

# W8BANAKI PILASKW



## ODANAK FAMILIES NOW HAVE A GATHERING PLACE: THE KIZOS FAMILY HALL

On September 16, the community of Odanak officially inaugurated the Kizos family hall, located at 102 Sibosis Street. This is where families can now meet to spend time together, have fun, exchange and support each other, among other activities.

For almost 3 years now, the community of Odanak and their partners have been working to ensure that families have a place of their own. The realization of this project is the result of the concerted work of all the community's partners. The Kizos family hall is another symbol of concerted efforts in the community; it allows us to imagine a future in which children, parents, grandparents and friends can come together to share, support, grow and thus celebrate the family.

### ORIGIN OF THE NAME

Since the very essence of the hall is to offer activities 100% for the Abenaki community, it was obvious that the name would have an equally important community value. This is why a contest was launched last spring within the community to choose a meaningful name. The winner of the contest was Mrs. Valérie Richer who suggested naming the hall by the Abenaki word meaning "sun", i.e. "Kizos". Valérie explained why she chose this word, mentioning that family is synonymous with warmth and that it brings us important insight in our decisions. Just like the sun, the family brightens our daily lives. A plaque is located at the entrance of the building so that all those who visit can know the origin of its name.

### A SETTING IN THE COLOURS OF THE NATION

The committee working on the Kizos hall project made sure that a sense of cultural belonging could be felt throughout the building by ensuring that it included several Abenaki touches. Indeed, several members of the Nation contributed to this project, mainly through works of art placed in various areas of the hall.

### VALUABLE CONTRIBUTORS

We wish to underline the support that our precious financial partners and collaborators brought to this project, namely the Abenakis of Odanak Council and the Government of Quebec's Secrétariat aux affaires autochtones (SAA).

Thank you to the Council Abenakis of Odanak who have always supported the construction of a new family hall and who even initiated the idea. Without the strong political vision of the Odanak Councillors, the project would not have been possible.

The teams from the Odanak Health Centre, the Aw8ssisak daycare centre, Avenir d'enfants and a host of volunteers, young and old, from the community were also enthusiastically involved in this project.

In closing, the N8wkika social services team of the Grand Conseil de la Nation Waban-Aki - expertly supported by the technical services department - was able to successfully pilot this project because of the involvement of all the community's collaborators.





WORD OF THE CHIEF



**Richard O'Bomsawin**  
*Chief - Abenakis of  
Odanak Council*

Kwai fellow band members,

**It is with gratitude and enthusiasm that I undertake leading this next chapter in our story as Abenaki people. It is my honor to represent you all once again in this term. Thank you to those who support me in my quest to lead us with respect and humility. For those of you who didn't support me in this last election, I am hopeful that we may sit a while and discuss our differences, and perhaps learn from each other.**

As you all know in my work as chief, I represented our community's voice in the deliberations at the house of commons which brought about change with respect to gender-based inequalities in the Indian act. Both the McIvor and Descheneaux cases represented samples of families who lost their rights and their connection based on the choice a woman of the era would have made to marry, and bare children with a non-native spouse. This was a time where women from Odanak and Kahnawake led the fight for equality. History will find such women as Evelyn O'Bomsawin (Odanak), Mary Two Axe (Kahnawake) and Dolores Wawanolett (Odanak) speaking on this issue. At this time, they can rest better knowing their voices were heard. While it holds true that not all of the issues have been resolved, we have come a long way and continue to define what still needs to be addressed in further deliberations.

During this time of inequality, our community created what is known today as Odanak's Citizenship Code. This Code's purpose was to include those excluded by these gender-based inequalities and re-define how our village would ensure unity in spite of this act. With these cases being won, and those who had lost their status being reinstated, we have changed the very reasons which were at the root of creating this code many years ago. As your community leaders we are convinced that with equal footing we can reform this Code to reflect our current reality.

As your chief, I am calling upon all of us to give back to our community by participating in this reform process. We would absolutely need to have one representative from every family circle to bring the vision of their relations to the table for the future of our nation. Please contact us to join this very important circle. This code will define what we choose to be of importance in conserving our culture, reconciling the impact of the past and rebuilding the current framework to reflect our collective vision for a better future.

Other files are moving right along. The development of our community to accommodate the growing number of residents is well under way. We have another 40 new lots added to the available housing space. Within the next few years, we will be working hard to meet the growing call of our people who want to be home and raise their families in Odanak.

In this time of great change, it's by working together that we can identify our issues and find better solutions. This way we can achieve some clarity about what it is that we, as a nation, need. With this would will be better prepared to negotiate with government bodies for the resources to concretise our plans and continue to find solutions. Having met with the Minister Responsible for Indigenous Affairs, Mr. Ian Lafrenière before the holidays, we are optimistic that the table is receptive and supportive of our efforts to continue our quest as a strong, thriving, distinct and proud nation.

Hoping you all have had a good holiday and I wish you prosperity, hope and health for the coming year.

In peace and friendship.

WORD FROM COUNCILLORS



**Nicole O'Bomsawin**  
*Councillor - Abenakis  
of Odanak Council*

**Kchi Wliwni for your trust! I am honoured to represent you and I need to hear from you, read from you and meet you in person as soon as possible.**

Last December, I proudly attended the graduation of the Aboriginal police cadets at the ENPQ - a ceremony during which Dave O'Bomsawin was a police instructor.

