

Takuttalirilli!

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Storytelling in *Kiinalik: These Sharp Tools*

There are so many ways to tell a story. Storytelling can be done through art, singing, dancing, plays, and much more. Plays are a great way to tell stories because they can combine music, dancing, art, and talking.

Kiinalik: These Sharp Tools is a play that uses many different kinds of storytelling. This play was written by Laakkuluk Williamson Bathory from Greenland and Evalyn Parry from Toronto. Laakkuluk and Evalyn met on an Arctic cruise ship travelling from Iqaluit to Greenland and discovered that they are both storytellers. The play is a mix of conversation, singing, poetry, and *uaajeernejq*, the Greenlandic

mask dance. Laakkuluk and Evalyn created a story that explores the differences and similarities between themselves. They tell their story to the audience about how they relate to one another and how they created a strong, respectful friendship.

During the performance, they talk about their experiences in the North and with colonialism. They use music to tell the story, too. Evalyn sings a song about the North that her father used to sing to her as a child. The play also includes live cello music, which is beautiful and eerie.

Kiinalik even uses photography and video. Onstage, a backdrop is used to show images and videos of Iqaluit and other landscapes in Nunavut. These landscape images create a setting for the story, so that the audience can picture exactly where the characters are.

Finally, the play uses dance to tell the story. Laakkuluk uses *uaajeerneq* to tell the audience about her mother and about how she learned to tell traditional stories through the Greenlandic dance. Laakkuluk also uses the dance to teach young people that they are in control of their bodies and to help them feel safe in their identities. ■



Storytelling is a way to share knowledge and history and is an important part of oral traditions. Both telling and hearing stories that you relate to is empowering and healing. Qaggiavuut! Society, a performing arts society based in Iqaluit, is campaigning to build a performing arts centre so there is a space for everyone to create, tell, and listen to stories of all kinds in Nunavut. What stories would you like to tell? Do you think that singing, dancing, mask performances, or art could help you tell that story?



Laakkuluk Williamson Bathory is a Greenlandic artist who lives in Iqaluit and is the artistic director for Qaggiavuut! Society. Evalyn Parry is the artistic director for Buddies in Bad Times Theatre in Toronto.



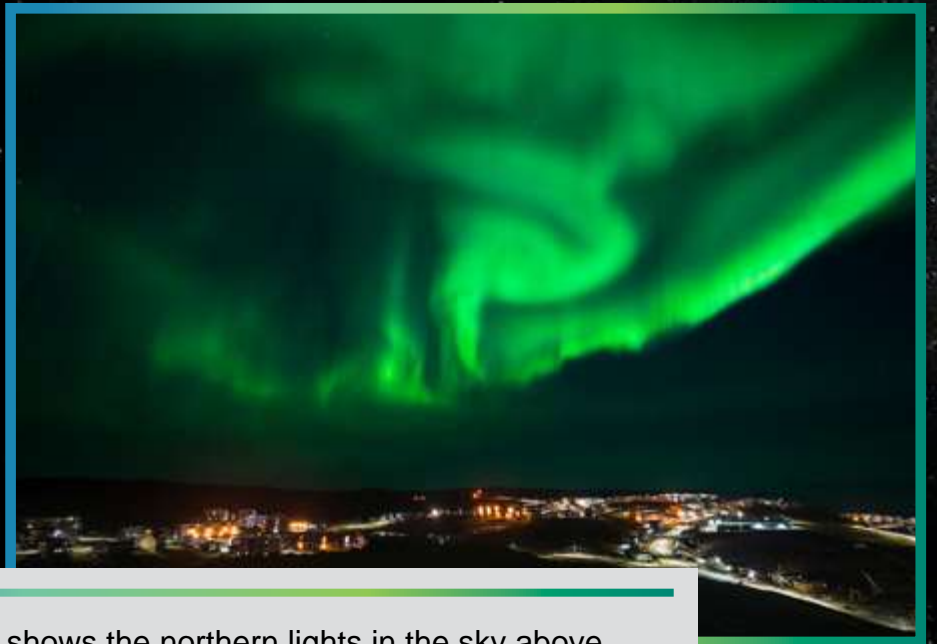
NORTHERN LIGHTS AROUND THE SOLAR SYSTEM

In Nunavut, we get to see the northern lights on many nights of the year. We have stories about them from all over the territory. They're also a tourist attraction. People come from all over the world to see them!

The lights are caused by the way particles from the sun interact with a planet's **atmosphere**. When the sun's particles and the atmosphere bump into each other, colourful light is made.

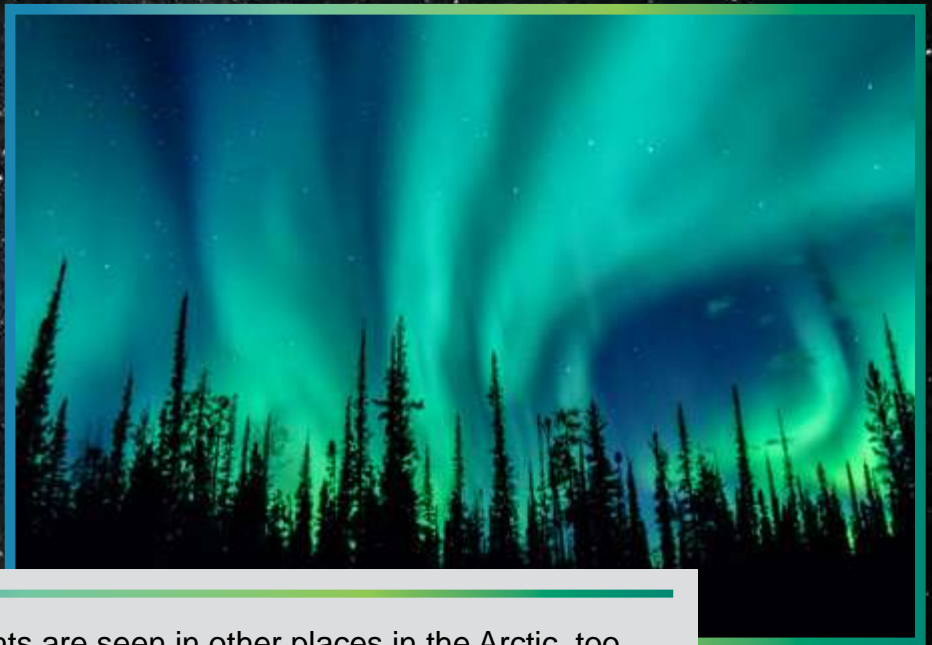
A planet's **atmosphere** is the layer of gas that surrounds the planet.

