



NUNATSIAVUT SILATÂNI

OUTSIDE OUR BEAUTIFUL LAND

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Canadian Constituency Office

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Atsusi - Greetings

Ikpiniavugut una allatausimajuk Nunatsiavut Silâtani ilonnainik Kanuin-gisianinginnik inositsiagillutillu – we trust that this edition of Nunatsiavut Silâtani will find everyone safe and in good health.

The second election for President of the Nunatsiavut was called by the First Minister on March 12/12. The closing date for nominations was at noon on March 30/12; the election will be held on May 1/12. For further information please contact the Nunatsiavut Chief Electoral Officer Jack Shiwak by calling 709-947-3536 or toll free 1-855-949-3536 or by emailing jack.shiwak@nunatsiavut.com. The voters list for the Canadian Constituency will be posted on the NG website (www.nunatsiavut.com), therefore constituents are advised to check the list to ensure that your name is included. You may also

email Ashley Edmunds, NG Membership Clerk at ashley_edmunds@nunatsiavut.com or call her at 1-866-922-2942, extension 226 to ensure that your name is on the membership list.

Your Ordinary Members are hoping to resume constituency visits throughout the fall and winter of 2012; Pat Ford has not been able to travel due to health reasons and we expect that she will be able to travel within the next three (3) to four (4) months.

It is a pleasure representing you, the constituents of Canada in the Nunatsiavut Assembly. Both Danny and Pat look forward to meeting with as many of you as possible in the near future.

This issue of Nunatsiavut Silatâni is dedicated to the Memory of Burton Winters.

Commissioner of Oaths

Your Ordinary Member, Danny Pottle was certified as a Commissioner of Oaths in the province of Newfoundland and Labrador on January 18/12. The appointment will expire on December 31/17. According to the Commissioner of Oaths Act, Danny can administer

Oaths and take and receive Affidavits, Declarations and Affirmations for use within the Province. If a Beneficiary is in need of such service, Danny would be glad to accommodate such requests for this service.

Please Visit

www.NUNATSIAVUTSILATANI.com

For News and updates from the Canadian Constituency Office.

Nunatsiavut Assembly Highlights

The Nunatsiavut Assembly (NA) met in Nain during the week of March 5/12; this sitting of the NA was held in Nain because of problems associated with the community of Hopedale's water supply. Highlights from this sitting include:

Budget Act 2012-13:

The NA unanimously passed the Budget for the 2012-13 fiscal year - the balanced budget totals \$59,872,205.00. The budget focuses on building for the future, with a goal of strengthening the cultural, social and economic well-being of Labrador Inuit communities and Beneficiaries. In keeping with the Nunatsiavut Government's (NG) commitment to implement the Strategic Plan, this year's budget strikes a balance

between fiscal realities and building for our future. The following tables are a breakdown of the revenue and expenditures included in this year's budget:

Sources of Revenue

Personal Income Tax	\$ 3,200,000.00
Self-government: Culture and Language (FFA)	\$ 1,262,877.00
Interest and Investment Income	\$ 845,027.00
GST Agreement	\$ 2,205,534.00
Program Revenue	\$ 1,237,265.00
Mining tax Royalty	\$ 5,522,899.00
Rental Revenue	\$ 20,290.00
Surplus (Audited Financial Statements 03/21/11)	\$ 5,668,209.00
Total	\$ 19,962,101.00

Expenditures

Department	Administration	Fiscal Financing Agreement (FFA)	Total
Nunatsiavut Assembly	\$2,737,476.00		\$2,737,476.00
Nunatsiavut Secretariat	\$1,767,215.00		\$1,767,215.00
Nunatsiavut Affairs	\$4,607,502.00	\$4,350,578.00	\$8,958,089.00
Finance/HR/IT	\$3,258,591.00	\$1,141,386.00	\$4,399,977.00
Land/Natural Resources	\$3,509,065.00	\$230,000.00	\$3,739,065.00
Health/Social Dev.	\$307,054.00	\$19,102,159.00	\$19,409,213.00
Education/Ec. Dev.	\$1,530,214.00	\$6,781,106.00	\$8,311,320.00
Culture/Rec./Tourism	\$ 2,094,985.00	\$121,491.00	\$2,216,476.00
Inuit Community Gov.		\$8,183,375.00	\$8,183,375.00
Inuit Community Corp.	\$150,000.00		\$150,000.00
Total	\$19,962,101.00	\$39,910,104.00	\$59,872,205.00

