

# W8BANAKI PILASKW



Aerial view of the Odanak community.

## WORD FROM THE CHIEF



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

### **Kwai fellow band members,**

Another year has come and gone. My wish for the coming year is that the wisdom of our experiences helps us grow and continue on our journey toward health and happiness.

As our community continues to expand with many new public service developments in the works, we continue to work hard in the interest of a better future. Our advancement as a nation is happening at a steady and manageable pace. Praise to our administrative teams, both Band Council and Wabanaki services who carefully orchestrate and follow our progress in the many community development initiatives.

These upcoming few years are crucial in the continued advancement of our Nation. We are at a pivotal moment in our grandchildren's history where we have been given the responsibility to manage restorative resources in such a way that we continue to cut the strings of dependency on values and constraints that do not reflect our worldviews.

Continuing to walk in our ancestors' footsteps and think for the next 7 generations is our responsibility. We are currently working hard on finalizing our land claims. We are at the place where we must decide how we can allocate these resources in a way that we provide the safety net for the continuance of the work done by the generations before us.

We would like to see this process driven by grassroots people who in their life's work have acquired the skills and wisdom to make the best restorative decisions. We are currently working on the important reflection and right action necessary in dealing with our ancestors' settlement. We need to plan how we will advance in securing the future for the generations to come. If you are in the legal, financial or administrative fields and are a band member we may be calling out to you for your assistance in this important process.

Contrary to the outdated perception of those who govern the state, we are not a people who need to be directed, conquered or civilized to another way of life, we need to continue to assert and affirm our journey home. The boundary is clear to us that our provinces fight for sovereignty is no different than our own, although we often have conflicting agendas. We will continue our work as clearly reflected in the teachings of the two-row wampum standing firm on the agreements made in the Treaty of Niagara which safeguards us as we assert sovereign rights and reclaim our power to self-determination.

We will continue to build a framework for our children to build upon. One that has direction, sustainable interests and investments allowing us to continue to co-exist and prosper as a sovereign nation. We are currently looking at investment projects such as energy and real estate. Our goal is to create a safety net of long-term sustainable return on investment.

We need to continue to develop an environment that values our distinct systems based on original teachings which reflects our own ways in our own rights and practices. Restoring our language and governing practices will continue to solidify and anchor our existence. Planning a healthy stable future is the continuity of our story as Abenaki peoples. Remembering our ways and ceremonies, piecing together our true history, remembering our songs and dances is building the bridge to our future generations.

We are blessed to have the fortitude to continue this fight. We must keep our focus; our great grandchildren are depending on us.

In peace and friendship,



# WORD FROM COUNCILLORS



**Jacques T. Watso**  
Councillor - Abenaki Council of Odanak

## GRADUATES RECOGNITION EVENING: CELEBRATING PERSEVERANCE AND ACHIEVEMENT

On June 7, 2025, the W8banaki community will gather at Camping Abenaki Aventure to celebrate the Graduates Recognition Evening, a landmark event dedicated to students who have completed an academic cycle, from elementary school to doctorate level.

## A TRIBUTE TO ACADEMIC SUCCESS

This special evening will celebrate the determination and achievements of our students. Highlights will include personalized award presentations, inspiring testimonials, and captivating musical performances to make this celebration truly unforgettable.

## THOUGHTFUL ORGANIZATION

The event will feature video capsules, motivational speeches, official photos, and elegant decorations, all designed to inspire pride and foster community commitment.

## COMMUNITY INVOLVEMENT

To ensure the success of this celebration, a Google Form questionnaire will be shared through our education coordinator. All students, whether living on or off community, are invited to participate. Your feedback and answers will help ensure optimal planning and make this event a true success.

Don't miss this wonderful opportunity to recognize academic achievements and encourage our youth to persevere in their educational journey!

For any additional questions, please email us at: [alakwsak@caodanak.com](mailto:alakwsak@caodanak.com)



**Alain O'Bomsawin**  
Councillor - Abenaki Council of Odanak

**Kwaï,**

I hope you had a great summer and are enjoying the cooler weather. The winter solstice is here, so we have some great activities planned in the community. Family events and get-togethers are the order of the day.

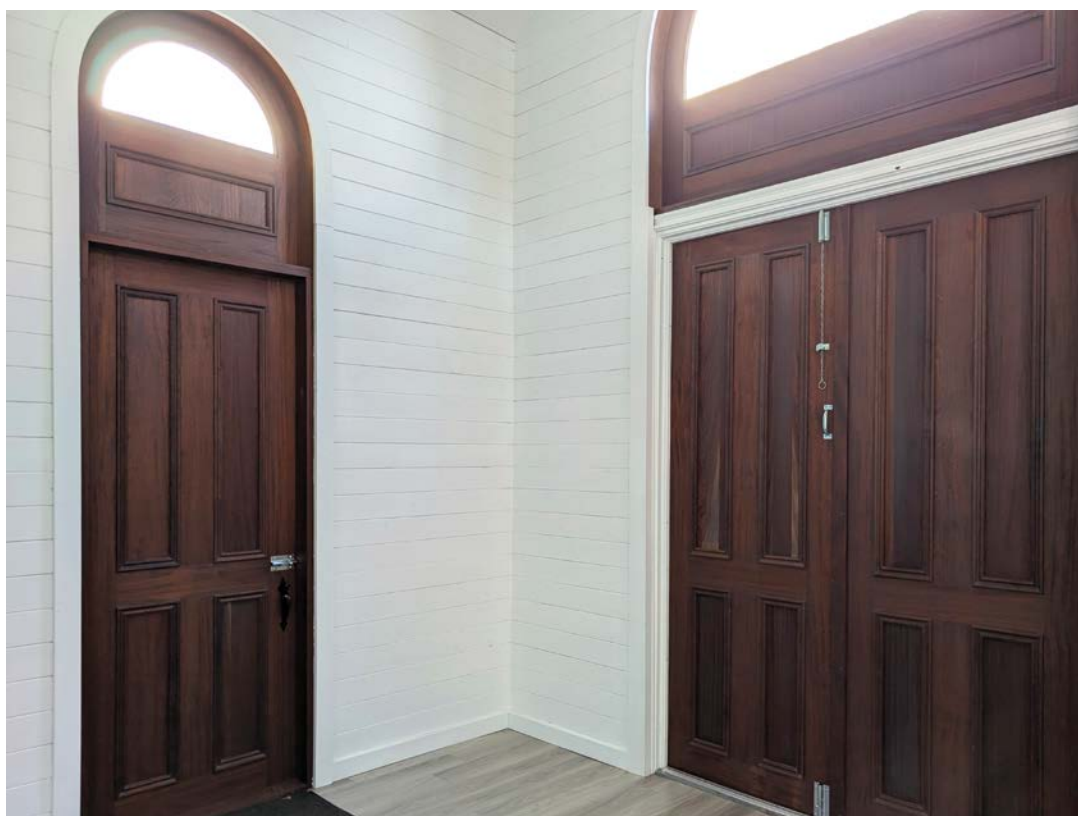
Afterwards, I hope you were able to see the beautiful improvements to the church. New doors have been added at the back, and the portico has been renovated. We also had the concrete steps redone. I received many positive comments during the Pow Wow about the church's well-maintained, sophisticated appearance, while respecting its cultural heritage. Here are some photos of the church's new portico.

Next, I would like to give a special mention to the Musée des Abénakis, which was awarded the Prix Prospère employeur autochtone by the CPQ (Conseil du patronat du Québec) and the prize in the innovation category by Tourisme Centre-du-Québec. It's a fine distinction that demonstrates the hard work of our staff. Congratulations to all.

