



Community Wellness Plan

Igloolik



Prepared by: Igloolik Community
Wellness Working Group as Part of
the Nunavut Community Wellness Project.



Health
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Igloolik Community Wellness Plan

The Nunavut Community Wellness Project was a tripartite project led by Nunavut Tunngavik Inc. in partnership with Government of Nunavut, Department of Health and Social Services and Health Canada.

Community Wellness Planning Committee of **Igloolik** is happy to share photos of their land and community in this publication.

July, 2011

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1. INTRODUCTION

The Nunavut Community Wellness Project (NCWP) is a partnership between Nunavut Tunngavik Incorporated (NTI), the Government of Nunavut's Department of Health and Social Services (HSS), and Health Canada's Northern Region (HC). The stated goal of the NCWP is to increase the participation of Inuit in the development and delivery of health programs and services in Nunavut, which responds in part to the requirement outlined in Article 32 of the Nunavut Land Claims Agreement. The NCWP results from recommendations made for a Community Wellness Strategy as outlined in the HII report, *Piliriqatigiinnngniq – Working Together for the Common Good*.¹

The six communities chosen for the project are Clyde River, Igloolik, Kugaaruk, Kugluktuk, Arviat and Coral Harbour.

The original **goals and objectives** of the project are:

- To develop and implement integrated Community Wellness Plans in 6 communities in Nunavut, in order to leverage existing capacity, increase human resource capacity, create economies of scale and broaden access to services in those communities;
- Use best practices from this project that could be developed into community wellness planning templates to facilitate similar wellness planning initiatives in other Nunavut communities; and
- Contribute towards the ability of individual Nunavut communities to identify and address their own health issues, needs, options and priorities, in order to improve the health and wellbeing of their people.

The following Community Plan is a result of extensive work undertaken by the community of Igloolik from March 2009 – October 2010.

2. COMMUNITY WELLNESS WORKING GROUP

Following the initial Nunavut Community Wellness Project (NCWP) workshop held in Iqaluit in February 2009, three residents of Igloolik were selected by the Community Health Representative (CHR) to form the Igloolik Community Wellness Working Group (ICWWG). The individuals were selected based upon their experience with health and wellness issues in the community.

One of the first activities of the ICWWG members² was to organize a meeting with the hamlet's Senior Administrative Officer (SAO) to advise him of the Iqaluit workshop and its outcome. Following this initial meeting, various community organizations were contacted in order to invite representatives to be a part of the ICWWG. The group held their first meeting on March 16th, 2009.

1. Nunavut Tunngavik Incorporated. *Piliriqatigiinnngniq- Working Together for the Common Good*. 2006
 2. Bartholemew Hannah Kappianaq, Lydia Palluanuk Qaunaq and Salome Kangok





2.1 PURPOSE OF WORKING GROUP

The objective of the ICWWG was to develop a wellness plan for the community which would include the following elements:

- Establish a Community Wellness Working Group with membership from community leaders and community organizations;
- Hire and supervise a coordinator reporting to the ICWWG to manage the planning process;
- Inform the community about the project and develop a list of issues and assets based on public consultations;
- Develop a Community Wellness Plan;
- Present the Community Wellness Plan to GN, NTI, and HC; and
- Maintain ongoing communication and work with support team members from of New Economy Development Group/USIQ Communications (NEDG/USIQ).

2.2 DESCRIPTION OF THE WORKING GROUP

Membership

The ICWWG has eleven members including a NCWP coordinator. Members on the ICWWG represent a number of different organizations in the Igloolik community.