Environmental Protection Act (EPA) enacted and Labrador Inuit Land Act (LILA) amended:

The President gave assent to the EPA, thus bringing it into effect and the NA amended the LILA which lifted the moratorium on the working, production, mining and development of uranium on Labrador Inuit Lands.

Torngat Fish Producers Cooperative Society Ltd. (TFPCSL) Loan Guarantee:

The NA issued a loan guarantee of up to \$750,000.00 to support commercial borrowing by the TFPCSL for the period of April 01/12-December 31/12. The loan guarantee will enable the TFPCSL to operate effectively while providing meaningful employment to Labrador Inuit.

Premiere screening of “Till We Meet Again: Moravian Music In Labrador”:

The official world premiere of this film produced and directed by Nigel Markham took place in the NG Boardroom in Nain on March 7/12. “Till We Meet Again: Moravian Music In Labrador” tells the story of the unique musical tradition of the Labrador Inuit. In the 18th century, Moravian missionaries from eastern Europe settled among Inuit on the coast of Labrador. They came to preach Christianity and one of the tools in this teaching was music, thus began the remarkable tradition of church music in northern Labrador communities. Within a few short years, the music of Haydn and Bach was being performed by Inuit choirs accompanied by small string orchestras and community

bands were also formed. The film follows the tour of the “Innismara Vocal Ensemble” and a group of instrumentalists from St. John’s as they travel the coast of Labrador to perform with local choirs, and to celebrate a musical legacy that remains fixed in the heart of Labrador Inuit. Archival photos and interviews with musician Elders are woven throughout the footage of the tour which resulted in a rich tapestry of this extraordinary music’s past, present and future.

Filmmaker Nigel Markham is well known for his previous film portraits of Labrador Inuit (Last Days of Okak- 1985, and Eye of the Storm – 1997. “Till We Meet Again: Moravian Music In Labrador” emerged from collaboration between Memorial University researchers Tom Gordon and Tim Borlase, the NG, and the Moravian Church of NL. For further information on the film and how you can purchase same please contact Tom Gordon (709-753-4603 or email tgordon@mun.ca) or Dave Lough (1-866-922-2942, ext. 239 or email Dave_Lough@nunatsiavut.com).

Members Statement (Danny Pottle):

Madame Speaker, the Canadian Constituency would like to recognize the work that Stephanie (Tama) Fost, Susan Onalik, Ralph Webber Jr., and Angus Andersen, of St. John’s have undertaken to advocate and lobby for improved search and rescue services in Labrador as a result of the recent tragic death of Burton Winters of Makkovik. The aforementioned Beneficiaries, Madame Speaker, have been instrumental in organizing

vigils in St. John’s and for bringing Labrador Inuit, as well as residents of St. John’s, the Province and the country together to form a strong collective voice in advocating and lobbying for an independent review into SAR services in Labrador; to seek answers from the federal government regarding the lack of response for SAR services in relation to the search for Burton Winters; and to lobby for the establishment of a SAR centre in Labrador. Madame Speaker, Ms. Fost and the others are to be commended for their efforts. On behalf of Labrador Inuit residing in the Canadian Constituency, Madame Speaker, I would like to offer sincere condolences to the family of Burton, and to thank all those who have organized vigils in Labrador and elsewhere, and I would also encourage everyone to continue to lobby for answers to questions related to the search effort for Burton, and to continue to pressure the federal government to establish a SAR centre in Labrador. Nakummek, Madame Speaker.

President Lyall not seeking re-election:

President Jim Lyall announced that he will not be seeking re-election for the President of Nunatsiavut.

Minister resigns:

Susan Nochasak announced her resignation, for personal reasons, as the Minister of Education and Economic Development. First Minister Darryl Shiwak was appointed [Acting] to carry out the duties as Minister responsible for the department until another member of the NA is appointed to the position.