Northern lights in Nunavut

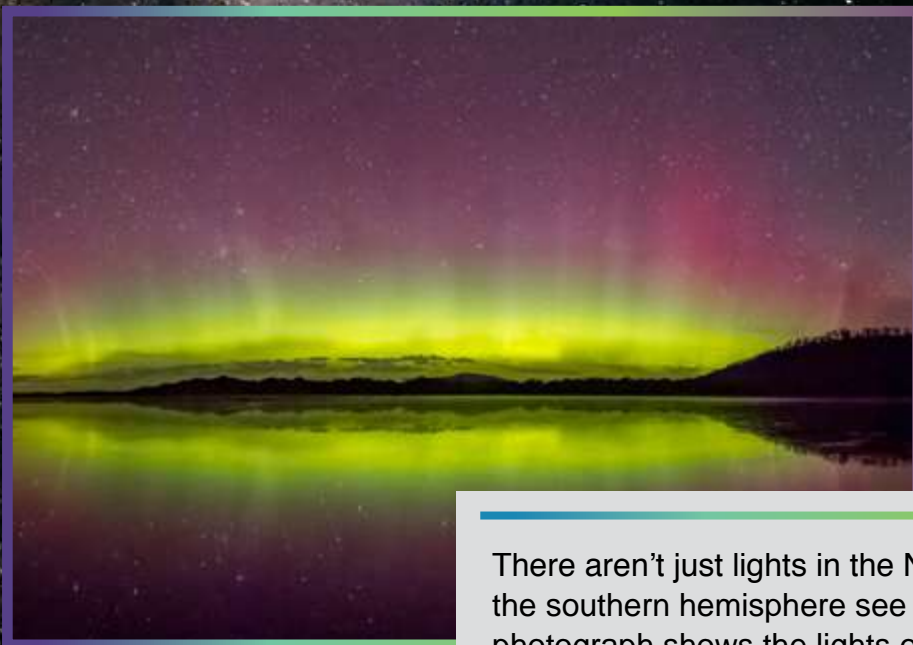


This photograph shows the northern lights in the sky above Iqaluit. Green is the most common colour of the northern lights. Sometimes you can see other colours, like purple and red. Have you seen different colours in the northern lights?

Northern lights in Finland



The northern lights are seen in other places in the Arctic, too. This photograph shows the northern lights above a forest in Finland. There, they are called “revontulet,” which means “fox fire.” One story tells of an Arctic fox that ran so fast across the land that its tail sent sparks of fire up into the night sky.

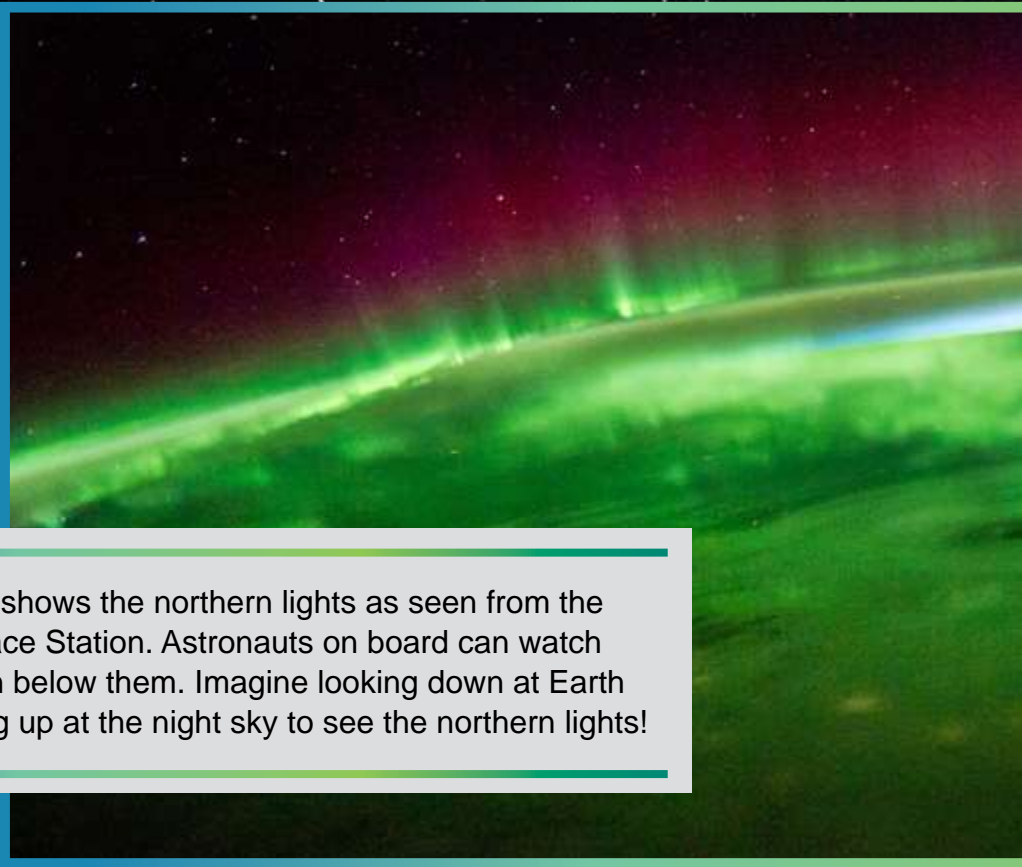


Southern lights in Australia

There aren't just lights in the North. People in the southern hemisphere see them, too. This photograph shows the lights over a beach in Australia. There, they are called the southern lights.



