

W8BANAKI PILASKW



WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenakis of
Odanak Council

Kwaï fellow band members,

In this time of progressive deconfinement, we are looking with anticipation as the priorities of the National Assembly unfold. We welcome RoseAnne Archibald, the first female national chief to lead our table. We look forward to continued support and representation on the part of the assembly on many important current files such as trade, fiduciary relationships and reconciliation.

With the discoveries of continued gruesome truths about our history, we are reminded that this system plagued with a paternalistic approach to governing has cost our nations dearly and has to be accountable for its actions. As it is, the current system continues to act in ways that threaten our presence, our dignity, our rights and our freedom as indigenous people. Mainly our right to be sovereign in matters that concern our survival and direction as a people.

Acknowledging these actions and committing to helping heal the ripple effect on generations to come would be a necessary foundational step for government and other perpetrators in making peace with history. For us as a people we must also understand the residual impact of these actions on the current generations. As a nation we cannot ignore the consequence the colonial footprint has had on our communities. Collective and multigenerational wounds resulting from abuse, hate, racism and other violence are ripples of these historical traumas. When we act from this place and continue the same abuse, this is then referred to as lateral violence. We perpetuate this same hate, racism and violence between one another. “Hurt people hurt”, the cycle continues at the hand of our own, thereby continuing to damage relationships, threaten safety and contribute to the continued demise of our nations. It becomes a toxic approach to cultural renewal and experience. The circle gets broken.

As a nation we have a responsibility to our next generations to create a place where all of our children can thrive, equally. Where our elders can be safe and our people can prosper.

Knowing that these are crucial times for reconciliation, prioritizing the urgency for better working relationships with government in addressing current issues is necessary.

Discussion and respect in such matters as the conservation of our language and culture must be essential parts of deliberations. While we work hard to revive our language, it continues to be threatened by colonizing influence. Current bills continue to want to extinguish the presence of our languages. We must not falter; our nation's survival and rights of expression are at stake.

As a nation we must continue to work together in the development of sustainable, community driven initiatives. I am honored to lead, support, and be part of a time where we are experiencing exponential growth as a nation. Committing to building a town with ongoing potential and development is the foundation to our sovereignty. True power is in the circle!

In peace and friendship!



WORD FROM COUNCILLORS



Alain O'Bomsawin
Councillor - Abenakis
of Odanak Council

Kwaï,

I hope you all had a great summer!

First of all, I would like to thank our parish priest Pierre Houle for his position concerning the residential schools as well as the Bishop of Nicolet, Monsignor Gazaille, who agrees with our parish priest. All of this was published in the diocesan bulletin “En Communion” which you can view on the diocesan website: <http://www.diocesenicolet.qc.ca>

I would also like to take a moment to mention all the Health Centre employees who, thanks to their hard work, have obtained the honourable accreditation under Health Canada’s Qmentum accreditation program. This demonstrates the quality of service and the successful operation of the Odanak Health Centre. Moreover, improvement work is underway or is planned in the near future with the goal of attaining the highest level of accreditation with honours. It should also be noted that an annual inspection will be conducted by Health Canada to verify that the acquired competencies are maintained.

As for the cemetery, all that remains to be done is to prepare the new part of the grounds to stabilize the area and define the new spaces. Afterwards, we will have to choose the location of an exterior columbarium.

Finally, it is important to continue to follow government standards and recommendations to prevent the spread of Covid-19 and to protect people in the community. As the old saying goes: an ounce of prevention is worth a pound of cure. Thank you all for your efforts!

Enjoy the fall season,
Wliwni.



Jacques T. Watso
Councillor - Abenakis
of Odanak Council

Kwaï Mziwi,

The discovery of the mass grave at Kamloops Indian Residential School last May opened up wounds, here in Odanak. In the spirit of healing, we have organized a vigil and memoriam to honor the victims and survivors of residential schools in Canada.

The pandemic keeps an uncertain future of the community, despite everything, we try to move forward as best we can. The council makes decisions under public health guidelines for the wellbeing of each and everyone of our members. With this in mind, I welcome the initiative of Chief O'bomsawin for the establishment of a political table for the community of Odanak as well as of W8linak. This political table primary goal is to defend the political, cultural, social and economic interests of Abenaki Nation.

But also, for the purpose of educate cultural, museum, academic and educational institutions on the dangers of people, groups and organizations of self-proclaimed fake Indigenous people who speak on our behalf, reminding you that the Odanak and W8linak councils do not recognize the four fake Abenaki tribes that are state recognized in Vermont, nor any other group on our ancestral territory, the Ndakina.

We have already discussed, before the start of this famous pandemic, to create a forum for Abenaki cultural affirmation. The idea of the forum is still relevant; however, we will wait until the end of this pandemic so that we can meet face-to-face. The primary purpose of this forum is to paint a picture of who we are today, with our strengths and weaknesses, to better provide direction for the future of our community.

