



**Tungasuvvingat Inuit
Board of Directors**

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Vice President: Vicky Adams-Besau
Secretary-Treasurer: Mary Simon
Board members:
Leesie Naqitarvik
Jeela Palluq
Meeka Uniuqsaraq
Kunnuk Takpannie
Loee Okalik

Tungasuvvingat Inuit Staff

Executive & Administration

Executive Director-Morgan Hare
Operations Director-Jason LeBlanc

Youth & Ikajuqtuijiiit

Youth Program Coordinator-Vacant
Ikajuqtuijiiit Elders: Vacant

Drop in Centre and Services

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-Reepa Evic-Carleton &
Barbara Sevigny
Cook-Jeanie Schofield

Community Liaison

Meeka Papatsie & Pamela Hill
Aftercare Worker- Geoff Kilabuk
Intake and Assessment Worker- Sadie Hill

Pigiavik House

Residential Workers - Gordon Johnson,
Eva Lucassie, Leanne Annawak and
Rick Mayoh, Melinda Shambare, Ruby
Arngna'naaq & Tina Akpalialuk

Inuit Family Resource Centre

Coordinator- Connie Siedule
Child & Family Programs-Iga Attagutsiak
Child & Family Programs-Rosie Simonie

Nurse/Coordinator PPN
Child and Family Program-Mary Hutton
Children's Programs 6-13 yrs- Amalia Tuglavina

Programs & Services

Counselling Services

Women's Healing Circle
Annual Inuit Women's Retreat
Assists with N#'s for beneficiaries
Legal support, helps with finding law-
yers, 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 liai-
son 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

Youth Program

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

Ikajuqtuijiiit

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 website.
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 Family Resource Center**

230 McArthur Ave.
Vanier, ON K1L 6P5
ph: (613) 749-4500 Extensions 10, 12
& 13
fx: 613) 749-8713

**Tungasuvvingat Inuit
Cultural Office & Community Events**

206 Montreal Road
Vanier, Ontario K1L 6C9

**Tungasuvvingat Inuit, Executive
Director & Program Operations**

427 McArthur Ave. Unit 8
Ottawa, Ontario K1K 1G5
ph: 747-2225
fx: 744-1295

Email: info@ontarioinuit.ca
www.ontarioinuit.ca

**A financial contribution for this
Newsletter was made by the Aborigi-
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For further information about diabe-
tes visit: www.inuitdiabetes.ca**

Dates to Remember

May
 8-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 9 -Re-opening of 118 Empress
 Drop-in Centre
 10-Women's Healing Circle
 10-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 11&12- After school program IFRC
 14-Mother's Day
 15-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 17-Women's Healing Circle
 17-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 18-Community Lunch and
 Diabetes presentation at
 206 Montreal Road
 St. Margaret's Anglican Church
 Lunch served at Noon
 18 & 19-After school program IFRC
 22-Victoria Day (TI Closed)
 24-Women's Healing Circle
 24-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 25&26 -After school program IFRC
 29-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 31-Women's Healing Circle
 31-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road

June
 1&2-After school program IFRC
 5-Blood Pressure and Sugar clinic at IFRC
 5-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 7-Women's Healing Circle
 7 -Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 8 & 9-After school program IFRC

12-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 14-Women's Healing Circle
 14-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 15-Community Lunch and
 Diabetes presentation at
 206 Montreal Road
 St. Margaret's Anglican Church
 Lunch served at Noon
 15&16-After school program IFRC
 18-Father's Day
 19-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 21-National Aboriginal Day
 21-Women's Healing Circle
 21-Stay in school program
 - 4:30-7:00 PM 206 Montreal Road
 22&23-After school program IFRC
 26-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 28-Women's Healing Circle
IFRC will be holding a DVD release party near the end of June. The Community Strawberry picking outing will also be held at the end of June or beginning of July. Keep posted for updates with IFRC for further information.



July
 1-Canada Day
 3-Canada Day Stat Holiday (TI Closed)
 9-Nunavut Day (Check our website or with Reception for information about activities planned)
 10-Blood Pressure and Sugar clinic at IFRC
 10-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 17-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 20-Community Lunch and
 Diabetes presentation at
 206 Montreal Road
 St. Margaret's Anglican Church
 Lunch served at Noon
 24-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 31-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
Stay posted for updates about the dragon boat & paddling activities with IFRC during the summer.

