

W8BANAKI PILASKW

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NEMIKWALDAMNANA LET'S REMEMBER



Nicole O'Bomsawin, Mathieu O'Bomsawin Gauthier, Mandi Thompson and Helen Watso.

October 4th is a significant date full of emotions and memories for the Abenaki community of Odanak. 256 years have passed since the infamous event recognized today as Rogers' raid.

A LITTLE HISTORY...

By stepping into the past, it is important to remember the different alliances with the French and the establishment of Abenaki warriors near the Saint-François River in the late 17th century. Many raids carried out by the Abenakis ensued in New England on several English villages. During this period, and even since the beginning of the colonial wars, the Abenakis were perceived by European colonizers as fearsome warriors. Because of these conflicts and the reputation of the Abenakis, General Jeffrey Amherst ordered Major Robert Rogers and his rangers to destroy the largest contingent of Abenaki warriors then established in the Saint-François village, now called Odanak.

History tells us that at this time of year, the majority of warriors normally present in the village were absent and military surveillance was at its minimum. Thus, at the dawn of October 4, 1759, Rogers' soldiers arrived in Odanak, taking by surprise the villagers while women, children, and elderly men were killed during the massacre. Almost all the houses were burned and the same occurred to the Catholic Church and its treasures were looted.

Upon his return to New England, Major Rogers reported having killed at least 200 Abenakis. However, it is likely that he greatly exaggerated the actual number in order to justify his own casualties. He would have likely killed around 30 people, most of them women and children.

Today, the Abenaki people commemorate in their way this sad event which has marked their history.

They remain proud to proclaim their existence as a Nation. For the occasion, an event was held on October 4 to honour those who perished in the attack, which occurred 256 years ago.

VIGIL FOR MISSING OR MURDERED ABORIGINAL WOMEN

During the same event, in collaboration with Aboriginal women from the Abenaki Nation of Odanak, an event was organized in support of missing and murdered Aboriginal women. The event is part of a national movement while most activists are asking the federal government to hold a public inquiry into these murders and disappearances to better understand the factors that lead to the fact that Aboriginal women experience violence in a higher proportion than the rest of women in Quebec and Canada. For nearly 30 years, more than 1,200 Aboriginal women have disappeared or have been murdered in Canada. Proportionally, this number would equal 8,000 Quebecers and 30,000 Canadians.

While several vigils were held across the country, the community of Odanak also took part in the event, inviting the local and regional population to participate and express themselves. People were invited to come and share their concerns regarding violence towards women, children and even men or to honour the people who have experienced violence or who have fought back. A candlelight vigil ended the evening, to honour their memory, while nearly 50 people came to show support for this cause.

Mathieu O'Bomsawin Gauthier
Councillor

Word from the Chief



Kwai fellow band members,

Although our work is far from over, as our current term nears its end, I want to take a moment to reflect on some of its important highlights.

Within this last term we have experienced a movement, which is redefining our priorities. Community based models, in their embryonic stages, are replacing old models developed by strangers, unfamiliar with our community needs. We are proud to support these initiatives often spearheaded by community members. Many of these activities help us connect our current reality to invaluable threads from our history's rich heritage. Our services and programs have already begun to reflect our values in their development and implementation. We must not give up on this important process. The culture committee is a perfect example of the change that can be achieved with the investment of our members. Another very important initiative is taking place in our family house where members of our community are providing educational support our children, thereby improving their chances for academic success. Keep up the good work!

On the regional level, talks and negotiations are still underway on the many taxation issues that affect you, both as a consumer and/or businessperson.

These issues include:

- Specific tax which is integrated in the cost of certain goods (tobacco, alcohol, carb tax)
- Taxes on stock delivered to reserve
- The claiming mechanisms for taxes paid for on reserve purchases
- Taxes paid for the delivery of purchased goods to the reserve
- Exemption of sales taxes for purchases off reserve

As fiscal representative for the Regional Chief's assembly I will provide you with more news on this file as we go further along in these negotiations.

In an initiative that has bridged a regional project with our community, Kiuna Institution, the First Nations College, is now talking autonomy and expansion. This talk encourages many of us at the Chief's table who continue to defend our children's rights to a quality education. As a strong believer in this project I will continue to highlight and support the successes of this initiative. The relentless efforts of all involved will, without a doubt through its successes, influence other governments to remain partners

in this project. This project not only promises but also has proven that we can have a hand in building a better future for our community as well as for the larger First Nations community. Moreover, Kiuna has recently crossed borders in welcoming their first students from our American Abenaki community. At the local level this possible expansion also means more opportunities for both employment and self-development.

As you can see our community is continuing to grow and develop. However this has not been without its growing pains. We have encountered some hurdles in building a sustainable economic base (as mentioned in the last newsletter) and we continue to learn from these challenges. Rest assured that we are working hard on salvaging what we can from this initiative, both economically and socially.

We can celebrate our successes and learn from our failures. The biggest gifts we take from these experiences are the lessons that help us keep building our community stronger. With your support, we can continue to work hard on achieving a strong, sustainable foundation for the generations to come.

In peace and friendship
Chief Rick O'Bomsawin

Word from Management



DANIEL G. NOLETT,
Executive Director
Abenakis of Odanak
Council

Kwaï mziwi!

In my last article, I wrote that the construction of the administrative office building was over. As of July and August, only the parking lot work remained, i.e. installing streetlights, benches and garbage cans. This was completed in September. The parking lot work was carried out by Danis Construction in September. The parking lot work amounted to \$250,000. We received a \$28,000 grant from AANDC for LED streetlights.

