



# Takuttalirilli!

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# Game Profile: Terra Nova

**T**erra Nova is a game you can play on a computer. The game is set far in the future after a major disaster nearly destroyed Earth. The game is designed to teach players different things. Players learn about the importance of working together, and about how to take care of the land. They also get a chance to learn about how Indigenous peoples and settlers have interacted with each other throughout human history.

In the game, something terrible happened that changed Earth and made it hard for people to live here. One group of people went to space to find another planet to live on. Another group stayed on Earth and adapted to life after the disaster. When the game starts, thousands of years have passed since the disaster. The two groups no longer know each other.

There are two main characters in *Terra Nova*. One is Terra, an Elder on Earth. Her people respect and take care of the environment. The other character is Nova. He is part of the group who left Earth. Nova is in a spaceship that crashes on Earth.

## Meet Maize Longboat

Maize Longboat is a game creator from British Columbia. He went to the University of British Columbia to learn about media studies. Then he went to Quebec to study at Concordia University.

Maize is Kanien'kehá:ka from Six Nations. He is interested in how Indigenous cultures are shown in video games, and he wanted to make his own game. He had never made a game before, so he looked at many different video games and took classes on how to make them. He worked with a team to make the story, art, sound, and gameplay come to life.

Maize wants to keep working on Indigenous game development. He wants to support other Indigenous game makers and continue to tell his own stories through games.



Nova is separated from the rest of the people on the ship. That's when Terra and Nova meet. They must work together to help Nova get back to his people.

“ Maize wanted to show Indigenous people and their culture many years beyond today. ”

The game was made by a storyteller named Maize Longboat, who is Kanien'kehá:ka from Six Nations. Maize was interested in stories about first contact between Indigenous and non-Indigenous peoples. Instead of telling a story from history, he decided to set his game in the far future. He also wanted to tell the story from the point of view of an Indigenous character.

The game is for two players. Each player controls one of the main characters. The players must work together, controlling their characters at the same time. Together, they solve puzzles and explore the game's environment. One person can't do it alone.

The game features the artwork of Mi'gmaq artist Ray Caplin along with

the work of a talented team of artists and designers. Ray and Maize had fun looking at what people might wear and what the environment might look like so far in the future.

Maize wanted to show Indigenous people and their culture many years beyond today. He likes the idea of giving Indigenous game players a message of hope about their future. Maize told CBC Radio that projects like this one “are important for showing not only Indigenous youth but our communities what is possible and what we're all striving for.” ■

Images courtesy of Maize Longboat (Kanien'kehá:ka). Art by Ray Caplin (Mi'gmaq).



**Terra Nova won the award for Best Emerging Digital or Interactive Work at the imagineNATIVE Film + Media Arts Festival in 2019.** The game can be played on Windows computers.

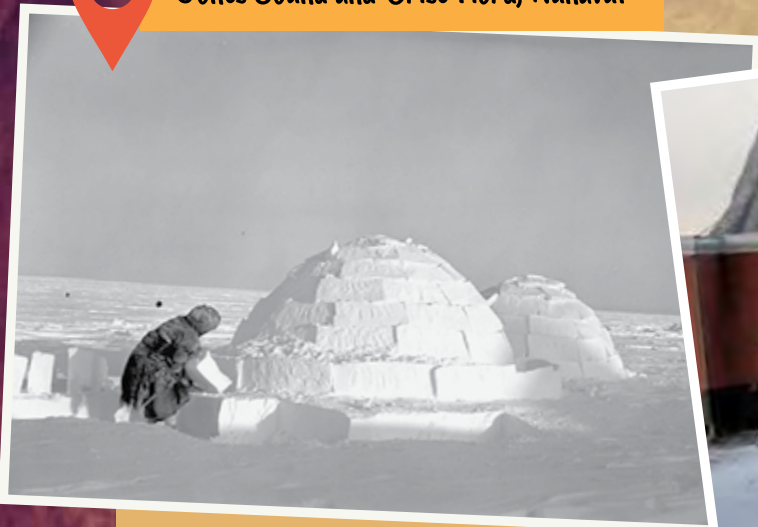
↓ You can download it at <https://maizelongboat.itch.io/terra-nova>.



# Housing around the World

Everyone needs shelter to stay safe and healthy. Depending on where people live, they might need a home that keeps them warm or cool, and protects them from snow or rain. Homes are where we eat, sleep, keep our belongings, and live our lives. In some places, people continue to live in housing that is traditional to the region. This type of housing is often built using resources from the land, like mud, stones, or wood. Other people live in modern homes. Let's look at traditional and modern homes around the world.

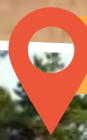
## Jones Sound and Grise Fiord, Nunavut



In this picture, an Inuk is outside an igloo. As you probably know, Inuit traditionally lived in igluit in the winter. Today, some hunters still build igluit when they are on the land.



This picture shows houses in Grise Fiord. Many people in Nunavut live in houses like these. Houses are often built on stilts to keep them off the frozen permafrost.



## Læsø and Copenhagen, Denmark

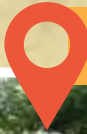


The traditional home in this picture has a roof made out of seaweed. Groups of women worked together to add layers of seaweed and branches to the roof.



Photo by Alexander Hoffman

In this picture, you see apartment buildings in the background and a houseboat in front of them. Houseboats are real boats, but they usually stay in one place. Inside, they're just like other homes, with bedrooms, kitchens, and bathrooms!



## Yucatán and Guanajuato, Mexico



The traditional house in this picture has walls made of sticks and mud. The roof is made of palm leaves. It's made at a very steep angle to keep rain from gathering on the roof and leaking inside. The floor is made of gravel.



In this picture, you see many colourful homes built on a hillside. Many people live close together in this area.

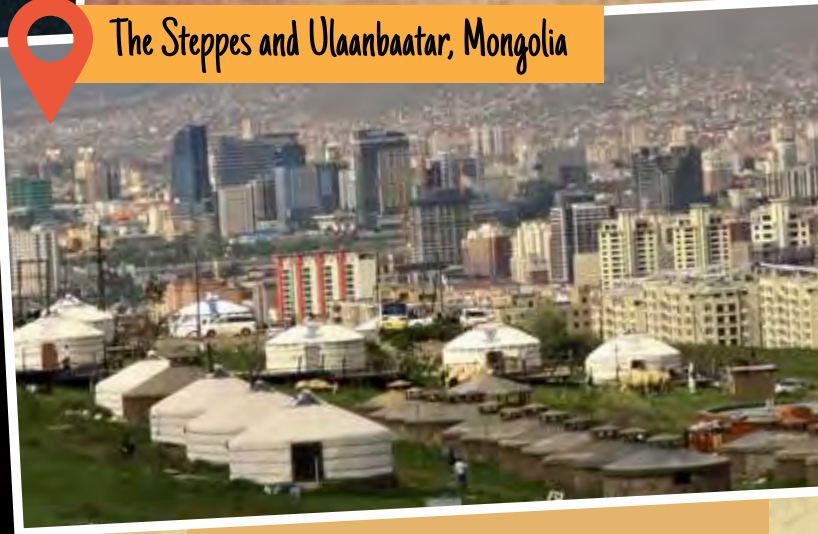




## The Steppes and Ulaanbaatar, Mongolia



Photo by Alexander Hoffman



This picture shows a traditional round tent called a ger. This tent is designed to be portable. Mongolians were traditionally nomads. Some are still nomadic, so being able to take their home with them is important. The tent is made of felt from sheep's wool.

This picture shows a mix of modern apartment buildings and traditional gers, still in use today.



