

W8BANAKI PILASKW



Photo in reference to article on page 3 - Rick O'Bomsawin, Alain O'Bomsawin Florence Benedict during their visit to Sudbury, Ontario, last October.

WORD FROM THE CHIEF



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

Kwai fellow band members,

First and foremost, I want to wish you all a very Happy New Year. It is with gratitude to all my supporters and determination that I undertake this next four-year term. It comes at a crucial time in our story as Abenaki people. We are at the doorstep of creating a system in which we govern our own affairs. Careful reflections and actions are being called upon.

With land claims nearing their settlement phase we must think seriously about how we plan to govern ourselves in establishing the framework which moves us toward self-government. How can we as a people invest in our future generations and how do we ensure our legacy supports their plight to continue to subsist as Abenaki people.

Important elements that are to be discussed among us, are first and foremost the sustainability of our nation's present and future needs, and the reform of our citizenship code. We cannot separate these two elements because as we move towards autonomy and make changes that stray from the current status system, we cannot ignore that the current per capita funding applies to status members only. Therefore, the wider we stray for the inclusion of people the more important it becomes to ensure an economic base that generates the needed revenue to provide for the growing needs that accompany those changes.

As it is clear, we must tread lightly and carefully in the reform of the current citizenship code. Please understand that the current citizenship code was established to equal the rights of the children of our women to those of our men, and that Deschenaux case has done away with this gender discrimination. There continues to be some cases that are being addressed, but it is beyond those cases that we need to focus. The committee charged with reflecting the opinion of the mass in the amendment of our code will be calling on you to voice your thoughts and opinions. So please get involved in focus groups and assemblies in which this very important issue will be addressed.

This is a historical document that will definitely have repercussions for generations to come. Making the right decisions is imperative.

I cannot say it enough, continuing to build our economy and looking for sustainable partnerships in business are a crucial part of building the framework for an autonomous governance system, one with adequate services and resources. We must continue to support our local businesses and welcome new initiatives.

Our economic development and tourism resources will continue to work hard and in close collaboration, to ensure future development brings these inseparable factors together to emphasise our rich history and culture. The conservation of our songs, dances, language and our inclusion of the next generation in the learning of these important ways will safeguard our culture and heritage as it was done by our ancestors allowing it to continue to flourish.

Lastly, I would like to encourage us all to continue to celebrate and make an important place in our daily life to embrace our culture and heritage. We must continue to work together to join our ancestors and grandchildren's hands together with pride and dignity.

In Peace and friendship,



WORD FROM COUNCILLORS



Jacques T. Watso
Councillor – Abenaki
Council of d’Odanak

Kwaï Kwaï Odanak,

It is with immense gratitude and deep humility that I express my gratitude to you. For the eighth time, you have honored me with your confidence by reappointing me to the position of councillor to the Abenaki Council of Odanak. It is with a heart full of emotions that I accept this role, and I want to express how touched I am by this renewed mark of confidence.

SERVING THE ODANAK COMMUNITY

I want to assure you that I take on this role with renewed commitment and unwavering dedication. It is with humility that I commit to serving you, listening to each of you, and representing the interests of our community with integrity.

A COLLECTIVE COMMITMENT

In accepting this mandate, I am not alone. Together, we form a strong and united community. I am committed to working actively with all elected officials, to collaborating closely to ensure the good development of Odanak. It is by joining forces that we can create a prosperous future for our community.

VISION AND DEDICATION

My goal is simple but ambitious: to contribute to the well-being of every individual in our community. I believe in the power of collaboration, in the importance of listening, and in the need for a collective vision.

THANK YOU FOR YOUR RENEWED TRUST

I would like to thank each member of the community for this renewed trust. It is a privilege and honor to serve Odanak, and I am ready to meet the challenges ahead with determination and passion.

Together, let’s continue to build a strong, prosperous Odanak, where every voice counts.

Kchi WliWni



Alain O’Bomsawin
Councillor – Abenaki
Council of d’Odanak

Kwaï,

I would first like to say a big thank you for this re-election. I very much appreciate the support you have given me during this campaign – a special mention to my family and friends who have been there to support me throughout! I’m happy to be able to continue working for the community.

Secondly, I would like to inform you that the columbariums have been delivered. The price of the Catholic niches will be communicated after verification with the accounting department. As for those in the Anglican cemetery, I invite you to contact your representative.

The work of volunteers often goes unnoticed. That’s why I’d like to take this opportunity to thank them, because without them, a great many things wouldn’t be possible.

In closing, I wish you happiness, prosperity and success in the New Year. May all your wishes come true, and may 2024 be filled with health and joy.

Wliwni,



Martin Gill
Councillor – Abenaki
Council of d’Odanak

Hello, Kwaï,

Just a quick note to say thank you for your votes of confidence.

Newly elected, my priorities remain the same: the well-being of my community – working together, we can succeed.

I am proud to represent my Nation for the next four years. Please do not hesitate to contact me at the Band Council.



