



Tungasuvvingat Inuit

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Golf Tournament-2008!

Community Input:

Northern Youth Abroad - Host families needed.

Tungasuvvingat Inuit is a social, cultural and Counselling organization Serving Inuit in Urban Canada since it's Establishment in 1987.

"a place where Inuit are welcome"

Akiurvik

TI's Newsletter Spring 2008

INUIT SPRING EQUINOX CELEBRATION

"I was hoping to learn something about Inuit culture, and I did – but I wasn't expecting a party!"

That quote sums up the feelings of close to four hundred participants who joined the Inuit Spring Equinox celebration on March 20th at the Jim Durrell Recreation Centre in Ottawa.

The joyful evening captured the feel of a real northern celebration, and provided Ottawa residents with a rare taste of Inuit heritage, culture – and food!

T.I. Executive Director Morgan Hare greeted guests at the door, and ushered them into the hall to watch Elder Rhoda Inuksuk open the evening by lighting a qulliq.

Guests were treated to "A Taste of the Arctic", sampling northern delicacies like raw seal, caribou, raw frozen char, smoked arctic char and maktaaq – and, for the less adventurous, caribou stew and bannock.

Susan Aglukark, the evening's hostess, sang a selection of her most popular songs, and introduced David Serkoak and Gary Lewis; traditional Inuit drummers; throat singers Janice Oolayou and Charlotte Carleton; throat singers Karin and Kathy Kettler; performances by students of Nunavut Sivuniksavut; and old-style Northern dance music by "Paddies on the Tundra".

A special feature and big success of the evening was the première of a new performance by the "Time to Shine" Troupe.

The evening wrapped up at 9 p.m. with Susan's performance of Amazing Grace in Inuktitut, surrounded by a group of young fans.

This event was made possible by the financial contributions from the Ontario Community Builders Program, Gov. ON and with assistance from the Consilium Consulting Group Inc.



Please visit Tungasuvvingat Inuit's web site at: www.ontarioinuit.ca



Contact Information

Board of Directors

President:

Vice President: Looee Okalik

Sec.-Treasurer: Vicky Adams-Besau

Mary Simon

Meeke Uniuqsaraq

July Papatsie

Sheila Lumsden

Paani Zizman

Tungasuvvingat Inuit Staff

Executive, Administration

Executive Director

Morgan Hare

Director of Operations

Jason LeBlanc

Counselling Services

Counselling Services Director

Pam Stellick

Community Support

Receptionist-Open

Community Support Worker

Hanna Oolayou

Community Support Worker

Pamela Hill

Food Bank Distribution

Bernie Putulik

Mamisarvik Healing Centre

Program Coordinator

Ginette Chouinard

Therapist - Reepa Evic-Carleton

Therapist - Julia Putulik

Stabilization Worker-

Gordon Johnson

Intake & Assessment Worker

Sadie Hill

Aftercare Counselor - Rick Mayoh

Nutrition Services-

Dora Delmaire

Pigiarvik Residential Centre

Residential Counselors: Melinda

Shambare, Kathy Kilabuk & Juliet

Kotierk

Housing Counselor - Open

Residential Counselor-Nights

Jeannie Scholfield &

Wanda Qaminiq.

Diabetes Awareness & Prevention

Program Coordinator

Christine Lund

Program Assistant

Noodloo Noah

Employment

Director of Employment and

Learning Barbara Sevigny

Employment Counsellor

Joan Cunha

Computer Lab Supervisor

Open

Youth Services

Youth Coordinator - Open

Inuit Family Resource Centre

Director of Health, Child and

Family Services- Pam Stellick/

Connie Siedule

Child and Family Programs

Facilitator - Iga Attagutsiak

Child and Family Programs

Facilitator - Eva Kigutaq

Junior Youth Program Facilitator

Ernie Kadloo

Co-ordinator Pre-postnatal

Program - Mary Hutton RN

Addresses & Telephone #'s

Tungasuvvingat Inuit

Mamisarvik Healing Centre

Trauma & Addictions Program

604 Laurier Ave. W

Ottawa, ON K1R 6L1

ph: (613) 563-3546

fx: (613) 563-4136

Tungasuvvingat Inuit

Community Reception, Commu- nity Liaison Services

301 Savard Ave. 1st floor

Ottawa, ON K1L 7S1

ph: (613) 747-2225

fx; (613) 747-0629

Tungasuvvingat Inuit

Diabetes Prevention & Aware- ness, Administration & Youth.

