



**“a place where Inuit are welcome”**

# ᐱᑭᑭᑦᐱᑦ Akiurvik

**TI's Newsletter Winter 2007**

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**Dates to remember Calendar**

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



**Who are Tungasuvvingat Inuit's Board members?**

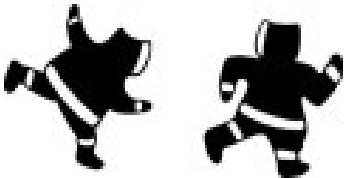
At Tungasuvvingat Inuit's annual general meeting board members were elected to fill the six vacancies. Subsequent to the AGM the newly formed board met and held elections to form the board executive. The following are the members of the board for 2007;

Joanasie Akumalik - President  
 Looee Okalik - Vice President  
 Vicky Adams-Besau - Treasurer  
 Meeka Uniuqsaraq  
 July Papatsie  
 Sheila Lumsden  
 Paani Zizman  
 Leslena Kanayuk  
 Mary Simon

Thank you to all community members who put thier name forward, and *a very big thank you to outgoing board members -Leesie Naqitarvik, Jeela Palluq & Kunnuk Takpannie* for their service and commitment to the Inuit Community of Ottawa.

**Inuit Foster Homes Needed!**

Foster care involves providing a home — and a caring, supportive environment — for children or youth for a period of a few days, weeks, months, a year, or more. The Children's Aid Society offers foster parents training and support to help them provide care for the children in need. Inuit foster families provide an important service to the community by creating culturally relevant and safe environments for our children and youth. If you are interested in learning more about becoming a foster parent please call T.I. at 613-563-3546 and speak to Pam Stellick (extension 15) or Reepa Evic-Carleton (extension 20) to arrange for an information session.



**Prevent Type 2 Diabetes Get active!**

Now is a good time to increase your physical activity to help prevent diabetes!

**Quick ideas on Physical Activity!**

Try Family Activity Ideas! Do at least one activity each and every day...



## *Special Invitation*

**To: Inuit, Métis and First Nation Families in Ottawa**  
**From: The Children’s Aid Society of Ottawa**

**What:** A Community Consultation  
**When:** Saturday, February 17th 2007  
9:30 a.m. to 4:00 p.m.  
**Where:** Queen Elizabeth School Gymnasium  
689 St. Laurent Blvd., Ottawa  
**Why:** To talk about your experiences, your concerns and your hopes for child protection services.

The Children’s Aid Society of Ottawa is committed to improving its services to Inuit, Métis and First Nation families in our city.

Please join us at this important community gathering to talk about how services can be improved and relationships strengthened between the Children’s Aid Society and Inuit, Métis and First Nations communities in Ottawa.

Our hopes for this consultation session are:

- To listen,
- To understand,
- To move forward.

This consultation has been organized by a Liaison Group made up of Inuit, Métis and First Nation service providers and the Children’s Aid. This group is working in partnership to build the capacity of the Children’s Aid Society of Ottawa to meet the needs of urban Inuit, Métis and First Nation families.

Bus tickets and childcare will be provided.

Inuktitut/English translation provided.

Lunch (including country food) and refreshments will be served.

If you have any questions or if you need assistance please contact Meeka at 613-563-3546 ext 16  
or Pam at 613-563-3546 ext 17





**ᓄᓇᓕᓕ ᓂᓴᓴᓄᓄᓄᓄᓄᓄᓄᓄ Community Consultation  
Agenda**

Place: Queen Elizabeth School, 689 St. Laurent Blvd.

Date: Saturday, February 17th 2007, 9:30 to 4:00 p.m.

**Hopes for the Session:**

- To listen.
- To understand.
- To move forward.

**9:30**

- Traditional Opening: Inuit, Métis, First Nation Elders
- Welcome from the CAS Executive Director & Introductions of Key People
- Overview of the Day

Meeka Arnakaq, Jim Albert & Jo MacQuarrie, Barbara McKinnon, Deb Chansonneuve

**10:15**

Small Group Break-Out Discussions:

1. Telling Our Stories: what has been the experience of Inuit, Métis and First Nations families' with CAS?
2. How can we avoid this happening in the future?

