

W8BANAKI PILASKW



WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
of Odanak Council

Kwei fellow band members,

Summer has come and gone by so fast this year. In spite of the increase in rainy weather, as compared to the last few years, we have seen a lot of action by way of community gatherings.

With record attendance at our pow wow we saw many of our community members taking the opportunity to be present as dancers, spectators and vendors. This annual gathering is a great time to catch up with friends and family and also to make new acquaintances. Many were surprised to see the number of our people standing together for the dance which highlighted our nation's presence. Rekindling our Abenaki relationships and building on our similarities will allow us to co-create an environment which reflects our distinct customs and traditions. Every year we see an increase in the pieces of our history, such as symbols, songs and dances that find their way to the heart of this celebration.

This summer also permitted many of our larger community members to gather and share in other cultural events. We are seeing an increase in occasions that allow us to share and continue to build cultural unity on both sides of the border. As indigenous people we have been taught about the indispensable wealth of knowledge available in the presence of our elders. Having survived a generation or two of external attempts to assimilate and wipe out our legacy, we are able to see where we are headed in a world that promotes this disconnection. We must tap into the valuable teachings laying buried deep under the wounds and suffering of our forefathers. Spending time and chatting with our elders can open these gateways wherein lies much wisdom and the foundation of our existence.

Our worldview sees a unified vision, rather than an artificial fragmentation of beliefs. Herein lays our strength as a nation. This shared worldview asserts that all life is sacred and that all life forms are connected. Humans are neither above nor below others in the circle of life. Having been made to live an existence where disintegration is prominent we have much work to do to heal and re-establish the order of things. It is central to our work of renewal to honor our shared values and beliefs, letting them make way for the next generations to continue to build a future on our elders' recollections.

To continue to ensure that the words of our elders be present in our environment, and that our culture has a place to emerge, we are still looking at the possibility to construct a longhouse to house cultural events and allow us to share and revive the teachings that unified and distinguished us as a people. Restoring the presence and importance of our ways remains the most valuable gift we can give our children and grandchildren.

In peace and friendship,



WORD FROM COUNCILLORS



Nicole O'Bomsawin
Councillor - Abenaki of Odanak Council

Kwai! Mziwik

Autumn is just around the corner and activities are back in full swing.

Part of June and July was spent preparing for the pow wow. It meant that I had the opportunity to resume the transmission of dances to young and old alike. Rehearsals took place every Wednesday evening for the little ones, and several others were held on weekends to enable Abenakis living outside the community to join in.

I believe it's important for us to have a special place at the Abenaki powwow, because it showcases our colours, our sounds and our rhythms.

This summer, we also had the chance to visit our brothers and sisters in Maine, Nova Scotia and New Brunswick, near Indian Island, in the company of 50 Abenakis from Odanak and W8linak. Great bonds were forged during our visit. We shared dances and songs, as well as plant knowledge and special ways of pounding ash trees.

REPRESENTATION ON THE NDAKINA TERRITORY

We receive many requests for collaboration, whether it's for territory recognition by our Nation, song performances or conferences. With the purpose of asserting our active presence on the territory, I visited the Université de Sherbrooke, lac Brome, lac Mégatic, Saint-Camille, Magog, Saint-Hyacinthe and Mont Saint-Hilaire.

REGIONAL HEALTH SURVEY (RHS)

The Abenakis of Odanak Council has agreed to take part in the Regional Health Survey (RHS), which is conducted every five years. It covers all aspects of health, nutrition, physical activity, as well as emotional and cultural well-being. We have 80 interviews to conduct in the community. For my part, I'll be conducting around 40, and Hélène Gill will be doing about the same.



WAMPUM BELT

Previously, I wrote about our collaboration with the Musée Quai Branly in Paris. This exhibition will be on display at the McCord Museum from October 23, and Abenakis will be able to see the Wampum that the Abenakis sent to Chartres in 1699. The exhibition will be open to the public until mid-December. There may also be special access for our members. We'll let you know as soon as we know more.

ELEMENTARY SCHOOL PROJECT IN ODANAK

With the exception of a small delegation to Val d'Or's Papillon d'Or school, we haven't yet held any working group meetings, considering the summer vacation period.

However, we resumed the project on September 10. A few other members have expressed interest in joining our group.

LAC-MÉGANTIC

On September 17, a number of council members visited the Cliche-Rancourt archaeological site, for which the Ville de Mégantic has asked us to find a name in the Abenaki language. It's a way of renewing the friendship protocol signed between the city and Odanak 20 years ago.