Florence Benedict
Councillor – Abenaki
Council of d’Odanak

Kwaï,

First of all, I would like to take a moment to thank you, dear members of the Nation, for the confidence you showed in me during the last elections by electing me to a new four-year term as Councillor. It is a great pleasure for me to receive such recognition and trust. I begin 2024 with a light heart, full of promises, challenges and decisions that will be decisive for our Nation.

Wliwni!

AGENDA 2023

SEPTEMBER

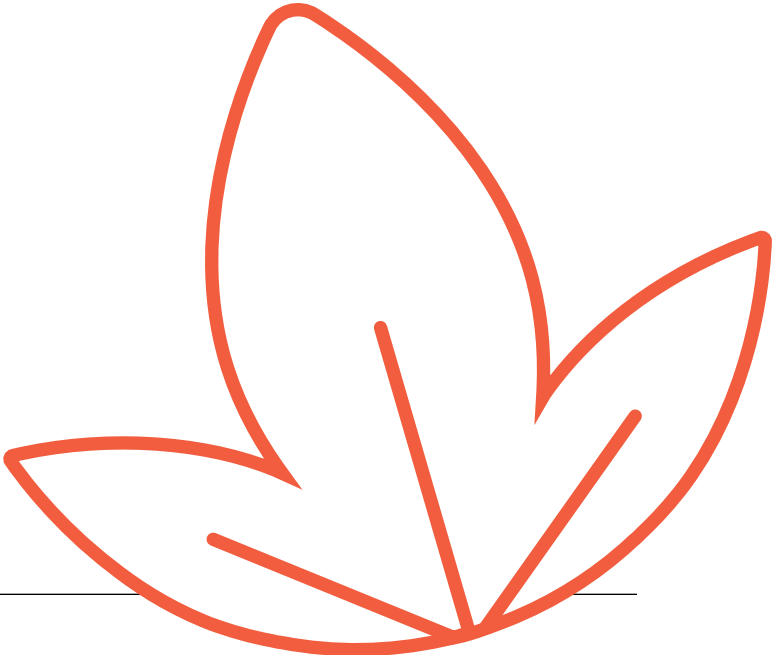
September 14

Quebec Native Women financial statements adopted during Zoom meeting.

September 17

Visit to the Cliche-Rancourt archaeological site in Lac-Mégantic with Chief Rick O’Bomsawin, Nicole O’Bomsawin and a few community elders. While there, we officially named the site “Mamsalhabika”, which means “spider that weaves bonds”. We also took the opportunity to renew our pact of friendship with Lac-Mégantic’s current mayor, Julie Morin.

* The pact was originally signed by Gilles O’Bomsawin and the mayor at the time, Colette Roy Laroche, nearly twenty years ago.



OCTOBER

October 4

Vigil organized by Quebec Native Women - Wabanaki Nation in memory of murdered and missing women, the Major Rodgers massacre of 1759 and child victims of residential schools. Over 175 people took part in the march! I'd like to thank the Flyng Sturgeons for their presence on the drums.



October 15

Quebec Native Women meeting at Aln8baiwi Hall and selection of Odanak delegation for the November 25-26, 2023 AGA.

The individuals selected are:

Marcelle R. O'Bomsawin, Lucie Landry, Johanne Lachapelle, Annette Nolett, Thaya Lachapelle and myself.

The composition of the FAQWN Odanak Board of Directors for 2023-2024 will be as follows:

- Representative : Florence Benedict
- Assistant representative : Johanne Lachapelle
- Secretary : Suzie O'Bomsawin
- Elder representative : Annette Nolett
- Youth representative : Thaya Lachapelle



Missing from photo, Thaya Lachapelle

October 20 and 21

Rick O'Bomsawin, Alain O'Bomsawin and I travelled to Sudbury, Ontario, to meet with our Abenaki Nation members and explain the new electoral by-law, as well as answer their questions on various subjects concerning the Nation.



NOVEMBER

November 9

A happy hour was organized by Marcelle R. O'Bomsawin, Awhikigamigok library coordinator, to celebrate the library's 40th anniversary. Over thirty people attended the event, during which we also paid tribute to the work of our loyal volunteers over the years. Bravo and long live our beautiful Awhikigamigok library!



November 18 and 19

For the third year running, the Abenakis of Odanak Council took part in the FEZtival des arbres de Noël (Christmas tree) held in Saint-Grégoire. For the occasion, the Council contributed \$1,000 in sponsorship to purchase a Christmas tree and gifts, mostly for children aged 0 to 5 - a total value of \$1,500, including donations and labour. All proceeds from the event were donated to the Shriners' organization, as well as to various local charities.