Wishing that all goes well in your little corner of the country, I take this opportunity to greet each of you. Do not hesitate to contact me if you have any questions or take news of a lake. You can follow Odanak’s official news on the Abenaki Council Facebook page or informally on my Kwaï kwaï Odanak Facebook group.

SHORT COLUMN ON THE ABENAKI LANGUAGE

THE FORMATION OF THE LOCATIVE ENDING OF NOUNS

As a general rule, “ek” is added in the singular form and “ikok” in the plural to all animate or inanimate nouns ending in a consonant.

		LOCATIVE		
		SINGULAR	PLURAL	
ANIMATE NOUNS	Baker	Nodab8nkad	Nodab8nkadek	Nodab8nkadikok
	Widow	Sigwid	Sigwidek	Sigwidikok
	Grass snake	Skok	Skokek	Skokikok
	Frog	Chegwal	Chegwalek	Chegwalikok
	Bullfrog	Agbalam	Agbalamek	Agbalamikok
	Bread	Ab8n	Ab8nek	Ab8nikok
	Child	Aw8ssis	Aw8ssisek	Aw8ssisikok
INANIMATE NOUNS	Glove	Alilj8mek	Alilj8mekek	Alilj8mekikok
	Closet	Papkwedan8zik	Papkwedan8zikek	Papkwedan8zikikok
	Birchbark canoe	Wigwaol	Wigwaolek	Wigwaalikok
	House	Wigw8m	Wigw8mek	Wigw8mikok
	Book	Awikhigan	Awikhiganek	Awikhiganikok
	Cherry	Adbimen	Adbimenek	Adbimenikok
	Medicine	Nbizon	Nbizonek	Nbizonikok
	Field	Kik8n	Kik8nek	Kik8nikok
	Lake	Nebes	Nebesek	Nebesikok

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





WORD FROM COUNCILLORS



Florence Benedict
Councillor - Abenakis
of Odanak Council

Kwaï dear members,

I cannot ignore the discovery of hundreds of children’s graves around residential schools over the past few weeks. My heart is in pieces. Of course, I am not pointing the finger at the entire ecclesiastical body of the Catholic Church, but rather at certain power-hungry men and women who contributed to this cultural mess that will forever be etched in our collective memory. Finally, the families of the disappeared may have some answers after all these years of uncertainty. I would particularly like to highlight the public appearance of our missionary Pierre Houle who humbly acknowledged and denounced the inaction of his church in the face of the refusal to publicly apologize following the discovery of the remains of 215 children in Kamloops, British Columbia. You can still read the article written by Paule Vermot-Desroches of the Nouvelliste entitled “Quand le curé a mal à son Église...”. I salute your courage Pierre. I don’t believe in reconciliation until the governments and the church recognize their wrongs; namely having participated in an attempt to exterminate Indigenous peoples.

ACTIVITIES REPORT

The last few months have been relatively similar to the previous months with this ongoing pandemic. With the arrival of summer, we have seen some easing of health restrictions, but not enough to hold large gatherings. Nevertheless, I was able to participate, last June, in the first face-to-face meeting of Quebec Native Women in Wendake.



We marked the departure of the Executive Director, Ms. Carole Bussière, after more than 20 years of loyal service to FAQWN (Quebec Native Women) and introduced the new Executive Director, Ms. Claudette Dumont-Smith, to the representatives in attendance.

ELDERS

As the new Elders’ representative since the death of Mrs. Claire O’Bomsawin, I have participated in a few meetings concerning a revitalization project of the Aln8baiwai Hall with the Grand Conseil de la Nation Waban-Aki. Work will begin shortly to make the hall more functional for our Elders and to give it a more modern look. The work will be done at a cost of \$35,000, of which \$25,000 will come from the federal “New Horizons for Seniors Program”. The remaining \$10,000 will be covered by the Band Council.

On the subject of the Band Council, the bi-weekly meetings of the Council have continued throughout the summer in order to follow up on our respective files.

JUNE 17

We welcomed Ms. Manon Massé, spokesperson for the second opposition group on Indigenous affairs and member of the Québec Solidaire political party, during a visit to our beautiful Awiikhiganigamikok library and the Musée des Abénakis.

JUNE 22



We welcomed Ms. Caroline Proulx, Minister of Tourism, for a short visit to the Musée des Abénakis.

And so ends my article for the summer period of the W8banaki Pilaskw.

Fall is just around the corner. Let’s hope that the vaccination campaign of the last few months will have been successful and will allow us all to finally come together.

Hoping to meet again and talk soon, without restrictions.

Take care of yourselves and be safe!

Talk to you soon,
Wliwni.



WORD FROM
MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenakis of Odanak Council

Kwaï, kwaï mziwi! T8ni kd'al8wziba?
N'wal8wzi pita!