301 Savard Ave. 2nd floor

Ottawa, ON K1L 7S1

ph: (613) 747-2225

fx; (613) 747-0629

Tungasuvvingat Inuit

Inuit Family Resource Center

297 Savard Ave.-Main floor

Ottawa, ON K1L 7S1

ph: (613) 749-4500

fx: (613) 749-8713

Tungasuvvingat Inuit,

Employment and Learning Centre & computer lab

297 Savard Ave.-Lower floor
Ottawa, Ontario K1L 7S1

ph: (613) 749-9839

fx; (613) 747-0629

Email: info@ontarioinuit.ca

www.ontarioinuit.ca





Program Information

Programs and Services available from Tungasuvvingat Inuit

Family Resource Centre

Health Services: Acupuncture, Blood Pressure checks & treatment, Blood Sugar Screening & treatment, Fetal Heart monitor, Health Assessment & consultations, Herbal Medicine, Infant Weight monitor, Lymphatic Drainage, Adult Weight Monitor, Wellness Checks

Child and Family Programs:

CAPC (Community Action Program for children 0-6 years old), Access Visits, Book and Toy Lending Kits, Child Development Programming, Community Garden & Kitchen, Cultural Crafts, Individual and Family Supports, Moms & Tots, Parent Relief, Parenting Workshops, Groups, Special Events.

Pre-postnatal Program: CPNP (Canada Pre postnatal Nutrition Program for pre-postnatal moms, dads, and infants up to 1 year old), Birthing Supports, Community Kitchen, Individual Consultation, Infant Massage Instruction, Nutritional Lunch, Educational Workshops, Fitness Groups, Welcome Gift Basket for pre-postnatal program newborns

Junior Youth Program: After school Program (Thursdays and Fridays), Child Development Activities, Hip Hop Music Video, Individual Child Support, Saturday

and Evening Program Modules, Occasional Field Trips

Health Research: Knowledge Translation Project, Pilot CD-ROM of Inuit elder health messages, Project presentations at conferences in Saskatchewan, Australia, the United States, and Russia, Publications in The Canadian Journal of Public Health, and the Canadian Institute of Health Research KT Casebook.

*****Please Note*****

TIFRC is open for adult drop-in: Monday - Friday from 9:30 to Noon and Wednesdays all day.

Parents and caregivers with children 0-6 years of age (and 6-13 years for the junior youth programs) are welcome for programming Monday - Friday 9:30 - 4:00.

Employment Support Program

Counselling and support Job Bank, Resume Writing, Interview Skills, Obtaining funding for Training Programs, Education information, Employment & Training Learning Centre Internet access for email, job searches and employment & learning opportunities.

Counselling Services

Women's Healing Circle, Annual Inuit Women's Retreat, Assists with N#s for beneficiaries, Legal support, Monthly legal clinic for community members 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. Weekly food bank services for community members. Mamisarvik Healing Centre-addictions and trauma recovery

Youth Program

Daily Recreation, cultural and educational activities for 13-25 year old.

Diabetes Prevention & Awareness

TI and Diabetes web-site hosting and maintenance, promotional material on diabetes prevention and awareness such as: brochure, posters & PSA's. Monthly community feasts including traditional & contemporary foods, quarterly newsletter productions, program delivery in partnership with service providers both locally, Provincially and Federally.

Life in Balance Eating Healthy & Being Active

By Following a healthy lifestyle & Increasing your physical activity, You can help prevent Type 2 Diabetes!!

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



IFRC Pre-Post Natal Program

The pre-post natal program runs four days per week. The current activity schedule is as follows: Mondays infant massage; Tuesdays nutritional lunch, educational workshops; Thursdays community kitchen; Fridays pre-postnatal fitness training groups. A registered nurse is also available for individual consultations. For more information call Mary Hutton at 749-4500 ext 31 or email prepostnatal@ontarioinuit.ca



Health Care Services

Acupuncture, blood pressure, blood sugar checks & treatment, fetal heart monitor, health assessment & consultations, herbal medicine, infant and adult weight monitoring, lymphatic drainage, and wellness checks are available at the Inuit Family Resource Centre. Treatments for many illnesses including pain, metabolic and immune system disorders, migraines, hypertension,

diabetes, edema, allergies, anemia and insomnia are offered. Call Mary or Eva 749-4500 ext 31, 29 or email prepostnatal@ontarioinuit.ca, familyservices@ontarioinuit.ca for more information, to book an appointment time, or for walk-in clinic hours.