Facilitated by Aboriginal frontline workers

*Lunch will be provided from 12:15 to 1:00 pm*

*There will be a performance from Head Start children over the lunch hour.*

**1:00**

Open Forum:

- Listening to Each Other: reports from small groups.
- Response from the CASO Executive Director

Facilitator: Deb Chansonneuve, Barbara McKinnon

**3:30**

Next Steps & Traditional Closing

Deb Chansonneuve & Elders

**Get active!**

*Prevent Type 2 Diabetes*

**Quick ideas on Physical Activity!**

See the city of Ottawa's recreation centres guide to family walks around your community and take your family for a walk!



## **Elders Meeka & Abraham Arnakaq to visit TI**

Meeka and Abraham Arnakaq, Elders from Pangnirtung, are coming to Ottawa to work with the Inuit community in the month of February. For the women, Meeka will be at the Inuit Women's Healing Circle on Feb 21st from 5 to 7:30 pm. The circle is held at 118 Empress St. We would like to offer the men a chance to be with Abraham for the same night, Feb 21st, at 604 Laurier Ave. West.

For the Inuit youth, Meeka and Abraham will be holding a gathering on Feb 22nd to talk about Inuit teachings and be available for questions. Further information on this meeting will be announced later.

For more information please call Pam Hill (ext: 17) or Meeka Papatsie (ext: 16) at T.I.

## **Knowledge Translation**

Video recordings of elder Qapik Attagutsiak's health messages have been placed into an interactive cd-rom format. The cd-rom was officially launched on National Aboriginal Day with elder panel, academic and community researcher presentations. In addition, the project has been presented this summer at conferences in Saskatchewan and Russia. Call the Inuit Family Resource Centre Eva, Ernie, or Connie at 749-4500 ext 10 or 12 for more information.



## **A New Location for Tungasuvvingat Inuit**

On January 2, 2007 the purchase of a new location for some of TI's programs was completed. With this acquisition, TI's programs will be in closer proximity, and be better able to deliver quality programming for the community. Currently the buildings purchased are undergoing some renovations – cleaning, painting, furnaces and floors. Once the renovations are completed this spring we can expect

our programs to start to move in! The Inuit Family Resource centre will be one of the first programs to change locations, moving from 230 McArthur to 297 Savard (Located just behind the Shoppers Drug Mart off Montreal Road at the Vanier parkway). We appreciate all the help and your understanding during the transition period. Stay posted for details of program location changes in near future.



## **Get active!**

*Prevent Type 2 Diabetes*

### **Quick ideas on Physical Activity!**

Change the words to a song you know to make it a song about your favorite active game. Think of actions to go with the song then act out the song. Challenge your friends and family to create their own song with action.



**Pre-Post Natal Program**

The pre-post natal program runs Mondays and Tuesdays. A registered nurse is available for individual consultations. Community kitchen, nutritional lunch, postnatal fitness groups, and infant massage instruction are also available. For more information call Mary Hutton at 749-4500 ext 13.



**Blood Pressure, Blood Sugar, Fetal Heart Monitor Clinics**

Blood pressure, blood sugar, weight, proteinuria, fetal heart monitor, wellness/ health checks and information are available regularly at the Inuit Family Resource Centre. Call Mary or Connie 749-4500 ext 10, 12, or 13 for more information or to book an appointment time.



**Active 2010 Walking Group**



Do you want to become more active, but just don't want to go alone? Are you wanting to go for walks if only you had a baby sitter or the right equipment? Come and join us!!!

The Inuit Family Resource Centre in partnership with the Diabetes Awareness & Prevention program will be organizing a weekly walking group. With financial contribution from Action 2010, an Ontario provincial funding program, TI continues to host this activity.

Members of the group will enjoy the benefits of this active walking program, camaraderie and friendship of like minded Inuit. TI is providing shoes for those who are in need to enable their participation. We also provide snacks, child care & incentives. If you are interested in signing up to join us or have further questions, call the Inuit Family Resource Centre 749-4500 ext 10 or 12.

**Winter training paddling activities**

The Inuit Family Resource Centre has ongoing training in preparation for summer paddling. Call 749-4500 ext 10, 12 or 13 for more information.