MEMBERS INCLUDE:

ROLE	NAME	COMMUNITY ROLE
Chairperson	Vincent Pickett	Ataguttaaluk School
Member	Celestino Uyarak	Hamlet of Igloolik
Member	Salome Kango	Community Health Rep
Member	Elisapee Quassa	Inullariit Elders Group
Member	Micah Arreak	Community Wellness Coordinator
Member	Madeline Ivalu	Elder/Movie Actor
Member	Leah Ivvalu	Elementary School Counsellor
Member	Guy Makkik	Elder
Member	Bart Hannah Kappianaq	Hamlet Councillor
Member	Julia Amaroalik	Elders Traditional Counsellor
Coordinator	Louise Hauili	Igloolik Committee Wellness Working Group

Governance Documents

Through the planning undertaken by the coordinator and chairperson, it was determined that the ICWWG would meet on a monthly basis. Upon consideration of the timelines that needed to be followed, the committee members decided that they would meet once a week in order to complete the planning process in a timely manner.

The agenda for the weekly meetings is prepared by the coordinator with direction from the chairperson subsequent to any information or decisions made outlined in the minutes of previous meeting minutes. Most meetings were between one and two hours in duration but would on occasion last longer if required. During meeting, the coordinator took the minutes of the meeting and prepared them for distribution amongst the members prior to the next meeting. Votes were taken when decisions had to be taken but usually the members would discuss a topic or idea that was put forward until the item was clarified. Once the issue was discussed and a decision made regarding the benefit to the community, members would vote or come to a consensus on the matter.



3. COMMUNITY OVERVIEW (POPULATION, ECONOMY, PLACES AND PEOPLE OF INTEREST)



Map made
available by Inuit
Tapiriit Kanatami,
www.itk.ca

Igloolik is located on a small island in Foxe Basin that is very close to the Melville Peninsula (and to a lesser degree, Baffin Island). The name “Igloolik” means “there is an igloo here” in Inuktitut and the residents are called Iglulingmiut (~miut – “people of”). Information about the area’s earliest inhabitants comes mainly from numerous archaeological sites on the island; some dating back more than 4,000 years. Igloolik is not only the geographic centre of Nunavut but is also widely considered to be the hub of Inuit culture in Nunavut.

The area has long been blessed with abundant natural resources central to Inuit culture and identity: walrus, seals, whales, polar bears, caribou, fish and waterfowl. These resources continue to provide the economic, spiritual and intellectual basis for cultural continuity within Igloolik. People in Igloolik take immense pride in nurturing Inuit heritage and traditions while embracing the inevitable changes brought on by modernization. The challenge in maintaining this balance is the very essence of Igloolik's vibrancy. Although Inuktitut is the dominant language spoken in Igloolik, English is also spoken by a majority of residents. In the 2007, the Government of Nunavut census recorded the population as 1,443. Of course, this figure is debated regularly by community members, and estimates of the population often range between 1,600 to 2,000. As in most Nunavut communities, there is the usual Northern Store and the Arctic Co-operatives (hotel and grocery). The Tujurmivik Hotel is a locally-owned and operated hotel/restaurant. The very successful Isuma Productions is located here as well. The community has a number of "famous" people, including the award winning producer/director of the movies *Atanarjuat: The Fast Runner Trilogy*, Zacharias Kunuk. As Mr. Kunuk uses local residents for his movies with many of the faces one would see in his movies also being seen walking on the streets of Igloolik. Luke Airut and Bart Hannah Kappianaq are internationally renowned and recognized carvers. Mayor Paul Quassa helped negotiate the Nunavut Land Claims Agreement with the federal government, as well has holding two terms as President of NTL.

4. CREATING AWARENESS IN THE COMMUNITY

4.1 DESCRIPTION OF COMMUNITY-BASED AWARENESS ACTIVITIES

The ICWWG is active in the community and holds weekly meetings. These meetings are organized by the coordinator who announces the meetings over the local radio station. This not only reminds the members of the meetings but also to advise the community that the working group is actively meeting. The ICWWG also increases public awareness by conducting a number of public events including hosting a portion of the Christmas games at the community hall and holding a community meeting that followed with a feast. In the weeks following this community meeting, the ICWWG prioritized the list of community concerns raised in the meeting and established five top priorities. The Coordinator then contacted a number of community groups to invite them to discuss community issues and priorities and to explore how these organizations could work with the community to achieve the identified priorities.

