

W8BANAKI PILASKW

WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
Council of Odanak

Kwaï fellow band members,

I hope you all had a memorable summer. We have gotten to meet many members from out of province who visited our Pow Wow and visited us on their holidays. I'm happy to have met so many of you.

As you know, there have been some new and some restructuring of existing programs in the works. Initiatives which contribute to slowly restoring our connections to one another and to our ancestral heritage are growing. Making peace with the loss of important building blocks for reclaiming our identity as a people is important in our moving forward. Steps are being taken to ensure trustworthy sources for our restorative work.

Building our community is a priority for your government and services. Inter-nation exchange projects in sports and culture, working to restore the language, rites and teachings keeps many of you hard at work. Teachings are being uncovered and shared with the collective. The next generation is blessed to have each one of you who make this a priority. The culture and connections once shared need to be present for our grandchildren in order to restore that which was taken away from our ancestors.

We are moving along in our process of resolving the land claim investment and distribution process. We are advancing in collecting data that will allow us to make the right decisions for short- and long-term protection and sustainability of programs in health, security and education. We must continue our work to restore and rebuild an autonomous sustainable future. As your council we do so with great care and vision.

We continue to gather data to consider "resources vs needs" so that we can accurately project and protect what our community's quality of life will look like for years to come. Access to important services must be safeguarded. We are working diligently to ensure that our decisions' long-term impacts have been considered. We want to continue to build a future that has promise for our grandchildren.



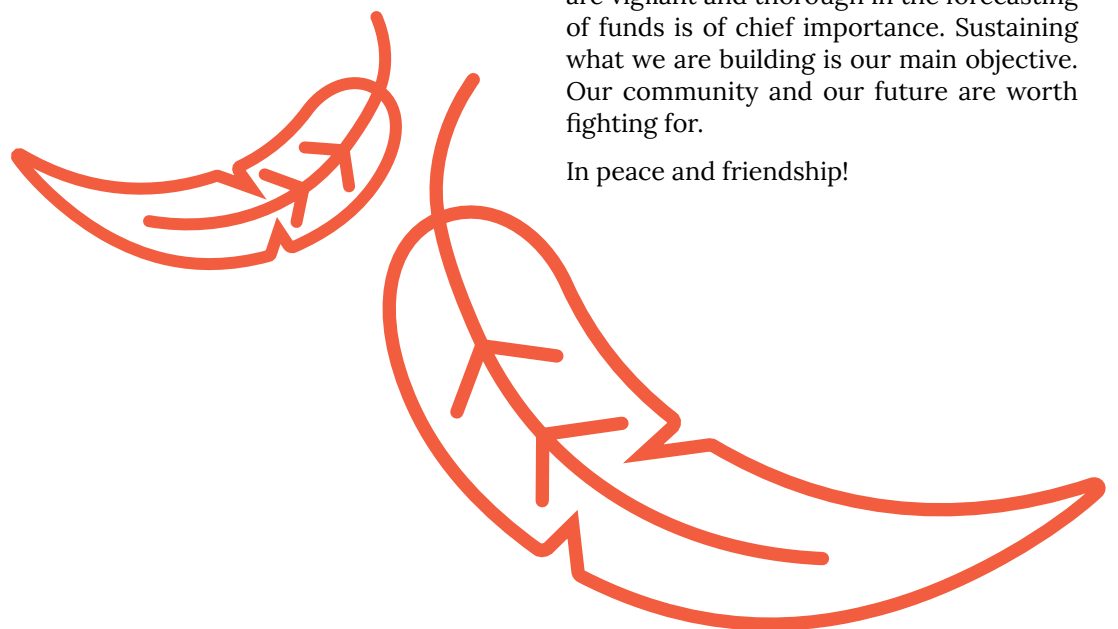
Source: Masta Marsh

As we move into fall, we continue to adapt to world changes and the ripple effects on the economy of our country. As we work hard to implement a sustainable framework for our people's wellness and development, we cannot ignore the lurking threats to the status quo.

Bill c-5 is again an example of questionable veracity in the actions of the Federal government. Unilaterally crashing through barriers that may hinder big development, without accountability is somewhat reckless. Respecting agreements and treaties cannot be ignored. Fiduciary responsibility cannot be ignored. Consultation and collaborative work are important commitments between First Nations and the Federal government and cannot be ignored.

There is also much talk about Federal budget cuts for Indigenous Service Canada (ISC), the federal department responsible for funding essential services for First Nations people. They have been asked to cut spending by up to 15% over the next three years. The total Federal First Nations budget which is currently 25.2 billion is forecast to decrease by about 5 billion through 27-28. This will, without a doubt bring cuts to much needed programs and services in our community such as health, education and policing. Per capita funding is also decreasing with the lesser number of Status Members on which this funding is based thereby creating another issue affecting resources, bringing about annual decreases. There is no doubt that the road ahead is challenging. Ensuring that we are vigilant and thorough in the forecasting of funds is of chief importance. Sustaining what we are building is our main objective. Our community and our future are worth fighting for.

In peace and friendship!



WORD FROM COUNCILLORS



Jacques T. Watso
Councillor - Abenaki Council of Odanak

Kwaï,

The subject of Odanak’s specific claims is on everyone’s lips in the community, so let’s get straight to the point.

First, on behalf of the Council, I would like to apologize for the delay in the latest edition of the W8banaki Pilaskw, which was published two months late. This situation won’t happen again and we thank you for your understanding.

I am writing this article on the newspaper’s deadline date, August 4, 2025. It’s therefore possible that many things may have changed between now and the time you read these lines.

The matter of specific claims is as complex as it is sensitive. We are actively working on this with a clear objective in mind: to ensure that Odanak’s rights over its territory are respected. The past, collective memory, and future of our nation are at the heart of this initiative.

My position on this matter, as I have stated in council and at meetings, remains unchanged: it is not up to tax specialists or financial

experts to determine how royalties are to be used, but rather to the elected officials you have chosen to represent your interests.

I have heard your messages, your calls, your comments during public consultations, your responses to surveys, and private discussions. A clear trend is emerging: The vast majority of members want direct financial compensation, that is a payout.