As for the former administrative office building, the lease was finally signed with the Grand Conseil de la Nation Waban-Aki. We have agreed on a five (5) year lease with an option of five (5) additional years. The Grand Conseil will occupy the premises as of November once the renovations are completed.

Regarding the challenge of Section 6 and its discriminatory impacts, we obtained a favourable ruling from the Honourable Justice Chantal Masse of the Superior Court of Quebec over the summer. As expected, the government of Canada has appealed the decision. We are waiting to know the exact moment when the Federal Court of Appeal will hear our case.

Four (4) of the seven (7) commemorative bronze plaques were installed over the summer on the grounds of the Catholic Church and the Anglican Church. Only three (3) plaques concerning Catholic churches are left to be installed on the monument located just next to the Little Chapel; one in French, one in English and one in Abenaki. The monument built in 1961 needs to be restored. The plaques should be installed shortly. I remind you that replacing these plaques amounts to nearly \$40,000. A large portion of these costs will be covered by our insurance.

At the time this article was written, the Council was conducting a call for bids to hire a consultant to carry out feasibility plans and business plans for an alternative accommodations project

(Huttopia tent style) and a lighted trail in the area of Judge Gill's property. The Council is also considering creating an interpretive centre on the Maple tree, as we, the Abenaki people, invented maple syrup.

Finally, I would like to announce that the lands that were owned by the CN during a certain period have officially become reserve land again. We received confirmation by the Honourable Bernard Valcourt, Minister of Aboriginal Affairs and Northern Development Canada on May 14. A little history: in the weeks following the destruction of the CN bridge after the fire in 1974, the Council at the time had taken steps with the CN so that CN lands be returned to reserve land. The CN had officially abandoned the idea of repairing or rebuilding the bridge in 1989. It was only starting in 1992 that steps taken by the Council actually progressed. Due to the presence of hydrocarbon contamination, negotiations dragged on. This is because the Council decided in 2012-2013 to decontaminate the CN land and therefore the case could move forward and finally become reserve land again over the summer.

Mot des conseillers



Réjean OBomsawin,
Councillor

Kway Alnôba,
Alnôbaskwa,

Significant positive changes on the horizon!

Some important positive changes are on the horizon for our Abenaki Nation which will be developing a government with a chief/leader worthy of representing us, wherever needed, in Canada and the United States. The apogee of individualism will be replaced by a common vision and national visibility that will help protect our rights and our honour.

I proclaim this optimism, because rain or shine, I advocate and apply our collective traditional values, i.e. respect for self and others as well as equity in terms of community economic development, as I was taught by our mothers and fathers, from my childhood, where I grew up here in Odanak.

You have appointed me, for nearly six years, to represent you at the Council of elected representatives of our community and it is with confidence and determination that I submit, and support every credible request or project. Since my appointment, on many occasions, despite strong objections from the Chief and certain elected Council, I have persevered in my convictions to apply social equity and show transparency in terms of economic and historical facts.

I have been dedicated to faithfully transmit the ancestral teachings for over forty years. Among other things, our ancestors have bequeathed to us the importance of opposing any form of

intimidation or blackmail. Therefore, as a traditionalist, I am determined to preserve today's actions, which bring real collective progress, as much as historical facts.

My perseverance is still visible today!

Here are some examples of my perseverance, which still exists today and remains at your service. [*N.B.: these actions were supported by our former Chiefs: Mr. Fernand R. OBomsawin, Gilles OBomsawin and Albert OBomsawin.]

- Founder of Abenaki language courses
- Founder of the Waneskaodemek cultural centre
- Cofounder of the Alnôbawi centre
- Instigator of the funding for the Odanak land claims
- Spokesperson/instigator of the Course Sacrée de la Confédération Wabanaki
- Organizer of the Land Management Program
- Organizer of the NNADAP program
- Spiritual guide recognized by the Nation
- Officiant for ancestral ceremonies
- Spokesperson and speaker regarding our traditions with the media
- Representative for special events

Including many representations and actions, where I take a back seat on various committees as part of my responsibilities as official councillor, and which are just as relevant for the good of the community.

Your voice is once again required for a strong electorate. It is with humility and respect for your choice that I present myself for a new mandate to represent you proudly and contribute to the achievement of these big changes!

Kchi niwaskw (the creator) protects you!



Mathieu G. O'Bomsawin
Councillor in charges of
files : culture, economic
and tourism development
Abenaki Museum,
youth and police

Kwaï mziwi!

With the election period already underway, I would like to wish all candidates an excellent campaign! As for me, I decided to take a break for a while, which will allow me to take on new challenges. Again, I would like to thank all the voters who gave me my opportunity and who allowed me to gain some very rewarding political experience.

I am ending this two-year term head high and I am proud to say that, among other things, during this period, I drafted our cultural policy, actively participated in the development of the Abenaki Museum as an administrator and supported our youth through the youth committee (M8wwa). Thank you to the Cultural policy development committee, without whom this policy would have not been possible.

Also, I sincerely hope that people who will take over and implement this cultural policy will have as much energy and enthusiasm as I had drafting it. I will remain active in the community, as I always have been. In closing, I would like to mention that I have not made any permanent decision regarding my political career, which means I might become active once again in the near future.

See you soon!

Kchi wliwni aln8bak!



