



January-April 2014

To keep informed
Check These Out...

 www.toquaht.ca

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Toquaht News

Come Celebrate...

Summer in Toquaht Territory and the Grand Opening of the Secret Beach Campground and Kayak Launch

People's Assembly

- ~ Saturday July 12th, 2014
- ~ Secret Beach Campground
- ~ 10:45 a.m. to 4:00 p.m.

See inside for more details



TOQUAHT YOUTH



- * Are you a Toquaht Youth between the ages of 13 – 29?
- * Are you interested in being more involved in the affairs and governance of the Toquaht Nation?

We would like to start a Youth Council in 2014, and we want YOUR participation!

Contact Sarah at the office toll-free at 1-877-726-4230, over e-mail at sarahr@toquaht.ca, or in a Facebook message! Please let all your friends and relatives know, and let's get this baby going!



Chief and Council

Ha'wilth

- Anne Mack
- Kevin Mack

Council Members:

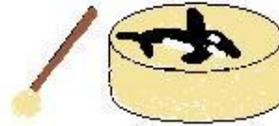
- Noah Plonka
- Carlos Mack
- Naomi Mack

Past Chiefs

Grand Chief:

- Bert Mack
- Cecil Mack

NOTICES...



Reminder to all Toquahts of the weekly **CULTURE NIGHT** at the **Port Alberni Friendship Center** every Monday night at 8pm!

Come enjoy some dancing, singing, snacks, and celebration of Toquaht culture!

For more information email or call Gloria Webber @

gloriaw@toquaht.ca
250-735-8060

Remember...



SATURDAY JUNE 21st

UPCOMING HOLIDAYS

- Friday June 20, 2014 - for National Aboriginal Day
- Tuesday July 1, 2014 - Canada Day
- Monday August 4th, 2014 - BC Day
- Monday September 1st, 2014 - Labour day
- Tuesday November 11th, 2014 - Remembrance Day



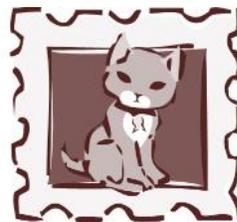
HOPE YOU HAD A FUN VICTORIA DAY

SUBMISSIONS TO THE NEWSLETTER

Send by Canada Post or by email to:

Toquaht Nation - Newsletter Editor
PO Box 759
Ucluelet, BC
VOR 3A0

E-mail: kirstenj@toquaht.ca
Please note that your submission may or may not be used, and is subject to editing and/or approval.



Please send any Digital photos to kirstenj@toquaht.ca

We will begin preparations for the 2016 Potlatch for the late Deets-kee-sup, Chief Bert Mack.

I would like to see everyone involved in some way. There will be dancers, singers, people who make regalia and give-away gifts, food gathers and preparers. We will organize a time that we will hopefully be able to meet as much as possible for practices.

We have 67 Youth, 30 and under (37 males and 31 females). Imagine the dance group we can have!! I encourage all ages, even the two year olds, up there dancing for our past leader. We have 70 citizens over 31 and older, including two that are 70+.

So, I need to hear from all those interested so I can prepare for the where, when and how often can we be committed to do this.

My next job is to see who will be helping with the songs and dances, visit elders for information on protocols and doing things the right way and requesting those who are willing to teach our songs and dances.

A Hawilth's memorial can be up to four years after his passing. This June will be the second year. I am now feeling strong enough to start the process of planning. Once we've got a good schedule and see how things are shaping up for songs and dances, then, we can think about setting a date. Traditionally we invite personally to the Hawiih. We will all learn about our culture, our heritage, our way of sharing and coming together as a nation.

I invite you to be a part of this potlatch.

If you have any stories, recollections, pictures that you may want to share please feel free to have them documented in our archives and returned to you.

Chu!!

Wii-tsuts-koom, Anne

For those interested please contact Anne or Lisa at the office 250-726-4230.

We will be sending out a schedule once we have it organized.



Chief Anne Mack

PO Box 759
1971 Peninsula Road
Ucluelet, BC, V0R3A0
Phone: 250-726-4230 ext. 224
Fax: 250-726-4403
E-mail: annem@toquaht.ca

MESSAGE FROM THE DIRECTOR OF OPERATIONS

Hello, Toquahts! It's hard to believe the New Year has come and gone so quickly. We kicked the New Year off with a bang with our SUCCESSFUL Constitutional Referendum! I'd like to say a big thank you to all who exercised your right to vote. It is so important for the Toquaht community to stay engaged with the Nation, give us your input, and make your voice heard. Self-governance is a two-way street, and it is important that both the government and the people contribute to a positive shared future.