Lots to do between now and the end of November...

SHORT COLUMN ON THE ABENAKI LANGUAGE

DECLENSION OF INANIMATE NOUNS¹

To decline **inanimate nouns**, simply **precede the noun** with the **appropriate possessive adjective**. No particular addition is required at the end of the noun.

Inanimate noun declension model
House / Wigw8m

	SINGULAR		PLURAL	
INANIMATED NOUNS	My house	Nwigw8m	My houses	Nwigw8mal
	Your house	Kwigw8m	Your houses	Kwigw8mal
	His/her house	Wwigw8m	His/her houses	Wwigw8mal
	Our house (excl.) *	Nwigw8mna	Our houses (excl.) *	Nwigw8mnawal
	Our house (incl.) **	Kwigw8mna	Our houses (incl.) **	Kwigw8mnawal
	Your house	Kwigw8mw8	Your houses	Kwigw8mw8l
	Their house	Wwigw8mw8	Their houses	Wwigw8mw8l

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

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

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

WORD FROM COUNCILLORS



Jacques T. Watso
Councillor - Abenaki of Odanak Council

The beating heart of our national identity lies in our W8banaki roots. These ancestral cultures, rich in wisdom and tradition, constitute a priceless heritage that has shaped our traditional territory, the Ndakina. However, history has witnessed periods of upheaval and oppression that have left deep scars throughout Odanak. Today, it's imperative to recognize the importance of rebuilding to preserve our heritage and allow us all to flourish.

Rebuilding our Nation goes far beyond simply righting past wrongs. It's an act of reconciliation, respect and gratitude to our families who have been victims of injustice for generations.

The importance of this rebuilding process is reflected in the revitalization of our endangered language. By preserving and revitalizing our language, we are restoring a vital aspect of our identity and strengthening the social fabric of our community.

In addition, rebuilding our culture means providing equitable economic and educational opportunities for all. It means breaking the cycle of poverty and marginalization by investing in initiatives that support local economic growth and vocational training. By providing an environment in which each individual can flourish, we are helping to build a fairer, more inclusive society.

Preserving the environment is also at the heart of our Nation's reconstruction. We have a deep and respectful relationship with the earth. By integrating our ancestral knowledge with the sustainable management of natural resources, we can learn to coexist harmoniously with our environment and protect ecosystems for future generations.

Ultimately, rebuilding our community is a quest for justice, equality and reconciliation. It's a commitment to our past, our culture and our Nation's future. By recognizing and celebrating the contributions of all of us, we create a future where diversity is valued, where our difference is celebrated, and where everyone can contribute fully to the building and development of our beautiful community.

Proudly yours,



Alain O'Bomsawin
Councillor - Abenaki of Odanak Council

Kwai,

I hope you all had a wonderful summer! Let's make the most of the beautiful weeks to come before fall arrives.

First of all, on Saturday May 13, archaeological research on the church grounds officially concluded. Sporadic research may be carried out in the coming years. A huge thank you to the archaeologists who have enabled members of the community to learn more about their origins. Indeed, you have enabled us to learn more about the ancestral way of life of the Abenakis and to expand our knowledge of our Nation.

I would also like to congratulate the Pow Wow 2023 organizers and volunteers

REGISTRATION

Registration opens on September 20, 2023 for the winter 2024 semester. Reserve your place at your college!

Register at: admission.sram.qc.ca

Our Open House day will be held on Monday, October 23. We look forward to seeing you there!

Follow us on Facebook!

OUR PROGRAMS FALL 2023

OUR DCS

- First Nations Science
- First Nations Social Science
 - General profile
 - Mathematics profile
 - General profile - Economy option (CANDO certification)
- First Nations Arts, literature and communication
 - First Nations languages option
 - Indigenous cinema option
- First Nations Springboard to a DCS Pathway
 - 2 semesters to complete 10 credits or less for your high school diploma
- Technical program in Special care counselling in a First Nations context

OUR ACS

- Special care counselling in a First Nations context
- Accounting for First Nations and Inuit
- Administrative work for First Nations and Inuit
- Inclusive education in childcare services
- Language and cultural transmission
- Event coordination

APPLY NOW!

KIUNA.CA
1205 QC-132
ODANAK, QC
J0G 1H0



WORD FROM COUNCILLORS



Florence Benedict
Councillor - Abenaki of Odanak Council

happy to guide you through the registration process. For further information, you can also reach her by telephone at 450 568-0107, during Library opening hours. This service is completely free of charge.