So here is my vision, based on your expectations and our collective needs:

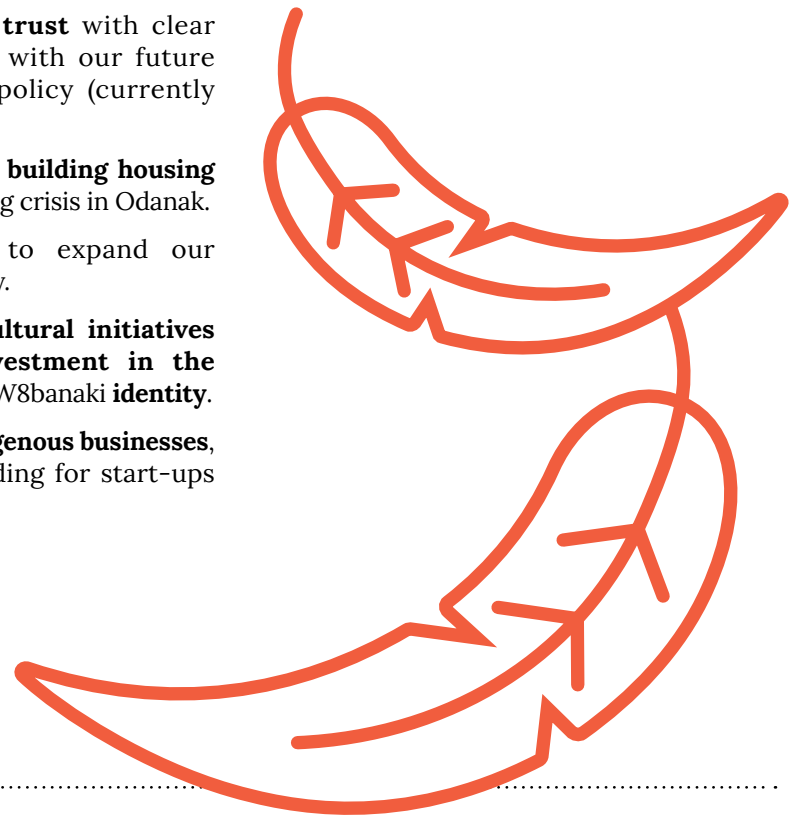
- A **direct compensation to each band member**, whether living on or off the community, representing 40% of the total amount.
- The **creation of a trust** with clear guidelines, aligned with our future major investment policy (currently being developed).
- A **fund dedicated to building housing** to address the housing crisis in Odanak.
- **Land repurchase** to expand our community’s territory.
- The **support for cultural initiatives and massive reinvestment in the revitalization of the W8banaki identity.**
- The **support for indigenous businesses**, with accessible funding for start-ups or growth.

- The establishment of a **scholarship program** to encourage the academic success of our members.

This approach aims to strike a balance between individual justice, collective development, and cultural sustainability. It is based on listening to the community and on a strong, forward-looking vision.

To stay informed in real time about developments on this matter, I invite you to follow me on social media, where I regularly post information about the major issues affecting our Nation.

Wliwni – thank you for your trust.



Martin Gill
Councillor - Abenaki Council of Odanak

Kwaï, Hello,

First, I would like to thank the entire community for its involvement in the 66th edition of the Odanak Pow Wow, which took place on July 19 and 20. This year, the Pow Wow attracted more than 6,000 people over the weekend.

Special thanks to this Pow Wow’s organizing committee for their exceptional work.

Thanks to Theresa Watso, Isaak Lachapelle-Gill, Sébastien Gill, Pierre Gauthier, and Mélodie Roy (intern at the University of Quebec in Trois-Rivières).

Also many thanks to Caroline Cardin and Janice Cardin for the community dinner held on Friday, July 18, which was very popular as always, attracting nearly 100 people.

Thank you to the volunteers who helped out over the weekend, especially Mégan M’Sadoques, Alexis Gill Boisclair, and Martin Roy.

Of course, none of this would have been possible without our sponsors for this event.



Many thanks to:

Gouvernement of the Abenaki of Odanak, Canada Heritage, Hydro-Québec, Innergex, BMO, Dionne and Schulze Law Firm, Challenge 255, W8banaki, Abenaki Aventure Campground, Depan-O-Gaz-Nimowon, Metro, Lou-Tech, and Ferme des Ormes.

We hope you enjoyed this year’s festivities once again.

The selected dates for next year’s event are July 18 and 19, 2026.

Thank you once again and see you next.

Wliwni, Thank you



WORD FROM COUNCILLORS



Florence Benedict
Councillor - Abenaki Council of Odanak

Kwaï,

Dear loyal and dedicated readers of our Pilaskw newspaper,

The last few months have been quite busy for the Council members.

AGENDA 2025

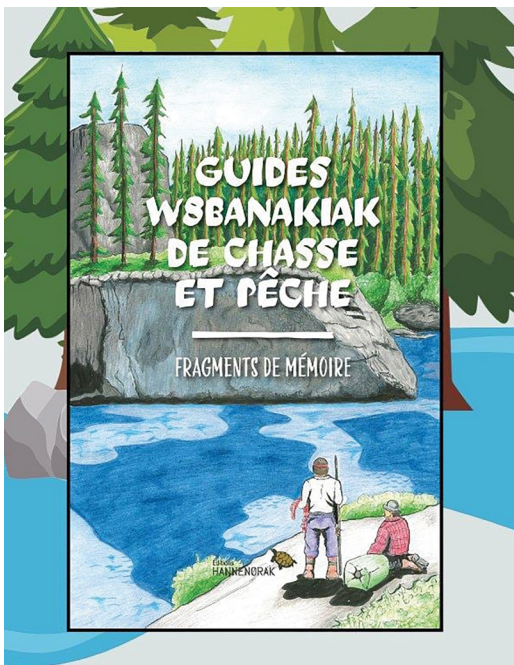
APRIL

April 10

Launch of the French comic book entitled "Guides w8banakiak de chasse et pêche" created by Mr. Eddy O'Bomsawin in collaboration with the Ndakina Office;

A collection of anecdotes illustrated and narrated by our Abenaki guides, who were present at the launch to share their stories.

More than 55 people attended the launch. Congratulations, Eddy!



Source: Guides de chasse



Source: Front row, seated from left to right: Jean-Paul Lamirande, Jean-Claude Nolett, Frank Sioui, Florian R. O'Bomsawin, and Jean-Clement Gauthier.

April 23

Meeting at the Museum for the "Verdissons Odanak" (Let's make Odanak greener) project organized and led by BETO and the Ndakina Office.



Source: Meeting at the Museum for the "Verdissons Odanak" (Let's make Odanak greener) project.

April 24

I attended the official launch of Tourisme Odanak, held at Aventure Campground and organized by Ms. Stéphanie Nika Trottier, our tourism agent in Odanak.

More than 130 people participated in the event, which proved to be a great success.

April 25 to 27

Quebec Native Women's Organisation at Quartier DIX30 in Brossard.

MAY

May 10

Hybrid assembly of Nation members regarding land claims.

The purpose of this meeting, which took place under the marquee of the Abenaki Aventure campground, was primarily to gather suggestions from members.