Alexis Wawanoloath,
Councillor
450 561-8113

Kwaï to you dear members of the great Abenakis of Odanak family,

Over the last two years, I have had the great privilege to serve you as councillor. During this mandate, I have always acted in the best interest of our community and for future generations. Political life is often difficult, but I rise to this challenge for my daughters, for all those who will follow, for all our members and to honour the memory of our ancestors who have given us this desire to see our Nation continue to exist. Here are some of the actions carried out during this mandate.

Upon taking office, several people told me about certain irregularities in the awarding of construction contracts and I immediately noticed that there was a culture of secrecy in the administration. I often asked for information and I had to wait until the Executive Director was on vacation to access construction contract invoices. To my surprise, I discovered that all the contracts went to the same contractors and even for laying tile, a person from Ottawa was hired who wasn't Abenaki, while many of our members living in Odanak have the skills to do the job. For example, in 2011-2012 alone, the entire tile laying work was done by Yvon Emery from Ottawa. This individual received more than \$90,000 that year. Curiously, the fax number that was on the invoice, 450 568-0303, was the same as the number for Choice Tobacco or for the convenience store Nimowon, company owned by Chief Rick O'Bomsawin and his family. So I set out to draft a resolution that was adopted and a letter on transparency which was forwarded to you in February 2014 (if you would like a copy of these invoices, which were available on the website, but

that were mysteriously removed without authorization from the Council, please contact me and I will send you by email or by regular mail). Following the letter, there was a great mobilization of our members at the public meeting in February 2014. In fact, more than fifty people rose and demanded that a citizen financial audit be done for the past eight years at the Council. After that meeting, I only saw panic by the administration. Following this meeting, I drafted a resolution to set up an inquiry committee. Unfortunately, I only had the support of the Councillor Réjean Obomsawin in this process and there must be three to pass a Council resolution. Certainly, I was disappointed not to be able to go forward with this popular wish, but I console myself, as many of our members obtained construction contracts as a result of this action, such as the expansion of the health centre or police station, which were carried out internally by our people.

I also tried to bring our community closer to members living outside the boundaries of the reserve, because I firmly believe that we are all entitled to our identity as Abenakis of Odanak. I proposed to the Council to be the councillor responsible for liaison with members not living in Odanak. I had planned to tour the towns and cities where many of our members live, but again only Councillor Réjean Obomsawin supported me in this process and the Council turned down a budget of about \$10,000 for this tour. I was given as reason that it was too expensive... Bizarre given that the Council has over \$500,000 surplus for this fiscal year. Again, although I could not make the tour to meet our members, I still managed to create links with members and the community no matter where they.

The Council built a new administrative office building at a cost of \$1.5 million. Councillor Réjean Obomsawin and I fought for it to be done in internally, as for the expansion of the police station and Health Centre. The current administration told us that our members did not have the capacity to

realize such a project. Sadly for our members, only two jobs were given to community members because there were only two of us who believed in the potential of our people for this project.

What happened with the construction contracts, with members living outside the community and the actual construction are just a few examples among many of the kind of administration we have in Odanak and it is time for a change. Today, I realize that even with all the good will we showed, two councillors alone cannot prevent those who currently control the administration to push their own interests through before those of the Nation. This is why I have decided to run for Chief with a team at the next elections to be held in late November.

The next election is crucial for our Nation's future. You will have to choose between leadership candidates who use fear and intimidation to reach their goals or my team and me, who have always fought for justice and fairness.

My team and I believe in the immense human potential we have in the great Abenakis of Odanak family. We share the vision that Odanak can be an important centre for First Nations. With the support of all the Abenakis of Odanak, we will put in place a transparent and democratic Abenaki government. We want a prosperous economy that belongs to us. Under our leadership, we will serve our members with fairness and justice. We firmly believe that educating all our members is the best way to have the tools to defend our territory and promote our culture. It is also the key to our Nation's success.

In all humility, it was one of the greatest honours I've had in my life to represent you during the past two years. I hope to represent you as Chief to realize our Nation's full potential.



Claire O'Bomsawin
Councillor

Kwai! Hello to all, members of the Abenaki Nation.

I am happy to announce that I will be candidate for councillor in the next election of the Abenakis of Odanak Council. If I am calling for your support once again, it's because I still have the sacred fire, and in my opinion serving the people is a privilege with great responsibilities for the individual wishing to become involved, such as I am. I think the core values to put forth in politics are righteousness, a high sense of responsibility, sound judgment and courage. These principles have never failed me.

I have always given my best, no matter the task or file entrusted to me. I have never shied away from controversial topics or important decisions, because I have too much respect for the people I represent.

I am proud and I love this community where I grew up and which I have seen evolve. I am proud of the previous generations who have managed to retain our culture and traditions with makeshift means compared to those we have today.

My greatest wish is to see the young generation prosper, take the rightful place in our community and in society in general, while recognizing that their rights have been acquired at great cost by their ancestors, and they must honour them.

Thank you for your reading to my message. I am counting on your support.

Respectfully

Abenaki forum for people off reserve

I am honored to write this message to our Abenaki citizens and their families living at Odanak, in our three large off-reserve communities at Sudbury, Waterbury, and Albany, and beyond. I am pleased to announce that we hosted a forum for Abenaki citizens to meet this year's candidates for chief and council on October 24, 2015, at the Best Western on Wolf Road in Albany, New York.