Speaking of community engagement – at our last People's Assembly on March 22nd at Macoah, we had a presentation from a UVic student named Mallorie Nicholson. She is working with us on a Community Engagement project. Times change quickly these days, especially with changing technology, and we need to know how Toquaht citizens want to be contacted. Different people will have different preferences: mail, e-mail, Facebook, Twitter, phone calls, text messages, etc etc. Mallorie will work with us to help strengthen our community engagement and involvement – you are the voice of the people, and we want as much input and participation from Toquaht citizens as possible!

Our last few People's Assemblies have had a great turnout and had a large number of citizens confirm that they want to have more meetings out in the homelands of Macoah. We couldn't be more excited about this! In the past we have held many meeting in Port Alberni because that is where a lot of people live, but the more people who are willing and able to come to Macoah the better! Last year we developed the People's Assembly Travel Policy, which lays out that we will reimburse Toquaht citizens for their gas to get to People's Assemblies.

We just held a People's Assembly in Macoah on March 22, and our next one will be at Macoah again on July 12th. I hope to see you there! If you are a Toquaht citizen we will reimburse you for your gas, and if you have some space available in your car please ask your friends and family if they need a ride! Or, you can let the office know and we can find someone to grab a ride with you. We will have a great meeting plus a community feast, and it would be nice to get together with people we haven't seen for awhile.

Check out our Facebook page (www.facebook.com/ToquahtNation) and join our event for the People's Assembly. Also check us out on Twitter and Instagram (@ToquahtNation) to keep up to date with our activities!

I hope to see you on July 12 in Macoah!

Sarah Robinson
Director of Operations



Sarah Robinson, Director of Operations

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Ucluelet, BC, V0R3A0
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Fax: 250-726-4403
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MESSAGE FROM THE FINANCE DEPARTMENT

Greetings, Toquaht Citizens!

Happy New Year – Fiscal New Year that is :)

Spring is one of the busiest seasons in your Finance Department. We are settling into our new roles. Winter projects are finished off and reports are sent away. Auditors are buzzing all around and new programs and projects begin to bloom.

It has been great fun taking part in the opening of Secret Beach. We are looking forward to doing some on site office training with the Campground staff in the near future. Our Department will be hosting the next Peoples' Assembly on July 12th, in conjunction with the Official Grand Opening of Secret Beach. We look forward to seeing you all there!



Robyn Rea, Dir of Finance

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MESSAGE FROM THE LANDS, PUBLIC WORKS & NATURAL RESOURCES DEPARTMENT

I would first like to take this opportunity to thank Toquaht Council and Administration Staff for just competing their 3rd year in the Maa-nulth Treaty, implementing the treaty started April 1, 2011. I seriously believe that April 1 should be named our Treaty's and even Toquaht's New Years.

The last few months was challenging to all staff members with finalizing budgets, making room for new budgets, and I admit it's more than challenging to take your glass ball and 'predict' what lies ahead and what to plan for.

However; I would also like to recognize that I am way happier now working for our Nation than previous years only because of a few points that I would like to share with everyone,

- 1) Having a Goal,
- 2) Having a Strategic Plan to get to that Goal and,
- 3) How the whole office can help achieve to that Goal.

Goals are dreams with a plan!

Lisa Morgan

My priority for this year is advising and facilitating on all land and resource matters, inclusive of fisheries, forestry and wildlife, that may impact the Nation from a community, cultural, environmental or economic perspective. Looking forward to this new year and any comments you may have.

Chuu!



Lisa Morgan, DLPR

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It is important to protect yourself year round from harmful UV rays. Children have been know to learn from model behaviour so it is important to show them sun safety. With summer just around the corner here some helpful sun safety tips for you and your family.

Cover up: wear light coloured long sleeve clothing to protect your skin from the sun, wear a wide brimmed hat and make sure your sunglasses protect against UVA and UVB rays.

Limit Your Time in the Sun: The sun is at it's strongest between 11am and 4pm. Limit your time in the sun at this time and try to stay in the shade as much as possible.

Use the UV Index Forecast: When about 3 wear protective clothing and take other sun safety measures. You can listen on the radio or check online for the UV index forecast.

Use Sunscreen: it is important to use a "broad-spectrum" sunscreen with a SPF of 15 or higher.