More than 250 members participated both virtually and in person.

May 26 to 28

The Council traveled to the Baluchon Motel in St-Paulin for an intensive three-day retreat of consultation and training as part of the Political Priorities Plan.

JUNE

June 12

Councillor Martin Gill and I attended the medal ceremony at the Entourage sur-le-lac hotel in Lac-Beauport in the Quebec City region.

Dave O'Bomsawin and Pascal Gill received medals for their 15 years of service as police officers in a beautiful ceremony, surrounded by their loved ones and colleagues.



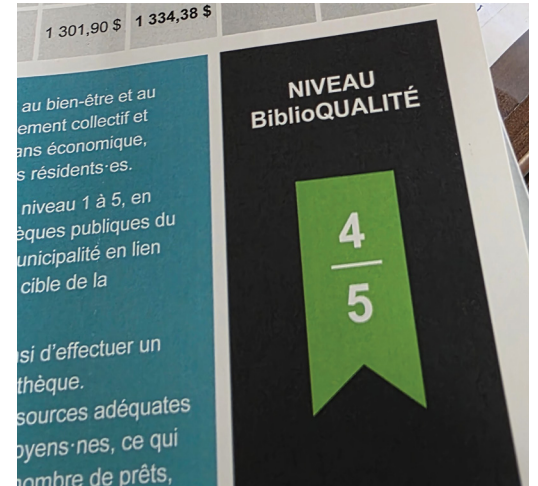
Source: Medal ceremony. From left to right: Martin Gill, Dave O'Bomsawin, myself, and Pascal Gill.

June 13

We received a score of 4 out of 5 for the quality of our library for 2025.

A wonderful recognition and a great job by our librarian, Ms. Marcelle R. O'Bomsawin

and her loyal volunteers who help maintain high quality service standards to the public.



Source: Rating received for the quality of the library.

June 25

Meeting at the Community Center for a second consultation for the territorial claim

Approximately 220 people attended both virtually and in person.

JULY

July 19 and 20

What a magnificent 66th edition of the 2025 Pow Wow!

We congratulate both the organizers and volunteers of this event.

July 22

The Council visited the offices of MNP (an audit firm) in Trois-Rivières to discuss the Council's future investment policies.

AUGUST

August 10

An F.A.Q.W.N. meeting took place in preparation for the AGM to be held at the Delta Hotel in Trois-Rivières on September 27 and 28, 2025, as well as the selection of delegates.

For those who could be interested, the position of Representative of the Wabanaki Nation will be up for election.

See you soon and please take care in the meantime!

Wliwni



WORD FROM COUNCILLORS



Alain O'Bomsawin
Councillor - Abenaki Council of Odanak

Kwaï,

First of all, I would like to give a special mention to the organizers of the Mini Pow Wow. The event was a resounding success,

demonstrating how important traditional family values are to members of the Nation.

It was wonderful to see families and young people getting involved in the cultural workshops offered.

The organizers and volunteers of the 2025 Pow Wow also showcased Abenaki culture through songs, dances, crafts kiosks, and traditional food tastings. Many thanks to everyone involved! In fact, several people in attendance drove for hours to attend this gathering. This shows a strong sense of belonging, despite the distance between us.

In conclusion, it is essential to address the issue of land claims, which have generated significant engagement from community members. Every person who gets involved helps the discussions move forward, and every voice is important. Your continued involvement is valuable to us.

On that note, I hope you had wonderful summer vacation and enjoyed good times with your family.

We can be proud of our Nation!

Wli Wni



WORD FROM MANAGEMENT



Daniel G. Nolett
Executive director - Abenaki Council of Odanak

Kwaï mziwi!

In my last article published in the summer edition of Pilaskw in regards to the issue of the shelter for Indigenous women and children fleeing violence, I mentioned that we were in the final steps of the hiring process for the Director. However, this position was not filled because the selected candidate withdrew from the process at the very last minute. We are now back to square one and still seeking a Director for the shelter, which unfortunately means that the shelter's opening has been postponed to a later date. To be continued...

The architects from the AUpoint firm are still hard at work on the final construction plans for the new daycare center that will be built in front of the Anglican cemetery on Tolba Street, offering 81 new daycare spaces for children. We are still awaiting approval of the draft plans by Quebec's Ministry of Family Affairs. We were ambitious and believed that construction could begin in early summer, but we experienced delays with the design of the plans and the geotechnical studies that had to be carried out. To be continued...

The call for bids for the renovation of Awassos Street via the Quebec Electronic Tendering System (SEAO) has been postponed until winter, which means that the work will only be carried out in the spring of 2026. This decision is justified by the fact that we have experienced delays in the design of the engineering plans and that if we were to begin the street repair work at the end of the summer or during early fall, chances are that the paving work could not be completed before the asphalt plans are closed for the winter.

The construction of the additional quadruplex (5 ½ apartments) building on Mgezo Street is facing the same situation. We had planned to build it around fall 2025, but due to the high volume of work in W8banaki's technical services department, we are forced to postpone construction to the spring of 2026. To be continued...

With regard to the settlement of specific claims, we held two information sessions and consultation with members on May 10 and June 25. Members were invited to provide the Council with comments and suggestions regarding potential scenarios for managing compensation via email. The participants had until July 4 to provide their feedback. In addition, the Council retained the services of the Dionne Schulze law firm to draft the trust deed. What is a trust deed? It is a legal instrument that serves to guide those mandated to manage the trust's assets (in this case, financial compensation for land claims) in a structured manner. Setting up a trust may seem complex, but it is a powerful tool that offers many advantages in terms of wealth management. What is a trust? A trust is a legal arrangement in which a person or entity, known as the trustee, holds assets for the benefit of one other person or more, known as beneficiaries. Assets can include real estate, bank accounts, investments, or even valuable items. The trust deed defines the responsibilities of the trustee and the rights of the beneficiaries.

The trustees will be appointed at a later date and will be selected according to a well-defined skill set and following a rigorous process. The trust will be completely separate from the Council's administration and entirely apolitical. It will serve the interests of the members in the manner defined in the trust deed.

The Council also retained the services of the firm Normandin Beaudry. Actuaries from this firm will be responsible for providing us with projections for our future funding needs in order to ensure continuity in the programs and services being offered to members. We are aware that looking forward to about 100 years in the future, there will be no Abenakis with status left, which means that we will no longer have government funding to finance these services; hence the importance of having projections of the necessary autonomous

funding needs, which we will obtain around September. On the same topic, the Council met on July 22 to brainstorm about ideas for defining an investment policy. This policy is essential for the Council to properly guide decisions regarding investments in our forward-looking projects, in risk-free funds that will offer secure and profitable returns, and in higher risk projects and funds that will offer high potential returns. In this regard, the MNP firm will be responsible for drafting this policy, which will then be adopted by the Council. To be continued...

