

W8BANAKI PILASKW



Another significant concern for many members, both near and far is the ongoing land claim settlement. I have been approached numerous times with inquiries regarding disbursements. Final negotiations with the government are still in progress, and we are concurrently working on essential aspects of the distribution process, including the allocation plan, various requirements, trust fund managements and eligibility criteria among other considerations. Although we are in the final phases of this process, it will still take three to four years before any disbursements are made.

As a follow-up on the citizenship code reform, I want to emphasize the significance of your involvement in this process. Stay informed and make your voice heard. This marks a pivotal moment in our responsibility towards shaping the future for our upcoming generations, determining their access to land and services. Your input is invaluable as these decisions impact us all, shaping the future for our children in various ways.

In peace and friendship,

WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
of Odanak Council

Kwai fellow band members,

Let me begin my address by stating how proud I am of our nation. We have come a long way in having our voices heard. Through academia, the arts, and other mediums, our nation is taking great strides telling our story and making sure it maintains its integrity. It's promising to see individuals making a positive impact within their communities and beyond, ensuring that our nation's story is told with honour and pride. Together, we are working towards a brighter future for all.

I recently had the privilege of attending the prestigious Indspire awards where one of our band members Judge Michelle O'Bomsawin was honored. I am also excited about attending an award ceremony where my daughter Angie O'Bomsawin and her colleague are up for a nomination for Best Factual Series at the Canadian Screen Awards. Both of these women, along with many other members of our band serve as examples of how hard work and perseverance can help you achieve your dreams.

In these times, as a nation, our main preoccupation is the integrity of our nation. We have diligently worked to preserve and pass down the stories and teachings of our ancestors to the next generations. This task requires that our culture be shared by our own people. Discussions are ongoing and awareness is increasing. Recently we accompanied our youth to the United Nations to support their message that they have the right to protect their history from distortions caused by external influences and interpretations. Reclaiming our ancestral story and ensuring that our grandchildren can learn the true narrative of our people are crucial steps in reconciling with the past. Additionally, we participated in talks, sharing our voice, at the University of Vermont on Cultural appropriation and Indigenous legitimacy.

At the local level we are witnessing significant ongoing growth. Housing construction is on the rise, and progress on the women's shelter is well underway. As the community expands, we see the need for infrastructure to evolve to accommodate the changing needs. Our community services, both technical and social, are effectively managing the challenges posed by rapid growth and fluctuating priorities.



Photo taken in professor David Massell's classroom on April 24th 2024, presentation of Odanak's history.



“LITTLE BIG COMMUNITY” NOMINATED FOR CANADIAN SCREEN AWARDS

The APTN docuseries “Little Big Community”, directed by Angie-Pepper O’Bomsawin, a member of the Abenaki Nation of Odanak, has earned a nomination for Best Factual Series at the Canadian Screen Awards. The series, celebrated for its intimate storytelling, explores how Onkwehón:we communities across North America unite for mutual support and healing. Communities featured include Kahnawake, the Enoch Cree Nation, and the Serpent River First Nation.

O’Bomsawin, moved to Kahnawake to attend survival school at the age of 16, and has since made it her home. She infused the series with personal narratives that resonate deeply within and beyond the Indigenous communities portrayed. “The series is so personal and story-driven. Those who shared their spaces and stories really put their hearts on the line,” she stated, highlighting the profound emotional engagement that the series fosters.



The first episode, which opens in Kahnawake, sets the tone for the series, showcasing the power of community and storytelling in fostering connections and understanding. “There wasn’t a day I didn’t cry, or my subjects didn’t cry,” O’Bomsawin reflected, underscoring the emotional depth captured on camera.

The Abenaki Nation of Odanak holds immense pride in O’Bomsawin’s achievements, viewing her work as a vital conduit for sharing the rich tapestry of Indigenous cultures and stories with a broader audience. Her success not only elevates the profile of the communities featured but also reinforces the importance of Indigenous voices in national media landscapes.

Looking forward, the series plans to expand its reach with the upcoming seasons featuring communities from the United States and internationally, including the Houma Nation in Louisiana and Indigenous peoples from New Zealand, Peru, and Australia. Co-producer Angélique Richer remarked on the continuity and trust built within their production team, crucial for the authentic representation of the diverse communities featured.

O’Bomsawin’s dedication to her craft and her heritage is a source of inspiration and pride for the Abenaki Nation, affirming the significant impact of Indigenous storytelling in shaping perceptions and fostering understanding across cultures.

JUSTICE MICHELLE O’BONSAWIN HONORED WITH PRESTIGIOUS INDSPIRE AWARD

In a significant recognition of her contributions to law and justice, Justice Michelle O’Bonsawin, a proud member of the Abenaki First Nation of Odanak, was honored with the prestigious Indspire Award in the category of Law & Justice during the annual gala at the Shaw Centre in Ottawa on April 18, marking a high point in her distinguished career.

The Indspire Awards represent the highest honor within the Indigenous community, celebrating individuals who lead by example and significantly impact their fields. Justice O’Bonsawin’s commitment to integrating Indigenous rights and legal traditions into the Canadian justice system has made her a beacon of change and an inspiration to many.

Justice O’Bonsawin, appointed to the Supreme Court of Canada in 2022, has always advocated for those often unheard, ensuring that Indigenous perspectives are respected and recognized within Canada’s legal frameworks. Besides her professional achievements, she actively promotes the Abenaki language and culture, and mentors young Indigenous women, emphasizing the importance of staying true to one’s roots and values.

This recognition by the Indspire Awards not only highlights her outstanding contributions but also underscores her role as a source of inspiration for the Abenaki community and beyond.

KIUNA

Founded in 2011, Kiuna is a recognized college offering culturally appropriate educational services to First Nations people. Kiuna’s objectives include democratizing access to post-secondary education and training First Nations citizens who are competent in their respective fields, while promoting Indigenous culture and identity. The institution also promotes First Nations values, while raising awareness of First Nations realities among non-Indigenous people. Kiuna actively participates in the professional development of its employees, rooted in the First Nations perspective of lifelong learning. In this perspective, learners progress at their own pace, integrating what they learn in a progressive, embodied way.

Would you like to help shape the leaders of tomorrow? Whether you have an interest in, or the skills for, college teaching, or a position as a clerical or technical employee, you can send an unsolicited application to emplois@kiuna.ca. You can also check out our job offers on Facebook and LinkedIn!

CHOOSING KIUNA MEANS BEING PART OF:

- A human-scale college
- A culturally adapted educational project, with a global approach
- A team working together to share ideas, encourage success and train tomorrow’s Indigenous leaders
- A family: students, teachers, employees who take part in a wide variety of cultural activities
- A working environment in an Abenaki community, surrounded by nature and close to a bicycle path and walking trails
- A management team that values talent and offers competitive working.¹

¹ Tax exemption for Indigenous employees, pension funds, low-cost housing, EAP, public transportation, paid vacations for employer-sponsored celebrations, First Nations vacations, mobile cultural vacations, week for traditional Indigenous practices (without pay), three weeks’ vacation per year, sick leave, choice of work schedule, summer schedule, CTF and bank of 15 annual telework days.

