

W8BANAKI PILASKW



WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
of Odanak Council

Kwai fellow band members,

Another year has come to an end, and a new chapter has begun. We hope that 2022 has brought you much success in your endeavours. We are grateful for the trust that you have placed in us as we work to improve on the various services needed to thrive as a community. We continue to develop and re-evaluate essential frameworks for supporting strong, self-sustaining initiatives and services to help our families connect and find our place in the rebuilding of our nation.

The last quarter of 2022 saw a few important files come into their final phases. Our N'dakina office has worked diligently to keep concrete information flowing, providing us with many historical facts needed to address and negotiate important land claims. We are pleased to have reached this moment in time, where we are engaging in concrete plans to bring resolution to long standing historical encroachment and injustice.

Another file in its final phases of development is the specific tax file. At the regional level we are beginning the implementation phase of a system which concerns section 87 of the Indian act and our right to tax exemption for purchases made on reserve. Items such as gas, tobacco and alcohol purchased on reserve by a first nations client would be exempt of sales tax as well as specific taxes incorporated in the price of these items. We will see early in 2023, pilot projects put in place to work out and tweak these management systems. Let us be reminded to do our part in ensuring that these rights not be abused or misused. This remains our responsibility.

There is no shortage of issues to be addressed on our road to becoming a self-governing nation. We are fortunate to have a strong, focused management team who works hard to implement and respect policies and procedures. These parameters are established to treat all of our members fairly within the confines of limited resources and government directives and policies. This coming year will see much work being done in the areas of First Nations management of land and resources, laws and by-laws, child protection and economic development. I am optimistic that with careful deliberations we can continue to see growth and opportunities for our nation leading us into a stable and promising future.

Lastly, I would like to speak to a decision needing to be made early in this new year. That of moving from a two-year to a four-year term for your elected officials, namely your chief and council. We believe that doing so would allow for more time to address issues and perhaps gain more headway on priorities set at the beginning of our terms. It would also cut costs substantially. So far, this change is perceived in a positive light by our members. The final decision will be made in the early part of this year so if you have any concerns this would be the time to let us know.

May the upcoming year bring health and happiness to you and yours.

In peace and friendship.



WORD FROM COUNCILLORS



Nicole O'Bomsawin
Councillor - Abenaki
of Odanak Council

Kwaï mziwik,

So nice to have you all back. I hope with all my heart that the fall has been pleasant and good for you.

We had our first public meeting here to present the community's financial statements as well as a summary presentation of a tourism development plan. The next step in this project will be to provide a realistic action plan for the next three years - this is a major undertaking. The consultant is working closely with cultural and tourism stakeholders in the community, i.e. the Museum, the cultural agent, Abénaki Aventure, certain elected officials and members of the administration. You will be invited to a special meeting on this matter in early 2023. We hope that many of you will attend, as your participation is essential to ensure harmonious and sustainable development.

I would like to point out that the Musée des Abénakis, Abénaki Aventure and the Odanak Pow Wow receive the help of Tourisme autochtone Québec in order to move towards a sustainable approach. I personally think that the community will have to take a position on this issue, because, to this day, we are still the only village in the Bas-St-François that does not compost. Moreover, we still use too many styrofoam containers. I think that as an Indigenous community, we should become role models in this regard.

RECONCILIATION DAY – SEPTEMBER 30

This year, the second edition of National Day for Truth and Reconciliation was held. I would like to underline the initiative led by the Centre d'action bénévole of the Bas-St-François where kiosks presenting our knowledge and know-how, beating of the ash logs, fish smoking, discovery of medicinal plants, basketry and other activities were presented on the grounds of the Pierreville city hall. I consider this initiative to be a true success. Congratulations to the schools and especially to the teachers for their presence!

As for me, I accepted the invitation from the UQTR library which organized a living library with an Innu and an Atikamekw woman during this special day. Furthermore, on September 30th, Marc-Olivier O'Bomsawin and I connected virtually with about forty schools in Trois-Rivières as well as ten in Shawinigan, entirely from the Council's offices.

OCCUPATION OF THE LAND

We have been receiving more and more requests from various organizations or municipalities located on the Ndakina who wish to have an Abenaki presence at their events. We cannot answer all these requests and we must be selective according to our availability and priorities. We were present at the University of Sherbrooke on September 28. I also went to the Cégep de Lévis on October 12, and then to Lac-Mégantic on October 20 as part of the Les Arts et la Ville forum, which brought together some thirty Quebec municipalities. The theme of this event was the intersecting perspectives on the Indigenous / non-Indigenous territory. I was also present all day on October 24 at Christ-Roy school in Saint-Camille and on October 25 at Massey-Vanier high school in Cowansville.

OUTREACH OF ABENAKI CULTURE

On October 14, at the Château Laurier in Quebec City, we presented the legend of Kl8sk8ba and the hunting bag through a life-size shadow play and puppet show as part of the Réseau DIALOG's international forum. Participants in the play included Sigwanis Lachapelle as Kl8sk8ba, Élise Boucher De Gonzague as Grandma Marmotte, Hélène O'Bomsawin (Gérard) and Patrick Côté, shadow artist, and myself as the narrator. Responses in aln8ba8dwaw8gan were added to the text.