## Cappadocia and Istanbul, Turkey



In this picture, the homes are built directly into mountains. People carved out space for their houses right into mountainsides. People made homes like this as many as 1500 years ago.



This picture shows a rainbow-coloured apartment building in Istanbul. Rock-cut homes and apartment buildings are two different ways for people to live close together!



## Shirakawa and Tokyo, Japan



This picture shows a thatched-roof house in Japan. Thatching was a way to use dried grasses and other materials to make a watertight roof. This area gets lots of snow, and the thatching helps keep people inside warm and dry.



This picture shows a tall apartment building. Many apartment buildings in Tokyo have between 10 and 30 floors. Some are even taller, with as many as 60 floors. This means a lot of people can live in the building. More than 14 million people live in the city today, and everyone needs a home! ■

# Sealskin in Outer Space

**V**ictoria Okpik is an Inuk designer who creates sealskin bracelets. Victoria grew up in Quaqtaq, Nunavik. She went to LaSalle College to study fashion and now lives in Montreal. People from all over the world buy Victoria's bracelets to take home with them. One bracelet she made recently went somewhere very special—outer space.



Photo courtesy of Victoria Okpik

A Canadian astronaut named David Saint-Jacques wanted to take one of Victoria's bracelets into space with him. David is not originally from Nunavik, but he worked as a family doctor in Puvirnituk, Nunavik. One of David's friends from Nunavik is also friends with Victoria. In July 2018, David asked his friend for one of Victoria's sealskin bracelets to take with him into space!

Victoria understands why David wanted to take the bracelet. She said, "David wanted to bring something that was meaningful to Inuit. I think because he was a doctor up north, so I think that he feels he has a connection. He chose a sealskin bracelet."

Victoria made two bracelets of sealskin and leather. One was for David and one was for his wife,

Véronique. David and Véronique both wore their bracelets in December 2018 when they and their three children went to the country of Kazakhstan. Véronique and the children watched as David got on a Russian rocket. The rocket took David up into space for a six-month stay aboard the **International Space Station**. He returned to Earth on June 24, 2019.

Victoria knew that the sealskin bracelet was blasting into space with David. She said it was "a proud moment for me, and I'm sure other Inuit feel the same way." While David was in space, at the end of a hard day, Victoria would stare into the night sky and think of the sealskin bracelet she made. She said it was nice to "know that this thing is in space... somewhere!" ■

The International Space Station is a satellite that orbits Earth in what is called "low orbit." Low orbit means the satellite travels about 400 kilometres above Earth.



FREQUENTLY  
ASKED

QUESTIONS:

WHY ARE  
*Sugary Drinks*  
SO BAD FOR ME?

**W**e've heard a million times that sugary drinks aren't good for us. But do we really know why? Sugary drinks like pop, fruit juice, and energy drinks are, you guessed it, full of sugar! How much sugar? One 590 millilitre bottle of pop contains one-third of a cup of sugar.

**That's as much sugar as in these doughnuts!**



Sugary drinks can be very tasty, but we know that too much sugar isn't good for us. It can cause our teeth to decay, especially if we don't brush properly. Sugary drinks don't contain any nutrients that our bodies need, like vitamins or minerals. Eating and drinking too much sugar can also lead to diseases like **diabetes** and heart disease.



**Diabetes** is a disease that affects how our body uses glucose, which is a type of sugar. Glucose is our body's main source of fuel. When we eat, our body turns food into glucose and uses it for energy. An organ in our body called the pancreas creates something called insulin. Insulin helps the glucose get to cells in our body to give them energy. When a person has diabetes, their body doesn't make insulin or doesn't use it properly. This means that glucose builds up in the body and causes blood sugar levels to rise.

Diabetes can cause people to feel very hungry or thirsty and have blurry vision, and can make them feel tired. They might have to urinate frequently. Diabetes might stop cuts or sores from healing properly.

In some cases, diabetes can be caused by eating an unhealthy diet, including lots of sugar, and not getting enough exercise.

## Q: HOW DO I KNOW IF A BEVERAGE IS HEALTHY OR NOT?

Some drinks might look healthy. For example, they might have pictures of fruit on their labels or say things like “No Sugar Added.” But it’s important to read the ingredient list. There are many different words for “**sugar**.” A drink that has any of the words in the image below as the first or second ingredient is probably not a healthy choice.

If you’re still not sure if it’s a healthy beverage, have a glass of water or milk instead!

## Q: WHY SHOULD I DRINK WATER INSTEAD?

Water is very important because it helps our bodies work properly. Water keeps you hydrated. It helps you digest food, regulates your body temperature, and makes you feel focused. You should aim to make water your main beverage throughout the day.



It can be hard to remember to drink lots of water every day. Here are some ways you can drink more water:

- ◆ Bring a reusable water bottle to school so you always have water throughout the day. Encourage your friends and family members to do the same!
- ◆ Add ice to the water or keep a jug of water in the fridge so it's always cold. Cold water is so refreshing!
- ◆ Pour yourself and each of your family members a glass of water with each meal.
- ◆ Whenever you want a glass of fruit juice or a pop, have a glass of water instead. Try adding a slice of lemon or cucumber, or some frozen fruit to water to give it a different flavour. If you really want something fizzy, try unsweetened soda water!

## WATER IS FREE!

Drinking water and milk is good for you, and it's also cheaper than sugary drinks. Let's take a look at how much money you can save by choosing healthy beverages.

<b>1 litre pop</b>  \$4.00	<b>1 litre apple juice</b>  \$6.50	<b>1 energy drink</b>  \$7.00	<b>1 litre 2% milk</b>  \$3.00	<b>1 litre tap water</b>  FREE
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If you buy a litre of pop at least once a week, you could save **\$338** in one year by choosing to drink water instead. Think of something you'd like to buy for yourself, like a new hockey stick, a video game, or even a bike. Every time you think about buying a sugary drink, remember that you can save that money instead! ■

# Ice Age Tools and Weapons

**E**arth is about 4.5 billion years old, and it has gone through many changes in that time. Millions of years ago, the area we know as Nunavut was more like a tropical swamp. Many thousands of years ago, there was an ice age. An ice age is when Earth goes through a period of cooling temperatures and freezing. Scientists estimate that there have been five ice ages in Earth's history.

The most recent ice age began over 2 million years ago and lasted until about 11 000 years ago. During the last ice age, big sheets of ice, called **glaciers**, covered most of the world, including large parts of Europe

and North and South America. Ice age glaciers can still be found in Nunavut, Greenland, and Antarctica. People lived in Nunavut during the end of the last ice age. The way they lived was both similar to and different than how we live today.

Humans who lived in the Arctic during the last ice age relied on hunting and gathering. They hunted gigantic animals such as the mastodon. Tools and weapons that these ancient humans used included spears, axes, and flake tools. Ice age hunters created tools and weapons out of stone, wood, mammoth ivory, and other animal bones. Here is a look at some of the tools used by ancient humans during the last ice age.



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## Hammerstone

A hammerstone was made of almost unbreakable rock. People used it to shape other tools and weapons. Hammerstones were also used to crack open animal skulls and bones so people could eat the brains and marrow inside.



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## Spears

Many ice age spears were made of sharpened wood. Toward the end of the ice age, hunters added stone points to their spears. Spears were used for hunting animals.



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## Hand axes and choppers

A chopper was a rock with one sharp, jagged edge. It was used for butchering meat. Hand axes were also made from rock, but were sharp on both sides instead of only one side. They could be used for digging, cutting, and chopping, and could be broken down to create flake tools.



