



Tungasuvvingat Inuit

**“a place where Inuit are welcome”**

# ᐱᑭᑦᑭᑦᑭᑦ Akiurvik

**TI's Winter 2010 Edition**

**INUIT UKIUNGAT YEAR OF THE INUIT ANNÉE DES INUITS**

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Thank you to our funders and supporters

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

On November 25th, 2009 ITK launched their initiative to make 2010 the year of the Inuits. The event was co-hosted by Honourable Leona Aglukkaq with Honourable Peter Milliken, member of parliament and speaker of the House of Commons.

According to Mary Simon, president of ITK, she wants to draw national attention to Inuit culture and issues next year, which has been declared the Year of the Inuit.

With public events leading up to the 2010 Vancouver Winter Olympics — whose official emblem is the inuksuk, an Inuit symbol — it is hoped that this initiative will create more awareness about not only Inuit issues but also their culture.

“Just prior to the Olympics, on January 14, 2010 the nation’s capital had chance to sample Inuit arts and culture with an event called the Taste of the Arctic, an evening celebrating Inuit culture at the National Gallery of Canada”

Welcomed to the event were the Prime Minister’s wife Mrs. Lauren Harper, the federal Minister of Health Ms. Leona Aglukkaq, and the Premier of Nunavut Ms. Eva Aariak to the event.

Each of the four land claims organizations from Inuit Nunangat were represented by leaders or officials from the regions.

The evening began with a private showing of the “Uturautiit: Cape Dorset Celebrates 50 Years of Print making” exhibit currently hosted at the National Gallery, followed by performances by the local Inuit Children’s preschool class, Susan Aglukark, Taqralik Partridge, and traditional Inuit throat singers Susan Singorie and Charlotte Carleton, that were all very well received by the over 250 people in attendance. In addition, Mr. Peter Mansbridge was presented with the first ITK Award for Excellence in Arctic Journalism.

The menu for the evening included caribou meat balls with LigonBerry sauce, dried caribou and fish, glazed Arctic Char, Baffin shrimp, and Natsik (seal) Shepherds Pie, topped off with Aqpiik (cloudberry) trifles, warm mini blueberry cakes, and Cranberry hazelnut tarts for desert.

If you would like to learn more visit <http://inuit2010.ca/index.html>



**Please visit Tungasuvvingat Inuit’s web site at: [www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca)**



Tungasuvvingat Inuit

# Current Board & Employee Information

## **Board of Directors Elected September 30, 2009**

Looee Okalik - President  
David Serkoak - Vice President  
Alex Taylor - Secretary Treasurer  
Mary Simon  
Rhoda Innuksuk  
Vicki Besau-Adams  
Sally Webster  
Tina Price  
Sue Zettler

## **Tungasuvvingat Inuit Staff**

### **Executive, Administration**

Executive Director  
Morgan Hare  
Director of Operations  
Jason LeBlanc  
Executive Assistant  
Noodloo Noah

### **Health Services**

Health Services Director  
Connie Seidule  
Hepatitis-C Awareness  
Program Coordinator  
Julia Kimmaliardjuk  
Community Research Coordinator  
TIOHC -Deborah Tagornak  
TIOHC researcher - Colleen  
Arngna'naaq

### **Inuit Family Resource Centre**

Child and Family Programs  
Facilitators  
Iga Attagutsiak, Mosha Noah  
& Nathaniel xxxxx  
Co-ordinator  
Pre-postnatal Program  
Mary Hutton RN

### **Counselling Services**

#### **Mamisarvik Healing Centre**

Treatment Coordinator  
Reepa Evic-Carleton  
Therapist and Cultural Advisor  
Eva Lucassie  
Therapist - Julia Putulik  
Therapist - Rick Mayoh  
Inuit Residential School health  
support worker

Meeka Papatsie  
Assessment Counsellor  
Vacant

Continuing Care Counselor  
Debra Williams

Intake Counsellor  
Christina Best

Stabilization Worker-  
Gordon Johnson

Housing Support & Residential  
Counsellor: Juliet Kotierk

Residential Evening Counsellors:  
Melinda & Philip Ikalujuak  
Residential Overnight Counsellor-  
Nights - Jeannie Scholfield &  
Frances Winters

Mamisarvik Cook- Dora Delmaire

### **Community Support**

Receptionist-Rose Ugjuk  
Community Support Worker  
Hanna Oolayou Ebokem  
Community Support Worker  
Pamela Kilabuk

Food Bank Distribution  
Mosha Noah

Sanitation Services  
Mina Nooveya

### **Employment Services**

Director of Employment and  
Learning - Barbara Sevigny

Employment Counsellor

Joan Cunha

Computer Lab Supervisor

Vacant

### **Youth Services**

National Youth Coordinator

Christine Lund

Youth Coordinator - Ottawa

Wanda Qamanirq

Junior Youth Program - Ottawa

Sue Qitsualik

Christopher Sevigny

Youth Coordinators - Yellowknife

Christopher Camenzuli

Youth Coordinators - Winnipeg

Nikki Komaksiutiksak

Youth Coordinators - Edmonton

Goota Desmarais

Youth Coordinators - St. John's

Chris Sheppard





Tungasuvvingat Inuit

## Contact Information

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

### Contacting Tungasuvvingat Inuit

By Correspondence:

