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**Could You Live
in Outer Space?**

**What Do I Call You?
Kinship Names**

**Northern
Beats!**

**The Jerry Cans are
taking over the world!**

Introduction

Welcome to the first issue of *Takuttalirilli!* Magazine. This is a magazine all about you: your world and your experiences as a young Nunavummiutaq.

Each issue is packed with stories, reviews, articles, information, photos, and even a script.

In this issue, you'll read about traditional tattoos (page 18), a local badminton tournament (page 16), the music of the Jerry Cans (page 20), and elders' tales of hunting polar bear (page 12). Check out page 32 for a script to read out loud or act out about the orphan and the polar bear. Plus, there's a recipe, a photo essay, a video game review, and more.



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Takuttalirilli!

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Never Alone in Video Games

Review

by Kaitlin Tremblay

Never Alone (Kisima Injitchuᅇa) Upper One Games

Never Alone (Kisima Injitchuᅇa) is a video game about a young girl, Nuna, and an Arctic fox. Nuna and the Arctic fox jump between ice floes and survive a blizzard. Nuna and her Arctic fox need the aid of Helping Spirits to survive on the land. And to escape a polar bear who won't leave Nuna alone!

In *Never Alone*, you play on your own or with a friend. You play as both Nuna, a young Iñupiat girl, and an Arctic fox. Nuna and the Arctic fox have an adventure in order to save their village. As Nuna, you climb ropes and throw a bola to solve puzzles. As the Arctic fox, you jump very high and call on the Helping Spirits.

Never Alone mixes cultural knowledge with puzzle solving. Some of these puzzles include:

- how to not get blown away by a blizzard
- how to climb to great heights with the aid of the Helping Spirits
- how to safely escape a hungry polar bear

The whole game is narrated in the Iñupiaq language.

In this game, Iñupiat in Alaska share their stories and cultural knowledge. *Never Alone* was made by Upper One Games. Upper One Games is the first-ever Indigenous-owned commercial game company in the United States. Upper One Games worked with nearly 40 Iñupiat elders and storytellers to create this fascinating and fun game.



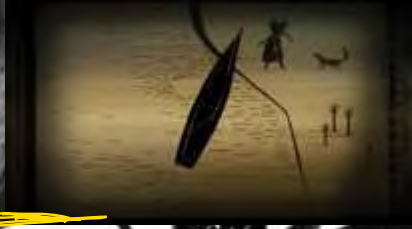
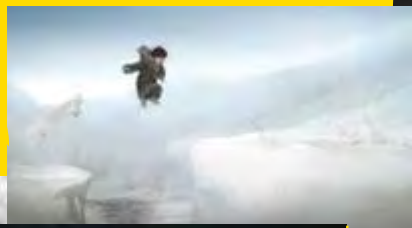
WHO ARE THE IÑUPIAT?

The Iñupiat are an Indigenous people in Alaska. They are closely related to Inuit in Nunavut and Greenland.



Never Alone is more than a video game. It also has brief documentary videos. These videos show Iñupiat elders and storytellers sharing traditional knowledge. As you succeed in the game, you learn more about the cultural history of the Iñupiat.

Never Alone shows us how we can share our stories through video games and learn more about the stories and experiences of other cultures, too.



COULD YOU LIVE IN OUTER SPACE?

As far as we know, Earth is the only planet in the whole universe that humans can live on. We haven't found another place that has air we can breathe, water we can drink, and enough warmth that we won't freeze! But there are some places that come close. One day we might have the technology to make one of these places our new home.

MARS

Maybe you could live on Mars. Scientists think Mars is a great place for people to live one day. Not many places outside of Earth have water, but Mars does. It's frozen below the ground. Mars has soil you could grow food in.

But people aren't ready to move to Mars yet. If you lived on Mars, you would need lots of oxygen and heat. Mars doesn't have air you can breathe. And Mars is very cold. Its average temperature is -60°C and it can get as cold as -126°C .

Mars has very low gravity. That means you could jump very high without trying too hard. If you can jump 1 metre (about 3 feet) when you do the one-foot high kick, on Mars, you could jump over 2.5 metres (almost 9 feet) with the same amount of effort!

Gravity is the force that pulls objects toward each other. It keeps us from falling off the surface of Earth as our planet spins.

Other places in the galaxy also have gravity, but that gravity might be different from ours on Earth. Mars has less than half the gravity Earth does.



TITAN



One day, you might be able to live on Titan. Titan is Saturn's largest moon. Like Mars, Titan has water. The only problem is, it's very, very cold on Titan. Titan's average temperature is -179°C . So there is water, as long as you don't mind chipping some ice and melting it first.