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## Flake tools

Flake tools were made by striking flakes of stone from a larger piece of stone using a hard instrument, like a hammerstone. Flakes of stone that came off of the larger piece were sharp. They could be made into thin stone tools or blades. Flake tools were used for cutting and scraping, including scraping skins to make clothing and shelter. ■



# Making a Fusion Meal with Country Food

**C**ountry food is traditional Inuit food, like meat, fish, or plants, that is hunted or harvested from the land. Examples of country food include seal, caribou, char, clams, and berries. Inuit have eaten country food for thousands of years. Country food is full of many nutrients, and it keeps people strong, healthy, and warm.

Around the world, foods from different cultures are added to other foods to create new flavours and exciting dishes. This combination of foods is called **fusion food**.

Nanook Express, the popular food truck in downtown Iqaluit, makes creative fusion dishes with country food. They make Mexican fish tacos with turbot or Arctic char. They also make a Korean dish called bulgogi with caribou meat.

Is there a country that you have visited or want to visit? Find out what types of food people eat there and think about country food that you would like to use in those dishes. Try to make your own version at home!

## Indian Curry with Caribou

Serves 4 people

### Ingredients

- 2 tbsp vegetable oil
- 6 green onions, thinly sliced
- 3 garlic cloves, chopped
- Half a 400 mL can of diced tomatoes
- 2 tbsp curry powder
- 1 tsp ground ginger
- 1 ½ cups of caribou, cut into 1-inch pieces
- 1 cup water
- ⅓ cup plain yogurt
- Salt and pepper, to taste



## Method

1. Heat the oil in a large saucepan over medium heat. Add the onions and garlic and stir for 1 minute. Add tomatoes, curry powder, and ginger and cook for another 3 to 4 minutes.
2. Add the caribou and cook for 6 to 8 minutes. Make sure to mix the sauce in with the caribou so it's coated on all sides.
3. Add water and bring curry to a boil. Once it comes to a boil, reduce the heat to low and continue to cook for 10 to 15 minutes.
4. Take the curry off the heat and stir in the yogurt. Season with salt and pepper and serve on rice. ■

Other Indigenous peoples around the world also have traditional foods that are part of their healthy diets today.



Sami people are indigenous to the Sápmi territory in Norway, Sweden, Finland, and Russia. They preserve reindeer meat and fish by smoking, salting, and drying it. Sami make a reindeer jerky called gåjkkebierrgo that is similar to caribou jerky.



Māori people are indigenous to New Zealand. Māori traditional foods include fish, clams, and seal. They use a traditional oven, called a hāngi, to cook food for special occasions. The hāngi is a hole dug in the ground, where food is buried with very hot rocks. The soil traps the heat from the rocks, and the trapped heat cooks the food.

# How to Use a Compass

**W**hen we go on the land, we want to make sure we can find our way safely. That's why it's important to bring GPS and SPOT devices with you whenever you go.

Next time you go on the land, why not bring a compass with you, too? A compass is a great tool to have when you are on the land or water. A compass doesn't need batteries or a digital signal. You can use it any time and it will help you figure out what direction you need to go.

This is what a compass looks like.

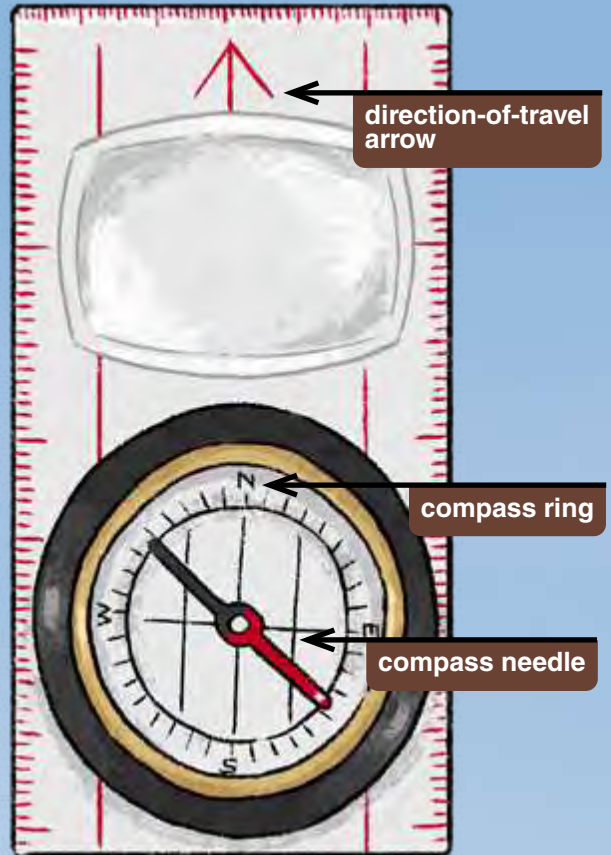
A compass will help you find the right direction, even if you don't have a map.

This is how you use it:

- 1** Place the compass flat on your palm with the **direction-of-travel arrow** pointed directly away from you.
- 2** Spin the **compass ring** until the direction you wish to travel in is lined up with the direction-of-travel arrow.
- 3** Slowly turn your body until the red end of the **compass needle** is pointing north. You are now facing the direction you wish to go in.

How does this work in real life?

Imagine you are at your camp and you know there is a spot southeast where you wish to hunt. Hold the compass flat in the palm of your hand with the direction-of-travel arrow pointed directly away from you. Turn the compass ring to line up the point midway between south and east with the direction-of-travel arrow. Then, slowly turn your body, keeping your palm flat, until the red end of the compass needle is pointing north.



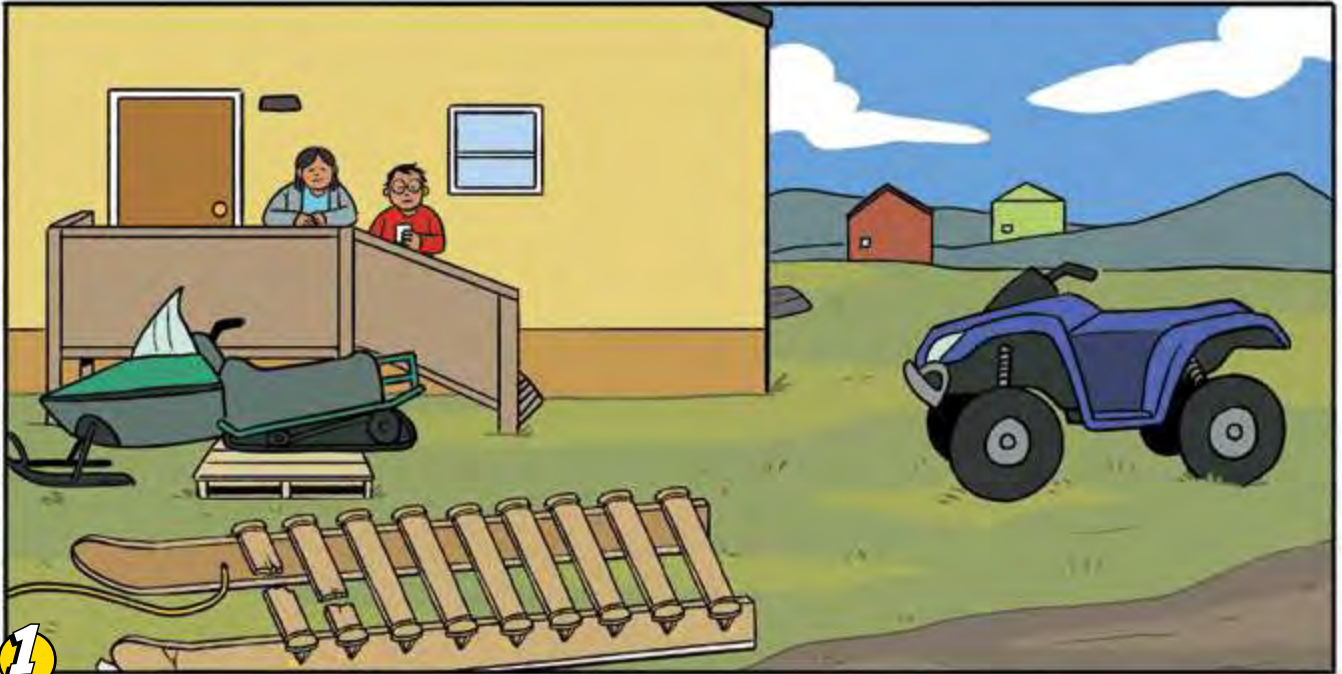
You can now start to move, following the direction-of-travel arrow. Find a spot in front of you in the distance to travel toward. As you travel, remember to check your compass frequently. Keep an eye on how long you travel. When it's time to return to your camp, follow the steps above but travel in the opposite direction (northwest) for the same amount of time. ■

