



“a place where Inuit are welcomed”



# Akiurvik

T.I.'s Newsletter Fall/Winter 2001

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Stay-in-School students-2001

## Volunteers needed for Stay-in-School

**V**olunteers are needed to assist with tutoring for the Stay In School Program. Stay In School is designed to assist Inuit Students attending high school in the Ottawa region by providing tutoring one evening per week.

Presently we have a ratio of 1 tutor for 8 students. If there were 2 volunteers, the ratio would be 1 teacher for 4 students.

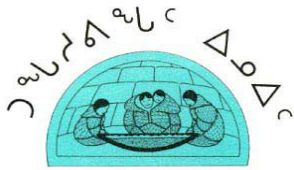
Volunteering is an excellent way to improve your resume. You will also be providing students with a positive influence and promoting continuous learning.

If you can donate one, two or three hours on Wednesday evenings, please call:

*Ovilu Goo-Doyle* at 563-3546 or  
*Mary Hands* at  
562-1001 or  
e-mail to  
tiemployment@on.aibn.com

Tungasuvvingat Inuit is a social, cultural and counselling organization serving Inuit in Ontario.

***Come and help students with their homework and enjoy a delicious meal!***



Tungasuvvingat Inuit

**Tungasuvvingat Inuit Board of Directors**

President: Barry Pottle  
Vice President: Reepa Evic-Carelton  
Secretary Treasure-Healthier Campbell  
Board Members:  
Ruby Arngna'naaq  
Rhoda Kayakjuak  
Kathy Kettler  
Kunnuk Takpannie  
Mary Tobin-Oates  
Katolic Utatnaq

**Tungasuvvingat Inuit Staff**

**Head Office-604 Laurier Ave. West  
Core Staff**

Executive Director-Morgan Hare  
Office Manager-Jason LeBlanc  
Receptionist-Maggie Amarualik

**Counselling**

Counselling Coordinator-Pam Stellick  
Community Liaison & Support  
Workers- Meeka Papatsie & Frank  
Russell

Community Outreach Worker-Bobby  
Kadlutsiak  
Residential Supervisors-Barbara  
Sevigny & vacant

**Stay-In-School**

Coordinator-Ovilu Goo-Doyle  
Tutors-Moshi Kotierk & Anita  
Uuttuvak

**Satellite Office-230 McArthur Ave.**

**Family Resource Centre**

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

**Head Start**

Coordinator-Teresa Hughes  
Teacher-Ina Zakal  
Teacher-Ann Pehleman  
Bus Driver-Jason McGregor  
Cook/Cleaner-Joe Zakal  
Trainee- Mary Zinnow

**Satellite Office-368 Dalhousie St.**

**Diabetes Awareness and Prevention**

Coordinator-Tracy Brown

**Employment & Training**

Coordinator-Mary Hands

**Youth Program**

Coordinator-Steven Lonsdale

**Programs & Services**

**Counselling Program**

Women's Talking Circle.  
Assists with N#'s for beneficiaries  
Legal support, helps with finding  
lawyers, assists in court, etc.  
Helps people with Social Services  
Medical Referrals  
Helps find Housing & Shelters  
The counseling program serves as a  
liaison between  
community members and community  
resources  
Referral to addiction treatment centres

**Homeless Support Program**

Transitional Housing-bed facility  
On-site supervision and counselling  
Lunch Program  
BINGO  
Sewing Circle  
Various Life Skill & Recreational  
Activities on Wednesday's & Friday's

**Employment Support Program**

Stay in School  
Counselling and support  
Job Bank  
Resume Writing  
Interview Skills  
Training Programs, such as:  
Computer training  
Video Production training  
Dental Assistant training  
Other training

**Family Resource Centre**

Program for Early Parent's Support  
Father's Initiative Program  
Inuktitut class for children starting in  
September  
Pre/Post Natal  
Parent Relief  
Community Kitchen  
Cultural crafts  
Monthly Birthday Party for 0-6yr olds  
On-Going Play Group  
Primary Language Program  
Nobody's Perfect Parenting Group

**Head Start**

Nutrition/Country Food  
School readiness  
Social Support  
Parental Involvement  
Culture & Language  
Health Promotion  
Good Food Box

