

Takuttalirilli!

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Movie Review

The Grizzlies

Year it came out: 2019

Directed by: Miranda de Pencier

Starring: Ben Schnetzer, Tantoo Cardinal, Ricky Marty-Pahtaykan, Anna Lambe, Booboo Stewart, and Emerald MacDonald

Where it was filmed: Iqaluit

Language it is in: English and Inuktitut

What's it all about?

The *Grizzlies* is based on a true story. It is about a group of kids who learn a sport and come together as a team. But it's about a lot more than that, too.

At the beginning of the movie, we meet Russ Sheppard. Russ is new to teaching and doesn't know anything about Nunavut. He is coming to Kugluktuk because he thinks working there will help him get a job at a school in the south. He doesn't plan to stay for long.

When Russ arrives in Kugluktuk, he meets some of the youth in the community, including characters named Zach, Kyle, Adam, Miranda, and Spring. Russ realizes that many of his students have personal struggles. Some deal with abuse at home. Some have a lot of responsibility for other family members. One student recently died by suicide, which is very difficult for the community.

Russ decides to introduce his students to his favourite sport, lacrosse. He thinks the sport will give them a sense of teamwork and something fun to focus on. At first, no one seems interested in lacrosse. Russ ends up paying Zach to bring his friends to lacrosse practice! But as they get to know the sport, the students keep coming to the land behind the school each day to practise and play. Soon, Russ wants to bring the team—the Grizzlies—south for a tournament. He pushes hard for the community to donate or help raise money. He makes a lot of promises to his students that he might not be able to keep.



The Grizzlies is about the students learning a sport and supporting each other. It's also about Russ realizing that he doesn't have all the answers and that he needs to listen to the people in the community. Russ learns that he needs to respect the community and support his students for their sake, not his own.

Through telling this story, the film shares the themes of contact between Indigenous and settler communities and the lasting effects of trauma. It also deals with themes of abuse and suicide. The tone of *The Grizzlies* is set early, as the film begins with historic images of hundreds of Inuit children dressed in their residential school uniforms.

Why you need to watch it

Although it deals with serious themes, the movie is also funny and heartwarming. In the end, the Grizzlies become a family and they love, support, and encourage each other for years to come. Each student teaches Russ important life lessons, and he chooses to stay in Nunavut and continue teaching.

The Grizzlies has wonderful acting, a great story, beautiful landscapes, and an awesome soundtrack. It was made in Nunavut by Nunavummiut.

Most of all, it's a true story. It's a story about life, difficult times, and good times. It's about winning and losing. It's a story about the next generation, and how strong they can be, especially when they support each other and believe in themselves. ■



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

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

Youthspace.ca

Use the online chat, or send a text message to 1-778-783-0177

Crisis Services Canada

Use the online chat, call 1-833-456-4566, or text "Start" to 45645

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Kids Help Phone

1-800-668-6868



CAREER SPOTLIGHT



WORKING ON A FILM SET WITH **EMERALD MACDONALD**
OF THE GRIZZLIES

The *Grizzlies* is a film based on the true story of a lacrosse team in Kugluktuk that inspired the community. The movie's **producers** invited teenagers from all over Nunavut to audition for the film. Emerald MacDonald played the part of Miranda, a shy, smart teen who encourages other young people in town to join the new lacrosse team. Like many others who were cast in the movie, she had never acted before. Emerald is from Kugluktuk and decided to give acting a try after she saw a poster announcing an **audition** for *The Grizzlies*.

A **producer** is someone who plans how a film is made. They select a script, hire and work with the director and editors, and manage the budget.

An **audition** is a try-out for actors who want to be cast in a film.

Did you know?

Natar Ungalaaq, who starred in *Atanarjuat: The Fast Runner*, and members of the Qanurli crew taught the cast of *The Grizzlies* drum dancing, throat singing, and mask performance to help prepare them for filming. This helped the new actors get comfortable performing before they started filming the movie.

Emerald really liked working on *The Grizzlies*, especially when she became friends with the other members of the cast and crew. She also liked that she was able to travel all over the North when the movie was touring. Her favourite part was seeing Northerners' reactions to the movie. *The Grizzlies* has touched a lot of people's hearts, she says.

Acting can be difficult at times. Since it was her first time acting, Emerald says that she sometimes felt nervous before a big scene. The support of the cast and crew helped her gain confidence on the set of *The Grizzlies*. Before and after shooting

difficult scenes, people would go out of their way to make her feel supported.

Many actors say that the hardest part about acting is memorizing all of the lines. Here are some things that Emerald does to help her remember her lines. Try this the next time you need to memorize something!

1. Go in a room by yourself or try to pretend you're alone.
2. Put headphones on and play music very quietly.
3. Pace back and forth while reading your lines over and over again out loud until you can say all the words without reading them. If you mess up, just keep practising!

If you have a hard time memorizing, keep trying. Emerald says that it sometimes took her over an hour to memorize a single scene!

Emerald points out that while you might be scared or nervous at first, eventually you will gain confidence. If you want to work in film, Emerald says, "Go for it!" ■

Transportation



Here in Nunavut, we use many different kinds of transportation. We walk, ride bicycles, and drive cars and trucks around the community. We use ATVs and snowmobiles in the community and to travel on the land. We use airplanes, helicopters, boats, and even dogsleds to travel longer distances.

People around the world use different kinds of transportation, too. The kind of transportation they use depends on the weather, geography, and resources people have available. For example, in a place that has lots of water, people will probably use boats. In places where gasoline is very expensive, people might use bicycles or animals to get around.

Let's look at the types of transportation you might see around the world.

Air travel



Airplane in Montreal

This is an airplane flying from Montreal, Canada, to Halifax, Canada. All over the world, airplanes are used to travel between communities. They can cover short or very long distances. Airplanes are used to take people, animals, and cargo from one place to another.



Helicopter in New Zealand

This is a helicopter in Wellington, New Zealand. Helicopters can get people from smaller communities to hospitals in bigger communities. They are used to transport people to faraway rivers to fish. They are also used to give tours to people so they can see a lot of the land from the air.

Motorized vehicles



Auto-rickshaws in Thailand

These are auto-rickshaws in Bangkok, Thailand. This type of vehicle is used all over the world. Auto-rickshaws have three wheels. A driver sits in the front and one or two people can ride in the back. These vehicles are often used as taxis or for personal transportation.



Bus in Brazil

This is a bus in Rio de Janeiro, Brazil. It is called a "double-decker bus" because it has two floors. People can ride on the bottom or top floor. Buses are used to take people around the city or from one city to another.



Boats



Ship in Antarctica

This is a cruise ship near Antarctica. It can carry many people at once. It transports photographers, scientists, and tourists. Cruise ships are used all over the world for learning and for vacation.



Fishing boat in Vietnam

This is a traditional fishing boat in Hanoi, Vietnam. It is used by individuals on shallow rivers. They use a stick that can touch the riverbed to push the boat forward. Does it remind you of a qajaq?

Trains



Train in Japan

This is a bullet train in Tokyo, Japan. It gets its name because its front is shaped like a bullet and it travels very fast. Bullet trains can go up to 230 kilometres/hour. That's so fast that it could cover the distance between Iqaluit and Pangnirtung in less than an hour!