On June 21, we celebrated National Indigenous Peoples' Day at the Musée des Abénakis with drumming and a delicious meal. Over fifty people came to celebrate, including many of our elders. Thanks to Jacques T. Watso and Flyings Sturgeon for hosting this event.

On June 30, I had the pleasure of attending the opening of the exhibition SENIMIKWALDAMW8GAN - Mémoire de pierre, by community artist Mélanie O'Bomsawin. During the tour, I stopped to listen to an exchange in the Aln8ba8dwaw8gan language between two people using audio headphones - tears spontaneously came to my eyes as I heard them converse. It was like stepping back in time. It was the highlight of the exhibition for me. If you haven't already done so, I invite you to come and see this magnificent exhibition, which runs until October 1.

On July 16, 17 and 18, I accompanied our elders on a trip to the Wendake museum-hotel. We took advantage of our visit to attend the Onhwa' Lumina forest experience and do a little shopping.

The corn roast for our elders took place on August 4. Over thirty of us took part in the event. Thanks to organizers Carole Bibeau and Annette Nolett, and to all the volunteers on hand.



During the summer, the Council's activities are curtailed by the vacation period. However, we remain available for member services and emergencies. Elections are fast approaching, and following a resolution passed by the Council last spring, the terms of office of newly elected members will be extended from 2 to 4 years. This means that outside members who are unable to vote in person on election day, and who wish to exercise their right to vote, will need to register with the Election Chair in writing in order to receive their kit. Details of the procedure to follow to receive your election kit will be communicated to you shortly via mail and social media.

So let me humbly say, see you soon!
Looking forward to speaking to you again in December.

Wliwni,

Kwaï,

The beginning of fall usually marks the end of the summer vacations for most of us. I hope you had a great summer, despite all those storms and the occasional downpour.

For this fall edition, I'd like to share with you our beautiful "AWIKHIGANIGAMIKOK" Library, which will be celebrating its 40th anniversary in our community this November. The Réseau Biblio du Centre-du-Québec, with which we've been affiliated for over a decade, has awarded us a 4/5 rating for 2022. This rating represents a constant improvement in the quality of services offered by our Library to members. Here is a summary of the evaluation of indicators and objectives achieved.

An event to mark the Library's 40th anniversary will be organized this fall. Stay tuned! For members who have not yet joined Réseau Biblio, we encourage you to come and meet our library coordinator, Ms. Marcelle O'Bomsawin, who will be



2023 ELECTIONS

For the upcoming elections scheduled for November 25, 2023, if you or a loved one would like to make a change of address, please contact the Band Council reception desk by calling 450 568-2810 or by visiting our website at www.caodanak.com/en/address-change/

WORD FROM MANAGEMENT



Daniel G. Nolett
Executive Director - Abenaki of Odanak Council

Kwaï, kwaï mziwi!

I would like to inform you that our next elections in November will be held under the First Nations Elections Act (S.C. 2014, c. 5). In the future, our councillors' terms will be four years instead of two. Once again, the Council has retained the services of M^e Guylaine Boisvert to preside over the November 25 elections. In addition to the four-year term, the new election by-law will bring other changes. Among other things, unlike past elections, off-reserve electors will no longer systematically receive an election kit to vote by mail. Instead, they will have to apply in writing to the election chair to receive an election kit. This written request must be accompanied by photo identification.

As I write this, the Council is also deciding whether or not to require a \$250 deposit from each candidate running in the election. This deposit is refundable if the candidate receives at least 5% of the total number of votes. Also, the Council may decide to hold an advance poll (between the tenth and fifth day before the election date). This could relieve congestion at the polling station and avoid line-ups on election day itself. We'll keep you posted on the details of our upcoming elections. Me Boisvert plans to hold a public assembly in early September at the community hall to inform voters about these changes. More to follow...

As for the 9 social housing units, construction of the four units on Mgezo street is progressing well. Completion is scheduled for September. As for the triplex on Pakesso street and the semi-detached on Managw8n street, the foundations have been poured. Construction should start as soon as the four units are completed. Delivery is still scheduled for December. We will keep you posted...

Regarding the shelter for Indigenous women and children fleeing violence, we are at the stage of finalizing the plans and specifications by MDTP atelier d'architecture Inc. We should go to public tender via the SEAO during the winter of 2024. Construction is scheduled to start in the spring of 2024, with delivery in the spring of 2025. We have revised the number of rooms downwards. We had originally planned for 10 rooms, but due to building code requirements and rising construction costs, we had to settle for 8. With this decision, we hope to stay within the budget allocated by the CMHC for the construction of the shelter. More to follow...

