

W8BANAKI PILASKW

WORD FROM THE CHIEF



Richard O'Bomsawin
Chief - Abenaki
of Odanak Council

Kwaï fellow band members,

As we step into the spring season, we have been challenged by ice and wind storms, which have led to power outages two weeks in a row. I just want to take a moment to acknowledge and thank Odanak's emergency team and community volunteers. This group helped keep our community people and the neighbouring towns' citizens warm and fed. Your efforts were greatly appreciated. Elders and families were blessed to have you all working so hard to this end.

In the political sphere, we continue to follow the progress of many files that are important to the advancement of issues that will impact the future of our nation, as well as the current reality. With disbursements comes the work to ensure fairness and transparency, and this is a priority for us.

We should see some important land claim resolutions before year's end. Although this is a multifaceted task, careful steps have been taken to do our best to include all of our band members and their families. To ensure fairness, our main objective has been to set up mechanisms to reach all concerned. Know that there are deadlines and cut off dates so that we can also move this initiative forward. Stay informed by attending assemblies and look for updates and information on the council's website.

Another political issue unfolding at this time is Quebec's constitution. This initiative can have grave consequences with concern for the erasure of our nations in the process. We are addressing this as at the regional chiefs' table and will not allow another movement that fails to acknowledge our presence and sovereignty. We will share our process as it unfolds.

Additionally, it is an honor for Odanak to be entering into agreements with the Kahnawake Mohawk nation to jointly address and shield the impact of development on or around our territories. Ensuring the protection of our lands and waters is part of our shared land safeguarding obligations, which is the heart of our traditional values and beliefs. Development cannot come at the cost of protection of our lands



and its inhabitants, whether human or wildlife. Ensuring the utmost respect for the environment wherever development is happening on our shared territory and waterways is our joint responsibility for our children and grandchildren. We work on this with great caution.

Continue to consult the Council's site for updates and actions we are taking to advance all that concerns you. If you have questions or want to chat, Council is available to you at gatherings and assemblies. All assemblies are accessible in person or online. So, to know when these gatherings are scheduled, information is posted on the Council's site as events develop. You can also chat with us at our annual pow-wow; your council is always on site.

In peace and friendship,



WORK FROM COUNCILLORS



Florence Benedict
Councillor – Abenaki
of Odanak Council

Kwaï, dear Nation members,

This winter, which seemed to drag on forever, is now nothing more than a distant memory. Spring is finally here, ushering in warmer days. For this issue of Pilaskw, I've decided to focus my article on a topic that means a lot to me: the Abenaki Police Department (CPDA).

MY ROLE WITH THE CPDA

Few people know this, but I am the councillor responsible for this department. My role primarily involves providing support to the CPDA in its dealings with the Council and various levels of government. Specifically, I help the department during meetings with various partners and agencies in order to support its development and recognition.

A BRIEF HISTORY

The origins of the Abenaki Police Department are rooted in a long-standing commitment to self-determination and the strengthening of community safety. The earliest beginnings of what was then known as the "Native American police" date back to the mid-1970s. This initiative was launched by the Association des Indiens du Québec, whose members included the late Max Gros-Louis, former Grand Chief of the Huron-Wendat Nation.

Much has changed since then. The Native American police force ceased operations in 1999, giving way to separate policing services in each community: three officers for Odanak and two for W8linak.

However, the Abenaki Police Department as we know it today was not officially established until 2009, following the merger of the Odanak and W8linak police services. This merger led to the creation of an autonomous and fully recognized police force, endowed with the same legal obligations and powers as the Sûreté du Québec.

ADVANCES SINCE 2009

Since its inception, the CPDA has made significant progress. The number of officers has grown from five to eighteen between 2009 and 2026.

Today, the police force consists of:

- a police chief
- a deputy chief
- an investigator
- a crime prevention investigator
- three sergeants
- eleven patrol officers
- an administrative assistant

In addition, there are plans for a major expansion of the police station. The project, with a total estimated cost of \$4,581,966, will be fully funded by the federal and provincial governments and is expected to be completed by March 31, 2027.

These significant advances would not have been possible without the constant support of both Councils, nor without the tenacity, vision, and leadership of our police chief, Mr. Éric Cloutier.

WELL-DESERVED RECOGNITION

Next May, Mr. Cloutier will be presented with a medal for 25 years of distinguished service at a ceremony to be held in Victoria, British Columbia. I will have the honor of attending.

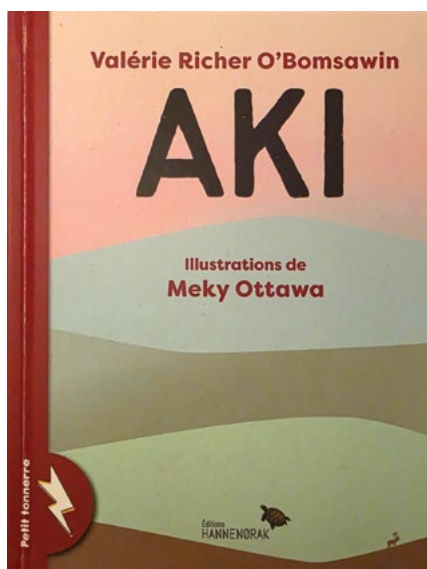
This recognition is well deserved. Mr. Cloutier has served for 29 years as a police officer, including 27 as the CPDA's chief of police. His unwavering commitment and dedication have contributed significantly to the development, credibility, and professionalization of our police force.

UPCOMING CHALLENGES

The greatest challenge currently facing the CPDA, as well as other First Nations police forces, remains the official recognition of police services as essential services.

This recognition is critical, as it would ensure long-term financial stability and continuous police coverage for our communities, on par with that provided by the Royal Canadian Mounted Police and the Sûreté du Québec.

Thank you to everyone working tirelessly to make our communities safe and welcoming places to live.



COMMUNITY INVOLVEMENT

On a lighter note, I'd like to highlight our police officers' recent participation in the Polar Bear Challenge, held last February. This event raised \$2,000 locally, contributing to an impressive total of \$69,674 raised by all participating police departments.

The challenge was to dive into a pool fully dressed in their uniforms. Mr. Cloutier joined in on the fun and jumped in for the cause!



Polar Bear Challenge.

The funds raised are used to provide access to health programs and weekly sports activities for athletes with intellectual disabilities. These initiatives promote the development of their physical and athletic abilities, build self-confidence, and foster lasting friendships, thereby contributing to true community inclusion.

Lastly, I wish you all a wonderful summer. Let's look out for one another and stay safe on the roads.

Wliwni,

CULTURAL AND COMMUNITY LIFE

Finally, I would like to highlight our recent visit to the Salon du livre de Trois-Rivières, held at the Delta Hotel, alongside Marcelle R. O'Bomsawin, who runs our wonderful library.

I must mention the presence of Valérie Richer O'Bomsawin, a member of the Odanak community, whose latest book, AKI, was presented there. The book is now available at our library, as well as in bookstores across Quebec and on the libraires.ca website.

Congratulations, Valérie!



WORK FROM COUNCILLORS



Jacques T. Watso
Councillor – Abenaki of Odanak Council

Kwaï Mziwi,

Identity theft of Indigenous Peoples' identities is a reality, a reality for which our Nation is no exception. As a Councillor of the Abenaki Council of Odanak, I'll say it plainly: protecting our identity is our duty.

Our identity is not something we invent. It is lived, passed down, and it must be protected. This struggle extends far beyond our community. Its importance is now recognized internationally. During the "Holding Our Ground" symposium, held at the University of Minnesota and led by Kim TallBear on March 18 and 19, Odanak community members spoke out clearly against the rise of identity fraud and its impacts on our Nations.

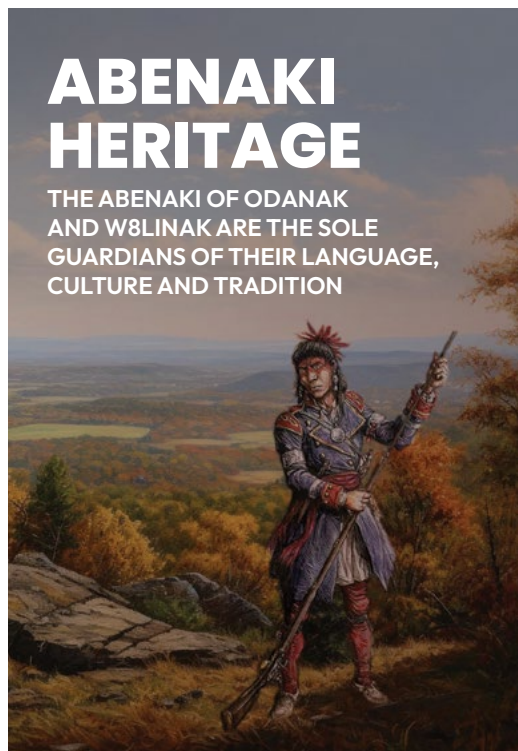
WATCH THE PRESENTATION

Holding our Ground Panel #3: Odanak Abenaki Tribal Council on Self-Indigenization in Vermont.