The Council also held a retreat at the end of May to define its political priorities. A plan for these priorities was then drafted and approved by the Council during its meeting on June 30. The political priorities plan is available for consultation on the Council's website.

On June 1, a special members' general assembly was held at the community center, during which proposed amendments to the Odanak Citizenship Code were submitted for approval. David Schulze from the Dionne Schulze law firm attended the meeting and presented the amendments. It should be noted that a working committee composed of band members worked for several months on proposed amendments to the code. Several questions were asked and comments were shared. The members of the meeting finally decided to postpone the vote on these proposed amendments to the code until a future special general assembly, as it was agreed to provide members with more time to familiarize themselves with the proposed amendments.

Mziwik, n'sidaldam wli tagw8gw!

I wish you all a wonderful fall!



SHORT COLUMN ON THE ABENAKI LANGUAGE

HOW TO COUNT THE DIVISION OF TIME (CONTINUED)¹

WEEKS	
One week	Pazgwen kizokw
Two weeks	Nisdasanda
Three weeks	Nasdasanda
Four weeks	Iawdasanda
Five weeks	N8nnedasanda
Six weeks	Ngwed8s kasta sanda
Seven weeks	T8baw8s kizokol
and so on	...
DAYS	
One day	Pazgwen kizokw
Two days	Nisnol kizokol
Three days	Nhenol kizokol
Four days	Iawnol kizokol
Five days	N8nnenol kizokol
Six days	Ngwed8s kizokol
Seven days	T8baw8s kizokol
and so on	...
HOURS	
One hour	Ngwed8mkipoda
Two hours	Nis8mkipoda
Three hours	Nas8mkipoda
Four hours	Iaw8mkipoda
Five hours	N8nn8mkipoda
Six hours	Ngwed8s kass8mkipoda
Seven hours	T8baw8s kass8mkipoda
and so on	...

¹ From the book 'INITIATION À LA GRAMMAIRE ABÉNAKISE', Monique Nolett-Ille, Odanak 2006.



Source: Photo taken by Marc Simard from Asban during the May 2025 language camp.

NEWS FROM THE ABENAKI LANGUAGE OFFICE

Text shared by Hélène O'Bomsawin for the Abenaki Language Office.

Kwaï,

Since the Abenaki language reflects our identity and vitality, the Office organizes activities and courses so that people can learn the language and eventually speak it.

In early May, the Office held a language camp bringing together linguists, translators, and teachers of the Innu, Anishnâbé, and W8banaki languages.

The group was also joined by people from Odanak who had heard Abenaki spoken in their families during their childhood and who could testify to what they had understood or heard.

This event proved to be a resounding success with community members and a second edition might be issued in 2026 at the request of participants.

Several initiatives are currently underway to facilitate contact with the language. Thus, a program for learning the basics of the Abenaki language is available on cell phones. For anyone interested, we invite you to look for the Abenaki application. Other applications are currently under development, so stay tuned for announcements. It promises to be quite interesting!

A group of young researchers is also working under the direction of Philippe Charland to confirm and identify sources providing data on the Abenaki language and to advance our knowledge on the subject. To develop the language, it is important that people devote time and energy to it and this group is an indicator of success.

Finally, it appears that a project may be implemented this fall for anyone taking language classes and for those who want to hear and practice the language.

Will you be joining us? Find out more...

Wli nanawalmezikw...



WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



Jean Vollant
Director - Odanak Health Center

Kuei,

I hope you had a great summer! Fall is already fast approaching, and I hope that this summer has allowed you to recharge your batteries, enjoy wonderful moments with family and friends, and return in great shape.

It is with great pride that I present to you the activities of the Odanak Health Center management team. The last few months have seen an increase in requests for support from families benefiting from the Jordan Principle program, as well as an expansion of our psychosocial and healthy lifestyle promotion services.

MESSAGE TO THE HEALTH CENTER TEAM

I would like to take this opportunity to express my sincere gratitude to all members of the Health Center Committees, as well as to all employees, partners, and valued collaborators. Their ongoing commitment and dedication are essential to the implementation of tools and resources that enable our professionals to provide you with quality care.

Their trust and support encourage us every day to continue our efforts toward better meeting your needs. Together, we are working to build a healthier and more balanced community.

I would also like to thank you, the members of the Odanak community, for your trust and cooperation, which are essential to our shared mission.

PURPOSE OF THE OHC

The Odanak Health Center has defined its mission as follows:

“Contribute to improving the health and well-being of members of the Odanak community through health programs focused on health prevention and promotion, using a holistic approach that respects the beliefs and cultural values of the Abenaki Nation.”

This aligns with the vision of the Odanak Abenaki Band Council that states it **is made up of members who are proud of their identity, history, and culture.**

Selected in collaboration with OHC stakeholders, the following guiding principles inform all actions taken and decisions made: **teamwork, collective well-being, and quality of service.**

The above-mentioned elements are part of the strategic plan of the Odanak Abenaki Council, which promotes the fulfillment of the Health Center’s mission. To this end, the values determined by the OAC are also promoted: **happiness, respect, integrity, and commitment.**

COMMUNITY HEALTH AND WELLNESS PLAN 2024-2029

GENERAL OBJECTIVES
Networking: Developing collaborative relationships and partnerships with organizations and agencies that provide health services to the public.
Community member support: Providing support that meets the needs of community members.
Healthy living: providing holistic care to the population.
Back to basics: Offer holistic healthcare to the public.
COMMITTEE, WORKING GROUP, ROUND TABLE, ETC.
Health Center team: Healthy living sector.
Psychosocial team: Nursing.
Archivists/mtb/nihb: Quality and Risk Management Committee.
Single file committee: Working committee/Accreditation Canada.
HSC ADMINISTRATIVE FOLLOW-UP
Individual meetings with program managers once a month.
Monthly budget monitoring.
Monthly activities follow-up.
Follow-up on the 2024-2030 strategic plan (Roches).
Annual planning follow-up and quarterly report once every three months 2025-2026.
Monthly working committee follow-up.
PARTICIPATION IN THE BOARD OF DIRECTORS, OTHER CONSULTATION FORUMS AND WORKING COMMITTEES
FNQLHSSC - Network meeting - Directors and representatives from communities and organizations
FNQLHSSC - FNIHB 2022-2023 Operational Management Plan (OMP)
FNQLHSSC - Community outreach Coordinator
CIUSSS MCQ - OHC Clinical mental health services - CIUSSS MCQ
2025 DNTR Committee
CIUSSS MCQ - Odanak Follow-up / CIUSSS HSS
W8banaki Research Coordination Committee - Quarterly Meeting
Jordan Principle Committee
QRMC/Single file