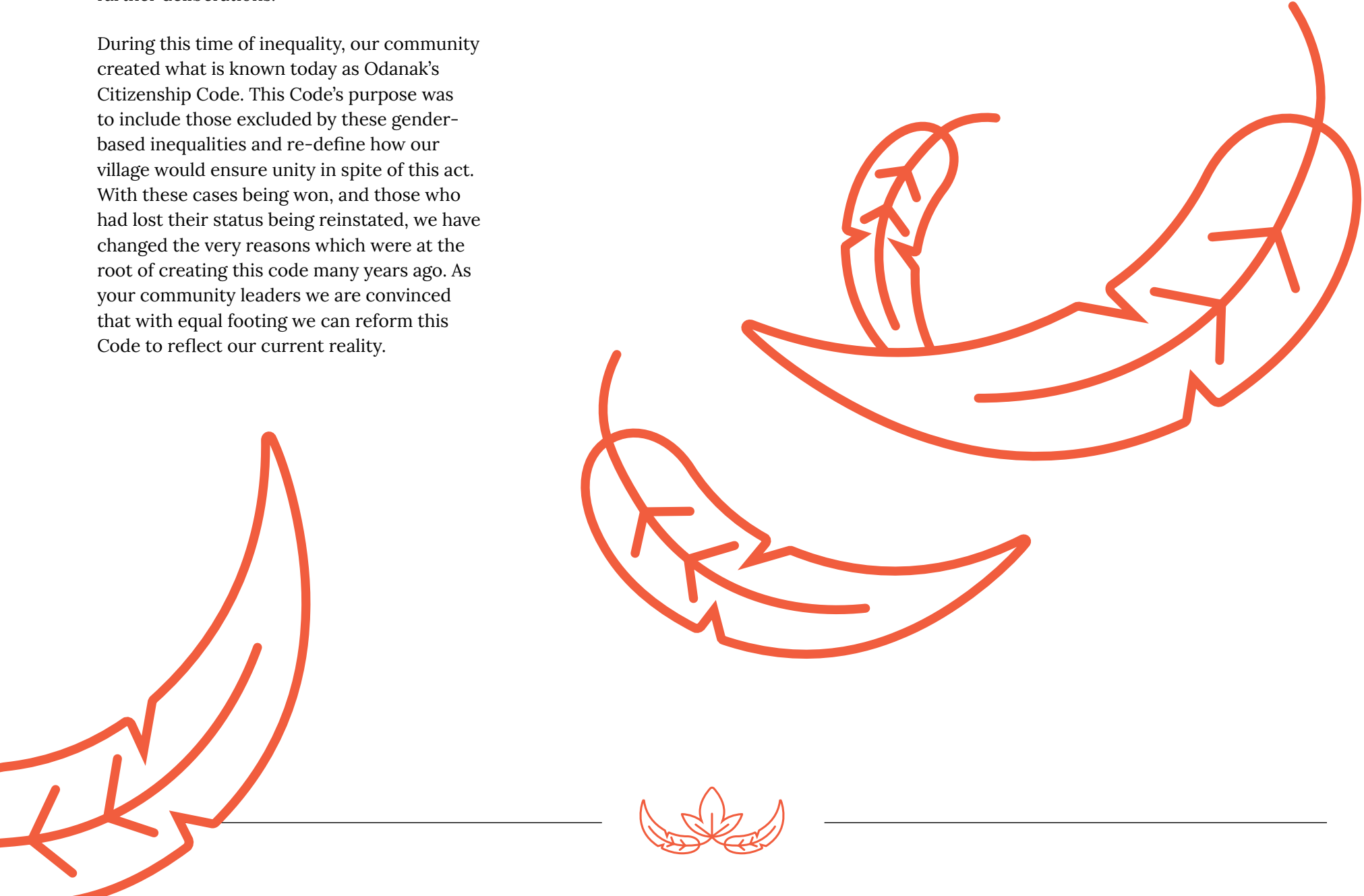
I also collaborated with the Musée du quai Branly in Paris, which is currently preparing an exhibition on wampum. This exhibition, which will include the Chartres wampum, will be presented from February to May 2022.

In addition, in collaboration with Élise B. De Gonzague, we produced a show entitled "Les 4 lunes d'hiver" which was presented at the Musée des Abénakis on December 18<sup>th</sup> as part of the Solstice activities and the lighting of the Tolba trail.

Finally, I participated in the meeting with the Minister responsible for Indigenous Affairs, Mr. Lafrenière. I am pleased with the enthusiasm and openness that he showed during this meeting.

I assure you of my availability with respect, humility and goodwill.

Wliwni!



WORD FROM  
COUNCILLORS



Alain O'Bomsawin  
Councillor – Abenakis  
of Odanak Council

Kwaï,

I would first like to thank my family, friends and the Nation for their support in my re-election. I look forward to continuing to contribute to the community for the next two years! A special thanks to Diane Nolett and Barbara Watso for their dedication over the years as volunteers at the Aln8baïwi Hall. It is always a pleasure to have people getting involved around us.

As for the church, the work involving the riprap, installing the fence and delimiting the lots of the Catholic cemetery should take place this year. As for my other mandates, I will keep you informed in the next editions of the newspaper.

In closing, I hope you had a happy holiday season and I wish you a great 2022. Let's hope we have fewer power shortages this year!

Wliwni.



Jacques T. Watso  
Councillor – Abenakis  
of Odanak Council

Kwaï Mziwi,

First, I wish you a pandemicless 2022!

Good news for our Indigenous artists, artisans, creators and entrepreneurs. After several years of work, the Commission for the Economic Development of the First Nations of Quebec and Labrador (FNQLEDC) is at the stage of putting forward a certification of products and services from First Peoples for First Peoples. Aiming to promote our wealth by contributing to our economic development and also to fight against cultural appropriation of which we continue to be victims on a large scale.

If you are an artist, craftsman, creator, entrepreneur from any sector, register now at the following address: [www.idln.org](http://www.idln.org).

Here is the certification logo:



This logo is much more than a brand, it is your identity, guided by the breath of your ancestors, for the artists, creators and entrepreneurs of today and for the generations to come.

In conclusion, I would like to salute the members of Odanak and elsewhere who took part in the Odanak Coalition. We campaigned against the OTE oil project which wanted to establish itself in our community. The citizen's voice was raised against this project which went against our Abenaki values. We are the protectors of the territory and its environment.

Lets keep our heads up and keep moving on.



