



## APOQONMATULTINEJ WELLNESS CENTRE HAS ITS GRAND OPENING

By Ann Marie Jacques

On Tuesday, October 7th, the Apoqonmatultinej Wellness Centre held a grand opening event. The Centre is officially open and is housed in the new expansion at Haven House at 2B Lnu Street in Listuguj. The grand opening consisted of giveaways, refreshments, and information on services the Wellness Centre has to offer.

This new Centre is a safe and friendly environment and offers support and services in several areas, such as family violence, sexual violence, addictions, mental health and more. The services can be offered via one-on-one support, workshops, group sessions and more.

Community members can access services and retrieve information at the Wellness Centre for the following programs:

### - CULTURE AND FAMILY SUPPORT

Family Violence Prevention  
Promoting positive and healthy lifestyle for the male population in Listuguj.

### - CAVAC

"Crime Victims Assistance Centre"  
Access to professionals trained in intervention if you are a victim or a witness to a crime.

### - MAWIOMI TREATMENT SERVICES

Support for Indigenous adults navigating challenges with drugs, alcohol and substance use disorders.

### - SACRED BUNDLES

Healing and Counselling Services for First Nations.



### FOR MORE INFORMATION:

**MANAGER**  
418-788-2958

**SOCIAL INTERVENOR**  
418-788-3080

**WOMEN'S OUTREACH**  
418-788-3674

**CAVAC**  
418-788-2850



## DROP-INS ARE WELCOME!

# LAYA MORRISON SHARING HER LOVE FOR JINGLE DRESS DANCING

Listuguj's Laya Morrison is a student at Sugarloaf Senior High School and began dancing when she was around five years old. She was initially interested in fancy shawl dancing but quickly discovered her love for jingle dress dancing. She was inspired by her family and said, "I've always looked up to all of my Aunties, and I knew I wanted to be able to dance, have those teachings, and be a role model to the younger ones, as they are to me."

She taught herself the dance by watching others, paying attention to their foot work, body language and their steps. Morrison enjoys being around other dancers, the songs, and praying for those who need it. She said, "I'm very grateful for the opportunities and the memories I make along this journey of mine."

Morrison recently announced she will be offering classes to youth who would like to learn how to dance and learn more about their culture. There are two different classes for different age groups – ages 4-7 and 8-10. These classes will be offered at Alaqsit'e'w Gitpu School on weekends. Morrison is a big advocate for encouraging youth to learn how to dance and hopes that her classes can create dancing opportunities for others. Her advice to youth who are looking to learn jingle dress dancing is to never give up, carry themselves with confidence, and embrace the importance of developing their own unique style.

Morrison continues to dance at all powwows in the area. She was Jr. Head Dancer at this year's powwow at St. Mary's First Nation in Fredericton, NB. She is also incredibly grateful to be able to go on the powwow trail with her family, and for all their love and encouragement.

If you would like more information on Laya Morrison's jingle dance dress classes, you can contact her directly or find her Dance Class group advertised on Alaqsit'e'w Gitpu School's Facebook page.

*By Ann Marie Jacques*







*Listuguj*  
MI'GMAQ GOVERNMENT

JOIN OUR TEAM

# WE ARE NOW HIRING

Explore all our career opportunities on our website!

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



## CHIEF'S MESSAGE

I would just like to take this time and offer my sympathy and condolences to everyone who has experienced a loss recently. This has been a challenging and difficult year for Listuguj, as we've lost several members of our community. Now is a more important time than ever to value our relationships and be there for our friends and family during these times of need.

- Chief Scott Martin



# Fall

## Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | W | I | S | A | W | I | M | G | W | E | G | M | K | N | C | B | W |
| I | W | E | J | G | U | J | G | C | R | Z | A | C | L | A | N | S | A |
| W | K | A | T | X | U | W | E | N | J | U | S | U | N | K | V | W | S |
| A | S | K | H | Q | G | T | V | Z | Z | L | R | S | Z | E | S | I | T |
| T | I | N | J | W | A | S | O | Q | O | N | M | A | Q | A | N | G | E |
| G | U | N | I | I | T | H | P | S | H | E | M | X | C | J | R | E | W |
| T | O | Q | W | A | Q | B | Z | H | W | S | D | U | J | N | Q | W | T |
| L | Z | T | E | P | G | U | N | S | E | T | E | D | V | A | T | I | G |
| G | Y | R | G | D | I | N | W | K | D | A | R | H | W | J | F | G | W |
| K | W | I | A | P | T | A | P | E | G | I | E | J | I | T | N | U | Z |
| D | V | Z | G | M | S | G | T | E | G | M | U | J | K | H | N | S | C |
| E | R | Z | Z | W | U | D | T | V | N | I | P | I | J | V | Z | N | R |

Find the following words in the puzzle.

All words provided by the Mi'gmaq/Mi'kmaq  
Online Talking Dictionary

**AP'TAPEGIEJIT**  
(Turkey)

**WASOQONMAQAN**  
(Candle, Lamp, Lantern)

**WISAWIMGWE'G**  
(Orange)

**WIGEWIGU'S**  
(October)

**TEPGUNSET**  
(Moon)

**SG'TE'GMUJ**  
(Ghost)

**WASTEWT'G**  
(Frost, Frosty)

**WENJU'SU'N**  
(Apple)

**TOQWA'Q**  
(Fall/Autumn)

**EJGUJG**  
(Pumpkin/Squash)

**MI'WATG**  
(Grateful, Thankful, Appreciate)

**NIPI**  
(Leaf of tree)



# HOW TO IDENTIFY AN OPIOID OVERDOSE AND RESPOND WITH NALOXONE

Naloxone (AKA "Narcan") is a fast acting, safe antidote used to temporarily reverse the effects of opioid overdoses.



