

Takuttalirilli!

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ANIMALS OF KENYA

Photography by Alexander Hoffman

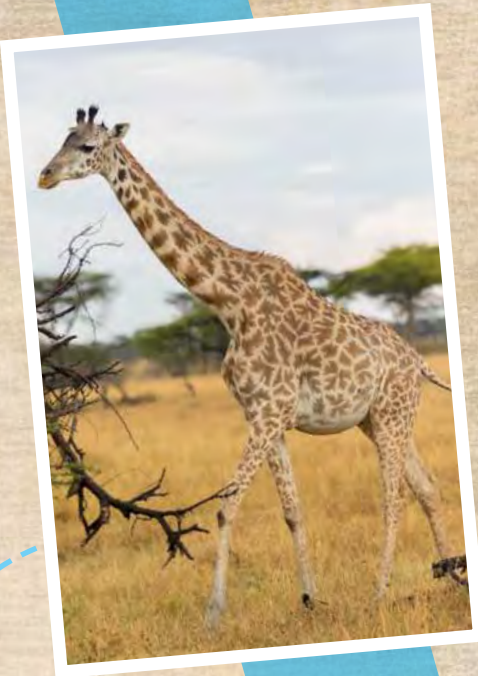
You probably know about different animals in Nunavut. There are big animals and small ones. There are animals that only eat plants and animals that hunt and eat other animals. Some animals live alone and some live in groups.

Have you ever wondered about animals in other parts of the world? In Kenya, a country in Africa, you will find many different kinds of animals. This big country has an ocean on one border. It has deserts, grasslands, and mountains. It doesn't snow there, but it does rain a lot.

Just like in Nunavut, there are herbivores, carnivores, and omnivores in Kenya. Here are some facts about the animals of Kenya.

HERBIVORES

Some animals in Kenya only eat plants. These are called herbivores (like caribou).



Giraffe

Giraffes are the tallest animal on earth. With their long necks, giraffes can eat the leaves, fruits, and branches at the tops of trees. They live in small herds of around 20. Each giraffe's pattern of spots is unique, just like humans' fingerprints.



Waterbuck

Waterbucks are large antelopes, with hooves like caribou. Males have big horns that can grow up to a metre tall. Waterbucks live close to water, but they don't swim. Instead, they wade into water if a predator comes near. Waterbucks eat plants that grow near water sources.



Warthog

Warthogs look for food like roots, berries, and bark at dawn and dusk. Warthogs live in dens in the grasslands. But they don't make the dens themselves. They find ones that other animals have abandoned.

Zebra

Zebras eat grasses and shrubs. They live in herds all across East Africa. Scientists think that zebras' stripes help them to survive. When a herd of zebras are moving together, predators can be confused by all the stripes. Predators don't know what they are seeing, so they leave the herd of zebras alone.

Some animals, called scavengers, search for dead things to eat. Scavengers in Nunavut include wolverines and ravens.

In Kenya, vultures are a well-known scavenger. They spend most of their time in the air, looking for dead animals on the ground to eat. A group of vultures can strip all the meat off a 45-kilogram carcass in less than five minutes!

CARNIVORES

Some animals in Kenya only eat meat. These are called carnivores. These predators, like polar bears in Nunavut, hunt other animals to eat.



Leopard

Leopards are large cats that have a pattern of spots all over their bodies. They hunt animals like wildebeests, baboons, and antelopes. Leopards are great climbers. They will often hide their kills high up in tree branches to eat later.



Lion

Lions eat zebras, giraffes, antelopes, and even elephants. Lions live in groups called prides. Hunting is mostly done by the female lions, who bring their kills back for the whole pride to eat. But sometimes the males will hunt too.



Cheetah

Cheetahs have spots like leopards. But they have smaller bodies than leopards. Cheetahs are the fastest land animal in the world. They can run as fast as 110 km/h! Cheetahs hunt animals like antelope, gazelles, and waterbucks.

OMNIVORES

Some animals in Kenya eat plants and meat. These are called omnivores, like Arctic foxes in Nunavut.



