

Tungasuvvingat Inuit

“a place where Inuit are welcome”

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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
Leesie Naqitarvik
Vicky Besau
Henry Kudluk

Tungasuvvingat Inuit Staff

Administration & Youth-427 McArthur Ave. Unit 8

Executive Director-Morgan Hare
Financial Administrator-Jason LeBlanc
Youth Program Coordinator-Steven Lonsdale
Cultural Coordinator-Stephanie Adams

Programs & Services Office-118 Empress Ave.

Receptionist-Aisa Qamaniq

Counselling Services & Mamisarvik Staff

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

Employment

Coordinator-Mary Hands
ICT Instructors-Naomie Pudluk, Jonah Angutiqjaq and Vanessa Tagoona

Diabetes Awareness & Prevention

Coordinator-Tracy Brown

Mamisarvik Healing Centre-604 Laurier Ave.

Counselling Services Director-Pam Stellick
Coordinator-Ginette Chouinard
Counsellors-Reepa Evic-Carleton & Barbara Sevigny
Cook-Jeanie Schofield

Pigiarvik House 234 Lebreton St. N

Residential Counsellors-Christine Sevigny-Lund, Eva Lucassie, Ruby Arngna'naaq and Rick Mayoh
Night Supervisors-Melinda Shambare, Gordon Johnson

Vanier site-230 McArthur Ave.

Inuit Family Resource Centre

Coordinator- Connie Siedule
Assistant- Eva Kigutaq
Assistant-Iga Qamanirq
Pre/Post Natal Nurse-Mary Hutton

Inuit Head Start

Coordinator-Christine Adams

Teachers-Ina Zakal & Fred Simpson
Cook/housekeeper-Dora Delmaire
Family and Community Coordinator:-Lynda Brown
Assistant Teacher -Eeleta Puminotook

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 13-30 year olds. The Stay in School Program in partnership with the Nunavut Sivuniksavut Program.

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.

Addresses & Numbers

Tungasuvvingat Inuit

604 Laurier Ave. W
Ottawa, ON K1R 6L1
ph: (613) 563-3546
fx: (613) 563-4136

Program & Services

118 Empress Ave.
Ottawa, ON K1R 7G2
ph: (613) 563-3546
fx: (613) 230-8925

Vanier Office

230 McArthur Ave.
Vanier, ON K1L 6P5

Inuit Family Resource Centre

ph: (613) 749-4500
fx: (613) 749-8713

Inuit Head Start

ph: (613) 747-2225
fx: (613) 747-0629

Youth Office

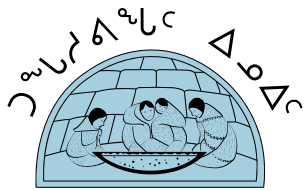
427 McArthur Ave. Unit 8
Ottawa, Ontario K1K 1G5
ph: 562-1001

e-mail: info@ontarioinuit.ca

www.ontarioinuit.ca

www.inuitdiabetes.ca

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



Tungasuvvingat Inuit

Congratulations to Ina Zakal



Cultural Teacher at Tungasuvvingat Inuit Head Start Ina has been awarded the Prime Ministers award for outstanding excellence in Early Childhood Education. Ina began her career with the Head Start Program at its inception, March 1997. She has been the cohesive link remaining strong, committed and dedicated to enhancing the overall development of Inuit preschool children. Ina focuses her energies promoting the retention of Inuit culture and language while nurturing and fostering developmentally appropriate learning experiences for all children in her care.

Ina is the backbone of the Head Start program and has committed her career to empowering Inuit families, in an unobtrusive, nonjudgmental and genuinely caring manner. We are extremely proud and honoured that Ina was chosen out of approximately 100 applicants throughout Canada. Ina you are a gem and we love to see you shine! Sincere and Heartfelt Congratulations, The Head Start Staff, Christine, Lynda, Fred, Eelata and Gord.

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 Messenger
- 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 e-mail to tiyouth@on.aibn.com

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 11 or 12 for more information or to register your child.

Diabetes Complications

If diabetes is not controlled properly, people with diabetes are at increased risk to the following:

Blindness: Diabetes is one of the leading cause of adult blindness.

Kidney Disease: This is a condition where the patient requires dialysis or a kidney transplant in order to live.

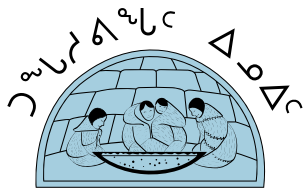
Heart Disease and Stroke: People with diabetes are 2 to 4 times more likely to have heart disease and to suffer a stroke.

