

W8BANAKI PILASKW



WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
Council of Odanak

Kwaï Fellow Band Members,

Although the last few years have brought about many challenges in the political realm, we have managed to gain a little direction on our collective journey towards reconciliation. We see many initiatives from the state facilitating access to resources within our village and the broader Abenaki community, aimed at restoring a presence and connection for us to our original story. We are beginning to be heard and use our voice in decisions that affect us as a people.

The ways of our ancestors and how they viewed the world is said to be hidden in our language and lore. All of the important work done by community members and leaders, makes place for and brings to light, our true heritage. This is important and commendable work.

Whether it be through community circles reforming, language classes, songs, honoring our basket makers or through rematriation and plant lore, we are reweaving these important threads of our history back into our daily lives and rebuilding our culture. We have taken our role back as seekers and keepers of knowledge and we are making them more and more accessible and present in our grandchildren's experience.

In exploring our history, we have established that as a nation we were historically known as the Alsig8ntegwiak Indians. Currently known as the "Abenaki", which includes a broad number of bands (tribes) under this blanket term, resulting in the loss of our distinction as a nation. At Council we are beginning to talk about the fact that historically our band was known as the Alsig8ntegwiak of the Alsig8ntegw. In the process of reconciling with our experiences in history, taking back our original name can also help weave presence and connection to our true roots and history. We also believe that returning to our nation's original name would be conducive to commemorating and reintegrating our true roots and heritage. On Council's website we are asking for your thoughts on making this important change. Please take a moment to give us your feedback. We will keep you in the loop on the general consensus and our direction.

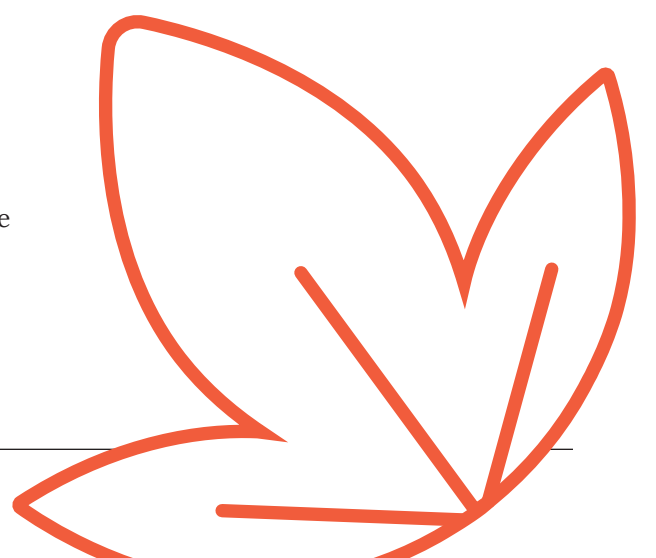
On another note, I would like to share with you some advancement on the fiscal portfolio. At this point we have a commitment from the province that our right to exemption of taxes at the source, on reserve, is making headway. We have timeframes developed to include exemptions of specific taxes on both alcohol and tobacco, which will be managed by the satellite terminal already in place for gas tax exemptions, from Revenue Quebec. Again, may I re-iterate that with all rights comes responsibility. Treaties and agreements between Canada and its first peoples have been put in place for compensation on and resources. Section 87 applies to status band members only, and must be respected in that way. If we continue to violate these agreements by ignoring its restrictions, we can jeopardize the process of putting in place a system which facilitates this process of our tax being exempted at the source.

Where we come from and where we are going brings us lots to think and act upon. I'm hoping that this opening up of our world post COVID, will bring with it some reflection and careful attention to what we as a nation need to do to honor our ancestors while protecting ours as well as our future generations' rights and heritage.

In peace and friendship.

IMPORTANT | 2021-2022 ANNUAL REPORT

Community members who wish to obtain a hard copy of the complete Council financial statements may request a hard copy at the Council reception desk. Administrative fee may be incurred to cover the cost of copying and mailing.



PRIME MINISTER ANNOUNCES THE NOMINATION OF THE HONOURABLE MICHELLE O'BONSAWIN TO THE SUPREME COURT OF CANADA

The Prime Minister, Justin Trudeau, announced on August 19, the nomination of the Honourable Michelle O'Bonsawin to the Supreme Court of Canada.