Subway in Toronto

This is a subway in Toronto, Canada. A subway is a type of train that travels through tunnels that have been dug underground. It is a fast way for people to travel to different areas in a big city.

Living transportation



Horse in Mongolia

This is a horse in the Gobi Desert, Mongolia. Mongolian horses have been used to transport people and cargo for thousands of years and are still used today.



Bicycles in the Netherlands

These are bicycles in Amsterdam, Netherlands. People all over the world use their own energy to make bicycles go!



Alpaca in Peru

This is an alpaca in Lima, Peru. In Peru, alpacas were traditionally used to carry people and cargo. People stopped using alpacas for transportation as much when motorized vehicles became popular. Today, people are starting to use them to get around again.



Dog team in Nunavut

This is a dog team in Nunavut. Inuit have used dog teams for a long time to get where they need to go. Dog teams can even find their way home in a blizzard! ■



Cigarette Butt Pollution:

Small Item, **Big Problem**

Have you ever noticed how many cigarette butts there are on the ground in town? Some people think that because a cigarette butt is very small, it can't be that harmful to the environment.

In fact, cigarette butts are the most common type of litter in the world. It is estimated that around the world 5.6 trillion cigarettes are smoked each year, and **4.5 trillion (4 500 000 000 000!)** cigarette butts are littered!

Cigarette butts can take up to 12 years to break down into pieces that you can't see easily. But even after a cigarette has broken down, it can still be harmful to the environment.

Cigarette butts break down into smaller pieces of plastic called microplastics. Microplastics are tiny pieces of plastic you can usually only see under a microscope. Sometimes they start this small, and sometimes they are formed when larger pieces of plastic break down.

When cigarette butts break apart they also release many harmful chemicals.



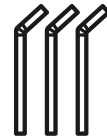
Cigarettes contain some of the same harmful chemicals found in batteries, lighter fluid, and paint.

Did you know?

Plastic can take hundreds of years to break down. That's why it's important to recycle and reduce the amount of plastic you use.



A plastic bag can take 20 years to break down.



A plastic straw can take 200 years to break down.



A coffee cup can take 30 years to break down.



A plastic water bottle can take 450 years to break down.

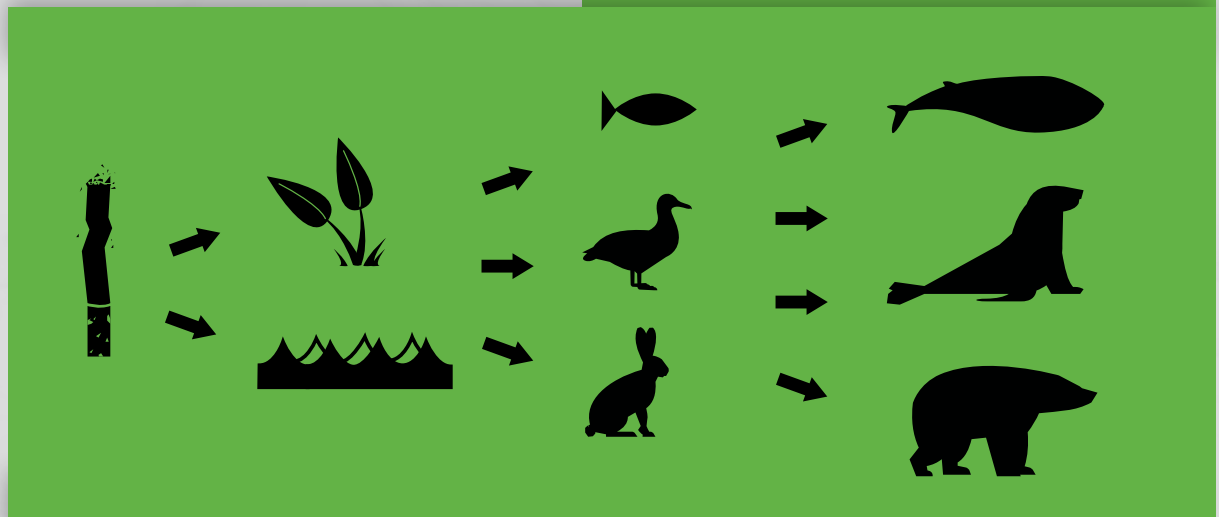
Source: World Wildlife Fund



Cigarette butts are found not only in communities, but also on the land, and in rivers, lakes, and oceans. This means that the microplastics and other harmful chemicals they produce can be found in the soil where plants and berries grow, in the water we drink, and in the oceans where fish, clams, seals, and whales live.

During ocean cleanups, cigarette butts are usually the most collected item. Ocean cleanups are like Nunavut's community cleanups, but they happen on the coast in communities around the world.

The microplastics and chemicals from cigarette butts are harmful to plants and animals. Cigarette butts can be harmful to wildlife that might think they are food. Cigarette butts have been found in the stomachs of animals such as seabirds and turtles. When cigarettes break down into microplastics, these can be consumed by small animals in the water, including fish. Bigger animals such as seabirds, Arctic char, bowhead whales, and belugas eat many of these smaller animals. Over time, microplastics build up in the bodies of these bigger animals, causing them to become very sick or even die.



If the microplastics and harmful chemicals in cigarettes are so bad for the environment, imagine how bad they are for our bodies!



You can be part of the solution to prevent cigarette butts from being littered and harming the environment.

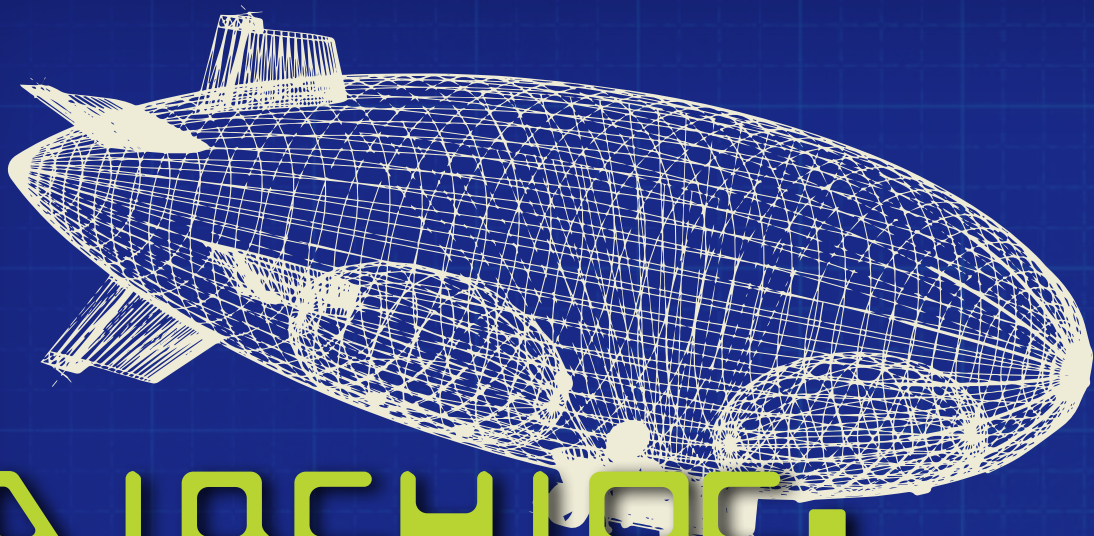
If you see someone about to litter a cigarette butt, you can encourage them to put their cigarette butt in an ashtray outdoors. If you know someone who is trying to reduce or quit smoking, you can remind them that when they quit, they are also reducing the amount of litter created by cigarette butts.

