





**Tungasuvvingat Inuit**

**Tungasuvvingat Inuit Board of Directors**

**President:** Mary Tobin Oates  
**Vice President:** Jeela Palluq  
**Secretary-Treasurer:** Mary Simon  
**Board members:**  
Meeka Uniuqsaraq, Kunnuk Takpannie  
Looee Okalik, Vacant, Vacant, Vacant

**Tungasuvvingat Inuit Staff**

**Administration & Youth-427 McArthur Ave.**  
Executive Director-Morgan Hare  
Operations Director-Jason LeBlanc  
Youth Program Coordinator-Isa Qamaniq-Mason  
Youth Cultural Coordinator-Tom Williamson

**Drop In Centre and Services-118 Empress Ave.**  
Receptionist-Mary Akumalik

**Employment** - Coordinator-Mary Hands  
ICT Instructor - Peter Webster

**Diabetes Awareness & Prevention**  
Coordinator-Christine Lund

**Counselling Services**  
**Mamisarvik Healing Centre**  
Counselling Services Director-Pam Stellick  
Coordinator-Ginette Chouinard  
Counsellors-Rosie Simonie & Barbara Sevigny  
Cook-Jeanie Schofield

**Community Liaison**  
Meeka Papatsie & Pamela Hill  
Drop-in/Intake Worker-Norman Okalik  
Aftercare Worker- Geoff Kilabuk  
Intake and Assessment Worker- Sadie Hill

**Pigiarnvik House**  
Residential Support Workers - Gordon Johnson,  
Eva Lucassie, Vacant and Rick Mayoh, Melinda  
Shambare, & Carol Thornhill

**Programs & Services 230 McArthur Ave.**  
**Inuit Family Resource Centre**  
Coordinator- Connie Siedule  
IFRC Child & Family Programs-Iga Attagutsiak  
IFRC Child & Family Programs-Vacant  
IFRC Nurse/Coordinator PPN  
Child and Family Program-Mary Hutton  
Children's Programs 6-13 yrs- Vacant

**Inuit Head Start**  
Coordinator-Christine Adams  
Teachers- Eelata Pumiotook & Fred Simpson  
Cook/housekeeper- Beverley Kigmiatq  
Family & Com. Coordinator: Lynda Brown  
Assistant Teacher - Jeannie Flemming

**Ikajuqtuijit**  
Sally Webster, Martha Arreak  
Rhoda Innuksuk & Suzanne Singorie

**Programs & Services**

**Counselling Services**  
Women's Healing Circle  
Annual Inuit Women's Retreat  
Assists with N#'s for beneficiaries  
Legal support, helps with finding lawyers, assists  
in court, etc.  
Helps people with Social Services  
Medical Referrals  
Application assistance to get I.D.cards  
Translation support with appointments  
Helps find Housing & Shelters  
Crisis intervention and short-term counselling  
Workshops  
The counselling program serves as a liaison  
between community members and  
community resources  
Mamisarvik Healing Centre-addictions and  
trauma recovery

**Employment Support Program**  
Counselling and support  
Job Bank  
Resume Writing  
Interview Skills  
Obtaining funding for Training Programs  
Education information  
Employment & Training Learning Centre

**Family Resource Centre**  
Pre/Post Natal  
Parent Relief  
Community Kitchen  
Cultural crafts, Play Groups  
Monthly Birthday Party for 0-6yr olds  
Primary Language Program  
Nobody's Perfect and Early Parenthood  
Parenting Groups  
Food Bank Co-op  
Massage/Tai Chi  
Outings, Special Events  
Inuktitut Summer Immersion, JK to grd.8  
Supervised Access Visits

**Head Start**  
Nutrition/Country Food  
School readiness  
Social Support  
Parental Involvement  
Culture & Language  
Health Promotion

**Youth Program**  
Recreation, cultural and educational activities  
for 13-20 year olds. The Stay in School Program  
in partnership with the Nunavut Sivuniksavut  
Program.

**Ikajuqtuijit**  
Cultural knowledge & skills to any & all who  
may be interested in traditional Inuit culture.

**Diabetes Prevention & Awareness**  
Diabetes web-site, promotional material on  
diabetes prevention and awareness such as:  
brochure, posters & PSA's. Monthly country  
food lunch, newsletter & TI web-site.  
**www.inuitdiabetes.ca**

**Addresses & Numbers**

**Mamisarvik Healing Centre  
Trauma & Addictions Program**  
604 Laurier Ave. W  
Ottawa, ON K1R 6L1  
ph: (613) 563-3546  
fx: (613) 563-4136

**Tungasuvvingat Inuit  
Drop in Centre and Services**  
118 Empress Ave.  
Ottawa, ON K1R 7G2  
ph: (613) 563-3546  
fx: (613) 230-8925