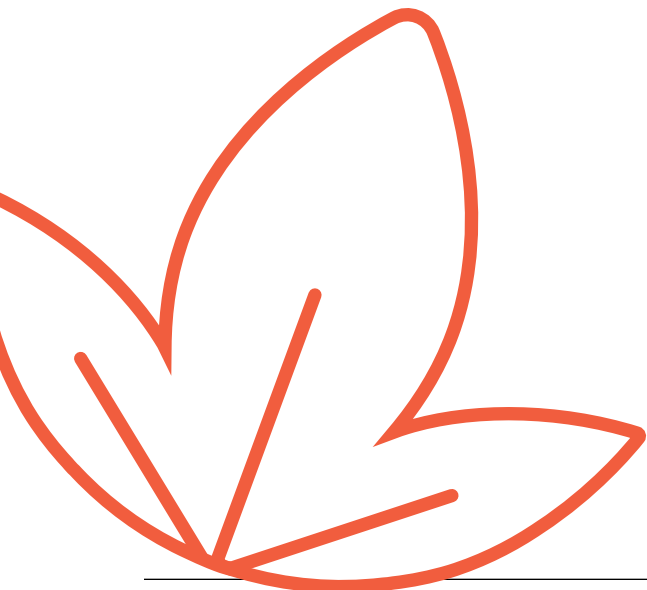
In closing, I hope you had a wonderful holiday season and a wonderful 2024. I wish you health, happiness and prosperity in 2025.




New concrete steps.



New doors and renovated portico.








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## WORD FROM COUNCILLORS



**Martin Gill**  
Councillor - Abenaki  
Council of Odanak

Kwäi,

Hello dear community members. As a member of the Board of Directors of the Musée des Abénakis, I am proud to announce that on November 7, 2024, the Museum was nominated for two awards in two different categories: the “Prosperous Indigenous Employer” award presented by the Conseil du Patronat du Québec and the “Innovation Centre-du-Québec” award for its permanent exhibition, inaugurated on June 21, 2024.

During this evening, the Museum won both awards. I would like to take this opportunity to congratulate the entire team at the Museum for this success and wish them many more wonderful years ahead, with a significant increase in visitors for 2024-25.

On November 29, the Museum was also honored with another nomination, this time at the Maurice Richard Gala, in the “First Nations Business” category. This event took place at the Montfort Hotel in Nicolet.

As for the Lotbinière and Broughton wind farm projects, the files are progressing well. I will provide more details in the next edition of the newspaper.

On November 7, Councillor Florence Benedict and I traveled to Place Griffith in Sherbrooke, located in the Ndakina, to attend the unveiling of a mural created by Mr. Patrice Côté, in partnership with the Musée des Abénakis, which provided the photos, along with members of the Odanak community who helped translate certain words into Abenaki.



Florence Benedict and Martin Gill at Griffith Place in Sherbrooke, for the unveiling of a mural created by Mr. Patrice Côté, on November 7.

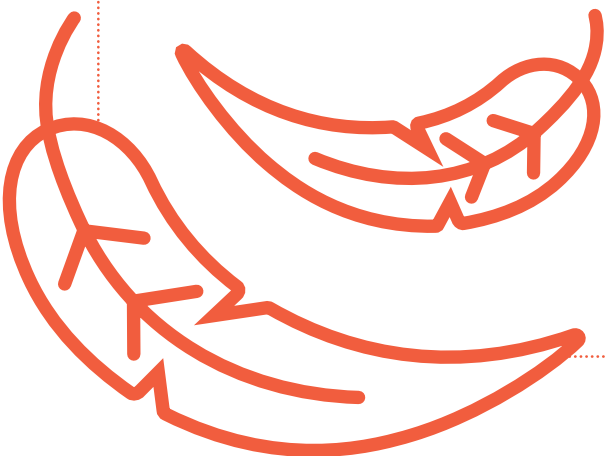
In conclusion, on November 13, Councillor Florence Benedict and I met with members of the Saint-Hilaire municipal team at the Manoir Rouville, including the mayor, the general manager, and the communications officer, to discuss potential partnerships with the city of Saint-Hilaire, located on Abenaki territory. The possibility of conducting archaeological excavations and identifying protected areas in the near future were among the topics discussed. Furthermore, the city expressed great openness to continuing these discussions soon.

Wliwni, Thank you!

## TWO AWARDS FOR NICOLE O'BOMSAWIN

On May 10, Nicole O'Bomsawin received the Lieutenant-Governor's Medal for her contribution to the Indigenous peoples.

On October 13 of this year, she also won the Jocelyn-Bérubé trophy, awarded to the best storyteller at the Festival du conte de Trois-Pistoles. The event brought together 24 storytellers from around the world.



# WORD FROM COUNCILLORS



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

### Kwai,

By the time your reading this, all our attention is focused on reaching a final settlement with the federal government on the Land Claims issue.

The fall period was very busy with the follow-up of our respective files, frequent Council's meetings as well as representation at various activities.

By the time you read this, the construction of the shelter will be completed, and we look forward to welcoming the first women and children next year.

### SUMMARY ACTIVITY REPORT

#### SEPTEMBER 2024

##### September 15

A Native Women's meeting was held at Aln8bawai Hall. The following elections were held for positions whose terms were ending:

**Nation's representative:** renewal of my mandate for 2 or 3 years (duration to be defined after the changes made to the laws and regulations of Quebec Native Women).

**Elder representative:**  
Ms. Annette Nolett.

**Youth representative:**  
Ms. Jessica Ann Watso.

Congratulations to our representatives! Thank you for your commitment and trust.



The Annual General Assembly of Quebec Native Women. From left to right: Cassandra Killia Lachapelle, Annette Nolett, Florence Benedict, Jessica Ann Watso, Elise Boucher Degonzague, and Thérèse O'Bomsawin Gaudet.

### DELEGATION FOR THE AGA

The delegation chosen to attend the Annual General Assembly in Quebec City was made up of:

- Florence Benedict
- Annette Nolett
- Jessica Ann Watso
- Cassandra Killia Lachapelle
- Élise Boucher Degonzague
- Ms. Thérèse O'Bomsawin Gaudet

At this general assembly, elections will be held to choose the president of Quebec Native Women for the next three years.

I will report the results in the next edition of the Pilaskw, in the spring of 2025.



### OCTOBER 2024

#### October 4

A vigil was held to mark the National Day for Murdered and Missing Women, as well as Major Rodgers' attack in 1759.



Vigil of October 4.

### NOVEMBER 2024

#### November 19, 20 and 21

For the second year, I took part in a training session for elected women in Quebec, organized by the AFNQL

- We were 21 elected women taking part
- A tour of the National Assembly was organized, with the privilege of attending Question Period.
- We shared dinner with the Honorable Manon Jeannotte, Manon Massé, and other elected members of the National Assembly.

It is always enriching to meet other elected women and share our personal experiences in politics.

A consultation on the proposed changes to the Citizenship Code will be held at the Community Centre in February or March 2025. A vote will be held.

The meeting will be held in hybrid mode. Please visit the Council's Facebook page to access the link.

In closing, i wish you a happy new year 2025. Health and happiness to you, dear members, and to your loved ones.

May peace, health and happiness be with you!

Stay safe on the roads and we look forward to seeing you in the spring for the next Pilaskw.

Wliwni!



Rick giving a speech for the Vigil of October 4.



Vigil of October 4. From left to right, Danielle Philibert, Florence Benedict, Marcelle R. O'Bomsawin.