Paving and concrete curb work on the portion of Tolba street where nine new lots will be serviced in the fall of 2022 was completed last spring. Surveying was completed in early August.

The electronic billboard was installed last May on W8banaki street, near the community hall. The costs for this sign will be covered 50% by the community infrastructure fund of the Secrétariat aux relations avec les Premières Nations et les Inuits du Québec (SRPNI) and 50% by the Council. The purchase price is close to \$90,000.

Renovation work in the old part of the former Council office at 102 Sibosis street is well underway and nearing completion. Doors and windows have been replaced, as has the exterior cladding on the walls and the roof. At the time of writing, only the finishing touches remain to be completed. The cost of these renovations was nearly \$430,000. We will recover the costs invested through the collection of rent paid by W8banaki, formerly the Grand Conseil de la Nation Waban-Aki.

Replacement of the Skamonal and W8banaki park modules began in the summer. Poor weather conditions combined with heavy rainfall delayed the work. The work should finally be completed in the fall. The installation of the outdoor classroom modules set up to host cultural activities organized by our services at the OHC and/or by N8wkika in Skamonal park has been completed. Speaking of Skamonal park, we began work on a parking lot for park users last August. It is located on the vacant lot in front of the park. In addition, the installation of water games at the community pool, to replace the wading pool that was rendered inoperable, will also be delayed until the spring of 2024, partly due to poor weather conditions. Finally, the park on Managw8n street was refurbished in the spring and converted into a community garden. The total cost of the park modules, outdoor classroom, water games, new community garden and parking lot will be \$500,000. Half of the funding for this work and the purchase of these modules will be covered by the community infrastructure fund of the Secrétariat aux relations avec les Premières Nations et les Inuits du Québec (SRPNI) of the Ministère de la Culture et

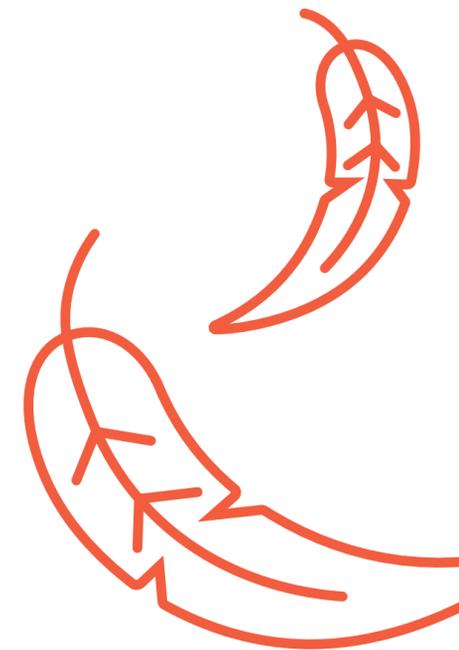
des Communications du Québec (MCCQ), and 50% by the Council. Part of the Council's funding will come from FNEC funds, to the tune of \$60,000.

The new street signs were installed in July... at last!



The members of the Odanak citizenship code revision committee have completed their work on amending the code, and the firm Dionne Schulze has brought these changes to form. This fall, you will be invited to participate in public sessions, in person and/or online, where you will have the opportunity to comment on the proposed changes.

Mziwik wli tagw8gw! Have a wonderful fall!



ASH TREE INVENTORY IN THE COMMUNITY

Stéphanie Harnois

Biol. M. Env. - Project manager, Odanak Environment and Land Office

This summer, the BETO team conducted a survey of ash trees in the community to assess their health condition and detect the presence of emerald ash borer (EAB), an insect pest that is becoming increasingly widespread in Quebec. Numerous ash trees were inventoried, and eight EAB detection traps were installed.



Photo 1. The BETO team installing a trap on an ash tree

The insect was detected in all eight traps installed and is therefore well established in the community. The team is currently working on solutions to protect healthy trees and save the slightly affected trees that are important to members. For those who wish to have their tree cut down, this service will probably also be offered as part of the solutions. Information on these actions, which may be implemented next summer, will be sent to you before then.



Photo 2. Ash borer collected in a trap in the community

INTRODUCTION TO THE NEW AMERICAN EEL PROJECT



Théo Allart

Biologist. M. Sc. - Project manager, Odanak Environment and Land Office

As part of an initiative led by the Odanak Environment and Land Office, this ambitious project aims to map the distribution of the American eel in Centre-du-Québec, and to analyze the "crossability" of the various obstacles that hinder its migration. This emblematic species has seen its population decline in recent years due to migration challenges. In this first year, the focus is on inventorying and characterizing potential blockage points. These obstacles can take many forms, from man-made dams to areas of high natural turbulence. By identifying these critical points, the team will lay the foundations for future interventions aimed at facilitating eel migration.