August
 7-Provincial Holiday (TI Closed)
 14 -Blood Pressure and Sugar clinic at FRC
 14-Community Kitchen @ IFRC
 11:00 - 3:00 (Pre-Post Natal)
 17-Community Lunch and
 Diabetes presentation at
 206 Montreal Road
 St. Margaret's Anglican Church
 Lunch served at Noon

The Inuit Women's gathering and retreat is scheduled to take place in early fall. Look for further information in the next newsletter.



118 Empress Ave - Inuit Community Drop In Centre

The purpose of the 118 Empress Avenue Drop-in Centre is provide community members with a safe environment, supply access to a kitchen, food when available from the food bank, telephone and mail services, clothing bank and recreational and cultural activities.

While at the drop-in centre, community members can access the services of the community support workers to help with support (Ontario works, CAS, NTI, Legal aid, personal ID etc...), referrals to other agencies, crisis intervention and community member support & advocacy. Community members may also have access during this time to the computer lab and Employment services.

The Drop-in centre is open daily from 1:00 PM to 4:00 PM – with structured services. Community support workers are also available to provide services from 9:00 AM to 5:00 PM. Please ask about your workers availability.

Due to an increase in the number of aggressive incidents, the drop-in centre was recently closed for a short period of time. During this time, the staff reviewed the recent events and worked towards implementing changes to ensure the safety and well-being of **ALL** community members and staff.

In accordance with the mission of Tungasuvvingat Inuit to promote the well-being of the Inuit community, aggressive, violent or threatening behaviors that may cause harm or anxiety to staff and/or to other clients are not acceptable and will not be tolerated.

All community members who access the services of 118 Empress Ave. must at all times be aware of and abide by the posted house rules & responsibilities. The house rules & responsibilities are as follows:

Rules:

- All community members and staff will be treated with respect.
- No one who is intoxicated shall enter the centre at any time.
(this includes influence of substances as well as alcohol).
- No physical or verbal abuse to ANY degree will be tolerated on the premises.
- Stealing or fraudulent activity is not acceptable and will not be tolerated.
- Soliciting (asking) for money from community members or staff is forbidden.
- No gambling
- No sleeping on the premises

New structures in place:

- Access to the reception area is restricted.
Community members may ask for mail services or telephone messages from the reception entrance.
- Telephone access for personal calls is restricted to 10 minutes
and will occur strictly between 1:00 PM and 4:00 PM
- Storage of personal items is not permitted at the centre.

Responsibilities:

- Tungasuvvingat Inuit assumes no responsibility for any personal items that are left on the premises.
- Parents/caregivers are asked to pay careful attention to what their children are doing while visiting the centre.
- The Third floor is off limits to unaccompanied children.



Pre-Post Natal Program

The Pre-postnatal Program hosts Community Kitchen every Monday between 11am and 3pm. Participants learn about nutrition, acquire some cooking skills and take home a portion of what is prepared. To date we have made granola, salad dressing, chicken pie, pea soup, chili, spaghetti sauce, pumpkin pie and apple pie. Regular pre-postnatal programming and lunch continues every Tuesday. Congratulations to Rita and Serge on their new addition, Marcus, born April 2, weighing in at 8lbs, 1oz. Stay tuned for New Attractions coming soon to your friendly neighbourhood Inuit Family Resource Centre, Pre-postnatal Program!!!



Volunteers are appreciated

IFRC wishes to thank all the volunteers who have donated their time and efforts to the program. Special thanks this spring goes to the steadfast volunteer work of David Gignac, Mika Conboy, Serge Gaudreau, Mabel Lumsden, Oleepa Brown, Leesie Karpik, Ocean Komaksiutiksak. To volunteer for the program, or to have your name officially recognized in the next newsletter, please call 749-4500 ext 10, 12, 13.

Easter Spring Outing

Over 120 people, families and children came out to celebrate spring at Stanley’s Maple Lane Farm. Everyone enjoyed the really nice outdoor setting, Easter brunch, maple taffy, hayrides, farm animals, Inuit food, games and prizes. The whole adventure made a lovely day. For the next IFRC outing please call 749-4500 ext 10,12 or 13.



Children’s Visual Arts Saturday Classes

Children explore a different visual arts medium each week. To date, classes have touched on performance art, life drawing, print-making, and colour theory. Children will also build a portfolio of their work and hold an exhibition. Call 749-4500 ext 10 or 12 for more information or to register your child for the fall sessions.