# WORD FROM MANAGEMENT



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

**Kwaï mziwi!**

The construction of the shelter for Indigenous women and children fleeing violence was completed on December 13. At the time of writing, we were in the process of hiring the shelter’s director. Once in office, the director will need to establish the structure required to ensure the proper functioning of the shelter. This includes drafting job descriptions for the positions to be filled and developing administrative procedures and policies. Additionally, the director will need to purchase all the furniture and various equipment for the rooms, common areas, and administrative offices. Lastly, she will collaborate on setting up the shelter’s board of directors. As you can see, there are still several tasks to complete before we can consider opening the shelter. The director will have a lot on her plate but rest assured that she won’t be handling everything alone. We will provide support with the help of various internal resources and, if necessary, seek external resources to assist her.

We are currently issuing a call for tenders on SEAO (the electronic tendering system) to hire an architectural and engineering consulting firm for the construction of the new childcare center. These professionals will be tasked with preparing the final plans for the architecture as well as building systems (foundations, structures, electricity, ventilation, heating, etc.). We believe construction of the new childcare center should begin next June, with an investment of just over \$4 million.

To stabilize staffing levels within Indigenous police forces in Quebec, we are in discussions with Quebec’s Ministry of Public Security and Canada’s Ministry of Public Safety to increase staffing levels with significant additional funding. Both ministries aim to ensure that Indigenous police forces achieve parity with the Sûreté du Québec in terms of overall compensation for officers.

We have received an offer from the Ministries of Public Security in Quebec and Canada to increase staffing for the Abenaki Police Force. The offer would raise the number of funded officers from 7 to 14 for the 2024-2025 fiscal year. Additionally, two more officers would be added, bringing the total to 16 for the 2025-2026 fiscal year. We are currently analyzing the ministries’ proposal and have submitted a counteroffer. At the time of writing, we were awaiting a response to our counteroffer. Among the issues is the actuarial deficit in the police pension fund

for Indigenous police forces in Quebec, which is partly due to this increase in officer compensation. We will keep you updated on this matter.

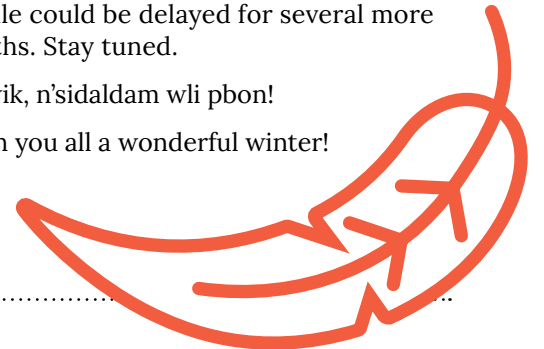
As for the specific claims regarding the “Régime seigneurial et les 38 lots”, we are still waiting for the final text of the settlement agreement. Once this step is completed, we will hold information sessions to present the offer to you, our members, for ratification.

Subsequently, we will hold additional information sessions for members to explain how the compensation from our claims will be used and the best way to manage the funds. This includes discussing a trust, how it could be structured, and so forth. Stay tuned.

A special general assembly for the adoption of proposed amendments to the Citizenship Code will be held in February or March—though the exact date has not yet been set. Due to the current political uncertainty within the federal government, we must focus all our efforts on the specific claims files, as we are in the final stretch. If federal elections are called before we have ratified the settlement agreement and the Minister of Crown-Indigenous Relations and Northern Affairs Canada has signed it, the file could be delayed for several more months. Stay tuned.

Mziwik, n’sidaldam wli pbon!

I wish you all a wonderful winter!



## SHORT COLUMN ON THE ABENAKI LANGUAGE

### NUMERAL CARDINAL ADJECTIVES (CONTINUED)<sup>1</sup>

FROM 100 TO 1,000,000			
100	Ngwedatgwa	600	Ngwed8s kassatgwa
200	Nisatgwa	700	T8baw8s kassatgwa
300	Nasatgwa	800	Ns8zek kassatgwa
400	Iawatgwa	900	Noliwi kassatgwa
500	N8nnatgwa		

(All numbers from 100 to 900 ending with **atgwa**)

1,000	Ngwed8mkwaki	6,000	Ngwed8s kass8mkwaki
2,000	Nis8mkwaki	7,000	T8baw8s kass8mkwaki
3,000	Nas8mkwaki	8,000	Ns8zek kass8mkwaki
4,000	Iaw8mkwaki	9,000	Noliwi kass8mkwaki
5,000	N8nn8mkwaki	10,000	Mdala kass8mkwaki
		11,000	Ngwed8nkaw kass8mkwaki
		20,000	Nisinska kass8mkwaki
		90,000	Noliwi kassinska kass8mkwaki
		100,000	Ngwedatgwa kass8mkwaki
		1,000,000	Kchi ngwed8mkwaki

(All numbers from 1,000 and above ending with **8mkwaki**)

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



## NEWS FROM TOURISME ODANAK

**Stéphanie-Nika Trottier**

Tourism Development Advisor -  
Abenaki Council of Odanak

Odanak, November 20, 2024 – Exciting news for the Odanak community: the creation of **Tourisme Odanak**. **Tourisme Odanak's** mission is to promote the destination by showcasing the cultural and natural heritage of the community. Its main functions include **promoting tourism, developing essential visitor infrastructure**, and managing tourist **reception and information**. The Odanak tourism committee is actively working on the development of "Tourisme Odanak," an initiative aimed at highlighting the cultural and historical richness of the community. This project is already underway, with the establishment of a clear vision, mission, and values, as well as the creation of a logo and brand identity. The organization works closely with local, regional, and governmental stakeholders. It supports **cultural events and festivals**, such as the Pow Wow, and plays a key role in **research and data collection** to enhance the tourism offering, while raising awareness among the public and visitors about **cultural and environmental preservation** in the region.

### LA TOURNÉE DE LA SAINT-FRANÇOIS: A KEY TOURIST CIRCUIT

As part of this initiative, the community is actively involved in developing a tourist circuit called *La Tournée de la Saint-François*. This circuit will highlight the historical and cultural elements unique to Odanak and its surroundings, offering visitors a unique opportunity to explore significant locations and stories of the Nation. A working committee has been formed to create meaningful territorial markers along *Alsig8ntegw*, which holds a central place in the community's history and culture.

### THE ÉCONOMUSÉE NETWORK SOCIETY

In its efforts to enhance heritage value, Odanak benefits from the support of **the ÉCONOMUSÉE Network Society**, an organization specializing in showcasing artisanal expertise. Their expertise in developing living museums and interpretation spaces will be crucial in designing authentic and enriching tourist experiences. Their support will spotlight the craftsmanship and traditions of the Odanak community while making these skills more accessible to visitors. Thanks to their assistance, two landmark projects are currently in development:

#### 1. A Heritage Space and a Culinary Space

Among the flagship projects of "Tourisme Odanak" are two dedicated spaces to celebrate heritage. The first, **Heritage Space**, will focus on ancestral practices such as **ash pounding** and **basket weaving**, ensuring the preservation and transmission of these traditional skills to future generations while offering visitors insights into these crafts. The second, **Culinary Space**, will immerse visitors in the traditional recipes and culinary practices of the Nation, promoting the discovery of local flavors and regional products.

#### 2. The Pow Wow: A Unifying Event

The project also emphasizes cultural events, with a special focus on the annual Pow Wow. **A dedicated intern has been hired** to assist in organizing this iconic event. The Pow Wow is a must-attend gathering where the culture and traditions of the First Nations are celebrated through dance, music, and songs. The intern will collaborate with organizers to enrich and enhance the event.