Drink Plenty of Water: make sure to drink water before you start feeling thirsty. It is important to stay hydrated in the hot weather and to avoid heat illness.

Avoid Tanning Beds: understand the risks associated with tanning and learn how to protect yourself against unnecessary exposure.

These and other sun safety measures can help protect you against sunburns, skin cancer, eye damage, premature skin aging and weakening of the immune system.

Healthy Summer Eating Tips:

For picnics and trips: pack contents from each basic food group, Examples: Veggies, whole grain crackers, nuts, and cheese.

Try to have healthy snacks: veggies, muffins, yogurt, sandwiches, or homemade trail mix throughout the day.

Stay hydrated: ensure you drink enough water throughout the day.

Barbequing: try to grill extra vegetables and try healthier meat alternatives like fish, tofu or lean meat.

To avoid the high sodium and sugar in marinades try to make your own using lemon, fresh herbs, spices, garlic and onion.

Summer is the perfect time for salads! Load your grocery cart with different fresh vegetables and ingredients to make different salads.

Tropical Smoothie



What you'll Need:

- 1/2 Cup finely grated carrot
- 1 Medium banana
- 3/4 Cup 100% pineapple or orange juice
- 1 Cup plain, Fat-Free yogurt
- 6 ice cubes

Directions:

1. Place all ingredients into a blender and blend until very smooth & serve immediately.

Michele Eng, RN, BScN, BSc

Community Health Nurse (Yu tu it ath, Toquaht)

Ucluelet Health Centre, 501 Hitatsoo Road, Ucluelet East

Tel: (250) 726-7343 ext. 228 Toll-free: 1-866-900-7343.

Fax: (250) 726-5396 CONFIDENTIAL NURSE FAX LINE ►►► (250) 723-5396

E: michele.eng@nuuchahnulth.org



Noreen Frank, Health Worker

PO Box 759
1971 Peninsula Road
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Phone: 250-726-4230 ext. 223
Fax: 250-726-4403
E-mail: noreenf@toquaht.ca

Ukłaama Ya ka wa a (my name is Kevin). Histaqši a Tuk aa (I am from Toquaht).

U a a (I) am very proud to take on a new role within the Tuk aa at administration as the Economic Development Officer and u a a (I) am eager to assist our Nation and my Tuk aa at relatives who wish to pursue their entrepreneurial dreams in business and achieving the Tuk aa at “Vision” to “use the nisma (lands) in ways that support our traditions while also looking for new ways to allow our u at (people) to thrive.”

Please give me a call if you would like to pursue your dream of being an entrepreneur.



Kevin Mack

Corporate Finance Officer
Economic Development
Officer

(250) 726-4230 ext, 222

Macoah Recycling Program

Toquaht recently applied to and was approved for a Toquaht Recycling Program through the *Aboriginal Environmental Awareness Capacity and Compliance* funding project.



This program will increase our knowledge on waste reduction. Since Macoah is situated in a ‘Bear Aware’ community, we must concentrate on methods to reduce waste and garbage that are “bear-proof”. This program aims to also help in reducing the amount of waste our community contributes to the West Coast Landfill.

In this program, all Macoah residents received stackable recycling bins for each recyclable material (paper, plastic and tin). The recyclable materials will be picked up every second week.

Recyclables will be picked up every second Thursday starting in April 2014 for Macoah residents and the Admin Office. Please leave your bins where you would for garbage the morning of pickup. Containers must be rinsed clean of food or other residue and have the labels removed.

The Toquaht Administration office also received blue recycle boxes for each desk and department to support recycling paper products at the office. A large bin for dink containers was placed in the staff coffee room.

We are beginning our 2nd year of the λułcamis community garden; the spring clean-up produced an abundance of yard waste, the Recycling Program covered the cost of a new community garden composter! Composters are an excellent way for you to reduce and reuse your yard and fruit and vegetable kitchen waste!

Garbage is always a consideration at our community gatherings; the amount produced at each gathering is substantial and must be stored in the Community Kitchen until garbage day. The Recycling Program covered the cost of a TyDee Bear Bin to be placed at the Community Kitchen so the waste can be safely stored outside!

The Recycling Program enabled the Lands Department to engage an instructor to teach 4 Macoah residents WHIMIS (Workplace Hazardous Materials Information System) and TDG (Transporting Dangerous Good Certificate). A safe, secure storage area is situated at our Public Works Building at Macoah to store dangerous goods, such as motor oil, fluorescent light bulbs, anti-freeze etc. until they can be properly disposed of. Yet another great and safe way to reduce waste!

