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Tungasuvvingat Inuit is a social, cultural and counselling organization serving Inuit in Ontario. Established in 1987.

"a place where Inuit are welcome"

Akiurvik

T.I.'s Newsletter Spring 2004



Update on Inuit Head Start Program

In February we had a successful cultural day outside in our backyard. Each winter we have an Inuit day and we celebrate outside with friends and family.

On this day, we had a tent set up with Coleman stoves cooking boiled seal meat and a qulliq lit to add to the warmth of the tent. Other Inuit food and bannock was also served. A southern-style (high-rise) igloo was built; thank you to all those who helped out in the construction of the igloo.

We had media visitors from the New RO and Canadian Geographic. The staff at Head Start talked about the Head Start Program and how the Ottawamiut community keeps their Inuit ways.

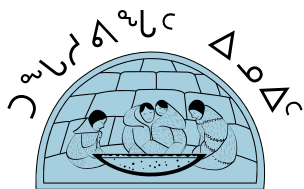
January we had an exchange with our fellow Head Start, Makasong Head Start (Aboriginal). Our children went to Makasong and experienced First Nation culture. We danced some round dances and were taught how to count to five, and say thank you, *meegwetch*.

The following week the Makasong Head Start children came to visit the Inuit Head Start site, where the Inuit children showed them drum dancing and they had a chance to try some country food.

Please see page 5 for our recognition to all of our volunteers.

Qujannamiik.

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



Tungasuvvingat Inuit

“a place where Inuit are welcome”

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Tungasuvvingat Inuit Board of Directors

President: Veronica Dewar
Vice President: Lizzie Naqitarvik
Secretary-Treasurer: Kathy Kettler
Board members:
Ruby Arngna'naaq
Leesee Karpik
Jeela Palluq
Kunnuk Takpannie
Mary Tobin-Oates

Tungasuvvingat Inuit Staff

Administration/Programs & Services Office- 118 Empress Ave.

Executive Director-Morgan Hare
Financial Administrator-Jason LeBlanc
Receptionist-Sally Webster

Social Programming

Community Liaison & Support Workers- Meeka
Papatsie & Teresa Hughes

Employment

Coordinator-Mary Hands
Employment Learning and Training Centre
Supervisor/Trainer-Sheena Akoomalik
Assistant-Stephan Gendron

Diabetes Awareness & Prevention

Coordinator-Tracy Brown

Mamisarvik Healing Centre-604 Laurier Ave.

Social Programming Director-Pam Stellick
Coordinator-Ginette Chouinard
Counsellors-Reepa Evic-Carleton & Barbara
Sevigny

Pigiavik House 234 Lebreton St. N

Residential Counsellors-Elaine Akulukjuk &
Sadie Hill
Night Supervisors-Sarah Smith & Melinda
Shambare

Vanier site-230 McArthur Ave.

Family Resource Centre

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

Head Start

Coordinator-vacant
Teachers-Ina Zakal & Fred Simpson
Cook-Mary Zinnow
Parent Coordinator-Lynda Brown
Trainee- Eeleta Puminotook
Administrative Assistant-Emily Kotierk
Maintenance-Gordon Johnson

Youth Program-427 McArthur Ave. Unit 8

Coordinator-Steven Lonsdale

Programs & Services

Social Programming

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

Head Start

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

Youth Program

Recreation, cultural and educational activities
for 13-30 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.

Addresses & Numbers

Tungasuvvingat Inuit

604 Laurier Ave. W
Ottawa, ON K1R 6L1
ph: (613) 563-3546
fx: (613) 230-8925

Administration/Program & Services

118 Empress Ave.
Ottawa, ON K1R 7G2
ph: (613) 563-3546
fx: (613) 230-8925

Vanier Office

230 McArthur Ave.
Vanier, ON K1L 6P5

Inuit Family Resource Centre
ph: (613) 749-4500
fx: (613) 749-8713

Inuit Head Start
ph: (613) 747-2225
fx: (613) 747-0629

Youth Office

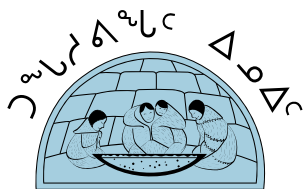
427 McArthur Ave. Unit 8
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e-mail: info@ontarioinuit.ca

www.ontarioinuit.ca

www.inuitdiabetes.ca

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Diabetes Initiative-Health Canada



Tungasuvvingat Inuit

What to know about Trans Fats in your Diet

Trans Fats are receiving a lot of attention in the media and within the medical community. It is a growing health concern because eating high-intakes of foods containing Trans Fats, over a long period of time, can lead to medical problems. It is also very disturbing because it is found in a great number of foods in our modern diet.

What exactly is Trans Fats?

Typically, Trans fats are formed when they make vegetable oils into a solid fat. Examples of this kind of Trans Fats are; margarine or shortening that has been hydrogenated from vegetable oils. Trans fats are also naturally found in meat and dairy products but the levels are not as high as they are in man-made substances; like margarine and shortening.