**Youth Program**

Recreation, cultural and educational  
activities for 13-30 year olds

**Diabetes Prevention & Awareness**

Upcoming web-site  
Diabetes Prevention brochures  
Diabetes Prevention posters

**Addresses & Numbers**

**Tungasuvvingat Inuit**

604 Laurier Ave. W  
Ottawa, ON K1R 6L1  
ph: (613) 563-3546  
fx: (613) 230-8925  
e-mail:  
tungasuvvingatinuit@home.com

**Satellite Office 1**

230 McArthur Ave.  
Vanier, ON K1L 6P5  
*Inuit Family Resource Center*  
ph: (613) 749-4500  
fx: (613) 747-0629  
*Inuit Head Start*  
ph: (613) 747-2225  
fx: (613) 747-0629  
e-mail:inuitheadstart@travel-net.com

**Satellite Office 2**

368 Dalhousie St. 3rd floor  
Ottawa, Ontario K1N 7G3  
ph: 562-1001  
*Employment*  
tiemployment@on.aibn.com  
*Youth*  
tiyouth@on.aibn.com  
*Diabetes*  
tidiabetes@on.aibn.com

*Your Invited to*

# Tungasuwingat Inuit's Potluck Christmas Party!



*Please bring salad, side dish or dessert for potluck*

*Special Guest: Santa Claus with treats for children. Door Prizes, food and games!*

 **When:** Saturday, December 15

 **Time:** 4:30 p.m -8:30 p.m

 **Where:** St. Joseph's Parish Hall  
151 Laurier Ave. East

(entrance on Wilbrod St. behind church)  
Bus No. 5 goes to Laurier Ave. E



Illustration by Jane Dall while attending Inuit Head Start- 2000.



**T.I. expands, a new office in the Market**

The Employment, Youth and Urban Inuit Diabetes Awareness Programs are now located at:

**368 Dalhousie Street  
on the 3rd floor  
562-1001**

(located in the same building as the Nunavut Sivuniksuvuk Program, between Rideau St. and George St.)

**Employment and Training**  
*Mary Hands*  
[tiemployment@on.aibn.com](mailto:tiemployment@on.aibn.com)

**Youth Program**  
*Steven Lonsdale*  
[tiyouth@on.aibn.com](mailto:tiyouth@on.aibn.com)

**Urban Inuit Diabetes Awareness and Prevention**  
*Tracy Brown*  
[tidiabetes@on.aibn.com](mailto:tidiabetes@on.aibn.com)

Would you like to  
 Save Paper?

Have the Newsletter sent to you by E-mail! If you would prefer a digital copy instead of one by mail, please e-mail: [tidiabetes@on.aibn.com](mailto:tidiabetes@on.aibn.com)

It's environmentally friendly, saves mailing costs and you'll receive it faster.

# Practical Skills for Positive Communication

## A Six-week Course

For *Inuit women* who want to improve their communication with family, friends and co-workers.

**When?** Every Thursday evening for six-weeks, starting on November 8, 2001 at 6:30 p.m.

**Where?** At T.I., 604 Laurier Ave. West.

**What to expect?** Inuit food to share and an opportunity to learn about assertiveness and positive communication in a practical, hands-on way.

**The facilitator?** Karen Williams. Karen is an experienced group facilitator. She is also a specialist in trauma recovery and a graduate of the New York Focusing Institute.

Want to register?

Call **Pam Stellick** at T.I. and put your name on the list,

**563-3546.**

### Tungasuvvingat Inuit Christmas Hours

T.I. will be closed for Christmas holidays-

**December 21-January 2**

It will be open for Drop-in on December 27 & 28 from 12pm-5pm and there will be country food on those days!





# What do you know about Diabetes?

**N**ovember is Diabetes Awareness month. Many people do not know much about Diabetes. Diabetes is when your body cannot use glucose or sugar correctly. When this happens, your blood sugar gets too high and you develop Diabetes. There are three types of Diabetes, type 1-occurs in children and young adults, type 2-known to be caused by diet and lifestyle and gestational-happens to pregnant woman.