The pandemic is not over but the situation is getting much better as the population of Quebec and Canada is getting vaccinated. At the time of writing, we are in the summer period and like last year, Covid cases are decreasing. More than 75% of community members are fully vaccinated against Covid. The second doses of the Moderna vaccine were administered to approximately 320 individuals at Kiuna on July 13, 14 and 15. To date, we are still at 9 cases of Covid. We have not had an active case since last February.

In these times of pandemic, you can always count on the excellent support of our health and social services team at the Odanak Health Centre, our administrative staff at the Council as well as the police force, public works and the Environment and Land Office. Together, they are dedicated and strive to ensure continuity in the delivery of services to the public while respecting the guidelines set by public health.

Full service delivery at the Council is expected to resume in-person in September, pandemic status permitting. There is talk of a possible fourth wave in the fall due to variants such as the Delta variant, among others, which is causing many hospitalizations in Canada, the United States and elsewhere in the world. To be continued...

The expansion of the former administration office at 102 Sibosis Street, where the Grand Conseil de la Nation Waban-Aki offices are now located, is almost complete. All that remains to be done is to install the balcony railings and stairs. In the fall, work will begin on the parking lot for employees and visitors.

This parking lot will be located on the lot at 1016 Awassos Street. I remind you that this expansion project required an investment of \$1.2 million. Half of these costs are covered by funding from our Aboriginal Initiatives Fund (AIF III) of the Secrétariat aux Affaires Autochtones (SAA) and the other half is covered by a loan from the BMO. None of the funds dedicated to our members or the Council's consolidated surplus will be affected by this project as the entire cost of this project will be borne by the GCNWA through the rent to be collected.

The work to replace the defective sewer line on Asban Street was completed last July. The firm Construction et Pavage Boisvert, of Saint-Étienne des Grès, obtained the contract and carried out the work. The cost of the work was close to half a million dollars. Indigenous Services Canada (ISC) will fund the entire cost of the work. At the time of writing, work is nearing completion on the extension of the walking and cycling trail along Route 132 across from Kiuna. We have experienced some holdups due to delays in the delivery of the concrete bases for the street lights. We are still waiting for a delivery date for the street lights. The paving of the pathway will be completed by the end of August.

On June 1st, we received confirmation from the CMHC that our community has been selected to host the future shelter for abused Indigenous women and children. The CMHC will fund the construction of the shelter which is estimated at \$1.8 million. Indigenous Services Canada (ISC) will fund the cost of operating the shelter, which is estimated at approximately \$900,000 per year. Construction of the shelter is expected to begin in April 2022. We are considering building the shelter behind the family hall located at 1100 route Marie-Victorin, on the extension of Mgezo Street. To be continued...

Regarding the class action suit brought by the victims of the federal Indian day schools, our community members who attended the Académie Saint-Joseph in Odanak before its closure in 1959, can apply for financial compensation. You can consult the following web link for more details:

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

The Specific Claims Tribunal hearings for the Seigneurie de Saint-François, the 38 lots and the Seigneurie de Bécancour files, which began on September 9, 2020, ended in March. Due to the pandemic, the hearings could not be held publicly as initially planned and had to be conducted by videoconference. Arguments by both parties are currently being drafted and will be submitted to the Tribunal later this spring, around May or June.

The rehabilitation of Waban-Aki Street began on August 2 and is expected to be completed around September 24. This work consists of the rehabilitation of the foundation and the paving of the surface structure of Waban-Aki Street. This work will cover a distance of a little more than 1.6 km. We will take this opportunity to repair the defective or damaged manholes. We will also redo the concrete curbs and the sidewalks. Following the call for tenders by SEAO, the firm Maskimo Construction Inc. of Trois-Rivières was the lowest conforming bidder and was awarded the contract. The total cost of the work will be \$1.5 million. 80% of the cost of the project (\$1.2 million) will be covered by the Ministère du Transport du Québec (MTQ) and 20% by the Band Council (\$300,000). Of this 20%, we are confident that ISC will cover most, if not all, of the Council's share of the costs.

We are planning to hold a public meeting at the Community Centre towards the end of September for the presentation of the annual activity reports as well as the presentation of the audited financial statements by the Council's firm MNP (formerly Deloitte). We will keep you informed of our decision on this matter via our website and by notice to the population. We are following the evolution of the pandemic situation and the public health directives regarding gatherings in public places and as we are currently experiencing an upsurge of Covid-19 cases in Mauricie-Centre-du-Québec, we will keep you posted.

Wli tagw8gw mziwik! Have a great fall!





WORD FROM THE
DIRECTOR OF ODANAK
HEALTH CENTER



Jean Volland
Director - Odanak
Health Center

By the time you read this editorial, we will be entering the final stage of the summer season.

We would like to share with you some of the developments and changes that have occurred since the last edition. First, we received some good news.

The Government of Canada, through the Canada Mortgage and Housing Corporation (CMHC) and Indigenous Services Canada (ISC), with the help of First Nations partners, has selected recipients to build 12 shelters across Canada for Indigenous women and children fleeing family violence. These shelters will be Indigenous-managed and will provide a place to stay and essential culturally appropriate support services that will help survivors of family violence situations to heal from the trauma they have experienced, provide access to support programs and create a stable environment where they can begin to live independently again.