Five committees/organizations participated in discussions including the Daycare Committee; the Ikajurasuartiit Elder's Group, the Recreation Committee, the Youth Committee, and the Inullariit Society (a group that works with both Elders and youth). Prior to the prioritizing of the issues, approximately forty letters were sent out from the ICWWG to businesses and organizations requesting input on community issues.¹

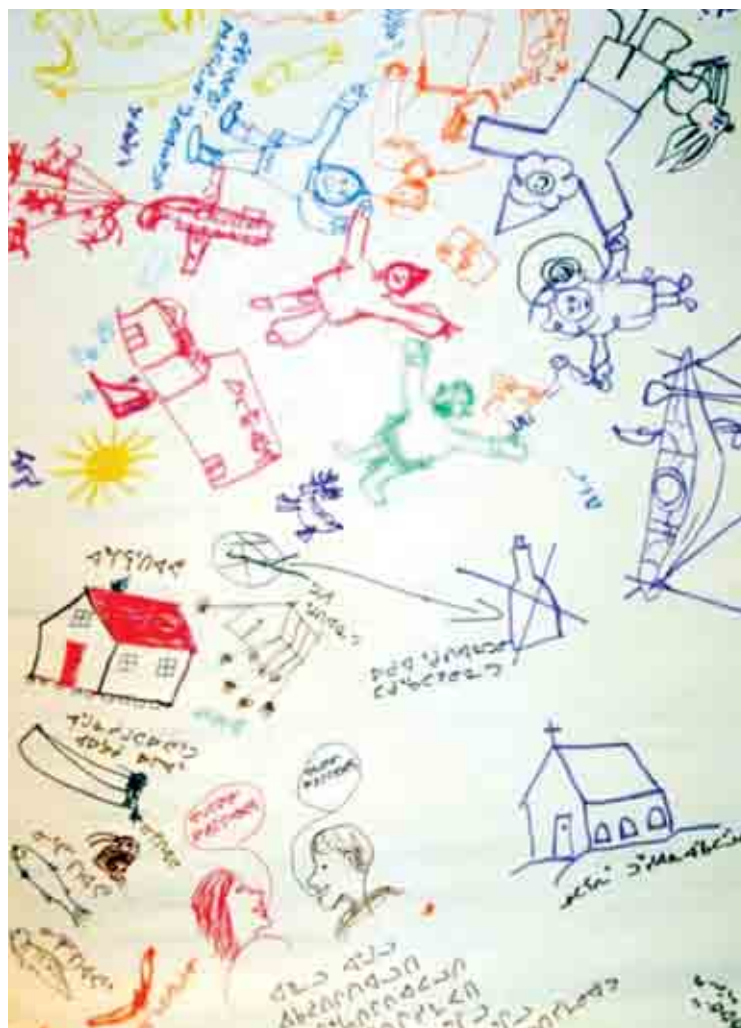
An early initiative undertaken by the ICWWG to introduce the project was to hold a radio show widely heard by community residents. Three additional radio shows were held over several months. The shows generally lasted between one and two hours. The shows introduced the NCWP project, the coordinator, the chairperson, the vice-chairperson and two members who spoke about the background and purpose of the project.² Following the initial background information on the NCWP, the lines were opened up to the community to call-in to voice their concerns and pose questions regarding the NCWP and community wellness. In addition to these radio shows, the ICWWG attended hamlet council meetings to keep the mayor and council abreast of the groups' progress. More than half of the community was advised of the NCWP chiefly due to the radio shows and public announcements made. The coordinator's reminders on the radio about the project, regular committee meetings, community meeting and community feast proved to be very effective in raising public awareness of the NCWP and the ICWWG.