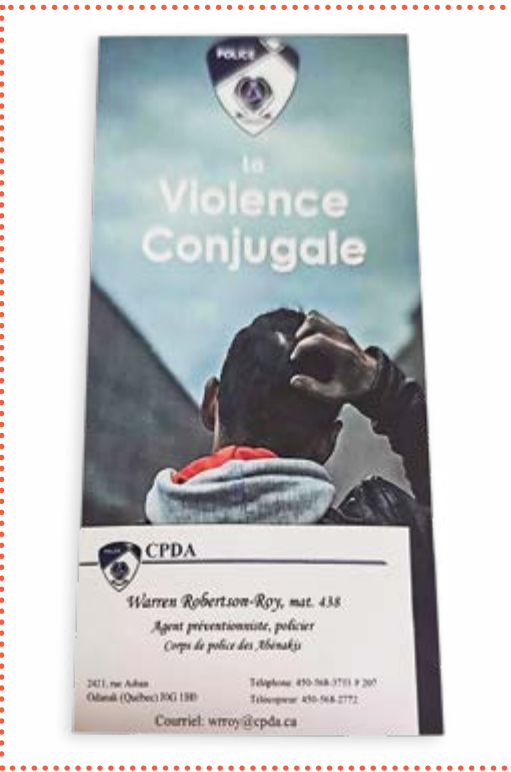


November 24, 25 and 26

FAQWN Annual General Assembly at Montreal's Hôtel Bonaventure and election of a new 4-year Council in Odanak.

November 30

Dinner at the community centre organized by our coordinator, Mr. Warren Robertson-Roy, a police officer with the Abenaki Police Force, as part of the 12 Days of Action to End Violence Against Women. The 12 Days of Action is a Quebec-wide initiative held from November 25 to December 6, 2023.



DECEMBER

December 2

We have unfortunately had to cancel the elders' party planned for the evening due to the outbreak of the Covid-19 virus in our region. It will be rescheduled at a later date.

December 2 and 3

Twenty artisans and over 500 visitors took part in this year's Abenaki Museum Christmas Market. It was a great success. See you next year!

For 2024, I wish you health, happiness and prosperity! I'll talk to you in the spring, and until then, take care!

Wliwni!



WORD FROM
MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenaki of Odanak Council

Kwaï mziwi !

White smoke rose from the chimney at the Odanak community centre at around 11 a.m. on Sunday morning, November 26 - we had a new elected council. I'd like to thank all the unsuccessful candidates for their campaign, and I'd also like to congratulate all those who were elected. I wish you a successful four-year term. I want to thank Nicole O'Bomsawin, wji wwłalokaw8gan (for her work), and her collaboration in her last term on the Council. Kchi wliwni and good luck in your future adventures!

As I write these lines, the construction site for the four housing units on Mgezo Street is nearing completion. All that remained was to install the railings for the balconies and external staircases. For the semi-detached on Managw8n Street and the triplex on Pakesso Street, a few interior finishing details remained to be completed, as did the exterior cladding, railings and exterior staircases. The new tenants should be able to move in during January. Construction of the nine units took some 40 weeks.

For the shelter for Indigenous women and children fleeing violence, we have received the final plans to go to tender. We issued a public call for tenders on the SEAO last December. Following this call for tenders, the contract should be awarded to the contractor in mid-February. Construction work should start in the spring, around April or May, depending on the weather next spring. More to come...

Finally, the water games for the community pool were installed last October. They will be in operation by summer 2024, as planned. In addition, the Council decided to build a new reception building at the pool, as well as a new building to house the community pool's pump and filter system. These two buildings have become too obsolete and no longer meet our current needs. Construction is scheduled for next spring.

With regard to the specific claims of the Régime seigneurial and the 38 lots, the Council accepted the settlement offer proposed by the Government of Canada last June. Canada is now finalizing the package so that we can move on to the next stage, which is public consultation. The first step will be to consult you, the members, and then the neighbouring municipalities on which our "lost" lands are located. The consultations will be aimed at sounding out and informing you of what we could and will do with the financial compensation we will receive once the offer is ratified by the majority of our voters, following a referendum to be held during the final stage of this process.

Rest assured; we will keep you informed of the next steps as we move forward. In the meantime, there is still much work to be done. Among other things, we need to set up a trust to manage the financial compensation we will receive. All this will take months, if not another year or two, before it's completed. Stay tuned...

Join us for the Odanak Winter Carnival on Saturday, February 17. The complete program is posted on our Facebook page.

Mziwik wli pbon! Have a wonderful winter!

SHORT COLUMN ON THE ABENAKI LANGUAGE

DECLENSIONS OF SPECIFIC NOUNS INDICATING THE RELATIONSHIP BETWEEN PEOPLE.

Declension model

Daughter (in relation to her mother and father) Sing.: -doz / Plur.: -dozak

SINGULAR		PLURAL	
My daughter	Ndoz	My daughters	Ndozak
Your daughter	Kdoz	Your daughters	Kdozak
His/Her daughter	Wdoza *	His/Her daughters	Wdoza
Our daughter (excl.) *	Ndozna **	Our daughters (excl.) *	Ndoznawak
Our daughter (incl.) **	Kdozna ***	Our daughters (incl.) **	Kdoznawak
Your daughter	Kdozw8	Your daughters	Kdozw8k
Their daughter	Wdozw8	Their daughters	Wdozw8
Son	-nam8n	My son	Nnam8n
Mother	-igawes	My mother	Nigawes
Father	-mit8gwes	My father	Nmit8gwes
Sister (woman designating her daughter)	-ijakaso	My sister (woman designating her daughter)	Nijakaso
Brother (man designating his brother)	-ijia	My brother (man designating his brother)	Nijia
My sister/My brother (woman designating her brother/man designating his sister)	-id8pso	My sister/My brother	Nid8pso
Grand-mother	-okmes	My grand-mother	Nokmes
Grand-father	-mahom	My grand-father	Nmahom
Grand-child (boy or girl)	-oses	My grand-child (boy or girl)	Noses
Friend (boy)	-id8ba	My friend (boy)	Nid8ba
Friend (girl)	-id8baskwa	My friend (girl)	Nid8baskwa

* Note: the "a" ending in the third person singular

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

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

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





W8BANAKI
CULTURAL EXCHANGE:
AN ENRICHING
EXPERIENCE!