604 Laurier Ave. West

Ottawa, ON K1R 6L1

E-mail:

[info@tungasuvvignatinuit.ca](mailto:info@tungasuvvignatinuit.ca)

613-565-5885

### Community Services & Youth program

301 Savard Ave.

Ottawa, ON K1L 7S1

ph: (613) 747-2225

fx: (613) 747-0629

[info@tungasuvvignatinuit.ca](mailto:info@tungasuvvignatinuit.ca)

### Winnipeg Youth program

448 Burnell Street

Valour Community Centre

Orioles Site

Winnipeg, MB R3G 0G6

Phone: 204-783-6941

Fx: 204-772-0993

[winnipegyouth@tungasuvvingatinuit.ca](mailto:winnipegyouth@tungasuvvingatinuit.ca)

[tungasuvvingatinuit.ca](http://tungasuvvingatinuit.ca)

### Edmonton Youth program

Adlavina Centre

10548 - 115th Street

Edmonton, AB, T6A 3Y6

ph: (708) 756-3377

fx: (708) 756-3377

[tiadmin@edmontoninuit.ca](mailto:tiadmin@edmontoninuit.ca)

### Yellowknife Youth program

Room 215

Northern United Place

5403 50 Ave

Yellowknife, NT

ph: (867) 765-8885

fx: (867) 669-8881

[inuit.youth.yk@gmail.com](mailto:inuit.youth.yk@gmail.com)

### St. John's Youth program

SJNFC - 716 Water Street

St. John's, NL A1E 1C1

ph: 709 726 5902

fax: 709 722 0874

[stjohnsyouth@tungasuvvingatinuit.ca](mailto:stjohnsyouth@tungasuvvingatinuit.ca)

### Tungasuvvingat Inuit

604 Laurier Ave. West

Ottawa, ON K1R 6L1

ph: (613) 565-5885

fx: (613) 563-4136

### Executive Director & Administration

[ea@tungasuvvingatinuit.ca](mailto:ea@tungasuvvingatinuit.ca)

### Finance and Operations

[finance@tungasuvvingatinuit.ca](mailto:finance@tungasuvvingatinuit.ca)

### Employment Support Program

[barb@tungasuvvingatinuit.ca](mailto:barb@tungasuvvingatinuit.ca) or

[employment@tungasuvvingatinuit.ca](mailto:employment@tungasuvvingatinuit.ca)

### Mamisarvik Trauma & Addictions Treatment Program

#### Pigiavik House

#### Second Stage Housing

1863 Russell Road

Ottawa, ON K1G 0N1

ph: (613) 563-3546 ext 208

fx: (613) 563-4136

[mamisarvik@tungasuvvingatinuit.ca](mailto:mamisarvik@tungasuvvingatinuit.ca)

or [treatment@tungasuvvingatinuit.ca](mailto:treatment@tungasuvvingatinuit.ca)

### Inuit Family Resource Centre, Health Services & Hep-C Awareness and Prevention

297 Savard Ave.

Ottawa, ON K1L 7S1

ph: (613) 749-4500

General info ext 22

fx: (613) 749-8713

[info@ontarioinuit.ca](mailto:info@ontarioinuit.ca)

### *The Inuksuk*

Inuksuit are among the most important objects created by the Inuit. The term Inuksuk (the singular of Inuksuit) means 'to act in the capacity of a human.'

Inuksuk stone figures were placed on the temporal and spiritual landscapes. Among many practical functions, they were employed as hunting and navigation aids, coordination points, indicators, and message centers.



Many Inuit who lived most of their lives on the land retain a strong attachment to Inuksuit believed to have been built by their ancestors. Some of these 'old' Inuksuit are mentioned in Aya-yait, the traveling songs passed from one generation to the next to help travelers remember a series of directions for long trips. Often these old Inuksuit are venerated regardless of their function. Even today, the appearance of familiar Inuksuit on the landscape is a welcome sight when one is a long way from home.



Tungasuvvingat Inuit

## A brief summary of Program Information

### **Family Resource Centre**

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

The Family Resource Centre will be open to participants of Family programming 1-4:30 every afternoon in IFRC, Adults, Parents, caregivers & children are welcome to attend and participate in these programs. For information please call TIFRC at 613-749-4500 ext 22

### **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. For information please call 613-565-5885

### **Inuit drop-in**

The Family Resource Centre 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.

The Employment Support lab - located at 604 Laurier Ave West - is open Monday - Friday from 8:30 to 4:30 PM daily for services for the community. Occasionally the lab will be closed to accommodate workshops and meetings.

