

# W8BANAKI PILASKW



## WORD FROM THE CHIEF



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

**Kwai fellow band members,**

Well into the seasons of hard work and development, we continue to explore the directions our community can take in laying the groundwork for generations to come. We are making great strides in the infrastructure for the development of our nation. We're welcoming more young families wanting to return to home and rekindle lost connections, as well as seeing our next generation quickly sprouting new life, giving rise to a new generation of children, parents and elders.

Maintaining our focus while embracing the addition of new members is one of our current challenges. One not to be taken lightly. Whether it be economic or social, careful contemplation and attention to the recruiting and allocation of resources will determine our success in establishing an environment which fosters healthy lifestyles, inclusion, cultural awareness, and growth.

As was previously mentioned here at Council we have confirmed that the term for elected Chief and Council will be changed to a 4-year period. This will allow for more time to implement priorities set by your chosen leaders. It's important that you as voting members of our nation follow the process for making your vote count, on or off reserve. Much information will be in these pages instructing you on how to go about adjusting to these changes. If you have questions, please reach out to one of your elected officials for clarification.

On the subject of changing our nation's name from the Abenaki of Odanak to the Alsig8ntegwiak of Alsig8ntegok we still have work to do. Thanks to community member who have shared their thoughts we've learned that members of our nation still have some reticence due to lack of information on the matter. We respect that. We will take our time and continue to discuss this matter in time to come. Please continue to allow this idea to simmer and discuss with your leaders and each other the pros and cons of making this change. This is your nation; its direction is our collective duty. Let's keep talking about it!

On the issue of specific tax and exemption on reserve, we are in the implementation stage. Retailers are meeting with Revenue Quebec this month for the progressive incorporation of this system within our communities. You should see this in place throughout the summer and fall of 2023.

Collaborating to encourage the development of adequate services and fostering economic growth and sustainability remain at the top of our priority list. Being the hub for our larger Abenaki family, this places even more importance on developing a strong home base. One where we and our larger family can be welcome to learn, thereby share in the process of building and affirming our identity as a nation. With so much work that has already been done we can begin to see the direction we want to take in the coming years. WE have a legacy to leave, one that replaces the challenges rooted in the wounds of history with an empowered, distinct and proud nation.

In peace and friendship,  
Chief Rick O'Bomsawin





WORD FROM COUNCILLORS



Nicole O'Bomsawin  
Councillor - Abenaki  
of Odanak Council

Kwaï mziwik,

Proud of you! Proud of us! Odanak is truly a lovely community where life is good and where nature, culture and the environment go hand in hand. At the time of writing, our youth are preparing to participate in the Inter-school Games that are being held in Quebec City. It is great to see their commitment and to see them represent the Abenakis at these competitions, wliĝen!

I had the pleasure of attending Alanis Obomsawin's Senate recognition ceremony in Ottawa. Alanis is as determined and committed as ever, and she never fails to share her humour, much to the delight of the audience. She always has something to say and 4 or 5 projects to realize. Wliĝen Alanis and Wliwni!

The membership code committee is also looking forward to bringing you the new version of the code that has been in need of updating since its adoption almost 20 years ago. The lawyers are currently validating the legal adjustments to the code. The code will be presented at a special public assembly at a later date.

YOUTH ENTREPRENEUR AWARD

NACCA (National Aboriginal Capital Corporations Association) is pleased to inform you that Bryan Cloutier, owner of Les Entreprises Bryan Cloutier Inc. is the recipient for the 2023 Indigenous Youth Entrepreneur – Award of Excellence.

The award's ceremony took place during Indigenous Prosperity Forum at the Hilton Lac-Leamy in Gatineau, QC on April 19th & 20th, 2023.

Congratulations Bryan!



An elementary school in Odanak? Why not! Did you know that the Abenakis and Malecites are the only Nations in Quebec that do not have access to a school in their community? Following this observation, the Tolba group was formed in order to explore the feasibility of such a project. A school of our own to transmit our cultural heritage, our history, our language, our traditional values, our know-how, our songs and our dances. A school in our image to ensure that our youth learn what it means to be Indigenous, but especially Abenaki. To support us, the Chagnon Foundation has committed to this project with us. We are currently a team of 7 people living on and off the community. If you wish to join the group, contact me at nobomsawin@caodanak.com.

ONLINE W8BANAKI RESOURCE DIRECTORY

A NATION'S CULTURE AND TRADITIONS BROUGHT TO LIGHT WITH A NEW 100% ABENAKI WEB RESOURCE DIRECTORY

The Abenakis of Odanak and Wôlinak Councils, in partnership with the Grand Conseil de la Nation Waban-Aki, are proud to announce the online publication of a W8banaki resource directory.