Mathieu O'Bomsawin
*Partner-project coordinator – Niona
Odanak Cultural Development Officer*

From July 28 to 31, 45 members and families from the W8linak and Odanak communities embarked on a 4-day journey into traditional W8banaki territory. The aim? To renew ties with New England's W8banakiak communities and build lasting relationships.

Since November 2022, members of the N8wkika Social Services, the Ndakina Office and the Maine organizations Nibezun and Bomazeen Trust Fund have been working to plan a historic gathering for our Nation: to bring together all the Nations that were once part of a great political and cultural confederation: the W8banaki Confederacy. It's also worth mentioning that a gathering of this magnitude, bringing together all the W8banakiak Nations, had not taken place for hundreds of years. During our

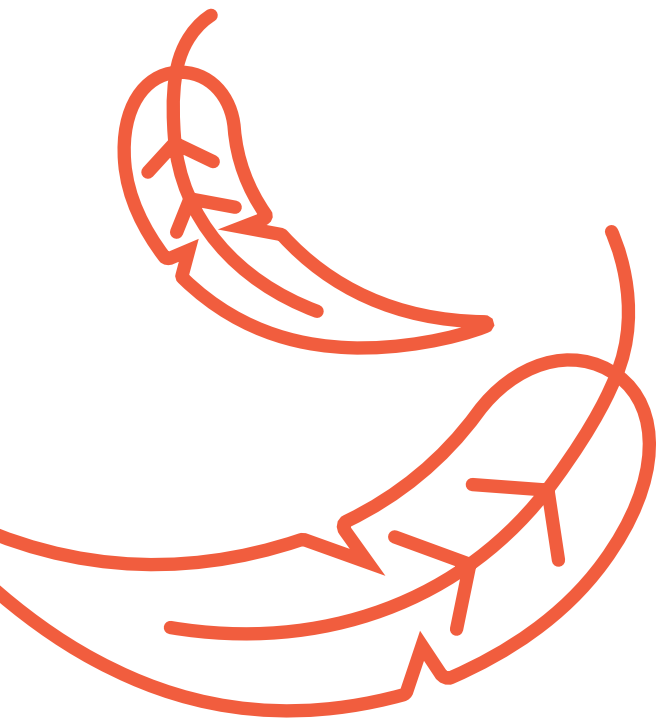


stay, we had the opportunity to talk with nearly 200 W8banakiak hosts about our similarities, but above all our cultural particularities as distinct communities.

Prior to their stay, participants from Odanak and W8linak had to take part in three preparatory workshops on the same themes: history, territory and traditions. When we arrived, we were welcomed like members of their extended family, beginning with a community dinner and an evening of traditional song and dance.

A variety of traditional activities awaited participants: singing, dancing, pounding of the ash log, basket making, an introduction to ceramics, sisiwan making, a workshop on medicinal plants, a canoe trip, beadwork and handicrafts. The most memorable moments were undoubtedly the encounters and exchanges participants had with the W8banakiak of Maine! We'd like to share a few photos from this memorable trip with you!





A 12TH EDITION FOR PROJECT W!

Mathieu O'Bomsawin
Partner-project coordinator – Niona
Odanak Cultural Development Officer

Mark your calendars now for May 25, 2024! Don't miss the 12th edition of Project W, to be held for the second year running at Théâtre Belcourt in Baie-du-Febvre. Once again this year, Abenaki culture will be showcased through a story intimately linked to our beliefs and traditions. Presented in the form of various theatrical tableaux, the show will take the stage from 7pm and immerse you in the world of the W8banaki through a multitude of artistic and cultural performances.

Our team is currently looking for members of the Nation interested in getting involved in some way in the creation of this show. Are you interested in participating in the staging, set design, acting or acting as an extra in the show? Don't hesitate to contact us. The success of this project also depends on your participation in this friendly, intergenerational event, which is enjoyed by all! Don't hesitate to contact Karine St-Aubin to express your interest or if you have any questions about Project W 2024.

Get involved now – creativity
and fun guaranteed!

kstaubin@gcnwa.com

819 294-1686 poste 1901

ABENAKI LANGUAGE APPLICATION – DOWNLOAD IT NOW!

