



Tungasuvvingat Inuit

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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 Summer 2008

PHYSICAL ACTIVITY IS KEY TO A BALANCE AND HEALTHY LIFESTYLE

The Fall and Winter recreation guides are now available and can be viewed on any computer. The benefits of physical activity are countless for you and your family.

The first thought that comes to mind is - **Recreation programs can be costly! You are right, some programs can cost a lot of \$\$, but did you know....?**

You and your children may be able to get financial assistance to participate in the City of Ottawa's recreation and culture programs?

Recreation and Culture Fee Assistance Program

The City of Ottawa offers a system of financial support to ensure that all residents have access to municipally offered recreation and culture programs and activities regardless of their ability to pay.

Applying for Fee Assistance is simple. Here's how:

Pick up an application form at any City of Ottawa recreation and culture facility or at one of the Client Service Centres or at Tungasuvvingat Inuit (see Christine). If you need help to fill out the form we can assist you to help get the support you need to enroll in the programs you want.

Once your form is filled out bring it to the centre where you would like to enroll in an activity. The Supervisor will review the application for approval.

Residents of all ages are eligible for Fee Assistance.

Applications can only be approved at a recreation and culture facility. Residents are encouraged to apply for the Fee Assistance Program as early as possible before the registration period.

You will be encouraged to pay 25% of the program cost. (for example if the program you want costs \$100, you will be asked to pay \$25 and the \$75 will be paid by the assistance program to a maximum of \$157.80) Each person in your family has this available to them. A parent or guardian can transfer all, or a portion of their Fee Assistance entitlement to a child or children in their household.

Enjoy your selected recreation or culture activity!

There is no deadline for application!
http://www.ottawa.ca/residents/parks_recreation/programs/guide/index_en.html

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



Contact Information

Board of Directors

Acting President: Looee Okalik
Sec.-Treasurer: Vicky Adams-Besau
Mary Simon
Meeka Uniuqsaraq
July Papatsie
Sheila Lumsden
Paani Zizman
Rhoda Inuksuk
Alex Taylor

Tungasuvvingat Inuit Staff

Executive, Administration

Executive Director
Morgan Hare
Director of Operations
Jason LeBlanc

Counselling Services

Counselling Services Director
Pam Stellick

Community Support

Receptionist-Dorothy Auldakiak
Community Support Worker
Hanna Oolayou
Community Support Worker
Pamela Hill
Inuit Residential Support
Meeka Papatsie
Food Bank Distribution
Bernie Putulik

Mamisarvik Healing Centre

Program Coordinator
Ginette Chouinard
Therapist - Reepa Evic-Carleton
Therapist - Julia Putulik
Therapist - Lyn Williams-Keeler
Stabilization Worker-
Gordon Johnson
Intake Worker - Noodloo Noah
Assessment Worker - Eva Lucassie
Aftercare Counselor - Rick Mayoh

Nutrition Services-
Dora Delmaire

Pigiarnvik Residential Centre

Residential Counselors: Melinda
Shambare, Richard Immaroitok &
Juliet Kotierk
Housing Counselor
Kathy Kilabuk
Residential Counselor-Nights
Jeannie Scholfield &
Wanda Qaminiq.

Diabetes Awareness & Prevention

Program Coordinator
Christine Lund

Employment

Director of Employment and
Learning - Barbara Sevigny
Employment Counsellor
Joan Cunha
Computer Lab Supervisor
Allison Kuniliusee

Youth Services

Youth Coordinator - Victoria
Tagornak

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*****

Inuit drop-in

TIFRC is open Monday - Friday for drop-in services from 9:30 to Noon. Drop in services are available to single adults as well as families.

Family programming is scheduled to every afternoon in IFRC, Adults, Parents, caregivers & children are welcome to attend and participate in these programs.

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 sup-

port, 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

Community feasts and activities each month (usually on the 3rd Thursdays of the month), newsletters, program on diabetes in partnership with service providers locally, provincially and federally. www.inuitdiabetes.ca

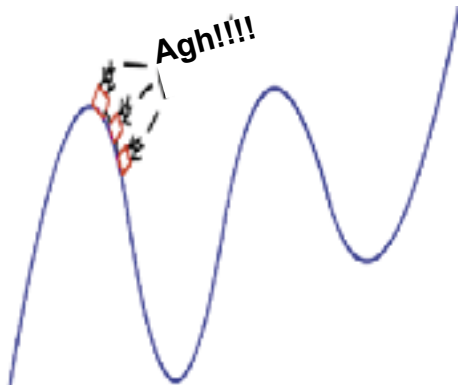
Life in Balance Eating Healthy & Being Active

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

7 tips to help you maintain a healthy weight

Many of us are stuck in the same roller-coaster of lost weight and then regained, with a few extra pounds. To help get off the diet roller-coaster, lose weight and maintain a healthy lifestyle, here are my surefire tips for successful.



