

# WUŁUST ' AGOOGA ' WIKS

*The Beautiful River People*

MVFN Journal

Volume 3 Number 1

April 2011

FREE TRANSLATION



PREMIÈRE  
NATION  
MALÉCITE  
DE VIGER



217 rue de la Grève, Cacouna (Québec)  
G0L 1G0 Canada

# A word from the Grand Chef



Photo credit: Mario Ouimet

The renaissance of « Maliseet of Viger » small journal « Wulust'agooga'wiks », is a joy and also a tool of transparency and information for all members of the Maliseet of Viger First Nation. It is a step forward and a contact with the Nation's members, it will be an element of knowledge that will be at our disposal in order to inform you in simple words of all the events that will be taking place. Thank you for taking the time to read it because it is one of many links to youR belonging.

Anne Archambault, MVFN Grand Chef

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**WULUST'AGOOGA'WIKS – *The Beautiful River People***  
is a community newsletter printed in 900 copies and distributed primarily to members and published by the Maliseet of Viger First Nation in French and English. Our community newsletter wants to be a unifying communication tool for our members and partners and inform them of our community's projects and accomplishments. If you have suggestions or comments, email us at [info@malecites.ca](mailto:info@malecites.ca)

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### MALISEET OF VIGER FIRST NATION

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## SPRING IS BACK

**The arrival of spring means the resumption of the fishery activities...**

The Maliseet fleet gages currently some 190 tons and contributes to the employment of about thirty people, fishermen and workers directly related to fisheries. Native and non-native fishermen work for periods of between 16 and 25 weeks depending on the type of fishing such as crab, shrimp or sea urchin.

In fall 2009, the Band Council has established a "Management Committee" for the Maliseet commercial fishing industry to be in charge of diversifying the activities. The committee continued the work begun last year and is operating a small store for selling crab, cooking crab, retail and specialty shops with the acquisition of a management program (PGQ) for sea urchins.



*Frédérique CII is in the shipyard at "Les Méchins"*

To continue this momentum and ensure the fisheries sustainability, we must continue to diversify our business and find new avenues.

Since last fall, two of our boats are undergoing extreme makeovers. The crab trawler "Frédérique CII" 's hull has been redone in fibreglass and the shrimp trawler "Amalécite II" has been sandblasted and bonded, in addition of updating the electrical equipment, electronics and the replacement of the fishing gear.

By the end of April 2011, the warehouse, located at 700 du Rivage Blvd in Rimouski will have a 1,600 sq. ft. extension. This new annex will house a room for labelling sea urchin. a staff room and a space for repairs and storage for the boat's equipment .The sales counter and the room for crab cooking have been revitalized by the addition of various fishery and work related equipment. New equipment and motorized trailers were purchased for the transport of the resource and fishing gear.

All acquisitions and repairs are the result of a business partnership between the Department of Fisheries and Oceans (DFO) and the Maliseet of Viger First Nation (MVFN).

By showing your MVFN membership card at our "Crab en Vrac" store, you will get a 15% discount off the regular price for cooked crab, in full section or for live crab.

The « Crabe en Vrac » store is located at 700 du Rivage Boulevard in Rimouski. It is open from April to mid-May, on Thursday to Sunday, from 10H00 to 18H00. Telephone 418.730.0719.

**You are interested in working in the field of commercial fishing?  
Contact the Director/Coordinator M. Sébastien Thibeault at 418.860.2393.**

**MALISEET OF VIGER FIRST NATION ECO-FRIENDLY FUND (FER-MVFN)**

**« As guardians of Mother Earth, First Nations have the responsibility for its protection »**



Under these teachings, MVFN must ensure that the Human footprint is minimized on its traditional territory. This duty bequeathed by our ancestors, leads us to actively participate in the protection of the environment to ensure future generations a haven lush and fertile.

Thus since 2009, with funding from the Secr rariat des Affaires Autochtones (SAA), J r mie Caron, a professional environmentalist, has been able to respond to consultations and accommodations from the federal and provincial governments. The establishment of this new mechanism, which is a tool of territorial governance, led us to reflect on actions that could be taken to assert our role as Mother Earth's caretakers on our territory. This led to the creation of an eco-friendly fund for Maliseet of Viger First Nation. This Fund enables the implementation of concrete actions to preserve the natural integrity of the ancestral territory for past, present and future Maliseet generations

The FER-MVFN is now linked to the process of consultation and accommodation of federal and provincial governments to the Nation as an ecompensation mechanism. It will effectively counter the loss of ecological integrity of our ancestral land and its impact on ecosystems and their biodiversity. A new environmental professional has joined our team since 2010. We should have two other professionals in 2011. We invite you to contact Julie Daigle [julie.daigle@malecites.ca](mailto:julie.daigle@malecites.ca) if you wish to take part in the protection of our ancestral lands.