SHORT COLUMN ON THE ABENAKI LANGUAGE

THE FORMATION OF THE LOCATIVE ENDING OF NOUNS

For nouns ending in a vowel, “k” is added in the singular form and “ikok” in the plural form. For animate nouns ending in “em” and inanimate nouns ending in “gen”, “ok” is added in the singular form and “ikok” in the plural form.

		LOCATIVE		
		SINGULAR	PLURAL	
ANIMATE NOUNS	Man	San8ba	San8bak*	San8baïkok
	Tree	Abazi	Abazik	Abiziikok
	Eagle	Mgezo	Mgezok	Mgezoikok
	Chief	S8gm8	S8gm8k*	S8gm8ïkok
	Woman	Phanem	Phanemok	Phanemikok
INANIMATE NOUNS	Basket	Abaznoda	Abaznodak	Abaznodaikok
	Table	Tawipodi	Tawipodik	Tawipodiikok
	Sibo	Sibo	Sibok	Siboikok
	Flag	Mdawagen	Mdawagenok	Mdawagenikok

\* Note: nouns ending in “a”, “8” and “em” end in the singular locative form the same way they end in the plural form.  
Taken from INITIATION À LA GRAMMAIRE ABÉNAKISE, Monique Nolett-Ille, Odanak 2006.





WORD FROM COUNCILLORS



Florence Benedict  
Councillor – Abenakis  
of Odanak Council

Kwaï,

First of all, let me thank you for the confidence you have placed in me by entrusting me with a fourth term as your Councillor. I will continue to defend the interests of our Nation with great pride.

As you read these lines, the holiday season will already be behind us. I would like to take this opportunity to wish you a happy new year 2022 filled with joy, happiness and health.

The last few months leading up to the election have been quite busy. Here is a report on the activities I participated in during the months of September, October, November and December 2021. These are important moments that I wanted to share with you; I will be grateful for the Council's routine (Zoom, meetings, dossiers, etc.).

SEPTEMBER 2021

**September 12**

I attended a meeting of the Quebec Native Women (QNW) - Femmes autochtones du Québec (FAQNW) - section locale as well as the farewell tour of Ms. Vivianne Michel as President of QNW.

Three positions within Odanak Native Women were up for election, including that of Nation Representative - Elders and Youth.

**Re-elected for a 3-year term (in order):**

- Representative for the Wabanaki Nation:** Florence Benedict
- Representative - Elders:** Annette Nolett
- Representative - Youth:** Jessica-Ann Watso

**September 23**

I attended a meeting on the future shelter for women and children fleeing violence, which will begin construction in the spring of 2022.

OCTOBER 2021

**October 4**

I took part in the vigil for murdered and missing women and the commemoration of Major Rodgers' Raid of 1759.

**October 13**

I submitted my candidacy for the November 2021 elections.

**October 14**

I attended a meeting of the committee for the future shelter for women and children.



NOVEMBER 2021

To mark National Seniors' Week, which was held from November 7 to 13, 2021, a draw was held among those 65 years of age and older. Of these participants, about twenty elders received bags as prizes, courtesy of the Table de concertation régionale des aînés du Centre-du-Québec.

**November 27 and 28**

Below are the voting results for the elections:

<b>Chief</b>	Rick O'Bomsawin – 320 votes
<b>Councillor</b>	Florence Benedict – 316 votes
<b>Councillor</b>	Alain O'Bomsawin – 290 votes
<b>Councillor</b>	Nicole O'Bomsawin – 256 votes
<b>Councillor</b>	Jacques T. Watso – 227 votes



DECEMBER 2021

**December 2**

The Abenakis of Odanak Council presented a \$500 grant to the Opération Nez Rouge organization sponsored by the radio station VIA 90.5.

In addition, the Council participated in the design of a Christmas tree in the Nation's image as part of a fundraiser for the Shriners Hospital for Children. Tickets were sold to the public for a chance to win one of the trees filled with gifts from various municipalities. The winner of the Nation's tree was Ms. Marguerite Lafond. Congratulations to her!

Several municipalities participated in this fundraiser, which was original, to say the least! The event raised a total of \$18,000, all of which will be donated to the Children's Hospital.

The Nation's tree was made with the participation of Helen Watso, Raymonde Nolett and myself.



**December 3, 4 and 5**

To conclude my year, I participated in the annual general assembly of Quebec Native Women as well as the election of the new president of the organization: Ms. Marjolaine Étienne, from the Innu Nation of Mashteuiatsh.

This concludes my activity report and I wish you all a good winter. Hoping that this pandemic will be over by spring.

Be safe and see you soon!

Wliwni!





WORD FROM  
MANAGEMENT



Daniel G. Nolett  
Executive Director –  
Abenakis of Odanak Council

Kwaï, kwaï mziwi!

As you know, the pandemic is still ongoing. We therefore ask you to remain vigilant and not to let your guard down. The Covid-19 virus and its variants are still very present in our Bas-Saint-François area. We are about to start the vaccination for the third dose of the Moderna vaccine. Stay tuned to our announcements to make an appointment to receive your third dose.

Work has begun on the parking lot at 1016 Awassos Street. We plan to create about 20 parking spaces for staff and visitors to the Grand Conseil, as well as for the Health Centre.

We are currently completing the plans and specifications for the future shelter for Indigenous women and children fleeing violence. Construction of this shelter is scheduled for April 2022 at a cost of just over \$2 million to be funded by CMHC. In order to complete this project on the Mgezo Street extension, we have applied to Indigenous Services Canada (ISC) for funding to extend and loop Mgezo Street to Pakesso Street and install water, sanitary and storm sewer services on this new section of street. The shelter will be built behind the youth hall (place jeunesse) located at 1100 Marie-Victorin Street, just behind the community skating rink.