### A COMMUNITY UNITED AROUND THE PROJECT

"Tourisme Odanak" is more than just a tourism project. It represents a collective effort, where every community member is encouraged to contribute. The tourism committee and various working groups are striving to build a sustainable project that benefits both the local population and visitors.

Through this initiative, Odanak aims not only to attract tourists but also to strengthen the sense of belonging and preserve the living traditions of the Nation. By developing these cultural and tourist spaces, Odanak positions itself as a **must-visit destination** for those seeking to explore the heritage of the Odanak community in an authentic and respectful setting.

## PROJECT W RETURNS FOR ITS 13<sup>TH</sup> EDITION!

**Karine St-Aubin**

Community Organizer - W8banaki

Mark May 31, 2025 on your calendar now! Don't miss the 13th edition of Project W, taking place for the third year running at Baie-du-Febvre's Théâtre Belcourt. Once again this year, Abenaki culture will be showcased through intergenerational performances by members of the community.

In the form of various cultural expressions, the show will start at 7pm on the theater stage and plunge you into the W8banaki universe, with a rich program of artistic and cultural expression.

Our team is currently looking for Nation members interested in taking part in the creation of this show, whether through an artistic performance (song, dance, storytelling, poetry, etc.) or by sharing a traditional skill. Your involvement is essential to the success of this friendly, intergenerational event, which attracts a large audience every year!

If you would like to participate or have any questions about Project W 2025, please contact Karine St-Aubin to express your interest.

Get involved now: creativity and fun are guaranteed!

[kstaubin@gcnwa.com](mailto:kstaubin@gcnwa.com)

819-294-1686 ext. 5308



# N8WKIKA SOCIAL SERVICES

**Mathieu O’Bomsawin**

Coordinator of Partner Projects – Niona  
Cultural Development Officer of Odanak

## AN EXCEPTIONAL CULTURAL SUMMER FOR OUR 11- TO 17-YEAR-OLDS!

Last summer, 16 youths from the communities of Odanak and W8linak had the chance to enjoy unique and deeply enriching cultural experiences, immersed in their ancestral territory. Aimed at strengthening their identity, fostering group cohesion and offering them a more intimate understanding of Abenaki culture and history, this program enabled these youths to reconnect with their heritage in a lively and meaningful way.

Accompanied by knowledge bearers, these youths explored their territory while learning traditional practices. They discovered canoeing techniques, the principles of forest survival, the secrets of tracking, and the art of hunting big game. All this learning took place in a convivial atmosphere, fostering exchange and camaraderie, and enabling the youths to forge strong bonds with one another, while nurturing their cultural pride.

One of the highlights of the summer was their trip to Mashteuiash, Lac Saint-Jean, where they had the honour of taking part in the community’s annual Pow wow. It was a privileged moment to soak up the effervescence of this great celebration of Indigenous traditions.

To round off this memorable summer, the youngsters had the opportunity to visit to the Lac-Portage outfitting camp, a stunningly beautiful site nestled in the heart of the forest. This heritage-rich site plays a central role in Abenaki history. It provided them with a deeper understanding of the Nation’s profound connection to this territory. The trip combined exploration, learning and reconnection with nature, offering the youngsters a truly sensory experience.

Beyond the knowledge gained, these shared moments were also an opportunity to create lasting memories, forge lasting bonds and enjoy experiences that were both joyful and formative. If you’re between the ages of 11 and 17, and dream of similar inspiring cultural adventures, keep your eyes open! New getaways are coming up for Summer 2025, and we can’t wait to see you there!



Introduction to Canoeing Techniques at Mauricie National Park on July 9 and 10, 2024.

## WINTER SOLSTICE CELEBRATION LIGHTS UP THE TOLBA TRAIL FOR A 5TH YEAR!

Since 2020, a wonderful tradition has taken place in Odanak to mark the winter solstice: the lighting of the Tolba Trail. Once again this year, the trail was decked out with a thousand lights from December 18, 2024 to January 5, 2025, offering a magical spectacle that delighted young and old alike.

Every year, this luminous event becomes an essential part of the winter season, an opportunity to gather together and celebrate the magic of winter. Thanks to the beauty of this installation, the Tolba trail offered a real journey into the heart of nature, illuminated by thousands of lights, creating a warm and festive atmosphere right in the heart of winter.



Outing to the Grand Gathering of First Nations | Mamuhitunanu in Mashteuiatsh, on July 12 and 13, 2024.

## ODANAK CARNIVAL 2025: A FESTIVE DAY FOR THE WHOLE FAMILY!

Mark the date in your calendars: the Winter Carnival returns for another edition on Saturday, February 15! Building on the resounding success of previous years, which saw the enthusiastic participation of hundreds of members of the community as well as residents of neighbouring municipalities, the committee is once again offering a day full of winter activities for young and old.

Join us at 1 p.m. in the courtyard of the Catholic Church to enjoy a variety of outdoor and indoor activities prepared by the committee. On the program: mini-farm, pony ride, community horse-drawn carriage ride, snow snake game, inflatable games, hockey, slide, face-painting station and many other surprises throughout the day! A cozy area around the fire will be set up for you to warm up and enjoy marshmallows and sausages grilled on site.

Finally, the festivities come to a close with a magnificent fireworks display, starting at 6:30 p.m. behind the community hall.

We look forward to seeing you all on this unforgettable day of laughter and smiles for the whole family!





# N'kzaldamen ndakina

**Kwaï mziwi,**

Below you will find some news from the Ndakina Office of W8banaki and how you can get involved to help us fulfill our mandate.

## ARCHAEOLOGY

Archaeologists are hard at work protecting the Nation's heritage on the Ndakina. Here are some of the projects they have recently completed:

- Archaeological inventory in Sainte-Victoire-de-Sorel, Odanak, on the west bank of the Gentilly River, etc.;
- Archaeological excavation of the Wajosis site in Bécancour;
- Monitoring of eroding archaeological zones on Alsig8ntegw (Saint-François River) and W8linaktegw (Bécancour River);
- Visit of the Brompton petroglyph site with members and guardians of the territory.

The team is strengthening its collaboration with archaeologists in New Hampshire, Maine, and Vermont to ensure the W8banaki Nation's interests and presence are well represented on the American side of the Ndakina.

If you would like to join archaeologists in the field or have any questions, please contact: [archeologie@gcnwa.com](mailto:archeologie@gcnwa.com) | 819-294-1686



Archaeologist Louis-Vincent Laperrière-Désorcy during an archaeological survey along the Gentilly River in Bécancour.



## FISHING LOG

The **Abenaki Fishing Log** application is available on the App Store or Google Play using your Nation fishing license number. It lets you record your catches, their weight and length.

This information is very important to us. It helps us protect sites, species and our ancestral rights. Data is confidential, anonymous and secure.



Archaeologists Alexandre Tellier and Louis-Vincent Laperrière-Désorcy during an archaeological survey in Odanak.





**GUARDIANS OF THE TERRITORY**

The team now includes five territory guardians! In addition to hunting, trapping and fishing for the community, as well as training the next generation, they are developing new collaborations with several organizations and businesses with the aim of regaining access to Ndakina territories and bringing as many W8banakiak as possible back to the territory.