In addition to offering greater visibility to the Nation's artists and artisans, the W8banaki (Abenaki) resource directory also represents a means to stimulate economic development. In this authentically Abenaki directory where each registration is validated through a meticulous admission process, the Nation's arts and crafts will be promoted with the objective of encouraging the dissemination of its culture.

In addition to providing a platform to showcase their arts and crafts, members of the directory can be kept informed of relevant news, such as upcoming events and training. Visitors to the website will be able to verify the authenticity of what is presented. In a context where several organizations, festivals or educational institutions wish to call upon the various First Nations cultural actors present on their territory, this type of directory becomes a precious tool to ensure the authenticity of what is being conveyed.

Thanks to the digital agency ASBAN, artisans, artists and visitors will have access to this new tool. In a spirit of pride and community support, the initiators of the project have chosen to collaborate with this Abenaki business established in Odanak and specialized in several information technology sectors.

On the weekend of May 6, I walked the Tolba Trail a few times where I noticed the trilliums are in bloom and the turtles were basking in the sun. Then, on my way home, I heard the drums echoing. This is a sign that we are getting ready for summer and the pow wow.

Let us know what you think, we love to hear from you.

Nicole nanatasis



Whether you are a future member or simply a visitor, you can visit [www.ressourcewabanaki.com](http://www.ressourcewabanaki.com). Enjoy your visit!



WORD FROM COUNCILLORS



Jacques T. Watso  
Councillor - Abenaki  
of Odanak Council

Kwai Mziwik,

It's always with great pleasure that I share some good news from your Nation. Today we will discuss Indigenous tourism, the key to economic development in Odanak.

The indigenous tourism industry is an important part of the tourism sector in many countries around the world. It refers to tourism centered on indigenous communities and their culture, traditions, and natural resources.

This is why the community of Odanak is in the process, in response to numerous consultations, to set up the Odanak tourism office.

There are several reasons why the Abenaki tourism industry is important :

- Preserving our culture : the Odanak tourism office will offer the community a way to present our culture and our traditions to visitors, thus helping to preserve our heritage and pass it on to future generations.
- Economic benefits : Abenaki tourism will bring economic benefits to the community by creating jobs and generating income from tourism-related activities such as cultural visits, craft sales and hospitality services.
- Sustainable development : Abenaki tourism promotes sustainable development by encouraging responsible tourism practices that respect the environment, culture and traditions of our community.

In summary, the tourism industry plays an important role in the preservation of our culture, the promotion of sustainable development and will contribute to the economic development of our Nation.

With these few words, I wish you happiness and hope to meet you at the 62<sup>nd</sup> edition of the Odanak Pow-wow which will be held from July 21 to 23, 2023.

Wliwni



Alain O'Bomsawin  
Councillor - Abenaki  
of Odanak Council

Kwaï,

I would first like to highlight the tremendous success of the 2023 Winter Carnival! A big thank you to the people who organized the event, but also to those who attended.

The last activity celebrating the 25<sup>th</sup> anniversary of the Odanak Health Centre took place on March 18<sup>th</sup>. Thanks to the current and former team, we now have access to quality services that will last for years to come. Family and health are important values for us! I am personally grateful for the staff's dedication and professionalism.

We will now have access to new lots for the expansion of the Catholic cemetery. These lots will be marked out during the summer. The columbaria will be installed in the previously designated areas. You will have access to the prices for the columbarium niches once they have been installed.

In addition, the new bishop of the diocese of Nicolet, Monsignor Daniel Jodoin, came to visit the Odanak church volunteers. He had the opportunity to take a moment to visit the community and the available facilities.

On the following picture, you can see Monsignor Jodoin, Thérèse O'Bomsawin (volunteer for many years) and Pierre Houle, our missionary priest.



In closing, I would like to acknowledge the tribute that the Senators paid to Ms. Alanis Obomsawin on April 18 in Ottawa. As usual, Alanis was able to bring together many band members and friends for this well-deserved tribute. Continuing to work in the field despite her venerable age of 90, the Senators highlighted, among other things, Ms. Obomsawin's involvement with the National Film Board and her role as an ambassador for the community, which she has held for many years.

I wish you all a great summer!

Wli wni,

SHORT COLUMN ON THE ABENAKI LANGUAGE

DECLINATION OF ANIMATED NOUNS (CONTINUED)<sup>1</sup>

Animated noun declination model  
Child / Aw8ssis

|               | SINGULAR             |               | PLURAL                  |                  |
|---------------|----------------------|---------------|-------------------------|------------------|
| ANIMATED NOUN | My child             | Ndaw8ssisem   | My children             | Ndaw8ssisemak    |
|               | Your child           | Kdaw8ssisem   | Your children           | Kdaw8ssisemak    |
|               | His/her child*       | Wdaw8ssisema  | His/her children        | Wdaw8ssisema     |
|               | Our child (excl.)**  | Ndaw8ssisemna | Our children (excl.)**  | Ndaw8ssisemnawak |
|               | Our child (incl.)*** | Kdaw8ssisemna | Our children (incl.)*** | Kdaw8ssisemnawak |
|               | Your child           | Kdaw8ssisemw8 | Your children           | Kdaw8ssisemw8k   |
|               | Their child          | Wdaw8ssisemw8 | Their children          | Wdawissemw8      |

\*Note: the final "a" in the third person singular.