You can use a compass with a map, too. If you want to learn more about how to use a compass, talk to someone at your local Hunters and Trappers Organization. When using a compass in the North, you should also figure out where you are in relation to magnetic north. You can do this by talking to someone at your HTO.

# ELIJAH & ELISAPEE

FIXING A QAMUTIIK

WRITTEN BY CALEB MACDONALD



1



What are you two doing out here?

Nothing. It's a boring morning.

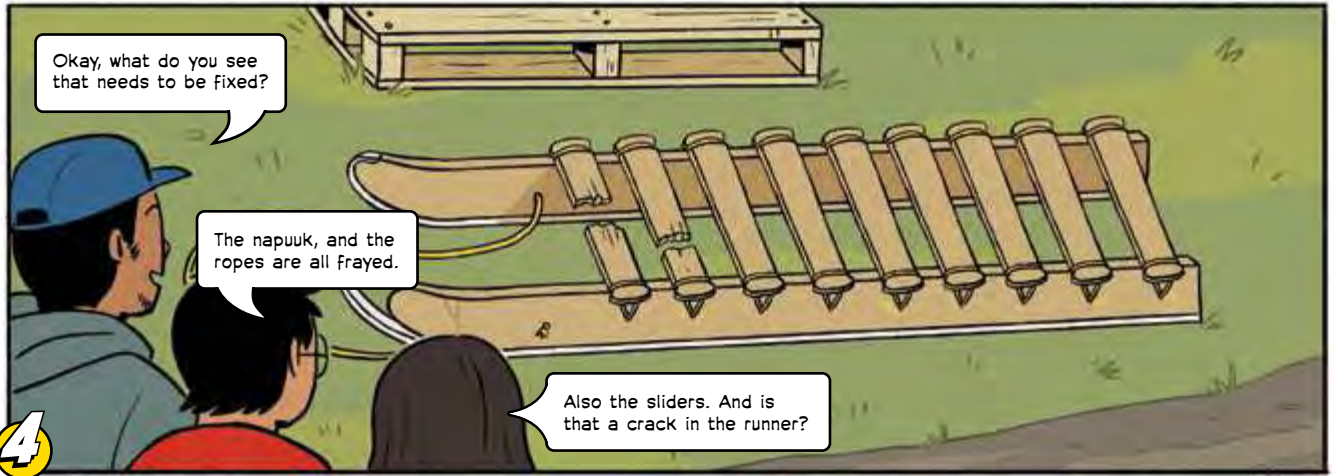
**BORING?!** How can you be bored on a beautiful morning like this? There is always work that needs to be done.

2



I could use help this morning. Maybe you'll even learn something.

3



Okay, what do you see that needs to be fixed?

The napuuk, and the ropes are all frayed.

Also the sliders. And is that a crack in the runner?

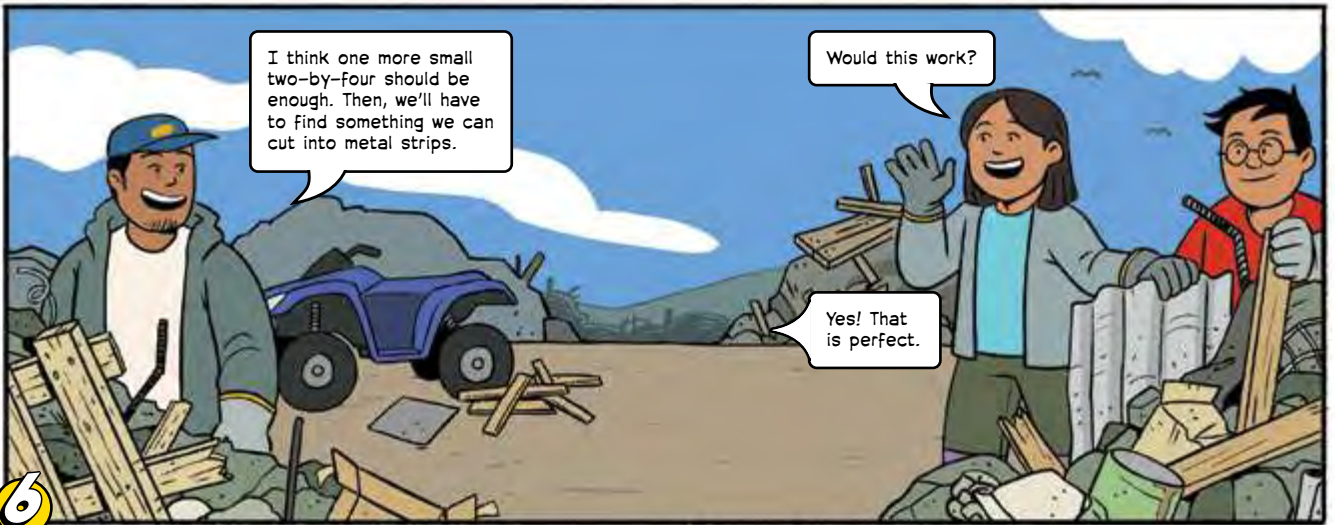
4



Uncle Markoosie, do you think it might be better to just make a new qamutiik?

There is lots of life left in this one. We just need to fix it. Come with me.

5



I think one more small two-by-four should be enough. Then, we'll have to find something we can cut into metal strips.

Would this work?

Yes! That is perfect.

6





The first thing we need to do is make some new napuuk.

Should we make two? They were broken at the front.

Look carefully. Three others have broken ends. That makes it hard to tie down the load. We'll make five new napuuk.

7



These napuuk look great! Good cuts, Elijah. And Elisapee, that filing will keep the rope from getting frayed on sharp edges.

8



Good. Once Elisapee attaches the plastic and Elijah countersinks the nails, we can plane the plastic to make sure it's smooth and glides well.