A quick reminder that the extension of Mgezo Street will complete the residential development of the Mgezo, Pakesso and Sips sector, initially started in 2017 with the construction of Sips Street and the first part of Pakesso Street (Phase 1). Eleven lots were then created by the construction of these streets. In 2020, Pakesso Street was extended to connect to Waban-Aki Street. Twenty-one lots were created by the extension of the street (Phase 2). A new street frontage was also built for Mgezo Street. The Band Council wishes to carry out the final phase of the development (Phase 3) in the winter of 2022 by closing off Mgezo Street at the new street entrance built during Phase 2. This phase will allow the addition of twenty-one new lots to the community. We have obtained a favourable response from ISC in order to complete this loop. In fact, we have been granted funding of nearly \$1.2 million.

In the same vein, the Council will be applying to CMHC this winter for funding from the National Housing Co-investment Fund and the On-Reserve Non-Profit Housing Program (Section 95). With this funding, we hope to build two semi-detached homes and a four unit residential building in the summer of 2022 to meet the growing need for social housing in the community. This is a \$2.5 million housing project.

We also applied for funding on December 1<sup>st</sup> to the Canadian Equality for Sex, Sexual Orientation, Gender Identity and Expression Program. We would like to build a long house to hold cultural activities. If the application is accepted by the federal government, the long house would be built on Tolba Street, right across from the Anglican Cemetery. To be continued...

Concerning the Class Action 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. To do so, you can consult the following link: [www.indiandayschools.com/en](http://www.indiandayschools.com/en)

The rehabilitation of Waban-Aki Street was completed at the end of October. The rehabilitation and paving of the roadway was carried out over a distance of just over 1.6 km. Maskimo Construction Inc. of Trois-Rivières, the lowest compliant bidder, was awarded the contract. The total cost of the work was \$1.5 million. A total of 80% of the costs (\$1.2 million) will be covered by the Ministère du Transport du Québec (MTQ) and 20% by Indigenous Services Canada (\$300,000).

The Council has put out a call for community members to form a working committee to review the Band Code. A first meeting is expected to be held in January or February at the latest. After more than 15 years since the last amendment to the code, it is time for a review to reflect our current needs, especially after the amendments to the Indian Act following the McIvor and Descheneaux decisions. To be continued...

In closing, I would like to congratulate the members elected to Council following the November 27<sup>th</sup> election; Chief Rick O'Bomsawin, Councillors Florence Benedict, Alain O'Bomsawin, Nicole O'Bomsawin and Jacques T. Watso. I would also like to take this opportunity to wish our receptionist Monique Gauthier a happy retirement. She retired on November 25<sup>th</sup>. Thank you for all these great years of service within the Development Corporation of Odanak and the Abenakis of Odanak Council!

Mziwik wli pbon! Have a great winter!



WORD FROM  
THE DIRECTOR OF  
HEALTH CENTER



Jean Volland  
Director - Odanak  
Health Center

I have been working for the Odanak Health Centre for three years now and it is always a pleasure to arrive at work. The fact that we have a dynamic team made up of people specialized in different fields allows us to support and help each other in carrying out the mandates we have been given.

At the beginning of a new year, the Odanak Health Centre has decided to address the theme of customer service. What is meant by clients, who are they and where are they located? What are their needs and for us, what are our limits? We will try to answer these questions through the different services we provide and the different points of view from various stakeholders.

First of all, it is important to remember that we exist as an organization to serve our intended clients through the programs we manage while being sensitive to the needs and expectations of community members. Individual and family services are offered by the various workers, professionals and counsellors. Patient and psychosocial services, Meals-on-wheels, and the nutrition and kinesiology program are good examples. One of our priorities is that community members must be respected at all times and treated with justice and fairness.

Their dignity must not be compromised. The provision of our services in complete confidentiality is the premise for our interventions as well as to respond to their request in a diligent and prompt manner.

Of course, our programs cannot meet all requests, but the objective is to provide services in an effective and efficient manner. However, it is important to help our clients regain their autonomy, their well-being and to achieve their own personal goals.

In the coming months, several projects will be in operation:

1. Community well-being survey (January 2022): Over the next few weeks, we will be seeking your collaboration to participate in this study. A community health and psychosocial services development planner will communicate with the population to answer various questions regarding community well-being.
2. OHC employee performance evaluation (February 2022)
3. OHC 2019-2024 strategic plan update (January 2022)
4. Works at the Aln8baïwi hall
5. Agreement between the Pierreville GMF, the OHC and the CIUSSS MCQ
6. Follow-up on Accreditation Canada recommendations
7. Maintaining our partnerships with external organizations: FNCFS-CIUSSMCQ- FNQLHSSC, etc.

The Odanak Health Centre team is sensitive to the needs of the population and concerned about maintaining services despite the many efforts that the Covid-19 pandemic has generated. Within this context, this team wishes to continue to:

- Maintain and even improve the quality of services to the public.
- Better adapt services to the needs of the public.
- Maintain and improve accessibility and continuity of services.
- Preserve the proximity of services to the public.
- Maintain the quality and human dimension of care and services.
- Maintain a high level of user satisfaction with the care and services received and a high level of staff mobilization.

All the best for 2022!

INFORMATION  
BULLETIN

Michel Paul  
Accreditation Coordinator

Kwei to all,

In our last information bulletin, last June, we mentioned that the Odanak Health Centre (OHC) had been visited by members of Accreditation Canada and that we were waiting to receive the visit report as well as the committee's decision as to the type of accreditation granted to our organization (OHC).

For your information, an organization can receive one of four types of accreditation: unaccredited, accredited, accredited with commendation and accredited with exemplary standing The type of accreditation awarded depends on the degree of compliance with a set of elements and all related requirements. Therefore, the higher the level of accreditation type awarded, the more the compliance requirements are in parallel.

I am pleased to announce that the Health Centre has received the following status and this status is valid for the next four years:



This type of accreditation "accredited with commendation" attests to a high level of quality and safety standards with regard to the care and services offered to members of the community. It is also a reflection of the mobilization of stakeholders, the commitment of management and the support of the general management and elected officials in investing resources in the implementation of this organizational culture.

Some areas of improvement were proposed in the visit report that we had to follow up on immediately to maintain our accreditation status. We expect to present, for the beginning of the next year, a continuous improvement plan for quality and safety to ensure that we meet all the criteria deemed non-compliant in the visit report.