Nunatsiavut Government Strategic Plan

During the March 2012 sitting of the Nunatsiavut Assembly, the President tabled the government's Strategic Plan for 2012-2015. The Strategic Plan outlines the government's mandate, vision and values, and mission and it sets out six (6) areas of priority for the next three (3) years. The priorities include:

1. **Role Clarification** - among the central and community governments, as well as the community corporations. It is expected that the government will have a document that clarifies the governance and the operations of the Inuit Community Governments and the Inuit Community Corporations by June 30/12;
2. **Transition of Government Personnel to Nunatsiavut** – it is anticipated that by March 31, 2013 there will be a plan in place to relocate key gov-

ernment personnel to Nunatsiavut;

3. **Capacity Building** – the government recognizes the imperative that Labrador Inuit be educated and trained to take advantage of opportunities within Nunatsiavut, either in the private sector or with the Nunatsiavut Government. By March 31/13 it is expected that a plan will be in place to address capacity building within Nunatsiavut and the Nunatsiavut Government;

4. **Economic and Resource Development** – in order to secure the future of Nunatsiavut and beneficiaries to the Labrador Inuit land Claims Agreement (LILCA) plans must be developed to take advantage of economic and resource activities, therefore by March 31/15, a plan will be established to position Nunatsiavut and Beneficiaries to the LILCA to take full advantage of economic and re-

source development opportunities;

5. **Housing** – the government recognizes the housing shortage and inadequate standards of housing in all Labrador Inuit communities; there is a need for social housing, particularly for seniors and low-income families. A new housing program will be developed by March 31/13 to meet the existing needs and future shortages, as well as to address the current and future housing needs for seniors and low-income families; and

6. **Revitalization of Inuit Culture and Language** – there is a need to complete a plan that gives culture priority to ensure that programs and services are culturally relevant, thus by July 2014, the Nunatsiavut Government intends to have a cultural plan developed with specific components implemented.

Snow Sailing in Nain

It's a common sight to see a snowmobile make its way across the ice with a Kamutik in tow. Occasionally you'll even be treated to a dog team being mushed across the frozen harbour. But people on skis harnessed to a sail being taken by the wind? That's definitely a rare sight in Nunatsiavut.

It's known as snow-sailing and a lucky group of youth was taught the sport in Nain in March.

The sport requires the 'sailor' to harness themselves to a sail while wearing skis. The wind catches the sail and tows the person across the ice or snow.

The sail can be maneuvered in a way that allows the 'sailor' to go in all directions. The sail can also be ma-

nipulated to work in a variety of wind conditions. That manipulation was definitely required during the training session in Nain.

The extreme winds caused the schools and offices to close and while the rest of the community was rushing to the warmth of their homes, a group of five youth and their instructor, Benoit Havard, we're heading out onto the harbour.

The participants were given a crash course that morning on how to put their sails in "storm mode". They put those skills to use that afternoon in winds that were gusting up to 100 kilometres.

The next two days presented a different problem: not enough wind. The

group decided that they wouldn't let the lack of wind put a damper on their fun though.

They reinforced their sail-assembling skills and took in some great skiing.

The equipment used to snow-sail now belongs to the community of Nain and the core group that was taught the sport will be able to teach their skills to other residents of Nain.

Benoit Havard is expected back in the community in April to see how the core group has improved and to teach them a few more skills.

So be sure to keep an eye out on the ice if you're in Nain. You just might see an Inuk sail by.

Article by Mitchel White

Aullak, sangilivallianguinnatuk (Going off, growing strong)

Building connections:

A youth-led community freezer program for improved health and well-being through the exchange of land skills and values

Through the Nain Research Centre, the Nunatsiavut Government's Environment Division and Nain ICG are hoping to try out a program for Hunters and Youth in the community of Nain.

This program is titled Aullak, sangilivallianguinnatuk (Going off, growing strong) and is a program that is the first of its kind in Canada. Hunters will take youth out on the land to teach them how to hunt, fish, go wooding, land names, repair ski-doo's, basic survival skills, sea ice conditions, how to prepare wild food, skin seals and caribou and other animals from off the land.