Also, for a clearer understanding of where eels are actually found, the team carried out environmental DNA sampling. This technique detects the presence of the species through the organic fragments they may leave behind (excrement, sexual products, decomposing carcasses, etc.).

The second and third years of the project will be crucial for assessing the relative abundance of eels in the target water bodies. The data collected will provide a solid basis for orienting future conservation and preservation actions for the species.



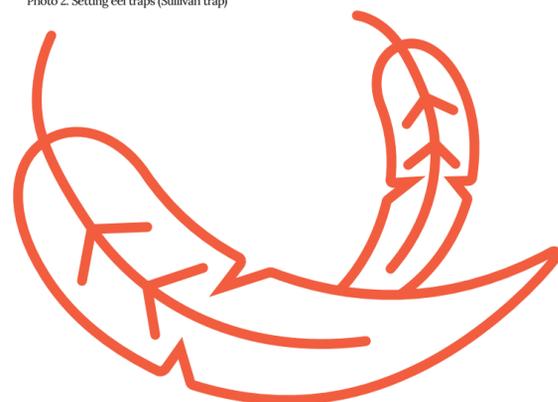
Photo 1. Environmental DNA sampling at the base of a potential obstacle to American eel migration

Moreover, by identifying specific obstacles, the team may consider innovative solutions to facilitate eel migration.

In conclusion, this project to analyze obstacles to American eel migration demonstrates our community's ongoing commitment to preserving regional biodiversity. By identifying potential obstacles and developing plans to overcome them, the team is actively contributing to the preservation of a species vital to the local aquatic ecosystem.



Photo 2. Setting eel traps (Sullivan trap)



MONARCH PROJECT



Evelyne Benedict

Environmental Project Officer - Odanak Environment and Land Office

Hello to all!

The Environment and Land Office continues its initiatives for the monarch project in Odanak. A number of areas have been embellished by the planting of milkweed and nectar-producing flowers throughout the community. Milkweed is the only flower the monarch caterpillar feeds on, so it's essential to the butterfly's survival. Nectariferous flowers attract adult butterflies and other pollinators to replenish energy and carbohydrates. More than 15 species of native flowers blooming at different times of the summer have been planted throughout the community to help pollinators, including the monarch butterfly.

We have observed the success of milkweed seed plantings in the community. Milkweed has become well established in several new areas of the community (bike path, Tolba/Koak trail, ecocentre, near public buildings, gardens, etc.).

Unfortunately, inventories of eggs, caterpillars and butterflies were down in number this year; the large amount of rain could be to blame. We remain hopeful that next year will be a better year for our pollinators.



On both sides, the federal government will classify the monarch butterfly as "endangered" (under the provisions of the Species at Risk Act). The Environment and Land Office has been asked to comment on the matter in order to reinforce this concrete action. We hope this designation will improve the protection of green spaces and raise awareness of the vital importance of monarchs.



Several activities were organized, including a workshop on discovering pollinators/monarchs with Odanak's Aw8ssisak daycare centre. A special guest, Anthony Battah (ultratrailmonarque.com), also spoke and ran with the young participants in the Indigenous Inter-school Games last May, to encourage them in their sporting endeavours and talk about his own motivations for undertaking this extraordinary journey for the cause of the monarch butterfly. We look forward to welcoming you to our upcoming events. Together, we're creating a butterfly effect!



WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



Jean Vollant

Director - Odanak Health Center

Kuei,

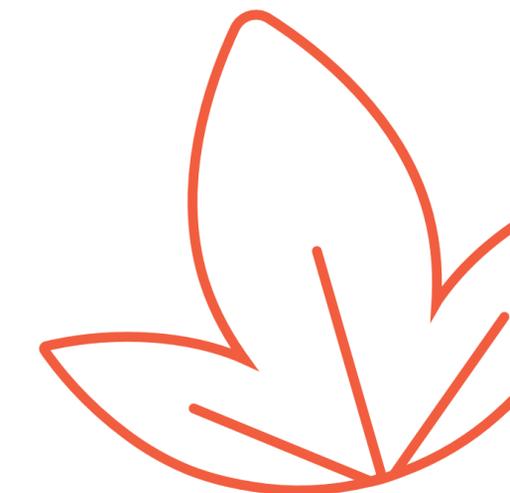
As I write this, summer is almost over, and the Odanak Health Centre is back for another year. In 2022-2023, we've had a busy and rewarding year in terms of mandates. The Odanak Health Centre has continued to evolve through structural changes within the organization.