If you'd like to join the guardians on one of their outings, simply contact Jean-Guy Jr Landry, team leader of the Ndakina Guardians: [jgllandry@gcnwa.com](mailto:jgllandry@gcnwa.com) or 819 294-1686

**TERRITORIAL CONSULTATIONS**

To view all the territorial consultations received, visit our **Ndakina interactive map**: [gcnwa.com/carte-interactive](http://gcnwa.com/carte-interactive)

In the interim following Geneviève Campbell's departure, to coordinate the response to territorial consultations, contact Mickaël Castilloux-Gaboury: [mcgaboury@gcnwa.com](mailto:mcgaboury@gcnwa.com) | 819-294-1686

**COMMUNITY PROJECTS**

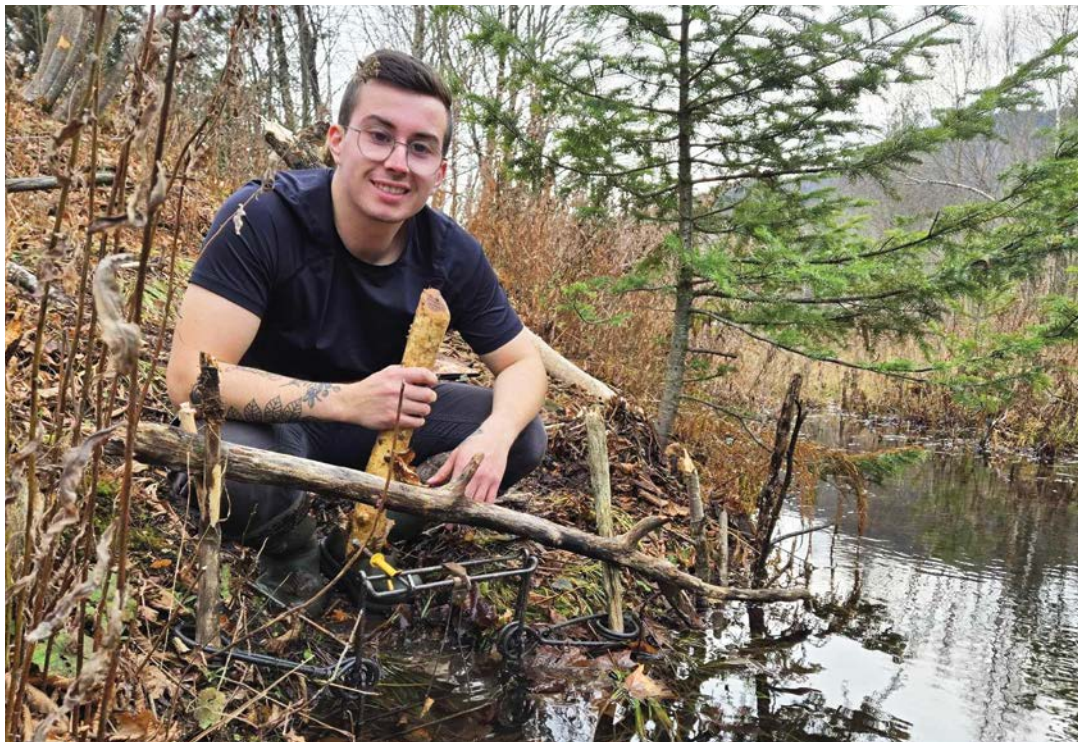
**Let's write an illustrated book together about the W8banaki Nation**

The Ndakina Office has set up an editorial committee with the aim of collectively writing a book for the general public on the Nation - its history, territory and culture.

Different levels of involvement:

- Share your point of view during a meeting.
- Create thematic sections, boxes or vignettes.
- Revise sections of the book.
- Etc.

To get involved, contact Sigwanis Lachapelle: [slachapelle@gcnwa.com](mailto:slachapelle@gcnwa.com) | 819 294-1686



(For all three photos) Jean-Guy Junior Landry and Isaak Lachapelle-Gill. Guardians of the Ndakina, in action, trapping beavers on protected area territory, which will be cooked during the Wlipogwat banquet.

**THE WLIPOGWAT (DELICIOUS) BANQUET!**

Wlipogwat means "it's good" or "it tastes good" in Aln8ba8dwaw8gan. It aims to enhance the value of w8banaki food found on the Ndakina and make these resources and knowledge more accessible.

Throughout the year, the Ndakina Office organized field trips to harvest traditional resources (fish, Canada geese, beavers, wild garlic, etc.).

The Kchi Mijow8gan (big community meal) will take place on May 3, 2025, where all members of the Nation are invited to taste the flavours of the territory.

For this wonderful project, we are looking for:

- Members who have **Ndakina resources to share** (game, plants, fruit, etc.)
- **Volunteers to cook** these foods at the event!

To get involved, contact [eblanchet@gcnwa.com](mailto:eblanchet@gcnwa.com) | 819 294-1686



## WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



**Jean Vollant**  
Director - Odanak Health Center

**Dear community members, employees and partners,**

As we begin 2025, I'd like to wish you all the very best. May this new year bring you happiness and fulfillment. I would also like to take this opportunity to extend my warmest thanks to all our staff. Your hard work, passion and commitment throughout 2024 have been essential to our dedication to serving our Abenaki population.

The transition to a new year is a good time to reflect and evaluate our achievements. It is important to keep in mind the noble mission that unites us: to help those who need it most. Thanks to the commitment of every member of our organization, we are able to make a significant difference in the lives of those we support. Every day, we combine the action of helping, caring, rehabilitating, protecting and preventing.

For 2025, we will continue to pursue the same objectives and adopt the same methods as in 2024. We are pleased to see a significant increase in collaboration between the Health Centre and our valued partners, a testament to our collective progress.

We remain committed to rigorous and transparent management of our resources, while ensuring that we support and develop the skills of our employees. The contribution of each and every member of our clinical, administrative and support teams is essential to achieving our shared mission. Be proud of the results we achieve together!

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

**Michel Paul**

Accreditation coordinator (contract) - Odanak Health Center

**Kwei to all,**

The process of renewing the OHC's accreditation status is progressing in line with the continuous quality and safety improvement plan (CQSIP/2024-2025) presented to and adopted by the various bodies concerned.

Since the beginning of April, we have been working tirelessly with the majority of our designated team leaders to follow up on the results of last year's self-assessment exercise (compliance audit) based on the standards, criteria and required organizational practices (ROPs) contained in our assessment manual.

In our last publication on accreditation, we presented you with a table illustrating the different stages in chronological order linked to our CQSIP objectives, in preparation for our next accreditation visit scheduled for May 2025. Here is a summary assessment to date, in percentage (%) terms, of the achievement of our objectives associated with each of the main activities described below:

### ASSESSMENT OF THE CQSIP IMPLEMENTATION (2024-2025) IN PREPARATION FOR OUR NEXT VISIT

	MAIN ACTIVITIES	SCHEDULE	ASSESSMENT (%)
STEPS	1 Deployment of the workforce survey, communication of results to stakeholders and team members, and follow-up of corrective actions where necessary.	December 2024	90%
	2 Deployment of customer surveys on the appreciation of healthcare services, communication of results to the QRMC and follow-up on the application of corrective measures where applicable.	May 2024	100%
	3 Carrying out a practical fire evacuation exercise, producing a report evaluating the event and monitoring the application of corrective measures.	June 2024	100%
	4 Review and update of all our clinical-administrative processes (re: policies, care procedures, clinical intervention protocols, etc.).	November 2024	95%
	5 Assessment of compliance with applicable ROPs under our standards assessment manual.	December 2024	100%
	6 Follow-up of all criteria deemed non-compliant during the last visit, of the areas for improvement identified following the self-assessment exercise, and implementation of corrective measures.	February 2025	85%
	7 Planning, implementation and coordination of certain other activities in preparation for our visit in May 2025.	March 2025	30%

This table illustrates all the work we've done as a team to date. We believe we are on track to achieve all our objectives within the deadlines set out in the CQSIP, and to be ready for our evaluation meeting with visitors in May.

Kitci Mikwetc!



