Inuusittiaringniq

News from Nunavut's Wellness Community

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Winter 2017, Issue #2

Learning Traditional Sewing Skills in the Pangnirtung Sewing Workshop

The "Pangnirtung Sewing Workshop - Traditional Clothing," ran during the fall of 2016. The instructors were two Elders who are experts at sewing traditional clothing. The workshop focused on the training and proper use of equipment needed to make clothing. The Elders taught the hand sewing skills needed to ensure the traditional look and feel of the clothing with the highest quality, as in past generations. Participants also learned about the materials needed to produce traditional clothing and how these materials related to Inuit culture.

During the workshop, five participants learned to make kamiks from scratch, and five other participants learned how to make sealskin parkas from scratch. The workshop was quite popular, with over 200 applicants.

> "It is our culture, our way of living, and we should not forget our culture. Our ancestors used them, and it's important to learn how to make them, that is why I agreed to teach the kamik making class. I am thankful I was part of this workshop."
> – Oleepika, Elder instructor

The Pangnirtung Community Health and Wellness Committee was so happy with the workshop that they have decided to include it in their new Community Wellness Plan so the community will continue to have it for years to come.

Participants in the Pangnirtung kamik/parka making program included: Jeannie Metuq, Eva Nakashuk, Annie Shoapik, Lourie, Nakashuk, Lucy Kuluguqtuq, Mona Dialla, and Grace Metuq (Grace's mother, Lucy Metuq, made her kamiks) (Photo courtesy of David Kilabuk)

"It is extremely important to learn our traditional values while we have our Elders that could teach us their expertise, if we want to keep our tradition alive," said Mona Dialla, the coordinator for the sewing program. Mona also added that the only challenge was staying on schedule because of all the work that's involved in making the clothing, but encourages other communities to run similar programs as they benefit the health of the participants and the community as a whole.

Top: Participants sewing their kamiks, from the left: Leetia Kakee, Ooleepa Nauyuk, and Lucy Kuluguqtuq.

Bottom: Lourie Nakasuk (Photos courtesy of David Kilabuk)

One of the participants of the workshop, Jeannie Metuq, expressed the impact that traditional, skills-based programming have on the health and wellness of her and the community:

"It meant a lot for me. I was able to work with other women, and it helped me mentally as it was time for us women to talk and visit each other and help each other on the work we were doing and just enjoyed each other's company.

We need to learn how to sew and keep it going for our next generation, and it helps other people who cannot afford material to learn and make clothing for themselves. Although I can't say what the other participants were thinking, I think it helps with our self-esteem, and as for me, I have more confidence now to make a parka, too."

Pangnirtung Sewing Workshop

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The Social Sources of Tobacco campaign was launched January 16 as part of National Non-Smoking Week. The goal of this campaign is to reduce access of tobacco products to young Nunavummiut by encouraging adults to "Pass on something better by not giving tobacco to kids".

For more information or quit tips:

Contact the QuitLine
Toll free: 1-866-368-7848
Email: quithelp@gov.nu.ca

See Tobacco Has No Place Here on Facebook.

Go to: www.nuquits.ca

Embrace Life Council: Delivering Training throughout Nunavut

Among the different training and workshops offered, the Embrace Life Council (ELC) is delivering Applied Suicide Intervention Skills Training (ASIST) across the territory.
The Nunavut-specific program is called Uqaqatigiilluk! (Talk About It!), with some of the first workshops taking place in the Fall of 2016. The program includes two days of training in suicide intervention skills. It is facilitated by two trainers, including Cecile Guerin of ELC, the Territorial ASIST Coordinator.

Participants learn and practice skills in identifying and responding to people at immediate risk of suicide.

ASIST is open to all Nunavummiut ages 16 and over who would like to organize the workshop in their community. ASIST runs based on community requests and the availability of trainers. The program has been running in Nunavut since 2011.

ELC is currently recruiting people in Iqaluit, Pangnirtung, Igloolik, Rankin Inlet, Baker Lake and Cambridge Bay who are interested in becoming ASIST Trainers. Train the Trainer sessions will take place in Iqaluit in March, 2017. Anyone interested in becoming a certified trainer should contact ELC (see below for contact information).

ELC also offers the following trainings, at little or no cost to Nunavummiut: Youth Self-Injury; Trauma-Informed Practice; Ten Steps (Red Cross); safeTALK; Peer Leadership (ACYF); Mental Health First Aid for Inuit; and Stewards of Children. For more information on these, or to request a specific training in your community, contact ELC.

Staff of the Embrace Life Council, Adam Akpik (Program Development Coordinator) and Delma Autut (Program Coordinator) with students in Baker Lake who successfully completed the Peer Leadership Training (Photo from ELC)

> "I believe that almost everyone can learn suicide intervention skills. This means there is a lot of people who could help to save lives from suicide in our communities."
> – Cecile Guerin

Embrace Life Council

Phone: (867) 975-3233
Toll-free: 1-866-804-2782
Email: embracelife@inuusiq.com
Web: inuusiq.com
The website includes many resources for individuals, community groups, and frontline workers.

Niqitsiavut – Baker Lake Food Security Project

Niqitsiavut is a food security project in Baker Lake that runs activities such as cooking classes, including budgeting for low income households, and getting the most out of the food you have.

Currently, Niqitsiavut classes take place in the Arctic College every week, and sessions can be anywhere from two to four hours in length. The program is open to everyone in the community. The whole community collaborates to make the program a success, including teachers, nurses, RCMP, and the local grocery stores.

Justin Guitard, the coordinator for the program, says the program's main goal is to, "help our community learn to make better food choices for their families, and how to utilize the food they have to the fullest." Justin also adds that a big part of achieving this goal is to build skills in cooking, meal preparation, and budgeting.

The program is run by a part-time staff member, as well as volunteers. It is funded through First Food Newfoundland-Labrador, which is a nonprofit organization dedicated to improving food security, as well as the Nunavut Food Security Coalition. There is a committee made up of five members that works to coordinate, share ideas, and make decisions for the program to run smoothly and overcome any challenges that may come up. In addition, the Baker Lake Prenatal Nutrition Program offers help when needed. Justin expresses his appreciation for his colleagues and the importance of collaboration, "when you have these people behind you, that is how you overcome challenges."

Nicole Kaayak and Obid Kudjaak preparing ingredients for caribou soup (Photo from J. Guitard)

One of the first classes of the year took place on January 14, where youth learned skills in cooking, meal preparation, and health and safety rules to follow when cooking. Almost 30 youth participated in the month-long program!

Niqitsiavut – Baker Lake Food Security Project

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About this Newsletter

Inuusittiaringniq means "living well together." This newsletter presents stories about community wellness work across Nunavut and other information for community-based wellness leaders. Each issue profiles successful projects and new initiatives. We focus on practical details about what is working well so we can learn from each other's experiences.

To suggest a story, please email us at *embracelife@inuusiq.com*.

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