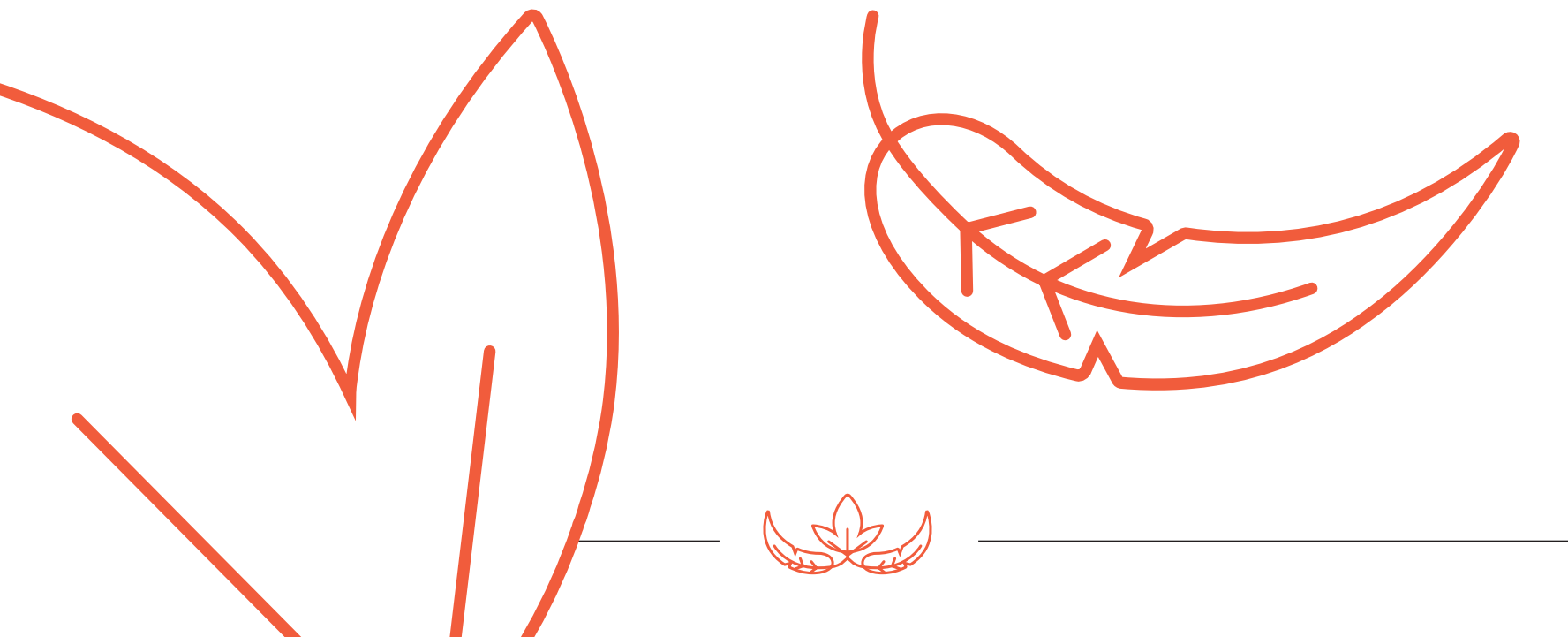
Justice O'Bonsawin is an accomplished jurist with expertise in the areas of mental health, Gladue principles, labour and employment law, human rights, and privacy law, and has been a judge of the Ontario Superior Court of Justice in Ottawa since 2017. Justice O'Bonsawin holds a B.A., an LL.B., and an LL.M., and completed her Ph.D. in Law earlier this year. A fluently bilingual Franco-Ontarian, she is an Abenaki member of the Odanak First Nation.

"I am pleased to announce the nomination of Justice Michelle O'Bonsawin to the Supreme Court of Canada, which is recognized worldwide for its strength, excellence, and independence. Her nomination is the result of an open, non-partisan selection process. I am confident that Justice O'Bonsawin will bring invaluable knowledge and contributions to our country's highest court" said the Right Honourable Justin Trudeau, Prime Minister of Canada.

The entire W8banaki Nation of Odanak is extremely proud of the Prime Minister's proposal to appoint the Honourable Michelle O'Bonsawin to the Supreme Court of Canada, making her the first Indigenous person to sit on the country's highest bench.

In addition to being a highly respected judge in the Canadian legal community, Ms. O'Bonsawin's career and accomplishments are remarkable, and it is an invaluable honour to have such an ambassador for our Nation.

Our most sincere congratulations!



WORD FROM
COUNCILLORS



Alain O'Bomsawin
Councillor - Abenaki
Council of Odanak

Kwaï and hello to everyone,

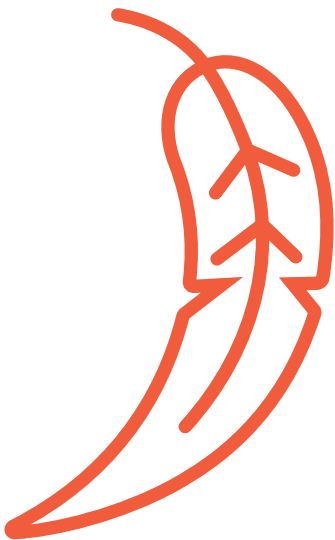
First of all, congratulations and thanks to all the volunteers and participants of the 2022 edition of the Odanak Pow Wow. Once again, the event was a great success and we were treated to beautiful and uplifting cultural celebrations. We can be proud to be Abenakis.

As for the work on the cemetery, steps have been taken to stabilize the site. The only thing that remains to be done is to install the fence, plant grass and delimit the lots. Afterwards, we will begin the process of purchasing a columbarium. Unfortunately, we were initially turned down by a Montreal company due to work overload. We are waiting to hear from a second company called Rock of Ages.

I would also like to inform you that some refurbishing and repairs have been done at the entrance of the church. We were able to confirm that the repairs made last year to the waterproofing of the vestibule were in perfect condition.

Finally, I hope you had a great summer and enjoyed the time together with your family. Enjoy the upcoming fall, the cooler weather and the upcoming Halloween. Once again this year, we will welcome you with plenty of candy.

Wliwni.



Nicole O'Bomsawin
Councillor - Abenaki
Council of Odanak

Kwaï! mziwik

Summer is a time for vacations... (le temps des vacances). For us, it has been rather turbulent in terms of activities. I had the pleasure to dance with our toddlers at the Aw8sisak daycare centre. We have to prepare the next generation.

As the *Rejoin the Circle* forum was put on hold due to the pandemic, we held two one-day mini forums to teach the dances and songs for those who wished to participate. This gave about 30 participants the opportunity to learn about our proud heritage. Few Indigenous communities today can still perform the traditional dances from their heritage.