Titan is mostly flat. Its sky is orange! You could enjoy looking at the wide open sky all day, just like on the tundra. But one day on Titan is as long as 16 days on Earth, so you might want to bring some games with you, too.

Saturn is nine and a half times bigger than Earth.

It also has way more moons. We only have one moon, but Saturn has at least 62 moons of different sizes. And Saturn might have even more moons that scientists haven't discovered yet.



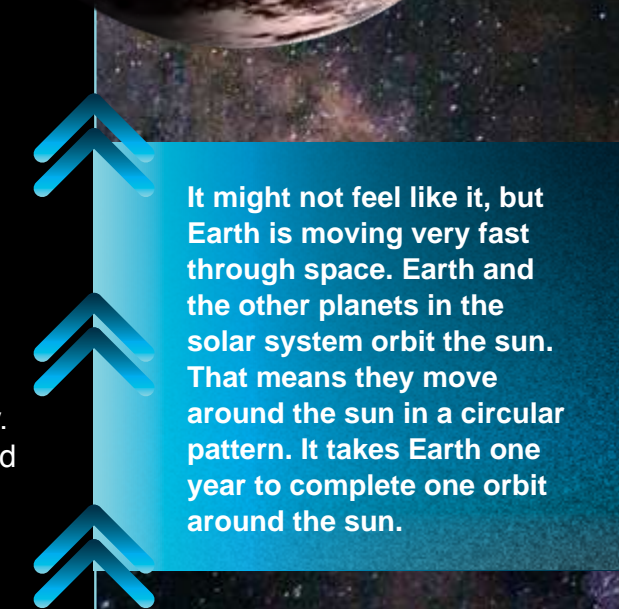


PROXIMA B

Where else could you live in space? Proxima b is a planet that might be a good home. Scientists think Proxima b might be around the same temperature as Earth. It's not too hot and not too cold.

Proxima b doesn't orbit our sun. That means it is not in our solar system. Proxima b orbits a star called Proxima Centauri. Proxima Centauri is our closest neighbour outside the solar system. It's about four light years away. That doesn't sound very far, but it would take us more than 50,000 years to reach it! If we want to get there, we will need better technology.

If you lived on Proxima b, you would have a lot of birthdays. That's because a year on Proxima b is only 11 Earth-days long, instead of the 365 days in an Earth year.



It might not feel like it, but Earth is moving very fast through space. Earth and the other planets in the solar system orbit the sun. That means they move around the sun in a circular pattern. It takes Earth one year to complete one orbit around the sun.

THE INTERNATIONAL SPACE STATION

Okay, so we can't live on another planet or moon yet. But we can live in outer space, and some humans are already doing this!

Astronauts from all over the world go to the International Space Station to conduct important research about outer space. The space station has been in orbit around Earth for almost 20 years. Astronauts usually live on the space station for three to six months. There's almost no gravity on the space station, so astronauts float around all day as they do science experiments. They also do normal things just like on Earth. They eat, brush their teeth, talk to their friends, and even play music while floating in space! What would you do if you could live in space? ■

Photo Essay

WHAT POVERTY LOOKS LIKE AROUND THE WORLD

What does it mean to be poor? How people live varies in countries around the world, but being poor means not being able to meet basic needs for food, clean water, safe housing, and clothing. And for kids, poverty can mean unsafe work and no school.

These photos show some examples of poverty around the world. What questions do they make you think of?



INDIA

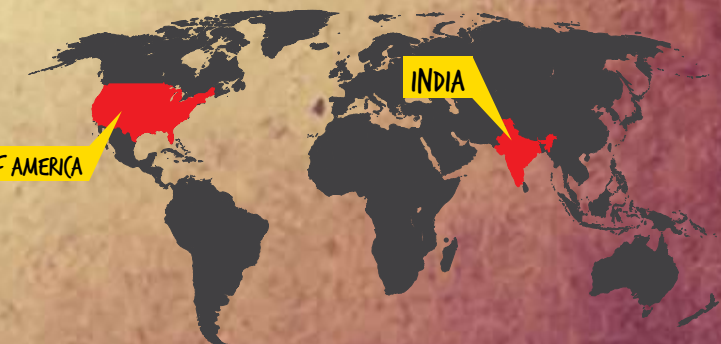


In these photos from India, two poor children work instead of going to school. The girl carries a jug of water a very long way to her home. The boy works all day at a ship-building yard.

UNITED STATES



In these photos from the United States, two girls can't afford shoes or new clothes. Another girl must go to work after school to help support her family.





In the first photo from Ethiopia, girls gather rainwater because they don't have a good supply of clean water. In the second photo, children share desks and school supplies in a crowded classroom.

