

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"

ᐱᑭᑭᑦᑭᑦ Akiurvik

T.I.'s Newsletter Winter 2004



TI's Christmas News and Events

At the Inuit Family Resource Centre you and your family can have beautiful, studio quality photographs for free! There is a Christmas background and traditional Inuit clothing available to use in photos.

When: Saturday December 4, 2004
Time: 12:00 noon to 4:00 pm.
Where: 230 McArthur Ave.

For more information or to reserve a seating time call 749-4500 ext 11 or 12.

TI's regular services will be closed from December 20 until January 2, 2005. We will be open for drop-in hours (1 pm- 4 pm)

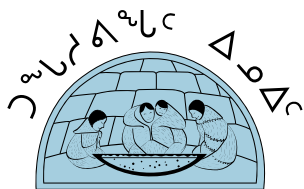
during the following dates (in red):

December 2004						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The drop-in is located at 118 Empress Ave. We will return to regular business hours on Monday, January 3, 2005. We are not open Christmas Eve and New Year's Eve. Have a safe and happy holiday!

December 11th is TI's Annual Christmas Party, see pg. 3 for more details.

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-Eva Lucassie
Cultural Coordinator- Stephanie Adams

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

Head Start

Coordinator-Christine Adams
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-Norman Okalik

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
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Diabetes Initiative-Health Canada

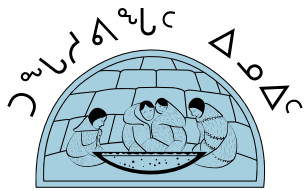
Tungasuvvingat Inuit's Annual
CHRISTMAS PARTY!



When: Saturday, December 11th, 2004
Where: St Joseph's Parish Hall, 151 Laurier Avenue East
Time: 12:00 pm - 4:00 pm

Games, door prizes and a visit from Santa! Don't forget to bring potluck food (bannock, a salad, side dish, or dessert).

Volunteers are needed for cooking and various other tasks, please call reception at 563-3546 to volunteer. Qujannamiik!



Tungasuvvingat Inuit

Mamisarvik Healing Centre

The Mamisarvik Healing Centre provides assessment and treatment to Inuit suffering from dependency on drugs and/or alcohol. The program also offers support to those healing from the effects of physical and sexual abuse, residential schools and forced relocations.

Assessments, group and individual treatment, and continuing care services are available. The next 8-week group session starts on January 24, 2005. If you are interested in receiving services or would like more information, please contact Sadie Hill at 563-3546, ext 23.

Poetry: Awakened Spirit

By: Phillip Igloliorti

Asleep no more
My spirit is awakened
And alive

Free to embrace life
With great dignity
And absolution

Silenced no more
Invisible no more
Free to express my being as a whole

Free to enjoy life
As myself
Spreading joy and happiness to others

Storytelling: My First Seal and a Midwife

By Mary Zinnow

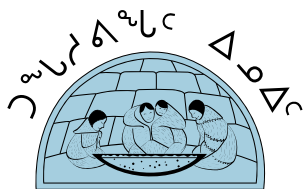
One day in May of 1954 my parents were telling me it was time to get my first seal. A few days later along with my baby sister we went on a dog team trip. Several days later as we were approaching the seal holes the dogs started to run faster and faster. The seal holes were about 30, 40 and 50 feet away from one another. My father covered each hole with lots of snow. He told me the pressure of water will go up and down when the seal is about to come up. He showed me how to use a 22 rifle, and when to pull the trigger. Not far away my mother was waiting for a seal too. My father went behind the snow bank, but we could see his head. Then I noticed the water was moving up and down, I said half whispering and very excited, “Mom I think the seal is coming up.” She yelled something to my Dad, he shouted to me not to be scared and to be ready to shoot. The seal came up so quickly, breathed out wildly, without showing his eyes. I said, “Mom, he’s here!” “Shoot!”, my father said. I pulled the trigger but nothing happened. Pointing to the seal, I said, mom he’s still here!” “Try again!” my father demanded I pulled the trigger again. “Mom, I shot him!” I dropped the gun and got hold of one eye. Already I was struggling to hold on to it. Half bending, my father was running towards me pulling his pants up at the same time, shouting, “Don’t let it go, I’m coming!” When my father pulled the seal up, everyone was so excited and acting as if we had just won something really big. We didn’t

have any of that seal, for it was to be given to the midwife who delivered me when I was born. She was to have a very good influence in me, so I would be a powerful one when I grew up and have a good fortune. That is why I would give her anything I did for the first time. Such as when I made my first bread or shot my first rabbit, I gave it to her. She was Simonie Alainga’s grandmother, who knew her wishes would always come true because she had a clean life that made her a powerful woman.