You can get involved in your community cleanup to help collect cigarette butts and other litter in and around your community. You can even do something simple like putting a large metal can in outdoor areas where people usually smoke so they have a place to put their cigarette butts. Remember, you should never put cigarette butts in with other garbage. If they are still lit, they could cause a fire! ■



Community cleanup!

During a community cleanup in Iglulik, community members picked up more than 57 000 cigarette butts, weighing 57 kilograms. That's heavier than some adults! One person in the community even picked up around 10 000 cigarette butts!



AIRSHIPS:

A NEW WAY TO SHIP GOODS IN THE NORTH?

The high cost of shipping goods is a problem in the North. Food, building supplies, fuel, and other important goods are very expensive in Nunavut. This is because these goods have to travel a long way by plane or boat to get to Northern communities. Some people think that airships are a better way to carry goods and even people in the North.

WHAT IS AN AIRSHIP?

An airship is a type of aircraft that has giant pockets of gas inside of it. This gas is lighter than the mixture

of gases we find in air. That helps the airship take off and stay in the air.

Airships were used during the First World War. They were used to carry bombs and scout for enemy activity. In the 1920s and 1930s, people used airships to travel between cities around the world. You could even travel across the Atlantic Ocean in an airship.

Airships stopped being used as often when airplanes became safer and faster. Now, new designs and new technologies might mean that airships can be useful again.

WHY DO SOME PEOPLE WANT TO USE AIRSHIPS IN THE NORTH?

Here are some reasons why airships might work well to ship goods to the North:

- Building roads in the North is expensive and it is costly to keep them in good condition.
- In places where ice roads are used, those ice roads are starting to disappear due to climate change. In other places where the sea ice doesn't naturally freeze over, ice roads can't ever be used.
- Airships do not need large runways for landing and taking off.
- Airships can carry more cargo than airplanes. One type of airship can carry two to three houses!
- Airships might lower the price of the goods that are sold in the North.
- An airship that has a problem while flying can stay in the air for a long time and can even land safely.
- Airships can travel in any season. They do not need ice roads or open water.
- Airships burn less fossil fuel than other vehicles that are used to get to hard-to-reach places, like helicopters.

Airships could be used to transport goods to faraway military bases or weather stations like the one in Alert, located on one of the most northern islands in Nunavut.

Another area that airships could be useful in is mining. Mining companies in Nunavut need to build roads so that equipment, goods, and workers can be brought to the mine site. This costs a lot of money, so mining companies only build really big mines that can make the money back. If a mining company used airships, it could

build smaller mines. Roads built by mining companies can affect caribou migration, so using airships could help caribou.

SOMEDAY?

Right now, using airships in the North is just an idea. There are a few different companies around the world that are researching how to build the right airship for the North. But someday, maybe you will see a huge airship landing in your community! ■

Delicious AQPIIT

Aqpiit are small fruit that grow in bogs and swamps. They grow on thin stems close to the ground and have large red and green leaves. The berries are usually ready to pick in August. If the berry is red and crunchy, it's not ready to eat. When they're ripe and ready to eat, aqpiit are golden yellow, very juicy, tart, and sweet. If they are overripe, they turn creamy. Aqpiit contain a lot of vitamin C and are very good for you.

Many people like to use aqpiit to make jam. These berries can also be used to make muffins, scones, or pastries. Aqpiit are delicious when baked into pies or bannock, too. You can add the berries to whipped caribou or seal fat to make a delicious dessert called **akutaq**.

The leaves from an aqpiik plant can be dried and made into tea. What are some other ways you can use aqpiit?

INGREDIENTS

- 1 cup sour cream (if you don't have sour cream, you can use 1 cup of milk mixed with 1 tbsp white vinegar)
- 1 ½ tbsp lemon juice, or half a lemon, juiced
- 1 tsp baking soda
- 4 cups all-purpose flour
- 2 tsp baking powder
- ¾ cup white sugar
- 1 tsp salt
- ¼ tsp cream of tartar (if you don't have cream of tartar, you can use ½ tsp white vinegar)
- 1 cup aqpiit
- 1 cup unsalted butter, very cold and cut into small cubes
- 1 egg

Aqipik Scones

(makes 12 scones)



DIRECTIONS

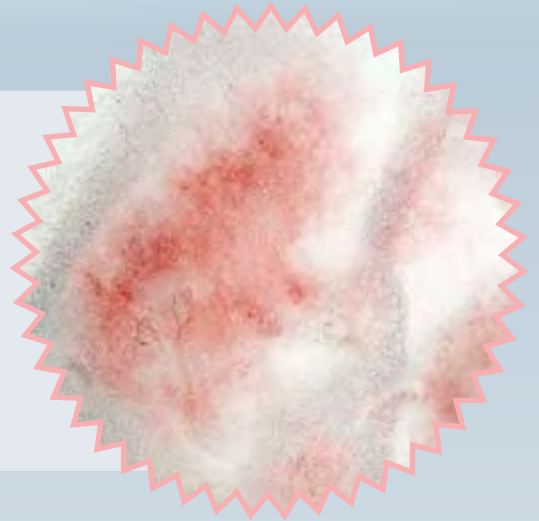
1. Preheat the oven to 350°F.
2. Lightly grease a cookie sheet.
3. In a small bowl, mix sour cream, lemon juice, and baking soda. Set aside.
***Note:** If you are using milk and vinegar instead of sour cream, combine and let sit for 5 minutes before mixing with the lemon juice and baking soda.
4. In a large bowl, whisk together flour, baking powder, sugar, salt, and cream of tartar. Add aqpiit and stir.
5. Add the butter to the flour mixture. Cut in the butter with a pastry blender or with your hands. If you are using your hands, run them under cold water before mixing in the butter. Then, use only your fingertips. This will keep the butter very cold. It's okay if some berries get mashed during this step.
6. Stir the egg into the flour mixture. Then, add the sour cream mixture and stir. The dough should look dry and shaggy. Do not overmix.
7. Lightly flour a clean counter. Place the dough on the counter. Knead the dough a couple of times with your hands until it just starts to stick together.
8. Divide the dough in half and form each half into a flat circle that's about half an inch thick.
9. Cut each circle into six equal pieces. Place the pieces onto your cookie sheet.
10. Bake for 15–18 minutes, turning the cookie sheet after 8 minutes, until the edges are starting to brown. Let the scones cool for 10 minutes and then enjoy with butter or jam. ■

SNOW FACTS

No matter where you are in Nunavut, you probably know a lot about snow. But did you know these cool facts about snow?

Red snow

“Watermelon snow” is the name for a type of red or pink snow that appears in the summer on some snowy mountaintops. The colour is caused by a type of algae that grows in freezing water. The snow looks like normal white snow until you step on it or press it into a snowball. Then it turns pink or red!



Identical flakes

You might have heard that no two snowflakes are alike. Not true! Scientists have recorded many sightings of identical snowflakes.

The shape of a snowflake

Did you know that every snowflake has six sides? That's because the water molecules that make up every snowflake fit together in a way that always creates six sides.



That's a big snowflake!

The largest snowflake that has ever been recorded was 38 centimetres across. That's bigger than a ruler! The snowflake fell in Montana, United States, during a snowstorm in January 1887.