ETHIOPIA



HONDURAS

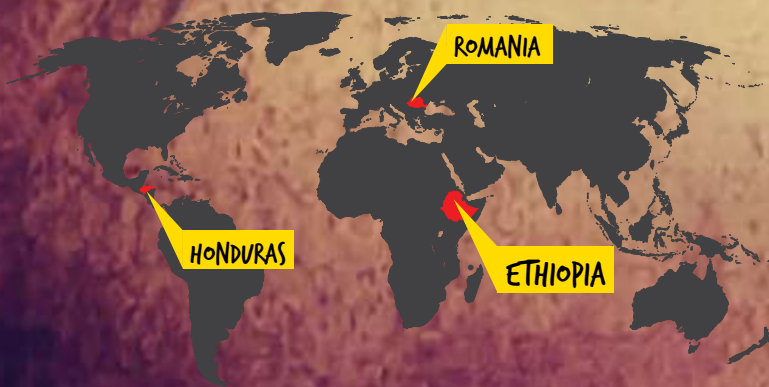
In these photos from Honduras, two girls sell dolls by the roadside instead of going to school. They live in a small home made of mud.



ROMANIA



In the first photo from Romania, an entire family lives in one room. In the second photo, a boy must beg for money on the street instead of going to school. ■



STORIES FROM THE LAND

HUNTING POLAR BEAR



Hunting is an important part of our culture. We get country food from hunting. We spend time with our family and friends on hunts. We learn about hunting from our elders. We share our catch with our community.

Hunting polar bear is only for experienced hunters! Polar bears are fierce, dangerous, and unforgiving. But catching a polar bear means nutritious meat and a beautiful hide, as well as a lot of respect for the hunters.

Here are stories from two elders who remember polar bear hunts on the land:

Pauloosie Nauyuq of Pangnirtung says, “Yes, hunting polar bears is the most exciting of all game animals. Once, I completely ran my sled runners onto an angusalluq. The bear was up against some broken piled ice and sitting, surrounded by my dog team. It would turn sideways to fend off the dogs, but, being surrounded and harassed, it lost its ability to struggle.”

He says there weren’t any polar bears in his area when he was younger. He says, “One had to travel a great distance to hunt them at Ukalirjuaq. It was only in that far place that I would hunt polar bear. Back then, I found I was not too terrified of polar bears, but now, I deeply fear them. Well then, polar bears are the most exciting of animals to hunt, at least for me.”

Matilda Sulurayok of Arviat remembers getting ready to go north of Chesterfield Inlet in sailboats. She says, “My father did not have a motor, so we had to paddle, and of course, when it was windy our trips were faster.”

Matilda says, “We were just putting our boats into the water when a polar bear swam to the shore.” She says that they stayed on shore and “all the men started going toward the polar bear and stalking the polar bear next to a small hill. They were trying to get close to the polar bear, so we were told to be very quiet. In the past, animals were very cautious about their surroundings.” The men caught the bear.

“The bear was so big,” Matilda remembers. She says that as the men skinned and butchered the bear, “My father cut off a rib into pieces and gave it to my brother, and the boys grabbed the meat quickly and went to sit near a big rock. They sat really close together, and started sharing the meat.”

Have you gone hunting, or do you have family or friends who go hunting? What were you hunting for? Do you know anyone who has hunted polar bear? ■

How Does Climate Change Affect Our Plants?

Climate change. People in the North and around the world talk about it, but what does it really mean? Why are people so worried about Earth getting warmer? When climate changes, that means the weather might be different, the temperature might change, and even the wind might move differently. There might be more storms. All of these things affect life on Earth.

Because our climate in Nunavut is cold for a big part of the year, we might see the changes caused by the warming climate sooner than other places on Earth. One way we might see the changing climate is in the way our plants grow.

WHAT IS CLIMATE?

Weather is what happens each day. Weather might be a day's temperature or the amount of rain or snow that falls.

Climate is the average weather in a particular place over many years. When climate changes, it means that the day-to-day weather a place used to have is different now. Plants might grow differently, and animals might not survive. How do you think climate change affects people?

When we talk to elders, we can learn a lot about how things used to be and how things are now. In the book *"The Caribou Taste Different Now,"* elders from different communities talk about the changes they have noticed in their lifetimes. Here is what some of them say:

In Kugluktuk

elders talked about how the berries in that community have changed. Laura Kohoktak says, "The blueberries are not like long ago; we used to get really big blueberries. Now we don't get very much rain and we just get small little blueberries. The taste is different. They are not as sweet."

In Pond Inlet

elders noted that the weather is warmer than it used to be, and there is less snow. Joanasie Muckpa says about blackberries, "There are absolutely more. Perhaps there used to be hardened snow that would remain in the summer. Where there was hardened snow is now in shade; the land is warmer and there is more gravel."