Link : [youtube.com/watch?v=vKdRJ3tNnMs](https://www.youtube.com/watch?v=vKdRJ3tNnMs)

I urge our community members to educate themselves and to open their eyes. The Abenaki Heritage provides useful information to help us better understand these very real issues affecting us.

abenakiheritage.org



However, simply educating ourselves is not enough. Every single Abenaki in Odanak has the responsibility to take a stand, to speak out, and to fight for who we are.

Silence is no longer an option.

Wliwni.



Martin Gill
Councillor – Abenaki of Odanak Council

Kwaï, Hello,

On March 19, the museum held its annual fundraising dinner, during which over \$55,000 was raised and over 100 people attended. On behalf of the museum director and the board members, we would like to extend our heartfelt thanks to you. I would also like to highlight the exceptional work of the director and her team.

Great years still lie ahead. Once again, I extend my heartfelt congratulations to you all.

This year, the Pow Wow will celebrate its 67th anniversary. It will take place from July 17 to 19, 2026.

The community dinner will be held on July 17 at the Odanak community hall and will be reserved for Abenaki members and their spouses.

Our traditional Pow Wow will take place on July 18 at the museum site, from 11 a.m. to 5 p.m.

This year, we will present a new, redesigned format, infused with Abenaki culture and featuring a completely revamped cultural space.

The bingo game will take place on Saturday evening at 7 p.m. at Camping Aventure. Space is limited, so we encourage you to be there early.

Then, on July 19 at 10 a.m., a Mass will be celebrated at the Odanak church, followed by the Grand Entry, scheduled for around noon.

Many artisans will be present, showcasing their skills in basket weaving, beadwork, ash wood carving, and much more.

You can also enjoy sagamité, bannock, smoked fish, Indian tacos, and other delicacies to discover. We hope to see many of you again this year.

Finally, Mr. Andre O'bonsawin, a member of the Odanak community, has been nominated for the 2026 Indspire Award in the Education category, with the ceremony taking place on May 14 in Halifax. Congratulations and best of luck to him.

Wli wni, thank you.



LATEST KIUNA NEWS

Throughout Indigenous Languages Month, the Kiuna student community had the chance to participate in an exciting lineup of cultural and traditional activities, such as leather tanning, cooking, ribbon skirt making, and many others! For four weeks, the Aln8ba8dwaw8gan (Abenaki), Innu Aimun (Innu), Nehirowimowin (Atikamekw), and Anishinaabemowin (Anishinaabe) languages were celebrated.

Renowned guests, teachers, and staff members joined students to celebrate the wealth held in language and culture. A true source of pride for Kiuna!

On March 18, Kiuna was bustling with excitement during the Kinosalwaw8gan scholarship awards ceremony. Scholarships totaling over \$37,900 were awarded to students.

Additionally, registration for the fall of 2026 is open until the end of May.

You can still register for one of the programs via the SRAM website: sram.qc.ca

For more information: kiuna-college.com or email: info@kiuna.ca

Kiuna, where education and pride in our traditions come together!



WORD FROM MANAGEMENT



Daniel G. Nolett
Executive Director -
Abenaki of Odanak Council

Kwaï mziwi!

We have begun the process of hiring the staff needed to run the shelter for Indigenous women and children fleeing violence, starting with an assistant director. The director is currently purchasing office and bedroom furniture, as well as appliances. Meanwhile, she has begun drafting administrative policies and procedures that will inform the daily actions and interventions of staff members. The shelter is scheduled to open to clients in the fall of 2026.

As of this writing, we are in the process of issuing calls for tenders via the Quebec Electronic Tendering System (SEAO) for the construction of the new daycare center and the new FNHS premises. Construction is expected to begin in late April or early May.

Repair work on Awassos Street will begin as soon as the thaw period is over, around mid-May. The work will take place over a 16-week period and is expected to be completed around September. We remind you that the water and sanitary sewer lines will be replaced. In addition, a storm sewer line will be added to enable faster water drainage from the street.

Construction of a new four-unit three-bedroom building on Mgezo Street is expected to begin toward the end of summer 2026. Also, following the fire that destroyed the six-unit building at 2 Mgezo on February 25, that building will also be rebuilt either by the end of summer or early fall 2026.

Construction of the new 11-17-year-old facility located at 1100 Marie-Victorin Road is well underway. The building is nearly complete. In the spring, earthworks and parking lot construction will begin.

Regarding the specific claims settlement, the Council recently decided that the eligibility deadline for members to receive compensation would be March 13, 2026. As such, individuals eligible to be recognized as members (whether they have status or not, under the Citizenship Code for the latter) must have been registered on the membership list by that date at the latest. To date, 500 new members have been added to the list since December 1, 2025.

We remind you that the Council had decided to deposit 40% of the total compensation amount—that is, \$190 million in principal plus the accrued interest—into the secure BMO account in Pessamit. The final amount of 40% (principal plus interest) will be determined once the distribution date is known. Please note that we are making every effort to set the distribution date as soon as possible.

There is still quite a bit of work to be done before that can happen. First, we must ensure that our membership list is as up-to-date as possible.

Therefore, among other things, we must remove the names of individuals who have passed away. To do this, we need to obtain death certificates or other satisfactory proof to allow us to remove the names from the list. Additionally, we will need to obtain each member's banking information (account numbers and routing numbers). This information will be sent directly by the members to the external firm that will be contracted to handle the direct deposits.

MNP is currently drafting the investment policy, which will serve as a guide for the trustees who may be appointed to the Management Trust's board of directors and who will be responsible for investing the compensation funds to grow the capital. More to follow...

Regarding the amendments to the Citizenship Code, we will soon send you a call to attend a general members' meeting. At this meeting, a referendum question will also be put before you regarding the transfer of the capital (\$2,000,000) from the Crespieul claim settlement. We are hoping that it will be transferred to the Management Trust, which is currently under creation for the 38 lots and the Mission de Saint-François files.

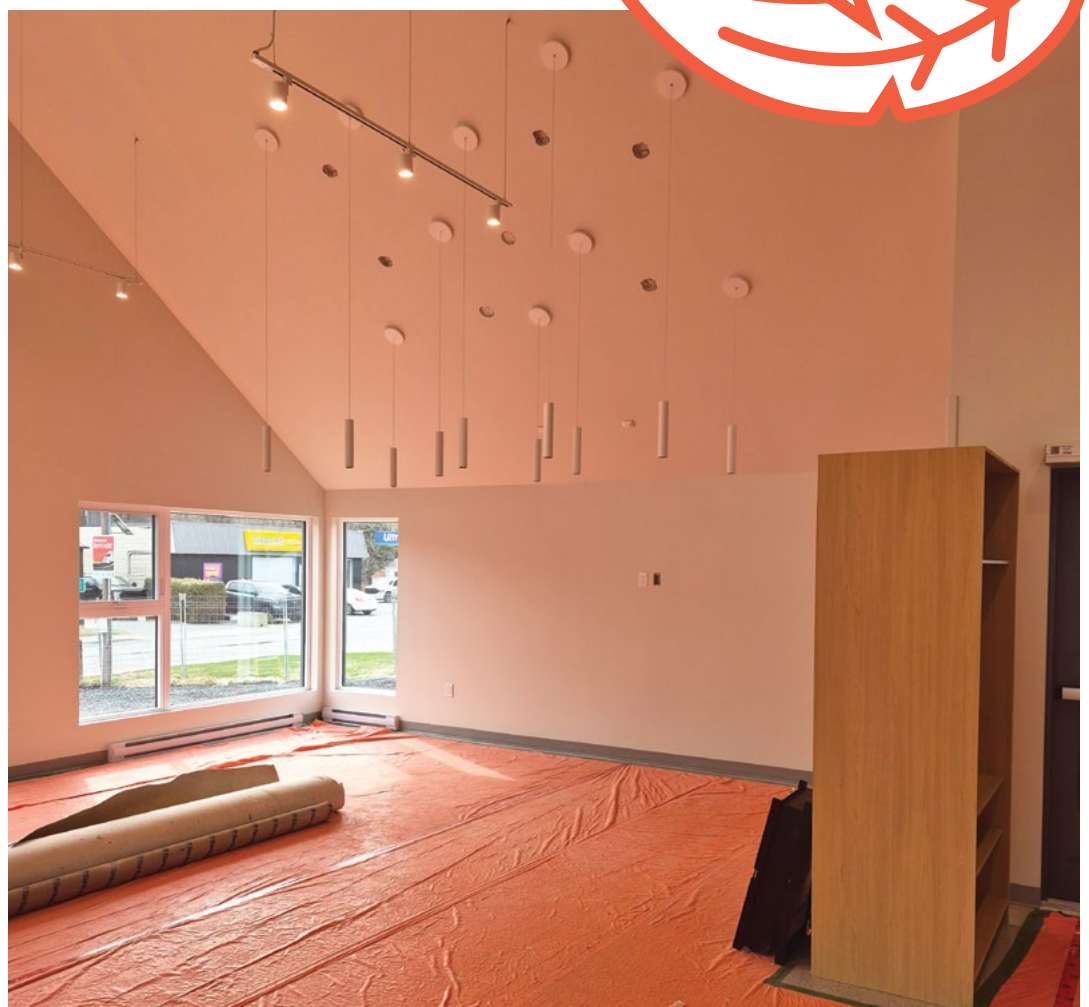
Mziwik, n'sidaldam wli sigwan! I wish you all a great spring!