PUBLIC NOTICE - MISUSE OF THE GREEN CARD

Dear members,

Please be advised that your green card is intended for personal use only and must not be used to facilitate purchases (alcohol, gas, tobacco products, etc.) for individuals who do not hold a green card themselves.

Additionally, if you are using your green card to purchase gas, it is required that you are traveling with the occupants of the vehicle at the time of purchase.

Failure to adhere to these rules may lead to the cancellation of your card.

With rights come the responsibility of ensuring we don’t abuse our rights. We trust that you will use this privilege judiciously and maintain the standards expected of our community.

Thank you for your cooperation.



WORDS FROM COUNCILLORS



Jacques T. Watso
Councillor - Abenaki of Odanak Council

W8banakiak youth of Odanak raise awareness about the dangers of identity fraud at the United Nations Permanent Forum on Indigenous Issues

On April 16th and 17th, the W8banaki delegation from Odanak spoke at the United Nations Permanent Forum on Indigenous Issues. Our mission: to raise international awareness about the dangers of identity and cultural fraud perpetrated by self-proclaimed indigenous groups.

Youth representatives, Isaak Lachapelle-Gill and Sigwanis Lachapelle, highlighted the challenges faced by our indigenous people, particularly the struggle against identity fraud. Through passionate presentations and personal testimonies, they shared their experiences and perspectives on this urgent issue.

Identity fraud is a serious problem affecting many indigenous communities worldwide. Non-indigenous individuals and groups falsely claim membership in indigenous communities to improperly access rights, benefits, and resources reserved for indigenous peoples. This practice not only harms genuine indigenous communities but also contributes to the dilution and distortion of authentic indigenous cultures.



The W8banaki delegation emphasized the importance of protecting the identity and culture of indigenous peoples against such frauds. They called for concerted international action to combat this phenomenon and ensure respect for the rights of genuine indigenous peoples.

By speaking at the United Nations Permanent Forum on Indigenous Issues, the Odanak delegation demonstrated their determination to defend the community and amplify our voice on the global stage. Our commitment to preserving our identity and culture serves as an inspiring example for indigenous peoples worldwide.

In conclusion, We are delighted to announce that the annual Powwow in Odanak will take place on July 20th and 21st! This emblematic event of our community promises two days of celebration, dance, and culture. We warmly invite all band members to join us in sharing unforgettable moments together, honoring our traditions, and strengthening the bonds that unite us as a people. Come join us at the Odanak Powwow for a memorable experience!



WORDS FROM COUNCILLORS



Alain O'Bomsawin
Councillor - Abenaki of Odanak Council

Kwai,

I'd like to start by wishing you and your family all the best with the warm weather ahead. Now let's have a look at some information about the church, the cemetery and the water management.

As a first step, the church's fans and light fittings were replaced. We will now have LED lighting. Work has also begun on converting the oil-fired heating system. In addition, the entrance gantry will be renovated.

Secondly, with the obligation to join the Office de la protection des consommateurs and the diocese concerning the Catholic cemetery, several documents and forms were modified and updated.

In conclusion, it should be noted that steps have been taken with the Régie intermunicipale d'alimentation en eau potable du Bas-St-François (Lower St. François intermunicipal drinking water board) to meet provincial government standards. We advise you to monitor your water consumption during the summer to avoid overconsumption. As it is important to reduce water use as much as possible, I ask you to monitor and respect public notices so that we can offer you the best possible service. Thank you for your understanding.

In closing, I wish you a wonderful summer, full of sunshine and pleasant vacation time.

Wliwni,



Martin Gill
Councillor - Abenaki of Odanak Council

Kwai to all,

First of all, I would like to thank the Abenaki delegation, in particular Sigwanis Lachapelle and Isaak Lachapelle-Gill, for their contribution to the United Nations on the identity fraud affecting the Abenakis.

For the next few years, my mandates will be the Odanak Health Centre and the W8banaki Council.

With the health of community members as my priority, I wanted to underline the importance of the team at the Health Centre.

Whether it be mental or physical health, they do a phenomenal job and I would simply like to thank them.

I'm now a member of the W8banaki Board of Directors, and I'd like to thank all the people who work there for the work they've done and the work they'll be doing in the future.

I also signed 2 resolutions for the Broughton and Lotbinière wind farms. Given the scope of the projects, I wanted to get involved in these projects, which are very important to me.

Once again this year, I'll be part of the Odanak Pow Wow committee.

Having welcomed over 5,000 visitors last year, we've opted for the same formula this year. The Pow Wow will take place on July 20 and 21, 2024.

Finally, I'm also a member of the Odanak Tourism Committee, which aims to revitalize tourism in Odanak.

Thank you once again and I am available if you have any questions for the Odanak Band Council.

Thank you Wli Wni.



Florence Benedict
Councillor - Abenaki of Odanak Council

Kwai,

I hope you were able to make the most of the few centimetres of snow that Mother Nature has kindly blessed us with at the start of 2024.

Cold-weather types like me are very happy with this early spring, despite what some may think!

The main concerns at the heart of the Council's discussions, which have already occupied us for several months, are of course:

The culmination of more than 25 years of land claims negotiations before the federal courts.

The Council recently passed a Resolution temporarily suspending band transfers from members of other nations to our own.

The Council is in the process of establishing an independent Trust to administer these sums in a fair and equitable manner.

Don't worry, you'll be consulted when the time comes.

AGENDA

JANUARY

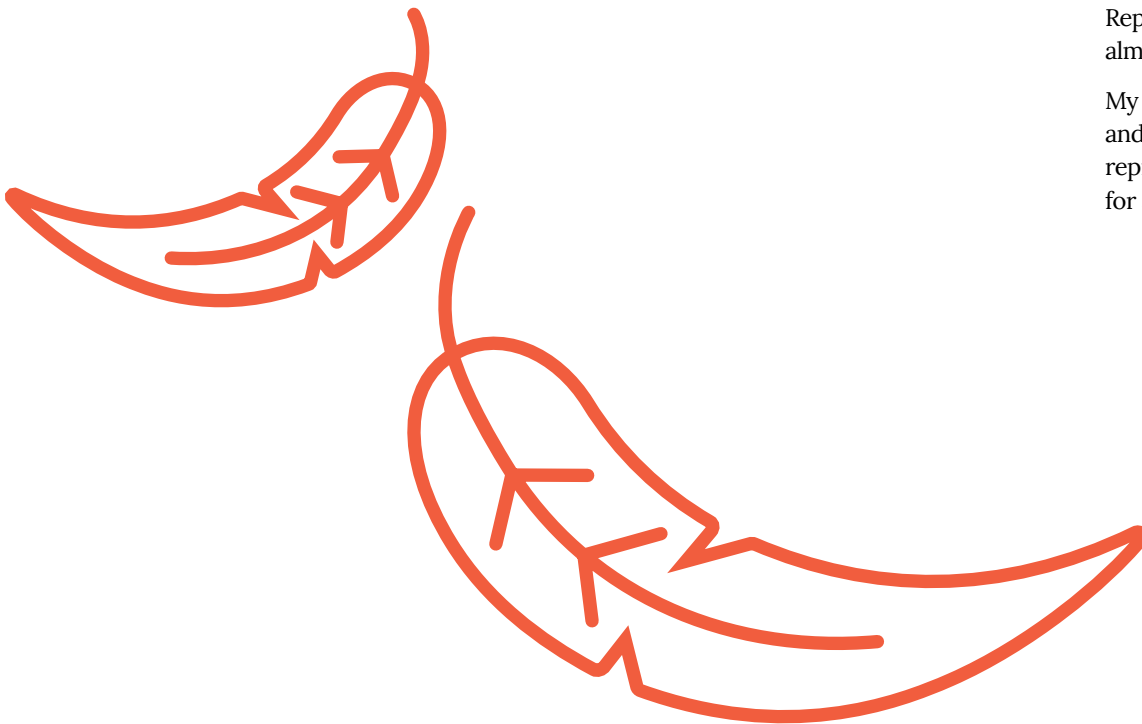
Last January, the distribution of files was established for each of the councillors