1. Please refer to Appendix 1 – Community Resources for a list of the businesses and organizations contacted.

2. Bart Hannah Kappianaq, Micah Arreak, Elisapee Quassa, and Julia Amarualik with interpretation by Celestino Uyarak

5. WHAT ARE THE RESOURCES IN OUR COMMUNITY

5.1 COMMUNITY MAP AND DESCRIPTION (FROM ASSETS EXERCISE)



5.2 COMMUNITY ASSETS AND DESCRIPTION (FROM ASSET MAPPING EXERCISE)

Assets in Igloolik appear to be plentiful and include the Recreation Committee, Social Services, the Municipal Community Wellness Coordinator, two Elders' groups (Inullariit and Ikayurasuartiit), the RCMP, Health and Social Services, the Alcohol Committee, and the Youth Committee. In general, the community feels that the daily activities of the RCMP, HSS, and MCWC help the community on an ongoing and daily basis and these assets support one another on a preventative basis. However, unilingual Inuit need to be able to get more information in their language in order to know what is truly accessible in the community. In addition, more Inuktitut resources would help people gain a better understanding of what each organization is doing.

Organizations such as those noted above are essential to the wellness of any community. They provide preventative and support services in terms of wellness on a broad scale. In addition, businesses in Igloolik work together to serve the community better. At times, businesses will donate space, resources and other necessary items for wellness projects. Most businesses also provide space for meetings and gatherings.

6. COMMUNITY VISION FOR WELLNESS

6.1 PROCESS FOR IDENTIFYING VISION

During a regular ICWWG meeting, a community vision was drafted. The group brainstormed what "Wellness/Community Wellness" meant to everyone. The suggestions discussed in the meeting were as follows:

- Treatment programs are available for drug users in our community;
- Children's wellness is enhanced by having parents stay home with their children at night, spend time with them at home and enjoy their time with them;
- Young people doing chores for Elders/adults;
- There is responsible parenting, children and grandchildren learning listening skills through traditional ways;
- Connection, Consistency and Continuity;
- For the younger generation to stop the confrontation with their Elders or to person older than them and to follow through the Inuit traditional respecting practices;
- Less drug abuse, more physical activities;
- Crime rate at least reduced by 50% in the community;
- For the community to build positive attitudes (verbally and physically); and
- To have community wellness become a reality in Igloolik.



The workshop facilitator used a helpful tool “Create a Vision” that assisted the working group achieve its objective.

7.1 PROCESS FOR IDENTIFYING WELLNESS ISSUES

The range of issues that were identified in the community meeting were collected in a number of ways including holding a community meeting, ICWWG meetings, radio shows and meetings with local committees. The priorities identified were then listed in three different, but equally important, categories: community, business and recreation. In addition, priorities were also classified as being low, medium or high priority. An implementation timeline was developed for the implementation of each priority, whether it was immediate, months or years. Following the community meeting in March 2009, where residents listed their own priorities on a list, the ICWWG met to review and prioritize the issues. The meeting was chaired by the chairperson of the ICWWG, and interpreting was provided by one of the members. The meeting agenda was kept straightforward and included items such as having Inuit games as an ice-breaker, the introduction of committee members, a discussion of community wellness, identification of the assets the group had in the community, a community discussion on issues, and next steps. All the wellness issues identified by the ICWWG were written and posted publicly for community members to review. There was also a large sheet provided with space for community members to write down the issues they wanted to see missing from the list. The participants at the meeting were invited to review the issues and write down what they felt was most important to them in their community in regards to wellness.



7.2 WHAT ARE THE WELLNESS ISSUES

See Appendix II - ICWPG Goals and Wellness document attached

7.3 COMMUNITY GOALS (PRIORITIZED)

See Appendix II - ICWPG Goals and Wellness document attached

8. COMMUNITY PLAN

8.1 CONNECTING ASSETS TO WELLNESS VISION (FROM ASSETS EXERCISE)

See Appendix III attached.