9

10

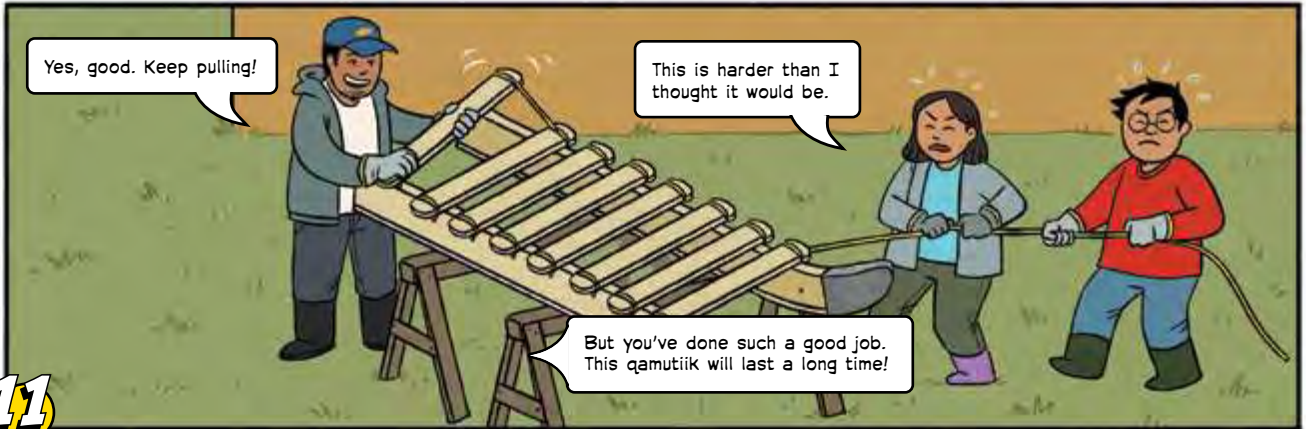


This should hold the runner. We have to put in many nails to make sure it doesn't crack more. The metal will support it.

I've seen people wrap the sliders around the top instead of using metal.

Yes, that's right! There are lots of different ways to build a qamutiik.

11

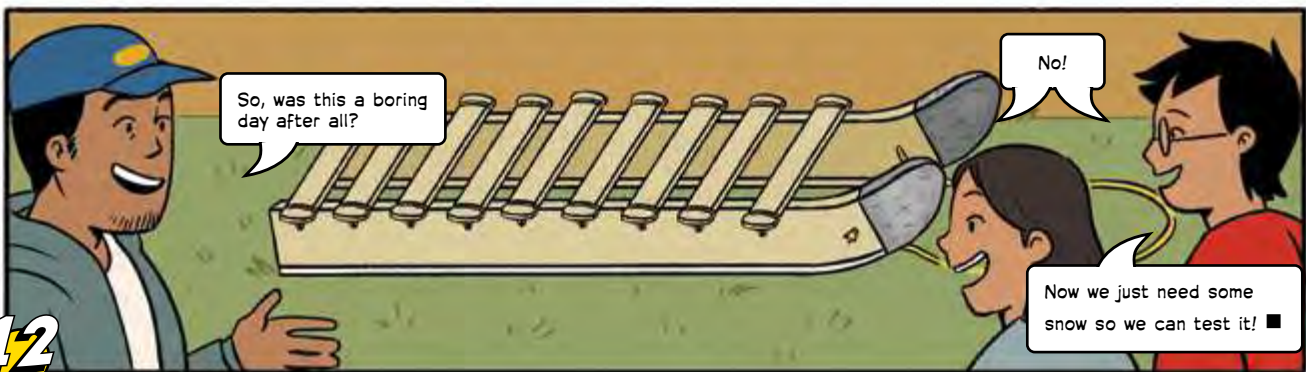


Yes, good. Keep pulling!

This is harder than I thought it would be.

But you've done such a good job. This qamutiik will last a long time!

12



So, was this a boring day after all?

No!

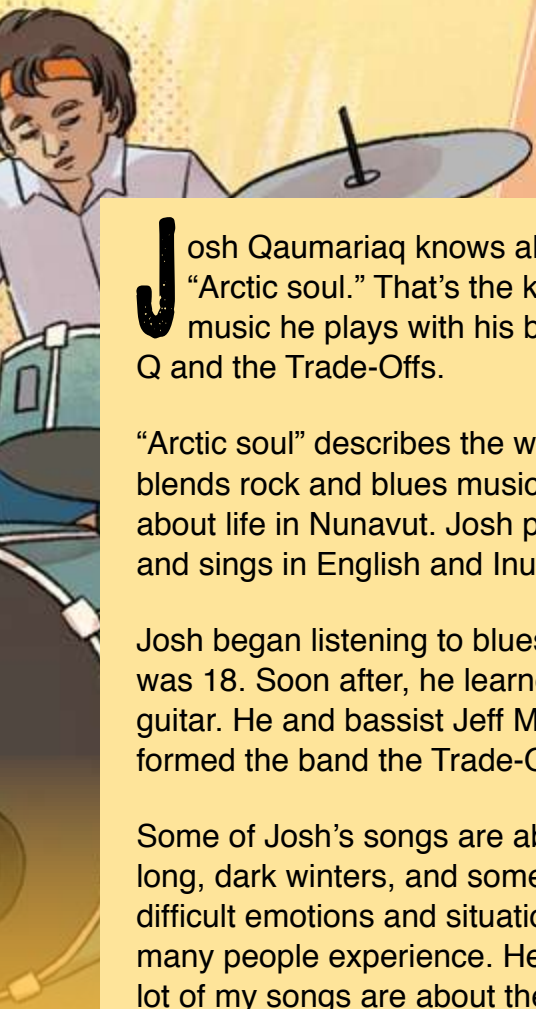
Now we just need some snow so we can test it! ■

*Northern  
Beats!*



# JOSH Q

## AND THE TRADE-OFFS



**J**osh Qaumariaq knows all about “Arctic soul.” That’s the kind of music he plays with his band, Josh Q and the Trade-Offs.

“Arctic soul” describes the way the band blends rock and blues music and sings about life in Nunavut. Josh plays guitar and sings in English and Inuktitut.

Josh began listening to blues when he was 18. Soon after, he learned to play guitar. He and bassist Jeff Maurice formed the band the Trade-Offs in 2012.

Some of Josh’s songs are about the long, dark winters, and some are about difficult emotions and situations that many people experience. He says, “A lot of my songs are about the dark days in my own life. But I have a song called ‘Qaumariaq,’ which means brighten up, or lighten up. It’s about trying to get away from that darkness.”

Josh and his band are well known all over Nunavut. The band was featured on the national CBC radio show *q* to kick off Nunavut Music Week in 2019. They have also played in many places around Canada, including Vancouver, Edmonton, Toronto, Ottawa, and at the Aqpiq Jam Music Festival in Nunavik. They even played at the Juno Awards in 2018 along with the Jerry Cans.



Music isn’t the only way that Josh expresses his creativity. He also works on *Qanurli?*, an Inuit television show that airs on APTN. The show is a mix of comedy, drama, and music. He has created music for the show. He has also written and directed episodes and acted as host on the air.

Josh is happy to see how many musicians are thriving in Nunavut today. “There’s a pretty good boom of young musicians in Nunavut right now,” he says. Music is “a great opportunity for people to have a new path.” ■



# Journalist Madeleine Allakariallak Tells Nunavut's Stories

**Y**ou might have seen Madeleine Allakariallak on television, heard her on the radio, or seen her in your community. She has been a journalist with the CBC for almost 20 years!

Madeleine was born in Resolute Bay. She knew she wanted to be a journalist when she was a kid. She used to watch Inuktitut-speaking journalists on TV.

"I saw just how important it was for my unilingual Inuktitut-speaking grandmother to hear and see the world events in the only language she spoke," Madeleine says.

Madeleine learned most of her journalism skills on the job at the CBC in Iqaluit. She learned how to do research, conduct interviews, write stories, and meet deadlines.



She also learned how to produce her shows, which meant finding stories to report on and people to interview on the show.

She says she was always a storyteller and a strong communicator, so the work felt natural. She has also taken some courses offered by the CBC in Toronto.