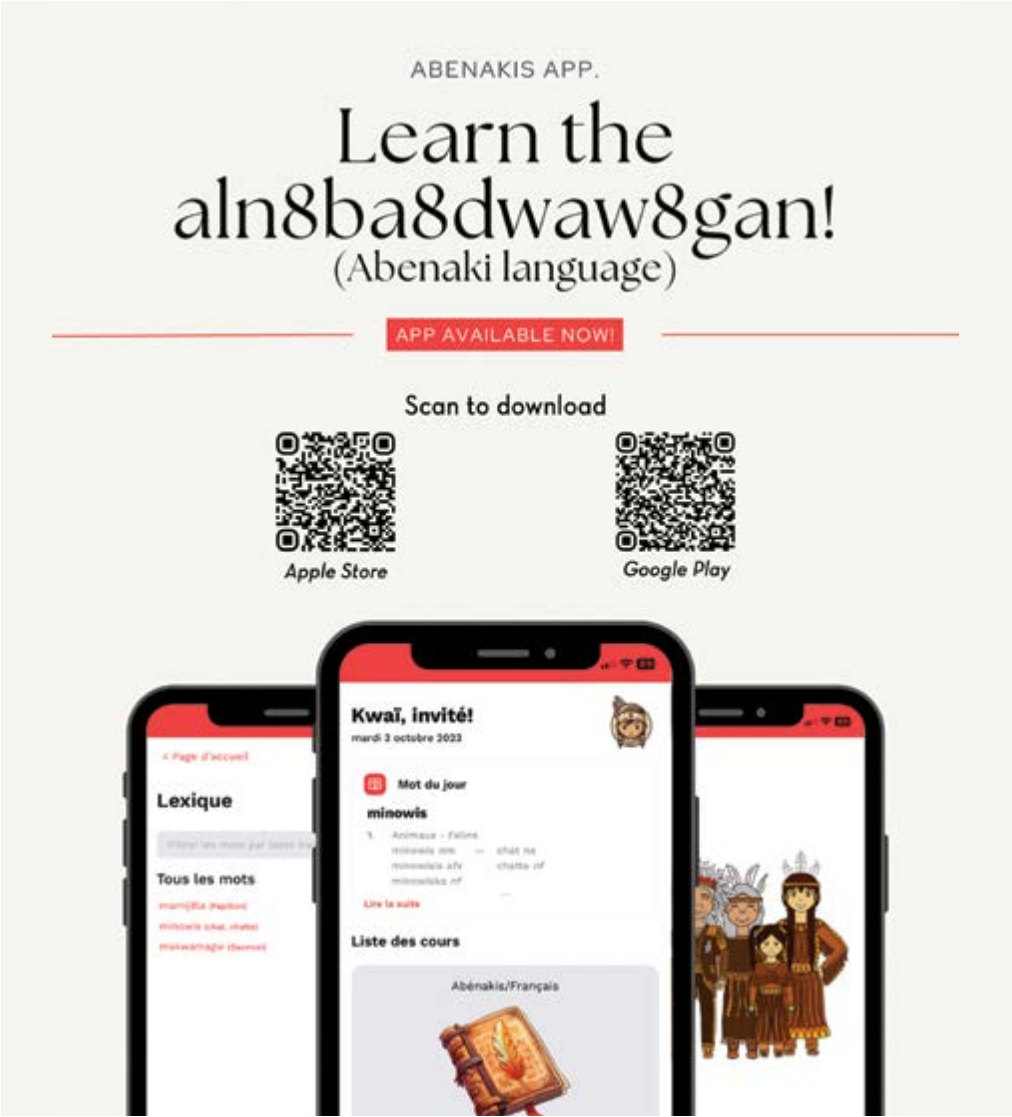
The Abenaki Nation is proud to announce the launch of its Abenaki language mobile application project entitled “Neg8nsosakila8mow8gan: the voice of our ancestors”. This project, which aims to revitalize the Abenaki language, is part of the Nation's ongoing efforts to preserve and promote its cultural heritage.

The mobile app developed by the Abenaki digital agency Asban, available free of charge on iOS and Android platforms as well as on the web, offers around a hundred common words through various learning lessons, with new content being continually integrated. Users can also hear the voices of their ancestors through remastered recordings. What's more, the vast majority of the images were created by a young Abenaki woman from W8linak, contributing to the intergenerational transmission of knowledge.

The project “Neg8nsosakila8mow8gan: the voice of our ancestors”, funded in part by Canadian Heritage, has multiple objectives: firstly, to facilitate learning of the Abenaki language and increase the number of speakers of this language. Secondly, it responds to a need expressed by members of the Nation and aims to ensure the continuity and survival of the Abenaki language. What's more, thanks to a fun and educational digital application, the project aims to arouse the interest of younger generations and strengthen their sense of belonging to the Nation and pride in their cultural heritage. Finally, by offering a learning tool accessible to all for the learning of an Indigenous language recognized in Canada, the project makes it possible to share this linguistic wealth with the entire Canadian population.

Language is a fundamental element of a people's culture and identity. By launching this project, the Abenaki Nation wishes to preserve its cultural heritage, promote the Abenaki language and offer a wider public the opportunity to discover this native language.

For more information on the project “Neg8nsosakila8mow8gan: the voice of our ancestors” or to download the mobile application, abenakis.app. The Abenaki Nation is proud to contribute to the revitalization of its ancestral language and invites all those interested in discovering and learning Aln8ba8dwaw8gan to download the mobile application now.