One more piece of good news! On July 6th, another step was taken in the accreditation renewal process. Indeed, we are very proud to announce that the Odanak Health Centre has obtained its accreditation status with distinction. The Odanak Health Centre team’s deployment has enabled us to meet the requirements of the evaluation. In addition, we would like to thank the coordinator, Mr. Michel Paul, and our valuable partners such as the Abenakis of Odanak Council and the Grand Conseil de la Nation Waban-Aki for their collaboration.

We also have a third piece of good news! Last July, at the General Assembly of the First Nations of Quebec and Labrador Health and Social Services Commission, I had the honour of being re-elected to the Board of Directors. As in the previous two years, this mandate will allow me to continue to defend the interests of the entire First Nations population.

In October 2020, we applied for \$25,000 in financial assistance and we are pleased to confirm that the project we submitted to the New Horizons for Seniors Program has been approved. If you have not already done so, work on the Alnôbawi Hall improvements has begun or is in the process of being completed.

In closing, we will be calling on the population of Odanak in the coming weeks because, as you know, our community plan is up for renewal. Last January, we started the revision of the questionnaire and according to our schedule, the Odanak Community Wellness Study shall commence soon.

Finally, the Health Centre team wishes you a happy fall!

EVER HEARD
OF XYLITOL?



Élisabeth Morel
Dental hygienist -
Odanak Health Center

It is a 100% natural sweetener derived from vegetable sources that is found in certain products intended for oral health care.

- Sugar free
- Fluor free
- Sweet taste

INCREASES SALIVATION

Hydrates the mouth and stimulates the salivation process. Low glycemic index.

Products:

- Tablets
- Gum

Brands:

- X-PUR
- Spry
- Pür

REDUCES CAVITIES

Bacteria responsible for tooth decay do not metabolize xylitol, therefore no attack to the teeth.

Products:

- Toothpaste

Brands:

- X-PUR CariO
- Green Beaver

*Sources: <https://www.oralscience.com/fr/ingredients/xylitol/>
<https://www.oralscience.com/fr/produits/cario/>



GRAND CONSEIL DE LA NATION WABAN-AKI



Michel Thibeault
Social Services Director -
Grand Conseil de la
Nation Waban-Aki

NIONA 2021 SUMMER WORKSHOP

Kwaï,

Culture has always been a priority for the N8wkika team since the beginning of the program in 2010. Abenaki families deserve to be introduced to culture in all the activities organized by Child and Family Services.

There has been a steady progression in the integration of cultural elements into the activities over the years. One example is Project W, which has allowed dozens of young people to approach culture in their own way. Project W had to take a break during the pandemic, but will return to you next November in the form of an exhibition.

This summer, the Niona workshop was the cultural highlight as it allowed thirteen (13) of the Nation's youth to approach culture and traditions with knowledge carriers.

From July 5 to 30, various activities were offered in the form of half-day learning sessions, alternating between Odanak and W8linak. Knowledge carriers from both communities came to pass on their cultural knowledge to young people aged 11 to 14.



Among other things, the teens were given presentations on trapping and snaring. They also made sisiwanal, clay beads, wampum bracelets and other cultural items. Medicinal plants were also discussed with the group. Several activities took place outdoors, but when the youth had to go indoors, the valuable collaboration of the Musée des Abénakis and the small chapel of W8linak made this possible.

A group canoe trip to La Mauricie National Park was also held to observe petroglyphs - an activity that was greatly appreciated by the youth.

To finish the workshop, our cultural apprentices were given an introduction to archaeology with the Grand Conseil de la Nation Waban-Aki's Ndakina team. They learned the methods for excavating soil, using sieves and cleaning artefacts. A very rewarding experience for the Nation's youth.

Special thanks to all those who came to meet the youth and share their knowledge with such generosity.

If you want to share your cultural knowledge, get ready, because our youth are eager for more in the summer of 2022 and N8wkika is even considering continuing the adventure on a yearly basis during educational days and weekends.

Long live Abenaki culture!



Mario Diamond
Technical Services Director -
Grand Conseil de la
Nation Waban-Aki

Kwaï n'nid8ba,

I believe that our Great Creator is spinning our big blue ball faster and faster. Projects are rolling out one after the other at full speed. Several are completed or about to be completed. I would like to mention the excellent collaboration of the Band Council, its employees as well as the Public Works team who are making efforts in partnership with the Grand Conseil to ensure that all these projects move forward. Among the most important projects that are being completed are Asban Street, the walking trail, but also several smaller projects such as the Museum trail, the expansion of the Catholic cemetery and so on.



