



Tungasuvvingat Inuit

“a place where Inuit are welcome”

ᐱᑭᑭᑦᑎᑦ Akiurvik

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Tungasuvvingat Inuit is a social, cultural and counselling organization serving Inuit in Ontario since it's establishment in 1987.

Pre-Apprenticeship Industrial Electrician Training for Women

Algonquin College will be holding a Pre-Apprenticeship Industrial Electrician Training for Women.

Funding for this training is provided by the Government of Ontario (you qualify for the funding if you are on Ontario Works, E.I.) or you will be funded by "Women in Skilled Trades" (W.I.S.T.). You must also have your grade 12 or equivalent to be eligible for this training opportunity.

The Program Start Date is August 28, 2006. The training is for 8 months including 2 months of on the job training. The hours you complete will count toward your apprenticeship as an Electrician.

To find out more call **Angela Takac** at Algonquin College 613-727-4723 Ext 2403 or **Mary Hands** at Tungasuvvingat Inuit 613-563-3546 Ext 12



TI celebrates National Aboriginal Day!!



National Aboriginal Day was a tremendous success for TI at two separate events. The TI team answered many questions and received enthusiastic praise from children and adults alike at the Canadian Museum of Civilization. The TI display was interactive and informative. TI's celebrations also included TI's Inuit Family Resource Centre CD-ROM release party. This event attracted young and old alike. The event started off with an opening prayer and qudik lighting ceremony, followed by a community feast of traditional foods as well as contemporary foods. The community was then given the pleasure of word's of wisdom shared by four respected Elders and a presentation from the IFRC community academic research team about the knowledge translation project which has resulted in the release of an interactive CD-ROM for use in Health related issues with respect to culture and with the knowledge from the Elders. The community participated in dancing and games and a round of songs that were enjoyed by all community members.

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



**Tungasuvvingat Inuit
Board of Directors**

President: Joanasie Akumalik
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-
nal Diabetes Initiative-Health Canada
For further information about diabe-
tes visit: www.inuitdiabetes.ca**

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Keep in touch with Mamisarvik for new program dates!</p> <p>3 Strawberry Picking IFRC</p>	<p>4 Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program</p>	<p>5 Continuing-Care program 5:30-7:30 604 Laurier Ave West Final Women's Healing circle for the summer</p>	<p>6 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>7 Keep in touch with IFRC about the dragon boat & Paddling dates and times!</p>	<p>8</p>
<p>9 Nunavut Day!</p>	<p>10 Blood Pressure & Sugar Clinic at IFRC IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p>11 Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>12 Continuing-Care program 5:30-7:30 604 Laurier Ave West</p>	<p>13 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17 IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p>18 Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>19 Continuing-Care program 5:30-7:30 604 Laurier Ave West</p>	<p>20 Community Lunch & Diabetes Presentation 206 Montreal Rd. Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>24 IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p>25 Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>26 Continuing-Care program 5:30-7:30 604 Laurier Ave West</p>	<p>27 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31 IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>				<p style="text-align: center;">Page 3</p>	

“a place where Inuit are welcome”

		August				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 Civic Holiday – TI closed	8 Continuing-Care program 1:30-3:30 604 Laurier Ave West	9 Continuing-Care program 5:30-7:30 604 Laurier Ave West	10 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West	11 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West	12
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20	21 IFRC's Community Kitchen 11:00-3:00 230 McArthur	22 Continuing-Care program 1:30-3:30 604 Laurier Ave West Call Mary Hands about the upcoming GED courses!!!!	23 Continuing-Care program 5:30-7:30 604 Laurier Ave West Call Mary or Peter for the new Computer classroom schedule!!	24 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West	25	26
27	28 IFRC's Community Kitchen 11:00-3:00 230 McArthur It's time to Register for the Youth Homework Club!!! Contact Beth Williamson today!!!	29 Continuing-Care program 1:30-3:30 604 Laurier Ave West	30 Continuing-Care program 5:30-7:30 604 Laurier Ave West	31 Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West	 Page 4	

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>3</p>	<p>4</p> <p>Civic Holiday –Labour Day– TI closed</p>	<p>5</p> <p>Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>6</p> <p>Continuing-Care program 5:30-7:30 604 Laurier Ave West</p>	<p>7</p> <p>Community Kitchen 118 Empress Ave. Continuing-Care program 1:30-3:30 604 Laurier Ave West</p>	<p>8</p>	<p>9</p>
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Pre-Post Natal Program

Post-natal fitness classes are being planned for the upcoming quarter. Learn to tone tummy, leg, and any other little used muscles. Call for more info and to sign-up.