1. Take it slow

When it comes to losing weight, slow and steady is sensible -- and effective. Here's why. Small weight losses don't trigger your body into thinking it is going to starve. With fast weight loss your body thinks there is something wrong and will slow down your metabolism. This makes your body burn slower, and making it very difficult to lose weight. Losing weight is not natural. A healthy appetite and maintaining a stable weight go hand in hand.



When you decide that you want to lose weight, your mind is declaring war on your body -- and your

body will try to stop you from your weight-loss efforts. When you eat less so you can lose weight, your body tells you that you need to eat more by increasing your hunger (oh the rumbling tummy!). The way to avoid this is by eating enough that you are not hungry, but little enough that you are losing one-half to one pound per week. Remember --- your weight gain didn't happen overnight, nor should you expect it to disappear quickly.

2. Become a breakfast eater

Eat within 15 to 30 minutes of getting out of bed.



If you wait too long for breakfast after rising, even if you're not hungry, you burn fewer calories throughout the day! Through the night, calorie-burning capacity is slower. Eating a balanced breakfast boosts your metabolism. As well, going too long without eating can signal your body that there is a shortage of food and can lead to your body storing fat rather than using it.

3. Eat protein early in the day

Along with servings of whole grains and fruit, include a slowly digested protein, such as a scoop of cottage cheese, an egg or an ounce or two of a lower-fat cheese, fish, poultry or lean meat, for breakfast or even lunch. Protein helps you avoid late-afternoon energy dips and cravings, as well as nighttime munchies. Have a smaller amount of protein at dinner to balance out the other meals.

4. Drink water

Drink plenty of water every day. While drinking water is not a magical elixir for weight loss, being low on body fluids may impair your ability to lose weight. ***Thirst can sometimes be mistaken for hunger. If you think your are hungry, try having a glass or two of water, wait 10 minutes and see if you are still hungry. If so, then go for that healthy snack.



7 tips to help you maintain a healthy weight

5. Make it a 10



Deciding to banish yummy desserts while losing weight will only leave you feeling deprived and you are more likely to abandoning healthy eating efforts. So instead, go for a winning strategy -- have your cake and eat it, too.

When contemplating non nutritious temptations, take one bite and rate it from one to 10 as if you were a judge in a food contest.



Finish it only if it scores a 10 out of 10.

Just think of how many just average desserts you've eaten and regretted. When the plan is to lose weight, limit your 10s to a maximum of two per week.

6. Snack smart

Being starved at the onset of a meal goes hand in hand with overeating. Snacks can help bridge long gaps between meals and keep you from being overly hungry. Aim to eat every three to four hours. Plan your snacks.



Tote along some nutritious eats: raw veggies with low-fat dip, a few tablespoons of nuts or seeds with a piece of fruit, or some fruit and yogurt are convenient and satisfying options.

7. Watch out for “super hungry” days

Be careful when you have an appetite change and feel “super hungry”. Remember for a few days regular meals will satisfy your hunger. Suddenly one day, though, the hunger will seem relentless. This is the day that your body wants to change! Eat normally through these days -- just don't eat extra food and see the changes in your image.

Don't judge your new healthy lifestyle on your scale! Put it away! Judge your weight loss by the feel of your clothes, your energy levels and how you feel!

Hungry days require some extra effort to not eat too much, as do special occasions. When a ferocious hunger hits, going for hot foods is more satisfying than cold. Or have a hot drink instead of a cold one. Soups carry that satisfaction even further.

Scientists looked at the difference in caloric intake between drinking water with a meal versus having the water incorporated into the meal.

In the study, people received three different dishes: the meal, the meal with a glass of water, and the meal in the form of a soup. People ate until they were full, but the intake amounts were fewer calories after they ate soup compared with both



foods with aromas are more satisfying, and because hot foods are more aromatic, this may be one of the reasons that soup is a terrific aid for weight loss. Keep an assortment of lower-salt soups on hand. Load them up with vegetables for even more satisfaction and an added health perk. Enjoy them as often as you like, even daily, as a snack, before a meal or as part of a meal, if your appetite is a little too keen.