This program Started in March with a boil-up where youth and harvesters had the chance to meet, the program will end in August. Throughout the program, it is hoped that hunters will be taking youth out 3-5 times a month.

The youth where selected through a careful process involving the school, Labrador Grenfell Health, the Research Center, and Department of Health and Social Development. The Research Center is providing all necessary clothing

that is needed to be comfortable out on the land. We have Parka's, snow pants, boots, helmets, mitts, hats, GPS, and satellite phones. Ski-doo's will be rented for the youth to use and all gas, lube, and supplies will be provided by the Research Center/Nain Community Freezer.

We hope this will help youth feel good about themselves by going off onto the land. They will bring food back to the community freezer and share the traditional food with elders and the community. They will be preserving our traditional way of life, providing for their families and community and, hopefully, teaching other youth what they have learned.

Partners for this project include: The Nunatsiavut Government's Environment Division, Nain Inuit Community Government, Labrador Grenfell Health, Jens Haven Memorial School, Department of Health and Social Development, NG President's office, and the Youth and Elders Division.

New Building for Nain Department of Health and Social Development

The Department of Health and Social Development (DHSD) in Nain has moved into a new two story, 7,500 square foot building. The recently constructed building will offer a new permanent office space for employees who were located at different offices around Nain following a fire in 2005.

The fire of the "Old School" building caused a major shortage of space in the community as it housed offices such as the OKâlaKatiget Society television department, the College of the North Atlantic, the Torngasok Cultural Center and the Department of Health and Social Development. The DHSD was forced to move into temporary office in the old Daycare building, homes converted into office space and trailers.

The new building offers the much needed office space as well as housing the Nain DHSD under one roof.

The Fish Depot

Penelope Shanahan, Beneficiary, is the owner of the Fish Depot in St. John's. The Fish Depot offers plenty of seafood such as; cod fish, shrimp, scallops, squid and salmon, and offers a 10% discount to Nunatsiavut Beneficiaries. Please ensure you have your membership card on you when you make a purchase.

Contact details: 369 Duckworth Street
St. John's, NL.
Phone: 709.722.9692
Website: www.fish-depot.com

Artisit Profile

Benjamin W. Ford



Benjamin's First pulication of poetry, "Crowned with Fortune's Throne," provides an aching insight into the heart and mind of an adolescent struggling to be one with himself.

Benjamin W. Ford is wise well beyond his years; his depth, courage, and willingness to unravel his utmost deepest pain and rage to help us understand the intensity of the adolescent whose life is further complicated be being different. Benjamin is taller and more insightful than his peers and has shaman - like blood coursing through his veins.

Benjamin was born in Ottawa, Ontario on Halloween 1992. With family up north in Nain, Labrador; his homeland. Just one goal of Benjamin's is to visit Nain.

Benjamin has graduated secondary school at the age of eighteen with an Ontario Diploma. His future career, a tractor trailer operator. Mostly writing poems about nature, Inuit tales, depression, love and bullying; which Benjamin has encountered very much.

A Poem from 'Crowned with Fortune's Throne'

The Exotic Northern Lights

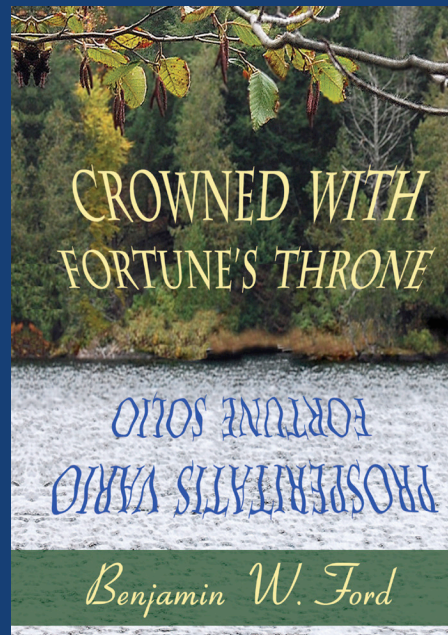
Oh, Northern Lights dance tonight
Move your shinning colors into flight
Dance with your brethren stars
Fill me with warmth