You can also go to [www.ferpnmv.ca](http://www.ferpnmv.ca) for more information.

**LE GROS-CACOUNA MARSH**

For the second consecutive year, the nation carries out activities related to the endangered species that lives in the Gros Cacouna marsh. This year, 11 interpretive signs were prepared to allow visitors to better know the importance of this fragile environment and especially the 11 animal species that lives in it...



For 2001, we plan to restart the interpretation guided tours of the marsh and also undertake three surveys ( 2 in the Gros Cacouna marsh and one in the Park territory) so we can know more about the endangered species living in these habitats. The activities are made possible through financial contributions from Environment Canada and the Indigenous Fund for Endangered Wildlife.



**GESTION UAPAN** wants to become a leader in forestry and participate actively in the economic development of Quebec's First Nations.

**GESTION UAPAN** expects short-term hiring and training of specialized manpower. We anticipate recruiting 25% of Aboriginal workforce and thus provide opportunities for community participation in forest management. Also our objective is to increase our business with the help of the community's workforce to a total of 50% of our staff. For info:

[www.foretextpert.com](http://www.foretextpert.com)

## GETTING A NEW BUSINESS STARTED

Thinking of starting a business? We offer information that will guide you to the tools and resources appropriate to bring your project to completion.

For some, the thinking of the work may seem difficult, but it is important to understand that each step has its purpose: to prepare the entrepreneur to better meet the challenge of starting and the success of his company 1

**There are seven important steps to follow in order to start a business:**

- |                |                   |
|----------------|-------------------|
| STEP 1 : ..... | THE IDEA          |
| STEP 2 : ..... | THE ENTREPRENEUR  |
| STEP 3 : ..... | MARKET STUDY      |
| STEP 4 : ..... | PLANIFICATION     |
| STEP 5 : ..... | BUSINESS PLANNING |
| STEP 6 : ..... | FINANCING         |
| STEP 7 : ..... | STARTUP           |

### STEP 1: THE IDEA

What are your options? There are three ways to get a business started: creating a new business, buying an existing business or buying a franchise.

#### Here are a few tips to help you find a business idea

- Reflect on your goals. Your skills, your expertise and your experience.
- Find needs to be met by identifying problems and irritants in your immediate surroundings.
- Observe the environment, workplace, business people, needs and social activities.
- Keep up to date by monitoring the news media's, newspapers and business magazines.
- Observe changes in socio-demographic, technological and economic trends.
- Attend seminars, fairs and exhibitions, travel.
- Analyze the business needs in different sectors.
- Visit providers in your area.
- Analyze the needs of subcontracting industries to find complementary products or services

<sup>1</sup> Lancer votre entreprise : de l'idée au démarrage, ARDEQ (Association régionale de développement économique du Centre-du-Québec)

## PARK TERRITORY

The new forest management contract at Park territory offers new development opportunities for Maliseet of Viger First Nation.

It allows, among other things, the opportunity for forestry harvesting and silvicultural management, offer applied training in forestry and new employment opportunities to its members. Currently, a managed services agreement is in development with the Groupement Forestier de Kamouraska (GFK) to establish the foundations for an indigenous program for the exploitation and sustainable forest management.

The MVFN wants to evaluate other areas of development that would ensure the development of this territory. In this regard, discussions are currently underway with Kamouraska MRC, to develop the inclusion of the Parke territory in the « Parc Régional du Hauts Pays de Kamouraska » draft.

In summary, the Park territory has several hiking trails totalling nearly 10 km. Unfortunately, over the years and lack of maintenance, wood structures (bridges and retaining walls) have deteriorated. Part of Phase 1 Aboriginal 2009 and phase 1 Aboriginal 2010 was invested in the employment of members. Subsequently, a final phase will be undertaken to re-condition the entire network of trails, including the development of a lookout point. One of the key objectives associated with the revitalization of the Parke trails, is to provide to the Maliseet community members, nature lovers in the region and tourists the possibility to enjoy this unique area, while learning more about the fauna and flora living there. To do this, an interpretation circuit will be developed to enhance the territory's natural attraction and the Aboriginal ancestral know-how.