### **Health Services & Research:**

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

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.

Diabetes Prevention & Awareness Community feasts and activities each month (usually on the 3rd Thursdays of the month), program on diabetes in partnership with service providers locally, provincially and federally.

Hepatitis-C Awareness, Prevention, and Care - A newly acquired

program of 2009, Tungasuvvingat Inuit seeks to provide through the Hepatitis C prevention program a community based support that will result in greater access to education, awareness, prevention, screening and care of Hepatitis C to urban Inuit. For information please call Connie Siedule at 613-749-4500 ext 26 or email [health@ontarioinuit.ca](mailto:health@ontarioinuit.ca)

### **Counselling Services**

Women's Healing Circle, Annual Inuit Women's Retreat, Assists with N#'s for beneficiaries, Legal support, Monthly legal clinic for community members helps with finding lawyers, assists in court, etc.

Helps people with Social Services Medical Referrals, Application assistance to get I.D.cards, Translation support with appointments, Helps find Housing & Shelters, Crisis intervention and short-term counselling & Workshops.

The counselling program serves as a liaison between community members and community resources. Weekly food bank services for community members.

### **Youth Program**

Cultural and language activities for junior youth 6-13 and senior youth 13-29. For information please contact Christine Lund at 613-747-2225 ext 14

### **Mamisarvik Healing Centre**

Trauma and Addictions services and Sessional programming for clients. Stabilization assistance and Housing support. Continuing care support



**Tungasuvvingat Inuit’s Family Resource Centre  
February and March Calendar of programs**

<b>Monday 12– 3pm</b>	<b>Tuesday 12– 4pm</b>	<b>Thursday 12– 3pm</b>	<b>Friday 12– 4pm</b>
<b>February 1</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>February 2</b> Baby toys to make at home	<b>February 4</b> Community Kitchen	<b>February 5</b> Baby Massage
<b>February 8</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>February 9</b> Relaxation	<b>February 11</b> Community Kitchen	<b>February 12</b> Baby Massage
<b>February 15</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>February 16</b> Teething - When to brush	<b>February 18</b> Community Kitchen	<b>February 19</b> Baby Massage
<b>February 22</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>February 23</b> Moving your baby from your bed to her own!	<b>February 25</b> Community Kitchen	<b>February 26</b> Baby Massage
<b>March 1</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>March 2</b> Vitamins – Where to find them and what do they do	<b>March 4</b> Community Kitchen	<b>March 5</b> Baby Massage
<b>March 8</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>March 9</b> Infant development	<b>March 11</b> Community Kitchen	<b>March 12</b> Baby Massage
<b>March 15</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>March 16</b> Mighty Minerals What are they good for	<b>March 18</b> Community Kitchen	<b>March 19</b> Baby Massage
<b>March 22</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>March 23</b> Core exercises	<b>March 25</b> Community Kitchen	<b>March 26</b> Baby Massage
<b>March 29</b> Blood sugar, Blood Pressure Clinic Parenting Program	<b>March 30</b> Discipline and your child		

Additional family outings and celebrations are planned for during the month of March!  
Please call IFRC at 613-749-4500 for information and details.



**Tungasuvvingat Inuit will Build 12 New Units to support Inuit with disabilities, Elders and families in need**

**Assisted Homeownership program for Inuit in Ontario**

Media Release in support of TI by ITK

November 23rd, 2009 - Ottawa, Ontario - Tungasuvvingat Inuit (T.I.) was granted \$1.7 million dollars to build 12 housing units by early 2011 by the Ontario Government for Inuit living in the Ottawa-Carleton region who are elderly, disabled, as well as families in need.



T.I., which provides a wide range of services for the Inuit community in Ottawa, now has a total of 37 supportive housing units to help Inuit living in urban areas in Ontario. As the national Inuit political organization, ITK supports and works with TI to improve the living conditions for Inuit.

“The Inuit population in the Ottawa-Carleton region is growing at an escalating rate on an annual basis,” said Looee Okalik, President of Tungasuvvingat Inuit. “These 12 new housing units will greatly help Inuit who need transitional housing assistance in Ottawa.”

The funding for the project is provided by the Government of Canada and the Ontario Ministry of Municipal Affairs and Housing under Minister Jim Watson and the Ontario First Nation, Inuit, Métis Urban & Rural Housing (FIMUR) Rental Component Program as admin-

istered by the Ontario Aboriginal Housing Services (OAHS). Their goal is to help address housing needs for Aboriginal people in Ontario.

Mary Simon, Board Member of TI and President of ITK stated, “The growing urban Inuit population needs this type of housing support. There are many reasons Inuit come to southern cities such as Ottawa. There is an acute housing shortage in the Arctic communities, for example, some come for work, education, or for health reasons. In some cases Inuit become homeless in Ottawa. These 12 new units will greatly assist Inuit living in the urban area.”