In Pangnirtung

there has been a big change in shrubs, according to some elders. "Suputiit are blooming much quicker," says Leesee Mary Kakee. Taukie Qappik says, "There is more growth in the summer, and I think it's a result of the heat and sun. Avaalaqiat were declining in growth over the years, but now they are really starting to grow larger. It just has to do with the weather."

More plants might not sound like a bad thing. But when plants grow at different times than they used to, this affects how Inuit can harvest them. According to elders, some berries don't taste as good. They aren't as sweet and firm as they used to be.

And more plants might bring new animals into a community, including animals that never used to live in that community. Those newcomers might eat all the plants, so other animals will have none.

Ask an elder you know about what the climate in your community used to be like. Has the elder seen a change in the way plants grow?

If you want to read more stories about climate change from elders, check out *"The Caribou Taste Different Now": Inuit Elders Observe Climate Change*, edited by José Gérin-Lajoie, Alain Cuerrier, and Laura Siegwart Collier. ■



THE KITIKMEOT REGIONAL

BADMINTON CHAMPIONSHIPS

January is a great month for badminton in Nunavut! In January 2017, the community of Kugluktuk hosted the Kitikmeot Regional Badminton Championships for all communities in the region.

There were two divisions to play in: U16 (Under 16) and U19 (Under 19). Participants could play singles, doubles, and mixed doubles. Teens from all over Kitikmeot Region came to play. Players from Taloyoak, Kugluktuk, Kugaaruk, and Cambridge Bay took home medals.

WHAT'S YOUR MATCH?

SINGLES: A one-on-one match, where you play against one other person.

DOUBLES: A match where a pair of players faces off against another pair.

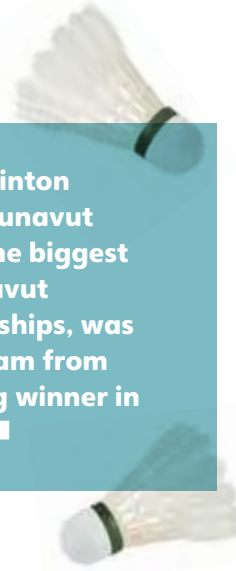
MIXED DOUBLES: A match where a pair of players faces off against another pair. Each pair has one girl and one boy.

There was even a badminton star at the tournament! Iqaluit's Jonah Oolayou is a very talented badminton player who has won many awards. He's represented Nunavut at the Arctic Winter Games, the Canada Winter Games, and the North American Indigenous Games. He offered clinics and training sessions to young Nunavummiut at the tournament.

Tournaments like this one are a great opportunity for teens to practise their sport, get a lot of court time, and play with people from other communities. This tournament was put together by Jonathan Lee, the vice principal at Kugluktuk High School and the vice president of the Nunavut Badminton Association, with the help of the Kugluktuk High School Youth Athletic Association and members of the community.

According to Jonathan Lee, the response to the tournament was great. Let's hope the Kitikmeot Regional Badminton Championships become a yearly contest!

Do you play badminton? Have you ever played in a tournament? You can find out more information about playing badminton from the Nunavut Badminton Association.



There are many badminton tournaments across Nunavut each year. This year the biggest tournament, the Nunavut Badminton Championships, was held in Iqaluit. The team from Sanikiluaq was the big winner in singles and doubles! ■



RECLAIMING TATTOOS BY NADIA MIKE

What do you know about tattoos from long ago and made today? Tattoos are works of art. Tattoos are images embedded into a person's skin with a needle and ink. They can be permanent, which means they last forever. Some are semi-permanent, which means they last a long time, but not forever.

Inuit have always created tattoos. The oldest evidence of tattooing in North America has been found on Devon Island. A mask was found there that shows the same lines as Inuit facial tattoos. The mask is 3,500 years old!

Why Get a Tattoo?

Traditionally, Inuit women were the ones who got tattoos. A woman might be tattooed on her face, wrists and arms, or even thighs. A girl or woman got tattoos at important life stages, such as her first menstrual period, when she got married, and when she had children.

Tattoos, especially on the face, were considered beautiful and meant women wouldn't look like men.

What Do Traditional Tattoos Look Like?

You will see different symbols used for traditional tattoos in different regions of the North. There are also many similarities across regions. For example, from Alaska to Greenland, all traditional tattoos had designs made up of straight lines, dots, and upside-down Y's.

How Are Traditional Tattoos Made?

Tattoos can be made in different ways. Traditionally, Inuit used a mixture of sod and seal oil for ink. They used a bone for a needle and a piece of sinew for thread. The sinew would be covered in the sod and seal oil mixture.