In terms of construction, the completion of 102 Sibosis Street will allow the youth of the community to meet, learn and have fun together in a safe environment adapted for them where they can be supervised by the N8wkika social services workers of the Grand Conseil as well as those of the Odanak Health Centre. When you come to visit 102, you will be amazed by the works of art created by artists from the Odanak community. As always, the participation of community members is encouraged and prioritized in all our projects. Whether you are an entrepreneur, an artist or other, and you have the qualifications to participate, do not hesitate to let me know or to inquire. Your band council can also inform you about the different opportunities available.

Although Kizos is fading with the arrival of fall, a major project will be underway on Waban-Aki Street. Surface infrastructure repairs and paving will be completed in early October. The inconvenience of construction will result in a wonderful road in the heart of the community.

As you can see, there is a lot going on in Odanak and it is far from over. Currently, in conjunction with the Abenakis of Odanak Council, the Grand Conseil is working to refine the plans for the shelter for women fleeing violence. As the chosen location does not offer services at this time, a new street will be built in late 2021 to allow for the construction of the shelter in early 2022. Between now and then, other projects of varying importance will see the light of day in order to facilitate the growth of Odanak and thus provide members with the opportunity to benefit fully.

You can browse through the various websites to stay informed or simply pick up the phone to reach me. It will be a pleasure to hear from you!

Wligenji!
Adio.



NDAKINA OFFICE



Nicolas Pinceloup
Project agent in climate change adaptation – Grand Conseil de la Nation Waban-Aki’s Ndakina Office

EROSION OF ALSIG8NTEGW AND W8LINAKTEGW AND THEIR IMPACTS ON ARCHAEOLOGICAL HERITAGE

The Alsig8ntegw (Saint-François River) and W8linaktegw (Bécancour River) have been used by the W8banaki Nation since time immemorial as North-South passageways within the Ndakina and to reach the Kchitegw (St. Lawrence River), as well as living, hunting and fishing grounds. Preliminary studies have identified 69 archaeological sites, some of which date back 12,000 years!

Erosion is a natural process that affects rivers and their banks, but it is intensified by climate change. Increased temperature variations and increased freeze-thaw events in winter in particular, promote the movement of sediments and rocks, which can lead to land loss. Since the banks of the Alsig8ntegw and W8linaktegw were used as settlements, it is possible to find valuable traces of the presence of the first inhabitants of the Ndakina. However, these sites are at risk of being washed away by the river if nothing is done, causing the loss of this cultural and archaeological heritage.

In this context, the EROSION project was launched in 2019-2020 by the Grand Conseil de la Nation Waban-Aki’s Ndakina Office, the Environment and Land Offices (BETs) of the two communities, and the watershed organizations (COGESAF and GROBEC). The project aims to protect the W8banaki cultural and ancestral heritage by assessing the zones most at risk from erosion and with high archaeological potential.

The first step was the characterization of the cultural and archaeological potential from different sources of information. In the first year, 103 of the most interesting study zones were visited by canoe and on foot during the summer (Alsig8ntegw: 43 zones, W8linaktegw: 60 zones). This work allowed us to establish a vulnerability index, to hypothesize about erosion mechanisms and to create monitoring sheets for the observed areas. This year, the remaining portions of the rivers will be characterized by the Environment and Land Office (BET) field teams and fixed monitoring stations will be installed on priority sites in order to precisely follow their evolution.