The biggest snowball fight in history

In 2016, people in the city of Saskatoon, Saskatchewan, set a world record for the biggest snowball fight ever. More than 7 600 people got together to throw snowballs at each other!



How much snow?

Ever wondered how much snow falls on Earth in a year? The answer is a really big number. About 1 septillion snowflakes fall each year. When we write that number out, it looks like this:

1 000 000 000 000 000 000 000 000 000 .



What's It Like at Nunavut Sivuniksavut?

You've probably heard of it, or maybe you know someone who has attended Nunavut Sivuniksavut (NS). This is a college in Ottawa just for Inuit youth. NS offers a one-year program, with the option for students to apply for the second-year Advanced Inuit Studies program. At NS, you can take courses about the history of Nunavut, learn skills like sewing and ulu making, and study Inuktitut.

We asked a few graduates to tell us more about their experiences at NS! Check it out!



Justin Milton

Hometown: Mittimatalik

Graduated from NS in 2018

Currently working for
Tungasuvvingat Inuit,
a non-profit Inuit organization



I decided to apply for the NS program because I have always had a burning desire to understand how Nunavut was formed and learn more about my heritage. I learned more about my Inuit heritage in two years with NS than I had my whole life. NS was a great start to help me understand where I came from and develop my personal identity. It was also a great stepping stone to prepare me for post-secondary school.

In my first year, I learned a lot about Canadian Inuit, such as traditional values, the creation of Nunavut, Inuktitut, and much more. There was also a strong focus on hands-on work, like building traditional tools, making clothing, and learning how to sing and dance to Inuit songs.

In my second year, I learned about the Nunavut Land Claims Agreement and the lives and politics of international Inuit. Throughout the program, I learned about how traumatic events in Inuit history, such as residential schools and

forced relocation, hurt and silenced an entire generation of Inuit. It wasn't easy to learn about these very hard, yet very real historical events, but NS was a safe and positive environment to learn in.

At NS, I also grew as a person. I moved to Ottawa right after high school, so I had to quickly learn valuable life skills like how to navigate the city and live independently. NS also opened doors for my future career. After I graduated from NS, I studied at Carleton University in the Indigenous Enriched Support Program.

Today, I work as the cultural liaison in Tungasuvvingat Inuit, a non-profit Inuit organization. I currently work with Inuit in Ottawa to build their academic and professional skills. I'm also part of a team that develops and gives presentations about Inuit awareness to government and other organizations. I am very grateful to give back to the Inuit community.

Not only did NS teach me the knowledge of Inuit history and values, but I also built more confidence in my Inuk identity. I realized that I come from a strong and resilient culture, and I am not going to take that for granted. Despite the many hardships Inuit have faced, I am proud of how far we've come.





Tagalik Eccles

Hometown: Rankin Inlet

Graduated from NS in 2018

Currently in the Nunavut Law Program at Nunavut Arctic College



The staff at NS were amazing at making students feel at home and creating a welcoming learning space. The friendships I made will last a lifetime. The content we learned was like a missing puzzle piece to our Inuit identity. Never having learned about the Nunavut Land Claims, or Inuit history in depth, learning these subjects sparked my interest,

so I decided I would take a chance and apply for law. Now I'm in my third year of the Nunavut Law Program. If I hadn't attended NS, I wouldn't be in the Law Program today.

When I attended NS in 2016, I was fresh out of high school. I was unsure of what career path I wanted to take but completely sure that I wanted to leave my community immediately after graduation.

High school was not a walk in the park for me. Academically, I did well. But emotionally it was far from easy. I found myself in situations that were heavy and hard to carry. My mental health was suffering. I applied for NS hoping that it would be a new beginning.

NS was exactly that. I was accepted and started preparing for my move. I arrived in Ottawa bright-eyed and bushy-tailed. I didn't know any of my classmates and had never lived in a city before. The fear of the unknown was in the back of my mind, but it quickly faded.





Tamara Takpanie

Hometown: Ottawa

Graduated from NS in 2016

Currently studying at Carleton University and working for the federal government in Ottawa



On my first day at NS I can remember the feeling of uncertainty. How was I going to connect with students who were arriving from the Arctic, a place that I'd only lived two years out of my whole life? But Inuit are welcoming, humble, and kind. It was a very welcoming start to the program where we dug right into learning about ourselves through our own history.

Attending NS has changed my life for the better. I grew up as an urban Inuk, feeling ashamed of my culture and disconnected from my ancestors and my roots. I felt the impacts of intergenerational trauma every day but I didn't understand what it was.

After graduating high school with my two-and-a-half-year-old son in tow, I decided to apply to NS to learn more about where I come from. During my time at NS, I came to understand the trauma that my family had experienced. I began my journey to revitalize my traditions one by one, and I made lifelong friendships along the way.

In my two years in the program, I was able to learn more about myself than ever before. I learned about our traditions and how these traditions were lost due to settler colonialism only two generations ago. I also learned how to throat sing and sew traditional clothing. Essentially, I learned how to teach other Canadians about who Inuit are.

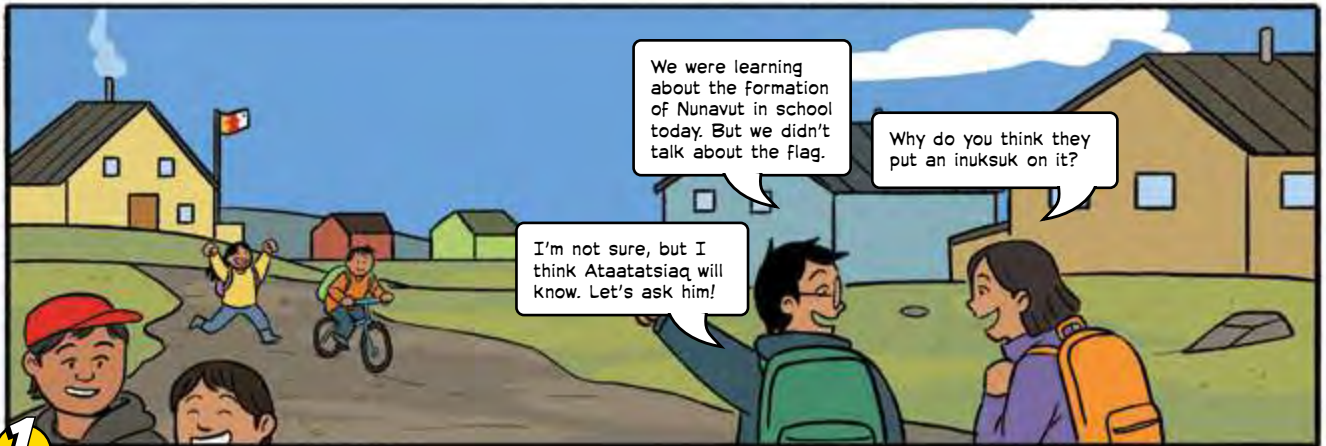
Today, I am attending Carleton University and have been working toward my combined honours degree in psychology and Indigenous studies. I also work for the federal government to advance Inuit education, and aim to raise my son with his culture. I hope to continue to educate others on who Inuit are, where we come from, and where we want to be as Canadians. ■



ELIJAH & ELISAPEE

ALL ABOUT INUKSUIT

WRITTEN BY CALEB MACDONALD



We were learning about the formation of Nunavut in school today. But we didn't talk about the flag.