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

September 30th to Nov 18th 2008

4:00 to 6:00 PM

SIGN-UP with Child & Family Programs Coordinator

Ernie Kadloo

613-749-4500 ext 21

or email junioryouth@ontarioinuit.ca

MAXIMUM 15 PARTICIPANTS



IFRC Pre-Post Natal Program

The pre-post natal program is now running four (4) days per week. The current activity schedule is as follows: Mondays infant massage & Blood Pressure and Blood Sugar health check with one on one counselling - learn to massage your baby and understand the benefits your baby gets from this sensory massage; Tuesdays nutritional lunch, educational workshops - enjoy a nutritional lunch with other expectant mothers, and new moms while educational workshops are given to address some basics of childcare, health and development; Thursdays community kitchen - an open opportunity for community members to participate in the creation of a healthy meal, bringing home the knowledge and tools to recreate this nutritious meal at home; Fridays pre-postnatal fitness training groups - an opportunity to gather with friends and family, enjoy some physical exercise and to get your body moving! Our registered nurse, Mary is available for individual consultations. For more information call Mary Hutton at 749-4500 ext 31 or email prepostnatal@ontarioinuit.ca



Health Care Services

Blood pressure, blood sugar checks & referrals, fetal heart monitoring, health assessment & consultations, herbal medicine, infant and adult weight monitoring, lymphatic drainage, and wellness checks are available at the Inuit Family Resource Centre. 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.



IFRC CAPC Program

The Community Action Program for Children (CAPC) is regularly open five days per week, Monday to Friday. Programs and services offered include access visits, advocating for parents, book and toy lending kits, child development programming, community kitchen, cultural crafts, parent and child reading & craft activities, individual and family supports, moms and tots,

parent relief, parenting workshops, groups, and special Saturday events. On Wednesdays we will be holding a parenting program where parents will have the opportunity to discuss ideas and topics of their choosing. We are also 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.

IFRC Drop-in

The drop-in at IFRC is open from 9:30 AM to 12:00 noon on Monday, Tuesday, Thursday and Friday only. At all other times IFRC will only be open for participants of programs offered by them. We would ask that you please utilize TI's other facilities during our program time. 301 Savard is open daily from 9:00 am to 5:00 for client services. If you require the services of a one of the community liaison workers, feel free to stop by or call to book an appointment. Also note that the Employment and training lab is open daily for services and individuals are welcome to drop by and use their services.





**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 or call us to discuss your thoughts. The Junior Youth Program aims to build motivation by providing exciting activities in a positive, culturally appropriate environment. Your children will be learning traditional activities such as throat singing and drumming. The After School Program runs from 3:30 to 5:30pm on Tuesdays, Thursdays and Fridays, 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.



**Community Feast &
Gathering!**

The community feasts will resume this fall. The September feast will be held on the 18th. From Noon to 2 PM. Our Elders will be served first, then individual will be served on a first come first served basis.

***** Reminder *****

The feast is a gathering families. With respect to each other and to our families we would like to remind people that *those who are under the influence of alcohol or substances will not be served and will be asked to leave the facility.* **We appreciate your cooperation in making this experience a positive one for all involved.**



Hip-Hop Tuesdays!

Show us your moves! Share your stuff and show us whacha got! Every Tuesday beginning on September 23rd come to Vanier-Richelieu centre with your friends to learn some basic moves - enjoy time with other Inuit youth and share in the experience that is sweeping the north. Snacks will be available to participants, as well as incentives for those who show us their “stuff”.

**Workshop - Everyone is
welcome**

In partnership with the Aboriginal Women for Tomorrow, TI will be holding several workshops in the month of September.



- Wednesday/Thursday September 17th and 18th, Building personal skills.
 - Friday September 19th, Skill development workshop for boards.
 - Monday/Tuesday September 22nd and 23rd, Communication skills.
 - Wednesday/Thursday September 24th and 25th, How to start your own business.
 - Friday September 26th, Budgeting and Financial Management.
- For more information, times and locations please see Meeka at 301 Savard (2nd floor) or call 613-747-2225 ext 18

Community Support

Do you need help to get your N# (Non insured health benefits number) or your membership for beneficiaries (Nunavut, Nunatsiavut) or are you completing community-service hours and would like some help? Call us at 613-747-2225 or visit us at 301 Savard Ave.

Mamisarvik means “A place of healing.”

If you are feeling sick and tired of feeling sick and tired because of issues arising from trauma and addiction, the Mamisarvik Healing Centre can help you transform your life.