2025-2026 PROJECTS

1. Improve access to health services for the Odanak community.
2. Implement prevention and health promotion programs that target specific community issues, such as mental health, chronic diseases, and the health of children and seniors.
3. Strengthen the capacities of the Health Center staff by offering training and professional development programs to ensure better quality health services and patient satisfaction.
4. Maintain and strengthen existing partnerships and develop new ones.
5. Follow-up on the status of "Accreditation with Honors" of the Odanak Health Center.
6. Project to build a new health center in Odanak.
7. Updating policies and procedures (in progress):
 - OHC Quality improvement Policy
 - Suicide prevention strategy Policy
 - Appointment cancellation Policy for OHC users
 - Mental health Policy/protocol
 - Complaints Policy (see with management)
 - Odanak Health Center (OHC) Privacy and Disclosure Policy
 - Policy on the management of user files at the Odanak Health Center (OHS)
 - KCHAIK eligibility policy
 - Procedure to be finalized with the Reception-Archives team
 - Midwife collaboration agreement (OHS/CIUSSMCQ)
 - Collaboration agreement OHC/GMF St-Léonard Pierreville satellite site

UPCOMING ACTIVITIES

September 1, 2025 to November 30, 2025

- Local table on accessibility to services for Indigenous peoples;
- Partnership with Indigenous communities;
- DCSSSPNQL;
- Reconciliation Day;
- Participate in focus groups on the governance structure for health and wellness as part of the health and social services governance process.

GOOD NEWS!

Last May, we welcomed two representatives from Accreditation Canada, Ms. Véronik Carignant and Mr. Stéphane Plourde.

I am proud to announce that the Type Approval Committee at Canada Accreditation has awarded the Odanak Health Center an "Accreditation with Honors" under the Qmentum Global Accreditation Program. This is truly a milestone event for the entire Health Center team, as well as for our partners and valued collaborators. This result is worth celebrating, and it shows that our staff provides safe and high-quality healthcare to our users. Congratulations to everyone who contributed, directly or indirectly, to this success!

Positive points during the visit:

- The OHC is an employer of choice and provides staff with a work environment that promotes their personal and professional development;
- Adherence of team members to CAO organizational values;
- Continuous adjustment of the supply and demand for health services/care to better meet customer needs in a timely manner;
- Stability within the staff, alignment between various sectors of activity, and a collaborative spirit to work across disciplines to provide community members with high-quality, culturally safe healthcare services;
- Quality of communication and relationships with community partners;
- Compliance by staff with ethical rules in force, particularly with regard to confidentiality;
- Person-centered care approach, management efforts to eliminate barriers to accessing services, and soliciting client input in decisions that affect them (e.g., opinion surveys).

CONCLUSION

With the result obtained during the May 2025 visit, the Odanak Health Center reaffirms its commitment to improving the quality, accessibility, and sustainability of health care for the Abenaki community of Odanak.

By participating in the accreditation process, we demonstrate that we provide safe, effective, high-quality care that is focused on the needs of our patients. This commitment also helps build trust, promote learning within the Odanak community, and optimize the use of our resources.

Our involvement in the Accreditation Canada program demonstrates our commitment to providing the best possible care to your community. Achieving accreditation allows us to adopt and share knowledge and best practices with others, attract and retain qualified staff, improve our services, and strengthen ties with the community. We are counting on your support to continue making progress in this essential endeavor.

VITAMIN D & ORAL HEALTH



Élisabeth Morel
Hygienist - Odanak Health Center

SOURCES OF VITAMIN D	
1	Cow's milk, soy milk, and enriched margarine
2	Egg yolk
3	Skin exposure 10-15 minutes per day
4	Fatty fish
5	Supplements 600 IU per day

BENEFITS

- Oral health:
 - Dental training;
 - Prevention of cavities, fractures, periodontal disease, and gum disease.
- Bone health, such as the prevention of osteoporosis.
- Role of calcium use in the body, muscle function, and cell growth.

Sources :
<https://naitreetgrandir.com/fr/sante/vitamine-d-soleil/#:-:text=Une%20exposition%20de%20la%20peau,plusieurs%20occasions%20dans%20une%20journ%C3%A9e>
<https://www.brunet.ca/en/health/health-tips/benefits-vitamin-d/>
<https://www.jeancoutu.com/en/health/health-tips/the-abc-of-vitamin-d/>
<https://www.canada.ca/en/health-canada/services/nutrients/vitamin-d.html>



WHAT IS HIGH-BLOOD PRESSURE ANYWAY?

Marie-Noël Mayrand

Chronic Disease Nurse – Odanak Health Center

Did you go to the doctor and hear about “high blood pressure”? Don’t panic! High blood pressure, also known as hypertension, is a common condition that often has no symptoms but can be easily controlled.

WHAT IS BLOOD PRESSURE?

Your heart pumps blood through your arteries. Blood pressure is the force exerted by blood against the walls of your blood vessels. It is measured using two numbers:

- **Systolic** (the highest): when the heart contracts.
- **Diastolic** (lowest): when the heart relaxes.

Hypertension is defined as blood pressure exceeding 130/80 mmHg. The higher it is, the harder the heart works... and the greater the risk of complications.

WHY IS IT IMPORTANT?

High blood pressure can lead to serious problems such as:

- Heart attack (cardiac arrest);
- Stroke (cerebrovascular accident);
- Kidney problems;
- Memory problems;
- Heart rhythm disorders.

And yet... you don’t always feel it! That is why healthcare professionals monitor it regularly.

WHO IS AT RISK?

One in four Canadians is affected, and it is even more common after age 65.

GOOD NEWS: YOU CAN TAKE ACTION!

Changing a few habits can make all the difference:

- Move every day;
- Eat healthy (less salt, more fruits and vegetables);
- Reduce alcohol consumption;
- Say goodbye to tobacco;
- Sleep well.

And if your doctor talks to you about medication, it’s not a punishment! It is a tool for reducing long-term risks.

WE ARE HERE FOR YOU!

The Odanak Health Center offers **personalized follow-up care** for hypertension. A nurse can help you better understand your condition, check your blood pressure regularly, and work with your doctor.

Any Questions? Need a follow-up? Call us; we are here for you.

Telephone: 450 568-6766, extension 4023

TRUE OR FALSE: ELDER ABUSE

Marcelle Hannis

Chronic Disease Nurse – Odanak Health Center

June 15 marked World Elder Abuse Awareness Day. Here is a simple true or false quiz to learn more.