After-school Program

After-school Program (pictures) The Inuit Family Resource Centre After-school program, for 6-13 year olds, started in December 2005. It runs each Thursday and Friday with one on-site project or craft and one field trip weekly. Saturday program modules are also offered. To date, we have been to museums, bowling, go-karting, dance class, and much more. The after-school program is funded through the City of Ottawa and the United Way. For more information or to register your child contact Amalia Tuglavina or Mary Hutton at 749-4500, 740-4441 ext 13.



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 10, 12, or 13 for more information.



Tungasuvvingat Inuit

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 118 Empress Ave. 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 Mary Akumalik or Meeka Papatsie, 563-3546, ext. 16.

The Fifth Annual Women’s Retreat is scheduled for the fall.

IFRC Knowledge Translation Project



This winter the project continues to complete phase three with completion of Key informant interviews and dissemination planning. Video recordings of elder Qakpiik Attagutsiak’s health messages have been placed into an interactive dvd format and a dvd release event is being planned for this summer. In addition, the project has been presented this spring at conferences in Regina, Victoria, and Toronto. Call 749-4500 ext 10 or 12 for more information.



Malina, Inuit Sun goddess



Malina is the Sun goddess of the Inuit people who live in Greenland.

Malina and her brother, the Moon god Anningan, lived together. They got into a terrible fight and Malina spread dirty, black grease all over her brother’s face. In fear, she ran as far as she could into the sky and became the Sun. Anningan chased after her and became the Moon.

Anningan often forgets to eat, so he gets thinner as the days go by. Every month, the Moon disappears for three days while Anningan eats. He then returns to chase his sister once again.

This eternal chase makes the Sun alternate in the sky with the Moon.

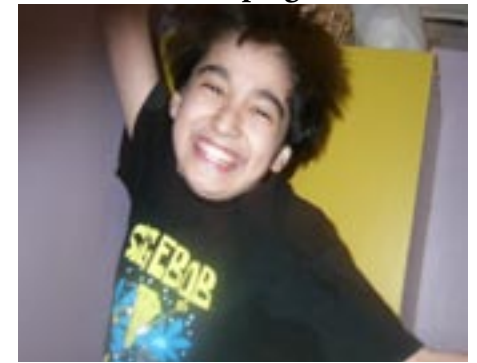
A Homework Club for Inuit Youth

Parents it is still not too late to register your high school students for the NS Stay in School, homework club. This long running NS program has seen many young people through to high school graduation and beyond. The homework club is a once a week event held on Wednesday afternoons from 4:30 pm. to 7 pm. It is not only an opportunity to receive free tutoring assistance with homework, but also a chance to connect with other Inuit youth from across the city.

Students need only to bring their books, brains and a healthy appetite, as a great supper is always provided!! Take advantage of this great opportunity to connect with friends and your future. The location is St. Margaret’s Church, on the corner of Montreal Rd. and Cody.

For more information, please contact Beth at 231-4127, or 244-4937 Ext. 15

Exams are fast approaching, so register now before the program is full!!!



Community Service

Anyone who is completing community-service hours and would like some assistance in recording them can contact: Pam Hill or Meeka Papatsie at 118 Empress Avenue (613) 563-3546



Tungasuvvingat Inuit

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.**

Tungasuvvingat Inuit's first Mamisarniq conference

Front-line workers providing mental-health and addictions services to Inuit discovered themselves immersed in a powerful healing journey of their own during a groundbreaking conference in Ottawa. The Mamisarniq Conference held on April 5th & 6th attracted 45 workers from Northern and Southern Canada. The enthusiastic gathering quickly generated the close-knit feel of a cohesive team. Calls to continue the conference annually were unanimous. “I’m so high, I feel like I’m on Cloud Nine,” said Mary Alainga-Fraser. Mary works with Inuit in the Ontario corrections system. Her sentiment was shared by many participants, who often feel isolated while carrying the heavy weight of their challenging work. The conference’s objectives included bringing together workers from the Northern Regions and the South for the first time to share Inuit-specific approaches to healing and to discuss needs and strategies for intervention. Other goals were to examine and develop Inuit human resources in

mental health, addictions and healing and to provide an opportunity for workers to network and build mutual support.

“It’s gone way beyond my expectations,” said Pam Stellick, Tungasuvvingat Inuit’s director of counselling services. More than 180 clients have accessed the services of TI’s Inuit-specific residential treatment program since it opened in Ottawa three years ago. The conference provided not only the opportunity for people to learn, connect, network, but as a group healing journey. The conference provided an opportunity for front line workers to have a voice.