**After School Program Children 6-13 years**

The Inuit Family Resource Centre afterschool program runs every Thursday and Friday. Children are given opportunities to experience a variety of structured activities and fieldtrips. The activities and outings accomplished to date are: snowshoeing, Inuit games, martial arts, bowling, Museums (Aviation, Civilization, Science and Technology), art class, reptile zoo, paper mache, gift creation for special occasions and holidays, fabric and ceramic painting, winterlude, cosmic adventures, midway, sugar bush, bubble bath making, fishing and go karting. Nutritional snacks are also provided to participants. Call Ernie or Mary at 749-4500 ext 12 or 13

**Get active!**

*Prevent Type 2 Diabetes*  
**Quick ideas on Physical Activity!**  
 Check the library for books of games from around the world. Try out a game you've never played before.



**Children’s Visual Arts Saturday Classes**

Children explore a different visual arts medium each week with a professional art teacher. 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. Winter classes begin January 20, 2007. Call the Inuit Family Resource Centre, Eva or Ernie, at 749-4500 ext 12, or 13 for more information or to register your child.



**Winter Outing!!**

Winter fun outing to a chalet in Dunrobin will take place Feb/ March 2007. Inuit food, facilitated outdoor activities like snowshoeing, rope and Inuit games, and hiking will be offered. This program is offered in partnership with TI Diabetes Awareness. This is an Active 2010 sponsored activity, thanks to the Government of Ontario. Call the Inuit Family Resource Centre 749-4500 ext 12 for more information on date, time, and to save a seat on the bus.

**Get active!**

*Prevent Type 2 Diabetes*  
**Quick ideas on Physical Activity!**  
 Arrange a family outing with another family. Challenge them to a game of catch or tag.

**Christmas Family Photos**

To pick up your photos call IFRC at 749-4500 ext 10, 12 or 13



**Museum of Civilization offers all Inuit free entrance to their facility**

Stephen Augustine (Aboriginal Curator at the Museum of Civilisation in Hull, Quebec) has announced that ALL Aboriginal people are able to access the museum FREE of charge on a daily basis.

Anyone wanting to visit the museum will have to prove their Aboriginal identity. If you experience problems accessing the museum (even with your Aboriginal identification cards), ask for Stephen Augustine - or email him in advance of your visit

**Get active!**

*Prevent Type 2 Diabetes*  
**Quick ideas on Physical Activity!**  
 With the whole family, take the dog for a walk, or borrow a dog from a friend and go for a walk.



### **Employment Opportunities - Referrals**

Often T.I. receives phone calls for referrals for **Interpreters and Translators**. If you do translation and interpreting you may want to contact us to have your name added to the list. Send inquiries to [employment@ontarioinuit.ca](mailto:employment@ontarioinuit.ca).

At a recent job fair, a RCMP officer offered to do an information session with Inuit who may be interested in a career with them. When there are 5 or 6 interested community members, a session can be set up. If interested, please contact [employment@ontarioinuit.ca](mailto:employment@ontarioinuit.ca)

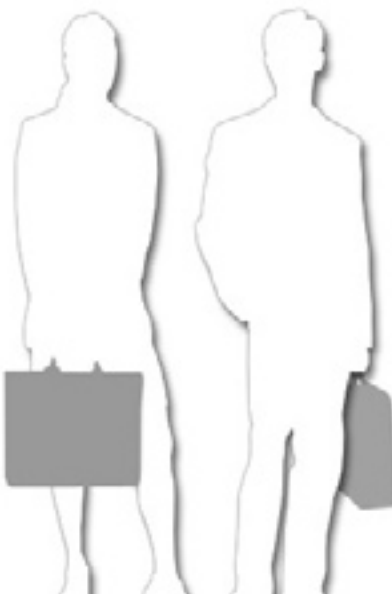
Notes from the City of Ottawa: If you share a commitment to community and would like to join the City of Ottawa's workforce, explore current career opportunities at [www.ottawa.ca/careers](http://www.ottawa.ca/careers) or call 3-1-1 (TTY: 613-580-2401)

### **Business Cards made at the ELC**

Are you looking for work and would like to make a dozen business cards??? Contact Peter @ 563-3546 ext. 12 or [peterwebster2005@gmail.com](mailto:peterwebster2005@gmail.com)

### **Employment Learning Centre Schedule**

The Employment Learning Centre is open to all Inuit community members using the services of TI. The room is open Monday to Friday from 9AM to 5 PM (except for Wednesday mornings) for job searching and preparing your resume. Please visit the Employment Learning Centre to check our Career Cruising Program or practice the Typing Tutor; search for employment and polish your resume.