QUESTION	ANSWER	JUSTIFICATION
1. Elder abuse refers only to physical abuse.	False	Elder abuse can take many forms: physical, psychological, mental, financial, sexual, or neglect. It is important to recognize all these forms in order to better prevent and treat them.
2. Financial abuse involves exploiting or stealing an older adult’s money or property.	True	Financial abuse involves exploitation or fraud aimed at extracting money, property, or resources from older adults, often by relatives or people they trust.
3. Psychological or emotional abuse does not have a serious impact on the mental health of seniors.	False	Psychological abuse can lead to depression, anxiety, loss of self-confidence, social isolation, and deterioration of mental health.
4. Neglect involves failing to meet the basic needs of the elderly person, such as food, hygiene, or safety.	True	Neglect is a form of abuse that involves failing to provide the necessary care and attention to an older person, putting their health and safety at risk.
5. Elder abuse is a rare problem in society.	False	Elder abuse is unfortunately a common and often underreported problem, affecting many people in various contexts.
6. Children or grandchildren are often the main perpetrators of elder abuse.	False	Although this can happen, the majority of abuse is perpetrated by relatives, but not necessarily by descendants. It can also come from partners, caregivers, or other members of the community.
7. Abuse can be difficult to detect because it often manifests itself in subtle ways.	True	Victims may hide or minimize abuse out of shame or fear, making it difficult for those around them or professionals to detect.
8. There are laws and mechanisms in place to protect seniors from abuse.	True	Many countries have introduced laws, social services, and alert systems to prevent and combat elder abuse.
9. Raising awareness and training family members and professionals can help prevent abuse.	True	Education, awareness-raising, and training enable people to better recognize the signs of abuse and adopt preventive behaviours.
10. It is best not to intervene if abuse is suspected, in order to respect the privacy of the elderly person.	False	If abuse is suspected, it is essential to take action to protect the victim by alerting the relevant authorities or social services, while respecting the person’s dignity.

The Elder Mistreatment Helpline offers a listening, referral, and specialized support service for elder abuse, as well as a consultation service for professionals, seven days a week from 8 a.m. to 8 p.m.

Telephone: 1-888-489-2287



HEALTH AND HUNTING: A WINNING COMBINATION!

Gabrielle Dolan

Clinical Nurse - Odanak Health Center

What if hunting was also a way to take care of your health? Indeed, hunting can help us take care of our bodies and minds. Deeply rooted in the community's traditions, this practice helps preserve the body and calm the mind. Long walks in the woods with heavy equipment can require quite an effort! Needless to say, hunting offers much more than physical exertion: it also offers benefits for mental balance. It encourages a healthy lifestyle while allowing you to reconnect with nature. Here are a few examples of the very real benefits of hunting that deserve to be recognized.

RESPONSIBLE AND HEALTHY EATING

Wild meat offers several interesting nutritional benefits for a balanced diet. In addition to being an excellent source of protein, which is essential for muscles, game meat is low in fat and rich in nutrients. Beyond its nutritional benefits, hunting also encourages us to question our consumption habits: the origin of the food, sustainability, hunter accountability, etc. This encourages us to value every part of the animal, to carefully cook what nature provides us with, and to restore meaning to what we put on our plates!

A MENTAL BOOSTER

Contact with nature also helps fight stress, anxiety, and sometimes even loneliness, as this activity is often enjoyed with family or friends. Hunting also allows you to create a real connection with nature and refocus on what is essential. Away from our television screens, phones, and often overloaded lives, hunting helps to calm our minds and release tension. In a fast-paced society, nature brings us back to the "here and now," which improves our mental well-being.

HUNTING IS ALSO A COMPLETE PHYSICAL ACTIVITY

Far from the usual fitness machines and exercise programs, hunting encourages you to get active in the great outdoors. Tracking for long hours, walking on uneven terrain such as the Tolba trail, climbing, carrying equipment - your body moves from head to toe! Hunters undoubtedly get a complete physical workout for their muscles and cardiovascular system. Without even thinking about it, you exercise your whole body: legs, arms, breathing, heart. The forest becomes a real sports ground!

Testimonial from Evelyne Boisvert, Nurse Practitioner at the Odanak Health Center:

"Hunting combines my passion for nature with my love of good food, while allowing me to share special moments with my family and friends."

KEEPING YOUR MIND SHARP

Hunters undoubtedly keep themselves physically fit during their outings, but let's not forget that this activity requires constant attention and good concentration. Hunting requires us to be attentive to small noises, to use our memory, to anticipate the animal's movements, and to make quick decisions. These mental efforts help to maintain our intellectual faculties as a whole, keeping us young and sharp-minded.

In short, hunting is not limited to a cultural or recreational activity. It is also beneficial to physical and mental health. As the ultimate outdoor activity, it allows us to exercise, improve our concentration, and reconnect with nature and our loved ones. What a wonderful way to combine tradition and health!

RECIPE: MOOSE SKEWERS ON PINE BRANCHES WITH BLUEBERRY MUSTARD

Suggested by Marie-Pier Desnoyer, Nutrition Technician at the Odanak Health Center and inspired by the book "Cuisine de chasse" (Hunting Cuisine):

INGREDIENTS

For the mustard

- 1 cup maple syrup
- 1 cup frozen blueberries
- ½ cup Dijon mustard
- ½ cup old-fashioned mustard

For the brochettes

- 1 ½ lb moose round or sirloin, cut into cubes
- 2 tablespoons coarsely chopped pine buds
- 2 cloves of garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ cup olive oil
- ½ lemon, zest and juice
- 1 teaspoon salt

PREPARATION

For the mustard

In a small saucepan over medium heat, reduce the maple syrup by half.

Add the blueberries and reduce the heat. Simmer gently for about 5 minutes, then use a hand blender to purée the blueberry compote.