Northern lights seen from space

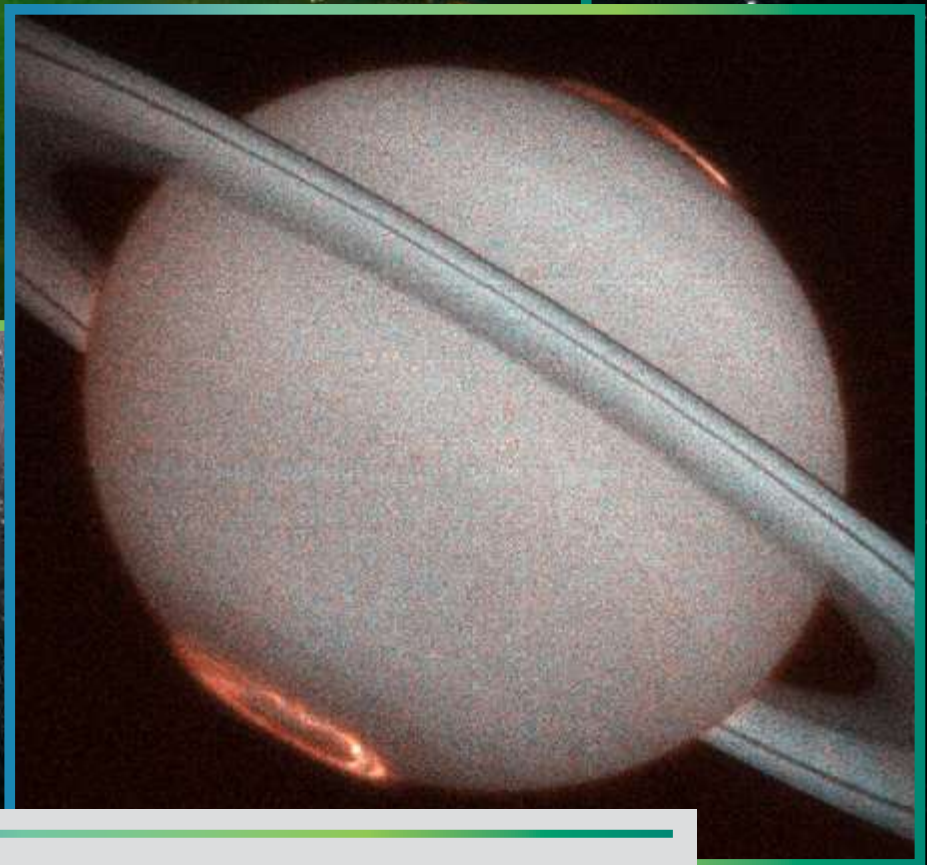
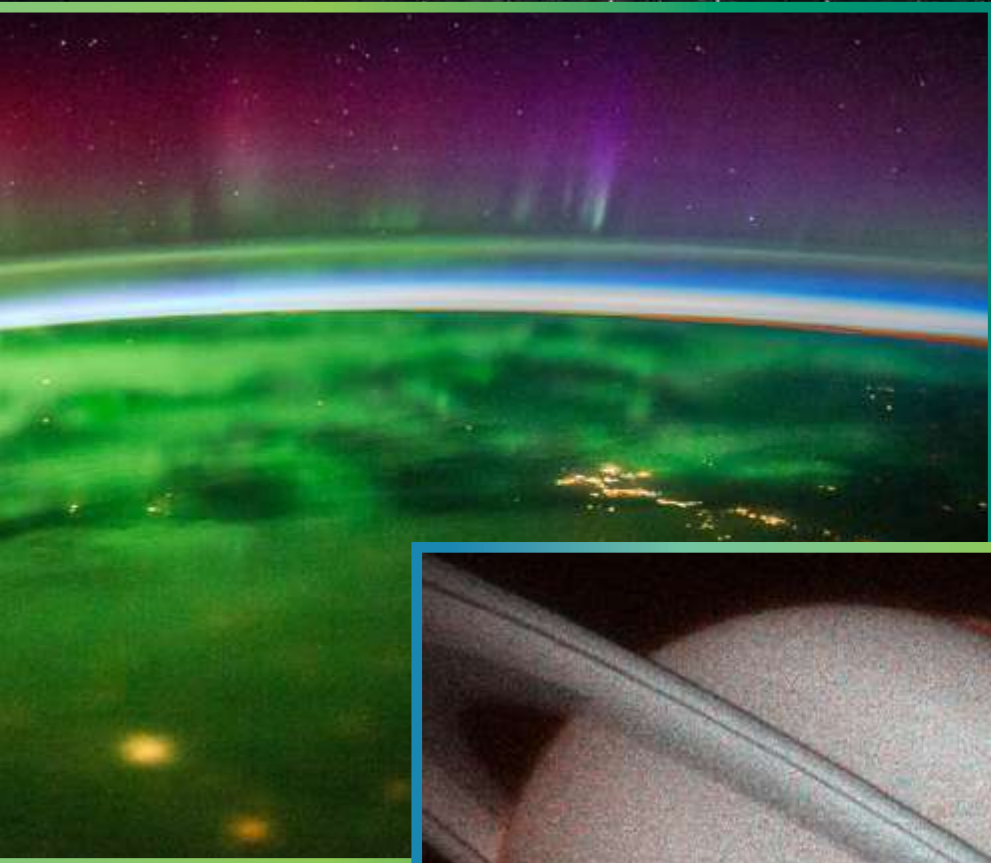


This photograph shows the northern lights as seen from the International Space Station. Astronauts on board can watch the lights happen below them. Imagine looking down at Earth instead of looking up at the night sky to see the northern lights!

Lights on Jupiter



Earth isn't the only planet that has lights! This photograph shows bright lights on the planet Jupiter. The photograph was taken by a spacecraft that scientists have sent out to explore the solar system.



Lights on Saturn

The planet Saturn also has its own lights. Saturn's lights are mostly red and purple. This photograph shows the lights at both of Saturn's poles. The photograph was taken by a satellite camera that orbits Earth. ■

The Art of Printmaking

Printmaking is an important form of art in Nunavut and around the world. In printmaking, the artist creates an image on a specially prepared block or plate. The artist can then use that image to make multiple copies of the art.

There are many different ways to make prints. Artists from Kinngait are well known for printmaking. Printmaking has been a popular way to make art there since the 1950s. Here are two of the most common ways artists in Kinngait make prints.

Stone-cut prints

First, an artist creates an image. The artist might draw the image directly onto a block of stone. Or, the artist might draw on paper. A copy will then be carved into stone.

The next step is to carve the image into the block. This might be done by the original artist or another artist who is skilled at carving. The carver carves away the parts of the block that won't appear in the print. This leaves the image raised up on the block.

Next, it's time to add colour. Some artists use one colour. Some artists use two or more colours. It depends on how the artist wants the final print to look. The

artist works quickly to add ink to the block. Then, the artist lays a piece of paper over the wet ink.

The artist carefully rubs the paper with a special flat tool. This presses the paper onto the stone and helps transfer the ink onto the paper.

Finally, it's time to gently lift the paper off the block. The ink has transferred to the paper. The print is complete! Now it's time to let the ink dry.

The same block can be used again to make another print of the image. Often, an artist will only make a certain number of prints from one block. The finished prints are signed and numbered.



Qavavau Manumie adds ink to a stone block.

Stencil prints

In this form of printmaking, the artist cuts shapes out of cardboard, heavy paper, or even sealskin to create a stencil.

The artist lays the stencil on top of a sheet of paper. The artist then adds ink using a stamp or brush. The stencils can be reused to make a series of prints. ■



The stencil used to make “The Archer” by Niviaxie.

Printmaking around the world

Printmaking is done by artists around the world. In Japan, prints are made by carving images into blocks of wood. The wood block is inked and paper is pressed against the block to transfer the image.



Artist Natsuki Suga creates a woodblock print.

In India, artists use blocks of wood to make patterns on cloth. The blocks are inked and pressed onto a piece of fabric over and over to create a large pattern. The fabric might be used to make clothing or furniture, or as a wall hanging.





Marvellous Muskox Chili

There are lots of muskoxen in western Nunavut! Inuit in the Kitikmeot region eat muskox meat frozen, dried, and cooked. Muskox meat is high in protein and important nutrients like iron, vitamin B, and vitamin D. It keeps our muscles, blood, and skin healthy.

Ask an adult at home to help you make this recipe! If you don't have muskox handy, you can make this chili with caribou or ground beef.

Ingredients

- 2 medium onions
- 3 garlic cloves
- 3 (15.5-ounce) cans of beans. You can use different kinds of beans, like white beans, black beans, or kidney beans.
- 2 pounds muskox meat
- 2 tsp vegetable oil
- 1 tbsp red pepper flakes
- 6 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp salt
- ¼ tsp cayenne pepper
- 1 (14.5-ounce) can diced tomatoes
- 4 cups water



Method

1. Dice the onions so that the pieces are bite-sized cubes. Cut up the garlic into slivers. Set aside.
2. Drain the liquid out of each can of beans. Rinse the beans under running water. Set aside.
3. Chop up the muskox meat into cubes.
4. Heat 1 tsp of the vegetable oil in a big pot over medium-high heat. Wait about 2 minutes, then add the muskox meat.
5. Cook the muskox meat for about 10 minutes. While it is cooking, move it around with a wooden spatula to keep it from burning.
6. Use a spoon to take the muskox meat out of the pot. Put it on a plate.
7. Add the rest of the vegetable oil to the pot. Add the onions, garlic, red pepper flakes, chili powder, cumin, salt, and cayenne pepper. Cook for about 5 minutes, stirring to keep the ingredients from burning.
8. Add the canned tomatoes. Let the mixture cook until you see bubbles forming in the liquid.
9. Add the muskox meat, beans, and water to the pot. Wait until the mixture starts to boil. Then, turn the heat down to medium-low. Cover the pot.
10. Let the chili cook for about 45 minutes. Stir every so often. ■

Toppings

You can serve the chili as is, or add sour cream or cheese on top. Eat with bannock or bread!