**Facts:**

- Diabetes is the leading cause of death by disease
- Over 2 million Canadians have Diabetes
- Diabetes is life threatening if diagnosed too late
- Diabetes is the leading cause of adult blindness
- Diabetes untreated causes limb amputations
- Half of all Canadians with diabetes are unaware of it
- Go to your doctor's to get a Diabetes blood test

The change in Inuit diet happened fast, which makes us more at risk at developing health problems, such as Diabetes. Since adapting to a Western way of life, Inuit have been experiencing poorer health than the general population of Canada. Country food is fewer in calories, has less saturated fats and more zinc and iron than the Western diet. Since Inuit food is not as available down south, it is important to choose healthy food, opposed to fast food, junk food and pop.

To Prevent Type 2 Diabetes is simple: A healthy diet, weight control, exercise and reduction in stress are important prevention steps.

Exercise to: Lower your blood sugar; Lower your blood pressure; Help you lose weight or maintain your weight; Improve your heart and lung health; Improve your well being; Improve your muscle tone and strength.

For more information about Diabetes, please contact Tracy at 562-1001.

## Inuit Women's Healing Circle

**E**very Wednesday evening at 6:30 p.m. Inuit women of all ages are invited to gather at the Inuit Family Resource Centre, 230 McArthur Ave., Vanier to share Inuit food, talk, laughter and support for one another. Child care support is provided. If you have any questions about the circle, please contact Meeka Papatsie at T.I., 563-3546.

## Newsletter Name and Art Submissions

**S**pecial Thanks to **Bernadette Immaroitok** for coming up with a name for this newsletter. After brainstorming she came upon, Akiurvik which means an echoing place. It is a humorous name describing how we like to gossip and how things echo at T.I.

Also, thanks to **Ame** from Pangnirtung who submitted artwork to be used in the newsletter. If any other artist would like to submit artwork, please contact Tracy Brown at 562-1001. Short stories, legends and poems are also welcomed.





## Tungasuvvingat Inuit EMPLOYMENT OPPORTUNITIES

### **Part-time Tutor for Stay In School Program**

#### **Program Description**

The Stay In School Program is designed to assist Inuit Students attending high school in the Ottawa region by providing a tutoring program one evening per week.

Under the supervision of the program coordinator, the tutors will be responsible for structuring a constructive classroom atmosphere where Inuit students can receive help with their homework. Tutors will also provide a positive influence on the students and promote continued learning.

#### **Qualifications:**

- Post-Secondary education
- Ability to tutor MATHEMATICS at a high school level
- Teaching/tutoring experience preferred
- Knowledge of Inuit Culture and Values
- Inuktitut is an asset
- Good listening and communication skills
- Ability to maintain confidentiality

**Deadline:** 5p.m. on November 15

**Salary:** \$25/hour for 3 hours/week.

**Contract dates:** Immediately until May 2002.

### **Part Time Youth Program Assistant**

(Priority screening will be given to internal candidates)

#### **Program Description**

This is a program designed for Inuit Youth for ages 13-30 living in the Ottawa-Carleton area. One of the primary goals of the program is to provide activities which are culturally sensitive. Other program goals is to plan and organize activities focused around education and recreation. The youth program provides a teen drop-in, culture workshops, sewing lessons, guitar, floor hockey and various outings.

#### **Duties and Responsibilities:**

- Supervise evening and weekend youth activities
- Assist in the planning, organizing and implementation of youth activities
- Attend staff meetings as required
- Shop for and prepare meals for youth
- Maintenance of program area (ensuring area is well kept)
- Provide guidance to participants of the program
- Reports on all supervised activities
- Additional duties as assigned by supervisor
- Must be reliable and punctual

#### **Qualifications:**

- Fluent in Inuktitut preferred
- Minimum grade 10 education
- Knowledge of or willingness to be trained in FirstAid/CPR
- Familiarity with Inuit culture and values
- Ability to work in a team environment
- Able to work independently

**Deadline:** 5 p.m. November 15, 2001

**Salary:** \$15.00 hour - 20 hours a week

**Preference in hiring given to qualified Inuit candidates. Applicants hired for these positions must pass a criminal reference check. We thank all interested candidates in advance, but we are only able to respond to those selected for an interview.**

**APPLY:** Send your resume and cover letter to Hiring Committee, Tungasuvvingat Inuit, 604 Laurier Avenue, Ottawa, ON, K1R 6L1, or [tiemployment@on.aibn.com](mailto:tiemployment@on.aibn.com) or fax (613) 230-8925