Last November 14, during the first Forum sur la science participative sur l'eau (Forum on participatory science on water) held in Quebec City, I spoke on the following topic: How to reconcile traditional knowledge and scientific knowledge for better water management?

On November 24, I participated as a speaker in a course on medicinal plants offered at the UQTR and entitled Le monde végétal dans la spiritualité des Premières Nations et abénakise (Plants in First Nations and Abenaki spirituality).



Jacques T. Watso
Councillor - Abenaki
of Odanak Council

Kwaï Mziwi,

It is always with great pride that I take the time to carefully write these words in our newspaper. For several years now, I have been at the service of you dear Band members. Odanak has undergone a great deal of development and this work has been done by dedicated people, serving Odanak and its members on and off the community.

As a boy, I wasn't fortunate enough to have many Indigenous role models to look up to, but today, I am so proud of the community members who are making the Nation shine. There are so many great success stories that inspire me and many of us.

After decades of negotiations with the federal government, we are finally seeing the results of our long struggle to have our specific claims addressed. Indeed, a large compensation of several hundred million dollars will be awarded to us over the next few years. Specifically, the legislation provides for a 25% rebate to each of our members, a major portion of which will also be used for community economic development in order to ensure self-government and to free ourselves from the federal government's stranglehold on our community. Although our community is well developed, there continues to be somewhat of a gap in community economic development. We need to be able to create our own funding and with this financial compensation, we can achieve this together.

Measures are being taken to structure the Odanak Development Corporation (société de développement d'Odanak). In fact, an action plan is currently being drafted to develop the community's recreational and tourism sector to ensure our economic sustainability.

The future looks promising for our Nation. This is why I continue my fight for the protection of the cultural integrity of Odanak.



The scourge of the appropriation of the identity of the Wabanaki Nation is far from being resolved. Not only the Abenaki people, but all the First Nations of America are speaking out to denounce the self-proclaimed occupiers of our spaces, our jobs, our voice. We alone are responsible for our destiny. We owe it to our ancestors, to ourselves and to our children. We must remain vigilant!

In closing, I am very proud to announce that our drum group Flying Sturgeons and the singing group Aw8sissak Akik have been selected to represent our Nation in a national advertising campaign for the 11 Indigenous Nations of Quebec. We have honoured you!

WORD FROM COUNCILLORS



Alain O'Bomsawin
Councillor - Abenaki
of Odanak Council

Kwaï and Hello to all,

First off, I hope you had a wonderful Holiday Season with family and friends. I wish you a healthy, happy and joyous 2023!

Secondly, following a notice from the engineers concerning the cemetery columbarium, we had to modify what was planned. The engineers recommended that we change the 48-place columbarium to two 24-place units in order to provide better weight distribution. We have also purchased a 24-space columbarium for the Anglican cemetery, which should be installed during the summer of 2023.

We have been asked to install a water intake at the Anglican cemetery – a request we were able to meet since work was recently done on Tolba Street.

Finally, steps concerning the water board are being taken to expand the plant. According to the provincial government, our project is not considered a priority, which prevents us from taking the necessary steps. However, the MNA has indicated that he will do his best to ensure that we receive priority status.

All the best for 2023!

SHORT COLUMN ON THE ABENAKI LANGUAGE

DECLINATION OF ANIMATED NOUNS¹

In the declination of **animated nouns**, in addition to **prefixing the noun** with the **appropriate possessive adjective**, a **final “m”** is added.

As a general rule, **“em”** is added to nouns ending in a **consonant** and to nouns ending in **“kw”** or **“gw”** when this ending is preceded by the vowels **“e, i, o, 8”**.

			POSSESSIVE ADJECTIVE	
ANIMATE NOUNS	Child	Aw8ssis	My child	Ndaw8ssisem
	Baker	Nodab8nkad	My baker	Nnodab8nkadem
	Widow	Sigwid	My widow	Nsigwidem
	Garter snake	Skok	My garter snake	Nskokem
	Frog	Chegwai	My frog	Nchegwalem
	Bullfrog	Agbalam	My bullfrog	Ndagabalamem
	Bread	Ab8n	My bread	Ndab8nem
	Wave (on water)	Tegw	My wave	Ntegwem
	Flea	Pabikw	My flea	Npabikwem
	Kettle	Kokw	My kettle	Nkokwem
	Skunk	Seg8gw	My skunk	Nseg8gwem

“Om” is added to nouns ending in **“em”** and to nouns ending in **“akw”** or **“agw”** and **“skw”** or **“sgw”**.

			POSSESSIVE ADJECTIVE	
ANIMATE NOUNS	Woman	Phanem	My woman	Nphanemom
	Cod	Nokamagw	My cod	Nnokamagom
	Groundhog	Agaskw	My groundhog	Ndagaskom

For nouns ending in a vowel, simply add **“m”**.