All of our citizens and their families were welcomed to attend. Candidates gave an opportunity to describe their qualifications and relevant experience, to account for time they have already spent in office, and to explain why they believe that Abenaki voters should support them. Community members had a chance to ask their own questions as well. A moderator directed the forum and a translator was available for candidates to bridge the French-English divide. This activity was created to consider the important issues facing our nation and everyone had a chance to hear directly from those running for office.

It is my sincere belief that we as a people need to become more involved in the life of our nation. We need to embrace opportunities like to this to learn more about our brothers and sisters on and off reserve and those who want to serve as our Chief and our Council members. In just the last few years I have mourned the loss of community elders and I have been haunted by what their passing means for our families

and for our nation. I have met Abenaki kin who are unable to gain their Abenaki citizenship and I have met people with no Abenaki ancestors who falsely claim our lands, our rights, and our ancestors as their own. I have learned about the Emerald Ash Borer threatening to destroy all of the beautiful Black Ash trees that have given our people so much. And I have learned about the harm we continue to suffer as a result of residential schools and the Indian Act.

All of this can be discouraging. The deck seems stacked against us. However, I believe that we can overcome these challenges and strengthen our nation. Today, we hold the future in our hands. Our ancestors ensured our place in this world. It is by their love and hard work and faith that we have endured and grown. The elders pass on and leave this world to the next generation, our generation, and it is up to us to make a difference and secure our collective future. Don't hesitate to contact me if you'd like to become involved in any of the community projects and events being organized in the Albany area.

Wli wni,

Denise L. Watso
Cell: 518 334-3101
Email: ab8naki@earthlink.net



Cleaning out your medicine cabinet in 5 steps!

Cleaning out your medicine cabinet regularly reduces the risks of misuse of medications. This should be done at least twice a year. Here are 5 easy steps to help you go about it.

1. Choose the right place

Medications should be stored in a dry place; away from direct light; protected from extreme cold or excessive heat; and out of the reach of children. Keep products requiring refrigeration in the fridge, but not those that don't. Read the labels to ensure you are following storage conditions.

2. Check expiration dates

From prescription medications to natural products, get rid of expired products. Keep in mind that some products, such as antibiotic syrups and eye drops, can expire before the date on the label once opened.

3. Only keep what is necessary

Don't keep medications that are no longer necessary or have had to be stopped because of side effects. Always keep medications in their original containers and dispose of those you cannot read the label.

4. Check your medication carefully

Put aside all medication that seems altered, whether by appearance, taste or smell, as well as what was not stored properly. If in doubt, consult your pharmacist.

5. Dispose of medications safely

Never throw out your expired medication in the trash or flush it down the toilet or sink. To ensure medication is disposed of safely, return them to your pharmacist.

Isabelle Dupuis
Nurse

References:

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<http://www.opq.org/fr-CA/grand-public/comportement-responsable/menage-de-la-pharmacie/>, consulted October 6, 2015



In order to ensure a healthy environment for your children, here are some tips that might be helpful.

1. Washing hands

Hand-washing with warm water and soap after going to the bathroom, touching animals, and before every meal helps to prevent infection and reduce exposure to harmful substances your child may have touched.

Tips for hand washing include:

- Use warm water.
- Lather soap for 10-15 seconds. Any soap will do.
- Have your child(ren) sing a favourite song while hand-washing to help them wash for a longer time.
- Rinse hands and dry well with a clean towel.

2. Taking shoes off when you come inside

The soil outside your home can contain a number of substances you do not want inside. Taking your shoes off when you come inside is one way to reduce the amount of these substances in your home.

3. Preventing breathing problems

Indoor air

- Prevent anyone from smoking in your car or home. Infants and children exposed to second hand smoke are more likely to suffer from respiratory disease, ear infections, allergies and Sudden Infant Death Syndrome (SIDS).
- Keep your home as clean as possible. Dust and

vacuum rugs and upholstery regularly. For children with asthma, dust, mold and pet dander can trigger asthma attacks and allergies.

- Reduce your use of aerosol sprays indoors.

Outdoor air

- Listen to the radio or watch television reports for information about air quality and smog advisories. Plan your day based on this information.
- Consider limiting or rescheduling physical outdoor activities on smog advisory days when air pollution is more harmful than usual.
- Reduce exposure to motor vehicle exhaust by limiting physical activity near heavy traffic areas, particularly at rush hour.
- Stop unnecessary vehicle idling. This is an easy way to help improve the air quality in your community.

4. Protect child(ren) from the sun

Too much sun can be harmful.

The sun's ultraviolet (UV) rays can cause painful sunburn and lead to skin cancer. This is especially true for babies and children because their skin burns easily.

To protect your child(ren) from the sun:

- Keep babies under one year of age out of direct sunlight. They should be in the shade, under a tree, umbrella or stroller canopy.

- Do not use sunscreen on babies less than 6 months old. Keep them in the shade.
- Dress children in protective clothing (light colours with long sleeves and pants), including a broad brim hat, AND use sunscreen with a Sun Protection Factor (SPF) of at least 15 whenever they are in direct sunlight.
- Be sure to use lots of sunscreen lotion and reapply every two hours as well as after swimming.
- Keep children out of the sun between 11 a.m. and 4 p.m. when the sun's rays are strongest, unless they are well-protected by clothing and sunscreen.
- Take extra care on days when the UV level is high.
- Don't think that children are safe just because it's cloudy. The sun's harmful rays can get through fog, haze, and light cloud cover.
- Bring water or some juice for your child(ren) to drink when they are outside.