Here are mine:

- Library
- Museum (until June 21, 2024)
- Water board
- Public safety
- And Via 90.5, the community radio station in Saint-Grégoire.

And I've also been the Quebec Native Women's Representative for the W8banaki Nation for almost 6 years, until next August.

My mandate ends at the end of August and elections will be held to elect the new representative for the W8banaki Nation for a 2-year term.





FEBRUARY AND MARCH

February 10

Launch of young Abenaki author Kyle Dufresne's 5th novel LOU at the Odanak library. More than fifteen people attended the event.

Congratulations and good luck!

February 12 to 14

Meeting of elected women (2)

Leadership and lateral goodwill workshops in Wendake.



February 23

I was present as an elected official, but also as a representative of FAQNW for the presentation of recognition awards to Council employees.

From left to right: Sophie Gill, Marcelle O'Bomsawin and Mylène Trudeau, among others, were honoured for their years of loyal service.

Bravo!



March 11 to 13

Leadership training and meeting with Lieutenant-Governor Manon Jeannotte at her offices.

March 21

For Women's Day, we were delighted to welcome Ms. Suzie Basile from the U.Q.A.T at Kiuna College in Mr. Alexis Wawanoloath's class.

The topic was the results of her research on the forced sterilization of First Nations women.

More than 15 people attended.



APRIL

April 5

I participated in the Pow Wow Bingo, which raised \$401.00.

Thanks to all the volunteers and especially to Mr. Sylvain R. O'Bomsawin and his wife Mrs. Mariette Cormier for their great devotion to various causes.



April 21

Earth Day organized by the Environment and Land Office in collaboration with Native Women.

Various workshops were held, as well as a walk on this very special day.

Thanks to the participants!



In closing, don't forget the launch of the new permanent exhibit at the Musée des Abénakis on June 21, 2024!

We look forward to seeing you at our magnificent Pow Wow on July 19-20 and 21!

Let's take pride in our heritage!

Wliwni

Have a great summer and looking forward to seeing you soon!



WORD FROM MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenaki of Odanak Council

Kwaï mziwi !

Construction of the nine social housing units was completed in mid-March. However, tenants were able to move into the four-unit building on rue Mgezo as of mid-February. Due to the late completion of the semi-detached and triplex units, some of them will not be occupied until June or July 2024.

Construction of the shelter for Indigenous women and children fleeing violence began on April 22. Following a public call for tenders on SEAO in December, the contract was awarded to Therrien Entrepreneur général en construction. Completion is scheduled for the end of October. More to follow...

It was decided to build a new service building for the community pool, and work began in early April. It will be completed for the start of the pool season, around June 23. The investment of nearly \$400,000 was required due to the dilapidated state of the building.

In the winter of 2024, the Aw8ssisak day-care centre submitted a request for 31 additional places to the Ministère de la Famille. Instead of expanding the existing building, it was decided to build a brand new one - an investment approaching \$4 million that will enable the day-care centre to increase its capacity from 50 to 81 children. At the time of writing, we were still awaiting confirmation from the government as to whether or not the additional places will be allocated. We are, however, very optimistic about the possibility of a positive response. Construction could start later this summer. More to follow...

Last February, we received confirmation from Public Safety Canada that we would be receiving a one-time grant of \$1,308,676 for the Corps de police des Abénakis (CPDA). The CPDA will therefore be able to renew its equipment and material to keep up with the latest developments, whether it's for the purchase of new computer servers and other equipment needed to connect to the Centre de renseignements policiers du Québec (CRPQ), new uniforms, new weapons, new equipment for the bastion room, new patrol vehicles, etc.

In addition, last March we received confirmation from the Ministère de la Sécurité publique du Québec that we will receive a \$1.5 million grant to expand our police station. We will have until 2027 to complete the work. Things are looking good for our police force in terms of obtaining budgets to hire additional personnel so that we can meet Level 1 service coverage requirements, possibly starting in 2025-2026. More to follow.

As for the specific claims concerning the seigneurial regime and the 38 lots, the Council accepted the Government of Canada's offer of settlement last June, and we are still waiting to hear back from them regarding the final settlement agreement. As soon as this step is completed, we will set up a schedule of information meetings for members. The next steps will be shared with you thereafter.

On March 4, the Council adopted a resolution establishing the Office de la langue abénakise (Abenaki Language Office). The objectives of the Office will be to:

- Provide a linguistic and technological platform;
- Monitor language quality;
- Ensure the quality of the translation of any written, advertising or signage documentation in terms of language and culture;
- Promote and develop linguistic tools, including lexicons and dictionaries, and create teaching and learning materials;
- Analyze and use reference documents;
- Support efforts to promote the Abenaki language;

- Coordinate language teaching through a pedagogical committee;
- Respond to requests for translation assistance from organizations and departments requesting such services.
- The Language Office Committee, which meets periodically, is made up of Mathieu O'Bomsawin, Hélène O'Bomsawin, Pascale O'Bomsawin, Mélanie O'Bomsawin, Philippe Charland and myself.

Mziwik wli sigwan! A beautiful spring to all!



SHORT COLUMN ON THE ABENAKI LANGUAGE

SPECIAL FEATURES OF NUMBERS ONE TO FIVE¹

When it comes to simple counting, numbers from **one to five** are expressed as follows:

1	Pazokw	2	Nis	3	Nas	4	Iaw	5	N8lan
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However, as **cardinal numerical adjectives**, they **must agree in gender (animate or inanimate) and number (singular or plural) with the noun to which they refer**. The word used then changes to represent the agreement.

ANIMATE NOUN		INANIMATE NOUN	
One... man	Pazgo... san8ba	One... basket	Pazgwen... abaznoda
Two... women	Niswak... phanemok	Two... houses	Nisnol... wigw8mal
Three... boys	Nhloak... wskinnosak	Three... tables	Nhenol... tawipodial
Four... girls	Iawak... n8kskwak	Four... boxes	N8nnenol... paksal
Five... children	N8nnoak... aw8ssisak		

This rule applies only to cardinal numeral adjectives from one to five.