Over all, this Recycling program for our community is a success. We are helping make Macoah a clean, healthy environment for our people!

Paper = junk mail, magazines, catalogues WITHOUT the glue bindings, paper egg cartons, toilet paper cores, office paper, tin labels

Plastic = milk jugs, margarine, and yogurt containers, dish soap and laundry bottle (must be rinsed and clean)

Focus on Youth...

Kele Antoine, son of Angela Antoine.

Kele Antoine, 14, lives in Victoria, BC. He attended the Top Left National Conference in St. George's Ontario, this past December, along with 150 other youth across Canada to talk about different issues regarding youth. Here is the website:

<http://www.studentscommission.ca/topleft/>



Due to his attendance at that event, he had an opportunity to speak at the Moosehide Campaign: Ending Violence Towards Aboriginal Women and Children about his experience:

<http://www.youtube.com/watch?v=Lh5UeGvCcPo>

The Moosehide Campaign was envisioned by his family while his dad was out hunting along the Highway of Tears: www.moosehidecampaign.ca

Kele also attended another Top Left Local Youth Conference that was held in T'Sou-ke area, March 7-9th, 2014.

The next event Kele will be attending along with his family, is the Gathering Our Voices youth conference, to be held in the traditional territory of Musqueam, Squamish and Tsleil-waututh Nations.

Website: <http://bcaafc.com/newsandevents/gathering-our-voices>

Due to Kele's Moosehide Campaign speech, he was requested to facilitate, along with a co-facilitator, myself, to talk to the Duncan Friendship Centre staff on March 25th, to bring a youth perspective about ending violence towards women and children.

"Once youth begin getting involved and find passion about an issue, then it can bring a lot of opportunities."

Angela Antoine

EDUCATION

SPRING 2014



The end of another school year is just around the corner. We are very proud of your accomplishments. Hope you enjoy your summer break.

Toquaht Grade 12 Graduates:

Congratulations to Shakoia Antoine, Alex Haley & Miranda Mack on your outstanding achievement! Looking back, it was all worth it. Wishing you all the best in your future endeavours.

Naomi Mack – K-12 Education Coordinator

DO YOU NEED A STATUS CARD?

To process a paper laminate card I need the following:

Provide 2 pieces of ORIGINAL AND VALID ID - such as

Provincial identification, Drivers Licence, status card (not expired longer than 6 months), passport, fire arms certificate, employee id, student id etc.

AND

Your Birth certificate and Medical health care card



	Naomi Mack, CRA PO Box 759 1971 Peninsula Road Ucluelet, BC, V0R3A0 Phone: 250-726-4230 ext. 221 Fax: 250-726-4403 E-mail: naomim@toquaht.ca
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Draft Agenda items

- * Secret Beach Campground Grand Opening Ceremony
- * Updates from the Executive
 - * Chairperson
 - * Finance
 - * Lands
 - * Community Services
 - * Natural Resources
- * Administration re-structuring
- * UVic Project on Economic Development in Toquaht Nation

Come enjoy the Toquaht Drum Group and other fun activities!

Toquaht Nation People's Assembly

Date: Saturday July 12, 2014

Location: Secret Beach Campground, Entrance

Time: 10:45 a.m. - 4:00 p.m.

Join Facebook Event for updates

Come enjoy the weather in the beautiful Toquaht Territory!

Finance Dept. is Hosting this event!

Toquaht Office Phone Directory

(updated as of April 1st, 2014)

Naomi Mack –	Administration Assistant – ext. 221
Kevin Mack –	Corporate Finance Officer and Economic Development Officer – ext. 222
Noreen Frank –	Administration Assistant – ext. 223
Anne Mack –	Director of Community Services – ext. 224
Lisa Morgan –	Director of Lands – ext. 226
Kirsten Johnsen –	Office Administrator and Law Clerk – ext. 227
Sarah Robinson –	Director of Operations – ext. 229
Robyn Rea –	Director of Finance – ext. 231
Noah Plonka –	General Manager of Business Operations and Capital Projects Manager ext. 232 Outside line (250-522-0201)
David Johnsen –	Program Administrator of Lands, Public Works and Resources – ext. 233
Mary Guenette –	Accounting Administrator – ext. 234