Construction on the 12 units is expected to begin in the spring of 2010, and ready for the first new occupants in early 2011.



The Assisted Homeownership component provides **down payment** and **home purchase assistance** for primary residences to those individuals and/or families that qualify for a mortgage and do not own a home or have interest in any real estate or those who are no longer able or entitled to reside in a home they currently own. It is not limited to first time home-buyers. The assistance is in the form of a conditional grant which **does not have to be repaid** provided the successful recipient adheres to the conditions of the program for a period of five years. The maximum grant available is **\$30,000.00 per household**.

**Mandatory Criteria**

Applicant(s)

- Self identify Aboriginal individual or family, residing in Ontario (outside of the GTA)
- Must hold Canadian citizenship
- 18 years of age or older
- Total gross household income cannot exceed the 2008 60th income percentile
- Must be able to qualify for and obtain a conventional mortgage, line of credit, or private mortgage
- Must be applying for primary residence
- Do not own a home, or are not able to reside in a home they currently own



**Do you dream of Owning your own home?  
Make that dream a reality!  
With the Assisted Homeownership Program**

**Client Eligibility**

Eligible applicants to the program are Aboriginal people who are looking to purchase their primary residence off-reserve in Ontario. First Nation, Métis, or Inuit people are eligible through self-declaration.

Individuals will be evaluated on a first-come, first-served basis, against the mandatory criteria, and targeted to the identified geographic areas and priority groups. Priority will be given to those who are currently residing in social housing, and families escaping situations of violence.

**Eligible Types of Homes**

- New home
- Condominiums
- Resale homes with an acceptable home inspection
- Conversions from non-residential use, that feature a new home warranty
- Mobile homes on owned land
- Not exceeding the average house price for their geographic area



**EASY 3 STEP APPLICATION PROCESS**

**STEP 1:** fill in the FIMUR Assisted Homeownership Application

**STEP 2:** Review the FIMUR Assisted Homeownership Application Checklist

**STEP 3:** Mail your completed application (Step 1) along with the required attachments (Step 2) to:

Ontario Aboriginal Housing Services  
Attn: FIMUR Assisted Homeownership Program  
500 Bay St.  
Sault Ste. Marie, ON P6A 1X5

**TIP:** If you require these funds for a home purchase, please do not make an offer on a home unless your FIMUR Homeownership Application has been approved.

**TIP:** Due to a high volume of applications, current application processing times are 4 to 6 weeks before an approval or denial decision is made. Applications that are incomplete or missing required documentation will take longer to process and will not be evaluated until all information is provided.

**TIP:** You do not need an Agreement of Purchase and Sale to apply for this program.

**TIP:** Faxed or emailed applications will not be accepted.

**TIP:** Ensure your application is complete (Step 1) and all required attachments are included (Step 2). Only complete applications with all required attachments will be accepted to move forward for consideration

**TIP:** Ensure you have a witness (over the age of 18) sign your application on the last page in the space provided.

For more information or to have an application package mailed to you please contact:

Kelly Reynolds  
Administrative Assistant  
(705) 256-1876 x 206  
Toll free: 1-866-391-1061  
kreynolds@oahssc.ca

Justin Marchand  
Programs Delivery Manager  
(705) 256-1876 x 213  
Toll free: 1-866-391-1061  
jmarchand@oahssc.ca

Complete information can be found at; [http://www.ontario-aboriginalhousing.ca/index.php/fimur/program\\_overview/category/assisted\\_homeownership/](http://www.ontario-aboriginalhousing.ca/index.php/fimur/program_overview/category/assisted_homeownership/)

If you need help to complete the application form visit our community support workers at 301 Savard Ave. for support.



Tungasuvvingat Inuit



vancouver 2010

## Inuit in the Olympics



vancouver 2010

Inuit youth will perform at the Opening Ceremony of the 2010 Winter Olympics on February 12, 2010 beginning at 6PM - 9PM in Ottawa. Television broadcast can be seen on NBC.

### Inuit Youth Featured Aqpiq Peter



Chasing his dreams: Aqpiq Peter leads way for Inuit youth. Aqpiq Peter is a candid Inuit youth with a taste for adrenaline and a talent for speed. Raised in Iqaluit, the northernmost capital in Canada, Aqpiq has already pushed the frontiers of elite speed skating in his territory, making the podium at the Arctic Winter Games and chasing his dream of earning the most medals ever for Nunavut.

Aqpiq began playing hockey, but switched to speed skating when he was 12 years old and his older brother Lucassie, encouraged him to try it out. John Maurice, president of Speed Skating Nunavut and Aqpiq's coach, said he knew from the very first day he saw Aqpiq on the ice

that Aqpiq had the potential to be a champion.

“He’s got a good physique and he’s very, very fast – both getting off the line and in his reaction time. He’s got a lot of endurance and he’s very smart strategically,” said Maurice. “He’s kind of a model athlete for a coach to train,” added Maurice. “Because he’s intelligent and he’s got a good sensibility about himself – he knows what he wants to do, and he can set goals.”