SHORT COLUMN ON THE ABENAKI LANGUAGE

MULTIPLICATIVE NUMERAL ADJECTIVES¹

	ADJECTIVES
Once	Pazgweda
Twice	Nisda
Three times	Nasda
Four times	Iawda
Five times	N8nneda
Six times	Ngwed8s kasta
Seven times	T8baw8s kasta
Eight times	Ns8zek kasta
Nine times	Noliwi kasta
Ten times	Mdala kasta
Fifty times	N8nninska kasta
One hundred times	Ngwedatgwa kasta
And so forth	...

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



Room for ages 11-17 under construction.



HIGHLIGHTING STAFF MEMBERS' YEARS OF SERVICE IN STYLE!

Suzie O'Bomsawin

Assistant General Manager and Human Resources Manager - Abenaki of Odanak Council

On February 20, 2023, the elected officials of the Odanak Abenaki Council (CAO) passed their first Staff Recognition Program. This program is intended for staff members of the CAO, the Odanak Health Center (CSO), the Odanak Environment and Land Office (BETO), and the Abenaki Police Force (CPDA).

Throughout 2025-2026, several official staff recognition activities were organized, culminating in a happy hour celebrating years of service, which took place on February 19, 2026.



Presentation of the certificate to Daniel G. Nolett (left to right: Chief Rick O'Bomsawin, Daniel G. Nolett and Suzie O'Bomsawin).

For this 3rd edition, we celebrated the years of service of 11 staff members:

BETO		
NAME	POSITION	MILESTONE
Evelyne Benedict	Project Coordinator	5 years
Stéphanie Harnois	Project and Admin Support Coordinator	5 years

CAO		
NAME	POSITION	MILESTONE
Nathalie Cardin	Education Agent for Primary, Secondary and Post-Secondary (University) and Administrator for Indian Registry	20 years
Daniel G. Nolett	General Manager	20 years
Isabelle Gill	Agents' Assistant and Administrator for Indian Registry	5 years
Élisabeth Guilbeault	Accountant	10 years
Marcelle R. O'Bomsawin	Library Manager	15 years
Michaël-Angelo Wawanolett	Public Works Attendant	5 years

CSO		
NAME	POSITION	MILESTONE
Daphnée Couture	Nursing Coordinator	25 years
André Gill	Human Relations Officer - Addictions	40 years
Marcelle Hannis	Clinical Nurse	10 years

Kchi wlini to all members of the social club for making this event a success!

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



A NEW DOG PARK / ALMOSAK M8WIWI

Helen Watso, proud community member

A new community space is opening in Odanak. It will be a place of care, respect and connection to all living things. The Odanak Dog Park has been open since fall 2025, offering a safe space where dogs can run freely and where community members from Odanak and the surrounding area can come together, enjoy the outdoors, and spend time with one another.



HOW IT ALL STARTED

This project was born out of a simple need. Many of us walk our dogs, wishing for a place where they can run free, play, and socialize with other animals. These everyday moments inspired the idea of creating a dog park.

The non-profit organization Odanak Dog Park (Almosak M8wiwi) was founded by Helen Watso, Nancy Bussières, and Eugénie Descheneaux-Nolett, each of whom brought their love for dogs and their experience to the project. Helen shares her life with a 90-pound Bernedoodle; Nancy owns a pet store in Pierreville and has two dogs; and Eugénie cares for a lively little dog, a Jack Russell-Pomeranian mix. This diversity informed the park's design, which includes a specially designated area for small dogs, offering them a safe place to play and explore.

OUR CODE OF CONDUCT

To ensure that this space remains safe and welcoming for everyone, we ask that everyone adhere to a few shared responsibilities:

- Keep the area clean by picking up after your dog.
- Keep dogs under control and make sure they are comfortable around others.
- Make sure dogs are healthy and up to date on their vaccinations.
- Use a leash when entering and leaving the area.
- Be respectful, patient, and kind to others.

These aren't mere regulations; rather, they are guidelines for fostering mutual support and preserving the space we share.

THE FUTURE

This is just the beginning. We hope to add benches, play structures, shade trees, and solar-powered lighting for the evenings. Stay tuned for the opening date, scheduled for early summer, so everyone can celebrate the park's inauguration. Our goal is to develop this park together with the community, listening and learning as we go.

We would like to extend our heartfelt thanks to the Abenaki Council of Odanak for believing in our project and helping to make it a reality by providing the land and fencing. We also thank our local sponsors, Moulé GCB, Entreprise BCI, and Café Masko, as well as all the generous individual donors. Contributions are always welcome: every gesture, no matter how small, helps move this project forward.

We look forward to seeing families, friends, and their dogs—big and small—gather on the grounds, create memories, share laughter, and strengthen the bonds within our community.

HUNTING AND FISHING COMMITTEE AND THE ROLE OF LAND STEWARDS

Edgar Blanchet

Coordonnateur de recherche -
Bureau du Ndakina

ABENAKI HUNTING AND FISHING COMMITTEE

Kwai Mziwi,

Please consider joining the Abenaki Hunting and Fishing Committee—your voice matters.

The committee is a vital forum for discussing issues that affect our traditional practices. It is an advisory committee to the Councils, where important decisions regarding fishing, hunting, and trapping, as well as our codes of practice, are debated and members' concerns are documented.

All Nation members are invited to join. You do not need to be a community hunter to attend. In fact, if you wish to become a hunter or simply learn more about hunting, this is the perfect place to do so.

Your presence is invaluable, as it helps us better understand the needs, realities, and priorities of our Nation. It allows us to promote our causes in a way that is both reflective and collective!

LAND STEWARDS: WHAT IS OUR ROLE?

The main goal of the Land Stewards is to encourage members to return to our traditional way of life and to secure safe access so that our practices can be carried out in peace. Our role consists of three key components:

1. Provide Access to the Land

The stewards work tirelessly to secure access to the land, allowing members to hunt, fish, trap, gather, reconnect with nature, and hold ceremonies. Several plots have already been set aside for the Nation's exclusive use, and members can book their stay directly online at: reservationndakina.com.

2. Knowledge Transmission

The stewards offer workshops to pass down ancestral knowledge so that our traditional practices may live on. Various introductory activities are organized for members, such as hunting migratory birds, ice fishing, and foraging. These initiatives help strengthen the bond between generations, the land, and our culture.

For information on our introductory and knowledge-sharing workshops, please visit the Ndakina Office's Facebook page, where all our activities are posted.



3. Monitoring and Protecting the Land

Stewards patrol sites of importance to the Nation, monitor lands where we have access agreements, protect archaeological sites and burial grounds, and prevent trespassing or unauthorized harvesting. For instance, they ensure that certain resources, such as the fiddlehead ferns around Île Ronde, remain available to the Nation.

If you notice anything unusual or would like to share your observations with us, please contact us.

IN CLOSING

The Abenaki Hunting and Fishing Committee and the land stewards play a vital role in protecting and passing on our traditional practices and ensuring they remain accessible.

However, none of this can be achieved without the involvement of the Nation's members. Your presence, your ideas, and your concerns are important to us. Therefore, please consider getting involved, asking us questions, and joining the discussions. To reach the stewards, please call **1-819-294-1686**.



Shany's presentation.

INTRODUCTORY WORKSHOPS AND KNOWLEDGE-SHARING SESSIONS 2026

These activities are designed to share our knowledge and help members of the Nation explore the land so that they can later engage in these practices independently and safely. Reviving our ancestral practices is at the heart of the stewards' work.

These activities are open to all members of the W8banaki Nation (both residents and non-residents)

IMPORTANT INFORMATION:

- Activities are reserved for members of the W8banaki Nation (both residents and non-residents)
- Places are limited, depending on the activity
- Some activities require participants to be in fair physical condition (forest hikes, canoe portages, etc.)

Join us for a unique immersive experience on the land!