Vervet Monkey

These monkeys eat the leaves, flowers, and roots of plants. They will also eat small rodents, birds, lizards, and insects. Vervet monkeys live in groups of 10 to 50. They are very social animals!

Jackal

Jackals eat almost anything they can find. They eat reptiles, birds, insects, fruits, berries, and grass. They even work together to hunt and kill small antelope. Jackals mate for life, and the mated pair lives together. ■



Agama Lizard

This colourful lizard is a special kind of omnivore called an insectivore. That means it eats a lot of insects. Agama lizards catch their prey by sticking out their tongues! Bugs stick to the end of the tongue and are pulled into the lizard's mouth. This lizard also eats plants and small mammals and reptiles.



You've probably seen lots of messages around your school and community about help lines. A help line is a number you can call whenever you need someone to talk to. There are many different help lines, including Nunavut Kamatsiaqtut, Kids Help Phone, and the LifeLine App.

But what's it like to call a help line? Here are answers to some common questions about help lines.

Who will answer the phone?

Most help lines are staffed by trained volunteers. This means they are ordinary people who don't get paid for working there. Help-line volunteers usually aren't doctors or therapists or social workers. But they do get a lot of training in how to help someone through a problem.

One of the most important skills for a help-line volunteer is active listening. Active listening means to pay careful attention to what someone is saying. A volunteer at a help line will listen to what you say with compassion and without judgment. They will ask you questions to help you think about your problem. They might not be able to solve your problem, but they will make you feel heard and respected.



FAQ:

What to Expect When You Call a Help Line

When should I call a help line?

You can call a help line anytime for any reason at all. Here are some common reasons you might call a help line:

- ▶ You are feeling frustrated after a fight with a friend.
- ▶ You just found out you are pregnant and you're not sure what to do.
- ▶ You are having trouble with challenges at home or in your relationship with a parent or guardian.
- ▶ You just got some good news and want to share it with someone!
- ▶ You have a friend who is talking about suicide, and you're worried.
- ▶ You are thinking about suicide yourself.

Anytime you want to talk to someone is a good time to call a help line. Most help lines have volunteers available to talk 24 hours a day, 7 days a week.

Are help lines anonymous?

Yes. Help line volunteers are not allowed to talk about what you tell them with anyone else. They will not tell you their name, and you don't have to tell them your name, where you live, or any other identifying details.

There are a couple of situations when a help line volunteer might call the RCMP. For example, a volunteer might call the police if they believe that you or someone close to you is in immediate physical danger. This is really rare, though.



My problem seems really small and silly. I don't want to waste the help line's time when there are people with real problems.

There's no such thing as a silly problem! Your problems are real and you have a right to talk about them. Help line volunteers are used to talking about all sorts of problems. Sometimes people who call don't even have a specific problem and they just want to talk to someone about what's going on in their life. That's okay too!

My problem is too big and scary for a help line. I don't think they'll be able to help me.

It's true that a volunteer at a help line can't solve your problem for you. But they can listen, and maybe help you think about your problem in a new way. Talking about your problems can often make you feel a lot better.

The volunteer might also be able to direct you to other resources that can help. The volunteer will have a contact list of people and organizations in your community and across Canada that specialize in your specific problem.



Noah Piugaattuk was a respected Elder from Iglulik. He spoke a lot about the importance of talking through problems. Here are some of his thoughts on the subject:

“We are encouraged to disclose any ill thoughts we might have within us and not to keep these things to ourselves. It is better that we disclose these things sooner so that we are at ease with ourselves....It is not healthy to keep things bottled....Once you have talked about your problem, you will feel so much better and will not have your problems bottled up. This is a solution to problems.”

What if I would prefer to text?

Many help lines now offer text or online chat help. This is a good solution for people who prefer to write things out, or who don't have a lot of privacy to talk on the phone. Kids Help Phone and the LifeLineApp are two help lines that offer text and online chat options. Nunavut Kamatsiaqtut is also working on setting up a text service.

What's the bottom line?