I would like to take this opportunity to wish you and your family Happy Holidays, continue to protect yourselves with the vaccinations that are available to you and continue to respect the health measures.





ODANAK HEALTH CENTER



Paule Leïby & Andréanne Gouin  
Odanak Health Center

From November 15 to 19, 2021, the Odanak Health Centre (OHC) and the health and social services institutions of Quebec held their Confidentiality Week (semaine de la confidentialité). For this occasion, we submitted an appreciation survey to the entire population of Odanak in order to evaluate the respect of confidentiality with regards to the care and services offered by the professionals and workers of the OHC.

The Association des gestionnaires de l'information de la santé du Québec (AGISQ) is the voice of medical archivists in Quebec. It is the only association representing clinical information technicians throughout the health and social services network. The AGISQ is recognized for its expertise in training, in medical information management and in the field of information technology in health and social services.

CALL TO ALL: SEARCH FOR DOCUMENTS IN THE ABENAKI LANGUAGE

Philippe Charland, Patricia Godbout & René Lemieux

We are calling on members of the community to help in collecting documents related to the Abenaki language. This may be audio, video or even written material (books, manuscripts), or even photographs.

We are three professors from the University of Sherbrooke who are currently working on a vast project to promote Abenaki audio-visual documentation. This project is part of a larger process: the creation of a documentation centre for Aboriginal languages and cultures in the Eastern Townships. This initiative is called the "Awikhiganisaskak Project".

Clinical information technicians play a leading role in the coding of information in users' medical records, access to information, confidentiality and security of information.

The record of a user is confidential and no person may have access to it except with the consent of the user or the person qualified to give consent on his behalf. Information contained in a user's record may, however, be communicated without the user's consent.

"Act respecting health services and social services, Section 19".

FREQUENTLY ASKED QUESTIONS AND ANSWERS

Can my health information be shared without my consent?

Except in certain cases established by law, your health information cannot be disclosed without your authorization.

Do I own my records and can I take them with me?

The information contained in the record belongs to you. However, the physical record belongs to the health care institution and the medical archivists, who manage health information, are its custodians. You cannot therefore take it outside the institution, but you can consult it on site, on request, in the presence of a medical archivist.

A first start-up grant (\$49,300) from the Pôle régional en enseignement supérieur de l'Estrie (PRESE) was obtained by our group which includes Pascale O'Bomsawin and Suzie O'Bomsawin. Exceptional temporary financial assistance was also provided by the Abenakis of Odanak Council to begin the digitization and cleaning of the audio recordings (on cassette and CD). We plan to make these recordings available soon.

For us, it is also a question of recording the value of the documentation. What does this mean? As with this post, our work also aims to put on paper the steps we are taking. We hope that our experience with the Abenaki language can also be useful for the appreciation of documentation in other Aboriginal languages of Quebec.



I am the victim of a breach of confidentiality by a staff member. What should I do?

All staff members of health care institutions are required by law to respect the confidentiality of information that comes to their knowledge in the course of their duties. This respect is essential.

If you believe that you are a victim of a breach of confidentiality, you should file a complaint through the OHC complaint form via one of the medical archivists.

If such a breach is caused by a professional, the medical archivist will also support you in filing a complaint with the relevant professional's association.

With respect to professional privilege, please be aware that the relevant staff member may be subject to institutional sanctions for breach of confidentiality.

For any additional requests or questions, do not hesitate to contact us.

Telephone : 450 568-6766, ext. 4030 or 4031

YOU HAVE DOCUMENTS FOR US?

If you wish to send us documents (which will be returned to you after digitization), please contact Mathieu O'Bomsawin at the email address [mobomsawin@gcnwa.com](mailto:mobomsawin@gcnwa.com), or by phone at 819 294-1686, ext. 3605 to make an appointment.





# ODANAK ENVIRONMENT AND LAND OFFICE

**Émile Gariépy**  
Project manager - Odanak Environment and Land Office

## SURVEY OF BANK SWALLOW COLONIES ON THE SAINT-FRANÇOIS RIVER AND AWARENESS-RAISING AMONG LANDOWNERS

Bank swallows are insectivorous birds that are distributed worldwide and travel great distances in their migratory cycle, moving from their wintering grounds in South America to the Canadian boreal forests for nesting. The swallows arrive in our region in late April and gather in colonies to dig their burrows where they will raise their young. These burrows are generally located along rivers and in sandpits with steep vertical slopes and sandy substrates. They leave for the wintering area when the juveniles are ready to migrate, around the end of August.

A major decline in Canadian populations has occurred over the past 40 years, causing their numbers to drop by 98%. This decline is mainly due to multiple human threats. Water logging, lack of riparian buffer strips, insecticides and road construction are good examples. The Environment and Land Office (BETO) conducted a project in the summer of 2021 to establish a portrait of the region by listing the colonies and determining the main threats to them.

In order to locate these colonies, the BETO combed the Saint-François River from the mouth to Sherbrooke as well as a small section of the Nicolet River, for a total of 130 km travelled in a canoe.



Photo of a colony located on an island about 10 km downstream from Drummondville



Bank swallow (Riparia riparia)

Following this survey, the owners of land occupied by swallows will be contacted and educated about the species. On a voluntary basis, an accompanying booklet will be given to owners with a list of relevant contacts with organizations such as the Regroupement Québec Oiseaux (RQO). This tool is intended to help them preserve the state of the colony while reducing threats and to carry out conservation projects on this species.

Do not hesitate to contact us if you spot a colony in the area.

This project was made possible by the Aboriginal Fund for Species at Risk (AFSAR).

**Evelyne Benedict**  
Field Assistant - Odanak Environment and Land Office

Hello everyone,

Winter is just around the corner and everyone has their own tricks and remedies to cope with the inevitable cold season.

For me, a good tea/tisane is a must. This hot drink is both comforting and relaxing.