ACTIVITIES	
April	All month long: Fiddlehead harvesting near Odanak
	April 11-12: Goose and duck hunting on the Lac Saint-Pierre islands
	April 25: Tour of available hunting areas for members (Weedon sector) (in case of bad weather: postponed to May 2)
May	All month long: Wild garlic picking (location to be determined)
	May 16: Tour of plots available to members (Laforêt area) (in case of bad weather: postponed to May 23)
June	June 20-21: Community retreat on Île Ronde
	June 29, 30, and July 1: Net fishing and cultural exchange with the Atikamekw at La Mauricie National Park
	TBD: Black ash pounding workshop
July	July 18-19: Odanak Pow Wow
	July 25-August 30: Raspberry, blackberry, blueberry, and Labrador tea picking
	TBD: Black ash pounding workshop
	TBD: Archaeo-cultural activities program for teens
	TBD: Canoe/rabaska outing
August	TBD: Community archaeological digs
	August 29, 30, and 31: Wôlinak Pow Wow
	TBD: Black ash pounding workshop
September	September 4, 5, and 6: Wigodi Retreat at Mont-Ham Regional Park
	September 11, 12, and 13: Training on trapping and small game hunting
	TBD: Black ash pounding workshop
October	TBD: Black ash pounding workshop

LEGEND

The colors are associated with the people responsible for the activity. To register or if you have any questions, please contact them directly.

- Louis-Vincent Lapperrière-Désorcy : lvdesorcy@gcnwa.com
- Dominic M'Sadoques : domsadoques@gcnwa.com
- Jean-Guy Junior Landry : jglandry@gcnwa.com
- Isaak Lachapelle-Gill : ilgill@gcnwa.com
- Community Events



A COOL ISLAND IN ODANAK

Marie-Philippe Bisailon

*Odanak Land and Environment
Office Project Manager -
Abenaki of Odanak Council*

This fall, a paved area belonging to the Abenaki Council of Odanak (CAO) is being transformed into a cool island. The project is taking place on an unused paved corridor that connects two CAO parking lots. Part of the pavement will be removed to create a green space and a welcoming rest area.

A cool island is designed to mitigate the effects of a heat island, where temperatures are higher. Heat accumulates due to human activities, such as mineralized surfaces (e.g., pavement) or the loss of vegetation cover.

This project also incorporates stormwater management! Various spaces will be designed to capture rainfall and direct water to promote infiltration into the ground through the action of plant roots. Not only does this reduce strain on the sewer system, but it also helps recharge the groundwater!

Designed for community members of all ages, this project was developed in collaboration with its members. This site is intended to be a welcoming place where everyone can slow down and connect with others. It also addresses the challenges of climate change by adapting to rising temperatures, heat waves, and bouts of heavy rain.

UPCOMING COMMUNITY EVENT!

Stay tuned! A community tree-planting event will take place at this site in fall 2026. The planting is being carried out in conjunction with Rêve nourricier and is made possible thanks to the support of Green Communities Canada and Trees for Life.



greencommunitiescanada.org/two-national-charities-celebrate-earth-day-by-teaming-up-to-support-10-urban-tree-planting-projects/



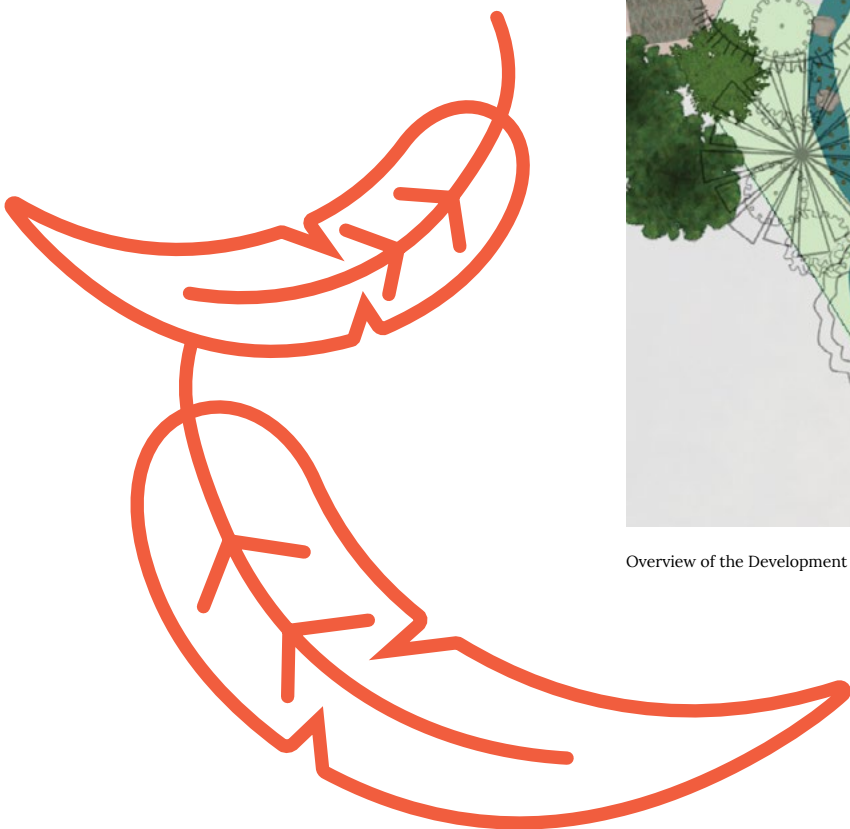
Site visit to discuss design with members.



Information gathered during the public consultation on the project.



Overview of the Development Plan.



TOURISM ODANAK: A YEAR OF GROWTH AND EXCITING NEW DEVELOPMENTS!



Stéphanie-Nika Trottier
Tourism Development
Advisor - Abenaki of
Odanak Council

The 2025-2026 season is coming to an exceptionally positive close for tourism development in Odanak. Thanks to our ongoing efforts, we are reaching new milestones in showcasing the wealth of our culture and our land.

A FIRST ANNIVERSARY AND NEW TOOLS

On April 24, 2026, we celebrated the first anniversary of the launch of Tourism Odanak. To mark this occasion, we are proud to unveil our brand-new tourism and cultural brochure, as well as the community's official tourist map. These essential tools will help guide visitors and highlight our unique attractions.

A MAJOR INVESTMENT IN OUR HERITAGE

We're ending the year with some excellent news: we've secured a \$346,500 grant from Canada Economic Development. This significant funding will be dedicated to a major project: highlighting the Nation's presence along the Saint-François tourist route. This is a unique opportunity to reaffirm our historical and cultural presence along this popular route.

MEET KOKOKHAS!



We are constantly improving our website to offer an ever-richer experience. As such, we are thrilled to introduce Kokokhas, our friendly conversational owl. Acting as a virtual guide, Kokokhas is here to help visitors discover the best things to do in Odanak. Please visit our site and give it a try – he's sure to win you over!

TOURISM BUSINESSES IN ODANAK: PROMOTE YOUR SERVICES!

Want to attract more visitors this summer? Here are the essential steps to boost your visibility, starting today:

- 1. Bonjour Québec:** Sign up for free on the official Québec tourism website.
- 2. Original Original:** Earn this certification to help revitalize Indigenous cultures (theoriginaloriginal.ca).
- 3. Tourisme Autochtone Québec:** Become a member to be part of a dynamic network (tourismeautochtone.com).
- 4. Tourism Odanak Website:** Make sure you're featured on our platform by contacting Stéphanie-Nika Trottier.
- 5. Tourisme Nicolet-Yamaska:** Sign up for free to join the regional network (s.mclaughlin@mrcny.qc.ca).
- 6. ID1N Directory:** Proudly display the Bear by registering your business on id1n.org.

TOURISM AND CULTURAL PROJECTS: WE'RE HERE TO HELP!

Do you have an idea for a project or want to develop a cultural initiative? Be sure to apply for the available grants! There are several programs designed to support your goals. Please contact us so we can help you through the process and maximize your chances of securing funding.

Contact: Stéphanie-Nika Trottier,
Tourism Development Advisor sntrrottier@caodanak.com. Wliwni,

WORD FROM THE DIRECTOR OF ODANAK HEALTH CENTER



Julie Durand
Director - Odanak
Health Center

Kwai mziwi!

The CSO team is thrilled to accompany you as we kick off this new season! We hope you enjoy a pleasant spring, filled with opportunities to recharge and soak up the longer days that herald the coming of summer.

The Health Center continues its regular activities. However, we are also preparing fraud awareness initiatives. Carroll-Ann, from the psychosocial sector, is working with the CPDA to organize an information session on this tragic reality. Invitations will be sent out in a few weeks.