8.2 STEPS TO REACH GOALS AND OBJECTIVES

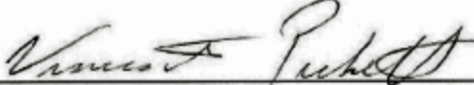



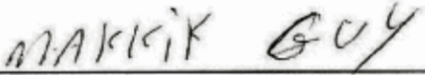


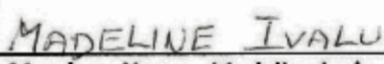
During the most recent meeting of the ICWWG, the list of priorities was reviewed and categorized into what was the most important of the issues, the priorities that required the least amount of time and effort to accomplish, and who would be responsible for working to achieve these priorities. In total, there were forty-six issues listed by meeting participants with the hope that they could be achieved over the next ten years. Of these forty-six issues, nine were addressed as discussion issues and then later filtered into the top five issues. The ICWWG reviewed the top five priorities to determine how they would go about addressing them and came to the conclusion that meetings would be organized with the five departments/organizations responsible for each specific area (i.e. for the daycare centre priority, a meeting would be held with the Daycare Committee etc.) These meetings would determine a reasonable length of time in which the goals could be met.

9. CONCLUSIONS

One of the primary positive observations achieved during the course of the ICWWG's work was seeing the group work closely together in the spirit of piliriqatigiinngiq (the common good). Members were able to share information regarding the project, their thoughts and how these community priorities would come to fruition. During the initial stages of the meeting process, there was a language barrier for the unilingual Inuit but after working so well together, the problem seemed to rectify itself. There was a broader vision of the community's wellbeing developed that was more reflective of the whole community rather than individual issues. The community was able to see that there was, in fact, wellness in the community. And now that wellness was seen in different perspectives, they simply needed refinement in how to further support and achieve a broader wellness. The community in general was able to see that where there may have not been apparent wellness in the past, it was apparent now in areas many never expected to find. There was a more positive view in the community since the various ICCWB exercises, meetings and consultations were undertaken. The Elders were becoming more active, they were no longer afraid of venturing out on their own, and they were generally excited about the future. The ICWWG will continue to monitor the progress towards achieving the wellness priorities to ensure they are in accordance with the identified timeline. In the future, the ICWWG hopes to convene a gathering in the community to celebrate the success of the project and to thank the members, organizations and members of the community for their hard work.



10. SIGNATORIES OF WORKING GROUP

	
Chairperson's Name - Vincent Pickett	Coordinator's Name - Louise Hauuli
	
Vice Chairperson's Name - Bartholomew Kappianak	Member's Name - Elisapee Quassa
	
Member's Name - Guy Makkik	Member's Name - Salome Kango
	
Member's Name - Julia Amaroalik	Members Name - Madeline Ivalu



APPENDIX I – COMMUNITY BUSINESSES, ORGANIZATIONS AND COMMITTEES

I. IGLOOLIK BUSINESSES*

NAME OF BUSINESS	TYPE OF BUSINESS	NUMBER OF EMPLOYEES (Full Time/Part Time)
Aqiqiq Store	Small retail outlet (open seasonally)	2 PT
Baffinland Iron Mines	Community Liaison Office for Mining Company	1 FT
First Air	Airline Airport Staff	2 PT
Igloolik Isuma Productions Inc.	Film and Media	3 FT (when filming, dozens of locals are employed)
Inuit Broadcasting Corporation	Radio and television	1 PT
Northern Store	Large Corporate retail store; Post office is located there as well	35 (17 FT/18 PT)
Nunavut Power Corporation		
Savik Enterprises (Includes Canadian North airline employees)	Business Management and Development; Mechanic and Maintenance	6 (4 FT/2 PT)
LRT Construction/ Carl's Woodworking	Construction/Real Estate Holding company	17 (2 FT/6 PT)
Kopak's Taxi	Taxi Service	3 PT
Tujurmivik Hotel	Hotel and restaurant	12 (6 FT/6 PT)
Housing Association		

