



On November 13, it was with great sadness that we learned of the passing of a great lady, Ms. Claire O'Bomsawin.

Claire was a great defender of women's rights. This passion and dedication led her to work for several years with abused women in a Montreal residence.

Of course, Claire also had the defense of Indigenous women's rights at heart and was actively involved in this cause by being part of the organization Femmes autochtones d'Odanak.

This woman of conviction also held the position of Councillor on the Abenakis of Odanak Council for 15 years. For some time, she also sat as an elected woman on the AFNQL's Council of Elected Women. Having a great interest in the elders of Odanak, Claire worked tirelessly for the implementation of programs for them such as Kchaïak, minor



repairs, Meals on Wheels, collective kitchens, panic buttons and food drive, to name a few. Claire loved her community wholeheartedly and was proud of it. She always took an

empathetic and humanistic approach towards her members, because human contact was very important to Claire and that is why she always made sure that her approach was as personalized as possible. Humbly, but with conviction, Claire was much more than a collaborator for the Band Council. She was a reference, a beacon, towards finding answers to the needs of the Abenakis.

Claire combined her love for her community with her love for animals on a daily basis by going for regular walks on the Tolba or Koak trails in Odanak, accompanied by her dogs.

Claire's presence will be missed by all of us but her legacy will be stronger than her departure because she gave so much, without ever counting and we thank her so much for that.

Dear parents, family and friends, we share your grief and know that we are with you in this difficult ordeal.



Word from the Chief

Kwai fellow band members,

JI hope you're all keeping well and that your home and loved ones are safe and sound. These are certainly demanding times. So much information looming about a mysterious virus, many of us are struggling to understand. The isolation some of us are living is a factor we have to deal with that goes against our cultural fiber. It's important for us all to remember that in these trying times, we are not alone. Calling loved ones helps and outreach workers are in your communities to help if the internal battle gets too difficult or if you or your families need assistance.

This last fall, we lost two dedicated elders,

Claire O'Bomsawin whose heart made her a woman whose battles in life resulted in the strength and wisdom she brought to the table. Her contributions were important in the work we as Chief and council deem necessary to address, for the advancement of our Nation. Her main file was the elder's services, which she treated with care and a strong voice. She will be missed by many of us, however I trust she will be guiding us from the council above. The falling leaves also brought the return home of another committed elder. Elie Joubert, who dedicated a large part of his life to keeping our language alive, taught and documented. He honored his responsibility passed down from his mother, Cecile Wawanolett, a dedicated keeper of our language. I take this moment to say Wliwni for keeping your focus on such an important piece of our heritage, our language. Thank you for the legacy you've left for us.

I would like to speak to an issue in our community/country, that of cultural appropriation vs. cultural appreciation. In the stories I'm told, I don't believe our ancestors fought about appropriation. I always hear stories about how opened we were to welcoming other nations. We learned and shared among each other as well as with other nations. Our shared set of beliefs and values resulted in our symbols, dances, rites of passage and so much more.

When I see all the events surrounding this issue, I am reminded of the trickster: he who distracts us from our vision and tricks us into thinking that the solution is in rivalry on the

subject. I was taught that it was not ours to police the spirits. To focus on what is constantly distracting us from the important work we need to do is futile. The hate that we give separates us from each other as well as from the important work of re-weaving the invaluable threads of our Nation and restore what is ours.

We need to shift our focus and bring it back to the hub, the heart of our Nation. We must work together so our people can thrive, no exclusions. We must continue to restore the broken pieces of our heritage. A heritage so indecently disturbed by a "civilized world" that saw no value in respecting our different reality. Let's do better.

The challenge for us is to restore our foundation.

Maintaining our connection with one another is our best chance. We need to come together knowing that each one of us carries a very important voice, necessary to the resolution for our nation. While the times force us to be separated from each other, we can focus on our family's piece. When we meet again we can exchange and begin to put those pieces together.

History has dealt us a story that separates us; let us work together on a better story. Our children and grandchildren are counting on and learning from us.

In peace and friendship,

Chief Richard O'Bomsawin





Word from Councillors



FLORENCE BENEDICT
Councillor

Kwai,

For this article in the closing days of 2020, I will not report on activities, because I would like to pay a special tribute to Ms. Claire O'bomsawin, Councillor, mother, grandmother, friend, a great activist for women's rights and who also had a great passion for animals. She passed away after a battle with cancer on November 13. So, I will address Claire for the last time.

Hello Claire,

Your departure leaves a huge void, it's almost unreal. I have the feeling that, from one moment to the next, I was expecting you to walk out of the elevator and ask me if Daniel was in his office.

Wherever you are now, I can well imagine you, around a big table, gossiping and discussing politics with our dearly departed, trying to reshape the world...

I remember very well the day you told me you had metastases in one lung; it was a few days after the elections. We were sitting on the steps outside the Council. You were crying so much. You told me: "If you want me to resign from the Council, I will!" and I said, "I don't want you to resign because who am I going to argue with now?"

Then you burst out laughing and said, "You're nuts."

That's who we were, Claire!

Most of the time we were on the same page, but when we disagreed, the tone would rise and we could be heard all over the Council, to the point where Rick had to step in, remember? Now, in hindsight, I realize that it was simply the clash of generations, but both of us were driven by the same passions and shared the same goals; the well-being of the community and the Nation.

Even if we sometimes argued, we would always reconcile. Sometimes it could take several days because we held our positions and neither of us would give in. There were times when I hated you and I told you so in conversation, and then we laughed, because despite our frequent spats, we usually ended up moving on quickly. Damn pride!