Regarding specific claims, we are working with the organization CIBS (Centre d'Intervention Budgétaire et Sociale de la Mauricie BNY). The Abenaki Council of Odanak has agreed to organize educational workshops for the entire community. The sessions are expected to take place around May 2026. We will kick off the organization's three-day visit with an evening community event. We will provide light refreshments, and the presenters will introduce themselves. Over the following 48 hours, we will host seminars on effective budget planning and a workshop on how to handle unexpected windfalls. These are not meant to be lecturing sessions, but rather to provide information to help people avoid common pitfalls.

In addition, upon registration, participants will have access to free budget counseling sessions. With the help of the professionals we'll be hosting, you'll be able to create a realistic budget and develop a financial plan (debt repayment, savings, etc.). We'll also be offering a virtual workshop in English. Please join us in large numbers!

During emergencies, several CAO sectors are deployed to provide help and support. The same applies to the Health Center, which deploys multiple teams in the field to provide a safety net for the most vulnerable residents. This includes, for example, seniors with mobility challenges, young families with infants, and people living alone. During these visits, we aim to make sure people are comfortable and offer support as needed. In order to be easily identified, our staff wear high-visibility vests during visits.

It is with great pleasure that we confirm the arrival of the Independent Living Support sector within the CSO. Managed by W8banaki for several years, we began the process of bringing it back in-house in 2024-2025. Nadia Gill remains the sector coordinator. All staff members will continue to provide in-home services. For service recipients, rest assured: there will be no change to the services you receive. We welcome the entire team to your new organization!

In collaboration with N8wkika (FNCFS), the CSO has hired a street worker for Odanak. Her role is to reach out to vulnerable individuals, particularly those experiencing homelessness. Isabelle works irregular hours to ensure a continuous presence in the community. She may also be called upon to visit seniors to help alleviate their isolation. Since arriving in mid-March, she has been settling into her role. With a focus on harm reduction, she will be able to offer help and support. To meet the needs of the entire population, she works with people of all ages, from 0 to 100. Welcome, Isabelle!

The CSO remains committed to the members of Odanak by providing safe, high-quality care and services.

We look forward to seeing you again,



WORD FROM THE ASSISTANT DIRECTOR OF THE HEALTH CENTER



Justine M'Sadoques-Plourde
Assistant Director -
Odanak Health Center

Kwaï mziwi,

Please allow me to share the news of my recent appointment as Assistant Director of the Odanak Health Center. In this new role, I will support Director Julie Durand and the existing team to ensure the effective operation of our services.

In 2025, our team underwent many changes, including transitions, departures, and new hires. Since opening, we have doubled our staff, which has also led to an expansion of the services we offer members. Additionally, we are becoming more involved in community life and working closely with our partners in surrounding municipalities. This allows us to broaden our horizons and seize opportunities that benefit our users.

We organized the back-to-school event at Maurault School. The presence of the Aw8sissak Akik group allowed more than 150 students to participate in the snake dance, while Nicole O'Bomsawin's stories and legends filled them with wonder. Café Masko also treated them to a unique culinary experience. Face-painting activities led by the Bas-Saint-



Nicole O'Bomsawin With Maurault Students.

François Youth Centre, as well as several inflatable games, were also available. Our Loisirs Papow8gan team made sure to provide all the children with a snack fit for the movies.

For the 2nd annual community day, we welcomed over 100 people. Despite the cold, they turned out in force to enjoy smoked fish and delicious chocolate crepes. For the occasion, 15 booths from various organizations were on site, including the Odanak Police Department, ambulance services, the fire department, N8wkika (FNCFS), FENHCY (a national study on the health of First Nations children and youth), and the Odanak Health Centre through recreation.



Also present were the Non-Insured Health Benefits Program for First Nations and Inuit, the occupational therapy service and Jordan's Principle, Équiterre, Odanak Tourism, Vélo Québec, Café Masko, Lyric's lemonade stand, Quebec Native Women, the Employment and Training Services Center of the Odanak Abenaki Council, and Le lien de la famille. This day brought the community together to share, learn, and enjoy each other's company.

I would like to thank you all for the trust you have placed in me. I am undertaking this new challenge with commitment and a desire to contribute to the well-being of the community.

Several exciting projects will be launched in 2026, and I am excited to be part of them, alongside such a dedicated team.

Kchi wliwni!



SOMETHING NEW IN THE TRM VEHICLE

New paratransit service for vulnerable individuals!

We are pleased to introduce this new initiative tailored to your needs. A transfer seat is now available in our TRM vehicle, providing safe and accessible transportation for anyone who needs it.

- A specially designed transport seat for safe and comfortable boarding
- Support provided by the home care team and our occupational therapist
- Qualified staff to provide a tailored and safe service



REMINDER

Users who wish to use this service must be accompanied by a caregiver when traveling. Thank you to everyone in the community for your ongoing trust and support! For more information, please contact the Odanak Health Centre at 450-568-6766.



HOW DOES FLOSSING AFFECT THE BRAIN AND HEART?



Élisabeth Morel
Dental Hygienist - Odanak Health Center

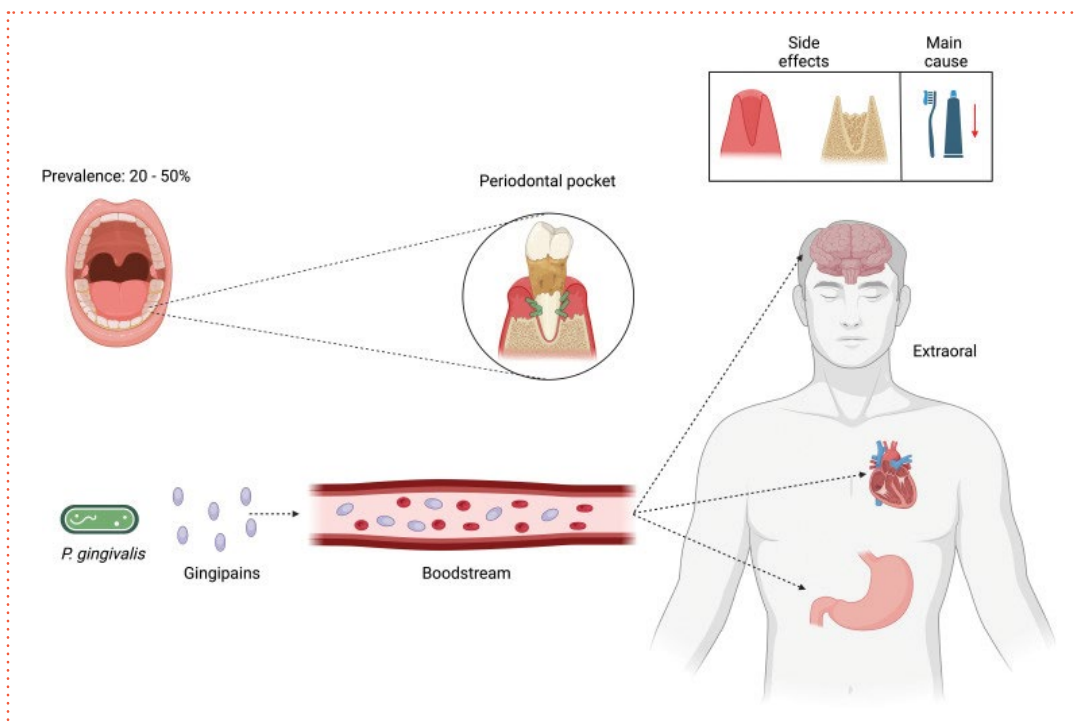
Many people believe that flossing is unnecessary. However, a growing body of research suggests that its benefits go far beyond preventing cavities.

Regular flossing and good oral hygiene may help reduce the risk of Alzheimer's disease, heart disease, and stroke.

The mouth is a gateway to the bloodstream. Bleeding gums are no trivial matter!

Periodontitis is primarily characterized by inflammation and bleeding of the gums—not to be confused with gingivitis, which also affects the gums. Bad breath and loose teeth can also point towards periodontal disease.

The following diagram illustrates the way oral bacteria travel within our bodies:



Source: pubmed.ncbi.nlm.nih.gov/40308631/

Several major studies have found a link between gum disease and:

- Coronary artery disease
- Heart attack
- Stroke

Individuals with poor oral health have a higher risk of developing the above-mentioned diseases.

In conclusion, progress is being made in research, and the message is becoming clearer. Having healthy gums may contribute to a healthy brain and heart.

So, how important is flossing?

Sources: coeuretavc.ca/articles/une-hygiene-bucco-dentaire-peut-elle-protger-votre-sante-cardiaque#:~:text=Quelles%20r%C3%A9percussions%20les%20troubles%20dentaires,un%20traitement%20rapide%20par%20antibiotiques

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MENTAL HEALTH WEEK IN CANADA, MAY 3–9

Yanna Girard
Clinical Coordinator -
Odanak Health Center

During Mental Health Week, we would like to remind everyone to pay as much attention to their mental health as they do to their physical health.