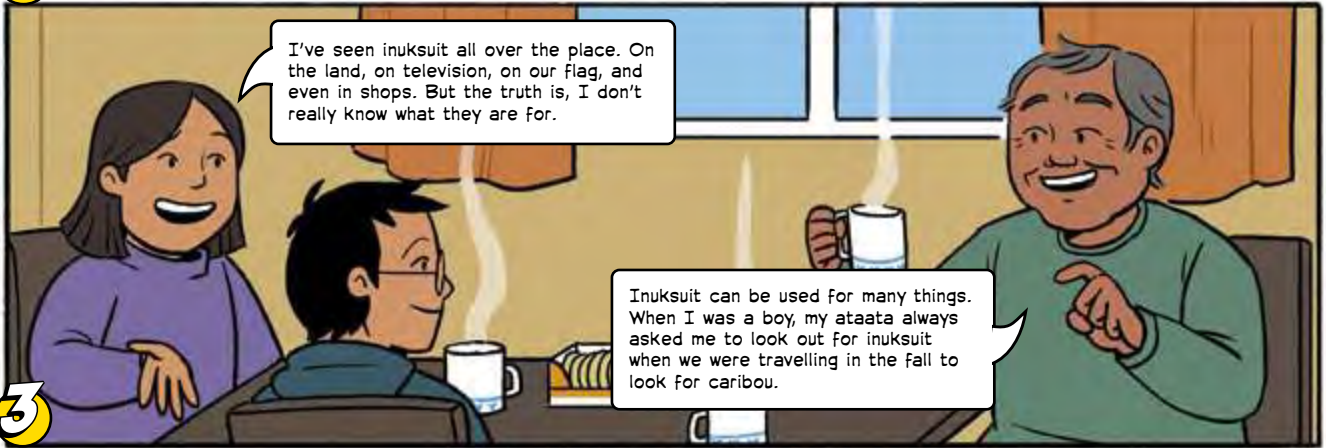
Why do you think they put an inuksuk on it?

I'm not sure, but I think Ataatsiaq will know. Let's ask him!



Ataatsiaq, why does the Nunavut flag have a picture of an inuksuk on it?

Inuksuit are very important to us, for our culture and our survival. It's the perfect symbol to have on our flag.



I've seen inuksuit all over the place. On the land, on television, on our flag, and even in shops. But the truth is, I don't really know what they are for.

Inuksuit can be used for many things. When I was a boy, my ataata always asked me to look out for inuksuit when we were travelling in the fall to look for caribou.



My ataata always knew exactly where the inuksuit would be, but he let me find them. He knew that this would help me learn.

What does the inuksuk mean?

Look north through the window and tell me what you see.

4



I see another inuksuk. Far away on a hill.

That is where we have to go next. They guide us to the hunting grounds.

5



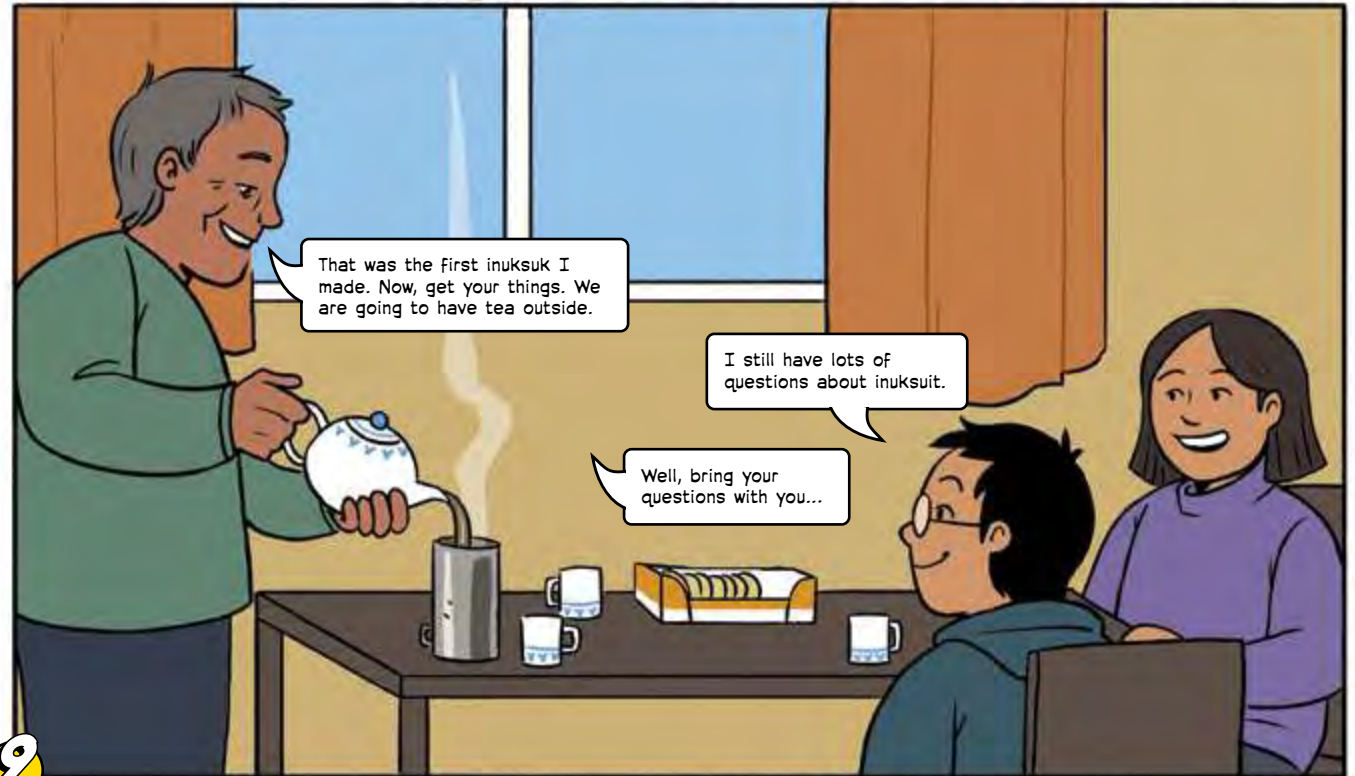
So inuksuit are used for navigation?

Yes, they are used for navigation. But they are used for much more.

What else?

6







Inuksuit can be used to mark places, such as where food is cached. Or my favourite spot to have tea with my grandchildren.

10



Yes, that looks good. If it rocks too much we can use smaller stones underneath to support it.