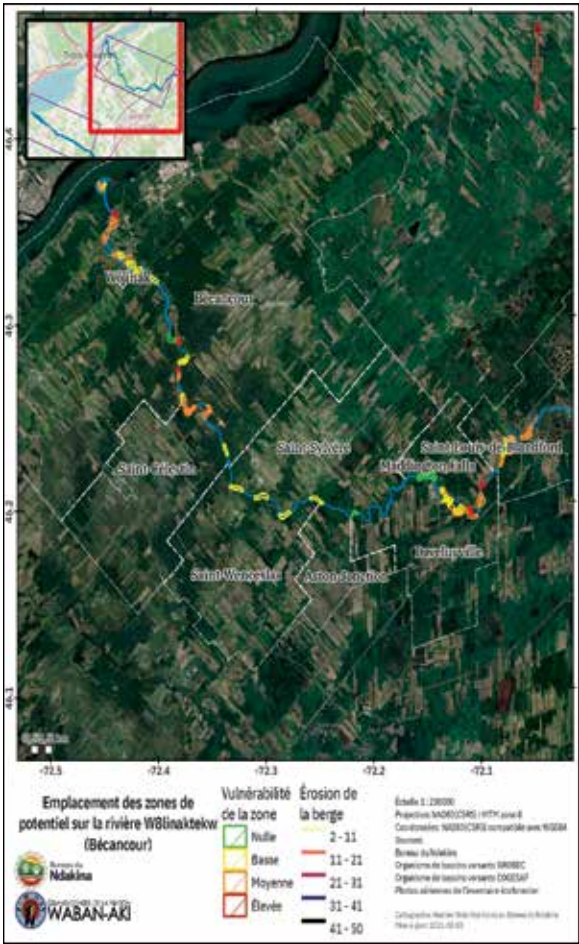
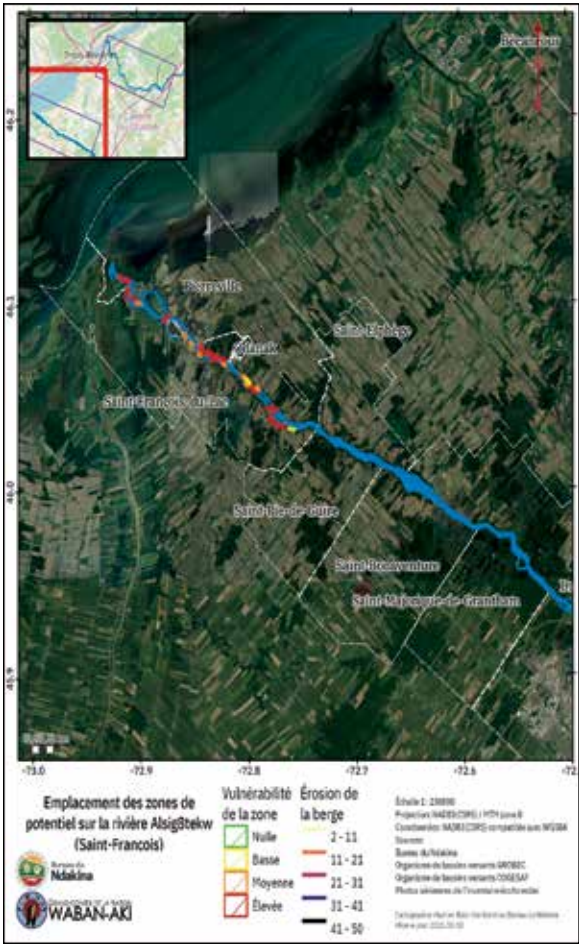


Figure 1: Areas of archaeological potential and vulnerability to erosion on the Alsig8ntegw (left) and W8linaktegw (right).

Preliminary results show that for the Alsig8ntegw, three quarters of the sites surveyed have a high vulnerability index while for the W8linaktegw, only 10% have a high risk of erosion, and 80% of the sites are at either moderate or low risk. Thus, it appears that the W8linaktegw site is better protected from erosion and this could be explained by the presence of red shale in the soil. We hope that the complete analysis of the results will help us to determine the precise mechanisms of erosion while allowing us to prioritize sites of archaeological interest and high vulnerability.

We wish to continue this project in the future and refine our methodological approach while addressing the restoration of priority zones. Our long-term goal is to extend the project to other rivers located on the Ndakina such as the Pidhiganitegw (Nicolet), Wigw8magw8tegw (Yamaska) and Kik8ntegw (Chaudière). The originality of our approach and the excellent work of the different teams make this project very attractive to different partners and actors of the territory such as MRCs, watershed organizations and research institutes with whom we hope to work in the future.

If you have any questions about the project, you are welcome to contact me by email at npinceloup@gcnwa.com or by phone at 819 294-1686.



Figure 2 : erosion of an Alsig8ntegw bank measured by the Ndakina Office archaeology team.



MIGRATORY BIRD HUNTING

We invite the members of the Nation (code and statute members) to obtain free of charge the authorization of attestation for the hunting of migratory birds from the Grand Conseil de la Nation Waban-Aki or the Abenaki Council of Odanak. You can read the terms and conditions of the agreement here: <https://bit.ly/2UrvDJe>



NDAKINA OFFICE



Rémy Chhem
Environmental Project
Manager - Grand Conseil
de la Nation Waban-Aki's
Ndakina Office

A SUCCESSFUL FIRST MEETING FOR THE
W8BANAKI CITIZENS' ADVISORY COMMITTEE
ON TERRITORIAL ISSUES

On August 11, 2021, the first meeting of the W8linak Citizen's Advisory Committee on Territorial Issues was held. The Committee's mandate will be to formulate opinions and recommendations on issues and projects that affect the Ndakina. For the occasion, more than twenty members of W8linak and Odanak gathered at the Odanak community hall and online via Zoom. The Committee's initiative is part of the Ndakina Office's approach to bring the members closer together in order to better represent them in terms of territorial management. By benefiting from the opinions of a diversity of members, the Office is convinced that it will make more informed decisions that are consistent with the concerns and interests of the Nation's people.

Due to technical difficulties with the hybrid format at the beginning of the session, the start-up meeting took its course. Through the Office's presentations and discussion rounds, potential Committee members were able to get to know each other and to be informed of the Ndakina Office's projects. They were also able to freely discuss concerns and ambitions related to the territory that they would like to pursue through the Committee. Some key findings emerged from the meeting:

- 1. Motives for getting involved in the group are numerous: curiosity about new citizen initiatives, interest in environmental and territorial issues, the desire to get involved and to commit to the Nation, the desire to strengthen the ties between the Nation's groups in Quebec and the United States, the possibility of influencing the development of the territory, etc.
- 2. Participants were pleasantly surprised by the great diversity and versatility of the people in attendance (for example, one member was a resident of Maine).
- 3. Many saw the Committee as an opportunity to learn about the major projects underway for which the Ndakina Office is consulted (e.g. port developments on the St. Lawrence River, development of energy projects, designation of species at risk such as the black ash).
- 4. Many were motivated to participate in consultation exercises on the long-term development and future of the Ndakina.