Workers, once in Ottawa, enjoyed meeting conference elder Meeka Arnakaq of Pangnirtung, an Arctic College educator who also works with Tungasuvvingat Inuit. Arnakaq was an overwhelming favorite with participants.

“Only my smile is in English,” she grinned, while presenting her workshop on the Strength of Inuit and Traditional Healing Methods in Inuktitut. Arnakaq evoked a marvelous series of analogies while examining Inuit culture. She compared Inuit pain to an iceberg, most of it still hidden below the surface.

As part of the conference Elder Arnakaq and Reepa Evic-Carleton facilitated a powerful healing circle. “It’s been a long time since I’ve been in a healing circle like that,” said Susan Peffer of Inuvik, manager of the Inuvialuit Regional Corporation’s Early Childhood Program. “I’m going to start one in my home. We also need treatment and drop-in centres back home.” Eva Lapage of Kuujjuaq became executive director of the Isuarsivik Treatment Centre just a month ago. She was soaking up information like a sponge, as her agency plans to build a new, 22-bed, family-oriented facility and eventually expand its staff from 15 to 50.

Workshops were facilitated by TI’s treatment coordinator Ginette Chouinard, Barbara Sevigny, Reepa Evic Carleton and Pam Stellick. The workshops gave participants a highly moving inside look at TI’s trauma and addictions program, and the usage of the seven stages of a trauma and addictions healing journey. The workshop entitled “Inuit History as a Tool for Trauma and Addiction” demonstrated the healing power that understanding the past can have. ITK policy analyst Catherine Dallas delivered the first public presentation of Alianait (Expressions of Joy), the Inuit Mental Wellness Task Group; which includes Inuit, federal, provincial and territorial representatives. The group will create and develop Inuit-specific approaches for the national Mental Awareness Action Plan for First Nations and Inuit. For the final workshop, Stellick led the conference through an examination of needs and strategies for front-line workers.

Students from the Nunavut Sivuniksavut program provided throat-singing and dancing entertainment during a closing feast at Tungasuvvingat Inuit. Elder Arnakaq was clearly impressed with what she saw at the Mamisarniq Conference. “This group is progressing well.”

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. and on Wednesday from 5:30 p.m. to 7:30 p.m. for those with daytime activities. For information, contact Geoff Kilabuk at (613) 563-3546 ext 25, or Rick Mayoh at (613) 569-2442.



GED classes scheduled for September

General Educational Development (GED) is a testing program for adults who have not completed high school.

The GED recognizes the knowledge, skills and concepts that adults have acquired in their time away from school through working, training, traveling, reading and other informal learning. GED tests measure the level of “educational maturity” gained from these experiences, which is often equal to, or above, the level of a high school graduate.

The GED is a series of five tests in the core high school curriculum

areas of Language Arts - reading and writing, social studies, science, and mathematics.

Course Dates
September to December, 2006

Requirements:
Really Good Reading Skills and Comprehension Skills

Commitment to 6 hours classes/week with 6 hours homework/week

Contact Mary Hands
employment@ontarioinuit.ca
613-563-3546 Ext 12
for more information

Employment Learning Centre Schedule

- Monday:**
9:00 - 12:00 -Typing Tutor & Career Cruising
1:00 - 4:30 - Open Lab
- Tuesday:**
9:00 - 12:00 -Wemen’s Technology
1:00 - 4:30 - Open Lab
- Wednesday:**
9:00 - 12:00 -Open Lab
1:00 - 4:30 - Men’s Technology
- Thursday:**
9:00 - 12:00 -Open Lab
1:00 - 4:30 - Co-ed Technology
- Friday:**
9:00 - 12:00 -Typing Tutor & Career Cruising
1:00 - 4:30 - Open Lab

The Employment Learning Centre is open to all Inuit community members using the services of TI

Post Secondary Educational Funding

Planning to attend college or university next year? Next September seems like a long time away, but **NOW is when you need to apply for Financial Assistance**, even if you have still not decided exactly where you will attend school and have not been accepted anywhere.

Here is some information you need to know....

If you are a *Nunavut beneficiary* but have not lived in Nunavut for the last 12 months, you may not be eligible for funding through Financial Assistance for Nunavut Students (commonly referred to as FANS). There are exceptions where you would qualify for funding. For example, if you moved with your family because their job required them to move for a period of time and they were returning to Nunavut, you may qualify. **Check with**

FANS 1-877-860-0680 or email to fans@gov.nu.ca.

