GESPE'GEWA'GI
LISTUGUJ MI'GMA'GI MONTHLY NEWSLETTER
WI'GATIGN
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FROM A DREAM TO A CUP: A LOCAL BLEND



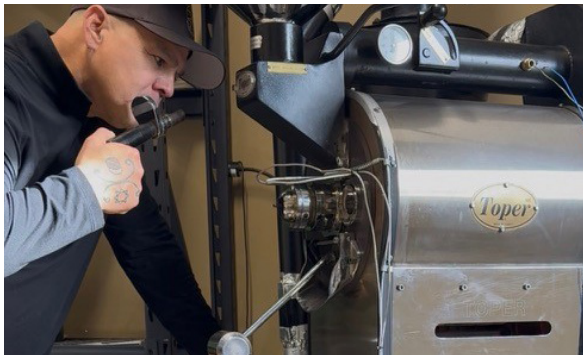
Serge Gray is the owner of Wigunapu Coffee Roasters, operating right here in Listuguj. What initially came to him in a dream, set a course for what would become Wigunapu. "In my dream, I was roasting coffee, and I can still recall I was at a coffee plantation and I could see how beans were laid out drying. I had a good laugh at the moment. The next day, I started looking into the process of coffee roasting and began learning about the process. That's when I decided to start coffee roasting as a hobby."

Gray's passion for roasting shines through when explaining the delicate bean roasting process. "It's quite a process to watch the specific changes a coffee bean will go through from green to yellow, to brown." Different roasts may require longer roast times and higher temperatures. "It's an art and uses your senses to determine if the beans are roasted exactly where you want them to be." All the beans are ethically sourced from multiple different countries and fair-trade providers.

Wigunapu recommends a pour-over process to extract all the flavours from the beans to create a perfect cup of coffee. Gray shares his favourite roast. "My favorite roast is the Breakfast blend; it's a combination of specific roasted beans: Colombian, Brazilian, and Ethiopian. I enjoy the pleasant flavours that it creates."

You can purchase your own bag of Wigunapu Coffee from Barnaby's Grocery in Listuguj, Treaty Smokes Ugpi'ganjig, Dumais Market, and at Early Bird Cafe in Campbellton

By Ivy Grenier





LESSONS IN STAGNANCE
BY DIRECTOR HUTCH VICAIRE

Hutch Vicaire is a student at the University of New Brunswick in Fredericton, New Brunswick. Majoring in Film and English, with a minor in Computer Science. Over the past year, Vicaire has been exploring his passion for film, storytelling, and directing through his studies and creative projects. Growing up, Vicaire remembers watching movies with his friends and family, then making LEGO stop-motion videos on the family's camera in his free time. "I was always making little, short films and home videos with my friends. I just loved the idea of storytelling and going out to actually make it with my friends. It's pretty surreal looking back at those little videos I made as a kid and realizing that I'm now making short films."

So far, Vicaire has made three short films, all with a focus on human connection, stating, "Films are nothing without relationships." Vicaire puts a microscope on specific moments in these characters' lives, highlighting personal moments viewers may relate to. "My first short, October Blues, focused on a romantic relationship. My second, The Black Sheep, explored the relationship between two troubled siblings, and my most recent film, Lessons in Stagnance, focuses on the comedic friendship between two buddies. Although they all explore similar themes, they range in genres from romance to crime/drama to comedy." Vicaire believes the films that have the most impact come into your life when you need them most, and that they stick with you; believing this shapes how he approaches filmmaking.

Vicaire's latest film Lessons in Stagnance is his biggest project yet. With a cast and crew of twenty-six people, leading and directing could be nerve-racking for some, but Vicaire welcomed the nerves. "I think the biggest nerves come from knowing that people are trusting you to lead them and bring an idea to life. You want to do right by everyone who's putting their all into the film. Having some nerves is healthy because it shows how much you care about what you're doing. I've found that my love for directing and belief in what we're creating help me push through those nerves."



"With a crew that size and a film of this scale, I learned how important communication and trust are, especially with so many moving parts on set. A big takeaway was the importance of staying open to new ideas. We were open and welcomed improvisation and ideas from everyone involved. Another big part of the process is simply giving everything I have to each project. I believe you have to approach every project like it's one of the most important things you've worked on, because if you're going to ask other people to give their time, energy, and creativity to something, you have to be willing to do the same"

Vicaire's second film, The Black Sheep, has gone on to be showcased in four film festivals, while Lessons in Stagnance has just begun being submitted to film festivals. Recently, Lessons in Stagnance had a private screening in Cineplex Fredericton for the cast and crew; "It was awesome to see their reactions to the finished film. I'm grateful to everyone who came out to watch. It felt amazing to see it on a big screen. I'm hoping it will have a successful festival run!"