### **Tips in developing a resume**

If you need help to develop a resume please visit the Employment and Training staff at 118 Empress. To set up an appointment, contact Mary Hands (613-563-3546 Ext 12) [employment@ontarioinuit.ca](mailto:employment@ontarioinuit.ca)

Be sure to include:

- Current or past employment (e.g., job titles, dates of employment)
- Your education (e.g. name of institution, certificate or degree received, dates of attendance)
- Courses that you have taken
- Community or volunteer involvement
- Your skills and abilities
- Your language abilities

A two-page resume is generally sufficient to highlight your education, qualifications, experience, and skills. It should also reflect your accomplishments and indicate your ability to contribute and meet the requirements of the job.

### **GED classes scheduled for April**

GED classes scheduled for April. Ten (10) students are need for this class to proceed. This may be the only GED offered by T.I. this year, so if you are thinking about it, don't wait until the Fall GED because there may not be one in September.

General Educational Development (GED) is a testing program for adults who have not completed high school. Completing the GED will open doors to enter college or may be necessary to enter trades and apprenticeships.

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 Math.

Requirements:

- Grade 9 or 10 or higher
- Really Good Reading and Comprehension Skills
- Commitment to 2-(3 hour) classes each week with 6 hours homework to complete each week

Class Times: 2 evenings 5 PM to 8 PM (Monday and Wednesday)  
Course Dates – April to July, 2007  
Class location: To be determined

Contact Mary Hands  
[employment@ontarioinuit.ca](mailto:employment@ontarioinuit.ca)  
613-563-3546 Ext 12.

### **Get active!**

*Prevent Type 2 Diabetes*  
**Quick ideas on Physical Activity!**  
Practice stretching to help protect the muscles during active play. Walk on the spot to warm up, then slowly stretch your leg, back and arm muscles like a cat.



## Employment Opportunity Employment and Training Employment Counsellor

Tungasuvvingat Inuit which provides a range of programs and services to Inuit, is seeking an **Employment and Training Assistant Counsellor** to provide computer training in the Employment Learning Centre and to assist clients who are seeking employment.

### Qualifications:

- *Fluent in Inuktitut and English is essential*
- Knowledge of Inuit culture and values
- Ability to provide employment counseling to individuals  
OR the equivalent in work experience.
- Excellent interpersonal and communication skills
- Computer literacy
- Experience in teaching computer programs is an asset
- Experience with group facilitation, is an asset
- Ability to develop and deliver programming
- Excellent organizational skills
- Ability to work in and contribute to a team environment

**Approximate start date:** April 2nd, 2007    Full-time Weekly Hours

**Salary:** dependent on qualifications

**Notice:** Preference in hiring will be given to qualified Inuit candidates. The successful candidate will be required to pass a criminal reference check. For further information, contact [employment@ontarioinuit.ca](mailto:employment@ontarioinuit.ca)

### Deadline/Application procedures:

Interested candidates should send their resume and covering letter to:

Hiring Committee, Tungasuvvingat Inuit,  
604 Laurier Avenue West, Ottawa, Ontario, K1R 6L1  
OR Fax it to: #613-230-8925

*Please enclose at least three professional references.*

*Deadline for applications is Monday, March 12, 2007*

**Only those selected for an interview will be contacted**

**Get active!**

*Prevent Type 2 Diabetes*

**Quick ideas on Physical Activity!**

Go rollerblading or ice-skating with the whole family.



### Get active!

#### *Prevent Type 2 Diabetes*

#### **Quick ideas on Physical Activity!**

Play a game of active play charades. One person acts out an active game or activity and the others guess what the game or activity is.

### Be Heart Smart this Valentine's day!

This Valentine's Day celebrate with a fit body instead of chocolate! You'll fall in love with these easy-to-follow tips that will help you to stay fit!