The reduced hours of light in the fall and winter decrease the production of serotonin in our system, which creates an impact on our mood. The change in season can also impact the melatonin we produce, thus affecting our sleep cycle.

I present you two plants that can help you during this cold season:

## ST. JOHN'S-WORT

St. John's wort is also called the sunshine plant. It is used to treat seasonal affective disorder, as it helps tremendously with mood, sleep and digestion problems. It is for these reasons that I advise you to use this plant at this time of the year; it will add sunshine to your daily life.



## CHAMOMILE

Chamomile has the reputation of being the relaxing plant par excellence and it is indeed true! It is known to be beneficial to relieve stress and anxiety thanks to its calming effect. Chamomile improves the quality of sleep thanks to its sedative properties. Since many people feel more tired during the winter, using chamomile is a good way to improve your sleep cycle.

Always remember that plants contain medicinal ingredients and before using them on a daily basis, it is important to consult your doctor or pharmacist if you are using other prescribed medications.

Moreover, the effects of medicinal plants are not instantaneous; you must allow time for the ingredients to "do their work" in order to feel their beneficial effects.

Stay healthy!





NDAKINA OFFICE



**Nicolas Pinceloup**  
Project agent in climate change adaptation – Ndakina Office

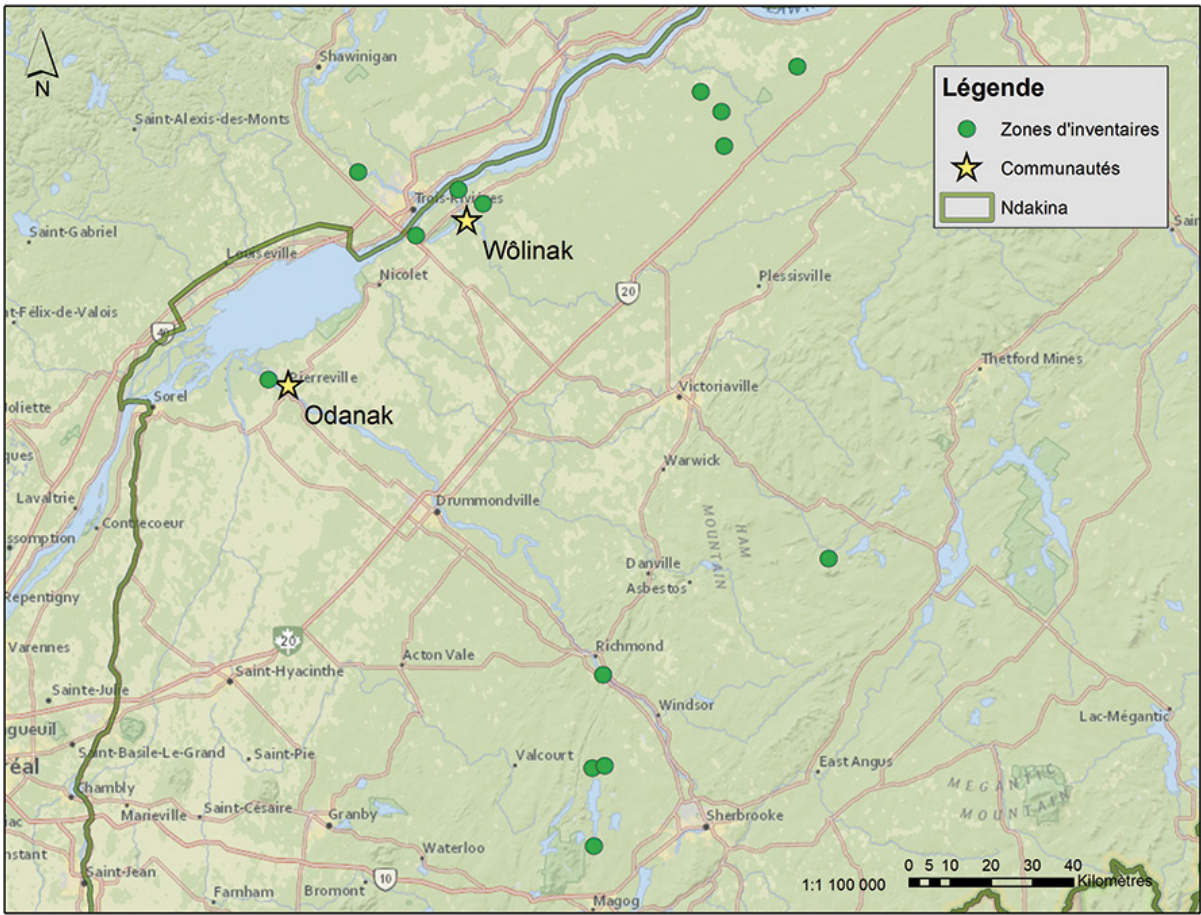
**Stéphanie Harnois**  
Project manager – Odanak Environment and Land Office

BLACK ASH SURVEYS ON THE NDAKINA

This year, teams from the W8linak and Odanak Environment and Land Offices were in the field in search of new stands\* of black ash. The objective of this project is to document the presence of the species on the Ndakina in order to help perpetuate basket-making.

Considering the vastness of the territory, an important preparation work was done. The Quebec government’s data on forest stands made it possible to identify the most favourable areas where black ash could be found near the communities of Odanak and W8linak.

Luc G. Nolett and Michel D. Nolett, two bearers of knowledge, and Laurence Boudreault, a researcher at Laval University, were very helpful. They trained the field teams in ash tree identification and quality indicators for basket-making.



Map of survey areas visited in the fall of 2021. Each point indicates a study area that contains several stands.

In September 2021, the teams traveled long distances in the forest to find black ash stands, delineate them, and assess their health and basket-making potential. Results and analysis are ongoing, but we can share a few highlights from this study as we await the final report:

- 1. A total of 17 areas were visited and 38 stands were identified (see map);
- 2. Some stands have current and future basket-making potential and we want to monitor them in the coming years;
- 3. Several stands showed disturbing signs of tree deterioration.