"One of the biggest things it taught my crew and I was to never limit ourselves in what we believe we can make or achieve. We all dreamed big with this short film, and seeing it come together the way we envisioned was exhilarating. We didn't have any formal funding or grants, so we decided to crowdfund the film. We were fortunate enough to receive so much support, especially from people in Listuguj! I want to thank everyone who donated and helped make this film possible. It means so much to us and we all deeply appreciate it"

When he's not writing or directing, Vicaire is still on the film scene. Recently, he worked as an actor in a short film and is working as a cinematographer in an upcoming horror short film. Vicaire is already on to developing both a short film and a feature-length film. "I just want to keep writing, making films, and challenging myself creatively. With every project, I'm trying to learn something new, improve as a filmmaker, and tell stories that mean something to me." Vicaire hopes his films inspire others and show how important filmmaking can be. "It's something I've always wanted to do, and I'm excited to keep learning and growing as a filmmaker." Once Vicaire's films are done in their film festival runs, they will be posted to YouTube under their respective titles by Hutch Vicaire.

"Something I always tell my cast and crew is that my job is to make them believe in themselves the way I believe in them."

By Hutch Vicaire













By Ivy Grenier

SPANKY'S LODGE

The Alaqsite'w Gitpu School has chosen to rename the Outdoor Education building "Spanky's Lodge". Jonathan "Spanky" Barnaby dedicated his entire teaching career to outdoor education in Listuguj, building the program from the ground up.

AGS wanted to honour his memory by unveiling the new sign for the lodge on his birthday, offering tobacco to a fire, and enjoying a cup of hot chocolate together - one of his favourite treats to offer students when out on the land.



By Alaqsite'w Gitpu School



















OUR ELECTED CHIEF AND COUNCIL 2026-2028



CHIEF :
Scott Martin

Concillors:
Annette Barnaby
Erwin Molley
Wendell Metallic
Macy Metallic
Christie Caplin
Gordon Jr. Isaac
Sky (Baun) Metallic
Denny Isaac
Paige Isaac
Chris Wysote
Kevin (Bixie) Methot
Paul Jacques



LOCAL ARTISTS CREATE ONE-OF-A-KIND MEDALLIONS FOR INAUGURATION CEREMONY

On November 12th, Listuguj held an inauguration ceremony for the newly elected Chief and Council. Each Council member and the Chief received a beautiful, beaded medallion of the Listuguj Mi'gmaq Government Logo, thoughtfully handcrafted by a talented Listuguj artist.

The medallions have been created by the following local artists:

Kendra Wysote	Oakley Gray
Cheyenne Isaac-Gloade	Macy Vicaire
Lola Vicaire	Raven Isaac Smith
Marsha Vicaire	Erika Marchand
Sydney Barnaby	Killa Mitchell Atencio
Claudia Gray	Jayda Hartlin

LMG is grateful to these artists for sharing their talent and creativity through these meaningful pieces. Every medallion features the LMG emblem, giving each one its own unique character, so no two are exactly alike.

REMEMBRANCE DAY CEREMONY AT AGS

"Together We Gather In Gratitude, Reflection, And Remembrance"














LISTUGUJ CHILD AND FAMILY SERVICES
2 Gef St. Listuguj, Quebec

Psychology Services

You don't need to be in crisis to ask for support.

What does a psychologist do?

A psychologist is a trained professional who listens without judgment and helps you understand your thoughts, emotions, behaviours and experiences. They provide support to help people improve their mental health, develop coping strategies and navigate difficult situations.

Everyone is welcome

What can we help with?

Examples of what you can bring to a psychologist

Emotional & mental health

- Anxiety and excessive worrying
- Depression and low mood
- Anger and emotional regulation
- Stress and feeling overwhelmed
- Substance use
- trauma

Life challenges & relationships

- Family difficulties
- Relationship problems
- Communication and boundaries
- Grief and loss
- Self-esteem and identity

Coping & personal development

- Learning healthy coping strategies
- Understanding thoughts and emotions
- Managing difficult experiences
- Developing confidence and resilience

Reach out today

Call or email to book an appointment.