Communities Working Together to Reduce Tobacco Use

Did You Know?

Tobacco contains nicotine. Nicotine is what makes tobacco addictive. When someone is addicted to something, it is very hard for that person to quit. That's why reducing or quitting smoking is difficult for so many people. If you or someone you know is trying to use less tobacco, remember that keeping your hands busy and your mind focused on something fun, like sewing, sports, or tool building, can make it easier to quit!

In communities all across Nunavut, people are helping each other quit or reduce smoking. Smoking is very harmful. It can make the person who smokes sick. Smoking while pregnant causes harm to the baby. And smoking causes second-hand smoke, which means it can harm people around the smoker, too.

Many people have experienced health impacts from using tobacco, including cancer, lung disease, and heart disease. They may have been sick themselves or have loved ones who have suffered from these diseases.

There are many different and creative ways to help reduce tobacco use in your community. Here are some of the programs going on all over Nunavut!

Baker Lake

Every summer, Baker Lake hosts an all-ages basketball tournament. At the games, an Elder and a nurse teach players about the health impacts of smoking and different ways to quit. Many people have said they used less tobacco after the games. You could organize a basketball tournament or another sports event in your community!





Cambridge Bay

The wellness centre in Cambridge Bay offers programs that teach people how to make kamiit, sealskin mitts, amautiit, and even qamutiit! Many people who have participated in these programs have found that they are so busy using their hands to sew or build that they crave tobacco less.



Arctic Bay

In Arctic Bay, there's a smoke-free square-dancing program. Square dancing is great exercise for your whole body—including your lungs!





Whale Cove

A smoke-free amautiit workshop was held in Whale Cove. The women who participated were so busy sewing that they didn't take smoke breaks. They also ended up making jackets, wind pants, and mitts!



Coral Harbour

- A group of women in Coral Harbour who were trying to quit smoking learned how to make traditional clothing with an Elder. For three months, the women met four times a week to create many different pieces of clothing. When you're trying to reduce tobacco use, having support from others who are also trying to quit smoking can make it easier.



Pangnirtung



At Attagoyuk Ilisavik High School in Pangnirtung, the principal launched a fitness program. Working out with others releases natural chemicals in your body that make you feel good, which can help you stay focused on your goal. Plus, as you reduce tobacco use, your lungs get stronger, and you can work out longer and harder!



Kugaaruk



In Kugaaruk, there was a popular tobacco-free throat-singing program. You need strong, healthy lungs to throat sing.

At a cooking class in Kugaaruk, participants were encouraged to skip smoke breaks and continue cooking. Finding a hobby that you enjoy can help you reduce smoking.

Arviat

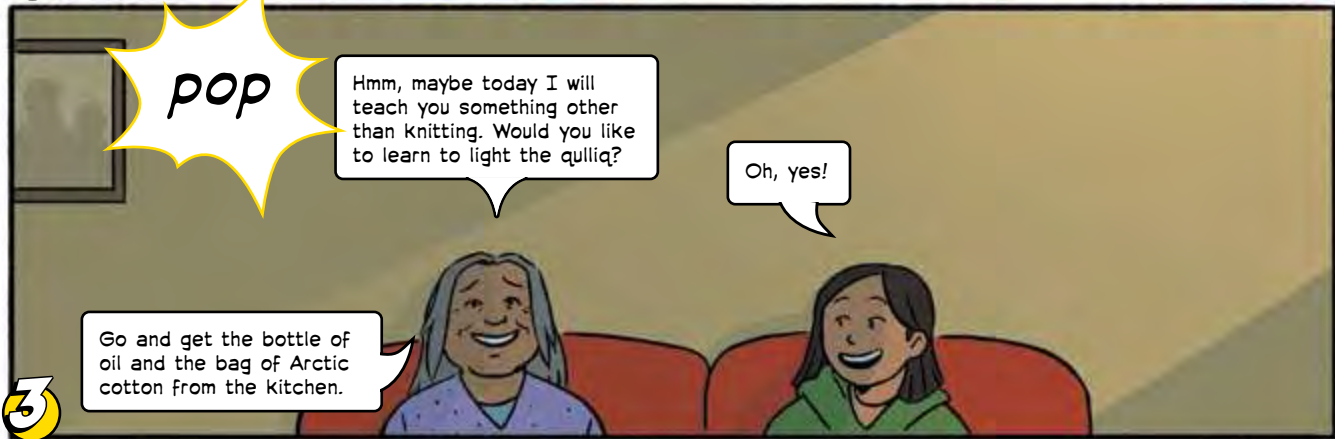
In Arviat, a learn-to-sew program for youth has helped reduce smoking. Sewing is a great way to help yourself quit smoking because it keeps your hands busy, which can make you feel less like smoking. In Arviat, prizes are given away at events and on the radio to people who are reducing smoking. ■



ELIJAH & ELISAPEE

ELISAPEE LIGHTS THE QULLIQ

WRITTEN BY CALEB MACDONALD





Your ataatsiaq carved this qulliq for me from soapstone. Come sit and look.

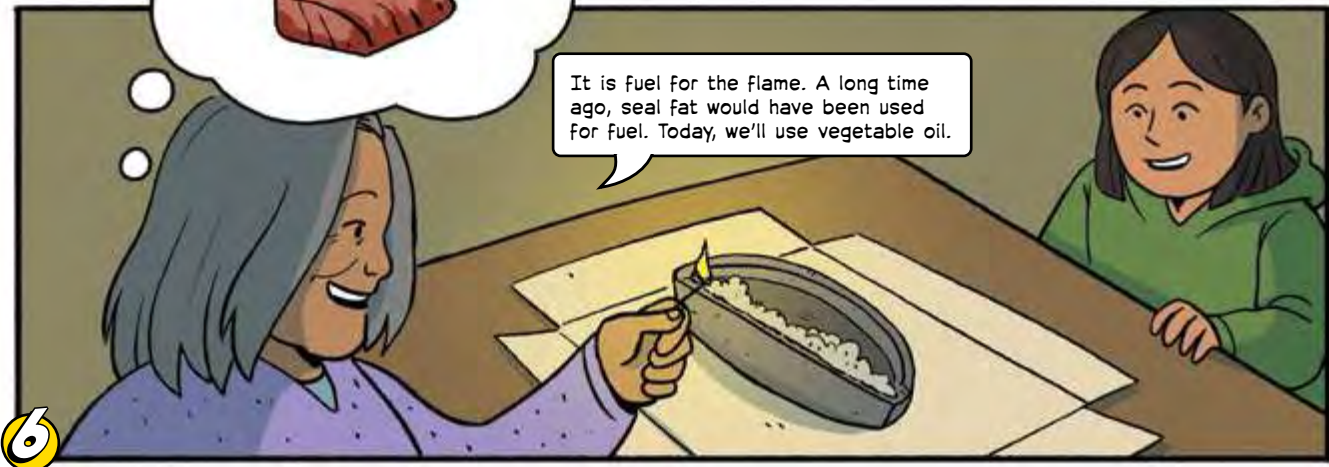
4



I am using the Arctic cotton we picked together last summer and placing it along the edge. The cotton acts as a wick that holds the flame.

What is the oil for?

