



National Newsletter on Inuit Social and Cultural Issues

Suvaguuq

PAUKTUUTIT INUIT WOMEN'S ASSOCIATION OF CANADA

Volume XII, Number 1, 2001

Hello again from Reepa and Catherine

It's been over six months since the launch of the first *Aniqaattiarniq-Breathing Easy* newsletter and we've been quite busy. We hope everyone from the Inuvik training and Iqaluit trainings are well and that all have had an enjoyable time with family and friends over the Christmas holidays. Catherine has a tan after going south for a much-needed rest and Reepa finally got some time to spend with family and friends and clean house!

When you receive this issue, National Non-Smoking Week – Jan. 14-20, 2001 will have passed. Hopefully we have been able to reach a number of you for contributions to the next newsletter. We would like to hear about activities

you did during that week that you would like to share with our growing network. Pictures would be great too!

Our long-term goal in the *Aniqaattiarniq-Breathing Easy* Project at Pauktuutit is to build capacity to address tobacco issues at the local level. To further this commitment, we held a training for trainers in Ottawa last November. We trained four Inuit women to co-facilitate future training events on how to use the project's resource materials.



Facilitator Team: From back left - Meryll Hammond, Montreal; Catherine Carry, Ottawa; Annie Buchan, Taloyoak; Front left - Beatrice Ikkidluak, Kimmirut; Reepa Evic-Carleton, Ottawa

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Kitikmeot Participants: From the left - Laura Heal, Addiction Worker, Cambridge Bay; Maureen Angutingungniq, Classroom Support Assistant, Pelly Bay; Calla Sitatak, Casual Clerk/Receptionist, Kugluktuk and her baby; Debbie Sarson, Nurse-in-Charge, Gjoa Haven; Theresa Kakkianiun, Classroom Support Assistant, Pelly Bay

Our team of six ran a training in Iqaluit during the last week of November, 2000 for participants from Nunavut communities. As in Inuvik, the year before, we worked with the *School Kit* (for children from K to Grade 5), the *Community Resource Kit* (with ideas and materials for older students and adults), and the *Tobacco Recovery Resource Materials* document to understand more about tobacco addiction, how to quit ourselves and how to help others. We are in the final

stages of planning to deliver the same training in Goose Bay, Labrador in February and have begun discussions to hold one in Cambridge Bay before the end of March.

Congratulations to all of the workshop participants from Nunavut communities who came to the Iqaluit training! We hope that you are able to implement some of the activity ideas you shared and learned from each other.



Kivalliq Participants: From the back left - Leonie Mimmialik, Addiction Worker, Chesterfield Inlet; Emily Beardsall, Community Wellness Coordinator, Coral Harbour; Paula Kringayark, Primary School Teacher, Repulse Bay; Elaine Owllyoot, Assistant Project Coordinator - Dept. of Education, Arviat; Barbara Enuapik, Addiction Worker, Whale Cove; Front left - Sue Ball, Secondary School Coordinator, Arviat; Barbara Nakoolak, Addiction Worker, Rankin Inlet



*Qikiqtaaluk Participants: From the back left - Tina Pauloosie, School Counsellor, Arctic Bay; Rhoda Nutarak, Project Coordinator for Traditional Sewing Activities, Pond Inlet; Rhoda Natanine, Community Health Representative, Clyde River; Celina Iyyiraq, School Counsellor, Igloolik; Sarah Qaqqaq, Community Health Representative, Qikiqtarjuaq; Letia Qiatsuk, School Counsellor, Iqaluit; Simon Iyyiraq, Community Health Representative, Igloolik
Middle left - Ipayaya Oqutaq, Shelter Coordinator, Cape Dorset; Sophie Ootook, Classroom Support Assistant, Pond Inlet; Pitsiulak Kilabuk, Regional Health Promotion Officer, Pangnirtung; Sipporah Awa, Non-government employee, Pond Inlet; Louise Akearok, Community Liaison Officer, Iqaluit
From left - Martha Kalluk, Resolute Bay; Liza Ningiuk, Health Committee Member and Mayor, Grise Fiord*

What they thought. . .

Participants in Iqaluit evaluated the workshop very positively. Their overall rating for the whole workshop was 4.7 on a scale of 1 (poor) to 5 (excellent). This score is even higher than the score from the Inuvik workshop in 1999, which was rated at 4.5. Congratulations to the training team and to all the participants who made it such a success! As one person wrote: "Overall, an excellent workshop. The learning and sharing of ideas was very useful. We need more of these workshops across the North. Together we can make a difference."