Therefore, we invite you this 2011 summer to come and discover this land of exceptional beauty.



## LA POINTE DE RIVIÈRE-DU-LOUP MARITIME PARK



The area of the Pointe de Rivière-du-Loup, for the socio-economic development of the Lower St-Laurent is a key channel of communication between the north and south shore of the river, thanks to the presence in the area of the Rivière-du-Loup ferry. The announcement of the completion of major repairs by the Société des Traversiers du Québec in the spring of 2005, spurred several community partners to work together and to optimize the sector's potential development. From the beginning of the project, Maliseet of Viger First Nation (MVFN) was involved on the Corporation du Carrefour Maritime de la Pointe

de Rivière-du-Loup board of directors and participated actively in the definition of its concept and become an active user of the future marine park. . On the other hand, the MVFN chose to be actively involved in this project since it will have significant economic benefits for the community by offering a significant influence as well as economic development and touristic opportunities at a lower cost if MVFN had undergone the project alone. It will be able to profit on the partnerships and visibility of this important eco-touristic product. In addition to be able to tie up a cruise ship at the marina, MVFN will have a foothold at the Rivière-du-Loup wharf, where nearly 200,000 visitors pass by each year. We will occupy office space in the future host building, we will operate a native crafts shop and will realize a variety of touristic activities showcasing the MVFN culture and bringing in a substantial income. Also, a significant portion of the Carrefour museum's activities will deal about Aboriginal culture and its historical and current importance on the site's heritage.

### **MALISEET OF VIGER FIRST NATION TOURISM COMMITTEE**

Last February, the Band Council approved the establishment of a "tourism committee" for MVFN. The committee's goals are: establish a reference tool to appropriately prioritize the choice of investments, guide the Council as to the appropriate course of action to take on social and economic projects that will have a beneficial financial impact and create jobs for MVFN members.



#### **CURRENTLY IN PROGRESS:**

Support entrepreneurship among members

Project to implement commercial and industrial condominiums on Whitworth reserve

Parc du Lac Témiscouata

Purchase of a sanctuary building in Parke

Revitalization of the Pointe de Cacouna and l'Auberge Wulustuk

We are looking for business partners. For more information, contact the Economic Development Chief Advisor Mr. Pierre Nicolas at 418.860.2393 Email: pierre.nicolas@malecites.ca



## FIRST NATIONS POST-SECONDARY INSTITUTION (FNEC)

Since its creation in 1985, the First Nations Educational Council (FNEC) has been devoted to promoting and bringing about quality education for First Nations children. Its actions are guided by this desire to ensure the best possible education for First Nations. To achieve this objective, the FNEC seeks to strengthen control of First Nations education by First Nations. It is from this perspective that the FNEC has been working over the past several years to create a post-secondary institution for First Nations. This project has today become a reality.

The First Nations Post-Secondary Institution will open its doors in August 2011 to welcome its first cohorts of students. It will be located in the Abenaki community of Odanak (on the banks of Saint-François River in the administrative region of Centre-du-Québec, close to Pierreville). The program being offered is a Diploma of Collegial Studies (DCS) in First Nations-Social Sciences, recognized by the ministère de l'Éducation, du Loisir et du Sport du Québec. The courses, offered in French and English, have been rigorously adapted and redesigned to provide a unique environment created for First Nations, by First Nations. The result is a unique program developed in collaboration with CEGEP de l'Abitibi-Témiscamingue and Dawson College. There will also be a Welcome and Integration session as well as a Transition session for students who need it. The FNEC is also holding discussions with Québec universities to reach an agreement for offering university courses. The institution's human resources, programs, services, teaching methods and pedagogical material will give an ideal place for First Nations' perspectives, values, aspirations and issues, with an emphasis on developing a sense of pride and belonging. Its mission is to shape competent First Nations citizens in their respective fields, proud inheritors of their culture, socially responsible, open to the world and concerned for the well-being of their communities.