The Pre-postnatal Program hosts Community Kitchen Mondays 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. 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 issue goes to the steadfast volunteer work of Mika Conboy, Lucas Kigutaq, Serge Gaudreau, Tina Ford, Mabel Lumsden, Oleepa Brown, Leesie Karpik, Ocean, Sean Qappik, Tabitha Palluq, and Dave Gignac. To volunteer for the program, or to have your name officially recognized in the next newsletter, please call 749-4500 ext 10, 12, 13.

IFRC Knowledge Translation Project



The CD ROM of video recordings of elder Qakpik Attagutsiak's health messages have been placed into an interactive format. The release celebration was held June 21 at the old Vanier City Hall. In addition, the project has been presented this summer at the circumpolar health conference in Novosibirsk, Russia. Call 749-4500 ext 10 or 12 for more information.

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.



After-school Program

The Inuit Family Resource Centre After-school program, for 6-13 year olds, continues to run 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.





Free Tutoring for adults in reading and writing

People, Words & Change offers free, one-to-one tutoring for adults in reading and writing. You can meet with your tutor once a week, at a time and place of your own choosing.

A tutor can help you with

- Reading, writing
- Spelling
- Basic math
- Computer basics
- Reading job ads
- Writing a resume
- Filling in forms
- Writing letters
- Writing cheques
- Reading the news
- Getting ready to go back to school

Let's talk! Just call 613-234-2494 for an intake appointment. You can tell us about your goals and needs.

For more information, you can also contact Mary Hands 613-563-3546 Ext 12 at Tungasuvvingat Inuit- Here's what some of our students have said . . .

“I am no longer intimidated by big words. I am bigger than they are.”

“I thought I was too old to learn. But I found out you're never too old to learn to read and write.”

“The world doesn't seem so big and scary. Now it's my world too. I feel like the door is open and I can walk out.”



IFRC's summer Paddling Program

Will begin mid-end of July with programming for parents and children at the Cascades Canoe Club in Chelsea Quebec. Racing canoe, kayak, and dragon-boat training will take place weekly.

Childcare, lunches and transportation to Chelsea provided. Call 740-4500 ext 10, 12, or 13 for more information or to sign-up.



People, Words & Change
Heartwood House
 153 Chapel Street
 Ottawa, Ontario K1N 1H5
 613-234-2494
info@pwc-ottawa.ca
www.nald.ca/pwc

A Homework Club for Inuit Youth

Parents there is a homework club available!!! To give your child a leg up on his/her courses in the upcoming school year 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 during the school year. 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 Williamson at 231-4127, or 244-4937 Ext. 15!





Tungasuvvingat Inuit's 4th Annual Charity Golf Tournament September 29th, 2006

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.

Best Ball Tournament with a Shot Gun Start!

Date: Friday, September 29th, 2006

Time: Registration begins at 11:00 AM with a Shot Gun Tee off at Noon (12:00)

Location: The Meadows Golf & Country Club

4335 Hawthorne Road, Gloucester, Ontario - 613-822-2582

Registration Information:

Registration Fee is \$125.00 per golfer

Registration includes; your green fees, an electric cart,

Dinner at the Meadow's Golf & Country Clubhouse, participation in a silent auction and the opportunity to win some great prizes.

Corporate Hole sponsorship is \$400.00 per Hole

Registration can be booked individually or as a team by Faxing in your details to 613-230-8925 or

Email your details to TIgolfclassic@yahoo.ca

If you require further information or if you would like to make a donation you can call

Christine Lund at 613-563-3546 ext 14

Registration information required for each team member:

Name:

Corporation/Organization:

Telephone number:

Email address:

If you cannot attend but wish to support Tungasuvvingat Inuit, donation are appreciated.