I had the privilege of talking with you two weeks before your departure. It was in the evening, when I drove you home in my car. I told you how much I have always admired the woman you were:

strong and determined, shaped by life and your past experiences, a women's rights activist. You told me that you cared so much about women's rights that one day, during a demonstration in the streets of Montreal, tomatoes were thrown your way, but nothing in the world would have stopped you from being there, not even tomatoes. You laughed as you shared this story with me, and that's what I admired about you. You stood up for your ideas and your beliefs, no matter what people thought. A true warrior.

As a woman in charge and always in control, I wasn't surprised when you told me that you were already preparing to leave, even before you started your chemotherapy treatments. Your funeral arrangements were organized and you had even chosen the songs you wanted played at your eulogy.

We will miss you Claire. You left so quickly that I was mad at you because I didn't have time to say goodbye. It was Gisèle, "your buddy" as you called her, your great accomplice, who called me to announce your passing. I still remember it, I was in my car, we were both crying and I repeated to Gisèle: "Not so soon, it wasn't supposed to be that fast!" You would have liked so much to spend one last Christmas with your family as you had told me.

Your funeral was a beautiful celebration. Your family and friends were all there to salute you

one last time. It was a simple and humble ceremony. I am sure that you were with us throughout this procession. The Flying Sturgeons were there to fulfill your last wish; that of a last song to the sound of the drum while Marie-Claude held you close to her and said goodbye for one last time.

I could still talk to you for hours on end about our good and bad moments, but I have to leave room for others and not take up all the space in the newsletter as you would say.

Know that your spirit will always be with us. Continue to watch over your children of whom you were so proud and over your granddaughter Charlie, your Elders and our Nation.

You're no longer in pain now. You are with your loved ones and your beautiful Line.

You will live forever in our hearts. I already miss our conversations and our giggles!

And up there, if you run into my father, tell him that I miss him very much and that I think about him very often.

Wliwni for everything,

Farewell Clara

From your ti-loup xxx

In conclusion, dear members, I wish you all a very happy new year 2021.

Peace, health and happiness!



ALAIN O'BOMSAWIN
Councillor

Kwai fellow band members,

I would first like to make a special mention to Ms. Claire O'Bomsawin who was an outstanding colleague for many years, but who unfortunately passed away recently. Thank you, Claire, for your involvement with our elders and for doing a wonderful job in the community. I would like to extend

my sympathies to all of Claire's family and loved ones.

In a completely different vein, renovations were made to the church roof. The roof was painted as planned and we are currently awaiting funding from Patrimoine religieux, as they have committed to cover 70% of the eligible costs for these renovations.



Still on the subject of the work done in the community, the Catholic cemetery has been expanded. In addition, finishing works will begin next year, such as finishing the fence.



I would also like to inform you that I am now working on the Bas-Saint-François intermunicipal drinking water supply dossier. I will be able to give you more information on this matter soon.

Next, in my role as parish sponsor, I have made available documentation for you to consult and read in case of abuse situations related to Catholic Church workers. These documents are available at the church and on the

website of the Diocese of Nicolet. For more information, you can visit the following link:

<http://www.diocesenicole.qc.ca/diocese-de-nicolet/protection-des-personnes/>

In closing, I hope you enjoyed the holiday season! All the best in the New Year. Wishing you all happiness, health and prosperity.

Wliwni



Word from Councillors



JACQUES T. WATSO
Councillor

Kwaï,

As usual, I'm writing this text on its deadline, which was December 4, 2020. A funny year, apart from Covid-19. The Band Council continues to move forward, and the community is thriving.

Beyond politics, more than 15 years working with Councillor Ms. Claire O'Bomsawin does not leave me indifferent. She left us after a hard battle with cancer. We have fought

many battles together and more than once we have quarreled, but the Nation always came before our different.

Claire was one of those women who forged a generation of Abenaki of Odanak. Coming from the fight for the recognition of the rights of indigenous women, she continued the fight for the recognition of our grandchildren and the generations to come. Our

last conversation was not one of resignation but of hope for the future of our Nation. Until the end, her concern was with us.

Thank you Claire !

And to you, members of the Nation, stand proud.

Jacques

Word from Management



DANIEL G. NOLETT
Executive Director
Abenaki Council of Odanak

Kwaï mziwi!

As I write these lines, we find ourselves in the middle of the second wave of the Covid-19 pandemic. The situation does not seem to be improving, so much so that we have recently received confirmation from Public Health that the first Covid-19 positive cases have been reported in Odanak (> 5 cases). This situation has enabled us to test our procedures in place and to react quickly to this announcement of positive cases by sending public notices within one hour after receiving the information from Public Health.

During this pandemic, we can count on the excellent support of our health and social services team at the Odanak Health Centre. All Council staff, including those in the administrative office, the Health Centre, the Police Force, Public Works and the Environment and Land Office, are striving to ensure continuity in the delivery of services to the population, while respecting the rules dictated by Public Health.

We emphasize remote services, either by telephone or

videoconferencing for those with access to an electronic tablet or computer, in order to avoid direct person-to-person contact. The vast majority of our staff is therefore teleworking. Face-to-face meetings, when necessary, are conducted by making an appointment in advance. In order to ensure the health and safety of community residents, we will continue to strictly adhere to the recommendations and directives of Public Health until the end of the pandemic.

The expansion of the former administrative office located at 102 Sibosis Street, where the offices of the Grand Conseil de la Nation Waban-Aki (GCNWA) are now located, began in October 2020. With the expansion that the GCNWA is undergoing due to its many mandates, it has become imperative to proceed with this expansion.

This is a \$1.2 million project. Half of these costs will be covered by the funding we will receive from the SAA and the other half will be covered by a loan from BMO. None of the funds dedicated to our members or the Council's consolidated surplus will be affected by this project since the entire cost of this project will be fully covered by the GCNWA through the rent to be charged.