**WHO TO CONTACT?** For additional information, please contact: Thanissa Lainé, information agent [tlaine@cepn-fnec.com](mailto:tlaine@cepn-fnec.com) or Ève Lapointe, education agent [elapointe@cepn-fnec.com](mailto:elapointe@cepn-fnec.com). You can also visit FNEC website at [www.cepn-fnec.com](http://www.cepn-fnec.com)

We wish to inform you that **MVFN is currently conducting a study** to better understand its ancestral territory, historical sites and member's traditional and current activities. This will allow us to protect more properly our aboriginal rights in the context of consultations and accommodations, in addition to raise awareness of our history to other societies. our important sites, our values and the activities performed by our members (hunting, fishing, agricultural and others). All data collected will remain confidential. In order to gather as much information as possible, we would ask you a few minutes of your time and will call all of our members for a short telephone interview. The questions will cover demographic, community and territorial issues.



**Your participation is important but purely on a voluntary basis.** Please remember that the more we know about our Nation, the more we can represent and protect our interests. If you have any questions please feel free to contact Nathan De Baets, who is working on the development of MVFN Plan of Allocation of ancestral territory (Plan d'affectation du territoire ancestral de la PNMV (PATA-MVFN) in the context of consultations and accommodations.

## LATEST NEWS ON HEALTH AND EDUCATION...

As we all know all the services provided by Health Canada are increasingly difficult to receive and decreases in quality. In this regard, an emergency fund was created to help registered members whose health is threatened due to lack of income and/or Health Canada's timeliness (authorization etc.). In order to maintain constant objective decisions, we inform you that a Health and Education Committee was set up to study the urgent requests in terms of health but also in some isolated cases concerning education. This committee will aim to update the *Policy and Education Program* guidelines to support *Secondary Education*. You can contact us for any information concerning this matter.

### To students...

Do not forget to notify us of any changes in your situation so that we can keep your file up to date. It is also important to send us a copy of your diplomas, whatever they are, so that we can include them in the First Nations Management System database. Remember that Indian Affairs request firmly that every student file be up to date, so that MVFN can help you at all levels of your educational progress.

## FIRST NATIONS AND INUIT HEALTH CAREERS PROGRAM

The program in the field of health for First Nations and Inuit is specifically designed to encourage and support the participation of First Nations and Inuit to training leading to a career in health.

**Summer job:** This program provides funding for summer jobs for First Nations and Inuit college and university students in the field of health and social services. These jobs must be within indigenous organizations, non-profit organizations or the provincial government.

Eligible health and social services students are in fields such as:

Social workers, psychology, special education;

Nursing, home care workers, drug prevention agents (PNLAADA, ETCAF), medical secretaries, nutrition;

All other related fields.

Eligible employers on or of communities are such as:

Hospitals\*, CLSC, youth centers;

Health centers, Community centers;

Schools, CEGEPs and Universities\*

Early childhood centers, child care;

All non-profit organizations that employ health professionals and social services.

For information on admission requirements and guidelines about this program and to obtain the appropriate application forms (students and employers) contact :

### Édith Picard Marcoux

Program Agent

Aboriginal Health Human Resources Initiative (AHHRI)

FNQLHSSC

Tel. 418.842.1540 Fax: 418.842.7045 Email: [epicard@csspnl.com](mailto:epicard@csspnl.com)



## THE DENNIS-LAUNIÈRE HOUSE



M. Joseph Launière

For Maliseet of Viger First Nation members, the Dennis-Launières house is of interest since it is the only link to their historical presence in Cacouna. It has thus acquired a significant symbolic value because of its link between the historical presence and the rebirth of the Maliseet Nation in the late 1980s.

In addition the Dennis-Launière house is associated with many Maliseet chiefs who have lived in Viger and Cacouna in the late XIXth and early XXth century. In its current state, it is evidence of the time it was occupied by Joseph Launière's family. He was Cacouna Maliseet Chief from 1912 to 1926 and remained very active in defending the nation's interests. Joseph Launière is also known for being the last one to live on the Cacouna Maliseet Reserve. His house therefore contains special significance for Nation members looking for their roots.

Since 2001, the Dennis-Launière small house receives many visitors learning the customs and lifestyle of rural nineteenth century, and learning more about the Maliseet culture. In the back of the house, visitors can purchase items made by the community's artists and craftsmen.