Snowflakes float like angels
Creating a perfected medium
Unbelievable events unfolding
Eye bending action

Here we are in the sky together
Above the grounds forever
Feeling the impossible
Creating a perfect medium

Drums beating like caribou
Roaming the land of freedom
A true magical adventure
No words to describe

Oh, Northern Lights sing me a lullaby
Lie me down to sleep
Awake in sunshine
Farewell my friend of the night



An unpublished poem:

Unorthodox Behavior

The Universe is populated
With a many variety
Of Living Organisms
Though, it is also to be
Said there are a variety
Of emotions and feelings
From the heart and soul.

In the earlier times
Both had a residency
In the Universe.
But, as the hands of
Time move forward,
The emotions disperse
Rapidly.

People have forgotten the
Traditional values of
Thank you and excuse me
They rather perform or display
Other distasteful behavior.

Soon enough a
Couple things called
Karma and Dogma
Will haunt their lives afterwards.
Although, karma has its own way of
retaliation.

What happened to the Yes Please?
Gone, like the wind.

Hopefully one significant day,
These such beautiful
Emotions will be restored
And intact for the next inhabitants to
come.

"Crowned With Fortune's Throne" can
be purchased at
www.amazon.ca

Inuit Foodland Security Lecture



Article and Photos courtesy of Barry Pottle

Barry Pottle, Inuk photographer originally from Nunatsiavut, Canada, will provide a one-hour lecture/slide-show on his exhibit Foodland Security as part of a major symposium on the Arctic held at the University of Washington this spring.

The symposium – Canada and the United States in the Arctic: Past Successes, Future Challenges – is sponsored by the Canadian Studies Center, Henry M. Jackson School of International Studies at the University of Washington in Seattle, the Canadian Consulates in Seattle and Anchorage, the U.S. Consulate in Vancouver, British Columbia, and the 13th District U.S. Coast Guard.

The conference will provide an overview of Arctic issues and feature three panels addressing environmental challenges, economic development, and maritime issues. It will be attended by faculty, students, the general public, government and industry representatives. Barry will provide the keynote

luncheon speech to introduce audience members to Arctic/Inuit life and traditions through his photography and speak about the importance of the very new development of political photography in the Inuit art tradition.

The primary objective of the talk is to provide enhanced visibility for Inuit artists in the Pacific Northwest region. In particular, artists whose work are not of the traditional nature but explore political issues via new mediums to Inuit culture (photography). It is also essential that a major

conference on the Arctic include Inuit voices, images, and cultural and political issues. Barry's visit will also assist in strengthening ties between the Inuit of Nunatsiavut and the University of Washington.

The presentation will provide an overview of Inuit in Urban Centres (specifically Ottawa), some challenges faced by urban Inuit, successes, and Inuit ability to get country food for personal consumption and for events, conferences, meetings organized by Inuit organizations. Country food is so closely intertwined with the Inuit culture that the presentation will highlight the cultural activities associated consuming Inuit Country food (community feasts, celebrating etc.).



STANDING UP TO BE TREATED FAIRLY



Article By Wallace Williams

During a recent cruise to Central and South America I was shocked at the toast offered by the Captain of the

Celebrity Equinox. After introducing the key members of his staff to the 3000 guests, he then proceeded to welcome each nationality and group on board. He ended the presentation by proposing an appropriate toast to each of the Canadian, American, British, Irish, Scottish, French and German citizens, concluding with "boom, boom to the Eskimo's".

About one third of the audience laughed but I found the comment

offensive and decided to file a complaint. After filing the complaint and explaining that I was Inuit and boom, boom was never an endearing term to the Labrador coastal aboriginals. I was then contacted by the manager of guest services who proceeded to educate me on what is considered appropriate and acceptable toasts which upset me even more.

The Captain then invited me to meet with him and his immediate staff.