			POSSESSIVE ADJECTIVE	
ANIMATE NOUNS	Man	San8ba	My man	Nsan8bam
	Tree	My tree	My tree	Ndabazim
	Eagle	Mgezo	My eagle	Nmgezom
	Chief	S8gm8	My chief	Ns8gm8m

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

3 février 2023 - 11 h à 13 h

Ouverte à la population

Plusieurs kiosques d'information sur place (universités, entreprises)

JOURNÉE CARRIÈRE À KIUNA

CAREER FAIR AT KIUNA

February 3, 2023 - 11 am to 1 pm

Open to All

Several information booths on site (universities, companies)

 KIUNA.CA





WORD FROM COUNCILLORS



Florence Benedict
Councillor – Abenaki
of Odanak Council

Kwaï,

Before I begin, I would like to offer you my most sincere wishes for the upcoming new year. To all, peace, happiness, health and prosperity for 2023!

CALENDAR OF ACTIVITIES

SEPTEMBER 2022

September 5, 6 and 7

I accompanied our elders on a 3-day tour of the Charlevoix region organized by Raymonde Nolett and Carole Bibeau, the new administrators of the Kchaïak Committee. Barbara Watso and Diane Nolett have decided to retire from the committee’s administration after more than 20 years of dedication to the elderly. A small recognition ceremony was held in their honour on May 6th. We wish them both a well-deserved retirement!



New leadership of the Kchaïak Committee:

- President: Annette Nolett
- Administrators: Carole Bibeau and Raymonde Nolett

OCTOBER 2022

2 october

I attended a Quebec Native Women (QNW) meeting with the new President, Ms. Marjolaine Etienne.



Here are the election results (3-year term)

- Elder Representative: Annette Nolett
- Youth Representative: Jessica-Ann Watso

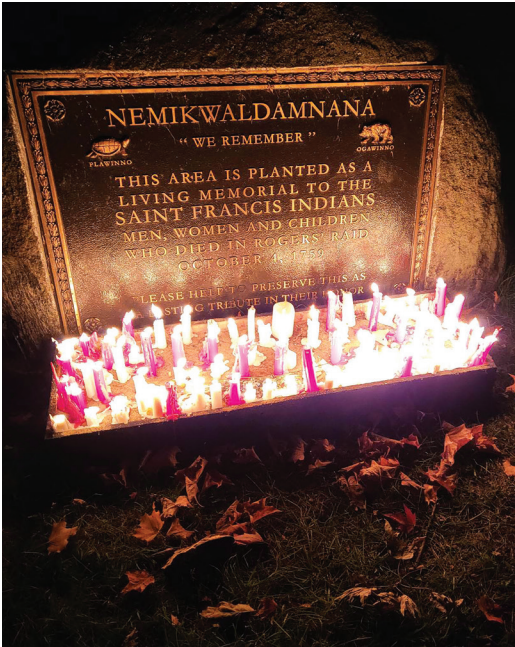
Congratulations to the elected members!

In addition, here are the delegates for the 49th QNW Annual General Assembly:

- Nation Representative: Florence Benedict
- Elder Representative: Annette Nolett
- Youth Representative: Jessica-Ann Watso
- Delegate: Johanne Lachapelle
- Delegate: Délya Gamelin Rainville
- Delegate: Marcelle R. O’Bomsawin
- Elected Councilwoman and observer: Nicole O’Bomsawin
- Observer: Hélène O’Bomsawin

October 4

Some 75 people attended the vigil organized by QNW to mark the National Day for Missing and Murdered Women and to commemorate the victims of Major Rodgers’ Raid in 1759. Thanks to the Flying Sturgeons drum group for their performance!



NOVEMBER 2022

As part of Seniors’ Week (Semaine des personnes âgées), bags filled with promotional items were randomly distributed among our members aged 65 and over. More than 30 bags, “ENSEMBLE pour la sécurité des personnes âgées”, were distributed by mail.



November 20 and 21

CHRISTMAS TREE FESTIVAL (Bécancour, St-Grégoire sector)
For a second consecutive year, the Abenakis of Odanak Council proudly participated in the fundraising event for the Association des personnes handicapées de Nicolet and the Shriners Hospital. For the occasion, we prepared and decorated a Christmas tree with the Nation’s colours.

Thank you to the many sponsors who contributed with us to this beautiful project: The Abenakis of Odanak Council, the Grand Royal Wôlinak, Abénaki Aventure, the Musée des Abénakis and the Boutique Miguen.

The winner of our Christmas tree draw is Mr. Normand Lamy, from Bécancour. Congratulations to the winner!



DECEMBER 2022

December 2, 3 and 4

Quebec Native Women Annual General Assembly at the Delta in Quebec City. I also joined a demonstration in front of the Parliament to demand that the government finally recognize systemic racism in Quebec and adopt the Joyce Principle as soon as possible. At the demonstration, we heard touching testimonies from members of the Dubé and Echaquan families.