After experiencing episodes of sewer backup on Asban Street, particularly at the police station, GCNWA technical services inspected the sanitary sewer line to verify its condition. They observed that the pipe was defective and non-compliant. We applied to Indigenous Services Canada (ISC) for funding to replace

the defective sewer line. The cost of this work is estimated to be close to half a million dollars. We are awaiting confirmation of our application's eligibility for funding from ISC before commencing the work.

Following the passing of Councillor Claire O'Bomsawin on November 13th, Council decided not to proceed with a by-election to fill her vacant position, despite the fact that there is still one year of office remaining on this Council.

Canada Mortgage and Housing Corporation (CMHC) and ISC have launched an initiative to assist Aboriginal women and children who face unique housing challenges and obstacles. For those who experience violence, a shelter is often a first step in rebuilding their lives and protecting them from further violence. CMHC will provide new funding of \$44.8 million over five years for the construction of 12 shelters, including 10 in First Nations communities on reserves across the country and two in the territories (Nunavut, Yukon and Northwest Territories). We have therefore set up a working committee composed of staff members from the Odanak Health Centre, the FNCFS, the Abenaki Police Force, Quebec Native Women and the Maison La Nacelle in Nicolet to prepare Odanak's application to eventually host a shelter for these Aboriginal women and children who wish to flee violence. We also conducted a small survey last December to determine the opinion of the population of Odanak as to the acceptability of this project. The survey showed an 85% rate of acceptability and community

members are in favour of us becoming a host community for one of these centres. Our application was therefore submitted to the CMHC. CMHC's choice of the selected host communities should be known in January or February. We will keep you informed of developments in this file.

Regarding the class action brought by the victims of the federal Indian day schools, our community members who attended the Académie Saint-Joseph before its closure in 1959 can apply for financial compensation. To do so, I invite you to consult the following website:

<https://indiandayschools.com/en/>

In closing, the Specific Claims Tribunal hearings for the Seigneurie of Saint-François, the 38 Lots and the Seigneurie of Bécancour files began on September 9. The hearings are open to the public. However, the hearings are being conducted by videoconference only. Indeed, due to the pandemic and the fact that Odanak is in the red zone, the Specific Claims Tribunal was unable to allow the hearings to take place in person at the Musée des Abénakis, as planned. To obtain the link to attend the hearings, we invite you to visit the Ndakina Office Facebook page (www.facebook.com/bureaundakina)

Wli pbon mziwik!

Have a nice winter!

Daniel G. Nolett
Executive Director
Abenakis of Odanak Council



Technical Services



MARIO DIAMOND
Technical Services
Director

Kwaï nid8ba,

I cannot overlook the passing on to our Creator of Ms. Claire O'Bomsawin. Claire supported and

participated in several community projects. I grieve the loss of her presence and support. I would also like to take this opportunity to offer my sincere condolences to her family and loved ones.

On a completely different note, the year 2021 looks promising for the Odanak community. I am not referring here to the Covid-19 vaccine, but to all the projects to be carried out.

The Pakesso development is now complete and as I write this, all that remains is to install the street lights. W8banaki (Waban-Aki) Street has undergone a major facelift and the rest of the development, located further north from the post office, will be completed in the summer.

In addition, as previously mentioned in the Executive Director's article, the Abenakis of Odanak Council recently supported the project to apply for funding from the CMHC and ISC to proceed with the construction of a shelter for women and children fleeing domestic violence. The file that we will present is well developed and we hope for a positive response to obtaining funding.

The construction of 102 Sibosis Street is progressing at a fast pace. Starting next summer, parents and children of the community will be able to benefit from a beautiful, modern and convenient building for all its users.

Other projects include the

expansion of the Catholic cemetery, as well as the extension of the walking trail along Route Marie-Victorin to the eastern boundary of the community.

The Council has also acquired several generators to ensure that it can continue to provide essential services in the event of an extended Hydro-Québec outage. The installation of these generators has begun.

In closing, if you have any ideas or questions, do not hesitate to contact me. In the meantime, I invite you to consult our website or our articles on social media.

Wli nanawalmezi

Adio



Short Column on the Abenaki Language

In this column I will discuss:

THE FORMATION OF THE PLURAL OF INANIMATE NOUNS. Since indefinite and definite articles do not exist in the Abenaki language, the singular of a noun, such as table, designates both a table and the plural of tables, or tables.

1. As a general rule, to form the plural of **INANIMATE** nouns, “aI” is added to the plural form.

| | | |
|------------|-----------|-------------|
| Table | Tawipodi | Tawipod |
| River | Sibo | Siboa |
| Bark canoe | Wigwaol | Wigwaolal |
| House | Wigw8m | Wigw8ma |
| Book | Awikhigan | Awikhiganal |
| Cherry | Adbimen | Adbimenal |
| Medicine | Nbizon | Nbizonal |
| Field | Kik8n | Kik8na |
| Lake | Nebes | Nebesal |

2. For nouns ending in “a”, simply add “I”.

| | | |
|--------|----------|-----------|
| Basket | Abaznoda | Abaznodal |
|--------|----------|-----------|

3. For nouns ending in “gen”, add “ol”.

| | | |
|------|---------|-----------|
| Flag | Madagen | Madagenol |
|------|---------|-----------|