From the number six upwards, cardinal numeral adjectives are invariable.

For example:

ANIMATE		INANIMATE	
Six birds	Ngwed8s sipsak	Six flowers	Ngwed8s pskwaw8nal

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



EMPLOYEE RECOGNITION: THE KEY TO SUCCESS!

Suzie O’Bomsawin

Executive Director - Human Resources
Abenaki of Odanak Council

On February 20, 2023, the elected officials of the Abenakis of Odanak Council (AOC) adopted its first Employee Recognition Program. The program covers the staff of the AOC, the Odanak Health Centre (OHC), the Odanak Environment and Land Office (BETO) and the Abenaki Police Force (CPDA).

Over the course of 2023-2024, a number of official staff recognition activities were organized, culminating in a Happy Hour service recognition event on February 23, 2024.

For this first edition, in the presence of all Odanak elected officials, we celebrated the years of service of 33 staff members (for their 5-10-15-20-25-30 or even 35 years of service!).

In addition to recognizing the staff’s years of service, special attention was paid to the involvement of community members and local businesses. The appetizers were prepared by Julie Michon, Abenaki from Odanak, and the photos were taken by Charlie Daneau, Abenaki from Odanak.

Kchi wliwni to all of you for your contribution to the success of this event!

Wliwni to all the staff who choose to work within our organization for the benefit of community members!

FOR THE CPDA:

NAMES	POSITION	CERTIFICATE AWARDED
Sophie Gill	Administrative assistant	5 years
Christopher Duff	Police officer	10 years
Pascal Gill	Police officer	10 years
Dave O’Bomsawin	Police officer	10 years
Mylène Trudeau	Investigator	15 years
Éric Cloutier	Director	25 years

**Christopher, Pascal, Dave, Mylène and Éric also received a medal of recognition from the First Nations and Inuit Chiefs of Police Association of Quebec for 10 years of service to the Nation!

FOR THE AOC:

NAMES	POSITION	CERTIFICATE AWARDED
Joannie Beaupré	Environmental project manager	5 years
Catherine Bussièrès-Côté	Finance Director	5 years
Samuel Dufour-Pelletier	BETO Director	5 years
Émile Gariépy	Environmental project officer	5 years
Claude Jr Panadis	Housing officer	5 years
Mylène Cournoyer	Accountant	10 years
Luc G. Nolett	BETO team leader	10 years
Élisabeth Guilbeault	Assistant accountant	10 years
Marcelle R. O’Bomsawin	Odanak library coordinator	10 years
Nathalie Cardin	Education officer/ Indian register administrator	15 years
Michel D. Nolett	Land manager	15 years
Karine Gill	Administrative assistant	15 years
Daniel G. Nolett	Executive Director	15 years
Eleanor Hoff	CSEF officer	15 years
Ann Landry	Education Officer/ Socio-economic officer	15 years
Sylvain R. O’Bomsawin	Bus driver	15 years

FOR THE OHC:

NAMES	POSITION	CERTIFICATE AWARDED
Christina Béland-Racine	Kinesiologist	5 years
Marie-Pier Desnoyers	Dietetic technician	5 years
Marcelle Hannis	Clinical nurse	5 years
Michel Hannis	Driver for medical transportation	5 years
Jessica Papineau	Kinesiologist	5 years
Jean Vollant	OHC Director	5 years
Andréanne Gouin	Medical archivist/Health liaison officer	10 years
Paule Leiby	Medical archivist/ Medical transportation coordinator	10 years
Isabelle Dupuis	Clinical nurse	15 years
Daphnée Couture	Nursing manager	20 years
André Gill	Substance abuse counsellor	35 years



DISCOVER YOUR POSSIBILITIES

Anyone interested in accessing the employment and training measures offered by the Centre de service en emploi et en formation (CSEF) in Odanak is invited to visit the following link:
caodanak.com/en/etsc/



ODANAK ENVIRONMENT AND LAND OFFICE

Composting transforms kitchen and garden waste into compost, a natural fertilizer for plants, reducing greenhouse gas emissions and the amount of waste sent to landfill. It's a simple and affordable way for you to make a significant contribution to protecting the environment.

There's a lot of talk about composting. Some people love it, while others have had less positive experiences. We've put together a list of tips to help you get ready to compost this summer in Odanak. You don't need to follow every tip on the list, it's simply a matter of knowing the different options and choosing the ones that best suit your needs! A detailed list of accepted materials will be provided with your bin.

Where to start when you receive your roll-out bin...

1. Place your roll-out bin in an easily accessible place, in the shade if possible.
2. A bucket with a lid will be provided as a kitchen container with your roll-out bin. Depending on the number of people in your home, it may be practical to have several kitchen containers. Use what you have on hand (e.g. ice cream container).
3. Keep your kitchen container within easy reach (e.g. under the sink, on the counter or even chilled in the freezer or refrigerator).
4. Always keep a small amount of newspaper and/or flyers, used brown paper bags (such as food delivery bags) and lightly soiled disposable paper towels on hand. These paper fibers are all compostable and will come in very handy!
5. After each collection, place a large brown paper bag in your roll-out bin (like the ones for leaves in the fall), they help keep the bin clean.

How can I avoid odours in my brown roll-out bin?

6. Place paper fibres (see item 4: newspapers, flyers, etc.) at the bottom of your kitchen container to absorb liquids.
7. Avoid putting excess liquids such as broth, milk or juice into your compost. Drain leftover liquids into the sink or bowl using a strainer.
8. For meat, poultry and fish (especially raw residues), wrap with newspaper or flyers. These residues can also be stored in an airtight container in the freezer until the day before or the day of the roll-out bin collection.

9. Freshly cut grass is a source of odours in the bin, so leave it on the ground when you mow (find out more about the advantages of grasscycling). If you insist on putting it in the bin, allow it to dry before.

10. In your roll-out bin, alternate damp layers (kitchen scraps) with dry layers (dead plant leaves, sawdust, wood shavings, newspaper or flyers, pieces of cardboard free of tape or staples, etc.).

11. Sprinkle a little lime or baking soda in your brown bin.

12. If a disturbing odour persists, wash your brown bin with a bucket of water containing white vinegar or biodegradable detergent (e.g. dishwashing liquid).

How can I keep bugs out of my brown bin?

13. Keep small animals (e.g. raccoons) away by applying a small amount of eucalyptus-based cough ointment (e.g. Vicks) around the air holes in the bin.

14. If you suspect that animals are visiting your roll-out bin, design a simple weight system to make it difficult for them to open the lid.

15. Avoid black flies, fruit flies and grubs by wrapping and/or freezing your meats (see item 8)

16. If you see grubs, sprinkle them with salt or vinegar. Ideally place your bin in the shade.

What type of bag can I put my organic waste in?