It's normal to feel a little bit nervous about calling a help line. But if you give it a try, you'll soon be talking to someone friendly and compassionate who really wants to help you. No matter how small or how big your problem, there is always someone available at one of these help lines who can talk about it with you. ■



For anonymous support, you can reach out to:

- ✓ **Nunavut Kamatsiaqtut Helpline** (available 24 hours a day, seven days a week) at 1-867-979-3333 or toll-free at 1-800-265-3333
- ✓ **Crisis Services Canada**—call or send a text to 1-833-456-4566
- ✓ **Call 1-800-668-6868** or chat with **Kids Help Phone** at kidshelpphone.ca

What Could I Be?

Take this quiz to help you figure out what kind of career you might like to have!

1. How do you like to spend your spare time?

- a. Doing something active (exercising, hiking, boating, hunting)
- b. Hanging out with friends
- c. Reading, crafting, or doing another quiet activity
- d. Building or fixing something

2. What kind of video game would you most like to play?

- a. A combat-based game
- b. A multi-player role-playing game
- c. A puzzle-solving game
- d. A game where you explore new worlds

3. What is most important to you in a future career?

- a. Variety and excitement
- b. Helping people
- c. Routine
- d. Getting to work with your hands

4. What types of extracurricular activities do you like?

- a. Team sports, like hockey or baseball
- b. Volunteering with kids or looking after younger siblings
- c. Chess club or writing club
- d. Crafting or robotics

5. What's your favourite subject in school?

- a. Gym
- b. Social Studies
- c. Math or Language Arts
- d. Shop

If you got...

Mostly a's: Emergency services

You enjoy new things and you don't like routine! You also handle stress well. You would do well in a career where you are active and busy and where every day is a new challenge.

Possible careers:

- Paramedic
- Firefighter
- RCMP officer

Mostly b's: Helping professions

Helping people is important to you! You love helping others, especially children, and you have an open and friendly attitude that makes people feel comfortable around you.

Possible careers:

- Teacher
- Social worker
- Nurse

Mostly c's: An office job

You do best with stability and routine. You're a great problem solver and communicator. People admire you for your independence and your organization!

Possible careers:

- Government worker
- Lawyer or paralegal
- Accountant or business manager

Mostly d's: A practical, hands-on career

Whenever anyone needs their ATV fixed, they come to you. You have an in-depth knowledge of how to build, fix, or make just about anything. You probably have great land skills too!

Possible careers:

- Skilled trades (plumber, electrician)
- Outfitter/tourism operator
- Jewellery or clothing designer

Did you know?

Nunavut Arctic College offers a wide variety of programs and classes every year. Some of the programs can help you start a career as a translator, teacher, nurse, lawyer, jewellery designer, plumber, or heavy equipment operator, to name a few! Check out arcticcollege.ca for more information about their programs.



I WANT TO BE A

MECHANIC

An automotive service technician, or a mechanic, is a tradesperson who repairs and maintains motorized vehicles. A mechanic might work on small vehicles, like ATVs, and also large vehicles, like bulldozers. A mechanic needs to understand how different types of vehicles work and how to fix them. A mechanic is a type of **skilled trade**.

What are skilled trades?

Skilled trades are types of jobs that are hands-on and require specific skills. Many jobs in the trades create or maintain infrastructure, like buildings and roads. People who work in the trades are called **tradespeople**.

Examples of people who work in skilled trades are plumbers, electricians, heavy equipment technicians, and welders.

What skills do mechanics need?

Mechanics have many important skills. These skills include:

- Inspecting and maintaining vehicles
- Diagnosing problems with vehicles
- Assembling and disassembling mechanical components

Why are mechanics important in the North?

Mechanics are important tradespeople in the North because they fix machines that provide essential services to communities. Water trucks, sewage trucks, school buses, ambulances, and fire trucks are all important vehicles in communities. For example, if the water truck couldn't deliver water to homes,

people wouldn't have water to drink, or to cook or clean with. Mechanics make sure that important vehicles are kept on Nunavut's roads.

Climate can take a big toll on vehicles, making mechanics even more important in the North. For example, snowmobiles are often stored outdoors in freezing temperatures and their oil can sometimes freeze. When a snowmobile breaks, not everyone has access to a warm space to work on their machine. A mechanic can bring the snowmobile into their garage to repair it and make sure it's working properly.