Working in journalism can be busy, but it's also fun. "There are no dull moments," Madeleine says. "It's a great way to make friends. Often in this business, you become family with your peers because work is demanding. You have to trust each other to make the news and shows happen."

But Madeleine says some parts of the job can be challenging. Sometimes she couldn't get a babysitter in the early hours of the morning, so she would bring her little girls to work with her at 5 a.m.

Madeleine also says she has found it frustrating to work in a newsroom in Nunavut that is not filled with Inuit staff. She tries to help educate her non-Inuit co-workers about the Inuktitut language and the culture and issues of the North. She says she wants to see more Inuit get into broadcasting by going to journalism school.

"Inuit are capable and smart," she says. "We need to tell our own stories."

Madeleine reads the news in Inuktitut and English, which means she has to write and read two separate scripts. She is passionate about preserving the Inuktitut language and hopes that when Inuit see her reading the news in Inuktitut, they will be inspired to continue speaking the language too.

"Our beautiful language," she says. "We need to continue speaking it so we don't lose it at the rate we are."

Journalism can lead you to many different careers. After starting out at the CBC,

Madeleine tried different jobs both in and outside of Nunavut. Then she returned to the CBC to host *Igalaaq*, the only Inuktitut supper-hour news program on TV in Canada.

Madeleine encourages young Inuit to take on the challenge of becoming journalists.

"We need you," she says. "Nunavut needs you." ■

**"We need you," she says. "Nunavut needs you."**

If you are interested in a career in journalism, you can talk to a career development officer in your region.



**KITIKMEOT 1-800-661-0845**  
**KIVALLIQ 1-800-953-8516**  
**QIKIQTANI 1-800-567-1514**

# FESTIVALS IN NUNAVUT

All across Nunavut, you will find festivals and celebrations. People love to celebrate here! They celebrate the return of the sun and holidays like Christmas, Eid, and New Year's.

## Spotlight on: Nattiq Frolics in Kugluktuk

In Kugluktuk, you know spring is coming when it's time for Nattiq Frolics! This festival takes place in April. It offers something for everyone. Here are some of the events the community can take part in:

- Square dancers of all ages can get together and dance at the community centre.
- During the Traditional Fashion Show, participants show off their best handmade traditional clothing.
- Outdoor contests include snowmobile races, a tug-of-war, ice chiselling, and target shooting.
- People can listen to music at concerts that are held throughout the week.
- Delicious food like muskox stew and char chowder are served.
- People can take part in a parade where they make their own floats!



## Spotlight on: Toonik Tyme in Iqaluit

The Toonik Tyme Festival happens in April in Iqaluit. It's been celebrated for over 50 years! Here are some of the things you can do during the festival:

- Eat at different feasts and barbecues
- Get together at a bonfire
- Watch or take part in sports like skiing, skijoring, snowmobile races, and Inuit games
- Cheer on participants in traditional competitions like the seal-skinning contest and the tea-and-bannock-making contest
- See art, movies, and concerts
- Make crafts or shop at the craft sale

How does your community like to celebrate? ■



In **Kugaaruk**, you will see beautiful Christmas lights in December. From strings of lights to fancy shapes, this community makes an effort to brighten up the dark holiday season.

In **Gjoa Haven**, you can take part in the Qavvavik Frolics in May. This festival features drum dancing, throat singing, Inuit games, and feasts.

There's great fishing in **Whale Cove**! In May there is an annual fishing derby. People from all over the region gather to see who can catch the biggest lake trout! You can even win prizes.

In **Arviat**, you can go to the Inummarit Music Festival in September. This festival is a showcase of Inuit music!

## YOUTH PERSPECTIVES

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# Indigenous Athletes

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Sport is an important part of many cultures. Moving our bodies, pushing ourselves to be our best, competing, and playing with friends are important aspects of sport. Let's look at Indigenous athletes who are making a mark on their sports!

### 1. The Niños Triqui basketball team

The Niños Triqui basketball team is made up of youth from the Triqui Indigenous people of Oaxaca, a state in Mexico. Basketball has always been a favourite sport in Oaxaca. This team came together in 2009 when professional basketball player Sergio Zúñiga moved to the state to work with Indigenous youth. He started a school called the Indigenous Basketball Academy of Mexico. There, students work on their basketball skills. They

also have to keep up good grades and study their native languages. The goal is for the students to gain skills that will help them throughout their lives while also competing in basketball and having fun.

The team became famous when they won an international competition in Argentina in 2013 while playing barefoot. At that time, they didn't have enough money for shoes. After that win, the Mexican government began to pay for shoes and uniforms for the team.

The team continues to play in and win competitions today. Recently, they've competed in Las Vegas, United States, and Barcelona, Spain.

## 2. Tracie Léost

Tracie is a Métis track and field athlete. At the age of 15, Tracie competed in the 2014 North American Indigenous Games (NAIG). She won bronze medals in the 1200-metre race, the 2000-metre race, and the 3-kilometre cross-country race in the girls under-16 category.

Tracie had been nervous to compete, but she found strength in taking part in the games along with 5000 other Indigenous athletes. She says, “Someone speaking that night said, ‘you’re the generation that picks up the broken pieces.’ I came home from NAIG super passionate about my people and Indigenous culture.”

Her experiences at the games inspired her to learn more about the history of missing and murdered Indigenous women in Canada. To raise money and awareness, she ran 115 kilometres along a highway in Manitoba. She called her run the MMIW Journey of Hope.



## 3. Braeden Picek

Braeden is a speed skater from Inuvik, Northwest Territories. He is Inuvialuit and enjoys drum dancing. Braeden has participated in the Arctic Winter Games since 2014. At the 2018 games, he won gold in the short-track speed skating 1000-metre race and 1500-metre race in the individual junior male category. He was also part of the gold medal-winning relay team.

Braeden now trains at the Olympic Oval in Calgary. He likes short-track speed skating best. To excel in this sport, you need good skating skills, but you need other skills, too! He says you need physical and mental strength for this sport. He also says a good sense of strategy is important.

Braeden says, “My role model is Michael Gilday because he is from the NWT and became a world champion and is a former world record holder.” Braeden’s goal is to keep doing better at his sport so he can represent his territory at different games. ■



## FAQ:

# How Can I Make an Informed

## Decision about Cannabis?

**C**annabis became legal to purchase and use in Canada in October 2018. Each province and territory has rules around how cannabis can be sold and who is allowed to sell it.

In Nunavut, you must be 19 years or older to legally buy, have, or use cannabis. The earlier a person starts using cannabis, the more harm it can do. That's because our brains keep growing until we are about 25 years of age. Consider holding off from trying cannabis as long as possible so that your brain can finish developing.

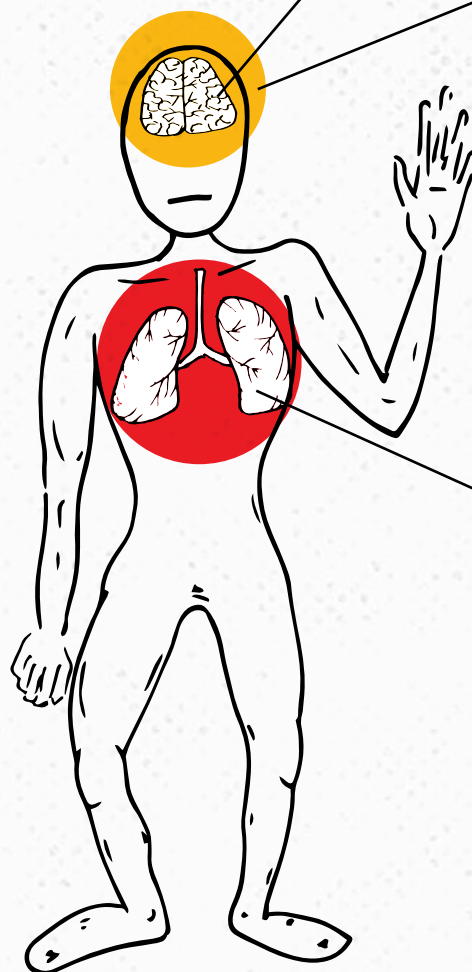
### What is cannabis?