Mental health is an everyday part of our lives. It influences how we think, feel, and act. It's normal to experience difficult times, stress, or intense emotions. The important thing is not to go through it alone and to give yourself permission to ask for help.

Taking care of your mental health also means:

- Taking time for yourself
- Staying in touch with loved ones
- Exercising and eating well
- Knowing your limits
- Expressing your emotions

Talking can be therapeutic. Whether it's with a loved one, a support worker or a professional, there are resources out there to help you.

You Are Not Alone.

Don't hesitate to reach out for support if you need it. Let's take care of our well-being together.



TOGETHER FOR A YEAR OF HEALTH AND SOLIDARITY

Daphnée Couture

Head of Nursing - Odanak Health Center

Nursing Week, held from May 10 to 16, 2026, was a special opportunity to highlight the value and significance of community-based nursing. This practice, though often carried out behind the scenes, is essential and deeply rooted in the daily lives of individuals and families.

In community care, the nursing profession goes far beyond a one-off intervention or a single appointment. It takes place every day through a multitude of actions: prevention, accompaniment, support, education, reassurance, assessment, and guidance. This care is continuous, takes into account people's everyday realities, and aims to do much more than simply treat a health issue: its goal is to maintain and improve overall health.

Their care covers a wide range of activities: health education, management of chronic conditions, care for the elderly, family support, mental health, perinatal care, vaccinations, screening, wound care, and end-of-life care.

A very special THANK YOU to the nurses at the Odanak Health Centre for their constant presence, their availability, their professionalism, and their deeply humane commitment!

POSTPARTUM: WHEN EMOTIONS TAKE OVER

Isabelle Dupuis

Clinical Nurse - Odanak Health Center

A newborn baby is usually a source of joy and wonder. However, for many parents, this period can also be emotionally challenging. In the days following childbirth, many mothers experience what is known as the postpartum baby blues. This can take the form of frequent crying, irritability, mood swings, exhaustion, and a feeling of being overwhelmed. This condition is fairly common and usually temporary; in most cases, it is caused by hormonal changes, sleep deprivation, and adaptation to the new role of parents.

Although common, the baby blues can be unsettling. Feeling overwhelmed by emotions after giving birth doesn't mean that you love your baby any less, or that you are struggling to adjust. It simply reflects the scale of the transition that the birth of a child represents.

It is important, however, to distinguish baby blues from postpartum depression. Also known as postnatal depression, this condition can occur at any time during the first year after birth and requires treatment. It affects 15 to 20% of new mothers. Fathers can also experience it, although their symptoms are sometimes less apparent.

Postpartum depression symptoms can include deep sadness, frequent crying, chronic exhaustion, sleep disorders, feelings of guilt, irritability, severe anxiety, loss of interest in activities once enjoyed, a tendency toward isolation, or the feeling that things will never get better. Some parents may also have difficulty bonding with their baby or finding joy in caring for them. In some cases, suicidal thoughts may occur.

Since signs of postpartum fatigue can sometimes resemble symptoms of depression, it is important to remain aware of the parent's experience, particularly in the months following birth. Some parents do not realize they are experiencing depression, while others are afraid to talk about it out of fear of being judged.

After childbirth, most of our attention is focused on the baby's well-being, and rightly so. But the parent's emotional health also deserves our full attention. Asking for help is never a sign of weakness.

If you are experiencing any of these symptoms and feel distressed, please seek medical or psychological help. Resources are also available at the health center; please don't hesitate to contact us. If you are afraid of harming yourself or your baby, please seek medical help immediately or go to a hospital emergency room.

Reference: Naitre et grandir. (2022, January). *La dépression post-partum*. naitreetgrandir.com/. https://naitreetgrandir.com/fr/etape/0_12_mois/viefamille/jk-naitre-grandir-maman-depression-postpartum-babyblue/

PROTECTING YOURSELF AGAINST SHINGLES

Gabrielle Dolan

Clinical Nurse - Odanak Health Center

WHAT IS SHINGLES?

Shingles is a common condition in adults caused by the reactivation of the chicken pox virus. It can cause intense burning sensations, blistering rashes, exhaustion, and sometimes fever. It can lead to severe pain that may last for months, a condition known as postherpetic neuralgia.

HOW CAN YOU PROTECT YOURSELF AGAINST THIS DISEASE?

Fortunately, there is a vaccine that can protect against shingles and its effects, providing simple and accessible prevention. The vaccine, called Shingrix, is over 90% effective in preventing shingles in people aged 50 and older. Two doses are required.

WHO IS ELIGIBLE TO RECEIVE THE VACCINE FOR FREE?

The criteria change regularly. The information provided below is based on the current criteria of the Quebec Immunization Protocol (PIQ) and the Non-Insured Health Benefits (NIHB) Program for First Nations and Inuit.

Vaccination against shingles is a simple, safe, and effective way to prevent this disease and its complications. For more information, contact us at the health center today at **450-568-6766, ext. 4020**.

AGES	NIHB	RAMQ
50 to 60	Recommended, for a fee	Recommended, for a fee
60 to 70	Recommended, free	Recommended, for a fee
Over 70	Recommended, free	Recommended, free



IPC SEGMENT—STAY SAFE THIS SUMMER

Marcelle Hannis

Home nurse and Infection Prevention and Control - Odanak Health Center

With summer also comes a number of infection risks that can be easily prevented with a few simple precautions.

1. Hand Hygiene, Even on Vacation

Whether you're on a picnic, camping, or traveling, you should always wash your hands before eating and after using the restroom. When water isn't available, an alcohol-based hand sanitizer is a handy solution.

2. Be Caferul of Food Poisoning

Heat promotes bacterial growth. Keeping food refrigerated, not leaving meat, fish, dairy products, and dishes with mayonnaise-based dressings at room temperature, and cooking grilled foods thoroughly can help prevent food poisoning.

3. Skin Infections

Minor cuts, insect bites, and sun exposure increase the risk of skin infections. Cleaning wounds promptly, using a bandage as needed, and applying an insect repellent can help reduce these risks.

4. Water and Water-Based Recreation

Swimming in clean, well-maintained pools or supervised swimming areas reduces the risk of skin, eye, or stomach infections, especially if you have an open wound or a new piercing.

5. Staying Safe While Traveling

When traveling abroad, you should find out which vaccines are required, drink only safe, potable water, and avoid using ice if the water quality is questionable.

By following these simple infection prevention and control (IPC) measures, everyone can fully enjoy the summer while protecting both their own health and that of others.

Take care,

MYTHS OR FACTS: DEBUNKING HIGH BLOOD PRESSURE AND DIABETES

Marie-Noël Mayrand

Nurse clinician - Odanak Health Center

Many families deal with diabetes and high blood pressure on a daily basis. Yet there are still many myths surrounding these conditions, which can hinder their prevention and treatment.

Let's take a moment to improve our understanding of these issues, all while being respectful of our realities, traditions, and life experiences.

MYTHS OF FACTS?

"If I feel well, I'm healthy."

Fact

In the early stages, high blood pressure and diabetes are often asymptomatic. You may feel fine even if you have high blood sugar or high blood pressure.

Having your blood pressure and blood sugar checked regularly allows you to take action early.

"Diabetes is only about sugar."

Fact

Diabetes is influenced by several factors: overall diet, physical activity, stress, sleep, and the environment.

It's not a single food, but a set of lifestyle habits that makes the difference.

"It's in my genes; there's nothing I can do about it"

Fact

While having a family history does increase the risks, it doesn't mean you can't take action.

Exercising more, eating better, and following your treatment plan can help prevent or delay the disease.

"Eating well is hard."

Fact

You don't have to be perfect. Simple actions make a difference:

- Cook more often
- Cut back on processed foods
- Choose nutritious foods

Every little change makes a difference.

TRADITIONAL FOODS: A TREASURE TROVE OF HEALTH BENEFITS

It can play a key role in preventing diabetes and high blood pressure.

Traditional foods are often:

- higher in nutrients (protein, omega-3, vitamins)
- less processed
- lower in added sugar and salt

Examples of healthy traditional foods:

- game (moose, caribou)
- fish
- berries (blueberries, cranberries)
- wild plants and foraged foods

These foods support:

- better blood sugar control
- better cardiovascular health
- a sense of cultural identity and well-being

Making the most of these foods, when available, means taking care of both your health and your heritage.

"Asking for help is a sign of weakness"

Fact

Local resources are here to provide support, without judgment. Health is all about balance.