\*\*Exclusive: excludes the person(s) being spoken to.

\*\*\*Inclusive: includes the person(s) being spoken to.

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





WORD FROM COUNCILLORS



**Florence Benedict**  
Councillor - Abenaki of Odanak Council

Kwaï faithful readers of the Pilaskw,

After a winter that seemed endless, spring is coming... tentatively, but surely.

A period of renewal, great changes and great achievements awaits us this year.

The construction of the shelter for Indigenous women and children, low-cost housing, land claims that are finally being settled after more than 25 years in court, the updating of the citizenship code, and of course the Council's resolution to extend the terms of office for Chiefs and Councillors from 2 to 4 years.

ACTIVITIES REPORT

JANUARY, FEBRUARY, MARCH AND APRIL 2023

Quebec Native Women meetings and Quebec Elected Women meeting last March in Quebec City.

We welcomed the new bishop of the diocese of Nicolet, Mgr. Jodoin, in the Band Council offices.

It was a pleasant opportunity to exchange and to share. I would add that Bishop Jodoin has an excellent sense of humour!

On March 8, Quebec Native Women - Wabanaki Nation held a cocktail reception to celebrate International Women's Day. Alanis Obomsawin, filmmaker, and Monika Ille, director of the APTN, responded enthusiastically to our invitation as speakers, sharing with us their respective professional backgrounds, leaders in their field.



Two magnificent and inspiring women.



Ms. Alanis Obomsawin offered us a performance in song - a unique and memorable moment!

On the same occasion, we received representatives from INRS-UQAT (Université du Québec de l'Abitibi-Témiscamingue), members of Ms. Carole Lévesque's team. They wanted to present a sketch to the children of the family of Ms. Evelyn O'Bomsawin of their late mother and thus honour her memory by announcing that a scholarship was created in her name and that it will be awarded to a student who will distinguish herself through a subject related to Indigenous women.

Ms. Evelyn O'Bomsawin was a great activist for Quebec Native Women and served as its president from 1977 to 1983.

She was a key figure in the fight for the recognition of non-status Indigenous women, which led to the adoption of Bill C-31 in 1985. Until her death in 2008, she continued her fight for the recognition of the third generation of Abenakis. Thanks to her children Ronald, Danielle, Christine, Jean-Paul, Claire and Thérèse for their presence.

On April 18<sup>th</sup>, the Council traveled to Ottawa to attend the tribute to Alanis Obomsawin for her film "Honour to Senator Murray Sinclair", an Anishinaabe Senator from Manitoba who, after an initial refusal, chaired the Truth and Reconciliation Commission of Canada in 2009 and led the fight for the recognition of the trauma suffered by children and their families in residential schools. This screening was a very moving moment and resulted in a standing ovation for several minutes for Alanis. This tribute was made possible by Senators Audette, Cardozzo, Francis, Greenwood, Klyne and McPhedran.

In closing, don't forget about the 62<sup>nd</sup> annual powwow which will be held July 21-23, 2023. We look forward to seeing you there!

Have a good summer and be safe!

Wliwni



WORD FROM MANAGEMENT



**Daniel G. Nolett**  
Executive Director - Abenaki of Odanak Council

Kwaï, kwaï mziwi!

Following the announcement made at the September 28, 2022 public assembly, the article published in the January 2023 Pilaskw and the publication on the Council's Facebook page, the Council wished to consult its members on their intention to move forward with the First Nations Elections Act for the next elections to be held in November 2023. Having received no negative feedback or no feedback from members that would influence the Council's decision not to proceed with this idea, the Council passed a resolution at the March 6<sup>th</sup> meeting requesting that Indigenous Services Canada (ISC) move forward with the November 2023 elections under the First Nations Elections Act. This resolution was to be submitted at least six months prior to our next election to allow time for ISC to make the necessary arrangements. We are awaiting confirmation from them, but everything should be in place so that the next mandate of our elected officials will be four (4) years instead of two (2). To be continued.



After a temporary interruption in the construction of the nine social housing units due to an administrative formality with the CMHC last January, the construction site resumed in March. The contractor's schedule, which was to deliver the units in September 2023, has been revised. The units should be delivered by December 2023.