5



It is fuel for the flame. A long time ago, seal fat would have been used for fuel. Today, we'll use vegetable oil.

6



What are you doing with that?

This is called a taqqut. It helps me move the cotton and tend to the flame.

7

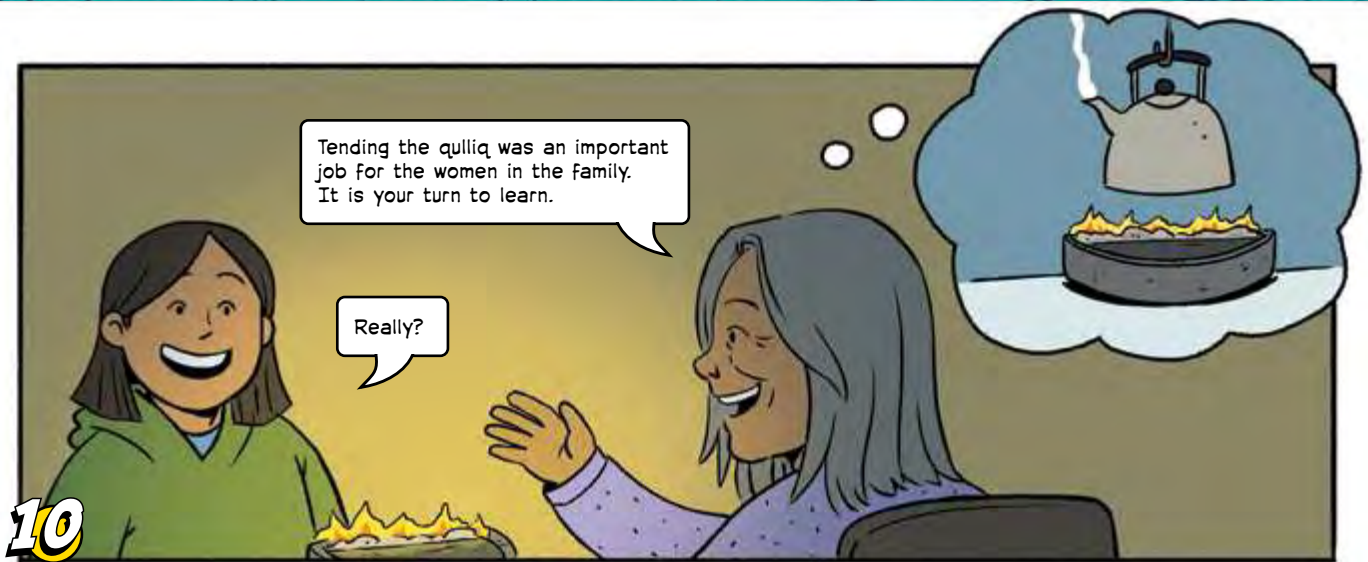


Our ancestors have used a qulliq for as long as anyone can remember. When I was a girl on the land, my anaana taught me to tend the flame. It kept the iglu warm and bright.

8

It is getting darker outside, but the flame is bright.

9



Tending the qulliq was an important job for the women in the family. It is your turn to learn.

Really?

10



Am I doing it right?

Follow the flames.

This is peaceful.

Ajunngi.

11



We saw the light of the qulliq as we were coming home. We invited a few neighbours in to share some of the catch.

Looks like the whole road lost power.

Come in and eat, everyone! ■

12



MISTER

FROM IGLULIK

*Northern
Beats!*

When musician Lazarus Qattalik performs, he goes by the name “Mister.” He’s a singer, guitarist, and drummer from Iglulik. He plays rock music.

Mister is also a songwriter. He has been writing songs since he was 14 years old.

Sometimes Mister performs music on his own. Sometimes he performs with other musicians. He plays with the bands Iqippagit and Nutarait. He also jams with musicians from around Nunavut. He is very interested in working with other musicians to create music.

In the past few years, Mister has performed all over the North. He has played in his home community of Iglulik. He has also played in Sanirajak and at the Alianait Arts Festival in Iqaluit. At that festival, he played his own songs and other Inuktitut-language songs. He has also played at the Folk on the Rocks festival in Yellowknife, Northwest Territories.

In 2018, he played a holiday concert with Iqippagit to raise funds for the Iglulik food bank. “In this small community it’s hard to make holiday foods because they’re so expensive. I was just thinking of helping out a little bit,” Mister said.

The community of Iglulik is very important to Mister. He grew up playing music with his bandmate Allan Kangok. Allan also plays keyboards with the Iglulik band Northern Haze. And Iglulik’s circus, Artcirq, has supported the young musicians. Artcirq helped fundraise so that Mister could record his first album.

“It means a lot to release an album. It feels like an accomplishment,” Mister says. The album was recorded right in Iglulik, in the old community centre. Mister and Iqippagit named the album *Iqippagit*, just like the band. They dedicated the album to Joey Ammaq, a musician and member of Artcirq who died in 2014.



The album features a song called “Irnkuluga,” which Mister wrote about his young son.

Mister sells his CDs in Iglulik, and you can also listen to his music on iTunes and YouTube. He’s just getting started, so keep listening to see what he does next. ■



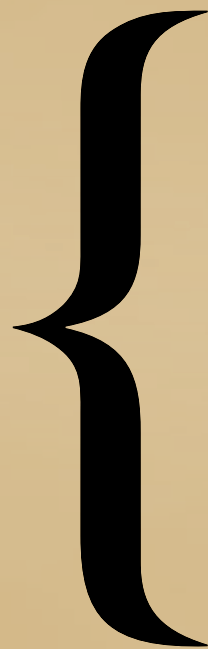
Pisiqurniq Nunattinni

Written by Looee Arreak

Long before television, computers, books, or electronic instruments, Inuit had a different way of sharing knowledge. Inuit history, wisdom, and knowledge were shared through oral stories and songs. *Pisiqurniq* (sharing songs) and *qilaujjarniq* (drum dance) were big parts of Inuit tradition. Songs kept the language, imagination, stories, and culture alive. They were an expression of who Inuit of previous generations were. They were a big part of *Qaggiq* (celebrations). These songs even helped with mental wellness.

Inuit have always created personal songs, and we have carried those songs from generation to generation.

Types of Songs and Dances



Aqausiq

These were songs family members sang to children to show love. No matter how many children were in their family, a mother and father would have a special song for each child. Each song would be shaped by what the child was like, what the child looked like, and the child's position in the family. This gave each child a special identity. When a family member wanted to show love and encouragement, they would sing the aqausiq to the child. The child would start dancing, feeling special and full of joy.



Pisiqurniq

Most men had songs about their hunting experiences, and women had songs about their friends and family. Women even had songs for skills competitions, and they would sing to their opponents' weaknesses. These songs were a normal part of their lives, and singing them was important for survival, too. Everyone had a song. When people gathered in a *qaggiq* (a big iglu for celebration activities), it was a time to share personal stories through songs, and it was felt by all. Everyone sang their songs (*pisiit*) at this special time.

Qilaujjarniq

In drum dancing, the dancer used a *qilaut*, a drum made of caribou skin and bones. The drummer would use specific movements while drumming and dancing, depending on the song or the event the song was about. The drummer would shout during a song, and that sound would give a feeling to the song.

Back then, people held drum dance competitions. They would also imitate animal movements with a drum dance.



Examples of pisiit in the past

Some songs were of hope that the harsh winter would end and spring would bring warm and beautiful weather again (*alianaittuqaqpuq inuunialirama*).