I was part of the Pow-Wow organizing team. All the members of the committee worked hard to put together an event with Abenaki accents. I was responsible for the Saturday activities and it was a whirlwind; there were people everywhere. And what about the Pow-Wow mass which was the perfect occasion to pay a well-deserved tribute to our elder, Ms. Thérèse O'Bomsawin.

I also had the opportunity to welcome a delegation of elders and researchers from the INRS, which forms the Kapakan alliance, in Odanak to introduce them to the Musée des Abénakis and the Tolba trail with Michel D. Nolett, to attend a moccasin dance as well as to share songs with Thérèse O'Bomsawin and Élise Boucher De Gonzague.

The organization surrounding the Pope's visit at Sainte-Anne-de-Beaupré on July 28 cannot be overlooked. It was a real headache as the security measures were complex. Finally, the Abenakis were there among hundreds of Indigenous people from all over Quebec. All in all, it was moving and we were proud to be there.

I also represented, with Hélène O'Bomsawin (Gérard), the Abenakis in Val d'Or during the Université nomade which, this year, focused on cultural safety. We had the privilege of visiting the site of the former residential school of St-Marc-de-Figuery and learning more about the Kitcisakik educational project as well as the history of the very first school in Pikogan.

In closing, I had the pleasure of sharing a historical activity with Annette Nolett during the 18th century public market at the Pointe-à-Callières Museum. These are long days that allow us to see the growing interest in regional Indigenous cultures.

I also had the pleasure of participating in Alanis' 90th anniversary at the NFB. I was witness to how much she is loved and appreciated, but also, I discovered how she had to fight and persevere to give voice to Indigenous people, in addition to paving the way for all who follow in her footsteps.



WORD FROM COUNCILLORS



Jacques T. Watso
Councillor – Abenaki
Council of Odanak

Kwaï Mziwi,

Summer has come and gone after the long months of uncertainty due to the pandemic. On our side, your Council has not been idle. Several files of territorial affirmation and agreement with the Nations which neighbor our beautiful territory, the Ndakina, are in the process of being signed. We must be firm in our assertions and proudly display our cultural heritage. My message to you is the following: In the face of adversity, let us walk with our heads held high, for ourselves, our families, our community and finally our Nation.

Adio.



Florence Benedict
Councillor – Abenaki
Council of Odanak

Kwaï,

Summer is drawing to a close and life is returning to its daily routine. During the last few weeks, we have observed a slowdown in daily activities due to the vacation period on the one hand, but also due to COVID-19. Many employees have been affected by the virus and have had to interrupt or downshift their work for a while.

I would like to take this opportunity to highlight the magnificent Pow Wow that was held on July 29, 30 and 31! Thanks to the organizers, Martin Gill, president of the committee and Isaac Lachapelle-Gill, his assistant in logistics. A huge thank you also to all the volunteers and sponsors including:

- Abenakis of Odanak Council
- Canadian Heritage
- Abénaki Aventure
- Dépanneur Nim8w8n
- Climaxion
- Location équipement Raydan

Finally, a special thanks to Theresa Watso for the advertisement in the Journal L'Annonceur.

This 63rd Pow Wow would have been perfect had it not been for the presence of a few individuals in need of recognition and visibility at the end of the day! Indeed, an incoherent and incomprehensible speech held by the organizer of this great masquerade had only the effect of frightening the elders and the children who were on site. I would like to reiterate my confidence in the Abenaki Police Force which, in my opinion, acted in the best way possible given the circumstances. No injuries or major incidents were reported.

The Abenakis of Odanak Council has been clear: we will not give in to intimidation. Rest assured that the work of our police officers continues and that charges may be forthcoming against these individuals. It is unfortunate that some members of our community have participated in this great farce. These people need help and know that all the services of the Health Centre are available to them if they are willing to accept them.

Wishing you a beautiful fall.
Be careful and take care!

Wliwni.



SHORT COLUMN ON THE ABENAKI LANGUAGE

DECLINATION OF NOUNS¹ (POSSESSIVE ADJECTIVES*)

In the **declination of nouns**, **possession** or **relation** is indicated by **preceding the noun with the appropriate possessive adjective**. Possessive adjectives are expressed as follows:

| | |
|---------------------|---|
| My | N (before a noun beginning with a consonant) Or Nd (before a noun beginning with a vowel) Example: My chair Ntassakwabon |
| Your | K or Kd |
| His, her, their | W or Wd |
| Ours (exclusive)** | N or Nd |
| Ours (inclusive)*** | K or Kd |
| Yours | K or Kd |
| Theirs | W or Wd |

As the **possessive adjectives** of the **three singular persons** are expressed in **exactly the same way** as the **possessive adjectives** of the **three plural persons**, the ending of the noun indicates **the difference**.

Example :

| | |
|-------------------------|-------------------------------|
| My book | N dawikhigan |
| Our book (excl.) | N dawikhiganna |
| Your book | K dawikhigan |
| Your book | K dawikhigan w8 |
| His/her book | W dawikhigan |
| Their book | W dawikhigan w8 |

* In the declination of nouns, the possessive adjectives are expressed in the same way as the personal subject pronouns in the conjugation of verbs.
** **Exclusive** : excluding the person(s) being spoken to.
*** **Inclusive** : including the person(s) being spoken to.

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



WORD FROM
MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenaki Council
of Odanak

Kwaï, kwaï mziwi!