Andréanne Gouin

Responsible for Community Health (RCH)

Reference: <http://www.hc-sc.gc.ca/hl-vs/pubs/child-enfant/safe-sain/index-eng.php>

Culture shock

Different mobility contexts can cause culture shock. Whether through migration or defined-period stays (studies, internships, employment contracts, etc), one can hardly escape the turbulence!

However, before we discuss culture shock, it is important to clarify that there is another shock that comes before. Namely, the shock between the imagined stay before actually leaving and the real stay! Before leaving, everyone has expectations and ambitions. Everyone dreams about their trip, but just like anything, there is a gap between what is dreamed about and what actually occurs. This gap causes the first disruption experienced by someone traveling abroad.

Then there are environmental, administrative and socio-cultural differences, which are likely to shake the newcomer. The more significant the differences are, the more the culture shock is likely to be important.

Question: how can we explain culture shock?

First, it is important to mention that nothing in our culture prepares for cultural differences. Culture offers representations on most major differences as part of the human experience such as the difference between humans and animals, between men and women, between youth and

the elderly, etc, but it does not introduce questioning about its own difference (Kaës, 1998). In other words, culture does not present itself to the individual receiving it as one culture among others, but rather as a universal fact (we are all the same!). In doing so, when other cultures, different, are experienced, this may be considered as an unpleasant surprise or transgression.

Second, with a lack of preparation for cultural differences, individuals often use their own cultural references to interpret the behaviour of people of other nationalities. For example, a Quebecker may interpret the behaviour of an Italian using Quebec cultural references rather than resorting to Italian cultural references. The Italian who refuses to go to the kitchen to talk with his Quebec host may well be perceived by the Quebecker as haughty because Italians simply do not go to the kitchen and leave the entire decision-making process for this area to their wives. For Quebeckers, being in the kitchen is considered being friendly, but for the Italian, it is less manly. In other words, whatever our nationality, we do not always consider what it means for the other, in their own culture, to adopt such behaviour. Each individual evaluates and interprets with his own cultural baggage. Referring to their personal code, the other person's response may thus be seen as alienating or racist.

Third, it is important to mention that relationships between people of different cultures cause changes in all those who are involved in these relationships (Demorgon, 2005). As we have seen, the questions that people of different nationality must address are the same: relationship with nature, sexual differences, generational differences, etc, but the answers to these questions vary greatly from one culture to another. Culture shock is also caused by the change within oneself resulting from the contact with others. It is important to mention that there is more to be developed than our own culture allows with its responses and its symbols. Contact with other cultures makes certain parts of the individual accessible which have not emerged so far in the individual's original cultural environment. This too can cause shock, during the period where the integration of these new parts of the personal identity are developing.

Wli pemkannow8ganal,

Sol Rivard, Ph. D., Psychologist
Odanak Health Centre / Tél.: 450 568-6766

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Depression and physical activity

In industrialized countries, mental disorders affect 20% of women, 14% of men and 20% of children (mild depression). Depression would be the cause for 15% of work absenteeism among men and 26% among women. Mental health depends on several factors, including hereditary links, changes in levels of neurotransmitters, endocrine alterations and psychosocial factors. Depression can occur at any age. Each depression increases the risk of a recurrence, the likelihood increases with the number of episodes experienced. It is therefore essential to take mental health seriously.

Necessary treatments vary according to the severity of depression. Physical activity is an integral part of the process to achieve a sense of well-being combined with other methods. There exists a relationship between the level of participation in physical activity and improved mental health. Physiologically, exercise has a positive impact on certain neurotransmitters (substances allowing neurons to communicate with one another, such as serotonin) that modulate mood in the central nervous system. In addition, an active routine increases the individual's sense of control, self-esteem, feelings of competence and improves sleep quality. In terms of frequency and type of exercise, aerobic physical activity in particular has demonstrated its effectiveness in the treatment of depression. It is important to note that physical exercise cannot cure depression as it is a disease.

Whether to prevent depression or chronic diseases, introducing or increasing your physical activity level requires motivation and preparation. It is important to surround yourself with people and recognize those who can help you through the different obstacles. To improve your success rate, it is important to be convinced of the effectiveness and significance of making some changes and that the benefits are well worth the effort. Clinically, the kinesiologist's objective is to provide the tools necessary for the patients to find their own motivation so that these changes are sustainable. Please do not hesitate to inquire about the services offered at your community health centre.

Jessica Papineau B. Sc.
Kinesiologist

Wapan Rehabilitation Centre



André Gill
Addictions worker

A new French speaking program with a 34-day therapy at Wapan.

The Wapan Rehabilitation Centre now offers a 34-day therapy, since August 23, 2015.

In order to adapt to the needs of its First Nations clientele, the Wapan Rehabilitation Centre now offers, since August 23, 2015, a new 34-day program based on the AA 12-step model, including cultural and traditional elements. This new program was inspired by the current best practices and standards for residential treatment for Aboriginal clients.

For more information, please contact the Odanak Health Centre at 450 494-1267, extension 228.

You can also visit the Wapan Rehabilitation Centre at www.wapan.ca



Here is a little news from your family hall

Hello everyone!!

- Attendance has increased significantly. For the homework assistance program, we have increased from 12 children enrolled last year to 19 this year. We have had several newcomers!

- The P'tits Loups program is also back in full force. This year we are focusing on language stimulation. Until December, five little ones will fill the hall every Tuesday morning.