## WORD FROM THE ASSISTANT DIRECTOR OF THE HEALTH CENTER

### Julie Durand

Assistant Director - Odanak Health Center

#### Kmaï mziwi!

I would first like to offer you my very best wishes for the year ahead! Health, kindness and wonderful moments of joy with family, friends and your community!

Ms. Claire from the FNHSP prepared little moccasins for all the children attending the daycare centre as part of the "Rock your Mocs" project! And to celebrate Elders' Day, she baked 400 cookies! With the support of the OHC nurses, they were given to the Odanak elders. Every week, children aged two to five have the chance to visit the FNHSP premises to discover and learn more about Abenaki culture. Indigenous music accompanies the youngsters throughout the activities, and they can discover flora, fauna, vocabulary, songs, dances and traditions. What could be better than an afternoon nap with Ms. Claire? During the winter, she'll be taking a well-deserved vacation, and service will resume as usual on her return.

With regard to food security, game distribution is now handled by the BETO in collaboration with the OHC nutritionist. If you are experiencing food insecurity, don't hesitate to contact Marie-France David. Meals on Wheels serves close to 50 portions every Wednesday and Friday. We first opened our doors to community elders. Since not all places were filled, we also accepted applications from individuals on income security. Finally, to support parents on parental leave, we opened our doors to moms and dads who are at home with baby during the child's first year of life. We welcomed two new delivery drivers, Ms. Eugénie Nolett-Descheaux and Mr. Marcel Durand. They started delivering at the end of November. Many thanks to Mme Andrée Provost, her husband Jean-Pierre, and Mme Jessica Ann Watso for all their hard work!

The Kchaïak committee wishes to offer a variety of activities for people aged 50 and over living in the community. The aim is to break the isolation of the elderly. We would also like to remind you that knitting afternoons are held on Tuesdays from 1:00 to 3:00 p.m. in the Aln8baïwi Hall. Some additions have been made to enhance the offer. Puzzles, mandalas, fabric painting, diamond painting and books of crosswords, word puzzles and Sudoku are also available on site. Every month, the entire population is invited to a community lunch. Recently, we had a visit from the dental hygienist and adapted physical exercise workshops will resume in January with Christina. Be on the lookout for these activities! They are varied, inclusive and unifying!

At community level, the Christmas dinner was a real success! A total of 108 people attended the meal, the presentation of gifts to the children and the evening party. Angélie Lafontaine welcomed her new baby in December, and is currently being replaced by Ann-Sophie Bédard during her maternity leave. If you have any suggestions or questions, please don't hesitate to contact us!

In the healthy lifestyle sector, further mountain excursions are planned for 2025. The target clientele will be mothers and daughters. In addition, meetings with pregnant and post-partum mothers are continuing. For her part, Marie-Pier, a dietary technician, is continuing her family cooking workshops for beginners. Once again, these health professionals are there for you, to help you develop, or maintain, healthy lifestyle habits!

In keeping with Jordan's principle, Ms. Justine M'Sadoques-Plourde holds numerous meetings with partners and organizations in the region to raise awareness of the resource. Together with the members of the committee, she heads mobilizations and guidelines are put in place to meet children's needs: the right service, for the right children, at the right level!

The 2025-2029 Community Health and Wellness Plan was adopted by the Abenaki Council of Odanak in November 2024. In the winter of 2025, the FEHNCY project (health status of young people aged 3-19) will be launched. I also sit on the CAB board of directors, the NoYau steering committee and the TIR-SHV. With Mr. Vollant, I work to promote the Health Centre in the region with our partners.

Kchi wliwni!

## MEDICAL ARCHIVES

### Paule Leiby

Medical Archivist and Transportation Coordinator - Odanak Health Center

#### DO YOU KNOW YOUR RIGHTS?

##### PATIENTS' RIGHT TO CONFIDENTIALITY

Everyone has the right to privacy. This fundamental right is guaranteed by the Canadian Charter of Rights and Freedoms and the Civil Code of Québec.

Healthcare establishments are subject to several laws in order to respect this fundamental right. In particular, section 19 of the Act respecting health services and social services provides a framework for this right.

"A user's record is confidential and no one may have access to it, except with the consent of the user or of the person authorized to give consent on the user's behalf, on the order of a court or a coroner in the exercise of his or her functions or where this Act provides that an institution may be required to communicate information contained in the record."

#### ACCESS TO HEALTH INFORMATION

##### YOUR HEALTH INFORMATION CAN BE FOUND :

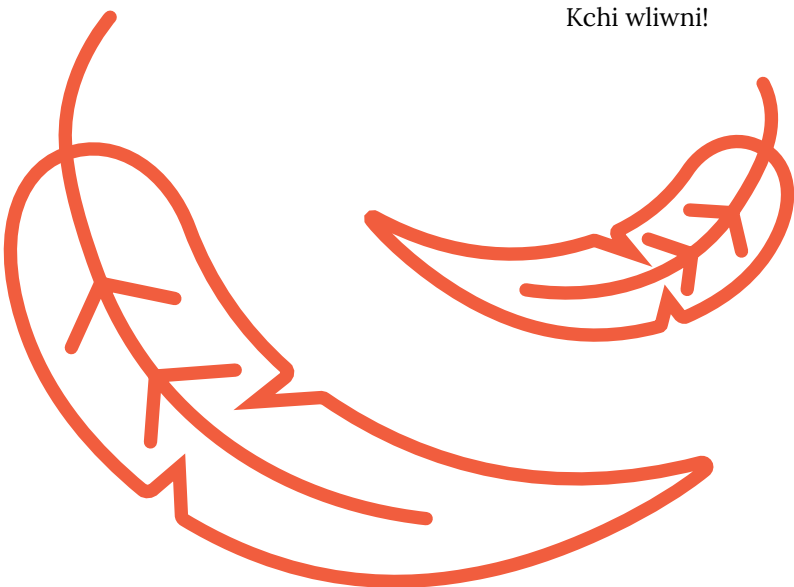
- In the physical medical file kept in the medical archives department.
- As a computerized or digitized file, controlled by access codes (ID and password for traceability of actions).

The medical record is an essential multidisciplinary tool for ensuring continuity of care. Healthcare professionals have access to it only in the context of their duties and where the information is relevant to the provision of care. Confidentiality agreements are signed to this effect, and sanctions may be applied in the event of breach.

##### ANY PATIENT MAY CONTACT THE HEALTHCARE ESTABLISHMENT TO :

- Consult his/her file.
- Obtain photocopies of his/her file.
- Make a rectification request.
- Obtain assistance with an access request.
- Exercise his/her right of refusal.
- Exercise his/her right of recourse.

For more information, contact Ms. Paule Leiby at 450-568-6766 ext. 4031 or at [pleiby@csodanak.com](mailto:pleiby@csodanak.com).



## WORD FROM THE DENTAL HYGIENIST



**Élisabeth Morel**  
Dental hygienist -  
Odanak Health Center

### ACHIEVEMENTS

Fall was interesting for oral health prevention in Odanak.

- Screenings, referrals for dental treatment and the first topical applications of fluoride varnish were carried out at the daycare centre.
- A conference on Oral health through time (La santé buccodentaire à travers le temps) was held on November 12, attended by some fifteen people.



An information booth on the Community Oral Health Services (COHS) program was set up during the flu/covid vaccination day on the afternoon of November 5.



Storybooks on oral health, entitled "La magie des dents de lait", were distributed to families in Odanak. This beautifully illustrated book is an inviting way to learn about healthy oral care habits, encourage reading and enjoy family time together.

### NEXT

- The pit and fissure sealing event has been rescheduled for January 15, 2025. Children aged 6 to 14 can attend by appointment.
- Prevention/screening for school-age children during pedagogical days (dates to come).
- Monitoring of topical fluoride applications at the daycare centre, for a maximum of four applications per child, per year.