Alice Joamie lighting the qulliq for the welcome



Government of Nunavut's Health and Social Services Minister, The Honourable Ed Picco welcoming participants to the Iqaluit workshop

A great idea! And fun!!

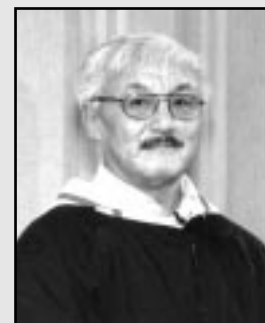
Why not raise funds to invite someone from another community—especially someone who has received the *Aniqsaattiarniq—Breathing Easy* training—to come to your community. They could deliver information on your local radio and around the community and work together with you to hold activities to raise awareness about tobacco use and quitting. Sometimes people are more motivated to listen to health messages from a guest than from someone they know.

Thank you to the Iqaluit workshop participant who suggested this idea.



Our brave and enthusiastic youth participant, Calla Sitatak, and her baby doing a warm-up game

Pauktuutit would like to extend its gratitude and appreciation to Peter Irniq, Commissioner of Nunavut, for his on-going support of our tobacco reduction work, his very moving opening speech to the Iqaluit workshop, and his drum dancing demonstration.



Evaluation Info

Participants in Inuvik and Iqaluit evaluated the *Community Resource Kit*. In Inuvik and Iqaluit, they all felt that the information in the kit was easy to understand. Most felt that it would help them answer the kinds of questions they are asked by people in the community. Out of a best possible score of 5, the kit materials received an overall rating of 4.4 in both workshops.



Sophie Ootook and Sipporah Awa evaluating the Community Resource Kit

“It has mostly everything that I needed to help me deliver the message effectively – I learned theatre and lots more.” – *comment from an Inuvik participant*

“After watching the last video, it helped me to understand that smoking is very bad for us, so starting from now on, I’m going to quit smoking.” – *comment from an Iqaluit training participant*

“It was nice to come together as a group to explore this issue.” – *comment from an Inuvik training participant*



Sophie Ootook and Celina Iyyiraq acting the part during a role play at the Iqaluit workshop

Available for order

Since the previous *Aniqsaattiarniq–Breathing Easy* newsletter, the syllabic translation of the *Tobacco Recovery Resource Materials* was completed and printed and is now available for order from Pauktuutit. Call 1-800-667-0749 for a free copy.



If anyone didn't receive the previous *Aniqsaattiarniq–Breathing Easy* newsletter (Suvaguuq Volume XI, Number 2, 2000) sent out last spring and would like one, call Pauktuutit for a photocopy.



Question Corner:

What would we say to the people who say, "I'm not thinking of quitting. I don't care if I die."

Answer: People will only quit when they are ready. Their decision to quit or not quit should be respected. However, many smokers do not realize that there are ideas and aids to help them quit, and everyone deserves to know this information. They also deserve support should they ever decide to quit. As well, while they are smokers, you can encourage them to protect others from their smoking: by not smoking in enclosed spaces of any kind where there are other people; by not smoking where children can see them; by not giving their cigarettes away to minors; by respecting people who are trying to quit, etc. Please see p. 55 in *Tobacco Recovery Resource Materials* for more information about "Safer Smoking."

News Flash

Through the Non-Insured Health Benefits system, Zyban, a medication to help smokers when they are quitting, is now available free of charge under prescription in Nunavut communities. The Nicotine Patch and Nicorette Gum are also available. Contact your nurse or doctor for more information.

Pauktuutit Resolution

At Pauktuutit's Annual General Meeting held last October in Ottawa, quite a number of delegates expressed concern over tobacco use in their communities. The following resolution was passed to help assist you in your community work to reduce tobacco use. Consider discussing these issues and solutions with your community council.



Young throat singers from Iqaluit schools entertaining us at our banquet

2000-01 TOBACCO USE REDUCTION

WHEREAS the use of tobacco remains at unacceptably high levels among Inuit; and,

WHEREAS the dangers and health risks of tobacco are well-known and documented; and,

WHEREAS Inuit youth, including young children, are continuing to begin smoking cigarettes at an increasingly young age; and,

WHEREAS Inuit children and youth are openly smoking tobacco products in public; and,