How do I become a mechanic?

If you're interested in becoming a mechanic, try to work with machines whenever you get the chance. Ask to help a family member when they're fixing a machine and get to know different types of engines. A great way to learn about different types of machines is to become an apprentice. As an apprentice, you learn a trade on the job from an experienced tradesperson. There are also many automotive technician programs at colleges around the country that can help you learn the skills you need to become a mechanic.

Mechanics are important tradespeople in Nunavut. Without them, we wouldn't have school buses to get to school, trucks to get to the grocery store, or snowmobiles to take us out on the land! ■



Learn about engines at a Skills Club!

There are extracurricular clubs called Skills Clubs in many high schools across Nunavut. Students can learn skills ranging from photography to carpentry at Skills Clubs. You can even learn about small engines! For more information about Skills Clubs and how to start one if your school doesn't yet have one, check out www.skillsnunavut.ca.





THE QAMUTIK CUP

By Devon Jackson

What is the best way to end a dog sled race? With a hockey tournament, of course!

Every year, mushers and their dogs race 500 kilometres across Baffin Island in the Nunavut Quest. To celebrate the end of the race, hockey teams from Baffin Region play in the Qamutik Cup tournament. The winning team takes home the grand prize: the Qamutik Cup. Imagine winning the Stanley Cup of Qikiqtaaluk! They look similar, right?

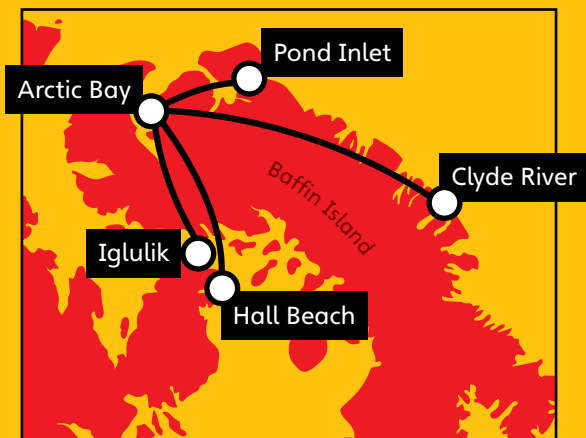
Did you know the Stanley Cup came to Arctic Bay in 2016?

The entire community came out for the once-in-a-lifetime chance to see the NHL trophy!



One big challenge of the Qamutik Cup is getting all the players to one community. In 2019, seven teams from five communities came to Arctic Bay by plane or snowmobile and qamutiik. Luckily the weather cooperated, so everyone was able to arrive safely.

Communities take turns hosting the tournament. At the tournament in Arctic Bay, they got to use their brand-new Zamboni to keep the ice smooth. Before they got the Zamboni, they used buckets of water, scrapers, and mops to smooth the surface. Faster ice resurfacing means more time for hockey!



The tournament is round-robin style. Twenty-five games are played over eight days. People say that hockey fever hits the host community every year. The tournament is all anyone can talk about!

The Qamutik Cup is one of the most exciting events of the year. People get to watch Canada's favourite sport and cheer on their community!



This photo shows members of the team from Iglulik that won the 2019 cup. Maybe one day you will compete for the Qamutik Cup and win it for your community. Sharpen your skates and keep on shooting! ■



The Qamutik Cup is named after the traditional sled – the same kind that Nunavut Quest mushers use!



THE SCIENCE OF SNOW

Snow is all around you in Nunavut for many months of the year. Take this quiz to see how many snow facts you know!

1

Snow is really water that freezes around some dust.

True or False?

2

All snowflakes are eight-sided.

True or False?

3

Snow is white.

True or False?

4

All snowflakes fall to the ground at the same speed.

True or False?

5

Different kinds of snow can change the way we hear things.

True or False?

Answers

1

True! When water is gas, it takes the form of water vapour. Snow starts when water vapour in a cloud freezes to a particle of dust. As these icy particles fall from the sky, they stick to each other, becoming snowflakes. Each snowflake can be made of about 100,000 particles of ice.