I remain available for clients of all ages, by appointment, by calling the Odanak Health Center at **450-568-6766** for:

- screenings.
- fluoride varnish applications.
- applications of silver diamine fluoride for incipient cavities.
- home visits.
- oral hygiene education sessions.

### PIT AND FISSURE SEALING

**Before:**



**After:**



## GET READY FOR YOUR RESOLUTIONS!

**Jessica Papineau**  
Kinesiologist - Odanak Health Center

**Marie-Pier Desnoyers**  
Physical educator and Dietary technician student

**Among your New Year's resolutions, you might want to get back into shape, do more physical activity or eat healthier.**

When you think about it, a resolution that seemed so simple suddenly becomes complex. Where will I do my activity or sport? What sports interest me? What types of facilities are available? Do I prefer to train at home, outdoors or at a gym? If I train at home, do I have the necessary equipment? Am I doing the right exercises? What do I eat before and after training? Is my diet adapted to my needs?

With the holiday season behind you, you're back to your busy routine. You're off to a good start, until monotony sets in and an old backache slows you down? Is my diet adapted to my needs?.

Change requires preparation. This year, put all the chances on your side!

At the health centre, there are many people who can offer you support and information about physical activity. Come and meet us!

*Kinesiology is a health discipline specializing in physical activity. It uses movement to prevent, treat and improve performance.*



**Write down 3 accessible activities that you enjoy.**

**Plan one or more time slots in your week.**

**Set a smart goal**

**Find support resources in your community.**

**Move every day. The smallest activity is important!**



# NON-INSURED HEALTH BENEFITS (NIHB)

## Lyne Mailhot

Health Liaison Officer and NIHB Navigator for the province of Quebec - Odanak Health Centre

### NIHB PROGRAM ELIGIBILITY

Eligible clients must reside in Quebec, whether they live inside or outside the Odanak community:

- a registered member of the Odanak Band.
- a child under 2 years old whose parent is NIHB eligible.

### HOW TO ACCESS NIHB PRODUCTS AND SERVICES

- Before making a purchase or receiving a service, contact the Odanak Health Centre in your community to confirm program eligibility and benefit coverage, and to find an enrolled service provider.
- You may need to provide a prescription or medical justification.

### HOW TO OBTAIN REIMBURSEMENT

If you have already paid for an eligible product or service, follow these steps to obtain a reimbursement:

- Contact the NIHB Program Liaison Officer at the Odanak Health Centre.
- Reimbursement requests for all other benefits are processed by Express Scripts Canada and can be submitted by mail, fax, or online through a secure web account. Visit [nihb-ssna.express-scripts.ca](http://nihb-ssna.express-scripts.ca) for more information or to create an NIHB client web account [nihb-ssna.express-scripts.ca](http://nihb-ssna.express-scripts.ca).

### PAY PROGRAM PROCESSES

1. If you are covered by another health plan, such as an employer-funded program, you must submit claims there first.
2. The NIHB Program will pay the difference up to the maximum amount of the rate chart.

## NON-INSURED HEALTH SERVICES ARE:

DENTAL BENEFITS	EXAMPLES
Diagnostic	X-rays
Preventive	Cleanings
Restorative	Fillings
Endodontic	Root canals
Periodontal	Deep cleanings
Removable prosthodontic	Dentures
Oral surgery	Extractions
Orthodontic services	Braces
Adjunctive services	Sedation

MENTAL HEALTH COUNSELLING	EXAMPLES
Individual or group counselling for eligible clients with a licensed mental health professional	A psychologist or social worker
Traditional healer services may also be available in some communities	-

VISION CARE
Eye exams
Eyeglasses and contact lenses prescribed by a vision care professional
Eyeglass repairs

MEDICATION
Prescription and over-the-counter medications prescribed or recommended by a health professional

MEDICAL SUPPLIES AND EQUIPMENT	EXAMPLES
Pressure garments and compression stockings	-
Medical supplies	Dressings and incontinence supplies
Mobility and self-care equipment	Walking, bathing, and toileting aids
Limbs, body orthotics, prosthetics, and footwear equipment	-
Oxygen and respiratory supplies and equipment	Continuous Positive Airway Pressure (CPAP) machines
Audiology equipment	Hearing aids

Phone: 450-568-6766 ext. 4030 | Fax: 450-568-6717



## MEDICAL TRANSPORTATION

We've noticed an **increase in last-minute cancellations** when the customer doesn't have the driver they want. When you are assigned the contract driver, a CAB volunteer driver or a cab, this means that there is no availability with the permanent driver.

**Please note that if you refuse to travel with the designated driver, your transportation request will be refused. In addition, no fuel refund will be authorized.**

A complaint form is available at the Health Center reception desk if you have a complaint about the medical transportation service.

For insurance reasons, all users of medical transportation must sit in the back.

### CANCELLED APPOINTMENT

If your appointment is cancelled, please notify the OHC as soon as possible (at least 24 hours in advance) to avoid having the reserved transport come to your home and having to pay travel expenses.

### REMINDER

In the event that a customer misses an MT previously authorized by the coordinator, or even forgets to call to cancel an authorized medical transport, sanctions will be applied.



	1 <sup>ST</sup> DEFAULT	2 <sup>ND</sup> DEFAULT	3 <sup>RD</sup> DEFAULT
PENALTIES	Sending a letter to the customer from the Health Center's management.	MT service refused for 1 month.	MT service refused for 1 month and \$20 fee payable to Abenaki Council of Odanak.

For further information, please contact your coordinator, Ms. Paule Leiby, or Ms. Sandrine Cardin at the Odanak Health Center:

Phone: **450-568-6766**

MT cellphone: **450-780-1363**  
(outside OHC opening hours)

Email: **pleiby@csodanak.com**  
or **scardin@csodanak.com**

## RESOURCES TO HELP WITH DIABETES

**Marie-Noël Mayrand**

*Clinical Nurse and Chronic Disease Program Manager - Odanak Health Center*

Whether diagnosed for the first time or living with the disease for many years, it's not uncommon to have health-related questions. Your doctor, pharmacist, nurse and 811 are available to help you. Sometimes, however, we prefer to take our time and learn at our own pace. The Internet is teeming with information to answer our questions. However, we must be careful to obtain the information we need from reliable and validated sources.

The Diabète Québec website is one of the leading references on the subject. It contains a wealth of information of all kinds, including:

- Diabetes and its different types
- Managing diabetes
- Living with diabetes
- Documentation
- Videos
- Trainings
- Public service directories
- Support

I therefore invite you to visit the website [diabete.qc.ca](http://diabete.qc.ca). It could be a valuable tool to assist you.

**450-568-6766 ext. 4023**



# SMOKE-FREE COMMUNITY CHALLENGE

**Gabrielle Dolan**

*Clinical Nurse - Odanak Health Center*

**Did you know?**

Once again this year, the Smoke-Free Community Challenge will take place in Odanak. We encourage you to contact us for personalized help and support in quitting smoking during this 6-week challenge. Several prizes will be distributed to participants. Quitting smoking is one of the best gifts you can give yourself to improve your health!

The benefits of quitting smoking are felt immediately....

- **20 minutes:** Blood pressure and pulse return to normal.
- **8 hours:** Blood oxygen levels rise and return to normal.
- **24 hours:** The risk of having a heart attack begins to decrease.
- **1 year:** Heart attack risk is reduced by 50%.
- **3 years:** Risk of death from lung cancer reduced by half.

Registration dates for the challenge will be published in January 2025, so don't hesitate to contact us!