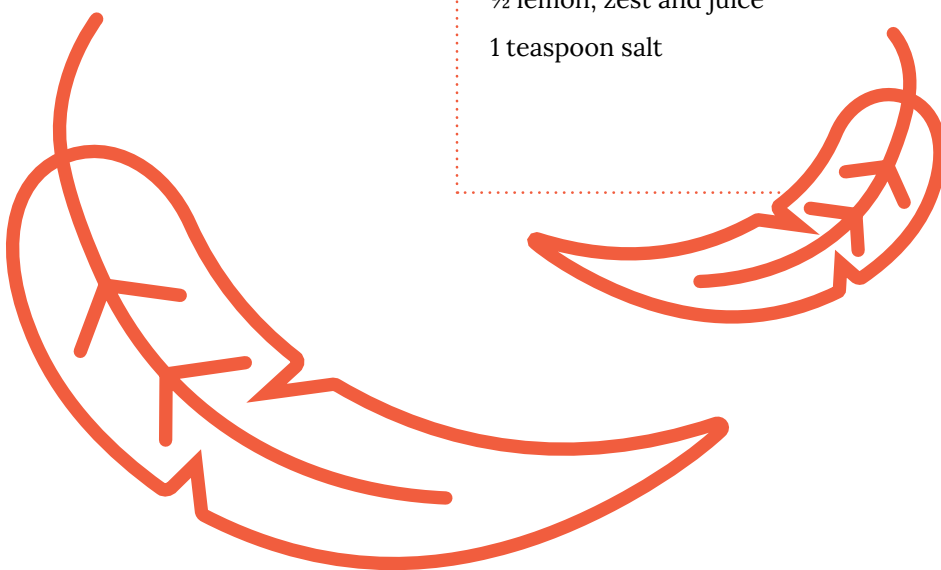
Chill the purée in the refrigerator for 15 minutes, then add the 2 mustards and mix well. Set aside in the refrigerator.

For the brochettes

In a large bowl, mix all the ingredients except the salt.

Skewer the meat cubes onto the pine branches. Season with salt and grill over a wood fire or barbecue for 5 minutes on each side.

Leave the skewers to marinate in the refrigerator for at least 1 hour, then serve with blueberry mustard.



PRIVACY WEEK 2025: PROTECTING STORIES, HONORING TRUST

Paule Leïby

Medical Archivist and Transportation
Coordinator - Odanak Health Center

From November 20 to 26, 2025, our Health Center will be celebrating Privacy Week, an important time to remind everyone of the importance of protecting the personal information of every member of the community.

In our field, confidentiality is not limited to a rule: it is an integral part of the respect and trust relationship that we build with users, families, and seniors.

THEME OF THE YEAR: "CONFIDENTIALITY, A COLLECTIVE COMMITMENT"

Every stakeholder, whether nurse, social worker, receptionist, archivist, or manager, plays a role in protecting sensitive information. This week aims to bring us together around a shared vision: that of a safe, respectful service rooted in the cultural values of the community.

CONFIDENTIALITY IN AN INDIGENOUS HEALTH CENTER: MORE THAN JUST AN OBLIGATION

Health records, life stories and family issues are often steeped in meaning and sometimes linked to a broader history involving colonialism, intergenerational trauma, or the realities experienced by First Nations and Inuit peoples. Protecting this information also means recognizing everyone's right to dignity, security, and sovereignty over their own data.

A WEEK TO LEARN, REFLECT AND STRENGTHEN OUR PRACTICES

Activities will be offered throughout the week for both our team members and our customers:

- Reaffirming our commitments to confidentiality
- Gaining a better understanding of the cultural issues associated with sensitive data
- Strengthening our practices in a spirit of listening, humility, and respect

A REMINDER ABOUT BILL 25

Since the reform of Quebec's Personal Information Protection Act (Bill 25), centers must designate a person responsible for confidentiality, record any incidents, and better inform users of their rights.

At the Odanak Health Center, our Medical Archivists ensure compliance with this law. This reinforces our duty to be rigorous, but also our ethical responsibility towards the members of our community.

In short, confidentiality is not a formality.

It is a gesture of respect, an act of reconciliation, and a fundamental pillar for ensuring that everyone feels welcomed, listened to, and protected.

HEAD LICE: UNDERSTANDING THEM BETTER TO ELIMINATE THEM MORE EFFECTIVELY

Isabelle Dupuis

Clinical Nurse - Odanak Health Center

Every time school starts again, they resurface... and cause panic in households! Head lice are tiny insects that particularly like children, but they do not discriminate: they invite themselves onto all heads, clean or not.

Fortunately, lice are unpleasant but not dangerous. With the right actions and a little vigilance, you can spot them, treat them, and above all, prevent them from spreading.

WHAT YOU NEED TO KNOW

- Lice do not jump, fly, or live on animals.
- They are mainly transmitted through direct head-to-head contact (e.g., hugging).
- Nits (eggs) are stuck to the hair and are often mistaken for dandruff.
- They do not cause disease, but they bite to feed on human blood.

HOW YOU CAN SPOT THEM

The head should be examined with a fine-toothed comb and good lighting. Areas to check: the nape of the neck and behind the ears. It is recommended to check weekly, and daily if there are confirmed cases in the immediate environment.

WHAT TO DO IN CASE OF INFESTATION

- Consult a pharmacist to obtain the right treatment.
- Treat only people who have live lice or nits.
- Inform the school or daycare, without necessarily excluding the child.
- Comb through the hair on days 2, 11, and 17 after treatment to remove any remaining nits.
- Avoid home remedies (vinegar, mayonnaise, oils) and never use products designed for animals.

WHAT ABOUT PREVENTION?

There is no preventive treatment. The key is early detection, regular screening, and collaboration between families, schools, and childcare centers.

Some useful tips to remind children:

- Avoid putting their heads close to their friends' heads.
- Do not share brushes, hats, or caps.
- Keep long hair tied back.

Lice are not a matter of hygiene or social status. They are persistent visitors, but with care and diligence, they will soon be gone!

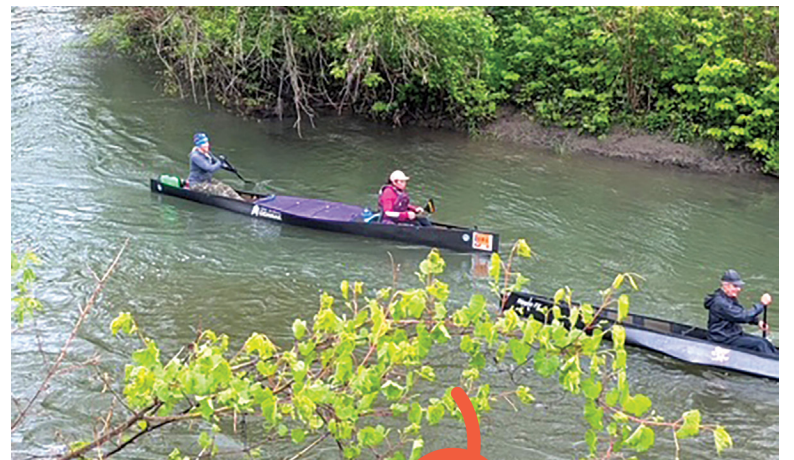
Source: Ministère de la Santé et des Services sociaux du Québec. Lice... Lice... Lice... All there is to know about head lice ISBN 978-2-550-94661-8. Available on Quebec.ca



THE GENERAL CLINTON CHALLENGE HAS BEEN MET!