11



You still have a lot to learn, but now the two of you have built an inuksuk. ■

12



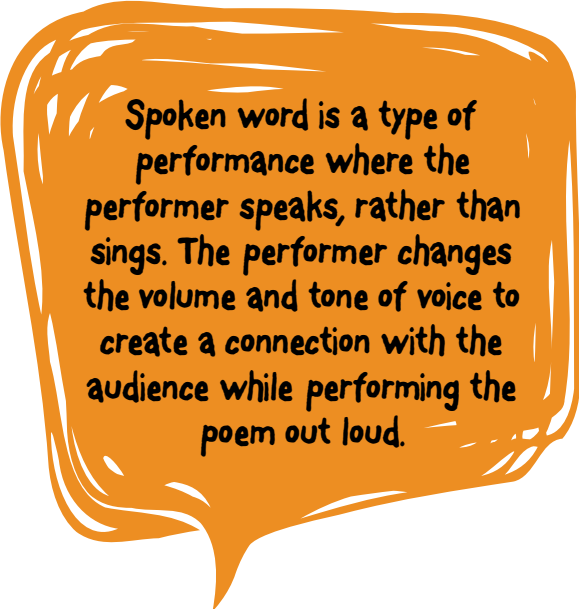
*Northern
Beats!*

IWA

THE
**THROAT
SINGER**

Have you heard music by Iva?
She is an amazing throat
singer, poet, and musician who
has performed all over the world!

Iva's real name is Kathleen Ivaluarjuk Merritt. She is from Rankin Inlet. She performs music in Inuktitut and English. She is of Inuit and Irish heritage, and she shows both of those traditions in her music. She blends fiddling, throat singing, and **spoken word** art in her songs. Her first album is called *Ice Lines and Seal Skin*.



Spoken word is a type of performance where the performer speaks, rather than sings. The performer changes the volume and tone of voice to create a connection with the audience while performing the poem out loud.

Iva has been busy travelling the world with other musicians! She has performed alongside Susan Aglukark, DJ Spooky, The Crooked Brothers, The Jerry Cans, and Riit. Performer Tanya Tagaq has told Iva, "Beautiful! I could hear that you carry home in your heart, and it made me really miss home."

Iva doesn't just sing. She teaches throat singing in schools and music programs. One workshop in Toronto included a throat singing demonstration and lessons. There was also a discussion about the history of throat singing. Everyone was invited to sing at a music jam.

You won't just find Iva on stage. She has worked with many arts groups in Nunavut, too. She has worked behind the scenes with Qaggiavuut! Society and Alianait Arts Festival. She helps many people learn to perform and enjoy music across the territory.

Sharing a sense of her home is important to her. In an article she wrote for *National Geographic* magazine, Iva says, "Music is a platform to educate the world about who we are.... The Nunavut music scene is about to explode on the world stage, but it's not just about performing. It's about sharing our culture and creating a stronger future." ■

Sports



SPINNING KICKS AND THE FOUR DIRECTION PUNCH: THE IQALUIT TAEKWONDO SOCIETY

Have you ever heard of taekwondo (tie-kwan-doh)? A group of Iqaluit athletes is learning all about this amazing **martial art!**

Taekwondo is a Korean martial art that helps athletes develop their bodies and minds. Athletes train in self-defence by learning blocks, punches, kicks, and different ways to stand. The word “taekwondo” can be broken into three parts: “tae,” meaning foot; “kwon,” meaning hand; and “do,” meaning mind. By putting feet, hands, and mind together, taekwondo athletes get stronger physically, mentally, and emotionally.

WHAT IS A MARTIAL ART?

A martial art is style of fighting that uses specific ways of punching, kicking, throwing, pinning, and holding. Karate (kah-rot-tay) and kung fu are different kinds of martial arts. Many people learn a martial art to build mental and emotional strength.



DID YOU KNOW?

Taekwondo students and masters follow four main beliefs:

1. **Courtesy:** being polite and considerate
2. **Integrity:** being honest, truthful, and reliable
3. **Self-control:** being in charge of your mind and body, even when you are overwhelmed or upset
4. **An indomitable spirit:** being strong and resilient to all challenges

The Iqaluit Taekwondo Society meets three times per week. Each practice is open to everyone over the age of seven. The athletes do practice fights with each other using kicks, punches, and movements learned in taekwondo. This is called sparring. Sparring has a lot of rules to make sure that no one gets hurt.

They also do something called poomsae (poom-see). This involves specific patterns of movements that show the different types of self-defence.

People who practise taekwondo do not want to hurt people. Taekwondo is a fun form of exercise, and a good confidence builder, and it helps people gain self-esteem. Practising the moves helps develop memory and concentration. The kicks and punches learned in taekwondo are only ever meant to be used in self-defence.

The members of the Iqaluit Taekwondo Society have become so good at taekwondo that they have begun to travel across Canada and the world to attend tournaments. They have earned many medals at competitions in Ottawa, and have even travelled to Australia to compete against martial artists from all over the world.

Many members have also earned their black belt. Athletes wear their black belts to show competitors that they have achieved a high level of skill. These martial artists have practised taekwondo for many years, but it's never too late to start taekwondo. The Iqaluit Taekwondo Society always welcomes new learners, and one of their oldest members is over 70!

Whether you learn taekwondo, play hockey, or spend time being active on the land, learning a new form of exercise will help you become stronger and more confident. What will you learn to do? ■



THREE INDIGENOUS CLIMATE CHANGE ACTIVISTS

A lot of people are worried about climate change. Scientists have shown that human activity has changed Earth's climate. Bigger changes might happen if we don't work to save Earth. Temperatures across the world might increase. Polar ice might melt and not freeze again. Ocean levels might rise. More extreme weather events, like big storms, might happen. This will affect all the different living things on Earth.

These young Indigenous **activists** are working to build awareness of climate change and help people make better choices to change the way we treat Earth.

India Logan-Riley, New Zealand

India is an activist from New Zealand. India is Māori and speaks around the world about climate change and Indigenous rights.

India went to school to study anthropology and archaeology, which means studying the way people behave now and how they behaved in the past. India sees a connection between climate change and Indigenous rights, saying, "Climate change is an outcome of colonization, which has removed Indigenous communities' ability to defend the land and the water."

India is part of a group called Te Ara Whatu. This group of Indigenous people from New Zealand works to raise awareness about climate change. India attends climate conferences and works with people all over the world.

Activism

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

Autumn Peltier, Canada

Autumn is a climate change and water activist. She is Anishinaabe-kwe from Wiikwemkoong First Nation. She began speaking about the need to protect water when she saw how many Indigenous communities in Canada don't have clean water.

She has met with the prime minister of Canada and spoken around the world about protecting water. In 2019, a group called the Anishinabek Nation appointed her to the role of chief water commissioner. This group speaks on behalf of 40 different First Nations in Ontario. She has also spoken at climate strikes. At a climate strike, people protest against governments or corporations that aren't doing anything to stop climate change.

Autumn talks about how her family has taught her traditional knowledge about the sacredness of water. She works to share these lessons with others. She says, "Maybe, we need to have more Elders and youth together sitting at the decision table when people make decisions about our lands and waters."



