

Programs such as the Kitikmeot Inuit Association Elder & Youth Camps, and Gjoa Haven Amauligak dancers group were mentioned as successful local community initiatives that help develop personal empowerment.

Also mentioned was that Gjoa Haven's Mayor Allen Aglukkaq makes daily radio announcements in a morning show, which was highlighted as a great communication routine.

Radio announcements are also done in Taloyoak to remind people about housing maintenance, proper food preparation Elder's n and food preservation.

Elders share their views

Elders voiced special appreciation for the enthusiasm and leadership that youth participants showed during the gathering. Elders expressed satisfaction that many youth are excited about planning for the future.



[Aiolah Takolik, Sarah Takolik, Susie Konana and Brenda Jancke listen to closing remarks.](#)

The next regional gathering for the Qikiqtani region will be held in Iqaluit this fall.

Makimautiksat Youth Wellness & Empowerment Camp

Qaujigiartiit Health Research Centre piloted its "made in Nunavut by Nunavummiut" youth wellness and empowerment camp in Iqaluit & Panniqtuuq, NU this summer, and in Cambridge Bay & Arviat, NU, in the summer of 2011.



Makimautiksat Group Photo, Iqaluit, Summer 2012

Makimautiksat is an intervention that aims to equip Nunavut youth with critical life skills and knowledge that foster positive mental health and wellness.

Qaujigiartiit developed the *Eight Ujarait Rocks Model* based on input from child and youth service providers throughout the territory in 2009 and 2010.

The Eight Ujarait/Rocks that are explored throughout the duration of *Makimautiksat* include:

- 1) Improving Coping Skills
- 2) Building Healthy & Harmonious Relationships
- 3) Increasing Awareness of the Body, Movement & Nutrition
- 4) Exploring Creativity
- 5) Increasing Self-Esteem
- 6) Self Discovery & Personal Planning
- 7) Promoting Healthy Choices
- 8) Celebrating Inuit Culture (2 night land camp)

This youth intervention incorporates the voices of Nunavummiuts' requests for the following core components:

1. Inuit specific traditional activities and promotion of Inuit Qaujimajatuqangit (Inuit knowledge) sharing;
2. Physical, mental, emotional and spiritual wellness

3. Knowledge sharing and team-building, and a sense of community; and
4. Provision of country food whenever possible.

Each community that hosts a camp decides what activities to do and how to do them.



Solomon Awa shows young participants the uses for natural plants on the tundra.

Graduates of *Makimautiksat* have described their time at camp as "the experience of a life time" and "something that will remain with me for the rest of my life."

Angutiit Makigiarninga, Men Rising Up - Coral Harbour Men's Group

Angutiit Makigiarninga, a men's group from Coral Harbour, has gained fame in recent years for its work addressing mental health and wellbeing issues at the community level.

The group started with a simple idea - that men in the community needed a safe space to come together to talk about the things that cause pain.

The group continues to provides support for others who wish to open up and heal, together.

The Coral Harbour men's group is an example of a truly community-driven approach to resolving root causes of poverty.



Andre Tautu and Thomas Ubluriak share a laugh at Tautu's home during the Coral Harbour Men's group visit to Chesterfield Inlet.

Photo curtesy of Noel Kaludjak, found online at the Northern News Services website.

The *Makimaniq Plan* identifies community-driven action for mental health and addictions services as important components of a holistic plan to reduce poverty.

Angutiit Makigiarninga will inspire similar initiatives in other Nunavut communities.

Food Security Coalition Meeting



The first Nunavut Food Security Coalition meeting took place in Iqaluit on June 28, 2012, with representatives from the Government of Nunavut and Inuit organizations.

Participants came together for a day-long meeting to discuss the formation of a food security coalition. The coalition will coordinate programs that increase food security by, among other tasks, supporting community initiatives in Nunavut.

The coalition brings together eight representatives from Government of Nunavut departments, Nunavut Tunngavik Inc., Kitikmeot Inuit Association, Kivalliq Inuit Association, and Qikiqtani Inuit Association.

Leesee Papatsi and Leetia Papatsi-Janes attended the meeting with a presentation on the creation of the **Feeding My Family** Facebook group, providing a brief overview of the group beginnings, and assessing the immediate reaction from community members all over Nunavut to the UN Special Rapporteur on Food Security's end-of-visit report. Many people are posting photos showing food prices for essential items.

The next meeting is scheduled for September 2012, with a summit to follow in January 2012.

Ideas for Action, from the makiliqta.ca Survey

Ideas for Action, From the Makiliqta.ca Survey

In this number we present a new selection of ideas submitted previously via our website. We will publish selections in each edition of the newsletter:

The most important issues that must be addressed to reduce poverty in our communities are:

- *Job Creation*
- *Education*
- *Mobility*

What actions should be taken to reduce poverty and support more Nunavummiut to meet their basic needs?

- *Increase outside investment into Nunavut economy, primarily mining investment.*
- *Ensure attendance in school for all Nunavut youth.*
- *Support travel for youth so that they are able to move to where the jobs are.*

I will know that my community is healthy and that poverty has been reduced when I see...:

- *Homeownership increasing.*
- *Voting increasing.*
- *People from poorer communities moving to town.*
- *Educated Inuit moving to town.*

Do you have any other comments, ideas or questions that you want to share?

- *Do not support hunters selling meat. People should share meat.*



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