Aqpiq, whose nickname is ‘Icepick’, has demonstrated the talent and dedication that allow him to achieve a high level of elite athletic performance. He has won gold, silver and bronze medals at the Arctic Winter Games, represented Nunavut at the 2003 and 2007 Canada Winter Games, and competed in events across Canada and in the United States.

### Cultural Performances



**Artcirq** will be performing on February 20th at 11:00 am. This Nunavut-based arts collective was founded in 1998 in the small community of Igloolik following the suicides of two young people. Today Artcirq is a circus like no other, winning over world-wide audiences with

its combination of big-top thrills — acrobatics, juggling and clowns — and Inuit throat singing, drumming and traditional games.



### Sewing Our Traditions

Lizzie Ittinuar of Nunavut will host the exhibit from Feb 12 to the 28 from Noon to 8:00 pm daily. Sewing Our Traditions is an exhibition of hand-made dolls. For generations, women in northern communities used dolls to teach their daughters the important skills of cutting and sewing hides and furs. These dolls record and reflect northern life, fashion and customs. Today, the art of traditional doll making is alive and well, with modern creators continuing to pass knowledge and skills from generation to generation.

**Kronos Quartet with Tanya Tagaq:** Performing **Tundra Songs** Saturday, January 30th at 8:00 pm Nunavut was created as a means of exploring, through music and lighting, the clarity, expansiveness and unique colours of the far north. The centrepiece of this program is **Tundra Songs**, a new work for Kronos and Inuit vocalist Tanya Tagaq, by Canadian composer Derek



Tungasuvvingat Inuit

Charke. It paints a mesmerizing Arctic soundscape.

For more than 30 years, the Kronos Quartet has pursued a singular artistic vision, combining a spirit of fearless exploration with a commitment to expanding the range and context of the string quartet. Tagaq is no less adventurous in her art, adapting the distinctive improvisations of Inuit throat singing to a variety of urban styles.



**Tanya Tagaq** will also be performing on Thursday, February 18th at 8:00 pm

The Nunavut-born Tanya Tagaq is a true original. She combines Inuit throat singing with orchestral and contemporary influences, creating a primal and dynamic sound that is all her own. She has toured and recorded with many unique talents, including Björk and Kronos Quartet, wowing festival audiences across the globe. Both of her solo albums, *Sinaa* and *Auk/Blood*, were nominated for Juno Awards (Best Aboriginal Recording and Best Instrumental Recording) and Tagaq was named Best Female Artist at the 2005 Canadian Aboriginal Music Awards.

### **Inuit Artists featured at the Aboriginal Art Program**

From January 22 to March 21, the best artists from Canada and around the world will play in our own backyard. Genre-bending theatre; stunning virtuoso dance; fierce, fresh music; breathtaking visual and digital art extravaganzas.

Venues' Aboriginal Art Program  
An airy stream of metal salmon shimmering overhead, five intricately carved spindle whorls inspired by curling rocks and three long-limbed wolves howling in unison on the Prairies are among the beautiful works of art by more than 90 Aboriginal artists that will grace the venues at the 2010 Winter Games.

Below are the names of the respected and emerging Inuit artists taking part in the Vancouver 2010 Venues' Aboriginal Art Program.



Andrew Qappik, Inuit, Nunavut

Anna Etuangat, Inuit, Nunavut

Belinda Webb, Inuit, Nunatsiavut

Deborah Hickman, Nunavut

Dinah Andersen, Inuit, Nunatsiavut

Elsie Klengenber, Inuit, Inuvialuit,

Heather Campbell, Inuit,, Nunavut

Helen Olife, Inuit, Inuvialuit,

Inuk (aka Brendalynn Trennert) – Inuit, Northwest Territories

Jimmy Kamimmalik, Inuit, Nunavut

Jolly Atagoyuk, Nunavut, Nunavut

Kawtaysie Kakee, Inuit, Nunavut

Kyra Fisher, Inuit, Nunavut

Louie Nigiyok, Inuit, Inuvialuit,

Mabel Nigiyok and Louie Nigiyok, Inuvialuit



Norman Igloopialik, Inuit, Nunavut

Olassie Akuljuk, Inuit, Nunavut

Sammy Kudluk, Inuit, Nunavik,

Shirley Moorhouse, Nunatsiavut

Victoria Grey, Inuit, Nunavik,







## **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, Mamisarvik Healing Centre can help you transform your life.

Mamisarvik believes in a flexible, bio-psycho-social model of treatment in which individuals can and will become responsible for their own recovery. Abstinence is required during the eight-week treatment cycle and harm reduction is an option in continuing care following it.

Mamisarvik 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 trauma; including physical, sexual and emotional abuse. The holistic program assists Inuit (both nationally and locally) in a culturally and linguistically appropriate setting. It also focuses on the devastating legacy of cultural oppression, such as residential schools, forced relocation, and sled-dog slaughter, in a safe, caring and confidential environment.