We had a very nice summer. The weather was hot, but unfortunately so was COVID-19. Indeed, the cases of COVID-19 were numerous among the members and residents of Odanak. The sub-variants that are circulating at the moment are proving to be very virulent. However, they do not cause too many severe symptoms requiring hospitalization. We are fortunate that a very large portion of our population is adequately vaccinated. This undoubtedly helps to reduce the severity of symptoms. However, we must remain vigilant, as the pandemic is not yet over. Wli nanawalmezikw! Take good care of yourselves!

We will attempt to hold a public assembly on Wednesday, September 28, at 6:30 p.m. in the Community Hall. We will present the audited financial statements for the fiscal year ending March 31, 2022. Just to give you a little taste, the Band's financial situation is excellent! The numbers will demonstrate this without a doubt.

Work on the parking lot for the 102 Sibosis offices at 1016 Awassos Street has been completed. However, the delivery of the lamp posts and the charging stations for electric cars remains to be done. We remind you that the Nicolétaine Bergeron 2009 Inc. company was awarded the contract after a call for tenders by invitation. The cost for this work is \$151,000. 22 parking spaces were created for the GCNWA staff and visitors, as well as for the Health Centre staff. In addition, as mentioned, two charging stations for electric cars will also be installed.

Plans and specifications for the future shelter for Indigenous women and children fleeing violence have been completed. Due to CMHC's strict standards, the tendering process has been delayed. We expect to proceed to tender in early September. One of the reasons for the delays is the energy efficiency and geotechnical studies that need to be completed. The service providers that have been selected have had delays due to staff shortages and the many mandates they have to complete. CMHC has revised their contribution to this project upward due to the increase we are experiencing in construction costs. They have increased it to \$3,375,960. More to come...

Lot surveying, concrete curbing and paving of the Mgezo Street extension was completed in the spring. The application for CMHC funding was finally made in late June to the National Housing Co-Investment Fund and the On-Reserve Non-Profit Housing Program (Section 95). In order to meet the growing need for social housing in the community, we wish to build two semi-detached houses as well as a four-unit building for a total of nine units during the fall-winter of 2022-2023. The costs of their construction have also been revised upwards. They were initially estimated at 2.5 million, but due to the increase in construction costs, they are now estimated at 3.6 million. We are waiting for the answer from CMHC regarding their contribution. The Abenakis of Odanak Council will be required to contribute \$1.35 million to this project. The balance of the budget for the financial package will be provided by CMHC for \$2.1 million and ISC for \$150,000.

Meanwhile, we have sent a funding request to ISC for the extension of the Tolba Street infrastructure in order to loop it at Managuan Street. This work is estimated to cost approximately \$1.1 million. We plan to develop at least four other lots on Tolba Street, including one on which we plan to build a "long house" for traditional activities. As a reminder, we submitted a funding application to the Equality for Sex, Sexual Orientation, Gender Identity and Expression Program of Canada on December 1st. 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, across from the Anglican Cemetery. We are still waiting for a response from ISC regarding this request.

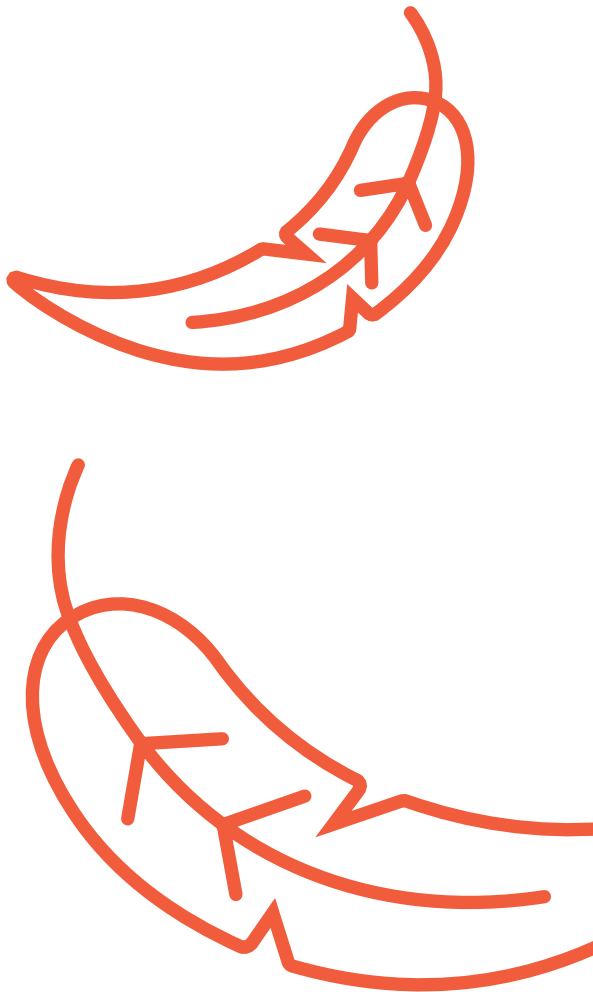
The Band Code review committee met in May and again in June. Proposed amendments to our code were sent to our attorneys at Dionne Schulze in late June. Once the new wording of the amended code is received, we will consult with you, the members, for your opinion and comments. Once this is complete, we will call a special general membership assembly to vote on the proposed amendments for approval.