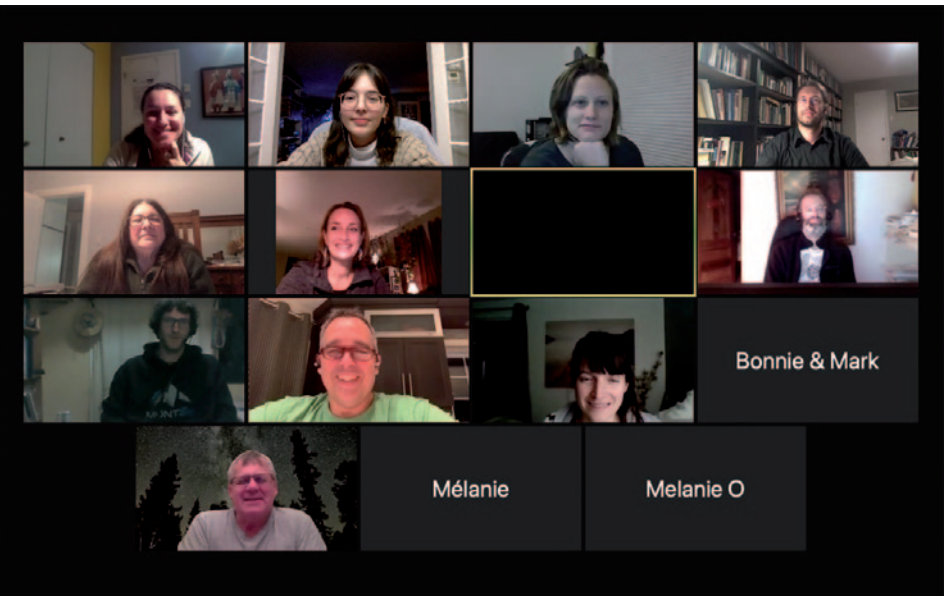
Also add “ol” to all nouns ending in “gw or kw”. For the plural form of these nouns, replace the “w” with an “o”.

| | | |
|----------------|----------|-----------|
| Tree leaf | Wanibagw | Wanibagol |
| Sheet of paper | Pilaskw | Pilaskol |
| Eye/face | Msizekw | Msizekol |

4. For nouns ending in “k”, add “il”.

| | | |
|---------|---------------|-----------------|
| Glove | Alilj8mek | Alilj8mekil |
| Cabinet | Papkwedan8zik | Papkwedan8zikil |

¹ Taken from INITIATION À LA GRAMMAIRE ABÉNAKISE, Monique Nolett-Ille, Odanak 2006.



Kwaï Mziwi!

Nisda alokan wl8gw, nd'agakim-zibna Aln8ba8dwa / Tuesday evenings, we study Abenaki.

In last fall's edition of the Pilaskw, Odanak Chief Rick O'Bomsawin mentioned that this trying pandemic has brought its share of challenges, but must also create opportunities that will contribute to the important work of reform within our Nation.

Here is some evidence that the pandemic may have some upsides. Since Tuesday, September 21st, 15 to 20 participants from the Wabanaki Nation have been learning the Abenaki language virtually, and in good spirits. This is a unique opportunity to share and contribute to the revitalization of our ancestors' language, as well as to meet and reconnect with Nation members. Some already know the basics of the language, others are just starting out. Friendships are being made. Generations are coming together.

In the fall of 2018, I began the Abenaki language classes offered by Philippe Charland with Native Montreal. Since then, I have been discovering our beautiful language with much joy. Learning the Abenaki language allows me to decolonize my mind, ensure a certain cultural security and affirm my “Indigenouness”.

A few months ago, I cherished the opportunity to continue this educational experience with mostly members of my Nation. The positive side of the pandemic has been to accelerate this project. I would like to thank Philippe Charland, Daniel Gauthier Nolett and the contribution of the Grand Conseil de la Nation Waban-Aki who allowed me to make this wish come true. Let us make it our duty to keep the Abenaki language alive and thus honour our ancestors along with present and future generations.

Pascale O'Bomsawin

Aln8ba8dwaiaagakimzowinnoskwa



Ndakina Office

Maalhakws: a major consultation on black ash has begun, the stakes are high

The Ndakina Office recognizes that the W8banakiak people bear a stewardship responsibility for the land, and that the health and sustainability of black ash is of concern to the Nation's members.

It is well known that black ash is threatened by the emerald ash borer. For this reason, the Canadian Wildlife Service is considering and has consulted with us on the possibility of listing black ash as a species at risk. This raises several issues and could have repercussions on the Nation's traditional rights to harvest the trees and the possibility of selling baskets in the communities. Our work will aim to ensure that rights are not impacted.

as the sale of the abaznodal (baskets).

- Finally, a committee will be created to pool the projects of each Nation and to go even further in protecting and securing traditional knowledge.

Two other meetings are planned, the next one in the winter of 2021, and a third next spring, with the aim of rallying Aboriginal stakeholders and agreeing on concerted actions and common positions.

The latest on black ash research: The black ash research project in collaboration with Université



Considering that black ash is an important resource for several First Nations, the Ndakina Office has submitted a consultation project and has partnered with the First Nations of Quebec and Labrador Sustainable Development Institute to lead the initiative. A first webinar was held on December 2nd and brought together representatives from several First Nations communities. The future of the black ash tree and its protection were discussed.

The purpose of the first meeting was to initiate the consultation process and to mobilize all interested First Nations. Among other things, it was agreed that:

- While protection of the black ash tree is a priority, it must be done in a manner that respects the special relationship and importance of black ash to First Nations.
- It also seemed obvious to all participants that basketry is an integral part of the Indigenous rights of the First Nations who practice it, as well as all the steps involved, from the cutting of the tree to its transformation, as well

Laval and the Odnak Environment and Land Office is in full swing. This project aims to better understand the characteristics that make it such a unique species.

The success of the project is due to the help of the employees of the Odnak Environment and Land Office and other Nation members who are actively involved. Their traditional knowledge is being honoured.

Special thanks to Danny Gill who, of late, pounds all the ash trees on his own for the study, a remarkable and extremely demanding job!

Please do not hesitate to contact Edgar Blanchet at eblanchet@gcnwa.com

if you are interested in participating in this major consultation process. You can also follow our Facebook page at the following address: <https://www.facebook.com/bureaundakina>

Wliwni!