I would also like to take this opportunity to mention that Ms. Johanne Lachapelle received a mention for having successfully completed a leadership training program at the HEC Montréal. Congratulations!



December 7

Citizen’s meeting on the future of the black ash tree and basket-making and the progress of the dossier by the Grand Conseil de la Nation Waban-Aki at the Kiuna Institution.

During this prioritization exercise, more than twenty people had the opportunity to discuss possible solutions to this issue, either in person or by Zoom. In the coming weeks, a letter will be sent to the Minister of the Environment, Mr. Steven Guilbeault, in order to prevent the black ash tree from being added to the List of Species at Risk (SARA).

Looking forward to seeing you in the spring!

Take care of yourselves and your loved ones.

See you soon,

Wliwni

WORD FROM MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenaki of Odanak Council

Kwaï, kwaï mziwi!

Since the last public assembly held on September 28, 2022, the Council has taken steps to inform and consult with you on the possibility of adopting the new election code under the First Nations Elections Act which received Royal Assent on April 11, 2014. We are still governed by the former Indian Act election code and Council members are elected for a 2 year term. The First Nations Elections Act, in turn, increases the term of office from 2 to 4 years for First Nations Council elected officials. Chief Rick O’Bomsawin addressed the issue at the membership meeting by indicating that if you were in favour of this new election code, the Council would take the necessary steps to ensure that the next election, scheduled for November 2023, would be conducted according to the terms of the new election code. In order to do so, the Council must send a resolution to Indigenous Services Canada (ISC) stating that we wish to proceed with the new electoral code with a 4 year mandate. We must respect a minimum delay of 5 to 6 months before this code comes into effect in Odanak.

We have commenced construction of nine social housing units as part of the CMHC National Housing Co-Investment Fund. In addition, we will be building a fourplex on the new section of Mgezo Street, a semi-detached on Managuan Street and a triplex on Pakesso Street. These will be subsidized units, meaning that we will apply the same rent scale as in Section 95. This represents a project valued at close to \$2.5 million, half of which will be funded by the CMHC and ISC grants. The other half will be funded by a mortgage and a down payment from the Council. The 40-week construction project was awarded to Construction Mathieu Laramée following an invitation to tender and through the SEAO tendering system.

The Grand Conseil de la Nation Waban-Aki’s technical services are finalizing the plans and specifications for the future shelter for Indigenous women and children fleeing violence in order to proceed with the tendering process. Once these plans and specifications are completed, the CMHC will prepare the contribution agreement which will then be signed by the Council.

The construction costs for this project are estimated at \$3,375,960 and will be covered 100% by the CMHC. Stay tuned...

As part of the extension of Tolba Street’s infrastructure to link it to Managuan Street, a contract in the amount of \$562,000 was awarded by the Council to Groupe Gagné Construction Inc. following a call for tenders issued by the SEAO tendering system. Indigenous Services Canada will cover the entire cost of this infrastructure work (water, storm and sanitary sewers) which was completed last November and which will resume next spring. Work will then resume to carry out the boundary marking, paving and laying of concrete curbs.

Thanks to our new funding agreement under our Odanak Fiscal Management Act signed in April 2022, the audit and finance committee started its work last September. Let me begin by introducing the members of the committee. First, Charles Gariépy, a community member and consulting actuary for the Native Benefits Plan (NBP) in Wendake. Charles studied in finance. Next, Samuel St-Yves-Durand, CPA, who worked for Deloitte as a chartered accountant for a number of years. Samuel is now director of the graduate program committee in accounting at the Université du Québec à Rimouski. Finally, Chief Rick O’Bomsawin sits on the committee to represent the Council. As Executive Director of the Council, I also sit on the Audit and Finance Committee. The same principle applies to Catherine Bussièrès-Côté who sits on this committee as the Council’s Director of Finance. I remind you that this committee’s mandate is to analyze the Council’s financial statements and budgets on a quarterly basis. In addition, the committee members will conduct the final analysis and issue recommendations following the audit of the financial statements by the external auditor at the end of each fiscal year.

In order to better inform the members and residents of the community of Odanak and the Bas-Saint-François passing through Odanak, the Council has decided to proceed with the purchase of an electronic billboard. It will be installed on Waban-Aki Street, near the community centre. This will allow us to keep you informed of upcoming events, important news, boil notices or any other relevant information that you should know. The cost of acquiring this sign is close to \$90,000. A good portion of these costs will be covered by our IIF envelope with the Secrétariat aux Relations avec les Premières Nations et des Inuits (SRPNI).



In closing, please note that major renovations to the old part of the Council office, located at 102 Sibosis Street, began after the holiday break. The roofing needs to be replaced as well as the exterior siding, doors and windows. In addition, we need to slightly re-configure the interior to accommodate the Grand Conseil's office space needs. The cost of these renovations is estimated at approximately \$430,000. The Council will cover \$265,000 and the balance will be covered by the Grand Conseil. We will recoup the costs invested through the collection of rent paid by the Grand Conseil.