This year we will carry out repairs and maintenance, which were entrusted to a community member. **We are always looking for artists and craftsmen...**



**ABORIGINAL  
PEOPLES TELEVISION  
NETWORK**

### APTN LAUNCHES 2011 ABORIGINAL DAY LIVE FLAG CONTEST

Aboriginal Peoples television Network (APTN) is gearing up to launch its fifth annual Aboriginal Day Live Flag Contest. APTN is inviting young people between the ages of 12-17 from across the country to design a flag that represents the richness and diversity of all of Canada's Aboriginal Peoples, and which illustrates what National Aboriginal Day means to them personally. As Canada's only Aboriginal television network, this contest is just one of the ways APTN is providing opportunities for young people to share their vision and pride of Aboriginal culture and heritage.

The contest winner and a parent/guardian will be flown to Winnipeg to receive his/her prize and be part of APTN's National Aboriginal Day celebrations. The winning flag will also fly of APTN's headquarters in downtown Winnipeg. The winner will earn a cash prize of \$500 and, if the design was initiated as part of a school project, his/her school will also receive \$750 towards the purchase of learning material.

The contest opens April 1, 2011 and is open to all youth aged 12-17 during the contest term. Entries should reflect the rich diversity of the First nations, Inuit and Métis Peoples of Canada. All entries must be received at APTN's Winnipeg Headquarters by midnight ET, May 13, 2011. To find more information, official contest rules and submission specifications, visit:

<http://www.aboriginaldaylive.com/flagcontest.php>

## MALISEET ARTISTS AND CRAFTSMEN

Each edition of this newspaper will feature a community artist or craftsman.

An **ARTIST** is an individual whose work shows a mastering of an art, a knowledge, a technique that can be noticed for his creativity, poetry, production originality, acts and gestures. His works are sources of emotions, feelings, reflection, spirituality or transcendence.

The **CRAFTSMAN** is generally a person who practices the craft, that is to say, an automated work without help. He practices his traditional technique of his own, often helped by his family or a student to whom he teaches the craft.

### DANIEL BRIÈRE



**DANIEL** Brière grew up near the St. Lawrence River at Bic and studied electronics at the Rimouski College. Then inspired by Rock Demers, father of many stories, he decides to move to Montreal to pursue his studies in cinema. A passion was born. At that time, Daniel opened a door that he would never close: creativity.

He earned a bachelor degree of film production at Concordia University where he directed various fiction movies. He discovered the immense potential of documentary films while working 4 years as a cameraman and editor with TNI, an Inuit production company. He then spent four years with APTN, a national network of Indigenous Peoples. In his films you can notice sensitivity all on edge that emanates from his work. He looks obviously to convey a message, reaction, and most importantly to make feel emotions. The elements of nature are often part of his films,

very evocative, like a umbilical cord. He works a lot on the image. Images of great depth referring us to an awareness, an intimate side, our secret garden. Sometimes he evokes metaphorical links leaving room for reflection.

**PHOTOGRAPHY** IS ANOTHER PASSION, SEIZE AND CAPTURE MOMENTS TO INDUCE A FEELING, A THOUGHT, A SPARK... He is co-director of a photo exhibition: *Reflections on Vietnam*. His creativity does not stop there, he has a new passion: objects and furniture made of driftwood. As he says: « it is giving a second life to the Earth's elements. »

**SINCE HIS 2007 TIBET VISIT**, he seeks to know other people and open himself to their different worldviews. Trips became necessary for him as he considered them as a real school. He traveled from March 2008 to May 2010 to explore Asia. A trail marked in his thirst for knowledge and the understanding of the human race... Sometimes as a volunteer giving assistance to refugees from Burma and Tibet, sometimes as a student of traditional Indian medicine, sometimes as a tourist. He had the privilege of receiving the teachings of the Dalai Lama, has lived in a Tibetan monastery for a month cultivating other precepts and sharing moments of life. His moccasins have passed through regions where he met several minority people having the same baggage as Aboriginal from here. He now suggests everyone to take time to travel, discover, relax and learn...

**STILL BLOOMING**, HE HAS MANY PROJECTS ON HIS PATH. He is presently developing literary and cinematic personal projects. Notably the documentary *Le précieux talisman* about what everybody seeks in this world: happiness. Furthermore, healing with plants is very dear to him, one of his dreams is developing a

medicinal garden. Also, a long-term project, the foundation of a holistic school to develop the full potential of each and everyone.