At the Black Ash members’ assembly on November 3 at Kiuna College, participants communicated their desire to protect this species and access to the resource. Therefore, the Ndakina Office and the Environment and Land Offices are preparing a follow-up survey project. This project will track stands of interest, install emerald ash borer traps and collect samaras (ash seeds) for conservation purposes. Various partnerships with universities and research groups will ensure the success of this project while creating collaborations for the future of ash conservation.

\* Stand: A forest stand is a contiguous community of trees sufficiently uniform in composition, structure, age, size, class, distribution, spatial arrangement, site quality, condition, or location to distinguish it from adjacent communities.

NEW PROGRAM

Medicine, nursing, pharmacy, engineering, architecture and more! No matter what scientific discipline you want to pursue, our college diploma (DEC) in Natural Sciences will get you there!

In collaboration with the FNQLHSSC, the content of the program meets both the standards of the Ministère de l’Enseignement supérieur and is culturally adapted by taking into account the knowledge and perspectives of the First Peoples.

To learn about all the opportunities in the field of engineering:  
[www.exploreengineering.ca/discover-engineering](http://www.exploreengineering.ca/discover-engineering)

To view the complete list of all our programs:  
[www.kiuna-college.com](http://www.kiuna-college.com)



TIME TO REGISTER!

It’s registration time for the Winter 2022 semester. We are also now taking reservations for our residences.

Registration from January 13, 2022 for the Fall 2022 semester\*

ONE PRESENTATION, MANY POSSIBILITIES!

Plan now for a customized presentation of Kiuna adapted to your preferences, virtually, at our college or even at your home!

For more information  
1 866 568-6464 / [info@kiuna.ca](mailto:info@kiuna.ca)  
[www.kiuna-college.com](http://www.kiuna-college.com)

\*The program will be offered in English starting in the fall of 2023.





DIVERSIFIED AND ENTERTAINING PROJECTS FOR THE ODANAK COMMUNITY



Mathieu O'Bomsawin  
Cultural development agent  
of Odanak

Kwaï mziwi!

For almost a year now, I have had the pleasure of acting as the community's cultural development officer. Let me first introduce you to my role and mandates:

- **Support cultural organizations and businesses in the planning and development of their projects;**
- **To support community artists and artisans and respond to their needs (support, accompaniment, assistance in preparing applications, etc.);**
- **Support any cultural action or project initiated by community members or groups;**
- **Draft and implement the three-year cultural action plan;**
- **Develop a cultural development agreement between the community of Odanak and the Ministère de la Culture et des Communications;**
- **Ensure the implementation and administrative follow-up of this agreement;**
- **Mobilize cultural partners in the community and outside the community;**
- **Participate in consultation tables and committees requiring advice on cultural matters;**
- **Draft grant applications in connection with cultural development or outreach projects**

The idea of writing an article is first and foremost to mention that if you have any cultural needs, whether it be to accompany you in your project or to help you find the necessary resources to carry it out, it will be my pleasure to support you as much as possible. Do you have an idea for a workshop/ activity or a project? I invite you to contact me to discuss it.

I would also like to take this opportunity to share with you some of the projects that are underway and that you will have the opportunity to benefit from in the coming year.



OUTDOOR CLASSROOM PROJECT

First, we are currently working on a project for an outdoor classroom in the Skamonal Street park. The idea of this classroom is to create an outdoor site that is conducive to cultural and socio-community activities, and which will also benefit users who are followed by community workers. Several outdoor classroom projects currently exist in several communities and municipalities. For example, here is an outdoor classroom project carried out at the Amishk school in the community of Mashteuiatsh. You will be able to enjoy these new facilities starting in the spring/summer 2022!

DIGITAL APPLICATION – ABENAKI LANGUAGE

In collaboration with the Niona youth program, we are currently working on the implementation of a digital application that will allow you to initiate and learn Aln8ba8dwaw8gan (Abenaki language). Inspired by other language learning applications (such as Babel or Duolingo), we wish to offer the possibility to as many Abenaki members as possible to have easy access to this type of resource, no matter where they live. Several levels of learning are offered through hundreds of words and common expressions. A vast amount of graphic design will be done by the Niona youth, both from Odanak and W8linak. This project is made possible through a financial contribution from Canadian Heritage and is expected to be launched in late spring 2022. Stay tuned! We will keep you informed of the release of the application which will be accessible on your cell phone, tablet or via your computer.

EDUCATIONAL VIDEO GAME – “ABENAKI” MINECRAFT

Over the next year, the Niona youth will participate in the adaptation of a video game that will feature the Abenaki Nation. The game will be developed in the virtual world of Minecraft and will allow players to meet in the heart of the Ndakina, the traditional territory of the W8banakiak (Abenaki)! In this quest and adventure game, the player embodies a young Abenaki who is in his or her native community. As the W8banakiak are a semi-nomadic people, they must frequently travel the territory in search of resources essential to the Nation's survival. During the adventure, the player will have to meet mythical heroes or key historical figures who will teach the player different aspects of the culture (knowledge, way of life, history, legends and myths, important places, toponymy of the territory, beliefs and values, etc.) as well as missions to complete. It is a fun way for young and old to learn about key elements of the Nation's culture and history. The young people who participate in the project will also have the opportunity to be guided by a professional scriptwriter who will provide training and coaching in the development of the game's narrative framework.

Please do not hesitate to contact me if you have any needs, requests for information or any other request for which I might be of assistance.

Happy end of winter to all!





# THE MISSION OF THE WAPAN REHABILITATION CENTER


From a continuum of care perspective, the Wapan Center is a residential addiction rehabilitation center offering French-speaking assessment, treatment and follow-up services to First Nations adults in order to help them achieve spiritual, cultural, mental, emotional and physical wellness.

For more information, you can contact the Wapan Center or the Odanak Health Center directly at 450 568-6766 ext. 4050.

\* Please note that the Wapan program is only offered in French.