Mziwik, wli pbon! To all, have a great winter!



ODANAK ENVIRONMENT AND LAND OFFICE

The Odanak Environment and Land Office and the Wôlinak Environment Office, in collaboration with the Department of Environment, the Fight Against Climate Change, Wildlife and Parks, have developed a project aimed at limiting the number of double-crested cormorants resting on the navigation aids of Lake Saint-Pierre during their fall migration.

This project, funded by the Department of National Defence, is part of the Lake St. Pierre unexploded explosive ordnance (UXO) public safety risk mitigation project (projet d'atténuation du risque à la sécurité publique lié aux munitions explosives non explosées (UXO) dans le lac Saint-Pierre), and is designed to compensate for fish mortality caused by these activities by reducing cormorant predation pressure.

In fact, in recent years, cormorants have become increasingly abundant in the region and their numbers increase considerably between August and October, when they use the river to travel to their wintering grounds. Lake St. Pierre has 11 navigation aids to keep the ice out of the shipping channel and these structures provide a convenient resting place for the birds to regain their strength. During this period, cormorants are actively feeding in the aquatic grass beds of Lake Saint-Pierre where they feed on all kinds of fish species, including yellow perch.

Specifically, this project will cover certain structures with heavy netting to prevent cormorants from landing on them. By reducing access to these resting stations, we believe that cormorant migration patterns will be influenced, which could result in a reduction in predation pressure on fish and therefore a potential reduction in the impact on the fish community.

Preliminary results show that these measures work to reduce accessibility to the structures. However, more research is needed to determine if this translates directly into a reduction in predation on fish resources. For these reasons, our teams are conducting different monitoring activities in parallel in order to better assess the impact that the measures have on the use of resting and feeding sites by cormorants, both at the local and regional scales. We are using different survey techniques, such as aerial counts from a drone and/or seaplane.

PROJECT W: THE SHOW RETURNS!

Karine St-Aubin
Community organizer -
Grand Conseil de la Nation Waban-Aki

For its 11th edition, Project W is back with a completely revamped formula! This year, we invite you to the Belcourt Theatre, on May 27th, to attend the Spectacle W which will once again pay tribute to our rich culture, our history and our precious traditions. Set against the backdrop of the Legend of Creation, the play will also address the importance of the Abenaki family as well as the different phases of learning and culture transmission between generations.

Our team is currently looking for Nation members interested in contributing in some way to the production of this show. Are you interested in participating in the staging, creation of the décor, in participating as an actor or an extra in the show? Do not hesitate to contact us! The success of this project also depends on your participation in this friendly and family event, appreciated by all! Do not hesitate to contact Karine St-Aubin to express your interest or for any other question related to Project W 2023!

Join in now, creativity and fun are guaranteed!

kstaubin@gcnwa.com

Phone: 819 294-1686 ext. 3501



WORD FROM THE
DIRECTOR OF ODANAK
HEALTH CENTER



Jean Volland
Director - Odanak
Health Center

This year, the holiday season is shaping up to be different. However, despite the unrest over the last few months, I feel a sense of goodwill and collective solidarity beginning to take root.

I always make a point of thanking the Odanak Health Centre employees for their efforts over the past two years. The last few years have been a challenge, but day in and day out, you have shown your courage, your devotion and your strength. Your work is what can only be described as admirable and unprecedented.

On this note, I wish you all a merry Christmas and a healthy and heartfelt New Year.

In the past few months, we have been involved in several projects such as:

- 1. Community wellness study - Completed
- 2. OHC/Archive room expansion project - In progress
- 3. 25th anniversary of the Odanak Health Centre
- 4. October 23, 2022: Performance by Guylaine Tanguay, launching of the 25th anniversary of the OHC
- 5. November 18, 2022: We marked World's Children Day on November 20, 2022 (Odanak daycare centre)
- 6. December 9, 2022: Intergenerational dinner at the Odanak community hall
- 7. Implementation of cultural and holistic activities for the Odanak clientele (2022-2023)
- 8. Acquisition of the former BETO office/Kinesiology consultation room/training facility project - In progress

Participation at Board Meetings, other consultation tables and working committees:

- FNQLHSSC - Member of the Board
- FNQLHSSC - Decision-making process working group
- FNQLHSSC - Quebec First Nations health and social services governance process
- Network meetings - community and organization managers and stakeholders
- FNQLHSSC - FNIHB 2021-2022 Management Operations Plan (MOP)
- FNQLHSSC - Community outreach coordinator
- CIUSSSMCQ - CSO and CIUSSSMCQ clinical mental health services
- CAB - Meeting of the Board of Directors of the Centre d'action Bénévoles du Lac St-Pierre
- RLS Bécancour -Nicolet-Yamaska adult mental health and dependency concertation table
- TIR SHV - Table intersectorielle régionale sur les saines habitudes de vie for the Centre-du-Québec (Regional intersectoral table on healthy lifestyles)
- UQS Indigenous health working table/Leadership of influence sub-group
- Committee for the Kizos multi-purpose room in Odanak
- Odanak and W8linak community consultation committee
- Working committee - Espace 12-17 year-olds
- Operations committee - GMF and Odanak Health Centre agreement
- Tactical committee meeting - GMF and Odanak Health Centre agreement

