

Kugluktuk is a place of tradition and culture when the special occasions arrive, like the Nattiq Frolics, Christmas Games, and the Fall Time Fishing Derby, you can feel a calmness with a sense of belonging to the community, but when the events are over it's like the people become lost.

The people of Kugluktuk are deeply impacted from the experience of residential school, for instance the loss of tradition in the way we live, such little items were introduced, the different foods, tools that were used to hunt with, transportation, the clothes we wear, and the loss of our language. These are all symptoms of having the highest rate of people who went to residential school in the north now largely detached from a sense of positive togetherness.

The people have no sense of identity or purpose so they act out their detachment with what's easiest and increasingly, overtime, too familiar by using drugs and alcohol. The main problems in families are jealousy and trust and also rape is a big impact on the women; therefore, the younger generation see that and they think that it is o.k. if not normal for them to do it too.

Kugluktuk has one of the highest rates of suicide, mostly the young people because they feel they have no one to turn to for the help they need and the people they care about say that they'll get over it in a matter of time cause that's what they were taught. The young people do not have inner strength or inner tools to help them ride the trials of life, living in self-denial, self-truth, and an inner peace they can count on. Rejection from an unhealthy relationship, for example, is frequently proven at times to result in death, self-

mutilation, and so on; often with their children involved, youth with kids so become depressed frequently in their own way and continue on the cycle of acting out with all forms of rage and self-worthlessness ... often with older family members doing the same against them to make the depression always on the forefront or just under the surface. Commitments to self and to others are often unhealthy and reinforced over the generations. People have real difficulties and lash out when their lives become positive, it's too unfamiliar to truly enjoy.

Too many single mothers are 'trapped' in over-crowded houses with their extended families, and this Christmas got hurt physically and mentally, for example from their abusive mothers ("respected elders") who went to residential school to have the young daughters/mothers spend most of the day crying and sleeping in their bedroom with their young children as spectators, neglected and crying or fighting among themselves, and wondering around the house naked, neglected and throwing things. Alcohol was banned, but several homes had drunk depressed parents setting the tone of the house with no pan to cook food hamper turkeys.

This project will provided people with inner-tools to think before reacting and produce in time to March 31, 2013 good examples and dignity for people to follow within the family unit.

Kugluktuk has a high rate of youth offenders also and it has dramatically went up since the closing of the Youth Centre. The kids used to go there and hang out all the time cause there was no where else to go when their parents are drinking or doing drugs, nowadays

they hang out with the wrong crowd and get influenced to do break-ins and steal snow machines and Hondas. It's so sad because as they grow up they are not taught how to prevent themselves from repeating the offence again, or how to respect themselves or others. The environment is unhealthy and tragic. There is no time spent to self-reflect and no safe space to provide the personal tools for self-reflection ... to feel confident to stand up to grow out of the oppression, many youth don't or refuse to dream dreams and work to make plans for their lives; they are born into depression and are 'safe' being a victim and victimized rather than feel healthy and constructive. That's the tragic comfort zone.

The Society for Building a Healthier Kugluktuk is proposing to help bring back self-respect and dignity which is important to renewing the integrity of our tradition and respect for culture in the community. The culture of depression, rage, low self-esteem and no future hope has to get replaced with the unique interactive and expressive forms of therapy that we propose with the help of Dr. Handley and the rest of our support team.

The Society for Building a Healthier Kugluktuk seeks to manage this Health Canada initiative until March 31 2013, with the approved budget format; Dr. Handley and his colleagues have been essential to shaping how we will be bringing healing to the community by increasing positive senses of identity, purpose, and unity; it will be this inculturation process that we use to address the intergenerational impacts of residential school that so challenge and continue to shame our community today.

The Society for Building a Healthier Kugluktuk would like to help bring healing and counselling services to the students of residential school and their families; the

intergenerational impacts of detachment need this initiative to help build a healthier and stronger community, your kind and generosity will help bring the community together.

It is essential to have this project and its annual projected budgets approved until March 31, 2013 to build momentum and public confidence in our pro-active and positive outreach services in partnership with Health Canada. It will take time and continuity to work on detachment and self-worth issues for the betterment and long-term growth of our community.

When the Truth and Reconciliation Commission comes to Kugluktuk in April 2011 because of the high concentration of impacted people and the depressed and oppressed culture here, we need this project firmly established and not 'between contracts,' wondering if funding will come again. We need our group and our activities to build with continuity, growth and awareness of the issues and opportunities, not to be on hold caught in basic the funding renewal process. Success stories don't come often here but when they do its positive benefit on morale and trust is significant. We need to seize every opportunity to sustain that. The announcement of such a contract commitment to March 31, 2013 will bring positive public confidence to our purpose and a positive belief in the overall project goals right from the start. It's an investment in the lives, future and partnerships in Kugluktuk.

Thank you for your support,

Sheila Klengenberg,



Director – The Society for Building a Healthier Kugluktuk

Tuesday, January 18, 2011


I am a member of the Nunavut Elders Advisory Committee for the Government of Nunavut, which reviews and informs new policies to develop more meaningful programs.

I support the Society for Building A Healthier Kugluktuk in getting the resources to help the community with this 2 plus year Health Canada project. The commitment of the society and Health Canada working in partnership will help piece together the community, which has fallen apart from the impacts of residential school.

I strongly agree that this community will have a great and positive outcome with Health Canada's help and support.

I also recognize that the Kugluktuk Radio Society will help in keeping the project well maintained and up and running through their organizational mentorship, so you can certainly rely on them to offer project support and the appropriate facilities for this important project.

Yours truly,


Joseph Niptanatiak