Following the report by the firm Solroc, which conducted a geotechnical survey of the soils in the fall, the CMHC required that a second study be conducted to validate whether the soils were suitable to support the bearing capacity of the buildings according to the foundation plans and specifications. The second study conducted this time by the firm Génie+ concluded that the soils were adequate and that the construction could proceed as planned. We remind you that the construction of the nine social housing units is made possible by the CMHC Co-investment Program. We will also be building a fourplex on the new part of Mgezo Street, a semi-detached on Managuan Street and a triplex on Pakesso Street. To be continued.

Concerning the file of the shelter for Indigenous women and children fleeing violence, we have moved to the stage of finalizing the plans and specifications by an architecture firm. Following a call for tenders published on SEO, the firm MDTP Atelier d'architecture was retained to finalize the plans and specifications. This is a rather long and tedious stage of the project. The firm's team began its mandate at the beginning of March. They should complete this part of the mandate by the end of the summer of 2023. We expect to proceed to tender for the construction of the building in the fall of 2023. More on this later.

The paving and concrete curbing work following the servicing of the lots on Tolba Street in the fall of 2022 will take place during the months of May and June. Surveying work is expected to take place in the following months.

The work for the installation of the electronic bulletin board will be done in the next few weeks. The costs for this billboard will be covered 50% by the community infrastructure fund of the Quebec Secrétariat aux relations avec les Premières Nations et les Inuits (SRPNI) and 50% by the Council. The purchase cost is close to \$90,000.



Renovations to the former Council office at 102 Sibosis Street are well underway. Doors and windows have been replaced, as well as the exterior siding. At the time of writing, the interior work to replace the floor tiles with ceramic and other finishing work is almost complete. The only work remaining is to re-shingle the roof this spring. The cost of these renovations is estimated at nearly \$430,000. We will recoup the costs through the collection of rent paid by the Grand Conseil de la Nation Waban-Aki who will occupy the space.

The modules at Skamonal and Waban-Aki parks will be replaced this summer. We will also be installing modules for an outdoor classroom at Skamonal Park for cultural activities organized by our OHC and/or N8wkika Social Services. On the subject of Skamonal Park, we have begun work on the vacant lot in front of the park to provide parking for its users. In addition, we will be installing small water games on the site of the wading pool located on the community pool grounds. The splash pad has been inoperable since the summer of 2022. We will also dismantle the modules located at Managuan Park, which will allow us to create a second community garden with a section of above-ground planters and another section where people can garden directly on the grounds.

In total, this represents an investment of nearly \$500,000. Half of the funding for this work and the purchase of modules will be financed by the community infrastructure fund of the Quebec Secrétariat aux relations avec les Premières Nations et les Inuits (SRPNI) of the Ministère de la Culture et des Communications du Québec (MCCQ) and 50% by the Council. A portion of the Council's funding will come from FNEC funds, up to \$60,000.

Work will be done this summer and early fall to upgrade our pump stations on Sibosis and Waban-Aki streets. We will be demolishing the exterior buildings and replacing the automatic controls and pumps that have reached the end of their useful life. In addition, work will be done this summer to make our wastewater treatment facilities safer for our employees. The total cost of this work will be close to \$500,000 and will be financed entirely by a grant from ISC.

Mziwik wli sigwan! A lovely spring to all!

KIUNA WILL INAUGURATE ITS KINOSALWAW8GAN SCHOLARSHIPS WITH MORE THAN \$180,000 TO BE AWARDED DURING 2023-2024

It is with great pride and enthusiasm that Kiuna, the only First Nations college in Quebec, launched its Kinosalwaw8gan scholarships on last May 1<sup>st</sup>.

Kinosalwaw8gan is a term from the aln8ba8dwaw8gan (Abenaki) ancestral language that means leadership (in the sense of educating tomorrow's leaders). The term refers to the action of guiding, directing, as in a hunting expedition for example. It indicates the mentorship role Kiuna is taking, with its scholarships, towards the student clientele entrusted to it.

These scholarships are intended to highlight perseverance, excellence and academic success among First Nations and Inuit students. They are possible thanks to the generous contribution of independent and institutional partners.

To see the announcement made on May 1<sup>st</sup>, visit Kiuna's official Facebook page : <https://www.facebook.com/KiunaCollege/>







**Julie Cleary**  
N8wkika Social Services  
Director – Grand Conseil  
de la Nation Waban-Aki

The N8wkika team offered a wide range of activities to 5 to 17 year olds during spring break! Outing to the Village vacances Valcartier, snowshoe activity, cultural bingo and sliding to name a few!



We also collaborated in the planning and organization of family activities for the Odanak and W8linak Winter Carnivals. These activities were well appreciated by all.

The monthly cultural activities (Niona) for the 14 to 17 year olds continue! In March, a weekend at a cottage in St-Alexis-des-Monts, along with a snowshoeing outing and a dogsledding excursion, consolidated the ties among the youth of the two communities.