Children's Services

The Community Action Program for Children (CAPC) is regularly open five days per week, Monday to Friday. Programs and services offered include access visits, book and toy lending kits, child development programming, community garden and kitchen, cultural crafts, individual and family supports, moms and tots, parent relief, parenting workshops, groups, and special Saturday events. We are currently offering weekly sewing groups (materials and instruction supplied) on Fridays through this program. Call Iga, Eva at 613-749-4500 ext 30, 29 or email familyservices@ontarioinuit.ca.

Junior Youth Program, children 6-13 year

Welcome spring! We hope to continue having as much fun as in the past! We would like to hear from you regarding up coming events for the After School Program, outings and cultural programming. Please submit your ideas and suggestions about what kind of activities that you would like to see your children do. You can email them, call us, or come in for a cup of tea/coffee and have one on one discussion about your thoughts. The Junior Youth Program aims to build motivation by providing exciting activities in a positive, culturally appropriate environment. The After School Program runs on Tuesdays, Thursdays and Fridays from 3:30 to 5:30pm, snacks provided and transportation may be arranged. Thanks to the United Way for providing a vehicle to the Junior Youth Program. To register your child, please drop by and see Ernie at the Inuit Family Resource Centre at 297 Savard Avenue or give us a call at (613) 749-4500.





Ottawa School of Art
Outreach Program
Art Classes

Ages 6 to 12

Children explore a different visual arts medium each week with a professional art teacher. Classes may include mask making, clay, life drawing, print-making, and colour theory.

FREE

No costs! No tuition fee! No art supplies to buy!

Tungasuvvingat Inuit Family Resource Centre

297 Savard Avenue (Vanier)

TUESDAYS

April 1st to May 27th 2008

4:00 to 6:00 pm

(Holiday on Tuesday after Victoria Day weekend, May 20)

SIGN-UP with Child & Family Programs Coordinator

Ernie Kadloo

613-749-4500 ext 21

or email junioryouth@ontarioinuit.ca

MAXIMUM 15 PARTICIPANTS



***Employment Opportunity – Internal/External
Resolution Health Support Worker
Full-time, term to March 31, 2009 – possibility of extension***

The Resolution Health Support Worker provides front-line support for emotional safety and coordination of services for Inuit who are former Residential School students and their families.

General Responsibilities:

- Assist with completing forms, obtaining required documents and legal services, etc. for clients accessing Indian Residential School Resolution's Common Experience Applications, Independent Assessment Process or other resources/compensation.
- Provide emotional support to Residential School Survivors and their families as needed
- Liaise and advocate with other agencies or organizations in support of client needs.
- Provide referrals to healing services and other agencies as required.
- Transport and accompany clients who require personal support to courtroom proceedings or activities related to the legacy of residential schools.
- Provide support for language interpretation as required
- Crisis intervention
- Maintain client files and gather statistical information

Qualifications:

- Relevant diploma/degree OR significant related work experience
- Experience working in a social service environment
- Knowledge of issues related to Residential Schools
- Understanding of Inuit culture and values
- Knowledge of Inuktitut is a strong asset
- Fluent in English
- Excellent listening and communication skills
- Ability to ensure client confidentiality and be non-judgmental
- Excellent organizational skills and computer proficiency
- Driver's license a strong asset

Salary: dependent on experience

To apply: Please submit your resume and cover letter by fax or mail to: Hiring Committee, Tungasuvvingat Inuit, 604 Laurier Avenue West, Ottawa, Ontario K1R 6L1

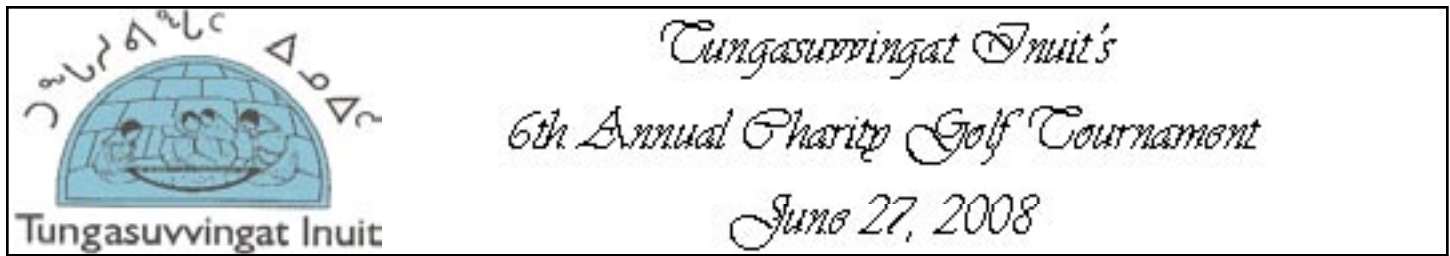
FAX: (613) 563-4136.