Nerve Disease and Amputations: About 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which, in severe forms, can lead to lower limb amputations.

Impotence: It has been reported that men with diabetes, over the age of 50, have impotence rates as high as 50-60%.

High blood pressure: It is estimated that 60 to 65 percent of people with diabetes also have high blood pressure, increasing their risk of stroke, heart disease and kidney disease.

People with diabetes need to be well informed about their disease and have a good doctor that will educate them on controlling diabetes. The complications could be avoided or delayed with proper diabetes management. If you have diabetes, call Canadian Diabetes Association's hotline at 1-800-BANTING. They are there to support people with diabetes and can give referrals and diabetes resources. Diabetes is serious, learn how to prevent it, visit: www.inuitdiabetes.ca



Tungasuvvingat Inuit

Mamisarvik Healing Centre



Congratulations to the sixth group to complete the Mamisarvik Healing Centre eight-week treatment program!

The Mamisarvik Healing Centre provides assessment and treatment to Inuit suffering from dependency on drugs and/or alcohol. The program also offers support to those healing from the effects of physical and sexual abuse, residential schools and forced relocations.

Assessments, group and individual treatment, and continuing care services are available. If you are interested in attending an eight-week treatment cycle please apply as soon as possible – we take applications at any time.

The dates for the next three eight-week treatment cycles are:
April 18th to June 9th
August 8th to September 29th
October 17th to December 15th

If you are interested in receiving services or would like more information, please contact Sadie Hill at 563-3546, ext 11.

Continuing Care/After Care

Mamisarvik Healing Center Trauma and Addiction's Continuing care/After care Program

When: Tuesday's, and Thursday's
Time: 1:30 pm to 3:30 pm
Where: 604 Laurier Ave West

For more information feel free to contact Geoff Kilabuk at: (613)563-3546 ext. 25
e-mail: aftercare@ontarioinuit.ca

or
You can also come and see Geoff at 118 Empress Ave.

Additional Information on Mamisarvik Healing Centre

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 sessions, 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.

Treatment is intensive and goal-oriented and requires commitment. It is based on respect for yourself and others. The powerful engines of change include one-on-one counselling, the

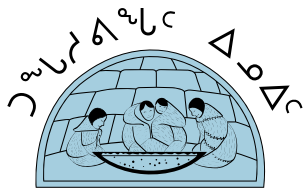
circle of group therapy and the deep healing that results from people bonding and supporting each other. Learning opportunities in Mamisarvik's safe environment range from Inuit history and the wisdom of elders to trauma care and anger management. Continuing care is an important part of the program following each session.

It is hard work to face your issues head on and to fill your healing journey with effective lifeskills. Honesty, willingness and determination are needed. Treatment with our caring clinical staff involves full, structured days designed to help heal the whole person; mentally, physically, emotionally and spiritually. The overall goal is to learn how to love yourself and the benefits of that are enormous, both for you and your family. There is a lot of fun along the way, too.

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 information. You are so worth it.

Employment Opportunity

Mamisarvik Healing Centre is looking for casual/on-call staff to provide coverage for when regular staff are unavailable due to illness, etc. You must be available by telephone, able to work evenings or nights and be available to come in on short notice. If you would be interested in being considered for this, please forward your resume to Mamisarvik Healing Center, 604 Laurier Ave W., Ottawa, On , K1R 6L1 or Fax: 563-4136.



Tungasuvvingat Inuit

Poetry: I Will Allow Myself

By: Phillip Igloliorti

I will allow myself to be who I am
Without any restrictions from
myself
Or from others outside of myself

I will allow myself to breathe hard
When life
Seems too difficult to handle

I will allow myself to cry
When my world
Seems to have fallen apart

I will rejoice in my sorrow and pain
Knowing that
It had taught me a valuable lesson

I will allow myself to laugh
And enjoy
The humorous part of life

I will allow myself to listen
To myself
As well as to others

I will allow myself the courage
To move forward
With my head held high

I will allow myself to be patient
For all good things
Come to people who wait

I will allow myself to understand
What my heart
Has to tell me

I will allow myself to live
Instead of being locked up
In my internal prison

I will allow myself to shine
And enjoy myself as I am
For there is no other just like me

I will allow myself my freedom
To express myself as a whole;
Not just parts of myself

I will be aware of what I do to me
I will be aware of what others
Do or say to me

I will get a grip of myself,
My life
So I could sail on forward

I will do
What I need to do
To get where I have to go

Doing something
Is better than
Not doing anything at all



Monthly Health Checks

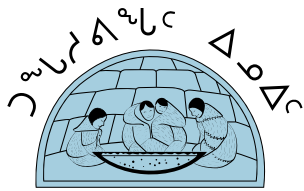
Blood pressure, blood sugar, and fetal heart monitor checks are held every month at the Inuit Family Resource Centre. Call 749-4500 ext 11, 12, or 13 for more information.