TOQUAHT GOALS



After several planning/strategy sessions these are the Goals indicated as priorities for the Toquaht Nation;

<p>Citizens</p> <ul style="list-style-type: none"> • Happy, healthy families • Engaged, supported youth and elders • Bringing people home • Independent citizens with the education and training for employment 	<p>Lands and Resources</p> <ul style="list-style-type: none"> • Safe communities • Clean, healthy environment • Lands and resources used sustainable to support economic development and job creation 	<p>Government</p> <ul style="list-style-type: none"> • A government that is accountable, approachable, financially sustainable and transparent
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As great funding opportunities and grant money come 'our' way we have a foundation to build towards, for our Nation and what's important to our people.

NOTICE IN ACCORDANCE WITH TOQUAHT LAW

On April 15, 2014, Toquaht Council enacted the Application of Laws to Foreshore Act whereby certain laws of Toquaht Nation will be made applicable to foreshore adjacent to Toquaht lands. A copy of the Act and other Toquaht enactments referred to in section 2.1 of the Act may be viewed at the Toquaht Nation administration office at 1971 Peninsula Road, Ucluelet, BC. In accordance with section 3.3(b)(ii) of the Act, Toquaht Nation gives notice that the Toquaht Executive will, by Order, bring the Act into force 30 days after the date of this notice. A person that may be affected by the Act has the opportunity to make representations to the Executive concerning the Act if those representations are received by the Toquaht Nation within 30 days of the date this notice. Representations should be addressed to:

Toquaht Executive,
P.O. Box 759
Ucluelet, BC V0R 3A0

Macoah Residents

One of our lifelong goals is to keep Macoah a healthy and clean environment, and in order to do that, 'we all' need to do our part to Macoah clean from contaminants.

Jim Fox, our Macoah Maintenance and Operator, will come and pick up and dispose of your 'House Hazardous Material'. We have designed and built a self-contained storage shelf system that is available at the Public Works building located at Macoah until items are disposed of properly at Port Alberni.

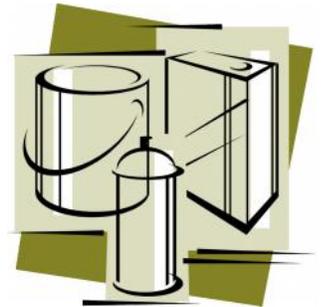
If these items are thrown away, it is still transferred to a landfill which may still create toxic fumes and leach into the soil. If stored indefinitely in basements and garages, such hazardous waste may pose a serious fire, health or safety risk.

By disposing these items properly we will help reduce waste and garbage in the local landfill.

This information has been extracted from our Environmental Management Plan

Common household products are:

- ⇒ Cleaning Products
- ⇒ Indoor Pesticides
- ⇒ Automotive Products
- ⇒ Workshop/Painting Supplies
- ⇒ Lawn and Garden Products



DO	DO NOT
Use up any hazardous products you may have	Throw it in the garbage. The product may end up at a landfill and may leak into the environment, causing water and air pollution
Give the product to someone else who will use it if you do not want to	Pour it down the drain or flush down the toilet, the hazardous material will enter our sewer system
Call Jim Fox for pick-up or take to the nearest municipal hazardous waste Waste Collection Dept.	Pour it into ditches, storm drains or gutters. The product may get into nearby waterways, poisoning plants and wildlife, contaminating the soils and causing harm to children who may come into contact with it
Try to avoid using and buying hazardous products in general	Burn it. The burning of hazardous waste will produce poisonous fumes, causing air pollution or even an explosion.
	Dump or bury it. The product will leak into the soil, contaminating it or the water. Children, pets and wildlife may be hurt. For example, dogs can be poisoned by drinking antifreeze on roads or driveways

Making your Household Safer

Look at warning words on labels. The least toxic products are those that don't have warning labels. Avoid products marked "Danger" or "Toxic" or "Poison". Remember the same warning words don't always mean the same kind of hazard.

Choose a product with no scent or mild scent. Scented products add a variety of chemicals to indoor pollution, especially challenging for children and people with respiratory ailments or sensitive skin.

Check the ingredients. Unlike food products, manufacturers are not required to list all the ingredients. Many products don't list ingredients in the 'Inert' category, and your family may be sensitive to these chemicals.

Toquaht Nation People's Assembly

March 22nd, 2014

Macoah, BC

DRAFT Meeting Minutes

Chair: Naomi Mack

Guest: Mallorie Nicholson, Allieren Ward, Erich Nahser-Ringer

People's Assembly convened 11:50 a.m.