Happy 2nd Birthday to Waabiwaboose Marissa Morrison

Nick Morrison, father of Waabiwaboose Marissa Morrison (Mathewsie) submitted this photo and a Happy Birthday message to his daughter who turns 2 on January 1, 2005.





Tungasuvvingat Inuit

Prepare now, for Post-Secondary School Funds

Planning to attend college or university next year? Next September seems like a long time away, but NOW is when you need to apply for Financial Assistance, even if you don't know exactly where you will attend school or haven't yet been accepted to where you applied.

Here is some information you need to know....

Nunavut Beneficiaries

If you are a Nunavut beneficiary but have not lived in Nunavut for the last 12 months, you may not be eligible for funding through Financial Assistance for Nunavut Students (commonly referred to as FANS). There are exceptions where you would qualify for funding. For example, if you moved with your family because their job required them to move for a period of time and they were returning to Nunavut, you may qualify. Check with FANS

1-877-860-0680 or email to fans@gov.nu.ca.

Nunavik Beneficiaries

Nunavik students apply to Kativik School Board and if they refuse you, take that refusal letter and contact Avataq Cultural Institute (1-800-361-5029). Avataq funds only Quebec Inuit, not Nunavut students living in Quebec.

www.avataq.qc.ca

Labrador Inuit Association Members

Labrador Inuit Association requires applicants to be a member of LIA in possession of a LIA card. Check their

website for more information at: www.nunatsiavut.com but please note that the word “Resident” shows on their website but since this summer it is no longer in effect since the land claims were settled. Any LIA member is eligible for funding even if they live in Ontario. The deadline for applying for funding is April 1st for the September semester.

Inuvialuit Beneficiaries

If you are an Inuvialuit Beneficiary, contact Sandra at 867-777-7029 for education or training assistance and scholarship information. Sandra. ELANIK@irc.inuvialuit.com

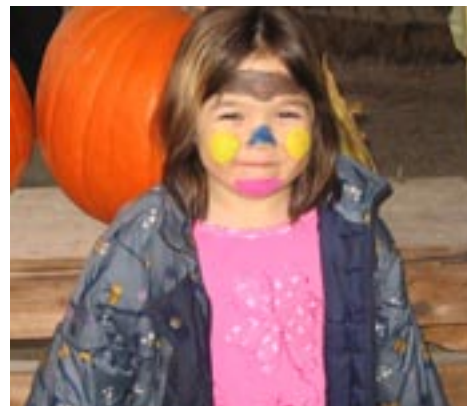
Ontario & other Provinces

If you live in Ontario and are ineligible for funding from the area that counts you as a beneficiary, you can apply to Mississaugas of New Credit First Nations. Contact mnceduc@on.aibn.com or see Mary Hands at Tungasuvvingat Inuit for the application forms. You may need a letter from the funding agency of your land claim region to say that you do not qualify for financial assistance.

If living in other provinces, apply to the Department of Indian and Northern Affairs. It is very important to get your applications in now, even though the due date for Ontario funding is April 30th for a September start date. For that questions on the form that you don't have an answer for, write in 'information to follow'.

Mary Pameolik, from FANS, said “applications do not have to be in yet, but the sooner the better....NOW is not too soon!”

FRC's Fall Outing

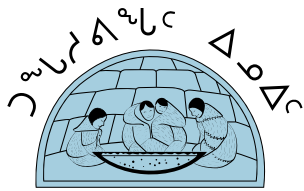


The Fall Outing this year took place at Valleyview Animal Farm. Despite the rainy weather families had an opportunity to enjoy a hot lunch, train ride, farm animals, slide show, games, prizes, and pumpkins.

Children's Visual Arts-Saturday Classes

Children explore a different visual arts medium each week and learn to build a portfolio of their work. At the end of the module, children will exhibit their work for parents and the community. Begins in January 2005. Call 749-4500 ext 11 or 12 for more information or to register your child.





Tungasuvvingat Inuit

Inuit Head Start Update

Head Start has been a busy environment this past Fall, with many new faces joining us and several returning families creating a wonderful balance of old and new. We enjoyed a magnificent field trip to the Pumpkin Patch this past October, with all of our families joining in the fun, and each child taking a pumpkin home with them for the big Halloween evening.

We have benefited substantially from a strong volunteer base who have been diligent in committing their time and efforts to the successful running of the Head Start Program. Parent participation is paramount as we facilitate the development of each child to their highest potential. Parents are respected as the child's first and foremost teacher.

The program is welcoming representatives from our funder Health Canada this month for the renewal process, which happens every three years. As part of the renewal process a Cultural Workshop will be held at the Program on Wednesday Nov. 17, 2004 in the evening, everyone is welcome to attend at no cost.