PHONE 418-788-3039

EMAIL T_Ritchie@listuguj.ca

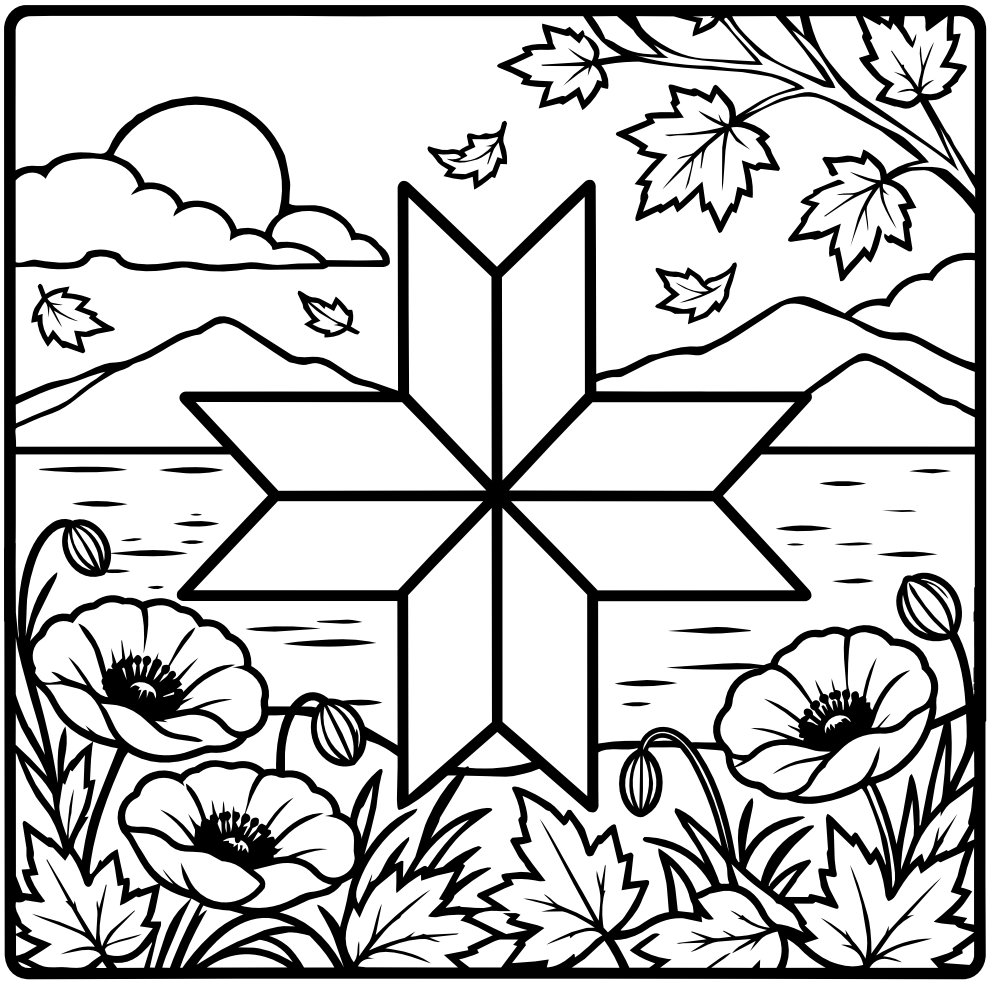
Monthly Mi'gmaw Lesson

NOVEMBER gept'gewigu's **Pronunciation Guide:** gep·tê·ge·wi·guus	**GLOVES** na'jijjaqan **Pronunciation Guide:** naa·jich·cha·hgan
MOOSE MEAT tia'muei **Pronunciation Guide:** di·aa·mu·ey	**HAT** a'gwesn **Pronunciation Guide:** aa·gwe·sên
EAT Etlatalg **Pronunciation Guide:** e·dê·la·dalk	**WARMLY DRESSED** gisu'g'g **Pronunciation Guide:** gis·uu·gêk
SOUP Lasup **Pronunciation Guide:** la·sup	**FROZEN** gelt'g **Pronunciation Guide:** gel·têg

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

www.mikmaqonline.org

COLOURING CORNER



The Wi'gatign newsletter is brought to you by the
Listuguj Mi'gmaq Government's Communications department.

Ann Marie Jacques – *Manager*
Wayde Barnaby – *Assistant Manager*
Ivy Grenier - *Media Journalist*
Kate McBrearty – *Graphic Designer*
Slate Palmater – *Communciations Officer*

If you have an idea for a Wi'gatign article, please contact:
ivy.grenier@listuguj.ca

Wela'lieg!

DID YOU KNOW?

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

www.news.listuguj.ca

Listuguj
MI'GMAQ GOVERNMENT