Xiuhtezcatl Martinez, United States

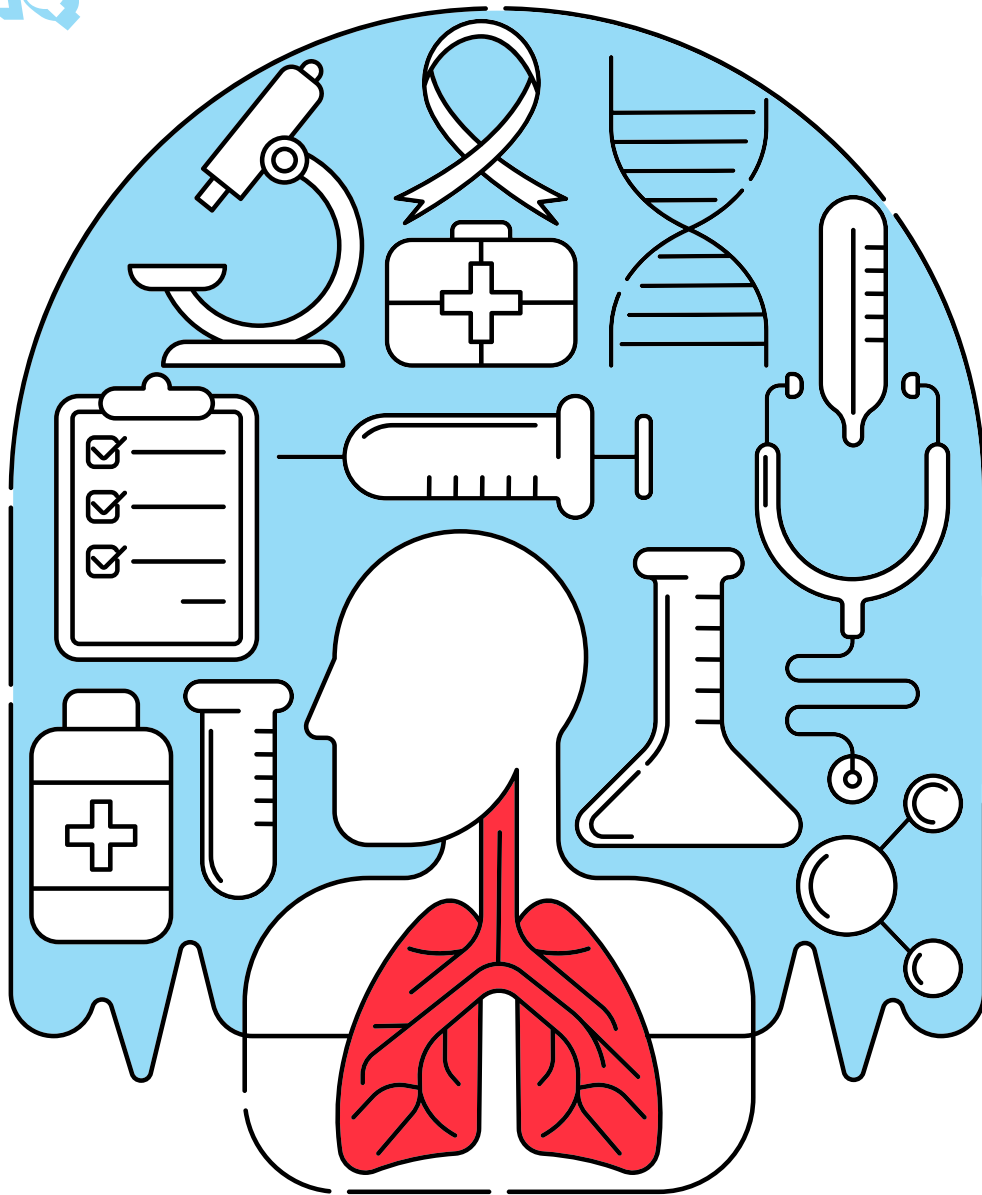
Xiuhtezcatl is an activist and hip-hop artist in the United States. He is of Aztec descent. He uses music to share his message. His songs are about Indigenous views of Earth and the struggles his people have today.

Xiuhtezcatl is the youth director of a group called Earth Guardians. This group teaches diverse youth around the world how to be leaders. It encourages youth to use art, music, and storytelling to share their message, and to take part in politics.

Xiuhtezcatl has spoken at global conferences since he was six years old. He has worked to ban the use of harmful chemicals on plants in parks. He has also worked to end a dangerous kind of oil drilling called fracking. ■

Image ©bobcarmichael.com



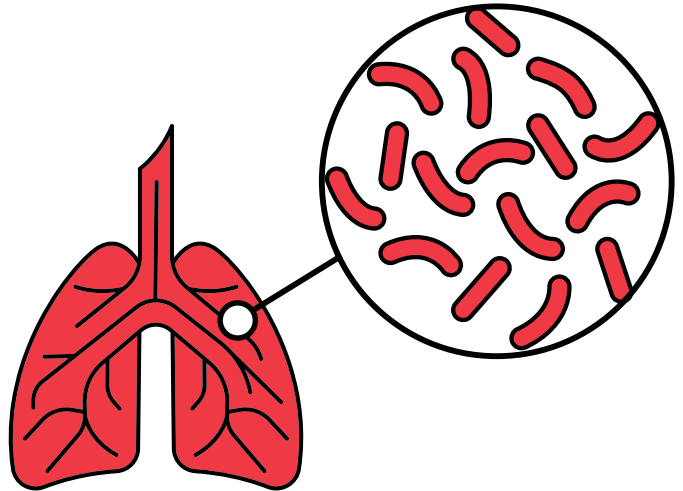


WHAT IS TB?

Many Inuit have been affected by tuberculosis (TB). TB has a very complicated past in Nunavut and is still a big problem today.

What exactly is tuberculosis?

TB is a disease that usually affects the lungs but can affect other parts of the body, such as the brain or spine. TB can be treated and cured, but without treatment, it can be fatal.



There are two different types of TB. The first type is called **active TB**. Here's what you need to know about active TB:

- + It is a disease caused by germs that are spread from person to person through the air.
- + It makes a person feel sick. Symptoms include a cough that lasts more than three weeks, fever, and night sweats. A person with active TB might not feel hungry and could lose a lot of weight. They might feel more tired than usual, and cough up blood.
- + It can be treated with antibiotics.

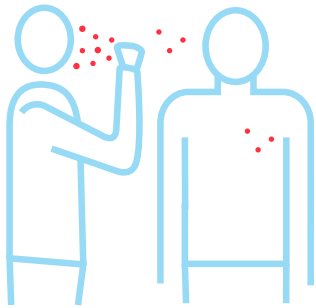
The other type is **latent TB**, also called sleeping TB. Here's what you need to know about latent TB:

- + It is a disease where the germs are in a person's body, but they are asleep and not growing.
- + The person won't feel sick.
- + The infection can't be spread.
- + It can be treated with antibiotics.
- + It might turn into active TB.



How can you get TB?

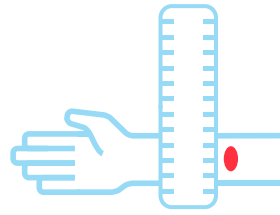
TB germs are spread through the air from person to person. If someone has active TB in their lungs, they can spread the germs when they cough, sneeze, or sing. They can even spread germs just by talking.



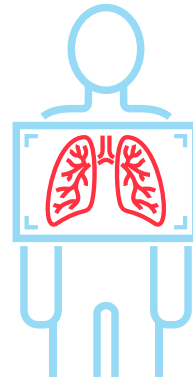
TB germs get into our bodies when we breathe in the same air as someone who has active TB.

Getting treatment

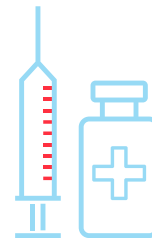
Today, testing and treatment happen in Inuit communities. If you have symptoms of TB, go to the health centre to get tested. Testing for TB is free and easy. First, the health care provider will do a skin test on you. A skin test is when they



scratch your skin with a chemical. If your skin develops a firm, red bump of a certain size within two to three days, they will know if you have TB.