Beware of what the package says

The package could advertise that it is low or does not contain Trans Fats. It may not be a healthy choice though. If the foods are high in saturated fats, monounsaturated and polyunsaturated fats it is most likely not a healthy food. Also, foods that advertise that they are low in saturated fats may be high in Trans Fats. So look in the ingredients to see if it contains hydrogenated or partially hydrogenated vegetable oils (ex. canola, soybean or cottonseed oil). Also look out for vegetable oil shortening and vegetable margarine. These are the kinds of foods that contain Trans Fats. If the product label lists hydrogenated fats as first, second or third, there will be a high level of Trans Fats in the product you are eating.

It is known to be unhealthy, so why is it in so many foods?

Trans fats are added to food because it is a cheap ingredient that helps keep processed foods from going stale. It gives a product longer shelf life at the grocery store.

How to Avoid Trans Fats?

The best way is to examine your overall diet. Are you eating too many foods high in fats, salt, and sugar with less nutritional value? Are most foods that you eat are pre-prepared and packaged? Most foods containing Trans Fats are pre-prepared and packaged foods and are high in calories. Eating a diet that is regularly high in calories puts one at risk to obesity, which is a leading cause to *Type 2 Diabetes*.

The best way to avoid Trans Fats is to eat healthy. Be sure to eat a range of foods, with a lot of vegetables, fruits, and whole grain products. Eating low-fat dairy products, lean meats, poultry, fish, and legumes are healthy choices. Also good for you health-drinking a lot of water and not eating/drinking too much foods with salt, sugar, alcohol, and fat.

How does Trans Fats affect the body?

- Raise total blood cholesterol levels
- Higher risk to heart disease
- Drains your body of the good cholesterol levels
- Clogs your arteries
- Increase risk to heart attacks and strokes
- Increases obesity (a leading cause of diabetes)

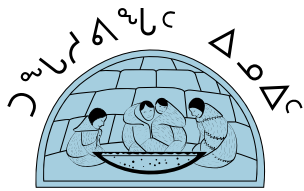
What Foods are high in Trans Fats?

- Many Processed Foods
- Most Cookies & Cakes
- Crackers
- Instant Noodles (Mr. Noodles and other Instant Chinese soups)
- Breakfast cereal bars
- Frozen pizzas
- Processed cheese slices
- Cold Cuts
- Potato Chips
- Donuts
- Most Fast foods
- Microwave popcorn
- Pop tarts
- Frozen waffles

Healthy Snack Choices:

- Pita triangles and hummus
- Cheese cubes
- Fruit & Vegetables
- Trail mix (dried fruit, nuts, raisins)
- Homemade granola sprinkled on yogurt
- Fruit and yogurt smoothies





Tungasuvvingat Inuit

Marie-Claire's Guardian Angels: Christian and Christina by Sarah Huxford

This article is dedicated to the Brazeau family: Marcel, Maria, Paul, Stephanie, Christian, Christina and most of all to Marie-Claire.

I am sharing with you an occurrence that happened in September, while I was babysitting the three Brazeau children, Christian, age 10, Christina, age 9, and Marie-Claire, just over a year old.

Our evening started with a visit to the park, then to home to watch some television. This is when Marie-Claire was in her playpen. Marie-Claire is able to climb out of her playpen but I would just put her back. I liked to watch how easily she would fix herself on the boarder of her play pen and just lay there. I thought how she could become a gymnast when she got a little older because she is very flexible and quick.

Marie-Claire spilled juice on herself and needed to be changed. Christina went to get a clean shirt and I dried Marie-Claire. I went to help Christina find a clean shirt, while Christian stayed in the living room, playing with his little sister on the computer. We couldn't find a shirt, so I went back to the living room. Marie-Claire was now playing and she started to run around. She ran out of the room, into the kitchen. I followed her and picked her up. I did not realize that she had candy in her mouth. This is when she started to choke. I didn't know how to get the candies out of her mouth and I was holding her and started to panic. I screamed for her siblings to call the ambulance. Christian and Christina came and took their baby

sister from me, as I went to look for the phone. Meanwhile, Christian doubled his hands together in a fist and pressed on his baby sister's stomach. By the time I found the phone, Christian had her breathing and was taking the candy out of her mouth. I was so relieved and didn't need to call the ambulance because Marie-Claire was now fine.

I was very shaken, and held Marie-Claire in my arms to calm down. Christian and Christina did not panic and took care of their sister calmly. This happened in less than 5 minutes. Thank god the two older siblings saved Marie-Claire from choking! I asked Christian and Christina where they learned to do CPR. Christian explained that someone they recently met taught them.

Christian and Christina deserve recognition and respect for their bravery. I am expressing my everlasting appreciation and love to them. I am sure God was with them while they saved their little sister. They had the ability to stay calm and composed. I think all pre-teens should be taught First Aid and CPR because they are able to stay calm in a tense situation.

All my gratefulness to Christian and Christina, thank you. All my love to you and Marie-Claire. I apologize to Stephanie, Paul and Maria (their grandmother), Marcel (grandfather) and god bless you.