Our new funding agreement under our Odanak Financial Administration Act was signed in April 2022. It is a ten year agreement from 2022 to 2032. It provides us with more budgetary flexibility. However, we will be more responsible and accountable to you, our members. We have recruited three individuals who meet the profile required by the First Nations Financial Management Board (FMB) to serve on our Audit and Finance Committee. The names will be announced shortly once the FMB has given the green light. Our Audit and Finance Committee will be responsible for reviewing our financial statements and budgets on a quarterly basis. In addition, they will perform the final analysis and issue recommendations following the audit of our financial statements by the external auditor at the end of each fiscal year. For this grant funding agreement process, we are accompanied by the firm MNP. This new funding agreement requires us to review our entire financial procedures and policies. We have been able to obtain financial support from ISC under the Professional and Institutional Development (PID) program to pay MNP's fees. More to come...

As for the projects to come in the next few months, our plans include:

- Renovating the former BETO offices to convert them into a fitness room for the health centre's programs. We will also take the opportunity to change the exterior siding as well as the roofing;
- Renovating the former part of 102 Sibosis (former band office) where the exterior siding and roofing will also be changed;
- Redeveloping the Skamonal, Waban-Aki and Managuan children's playgrounds.

Wli tagw8gw! Have a great fall!



NOTICE | NEW DEVELOPMENT AT MARSH #2

Théo Allart
Biologist, M. Sc.
Project Manager - Odanak
Environment and Land Office

Hello to everyone in the community,

This project is a continuation of the first phase and consists of raising and controlling the water level of Marsh #2, thus increasing the spawning area for yellow perch following the removal of a beaver dam that obstructed the stream developed in 2017.

Indeed, Marsh #2 is a good quality habitat for yellow perch reproduction. However, in 2013, it was found that obstacles were hindering the free migration of yellow perch to this marsh. A first phase of work was then initiated in the summer of 2017 to lower and upsize a culvert that was restricting fish passage to the marsh. The 2017 redevelopment work included re-profiling the stream leading to the marsh to soften the slope and facilitate yellow perch upstream to the spawning area.

Consistent with this objective, it is proposed to raise the water level of Marsh #2 by approximately 30 cm using a control and retention structure in order



Marsh #2 prior to the 2017 development work

to flood the vegetation conducive to the deposit of eggs and the rearing of yellow perch larvae over a longer period of time and potentially over a larger area.

The idea behind this development is to recreate a natural phenomenon that recurs in Marsh #2, namely the presence of a small beaver dam at the current mouth of the pond, which allows the water level of the pond to be higher. The steel plate and removable beams would have the advantage of being able to control the flow of water specifically according to the life cycle of the predominant species of the marsh, the yellow perch.



Marsh #2 after the 2017 development work

In short, the key takeaways from this new phase of development are:

1. That the objective is to increase the water level of the pond during the summer in order to improve larval recruitment, in comparison with phase 1 which consisted rather in improving the free movement of yellow perch between the Tardif channel and the pond in order to spawn.
2. That the structure proposed in the plan that will channel water into the pond will not seal off the marsh. It is both resistant and resilient to exceptional hydrological events.

TRAPS TO DETECT EMERALD ASH BORER

This summer, the Odanak and Wôlinak Environment and Land offices were in the field to assess the health of black ash stands, a project in collaboration with the Ndakina Office of the Grand Conseil de la Nation Waban-Aki.

Last year, surveys were conducted to find and characterize stands. This year, the surveys are continuing, but a component is being added to detect emerald ash borer. This is an insect that ravages ash trees, causing their demise, and which is spreading more and more in Quebec. In order to determine if the insect is widespread in known stands, traps are installed high in the trees to collect insects, including the EAB. A total of twelve traps are being installed in six stands and the results will be known later this fall.



Trap to be mounted on top of the tree to collect insects



Emerald ash borer observed with binoculars



WORD FROM THE
DIRECTOR OF ODANAK
HEALTH CENTER



Jean Volland
Director –
Odanak Health Centre

As you read this, the summer season is coming to an end and we are preparing for the fall season. As the Health Centre team returns from vacation, great new challenges are ahead.

First of all, over the past months, we have worked on several projects such as:

- Community wellness study (October 2022)
- OHC/Archives expansion project
- Alnôbaiwi Hall renovation project (January 2022)
- Participation in the inter-school games organized by the FNEC (June 2022)
- 25th anniversary of the Odanak Health Centre (October 2022)
- Introduction of cultural and holistic activities for the Odanak clientele (2022-2023)
- Acquisition of the former BETO office/ Kinesiology consultation room/training room project (more to come)
- Return of the collective kitchens (April 2022)

More than ever, the Odanak Health Centre is committed to improving the quality, accessibility and sustainability of health care for the Abenaki population of Odanak. With all these projects, the health centre is banking heavily on its health plan, especially on the seven objectives of the fourth axis.

AXIS 4: PROVIDE MENTAL
HEALTH SERVICES

OBJECTIVES

1. To allow individuals from the Odanak community with a mental health diagnosis to be followed according to their needs.
2. To promote and support individuals/ groups in any means, resources, attitudes or behaviours that may provide healthy alternatives to self-destructive behaviour for those affected by addictions.

3. To support individuals/groups in any way, resource, attitude or behaviour that may offer people affected by addictions healthy alternatives to their self-destructive behaviour.
4. In order to prevent suicide, educate the public about the warning signs and resources available in distress situations.
5. Establish and implement a mental health case allocation mechanism.
6. Health workers will have the tools necessary to provide quality mental health care.
7. Implement a reception, assessment and referral procedure for Abenaki mental health clients.

Finally, the role of the psychosocial service is to contribute to the improvement of the health and mental well-being of the members of the Odanak community through health programs focused on prevention and health promotion, using a holistic approach that respects the beliefs and cultural values of the Abenaki Nation.