CHALLENGES 2021-2022/2022-2023

- 9. Maintain Accreditation Canada results;
- 10. Continuity of services offered to the public regarding psychosocial services including mental health, suicide prevention, domestic violence, etc.;
- 11. Prepare for the succession of the Odanak Health Centre's management;
- 12. Review the work organization at the Odanak Health Centre;
- 13. Maintain the spirit of partnership with external organizations such as: CIUSSSMCQ, FNQLHSSC, FNCFS, N8wkika, Wôlinak Health Centre, etc.;
- 14. Cooperation agreement between the Odanak Health Centre and the Pierreville family medicine group (GMF);
- 15. Partner for the project of a shelter for women fleeing domestic violence;

- 16. 2019-2024 Strategic plan follow-up;
- 17. Emergency response plan update;
- 18. 2021-2025 Community Health Plan update;
- 19. 2022-2027 Strategic Plan update;
- 20. Succession plan: FNHS program educator, addictions officer, etc.

On September 29th, our commemorative event was held in collaboration with the centre d'action bénévole du Lac St-Pierre, (CAB), the Odanak Health Centre, and the community of Odanak to mark the National Day for Truth and Reconciliation. We are delighted with the enthusiastic response and participation of all involved. Thank you to all those who attended. A special thanks to the Abenaki of Odanak Council for their contribution to the event. From the beginning, the Council was an excellent partner who believed in our project.

We wish to thank the 12 artisans/members of the Odanak community who attended this event, namely: Daniel G. Nolett for the honour song, Richard O'Bomsawin for the opening remarks, Jacques T. Watso for the honour song, festive songs and his Watso Sagamity, Annette Nolett for the weaving baskets, Luc Nolett with his smoked fish and the beating of the ash log, Angelica Duane for her bannock, Michel Durand-Nolett for his medicinal plants, Nicole O'Bomsawin for the storytelling activity, Charlotte Gauthier-Nolett and a Kiuna student for their handicrafts, the Kiuna Institution, as well as Éveline Bénédict from the Odanak Environment and Land Office.

Finally, on November 25, 2022, the Kchaïak committee organized a holiday dinner to mark this festive period. Many elders from the Odanak community attended this event. A special thanks to Raymonde Nolett and Carole Bibeau for their hard work and dedication.



INFORMATION
BULLETIN

Michel Paul
Accreditation Canada Coordinator –
Odanak Health Centre

Kwei to all,

As previously mentioned, we are continuing our efforts since the start of the year with the members of the various accreditation teams to implement measures to address the criteria deemed non-compliant for which no follow-up was required by Accreditation Canada.

The completion of this second phase of development of our continuous quality and safety improvement plan (2022-2023) will allow us to be better prepared for early April to conduct the self-assessment exercise based on the standards and criteria of the new Qmentum Global program.

It is important to note that joining this new program (Qmentum Global), which is based on a continuous quality and safety assessment approach, is also supported by significant technological changes, particularly with regard to access to information and resources on the organizations' portal, but also with regard to the introduction of a new digital platform commonly known as OnboardQi for data management.

In order to facilitate a smooth transition to these digital changes, various training sessions in the form of webinars will be offered by Accreditation Canada. These training activities are necessary to fully master all the features of this new digital platform in order to complete the self-assessment exercise (an important step in the renewal of our certification in May 2025).

In closing, I ask you to exercise caution in light of the resurgence of infections associated with Covid-19 variants, influenza or respiratory syncytial virus (RSV). Various preventive measures are recommended by the Public Health Department, including receiving a booster shot against Covid-19, vaccination against influenza and wearing a mask in crowded public places.



**POUR LA PRISE DE RENDEZ-VOUS
AVEC NOTRE AGENTE DE
LIAISON SANTÉ SSNA**
**TO BOOK AN APPOINTMENT
WITH OUR NIHB HEALTH
LIAISON OFFICER**

Vous souhaitez rencontrer **Andréanne Gouin**, notre agente de liaison santé SSNA (services de santé non assurés) et archiviste médicale ?

Dans le but de vous offrir un service à la hauteur de vos attentes et pour éviter tout inconvénient, nous vous invitons à prendre rendez-vous au préalable.

POUR PRENDRE RENDEZ-VOUS
Veuillez communiquer avec la réceptionniste du Centre de santé d'Odanak au **450 568-6766** afin de choisir parmi les différentes possibilités de plages horaires de rencontre qui vous seront proposées.

Would you like to meet with **Andréanne Gouin**, our NIHB (Non-Insured Health Benefits) Health Liaison Officer and Medical Archivist?

In order to offer you a service that meets your expectations and to avoid any inconvenience, we invite you to make an appointment in advance.