- 1) Mix it up! Try a new exercise challenge! Join the walking club or training class or make your own routine by spending a time on training equipment or excersises.
- 2) Walk during your lunch hour – you'll come back to work more energized!
- 3) Make use of downtime. Do lunges, squats, push-ups and crunches during your favorite TV show.
- 4) Have fun with the family this weekend. Head out for a hike or a day at the roller skating rink or ski hill!
- 5) Boost your regular exercise routine by adding intervals of higher intensity activities. If you are feeling comfortable with your routine, consider adding more time to your session or another day of exercise during the week.

A financial contribution for this Newsletter was made by the Aboriginal Diabetes Initiative Health Canada  
For further information about diabetes visit: [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

### Recipes for Valentine's

Valentine's Day is the perfect time to get in the kitchen and make something with your kids. Children love Valentine's Day. Red and pink. Hearts and Cupids. Candy and Chocolate. Can you blame them?

Here are a few wonderful recipes to make with your child!

#### *Strawberry Salsa*

Strawberry Salsa? Though it sounds a bit odd, it is actually delicious!

- 1 pint fresh strawberries, diced
- 3 small tomatoes, seeded and diced
- 1 small onion, diced fine
- 1 jalapeno, optional if making for kids
- Juice of 1 lime
- 2 garlic cloves, minced
- 1 tablespoon oil

Combine everything in a bowl and chill for at least 2 hours before serving. Serve with tortilla chips.

#### *Cinnamon Popcorn, Delicious!*

- 8 quarts popped popcorn
- 1 cup margarine
- 1/2 cup corn syrup
- 1 package Red Hot candies

In a saucepan combine the margarine, corn syrup and candies. Bring to a boil and cook for 5 minutes, stirring constantly. (Parents should do this!) Pour this mixture over the popcorn and mix well. Pour the popcorn onto greased cookie sheets and bake at 250 degrees F for about 1 hour. Cool and break into pieces.

### HomeField Advantage 7 Layer Bean dip

Traditionally, 7 layer dip is high in fat but with a few modifications it can be transformed into a low-fat, fiber packed dip that's every bite just as tasty!

Makes 14 servings

- 2 15-oz cans vegetarian refried beans
- 1/4 cup hot sauce
- 1 cup non-fat sour cream
- 1 cup shredded carrots or purple cabbage
- 1/2 cup shredded reduced-fat sharp cheddar cheese
- 1 avocado, diced
- 2-3 tomatoes, diced
- 3 green onions, sliced

1. Heat beans in a medium saucepan until spreadable; stir in hot sauce.
2. Spread beans into a casserole dish and spread with sour cream.
3. Sprinkle carrots or cabbage, cheese, avocado, tomatoes and green onions over the sour cream layer. Refrigerate until ready to use.
4. Serve with baked chips and fresh cut veggies.

Nutrition Information/serving: 105 calories, 6 g protein, 15 g carbohydrate, 4 g fat, 1 g saturated fat, 340 mg sodium, 4 g fiber

### Get active!

#### *Prevent Type 2 Diabetes*

#### **Quick ideas on Physical Activity!**

Make up a dance to go with your favorite music. Feel your heart beat at the end of the dance and see if it feels like it is beating harder and faster than usual. Dance some more!





**Community Service hours**

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

**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. Counselors are also available for individuals sessions. Please call 613-563-3546 ext 20 to book an appointment.

**New!!  
Mikutit Sewing Group**

**M**IKUTIT SEWING GROUP  
Mondays and Wednesdays at 118 Empress - 9 AM to Noon

Saturdays at St Margaret's Church  
- 1 to 4 PM

Teachers: Mary Akumalik and Wanda Qammanirq

**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. For information, contact Geoff Kilabuk at (613) 563-3546 ext 25



**Inuit Women's Healing Circle**

The weekly women's Healing Circle will be held every Wednesday from 5:00p.m. to 7:30 p.m. at 118 Empress Ave this year.

The healing circle provides a safe and healing environment for women to share and support each other. Inuit country food was provided as well as support with childcare and transportation for those attending the circle. For more information please contact Meeka Papatsie, 563-3546, ext. 16.



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

**118 Empress Ave Drop-in Services**

The purpose of the 118 Empress Avenue Drop-in Centre is to 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, referrals to other agencies, crisis intervention and community advocacy.

The Drop-in centre is open daily from 1:00 PM to 4:00 PM.

Community support workers are available to provide services from 9:00 AM to 5:00 PM. Please ask about your workers availability.