The Father's Group generously gave their time on a mild Tuesday evening and repaired the playground sandbox so that the children can now enjoy its play value in a safe environment. Thanks Dad's!

The Program has been continuing with Well Child Check-ups each month in coordination with a visiting Nurse Practitioner from Wabano to ensure

each child is receiving the best possible health care, and to encourage the promotion of healthy lifestyles. We have also benefited from the services of an Art Therapist this past Autumn. The program is designed to assist children in expressing themselves emotionally through various art mediums.

The program is vibrant with learning, discovery and development. We look forward to a festive upcoming holiday season.

Pre-Post Natal

The PPN country outing to Chelesa Quebec included a nutritious bbq lunch and bright sunny weather.

Congratulations to the families of Meeka Conboy, Eva Lucassie, Tina Akpaliapuk and Robin, Teresa Hughes, Steven Lonsdale, Heidi Metcalfe, David Langille, Kathy Kilabuk, Denis Amyot, Carla Turner, Jonah Degrandpre, Linda Uvilluq and Levi on the recent births of their newborns. Infant massage classes are also underway on Mondays, for more information call 749-4500 ext 13.



Knowledge Translation Project



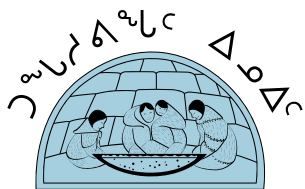
This fall the project moves into phase two. Video recordings of elder Qakpik Attagutsiak's health messages are being placed onto dvd format. Preparations for community evaluation of the dvd have also begun. In addition, the project presented its work at the NAHO conference in Winnipeg, and at the KT Key Stakeholders meeting in Ottawa.

Inuit Women's Healing Circle

When: Thursday 5:30-8:00

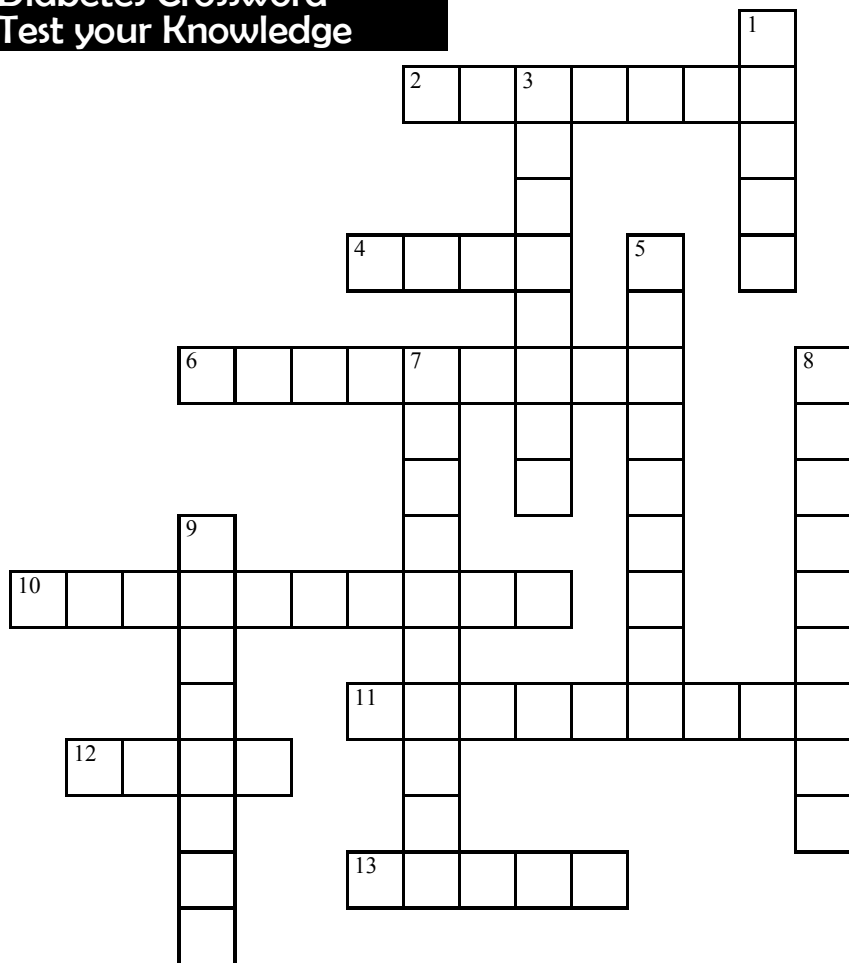
Where: 118 Empress Ave.