Submit Recipes and Earn \$20 per Recipe

The diabetes program will be producing a healthy recipes cookbook. Recipes chosen to be published will earn \$20 for each recipe chosen to be in the cookbook.

We are accepting original healthy recipes in the following categories: **Inuit Food Recipes, Dinner, Lunch, Side Dishes, Desserts, Snacks, and Meals on a Budget.**

Submit as many recipes as you would like! Recipes will be chosen by these qualities: Unique (has no copyright), Healthy (Low in sugar, and fat. High nutrients).

We might not be able to accept every recipe because too many recipes could be submitted, or it could not be the healthiest recipe. By submitting recipes, you agree that your recipe could be used for the cookbook or the diabetes Web site. You will be recognized for the recipes you submit.

You will only receive money for your recipe(s) if the recipe(s) is selected for the cookbook.

We are working on developing a partnership with Nunavut government and possibly other Inuit regions for this cookbook. So, this cookbook may be a bigger project than expected!

Deadline: May 14, 2004.

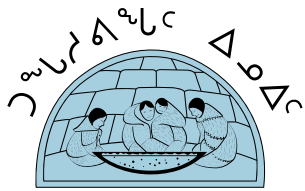
Submit to:

Tracy Brown

e-mail: diabetes@ontarioinuit.ca

ph: 563-3546 ext. 14.

fx: 230-8925



Tungasuvvingat Inuit

Children’s Visual Arts Class (6 to 13 years old)



The Inuit Family Resource Centre, in partnership with the Ottawa School of Art, offered a ten week module of visual art classes for children 6 to 13 years. Twenty-six children registered for the session. Programming took place every Saturday. With the guidance of a professional art teacher, participants explored a unique medium each week and have built a portfolio of their work.

Class activities included learning how to draw facial proportions, snow sculpture, collage, print-making, use of colour, and field trip to Winterlude. The final class saw the children exhibit their work at the Centre in an open house for the parents and community. Qujannamiik to Aluki and Jessica Kotierk, Jeff, Jan, Heather, and Erin for their help during the sessions. Subsequent sessions will depend on available funding.



Elder Consultations, Knowledge Translation Research Project

Qakpik Attagutsiak, Kigutikarjuk Shappa, and Suzanna Singoorie provided traditional perspectives during two focus group sessions at the IFRC. The focus groups are also composed of approximately twenty other Inuit participants. Participants shared their knowledge of health issues affecting Inuit, and continue to inform the direction of the research project. Research partners currently include TI’s Inuit Family Resource Centre, University of Ottawa, Canadian Institute of Health Research, National Aboriginal Health Organization, and Aboriginal Healing Foundation. For further information or to offer input please call 749-4500 ext 11 or 12, or e-mail inuitfamilycentre@bellnet.ca.



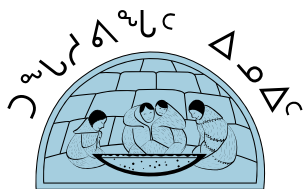
Pre-Post Natal Program



Congratulations to the families of Daisa Allurut, Pitsey Moss-Davies, Kathy Kilabuk, Jane Kigutaq, Dion Metcalfe, Mary Tobin-Oakes, Phanelie Palluq, and Susie Tiglik, on the birth of their newborns this past quarter.

IFRC offers weekly pre-post natal programs and services such as registered nurse consultation, infant massage, nutritional lunch, workshops, infant supplies, and clothing exchange. Upcoming pre-post natal events include the Celebration of Life. Newborn children of the past year will receive a special Inuit gift hand sewn by staff, volunteers and community members. Last year, infants received little fleece kamiik boots. For more information contact 749-4500 ext 11 or 12, or e-mail inuitfamilycentre@bellnet.ca.





Tungasuvvingat Inuit

Community Lunch

The community lunch is held on each third Thursday of the month. We serve healthy food choices that includes Inuit country food. The upcoming lunches are: April 15th, May 20 and June 17th.

Thank you for Country Food

Myna Akavak from Kimmiruk donated nipku and Arctic char for the next monthly lunch. Myna Akavak is originally from Pangnirtung, has relatives residing in Ottawa and has been residing in Kimmiruk for many years.

Qujannamiik Myna, Ottawamiut really appreciate eating Inuit food!



DIABETES Do You Know the Symptoms?

You could have diabetes and not even know it and you may not have any symptoms at all. This could lead to long-term damage to your body, especially to the heart and circulatory system. To make sure you do not have diabetes, ask your health care provider for a diabetes blood test. When symptoms occur they are the following:

- Unusual thirst
- Frequent urination
- Unusual weight loss
- Extreme fatigue
- Lack of energy
- Blurred vision
- Frequent or recurring infections
- Slow healing cuts and bruises
- Tingling or numbness in hands or feet
- Excessive nausea and vomiting
- A change in appetite
- Itchiness
- Weakness
- Severe abdominal pain
- Sweet-smelling breath
- Irritable

For more information, please visit the diabetes web-site: www.inuitdiabetes.ca

COMMUNITY PHOTOS

