

## NORTH OF 60 – Summer 2023 – Ontario Region

North of 60 had an extremely busy summer sending food and household goods to 10 different communities across Nunavut. Our Vincentian ability to gift and share food, helps to alleviate the struggles and stress of many families caused by extremely high food prices across Nunavut. Truthfully, the further north a community is situated, the higher the price per item paid.

The communities of Whale Cove (St Raphael's Conference Burlington), Rankin Inlet (Ottawa Particular Council), Chesterfield Inlet (Kitchener-Waterloo Particular Council), Naujaat (St. Catherine's Central Council), Coral Harbour (Hamilton Particular Council), Gjoa Haven (Windsor Central Council), Taloyoak (St Paul's Conference Markham) and Sanirajak (Elizabeth Seton Conference New Market) each received a 20 foot sea container filled with much needed food and hygiene products.

Two other communities, Kugaaruk (Peel Particular Council) and Baker Lake (St Mary Conference, Collingwood) received roughly 5.5 pallets (6.5 feet high) of food. These communities were blessed with financial support that allowed food to be purchased locally and shipped to their shoreline.

It is really exciting that communications with our northern communities have taken a big upswing. This has helped us to know more about personal situations for our families. Being able to share true life problems allows for greater understanding and our increased desire to "help in all possible ways".

There was one somewhat tense situation – but it was for Ontario. The inflationary costs to crucial parts of the logistics – heavy lifts on to the trucks. These costs more than doubled this summer. Plus, some companies also added a gasoline surcharge. However, we managed to meet the demand.

Your continued help is pivotal to this project. Baker Lake has lived in hope of adoption for the past 4 years. The skids they received this summer will sustain them for perhaps 5 months whereas a sea container would provide for 10 or 11 months. Please consider financially supporting them or adopting the community of Baker Lake to fill a sea container.

There are 3 ways to be supportive: adoption is a big decision, but you will not be alone in your journey. Working alongside a Conference/Council to jointly support a northern community and yes, financial support. This support may be used to buy food, or to help buy sea containers, or to support the logistics of the project, ALL ESSENTIAL pieces of the North of 60 Project.

Please enjoy these photos from this summer.



The community of Kugaaruk – moms coming for their first hampers.



Natasha, in Baker Lake, makes a home visit to this elder every 2 week to bring food and goodwill. She often goes back to prepare meals for her too.