CHILDREN'S
ORAL HEALTH
INITIATIVE (COHI)



Élisabeth Morel
Dental hygienist –
Odanak Health Centre

The COHI program was created in 2004 and was introduced in 2017 in Odanak. The goal of the program is to reduce oral diseases among First Nations populations in Canada. On the one hand, by encouraging and referring the target clientele to obtain curative oral care, and on the other, by teaching and applying preventive oral care.

The COHI focuses on school-aged children (5 to 12 years old), infants, preschoolers (0 to 4 years old) and especially their parents, pregnant women, and more recently, in some communities, residents of private seniors' residences (RPAs) as well as residential and long-term care centres (CHSLDs).

Preventive oral health care offered by the program includes:

- Toothbrush program in schools, daycare centres and childcare facilities;
- Annual oral health screening in the form of a clinical examination, dental referral as needed;
- Application of fluoride varnish with a minimum of two (2) applications per year, ideally four (4);
- Application of a glass ionomer pit and fissure sealant in primary and secondary schools, in our case, once or twice a year at the Odanak Health Centre. The sealant is applied when required on the first molars, second molars and premolars.
- Use of silver diamine fluoride (SDF) as needed, always accompanied by a referral to the dentist;
- Supervised use of certain products containing xylitol;
- Group and individual health education sessions (prenatal, postnatal, breastfeeding group, OLO groups);
- Home visits.

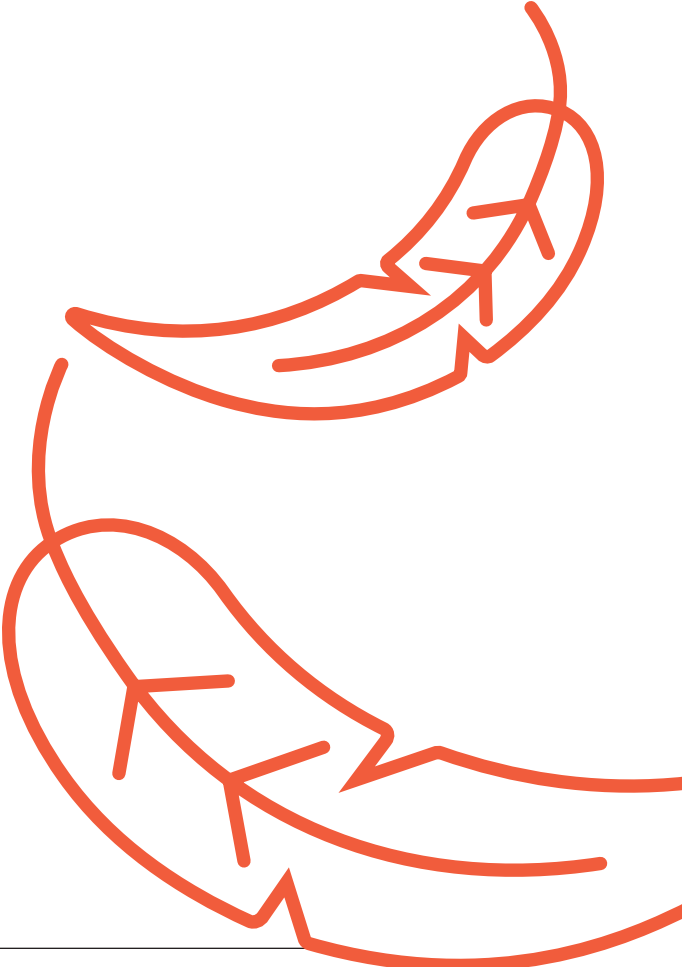
For all requests for appointments or information, call the Odanak Health Centre at 450-568-6766. It will be my pleasure to answer your oral health needs.

Sources :

Aperçu des programmes de soins buccodentaires fournis par services aux autochtones Canada, magazine l'Explorateur, La revue professionnelle de l'Ordre des hygiénistes dentaires du Québec, VOL. 32-N.1, mai 2022

Gouvernement du Canada, Info Source : Sources de renseignements sur le gouvernement fédéral et les employés pour Services aux Autochtones Canada, Services communautaires de santé buccodentaire, Site Web <https://www.sac-isc.gc.ca/fra/1639748667069/1639748703555#c hp06>, consulté le 2022-08-10

Gouvernement du Canada, Initiative en santé buccodentaire des enfants, Stratégies et initiatives sur la santé des Premières nations et des Inuits, Site Web : <https://www.canada.ca/fr/sante-canada/organisation/a-propos-sante-canada/activites-responsabilites/strategies-initiatives/sante-premieres-nations-inuits-strategies-initiatives.html>, consulté le 2022-08-10





THE MONARCH PROJECT TAKES FLIGHT

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

The monarch butterfly is an iconic North American pollinator that can be seen in southern Canada in summer. Pollinators are essential for more than a third of the food we eat. Pollination is essential as pollen is transported from one plant to another to ensure the fertilization of flowers, plants and the production of fruits, vegetables and nuts that feed much of the wildlife and humans.

However, the monarch's population has dropped by almost 90%. In 1996, more than a billion monarchs completed a migration of nearly 5,000 km in order to winter in the sacred forests of Oyamel in Mexico. In 2014 and 2015, only 56 million wintered in Mexico.

The decline of the monarch is due to habitat loss, the use of pesticides and herbicides, and climate change.