Nunavik students apply to Kativik School Board and if they refuse you, take that refusal letter and contact Avataq Cultural Institute (1-800-361-5029). Avataq funds only Quebec Inuit, not Nunavut students living in Quebec. www.avataq.qc.ca

Labrador Inuit Association requires applicants to be a member of **LIA in possession of a LIA card**. Check their website for more information www.nunatsiavut.com Any LIA member is eligible for funding even if they live in Ontario. The deadline for applying for funding is April 1st for the September semester.

If you are an *Inuvialuit Beneficiary*, contact Sandra at 867-777-7029 for education or training assis-

tance and scholarship information. Sandra.ELANIK@irc.inuvialuit.com

If you live in Ontario and are ineligible for funding from the area that counts you as a beneficiary, you can apply to Mississaugas of New Credit First Nations. **Contact mnceduc@on.aibn.com** or see Mary Hands at Tungasuvvingat Inuit for the application forms. You may need a letter from the funding agency of your land claim region to say that you do not qualify for financial assistance. If living in other provinces, apply to the Department of Indian and Northern Affairs. It is very important to get your applications in now, even though the due date for Ontario funding is April 30th for a September start date. For the questions on the form that you don’t have an answer for, write in ‘information to follow’, **SEND IT IN NOW!**

Inuit Head Start

Winter has been a busy time at Tunngasuvvingat Inuit Head Start with lots of opportunities to enjoy the snow and ice.

Our sandbox has been covered but the children's snow shovels have been busy. Attempts were made to build an iglu with blocks of hard snow and frozen puddles were broken open, but to the disappointment of at least one child, there were “no Iqaluk !”



Various visitors continue to join us during circletime. Our City Librarian, our Nurse from the Well Child Program, our Art Therapist and Christine Lund from TI's Diabetes Awareness and Prevention Program all help the children enjoy the learning process.

A recent field trip was to “Cosmic Adventure” indoor playground with lots of smiles and laughter and some sore muscles for the teachers and parent volunteers.



News Bulletin - Inuit Head Start Incorporation

This is to advise all parents and community members that effective Mary 1st, 2006; Tungasuvvingat Inuit will no longer be sponsoring the delivery of the Inuit Head Start program.

The Public Health Agency of Canada (PHAC) finalized their decision to transfer the program to a new agency called the Ottawa Inuit Children's Centre (OICC).

During the final weeks of April TI was in the process of winding down the Head Start program and getting ready for the program transfer.

This means that the ownership of the building was transferred to the new sponsoring agency OICC, this includes all assets purchased by the program over the years.



Tungasuvvingat Inuit would like to thank all Inuit Head Start employees who helped to make the program a success during it's nine year tenure. The positive impact you have made on our children will be felt and appreciated for years to come.

As many parents and community member may be aware, TI is especially concerned over the decision made by the Public Health Agency of Canada to turn over sponsorship to OICC due to the following reasons: Lack of clarity of who OICC board members are and thier Inuit status; lack of Inuit community buy-in into the incorporation; and minimal communication of process. TI undertook efforts to voice our concerns to both PHAC and the Parent Council prior to the transfer. Our objective being, to have the most effective program continue for the Inuit children pre-schoolers.

The day to day operations of the program have remained the same. DNT transportation will continue to drive the Head Start children to and from the program daily. The staffing of the OICC Head start program is as follows: Executive Director - Karen Baker-Anderson, Teachers - Jeannie Flemming, Ina Zakal & Fred Simpson, the family & community development coordinator is Juliet Kotierk. If you wish to contact OICC Head Start the new number is 744-3133.

If parents & community members have any questions about the transfer, you can contact TI Executive Director, Morgan Hare (info@ontarioinuit.ca) or OICC Chair Heidi Metcalfe.

If anyone wants to follow up, this can be done with a letter to TI President, Joanasie Akumalik.

Community Input

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

The Beautiful Cygnet – (The TRUE Story of the Ugly Duckling)

Once upon a time there were two neighbouring swan mothers, Lorena and Clarissa, who were expecting cygnets at the same time. Lorena was a black swan and Clarissa was a white swan. Somehow, amongst all the excitement and clamour, two of the eggs got switched. One of Lorena's eggs ended up in Clarissa's nest and one of Clarissa's eggs ended up in Lorena's nest.