**GENUINE** « citizen of Nature », he takes little from Earth, a kind of mutual respect between them. He wants to inspire people so that yet unborn generations can live in unity with Nature, with themselves because they are Nature. Resume this connection therewith. Not only for himself, but especially for Mother Earth, his food is composed of 90% organic products and he refuses to have to have a car running on gas. Another delicious temptation for him now: chocolate and music will become part of his everyday life, I shall not say more...

**WITH A CUP OF TEA** in his hand, he invites you to visit his website: [www.inspirationterra.com](http://www.inspirationterra.com) and as he puts it: my door is always open for a nice chat. You can contact him at: [kaleshouk@gmail.com](mailto:kaleshouk@gmail.com)

**WOLASTOQUEWIIK**

More than a documentary for him, this film allowed him to rediscover his origin, his language and his identity. His latest film features his nation through different periods in order to better understand where Maliseets of Viger come from and especially who they are. Very emotional because of the richness he discovered, he still talks about it with emotion. He wanted above all to bring an understanding and present: the people of the beautiful river.



**FILMOGRAPHY :**

**WOLASTOQUEWIIK**, 2007, Documentary, **CONDAMNÉ À VIVRE**, 1994, Fiction, **MACHIGAN**, 1993, Fiction, **SILENCE ET CRI**, 1992, Fiction, **CEUX QUI RESTENT**, 1990, Fiction, **LE TOUTOU**, 1989, Fiction

**MALISEET VOCABULARY**

**PERSONS**

A man	u-ski'-tap
Men	u-ski-ta'-pi-yûk
A woman	e'-pit
Women	e'-pit-sik
Very old man	kê-takw'-hûm-us
Very old woman	kwûs-kwe'-sos
Young man	u-ski'-nus
Young woman	nak'-skw
Boy	u-ski-nu'-sis
Boys	u-ski'-nu'-si'-sûk

Girl	pil-skwe'-sis
Girls	pil-skwe'-si'-sûk
Young girl	skwa'-sis
Child	wa'-sis
Infant	pi'-le wa'sis
Infants	pi'-le-yak wa-si'-sûk
Widower	si-ko-wap'
Widow	si-koskw'
Bachelor	ka-ke'-ki u-ski'-nus
Old maid	ka-ke'-ki nak'-skw



**LE COMMERCE ET LA VILLÉGIATURE, AUX 19<sup>E</sup> ET 20<sup>E</sup> SIÈCLES À CACOUNA**  
(CACOUNA'S TRADE AND RESORT DURING THE 19TH AND 20TH CENTURIES)



(Indian village, Cacouna, P.Q. July 12th 1906)

**Maliseet of Viger First Nation is proud to be a major partner in the book written by Lynda Dionne and Georges Pelletier.**

Cacouna was, in the past century, a most popular destination for vacationers from all around. Because of the originality of its approach, this book will arouse the curiosity and interest of many readers outside the region. The authors show how, in fact, a coastal population has managed to invent and develop appropriately for two centuries, by adapting its business development according to the seasonal tourist influx. The Maliseet Nation endorses this important work by Mrs. Lynda Dionne and Mr. Georges Pelletier, and all those who contributed to the achievement of this book. Reviving history, resurfacing memories and illustrating them aims to create a bridge between the past, present and future, in order to build a community of the future. This book will be a tool for maintaining and strengthening the sense of belonging, the protection and promotion of the cultural heritage.

**A WORD FROM YOUR INDIAN REGISTRATION ADMINISTRATOR (IRA)**

1-Should you have a change in your postal or email address, birth, death etc, you can contact me by phone at 1-888-399-2393 or by email at [georges.godin@malecites.ca](mailto:georges.godin@malecites.ca). It is important to have the members' list up to date so we can keep you inform of things to come.

2- Bill C-3 (commonly known as the McIvor Affair) is law since January 31st 2011. Already by March 01 2011, some members have received their registration number. You can also contact me about this matter if you have any questions.

**NATIVE FRIENDSHIP CENTERS OF QUEBEC**



Welcome to the new website of the Native Friendship Centers of Québec! You will find useful and relevant information on the rights and interests of Aboriginal people in cities and on the Movement of Native Friendship Centers of Québec, which now is over 40 years old! [www.rcaaq.info](http://www.rcaaq.info)

**YOU WANT TO JOIN THE MVFN TEAM, CONTACT US**