

# The Abegweit Update Abegweit Nation

www.abegweit.ca

**(**) 902-676-2353

@AbegweitFirstNation

☑ info@abegweit.ca

KEEPING OUR COMMUNITY INFORMED

October 2024

## Chief's Haunted Barn

















The Chief's Haunted Barn had a very successful run this year. A 904lbs pumpkin was donated to the barn and CFCY was on site broadcasting the scares and screams. Volunteers and the community worked tirelessly to make this event a success every year. It is because of all that hard work that we are able to raise so many food donations for the Charlottetown Food Bank. Thank you.

# **Health & Wellness Updates**



Justin MacArthur and Shannis Gray during a two-day Applied Suicide Intervention Skills Training (ASIST) workshop.





Elder Terry LeBlanc drums to the staff and children at Morell Consolidated School during a Truth and Reconciliation Event



The Healing Centre had Roseann Martin and Cristine Metallic host a workshop on grief training through an Indigenous



These sweet faces enjoying some lunch after a morning of play at Island Hill Farms with the Little Buds group.





On Oct 6th, several community members and their families came together to participate in the CIBC walk/run for the Cure. In a show of support for the cause, everyone walked an impressive 3kms! It was a wonderful day of unity, raising awareness and contributing to the fight against breast cancer.



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# **Atlantic Indigenous Tourism Summit 2024**



For the first time ever, the Atlantic Indigenous Tourism Summit was held in PEI! The theme for the gathering was "Mawikuti'kw" (maw-ee-goo-deeg) which means growing together.

The gathering was not only about business and development - but a unique opportunity for our communities, leaders, and partners to come together to inspire growth, spark new ideas, and create meaningful conversations.





### **UPEI Mawi'omi**







Chief attended the UPEI Mawi'omi, celebrating the resilience, culture and traditions of the Mi'kmaq people.

The gathering brought together Edlers, students, and community members for a beautiful day of drumming, dancing, and connection.

## **Health & Wellness Updates Continued**





The Abegweit First Nation Mi'kmaq Wellness Centre hosts lunch and learns monthly with a health topic for discussion. Our new Registered Nurse, Julie Grant, is presenting on Arthritis with the Elders. Bingo is always a hit for the Elders and they love the social aspect of coming together.



On Oct 16th, the women of Abegweit came together at the health center for a day of creativity, connection, and learning. They made dreamcatchers, shared meaningful conversations, explored important topics on women's health, and enjoyed a delicious lunch.

# **Truth & Reconciliation Ceremony**

The Abegweit First Nation held their Truth & Reconciliation Ceremony on October 4th in the morning. In attendance were two classes from surrounding schools, a group from Fortune, dignitaries and community members. It was a great morning of sharing and learning.