* This list was first compiled in May 2009, some changes may have occurred

II. IGLOOLIK COMMUNITY ORGANIZATIONS

NAME OF BUSINESS	TYPE OF BUSINESS	NUMBER OF EMPLOYEES (Full Time/Part Time)
Igloolik Co-operative Igloolik Inn	Social Enterprise: co-operative retail outlet; gas bar; cable and telephone services; coffee shop and convenience store	30 PT 23 FT (in the spring will increase to about 72 employees)
Igloolik Early Intervention Project (Head Start)	Early childhood education, parenting, women's cultural activities, evening family programs	7 FT/27 PT + volunteers (#'s unavailable)
Hunter's and Trapper's Association		1 FT
Inullarit Society	Support for Elders	Volunteer + 1 Administrative position
Public Library	Local library; housed in school	
Anglican Mission	Anglican Church	1 Minister, maintenance and assistants
Glad Tidings	Pentecostal Church	2 Leaders, several volunteers
Catholic Mission	Roman Catholic Church	1 Priest, 1 Clergyman, volunteers
Isumaksarsiuviik (Women's Group)	Women's support group, traditional women's activities	Unknown (volunteer's)
Elder's Committee	Hamlet Elders' Committee	13 members
ArtCirq	Performance youth troupe combining circus and Inuit art/themes	5 Core members; 17 other members including 1 Elder
Ikajurasuartiit Committee	Health and Wellness Committee with a focus on Elders on helping young parents	10 Members (Elders)
Alcohol Education Committee	Permits, awareness	
Youth Centre	Place for youth to gather; recreation	2 PT; volunteers
Housing Association		

III. HAMLET STANDING COMMITTEES

1. Recreation
2. Planning and Lands
3. By-Law
4. Search and Rescue
5. Economic Development
6. Health and Social Services
7. Justice
8. Radio Society
9. Cadets
10. Rangers
11. Director of Municipal Public Works
12. Observer Communicator
13. Arena
14. Municipal Liaison Officer
15. Fire Chief
16. Elementary School
17. High School
18. Mayor
19. RCMP
20. Health Centre
21. Mental Health Nurse
22. Community Government

IV. RECREATION

Maren Vsetual, Recreation Director, has a complete list of recreation facilities and programs/activities.

V. VACANT BUILDINGS

In progress

APPENDIX II – COMMUNITY GOALS AND WELLNESS ISSUES

IGLOOLIK COMMUNITY WELLNESS PLANNING GROUP (ICWPG)

Community Priorities

Group/Category A list is from number 1-24

Group/Category B list is from number 25-45 accordingly

The five suggestions made by the community and committee over the past seven months of consultation are the most important issues and concerns facing the community at present.

Areas the ICWPG should consider in their planning process as follows:

- The next step is for the ICWPG to meet with each of the groups individually and look at strategies of how we can work together to make this project a success;
- Different aspects of the problems in the community will be brainstormed with attention being paid as to how speed up the process of making these community priorities become a reality sooner rather than later; and
- A reasonable time target will be developed that identify key dates for starting, going through the planning process and completing the project.

List of issues that need to be considered and discussed during the public meeting and that the community planning committee members should note are:

1. Inuit families (including husband and wife and their children) do not help one another as much as they traditionally did in past;
2. The misuse of finances and wasting of money by all individual family members, on gambling, substance abuse and on prostitution is increasing;
3. The community has been waiting for a new Community hall for the longest time that the residents are less active and attending fewer activities;
4. The individuals that have been given any authority or made decisions on behalf of the community, do not consult with community members adequately and do not inform the community before and after decisions are made, causing frustration and adding to the issues facing the community;
5. The second generation Inuit descendents are too obsessed with sex and promiscuity is too rampant, resulting in an increase in more young women becoming pregnant. This results in more child protection services being used to intervene in most cases due to young women having children prematurely. This in turn causes displaced and homeless children;
6. Inuit Elders are financially abused by their adult children and grandchildren for useless trivial wasteful things;
7. Inuit Elders are emotionally abused by their extended families especially younger adults;
8. All schools include in their individual school curriculum Inuit methodologies on life and coping skills, facilitated by local Inuit Elders; and
9. Local churches are not fulfilling their traditional role of acting as mediators for disputes, causing mistrust and anger among all the parties involved and creating a lack of morality among the people.