**Tungasuvvingat Inuit  
Inuit Head Start & Family Resource Center**  
230 McArthur Ave.  
Vanier, ON K1L 6P5

Inuit Family Resource Centre  
ph: (613) 749-4500 Extensions 11, 12 & 13  
fx: (613) 749-8713

Inuit Head Start  
ph: (613) 747-2225  
fx: (613) 747-0629

**Tungasuvvingat Inuit, Youth Office**  
427 McArthur Ave. Unit 8  
Ottawa, Ontario K1K 1G5  
ph: 562-1001

**Tungasuvvingat Inuit, Executive Director &  
Finance**  
427 McArthur Ave. Unit 2  
Ottawa, Ontario K1K 1G5  
ph: 747-2225  
fx; 744-1295

**email: info@ontarioinuit.ca**  
**www.ontarioinuit.ca**

**New Staff with TI - Welcome**

**T**ungasuvvingat Inuit would like to welcome  
their new employees:  
Mary Akumalik - Receptionist at 118 Empress,  
Peter Webster - ICT Program,  
Youth Cultural Coordinator-Tom Williamson,  
Head Start Assistant Teacher - Jeannie Flemming,  
Ikajuqtuijit staff Sally Webster, Martha Arreak,  
Rhoda Innuksuk & Suzanne Singorie.

**S**taff that have shifted their roles include:  
Youth Program Coordinator-Isa Qamaniq-  
Mason.**To all Congratulations and Welcome.**



Tungasuvvingat Inuit

### Fall Outing Apple Picking

The IFRC Fall Outing this year took place at Mountain Orchard Apple Picking Farm. Families picked bushels of fresh apples. Games, hot lunch, hayride, dry weather and corn maze made for a fun day. Thanks to the TI Diabetes program for sponsoring the outing and to the youth and culture program for volunteering staff time.



### Children's Visual Arts Saturday Classes

Children explore a different visual arts medium each week and learn to build a portfolio of their work. At the end of the module, children will exhibit their work for parents and the community. Call IFRC at 749-4500 ext 11 or 12 for more information or to register your child. Offered in partnership with the Ottawa School of Art.

### World AIDS Day workshop-Nov 28<sup>th</sup>

12:00 p.m.-LUNCH including Country food, Spaghetti and drinks.

- 1:30-2:15-Mini Workshop about HIV/AIDS
  - What is HIV/AIDS and what are the risks?
  - Who is at risk for HIV/AIDS?
  - What can we do to prevent HIV/AIDS?

2:30-3:30-Sexual Health Bingo with prizes!

This workshop will be held in partnership with Pauktuutit Inuit Woman of Canada

All are welcome to attend!



PAUKTUUTIT  
INUIT WOMEN OF CANADA

### Pre-Post Natal Program

Educational workshops this quarter included effects of alcohol and marijuana on fetal development, calcium, and net sugar levels found in common foods. Regular community kitchen classes are also underway on Mondays, for more information call IFRC at 749-4500 ext 13. Thanks to the TI diabetes program for sponsoring the cook-



ing with apples and pumpkin pie sessions.

### Christmas Party Volunteers Need!!

The Christmas planning group is looking for volunteers to help with: Wrapping gifts for the children or Cooking Caribou, Char, Turkey & side dishes or various other tasks.

Community events, such as the Christmas party, are only possible with help from you!

If you can spare a few hours of your time on December 8th &/or December 9th please call Christine Lund at 563-3546.X 14

### Blood Pressure, Blood Sugar, Fetal Heart Monitor Clinics

Blood pressure, blood sugar, and fetal heart monitor checks are held every month at the Inuit Family Resource Centre. Call 749-4500 ext 11, 12, or 13 for more information.







Tungasuvvingat Inuit

**Inuit Head Start**

Tungasuvvingat Inuit Head Start has been busy this past fall season. We have been partnering with various organizations to enhance the overall learning opportunities for the children and families within the program. We continue to have monthly visits from a Nurse Practitioner from Wabano to provide well-child checks on each of the children, our Diabetes Prevention Program was highly successful and well received by all the children, our Art Therapy program is in full swing with input from all parents as to what they would like to see their children developing in this specialized program and we are planning a visit to the RCMP building on McArthur Avenue to perform and sell some of our community crafts as a small fundraiser.

Our recent parenting workshop, entitled Discipline that Works, was tremendously successful. We hope to continue on this subject with further workshops in the near future. These workshops are parent driven and are provided on an as needed basis.



Our Halloween Party was a spectacular event, enjoyed by all. A big thank you to Poirier Communication and Yvonne (one of our special van drivers) who donated sweet treats to our children. Our trip to the Pumpkin Patch was wet, yet that did not dampen the children's spirits. The petting zoo was a big hit, some of our friends enjoyed snuggling with the animals. Everyone

chose a pumpkin to take home, and there were a large number of participating parents, which is always a benefit to the program.