Kwaï mziwi,

W8banaki’s Ndakina Office now has its own research team! In recent months, Sigwanis Lachapelle, Charlotte Gauthier-Nolett and Kimmy Lefebvre have joined Tedesso Lachapelle, Nicolas Pinceloup and Edgar Blanchet.

Over the next few months, the research team will be working on the following three exciting projects:

1. Nanawaldamoda kdakina (“Let’s look after our territory”): a major campaign to map W8banakiak practices and knowledge in the Ndakina. Contact us to discuss or make an appointment.
2. Wlipogwat: (re)promoting traditional W8banaki food and W8banakiak knowledge. Don’t hesitate to contact Tedesso Lachapelle or Isaak Lachapelle-Gill to share your ideas or knowledge.
3. Development of a climate change adaptation plan for both communities. Would you like to know more? Contact Nicolas Pinceloup.

We would also like to take this opportunity to remind you that you can come and meet us at any time to protect the areas where you practice your traditional activities throughout the Ndakina (plant harvesting, camping, hunting, fishing, trapping, etc.). To do so, contact Edgar Blanchet: eblanchet@gcnwa.com | 819-294-1686.

KIUNA AND CIMA+ CONGRATULATE JENNY M’SADOQUES BENOIT ON HER ACADEMIC ACHIEVEMENTS!

At Kiuna’s most recent meritas gala, Jenny M’Sadoques Benoit, a student in the First Nations and Inuit Accounting program, was awarded a \$1,000 KINOSALWAW8GAN scholarship

This bursary, made possible by the generous contribution of the engineering firm CIMA+, recognizes the academic excellence of students enrolled in our Natural Sciences and First Nations and Inuit Accounting programs, offered in collaboration with the Cégep de l’Abitibi-Témiscamingue.

In addition to contributing to the success of our students by awarding scholarships, CIMA+ also offers internships and career opportunities for our students in these two programs.

This partnership is part of Kiuna’s brand new scholarship program, officially launched on May 1, 2023: the KINOSALWAW8GAN scholarships, with an annual value of \$180,000 to be awarded.

In the ancestral language aln8ba8dwaw8gan, KINOSALWAW8GAN is a symbol of leadership. It refers to the action of guiding or directing a hunting expedition, for example. It illustrates Kiuna’s role as mentor to the students in their care. Kiuna trains tomorrow’s leaders.

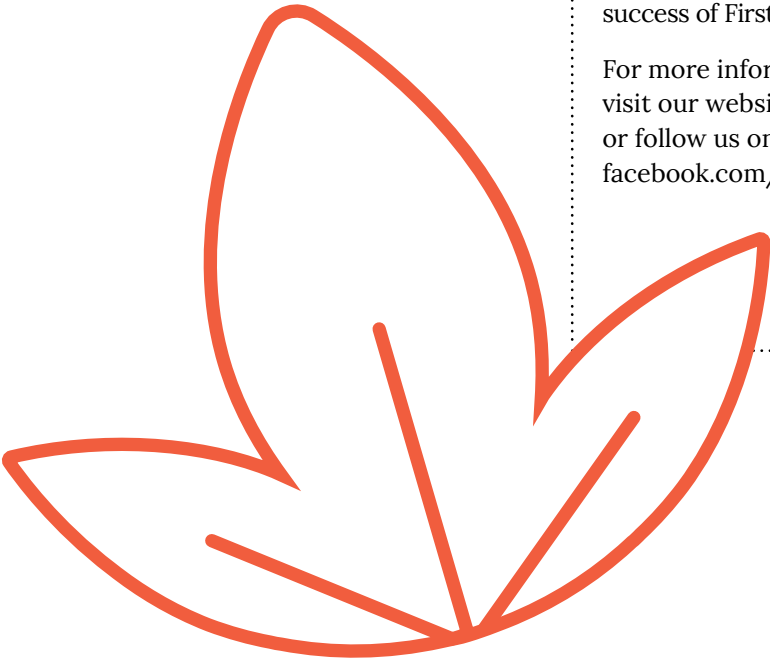
These scholarships, which recognize the perseverance, excellence and academic success of First Peoples students, are made possible by the generous contributions of individuals and institutional partners. They recognize, support and motivate students throughout their college careers. By awarding these scholarships, our donors make a tangible contribution to helping students achieve their goals and succeed in the professional and personal lives. Kiuna trains tomorrow’s leaders.

Our KINOSALWAW8GAN program is made possible by the generous contributions of individuals and institutional partners, including:

- CIMA+ (cima.ca)
- Caïn Lamarre – André Gauthier (cainlamarre.ca)
- Harvard Club Prize of Quebec (hcquebec.clubs.harvard.edu)
- Fonds de recherche du Québec (frq.gouv.qc.ca)
- Madame Lise E. Bordeleau (donatrice individuelle)

By joining forces, Kiuna and its partners wish to encourage excellence and promote the perseverance and success of First Peoples students.

For more information on Kiuna, visit our website at kiuna.ca, or follow us on Facebook: facebook.com/KiunaCollege



WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



Jean Volland
Director -
Odanak Health Center

To begin, I would like to wish the entire population, our employees and our partners a happy New Year 2024. I would like to take this opportunity to thank my entire staff for all the work they have accomplished with skill, passion and

commitment over the course of 2023, in order to effectively serve the population. It is through the contribution of each and every person who makes up the organization that we are able to make a real difference in the lives of those we serve. Helping, caring, rehabilitating, protecting and preventing are verbs that are conjugated daily for the employees of the Odanak Health Centre.