## CENTRE DE RÉADAPTATION Wapan



 3611, chemin Wapan, CP 428  
La Tuque, Québec, G9X 3P3

 Tél. : 819 523-7641  
Sans frais : 1 833 523-7641  
Télec. : 819 523-7513

 Centre de réadaptation Wapan

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

Accrédité avec Mention par Agrément Canada (2020)

Centre résidentiel de traitement des dépendances offert aux membres des Premières Nations et Inuits.

Programmation offerte en français.

### TROIS APPROCHES

**Socioculturel :** activités traditionnelles en territoire (chasse, pêche, piégeage, randonnée en forêt, découverte de plantes médicinales, etc.)

**Culturel :** enseignements traditionnels (jupe, tabac, sac médicinal, roue médicinale, bâton d'humilité, tente de sudation (sweat), etc.)

**12 étapes :** basée sur les douze étapes des Alcooliques Anonymes

## Calendrier des thérapies 2022

JANVIER	FÉVRIER	MARS
D L M M J V S	D L M M J V S	D L M M J V S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AVRIL	MAI	JUIN
D L M M J V S	D L M M J V S	D L M M J V S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

JUILLET	AOÛT	SEPTEMBRE
D L M M J V S	D L M M J V S	D L M M J V S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

OCTOBRE	NOVEMBRE	DÉCEMBRE
D L M M J V S	D L M M J V S	D L M M J V S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

● En thérapie

● Ressourcement clients (4<sup>e</sup> et 5<sup>e</sup> étape)

● Ressourcement intervenants

● Thérapie de couple

● Dépendance affective

● Entrée

● Sortie

○ Semaine administrative

● Fermeture du centre

# SILVER DIAMINE FLUORIDE (SDF)

## TO PREVENT AND STOP DENTAL CARIES

INFORMATIONS	CONTRAINDICATIONS	SCHEDULE AN APPOINTMENT
Approved in 2017 by Health Canada	Allergy to silver	Suspected visible carious lesion?
Neutralizes the bacteria responsible for caries and thus stops the progression of the carious lesion	Deep and symptomatic lesions	Contact the Odanak Health Centre dental hygienist for screening and application of silver diamine fluoride.
Eliminates pain and sensitivity	Non-cooperative patient in clinical situation	Simple, quick, painless and does not require any dental anaesthesia.
Maintains the form and function of the tooth until a more permanent treatment can be provided, if so required	CONSIDERATIONS	Odanak Health Centre: 450 568-6766 Élisabeth Morel, dental hygienist
No anaesthesia	The lesion treated with SDF will become permanently black as a result of the cessation of the caries process	
	Should be reapplied to the treated tooth at future appointments	

References : Adaptation from the Université de M, Santé publique Ottawa, Association américaine de Dentisterie pédiatrique, USFC and Indian Health Services.





NEWS FROM  
YOUR MUSEUM



**Vicky Desfossés-Bégin**  
*Interim Executive Director & Projects  
and Communications Coordinator -  
Musée des Abénakis*

I would first like to take this opportunity to wish you a very happy 2022. After the many eventful months that we all experienced in 2020-2021, may 2022 bring you happiness and comfort!

EXTRAORDINARY SCHOOL VISITS

Good news for the Museum! In terms of school visits, the months of October, November and December were beyond our expectations. In fact, more than 1,300 students were able to broaden their knowledge of the Abenaki people thanks to our activities specially designed for them. Our outreach team also went to several high schools and elementary schools in the region to allow students to discover Abenaki culture. Let's wish for an equally busy year in 2022!

CULTURAL PROGRAM

As part of the Journées de la Culture, which were held at the end of September throughout Quebec, the Museum organized a family activity to design digital drawings. In collaboration with Abenaki artist Helen Watso, some fifteen budding artists participated in the first edition of MAPP\_ODANAK. This activity, divided in two steps, proposed to participants to first design drawings on a digital tablet. Then, in the evening, these drawings were displayed on one of the Museum's facades. Much laughter and fun were on the menu during this festive evening!



Last fall, we offered visitors to the Museum and Abenaki members an outdoor screening. In October, we presented Télesh Métatsh, la reine des bois. Telesh Metatash is an 84 year old Innu woman who has lived in the woods near Pessamit for over 50 years, living off the harvest of her own hunting, trapping and fishing. During this evening, the participants had the chance to exchange and discuss with the director of the documentary, Mrs. Nikol Brunet. A well appreciated activity.

On December 11 and 12, the Museum's Christmas Market was held. More than 15 Abenaki and other First Nations artists and artisans were present to allow visitors to obtain original and authentic gifts. A great success for all!

Cultural activities for 2022 will be announced shortly.

NEMIKWALDAMNANA – LET'S REMEMBER

The Museum is pleased to present the October 4, 1759 exhibit - Rogers' Attack. This 20-minute audio and video presentation allows you to hear Mr. Daniel G. Nolett tell the story of this tragic moment, which has been passed down in his family for generations, and then to celebrate the vitality of a Nation that is still alive through the magnificent photographic work of André Gill. Nemikwaldamnana - Let's Remember will be presented at the Musée des Abénakis until May 2022.

On your next visit to the Museum, take the opportunity to see (or re-visit) N8wat - Before Present (N8wat - avant aujourd'hui), an archaeological exhibition designed for ages 9 to 99 that explores the impressive knowledge that the Abenaki people had of the natural resources found on the Ndakina.

THE MANUSCRIPTS OF THE LITURGICAL SONGS ARE RETURNED

In 2011, the Musée des Abénakis made a request to the Centre de conservation du Québec (CCQ) to restore (and digitize) a manuscript of Abenaki liturgical songs, written by Father Joseph Aubery in 1715. After more than 1,500 hours of work by the Centre's team, the manuscript is back at the Museum!

In 2022, a meeting will be held in collaboration with the CCQ to present the main steps that have been taken on the manuscript to ensure its preservation for many more years.

Looking forward to seeing you soon!