2

False! All snowflakes are six-sided. This is because of the way water freezes. As the molecules that make up water connect with each other, they always form six-sided structures.

3

False! Snow is colourless and translucent. That means some light can pass through it, but not as easily as light passes through something transparent, like glass. The light that can't pass through snow gets reflected off it. Our eyes see the light from snowflakes as white. The same effect happens when we see deep-packed snow that looks blue. Other colours are absorbed in the many layers of deep snow, and our eyes see the reflected light as blue.

4

False! Snow can fall as slowly as 1.6 km/hour or as quickly as 14 km/hour. It depends on the speed of the wind and how heavy the snowflake is.

5

True! When a thick, fluffy layer of new snow covers the land, it absorbs sound waves. That can dampen sound, which makes snowy days seem quieter. As snow ages and hardens, it reflects soundwaves, so you can hear things over farther distances! ■



The COVID-19 pandemic has changed how millions of people around the world do their jobs. That includes people right here in Nunavut!

WHAT IS A PANDEMIC?

A pandemic is when a disease infects a large number of people spread out in different areas. This is different from an epidemic, which is when a disease infects a large number of people in the same area.

How has work changed because of the pandemic?

Many people, including teachers and office workers, have had to work from home to help stop the spread of COVID-19. Changes had to be made at workplaces that remained open. These changes help keep staff and customers safe. For example, safety barriers were installed in post offices and stores around Nunavut.

How has work changed for essential workers?

Some people have been able to work from home during the pandemic. But some jobs cannot be done from home. This includes many jobs related to food, transportation, health care, and other important services. This work must still be done because communities rely on these services. The workers who perform these types of jobs are called **essential workers**.

WHAT IS AN ESSENTIAL WORKER?

Essential workers perform work that is important to everyone's health and safety. Communities can't function without essential workers, not even temporarily. Examples of essential workers in Nunavut are:

- Grocery store clerks
- Nurses
- Firefighters
- Water truck drivers
- People who work at Elders' homes

Businesses like local Co-ops saw a lot of changes during the pandemic. Co-op employees continued to go to work because people still needed essential supplies, such as food. Co-ops have kept employees and customers safe by:

- Installing clear plastic shields in front of cashiers and customer service areas
- Cleaning and sanitizing areas more often
- Providing hand sanitizer to customers
- Introducing social distancing measures, like placing stickers on the floor to encourage people to stay a safe distance away from others
- Encouraging employees and customers to wear **PPE**, like face masks

Local Co-ops and other businesses have made many changes during the COVID-19 pandemic. These changes make sure that all staff and customers are safe while shopping for essential supplies.

DID YOU KNOW?

Shopping in local stores has a big impact on communities. Buying from local businesses provides jobs to community members and helps keep important items available all year round. Next time you're shopping online, choose a local business instead. Every dollar you spend matters to your community!

WHAT'S PPE?

PPE stands for “personal protective equipment.” PPE is gear that people wear to protect themselves from different hazards. PPE includes:



Safety glasses and hearing protection (to protect the eyes and ears)



Latex and wire mesh gloves (to protect the hands)



Lab coats and fireproof suits (to protect the body)



Masks (to protect the respiratory system)

Many workers, students, and businesses have adapted to new challenges during the COVID-19 pandemic. By working together and supporting each other, Nunavummiut help keep each other safe. ■

Pilot



When Doris Ipeelee was seven years old, she toured a helicopter outside of her school in Iqaluit. During the tour, she asked the helicopter pilot if she could be a pilot someday. The pilot said yes, and ever since then, Doris has wanted to be a pilot. She has been training in Ottawa to become a pilot for the past three years.



Pilot Licences

There are many different types of piloting licences and certifications with their own requirements.

Private Pilot Licence (PPL): This licence allows pilots to fly some types of planes for their own personal use.

Commercial Pilot Licence (CPL): This licence allows pilots to get a job with an airline, like Canadian North.