Tungasuvvingat Inuit’s nationally recognized and respected, Inuit-specific, treatment program guides Inuit men and women 18 years and older to healthier lifestyles by helping them overcome dependency on drugs and alcohol and by nurturing recovery from physical, sexual and emotional abuse.

The holistic program in Ottawa assists Inuit (both locally and nationally) in a culturally and linguistically appropriate setting. It also focuses on the legacy of residential schools and forced relocation in a safe, caring and confidential environment.

Mamisarvik believes in a flexible, bio-psycho-social model of treatment in which individuals can and will become responsible for their own recovery. Harm reduction and abstinence are among the many choices offered.

A complete course of intensive treatment followed by continuing care may span two to three years, depending on individual needs. The Mamisarvik staff, guided by director Pam Stellick and coordinator Ginette Chouinard, is predominantly Inuit

and has steadily grown to 22 dedicated workers, who are there to walk with the individual throughout the personal healing process.

If you want to set new goals and make the changes necessary to reach them, Mamisarvik offers eight-week residential and day-treatment programs.



The residential program is based at the nine-bedroom, 12-bed, Pigiavik (“A starting place”) House residence. Day treatment is available for those wishing to live at home. Twenty-four-hour supervision is provided at Pigiavik House by staff sensitive to the needs of recovering people.

Clients learn to love themselves and create unforgettable lifetime bonds with others through group and individual therapy during weekdays in a big, beautiful, old, heritage house filled with Inuit art and the wafting aroma of country food.



The entry process begins with screening and completion of the application package to collect information on clients’ immediate needs. Then a professional, comprehensive, standardized assessment provides more detailed information on client needs, characteristics, goals and problems.

The assessment forms the basis for an initial treatment plan, which focuses on client strengths and identifies barriers and readiness for change. Some clients may require individual counselling alone.

Case management begins with individual counselling sessions, followed by pre-treatment group and individual sessions to prepare the foundation for the eight-week intensive residential and day programs.





Mamisarvik means “A place of healing.” cont...

Group therapy and individual counselling are the main engines of the intensive treatment programs and are provided in both Inuktitut and English by an experienced, committed, non-judgmental staff.

Also featured during intensive treatment are the assigning of a primary worker for each client, the involvement of elders, powerful Inuit history, a three-day outing to beautiful Gracefield, Que., on the Trans-Canada Trail and a full-time cook. Primary workers provide case-management services, individual counselling and help implement continuing-care plans.

Trauma and addiction therapy, assertiveness training, yoga and art therapy are other important elements of treatment. Therapeutic cultural, recreational, self-support and life-skills activities are scheduled in the community during evenings and weekends. There is always plenty of fun and laughter, as well as tears.



Individual continuing-care plans (which include relapse prevention) are developed during intensive treatment to help clients build the capacity to continually expand the development of healthier lifestyles. That development is then further enhanced and supported by on-going, individual and group counselling sessions facilitated by a continuing-care counsellor, following the completion of intensive treatment.



Mamisarvik staff members are also dedicated to the areas of stabilization, community support, Ontario Works and housing. Family and couples counselling are available.

Recent additions to the staff include entry administrative assistant Noodloo Noah and residential counsellor Richard Immaroitok.

Future plans for the rapidly growing program call for the addition of second-phase treatment to consolidate clients' progress and the

introduction of second-stage housing to offer supported living following intensive treatment.



Mamisarvik offers four intensive, eight-week, treatment cycles each year and has served almost 300 Inuit during 17 cycles since the program began in 2003. The next cycle is tentatively scheduled for late October, 2008, but your healing journey can begin right away.

A telephone call to intake and assessment worker Eva Lucassie at 613-563-3546, ext. 11, or an e-mail to her at intake@ontarioinuit.ca is all it takes to launch your healing journey at any time.

Written By Rick Mayoh
Mamisarvik Continuing Care Coun-

The Faces of Tungasuvvingat Inuit



Photo by Melinda Shambare

Mina, Pam, Ginette, Christine, Kathy, Eva, Mary, Julia, Noodloo, Joan, Hannah, Iga, Ernie, Bernie, Dora, Jason, Dorothy, Kadla, Leonie, Pam, Rick, Melinda, Morgan, Wanda, Meeka, Reepa & Barb. Not shown are Jeannie, Juliet, Eva, Connie, Gordon, Lyn, Victoria & Allison.