For childcare and transportation support please contact Meeka at 563-3546 ext. 16



Tungasuvvingat Inuit

Diabetes Crossword
Test your Knowledge



DOWN

- 1 Most common type of diabetes and what Inuit are at risk to developing
- 3 Regular _____ can reduce your chances to diabetes.
- 5 The most important meal of the day.
- 7 _____ people have 3 to 5 times higher rates of diabetes than the general population.
- 8 Due to diabetic retinopathy that damages the eyes and a complication of diabetes.
- 9 A symptom of diabetes is tingling and ____ in hands or feet

ACROSS

- 2 A major risk factor to diabetes
- 4 How many food groups are there?
- 6 A spread that usually is hydrogenated from vegetable oils and usually has high amounts of Trans Fats.
- 10 A complication of diabetes can cause this to your limbs
- 11 You can reduce your chances of diabetes by living a healthy _____, that includes eating right and exercise.
- 12 A mineral that helps heal wounds and it is found in Whale, Caribou, Seal eyes.
- 13 People with diabetes need to watch their _____ sugar level.

**Diabetes Cookbook-
Update & Sample Recipe**

The Diabetes Cookbook, *Mamaqtut* is in development and will be ready before the end of March, 2005. Thank you to all the people that have submitted a healthy recipe.

The cookbook will have foods in the following categories: Appetizers/Snacks, Soup/Salads, Inuit food, Inexpensive food, Meals, and Desserts/Baked Goods/Bannock. Along with the recipes, there will be health tips and information on healthy eating given by Elders.

Here is a sample of a recipe that will be in the cookbook.

Caribou Chile

Submitted by Madeleine Cole

- 1 LB ground caribou
- 1 large onion (sliced)
- 2 cloves garlic
- 2 carrots (grated or chopped if you like chunks of carrot)
- 1 stalk of celery (chopped fine)
- 1 can of kidney beans
- 1 can of chopped tomatoes (you can use fresh ones if you like)
- 3 tbsp olive oil
- 2 tbsp chili powder
- 1/2 tsp salt
- Lots of ground pepper (as you like it)

Cook the onions and garlic in olive oil. Add the caribou and cook until brown. Add the tomatoes, kidney beans and spices and turn to low heat. Stir frequently, not to burn the bottom and let cook for another hour or so.

Tungasuvvingat Inuit EMPLOYMENT OPPORTUNITIES

Internal/External

Drop-in Intake Worker

Full-time, Term Position

The Drop-in Intake Worker provides programming to reduce the negative consequences of homelessness and addictions in the lives of homeless or at-risk community members who utilize T.I.'s drop-in centre.

General Responsibilities:

- Provide supervision and emotional support to drop-in clients
- Plan and deliver life skills, recreational and cultural programming
- Facilitate delivery of clothing bank services and monthly community lunch
- Send/receive Food Bank orders
- Monitor/supervise drop-in area
- Respond to emergency/crisis situations
- Light cleaning and building security duties
- Provide information and referrals for healing and treatment services
- Complete addictions and trauma referrals/assessments with clients

Qualifications:

- Relevant diploma/degree OR significant related work experience
- Experience working in a social service environment
- Knowledge of issues related to addictions, trauma and homelessness
- Understanding of Inuit culture and values
- Fluency in Inuktitut and English are requirement
- Excellent listening and communication skills
- Ability to ensure client confidentiality and be non-judgmental
- Excellent organizational skills and computer proficiency
- Driver's license a strong asset

Salary: based on an annual salary of \$32,000

Deadline:

Resumes must be received by 5 p.m., December 17, 2004

Residential Counsellor – 2 positions

Full-time (40 hours/week) - Evening and Weekend Hours Only

This position provides residential support for clients of the Mamisarvik Healing Centre, an addictions and trauma recovery program.

General Responsibilities:

- Provide supervision and emotional support to residential clients and make interventions as appropriate
- Organize and animate therapeutic life skills, recreational and cultural programming
- Facilitate group sessions
- Monitor client progress
- Implement treatment/action plans
- Perform/supervise housekeeping duties and meal preparation
- Record pertinent information in staff and client binders each shift
- Respond to emergency/crisis situations
- Light maintenance and security duties
- Complete shift routines as approved by Treatment Coordinator

Qualifications:

- Relevant diploma/degree OR significant related work experience
- Experience working in a social service environment
- Knowledge of issues related to addictions and trauma
- Understanding of Inuit culture and values
- Fluency in Inuktitut and English is a requirement
- Excellent listening and communication skills
- Ability to ensure client confidentiality and be non-judgmental
- Availability for evening and weekend work is required
- Excellent organizational skills and computer proficiency
- Driver's license a definite asset

Salary: dependent on qualifications.

Deadline:

Resumes must be received by 5 p.m., December 17, 2004

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

APPLY: Please submit your resume and cover letter by fax or mail to: Hiring Committee, Tungasuvvingat Inuit, 604 Laurier Avenue West, Ottawa, Ontario K1R 6L1 or fax it to: (613) 563-4136.