His explanation was that he was just joking and always used that joke when addressing the passengers of his ship. After explaining to him that the term Eskimo was politically incorrect and boom, boom was demeaning and offensive when used as a toast to me and my people. The only thing that I could imagine was that boom, boom was the last sound heard by the aboriginals as they were being killed by the Europeans who exploited the coast and our ancestors.

After much discussion the Captain apologized profusely and said he would address and inform all Cap-

tains of the Celebrity Cruise line that the term Eskimo was to be replaced with Inuit and boom, boom was not to be ever used again as a joke. He then proceeded to instruct his subordinate to update their training manual. I believe we as a people need to speak up and fight to be recognized as equals where ever we travel or live. We are certainly as intelligent as any group of people, but our weakness is in our level

of education as a group. Being reasonably well educated will provide us with the tools & ability to command respect and be received as equals when dealing with others. To all I say get the best education available and use it to be seen as equal to all.



Residential Schools Class Action Lawsuit Update

In a letter dated 02/22/12, the law firm of Ahlstrom, Wright, Oliver & Cooper (AWOC), who are representing claimants in the Newfoundland and Labrador (NL) Residential Schools Class Action Law Suit, informed claimants that 'Canada has confirmed that they will not be asking the Supreme Court of Canada to review the NL Court of Appeal decision. This means that Canada has agreed to the Plaintiffs proceeding with the action as one large group and that the class action can now proceed to trial to determine if Canada should bear any responsibility for what happened to students of the NL Residential Schools'. AWOC stresses that 'this does not mean that there is a settlement or necessarily that the claim will be successful and at this point there is still no right to receive any compensation unless the claimants are successful in either settling the matter with Canada or winning at trial and Canada chooses not to

appeal'. According to AWOC, 'the concession by Canada represents a considerable step forward, but there is still plenty of work to be done'. AWOC is now proceeding with preparing for a trial to determine 'if Canada should owe compensation to the Plaintiffs' and they will 'continue to push Canada into reaching an out-of-court settlement'. The following is the proposed time-line that AWOC have submitted to the Courts for approval (note that the dates below represent only a proposed time line):

1. Exchange of documents by April 30/12;
2. Examinations for discovery to be completed by September 30/12;
3. Motions arising from examination to be brought forward by November 30/12;

4. Delivery of Plaintiffs' expert reports no later than January 15/13;
5. Defendants' responding to expert reports no later than March 31/13;
6. Discovery of experts (if any) no later than May 31/13;
7. Pre-trial Conference, June 2013; and
8. Common issues trial (pending court availability) fall 2013.

AWOC will provide further updates once the time line for the proceeding has been firmly established. For further information please contact Steven Cooper at AWOL (s.cooper@awoc or by calling 1-800-994-7477) or in writing to AWOC, Suite 200, 80 Chippewa Road, Sherwood park, AB T8A 4W6).

Northern Lights Conference 2012



Ethel Hunter and Molly Shiwak at the Northern Lights Conference

The Northern Lights 2012 conference was held in Ottawa from January 31-February 5/12. The conference which is held every two years aims to promote Canada's North, specifically the regions of Nunavut, Nunavik, and Labrador/Nunatsiavut. Offering unique opportunities for business from all sectors and levels of government, the conference explores the vast prospects of development in Canada's central, eastern and northern regions including, but not limited to: oil and gas; human resources; fisheries; tourism; energy; government and private investment in transportation, housing, infrastructure, and economic development; and a rapidly growing consumer and business market.

This year's conference attracted over 140 exhibits and 1300 delegates, and thousands of visitors took part in this year's event. The

event features conferences, trade shows, workshops and an arts and crafts pavilion (including artists and entertainers from across the north). Northern Lights (which takes place every two years) imparts a clear message that Canada's North has what the world wants – as northern economies continue to expand, new opportunities are emerging for business development.

The Nunatsiavut Government (NG) has had a presence at the Northern Lights since its inception in 2008. Representatives from every government department, as well as the majority of elected officials, participated in the 2008 event. The NG was also a major sponsor. In 2010, the NG participation was limited to 11 participants, and the NG, in partnership with Destination Labrador, participated in the trade show portion of the event by purchasing booth space.