- The W project will begin in November for the community's youth, aged between 9 and 17. Children aged between 5 and 8 will also have a small role in the process. This year, new projects focused on sustainable development will be implemented. You can already mark on your calendars that the show will be held Saturday, May 7, 2016.

Remember to check out notices sent out by the FNCFS team, including the monthly program schedule for the Café Chakwa.

Jenny B. O'Bomsawin

ENVIRONMENT AND LAND OFFICE ODANAK

New from the Odanak Environment and Land Office

KABASA

This spring, the team was monitoring lake sturgeon (Kabasa) spawning grounds in the Drummondville area. Similarly the last year's project, scientific fisheries caught 53 mature sturgeon (measuring over a meter). Sexing of certain fish through a surgical operation performed by a veterinarian helped identify seven mature females. The biggest female weighed 17.89 kilograms and measured 1.45 m. Using the technique of «capture, tag and recapture», it is estimated that the number of sturgeon that spawned in Drummondville in 2015 was 143, which includes 24 females. We also delineated several egg deposit sites by collecting over 600 lake sturgeon eggs. Finally, we collected 79 lake sturgeon larvae in our larval drift nets. Again thank you to our special sorting team: Joanne Brunet, Kenny Panadis, Priscilla Watso, Denise Panadis, Diane Nolett, Gorgette Nolett, Charles-William Normand, Claire Laramé, Charlotte Gauthier, Nashua Watso, Justine M'Sadoques and Réjean Sadoques.

This project is funded by the Aboriginal Fund for Species at Risk (AFSAR) and Fisheries and Oceans Canada.

KABASA 2015 IN PICTURES



Sexing of a sturgeon by a small surgical operation performed by veterinarian Carl Uhland (left) and Christopher (right).



Raising our lake sturgeon egg collection gear with Luc piloting, Émilie taking notes and Christopher with the pole.



Luc with a pot in which the larval drift material is collected in the area of the Voltigeurs park in Drummondville.



In search of larvae, meticulous sorting of mud coming down the Saint-François River caught in our nets. From left to right: Christopher, Mathieu and Kenny.



In search of larvae, meticulous sorting of mud coming down the Saint-François River caught in our nets. From left to right: Joanne, Gorgette, Diane, Priscilla and Luc.



Live lake sturgeon larvae (2.5 cm) collected during the sorting of material flowing down the river.

CAPSULE «SPECIES AT RISK IN ODANAK»

CHANNEL DARTER

The channel darter (*Percina copelandi*) is a small fish measuring between 3 and 6 cm as an adult. It is light sand or olive in colour and has round spots along its characteristic sides. It is found only in North America. It is considered a species at risk in Canada. The little information on the abundance of the species in Quebec suggests that the population is declining. In fact, this species which is intolerant to pollution occurs in very specific and restricted habitats. In the Saint-François River, this fish occurs on gravel shoals nearby rapids. This species is particularly vulnerable to sudden changes in water levels, which are common in the lower area of the Saint-François River.

As information on this fish is lacking, the Odanak Environment and Land Office is conducting a two-year project to document the presence of the species in the Saint-François River between Drummondville and the St. Lawrence River. This summer, we walked the Pierreville islands and the Béliér area in search of potential habitats for the species. We also carried out seine fishery activities using minnows and we identified all the species caught during our search for channel darter. We caught channel darter only in the Pierreville islands in 4 of the 25 fishing stations set up. We had already found individuals in 3 other places in the Pierreville islands since 2013. The Pierreville islands are therefore a preferred environment for this rare species.

This project is funded by the Aboriginal Fund for Species at Risk (AFSAR) and Fisheries and Oceans Canada.



Seine fishery



Adult channel darter

Management of Hazardous Household Waste (HHW) in Odanak

HHW

Hazardous household waste (HHW) includes products that are found in our homes and which are either dangerous to health or hazardous to the environment. They require special attention for the safety of the community, and in order not to contaminate landfills.

How to dispose of these products:

- Keep leftover products in their original containers.
- If this is not possible, use sealed containers and specify the nature of the product on the container.
- Bring these products on the concrete slab inside the HHW collection site when open in front of the doors when closed.

The collection site is located near the community hall on Waban Aki street



LIST OF HHW

- Oils:
- All vegetable or synthetic oils
- Paint:
- All paints (even if they froze)
- Fluorescent bulbs and neons:
- Screw-in bulbs or neons (unbroken)
- Batteries:
- All types of batteries (rechargeable or not)
 - Batteries for electronic devices and tools
- Electronic devices:
- Cell phones, computers, televisions, other
 - Wires for electronic devices and accessories
- Flammable products:
- All aerosols (insecticides, deodorizers, oils, insulating foams)
 - Propane and butane (small tanks)
 - Waxes, glues, fondue fuel, antifreeze
 - Solvent (varsol, thinner, paint stripper)
 - Varnish
 - Chlorine, ajax, peroxide
- Toxic products:
- Pesticides, insecticides, algacides, other
 - Veterinary products
- Corrosive products:
- Acids or bases
 - Scale removers, Dr. Tuyau
 - Drano, cleaners, ammonia, bleach
 - Thermometers and other mercury-containing products



For more information and pictures on these projects, visit our Facebook page : Bureau environnement et terre d'Odanak

Thank you, Wli wni
The Odanak Environment and Land Office team – summer 2015 : Christopher Coughlin, Mathieu Lavoie, Julie Pommerville (intern from the UQAM), Luc Gauthier, Émilie Paquin, Steve Williams and Michel Durand

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Ndakinna: Our Land – Project Progress



Since the last progress update for the project «Ndakinna: Our Land» in July, much has been achieved! The second phase of this study to paint a portrait of traditional activities practiced by Odanak and Wôlinak community members is almost complete. This stage of the study, the biographical mapping survey, is a research method developed by First Nations in Canada. It now represents an essential tool in terms of affirmation of territorial rights.