The foundation of good health lies in the balance between:

- the body
- the mind
- the emotions
- the community

Preventing these illnesses also means:

- getting regular exercise
- eating a healthy diet
- getting enough rest
- staying connected to loved ones and traditions

ONE STEP AT A TIME

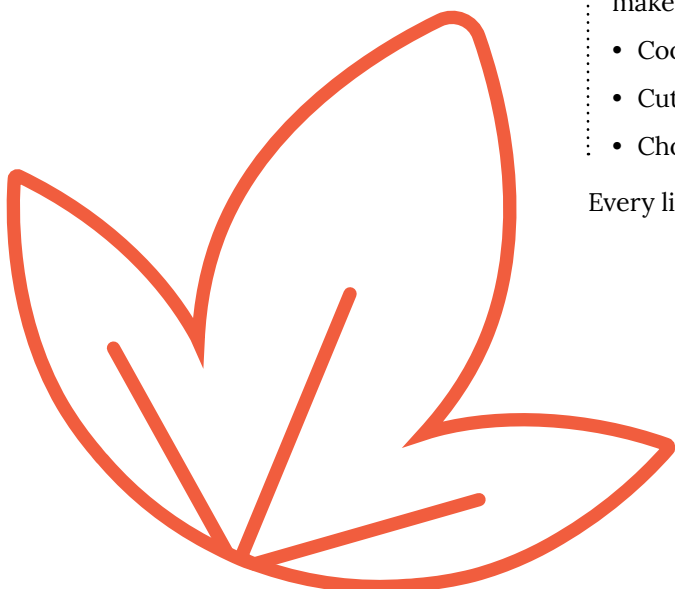
You can't change your habits overnight. But every little bit counts. Taking care of yourself also means taking care of your family and your community.

For more information or support, please check in with health care professionals in your community.

Sources:

This article is based on established guidelines:

- Diabetes Canada - Standards of Care and Prevention
- Hypertension Canada - Blood Pressure Guidelines
- Health Canada - Canada's Food Guide
- World Health Organization - Prevention of Chronic Diseases
- Public Health Agency of Canada - Data and Prevention



THE PROTEIN CRAZE: THE INDUSTRY IS PUTTING IT EVERYWHERE!

Élise Provencher

Nutritionist - Odanak Health Center

Marie-Pier Desnoyers

Dietetic Technician - Odanak Health Center

Have you noticed how “protein” appears to have become the new buzzword? Nowadays, it’s on everything: cereal, chocolate, chips, pasta, bread, oatmeal... even beer! It seems like protein has become an all-purpose miracle nutrient: energy, muscle, performance, satiety... It looks like it does it all.

But does it really?

PROTEIN: ESSENTIAL, CERTAINLY. MIRACULOUS? NOT REALLY

Proteins play a fundamental role in our health, that much is true. They help build and repair the body. Much like the mortar and bricks of a house, our bodies rely on protein to function properly every day.

While they are essential, they don’t have superpowers. They don’t magically boost performance, and they don’t build muscle on their own.



MEDICAL RECORDS

Nidelle Lora Nanfack Togomo

Medical Records Archives Intern - Odanak Health Center

At the Odanak Health Center, Nidelle Lora Nanfack Togomo, medical records intern, hopes to change perceptions of her often misunderstood profession, which is nonetheless essential to patient care and well-being.

Although medical record archivists are often thought of as doing only simple tasks, such as filing, they actually play a vital role in the healthcare and psychosocial services system. “Medical records represent the patient’s memory,” they enable reliable and continuous monitoring that is crucial to patient care. Every day, the medical archivist, someone who works meticulously, must manage, organize, and secure patient records. She is their guardian, and she also ensures strict adherence to confidentiality.

WHY ARE PROTEINS FOUND EVERYWHERE?

For the simple reason that the food industry has fully grasped that “protein” = marketable. The result: “+ protein” labels are plastered prominently on packaging, leading us to believe that a product is automatically healthier. Yet most Canadians already consume enough protein.

The real issue often lies in how protein intake is distributed throughout the day: too little at breakfast, but too much at dinner. To reap its satiating benefits and support energy levels and muscle mass, it’s best to include protein in every meal rather than loading up on it all at once.

TOO MUCH PROTEIN: NO ADDITIONAL BENEFITS

Unlike certain vitamins or fat reserves, the body does not store protein. Any excess is therefore converted into fat (hello, love handles!) and, in the long term, too much protein can cause problems for people with impaired kidney function.

As for high-protein products, they are often highly processed, high in sugar, salt, or fat, and more expensive, with questionable nutritional benefits. A “high-protein” chip is still a chip. “Enriched” chocolate is still chocolate. The word “protein” doesn’t change the nature of the product.

FULFILLING YOUR NEEDS: EASIER THAN YOU THINK

The good news is that it’s entirely possible to meet our nutritional needs with basic, affordable, and readily available foods: eggs, chicken, fish, legumes, tofu, Greek yogurt, milk, whole-wheat bread, pasta, quinoa, and so on.

WHAT IF I DON’T GET ENOUGH PROTEIN FOR BREAKFAST?

This is one of the few situations where a fortified product can sometimes be helpful, especially if you don’t have much of an appetite in the morning, for instance:

- Adding milk or fortified soy milk to your coffee, oatmeal, or smoothie.
- Choosing protein-fortified bread for toast

WHEN ELSE MIGHT SUPPLEMENTS BE USEFUL?

Some people may benefit from a slightly higher intake, particularly older adults who, say, have a reduced appetite, or people with specific medical conditions (such as open wounds).

IN CONCLUSION: LET’S NOT BE FOOLED

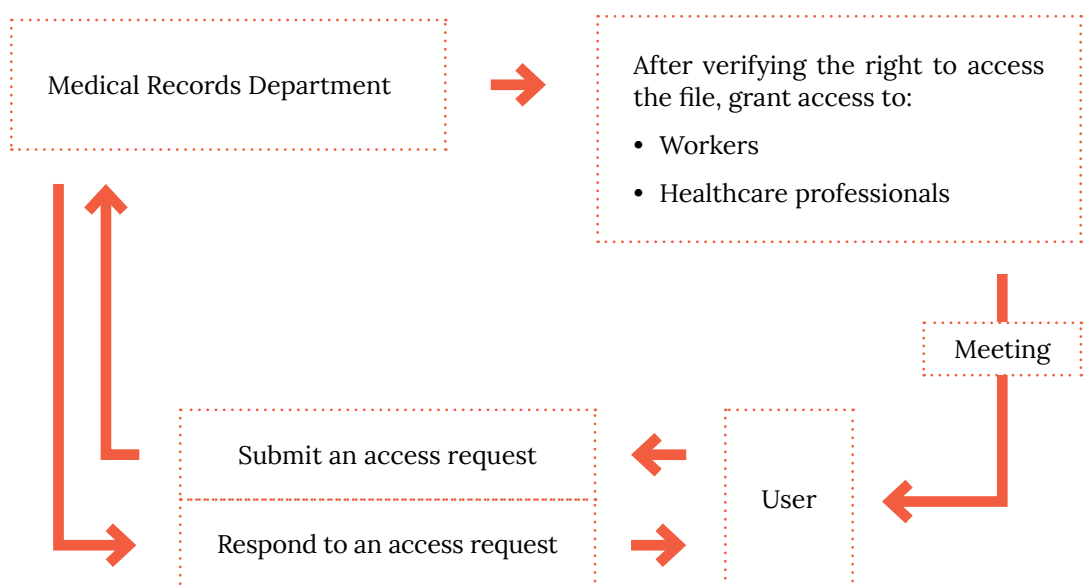
Yes, protein is essential. Yes, it helps with satiety, energy, and maintaining muscle mass. However, having too much of it won’t improve your health, melt away fat, or build muscle without exercise.

Rather than blindly following trends and marketing hype, let’s focus on foods that are naturally high in protein, balanced meal planning, reasonable portion sizes, and a varied diet—not just one that’s “high in protein.” Dietary trends change quickly; our needs, however, remain the same.

If this information seems complex, if you’d like to learn more, or if your health raises concerns or questions related to your diet, the Health Center’s nutrition team is here to support you. Please don’t hesitate to contact us.

Any information leak can have serious consequences, including a breach of confidentiality and serious harm. In a context where health and psychosocial data are becoming increasingly important, this profession—often practiced behind the scenes—proves to be essential. For me, it represents a true calling.

DIAGRAM ILLUSTRATING A USER FILE



MENTAL HEALTH AND ITS CHALLENGES

Sara Guilbault-Boudreau

Outreach Worker – Abenaki Police Force

Hello,

Even in 2026, mental health is still a taboo subject. And yet, one in five people will experience a mental health disorder at some point in their lives. This fact reminds us just how widespread psychological struggles really are—often invisible, yet deeply embedded in everyday life.

Unaddressed psychological distress can escalate and lead to unpredictable behavior, incoherent statements, disorganization, substance use, suicidal thoughts, or dangerous actions toward oneself or others. In cases where a distressed individual’s situation becomes unstable, urgent, or potentially dangerous, police intervention can ensure both their safety and that of those around them, de-escalate a crisis, provide access to services, and support loved ones who feel overwhelmed. Police officers also play a crucial role in ensuring safety, prevention, and protection during mental health crises.