A report of the meeting and a survey will be sent out later. The next meeting, the details of which have yet to be determined, will focus on the functioning of the Committee and the priority issues to be addressed. Recruitment is still open and we invite you to participate if you are interested. Please write or call us at rchhem@gcnwa.com / 819 294-1686. Wliwni!



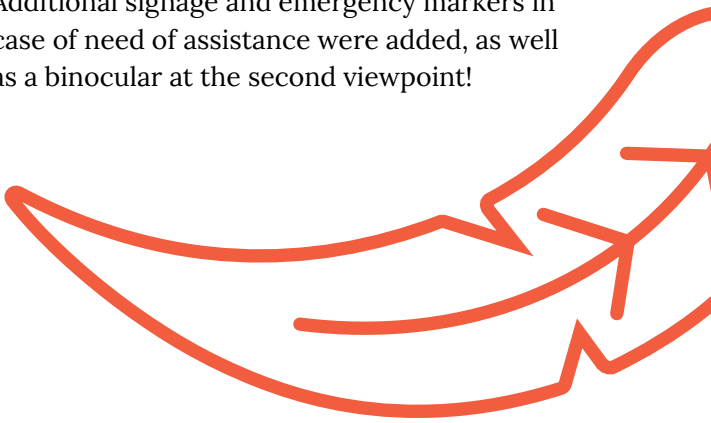
ODANAK ENVIRONMENT
AND LAND OFFICE

Stéphanie Harnois
Project Manager -
Odanak Environment and Land Office

TOLBA TRAIL: CONSTANTLY EVOLVING

After being extended in the summer of 2020, several new features have been added to the walking trail this year.

Most notably, a staircase was built at the junction of the extension to make the passage easier in this part. Also, work was done to avoid water accumulation in the section at the foot of the museum, making the trail safer. Additional signage and emergency markers in case of need of assistance were added, as well as a binocular at the second viewpoint!



ODANAK ENVIRONMENT AND LAND OFFICE



Samuel Dufour-Pelletier
Director - Odanak Environment and Land Office

This year, the Odanak Environment and Land Office is launching a large-scale project on the Double-crested Cormorant in Lake Saint-Pierre, in collaboration with the Wôlinak Environment and Land Office and the Ministère des Forêts, de la Faune et des Parcs.

This exclusively fish-eating migratory bird, which is native to North America, has seen a significant increase in populations in recent decades after approaching extinction in certain regions in the early 1900s. Double-crested cormorants arrive in the area in the spring and remain for the first part of the summer. Some individuals nest in trees or rock structures near water.

In the second half of summer (mid-August), Double-crested Cormorants from north-eastern North America begin their winter migration south (southern U.S. and Central America) where they will spend the winter. During this pre-migration period, many individuals congregate and converge on the same travel corridors. The St. Lawrence River, for example, especially Lake St. Pierre, becomes somewhat of a highway where many individuals from the Great Lakes and Lower St. Lawrence region migrate. Many of them even take advantage of certain structures along the waterway to rest while benefiting from the important feeding potential of Lake Saint-Pierre. They gather their strength for a few weeks before heading south again; a bit like a rest area!

Our project aims to limit the impact that cormorants can potentially have on an already weakened resource (e.g. Lake Saint-Pierre yellow perch) in a context where the North American population is still growing. More specifically, our project aims to create facilities that will limit cormorants' access to structures along the waterway during their fall migration, in the hope that they will reduce the amount of time they spend in the area and their pressure on the resource.



These measures are also combined with regional monitoring and surveys to determine if our efforts are having a positive effect on the fish populations of Lake Saint-Pierre.

This extensive project is made possible by the Department of National Defence as part of an environmental compensation project.

Our team will keep you informed of the progress and results of the project.

Evelyne Benedict
Field Assistant - Odanak Environment and Land Office

Hello to all,

For those who don't already know, the Environment and Land Office team has refurbished the medicinal plant garden located at the Odanak Health Centre and I would like to tell you more about it.

For thousands of years, we have used plants to heal our physical and psychological ailments. Our ancestors have left us a lot of knowledge related to their relationship with plants and nature. Learning and discovering the world of medicinal plants is, in my opinion, a treasure to be shared together.

There is a pantry of natural medicine all around us! By learning to know, identify and use these plants that surround us, we can make them our allies and use them to improve our daily lives.

I would like to tell you about one of the plants in the Health Centre's garden that doesn't have a very good reputation: Nettle.