**Get active!**

*Prevent Type 2 Diabetes*  
**Quick ideas on Physical Activity!**  
Squeeze an old tennis ball. This is about how hard your heart pumps. See how many times you can squeeze the tennis ball in a minute without stopping. Challenge your friends and family to squeeze the tennis ball. Keep track, and see if with practice you can increase the number!



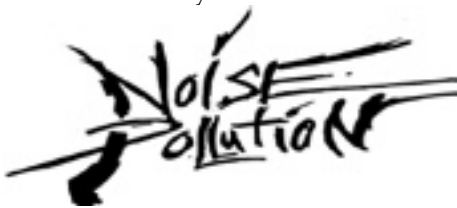
***Community Input***  
*Submissions from the Inuit community*  
*(external to Tungasuvvingat Inuit)*

**Get active!**

*Prevent Type 2 Diabetes*

**Quick ideas on Physical Activity!**

Run in place for one minute. Notice how your heart feels. If you're feeling okay, try it again for a minute longer tomorrow. Add another minute every day until you can do five minutes comfortably.



I maneuver through different emotions floating in the mainstreams of our society

I feel the air thick like pollution, sitting idle, in our atmosphere

The feelings are heavy like pavement hanging in the valance of my being  
Unexpected bursts of loudness that feverishly challenges me

I sometimes become scattered in this human noise,  
and I have to maintain my posture to look sane in this insane world we live in

It hangs low like paper mill pollution, bouncing off individuals, and is experienced by everyone, unpleasantly

A gesture of peace would be nice right now, yet the air is congested with something

Peace just becomes the noise that everyone gets adjusted to

The noise that alienates each being, sometimes making them feel like zombies

A world where everything just becomes a mumble, with no one listening

Everyone becoming louder  
Ravaging through our society like mad animals

The noise is like any other pollution  
It is down right dirty, and it is infested with raw energy that affects individual people

It continues to grow, and it is becoming more violent, and more intrusive to individuals that are a part of our society

It is starting to endanger everyone with no cares, nor respect  
And it's society that is allowing it to grow, and to blossom?

What is wrong with this picture?  
Society is literally falling a part right in front of our eyes

The human noise is the engine that generates this phenomenon, and we are becoming a non caring society that is blind and ignorantly deaf

Is it our fault as individual people that this is happening to us?  
Or is it society's fault?

Pollution is poison, and poison is pollution

Humans becoming poisoned, and poison becoming human

Our society is deteriorating faster than what we think  
What do you think?

Philip Igloliorte  
December 16, 2006





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



AGM dates set for Pauktuutit Inuit Women of Canada

Martha Greig, President of Pauktuutit Inuit Women of Canada has announced the Annual General Meeting of its Board of Directors and delegates. Women representing youth, urban, and Arctic communities will convene in Ottawa, March 6<sup>th</sup> to 8<sup>th</sup>, 2007.

*"This year marks the 22<sup>nd</sup> anniversary of Pauktuutit" said President Martha Greig, "and the work done by Pauktuutit in the Arctic on behalf of Inuit women and our communities is more important than ever given the unacceptable socio-economic position of Canadian Inuit women in the Arctic. Our AGM also coincides with International Women's Week."*

At this Annual General Meeting there will be elections for Pauktuutit's Board of Directors. The regions up for election are:

- Kivalliq - Igluligaarjuk
- Kitikmeot - Uqsuqtuuq
- Western Arctic - Uluhaktuk
- Qikitani South - Qikitaqjuak
- Qikitani North - Sanirajaq
- Nunatsiavut - Aqvituq
- Nunavik - Ungava Coast - Tasiujaq
- Nunavik - Hudson Coast - Umiujaq
- Urban - Winnipeg
- Youth - Aupaluk

For more information or to obtain forms to nominate someone please contact Pauktuutit. (See contact information is below).

Woman of the Year

Each year Pauktuutit honours a very special 'Woman of the Year' in recognition of her contribution - to her community, to the Arctic, or to Canada and the world. Inuit women are invited to nominate other Inuit woman to be the 2007 *Woman of the Year*. Nominations open today and close 5:00 PM February 16<sup>th</sup> 2007. Nomination forms are available from your Pauktuutit Board member and from our website [www.pauktuutit.ca](http://www.pauktuutit.ca).