TO BOOK AN APPOINTMENT
Please contact the receptionist at the Odanak Health Centre at **450 568-6766** to choose from the different meeting time slots that will be offered to you.

COMMUNITY ORAL
HEALTH SERVICES
(COHS)



Élisabeth Morel
Dental Hygienist –
Odanak Health Centre

PIT AND FISSURE SEALANT

Excellent protection for your
child's teeth

The sealing of pits and fissures in permanent teeth is a clinically recognized and proven procedure that has been used for many years for children as young as 6 years old, when the first molars appear. This treatment can be done by a dentist or a dental hygienist. Combined with good dental hygiene, it prevents cavities on chewing surfaces. Numerous studies have demonstrated the effectiveness and safety of sealants to prevent or stop the progression of cavities in the tooth enamel and thus avoid possible fillings.

Permanent teeth have grooves and pits that are more or less deep and impossible to clean with a toothbrush. Food gets stuck in these pits and cavities can develop. Pit and fissure sealants can prevent this situation.

BEFORE



AFTER



Deep grooves are cleaned to ensure that there is no decay. A healthy groove can then be sealed – this is a very conservative treatment, performed without anesthesia and above all without pain.

Thank you for looking after your children's teeth!





Marcelle Hannis
BScN

Hello to all,

In June 2021, the Odanak Health Centre was awarded “accredited with commendation” status under the Qmentum Accreditation Program. This program works in collaboration with health, social services and community organizations to improve the quality and safety of care and services provided.

In addition to my role as a nurse, I have been overseeing the Infection Prevention and Control (IPC) component of the Accreditation Canada program since 2016. This means that I am responsible for updating employees on hand washing, N95 mask fitting, personal protective equipment, vaccinations and more.

I would like to share with you the number of doses administered during the Moderna and Influenza vaccination campaigns that have been carried out in recent years.

VACCINATION CAMPAIGNS - MODERNA

	MARCH 2021	JULY 2021	JANUARY 2022	JUNE 2022	OCTOBER 2022
NO. OF DOSES ADMINISTERED	324	270	264	81	109

INFLUENZA VACCINE

	2020-2021	2021-2022	2022-2023
NO. OF DOSES ADMINISTERED	120	117	113

In closing, I would like to remind you that an information session specifically for game hunters will be held in the near future to inform the public about the most common diseases and good practices. To all our hunters, I hope to see you there!

EATING WELL AND SAVING MONEY AT THE GROCERY STORE? WE CAN!

Are rising food prices giving you headaches? There is a way out:

PLAN YOUR WEEKLY MEALS AND GROCERY LIST:

Start by determining the foods you want to use (from flyers, your fridge and your pantry), then the meals you will eat, and finally, your grocery list.

Several free apps exist to help you plan your grocery shopping based on discounts at grocery stores near your home and suggest recipes with those foods. The GLOUTON application is a good example: www.glouton.app/fr/.

VISIT THE LIQUIDATION (QUICK-SALE) SECTION OF YOUR GROCERY STORE.

You will find very ripe fruits and vegetables. Cook them quickly to avoid waste. Don't worry: they are just as good and nutritious! Use them in croustades, compotes, soups, stir-fries, chili, pizza, omelets, stews, muffins, quick breads, smoothies... Let celery, carrots and lettuce sit in very cold water for a few minutes to revitalize them.

BUY “IMPERFECT” FRUITS AND VEGETABLES

(example: Provigo and Maxi's naturally imperfect). They are less expensive simply because some of their criteria (e.g. uneven size) do not fit into the basic categories.

MEAT IS VERY EXPENSIVE. REPLACE SOME OR ALL OF YOUR MEAT WITH LEGUMES OR TOFU.

To help your family gradually get used to this change, replace some of the meat with tofu, lentils, red beans or chickpeas (e.g. chili, couscous, meatloaf, meatballs, spaghetti sauce, etc.) and gradually increase the proportion of legumes or tofu.

You can also reduce the amount of meat consumed at meals by preparing stews with less expensive cuts of meat (cubes, chuck roast, etc.) and cheaper vegetables, by adding breadcrumbs to meatballs, etc.

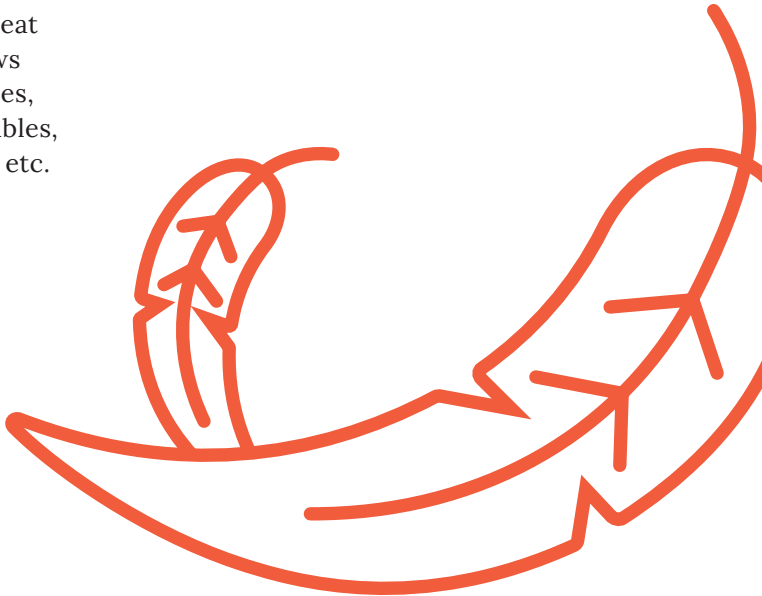
AVOID PRE-PREPARED OR PRE-CUT FOODS.