First of all, we celebrated the Health Centre's 25th anniversary. To mark the occasion, we organized various activities in the community. During this period, we also began the process of evaluating the community health plan. We are currently updating this plan. Finally, we have continued to mobilize a variety of players and partners in the realization of stimulating and promising projects for the collective development of the members of the Abenaki community.

In 2022-2023, new resources joined the team: Angélie Lafontaine, recreation intervention technician, and Yanna Girard, clinical coordinator in the psychosocial sector. As always, the entire Odanak Health Centre team is committed to improving the quality, accessibility and sustainability of health care for the Abenaki population of Odanak.

Finally, by participating in the Accreditation Canada process, we are able to demonstrate that we provide safe, effective, high-quality, user-centred care. This commitment will help build trust and promote learning in

the Odanak community, while optimizing the use of resources. Our participation in the Accreditation Canada program demonstrates that our organization strives to offer the best possible care to the community. Accreditation enables us to adopt and share knowledge and best practices with others, recruit and retain staff, improve services and strengthen ties in the community.



SERVICES TO HELP YOU EAT WELL ON A BUDGET!

Marie-France David
Dietitian-Nutritionist -
Odanak Health Center

MEALS-ON-WHEELS RESUMES ON SEPTEMBER 6

Meals-on-wheels offers complete, varied and tasty meals. Just \$2 a meal, delivered right to your door on Wednesdays and Fridays at noon - it's hard to pass up!

Who can register for meals-on-wheels?

- All Odanak residents aged 60 and over;

And/or

- Any Odanak resident who has difficulty preparing meals (e.g., physical or mental health problems, post-operation convalescence, etc.).

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

COLLECTIVE KITCHENS RESUME AS OF SEPTEMBER 11

Are you short of ideas and energy for meal planning? Do you enjoy cooking with a small group in a relaxed atmosphere? Do you realize that food is becoming increasingly expensive at the grocery store? Odanak's collective kitchens are for you!

What are the Odanak collective kitchens?

- A small group of people who get together once a week (in the afternoon or evening, depending on your schedule) to cook a complete meal (appetizer, main course, dessert) to take home.

Together with the cook and the other members of the group, you choose the recipes to be prepared from a bank of tasty and economical 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 take home the prepared meal portions.

- A way to save big:** the cost is only \$1/serving!
- Save energy and time:** it's often much more fun to cook in a small group. And you save time, because the cook buys the ingredients you need for the recipes you choose.
- Ideas for economical and tasty recipes to recreate at home.** The recipes are given to you, so you can make them at home when you run out of ideas

Who can register?

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

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

WORD FROM THE ACCREDITATION COORDINATOR

Michel Paul
Accreditation Coordinator (contract) -
Odanak Health Centre

Kwei to all,

I am pleased to submit this report on the activities carried out over the past year, from April 2022 to March 2023, in connection with the OHC's accreditation.

Essentially, throughout last year, our actions focused on implementing corrective measures for criteria deemed non-compliant (17) and not requiring follow-up to the May 2021 visit report. To this end, a continuous quality and safety improvement plan was drawn up, followed by various actions, including the development and implementation of a risk management plan.

Several hybrid meetings (virtual and face-to-face) were held throughout the period from January 2022 to March 2023, in conjunction with the various Accreditation teams concerned, as well as members of the Quality and Risk Management Committee (QRMC), to ensure that the recommendations issued by Accreditation Canada regarding these criteria deemed non-compliant were acted upon. An assessment report was submitted to OHC management in February 2023, attesting that 90% of these criteria had been followed up in collaboration with the relevant Accreditation team members.

In the coming year (2023-2024), we plan to begin self-assessment of the standards and criteria incorporated into our assessment manual in preparation for our next accreditation status renewal visit, scheduled for May 2025. A quality and safety improvement plan (2024-2025) will be developed and implemented in light of the analysis of results from this important step associated with the accreditation certification process for all healthcare organizations working in Indigenous communities.

Kitci Meegwet!

WLIPOGWAT PROJECT'S GRAND BANQUET

Kwai mziwi!

The W8banaki Ndakina Office is pleased to invite you to a grand banquet on **Saturday, October 28 at the Odanak community hall.**

Since the spring, Ndakina custodians and the Office have been harvesting edible resources on the territory (fish, geese, beavers, wild garlic, etc.). Cooks from Odanak and W8linak have kindly offered to cook them in the traditional fashion, or with a more contemporary twist!