After discovering early in project that the majority (over 90%) of the Abenaki people who responded to the preliminary survey practiced or have practiced in their lives fishing, hunting, trapping, gathering or collecting traditional materials, we are currently working to establish the specific places where these activities are practiced. This step requires significant time. In fact, some of you who participated in the survey were able to recognize the effort required to record on a map where you hunt, fish, trap and gather resources. But for us, the work is just beginning! These maps must then be scanned, and all the information they contain must be carefully converted into computer data.

But it is well worth the effort. The processing of around twenty interviews is now complete, and already more than 1,300 points have been listed in our database. There are one thousand three hundred locations where Abenaki people have practiced a traditional activity, and others will be added! These data speak for themselves, and we will undoubtedly demonstrate the extent of the Abenaki presence on the current Ndakinna.

One step remains, conducting semi-structured group and individual interviews to explain the data, to allow the team to better understand the significance of these traditional practices for you.

We are therefore relying on you, once again, to participate with as much enthusiasm and dedication!

Wliwni!

For more information or to access more detailed results, please contact us (hmcouture@gcnwa.com or 819 294-1686). In addition, the new version of the Grand Conseil de la Nation Waban-Aki contains a section dedicated to the project in which you will find the most updated information about this project along with related publications. Take a look at www.gcnwa.com/bureau-du-ndakinna/



Hugo Mailhot Couture, Project manager at the Grand Conseil
Marie-Ève Samson, research and survey agent at the Grand Conseil

News from the M8wwa Committee!

Camping on Île Ronde

In partnership with the Abenakis of Odanak Council, the Odanak Health Centre, the FNCFS and the Ndakinna Office at the Grand Conseil, the M8wwa Committee has developed a camping project on Île Ronde. The activity took place on June 20 and 21, 2015. The experience was wonderful along with the participation of several people from the community. The project seems to have been appreciated and we are already planning the second edition! Wliwni to all those who have contributed in different ways to the implementation of the project!

Traditional gathering site: Wigodi

We have completed the installation of the Wigodi site near the community in September. We would like to thank Chief Rick O'Bomsawin for helping us set up the tipi. A huge THANK YOU also goes out to the Environment and Land Office and the Council for their technical and financial support. We have already removed the tipi and the poles before the snow begins falling... Book your calendar for next year for the formal inauguration!



Youth forum

The 4th edition of the First Nations of Quebec and Labrador Youth Forum was held from August 7 to 9. Marc-Olivier, Mathieu, Jennifer, Stéfanie and Suzie attended the forum! Due to the non-renewal of funds allocated for the Youth Network by the Youth Secretariat and the Aboriginal Affairs Secretariat, the Forum's scope was greatly reduced. From a hundred participants at the 3rd edition, there were only thirty for the 4th. Also at this

forum, participants attending elected the new spokespersons for the next two years:

Female spokesperson: Mélodie Jourdain-Michel from Mani-Utenam

Substitute: Jennifer O'Bomsawin from Wendake/Odanak

Male spokesperson: Wayne McDougall from Pikogan

Substitute: Shotehra Rice from Kahnawake

Congratulations to the new spokespersons!

Film screenings

During the summer, the Committee held two outdoor screenings at the church square. We viewed *La ligne rouge* by Kim O'Bomsawin and *3 histoires d'Indiens* by Robert Morin. We will resume the indoor screenings at the family hall in the coming weeks. Stay tuned for the next screening dates! Also, a huge thank you goes out to Kim O'Bomsawin for having generously attended to present *La ligne rouge*. A remarkable film and a must see!

Nemikwaldamnana and a vigil for murdered and missing Aboriginal women

M8wwa Committee members would like to thank the members of the organizing committee for the vigil for murdered and missing Aboriginal women and for the commemoration of Nemikwaldamnana. A touching and unifying event. Wliwni!

Do not hesitate to contact us if you have questions concerning the M8wwa Committee or the activities that the members of the Committee do!



If you have project ideas. If you want to get involved with the Committee. Contact us!

Wliwni, M8wwa Committee members



Visit our Facebook page
Comité M8WWA Committee

News from your Museum



Summer traffic increased!

The 2015 summer season provided a very nice surprise: a 21% increase in customer traffic! We can attribute this increase to the reputation we received as a result of the prestigious awards won in recent years for our various projects, of our exhibit at the Domaine Trent in Drummondville, as well as our latest temporary exhibit and the advertising made. I would like to remind those who have not yet had the opportunity or those who would like to visit once again the exhibit Kizi n8nninska kassigaden! The Musée des Abénakis: 50 years Young! that admission to the Museum is now free for all registered Odanak and Wôlinak band members. Take advantage of the opportunity to purchase the exhibition catalog which includes the 50 eye-catcher objects from our collections which were selected by 50 people who have animated, supported or built the Abenaki Museum. Moreover, along with the works by Jean-Claude

Dupont, you can discover the collection of Innu figurines produced by the artists Jourdain and Genest. These thirty small dolls were given to us in 1986 by the Odanak Band Council at the time. Guests are invited to come and see this Innu collection as of November 2015.