In June 2008 TI staff gathered to review programs and services to ensure their efforts continued to follow Tungasuvvingat Inuit's mission statement - "Tungasuvvingat Inuit provides Inuit specific programs, services, and support to empower and enhance the lives of Inuit." and that our programs and services are anchored by Tungasuvvingat Inuit Values - Inuit culture and language - Focused on and responsive to Inuit needs - Respect for/embrace Inuit diversity - Confidentiality - Respect for individuals - Maximize the potential of individuals.

World Suicide Prevention Day, celebrate, embrace and live life – the Inuit way. Join us at Noon on September 10th

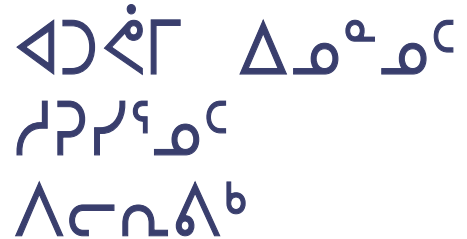
For the second year, national Inuit organizations are hosting an event in Ottawa on Parliament Hill. We want to bring the Ottawa Inuit community and supporters together in recognition of the dedication and energy of people working on mental wellness issues in Inuit communities everywhere - and to enjoy some Inuit games, drumming and singing – and whatever other talents you are willing to share. Country food will be shared with those in celebration of this event, at 11AM at 297 Savard Ave. in the computer lab before leaving for parliament hill for the noon event.

Community Input

Submissions from the Inuit community



Ottawa Inuit Children's Centre



Youth Activities Ages 7-13

18 youth participated in the 9th Annual Flotilla for Friendship. The youth paddled from Dow's Lake to Victoria Island with Police Officers, to bridge the relationship between aboriginal youth and Law Enforcement.

22 Youth participated in the Actua Science Camp this year. The youth had lots of fun with different experiments from seeing sound to building ocean platforms.

UPCOMING EVENT:

A homework club will be starting at the end of September, it will run once a week for 8 weeks. Bus tickets and food will also be provided. Please call Lynda at 613-744-3133 extension 228 if interested, or email at lbrown@ottawainuitchildrens.com



Ottawa Inuit Children's
Centre

230 McArthur Ave
Ottawa, ON
K1L 6P5

Phone: 613-744-3133
Fax: 613-744-7629

www.ottawainuitchildrens.com

WHAT'S NEW...

O.I.C.C is very proud in the growth of our organization since incorporation. In May 2006 the OICC was responsible for 6 staff all located in the Head Start Program. Currently we have 18 staff, several programs and are still looking to expand some services. It's been a whirlwind, and we'd like to thank our families, staff, and Board of Directors.

THE OTTAWA INUIT CHILDREN'S CENTRE BOARD OF DIRECTORS IS HAPPY TO ANNOUNCE THE OPENING OF THE NEW DAYCARE CENTRE LOCATED AT 224 MCARTHUR AVENUE— NAMED TUMIRALAA, OR LITTLE FOOTPRINTS.

CONGRATULATIONS TO LOUISA POOTOLIK AND MIKA CONBOY FOR WINNING THE NAMING CONTEST!

STAFF: JANICE MESSAM-COORDINATOR; JANE KIGUTAQ-TEACHER'S ASSISTANT, CHRISTINE KADLUK-TEACHER'S ASSISTANT, ROB LAWRENCE-TEACHER, BARB BELANGER-COOK, ALLISON ZAKAL— ADMINISTRATIVE ASSISTANT

IF YOU ARE INTERESTED PLEASE CALL JANICE OR ALLISON AT 613-744-3133 EXT. 222

Ch-ch-ch-changes...

O.I.C.C is excited to announce that *Heidi Langille* has accepted a new position with the Bridging the Gap Program as the Coordinator. She will be working with children and their families that attend schools in the greater-Vanier area. If you know of any children aged 6-13 years, please call Heidi at 613-744-3133 extension 219 to learn more!

We're also pleased to welcome back *Lynda Brown* in the role of the Family and Community Development Coordinator. If you know of any children aged 18 months to 6 years of age who are interested in a culturally relevant pre-school, please call Lynda at 613-744-3133 extension 228

Welcome to *Natasha DaSilva*, our new ECE teacher for Sivummut Head Start. She did one of her placements with us, so she is very familiar with all the head start children.

Also new to the OICC team is *Tapitia Takawgak*. Tapitia brings her wonderful calm nature to maintain both buildings. Her grandson attended the Head Start program several years ago.

We'd also like to welcome *Robin MacDonald* as the new Family Literacy Coordinator. She brings lots of experience and enthusiasm to the team, and has spent time in Inuvik with the Great Northern Arts Festival.