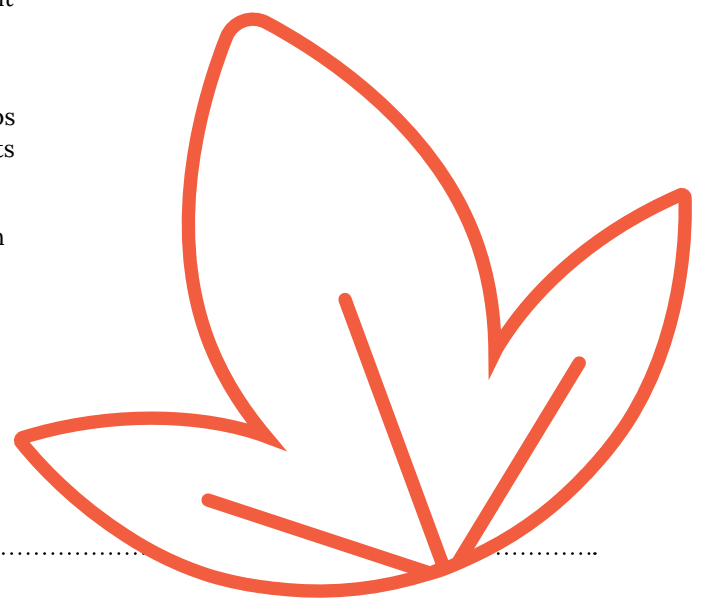
There's no need to buy bags for your compost everything can be placed loose in the roll-out bin. Ideally, use what you have on hand, as described in items 8. and 10.

In addition to being expensive, commercial bags are often **NOT** compatible with compost, even if they are "biodegradable". Many of them don't decompose at the same rate as food, and become a contaminant and a nuisance to the decomposition process. To avoid confusion, it's best to **AVOID** any bag that looks like plastic. If you wish to buy commercial bags, it's essential that they be certified "compostable" by the BNQ (Bureau de normalisation du Québec) or the BPI (Biodegradable Plastics Institute).

If you have any questions about composting, we'll be happy to help!

450 568-2810 ext. 3105

ecocentre@caodanak.com



Odanak Ecocenter
Now open for 2024

Thursday & Friday 1 - 4 pm
Saturday 10 am - 3 pm

CLOSED FOR HOLIDAYS
June 21 & October 4

FREE FIRE WOOD



HELLO EVERYONE, AND HAPPY SPRING

Evelyne Benedict

Field assistant -
Environment and Land Office

A wonderful spring to all!

Isn't it lovely when everything is reborn? The monochrome and monotonous brown and grey gives way to new shoots of green grass, and the first flowers! How wonderful!

Have you ever noticed that the first flowers of spring are yellow? But why exactly?

What you need to know about flower colours: petals contain pigments. These pigments absorb certain wavelengths of the solar spectrum and reflect the colour they didn't absorb. This is the colour and hue that we see in flowers.

Apart from the pleasure of seeing these beautiful flowers and their colours, flower colours have a purpose: reproduction.

In fact, plants that need pollinators to reproduce adopt the colours that attract them by producing the appropriate pigments. This is why the first flowers are yellow, to attract bees and certain butterflies.

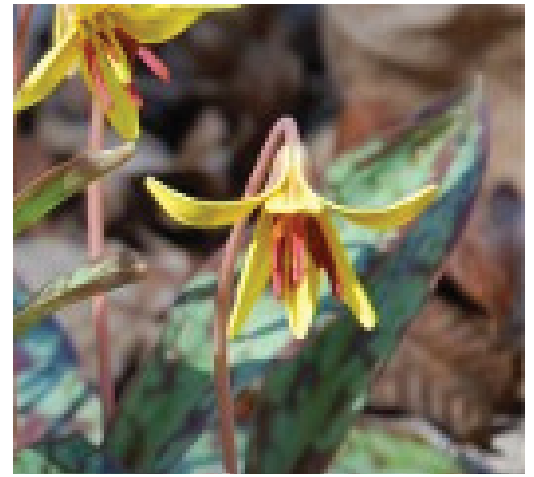
Yellow flowers have the advantage of attracting pollinators early in the spring and ensuring their reproduction.

Yellow flowers absorb sunlight and warm the flower's reproductive organs, attracting pollinators and facilitating reproduction at cooler spring temperatures.

I leave you with a few images of our first spring beauties!



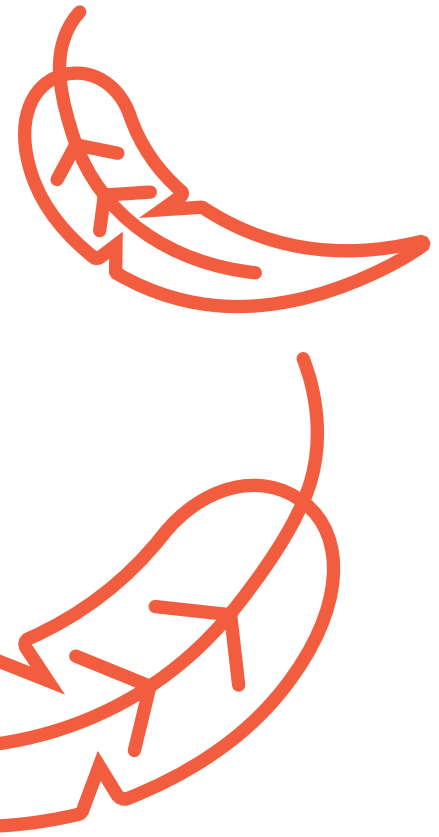
Coltsfoot



Yellow trout lily



Dandelion



Kwaï mziwi,

Lately, the Ndakina Office team has been growing steadily, as we have several great projects in the works! Here are 5 that the team will be actively working on over the summer, and that you can get involved in.

1. Nanawaldamoda Kdakina (taking care of our territory)

We are interested in meeting you for an interview to map where you practice your activities on the Ndakina (gathering, fishing, hunting, trapping, teaching, healing, rituals, etc.). This information is invaluable to the Office, enabling us to protect sites on the Ndakina. To meet us, please contact: cgnolett@gcnwa.com.

2. Sweetgrass planting project

We are launching a sweetgrass planting project in Odanak and W8linak. We'd like to hear your ideas and stories. A citizens' meeting will be held on the subject on Friday, June 7 at 2 p.m., followed by a meal. For more information on the project, contact Charlotte Gauthier-Nolett: **819-294-1686** | cgnolett@gcnwa.com or on Messenger.

3. Wlipogwat continues!

Wlipogwat means "it's good" in Aln8ba8dwaw8gan. This project aims to promote the w8banaki diet and food found on the Ndakina. In the coming months, the Office will organize several harvesting outings in the area. Then, this fall, a community banquet will be organized using these products. Last year's banquet brought together nearly a hundred members of Odanak and W8linak. A book will also be published in the coming year to make the knowledge shared more accessible. If you'd like to prepare something for the next banquet, or if you'd like to be on our mailing list to

be informed of upcoming events, please contact: eblanchet@gcnwa.com.