Pauktuutit Office:  
Phone: (613) 238-3977  
Fax: (613) 238-1787  
Email: [info@pauktuutit.ca](mailto:info@pauktuutit.ca)



## *Community Input*

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

### **St. Margaret's Anglican Church**

Join the Anglican community for fellowship, worship, teaching and prayer. All new members are welcome. Regular services are held every Sunday at 8:00 a.m. and 10:00 a.m. at 206 Montreal Road. If you need to speak with a pastor, please call Rev. Jim Collins at 613-230-8103.

### **Amauti for sale**

Brand New, Call 613.799.9643 for more info. Size Medium-large.



### **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.

### **Do You Need Childcare?**

Do You Need Childcare? For parents who need care for their children, Sweetgrass will match you with a provider who lives near to you whenever possible. You will meet the provider with our home visitor to see if the arrangement is suitable for your child. Subsidies are available through the City of Ottawa for qualified parents when we are able to offer you a space.

Childcare Providers If you are interested in providing childcare in your own home It is an excellent way to earn an income with a regular monthly cheque, and still be home to care for your own children. There are no formal qualifications required, other than a love of children and ability to provide them with safe, loving care and activities suitable to their ages.

Give us a call @ (613) 722- 3811 ext 235/234 to find out more

### **Toy Lending Library**

Is your child bored with his Christmas toys already? Borrow some from us and revive his imagination!! Our toy library has lots of toys for the under six set, we have construction sets, lots of puzzles, baby toys and imaginative play toys and also leap pads with activity books.

Everything is available for loan just like a book library, sign them out and bring them back two weeks later.

Come and see our catalogue.

### **Odawa's 10th Annual children's Display of Art by children and Youth**

The Children's powwow would like to display art by children and youth at our 10th annual children's powwow on March 17th and 18th. If your child has a talent for art and would like to display some of it, framed or not, please bring to the Sweetgrass office by March 12th. This is not a contest but just a chance for budding artists to showcase their talent. Please call Alison at 613 722 3811 x234 if you have questions

### **Children's room at the Powwow**

This year the Mad science company will be present on Saturday March 17th at 2:30pm to entertain and amaze in the Basement children's activity room.

In the evening, after supper, the Inuit Children's performers will give a demonstration of drumming and singing.

### **New Inuit A.A. Meeting in Vanier**

Alcoholics Anonymous Ottawa has started a new, regular A.A. meeting at St. Margaret's Anglican Church, 206 Montreal Rd. in Vanier.

The weekly meeting begins at 7 p.m. on Sundays. It features speakers in English and Inuktitut. A.A. material translated into Inuktitut is available. All are welcome for fellowship and coffee. For further information, contact Kunnuk T. at 613-740-1350



Tungasuvvingat Inuit

**"a place where Inuit are welcome"**

**Life in Balance - Choose healthy activities daily!**

Roll the dice and move your body!

**Start**  
Be Active today!

**Healthy Food, 3**  
ate an apple, great choice move ahead 2

**Healthy activity!**  
Run on the spot for the count of 10

**End**  
Great game, stay active!

**Sometimes Activity,**  
Watched TV all day - miss a turn

**Healthy Activity,**  
Hop for 20 secs

**Sometimes Activity,**  
slept in until lunch-time! Move back 2

**Healthy Food, 16**  
Ate some Arctic char great choice!

**Life in balance!**  
**Healthy Eating and Active**

**Healthy Activity,**  
Do 20 jumping jacks

**Healthy Activity,**  
sing an action song (Head & shoulders)

**Healthy choice,** playing outside all afternoon, move ahead 3

**Healthy living,** smile and shake hands with everyone

**Sometimes food,** ate a lot of cake & ice-cream, move back 2 spaces

**Keep up the good work!**

**Sometimes Activity,** Played video games for a long time, move back 3

**Sometimes food,** Drank a whole bottle of pop - move back 2 spaces



Tungasuvvingat Inuit

## Contact Information

### **Board of Directors**

**President:** Joanasie Akumalik  
**Vice President:** Looee Okalik  
**Secretary-Treasurer:** Vicky Adams-Besau  
Mary Simon  
Meeka Uniuqsaraq  
July Papatsie  
Leslena Kanayuk  
Sheila Lumsden  
Paani Zizman