Essentially, in 2024, the same goals and means will be pursued as in 2023. We are proud to note a significant increase in collaboration between the health centre and our valued partners. This means we're on the right track!

We have managed to stay on course in terms of the services we offer, promoting tight control and rigorous, transparent management of all our resources.

Similarly, our approach to supporting and managing our staff, with a view to developing their skills, is bearing fruit. We see this as confirmation that the means we have put in place are proving relevant, and that our results-based management approach is effective.

In terms of services offered to Odanak members, 2023 has enabled us to consolidate the foundations of a collaborative approach to ensuring the best possible support, promotion and prevention services for their physical and psychological well-being. Our obvious aim is to help improve and maintain the health and sense of well-being of community members, by empowering the individuals who make up the community.

WORD FROM ACCREDITATION COORDINATOR

Michel Paul
Accreditation coordinator (contractual) -
Odanak Health Cente

RENEWAL OF ACCREDITATION STATUS FOR THE ODANAK HEALTH CENTRE (OHC)

Kwei to all,

The process of renewing the OHC's Accreditation with Commendation status, following the last visit held by Accreditation Canada in June 2021, is progressing according to the current work plan. We would like to remind you that our next visit is scheduled for May 2025.

In the meantime, a number of activities have taken place over the past few months, including a self-assessment exercise using the standards and criteria contained in our evaluation manual. Each of the accreditation teams set up for this purpose has completed this important step in the process associated with the renewal of our accreditation status.

We are pleased to present an overview of the compliance results achieved by each team in the table below:

GLOBAL QMENTUM PROGRAM

Current level of compliance with standards and criteria by priority process

PRIORITY PROCESS	% COMPLIANCE ACHIEVED
Medication management	99%
Infection prevention and control	97%
Health and well-being of First Nations communities	97%
Leadership	100%
Service excellence	97%

We are very proud of these current compliance results for each of our priority processes. It is important to emphasize that these results are the fruit of the efforts made over the past few years by all members of the OHC team, the Quality and Risk Management Committee (QRMC), OHC management and OHC executive management, in a shared commitment to continuously improve the quality and safety of health and wellness services offered to members of the community.

Several avenues for continuous improvement in service quality and safety were identified following this evaluation audit by each of the accreditation teams. Other data are expected shortly, including those from the various satisfaction surveys on the quality of services offered to customers and those to be carried out with staff on quality of life and safety in the workplace. Once these results have been obtained and analyzed, we plan to draw up and implement a continuous quality and safety improvement plan for our next visit.

In closing, I urge you to be cautious about the resurgence of infections associated not only with Covid variants, but also with influenza and respiratory syncytial virus (RSV). Various preventive measures can be taken to minimize the risk of infection, and we invite you to contact the nursing staff at the OHC.



ODANAK WINTER CARNIVAL: A FAMILY EVENT NOT TO BE MISSED!

The members of the Winter Carnival organizing committee invite you to come and enjoy winter fun with family and friends on Saturday, February 17. Starting at 1 p.m. in the courtyard of the Catholic Church, the committee awaits you in great numbers to discover the many outdoor activities it has planned for you. On the menu: pony rides, farmyard, inflatable games, boot field hockey, sledding and snow painting, face-painting station, and many other surprises await you throughout the day! A fire pit will also be set up to warm you up and fill your stomach, as you can enjoy marshmallows and sausages cooked over an open fire!

To round off this day of outdoor fun, a spaghetti dinner will be served in the community hall starting at 5 p.m. To register for the dinner, contact Angélie Lafontaine at the Odanak Health Centre: by phone: 450 568-6766 ext. 4201 or by e-mail: alafontaine@csodanak.com.

Carnival festivities will conclude with a magnificent fireworks display behind the community hall at 6:30 p.m.

We look forward to seeing you there - fun for young and old alike all day long!



LET'S ENCOURAGE OUR YOUTH!

Christina Béland-Racine
Kinesiologist

Since last October, 10-17 year-olds have been training weekly for the third Abenaki participation in the Inter-school Games, to be held from May 23 to 26. More than 20 youths from Odanak and Wôlinak are working together to develop their teamwork skills, as well as their cardiovascular and muscular fitness. Once again this year, they will proudly represent their nation in events such as running, jumping and throwing. Despite all their school and professional commitments, they are there. Let's continue to proudly encourage them in their preparation! You can also support them by wearing the colours they have chosen, by purchasing a hoodie from the Odanak Health Centre before March 13, 2024.

YOUR DENTAL HYGIENIST'S WISHES FOR THE NEW YEAR



Élisabeth Morel
Dental hygienist -
Odanak Health Centre

The new year is underway, and what can your dental hygienist wish for?

Oral health is closely linked to a series of actions and healthy habits to be adopted on a daily basis. These are designed to protect you against diseases that can affect your teeth, gums and entire mouth.