There are many true stories that have been shared through song. One of them is of a man who was freezing. He sang his song about his situation, and he was able to keep his mind alert and fight the hypothermia. He survived to share his song (*qiujavit*).

Another man was lost on the tundra on his way home. He was having a hard time mentally, and he created a song and sang it to focus. The song gave meaning to his situation, so he was able to make it home and share the song (*maani*).

Pisiqurniq was and still is a big part of our resilience.

Pisiit today

When other cultures were introduced in the Arctic, Inuit started to let go of their ways, including creating songs and drum dancing. These were the very things that gave them their identity and deep expressions of their spirituality. But Inuit are resilient and a small number of people kept the sound of the drum and the pisiit going.



Where to Find Inuit Arts and Crafts across Canada

Across Inuit Nunangat, Inuit artists create beautiful, expressive arts and crafts. But where can they go to share their art and sell their work? Here are a few shows, galleries, and arts and crafts centres across Canada that feature amazing Inuit art.





image from the
SakKijajuk show



Inuvialuit Nunangit Sannaiqtuaq
(Northern Northwest Territories)

Inuvialuit Regional Corporation (IRC) Craft Shop

Inuvik, NWT



Located along the Mackenzie Delta, the IRC Craft Shop buys arts and crafts directly from artists in the region. The craft shop sells a variety of arts and crafts, including carvings, drums, mitts, and sweaters. Many artists and craftspeople in the region are especially skilled at beadwork and embroidery. They create beautiful patterns and designs on handmade boots, mitts, and purses.

Nunavut

Taluq Designs

Taloyoak, NU

Taluq Designs was established in 1995 as a way for people in Taloyoak to sell their clothing and art. One of its most famous items is a special collectible doll. Since the 1970s, talented seamstresses in Taloyoak have worked together to advertise and sell a unique item: the “packing doll.”

These dolls are made from duffel, which is a thick material made of wool. Each doll is an adult animal (such as a walrus or polar bear) wearing a colourful amauti. Inside the back of the amauti is a baby animal of the same kind, peeking out over its mother’s shoulder.

Uqqurmiut Centre for Arts and Crafts

Pangnirtung, NU



The Uqqurmiut Centre for Arts and Crafts was established in 1991. It is a space where artists and craftspeople in Pangnirtung can develop, create, and sell their work. The Uqqurmiut Centre has equipment and room for printmaking and weaving, which are important art forms in the community.

One of the most familiar products in the craft gallery is the colourful “Pang hat.” These hats are crocheted by hand, with a double layer around the ears for warmth and a tassel on top. You have probably seen one in your community. You may even own one or have made one yourself!

Nunavik (Northern Quebec)

Tivi Galleries

Kuuujuaq, QC



Tivi Galleries had an interesting start—the company began with a contract to haul freight! Now, Tivi Galleries sells Inuit arts and crafts to locals, visitors, and even online shoppers.

Nunatsiavut (Labrador)

SakKijâjuk: Art and Craft from Nunatsiavut

Touring show

This display of arts and crafts is not always in Nunatsiavut. It has been travelling around Canada for a few years. The title of the show, “SakKijâjuk,” means “to be visible.” The show introduces people across Canada to the unique features of art made by four generations of Labrador Inuit.

There are many similarities between Nunatsiavut Inuit art and art made by other Inuit, but there are also many differences. For example, some sculptures are made of wood rather than bone, because some parts of Nunatsiavut are below the treeline.

Southern Canada

Winnipeg Art Gallery (WAG) Inuit Art Centre

Winnipeg, MB



The WAG Inuit Art Centre is a place to show and learn about Inuit art that opened in 2020. There is gallery space to see Inuit art and a studio and learning space for Inuit artists to share knowledge with visitors. The very first exhibitions at the WAG Inuit Art Centre were created by four Inuit curators. Each curator represents a different region of Inuit Nunangat. The WAG Inuit Art Centre gives visitors a chance to learn from Inuit experts. ■

What is a curator?

A **curator** is a person who designs a show of artworks, crafts, or other objects. Curators also help people understand art by including helpful information (such as labels or wall text) that explain why the art is important.

YOUTH PERSPECTIVES

Three Indigenous Artists

Art can be used to express emotion, share heritage and culture, preserve stories, and so much more. When you think about art, you might think of carvings and paintings. Digital images, songs, and filmmaking are all forms of art, too.

These Indigenous artists from around the world are making different kinds of art.

1. Aija Komangapik



Aija is a digital artist. A digital artist uses digital technology (for example, a computer) to make art. Aija is from Iqaluit. In her early teens, she moved to Quebec with one of her sisters and her father.

Aija uses her computer to make art. She focuses on using traditional images and art styles. Aija submitted a piece of art called “Drumdancer” to the Indigenous Arts and Stories contest in 2019. There were almost a thousand pieces of art submitted to the contest but Aija won! “Drumdancer” shows an Inuk woman in an amauti playing a drum. Aija says, “I just wanted to capture the feeling I get when I watch the drum dancers in my life move; like my sister.”

Along with art, Aija plans to study art administration.

2. Emmanuela Shinta

Emmanuela is of the Dayak people of Indonesia. She is a filmmaker and writer. She is well known in Southeast Asia. Her documentary *When Women Fight* tells stories of the forest fires that endanger her land.

Emmanuela started the Ranu Welum Foundation. The foundation teaches young Indigenous people how to use cameras to tell their stories. Through her films and her writing, she reaches out to young people to encourage them to be leaders. She speaks at workshops, graduations, panel discussions, and activist forums around the world.

Emmanuela says, “We can choose if we want to be victims. But no, we want to be heroes. We want to be the ones who stand for our people.”



3. SlinCraze



Have you heard of a performer called SlinCraze? His real name is Nils Rune Utsi. He calls himself SlinCraze when he performs. SlinCraze is a Sámi rapper from Norway. He raps in the Sámi language, which is spoken by about 25 000 people in Norway, Sweden, Finland, and Russia.

SlinCraze says, “Your audience is really narrow when it comes to people who understand the lyrics. One of my strengths is how I flow, how I make the beats melodic. It's not the typical hip-hop sounds. That's been my biggest strength in trying to break out to non-Sami-speaking people.”

He's been rapping since he was 14 years old. His songs are about life for Sámi and dealing with discrimination, but also peace, love, and acceptance. He wants to help preserve and promote his language and to make Sámi youth proud of their heritage. ■

I WANT TO BE

a
hairstylist

Have you ever cut, styled, or coloured your own hair? Or have you noticed other people with really cool hair and wondered how they did that? You might be interested in a career in hairstyling!

What do you need to know to be a hairstylist?

As a hairstylist, you need to know the basics about how to wash, dry, and brush hair before you can do anything too fancy. These might seem like simple skills that you already know, but they are really important. Healthy hair is easier to cut and style.

Once you've mastered this, you'll need to know how to cut all types of hair! This means learning how to trim long hair with scissors and cut very short hair with clippers. You'll also need to learn how to cut certain styles, like layers or bangs. You may want to learn how to colour hair, too. Hairstyles are always changing so you'll always have something new to learn!

Many hairstylists run their own hair salon. If you want to do this, you'll need to learn how to run a small business. This can involve bookkeeping and accounting, advertising, and hiring and training staff.