Author: Edgar Blanchet,
for the Ndakina Office

Archaeological survey in Contrecoeur

Following an archaeological potential study in which the Ndakina Office participated, the archaeology team carried out an archaeological survey in Contrecoeur. The sector targeted by the intervention concerns the expansion project of the Port of Contrecoeur managed by the Montreal Port Authority. The team composed of representatives of the W8banaki, Mohawk and Wendat Nations participated in the field during two weeks. The team explored the agricultural, forestry and wetland areas that will be affected by the expansion project. More than 155 holes were dug in the soil with shovel and trowel to document the presence of archaeological sites that are evidence of former occupations of the territory. The intervention led to the discovery of four new historical archaeological sites containing artefacts from the 18th and early 20th centuries.



Figure 1 : Archaeological survey

Following these archaeological surveys, prospecting continued in November using ground-penetrating radar (GPR) and an excavator. Ground-penetrating radar is an instrument that sends electromagnetic waves into the ground using an antenna. When the waves encounter anomalies, some of them are reflected back to the surface and recorded by the antenna. The use of GPR is used to detect the presence in the ground of walls, piles of stones or old

excavations such as graves. In this project, the GPR was used to delimit the sites found during the survey, but also to calculate the extent of a layer of organic soil buried at a depth of more than 200 cm. This layer could contain artefacts related to occupations dating back more than 5,000 years. A dozen excavations with an excavator made it possible to locate and confirm the presence of this organic layer. During the last day of field work, the ground-penetrating radar detected a few anomalies at depth. The excavation that followed uncovered two columns and some coal. The latter site will be surveyed next spring.



Figure 2 : Maps of work carried out in the study area

Now that the prospecting work has been completed, we are beginning the analysis of artefacts and soil samples to better understand the types of occupation. Once the report is issued, it will be easier to make recommendations on the work to be carried out on the sites uncovered. These initial results are only the beginning of the work for the Ndakina Office archaeologists! Future planned interventions, notably on Île Bouchard located opposite the site planned for the expansion project, will document the ancestral occupations of the territory.

Geneviève Treyvaud,
Archaeologist Ph.D.



Figure 3 : Ground-penetrating radar and excavation

Bureau du Ndakina

Specific Claims Tribunal Hearings: Update

A few months ago, on September 9, 2020, the Specific Claims Tribunal, an independent tribunal, began its hearings. This was certainly an event that was both unprecedented and historic for the Abenaki communities of Odanak and Wôlinak. Initially scheduled to be held in person at the Musée des Abénakis, the hearings were held in virtual form due to the pandemic.

As you read these lines, expert testimony, including that of your representatives, will be complete. Having attended a few times (I will spare you the many historical facts), experts delivered what was expected of them. Indeed, on the basis of archival documents, period correspondence and numerous maps, each one as significant as the other, they demonstrated to the Judge and to the opposing party, the responsibility of the Canadian Crown for the territorial loss suffered by the two communities, at least in my opinion.

Far from being trivial, the Abenakis of Odanak have lost an area of 67.55 square

kilometres, or more than 90% of the original 18th century territory, while for the Abenakis of Wôlinak, the loss is just as significant, the territory having been reduced by almost 61 square kilometres, or more than 95% of the original 18th century territory.

Within the next few months, counsel for each party will present oral or written arguments to the Specific Claims Tribunal Judge. If nothing changes, it is anticipated that oral arguments will be made in March 2022.

Once the arguments have been heard, the Judge will have to determine the merits of the Wabanaki land claims. However, we will have to be patient and wait at least a year before a final decision is rendered; our claims files are both substantial and complex. We will certainly revisit this issue in a future publication.

Yvon Poirier, Land Claims Coordinator – Ndakina Office



Hello,
my name is Rémy Chhem. I joined the GCNWA Ndakina Office at the beginning of November and it gives me great pleasure to briefly introduce you to my work as environmental project manager.

Over the coming 18 months, my main mandate will be to develop a framework for the social acceptability of proposed initiatives on the Ndakina. What does this mean? In recent years, the Ndakina Office has conducted an increasing amount of work in consultation, research and mobilization of knowledge. As this work has progressed, the Office has realized the importance of reflecting on what it has achieved to date, and the importance of ensuring that its work is well aligned with what elected officials, users and Nation members want for their traditional territory.

The framework responds to this need. In close collaboration with members and elected officials,

and thanks to a summary of our work, I will first provide an overview of the situation in the Ndakina: what pressures exist, priority areas we wish to preserve or restore, aspirations and vision for the W8banakiak territory? Second, through numerous consultations and a citizen's committee that reflects the diversity of Wôlinak and Odanak (details are yet to be defined), my colleagues and I will develop stewardship objectives and means of action to implement these aspirations and visions. Through this exercise, which can be repeated on a regular basis in the future, we aim to ensure that the Nation is better equipped to assess what future projects are acceptable and desirable.

Through this project, we also wish to get to know you better and to make the daily work we do at the Ndakina Office more widely known. Your participation in the consultation processes will be essential and will ultimately contribute to the long-term health of the Ndakina and the W8banakiak practices and knowledge. If you have any questions or comments, if you are interested in participating in the future citizen committee or if you wish to be informed of the process, I invite you to write or call me at rchhem@gcnwa.com / 418-261-8387.

Looking forward to meeting you!
Wliwni!

Rémy Chhem
Environmental Project Manager



LET'S HELP SAVE THE MONARCHS!

The monarch is an emblematic butterfly native to the United States. Each year, this very colourful butterfly reproduces in summer in several regions of southern Canada.

They then undertake a 4,000 to 5,000 km migration to the highlands of Mexico to spend the winter. This is one of the largest insect migrations in the world.

Unfortunately, since the 1980s, a huge decline (more than 80%) of this species has been observed. The causes are diverse: loss of natural habitat, use of pesticides and herbicides and climate change.

Milkweed is the only plant on which the monarch will lay its eggs. The caterpillar also feeds on its leaves. The monarch also needs

other wild flowers to feed on their nectar.