Using the needle, the sinew would then be threaded through the top layer of a person's skin. The thread would leave behind the sod mixture. It would go just deep enough under the skin to make the tattoo permanent.

What Happened to Traditional Tattoos?

The custom of traditional tattoos began to disappear about a hundred years ago when missionaries and church officials came to the North. Like a lot of traditional practices, tattooing became frowned upon.

Inuit began to lose bits and pieces of their culture, including tattooing and throat singing. But in recent years Inuit have been reviving these lost customs. The revival of traditional tattoos has become a trend, especially in the last decade. Two up-and-coming traditional tattoo artists are Margery Tabone from Nome, Alaska, and Hovak Johnston of Yellowknife, NWT, originally from Kugluktuk, Nunavut.

Traditional Tattoos Today

In many cases, people go to a tattoo parlour down south. Sometimes artists, such as Hovak Johnston, visit communities to make tattoos for women who are interested in getting one.

Tattoo artists use a tattoo gun, which inserts a needle under the skin and puts ink there. However, traditional methods, such as the poke-stick method and the stitching method, are also coming back. These beautiful designs are being revived across the North from Alaska to Greenland.

Facial, wrist and arm, and thigh tattoos are becoming more and more common in the North. Do you know anyone with traditional tattoos? ■





Northern Beats!

THE JERRY CANS ARE TAKING OVER THE WORLD!
BY JESSIE HALE

The Jerry Cans are a band based in Iqaluit. There are five members:



Andrew Morrison
sings and plays guitar.



Nancy Mike
throat sings and plays accordion.



Gina Burgess
plays violin.



Brendan Doherty
plays bass.



Steve Rigby
plays drums.

Together, the Jerry Cans play fun, energetic music that represents the North. Their music is fun to sing along with and it's great for dancing!

Nancy Mike says the band's goal is to show the world all the amazing things there are to celebrate about Nunavut. "We have great things happening and we have this culture that we are very proud to present to anybody," she says.

Almost all of the Jerry Cans' songs are in Inuktitut. Performing in Inuktitut is important to them. Nancy Mike says, "I, personally, am very proud to be singing in my own language."

There are not many people outside Nunavut who can speak Inuktitut. However, that doesn't stop people all over the world from listening to the Jerry Cans. You can enjoy their music no matter what language you speak. The band has played in many different cities across Canada. They have also played in other countries, including Scotland, Cuba, and even Australia!



The band's latest album is called *Inuusiq*. The album cover shows Nancy with her baby daughter

in an amauti. Nancy Mike says that many of the songs are about her father, who died in 2013. Her daughter is named after Nancy's father.

The Jerry Cans hope to inspire young Nunavummiut with their music. They also want to share Inuktitut songs and tell people around the world about life in the Arctic. If you are looking for new music, give them a try! You will definitely find something to dance to!



The Jerry Cans even started their own record label, Aakuluk Music. It is the first record label in Nunavut! They hope to encourage young Nunavummiut to share their music with the world.

TRADITIONAL STORIES COME ALIVE:

TUUTALIIT

Do you know about merpeople? Sometimes they are called tuutaliit, seal people. Many communities have stories about people who live in the sea. Kuvdluitsoq from Ilivileq told the ethnographer Knud Rasmussen a story about the origin of tuutaliit. This story is based on Kuvdluitsoq's story.



There was a pregnant woman whose husband was killed by a group of hunters. She promised she would get revenge for her husband's death.

Soon she gave birth. She made her baby boy a suit of qiviutlit. She made the suit fit him exactly, like a second skin. Then she taught her son how to hold his breath underwater. As he grew up, he learned to hold his breath for longer and longer. Eventually he could stay underwater for so long that you could watch the sun move across the sky before he came up for air.

When he was a young man, he went down to the shore. He was dressed in sealskins. The men who killed his father had camped on the shore. When the men saw him dive into the water, they thought he was a seal!

The men got in their kayaks and paddled after him. He stayed underwater for a long time. Then he surfaced far away. The men saw him and followed him. This happened again and again until they were very far out in the ocean.

Then his mother used magic and made a sea storm. The men were too far away from shore to escape. The waves capsized their boats and they drowned. This is how the woman got revenge. And this is where the tuutaliit came from. The young man was the first tuutalik.

Here is another story about tuutaliit. This one is adapted from a story told by Nakasuk of the Kitikmeot Region to Knud Rasmussen. Tuutaliit look like men and like seals. They are amazing aglu hunters.

Once in times long past, a group of tuutaliit had caught a seal, but it escaped back through its aglu. A tuutalik decided to go after the seal. He jumped into the aglu and slid down to the sea. He swam through the dark, freezing water. He caught the seal in the water! People who can catch seals like that can hunt any animal they want!