We would like to take this opportunity to remind you that the summer day camps will be back this year for the youth of the communities of Odanak and Wôlinak. The day camps are open to 5 to 11 year olds. Please note that the 5 year-old kindergarten must first be completed before joining the day camp. Keep an eye on our Facebook page for all the details!



**Théo Allart**  
Biologist, M. Sc. –  
Project manager at the  
Odanak Environment  
and Land Office

Hello to the entire community,

This article is a follow-up to the one published in the October 2022 edition concerning an upcoming development at Odanak's Marsh #2.

The purpose of this project was to install a water control structure and a small spillway (see photos 1 and 2) in order to increase the water level of the marsh by approximately 30 cm for a longer period of time, while remaining minimally invasive and in harmony with the ecological environment. This increase allows for the flooding of a larger area of vegetation, and thus offers yellow perch a greater availability of spawning substrate to lay their eggs in the spring. A high water level during the rest of the summer period also provides larval fish with a more favourable habitat during their growth period, before returning to the Tardif channel and then to Lake Saint-Pierre in the fall.

The construction of this weir was carried out last November by Brian Cloutier and his team and was completed as planned (see photo 3).

We are continuing to monitor yellow perch runs in this second year of the project to ensure that this development does not impede fish passage. We are planning a shrub and willow planting in June to re-vegetate the banks in order to provide a very good support for erosion.

If you would like to participate in this planting activity or are curious to visit this development to ask questions, you are welcome! Contact us at the BETO!



Photo 1. Plate to increase the water level just before installation.



Photo 2. Spillway installed and first level control test using boards.



Photo 3. Aerial photo of the work completed at Odanak's Marsh #2.

### WHAT IS THE JORDAN PRINCIPLE?

## Le Principe de Jordan

Jordan's Principle provides funding to ensure that First Nations children and families across Canada receive the services and supports they need and deserve as quickly as possible.

**WHO IS ELIGIBLE?**

- Child with at least one parent registered under the Indian Act (regardless of residence).
- Children aged 0 to 17 years.
- Child member of the Odanak community citizenship code.

**EXAMPLES OF CARE AND SERVICES THAT MAY BE COVERED**

- Assessments and screening tests
- Professional services (speech therapy, physiotherapy, occupational therapy, chiropractic, etc.)
- Medications
- Medical equipment and supplies
- Family coaching
- Specialized summer camps
- Teacher's aids
- Technical or electronic aids
- Educational support services (in school or at home)
- In-home help
- School transportation
- Homework help

**INFORMATION**

To apply or for more information, please contact your community's Jordan's Principle coordinator, Ms. Isabelle Dupuis.

By phone : 450 568-6766 ext.: 4022  
By fax: 450 568-6717



## WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



**Jean Volland**  
Director – Odanak  
Health Center

With the arrival of spring comes a sense of renewal. It is my favorite season. As the weather becomes warmer, so does the desire to do more outdoor activities. Within the Odanak Health Centre team, a new financial year is beginning.

We must plan our actions, carry on with the projects we have started, in short, strive to improve our programs and services.

I would like to take this opportunity to thank the team at the Odanak Health Centre for all the efforts they have made over the past two years. Although the past few years have not been easy, you have contributed your courage, your devotion and your strength every day. Your work is what can only be described as admirable and unprecedented.

In the past months, we have worked on several projects such as :

1. Community well-being survey : **Completed**

- Community health plan update

2. OHC / Archive room expansion project : **In progress**

- October 23, 2022 : Performance by Guylaine Tanguay, launching of the 25<sup>th</sup> anniversary of the OHC (**Population**)
  - **November 18, 2022** : We marked World's Children Day on November 20, 2022 (Odanak daycare centre) (**Children**)
  - **December 9, 2022** : Intergenerational dinner at the Odanak community hall (**Youth and elders**)
  - **January 20, 2023** : Movie night (**Families**)
  - **February 27, 2023** : Outing to Funtropolis in Saint-Hubert (**Youth**)
  - **March 18, 2023** : Sugar shack (**Community**)

4. Implementation of cultural and holistic activities for the Odanak clientele (2022-2023)

- 5. Acquisition of the former BETO office/ Kinesiology consultation room/training facility project
- ### WHAT IS THE NIHB PROGRAM?

The Non-Insured Health Benefits (NIHB) Program provides eligible First Nations and Inuit clients with coverage for a range of health benefits that are not covered by other programs:

  - Social Programs.
  - Private insurance plans.
  - Provincial or territorial health insurance plans.

#### WHAT IS COVERED BY THE PROGRAM?

The program provides coverage for the following medically necessary products and services:

  - Vision Care
  - Dental care
  - Mental Health Counseling
  - Medical equipment and supplies
  - Prescriptions and over-the-counter medications
  - Transportation for medical reasons

At the Odanak Health Centre, Ms. Andréanne Gouin is the NIHB navigator for the province of Quebec. She can assist you in accessing the health care and services mentioned above. Assistance with claims, requests for exceptions or appeals of decisions (in case of refusal) and information to members regarding the eligibility criteria of the NIHB program are offered.