A continuing-care therapy group for those who have attended treatment programs has been running since December of 2008, every Tuesday from 2 p.m. to 4 p.m. at TI's site at 301 Savard Ave., off Montreal Road in Vanier.

A complete course of intensive treatment, followed by continuing care, may span two to three years, depending on individual needs. The Mamisarvik staff is guided by treatment coordinator Reepa Evic-Carleton and has grown steadily to 18 dedicated workers (80 per cent of them Inuit), 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 and is bringing on-stream second-stage housing following intensive treatment, for those seeking a gradual transition back to fully independent living.

Twenty-four-hour residential supervision is provided 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.



The entry process begins with screening and the 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 to prepare the foundation for the eight-week intensive residential and day programs.

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



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

Inuit history, a three-day therapeutic wilderness retreat at beautiful Gracefield, Que., on the Trans-Canada Trail, and a full-time cook providing nutritious meals that include Inuit country food, such as caribou and Arctic Char. Primary workers provide case-management services, individual counselling and help implement continuing-care plans.



Trauma-and-addiction therapy, assertiveness training, 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 accompanying the healing work.

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.

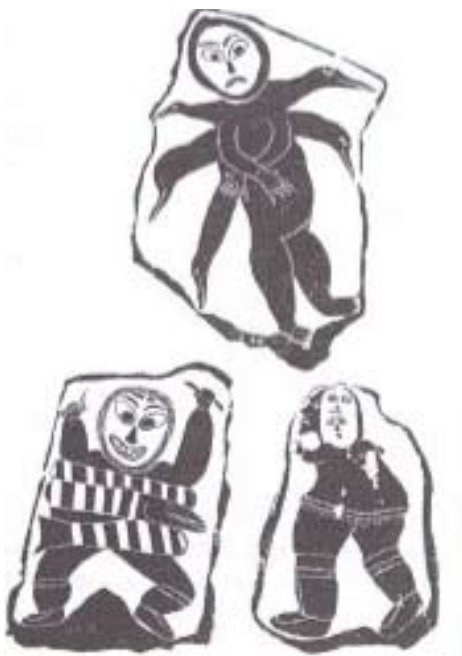
That development is then further enhanced and supported by

on-going, individual and group counselling sessions facilitated by a continuing-care counsellor, following the completion of intensive treatment.

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

Mamisarvik offers four intensive, eight-week, treatment cycles each year and has served more than 400 Inuit in a wide variety of ways.

A telephone call to Assessment worker Vicky Adams at 613-563-3546, ext. 0, or an e-mail to her at [entry@ontarioinuit.ca](mailto:entry@ontarioinuit.ca) is all it takes to launch your healing journey at any time.



***Mamisarvik Healing Centre Logo Contest!!!***

We are looking for submissions for our logo contest. The contest is open to all individuals.

-Your design must be related to Mamisarvik Healing Center, Inuit and Inuit culture.

-All entries become the property of Mamisarvik Healing Center.

-Entries must be received by March 1st, 2010 at 5:00PM

Drop off your entry or mail you entry to:

Mamisarvik Healing Center  
Attention: Christina Best  
1836 Russell Rd.  
Ottawa, ON K1G 0N1  
or  
Tungasuvvingat Inuit  
Attention: Christina Best  
301 Savard Avenue  
Ottawa, ON K1L 7S1

The prize is a gift certificate from Loblaw’s for \$100.00 and recognition for logo and pending prizes with prizes with logo crest on various items.



**Youth program schedule and Camp announcements**



***Winter camp for youth  
ages 8-18***

Tungasuvvingat Inuit has been successful in partnering with the Tim Hortons childrens foundation and are pleased to announce the opportunity of youth participation in a youth fall camp and in a youth winter camp!

**WINTER CAMP**

**The winter camp will take place from Friday February 19th to Sunday February 21st.**

The youth will gather for the camp on Friday February 19th at 4:00 PM and will be returning on Sunday February 21st in the afternoon.

(Times will be confirmed with registered participants)

Registration forms are now available! This fall camp is limited to the first 60 Inuit youth to sign up.

The camp is open to all Inuit youth between the ages of 8 - 18. Activities will be planned and carried out with groups created to best support the youth in providing a positive interactive experience with talented facilitators with the Tim Hortan Children's Foundation.

There will be no costs for individuals attending this camp - it is free!!!

During this exciting experience youth will have the opportunity to develop positive life skills and take part in positive social interactions. While living in very comfortable facilities, youth will have the chance to try a variety of new activities, meet new friends and have fun in a breathtaking natural environment.

Opportunities to take part in include: snowshoeing, skating/hockey, kick sledding, curling, tobogganing and group games. They will also enjoy activities in the sports and recreation centre, including basketball, floor hockey, soccer, badminton, dodge ball and many other games as inspired by the youth. Along with these activities we will also be introducing some cultural activities and Inuktitut language games.