Resumes must be received by 5 p.m., Monday April 21, 2008

Preference in hiring will be given to qualified Inuit candidates

Applicants hired for this position will be required to pass a criminal reference check.

Golf, Network, Support the Inuit Community & HAVE A LOT OF FUN!!



Enjoy a game of golf and promote your business while networking with other professionals representing various Aboriginal organizations, government agencies and the Inuit community of Ottawa.

Please make all Cheques payable to:
Tungasuvvingat Inuit
604 Laurier Ave. West
Ottawa, Ontario K1R6L1

Donations and gifts for the charity auction and door prizes are welcomed and appreciated. Charitable donation receipts will be issued for all hole sponsors as well donations for our silent auction, door prizes and any cash donations.

For arrangements, please contact Christine Lund.

If you require further information or if you would like to make a donation please contact Christine Lund @ 613-747-2225 ext 14 or info@ontarioinuit.ca

Club rentals are available from The Chateau Cartier pro-shop.
A 7 Piece rental is \$25 and for an Executive rental the cost is \$50 .
Please arrive early to arrange directly with the pro-shop for your rentals.

Best Ball Tournament with a Shot Gun Start!

Date: Friday June 27th, 2008
Time: Registration begins at 11:00 Noon with departure for a Shot Gun Tee off at 12:15
Location: The Château Cartier
1170 Aylmer Rd., Gatineau, Qc 1.800.807.1088

Registration Information: The Registration Fee is \$150.00 per golfer.

Your registration includes:

Driving range access prior to the tournament with range balls; your green fees; use of an electric cart with water for each player and snack service, including some northern delectable's, on the course.

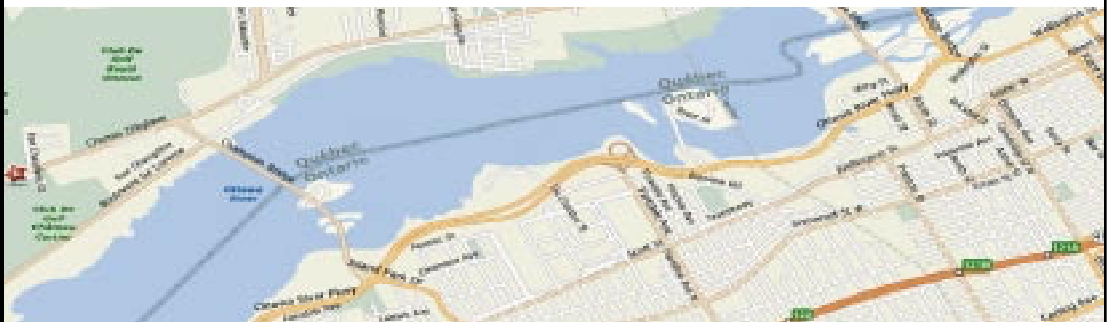
A hot banquet dinner following the tournament at the Château Cartier's Club-house with cultural entertainment and the opportunity to win great prizes.

Registration can be booked individually or as a team by sending in your details to: Fax: 613-747-0629 or Email to info@ontarioinuit.ca.

Corporate Hole sponsorship is \$400.00 per Hole. Sponsored holes are marked with your corporate logo, as well as recognition in the banquet hall.

Directions to Château Cartier:

Travel North on Island Park Drive, cross the Champlain bridge into Quebec, Turn left on Chemin d'Aylmer. Continue west on Chemin d'Aylmer for approx. 1 Km. Château Cartier and golf course is located on your left, along the river.



"a place where Inuit are welcome"

Community Input

Submissions from the Inuit community

NORTHERN YOUTH ABROAD is currently recruiting host families for its 2008 summer program



Host Families are needed to host two northern youth who will be volunteering in the community from July 3rd to August 8th.

Northern Youth Abroad is a unique program providing youth (ages 15-20) from Nunavut and the Northwest Territories the opportunity to learn more about southern Canada and to gain hands-on volunteer work experience. The Host family will be compensated for room & board. Learn more about Northern Youth Abroad at www.nya.ca

If you know of anyone who might be interested in this extraordinary opportunity please contact

Candace Hogg, NYA Program Officer

•toll-free 1-866-212-2307

•via email candace@nya.ca