Also, children between the ages of 2 and 17 (with at least one parent registered under the Indian Act, commonly referred to as "Indian Status") who have health care needs and services that are not covered by the NIHB Program may apply to the CSO's Jordan's Principle Coordinator, Ms. Isabelle Dupuis.

#### INFORMATION

Andréanne Gouin  
Medical Archivist / Health Liaison Officer  
NIHB Navigator - Province of Quebec

By phone: 450 568-6766 ext.: 4030  
By fax: 450 568-6717
- #### CHALLENGES 2022-2023 and 2023-2024
1. Maintain Accreditation Canada results;

2. Maintain the continuity of services offered to the population regarding psychosocial services including mental health, suicide prevention, domestic violence, etc.; Hiring of Yanna Girard, clinical coordinator, who began her mandate on April 3, 2024,

3. Prepare for the succession of the Odanak Health Centre's management;

4. Review the work organization at the Odanak Health Centre; Hiring of Lyne Mailhot on April 19, 2022 for administrative support for the archives. Hiring of Angélie Lafontaine, Recreation Intervention Technician, on September 26, 2022;

5. Retirements : Johanne Delorme and Raymonde Nolett - Hiring of Virginie Descôteaux on September 6, 2022; - Confirmation of a permanent position: Élisabeth Fleury, March 2023;

6. Maintain the spirit of partnership with external organizations such as the CIUSSSMCQ, the FNQLHSSC, N8wkika, the Wôlinak Health Centre, etc.;

7. Cooperation agreement between the Odanak Health Centre and the Pierreville family medicine group (GMF);

8. Partnership with the shelter for Indigenous women and children fleeing violence;

9. 2019-2024 Strategic plan follow-up;

10. Emergency response plan update;

11. 2021-2025 Community Health Plan update;
12. 2022-2027 Strategic Plan update;

13. Implementation of the project to decorate the OHC reception area in the colours of the Abenaki culture;

14. Increase the number of participants in the 2023 Inter-school Games.
- ### ECOCENTER

## Schedule 2023

Opening May 2, 2023

May 2 to Sept. 17, 2023

TUESDAY, WEDNESDAY and SATURDAY:  
9:00 a.m. to 12:00 p.m. and  
12:30 p.m. to 4:30 p.m.

Thursday and Friday :  
12:00 to 16:30 and 17:00 to 19:30

From Sept. 18 to Nov. 25, 2023

\*Early closure in case of snow accumulation on the ground.

WEDNESDAY to SATURDAY:  
8:30 a.m. to 12:00 p.m. and  
12:30 p.m. to 4:30 p.m.

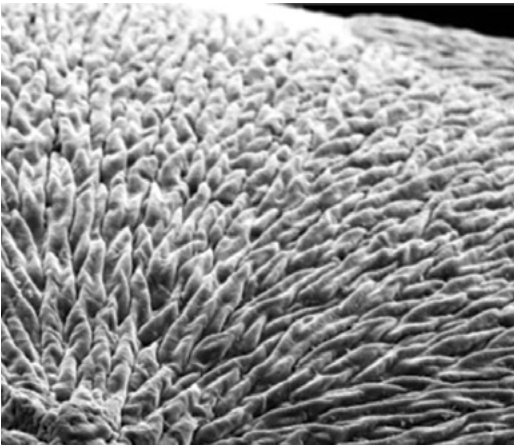
NB. The ecocenter will be closed on Tuesday following a provincial, federal and First Nations holiday (Wednesday during the fall schedule).
-



ORAL HEALTH PREVENTION



Élisabeth Morel  
Dental Hygienist -  
Odanak Health Centre



Enamel under a microscope



TIP

- Brush your teeth two to three times a day for two minutes with a fluoride toothpaste to help prevent tooth decay.



HOW DOES FLUORIDE STRENGTHEN TEETH ?

- Tooth mineral is easily dissolved by acids unless it can be protected. Thus, the presence of fluoride around the tooth crystals will ensure that it can be absorbed onto the surface of the enamel crystals to protect them from dissolution by cariogenic acids.
- Systemic and topical.
  1. One of the systemic effects of fluoride intake occurs during tooth formation, i.e. before eruption. (e.g. through fluoridated drinking water)
  2. Sources of topical fluoride include toothpastes, mouthwashes, gels, foams and professionally applied fluoride varnishes. (after eruption)

SODIUM FLUORIDE

WHAT IS FLUORIDE ?