### **Tungasuvvingat Inuit Staff**

#### **Executive, Administration & Youth**

Executive Director-Morgan Hare  
Operations Director-Jason LeBlanc  
Youth Program Coordinator-Eva Lucassie

#### **Drop in Centre and Services**

Receptionist-Julia Kimmaliardjuk  
Drop-in worker - Mika Conboy

#### **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

##### **Pigiarvik House**

Residential Workers - Gordon Johnson, Kathy Kilabuk, Leanne Annawak and Rick Mayoh, Melinda Shambare & Ruby Arngna'naaq

### **Inuit Family Resource Centre**

Coordinator- Connie Siedule  
Child & Family Programs-Eva Kiquaq  
Child & Family Programs-Ernie Kadloo  
Nurse/Coordinator PPN  
Child and Family Program-Mary Hutton  
Children's Programs 6-13 yrs- Vacant

### **Programs and 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

#### **Youth Program**

Recreation, cultural and educational activities for 13-20 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.

[www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

### **Addresses & Telephone #'s**

#### **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. 3rd floor  
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](mailto:info@ontarioinuit.ca)  
[www.ontarioinuit.ca](http://www.ontarioinuit.ca)

<b>February</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Stay in touch with IFRC & Community Services/drop-in for added events and activities this spring.						
<b>4</b>	<b>5</b> Blood Pressure & Sugar Clinic at IFRC  IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>6</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>7</b> Women's Healing circle 118 Empress 5:00-7:30	<b>8</b> Community Kitchen 118 Empress Ave.	<b>9</b> Continuing-Care program 1:30-3:30 @ 604 Laurier	<b>10</b>
<b>11</b>	<b>12</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>13</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>14</b> Women's Healing circle 118 Empress 5:00-7:30	<b>15</b> Community Lunch & Diabetes Presentation. Lunch served at noon. 206 Montreal Rd.	<b>16</b> Continuing-Care program 1:30-3:30 @ 604 Laurier	<b>17</b>
<b>18</b>	<b>19</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>20</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>21</b> Women's Healing circle 118 Empress 5:00-7:30	<b>22</b> Community Kitchen 118 Empress Ave	<b>23</b> Continuing-Care program 1:30-3:30 @ 604 Laurier	<b>24</b>
<b>25</b>	<b>26</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>27</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>28</b> Women's Healing circle 118 Empress 5:00-7:30			

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Community Kitchen 118 Empress Ave.	<b>2</b> Continuing-Care program 1:30-3:30 @ 604 Laurier	<b>3</b>
	<b>Stay in touch with IFRC &amp; Community Services/drop-in for added events and activities this spring.</b>					
<b>4</b>	<b>5</b> Blood Pressure & Sugar Clinic at IFRC  IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>6</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>7</b> Women's Healing circle 118 Empress 5:00-7:30r	<b>8</b> Community Kitchen 118 Empress Ave.	<b>9</b> Continuing-Care program 1:30-3:30 @ 604 Laurier	<b>10</b>
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<b>April</b>							
<b>1</b> Sunday	<b>2</b> Monday	<b>3</b> Tuesday	<b>4</b> Wednesday	<b>5</b> Thursday	<b>6</b> Friday	<b>7</b> Saturday	
	<p><b>2</b></p> <p>First Day in New location on Savard Street for IFRC</p> <p>Blood Pressure &amp; Sugar Clinic at IFRC</p> <p>IFRC's Community Kitchen 11:00-3:00</p> <p>230 McArthur</p>	<p><b>3</b></p> <p>Continuing-Care program 1:30-3:30</p> <p>604 Laurier Ave West</p> <p>IFRC's Pre-Post Natal program</p>	<p><b>4</b></p> <p>Women's Healing circle</p> <p>118 Empress 5:00-7:30</p>	<p><b>5</b></p> <p>Community Kitchen 118</p> <p>Empress Ave.</p>	<p><b>6</b></p> <p>Continuing-Care program 1:30-3:30 @ 604 Laurier</p>		
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<b>29</b>	<p><b>30</b></p> <p>IFRC's Community Kitchen 11:00-3:00</p> <p>230 McArthur</p>	<p><b>Stay in touch with IFRC &amp; Community Services/drop-in for added events and activities this spring.</b></p>					