Please make all Cheques payable to:

Tungasuvvingat Inuit

604 Laurier Ave. West

Ottawa, Ontario K1R 6L1



The Meadows
GOLF & COUNTRY CLUB

Gestational Diabetes – Diabetes when you are pregnant

Gestational diabetes (GDM) is a type of diabetes that is diagnosed during pregnancy and usually goes away after the baby is delivered. Gestational diabetes is associated with large babies; however your baby will not be born with diabetes.

What is Gestational Diabetes Why does it occur?

Gestational diabetes is the appearance of higher-than-expected blood sugars during pregnancy. It affects up to 14% of all pregnant women. Gestational diabetes results when sugar in the bloodstream can't be moved well into body cells to be used. In gestational diabetes, certain hormones produced in a pregnancy make the body resistant to insulin's effects, unless insulin can be produced or provided in larger amounts to overcome this resistance a woman is at risk of getting Gestational diabetes. In most women, the diabetes goes away when the baby is born, but women who have had gestational diabetes are at increased risk of developing type 2 diabetes.

Symptoms

Some pregnant women with gestational diabetes have the symptoms of diabetes that are associated with high blood glucose (hyperglycemia). These include:

- Increased thirst
- More frequent urination
- Weight loss despite increased appetite
- Fatigue

Life in Balance Eating Healthy - Being Active

Diabetes Awareness and Prevention
WWW.INUITDIABETES.CA

- Nausea or vomiting
- Yeast infections
- Blurred vision

However, some women have no recognizable symptoms, which is why screening tests for this disease are recommended for almost all pregnant women. Gestational diabetes usually is diagnosed during the routine testing that occurs as a part of complete prenatal care.

Gestational diabetes usually cannot be prevented. However, women who are overweight during pregnancy have a higher risk of the disease, and careful control of your weight before pregnancy may reduce your risk.



Fruit Salsa Parfait

1 can Pineapple chunks in juice
1 can Peach slices, drained
2 Kiwis, peeled, chopped or 1 cup blueberries
1 cup strawberries, chopped
1/4 tsp each ground cinnamon and ground ginger
1 1/2 cups thawed light whipped topping
DRAIN pineapple, reserving juice. Chop peaches.
TOSS pineapple, peaches, kiwi and strawberries in medium bowl. Add combined reserved pineapple juice and spices. Toss to coat.
Layer fruit mixture alternately with the whipped topping in glasses or dessert dishes just before serving.

What do I have to do?

All pregnant women should receive prenatal care and have regular visits, speak with your health care nurse and/or baby doctor about diabetes during pregnancy.

Some pregnant women are able to keep blood sugar levels healthy by managing their diet. You need to see a dietitian to set up a diet plan, and you will have to monitoring your blood sugar levels regularly. If your diet does not control your sugar levels well enough, your doctor may prescribe you with insulin to help control them.

- Eat healthy meals
- Be Active
- Have your blood sugars tested regularly
- Learn to manage stress
- & visit with your Pre-natal nurse/doctor regularly

Pregnancy already entails a lot of change to your life and routine. If you have gestational diabetes it could mean more changes and adjustments. The support of family and friends is helpful; also talk to your diabetes health care team. They can also offer you help and support during your pregnancy.

Fruit Salsa Parfait Nutritional Info

Serving Size = 2/3 Cup
Calories - 101
Total fat - 2.1g
Sodium - 7mg
Carbohydrate 21.7g
Dietary fibre - 1.7g
Protein - 0.8g

