRIBUTION

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, 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**

AGS MASCOT RETIRES AFTER 20+ YEARS

By Ann Marie Jacques

Alaqsitew Gitpu School's mascot, Gitpu (meaning Eagle) was introduced to the community over 20 years ago. The mascot attended several school events, and activities over the years, and quickly became a staple of the school.

In November, it was announced that AGS would have a new mascot, Pi'gunji'j. Pi'gunji'j (meaning Little Feather) started as a nursery student and will grow with the students.

On February 28th, a retirement party was held at the school for Gitpu. The students said farewell to Gitpu and danced and celebrated with both mascots in attendance.

Wela'lieg Gitpu!



Photo by: Ivy Grenier



March - si'gewigu's

Pronunciation guide: sii ·ge ·wi ·guus

Feel cold - gewjit

Pronunciation guide: gew ·chit

Dress up warmly - gisu'piso'tlatl

Pronunciation guide: gi ·suu ·bi ·soo ·dê ·la ·dêl

Nice Winter - welipug

Pronunciation guide: we ·li ·buk

Ice – mgumi

Pronunciation guide: êm ·ku ·mi

Saint Patrick's Day - Pa'tligs'te'wumg

Pronunciation guide: baa ·dê ·lik ·sê ·dee ·wumk

Fortunate/lucky - logowit

Pronunciation guide: lo ·go ·wit

Rainbow – walqwan

Pronunciation guide: wal ·hkwan

Gold - wisawsuliewei

Pronunciation guide: wi ·saw ·su ·li ·e ·wey

Take break - atlasmu'teget

Pronunciation guide: a ·dê ·la ·sê ·muu ·de ·get

All words have been obtained using the Mi'gmaq-Mi'kmaq Online Dictionary.

www.mikmaqonline.org

LPD INVESTIGATE THEFT IN NURSERY CLASSROOM

By the Listuguj Police Department

The Listuguj Police Department received a call Friday, March 15th regarding a theft in a nursery classroom. Officers were dispatched and arrived on scene at 9:20 AM at the classroom of Ms. Joanna Gray. The students explained that the leprechaun stole all their shoes. Cst N.Isaac and Cst Ouellet started to conduct their search by following the green footprints left behind which led them to a few places, and finally found all their shoes in the classroom sink!

The leprechaun was never seen again and couldn't be brought in for questioning.



Photo by: Third Party

CRIME STOPPERS ANONYMOUS TIPLINE

By the Listuguj Police Department

The Listuguj Police Department would like to share with you some informative information on an alternative way to making an anonymous report.

Échec au crime ("Crime Stoppers") is a program that allows individuals to report crime and information on criminal activity in Quebec anonymously.

Once Échec au crime receives information, they will pass it along to the designated police services. This will aid in lessening criminal activity and improving the overall safety and well-being of Quebec residents.

There are two ways to report a crime anonymously: Call **1-800-711-1800** or online at <https://echecaucrime.com/>

You will NOT be asked for your name, address, or telephone number.

As always, the Listuguj Police Department remains available to take your calls and can be reached at **418-788-2003** or our non emergency line at **418-788-2334**.



The graphic features a dark background with a blurred map of Quebec. The text "échec au crime" is prominently displayed, with "au" inside a magnifying glass icon. Below this, the slogan "Together, let's stop crime" is written in white. At the bottom, the phone number "1-800-711-1800" is shown in large white and red digits. On the right side, there are two logos: the Listuguj Police logo (a shield with a mountain and the word "POLICE") and the Listuguj Wellness Renewal Initiative logo (a stylized mountain peak).

CONGRATULATIONS

CHASE
THE
QUEEN

**JESSE
JACQUES**

CHROQ
106.9fm

\$20,107



**24/7
EMERGENCY**

CONTACT NUMBERS

For all emergencies

911

Listuguj Police Department
Listuguj Fire Department
Emergency Line

418-788-2003

Listuguj Haven House
24-Hour Crisis Line

418-788-5544

Suicide Crisis Helpline
is now available nationwide
in English and French

988

Kids Help Phone

1-800-668-6868

For community inquiries contact: feedback@listuguj.ca



Listuguj

MI'GMAQ GOVERNMENT