## RECOGNIZE AN OVERDOSE

- Unconscious/unresponsive – no reaction to noise or touch
- Laboured, Snore-like breathing or absence of breathing
- Pinpoint pupils
- Bluish lips and nails
- Cold clammy skin



**If someone is overdosing  
CALL 911 IMMEDIATELY**

## ADMINISTER NALOXONE (nasal spray)

**1**

*The person seems to be unconscious*

**TRY MAKING THEM RESPOND TO SOUND OR PAIN**

*Yell their name loudly or rub the center of their chest (sternum) hard*



**2**

*They are unresponsive*

**CALL OR HAVE SOMEONE CALL 911**



**3**

*They are unresponsive*

**ADMINISTER A DOSE OF NALOXONE**



**4**

*They are unresponsive*

**PERFORM CHEST COMPRESSIONS IMMEDIATELY**



**GIVE 2 compressions (5 cm deep) per second**

**OR CPR**

**5**

*They are unresponsive 3 min after administration*

**ADMINISTER ANOTHER DOSE OF NALOXONE IN THE OTHER NOSTRIL**

**REPEAT STEPS 4 AND 5**  
as long as the person is unresponsive



## WHERE TO GET NALOXONE

Take-home naloxone kits are available at the Health Centre.



6 Pacific Dr.



418 788-2155

# ANNUAL CANCER WALK

On October 8<sup>th</sup>,  
the Listuguj Community Health Services Directorate,  
along with the Mawlutinej Early Detection Cancer  
Screening Project held their annual  
Cancer Walk in the community.

There are a number of screening opportunities available,  
such as cervical, breasts, colon, prostate and lung.  
For more information on these screenings,  
please contact 418-788-2155,  
or visit the Health Center at 6 Pacific Drive.

"Today and everyday, I walk with the strength of  
my ancestors to support the fighters, honor the survivors,  
remember the spirits of those who journeyed on,  
and carry hope."



Photos by LMG Communications





PARC ÉOLIEN | WIND FARM

## Construction progress

### GWE, HELLO!

The MU2 wind farm is taking shape day by day thanks to the extensive work that has been carried out on site since the beginning of the year 2025

CHRONICLE 4 — Fall 2025 — MESGI'G UGUJ'S'N 2 WIND FARM

### New access roads

To date, 13 of the planned 15 kilometres of access roads have been completed, representing around 90% of the target. These roads are essential for the transportation of materials, access to the turbine sites and the smooth running of subsequent phases of the site.

### Maintenance of existing roads

At the same time, maintenance work is continuing on existing roads on the site, starting in September on Lacroix Road, to the north of the site, to enable delivery of turbine components from route 132. This work will continue on Sainte-Florence Road. The aim is to ensure safe, suitable access for transporting large parts.

### Wind turbine foundations

Eight of the wind farm's 19 foundations have been poured, representing around 40% of progress on this stage. Each foundation requires earthworks, reinforcement and high-precision concrete pouring to guarantee the stability of the future wind turbines.

### Electrical substation

The main power transformer for the substation was delivered and accepted on site on September 30, 2025. This equipment will play an essential role in raising the voltage of the electricity generated by the wind turbines so that it can be fed into Hydro-Québec's transmission grid.



### Underground collector system

Work on laying the underground cable network that will link the wind turbines to each other and to the substation is also progressing: 30 of the planned 48 kilometres of trenches have been installed, i.e. 60% of the total length. This network is crucial to the smooth operation of the wind farm, ensuring the collection and transmission of the energy generated.

### Noise monitoring

As part of an environmental monitoring and nuisance prevention program, a noise monitoring system was set up on site. Acoustic measuring devices were installed at three different locations to monitor, over defined periods of time, the noise levels generated by the various construction activities (wood clearing, construction of and road improvements, construction of the foundations and collector network, transportation of components and assembly of the wind turbines).

These measurements ensure that the construction site complies with regulatory thresholds and, if necessary, adapt the organization of the work to limit noise impact on the neighbourhood.

### Community relations

Dialogue with local stakeholders remains a priority.

On September 17, 2025, the Liaison Committee visited the site. The meeting provided an opportunity to share progress reports, answer questions and maintain a transparent relationship with local stakeholders.



In addition, a project team took part in the National Day of Truth and Reconciliation on September 30, organized on the MU2 site. This moment of reflection and exchange reinforced our commitment to respectful and open relations with aboriginal communities.

### Information / Complaints

Visit the MU2 web page to provide feedback.

[muwindfarm.com/about-mu2](https://muwindfarm.com/about-mu2)

## HAVE QUESTIONS? WANT TO LEARN MORE?



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The Wi'gatiñ newsletter is brought to you by the  
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type of Communications inquiries, please contact:  
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***Wela'lieg!***

## **DID YOU KNOW?**

Articles and photos can be also  
accessed online on our website:

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



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