Ratings: Ratings are extra certifications that pilots can get in addition to their licence. Some ratings allow pilots to fly types of aircraft other than airplanes, like hot-air balloons or gliders. Other ratings allow them to teach people who want to become pilots.

Doris attends the First Nations Technical Institute, or FNTI, in Ottawa. She says that FNTI is different from other flight schools because it's the only flight school in Canada that is for First Nations, Métis, and Inuit students. On top of flight courses, Doris learns spearfishing, First Nations history, and on-the-land survival training as part of her program.

While at school, Doris has learned skills to safely fly planes, such as:

- How to navigate a plane in bad weather and in the dark
- How engines and equipment operate
- How wind, temperature, and other weather conditions affect flying

Doris says that the best part about being a pilot is that there's always more to learn: "There's always new types of aircraft coming out and different types of ratings you can get. I'll never be bored!" After she gets her CPL and additional ratings, Doris hopes to eventually become a helicopter pilot for the Canadian Armed Forces.

Doris is also a director for Canadian Aviation Pride, a non-profit organization that promotes diversity and supports LGBTQ+ people in aviation. The aviation industry includes everyone who works with aircraft. As a bisexual woman, Doris says that it's important to have support in the aviation industry. She hopes to help make aviation an accepting and welcoming industry for LGBTQ+ people.

Did you know?

Women make up 6 percent of pilots around the world. Melissa Haney is the first Inuk woman to reach the rank of captain. Haney is a pilot for Air Inuit, and she flies all over Nunavik.

Pilots help all Nunavummiut by delivering essential supplies, like food and medicine. Doris says that if you are thinking about a career in aviation, "Don't let anyone tell you that you can't do it, because you can. See how far you can go!" ■





*How to
Prepare for
an Interview*

You applied for a part-time job and now you have an interview. That's awesome! Now what?

A job interview is your chance to show the company that is hiring that you're the best person for the job. Having a job interview is exciting, but it can also feel like a lot of pressure, especially if you haven't interviewed for a job before. Being well prepared will help you feel more comfortable during the job interview. With these tips and tricks to help you prepare, you'll definitely make a great first impression!

Do Your Research

When preparing for your interview, the first thing to do is research the job and the company. Search online for the company's values, goals, and history. If you know someone who works there, ask them what the company is like. They might also be able to give you some tips about what you can expect during the interview.

Practise

Ask a friend or family member to pretend to interview you. It might sound cheesy, but this will help you build your confidence. If you practise ahead of time, you'll feel less nervous during the actual interview. Here are some good questions to practise answering before your interview:

- Why would you be good at this job?
- What are your strengths?
- What do you know about this company or this job?
- Can you tell me more about yourself?

If you want more ideas for practice questions, there are lots available online!

For a list of common interview questions and articles about getting your first job, check out the website www.indeed.com.

The Day Before

Try to prepare what you'll need for your interview the day before. Pick out the outfit that you want to wear for the interview and hang it up. Remember that the interview is your chance to make a good first impression, so make sure your clothes are clean!

If someone is going to drive you to your interview, confirm what time you are going to leave so you know that you will make it to your interview on time. If you're planning to walk, make sure you know what time you should leave your house. It's a good idea to arrive about 10 minutes early for your interview, so keep that in mind.

Interview Day

It's the big day! You've practised your interview skills and now you are totally prepared for your interview. One of the most important things is to be on time, or, ideally, a little bit early. This shows the person who might hire you that you are reliable.

5X5 Breathing

If you feel nervous before your interview, try this breathing exercise to help you stay calm.

1. Breathe in through your nose for 5 seconds.
2. Breathe out through your mouth for 5 seconds.
3. Repeat this 5 times.

During the Interview

You've prepared and practised for this interview. Now is your time to shine! During the interview, there might be just one person interviewing you or there might be a few people. If there's more than one person, that just means there are more people to see how fantastic you are!

Try to remember the names of the interviewers as they introduce themselves and use their names during the interview. This shows them that you are a good listener and have a great memory!

Interview Tips

- Arrive on time (or a little bit early)
- Be polite
- Know your schedule in case you are asked when you are available to work
- Be yourself!