Obviously, it is not too appealing, because many of us have been burned or stung by brushing against nettle plants in the woods or in the fields. Indeed, when we come into contact with nettle, we do not forget! The stinging bulbs on the plant cause the burning sensation. Fortunately, this effect fades after a few minutes or a few hours.

However, Nettle really has unsuspected virtues. We often seek out superfoods and, in my opinion, nettle is one of them.

This plant is rich in vitamins A, B, C, D, E and K as well as iron, calcium and magnesium. Hence, it is an asset when you want to give your immune system a good boost. In addition, nettle infusions/tinctures are used to treat fever, anemia, and rheumatism. The roots can also be used to make a tonic for the prostate.

If you harvest nettle, be sure to wear gloves (long ones if possible) and cut the young leaves with scissors.

Personally, I now cook with nettle! Yes, I do! Because once cooked and/or pressed in a food processor or blender, nettle loses its stinging effect. For my part, I add nettle leaves to my smoothies in the morning.

Others use it as a condiment on pizzas, in muffins, cakes and even quiches.

I hope your perception of nettle is more positive and that some people will see it less as a "weed" and more as an ally.

Have a good September and I look forward to talking about plants with you again!



NEWS FROM
YOUR MUSEUM



Vicky Desfossés-Bégin
Projects and Communications Coordinator -
Musée des Abénakis

ALMOST NORMAL VISITORSHIP

Good news for the Museum! In terms of attendance, the months of June and July were very similar to our pre-pandemic numbers! For these two months, the number of people who visited the Museum’s exhibitions was close to 2,500, which is excellent considering that the Pow Wow was not held in July this year. Statistics for August will be available later this fall.

CULTURAL PROGRAMMING

In addition to visiting the permanent exhibition *Wôbanaki: people of the rising sun*, on display since 2006, as well as the new archaeological exhibition *N8wat, Avant aujourd’hui* (Before today), visitors to the Museum were invited to discover several great new features this summer.

First, since mid-June, we have been presenting [until the end of September], the documentary *Call Me Human*, by Abenaki director Kim O’Bomsawin.

In addition, the mini-exhibitions *Noah’s Ark* by Claude Lafortune and *Trouver chaussures à leurs pieds* charmed visitors. By the way, if you still haven’t entered the *Trouver chaussures à leurs pieds* contest, you still have a few days to do so. The contest ends on September 30.

From July 16 to August 21, the outdoor rally *En équipe avec Kasalokamek* allowed families to finish their visit to the Museum in a very playful way. Indeed, young and old were led to discover, by walking through the Church square, the tools used by the Abenakis, from yesterday to today.



The archaeological workshop for all entitled *Ceci pour faire cela* was held on August 13 at the Museum. Led by Louis-Vincent Laperrière-Désorcy, archaeological assistant at the Ndakina Office of the Grand Conseil de la Nation Waban-Aki, this conference dealt with the incredible knowledge of the W8banakiak about the natural resources available on the territory as well as their mobility on the Ndakina. Participants were able to manipulate certain raw materials and learn what can be created with them.

On August 21st, *Sous un ciel d’alakwsak* was back this summer for a second edition. This session of outdoor tales told around the fire by Nicole O’Bomsawin was appreciated by young and not so young. A great success!

Since the beginning of the summer, you may have noticed dozens of tourists strolling through the main streets of the community with the Museum’s animators? Indeed, you have! On Thursdays and Fridays in June, July and August, the Museum organized guided tours of the community of Odanak. The public response to this new activity was more than positive. We will be back with a similar offer in the fall for organized groups.

Every Saturday in July and August, we also offered visitors to the Museum the opportunity to meet, in turn, six members of the community who are passionate about their culture. These exchanges were a great opportunity for our guides and visitors to the Museum to learn more about Abenaki culture.

Thank you to Joyce Panadis, Daniel G. Nolett, Suzie O’Bomsawin, Michel Durand, Mathieu O’Bomsawin and David Bernard for your participation!

PERMANENT EXHIBITION

The permanent exhibition project is back on track and we need your help to create an exhibition that reflects you! In the next few days, a mailing invitation will be sent to you inviting you to participate in a happy hour to relaunch this project.

COMING THIS FALL

Two outdoor screenings will be featured this fall. In October, we will present *Call Me Human* and *Telesh Metatash, la reine des bois* (Queen of the woods). Telesh Metatash is an 84 year old Innu woman who has lived in the woods near Pessamit for over 50 years, feeding on hunting, trapping and fishing, which she does herself.

You will have the opportunity to meet and discuss with the directors of these two documentaries, Kim O’Bomsawin and Nikol Brunet.

“*Call Me Human* performs that small miracle that sometimes happens in documentaries, which is to establish an emotional bond so strong that one enters into a communion with the subject, with Josephine Bacon. [Translated]”

– *Le Devoir*

“*La Reine des bois* (Queen of the woods) is a real gem for the preservation and transmission of Innu culture. [Translated]”

– *Le Manic*

Looking forward to seeing you soon!