Milkweed plants are indispensable in all of the monarch's breeding fields and migration corridors.

By creating and protecting habitats conducive to its survival (creating a demonstration garden for the monarch, planting milkweed and nectar-producing flowers), together we can help rebuild the monarch population.

Next spring, I invite you to work together to make a difference in the future of these beautiful butterflies!

Evelyne Benedict,
Field assistant | Odanak
Environment and Land Office



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https://img.src.ca/2016/05/21/1250x703/160521_az82l_monarque-asclepiade_sn1250.jpg
<https://m.espacepourlavie.ca/blogue/amenager-un-jardin-pour-les-papillons-monarques>
https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.espaces.ca%2Farticles%2Factua-lites%2F1672-le-soyer-du-quebec-la-mauvaise-herbe-qui-remplacera-le-duvet&psig=AOvVaw1NpfJgo_XyUYa4jitU7in&ust=1606935972494000&source=images&cd=vfe&ved=0CAIQjRqF-woTCJD73ZW9re0CFQAAAAAdAAAAABA2
<http://monde.ccdmd.qc.ca/media/image1024/110556.jpg>



Miscellaneous facts

ABENAKI HUNTING AND FISHING FOLLOW-UP COMMITTEE

This was a very difficult year for the agreement follow-up committee and the hunting and fishing follow-up committee.

First, communication among committee members was very difficult since we could not meet as we would have liked to in order to move forward on all the pending issues resulting from the follow-up committee's negotiations.

Nevertheless, we were able to hold an annual general assembly of the committee on September 12 where about ten hunters and fishermen participated.

Key observations:

- We evaluated the hunting, fishing and trapping agreement and forwarded our needs and comments to the agreement follow-up committee;
- A letter from the committee was sent to the Abenakis of Odanak Council to denounce the slow processing of the various requests by the Quebec government;
- The first draft of the migratory bird hunting agreement with the federal government was presented and work is proceeding rapidly;

- The draft moose hunting agreement for the Zec Louise-Godford was presented, however, despite the committee's approval, progress on this agreement is limited and is taking an unusually long time;

- Domtar has proposed a hunting area near Weedon. We are in the process of defining the terms and conditions to eventually reach an agreement. The relationship with Domtar is very good and the work is progressing rapidly.

The committee tried to inform all licensees as usual, but we knew that not all licensees received the invitation letter for this meeting. We apologize and will try to do better for the next Annual General Assembly.

We would like to make sure that all hunters and fishermen have all the information they need.

Do not hesitate to contact us if you have any questions and/or comments.

Normand Laframboise,
committee secretary

Normand.Laframboise@usherbrooke.ca

THE ODANAK POST OFFICE IS CELEBRATING IT'S 100TH ANNIVERSARY!

In fact, the Odanak Post Office will soon celebrate its 105 years of existence since it officially opened its doors in 1916.

At the very beginning, the Odanak Post Office provided its services from a private house, but today it is located at 58 Waban-Aki Street and shares the same building as the Odanak Community Hall.

In 1997, Mr. Fernard R. O'Bomsawin officially resigned as postmaster and Ms. Chantal M'Sadoques was appointed as his official replacement. Let us take this opportunity to look back over the past 100 years by presenting the complete list of postmasters since 1916:

- 1916: Urbain Nolett
- 1921: Alice Degonzague
- 1929: Charles Nolett
- 1977: Lyette Nolett-Durand (for only a few months)
- 1978: Esther Nolett-Sioui (10 months)
- 1978: Fernand R. O'Bomsawin

Substitute postmasters:

- Marcelle Robert-O'Bomsawin
- Thérèse O'Bomsawin-Gaudet
- Jacqueline O'Bomsawin
- Johanne Shooner
- Chantal M'Sadoques

The whole community wishes a happy centennial
to the Odanak Post Office!



Word from the Director Odanak Health Centre



JEAN VOLLANT
Director

Ladies, Gentlemen,

Since services have returned to so-called normal last September, the professionalism and dedication of our teams at the Health Centre, combined with your collaboration, have allowed us to keep our establishment open. This contributes greatly to the success of our services, but also to your well-being.

Inevitably, the virus is circulating in the community of Odanak, and at the time of writing these lines, the first cases of COVID-19 (> 5 cases) have been reported in our community. Fortunately, the prevention system established by Public Health and the Council is doing much to help limit the spread of the virus. This is a testament to the efforts of each and every one of us to keep our community safe.

Although the situation remains under control, the Direction régionale de santé publique (DRSP) reminds us that it is important to remain vigilant. Certain actions that may seem harmless in the absence of symptoms, such as activities carried out in our personal lives, may lead to transmission within the Odanak community.

Limiting the spread of COVID-19 is therefore everyone's responsibility.

We have been on a plateau for several weeks now and everyone must continue to show exemplary behaviour in order to break the second wave and thus maintain our physical and psychosocial health care services open, for the benefit of the Wabanaki population.

2019-2024 STRATEGIC PLAN - ODANAK HEALTH CENTRE

Simplicity is absolutely essential in making the environment, mission, vision and plan understood by the Wabanaki people, both inside and outside the Health Centre.

As a local organization, we are preparing a reflection phase in order to position ourselves for the future.

The Health Centre, through its strategic planning, must review the situation. In examining its current situation, the Health Centre will necessarily have to consider its future in the face of new issues and challenges and see to its development.

There is cause to question the need for convergence of our strategic orientations after the first year of its adoption. The current pandemic compels us to review the way we deliver our services at all levels.

Therefore, at the beginning of 2021, we will take steps to align our priorities by involving the Health Centre's staff and the Odanak community.

For the community, we will proceed with another review of the 2016-2021 community plan, which ends in March 2021. This work will allow us to obtain a more precise portrait of the issues, which will need to be improved.