In planning for the 2012 event, a committee was established to determine the level of NG involvement. The committee was comprised of the Minister of Finance, Human Resources and Information Technology, the Director of Communications, and the Director of Education and Economic Development. The NG consulted and collaborated with, as well as

partnered with the Nunatsiavut Group of Companies to ensure the greatest amount of exposure for Nunatsiavut. Minister Pottle tabled a report on Northern Lights in the Nunatsiavut Assembly in March 2012. For a full copy of the report please contact the Clerk of the Nunatsiavut Assembly Mary Sillett (email mary-sillett@nunatsiavut.com or call 709-933-3777, ext. 223).

AnânauKatiget Tumingit Update

AnânauKatiget Tumingit Regional Inuit Women's Association (ATRI-WAI) is pleased to announce funding has been approved for three years from the Status of Women Canada to carry out a needs assessment, develop community plans and implement the community plans in the piloted communities of Hopedale and Nain.

The Annual General Meeting will take place in Hopedale from June 15-17, 2012. There are three communities up for election this year. They are Happy Valley, Makkovik and Canada. Nominations will go out in Happy Valley and Makkovik on April 23rd with elections taking place on May 18th. The Canadian Constituency ballots have been mailed with a deadline for May 18th to get your ballots mailed back. For those who haven't returned their ballots, please return them as soon as possible so you won't miss the deadline.

Happy Easter and enjoy the Easter holidays!!!

The Rise of an Epidemic: Understanding Type -2 Diabetes

By Keith Power



The Rise of an Epidemic: Understanding Type 2 Diabetes is a four part series that will explore how diabetes is becoming one of the most important health issues of our time and how this devastating disease is affecting the Inuit. Part one of the series will explore the causes of the disease and look at how urbanization is contributing to its rise. The subsequent parts will offer an in-depth look at what is type 2 diabetes, how does it develop and affect our health, and how we as individuals and communities can work together towards preventing this terrible disease.

Part 1

A half century ago type 2 diabetes was virtually unknown in most Inuit communities. Today that is not the case. The prevalence of type 2 diabetes is on the rise and steadily affecting more and more Inuit. This sudden rise in diabetes is indicative of the rapid sociocultural changes that have been experienced by Inuit communities over the past few decades. The consequences of acculturation have led to the rapid adoption of western influences, the progressive erosion of the traditional Inuit way of life and the emergence of diabetes and other chronic illnesses in epidemic propor-

tions.

Current wisdom speculates that while type 2 diabetes may have a genetic component, it is unfavorable environments that exacerbate its expression. In the recent past the Inuit have replaced wild meats and other traditional foods with store bought products that are highly processed, less nutritious and high in fats and sugars. Furthermore, traditional ways of life such as hunting, fishing and the gathering of food – physically demanding activities – are no longer central activities required for the survival of the Inuit who have shifted lifestyles towards a less active way of living. This over consumption of calorie dense processed foods, intertwined with the increasingly sedentary lifestyles is significantly contributing to the development of overweight, obesity, high cholesterol and high blood pressure, which all increase the risk of developing type 2 diabetes. It is therefore clear that the decline in traditional food consumption and the erosion of the traditional Inuit lifestyle have created an environment that is promoting type 2 diabetes.

The loss of Inuit culture and traditions is no more evident than what is being seen through urbanization. The increasing numbers of Inuit moving from the north to urban centres to avail of better education and employment opportunities is largely contributing to the growing diabetes epidemic being seen in the Inuit population. Researchers have noted that the prevalence of diabetes increases as latitude decreases, corresponding to the areas of greatest urban development. As Inuit move to larger urban

centres in the south they are further cut off from their traditional ways and are often subjected to a reliance on western foods. This disconnect often has detrimental consequences and can further increase the risk of type 2 diabetes development in those who are not accustomed to urban life.

To counter these rapid changes in lifestyle it is imperative that Inuit communities work to better their understanding of diabetes by increasing their awareness and knowledge of the disease and its causative factors. It is important for all people to realize that despite the genic link associated with type 2 diabetes, the disease should be viewed as a preventable condition. One's environment and behaviour also considerable contribute to its manifestation. Research has shown that the adoption of healthy lifestyles that include healthy eating and physical activity, regardless of geographic location, can significantly reduce one's chances of developing type 2 diabetes and other chronic health conditions.