Cannabis, also known as weed or pot, comes from a plant. It contains a chemical called THC that makes you feel high or changes the way your mind works.

Cannabis can be prepared and used in many ways. For example, cannabis can be dried (this is called bud) or can be used to make different products like cannabis oil, hashish, or hash oil (also known as shatter or budder). It can be smoked, vaped, or put into food or drink and eaten.

The more THC there is in cannabis, the stronger it is, and the more it affects your mind and body.

### How does cannabis affect my...



## Brain?

Using cannabis regularly before the age of 25 can change how your brain develops. This can affect your thinking and ability to make decisions. Cannabis can also affect your memory and concentration, making it harder to learn and remember things. This is why being high at school or on the job is never a good idea.

## Mental health?

Because cannabis can alter your state of mind, it can also affect your mental health. Too much at one time can cause anxiety, paranoia, or panic. In some cases, cannabis use can cause **psychosis**, which is when a person's thoughts become mixed up and they lose touch with reality. They may feel, see, or hear things that are not really there. If you already experience mental health issues, using cannabis regularly may make them worse.

If cannabis use is getting in the way of your day-to-day life, you can always get help. Speak with a mental health nurse or another health professional at your local health centre.

## Lungs?

Cannabis smoke has many of the same toxic chemicals as tobacco smoke. When cannabis is smoked or vaped, it can be harmful to your lungs, especially if you smoke often or hold the smoke in your lungs for a long period of time. Regular cannabis use can lead to long-term problems with your breathing.



## Don't drive high!

Cannabis can make you drowsy and slow your reaction time. This drug can make it harder to pay attention and make you uncoordinated. It can be extremely dangerous to drive any vehicle while you're using cannabis or after you have used cannabis. This danger can increase if you're mixing cannabis with other substances like alcohol. This includes driving trucks, skidoos, ATVs, and boats. You could seriously injure yourself or others. If someone you know has used cannabis or any other substance and wants to drive, you can choose to find another, safer way to get where you're going.





## But cannabis is legal now, so I can still choose to use it, right?

If you are 19 years or older, you can purchase and use cannabis. There are some things you can do to be safe and reduce health risks if you are using cannabis:

- ▶ If you're going to use cannabis, try a small amount at first to test how strong it is. Wait for it to kick in before having more. This is really important when eating cannabis, which takes longer (sometimes up to four hours) to experience the full effect in your body.

- ▶ If you choose to use cannabis, use products with lower THC levels. Cannabis products that have a high amount of THC have been linked to greater health risks, including psychosis.

- ▶ Plan a safe ride home. If you're planning on using cannabis, don't drive a motor vehicle (including a car, truck, ATV, skidoo, or boat).

- ▶ Wait until you're older before trying cannabis. The younger you are when you start, the more health risks you could face.

- ▶ Avoid using cannabis every day. The less often you use cannabis, the fewer effects it will have on you.

- ▶ Consider not using cannabis if you have family members with a history of mental illness or substance use problems. You may be more at risk of developing these issues.

- ▶ Never use cannabis if you are pregnant or breastfeeding. It can have serious and lasting impacts on the baby.

- ▶ Don't mix cannabis with other drugs, including alcohol or tobacco. This can increase health risks, such as breathing problems.

The best way to avoid the risks of cannabis is to choose not to use the drug at all.

You can talk to a parent, family member, friend, Elder, or health professional to learn more about cannabis use. Make sure you know the facts so you can make the best decision for 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](http://kidshelpphone.ca)





I WANT TO BE A


cook

**B**eing a cook may seem pretty straightforward. Cooks make meals in a restaurant, right? But there is actually so much more to being a cook than just making food for others.


## What do you need to know?

As a cook, you need to know how to prepare and cook many different types of food in different ways. Depending on where you work, you may need to know how to butcher animals or fillet fish. Wherever you work, you'll need to learn how to chop and cook vegetables properly.

You'll also need to know how certain ingredients taste together so that you can cook delicious dishes. This is really important if you want to become a chef and run your own kitchen. Chefs get to make up their own recipes.



## What's the difference between a cook and a chef?



A cook prepares food and follows recipes and a menu plan that a chef has made. A chef supervises in the kitchen and makes up recipes and menus. A chef has also received more training at university or as an apprentice for other experienced chefs.

Most kitchens are busy places. It's important to be able to work well with others when you're a cook because you'll have lots of other cooks and dishwashers and servers working with you.

Health and safety are a really important part of the job. Many cooks take courses on how to safely prepare food, especially things like raw meat or fish. In these courses, you also learn how to properly clean all your kitchen tools and surfaces in the kitchen.

## How can I learn all this?

You can learn a lot about how to be a cook by practising at home. Try cooking with your family and testing out new recipes that you find in cookbooks or online.

If you want to get training to become a cook, you can go to college. There are cooking schools all across Canada! You can even train to become a Red Seal Chef. This means that you can be a chef anywhere in the world.

## Where can I be a cook?

You might think that cooks only work in restaurants. While there are lots of restaurants that you could work at in Nunavut, there are also many other places you could be a cook. Hotels, mines, fishing vessels, and cargo or cruise ships need cooks to prepare food for their workers and visitors. ■



### Spotlight on: Sheila Flaherty, Nunavut's master chef

Sheila Flaherty was the first Indigenous contestant on MasterChef Canada, a popular cooking competition TV show. One of her best known dishes is Arctic char ceviche, which is raw Arctic char seasoned with citrus and spices.

Sheila is Inuvialuk. She grew up in Ottawa before moving to Iqaluit with her husband, who is from Grise Fiord. In 2019, Sheila was elected to Iqaluit's city council. She's also a Chef/Founder of sijnakkut, a company that focuses on food and tourism.





**Readers' Theatre:**

# Journey to the Winter Camp

**T**his script is based on the book *Journey to the Winter Camp* by Caleb MacDonald.

## Characters



**Narrator 1**



**Ataata**



**Narrator 2**



**Qulaut**



**Narrator 3**





**Narrator 1:** It was a beautiful day in the fall. Qulaut carefully chopped up some caribou meat. Many of the animals that his family hunted were moving on, so the meat supply was running low.



**Narrator 2:** Soon Qulaut's family would be going to their winter camp. Qulaut was a bit sad to be leaving the summer camp, where his family had set up a skin tent together with a few other families. The men from the camp worked together to hunt, and Qulaut was eager to help.



**Qulaut:** When I'm old enough, I will get to hunt with the men. I will help to make sure that no one goes hungry.



**Narrator 3:** At the summer camp, caribou migrated close by and fish swam in the nearby river. The men caught fish in a stone weir.



**Narrator 1:** Now, as Qulaut finished chopping the meat, he heard the barking of sled dogs. Ataata was home from hunting.