GROUP A

SUGGESTIONS ISSUES/ CONCERNS	TYPE • Community • Business • Recreation	PRIORITY • Low • Medium • High	IMPLEMENTATION TIME • Immediate • Months • Years
Daycare Centre	Community	1st High	
Healing Centre	Community	2nd High	
Outdoor Recreational Park/Area	Recreation	3rd High	
Youth Centre	Community	4th High	
Elders Centre	Community	5th High	

The following table provides a list of priorities/issues concerns of how the residents would like to see Igloolik in the next 10 years.

SUGGESTIONS ISSUES/ CONCERNS	TYPE • Community • Business • Recreation	PRIORITY • Low • Medium • High	IMPLEMENTATION TIME • Immediate • Months • Years	NOTES
1. Movie Theatre				
2. Acting Workshops/ Facility				
3. Community Hall				
4. Arcade				
5. Picnic Area				
6. Bicycle Race Track				
7. Trampolines				
8. Middle School				
9. Food Bank				
10. Qarmaqs/Sod Houses				
11. By-Law Officer				
12. Campground for Inuit Cultural Programs				
13. Tutoring				
14. Upgrading of Life Skills				
15. Confidential healing programs (Rape Victims)				

chart continued on the next page

SUGGESTIONS ISSUES/ CONCERNS	TYPE • Community • Business • Recreation	PRIORITY • Low • Medium • High	IMPLEMENTATION TIME • Immediate • Months • Years	NOTES
16. More Elders ' Radio Shows				
17. Real Coffee Shop				
18. Blue Bins				
19. Advanced Inuktitut Speaking and Writing				
20. Inuit Youth hunting Mentoring Program				
21. Igloodik Island Clean-up				
22. RBC/CIBC Bank				
23. No Sports on Sunday				
24. More Inuit Working in supporting Roles i.e. Social Work				
25. A Tidy Igloodik				
26. Revise Curling Rink				
27. Make better use of Facilities				
28. Bowling Alley				
29. Wooden Garbage boxes				
30. Business clean-up their areas				
31. Country food bank				
32. Bring in legal aid lawyers to discuss rights				
33. Bring in Marriage counsellors for troubled couples				
34. Have community organizations settle disputes				
35. Minimize Alcohol and Drug Abuse in Community				
36. Use Elders to a greater degree				

chart continued on the next page

SUGGESTIONS ISSUES/ CONCERNS	TYPE • Community • Business • Recreation	PRIORITY • Low • Medium • High	IMPLEMENTATION TIME • Immediate • Months • Years	NOTES
37. Sitting area on beach for Elders in warmer months				
38. Drug Rehabilitation Centre				
39. A place for Elders only, not a hang out for others				
40. Laundromat				
41. Hamlet Clean-up of Public places				
42. Driving school for High School students/public				
43. Skidoo/vehicle parts garage				
44. Financial advisors for local families				
45. Build Qarmak residential areas				

APPENDIX III – ASSETS TO WELLNESS VISION

1. Hunters and Trappers Association - Could provide the country food bank
2. Inullarit Society /Ikajurasuartiit Committee - Using Elders more effectively, decision making on the Elders centre, decision making on qamaq (as in advisement of location), Inuit youth hunting mentoring, campground to learn traditional living
3. Isumaksarksiuvik (Women's Group) - Organization of the beautifications around town,
4. ArtCirq – Acting workshops, could play a role to help minimize drugs and alcohol among youth
5. Alcohol Education Committee – Minimizing alcohol abuse in the community,
6. Youth Centre – Tutoring, consulting in/with issues concerning youth
7. Recreation – Making better use of facilities, picnic area, bike track
8. By-Law – Assist in driving school
9. Health and Social Services – Marriage counselors for troubled couples, assist in getting legal aid lawyers to discuss human rights issues
10. Justice – Have community organization to settle community disputes
11. Municipal Liaison Officer – Tidy Igloolik
12. Health Centre – Drug rehab centre
13. Mental Health Nurse – Confidential healing; rape victims, spousal abuse, child abuse
14. RCMP – minimizing drug and alcohol abuse in the community, using Elders to a greater capacity; rehabilitation, counselling

[illegible]