All activities will be facilitated by experienced workers from the Tim Hortons Children's foundation as well as staff from Tungasuvvingat Inuit.

**Please call or email to sign up your youth for this opportunity or for more information contact Tungasuvvingat Inuit youth workers - Sue Qitsualik or Wanda Qamanirq – 613-747-2225 ext 18 or 13 or email to [youthcoordinator@tungasuvvingatinuit.ca](mailto:youthcoordinator@tungasuvvingatinuit.ca)**

**Tungasuvvingat Inuit will be hosting a spring break camp for children and youth.** The camp will run on a daily basis from 9am to 5 pm. There will be two streams of activities - one stream for youth 13+ and for younger school age children in the second stream. The spring break camp will explore Inuit culture, history, language and experience spring activities such as building a tipi, the qudlik, traditional transportation and many more exciting topics. The groups will explore these many facets of Inuit culture while enjoying trips to recreation facilities, outdoor camps, historical sites, parks and much more. If you are interested in signing up for the spring break camp please contact Tungasuvvingat Inuit youth workers - Sue Qitsualik or Wanda Qamanirq at 613-747-2225 ext 13 or by email at [youthcoordinator@tungasuvvingatinuit.ca](mailto:youthcoordinator@tungasuvvingatinuit.ca). The spring break camp is a sponsored activity therefore there will be no costs to the parents for their youth/children to attend.



**Youth Program Schedule for February and March 2010**

**Youth Contest to develop First Air’s Christmas Card for the 2009 holiday season**

This year First Air ran a contest with the youth at the Tungasuvvingat Inuit in Ottawa to design First Air’s corporate Christmas card. First Air supplied all of the art supplies to the group such as pencil crayons, crayons, water paints, markers, paper, pastels and charcoal pencils.

Alex Qitsualik was the winner of the contest and had her art printed on over 2000 cards that were sent all across the North as well as being featured on the First Air website.



Alex received (4) 100 level tickets to see the Ottawa Senators in action! Everyone that participated received a variety of First Air promotional items!

Thank you to First Air - and Terri Lynn Potter for collaborating with TI’s youth program to help make this project a success.



<b>Senior Youth (5:00 - 9:00 PM) Ages 13-29</b>		
<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
Movie Night! Meet at TI-297 Savard at 5PM for the movie. Your movie ticket is on us!	Cultural Activities - Meet at TI to discover activities and stories about Inuit heritage and culture. Try your hand at sewing projects, beading, drumming, throat singing etc... Bring you ideas for activities you would like to see happen	Sports Night! Enjoy time doing physical activities - try northern games, swimming, bowling, soccer, skating and much more.
Dinner and transportation are provided. If you need a ride to or from the program please call!		



<b>Junior Youth (3:00 - 7:00 PM) Ages 06-12</b>		
<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
Movie Night! Meet at TI-297 Savard between 3 and 4 for dinner and a movie.	Cultural Activities - Meet at TI to discover activities and stories about Inuit heritage and culture. Try your hand at sewing projects, beading, drumming, throat singing etc... Bring your ideas for activities you would like to see happen	Sports Night! Enjoy time doing physical activities - try northern games, swimming, bowling, soccer, skating and much more.
Dinner and transportation are provided. If you need a ride to or from the program please call!		



**Is today the day to make healthier choices?**

**Too tired for exercise after a long day? Why not try some of these activities while you watch TV?**

This time of year, when shorter days and cooler weather are keeping you inside, it's tempting to just hole up on the sofa and watch your favourite TV shows while you munch away on snacks. But you can turn your evening around so it's fun, fit and healthy with just a few easy exercises and some nourishing food choices!

***Take an exercise break***

Get fit and feel great in the comfort of your own living room! Try these simple exercises you can do during commercial breaks while you're watching TV – try one or two of these each night:

**A quick skip**

You loved it when you were a kid and it's great way to burn calories. Clear a spot on the floor, grab a skipping rope, and skip through the commercials. Do this through each break in a one-hour TV show and you can burn as many as 200 calories!

**Tap on it**

Here's a great cardio exercise that also works your legs and butt. Stand facing the couch and tap your foot lightly on it's top, then switch legs and tap the other foot. Continue tapping as quickly as possible throughout the commercial break. Pull your belly button in to engage

your stomach muscles and push your arms forward with each foot tap – and you have a total body workout! You'll use about 150 calories tapping through one hour of commercials.

**Sofa push ups**

It's important to keep your upper body strong and push ups target muscles all the way from your neck to your stomach muscles. Stand behind the back of the couch about one metre away and place your hands a little wider than shoulder-width apart. Lean into the couch with your butt muscles tucked. Bend your elbows and exhale as you lower yourself toward the couch; then push up, breathing in as you lift. Try for three sets of 10 (resting briefly between sets) during each commercial break in a one-hour program.