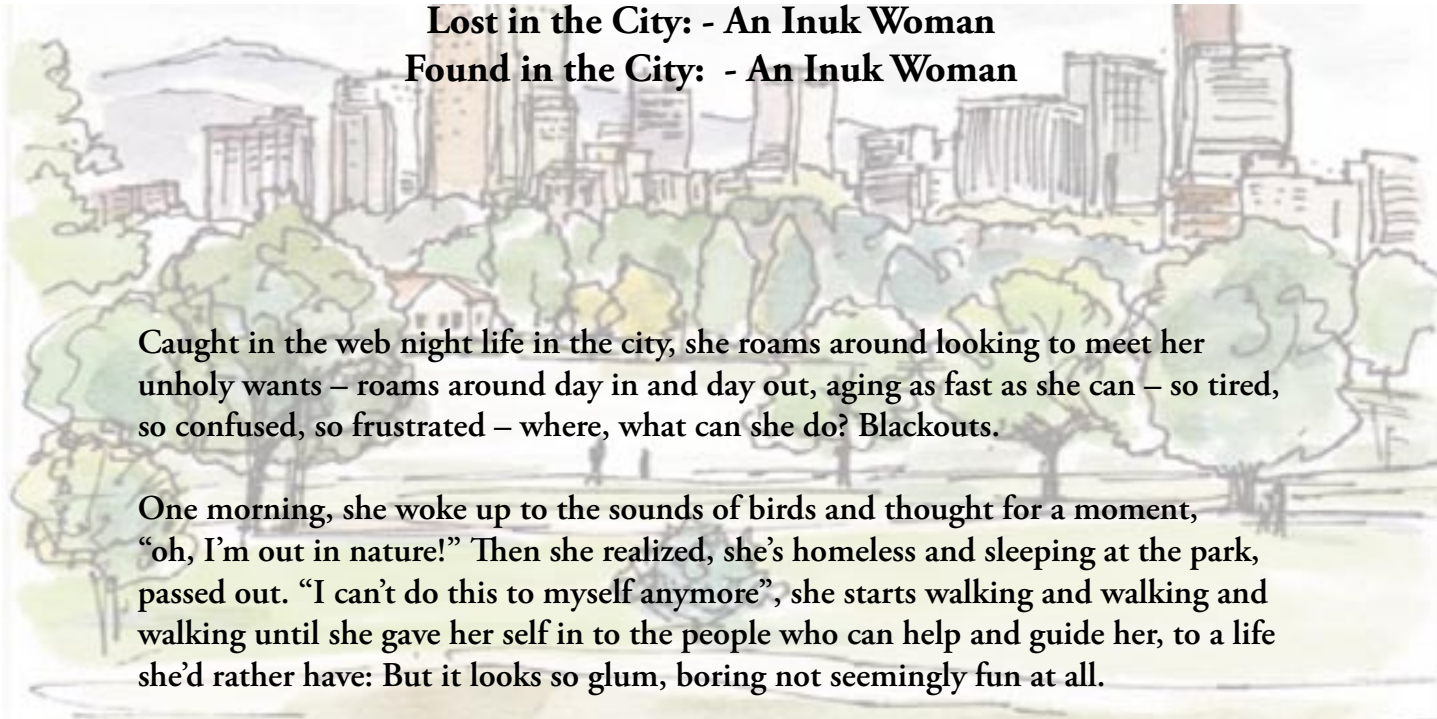
Diabetes Food Choices - 2/3 cup =
1 Carbohydrates

Recipe from Kraft Kitchens

Community Input


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

Lost in the City: - An Inuk Woman Found in the City: - An Inuk Woman



Caught in the web night life in the city, she roams around looking to meet her unholy wants – roams around day in and day out, aging as fast as she can – so tired, so confused, so frustrated – where, what can she do? Blackouts.

One morning, she woke up to the sounds of birds and thought for a moment, “oh, I’m out in nature!” Then she realized, she’s homeless and sleeping at the park, passed out. “I can’t do this to myself anymore”, she starts walking and walking and walking until she gave her self in to the people who can help and guide her, to a life she’d rather have: But it looks so glum, boring not seemingly fun at all.



With their help, she found her self in the city. She looked at herself and said, “I’m sorry, woman, I’m going to take care of you from now on.

Life is like that. They’re there when you need them.

Written by Melanie Paniaq

St. Margaret's Anglican Church Led by Rev. R. Pitcher

Join the Anglican community for fellowship, worship, teaching and prayer. All new members are welcome. Regular services are held every Sunday at 9:00 a.m. during the summer at 206 Montreal Road. If you need to speak with Reverend Pitcher, please call 746-8815.

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 down-stairs.