For the Inuit it is important that they fully understand the risks associated with adopting a contemporary western lifestyle and work together towards mitigating these risks by helping young Inuit to stay away from processed food and building environments that teach the benefits of living healthy and active lifestyles.

Note: Keith Power is the Diabetes Program Coordinator at the St. John's Native Friendship Centre. For inquiries or correspondence he can be contacted via email at kpowers@snfc.com.

New Canadians



On February 15/12, at the request of Heritage Canada, Citizenship and Immigration, and Parks Canada; Danny and Pat participated in the annual "Citizenship Ceremony" where new Canadians took the Oath of Citizenship. Danny and Pat welcomed the new citizens to the province on behalf of Labrador Inuit, and on behalf of the St. John's Native Friendship Centre, Danny also welcomed the new citizens of Canada from all Aboriginal people of the province. The event was presided over by Corporal Greg Ford (originally from Nain) of the RCMP.

Keeping in Touch

The Canadian Constituency Office (CCO) is committed to ensuring that everyone is well informed. Please visit our website (www.nunatsiavutsi-latani.com) for News and Updates as well continue to visit the Nunatsiavut Government website (www.nunatsiavut.com) for general information. Beneficiaries are required to immediately inform the Registrar's Office of any changes to their mailing address or any change of name in order to ensure that the office has your current contact information. Contact information for the Registrar's Office is listed in the address book section of the newsletter.

Public Announcement Board

Winnie McLean (Pilgrim) was inducted into the Newfoundland Labrador Broomball Hall of Fame as an athlete and builder on March 3 2012. She was presented the award by Broomball NL President Mr. Harold Clarke at the NL provincial broomball tournament in Port Saunders.

Winnie has been playing broomball since the the 1960's. She has won numerous Provincial top defense, team MVP, and all-star team. At the National Broomball level, Winnie was chosen 3 times for the all-star team. She was known across Canada as a great broomball player. In the 1990's Winnie was instrumental in starting junior broomball in the Happy Valley - Goose Bay area. She coached the junior ladies team at the provincials, atlantics, and national level. Winnie also moved from player to coach at the senior level in the 1990's. She has completed level III coaching certificate with the Canadian Broomball Federation. Winnie has now moved from coaching to refereeing broomball games.

Winnie is the first Labradorian inducted into the NL Broomball Hall of Fame. Congratulations.

Award of Excellence - Nursing

Congratulations to Sophie Pamak of Hopedale for being awarded the First Nation Inuit Health Branch (FNIHB) Award of Excellence in Nursing. Sophie will accept her award in Ottawa in May along with a \$2,500 professional development scholarship.

Birthday wishes to Joshua (April 23, 2012) and Emily Pottle (April 28, 2012), love Mom, Dad and Stephen.

Congratulations to Joshua Pottle as he graduated High School (Wynwood Alternate High School) this past January, love Mom, Dad, Stephen and Emily.

Congratulations to the Inuit Bachelor of Social Work Program and Nunatsiavut Department of Education on receiving a National Award. Ashoka Canada, The Counselling Foundation of Canada, The J.W. McConnell Family Foundation, Martin Aboriginal Education Initiative and partners announced March 26 some 30 award-winning ideas and projects that took top honours in the Changemakers Initiative: Inspiring Approaches to First Nations, Metis and Inuit Learning.

Of the 30 Awards, the Inuit Bachelor of Social Work Program was the only to be awarded in Newfoundland and Labrador.

Congratulations from the Canadian Constituency.

The Canadian Constituency would like to wish all the best to Gail Tuner who recently retired from her position as the Director of Health with the Nunatsiavut Government Department of Health and Social Development.

The Canadian Constituency Office would like to send their sincerest condolences to the families and friends of the late Danny Palliser, the late Morral Blake, the late Phyllis Mucko, the late Hubbard Palliser, the late Edward Flowers and the late Louisa Flowers. Our thoughts and prayers go out to all of you.

Nunatsiavut Government

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