HEALTH

The Abenakis of Odanak Council's Health Centre aims to contribute to the improvement and maintenance of the health and sense of well-being of the members of the community while promoting the empowerment of these individuals.

MISSION

The role of the Odanak Health Centre is to contribute to improving the health and well-being of members of the Odanak community through health programs that focus on prevention and health promotion, and by favouring a respectful holistic approach, beliefs and cultural values emanating from the Abenaki Nation.

VISION

Contribute to the empowerment of community members in the management of their health by providing health services focused on prevention and the promotion of healthy habits and contribute to the improvement of the collective well-being.

PHILOSOPHY OF CARE

The philosophy of care advocated by all caregivers at the Odanak Health Centre is biopsychosocial in nature, i.e. an approach that takes into account the needs of the individual as a whole (physical, emotional, mental, spiritual and social) in respect of their Abenaki cultural values and beliefs.

1st axis: Increase and maintain high quality care provided by the Odanak Health Centre

2nd axis: Promote the practice of healthy habits and activities

3rd axis: Develop and implement a new nutrition program for elders in the community

4th axis: Provide mental health services

BRIEFING FOR THE PILAKSW NEWSLETTER

Hello to you all,

The recertification process continues to evolve despite the introduction of health regulations to limit community-based spread of the virus (COVID-19) among the population and employees under the authority of the Nation Council.

Since early fall, teleworking meetings have been held regularly with OHC management and

nursing staff to continue the development, implementation and monitoring of the improvement measures included in the Continuous Quality Improvement Plan (CQIP).

We would like to remind you that the accreditation visit has been set for the end of March 2021 and various scenarios are proposed in conjunction with Accreditation Canada to ensure that a safe environment is maintained

throughout the visit.

As soon as the holiday season is over, we will begin the last phase of this process: the planning, organization and hosting of the visit. Several priorities for action have been identified and we believe we are in a position to respond adequately despite the context of uncertainty associated with this second wave of COVID-19 related contagion.

For your health and safety as well as that of the members of your entourage, we invite you to respect the instructions issued by provincial public health and by your local government authority when the holiday season is announced.

Happy Holidays!

Michel Paul, Accreditation Coordinator

Odanak Health Centre

NEW YEAR'S RESOLUTION...

After having eaten well over the holidays, many of us have made a new resolution: "Now I want to eat healthy!"

What exactly is healthy eating? In 2020, we are more confused than ever: ketogenic diet (keto for those familiar), gluten-free, vegan, vegetarian? Diet clinics that seem to be so successful with our neighbours? Protein supplements? Paleolithic diet or even, for those a little more extreme, fasting?

What if "eating well" was simpler than you thought? Here are some basic principles to guide you in your quest for healthy eating:

Thinking one small step at a time, and then over the long term.

When we make changes to our diet, it's forever, not just for a few months. It is better to make one change a week (e.g., adding vegetables to dinner) than to try to change everything at once and then get discouraged.

Aim for three balanced meals a day, 3 to 4 hours apart, with 2 to 3 nutritious snacks (fruit, yogurt, small amounts of nuts) if you are hungry between meals.

Skipping a meal does not reduce calories. On the contrary, it results in us snacking more and cutting ourselves off from our signals of hunger or feeling full, which are so important in achieving a healthy weight goal. Que doit contenir un repas équilibré?

What should a balanced meal include?

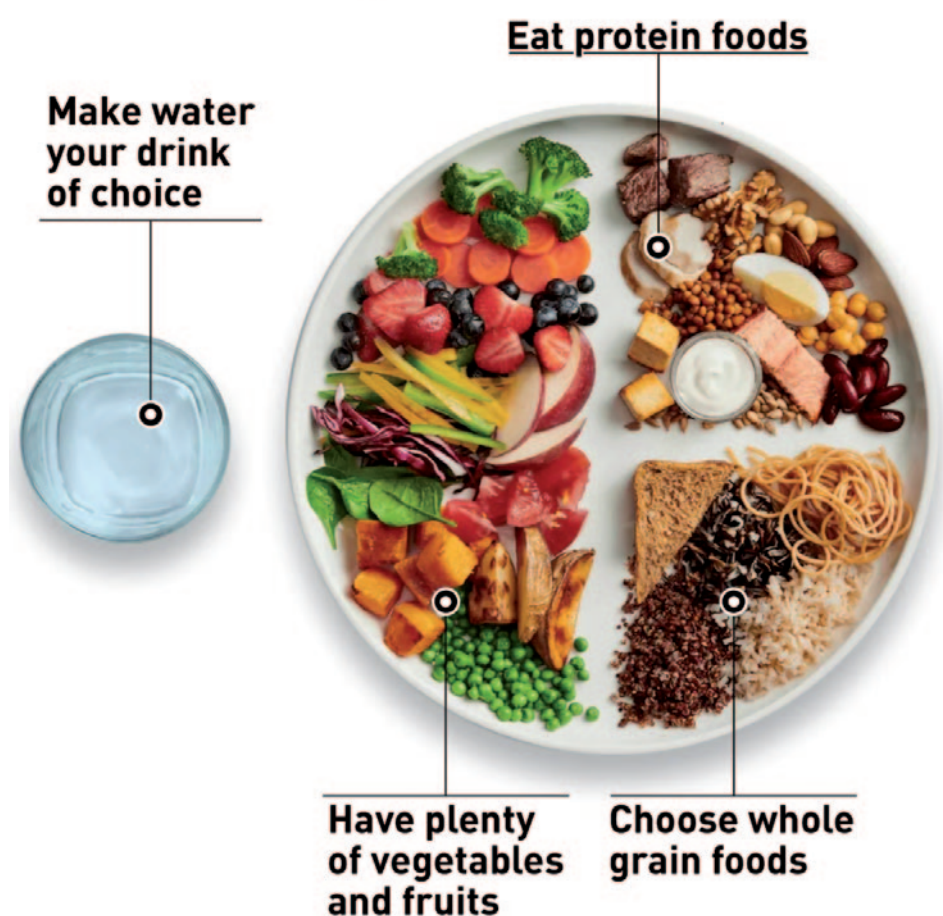
The big question. A balanced meal contains mostly vegetables (and fruit), protein foods (poultry, lean meat, eggs, tofu, nuts or legumes, etc.) and whole grain foods (pasta, rice, couscous, bread, etc.).