The program is now preparing for the upcoming holiday season. We are perfecting our drumming and singing skills, in advance of our performances at the annual Tungasuvvingat Inuit Christmas Party, and for our own Head Start Christmas celebration on December 22, 2005 where we have heard a rumour that a special visitor may make an unannounced, but much welcomed appearance.



**Dates to Remember**

**November**  
28-World AIDS day at 118 Empress with TI & Pauktuutit

**December**  
1-Aboriginal Awareness day at Algonquin College.  
2-CAS Awareness workshop at IFRC 9:30 am-4:00 pm.  
3-Christmas Family Photos at IFRC 12:30 pm-4:00 pm.  
5-Blood Pressure and Sugar clinic at FRC  
6-Last day to register for a Christmas hamper and/or toys with Pam Hill  
7-Ninth Mamisarvik Treatment cycle concludes  
7-Women's Healing Circle  
10-TI Christmas Party at St. Joseph's Parish Hall  
14-Women's Healing Circle  
15-Community Lunch and Diabetes presentation at 118 Empress Lunch served at Noon  
16-The last day that IFRC, Mamisarvik & 118 Empress are open for the season.  
19-23 TI drop-in centre at 118 Empress Ave is open from 1PM - 4PM  
22-Head Start Christmas Celebration  
23-Head Start's Last day open in 2005  
25-Christmas Day  
26-Boxing Day

**Dates to Remember Continued**

27-30 TI drop-in centre at 118 Empress Ave is open from 1PM - 4PM

**January**

1-Happy New year 2006  
3-TI reopens for the new year  
5 -Blood Pressure and Sugar clinic at FRC  
9-Head Start resumes their program  
9-The start of the New Computer Classes in Employment Learning Centre.  
11-Women's Healing Circle  
18-Women's Healing Circle  
19-Community Lunch and Diabetes presentation at 118 Empress Lunch served at Noon  
25-Women's Healing Circle

**February**

1-Women's Healing Circle  
5 -Blood Pressure and Sugar clinic at FRC  
8-Women's Healing Circle  
14-St. Valentine's Day  
15-Women's Healing Circle  
16-Community Lunch and Diabetes presentation at 118 Empress Lunch served at Noon  
22-Women's Healing Circle

**March**

1-Women's Healing Circle  
5 -Blood Pressure and Sugar clinic at FRC  
8-Women's Healing Circle  
15-Women's Healing Circle  
16-Community Lunch and Diabetes presentation at 118 Empress Lunch served at Noon

**Akiurvik/ᐱᑭᑦᑭᑦᑭᑦ**

Would you like to contribute to the newsletter? ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ

Akiurvik is currently accepting submissions to be included in the newsletter. ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ

What to submit? Peoms, Stories, Articles, Community news & announcements. ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ ᐱᑭᑦᑭᑦᑭᑦ

Please send your work to: Christine Lund, 118 Empress Ave. Ottawa, ON K1R 7G2 info@ontarioinuit.ca







**Mamisarvik  
Healing Centre Program**

The Mamisarvik Healing Centre is a substance abuse and trauma recovery program for Inuit men and women who want to set new goals and make the changes needed to reach them. The eight-week treatment cycles, both residential and daytime, are for those struggling with dependency on drugs and/or alcohol. The program also provides support for healing from the effects of physical and sexual abuse, residential schools and forced relocations. **If you want to make significant changes in your life, Mamisarvik Healing Centre can help. Please contact Sadie Hill at 613-563-3546, ext.11, for more info.**

**Today is the most important day in our lives**

It is a day to celebrate our being, our soul, and ourselves.

It is also a day to spread our wings, and fly above the clouds like the Eagle.

Today we know we have climbed the highest mountain together through this healing journey, and now we can slide down or walk down all together.

Today is the day we take charge of our lives, and move forward with the tools that we've received from Mamisarvik.

Today we are closing another chapter of our lives, and opening a fresh page to experience life, a day at a time.

Today we have our personal power, a power to be who we are, and not the being from the past.

Today is a day to embrace ourselves, and the experiences that come with living.

It is a day to stand tall and proud, appreciating the wonderful gifts we have.

Today is a day to shine like the sun. Radiating warmth to everyone outside of ourselves, as well as to ourselves.

Today is a day to acknowledge our existence, and our will to survive. It is a day to be good to ourselves, and enjoy this moment for a lifetime. Today is the day to thank ourselves, and pat ourselves on the back because we have reached our goal.

