

Tungasuvvingat Inuit

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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 Summer/Fall 2004



Suzanne Singoorie lite the qulliq for the Annual Women's Retreat in April, 2004

Additions to TI's Counselling Services

A new drop-in program is now at 118 Empress Ave. Cultural, educational and recreational activities are being offered daily in the Drop-in area. Geoff Kilabuk, the Drop-in Worker, is organizing these events ranging from Inuit games to Bingo to life skills. The Drop-in is open from 1-4 pm Monday to Friday. All are welcome. Geoff is collecting suggestions for drop-in activities, so if you have any good ideas, please let him know.

Teresa Hughes is on parental leave and in her place, Steven Lonsdale was hired for the Community Liaison & Support Worker position. Steven will be missed at the Youth Program but the Counselling team welcomes Steven!

Steven will be working with Meeka Papatsie. Part of the services offered are: assisting with obtaining an N#, legal support (finding lawyers, assisting in courts), helping people obtain social assistance, medical referrals, application assistance to get I.D. cards, translation support with appointments, help in finding shelter/housing, crisis intervention and short-term counselling. The counselling program serves as a liaison between community members and community resources.

Also, part of the counselling services is the Mamisarvik Healing Centre. Please see page 3 for more information and the welcome of new staff members to this program.

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



Tungasuvvingat Inuit

“a place where Inuit are welcome”

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Tungasuvvingat Inuit Board of Directors

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

Tungasuvvingat Inuit Staff

Administration/Programs & Services Office- 118 Empress Ave.

Executive Director-Morgan Hare
Financial Administrator-Jason LeBlanc
Receptionist-Patrick Kunilisee

Counselling Services

Community Liaison & Support Workers- Meeka
Papatsie & Steven Lonsdale
Drop-in/Intake Worker-Geoff Kilabuk

Employment

Coordinator-Mary Hands

Diabetes Awareness & Prevention

Coordinator-Tracy Brown

Mamisarvik Healing Centre-604 Laurier Ave.

Counselling Services Director-Pam Stellick
Coordinator-Ginette Chouinard
Counsellors-Reepa Evic-Carleton & Barbara
Sevigny
Cook-Jeanie Schofield

Pigiarvik House 234 Lebreton St. N

Residential Counsellors-Christine Sevigny-Lund
Sadie Hill, and Rick Mayoh
Night Supervisor-Melinda Shambare and vacant

Vanier site-230 McArthur Ave.

Family Resource Centre

Coordinator- Ina Zakal & 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
Maintenance-Gordon Johnson

Youth Program-427 McArthur Ave. Unit 8

Coordinator-Vacant

Programs & 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

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) 563-4136

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
Ottawa, Ontario K1K 1G5
ph: 562-1001
Steven Lonsdale-

e-mail: info@ontarioinuit.ca

www.ontarioinuit.ca

www.inuitdiabetes.ca

A financial contribution for this
Newsletter was made by the Aboriginal
Diabetes Initiative-Health Canada



Tungasuvvingat Inuit

Employment Learning Centre Update

We continue to search for funding to hire a Supervisor for the Employment Learning Centre. Sadly, we say goodbye to Sheena Akoomalik because the funding with Industry Canada/SchoolNet for Sheena’s position has ended. The Employment Learning Centre will be open for short periods of time under the supervision of Geoff Kilabuk. Watch for times posted on the bulletin board. We are still planning a third session for young women with iSisters’ volunteer trainer and mentor, Cathy Reid. T.I formed a partnership with iSisters 2 years ago. iSisters acquired donations for TI from IBM, Advanced Business Interiors, Microsoft, NECTAR and Community Foundation of Ottawa. If you are a woman and would like to study Information Technology Communication (ICT) skills for employability, please contact Mary Hands. Duration of the course is one morning per week for 12 weeks.

Planning to Finish your High School?

Now is the time to apply. Registration at the Adult High School at 300 Rochester Street is September 7th & 8th at 8 AM. For the St Nicholas Adult High School the start date is September 7th. You can phone 228-8888 for information or come into our office for details on what documentation is required (transcripts etc). Contact Mary Hands to discuss your plans.

Reminder: CITP at Inuit Art Foundation

Inuit Art Foundation is accepting applications for their Cultural Industries Training Program which starts in October. This program helps open doors to career opportunities in the cultural industries. For more information, please contact: 224-8189.

Funding for this training is provided through Kagita Mikam (from Aboriginal Human Resource Social Development Canada).

Mamisarvik Healing Centre

This program provides treatment to individuals suffering from dependency on drugs and alcohol and the effects of physical and sexual abuse. Our program provides holistic, cultural and linguistically specific healing services to Inuit with a focus on recovery from the effects of Residential Schools and forced relocation from traditional lands.