Here are a few good habits for a healthy mouth all year round.

MAINTAIN GOOD DENTAL HYGIENE

Brush for 2 minutes, twice a day, and don't forget to floss!

**BUY A GOOD TOOTHBRUSH
AND TOOTHPASTE**

It is best to use a soft-bristled toothbrush and a non-abrasive fluoride toothpaste. This removes plaque and food residues trapped between your teeth, and strengthens tooth enamel.

- MAINTAIN A HEALTHY, BALANCED DIET**
- For healthy teeth and good health in general, eating a healthy diet is a must. You therefore need to:
- Avoid sugary or acidic foods: they greatly damage tooth enamel and contribute to the formation of cavities.
 - Increase your daily water intake: drink at least 2 liters. Many oral problems can occur in a dry, dehydrated mouth, such as bad breath, dry mouth and gingivitis.
 - Avoid sugary drinks: these contain citric and phosphoric acids which directly attack tooth enamel.

**VISIT YOUR DENTIST AND DENTAL
HYGIENIST REGULARLY**

Depending on the recommendations and your health condition, your dentist may schedule a visit every 6 or 12 months. In addition, scheduling visits with your dental hygienist is a plus for oral health prevention.

LAUGH!

Laughter is good for the whole body and mind! And laughter is contagious, so... laugh!

After these recommendations, don't forget to have fun and enjoy every moment with your loved ones.

Happy New Year!



NEWS FROM
YOUR MUSEUM



Vicky Desfossés-Bégin
Executive Director – Musée des Abénakis

NEW RECRUITS ON BOARD!

New faces have joined the Museum team in recent months, and we are delighted!

First, Justine and Franceska support the animation team as coordinators of education and cultural animation. With their wide-ranging backgrounds, they make a formidable duo! Brimming with energy and ideas, they take charge of school and group activities. What’s more, they are currently concocting a fine program of very special cultural activities for you over the coming months. Stay tuned!

Mélanie, an Abenaki from the Odanak community, also helps out the Museum team. She helps welcome visitors, makes crafts for the boutique and lends a hand with maintenance. A truly versatile new employee!

Marie-Claude takes over communications and promotion. She pops in and out of the Museum, but works hard to ensure that your Museum is recognized for its true merits.

We are very proud of our new acquisitions! Stop by and say hello!

A VIBRANT MUSEUM

AN ALL-TIME HIGH FOR CUSTOMER TRAFFIC

Last April, we announced that the 2022-2023 season had been our best year in over 15 years, with 12,500 visitors. However, the 2023-2024 season will shatter all records! From April to December 2023 alone, more than 12,600 visitors passed through the Museum’s doors, and there are still three (3) months of statistics to accumulate (ending March 31)! The work of our interpreter-guides and receptionists makes all the difference to our visitors’ experience of Abenaki culture. Kchi wliwni, a huge thank you to the team in direct contact with visitors: Franceska, Johanne, Justine, Lilyane, Melanie and Nabiwi!

CHRISTMAS MARKET UNDER
THE BANNER OF JOY

The Museum’s sixth annual Christmas Market was held on December 2 and 3. Over the two days, the artisans welcomed no fewer than 500 visitors! Sales were excellent, and the atmosphere was festive! Once again, the event was a great success. Wliwni, thank you to the artisans, to the participants for your presence and to our kind-hearted volunteers. See you next year!



EXHIBITIONS TO BE EXPERIENCED

Nikotwaso — until March 3

This exhibit by multidisciplinary Atikamekw artist Catherine Boivin, a resident of Odanak, expresses the desire to break the circle of stereotypes that are repeated for Indigenous communities, but especially for Indigenous women. The artist’s circular work is poignant, bold and immersive. The comments are unanimous: it’s a must-see!



Permanent exhibit — development

The creation of the brand-new permanent exhibit is well underway! The launch is still scheduled for June 2024. We can’t wait to give you a sneak preview...

COMING IN JANUARY

In January, we welcome Perceptions. This exhibition will showcase a dozen personalities from diverse backgrounds who have distinguished themselves through their commitment to promoting Indigenous cultures, through original works (by Atikamekw artist Jacques Newashish), poems (by Innu poet Maya Cousineau Mollen) and black-and-white photos (by photographer Christine Berthiaume).

A LOOK BACK AT COMPLETED EXHIBITS

K’kzalzibna W8banakiak — we are proud Abenakis

This exhibition, full of nostalgia, happy memories and gratitude, came to a close on December 23. The addition of the large book, filled with newspaper clippings recounting the missing moments of the Abenaki Nation of Odanak, captured the interest of many. We can confirm that this exhibition aroused a wide variety of emotions in visitors.



AS SIMPLE AS THAT!

- Our Facebook page is the ideal place to follow the Museum’s activities. Subscribe now!
- Interested in volunteering at the Museum? Contact us at vdbegin@museeabenakis.ca
- Are you a native craftsman who would like to sell your creations at the Museum gift store? Write to us at info@museeabenakis.ca

In closing, the entire Abenaki Museum team wishes you a peaceful New Year filled with health, love and joy! May 2024 be enriching in every way. For the Museum team, the new year will be a lively one.