On Sunday, May 25, 2025, Jessica Turcotte, from the W8banaki Nation, and her teammate, Jolène Tcatci, from the Atikamekw Nation of Opitciwan, took part in a prestigious marathon canoe race: the General Clinton Canoe Regatta, in New York State. This is the first of three stages of the Canoe Triple Crown. Jessica Turcotte and Jolène Tcatci completed the race of over 112 km (70 miles) in 9 hours, 21 minutes, and 10 seconds.

Driven by determination, heart, and an unshakeable spirit, the women's team brilliantly rose to the challenge. It was a demanding race, both physically and mentally, which took place on the winding waters of Lake Otsego and the Susquehanna River, between Cooperstown and Bainbridge, New York.



KIUNA CELEBRATED ITS 75 GRADUATES AND WELCOMED ITS NEW DIRECTOR

On August 18, Kiuna College celebrated the success of more than 75 graduates at its 10th graduation ceremony. The event brought together graduates, their families, First Nations leaders, and educational partners from across Quebec to celebrate the resilience and commitment of the students.

On this occasion, Mr. Médéric Sioui officially began his term as director of Kiuna. In his speech, he highlighted the essential role

of Kiuna - the only First Nations college in Quebec - which offers programs designed by and for First Nations, promoting academic success, identity affirmation, and student leadership.

A sunny day where everyone's smiles glowed with pride, followed by a magical evening with a 360 PhotoBooth and a performance by ShaWit!



NEWS FROM YOUR MUSEUM

MUSÉE DES Abénakis

Vicky Desfossés-Bégin

Executive Director - Abenaki Museum



Source: W8banakiak permanent exhibition. Credit: Francis Bellerive.

A SUMMER RICH IN CULTURE...AND VISITS!

The summer of 2025 was marked by vitality at the Abenaki Museum. Through cultural activities, temporary exhibitions, and daily tours, the Museum kept its spaces lively. Whether with family, in groups, or solo, many of you came to visit us to discover or rediscover our permanent exhibition, W8banakiak.

The interest shown by visitors—both community members and tourists—is a real driving force for our team. Every exchange, every comment, every look of wonder reminds us how important it is to continue to keep the W8banakiak culture alive and thriving.

To date, several thousand people have visited the Museum since the beginning of the year! The beautiful summer weather, combined with the quality of our cultural offerings, has certainly played a part in this success!

A SUMMER OF ACTIVITIES FOR EVERYONE

Several activities marked the summer of 2025, and we were delighted to see so many of you there! Here are a few of them:

- The Odanak Pow Wow, held on July 20 and 21, was also an opportunity for the Museum to welcome more than 2,100 people in a single weekend. A wonderful opportunity to introduce our exhibitions to visitors from all over.
- On August 7, the “Archeologist for a Day” activity allowed several children to learn about archaeology while having fun. Discoveries, excavations, creating a necklace: a perfect activity for curious little ones.
- The movie night under the stars on August 29 provided an opportunity to screen the film *Ninan Auassat: “Nous, les enfants”* FROM Kim O’Bomsawin, an outdoor projection on our site. Thank you to everyone who came out to experience this moving moment under a starry sky.
- Throughout the summer, the Museum also offered ongoing creative workshops on Wednesdays, Thursdays, and Fridays. Visitors were able to learn how to make corn dolls, dream catchers, and beaded bracelets, accompanied by our team. The workshops provided a concrete opportunity to discover traditional skills in a friendly atmosphere. Permanent exhibition W8banakiak. More than fifty people participated over the summer,

leaving not only with a handmade creation, but also with a better understanding of the cultural richness of the W8banakiak.

A CREATIVE AND GOURMET RETURN TO SCHOOL

September got off to a great start with the “N’kadopi! I’m hungry!” activity, which took place on the Museum’s outdoor site. This festive event celebrated W8banaki culture through corn doll-making workshops, traditional food tastings, craft kiosks, and at a reduced price access to our exhibitions.

The warm and friendly atmosphere brought together families, community members, and visitors in a spirit of sharing and transmission. A memorable day, where culture was savoured as much with the eyes as with the heart.

BRAIDINGS: AN EXHIBITION BETWEEN FASHION AND CULTURE

From September 4 to October 1, we had the pleasure of hosting the Braidings exhibition, an original project presented by KWE! Meeting with Indigenous peoples.

The exhibition brought together twelve garments from the vintage wardrobe of fashion designer Jean-Claude Poitras, reimagined by Indigenous artists from eleven nations in Quebec. Each textile piece, transformed by the hands and inspiration of an artist, conveyed a story, a territory, a worldview.

This project, combining fashion, memory, and identity, received numerous positive reactions. Many visitors expressed their admiration for the originality and depth of these creations.

A NEW TEMPORARY EXHIBITION FOR FALL

Since October, the Museum has been hosting the exhibition of Warowik E Otciteian - “Revenir de loin”, by artist Sonia Basile-Martel. Through previously unseen works, she recounts a personal and universal journey of healing, marked by sensitivity, pain, and hope.

This deeply moving exhibition fits perfectly with our mission to promote contemporary Indigenous art. We are honored to accompany Sonia in this artistic endeavor, and we warmly invite the public to come and discover her work.

THE KIZ8BAK BOUTIQUE: A PLACE THAT SHOWCASES INDIGENOUS KNOW-HOW

Our store continues to showcase the talent of Indigenous artisans and artists. Whether through jewelry, artwork, or functional products, visitors will find unique pieces created with passion and authenticity.

The summer has been particularly busy for the boutique, and we are continuing our efforts to further expand our offerings. If you are an Indigenous artist or artisan and would like to offer your creations, please do not hesitate to contact us at 450-568-2600.

A PROMISING FALL... AND A GLANCE AT 2026

The team is already hard at work planning for the upcoming months of the year. In addition to our school programming and a new series of cultural activities, several projects are underway. Stay tuned!

A MOTIVATED TEAM AND AN ENGAGED COMMUNITY

Behind each of these initiatives is a passionate and dedicated team: every member of our team contributes to making the Museum a welcoming, lively, and inspiring place.

But none of this would be possible without you, the members of our community. Your visits, your sharing, your encouragement, your memories left on Facebook or Instagram, your advice - all of this fuels our daily work. You are our driving force. Thank you for continuing to bring your Museum to life with your presence and your commitment. Wliwni to each and every one of you.

We look forward to seeing you during a visit or activity this fall!

To find out everything about our upcoming programming, visit our website: www.museeabenakis.ca, as well as our Facebook and Instagram pages: [@MuseeAbenakis](https://www.facebook.com/MuseeAbenakis).