What do you think the tuutaliit are like? Have you ever seen one? Does your family tell stories about tuutaliit?



Kuvdluitsoq's story about the origin of tuutaliit is part of a larger story about the great hunter Kiviug. Kiviug was on the sea the day all the other hunters drowned. Maybe you have heard about Kiviug's adventures with tuutaliit, or the time he had a fox for a wife, or the time he visited two spider-women. Ask an elder about Kiviug to hear some great stories! ■

WHAT'S COOKING?

LEARN TO COOK CARIBOU STEW!

Cooking is a great way to help out your family and have fun in the kitchen. Try this classic caribou stew recipe. It's adapted from the Ottawa Inuit Children's Centre.

INGREDIENTS

- 1 cup (250 mL) flour
- 1 lb. (454 g) caribou meat
- Oil for your pan
- 1 large onion
- 1 clove garlic
- 4 celery stalks
- 1 turnip
- 2 big potatoes
- 3 big carrots
- 5 cups (1.25 L) water
- 1 15 oz. (425 g) can of corn or peas. Or both if you like both!

EQUIPMENT

- A knife for meat and vegetables
- A cutting board
- A large mixing bowl
- A large frying pan
- A large pot
- A spatula or wooden spoon

METHOD

- 1 Cut the caribou into cubes about the size of your thumbnail. Next, put the flour into the mixing bowl. Then add the cubes of caribou. Stir the meat and flour together to make sure each cube is coated with flour. Set the bowl aside.
- 2 With a clean cutting board and knife, cut up the onion, garlic, celery, turnip, potatoes, and carrots into bite-sized pieces. Set them aside.
- 3 Put the pan on the stove and turn the heat to medium. You can check to see if the pan is hot enough by carefully sprinkling a few drops of water into the pan. If the pan is ready, the water will sizzle and evaporate!
- 4 Add enough oil to the pan to cover its base. Then add the caribou cubes. Note: Don't dump in any extra flour from the mixing bowl. You want the meat, but not all of the extra flour.
- 5 Fry the caribou until it is brown on all sides. This is called browning the meat. It doesn't take too long. You're not cooking the meat all the way through at this stage.
- 6 Using the spatula or wooden spoon, transfer the meat to a large cooking pot. Then add the water and bring it all to a boil over medium heat.
- 7 While the meat is cooking, add the chopped onions, garlic, and celery to the pan. Add a little more oil if needed to make sure the vegetables fry nicely. Use a wooden spoon or spatula to move the vegetables around quickly in the pan. This will make sure they get enough heat to cook without burning.
- 8 When the onions, garlic, and celery are just starting to soften, add them to the pot of water and caribou meat. You can turn the heat off the pan and let the pan cool. You're done frying!
- 9 Add all the rest of the chopped vegetables into the pot. Then add the canned vegetables to the pot. Leave the heat on medium and let everything cook together. Use the spatula or wooden spoon to stir your stew once in a while. You don't want anything to stick to the bottom of the pot and burn.
- 10 After about an hour, when the broth is thick, it's time to serve your caribou stew! ■



WHAT DO I CALL YOU?
KINSHIP TERMS

???






What is your name? It seems like a simple question. But for Inuit, it's not simple at all!

Many Inuit are named after their elders. You might be named after your great-grandfather, your mother's sister, or your birth mother's mother. Traditionally, Inuit believe that naming a child after his or her elder will give the child a long and healthy life.

Many Inuit believe that when you are named after someone, you take on his or her personality. Some children might even remember things that happened to the people they were named after. Your names can connect you to ancestors from long ago!

In the past, Inuit hardly ever called each other by their first names. Instead, they used nicknames based on family relationships. This system is called "tuqlurausiit."

Using tuqlurausiit instead of first names has a few benefits:

-  It shows respect. In the past, if you called your uncle by his first name, it would be very disrespectful!
-  It encourages closeness between family members.
-  It keeps family histories alive. It reminds you who you are named after and where you came from.
-  It promotes healthier communities. Kinship encourages people to work together to solve problems.
-  It keeps an Inuit tradition alive.

Tuqlurausiit is less common today. But not too long ago, it was so common that you might not even have known your uncle's real name!

It's important to keep Inuit traditions alive. Here are some kinship terms you can use for members of your family and the people who are named after them:

- | | | |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|  amauq |  ittuq |  arnarvik |
|  angak |  panik |  ataata |
|  akaak |  anikuluk |  panilaaq |

If you don't know what a term means, ask an elder in your family or community and share these terms with your friends!
What other kinship terms do you know? ■

Youth Activism

How to Get Involved!

by Alexandra Riddle

You may have heard of the term “youth activism” while watching TV, or maybe even from your teacher. But what does it really mean?