You are still paying for the work involved. Instead, choose basic foods and ingredients, then simply cut them yourself.

More detailed tips for saving money at the grocery store will be provided in the coming months on the Health Centre Facebook page.

If you are experiencing financial challenges to eat adequately, please contact Marie-France David, nutritionist, at 450 568-6766 ext. 4082.

Adapted from "20 tips to save on your grocery bill, Fondation OLO"



NEWS FROM
YOUR MUSEUM



Vicky Desfossés-Bégin
Executive Director – Musée des Abénakis

Kwaï to all!

I would like to start by wishing you a very Happy New Year. May this new year bring you joy, surprises, friendship, health, love and kindness. For the Musée des Abénakis team, 2023 will be synonymous with many great and exciting projects. We will keep you informed soon!

UEXCEPTIONAL SCHOOL ATTENDANCE!

The school clientele turned out in force this fall at the Musée des Abénakis! Indeed, more than 1,250 students between the ages of 6 and 17 had the opportunity to meet the activities team, composed of Laurence, Maxime and Sigwanis, through various educational activities. The Museum offers school groups more than a dozen workshops on a variety of themes.

In addition, did you know that the Museum travels to schools that are unable to come to Odanak? This type of service, which we call our “nomadic museum”, allows us to share our knowledge of Abenaki culture with school children. Recently, all the Secondary 3 students of the Marie-Rivier school (355 students), located in Drummondville, had the opportunity to visit with our guides!

CULTURAL PROGRAMMING

On November 5, as part of the Odanak Fall Pow Wow, the Museum presented “Sweet Tooth”, a concert by Abenaki singer-songwriter Mali Obomsawin. The album by the same name, released on October 28, a few days before the event, blends Abenaki stories and songs that have been passed down through her family for generations, while including songs about contemporary Indigenous life, colonization, continuity, love and rage. This musical evening was thoroughly enjoyed by over 35 participants. Wliwni for your presence, Mali!

On November 26 and 27, the Museum held the fifth edition of its Indigenous Christmas Market.



Nearly 30 Abenaki and other First Nations (Atikamekw, Innu, Mi'kmaq, Mohawk) artists and artisans were present during this festive weekend. In total, more than 500 people came through the Museum's doors to purchase original and authentic gifts. We would like to sincerely thank all the artists and artisans as well as all the visitors who attended, without whom this event would not have been such a success. This Christmas Market will certainly be back next year for a sixth edition!

We have some great surprises in store for the 2023 cultural program; details will be announced shortly. Follow us on our website or on Facebook to make sure you don't miss anything.

CURRENT EXHIBIT

Since mid-December, the Museum has been presenting the exhibition “Le legs” (the Legacy). This exhibit revisits the immemorial First Nations values by combining literature and visual arts. It is an original idea by creator Louis-Karl Picard-Sioui.

Through the voices of various Indigenous authors, “Le legs” questions what the Nations offer to humanity in terms of life skills and philosophical principles. It is part of the field of Indigenous futurism, a genre still relatively unexplored in Quebec.

The various authors of the exhibition (Marie-Andrée Gill, Michel Jean, J. D. Kurtness, Virginia Pésémapéo Bordeleau, Isabelle Picard, Louis-Karl Picard-Sioui and Christine Sioui Wawanoloath) were paired with First Nations visual artists (Eruoma Awashish, Sarah Cleary, Martin Akwiranoron Loft, Virginia Pésémapéo Bordeleau, Teharihulen Michel Savard, Manon Sioui and Christine Sioui Wawanoloath), who drew their inspiration from the texts to create an original work. A unique and 100% Indigenous exhibit that explores the immemorial past in order to better reflect on the present and dream of the future.

Please visit the Museum to discover this exhibition. It will be on display until the beginning of April... and it's free for all Abenakis!

Hope to see you at the Museum soon,

SUBSCRIBE!

Upcoming activities
December, 2022

ESPACE JEUNESSE
Odanak

Espace Jeunesse Activities

Decorate your community tree

DÉCOREZ VOTRE SAUN COMMUNAUTAIRE

Subscribe to our monthly newsletter so you don't miss any of our upcoming activities!

Send us your name and email address to reception@caodanak.com