- A mineral naturally present in soil, air, plants, animals and water sources.
- Individuals are exposed to small amounts of fluoride every day from the air they breathe, the water they drink and the food they eat.
- Fluorides are often added to drinking water sources and certain dental products such as toothpaste and mouthwash.
- Fluorides are also applied by oral professionals to prevent dental caries.
- Fluoride is considered a nutrient because of its recognized beneficial effects on dental health. It strengthens tooth enamel and makes teeth more resistant to decay.



Élisabeth Fleury  
Clinical Nurse

Hello to all,

Finally, the sun and the heat are at our doorstep! In order to be well prepared for this new season, I would like to share with you some tips regarding sun prevention.

With one third of new cancer cases in Canada being skin cancers and the rate continues to rise, it's important to know the basic rules for protecting yourself from the sun's harmful rays :

- From the age of 6 months, apply a sunscreen that protects against UVA and UVB rays (SPF of at least 30 and water resistant) 15 minutes before being exposed and reapply at least every two hours.
- Monitor the UV index : when it is over 3, apply sunscreen, cover up with light clothing, a hat and sunglasses and move into the shade between 11am and 3pm.

- To prevent heat stroke, also drink plenty of cool fluids, especially water, before you feel thirsty.

Do a regular self-examination of your skin and follow these rules to examine your moles :

- Asymmetry : Are the two halves of the mole symmetrical if you draw a line down the centre ?
- Borders : Are the borders uneven, jagged or notched ?
- Colour : Are there different shades (brown, red, white, blue or black) ?
- Diameter over 6 mm : Is the mole the size of a pencil eraser or larger ?
- Evolution : Has the size, shape, colour, or depth changed ? Has a new symptom appeared (such as bleeding, itching or crusting) ?

When in doubt about the appearance of one of your moles, do not hesitate to consult us at the Health Centre.

Early this summer, six sunscreen dispensers will be installed in the community. Locations and details will be provided once installations are complete.

Finally, I would like to congratulate the participants who registered for the Smoke-free community challenge (Défi communauté sans fumée) that took place during the winter. They all won a prize for their efforts. If you would like support and tips on how to quit smoking, we are always available to help you. Also, be on the lookout for the next challenge!

You can reach me at 450 568-6766 ext. 4026 or by email at [efleury@csodanak.com](mailto:efleury@csodanak.com) if you would like more information on the cancer program (programme de lutte contre le cancer) and its services.



2022-2023 MONARCH PROJECT



Evelyne Benedict  
Field assistant -  
Odanak Environment  
and Land Office

Hello all,

As you may already know, the Environment and Land Office has undertaken and completed several initiatives as part of the monarch project. The monarch butterfly is an iconic North American pollinator that can be seen in southern Canada in summer. The goal of this project is to create a surge of citizen engagement to maximize monarch conservation, create habitat, and organize educational and community activities.

Inventories of milkweed, eggs, caterpillars and butterflies were conducted in the community with the help of people who attended the "Monarch Blitz" event that took place last August. The results of the inventory show that monarchs are indeed present in our region and that there is a large quantity of milkweed naturally present in the community.



In order to improve the monarch habitat, an undeveloped area near the Tolba Trail entrance was landscaped. Two species of milkweed were planted along with 15 species of native nectar-bearing flowers to create a monarch-friendly garden.

In addition, milkweed seeds have been planted throughout the community to provide additional habitat for the species.

Milkweed seeds have been harvested in order to have a seed bank that can be renewed each year. Don't hesitate to ask us if you want to plant some at home!

Several activities were organized : an educational activity with the daycare children, an information and animation kiosk in the community garden, a training session to learn more about the monarch and the reasons for its decline, and a participatory inventory event.



HELLO AND HAPPY SPRING !

Evelyne Benedict  
Field assistant -  
Environment and Land Office

Hello and happy spring!

For a second consecutive year, you are invited to participate in the Dandelion Challenge (Défi Pissenlit), an initiative by Miel et Co ([mioletco.com](http://mioletco.com)).

The significance of our pollinators such as bees, butterflies, birds and even bats are indispensable species in our ecosystem.

The teams from the Odanak and Wôlinak environment and land offices participated in an information day as well as a visit to the Montreal Insectarium (Espace pour la vie is a partner in this project) and were able to learn more about the issues facing this threatened species.



Several other activities will be organized in the coming months to continue working together to promote the sustainability of this magnificent and iconic butterfly.



Pollination is essential for fertilizing flowers, producing plants and fruits, vegetables and nuts. Pollinators are essential for more than a third of the food we eat every day and provide a rich diversity.

Our pollinators can use our valuable help this early spring! By delaying the mowing of the dandelions that are naturally present on our lawns, we are providing them with a rich source of pollen and nectar so they can refuel to start the pollination season.