The Monarch Project takes flight in Odanak! The main objective of this project is to create a wave of citizen mobilization in order to maximize the conservation of monarchs (and other pollinators). We have already accomplished certain initiatives in the past such as community activities, milkweed seed distribution, workshops with speakers, etc. These initiatives suggest that people are concerned about this issue and that organizing new collective activities could be successful.

“STRIPED BASS” PROJECT

Théo Allart
*Biologist, M. Sc.
Project Manager - Odanak
Environment and Land Office*

As part of the fourth and final year of our project on striped bass in Lake Saint-Pierre and the St. Lawrence River, our team and the Wôlinak Environment and Land Office were surveying juveniles. This step was in addition to those already undertaken with the participation of the MFFP (location of spring gathering areas, telemetric monitoring of adults during the spawning and winter period, search for eggs and larvae, inventory of accidental sport captures) in order to better document their ecology at the local level. The survey of juveniles was done using a shore seine in shallow areas at the junction of aquatic plant beds and open water during the month of July. Our two offices have jointly sampled from Sorel to Gentilly.

The continuation and end of the project will take place in late fall and will consist, in partnership with the MFFP and the of Wôlinak Environment and Land Office, in the marking of adult striped bass in order to follow their movement and better understand their habitat area and their use of the territory in order to promote the return of this species to the St. Lawrence.

A community activity was held on August 6th during which a training session was offered to the people of the community after which the participants had the opportunity to put their new knowledge into practice. An interpretation and information booth was also available at the Odanak Community Garden.

Other community activities will be organized to encourage people in the community to learn more about monarchs and to get involved in a concrete way in order to create a butterfly effect!

Several components of the project will be completed this year: the restoration of a vacant wasteland and the creation of a habitat area for the monarch. We will plant milkweed (a flower essential to the survival of the monarch butterfly) as well as nectar flowers to feed adult monarchs.



Deployment of the seine net by the BETO team



Seine net deployed

The BETO team will be trained by one of our partners from Espace pour la Vie (Montreal Insectarium) in order to broaden their knowledge on monarchs and to conduct surveys to be better equipped to help this magnificent pollinator.

If you have any questions about this project, want to get involved or for any other information, do not hesitate to contact us!

This project is made possible through the support of the Aboriginal Fund for Species at Risk (AFSAR)



HAS THE COST OF FOOD BECOME MORE EXPENSIVE?

Marie-France David
Nutritionist

Has it become increasingly difficult to eat healthy?
Two food services in odanak can help!

MEALS-ON-WHEELS

What is Meals-on-wheels in Odanak?

- **A delicious and nutritious meal, delivered to your door every Wednesday and Friday lunchtime, at a low price** (\$2 per portion);
- **Variety.** Odanak Meals-on-wheels offers a 6-week cyclical menu that changes each season (fall, winter and spring-summer), thus ensuring a wide variety of meals;
- **Balanced meals, planned as a team by the cook and the nutritionist.** The Meals-on-wheels menus **meet the needs expressed by the majority of clients** for delicious, nutritious and easily digestible meals, including a few sweet desserts as well as diabetes-friendly desserts;
- **A service that helps people who are in loss of autonomy and/or who have difficulty preparing their meals** due to various physical or mental health issues;
- **Cost-effective food assistance** providing nutritious meals for those on a limited food budget.

Odanak Meals-on-wheels is not:

- **Meals-on-wheels is not a restaurant service.** The Odanak Meals-on-wheels team works very hard to meet the needs and preferences of the majority of Meals-on-wheels clients, but it is impossible to cater to everyone's different tastes. However, a satisfaction evaluation survey is conducted once or twice a year and the majority of comments are taken into account in order to adapt the menus and recipes, while respecting the direction taken by the Odanak Meals-on-wheels service, which is to offer healthy, tasty and assorted meals;

New direction: Since 2020, the Abenakis of Odanak Council and the Odanak Health Centre have decided to take a healthier approach in order to meet the needs expressed by many community members using the Meals-on-wheels service.

Healthier means well-balanced home-cooked meals containing a greater quantity of quality meats and poultry, dishes that are less rich in fat and therefore easier to digest, as well as a variety of desserts including a few high-sugar desserts (for those with a sweet tooth) and delicious, more nutritious and lower sugar desserts (e.g., galettes, muffins, fruit-based desserts) that are popular with the majority of clients, whether diabetic or not.

Meals-on-wheels are generous. Some clients with smaller appetites will eat part of the meal at lunch and the rest at dinner. Low-sugar desserts are sometimes eaten as a snack or at breakfast by many clients. **We are happy to know that our meals help you to eat well throughout the day, as this is the main purpose of Meals-on-wheels.**

- **Meals-on-wheels does not offer a “nursing home” or hospital menu.** The Meals-on-wheels menu is balanced and nutritious, while providing “home cooked” meals.
- If you need to closely monitor your sugar, fat, salt or fibre intake due to serious health conditions such as imbalanced diabetes, intestinal, heart or kidney problems, if you have difficulty swallowing (dysphagia) or any other problem requiring an adjustment to your diet, call the nutritionist at the Health Centre at 450-568-6766. She will be pleased to offer you assistance and personalized advice.

Who can sign up for Meals-on-wheels?

- Any resident of Odanak aged 60 years or older; And/or
- Any Odanak resident who has difficulty preparing meals (e.g.: physical or mental health issues, post-operation convalescence, etc.).

If you are interested in the **Meals-on-wheels service** or know someone who could benefit, **call Caroline Cardin at 450-494-0494 to sign up.**

The Odanak Meals-on-wheels service has resumed its services since September 7.