All these food groups are important both for the nutrients they provide to our bodies and for controlling our appetite.

We often need a guide and a coach to help us adopt these new eating habits easily or adapt them to our needs, preferences and reality. Don't hesitate to come and consult me at the Health Centre.

Marie-France David,
Nutritionniste

Canada's food guide recommendations



Source: Health Canada



JONATHAN CHARBONNEAU
Human Resources Director / HR

COVID-19 Pandemic: a committee is keeping a watchful eye!

The pandemic currently affecting us has brought its share of challenges for our communities and Odanak has not been spared. A pandemic management committee was created in order to ensure an adequate response to the situation, starting in March 2020.

This committee includes representatives of the Council and its various departments, the main institutions present in Odanak as well as the Emergency Management Department of the Grand Council of the Waban-Aki Nation.

Meeting on a weekly basis, the committee has responded and continues to respond to several mandates, including that of building an action plan for the community in the event of the first resident testing positive (the plan was deployed last November), that of determining the services offered to individuals testing positive by the CIUSSS and by Public Health in order to offer a range of complementary services via the Health Centre, and finally, anticipating and applying the various phases of confinement and deconfinement within the community in accordance with government directives.

The committee will continue to meet and carry out its mandates in relation to the pandemic for as long as it lasts.

We take this opportunity to thank all the residents of Odanak who have taken seriously the sanitary measures put in place in the current context.

Thanks to you, it took more than eight months before a first case was declared in Odanak, which is no small feat! We also remind you that it is important to inform Daphnée Couture, head nurse at the Health Centre, if you test positive for COVID-19 (450-568-6766 ext. 4021). Assistance will then be provided to facilitate your period of isolation.

NEWS FROM YOUR MUSEUM



ALN8BAK EN FÊTE

The third edition of our Christmas Market took a different form this year due to the health crisis. The activity, named Aln8bak en Fête, took place exclusively on the Museum's Facebook page from November 23rd to December 18th. It was the perfect time to buy your holiday gifts in the comfort of your home, without having to brave the shopping frenzy!

The Museum received over 60 orders that were sent to buyers from all over Quebec, Ontario and the United States; a resounding success! Annette Nolett, Boutique Miguén, Élise Boucher-DeGonzague, Jean-Paul Lamirande, Joyce Panadis as well as Raymonde Nolett, thanks to you, this Holiday Boutique was an excellent success. Thank you for your participation!

ARCHAEOLOGICAL EXHIBIT

The Museum team is currently working on a brand new archaeological exhibit that will be adapted and designed for elementary school children. It will be open to the public next spring, so stay tuned!

PHOTO ARCHIVES

Did you know that the Musée des



During the "époque des corvées", this kiosk was built by a group of Abenakis. It was the meeting place for their band, the Harmonie abénakise. 1914



Photo of the presbytery taken in 1910.



Aerial photo of the Museum taken in the 1980s. At the back, you can see the entrance that led directly to the multi-purpose exhibition hall where all kinds of activities were held until the Museum's expansion in 2005.

Abénakis has a large number of old and more recent photos? In fact, the Museum has more than 3,000 of them, including about 1,000 that are digitized and ready to be used and shared.

Many of these photos have been shared over the past few months on the Museum's Facebook page,

on days called "Jeudi Nostalgie", taken from the English-language "Throwback Thursday". These events are a fairly common practice on the web where old personal photos or photos of others are presented and published on social networks. The photos shared on our Facebook page are very popular and generate great

reactions from our subscribers. Also, we sometimes ask for your help in identifying people we are unsure of. You are invited to join our page, if you haven't already done so - www.facebook.com/MuseeAbenakis - to join this movement.

In addition, many museum institutions as well as organizations from all walks of life have acquired photos from our archives to showcase First Nations, or more precisely, the Abenakis. This is the case for the Montreal Museum of Fine Arts, the Musée des beaux-arts de Sherbrooke, Kassiwi Média for their program "Les Autochtones, tu connais?" the magazine "Quatre-Temps", which distributes 12,000 copies twice a year, as well as Vermont's Northland Journal, which has featured photos from our archives over the past 12 months.

If you have photos of interest to the Nation at home (which may be as recent as the 2000s) and would like to share them with the Museum's archives, you are invited to do so. Simply contact Patricia Lachapelle, collections manager, by phone 450 568-2600 or by email plachapelle@museeabenakis.ca.

She will explain how to proceed: bring your photos (with as much description as possible (names of people, place, date, etc.) to the Museum for a few days, during which time she will digitize all the photos and then return them to you.

Kiuna College

Kiuna is proud to announce that through a partnership with Saint Paul University, located in Ottawa, graduates of the college's First Nations Social Science program will have the opportunity to obtain an Honours Bachelor of Arts in Social Innovation from Saint Paul University. Credit transfer will enable students to obtain a diploma of college studies and a bachelor's degree in just four years.

By joining forces, Kiuna and Saint Paul University are committed to fostering excellence in education, providing hands-on learning opportunities, increasing access to post-secondary programs in French and English, and ensuring academic mobility between our institutions.

Both institutions will celebrate this new partnership at the opening of Saint Paul University's new Indigenous student centre.



To learn more about our programs and services, visit us at www.kiuna-college.com, or contact us at: 1-866-568-6464 or at: info@kiuna-college.com