We are accepting applications now for the next treatment cycle which begins end of October. If you are interested in being assessed for this program, please contact Ginette at 563-3546, ext 23.

The Mamisarvik Healing Centre welcomes the new staff members:

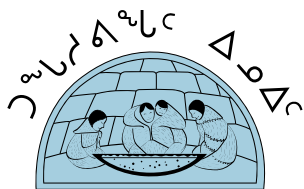
- Jeanie Schofield-Cook
- Christine Sevigny-Lund- Residential Counsellor
- Rick Mayoh-Residential Counsellor

118 Empress also welcomes, Geoff Kilabuk-Drop-in/Intake Worker and Steven Lonsdale-Community Support Worker.

Get Tested for Diabetes

Many times there are no symptoms at the early stage of diabetes. The complications of the disease are less severe if diagnosed early. Inuit are at risk to diabetes and should receive an annual diabetes test. To find out how to get a diabetes test, call you health care provider and ask them to book a diabetes test for you. You will likely have to fast for 8 hours before your test.





Tungasuvvingat Inuit

Visitors from Russia welcomed at TI

By Bernadette Immaroitok

On the afternoon of Saturday, July 10th, 2004, the Tatigiit Womens' Group of Tungasuvvingat Inuit was honored by a visit from a delegation of Enenks and Koryak people from Kamchatka in Northern Russia. We offered them a taste of Canadian fare of frozen caribou, caribou stew and wild Baffin Island blackberries, which they enjoyed.

Traditional clothing was modeled by both a Canadian and a Russian woman. Our hostess, Sheena Akoomalik modeled an Eastern Arctic style amauti. The guest donned an apron like dress made of fine reindeer hide. This was covered by a delicately decorated mid-calf length jacket also made from soft reindeer hide. The boots were also made of reindeer skin with the hair on the legging and top of the foot. The sole was made of polar bearskin which they claim never wears out. An ornate headpiece with beaded fringes topped this fine outfit.

Photographs depicting different aspects of their way of life were passed around for all to see. Our talented hostess Sheena, performed some traditional throat singing, ajajaa songs and dancing. This was followed by a performance from the Russian model with their own singing and dance. In the end, we joined them in a traditional Russian circle dance led by our visitors.

The visitors had one Russian/English interpreter, so we weren't able to

exchange as much information as we would have liked because of our language differences. We thank Irena Appa for inviting the guests to TI for this wonderful cultural exchange. She is originally from Northern Russia. Irena Appa was contacted through her job at ICC about the visitors from Russia. Appa called TI and arranged for the Russian people to visit at TI.

The Russians were invited to Canada to gain knowledge about developing small business ventures amongst the aboriginal peoples. They were invited by an organization not related to any Inuit organizations. This was a first time overseas trip for some in the group. They were in Canada for two weeks. They were amazed in learning about the land claims settlements and the aboriginal rights that have been achieved by the Inuit and other Aboriginal people in Canada.

Before their departure everyone posed on the front steps of TI for group pictures. It was a short and pleasant visit which will be remembered. It was quite disheartening to learn that they had been disappointed in not having an official welcome upon their arrival at the Ottawa airport. We expressed our own disappointment with that too. The visit from our circumpolar neighbors from half way around the great North was a wonderful experience.

Inuit Head Start Registration

If you have an Inuk child between the ages of 18 months and 5 years old (as of September) please call Lynda Brown at 747-2225 ext. 10 for information and/or registration for the Tungasuvvingat Inuit Head Start Program.

At Inuit Head Start we offer a cultural half day program, taught by qualified teachers. We serve healthy meals and snacks including country food! We have a strong school readiness program and encourage parental involvement. We will bus your child if you live in the Ottawa area. All this at no cost to the parents!

IFRC Strawberry Picking Outing

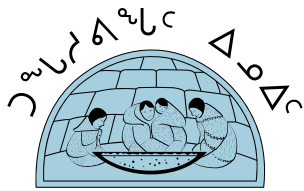
We had a great time with everyone. With beautiful weather for picking, the berries were small and very sweet this year. The games, lunch and farm animals were also a blast. Thanks to Proulx Farm for accommodating us each year.



Learn about Type 2 Diabetes

www.inuitdiabetes.ca

Diabetes risks, symptoms, prevention methods, nutrition and resources.



Tungasuvvingat Inuit

Children and Youth Recreational Activities that are Affordable

Many parents may think that you need to pay a lot of money to get your child involved in sports and recreational activities. The Boys and Girls Club of Ottawa provides recreation and social activities for children and youth. Their doors are open to all kids. The Boys and Girls Club of Ottawa offers memberships for only \$25/year but they do not turn people away that can not afford that fee.

In Ottawa, they have 7 recreational facilities and 3 of the 7 are full-service facilities for children and youth, ages 6 to 18. Each facility is equipped with a gym, a pool (except the PYC clubhouse), a computer room, a homework room, an arts room, a games room and a teen lounge.