Aesthetics

Some hairstylists also learn how to wax eyebrows or other body hair. Some learn how to apply false eyelashes, give manicures or pedicures, or apply makeup. These skills make up a field called aesthetics.

How can I learn all this?

You can learn some of these skills by practising at home on yourself. Or maybe you have friends or family who will let you cut, style, or even colour their hair. Fun! You can learn some skills online by looking up video tutorials.

If you want to get training to become a hairstylist, you can go to college. There are beauty schools all across Canada! At these schools, you will learn the skills you need to become a hairstylist or aesthetician, as well as how to run your own business.

In Arviat, Cheryl Kinak opened a business called Cheryl's Do or Dye Salon. Instead of running her business out of a salon, she goes into people's homes to cut and style their hair. She knows this is a really important service for Elders who aren't able to leave their homes or for busy parents who don't have time to leave the house for a haircut. Plus, a whole family could get their hair cut by Cheryl in one night right in their own home!

You can get experience in your community by joining a Skills Club at your school. In Skills Clubs you can learn all sorts of different skills like carpentry, photography, and of course, hairstyling! There might be a Skills Camp in your community in the summer where you can spend a week learning how to be a hairstylist. At a Skills Camp in Iqaluit, a professional hairstylist came to teach students special skills like cutting, colouring, and styling updos.

Visit www.skillsnunavut.ca to see what's happening in your community. If there isn't a Skills Club at your school, talk to a teacher about starting one!

Where can I be a hairstylist?

You can be a hairstylist in Nunavut, or anywhere in the world. You might choose to work in a salon or to open your own salon. ■





FAQ: How Does Alcohol Affect the Body?

When most people think of drugs, they think of something illegal. But did you know that alcohol is a drug? Alcohol is a **depressant drug** that can seriously affect your health.

A **depressant drug** is a type of drug that slows the brain down. Consuming depressant drugs slows down your thinking, reaction time, breathing, and even your heart rate.

In Nunavut, you have to be 19 or older to buy or drink alcohol. If you decide to drink, it's important to know all the facts, even if you are old enough to legally buy alcohol. If you know the facts, you will be able to make decisions about alcohol that are informed and that will help you to reduce the risks. Let's get started.

What happens to your body when you drink?

Alcohol affects every person differently, but in general:

- When people drink alcohol, parts of their brain slow down, which affects the way they think and act. They have a harder time making clear decisions.

- People who drink alcohol can become **intoxicated**. Being intoxicated means a person has had so much alcohol that their organs cannot process the alcohol fast enough. An intoxicated person may feel dizzy or sick, or have trouble moving. The amount of alcohol it takes to make someone intoxicated varies from person to person.
- People who drink a lot risk getting **alcohol poisoning**. This can happen when someone has had so much alcohol that their organs begin to work improperly or shut down. People who have alcohol poisoning often vomit, pass out, or both. This can be very dangerous because you could choke on your vomit if you are passed out, which can kill you.

What can happen if I drink too much?

In the short term...

Drinking a lot of alcohol in a short period of time is called **binge drinking**. A person who binge drinks is more likely to do dangerous things such as drunk driving, being violent, having unsafe sex, having a hangover, or continuing to drink.

In the long term...

Drinking a lot of alcohol over a long period of time can be very harmful. Even if the body doesn't show signs right away, the damage can happen over time. This can include:



What does “a drink” look like?

A “standard drink” is a unit of measurement used to describe how much alcohol someone has consumed. Beer, wine, and liquor all contain different percentages of alcohol. For each type alcohol, there is a standard drink size. The amount of alcohol is the same in any standard drink, but the amount of liquid consumed is different depending on what someone is drinking.

It’s important to know the standard drink size. If someone decides to drink, they can keep track of how much they have had and when they have reached their limit.



12 oz.

(1.5 cups) of beer/
cider/cooler with
5% of alcohol



5 oz.

(0.6 cups) of wine with
10% to 12% alcohol



1.5 oz.

(0.2 cups) of liquor
(for example, rye, gin,
rum) with 40% alcohol

Low-risk drinking guidelines

If you choose to drink, here are some guidelines to follow:

- ✔ Set limits for yourself and stick to them.
- ✔ Drink slowly. Have no more than two drinks over three hours.
- ✔ For every drink of alcohol, have one non-alcoholic drink (preferably water).
- ✔ Eat before and while you are drinking.
- ✔ Plan non-drinking days every week to avoid developing a habit.
- ✘ Do not drink if you are driving any type of vehicle.
- ✘ Do not drink if you are pregnant or planning to be pregnant.
- ✘ Do not drink if you are taking medicine or drugs that interact with alcohol.
- ✘ Do not drink if you may harm yourself or others.

You might also want to share these tips with friends and family who drink.

You can talk to a parent, family member, friend, Elder, or health professional to learn more about alcohol use. Make sure you know the facts so you can make the right decision for you. ■

If you need to talk, there are people who can help:

- If you or someone you know is in crisis because of alcohol, help is needed right away. Call the **RCMP** or visit the health centre or hospital immediately.
- Your community might have an **Alcoholics Anonymous** group. This is a place people can go for support if they are trying to reduce or quit drinking, or if they have family members who have trouble with alcohol abuse.
- **Nunavut Kamatsiaqtut Help Line** (available 24 hours a day, seven days a week) provides anonymous support at 1-867-979-3333 or toll-free at 1-800-265-3333.
- Another option for anonymous support is **Crisis Services Canada**. Use the online chat (www.crisisservicescanada.ca), or call or send a text to 1-833-456-4566.
- Call 1-800-668-6868 or chat with **Kids Help Phone** at kidshelpphone.ca

You can find more information at livehealthy.gov.nu.ca.

Kaappittiaq, Nunavut's First Coffee Company



Did you know?

Kaappittiaq means “good coffee” in Inuinnaqtun.

The North is full of entrepreneurs who are starting interesting, creative businesses. Entrepreneurs are people who set up their own businesses. Some entrepreneurs are **social entrepreneurs**, meaning that they start a business with the goal of solving a problem or making their community, country, or even the world better.

Kaappittiaq is an Inuit-owned coffee company that was established in Cambridge Bay by Pitquhirnikkut Ilihautiniq, also known as the Kitikmeot Heritage Society. Kaappittiaq was created to help support Inuinnaqtun language and cultural programs.

Kaappittiaq is a **social enterprise**. A social enterprise is like a regular company, but the money it makes

goes toward social or environmental programs. Three-quarters of Kaappittiaq's profits are used to support Pitquhirnikkut Ilihautiniq's programs.

Some of the programs Kaappittiaq supports include:

- **Elders in Residence program:** Through this program, Elders are hired to be community educators and counsellors. The Elders lead programs that teach people Inuinnaqtun, as well as traditional skills, like how to make a qulliq or sew clothing.
- **Fifth Thule Atlas program:** The Fifth Thule Atlas is an online database of information collected during the Fifth Thule Expedition, led by anthropologist Knud

Rasmussen in the 1920s. The expedition covered more than two-thirds of Nunavut and gathered lots of information about traditional Inuit life! The atlas includes field notes, photographs, recorded songs, and other information collected during the expedition. If you're interested in learning more, visit www.thuleatlas.org.

- **Uqarluta Inuinnaqtun:** This group of Inuinnaqtun language experts and youth is working to create programs to help Inuinnaqtun of all ages learn Inuinnaqtun.