Launching of the virtual exhibit!

The virtual exhibit Fort Odanak: 1704-1759. The search for traces of a fortified Abenaki village has been officially launched! With a grant of \$248,500 from the Virtual Museum of Canada, this exhibit, accessible at www.fort-odanak.ca, describes the establishment of the fortified village in Odanak, the lives of its occupants and its destruction in 1759. It proposes to discover the ancestral territory of the Abenakis, which at the time extended from the Atlantic coast of northeastern North America to the St. Lawrence River, and then situate the current Abenaki community, in the 21st century. You will discover the history of Fort Odanak built around 1704 near the Saint-François River and many artifacts unearthed during the four years of excavations. During your visit, you will relive the fascinating history of this fort, unique in North America, and relive the conflicts that led Abenaki groups to settle at Odanak.

It walks you through the steps taken by the team of archaeologists along with Abenaki youth in order to better understand the lifeways of the people who inhabited this fortified village.

Annual General Assembly

The Annual General Assembly of the Odanak Historical Society was held on September 14. The 2015-2016 Board of Directors members are: Suzie O'Bomsawin, President, Helen Watso, Vice President, Marjolaine Lachapelle, Secretary, Jacques T. Watso, Mathieu O'Bomsawin-Gauthier and Jean-Clément Gauthier, administrators. We wish to thank Mylène Trudeau, former President, and wish to acknowledge her contribution to the success of several projects, including the benefit event in 2015. Also, during this evening, Monique Nolett-Ille received the title of honorary member the Odanak Historical Society. She therefore joins Ms. Alanis Obomsawin, Ms. Annette Nolett, Ms. Thérèse O'Bomsawin-Gaudet and Mr. Fernand R. Obomsawin, who have all also received this title at the previous annual general assemblies.

Hope to see you soon,

Vicky Desfossés-Bégin,
Media and Communications Agent
Musée des Abénakis

Clarification: Here's the text that should have appeared in the last edition of the Waban Aki Pilaskw, in July 2015.

Word from the Chief

Kwai fellow Band members, Reconciliation is the act of causing two people or groups to become friendly again after an argument or disagreement. The disagreement here was one sided, it was of a group that thought itself superior, who thought it best to do away with what they perceived as not being necessary in our world; a culture other than their own. The roots of the original people who seen as «less than» were of no consideration to those who at the time were in places of power. The results were generations of futile suffering. We now know that to be the truth!

Over the course of two generations many attempts were made at doing away with our nations. But now, the tides are turning and we are reclaiming our place of civil liberties and respect as First Nations people. More than any other time in history we have the social space to be who our creator intended us to be, a strong cohesive people. The balance is returning.

Taking initiative as a community member and as a member of mainstream society to contribute to the learning and sharing of our culture, language and history will allow us to begin to heal, acknowledge and celebrate who we are as a people.

It is through our culture and communities that we will heal the wounds resulting from a time where we were seen as a problem to be done away with. The shame and abuse experienced by our people just because of our race is no longer acceptable. The lateral violence within our communities must also come to an end. Our children and their children deserve better!

There is a final very important reconciliation necessary at this time in our world and that is the internal one. We must let go of the ties that bind us to destructive feelings such as hatred and shame, those we have internalized that rob us of individual and community wellness. We must let hostility be replaced by positive activities that continue to contribute to a healthy environment, one that no longer harbours hate. We must work together to restore the pride in our heritage, for this and future generations.

There are many initiatives that foster community healing and wellness. Contact your family house to learn more about them. It's time to get on board, if you are not already. Many members have skills that can be taught to our children and grandchildren and initiatives are in place to welcome those teachings. Our community is buzzing with constructive activities that call upon the knowledge of our elders to be shared with the next generation. Initiatives such as the summer day camp program, canoe and camping activities and other community gatherings are such activities. Let's get involved!!!!

In peace and friendship,
Chief Rick O'Bomsawin

Elections

AS CHIEF (1 vacancy)

- Rick O'Bomsawin
- Jacques T. Watso
- Alexis Wawanoloath

As councillors (4 vacancies)

- Richard Côté
- Pierre Gauthier
- Jean Degonzague
- Eric G. Nolett
- Alain O'Bomsawin
- Claire O'Bomsawin
- Luc O'Bomsawin
- Réjean O'Bomsawin
- Steve Williams

Sending of electoral kits – Deadlines

Please note that the deadlines for the sending of electoral kits are :

- In the US and other Canadian provinces : November 18th, 2015
- Off-reserve in Quebec : November 20th, 2015
- On the reserve : November 25th, 2015

Beyond these dates, voters are invited to vote on-site during voting day.

For questions on regulation : Yves Landry, Election officer, 819 374-8921



ANNUAL GENERAL ASSEMBLY OF THE QUEBEC NATIVE WOMEN'S ASSOCIATION OF THE WÔBANAKIS NATION!

NOVEMBER 28, 2015 AT ODANAK'S ALNŠBAIWI HALL
115 WABAN-AKI, JOG 1HO FROM 10:30AM TO 12:30PM

- General information on the Quebec native women inc (qnw) association
- Review of the 2014 minutes
- Election of members
- Open discussion on the 2016 activities
- A community lunch will be served

GATHERING OF WOMEN

RAISING AWARENESS ON OUR ABORIGINAL RIGHTS

OUR ABENAKI IDENTITY!

DEFENDING OUR FUTURE GENERATION

ABORIGINAL PRIDE