# WORD FROM MRS. TRÉPANIÉR FEQUÉ

**Stacey Trépanier Fequet**

*Social Worker - Odanak Health Center*

**Hello!**

My name is Stacey Trépanier Fequet. I've been a social worker for nearly 10 years. I'm originally from Sept-Îles on the North Shore. I worked on the Lower North Shore, briefly in the communities of Pakua Shipi and Unamen Shipu, then in Quebec City in an English-speaking hospital, and then in Drummondville for 3 years in mental health.

I have been with the Odanak Health Centre for 6 months. I offer my services to a varied adult clientele (both status and non-status members) and in relation to different issues: mental wellness (anxiety, depression, etc.), marital or family difficulties, communication issues, self-esteem, and much more. I place great importance on openness, respect and non-judgment. I look forward to meeting you!

Thank you!

# TEST YOUR KNOWLEDGE!

**Isabelle Dupuis**

*Clinical Nurse and Maternal and Infant Health - Odanak Health Center*

**QUESTION 1**

**What childhood illness is caused by a virus and characterized by vomiting and diarrhea?**

- A) Gastroenteritis
- B) Rotavirus
- C) Norovirus
- D) Dysentery

**QUESTION 2**

**Which childhood illness is a bacterial infection that can cause inflammation of the skin and soft tissue?**

- A) Impetigo
- B) Eczema
- C) Dermatitis
- D) Cellulitis

**QUESTION 3**

**Which childhood illness is a viral infection that can cause high fever and convulsions?**

- A) Meningitis
- B) Encephalitis
- C) Roseolar rash
- D) Measles

**QUESTION 4**

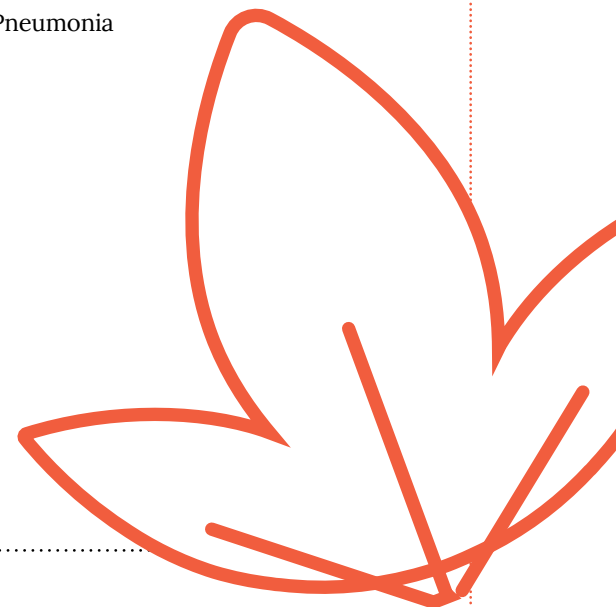
**What childhood illness is a chronic respiratory condition that can lead to asthma attacks?**

- A) Asthma
- B) Bronchitis
- C) Pneumonia
- D) Emphysema

**QUESTION 5**

**What childhood illness is a bacterial infection that can cause inflammation of the ears and throat?**

- A) Otitis
- B) Angina
- C) Sinusitis
- D) Pneumonia



**Answers**

Question 1 : A) Gastroenteritis: viral or bacterial infection affecting the stomach and intestines

Question 2 : A) Impetigo: bacterial skin infection, often caused by Staphylococcus aureus

Question 3 : C) Roseola: viral infection that causes high fever and a skin rash

Question 4 : A) Asthma: a chronic respiratory condition that causes coughing and difficulty breathing

Question 5 : A) Otitis: bacterial or viral infection affecting the middle ear, causing inflammation and symptoms such as ear pain, fever, fluid discharge and/or hearing loss



# NEWS FROM YOUR MUSEUM



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

## THE MUSEUM RECEIVES THREE AWARDS!

Over the past few months, the Musée des Abénakis has been recognized for its outstanding efforts, receiving three prestigious awards. These underline the Museum's central role in the preservation and promotion of Abenaki culture.

- Recipient of the *Prix Innovation 2024* from Tourisme Centre-du-Québec
- Recipient of the *Prix Prospère Employeur Autochtone 2024* from the Conseil du patronat du Québec
- Recipient of the *First Nations Business Award* from the Coeur-du-Québec Chambre of Commerce and Industry

2024 is the culmination of a monumental amount of work spread over several years. We hope that the pride felt at the announcement of these awards will transcend the walls of the Museum and reach out to you, the members of the community. This has been a memorable year for the Museum and Abenaki culture.

## AN ANNUAL GENERAL ASSEMBLY UNDER THE BANNER OF PRIDE

It was with great pleasure that the President and Executive Director presented the 2023-2024 Activity Report at the AGA last November.

“As we turn an important page, we look to the future with enthusiasm. This year's successes - increased attendance, meaningful collaborations and the ongoing support of our community - reaffirm the Museum's key role in preserving and transmitting Abenaki heritage,” said Vicky Desfossés-Bégin, Executive Director of the Musée des Abénakis.



From left to right, Ms. Émilie McKenzie, Development Advisor at Indigenous Tourism Quebec, Ms. Vicky Desfossés-Bégin, Executive Director of the Abenaki Museum, and Mr. Jacques T. Watso, Councillor at the Abenaki Council of Odanak.

Photo Credit: Frédérick Côté

## MUSEUM IN CHRISTMAS MODE

On December 7 and 8, the Museum vibrated to the rhythm of its traditional Indigenous Christmas Market. Over twenty talented artists and artisans welcomed visitors with their unique creations: authentic crafts, gourmet gifts, striking works of art and original clothing.

Want to relive those magical moments? Take a look at the photos on the Museum website, under the “*Marché de Noël*” tab.

## OUR OWN 2025!

At the start of this new year, we would like to offer you our best wishes for health and happiness, and assure you that the Museum will continue its mission, guided by its values of authenticity, communication and excellence.

Following the renovation of the upstairs gallery, the Museum is now prepared to host temporary exhibitions by contemporary Indigenous artists. In the near future, Patricia and Raphaëlle Langevin, Innu from Mashteuiatsh, will take over this room with their exhibition *Aianishkat, de génération en génération*, which explores the transmission of culture and identity to women, and their relationship to Indian status through the generations.

Later this year, the Ndakina Office of W8banaki will invite you to discover a temporary exhibition devoted to the history of the Abenaki hunting and fishing guides who worked on the Ndakina, the ancestral territory. In the fall, Atikamekw artist Sophie Basile-Martel will present her exhibition *Warowik E Otciteian, or Revenir de loin*.

What's more, the Museum works hard to bring you surprising and unifying cultural activities. We invite you to follow our social media and visit the Museum's website to find out all about our programming.



From left to right, Mr. Philippe Forest, Vice President of Indigenous Markets at RBC, Ms. Helen Watso, Chair of the Museum's Board of Directors, Mr. Ghislain Picard, Chief of the Assembly of First Nations Quebec-Labrador, and Mr. Denis Deschamps, Chair of the Board of Directors of the Conseil du Patronat du Québec.

## A NEW YEAR'S WISH

If the Museum could make a wish, it would ask you to support the organization by becoming a member. This commitment demonstrates a gesture of solidarity that strengthens the Museum's reputation and pushes it forward. Be among those who take action and make concrete gestures to support this gathering place and celebration of Abenaki culture. Be part of the adventure with us!

To find out more about membership benefits and conditions, visit [museeabenakis.ca](http://museeabenakis.ca) under the Adhésion & dons tab.

May the New Year be kind to you!