Call the Boys and Girls Club in your area and your child/youth could enjoy:

- Swimming Lessons and Free Swim Programs
- Basketball, Volleyball, and other Recreation Programs
- Computer Skills Programs (Website Program)
- Arts and Crafts Program
- Homework Program
- Literacy Programs
- Young Leaders Development Programs

The City of Ottawa also provides financial support for recreational activities for people of all ages. See page 7, for more information.

Health Benefits of Physically Active Children and Youth

Physical activity in children and youth is an important part of growth and development. It teaches them new things, makes them feel good about themselves, develops confidence and teaches team work. Research has proven over and over again that participating in quality recreation or sport programs helps youth and children:

- Do better in school
- Stay out of trouble with the law
- Maintain a healthy body weight
- Feel good about themselves
- Make healthy choices
- Build strong bones and strengthens muscles
- Maintain flexibility
- Promote good posture and balance
- Meet new friends
- Strengthen the heart
- Increase relaxation
- Enhance growth and development

Thank you to all Inuit volunteers who taught my son’s school-mates and teachers at Rockcliffe Park Public School about Inuit art and life. Activities included games, Inuksuk-making, sewing, drumming and throat-singing. The final presentation of the 24 children, grade 1-4, presenting “Inuit in Canada”, was a memorable success. Thank you to: Heather Campbell for teaching art and games. The drums were locally made by Joshua Oqallak. Siqiniup Qilauta (Tracy Brown, Emily Kotierk, Lynda Brown) who choreographed the presentation. Irina Appa, who helped with costumes and final performance. Qujannamiik from, Jimmy Knotsch-Papatsie, Grade 2, and his mom.

Boys and Girls Clubs of Ottawa Locations:

Fred C. McCann Clubhouse
430 McArthur Avenue
Ottawa ON K1K 1G6
Tel. 746-8517 Fax. 746-9733

Police Youth Centre Clubhouse
1463 Prince of Wales Drive
Ottawa, Ontario K2C 1N7
Phone (613) 727-5398
Fax (613) 727-2696

Britannia Clubhouse
2825 Dumaaurier Avenue
Ottawa ON K2B 7W3
Tel. 828-0428 Fax. 829-7435

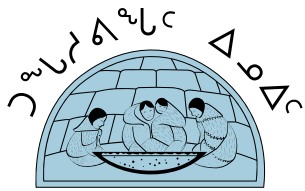
Basement Drop-In Centres
98 Woodridge Cresnet
Nepean, Ontario K2B 7S9
Phone (613) 726-1431

2850 Cedarwood Drive
Ottawa, Ontario K1V 8Y4
Phone (613) 526-2953

1218 Meadowlands Drive
Ottawa, Ontario K2E 6K1
Phone (613) 723-1390

The Club also operates Camp Smitty just one hour from Ottawa (near Renfrew). Camp Smitty is a residential camp offering 10-day outdoor education sessions. Visit Camp Smitty online at: www.campsmitty.com.





Tungasuvvingat Inuit

Inuktitut Summer Immersion



Uvinik Qammanirq and Christine Kudluk led the sessions this summer. Children are provided opportunities to use their Inuktitut in games, crafts, written activities, and during snack time. Regular demonstrations of Inuksuk making, drumming and singing were provided by Dion Metcalfe and Phangnuili Palluq. Qujannamiik!

Pre-Post Natal



Congratulations to the families of Eva Lucassie and Caroline Mathewsie on the recent births of their babies! Up-coming pre-post natal events include the Country Outing and Celebration of Life Events.

Monthly Lunch

The community monthly lunch is held on each third Thursday of the month. We serve healthy food choices that includes Inuit country food. The upcoming lunches are: September 16, October 21, and November 18th. Also at the lunch, is information available to learn about diabetes.

DVD Knowledge Translation Project

FR and the KT project are producing a pilot dvd with two Inuit specific health messages. Qakpik Attagutsiak and Kigutikarjuk Shappa will be the two elders featured. They will share some of their experiences and knowledge of health issues on the dvd. The dvd will then be evaluated by community members using culturally appropriate, formal research methodology.

Qujannamiik for helping with the Monthly Lunch

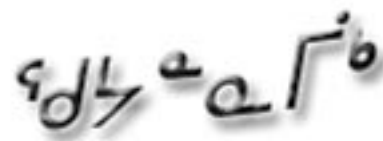
We thank Sharta Kootoo for donating maktaaq and pilot biscuits for this past lunch.

Also, Barry Pottle had donated goose meat for July's lunch.

Volunteers for August's Lunch:

- Bernadette Immaroitok
- Billy Okalik
- Janet Komaksiutiksak
- David Sillett
- Joshua Oqallak

Thank you and we are sorry if we missed anyone but help is always appreciated.