All members of the W8banaki Nation are invited to come and taste Ndakina foods and discuss traditional diets.

There will be a **BEST BANNOCK CONTEST:** come and enter for your chance to win the best bannock contest, or simply taste and vote!

To register for the banquet, the bannock contest or the pre-banquet activities in the weeks preceding the banquet, contact the W8banaki reception (formerly the Grand Council of the Waban-Aki Nation): (819) 294-1686 | info@gcnwa.com

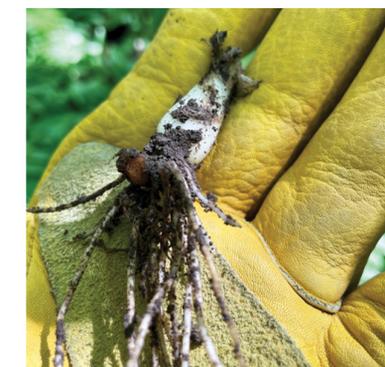
Visit the Ndakina Office Facebook page for more details.

Project background

Wlipogwat means "it's good" or "it tastes good" in An8ba8dwaw8gan.

This Ndakina Office project aims to enhance the value of w8banaki traditional food and the food found on the Ndakina, and to make these resources and knowledge more accessible.

The Office organizes outings on the land to harvest traditional resources. Then, a community banquet will be organized in the fall, where members of the Nation will be invited to taste recipes made from local foods.



HOW TO CHOOSE THE RIGHT TOOTHBRUSH?



Élisabeth Morel
Dental Hygienist -
Odanak Health Centre

SELECTION CRITERIA:

- Soft bristles
- Easy-to-grip handle
- A suitable head size for the mouth of the person who will be using it

MANUAL OR ELECTRIC TOOTHBRUSH?

MANUAL TOOTHBRUSH	ELECTRIC TOOTHBRUSH
\$	\$\$-\$\$\$
Better control to feel pressure on teeth and gums	Ideal for fine motor skills problems
Easy to carry	Requires recharging
	Several options: timer, pressure indicators

TOOTHBRUSH CARE

- Rinse your toothbrush with water after each use
- Store it so that the bristles face upwards
- Replace the brush every three months, i.e. every season or when you have been ill: cold, flu, stomach flu, etc.
- Prevent your toothbrush from touching other toothbrushes
- Do not share it
- Let it air dry
- To avoid bacterial growth, use the toothbrush case only when travelling

PIT AND FISSURE SEALANT SCHEDULE AN APPOINTMENT NOW!

Please note that during the week of November 13, 2023, we plan to hold a pit and fissure sealant day/night for youth aged 5 to 14. You can contact Sandrine at the Odanak Health Centre reception desk at 450 568-6766 to book an appointment, and the dental hygienist will contact you to arrange a convenient time.

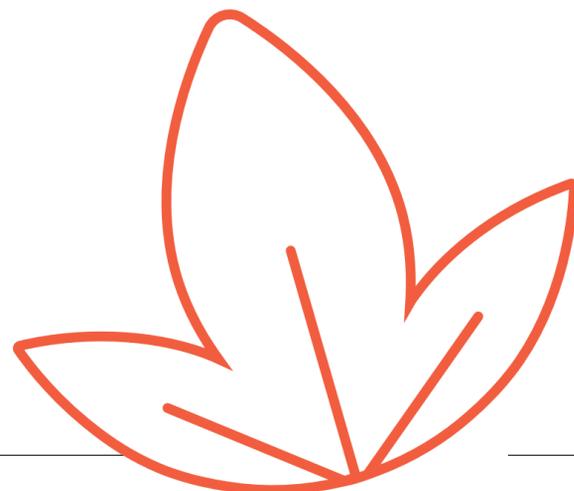
Combined with good dental hygiene, it prevents decay on masticatory surfaces. Numerous studies have demonstrated the effectiveness and safety of sealants in preventing or halting the progression of decay in tooth enamel, and thus avoiding the need for fillings.

GOOD NEWS

Tyler Thibodeau, son of Jody O'Bomsawin, is one of the young Abenakis to receive a sports scholarship from the Abenakis of Odanak Council.

We are proud to announce that Tyler represented Ontario in soccer at the North American Indigenous Games (NAIG) held in Kijipuktuk (Halifax), Millbrook and Sipekne'katik First wNations in Nova Scotia, on traditional and ancestral Mi'kmaq territory, from July 15 to 23. The NAIG is one of the largest sporting and cultural gatherings of Indigenous peoples in North America, bringing together 5,000 participants from 756 different nations.