COLLECTIVE KITCHENS

Are you short of ideas and energy to plan your meals? Do you like to cook in a small group in a casual setting? Is food getting more and more expensive at the grocery store? Odanak's collective kitchens are for you!

What are the Odanak collective kitchens?

- **A small group of people who meet regularly** (in the afternoon or evening, depending on your availability) **to cook a complete meal** (appetizer, main course, dessert) that people take home;
- Together with the cook and the other participants, you choose recipes from a bank of tasty and cost-effective recipes;
- You order the number of servings according to the number of people at home (e.g.: order 4 servings for a family of 4) and you bring home the servings you have prepared.
- **A great way to save money:** the cost is only \$1/serving;
- **Saving energy and time:** it is often much more pleasant to cook in a small group. In addition, you save time, because the cook buys the ingredients for your chosen recipes;
- **Ideas for economical and tasty recipes to prepare at home.** The recipes are provided, so you can easily create them at home when you run out of ideas.

Who can sign up?

- Any person wishing to cook in a group, resident of Odanak or band member living outside the community.

If you are interested in **collective kitchens** or know someone who could benefit, **call Caroline Cardin at 450-494-0494 to sign up.**

Odanak's collective kitchens have resumed service during the week of September 12. Sessions are held in the afternoon and early evening. Choose according to your schedule!





NEWS FROM
YOUR MUSEUM



Vicky Desfossés-Bégin
Executive Director –
Musée des Abénakis

HIGH TRAFFIC

Indigenous tourism is on the rise! Visitors came by the thousands to visit us this summer. In June and July, the reception and animation team welcomed more than 4,000 people. The summer season had a steady stream of tourists, which is great! August statistics will be available later this fall, but they look very positive.

CULTURAL PROGRAMMING

In addition to visiting our traditional Wôbanaki exhibits: *people of the rising sun*, *N8wat*, *Before present* as well as the *Kwigw8mna* outdoor dwelling, Museum visitors had access to a great range of activities this summer!

LAUNCH OF THE KAKI TACKAKWAN EXHIBIT

First, last July, members of the Odanak Historical Society were invited to the launch of the summer exhibit *Kaki Tackakwan*, by Atikamekw artist Jacques Newashish. This temporary exhibit is a retrospective of the 40-year career of this multidisciplinary artist.

The opening was held on July 14 and more than thirty people were present. If you would also like to be invited to our future exhibit openings, visit our store (or call) and become a member of the Odanak Historical Society.

Since the exhibit is presented at the Museum until September 30, you still have a few days to come and discover the significant works that have punctuated Mr. Newashish's journey.

The artist offers works from his very beginnings and others, much more recent, created during the pandemic. Composed of self-portraits, huge frescoes and a sculpture, this exhibit is an abstract journey into Atikamekw culture and the world of Jacques Newashish.

Children visiting the exhibit also have the opportunity to “draw like Jacques Newashish” and decorate one of the walls on the Museum’s ground floor with their little masterpieces! A host of reasons to want to discover this colourful exhibit!

LEARN HOW TO MAKE... A DREAM CATCHER, PEARL EARRINGS, A TALKING STICK, A PEARL BRACELET!

During 4 Fridays in July and August, members of the animation team taught the most curious visitors how to make various objects and jewels. These workshops mainly attracted families who took the opportunity to discover and learn Abenaki know-how. In total, more than 60 visitors, young and old, had the chance to interact with the Museum guides during these special days.

INTRODUCTION TO BEADING

The very talented Dominique O’Bonsawin was at the Museum the Friday before the Pow Wow to introduce our visitors to beadwork. A dozen people showed up at her workshop and went home with their own little beaded art.

ODANAK POW WOW

Everyone knows that the Odanak Pow Wow is without a doubt the busiest weekend of the year at the Musée des Abénakis and this year was no different! More than 1,800 people walked through the doors of the Museum to discover our exhibits or to buy gifts at the Museum’s Kiz8bak boutique. It was a hectic weekend, but also very rewarding, culturally speaking!

NIBEN RALLY

You surely noticed several families walking down Tolba, Sibosis and Awassos streets this summer. They were probably participating in the Niben rally! This activity is still available for a few weeks. Go to the Museum to pick up your questionnaire and start your quest!

ARCHAEOLOGICAL WORKSHOP

The archaeological activity, organized in collaboration with the Ndakina Office of the Grand Conseil de la Nation Waban-Aki, made many people happy again this year! Indeed, more than forty visitors traveled to Odanak to meet the archaeologists. They had the opportunity to participate in interactive games and ask their many questions to demystify archeology!

L’ENCLOS DE WABUSH

On August 11, we held the presentation of the play *L’enclos de Wabush*. This play allowed more than 40 interested parties to discover the fantastic universe of the Wendat writer Louis-Karl Picard-Sioui and to meet the director and actor Dave Jenniss.

FALL 2022

SENIMIKWALDAMW8GAN EXHIBIT

A little later this fall, the Museum will host Mélanie O’Bomsawin’s exhibit, *Senimikwaldamw8gan*, which focuses on stones, grandfathers. *Senimikwaldamw8gan* is a series of installations and projections that explore our relationship to the transmission of memory in the digital age. With objects recovered from important places in the life of her grandfathers, recordings of territories and waterways, as well as sound recordings of their voices, Mélanie rethinks the gallery as a large circle that we go through where the stones, as with the W8banakiak and several other Nations, are considered to be their grandfathers, with their memories and experiences.

Looking forward to seeing you at the Museum soon!