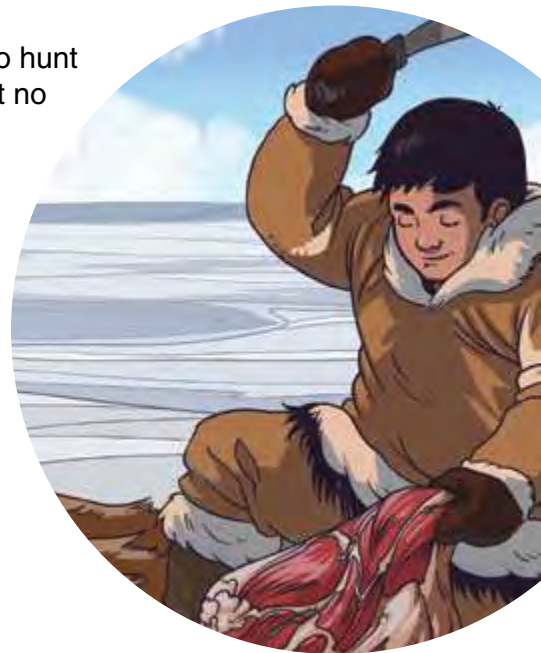
**Qulaut:** You harvested a seal!



**Ataata:** Yes. This seal will be enough for our journey to the winter camp by dogsled. This year you are old enough to help me get the family safely to the camp.



**Qulaut:** I will, Ataata. I know that we must watch the weather so we are not caught in a snowstorm. We should also stay away from thin ice and watch out for polar bears.





**Ataata:** Atii, let's get ready. Qulaut, feed the caribou meat to the dogs. They need to be well fed for the journey.



**Narrator 2:** The youngest sled dog, Kiva, pranced around happily as Qulaut fed her. This summer, it had been Qulaut's job to train Kiva to join the team.



**Qulaut:** You are a good dog, Kiva! Look at how strong and eager you are. I'm proud of the way you have grown this summer.



**Narrator 3:** The next morning, Anaana took down the skin tent with the help of Qulaut's younger brothers. Then the family loaded their belongings onto the qamutiik.



**Narrator 1:** Next, Anaana and Ataata covered the family's belongings with caribou skins and tied everything down with sealskin rope.



**Ataata:** The dogs must be strong and determined to pull this heavy qamutiik. They will not have to pull quickly, but they must keep pulling for days.



**Narrator 2:** Now that everything was ready, the whole family piled onto the qamutiik. Ataata gave the command to go. The dogs were excited and started to run.



**Qulaut:** I'm old enough now to run beside the qamutiik like Ataata instead of riding the whole time. But at the beginning, the dogs are going too fast to keep up with, so I will ride.





**Narrator 3:** After a while, Ataata and Qulaut hopped off the sled and started to run. Soon they had to stop to untangle some of the traces that attached the dogs to the qamutiik.



**Narrator 1:** As they travelled on, from time to time Qulaut and Ataata had to push the qamutiik to move it around chunks of ice and large rocks.



**Ataata:** It's hard work to drive dogs, but we can look forward to getting to our winter camp.



**Qulaut:** Yes, I can't wait to see my friends and cousins! I want to show them what a good sled dog Kiva is.



**Ataata:** This year at the winter camp, you can help me to stretch caribou skins over the top of our sod house to keep the snow and cold out.



**Narrator 2:** Other families would live with Qulaut's family at the winter camp. Some of the families were related to Qulaut, and some were not.



**Narrator 3:** Everyone at the winter camp was good at something special. Some of the women were excellent at sewing kamiit. Some of the men were skilled at making tools.



**Narrator 1:** Ataata and Qulaut kept running beside the qamutiik. Finally, Ataata called out to the dogs to slow down to a walk.





**Ataata:** Qulaut, do you see those small snowdrifts on the ground?



**Qulaut:** Yes. They look almost like tongues!



**Ataata:** These small drifts are made by the north wind. All the drifts point in the same direction. That means I can tell which way north is and I can figure out which way to go.



**Narrator 2:** Every time Qulaut travelled on the land with Ataata, he learned something new. Navigating by looking at snowdrifts was another skill that Qulaut would use someday.



**Narrator 3:** Ataata then pointed to the horizon.



**Ataata:** Do you see those grey clouds blowing across the sky?



**Qulaut:** Those look like storm clouds!



**Ataata:** That's right. They're still far away, but let's watch them carefully. If it looks like there's going to be a storm, we should camp for the night.



**Narrator 1:** Qulaut trusted Ataata to decide when they had to stop. They travelled a bit farther. Then dark clouds started to fill the sky, and the wind blew stronger.



**Ataata:** We can't travel any farther today. Let's unpack the qamutiik and set up the tent.



**Narrator 2:** Qulaut knew that later in the winter, Ataata would make an iglu when he needed shelter on the land. But there wasn't enough snow for that yet.



**Narrator 3:** Qulaut and his brothers carried the caribou skins inside the tent and laid them out for sleeping. Ataata cut up some seal meat for the family to eat.



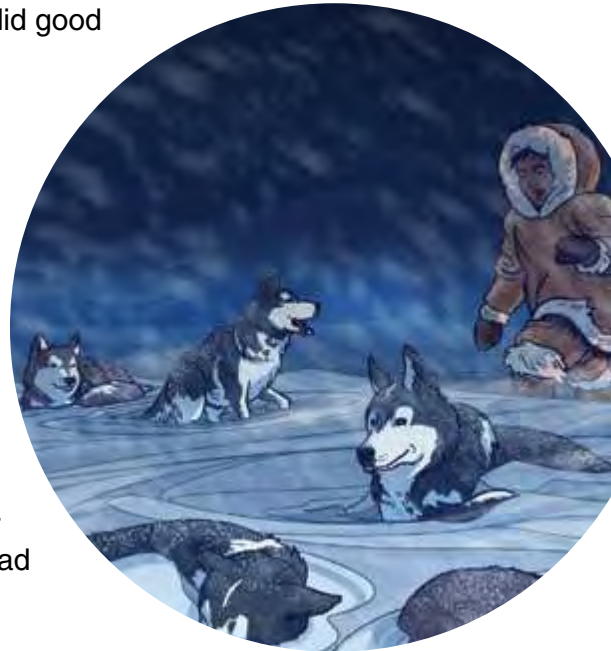
**Qulaut:** Here, Ataata, let me feed the dogs some seal meat. We're all tired, but it's my job to help you take care of the dogs.



**Ataata:** Thank you, son. The dogs did good work today, including Kiva.



**Narrator 1:** Outside, the dogs had curled up in tight balls with their tails over their noses. When they saw Qulaut, they stood up and shook the snow off their fur. Qulaut gave each dog a piece of meat and patted Kiva proudly.



**Narrator 2:** Back inside the tent, Qulaut took a piece of seal meat for himself. After all his hard work, he had never tasted anything so good.



**Narrator 3:** After he ate, Qulaut entertained his brothers by making the shape of a caribou with a piece of sinew.



**Ataata:** Once, long ago, when I was a young man, I was travelling on the ice. As I went, I tested the ice with my harpoon. All of a sudden, *splash!* My harpoon broke right through the ice.





**Narrator 1:** Qulaut sat up straight and listened carefully. He knew that by listening to Ataata's stories, he could learn to be a good hunter, like Ataata.



**Qulaut:** How did you escape from the thin ice?



**Ataata:** My lead dog was very good at telling the thickness of the ice. She sniffed the ice and led me and the rest of the dogs to an area with thicker ice.



**Qulaut:** What an amazing dog!



**Ataata:** That dog was your dog Kiva's anaanatsiaq. That is how I know Kiva will be a good dog. One day, she may save your life the way her anaanatsiaq saved mine.



**Narrator 2:** Qulaut grinned at Ataata. He was happy that he was Ataata's son and that his dog was related to Ataata's fine dog.



**Narrator 3:** As he lay down to sleep, Qulaut felt proud of the way he had helped today. He was excited to continue the journey tomorrow. ■



