



### *Elders' Assistance*

The KRG recently delivered \$500 cheques to over 560 elders throughout Nunavik. This assistance aims to alleviate some of the difficult socio-economic conditions faced by Nunavimmiut who were aged 60 or older on or before December 1, 2008. Elders generally have low personal incomes and their government social security benefits are not adapted to the region's cost of living. Although many elders still practise hunting, fishing and gathering activities, and receive harvested food from family members, 37% of elders stated in 2004 that they occasionally or regularly experience a shortage of food. This is the second year that the KRG has delivered this kind of assistance directly to elders.

### *Support for Inuit Harvesting Activities*

At the sitting of the KRG Council at the end of November, councillors reviewed the implementation of the Inuit harvesting activity support program. This support aims to increase the availability of country foods in Nunavik communities, in cooperation with each municipality, by assisting individuals with the purchase of certain harvesting equipment. Eligible equipment includes:

- safety equipment (HF radios, satellite phones, floatation suits, lifejackets, etc.);
- snowmobile, ATV and outboard motor parts;
- camping equipment (such as Coleman stoves and lanterns, sleeping bags, fishing nets, thermoses, etc.);
- sled construction and sewing materials (certain wood, Teflon runners, rope, duffle, fabric, etc.).

For more information on eligible items and the applicable discount, check with your local hunter support program. At their November sitting, KRG councillors reviewed how the support program is administered. They also stressed the need for Northern villages to submit to the KRG appropriate reporting on the local implementation of the program to access further funding.

### *Other Programs*

Nunavik's other cost-of-living programs are the Gasoline Subsidy Program, the Airfare Reduction Program, and the Transportation Subsidy Program. All these cost-of-living reduction measures have been made possible with a three-year subsidy from the Québec government, worth \$12.1 million.

## **Fire Fighters Honoured**



*KRG Chairperson Maggie Emudluk and ENPQ Director Michel Richet present Peter Angnatuk with his fire fighter certificate.*

On November 26 at the KRG Council sitting, eight Nunavimmiut received fire fighter certificates. These graduates are the first ever in Nunavik to successfully complete basic non-urban fire fighter training officially recognized in Québec and throughout North America. Both the KRG and the *École nationale des pompiers du Québec* (fire fighter academy, ENPQ) were instrumental in the smooth delivery of this training in the region this past fall.

The eight fire fighter graduates are:

- Daniel Niviaxie, Umiujaq;
- Eddie Ohaituk, Inukjuak;
- James Greig, Kangiqsujuaq;
- George Angnatuk, Quaqaq;
- Peter Angnatuk, Tasiujaq;
- Ingo Berendes and Craig Lingard, Kuujjuaq;
- Carl Karpik, Kangiqsualujjuaq.

By prioritizing and delivering better training, the KRG aims to improve emergency preparedness, prevention and fire interventions in Nunavik communities.

# Transfat Awareness

Nunavik public health officials met with KRG Councillors at their November sitting to explain a proposal to eliminate in Nunavik store-bought foods with high levels of transfat. In particular, transfat has been shown to contribute to poor cardiovascular health and some types of cancer, as well as adversely affecting early childhood development. Since June 2008, the Nunavik Nutrition and Health Committee (NNHC) has been raising awareness of this important issue and encouraging regional organizations and companies, like the Kativik School Board,

the region's two health centres, First Air and Air Inuit, to offer meals and snacks that do not contain transfat. Country foods, such as seal, arctic char and caribou, remain in Nunavik the best sources of healthy fats, rich in omega 3. The NNHC would like the KRG to actively support the elimination of transfat foods from stores in the region. The KRG plans to contribute to work to identify transfat-free food products that could be added to the new Food Program for Nunavik.

## KRPF Mascot



*The Kativik Regional Police Force's new mascot stopped by the KRG's November council meeting, in advance of visits to the region's schools beginning early in 2009. The mascot is part of efforts to improve understanding of the role of police in Nunavik's communities.*