4. Archaeology

This summer, the archaeology team will be in the W8linak and Odanak areas for several projects. If you'd like to visit them in the field or learn more about archaeology, please don't hesitate to contact: archeologie@gcnwa.com

5. Guardians of the territory

The guardians have scheduled several workshops over the summer: preparing a bear stalking site, prospecting a moose-hunting territory, net fishing, canoeing, and more. They are also visiting territories that could soon become Indigenous protected areas.

It is possible to accompany the guardians on these visits or to join in the activities. Call the W8banaki reception: **819 294-1686**



WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



Jean Volland
Director - Odanak Health Center

As you read these lines, the spring season is well underway, and despite the cold of the past few weeks, we're all looking forward to a little warmth.

In this new financial year, we are facing major challenges. The community health centre is more committed than ever to improving the quality, accessibility and sustainability of health care for the population.

Our participation in the accreditation process demonstrates that we provide safe, effective and high-quality patient-centred care. This will help build trust and promote learning in the community, while optimizing the use of resources.

We believe it is essential to share our mission, vision and philosophy of care with you.

The mission of the Odanak Health Centre is to contribute to the improvement of the health and well-being of the population by offering programs focused on prevention and health promotion, while respecting the cultural values of the Abenaki Nation.

Our vision is to empower community members in the management of their health by offering services focused on prevention and the promotion of healthy lifestyles, to contribute to the collective well-being.

Finally, the philosophy of care we advocate is biopsychosocial, seeking to take into account the needs of the whole person (physical, emotional, mental, spiritual and social) while respecting their cultural values and beliefs.

Respect for users and recognition of their rights and freedoms guide all our actions. In every intervention, we are committed to treating you with courtesy, fairness and understanding, while respecting your dignity, autonomy, needs and safety.

NOTICE OF APPOINTMENT

ASSISTANT DIRECTOR, ODANAK HEALTH CENTRE

Odanak Health Centre management is pleased to announce the appointment of Ms. Julie Durand to the position of Assistant Health Centre Director. In her new role, Ms. Durand will act as immediate supervisor for the following sectors: Jordan's Principle, Healthy Living, Community Activities, Kchaïak, Meals-on-Wheels, FNHSP and Summer Day Camp.

She will also support the health centre's management in the development of the organization needed to achieve its mission, and in the elaboration of annual and five-year action plans, including modalities related to the Accreditation Canada process.

This appointment marks a new chapter in the development of our centre and will bring valuable skills and experience to our team.

Ms. Durand is a member of the community who brings a solid management background to her new position.

Welcome to the Odanak Health Centre team.

WORD FROM THE ACCREDITATION COORDINATOR

Michel Paul

Accreditation coordinator (contract) - Odanak Health Center

Kwei to all,

The process of renewing our accreditation status continues in line with the Continuous Quality and Safety Improvement Plan (CQSIP/2024-2025) submitted for recommendation to the Quality and Risk Management Committee (QRMC) and subsequently adopted by management. We would like to remind you that our next accreditation visit is scheduled for May 2025.

Over the coming months, we will be following up on the results of last year's self-assessment exercise (compliance audit), based on the standards and criteria set out in our assessment manual. Various accreditation teams (5) made up of staff members from different sectors of activity took part in this important step in the process associated with the renewal of our accreditation status.

In the table below, we are pleased to present the various stages, in chronological order, that we expect to complete in line with the objectives set out in this year's CQSIP, in preparation for our next accreditation visit:

STEPS	MAIN ACTIVITIES	SCHEDULE
1	Deployment of quality and safety surveys, communication of results to team members and monitoring of corrective measures where necessary.	March 2024 (postponed: May 2024)
2	Deployment of customer surveys on the appreciation of health services, communication of results and follow-up on the application of corrective measures, where applicable.	May 2024
3	Conduct a practical fire evacuation exercise, produce an event evaluation report and monitor the implementation of corrective measures.	June 2024
4	Update of all clinical-administrative processes.	Oct. 2024
5	Conformity assessment of applicable POR.	Dec. 2024
6	Follow-up of all criteria deemed non-compliant and implementation of corrective measures.	February 2025
7	Planning, implementation and coordination of other activities in preparation for our visit in May 2025.	March 2025

This table sums up the work we plan to carry out over the coming year, in collaboration with our in-house team members, and also with other staff from various departments reporting to the AOC's general management.

Kitci Mikwetc!



WORD FROM THE ASSISTANT DIRECTOR

Julie Durand

OHC Assistant Director

Kwaï,

It was with great enthusiasm that I joined the Odanak Health Centre team on March 11! This is a wonderful opportunity to share my management skills with the community.

I spent 20 years in the field of education. After graduating in special education, I went on to complete my DESS in school administration, enabling me to work as a school principal. For the past 12 years, I've been a school administrator. As an Abenaki from Odanak, I am re-appropriating my culture, values and traditions through my personal endeavours, the people I meet and the positions I hold.

In my professional capacity, I would like to take a moment to identify the mandates entrusted to me on my arrival, and to introduce my closest collaborators.

For our Abenaki youth, I work with Ms. Claire Hannis on the FNHS (First Nations Head Start) program. The target clientele is children aged 2 to 5. These are stimulating workshops where children can discover and learn about Abenaki culture. To this end, Ms. Claire offers exploratory meetings to all children attending the Aw8ssisak daycare centre. It is with an inclusive vision that we wish to pass on our heritage to our descendants.

With the Jordan's Principle coordinator, Justine M'Sadoques, we offer Abenaki children with specific needs the chance to benefit from the support and services they need to further their various spheres of development. Creative and committed,

Justine creates partnerships with various collaborators in the school and health sectors, so that our youths have equitable opportunities and can develop to their full potential. In fact, a magnificent "Backpack" project has been initiated this year for students who will be starting kindergarten at age 4 or 5 at the start of the 2024 school year.

To promote health in a holistic way, the healthy living team is busy designing and offering care and activities to meet the needs of the population. The team includes two kinesiologists, Christina Béland-Racine and Jessica Papineau. They are both health professionals and experts in physical activity. They support all groups in the community, from new mothers and their babies to the elderly. They are joined by Marie-Pier Desnoyers, a dietetic technician. She conducts numerous prevention activities and promotes healthy lifestyle habits for the entire population. Angélie Lafontaine is a leisure intervention technician. She organizes stimulating community activities in collaboration with local partners. She is also responsible for the day camp for children aged 5 to 10. A diversified program has been planned so that students can enjoy the summer in complete safety! Finally, Virginie Descôteaux completes the team as cultural assistant (returning to the FNHS position after maternity leave). She supports community projects by helping to make costumes for Project W, and works in partnership with W8banaki.

With the collaboration of nutritionist Marie-France David, we are putting in place mechanisms to ensure that the population has access to quality nutritional services as part of the food security program. In addition to offering personalized consultations, Ms. David is also involved with Meals-on-Wheels. This well-known service provides access to meals twice a week, and ten months a year to complete meals for vulnerable clientele.

Menus are prepared by Caroline Cardin, cook, and Jessica Ann Watso, assistant cook and delivery assistant. Ms. Marie-France David and Ms. Marie-Pier Desnoyers also work to provide the population with game during the distribution period. Finally, Annie Lapierre completes the team as hygiene and sanitation officer. Ms. Lapierre ensures that all AOC-related activities comply with the rules and regulations in this area.