Do not hesitate to call on them, for this is sometimes the best way to save a life, prevent an escalation, and ensure access to appropriate services. You should contact them when:

- The person poses a danger to themselves or others
- The person is making suicidal threats or engaging in self-harm
- The person is in a state of extreme distress, disoriented, or uncontrollable
- Family members feel unsafe or overwhelmed
- Immediate intervention is needed and no other resources are available

Let’s take an example of a call to the police regarding a person experiencing psychological distress. The officers on the scene will assess the situation and ensure that the area is safe for them and others. They will then contact a mental health professional who will assess the person’s psychological state, and they will need to decide whether the person poses a danger to themselves or others. If so, the person will be transported to a hospital for a psychiatric evaluation. If they pose an immediate danger, a doctor may order a 72-hour involuntary commitment. However, if the person no longer poses a danger, they will be discharged from the hospital. Unfortunately, this does not resolve the underlying issue. In many cases, there will be a lull, and then the cycle repeats itself. This is known as the revolving door. This phenomenon leads to discouragement, impatience, anxiety, and fear.

These can be trying times, both for the person living with those issues and for those around them. The key to overcoming this is to break the silence, recognize the signs of distress,

and seek help early on. Asking for help is not a failure; it is an act of self-protection, dignity, and compassion. Mental health is not just about the individual facing these challenges; it affects the entire community.

Loved ones experience very real collateral effects: emotional exhaustion, constant worry, feelings of helplessness, guilt, isolation, family conflicts and burnout. Loving someone who is struggling can take a heavy toll when the support they need is not available or sufficient. Loved ones then become, despite themselves, caregivers—often without the proper tools, without respite, and without recognition.

Here are a few ideas that might be helpful if you find yourself in a similar situation:

- Learn more through books, podcasts, articles, etc.
- Attend meetings with support groups for family members of people with mental health issues.
- Encourage the person to seek help
- Request a psychiatric evaluation order: initiated by a family member or friend, this is done before a judge and allows the police to bring a person at risk to a hospital for evaluation.
- Call your local police department in case of an immediate crisis
- Contact your health center for support
- Respect your own boundaries

Mental health is a shared responsibility. It requires compassion, active listening, accessible resources, and collaboration among citizens, loved ones, professionals, and law enforcement. When we openly discuss mental health, recognize its impact on those closest to us, and seek appropriate assistance at the appropriate time, we contribute to creating a safer, more empathetic, and more supportive social environment.

HERE IS A LIST OF LOCAL ORGANIZATIONS:

La Passerelle BNY

819-233-9143

This organization is dedicated to linking individuals whose family members are struggling with symptoms of a serious mental health condition. It offers a range of support services to help them reach their full potential.

La Chrysalide

819-294-9292

A temporary housing resource that provides support and accompaniment services for individuals experiencing significant distress or vulnerability. It offers an opportunity for self-empowerment rather than simple care management. The person is viewed holistically, within their unique life path and in relation to their environment, needs, potential, sense of agency over their life, integrity, and dignity.

La Traverse du Sentier

819-293-6416

Their mission is to help people experiencing mental health issues or emotional difficulties improve their quality of life by offering them support and guidance as they work toward greater well-being. Their philosophy of action is based on a holistic approach that treats the person as a whole. This approach is characterized by welcoming the person while respecting their choices, fostering an equal relationship with others, empowering them to regain control over their lives, and helping them become rooted in their community.

Le Vaisseau d’Or

1-855-272-7837

Their mission is to provide support to the family and friends of someone living with a mental health disorder. This includes parents, siblings, spouses, children, friends, and anyone who cares about the person affected.

Odanak Health Center

450-568-6766

The CSO works to improve the health and well-being of Odanak community members through health programs focused on prevention and health promotion, using a holistic approach based on the cultural beliefs and values of the Abenaki Nation.

Équijustice

819-293-8671

Promoting fair and accessible justice for all by encouraging people to take an active role in addressing the challenges they face as a community and by supporting them as they assert their rights and celebrate their differences. This organization also runs the Parenthèse Project, which aims to assist interested parties who come to the clerk’s office at the Trois-Rivières Courthouse to file a “Request for Temporary Custody for the Purpose of a Psychiatric Evaluation” (SJ-1223).



NEWS OF YOUR MUSEUM



Vicky Desfossés-Bégin

General Manager - Musée des Abénakis

This spring has been particularly busy at the Musée des Abénakis. The past few months have featured several community-building events, a major fundraising gala, the conclusion of a memorable exhibition, and the arrival of a new artist at our museum. As the tourist season gets underway, the entire team is getting ready for a busy summer.

A SPRING BREAK FILLED WITH DISCOVERY

During spring break, the Museum welcomed about 50 families who came to discover Indigenous music through sounds, rhythms, games, and a craft-making activity.

Participants had the opportunity to take part in a singing and music workshop led by Élise Boucher De Gonzague, to make a sisiwan to take home, and to participate in various fun games centered on Indigenous music, from the past to the present.

This event allowed families to discover a vibrant and contemporary aspect of W8banaki culture in a friendly and festive atmosphere.



Élise Boucher De Gonzague's workshop.

SIGWAN 2026: AN INCREDIBLY MEMORABLE EVENING

March 19 marked the 11th edition of SIGWAN, the museum's annual fundraising event. Over a hundred people gathered in Odanak to take part in this friendly and festive evening, which raised more than \$63,000 to support the museum's educational and cultural activities.

The event brought together partners, artists, community members, and numerous guests from the cultural and business sectors. Participants enjoyed a musical performance, a silent auction, and appetizers inspired by Indigenous flavors while mingling in a friendly atmosphere.

This latest edition of SIGWAN showed, once again, just how committed the community and the museum's partners are to supporting the promotion of W8banaki culture.



SIGWAN 2026. Credit: JT Studio.

AN EXHIBITION THAT MOVED VISITORS

At the end of March, the exhibition *Revenir de loin | Warowik E Otciteian* by artist Sonia Basile-Martel came to a close.

On view since the fall, this exhibition has allowed visitors to discover a deeply personal artistic journey exploring identity, resilience, and healing. Sonia Basile-Martel's works deeply moved audiences and sparked many meaningful and heartfelt conversations.

A NEW EXHIBITION FOR THE SUMMER SEASON

Since April 14, the museum has been hosting the exhibition *Kizi n'namih 8 matgwas | I Saw the Hare* by artist Christine Sioui Wawanoloath.

On view until September 7, this exhibition offers a rich, colorful, and evocative world inspired by nature, imagination, and stories passed down through generations. Visitors are invited to discover works where forms, symbols, and emotions come together.

THINKING ABOUT THE MUSEUM'S FUTURE

Over the past few months, the museum's team and board of directors have also completed a new strategic plan that will inform the museum's actions in the coming years.

Through this process, several priorities were identified, including membership development, increasing the number of museum guides, and diversifying the museum's revenue streams.

The museum aims, for example, to strengthen its ties with the community, better support its employees, and continue developing projects such as the gift shop and fundraising activities.

This plan will allow the museum to continue growing while staying true to its values: authenticity, education, and excellence.

TOURIST SEASON SOON TO BE UPON US

As summer approaches, the Musée des Abénakis is preparing to welcome a growing number of visitors, groups, and families from all over Quebec and beyond.

This increased interest in the museum is also reflected in our attendance figures. Over the past year, more than 16,400 visitors stepped through the doors of the museum, an increase of over 700 visitors compared to the previous year.

This growth reflects the growing interest in W8banaki culture, as well as the work done by the museum's team to offer enriching and relevant experiences to its visitors.

To prepare for these busier times, the Museum also aims to enhance its gift shop offerings by adding new products created by artists and artisans. If you would like to submit your work for the museum's gift shop, please contact the team at **450-568-2600**.



The Kiz8bak gift shop is looking to welcome new artists and artisans. Credit: Tourisme Autochtone Québec © Audet.

A BUSY SUMMER AT THE MUSEUM

From July 1 to August 21, craft workshops will be offered on Wednesdays, Thursdays, and Fridays. These activities will allow visitors to discover various traditional skills associated with W8banaki culture.

Finally, the season will conclude with the return of N'kadopi on September 13. This family-friendly event will once again celebrate W8banaki culture through a variety of activities for all to enjoy.

BECOMING A MUSEUM MEMBER

Becoming a member of the Odanak Historical Society is a meaningful and inspiring way to support the Musée des Abénakis and actively contribute to the fulfillment of its cultural and educational missions.

Being a member is a concrete way to help promote W8banaki culture and support the museum's ongoing activities. For more information, visit our website at museeabenakis.ca or call **450-568-2600**.

The entire team at the Musée des Abénakis looks forward to welcoming you in the coming months.

See you soon!