Pre-Post Natal



The ppn program has initiated weekly country outings to Chelsea Quebec this season. Infant massage, make your own baby food, snowshoeing, and parent circles have been some of the activities engaged in during the afternoon outings. For more information call 749-4500 ext 13.



Tungasuvvingat Inuit

Winter Outing and Celebration of Life

Families had an opportunity to enjoy time outdoors at the Baxter Conservation Area and welcome the newborn babies of this year. Each parent and newborn received a rose and a present. Parents also introduced their babies to the community by announcing their names and birth weights. Yummy Inuit food, games, snowshoeing, maple syrup taffy on snow and prizes rounded out a fun day.



IFRC's Volunteers

IFRC wishes to thank all the volunteers who have donated their time and efforts to the program. Special thanks goes to the steadfast volunteer work of Vicky Beseau, Leah Pootoogook, Olepa Brown, Patricia Aula, Andre, Serge Gaudreau, Sarah Qammaniq, Tabitha Palluq, Mabel Lumsden, Dion Metcalfe, Martha Kownirk, Ernie Kadloo, and Panueilie Palluq.



Knowledge Translation Project



This winter the project continues to complete phase two. Video recordings of elder Qakpik Attagutsiak's health messages have been placed into an interactive dvd format. Preparations for community evaluation of the dvd are also underway. In addition, the project has been presented this winter at conferences in Ontario, Alberta, Florida, Australia, and New Zealand. Call 749-4500 ext 11 or 12 if you wish to participate in the evaluation process.

Inuit Women's Healing Circle

When: Thursday 5:30-8:00

Where: 118 Empress Ave.

For childcare and transportation support please contact Meeka at 563-3546 ext. 16

Job Interview Skills

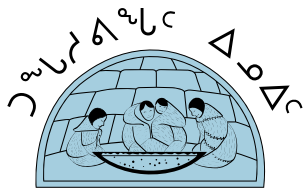
Like playing a drum, interviewing takes practice. And practice makes perfect. So if you bombed out on a job interview, don't worry, just keep practicing. Here are some advice about Interviews: #1 is to act enthusiastic. Act as if you really want the job. If you act enthusiastic, you will be enthusiastic! #2 is Research. Research the company or organization, the job and the location. Prepare a couple of questions to ask at the end of the interview. #3 Send a Thank-you letter right after the interview. You can prepare it ahead of time and drop it into the mailbox as you leave the building.

Other noteworthy comments are: Review your resume and be ready to promote all your unique features and benefits. The first question is often "Tell me about Yourself". Questions refer to anything in your life as it relates to the job (not personal life).

Be well groomed. Clean clothing. Hair cut if necessary. Show up on time with a few minutes to spare.

Make good eye contact. Smile. Be honest. Speak positively about any former boss or place of employment. If you need an interpreter, request it ahead of time.

Check out books at the library or bookstore on Interview questions. Practice questions ahead of time with a friend, or call Mary Hands at Tungasuvvingat Inuit (563-3546 ext 12) to set up a time to practice with her.



Tungasuvvingat Inuit

Attention Youth: Are you Active Enough?

According to Stats Canada, over half of Canadians aged five to 17 are not active enough for optimal growth and development.

Canada's Guide to Physical Activity for Youth suggests over several months, children and youth should try to accumulate at least 90 minutes more physical activity per day and decrease by at least 90 minutes per day the amount of time spent on non-active activities such as watching videos and sitting at a computer.

Eating well, being active, feeling good about yourself. These three key elements work together to help you achieve a healthier, more active lifestyle.

Physical activity reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight - and it improves your outlook on life.

It is important to integrate physical activity into daily life. Research shows that physical inactivity can cause premature death, chronic disease and disability.