If we take care of our children, it's also essential to pay special attention to our elders. That's why I'm in charge of the Kchaïak group, which promotes the involvement of people aged 50 and over in community life. As such, all Abenaki members are welcome to attend monthly meals at the Aln8baïwi hall. Various activities are organized throughout the year to break the isolation of the population. Full of energy and vitality, our three leaders Raymonde Nolett, Carole Bibeau and Annette Nolet are involved in various intergenerational and community projects. You can follow their activities via the monthly calendar or the Health Centre's Facebook page.

In Odanak, I've rediscovered an effervescence and vitality that are truly extraordinary! I'm very proud to be part of the OHC team, because together, we truly make a difference!

Kchi Wliwni!



WORD FROM THE CLINICAL COORDINATOR

Yanna Girard

Clinical coordinator

Appointed in April 2023, the Clinical Coordinator is responsible for planning, facilitating clinical meetings and developing and coordinating programs. That's why the health centre now includes a reception, assessment and referral service, to help identify needs and direct users to the appropriate resources.

Prevention remains a priority, and we intend to use education as a form of reference, based on the basic principles of comprehensive, preventive and community-based care. The psychosocial team's mandate is to provide follow-up, support, guidance and consultation in order to offer culturally adapted services to community members.

A new "social worker" resource will be joining us on April 22, 2024. Her role is to help people find effective, lasting solutions to their social issues: this is the core mission of the social worker, who is immersed in the heart of human realities, while offering a culturally adapted service.



QUICK REMINDER ABOUT MEDICAL TRANSPORTATION!

At present, we have only one MT vehicle and one on-call contract driver dedicated to medical transportation requests, so it's important to understand that we prefer to pair up customers going to the same location (same city, same day), while respecting the recommendation to wear a mask if you have any measles symptoms. We are aware that this could result in an indeterminate waiting time before or after the medical appointment. This pairing will, of course, take into account the urgency of the situation and the customer's medical problems.

If a customer refuses to be paired with another customer, considering the waiting time too long, no transportation will be provided. In this case, customers must travel on their own at their own expense.



4TH WIGODI RETREAT AT MONT-HAM: AUGUST 30-31 AND SEPTEMBER 1, 2024

Mathieu O'Bomsawin

Partner-project coordinator – Niona Odanak Cultural Development Officer

For the fourth year running, the N8wkika team and its collaborators are preparing a community get-together packed with cultural and social activities! In keeping with tradition, we invite you to Mont Ham for a gathering open to all Odanak and W8linak Abenakis and their families.

As in previous years, participants will be able to take part in a variety of workshops to learn more about Abenaki culture. Several knowledge carriers will be among the participants, leading the weekend's workshops. To give you a foretaste of this stay rich in activities, discussion and action,

TYPES OF APPOINTMENTS ELIGIBLE FOR MEDICAL TRANSPORTATION	
With your family physician	Pregnancy follow-up
With a specialist physician	With your dentist or denturist
Hospital appointment	For an eye exam or ophthalmology appointment
At a non-private medical clinic	For a laboratory (blood test) not available at the Odanak Health Centre
For X-rays and other diagnostic tests	Mental health appointments (psychology, social worker)

CANCELED APPOINTMENT

In the event that your medical appointment is cancelled, it is your responsibility to notify the coordinator **as soon as possible (at least 24 hours in advance)** to avoid having your reserved transportation (taxi, CAB or any other type of scheduled transportation) come to your home and **having to pay travel expenses.**

Should a customer fail to comply with the 24-hour time limit, penalties will be imposed.

FIRST VIOLATION	AFTER 2 VIOLATIONS	THIRD VIOLATION
Verbal warning from the MT coordinator	MT service denied to the customer for 1 month	MT service denied to customer for 1 month and \$20.00 fee payable to the Abenakis of Odanak Council

For further information, please contact the Acting Coordinator, Ms. Bianca Gill-Guilbeault, at the Odanak Health Centre:

Telephone: 450 568-6766 ext. 4032

MT mobile phone: 450 780-1363 (outside OHC opening hours)

bgguilbeault@csodanak.com



here's an overview of the activities and workshops that you can expect: exploration of the territory, sunrise ceremony, ascent of the mountain, creation of a collective work of art, craft workshops, children's activities and much more! It's also the perfect opportunity to meet members of the Nation, exchange ideas and strengthen ties between communities. It's an event not to be missed! We look forward to seeing you there!



BABY-BOOM IN ODANAK

Jessica Papineau
Kinesiologist

For both active and sedentary women, the announcement of a pregnancy brings with it many questions. It's normal to wonder about the benefits and contraindications of physical activity. Opinions may differ among those close to you. Is physical activity safe? Can I start a new physical activity during my pregnancy? What kind of training can I do? That's why it's important to shed some light on exercise during pregnancy.

RECOMMENDATIONS FOR PREGNANT WOMEN

Evidence shows that physical activity is recommended during pregnancy, with benefits for both mother and fetus.

Pregnant women should accumulate at least 150 minutes of moderate-intensity physical activity each week. Physical activity should be accumulated over a minimum of three days per week; however, pregnant women are encouraged to be active every day through a variety of activities.¹

Women are encouraged to take part in a variety of physical activities, including aerobic exercise, muscular exercise and mobility training.

CONTRAINDICATIONS

All pregnant women can participate in physical activity throughout pregnancy. Women with relative contraindications should discuss the advantages and disadvantages of moderate-to-vigorous intensity physical activity with their obstetric care provider prior to participation.¹

BENEFITS OF EXERCISE DURING PREGNANCY

According to research led by researchers at the Université de Montréal (UdeM) and the Centre Hospitalier Universitaire (CHU) Sainte-Justine, three weekly 20-minute sessions of moderate-intensity exercise would help to increase brain activity in newborns, which in turn would help to improve the baby's brain development.² In addition, the mother-to-be will benefit just as much, if not more, from physical activity. The best-known benefits are a 40% reduction in the risk of gestational diabetes, hypertension and pre-eclampsia.¹ It has also been shown to reduce the risk of depression by 25%.¹

Not to mention the benefits for the pregnant woman's overall quality of life, certain exercises help reduce pelvic and lower back pain. Regular physical activity can make childbirth less painful and reduce the number of interventions required.



ADAPTING, THE KEY TO STAYING OR BECOMING ACTIVE.

It is essential to adapt to the different stages of pregnancy and physical changes. From nausea and fatigue in the first trimester to back pain in the final trimester, the support of a perinatal kinesiologist can be of great help.

WHAT IS A PERINATAL KINESIOLOGIST?

During the 1990s, increasing scientific evidence showed that physical activity was the best way to prevent and treat the majority of health problems (high blood pressure, type II diabetes, cardiovascular diseases, depression, anxiety, etc.).