Agenda adopted by consensus

Approved January 11th, 2014 meetings minutes by consensus

12:00 p.m. Lunch

1:00 p.m. Review of Toquaht Annual Budget Act 2014-2015 Kevin Mack

- After several reviews Council and the Standing Committee on Finance the draft Annual Budget for 2014-2015 was presented to the citizens who voted to recommend to Council to approve the Act

Review of Five-Year Financial Plan Act 2014-2019 Kevin Mack

- After several reviews by Council and the Standing Committee on Finance the draft Five-Year Financial Plan Act 2014-2019 was presented to the citizens who voted to recommend to Council to approve the Act

Action: Naomi Mack call a Community Emergency Preparedness Committee mtg. to include Emergency Equipment on the agenda

1:30 p.m. Updates from Executive Portfolio holders

Community Services Naomi Mack

- Anyone needing to update their Status Card please call Naomi Mack
- First Nations Health Authority is up and running now – Anne Mack and Naomi Mack are Toquaht reps – watch in the newsletter or website for updates

Lands, Public Works and Environmental Protection Noah Plonka

- Lucky Creek Hydro project is progressing well, should begin construction in 2017
- Secret Beach Campground as almost complete to begin operation in May
- Marina Boat Launch – existing one is still closed so have identified a site for a new one if approved

Page 2 continued on page 14

Toquaht Nation People's Assembly

March 22nd, 2014

Macoah, BC

DRAFT Meeting Minutes

- Barkley Sound Shellfish – building more rafts to expand production and in process of getting the skiff modified so we won't have to contract out when we harvest product
- Community Building – are working on a site and building design to be complete by April 2016
- Water treatment facility is complete and in the water testing stage so will be able to drink the water soon
- Community Sewer System is in the research stage

Natural Resources Carlos Mack

- In process of conducting a Herring Test Fishery
- The nations along the coast worked together to get the proposed 2014 Commercial Herring Fishery banned for this year at least in our territory
- Recently joined the Thornton Creek Fish Hatchery board of directors
- Don't forget to send in your domestic harvest (food fish) catch numbers (if you harvest on your own) to David Johnsen at the office
- If you need a Toquaht Harvest Card please call David Johnsen as well

Finance Kevin Mack

- Maa-nulth is holding a Real Property Tax training workshop
- We will be able to start taxing non-citizens and businesses

2:00 p.m. Communicating Through Change project Mallorie Nicholson

- 26 citizens responded to the Survey Mallorie created
- We split out into 3 groups for open discussions on the report of the compiled survey results then reported back to the whole group
- Keep checking toquaht.ca to see updates on the project

3:00 p.m. ulcamis Community Garden Tour

date and location of next People's Assembly

Saturday July 12th, 2014

Macoah starting at 11:30 a.m.

Meeting adjourned at 3:30 p.m.

Door Prize Winners

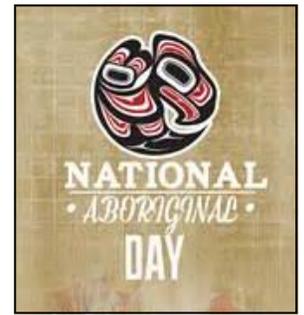
Buck Goodman

Waylon Womacks

Kevin Mack

Robyn Rea

WORD SEARCH



**Saturday
June 21st**



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

Anicinabec (Algonquian): All Aboriginal people

Chiniskumitin (Cree): thank you

GitwinksihIkw (Nisga'a): people of the place of the lizard

I kajurtaul (Inuktitut): help me

Kinauviit (Inuktitut): What's your name?

Kishnamawachik (Michif): youth

Laxkwalaams (Tsimshian): place of the wild roses

Lustagooch (Mi'qmaq): five-branched river

Mani-Utenam (Montagnais): Mary's village

Matimekush (Montagnais): little trout

Mooskudoboogwek (Mi'qmaq): that which makes foam

Natashkuan (Montagnais): where we hunt bear

Nawsyoon (Michif): nation

Onitariio (Huron): magnificent lake

Rimouski (Mi'qmaq or Malecite): land of the moose

Sandakwa (Huron): eagle

Sohkiciwahsipî (Cree): fast-flowing river

Sunaunaa (Inuktitut): What is it?

Wahdobekaung (Ojibway): where the alders grow