Activism means getting involved in order to make positive changes. Youth activism is all about young people like you doing something to make a change for the better.

You may see things that you think aren't right or things you wish you could change in your community. Maybe you aren't sure how you could make a change. After all, you are just a youth, right?

WRONG! No matter what age you are, YOU can make a difference! There are lots of ways you can get involved in your community to help make a change. Here are just a few ways to get involved.

Activism to Help Fight Smoking

Nunavut Quits is a website that is dedicated to helping Nunavummiut quit smoking.

Search Facebook for a page called “Tobacco Has No Place Here.” On the page, you can see listings for events and resources to help people quit smoking! You can use the tools this organization provides to organize an anti-smoking day at your school or a quit-smoking club. By doing this, you can help your community become a healthier place to live!

Activism to Help the Environment

One way you can be an activist is by helping to clean up your community. Many communities have a spring cleanup each year, but why stop there? You can organize another community cleanup at a different time of year. You can start a club that regularly cleans up litter. Your club can even make posters or do presentations to get your classmates and others in the community involved.

Have you heard about climate change in Nunavut? This is a real issue for Inuit. Fighting climate change is another cause that you can become involved in. Check out the Nunavut Climate Change Centre website for information about the effects of climate change. It even has games to help explain climate change and how to fight it.

Want to learn more about climate change?

Check out the article “How Climate Change Affects Our Plants” on page 14 of this issue.

Leaders in Youth Activism

You might think that one person can't do too much to change the world. But youth activists can accomplish so much! Have you ever heard of Maatalii Okalik? She is the president of Canada's National Inuit Youth Council. Maatalii is only 27 years old, but she has spoken in front of the United Nations and has won many awards for her work. Maatalii works to make life better for Inuit.

Maatalii fights for better health care and education for all Nunavummiut. She has also been involved in asking the federal government to work together with Inuit to ensure all Inuit youth have the opportunity to learn about their culture and language. If we look closely, we can see youth activism all over. Kids can make a difference, and so can YOU! Youth are the future of the world, and the youth of Nunavut are the future of the territory. All it takes is an idea to start and the decision to make a difference. Get out there and be that change! ■



Maatalii

is an outstanding example of a young Inuit leader, and there are more and more leaders coming out of the Arctic!

To read more about these leaders, go online to the *News Deeply* article “Sixteen Young Leaders Who Will Influence the Future of the Arctic.”

HOW TO COPE WITH STRESS



Have you ever said “I’m so stressed!”? Everyone experiences stress. Stress can come from school, our family, or our friends. It might come from worries about the future or regrets about the past.

Sometimes stress is short term. You might be worried about a test you don’t feel prepared for.

But sometimes stress stays with you. A situation at home or at school might be ongoing. Stress can show up as headaches or stomach aches. It might cause you to lose sleep. You might constantly feel like you’re worried, or that you can’t handle a situation. Sometimes stress can make you sad or angry, and you might have trouble concentrating during daily life, like while playing a sport, out with friends, or at school.

The good news is that you are not alone. Everyone has stress. And there are many ways that you can deal with stress so that it doesn’t bother you as much and you can feel okay and ready to handle situations in your life. We call this **cop**ing.

1 Get active: Did you know that physical activity can actually help you feel less stressed? It’s true. Pick an activity you enjoy doing. Hiking? Dancing? Playing sports? Pick whatever you like, but get your body moving regularly. It’s even better if you pick an activity you can do with people you like.

2 Get enough sleep: When you have too much going on or when you have trouble shutting off your mind, it’s easy to lose sleep. But sleep is what helps your body take care of itself and face all the day’s challenges. Make sure you’re getting to bed early enough that you’ll get eight hours of sleep.

3 Focus on your strengths: Everyone is great at something. Maybe you’re a good cook, or you do well in a particular subject in school. Maybe you help take care of a family member, or you’re a whiz on a computer. Remembering what you’re good at will help you feel less overwhelmed.

4 Write in a journal or diary: You can use a notebook or a computer to record your thoughts and feelings in point form or full sentences. This can be just for you, and it’s a great way to think about and sort through your stress.

5 Talk to someone: It’s always okay to talk about how you’re feeling or what you’re going through. Find someone you trust to talk to. Your teacher, a family member, or an elder might be a good choice. Sometimes just talking about a problem will make you feel better about it.