**Step 'n' lunge**

Walk over to your stairs. Step up one step, then down; repeat and continue at a quick rhythmic pace for the duration of the commercial break. Next break, return to the stairs; stand on the bottom step and lunge back with one leg. Return it to the step and lunge back with the other leg. Continue alternating legs quickly and rhythmically throughout the commercials. You'll burn about 250 calories in an hour of commercials.

**Sit up and squeeze**

Sit up straight on your couch with your feet planted flat on the floor. Place your hands beside you on the

couch. Now gently squeeze your stomach muscles and your butt muscles - you will feel yourself rise a little off your couch - hold for a count of one then release for a count of one, repeat. Try for three sets of 10 (resting briefly between sets) during each commercial break in a one-hour program.

**Are you a smoker that just wants to kick the habit?**

**Help is available for those who want to “butt out”**



<http://www.naho.ca/inuit/itn/whatsNew.php>

The **Inuit Tobacco-free Network** aims to keep Inuit health workers and their colleagues up-to-date on tobacco reduction resources, research and events. The ITN also offers resources and help to Inuit who want to make the move to quit.

**1-800 Quit Lines** offer free telephone support from trained specialists who can help develop a personal quit plan or provide counselling to family and friends of smokers. They can also answer any questions you may have and locate self-help materials and other quit smoking support in your community

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/nou-maintenant/1-800/prov-eng.php>

**Community Support Program**

The Community Support Program is located on the main floor of 301 Savard Ave. The Community Support Program workers are there to help you! Our community support workers are Hannah Olayou and Pam Kilabuk. They can provide supportive counseling, crisis intervention and advocacy services. The program offers support and referral to housing, legal, medical and social services.

Did you know we can help you with many things? If you need help with any of the following, call us at 613-747-2225 and/or come and see us.



- Assists Inuit adjusting to life in southern, urban environments.
- Housing support services
- Referrals for community services, health, employment, legal services
- Support /advocacy with financial assistance, CAS, social services
- Legal support: legal aid/courtroom support
- Support to obtain medical services



- Facilitates access to non-insured health benefits
- Assistance to replace or obtain identification and health cards
- Housing support, advocacy and referral to shelters
- Referrals for addiction treatment and other community resources
- Short-term counseling and crisis intervention
- Inuit women’s healing circles
- Provides language interpretation services to clients



Tungasuvvingat Inuit would like to take this opportunity to thank Canadian North for their contribution of airline tickets to the community Christmas celebration. With support from sponsors such as Canadian North TI’s celebrations are a success.

**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? We can help you with that too, call us at 613-747-2225 or visit us at 301 Savard Ave.

**Foodbank Services**

Do you find yourself running a little short each week? The foodbank is available for the Inuit community to access to assist those who need it most.

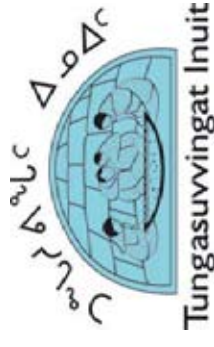


**Foodbank hours:**

Wednesdays from 1:00 to 4:00. Individuals are able to sign up for foodbank access at 1:00 with distribution beginning at 1:30. The foodbank is distributed on a first-come first-serve basis with priority to our elders and our families. If you have any questions call Pam Kilabuk or Mosha Noah at 613-747-2225.

The Employment Learning Centre provides various services including referrals; use of computers and Internet access for Employment and Educational purposes; assist underemployed Inuit to help with Career Counseling and to find Jobs or suitable training institutions.

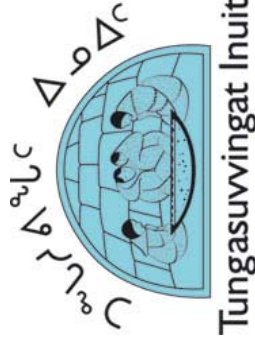
- **Make and Update your Resume**
- **Job/Training Search on the Internet**
- **Learn to see what career is suitable for you**
- **Learn & Enhance computer skills**
- **Learn how to email**
- **Talk to an Employment Counselor to discover what your barriers are to securing employment**
- **Come and check out job postings daily**
- **Teaching & Leadership Skills**
- **Communication Skills**
- **Self Confidence**
- **Reading & Writing**
- **Employment Preparation**



# Employment and Learning Centre



“Tungasuuvvat Inuit provides Inuit specific programs, services and support to empower and enhance the lives of Inuit”



## Employment & Learning Centre

604 Laurier Ave West  
Ottawa, ON K1R 6L1  
Phone (613) 565-5885  
Fax (613) 563-4136

### Email:

[barb@tungasuuvvat.inuit.ca](mailto:barb@tungasuuvvat.inuit.ca)  
[employment@tungasuuvvat.inuit.ca](mailto:employment@tungasuuvvat.inuit.ca)

### Web:

[www.tungasuuvvat.inuit.ca](http://www.tungasuuvvat.inuit.ca)