Tungasuvvingat Inuit

**Help us Ice the Eskimos!
Donate to the Inuit
Hockey Team**

E A R T H L O R E

ESKIMOS



Hockey in the south carries a substantially larger fee than in our home communities.

A group of young Inuit are currently seeking donations and sponsors through the Youth Program at TI. Donations and sponsorship contributions will help reduce the cost of playing organized hockey in the city.

Qualifying sponsors will have their generous contributions recognized in upcoming newsletters and on the team jersey's. If you would like more information please contact:

TI Youth Program
562-1001
email: tiyouth@on.aibn.com

or

Franco Sheatiapik Buscemi
email: eskimohockey@hotmail.com

Did You Know?

VIA Rail Aboriginal Discount!

Yeah! VIA Rail offers discounts of 33% off the full adult fair to Aboriginal customers. Just show your proof (NTI card, other beneficiary card, status card) and you can receive a discount on your train ticket! This has been available since 2002, but we just heard about it recently.

Affordable Laundry

Affordable Laundry is available at 211 Bronson Ave. Membership per year is \$1 and then each load is \$1 with everything included. Good price for laundry! The hours are:

Monday, Tuesday and Friday: 9:00AM to 4:30PM

Wednesday and Thursday: 9:00AM to 8:00PM

Women's Wash Day Saturday: 9:00AM to 4:30PM

Where: The Bronson Centre
211 Bronson Avenue
Room 106

For more information, please call: 565 - 4712

Want to Quit Smoking?

Your N # covers the patch or other prescriptions to quit smoking, see your health care provider to see what options you can take to quit smoking.

City of Ottawa Recreational Activities

The City of Ottawa offers a system of financial support to ensure that all City residents can participate in recreation and culture programs and activities offered by the City, regardless of one's ability to pay. For additional information or to obtain a fee assistance application, please visit your local recreation facility or any City of Ottawa Client Service Centre. Please note that all applicants will be asked to provide proof of financial need.

For further information on the City's Financial Assistance policy, you may wish to contact Mr. Mike Gardner at 580-2424 ext. 24232.

For a list of City of Ottawa recreational facilities, please contact: Tracy Brown, Diabetes Coordinator at 563-3546 ext. 14.

Child Care Subsidies with the City of Ottawa

You may use child-care subsidies to help pay for licensed care services for children up to 10 years-old. Under special circumstances, the City can provide subsidies for 10 to 13 year-old children. Most parents who qualify for this subsidy are either working or studying, and have an average annual net family income under \$25,000. Families with higher incomes may qualify in special circumstances. For more information, call 560-6000 to apply.

NUTRIENTS IN INUIT FOOD

Type of Food	Nutrient	Some of the Health Benefits
Liver of Seal, Maktaaq, Caribou, Goose, Duck	Vitamin A	Promotes normal bone and tooth development, develops good night vision, good for healthy skin, bones and teeth and helps fight infections.
Caribou, Whale, Arctic Char, Seal	Protein	Builds and repairs muscles, skin and blood. Builds antibodies to fight infection, supplies energy.
Whale, Caribou, Seal Eyes	Zinc	This helps your body heal from wounds and fight infections, boosts the immune system, it promotes normal growth in infants until adolescence, maintains our sense of smell and taste.
Liver of Seal, Canada Goose, Seal, Walrus, Caribou, Rabbit, Mussels, Ptarmigan, Geese, Ducks	Iron	Provides energy, gives healthy blood, prevents from getting tired easily, essential to transport oxygen and carbon dioxide in blood.
Fish head, skin and bones	Calcium	Helps build strong bones and teeth, promotes healthy nervous system and helps manage blood pressure.
Arctic Char, Seal, Walrus and Whale	Omega-3 Fatty Acids	This is good for the health of your heart, it also prevents diseases. Omega-3 fatty acids can improve insulin sensitivity for people with type 2 diabetes.
Arctic Char, Seal, Walrus	B-Vitamins (B1, B2, B6, B9, B12)	Maintains healthy skin and eyes, maintains a normal nervous system, breaks down carbohydrates into glucose to make energy, aids in red blood cell formation.

QUICK FACT

Researchers discovered the health benefits of Omega-3 Fatty Acids by studying Greenlandic Inuit. In the 1970's researchers discovered that the group studied in Greenland suffered far less from coronary heart disease, rheumatoid arthritis, type 2 diabetes and psoriasis (a common immune-mediated chronic skin disease) than their European counterparts. The researchers realized that the foods us Inuit eat (seal, Arctic char, walrus, whale) are rich in omega-3 fatty acids and that omega-3 fatty acids has real disease-countering benefits. One way to prevent diabetes would be to continue eating Inuit foods high in omega-3 fatty acids.