Day by day, both moms sat on the eggs in their brood, loving them, caring for them and nurturing them. One day, Lorena noticed that one of her eggs was a little different from the others. It was a little more oval and a little larger than the others. She also noticed that it glowed with a soft yellow hue. 'Oh, how wonderful', she thought to herself, 'Creator has given me a bonus. This one must be very special'.

Two days later, similarly, Clarissa noticed that one of her eggs was a little different from the others. It was a little more rounded and a little smaller than the others. She also noticed that it glowed with a slight blue hue. 'Oh, how wonderful', she thought to herself, 'Creator has given me a bonus. This one must be very special'.

One by one, the eggs from each brood began to crack. Clarissa and Lorena waited with bated breath as each cygnet made their way into the world. To Lorena's astonishment, as she watched the four eggs hatch, she observed that one of them was able to open its eyes right from the start and was able to walk already – she couldn't believe it. 'That must be the special one', she thought to herself.

In the nest next to Lorena's, a similar process was taking place. As Clarissa watched her five eggs hatch, she observed that one of them was able to open its eyes right from the start and was able to walk already – she couldn't believe it. 'That must be the special one', she thought to herself.

Lorena raised her cygnets with the deepest, abiding, unconditional love that only a mother can provide. But somewhere along the way, tension started brewing in Lorena's family. As she was teaching them the rudimentary skills, the one who was a little bit different – Letetia - seemed to excel. This caused jealousy amongst his siblings. Letetia learned how to swim more easily, diving came naturally and gliding was his specialty. By and by, even his own mother started to resent her superior abilities – Lorena felt that Letetia was showing up the other cygnets.... Lorena started picking on Letetia, hurling sarcastic remarks at her, telling her how she thought she was so much better than the others, "Who do you think you are?", Lorena would bellow at her. "Do you always have to show off?", she would continue. By and by she started to lose her self-confidence.

A parallel experience was taking place in Clarissa's family. But the outcome was different in this case. Carl was always seemed to excel when taught the rudimentary skills of swan life. He was a dream to watch as he swam, he dove to the bottom of the river without batting an eye and when he glided, all the water devas sang. He was more elegant, more graceful, more regal and much more beautiful than his siblings. Naturally, this led to problems.

Carl's siblings also fell into the trap of envy and started ostracizing him. But he was much more firm in his knowledge of who and what he was – he had had the self-confidence that Letetia was lacking. The taunts and tormenting that had pierced Letetia's thin armour, and damaged her heart, only served to make Carl more self-assured. Carl realized that the way he was being treated, was merely the result of his siblings' insecurities. When they projected those insecurities onto him, he didn't take them on as his own, the way that Letetia had. Carl had developed the wisdom and discernment to ignore their behaviour. His self-image remained intact.

Meanwhile, Letetia's self-image suffered badly. Soon she became shy, awkward and gangly. She started to believe everything her siblings said about her. At the end of the day, she felt awful. She believed that nobody loved her, and not only that, but she felt unworthy of love. The nurturing that she was deprived of, coloured the way she looked at everything. She saw the world through the eyes of hurt and pain. One day, swimming all by herself, Letetia bumped into Clarissa's family in the nearby park. They invited her to join them. She felt self-conscious and refused – she withdrew into herself. She held herself apart, not realizing that now, it was she who was ostracizing herself. They concluded that she was snobby, and "stuck up" and went on their way. More and more, she isolated herself from others.

Finally, Carl approached Letetia, tentatively at first, and shared his life story with her. He told her how he felt growing up in a family of white swans, with he being the only black swan. He told her about how his siblings teased and taunted him. And he shared with her, how he was able to maintain his focus on his true, authentic self, not allowing the others to colour his self-image. Then it was Letetia's turn to tell Carl her life experiences. Carl listened with a heaviness growing in his heart. With deep love and compassion, he placed a wing around Letetia, absorbing her profound sorrow and shame. By and by, with gentleness, and tenderness, Letetia's wounds began to heal. Eventually she was able to accept herself as she was, with the support of Carl's abiding love....Letetia began to treasure her gifts and talents. Slowly at first, she began to blossom and bloom, and soon she was restored to the most elegant, graceful, regal being that she always was.

Roberta Della-Picca

Celebrate Ottawa Inuit Christian Fellowship

Ottawa Inuit Christian Fellowship is led 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 downstairs. We hope you'll join us.

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