Therefore, physical activity has been recognized not only as a good way to maintain and regain physical fitness but also as a healthy physical and psychological health.³

The title of kinesiologist is awarded after completion of the bachelor's degree in kinesiology. Complementary training following the university degree provides knowledge of perinatal care.



NEW PERINATAL SERVICES

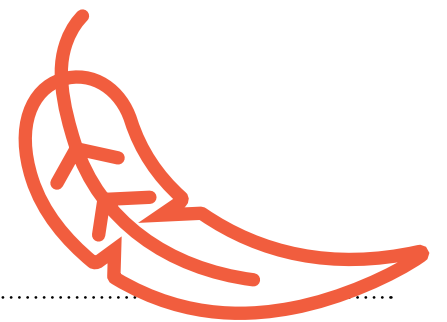
The Odanak Health Centre is there to offer you safe, adapted services during your pregnancy and postpartum period. The first session of physical activity classes for pregnant women and new mothers began in 2022. In the fall of 2023, the first cohort of perineal rehabilitation classes was offered. Currently, a weekly class is offered to pregnant women and new mothers. Find out more about our services.

450 568-6766 ext. 4203 or 4052

¹ <https://csepguidelines.ca/guidelines/pregnancy/>

² <https://research.chusj.org/fr/Communications/Nouvelles/2013/L-exercice-pendant-la-grossesse-ameliore-le-developpement>

³ <https://www.kinesiologue.com/en/en-savoir-plus-1>



LET'S ENCOURAGE OUR YOUTH!

Christina Béland-Racine
Kinesiologist

It is with great excitement that the Abenakis are represented for a third year at the FNEC inter-school games from May 23 to 26, 2024. The 10-17 year-olds have been working hard since last September to prepare for their various events. Whether through extracurricular activities or weekly training, they proudly represent you in the following disciplines: 100-metre sprint, relay race, 5km trail run, shot put, long jump and obstacle course. A big thank you for your encouragement through the purchase of hoodies, jarred recipes and your participation in bingo, thanks to which they proudly wear Abenaki apparel. Thanks also to Jordan's principle, which will enable them to be well-

equipped for their events, and to carry their equipment in their new backpacks. To follow all their results, don't forget to like the Odanak Health Centre Facebook page. A big wave of encouragement for your young representatives.

I'd also like to take this opportunity to invite you not to miss the aquafitness classes that will be held from July 9 to August 13 from 6 to 6:45 p.m. at the Odanak pool. This activity is open to everyone aged 18 and over, regardless of physical condition, and adaptations will be made to suit individual abilities. Stay tuned for the registration period.

Kchi Wliwni



NEWS FROM YOUR MUSEUM



Vicky Desfossés-Bégin

Executive Director - Musée des Abénakis

ON A CLOUD!

The 2023-2024 figures for visitors of all kinds have been tallied, and we have passed the 16,000 mark. That's a 26% increase over the last statistics! The Musée des Abénakis has never been so popular! We're thrilled!

By visiting and recommending the Museum, you make a big difference to our work. We're very grateful. We're working hard to set a new record for 2024-2025! Don't hesitate to play a part!

AN UNFORGETTABLE SUMMER

The Museum team is planning an exceptional summer campaign! Major projects will be underway this summer, so the Museum will need reinforcements!

1. To welcome the many visitors expected, you'll see **student job** offers posted. Please consider sharing them!
2. To dazzle our visitors and encourage them to buy authentic Indigenous products. Are you an Indigenous artisan with a fine product who wants to sell in a well-frequented boutique? **We're calling on you!** Simply send us an e-mail with photos of your products to info@museeabanakis.ca. Know someone who knows someone? Put your shoulder to the wheel and share the message.

WORKS IN PROGRESS

In recent weeks, the Museum has been swarming with workers of all kinds! And yes, the Museum is entering the final phase of transformation for the new permanent exhibit! The result of several months' work, this exhibition, entitled **W8banakiak**, will show visitors just how alive the Nation's culture is. Our excitement is palpable, and we can't wait for the exhibit opening on June 21. Information on how to attend the big event will be mailed to you shortly.

FINAL MOMENTS FOR *WÔBANAKI: PEOPLE OF THE RISING SUN*

The opening of a new permanent exhibit also means the closing of the one that has been with us for almost 15 years. Since its launch, the exhibition has been visited by just over 140,000 people! Come to think

of it, 140,000 people from the four corners of the globe have been introduced to and made aware of Abenaki culture - that's something to be proud of!

Would like to see the *Wôbanaki: People of the Rising Sun* exhibit one last time? You have until June 28, 2024. It will then be closed to the public and dismantled. Its space will be refurbished to make way for an exhibition hall that will host temporary exhibitions by Indigenous artists.

But don't worry, the multimedia retelling of the legend of the creation of the world will be preserved. We don't want to deprive any visitor of this magnificent experience!



WHAT HAS HAPPENED OVER THE LAST FEW MONTHS?

THE OTA ICI UTE PHENOMENON

The exhibit, presented from January 19 to March 17, 2024, was a resounding success. The trio of artists, Jacques Newashish, Christine Berthiaume and Maya Cousineau-Mollen, paid vibrant tribute to twelve Indigenous and Quebec personalities involved in the First Nations cause. Visitors were introduced to the power of commitment.



DIVERSIFIED CULTURAL ACTIVITIES

Spring break and Easter were festive times at the Musée des Abénakis. Children were able to enjoy outdoor activities, learn about Abenaki cultural traditions and explore the Museum in search of eggs!



CREATION OF THE WORLD ACCORDING TO THE W8NABAKIAK (LA CRÉATION DU MONDE SELON LES W8NABAKIAK) - BOOK LAUNCH

The Musée des Abénakis is pleased to announce the launch of the book *La création du Monde selon les W8banakiak*! This is the paper adaptation of the multimedia projection presented at the opening of the *Wôbanaki: People of the Rising Sun* exhibit. The magnificent colour illustrations are by Christine Sioui Wawanoloath. The book is available at the Museum gift shop for \$18.

THE MUSÉE DES ABÉNAKIS RECEIVES SHIPEKU CERTIFICATION!

After 18 months of reflection and work, the Museum now has a sustainable development policy. Thanks to the support of the Shipeku program, the Museum is turning a new corner. Many of the concepts included in this plan stem from the Museum's own mission and Abenaki traditions. Our actions in line with this policy will be communicated to you via our social networks.

THE MUSÉE DES ABENAKIS IN 2.0 MODE!

A NEWSLETTER FOR THE MUSEUM

Now you can receive Museum news in your e-mail inbox! Signing up is easy. Visit www.museeabanakis.ca, look for the red "REGISTER" button on the home page and follow the instructions. It's that easy!

THE MUSEUM ON INSTAGRAM!

There is no longer any reason not to follow the Museum! Our social networks are expanding to reach you wherever you are. Instagram, Facebook, come and visit us!

VOLUNTEERING IS STILL VERY POPULAR!

Even though everything is evolving, there are some things that never change: helping others and getting involved will always be important values in our society! Would you like to volunteer at the Museum? We have a wide range of opportunities! Write to us at vdbegin@museeabanakis.ca.