Kaappittiaq uses coffee beans harvested by Indigenous farmers in Peru. The beans are then roasted in Barrie, Ontario. Kaappittiaq hopes to eventually open a roastery in Cambridge Bay where it can hire and train local workers. In the meantime, the company's employees regularly

Arctic Fresh is another Nunavut-based social enterprise. This online grocery store gives Nunavummiut access to a wide range of affordable fresh produce, groceries, and household items. It currently ships to 13 communities in Nunavut, but is hoping to expand. Because it is part of Nutrition North, it can offer lower shipping costs to customers.

Learn more at www.arcticfresh.ca.

visit the roastery in Ontario to learn how to properly roast the beans.

Kaappittiaq makes three different types of coffee. Each one is named after an Inuit invention. They are called Iglu Kappia, Inukhuk Kappia, and Qajaq Kappia.

You can order Kaappittiaq's coffee in Cambridge Bay and online from Arctic Fresh.

Kaappittiaq hopes that the coffee will soon be available in grocery stores and co-ops across Nunavut. ■

Some people prefer tea to coffee. A Nunavik tea company called Northern Delights is another example of a social enterprise. Started by the Avataq Cultural Institute, Northern Delights creates teas using plants that grow in Nunavik. Elders use their knowledge of plants such as Labrador tea, juniper, crowberry, and cloudberry to help create the teas.

The money earned by Northern Delights goes to the Avataq Cultural Institute, which runs programs that preserve Inuit artifacts and art. It also offers a support program for Nunavik students.

You can find Northern Delights tea in many co-ops and shops across Nunavut. You can also buy the tea online at www.deliceboreal.com.





Readers' Theatre: **Sedna, Mother of Sea Mammals**

Based on the legend “The Mother of the Sea Mammals” as told in the collection *Unikkaaqtuat: An Introduction to Inuit Myths and Legends*. This version of the story is from the South Baffin region.

Adapted by Denise Petitpas

Characters



Narrator 1



Uik
Avilayoq's
dog-husband



Narrator 2



Ataata
Avilayoq's father



Narrator 3



Qaulluk
a seabird



Avilayoq
a woman who
doesn't want to
take a husband



Narrator 1: In times long past, there lived a beautiful girl named Avilayoq. She did not want to take a husband.



Narrator 2: There was a red and white speckled stone in Avilayoq's camp. The stone transformed itself into a dog and married Avilayoq. Together, they had many dog-children.



Ataata: Panik, your children are too noisy! Like your husband, they bark all day. There are too many. I am bringing you across the water so I may have some peace!



Narrator 3: And so off went the family across the water to the island of Amituaqduausiq.



Avilayoq: Uik, you must cross the channel each day and Ataata will give you meat for the family. I will tie these kamiik around your neck. Ataata will fill them with meat.



Uik: Yes, Nuliaq, I will go!



Narrator 1: This went on for days. Avilayoq's dog-husband swam back and forth to fetch meat for the family. One day, while he was away, a man came to the island on his qajaq and called out to Avilayoq.



Qaquuluk: Avilayoq! Qaigit! Take your bag and come with me!





Avilayoq: This man is very tall and handsome! I quite like him. Alright! I will come.



Narrator 2: Together they paddled some distance, then came to a cake of floating ice. The man stepped out of his qajaq.



Avilayoq: The man is really very short! He only appeared tall on that high seat!



Qaqulluk: Come, you silly girl. We must continue our journey!



Narrator 3: Finally, they came to a place where there were many people and many huts.



Qaqulluk: Go to that hut made of yearling sealskins, my foolish new wife. This is my hut. We will stay here for three or four days before I go out sealing again.



Avilayoq: This man is a seabird. He makes fun of me! This new husband is not only short but is also unkind.



Narrator 1: Meanwhile, Avilayoq's family was worried about her!



Ataata: Where is my panik? She is not on the island!



Narrator 2: Ataata set out in a large boat and travelled for a long time. One day, he came upon the place with many huts and people where Avilayoq lived.



Ataata: Panik! Paaaaaniiiik! Qaigit! Ikigit! Come onto my boat!



Avilayoq: Ataata! I am coming!



Ataata: Panik! Hide under these skins! Let us get away from here quickly!



Narrator 3: They had not been gone long when they noticed a man in a qajaq following them.



Qaulluk: I am gaining on you! I know you have my wife!



Avilayoq: Ataata! It is the seabird! Please protect me!



Qaulluk: Nuliaq! Show me your hand! I know it is you! Nuliaq! Show me your aggak! I know it is you! Nuliaq! Show me your siut! Your qingaq! Qaniq! Uqaq! Tunusuk! Taliq! Ikusik! Siiqquq! Singirniq! Tusaavinga? Can't you hear me? I know it is you!





Ataata: Panik! Qaujimagiarit! Hang on tight! We must go quickly while he is distracted!



Narrator 1: Ataata paddled as fast as he could until the man was far behind. The water became calm and they continued their way home.



Narrator 2: After some time, they saw something coming from behind toward their boat, but they could not see it clearly.



Ataata: Panik! It is a man! It is your new husband again!



Avilayoq: Is it a seabird? Yes! Look how it flies up and down! It skims the water so easily! It is circling us!



Ataata: Panik! The waters are beginning to rise! We are too far from the shore! The winds are picking up! We are going to drown! Panik, goodbye!



Avilayoq: No, Ataata!



Narrator 3: Avilayoq's father threw her overboard, but she hung on to the side of the boat. She refused to be left at sea.



Narrator 1: Ataata took his hatchet and chopped off the first joints of her fingers. When they fell into the water, they were transformed into whales. The nails became whalebone and baleen. Still, she clung on!



Narrator 2: Next, the father chopped off the second joints of her fingers. They were transformed into ground seals. Still, she clung to the boat!



Narrator 3: So, the father chopped off the last joints of her fingers. They were transformed into seals. Still, Avilayoq clung to the boat!



Narrator 1: With each body part she lost, her anger grew stronger, fuelled by years of mistreatment. Now, she held on with only the stumps of her hands.



Ataata: This is impossible! How can she still hang on? You will tip me over! Where is my ipuut?





Narrator 2: So, the father took his oar and knocked out his daughter's left eye. She finally fell backward into the water and he paddled back to his camp.



Uik: Oh! You are back! It has been so long! Did you find Avilayoq?



Ataata: Yes! She is on the island now. Let me fill the kamiik with meat. Go to her quickly, she is very hungry.



Narrator 3: Ataata's father was afraid that Uik would take revenge on him for abandoning Avilayoq. So he filled the kamiik with stones instead of meat. The dog started to swim across the channel.



Uik: Oh! These kamiik are far too heavy! I am drowning!



Narrator 1: Avilayoq lives in the lower world in a house built of stone and whale ribs.



Narrator 2: She has but one eye and she cannot walk. She slides along, one leg bent under, the other stretched out.



Narrator 3: Her father lives with her in the house, lying down covered up with his tent. Her dog-husband lives at the door of her house.



Avilayoq: I am Sedna, Nuliajuk, Takannaaluk, or whichever name you choose to give me. I am strong. Perhaps vengeful to some. I am the mother of all sea mammals. I demand respect for the ways of the world and will not be cast aside. ■



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**Communities Working
Together to Reduce
Tobacco Use**



**The Art of
Printmaking**



**Marvellous
Muskox Chili**