Tuning up your body with physical activity helps you to:

- Build strong bones and strengthen muscles
- Maintain flexibility
- Achieve a healthy weight
- Promote good posture and balance

- Improve fitness
- Meet new friends
- Strengthen the heart
- Improve physical self-esteem
- Increase relaxation
- Promote healthy growth and development

Activity Suggestions:

- Walking to school instead of taking the bus or getting a ride
- Getting off the bus early and walking the last two stops
- Playing ball at breaks
- Running, jumping, skateboarding, skiing, skating or tobogganing
- Swimming, biking, wheeling or bowling
- Walking the dog
- Raking leaves, shovelling snow or carrying groceries
- Visiting the community centre to see whether they have a program you would like
- Joining a sports league like soccer, basketball, hockey, or volleyball...at school or in the community
- Putting on some music and moving to the beat
- Taking a class like yoga, hip hop, aerobics or gymnastics
- Taking the stairs instead of the elevator
- Going for a walk after supper
- Being active with your friends
- Trying something new like wall climbing or dance classes
- Asking your friends what they are doing to be active and join them

Facts on Diabetes

Diabetes is a serious, lifelong disease that affects some 2 million Canadians. About 10 percent of cases are type 1 diabetes, where a person requires insulin. About 90 percent of cases are type 2 diabetes, which can be prevented or controlled through healthy eating and being physically active. Another type, called gestational diabetes, affects pregnant women.

Regular physical activity can reduce your risk of diabetes by over 50%

Eat an overall balanced diet and limit the amount of salt, fat and junk food you eat. Choose whole grain products, fruit and vegetables more often. Choose lower-fat dairy products, meat, poultry and fish. Choose peas, beans and lentils more often.

It's a serious disease

Diabetes causes other diseases and complications like heart disease and stroke, high blood pressure, lower-limb amputations, blindness, kidney disease, nervous system disorders and complications during pregnancy.

Community News

*News and Events for the Inuit community
(external to Tungasuvvingat Inuit)*

Hockey in the Community: The Caribou Cup



The players of the 2005 Caribou Cup gather for a group photo on the Rideau Canal during the final weekend of the national capital Winterlude Festival.

It started as one simple hockey game between the “Eskimos” and the “Indians” but eventually it grew to be four friendly games, one dance, a feast, and a show featuring traditional and contemporary talent from the First Nations, Métis and Inuit community.

Thanks to all the fans, volunteers, players and sponsors that made the first annual Caribou Cup a success.

Thank you to all of the partners: Earthlore Communications, Gaspé-Tarrbel and Associates, O Canada Food Guide, Congress of Aboriginal Peoples, Métis National Council, Inuit Tapiriit Kanatami, Tungasuvvingat Inuit, Pauktuutit Inuit Women's Association, Nasittuq Corporation, Ontario Métis Aboriginal Association, the National Capital Commission and the Department of Canadian Heritage for funding the event.

For each sponsor above there are many individuals whose involvement was crucial in the success of the Caribou Cup. A big thank you to the all unsung heroes that worked tirelessly behind the scenes.

Home Child Care Provider's Needed

Sweetgrass Home Child Care Agency is always interested in hearing from people who would like to be childcare providers. If you think you would enjoy this work please call us to find out more.

They are looking for caring people who like to spend their days with young children, providing them with safe, loving care and activities suitable to their ages.

They will help with all of this and guarantee

a monthly pay cheque. Formal training is not required except for the St. John Ambulance first aid that they will provide for you. Participation in their workshops and caregiver events is encouraged and fun (certificates are given). They also have toys and equipment that you can borrow. This is a great way to have a career without leaving home! Do you know anyone who might like this kind of job? Tell them to call us for more info, no obligations!

722 3811 x 234/235/239

Sarah Ekoomiak Honoured for International Women's Day

On the evening of Saturday, March 19th Sarah Ekoomiak was the guest of honour at an International Women's Day event organized by the Baha'i Community of La Peche. The Wakefield Community Centre was packed full of supporters, friends and family who came to celebrate with her. Upon entering the hall guests had the opportunity to view examples of Sarah's beautiful needle and bead work and read some of the newspaper articles written about the work she has done over the years. The evening started with lighting the qulliq followed by drumming and singing and a presentation on Sarah's life story. There was also a visual presentation of photographs which included pictures of herself on the C.D. Howe ship where she had served as an interpreter. Following this, Sarah was awarded an engraved plaque as a tribute to her remarkable life. The evening ended with music that included fiddle playing by her brother, Billy Ekoomiak and a wonderful feast of caribou, char and bannock. Congratulations Sarah on this deserved recognition of your life's work and of the wonderful person that you are!

Subsidized Childcare

Ottawa Native Friendship Centre has childcare subsidies that are available through the City of Ottawa. They mostly serve Vanier, Overbrooke and a few areas in the west end and they try very hard to accommodate everyone but if they are unable to, they will suggest other places to call. For more information, please call Alison at Odawa, 722-3811 ext. 234