For more information : <https://mioletco.com/pages/defipissenlits>





NEWS FROM  
YOUR MUSEUM



**Vicky Desfossés-Bégin**  
Executive Director – Musée des Abénakis

SCHOOL BREAK

From February 28 to March 3, during the school break, the Museum organized some wonderful activities for 5 to 12 year-olds. During these two days of activities, children and their families had the chance to learn how to cook – and especially taste! – delicious bannock. Afterwards, their creativity was solicited as they were led to make Abenaki inspired sculptures using recycled materials. Finally, they had the opportunity to participate in a rally through the various Museum exhibits. These activities, as shown in the photos, were greatly enjoyed by young and old alike!



INDIGENOUS TOURISM ASSOCIATION  
OF CANADA CONFERENCE

From March 8 to 10, I had the opportunity to attend the 10<sup>th</sup> edition of the International Indigenous Tourism Conference (IITC) which was held in the Treaty One Territory and the Métis homeland, in Winnipeg, Manitoba.

As the largest Indigenous tourism conference in the world, the IITC featured panel discussions, workshop sessions, keynote speakers and local cultural experiences that set the stage for the event.

SUMMER EXHIBIT

At the beginning of the summer, the Museum will present the exhibit “Senimikwaldamw8gan” by Abenaki artist Mélanie O’Bomsawin. This exhibition is a series of installations and projections that explore our relationship to the transmission of memory in the digital age. With stones, objects recovered from important places in the lives of her grandfathers, recordings from territories and waterways, as well as sound recordings of their voices, Mélanie rethinks the Museum as a large circle to be walked through, where the stones, like those of the W8banakiak and many other Nations, are regarded as being their grandfathers, with their memories and experiences.

ANNUAL ATTENDANCE

Our 2022-2023 statistics are out! We can say that this is our best year in over 15 years! More than 12,500 people visited our permanent and temporary exhibitions, curious to learn more about the Abenaki culture. Congratulations to our 2022-2023 interpretation team – Charles, Laurence, Maxence, Maxime and Sigwanis – as well as to our receptionist and boutique attendant Johanne, who welcomed all these visitors from all corners of the world!

PERMANENT EXHIBIT

It is with great excitement that I announce that the Museum has been awarded a grant of \$342,759 from Canadian Heritage for the renewal of the permanent exhibit. This financial contribution is in addition to the \$350,000 already granted by the Ministère de la Culture et des Communications du Québec. This beautiful project will be carried out jointly with the exhibit design firm La Bande à Paul. The work that had begun before the pandemic can now be resumed with this new dynamic team. The common thread that will guide the entire process of creating the exhibit is the vitality and pride of the Abenaki Nation. If you wish to get involved in this great project, you are invited to contact us! The launch is planned for June 2024.

THE MUSEUM’S COLLECTION FEATURED  
BEYOND ITS WALLS

Our museum collection has earned recognition! In fact, it inspires many other museum institutions across the country : many museums and interpretation centres have borrowed objects from our collection to complement their exhibits or to highlight the Abenaki culture. For the most curious among you, if you wish to see these objects presented outside the Museum walls, here is where you can discover them :

MUSEUM OF WORLD CULTURE, NICOLET.

The Abenaki culture is highlighted in the new exhibit at the Museum of World Culture. This exhibit celebrates the 350<sup>th</sup> anniversary of the city of Nicolet and the Abenaki presence in the region cannot be ignored. To be seen until October 14, 2023.

MERRY HOUSE, MAGOG.

Located in the Eastern Townships, the Merry House is the oldest house in today’s urban Magog. Since the summer of 2021 and until the spring of 2024, it is presenting the exhibit “Ndakina. The Abenakis in the Eastern Townships”. An exhibition that highlights Abenaki traditions and values.

ART MUSEUM, UNIVERSITY  
OF TORONTO.

The Alanis Obomsawin exhibit that was presented in Berlin in the winter of 2022 will be presented again, but this time at the University of Toronto’s Art Museum in the summer and fall of 2023. For this exhibition called “The Children Have to Hear Another Story” – which also travelled to Vancouver last spring! – the Museum loaned several beautiful baskets. There is no denying it, this represents great visibility for this outstanding Abenaki woman as well as for our beautiful Museum.

SUMMER STUDENT EMPLOYMENT

The Museum is looking for interpreter-guides for the 2023 summer season. Are you passionate about culture, at ease with the public, do you want to challenge yourself and improve your knowledge of the First Nations? Join the Museum’s interpretation team. To apply, send your résumé to [vdbegin@museeabenakis.ca](mailto:vdbegin@museeabenakis.ca) to the attention of Mrs. Vicky Desfossés-Bégin as soon as possible.

KIZ8BAK BOUTIQUE

We are always looking for artists and artisans from the Nation to fill our boutique. If you are interested in showcasing your products, do not hesitate to contact our receptionist, Johanne Lachapelle, by phone or by email : [info@museeabenakis.ca](mailto:info@museeabenakis.ca)