Today is also a day to thank all the wonderful staff who have helped us trail the mountain, the bogs, the turbulences, that challenged us. We have journeyed together, and we've not walked in front of each other, nor behind each other. We have walked along side each other, and supported each other.

Today we all need to praise ourselves, for all of the hard work that we did. Today is the day to give ourselves the permission for our freedom. Our freedom to be, our freedom of expression, and the freedom to love ourselves as we are.

*It is our day to be who we are. The only one that we've always wanted to be, ourselves.*

Reprinted with the permission from a gentleman who experienced the Mamisarvik Healing Centre's 8 week trauma recovery and substance abuse program.

**Community Service**

Anyone who is completing community-service hours and would like some assistance in recording them can contact: Norman Okalik at 118 Empress Avenue (613) 563-3546 extension 13 or [norman\\_okalik77@hotmail.com](mailto:norman_okalik77@hotmail.com)

**Mamisarvik's  
Continuing-Care Program**

Mamisarvik Healing Center continues to offer continuing care to those who have completed the centre's eight-week treatment cycle.

Continuing care sessions are held at 604 Laurier Ave. West on Tuesdays and Fridays, from 1:30 PM to 3:30 PM.

For more information, please contact Geoff Kilabuk at (613) 563-3546 ext 25, email: [aftercare@ontarioinuit.ca](mailto:aftercare@ontarioinuit.ca), or drop by and see Geoff at 118 Empress Ave. in Ottawa

**Inuit Women's Healing Circle Continues**

The weekly women's Healing Circle will continue to run every Wednesday from 5:30p.m. to 8:00 p.m. at 604 Laurier Ave West. The circle provides a safe and healing environment for women to share and support each other. Inuit country food is provided and support with childcare and bus tickets are available to those attending the circle. For more information please contact Meeka Papatsie, 563-3546, ext. 16

**Teen Drop-in Hours**

Doors will be open Monday to Friday from 3PM-7PM. All youth community members between the ages of 13-20 are invited to attend.

**What's to do there?**

- Pool and ping-pong
- Play PS2
- Surf the net and chat on MSN
- Hang with other Inuit teens
- Monthly outings like Paintball, BBQ's, movies and much more
- Snacks and drinks are provided
- Movie nights
- Pool and ping-pong tournaments with \$\$ prizes

Come join us at 8-427 McArthur Ave. Questions?? Call 562-1001 or email to: [Youth@ontarioinuit.ca](mailto:Youth@ontarioinuit.ca)



# Community Input

*Submissions from the Inuit community  
(external to Tungasuvvingat Inuit)*



## Celebrate Ottawa Inuit Christian Fellowship

Ottawa Inuit Christian Fellowship is lead by Reepa Evic Carleton and Boyd Carleton. Join us for fellowship, worship, teaching and prayer, Ottawa Inuit Christian Fellowship meets every Friday evening at 7:30pm in the Fellowship Hall of City Church, 155 Carillon Street in Vanier

To access the Fellowship Hall, which is located in the lower level of City Church, please come around to the back of the building and enter through the double doors located on the North East side and make your way down-stairs.

We hope you'll join us. Grace and peace, Your friends at OIC



A financial contribution for this Newsletter was made by the Aboriginal Diabetes Initiative-Health Canada

For further information about diabetes visit: [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

## Aiasha's Sacrifice

Back, way back,  
in the beginning of time,

Creator was surveying all of his Creation and he couldn't believe his ears...

It broke his heart.  
Everyone was arguing and fighting with each other.

What had become of his children?  
From his first-born, Whale,  
right on down to the smallest creepy crawler...



He had had enough...  
He couldn't take it anymore...  
"Enough", He roared...

Creator decided that he would separate the Dark from the Light. With a very heavy heart, He walked...and walked... and walked, thinking about how he could recreate the world, this time with only peace and harmony...

Creator searched and searched for just one creature with a pure and gentle heart and finally, He came upon sweet Aiasha...

Suddenly His heart grew lighter;  
Creator chose Aiasha, the caribou to create a new world.

Creator looked into Aiasha's infinitely sad eyes, she knew what He was about to say to her.



He asked her to give herself to Him so that he could create a world of love and peace.

Aiasha's tears fell from her beautiful doe eyes, but she gladly sacrificed her body and her spirit to form the new world.

Her bones became the mountains...  
Her tears became the oceans...  
Her veins became the rivers...  
Creator placed her still-beating heart into the centre...  
her heart became the heartbeat of Mother Earth.

While love and peace reigned, her heart beat with joy.  
The beauty of the earth was abundant.



Creator wanted to share this joy, so he created First Man and First Woman...  
and so it is today, whenever we beat our drum, especially our caribou/deerskin drums, we harmonize ourselves with the heartbeat of Mother Earth.  
Submitted by: Roberta Della-Picca