If you are feeling very anxious or afraid, or if you’re sad all the time or want to hurt yourself or someone else, **there is help**. You can talk to a school guidance counsellor or you can call any of these places. Someone will help. ■



Kamatsiaqtut Help Line:

In Nunavut: 1-867-979-3333
Toll-free: 1-800-265-3333
Available hours: 24 hours a day



Kids Help Phone:

Toll-free: 1-800-668-6868
Available hours: 24 hours a day



NWT Crisis Line:

Toll-free: 1-800-661-0844
Available hours: 9 p.m. to 1 a.m. ET

Script



Reader's Theatre

THE ORPHAN AND THE POLAR BEAR

This script is based on the book *The Orphan and the Polar Bear*, told by Sakiasi Qaunaq. Sakiasi Qaunaq was born in Alangnarjuk, a campsite near Igloolik, and has lived most of his life in the Arctic Bay area. His grandmother told him many stories, including this one.

CHARACTERS

 Narrator 1

 Narrator 2


 Narrator 3


 Orphan


 Polar Bear Leader


 Big Bear




 **Narrator 1:** Long ago, when people did not have rifles, they hunted walrus using harpoons. They hunted at the floe edge in winter.


 **Narrator 2:** This story is about a group of people who hunted this way, and an orphan who lived with them.


 **Narrator 3:** The young orphan would go with the hunters to the floe edge. They travelled by dog team. At the end of the day, the hunters would abandon the boy at the floe edge.

 **Orphan:** This is such a long walk home, and I am so sad and alone! Why do they always leave me behind?

 **Narrator 1:** After yet another hunting trip when the orphan was left to walk home, he heard someone behind him.

 **Orphan:** Who is there?

 **Narrator 2:** The boy turned around and saw a polar bear. Frightened, he threw his harpoon, but he missed.

 **Narrator 3:** Then the bear turned into a large man! He was an older man who looked very powerful.

continued →



Orphan: Who are you?



Polar Bear Leader: I am the leader of the polar bears. I have seen how the adults mistreat you, and I feel bad for you.



Orphan: I don't know why they leave me alone so much and mistreat me.



Polar Bear Leader: I want to teach you how to be a good hunter. Climb on my back and come to my village.



Narrator 1: The man turned back into a bear and the orphan rode on his back. They travelled very far over the ice and through the open water.



Narrator 2: Finally, they came to a camp of polar bears. The polar bears lived in igloos, just like humans.



Narrator 3: The orphan decided to stay and live with the bears. The polar bear leader taught the orphan how to hunt seals at aglus. The boy caught many seals with his harpoon.



Narrator 1: During one of his hunting trips, a big bear stole the orphan's catch.



Big Bear: Little orphan, thank you for catching a seal for me!



Narrator 2: This happened on many hunts. The orphan was tired of being mistreated. He decided to talk to the polar bear leader.



Orphan: A big bear keeps stealing the seals I catch. He's too big for me to stop him!



Polar Bear Leader: Next time the bear is right behind you, turn quickly and stab him with your harpoon.



Narrator 3: The next day, while the orphan was hunting, the big bear returned. The orphan was quick with his harpoon and surprised the bear.



Narrator 1: The big bear fell to the ice. The orphan wasn't sure if the bear was dead or alive.



Orphan: Aha! I've stabbed the big bear. I will run back to camp with my seals.



Narrator 2: That night the big bear returned from the ice to camp and began to shout.

continued ➡



Big Bear: Little orphan, come out!



Polar Bear Leader: Don't do it! Don't do it!



Big Bear: Little orphan, come out!



Polar Bear Leader: Don't do it! Don't go out!



Big Bear: Little orphan, come out!



Polar Bear Leader: All right, go out now.



Narrator 3: When the orphan went outside, he approached the big bear and was surprised to see a smile on his face.



Big Bear: I have come to return your harpoon to you. That was a good blow you struck.



Narrator 2: From that day forward, the big bear did not steal the orphan's catch and all the bears treated the orphan very well.



Narrator 3: The orphan told the bears how the humans had mistreated him. This upset the bears.



Big Bear: I wish I could find some humans to push down. They look so silly standing on their skinny legs.



Polar Bear Leader: Never talk that way! The humans use our cousins, the dogs, to protect their camps and hunt us. Our cousins can be very dangerous to us, so don't make humans our enemy. Stay clear of them and their camps.



Narrator 1: The polar bear leader was very wise and taught the orphan and the other bears many things.



Polar Bear Leader: You have gained knowledge and many skills. You are finally ready to return home.



Orphan: Thank you for all you have done for me. Please take me back across the sea to the human world.



Narrator 2: The polar bear leader left the orphan at the spot where they had met. The orphan began the long walk back to his village.



Narrator 3: And that is the story of how a boy was trained by polar bears to become a man and a capable hunter. ■



Caption This!

Write a funny caption about what the dog is doing or thinking, and share it with your friends!



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THE JERRY CANS
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LEARN TO COOK
CARIBOU STEW



HOW TO COPE
WITH STRESS