

# CWSF 2017 - Regina, Saskatchewan



## Morgan Toney

### Mi'kmaq Traditional Medicines

**Challenge:** Health

**Category:** Senior

**Region:** Mi'kmaq First Nation

**City:** Whycomomagh, NS

**School:** We'koqma'q First Nation Secondary School

**Abstract:** My project is about the Mi'kmaq Traditional Medicines. The Mi'kmaq people mainly use the four sacred medicines (Sage, Cedar, Tobacco, and Sweet grass). Each medicine has its own purpose in our culture, and I am very happy to be given the opportunity to educate others on the four sacred medicines of the Mi'kmaq people.

### Biography

I am Morgan Toney from Wagmatcook First Nation which is located near the center of Cape Breton Island, Nova Scotia, Canada. I attend Wagmatcookewey School, and I am the President of the Youth Council in the community. For anyone who does know me, you would notice that I listen to Phil Collins often, maybe a little too much. Because of him, he has inspired me to play drums. I have been playing drums for seven years, and I plan to go St.Fx University in September to take my "Bachelor of Arts in Music" along with the course "Jazz Studies". I am Mi'kmaq and traditional medicines remains important in our culture. I wanted to really connect with our indigenous and non-indigenous people, to give them the knowledge they may want about our Mi'kmaq Traditional Medicines and mainly the four sacred medicines (sage, cedar, tobacco, and sweet grass) and what we use them for. My advice that I give to students: Do a project that you really know about and/or a project where you can not only educate others, but also to educate yourself. Do a project you'll really enjoy!

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