Then, they will do a sputum (spit from the lungs) test and take an x-ray of your lungs to confirm if you have TB.



If you do have TB, you will be offered free medication to help you get better.

Many different things contribute to TB. Overcrowded housing and food insecurity are two factors. Another is that there are many people who have latent TB and don't know it. But many groups are working together to get rid of TB in Nunavut forever.

How can you protect yourself and your friends, family, and community from TB? Get tested at your health centre! Even if you don't think you have active TB, you could have latent TB. If you have either type of TB (active or latent), treatment is free. ■



For more information, check out <http://livehealthy.ub8.outcrop.com/en/health-topics/infectious-diseases/tuberculosis>.

HISTORY OF TB IN NUNAVUT


In the 1940s through 1960s, one in seven Inuit had TB. The Canadian government sent most Inuit infected with TB south to be treated. This meant they were removed from their home communities. Their family members were often not told where they were being sent. Many who got better weren't able to return home, and their families didn't know how to find them. When someone died, their family was rarely told.

In 2019, Prime Minister Justin Trudeau apologized for the federal government's tuberculosis policy. The government also launched a database that will make records available to help Inuit find family members' gravesites. The database is called the Nanilavut Initiative. *Nanilavut* means "let us find them."

I WANT TO BE A

Teacher





Margaret Inaksajak is a teacher at Arviligruaq Illiniarvik in Kugaaruk. She teaches junior high and high school Inuktitut. She is also an Inuktitut literacy coach for the elementary students.

It was one of her own teachers early in her life who inspired Margaret to become a teacher herself: “I said, I am going to become a teacher one day like her...and here I am, a teacher.”

She studied in the Nunavut Teacher Education Program (NTEP). She says the best part of studying at NTEP was working together with her classmates to face challenges and helping each other to finish the four-year program.

Margaret started her teaching career in Kugaaruk and is still teaching there today, along with many of her fellow graduates.

Margaret says the most rewarding part of being a teacher is when you can make “students smile and feel welcomed.” Margaret says her role in the classroom “has given me a lot of confidence in myself as a teacher because children give you lots of smiles, and they look up to you.”

Teaching can also be challenging. Margaret says that she is always working to find the right tools and resources for her students. She says one of her biggest challenges is making sure that, at the end of the day, students have learned something new.



Margaret faced a different kind of challenge in February 2017, when the school in Kugaaruk was destroyed in a fire. After the fire, classes had to be held wherever space was available: in offices, portables, and the community gym. Without a permanent classroom, she says, she learned how to work in small places, share space with others, and continue to teach while moving from place to place. She has a permanent teaching space now, though. The new school opened in 2019.

For young people who are considering a career in education, Margaret says that it's important "to work hard at what you do and stay focused." And, because teachers are a part of students' daily lives, it is important to always "make sure you make them feel welcome" in the classroom. ■



How can I become a teacher in Nunavut?

The Nunavut Teacher Education Program (NTEP) is a program at Nunavut Arctic College that prepares Nunavummiut to become classroom teachers in Nunavut. In this program, you'll learn how to become a skilled and innovative classroom teacher and a school leader. When you're done, you'll have a Bachelor of Education and a rewarding career in Nunavut!

Program: Nunavut Teacher Education Program (NTEP)

Program length: 4 years

Offered in: Iqaluit, Cambridge Bay, Coral Harbour, Pangnirtung, Arviat, Baker Lake, Gjoa Haven, Rankin Inlet, Kugaaruk

Degree: Bachelor of Education

Sample courses: Inuit Culture and Identity, Sociology of the Family, Language and Literacy Development


You can also become an early childhood educator (ECE). This program will teach you how to work with children in childcare settings to prepare them for school and how to make these settings fun and engaging places for students to learn.

Program length: 2 years

Offered in: Rankin Inlet, Iqaluit

Degree: Diploma in Early Childhood Education (ECE)

Sample courses: Surusilaaliriniq Illinnianirq, Child Development, Health, Safety, and Nutrition, Music for Children

 **Learn more at** arcticcollege.ca/programs.



Readers' Theatre: The Origin of Fog

Based on the legend “The Akla That Turned into Fog” as told in the collection *Unikkaaqtuat: An Introduction to Inuit Myths and Legends* and “How the Fog Came” as recorded by Knud Rasmussen.

Adapted by Denise Petitpas

Characters



Narrator 1



Akla
a shape-shifting bear



Narrator 2



Nuliaq
Akla's wife



Pauloosie
a curious man



Bear cubs



Narrator 1: And now, the story of the akla that turned into fog. This story was told in the Kivalliq region.



Narrator 2: There was once an akla who could take the shape of a bear or a human. When it was in the shape of a human, it would go down to the place of men and steal dead bodies.



Narrator 1: Pauloosie, who was very curious, wanted to know about the creature.



Pauloosie: I will lie down in this grave and pretend to be dead. I will use myself as bait. I will find out what happens to these dead bodies!



Narrator 2: Soon, the akla smelled Pauloosie in the grave. He picked him up.



Akla: Mmm! My cubs and Nuliaq will be happy for this fresh meat.



Narrator 1: The akla carried Pauloosie over his shoulder all the way home. Pauloosie was afraid he would soon become the monster's dinner.



Pauloosie: I must make myself as heavy as possible to slow this akla down!



Narrator 2: Pauloosie's arms were dangling close to the ground. He grabbed at plants as they passed by and hung on.



Akla: Oh my, this human is heavy! He must be frozen through. He is very meaty and full of fat. My family will be happy!



Narrator 1: The akla arrived home and threw the man down to thaw.





Cubs: Ataata! You are home!



Akla: Yes, little ones, but I am exhausted now!



Cubs: Ataata! We want to play!



Akla: No, little ones! Later. This man was heavy. I need to rest!



Narrator 2: The akla went to lie down while the cubs played. Meanwhile, Pauloosie looked around. He wanted to see if there was a way to escape or a weapon he could use against the akla.



Cubs: Ataata! The meat is opening its eyes!



Akla: Impossible! He was so heavy that I am sure he is dead! Let me sleep!



Cubs: Ataata! We saw it again! Our meat opened its eyes!



Akla: No, cubs! Impossible! This man is good and dead!



Cubs: Ataata! The meat is picking up your axe!



Narrator 1: Before the akla could move, Pauloosie jumped up and killed him.



Cubs: Anaana! The meat has killed Ataata!



Narrator 2: The akla's wife, Nuliaq, was in the cooking place when she heard all of this.





Nuliaq: What is going on here?



Narrator 1: Pauloosie saw that Nuliaq had been preparing another dead human to eat. He had to escape! So he cut a hole in the body to let all the fat drain out.



Nuliaq: What have you done?!



Narrator 2: While Nuliaq quickly tried to save as much fat as she could, Pauloosie ran outside. But she soon came after him.



Narrator 1: Pauloosie needed an obstacle between himself and the angry bear wife.



Narrator 2: He drew a line on the ground with his middle finger. It turned into a large, fast rushing river between him and Nuliaq.



Nuliaq: How did you get over this mighty river?



Pauloosie: I swallowed it down and emptied it!



Narrator 1: The akla's wife lay down and drank and drank until she burst. When she burst, all the water she had drunk rose up in a mist over the earth and became fog.



Narrator 2: It is from her that the fog comes. And that is the end of that tale! ■