At the beginning of the interview, the interviewers may explain the interview process and then start asking you questions. When you answer the questions, try to use examples from your life that show that you have certain skills or qualities. For example, the interviewer might ask if you are reliable. Think of a situation when you have shown reliability. A few examples might be your amazing attendance record at school or that you rarely miss hockey games because you know your team depends on you.

At the end of the interview, the interviewers might ask you if you have any questions. This is your opportunity to ask them anything you want to know about the job, and it also shows the interviewer that you are genuinely interested in the job. Think of a question to ask before the interview so you are prepared. An example of a question to ask is, “What would a typical day at this job look like?”

After the Interview

When your interview is finished, make sure to thank all of your interviewers for taking the time to talk to you. This shows them that you are polite and have great social skills! If you have your interviewers' email addresses, it's a good idea to write them a short note thanking them for their time. Here is a sample note you can modify:

Dear [interviewers' names],

Thank you so much for taking the time to meet with me today. I really enjoyed learning more about the cashier job. I look forward to hearing from you soon!

Sincerely,

[your name]

It's normal if you feel nervous before an interview. It's a lot of pressure! The more you practise and prepare for your interview, the more confident you will feel.

Now that you are ready for your next job interview, get out there and show everyone that YOU are the best person for the job! ■



Northern Beats!

Listen to *ataataga* by Riit



Riit's latest album is making waves in the Canadian music scene for the musician's groundbreaking mix of electronic music and throat singing. *ataataga* is a tribute to Riit's father, who passed away from cancer in 2013. The singer was raised in Panniqtuuq and now lives in Iqaluit. She says that she was influenced by her father's taste in music from a young age. *ataataga* sounds different from Riit's previous music because of the album's electronic sounds and powerful beats.

When you listen to *ataataga*, you might be able to hear some familiar sounds. The album features audio recordings of crunching snow, an ulu being sharpened, caribou meat being butchered, and even ravens at the Iqaluit dump!

Many of the songs on *ataataga* have lyrics about residential schools, trauma, abuse, and loss. Riit wants to encourage Inuit to keep talking about these things. She hopes that her music will help other people express how they're feeling. The singer says, "I want other Inuit to know that they aren't alone."

One of the songs, titled "#uvangattauq," is about domestic violence. As a survivor of domestic violence, Riit said that she felt alone when she was in an unsafe situation. She thought it was important to write a song to let other young Inuit women know that they aren't alone.

The lyrics on this album are in Inuktitut, just like on her other albums. Making music in Inuktitut is very important to the singer. She hopes that her music will motivate young people to keep speaking Inuktitut or to learn it if they don't already speak the language. Riit says, "I hope that one day Nunavut gets to the point where we're only speaking Inuktitut to each other."

Riit was nominated for many awards for *ataataga*, including a Juno for Best Indigenous Artist or Group of the Year! You can listen to *ataataga* on Spotify, Apple Music, or YouTube. ■

Did you know?

You might recognize Riit from TV! The singer is the host of the children's television show called *Anaana's Tent*. The show teaches preschoolers about Inuit culture in Inuktitut.



If you or someone you know is experiencing domestic or family violence, you can:

- > Call your local Community Justice Outreach Worker or Community Social Services Worker
- > Call the Nunavut Kamatsiaqtut Help Line at 1-867-979-3333
- > Reach out to a trusted adult, like a teacher or an Elder

Hannah Tooktoo: Cycling for Mental Health

Hannah Tooktoo is an artist and mother from Kuujuaq, Nunavik. She is a graduate of Nunavik Sivunitsavut in Quebec. She has lived and studied in Montreal. In 2019, instead of going home for summer break like usual, Hannah flew to British Columbia. That's because she decided to bicycle across Canada to raise awareness about suicide.

Hannah's cousin died by suicide in April 2018. Hannah says she felt lonely and isolated, far from her community. It was hard for her to grieve for her cousin alone. She says she asked herself, "What can I do to heal myself, and what I can I do to do my part?"

Hannah loves to be active. She says, "Biking is medicine for your body, [your] mind and your soul." Once she had decided to cycle across Canada, she trained for a month by going on very long bike rides.