Congratulations Tyler!
We're so proud of you!



NEWS FROM YOUR MUSEUM



Vicky Desfossés-Bégin
Executive Director - Musée des Abénakis

INCREASED VISITS

Over the past few years (pandemic aside), attendance at the Museum has been on the rise, and this summer has been no exception! Over the months of June and July, members of the reception and activities team welcomed over 5,000 visitors, compared with 4,000 last summer. This represents an increase of over 20%. We've also noticed that more families are visiting the Museum, and that's great news: children need to be made aware of Indigenous cultures from an early age!

August statistics will be available later this fall, but they look very positive.

CULTURAL PROGRAMMING

In addition to visiting our exhibitions *Wôbanaki: People of the rising sun*, *N8wat: B.P. Before Present and the outdoor dwelling Kwigw8mna*, Museum visitors had access to a wide range of activities this summer!

LAUNCH OF THE EXHIBIT SENIMIKWALDAMW8GAN — MÉMOIRE DE PIERRE

On June 30, members of the Odanak Historical Society were invited to the launch of the summer exhibition *Senimikwaldamw8gan - mémoire de pierre*, by Abenaki artist Mélanie O'Bomsawin.

With this exhibit, Mélanie pays vibrant tribute to the oral tradition and the role of W8banakiak grandfathers in transferring knowledge to future generations. In *Senimikwaldamw8gan*, the stones stand side by side, as a reference to the infinitely repeating lunar cycle that marks the passing of time. Mélanie carefully selected the stones on the Ndakina. She wanted to bring them together, to create a dialogue.



The opening was held on June 30, and over thirty people were on hand to meet the artist and enjoy a sneak preview of the exhibition. If you'd also like to be invited to our future exhibition openings, drop by the store (or call 450 568-2600) and become a member of the Odanak Historical Society!

Since the exhibit is on display at the Museum until October 1, you still have a few days to come and discover and hear the voices of several grandfathers, speaking in both Abenaki and French. A real step back in time for many!

K'ZALZIBNA W8BANAKIAK — NOUS SOMMES DE FIERs ABÉNAKIS

For several months now, the Museum has been presenting the exhibition *Nous sommes de fiers Abénakis* (We are proud Abenakis), showcasing some thirty photos from our archives featuring members of the community. You have until October 1 to come and relive some of your fondest memories thanks to these superb snapshots.



THE STORY OF PETROGLYPHS

The Nation is currently working to recover a collection of petroglyphs engraved by the Abenaki several hundred years ago, from the Brompton archaeological site.

But what are petroglyphs? In fact, they are simply symbolic drawings engraved by man on natural stone. On the Ndakina, some date back thousands of years. These engravings represent hunting scenes, wild animals or objects associated with daily activities.

Come and admire these magnificent pieces on the Museum's mezzanine!

ODANAK POW WOW

Once again, the Odanak Pow Wow was the busiest weekend of the summer! Nearly 2,000 people came through the Museum doors to discover our exhibits or to shop at the Kiz8bak gift shop.

Bravo to the Pow Wow committee, who make this event a huge success year after year, and to the entire Museum team, who brilliantly welcomed this impressive stream of visitors over 2 days!

NIBEN RALLY — SUMMER

You may have seen several small families discovering the Tolba, Sibosis and Awassos streets this summer? Chances are they were participating in the Niben Rally! In fact, this activity for children aged 9 to 13 is still available for a few weeks. Stop by the Museum to pick up your copy and start your quest!

PETROGLYPH ARCHAEOLOGY CONFERENCE

The archaeological conference, organized in collaboration with the W8banaki Ndakina Office (formerly the Grand Conseil de la Nation Waban-Aki), enabled visitors to learn more about the petroglyph recovery project. These visitors had the chance to ask all their questions to the two archaeologists present, and were able to better understand the historical value of these ancient stones!

PLANTS OF THE RISING SUN

On August 11, in collaboration with Michel Durand Nolett, we organized a guided tour of the Tolba trail. This type of activity is always well enjoyed by visitors curious to learn more about medicinal plants.

FALL 2023

NIKOTWASO EXHIBIT

Later this fall, the Museum will host an exhibition by Catherine Boivin. In this exhibit, she will tackle themes such as the role of women, beauty criteria, forced sterilizations, the occupation of the land and colonialism. In so doing, she will deconstruct stereotypical visions (both positive and negative) and propose a personal, contemporary reading of her culture.

We look forward to seeing you at the Museum soon!