Hannah called her cycle tour Anirnimi Kipsisina, or "Do Not Cut Your Life Short" in English. She biked for 55 days from British Columbia to Quebec. She spent a lot of time in Indigenous communities and spoke with Indigenous leaders. Many people held events for her to share her message. Other people would speak about their own experiences at the events.





She said the tour was difficult at times. The mountains in BC were challenging to cycle. And she missed her family. But Hannah says that the tour was a way for her to feel in control of her life again. It was also a great way to raise awareness about the need for mental health services in Inuit and First Nations communities.

When she arrived in Montreal at the end of her tour, a group of people were there to cheer her on. And she got to spend time with her family and her young daughter.

Hannah also raised over \$25,000. The donations helped fund her trip, and she donated the rest to mental health organizations in Nunavik. ■

If you or someone you know is considering suicide, there is help. Call one of these support lines:

Kamatsiaqtut Help Line
(Inuktitut services available)
1-800-265-3333

Crisis Services Canada: Use the online chat, call, or send a text to
1-833-456-4566

First Nations and Inuit Hope for Wellness Help Line
1-855-242-3310

Services for Youth

Youthspace.ca: Use the online chat, or send a text message to
778-783-0177

Kids Help Phone
1-800-668-6868



WELDER

Norman Eecherk has been a welder for over 10 years. After watching a television show about welders repairing motorcycles, Norman decided to apply for a welding **apprenticeship**. After he completed his apprenticeship, Norman moved to Saskatchewan to build oil rigs. He later moved to Rankin Inlet to work as a welder at the mine.

Welders create and repair metal structures and equipment using heat and pressure. A welder can build many things, such as a metal storage unit or a bridge. Welders can even repair a broken snowmobile. Welding is an important **skilled trade** in the North. Welders can work for mining companies, automotive shops, or run their own small business.

What's a skilled trade?

Skilled trades are jobs that require certain skills and training. Tradespeople learn these skills through college programs or apprenticeships. Carpenters, cooks, housing maintainers, and painters are all examples of people who work in skilled trades.

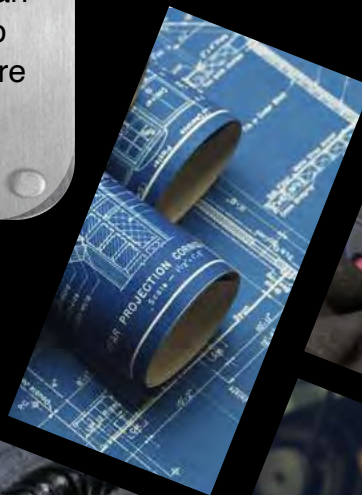
What's an apprenticeship?

An apprenticeship is when you learn a skilled trade by working with an experienced tradesperson. You can also enroll in a pre-apprenticeship program to learn some skills before starting your apprenticeship.

What skills do welders need?

Norman did his welding apprenticeship in Hay River. He learned the skills that a welder needs to know, such as:

- How to read blueprints and drawings
- How to operate specialized equipment and tools
- How to inspect metal components and structures
- How to repair and cut metal



Why are welders important in the North?

Norman says that welding is an important skill to have in the North because there are always ATVs, snowmobiles, and boats that need repair. Instead of buying equipment from down south, welders can build equipment out of steel and aluminum. Using metal he finds at the dump, Norman can create trailers, tools, and hunting equipment.

How can I become a welder?

To become a welder, you need a high school diploma. Most welders complete a three-year apprenticeship program. In order to become an apprentice, an employer must sponsor you. This means that an employer will provide hands-on training at work. An apprenticeship is a great way to learn because you work with experienced tradespeople while also getting paid.

If you are thinking about a career as a welder, Norman says to keep working hard and get your education. To learn more about skilled trades, visit the Skills/Compétences Canada website. ■

Norman is a **Red Seal welder**.

The Red Seal means he has met a national standard for welding. As a Red Seal welder, Norman can work as a welder anywhere in Canada. There are many trades that have Red Seal exams, including electricians, bakers, and carpenters.





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