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MAKIVIK

magazine

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Focus On Healthy Living

- The First Stage of Mining
- Pilot Training in Nunavik
- Arctic Charr Music Festival
- ...and much more

Canon

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Makivik Corporation

Makivik is the ethnic organization mandated to represent and promote the interests of Nunavik. Its membership is composed of the Inuit beneficiaries of the James Bay and Northern Quebec Agreement (JBNQA). Makivik's responsibility is to ensure the proper implementation of the political, social, and cultural benefits of the Agreement, and to manage and invest the monetary compensation so as to enable the Inuit to become an integral part of the northern economy.

LPAS SPESPASTS

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Makivik Magazine

Makivik Magazine is published quarterly by Makivik Corporation. It is distributed free of charge to Inuit beneficiaries of the JBNQA. The opinions expressed herein are not necessarily those of Makivik Corporation or its executive. We welcome letters to the editor and submissions of articles, artwork, or photographs. Please include your full name, address, and telephone number.

LP°Ad' >'De'5°C'

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Makivik Executive

Jobie Tukkiapik, President Johnny Peters, Resource Development Vice-President Michael Gordon, Economic Development Vice-President Anthony Ittoshat, Treasurer Andy Moorhouse, Secretary

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We wish to express our sincere thanks to all Makivik staff, as well as to all others who provided assistance and materials to make the production of this magazine possible.

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Front cover: There is a move to get Nunavimmiut more physically active for good health. Mary and Harriet focus on having fun outdoors in the fresh air, away from the TV, computer and vehicles. Photo by Bob Mesher.



C و کے / This Season

ΔΥΓ.Ρ. Ας Ας Αστρεγομοίος Ας Ερισουνίτου Αγοιμουνίτου Αστρουμους Αγοιμουνίτου Ατοίρυσο Αστρουμού Αστρουμού Αστρ V_{0} V_{0 $^{\circ}$ 6- $^{\circ}$ 7- $^{\circ}$ 7- $^{\circ}$ 7- $^{\circ}$ 8- $^{\circ}$ $^{\circ}$ $\Lambda_{\alpha} / C^{\alpha} / C^{\alpha$ $\Delta \Delta \Delta \Gamma D^{C} \Delta \Delta \Delta \Delta \Gamma D^{C} D^{C$ $\Gamma_{\sigma} \supset \nabla_{\sigma} \subset \Gamma_{c}$ عدددلااات کممد کن ۲۶ کن ۲۶ کند می اثام کی ۱۳ کند کی ۱۳ کام ۱۹ کی ۱۹ کام ۱۹ کی کام ۱۹ کی کام ۱۹ کی کام ۱۹ کی کام $P_{\alpha}^{1} = P_{\alpha}^{1} = P_{\alpha$ ۵-۱مار ۱۳۵۷ فری ۱۳۵۸ کی ۱۳۵۸ کی کار محدد آل ۱۳۵۸ کی محدد کی این کار محدد کی کار محدد کار محدد کی کار محدد کار محدد کی کار محدد کار محدد کی کار محدد کار محدد کی کار محدد کار محدد کی کار محدد کی کار محدد کار محدد کار $\Lambda \Psi_{c} + \Lambda \Psi_$ Δ° ב'ז'ם α° ר ב'ז'ם α° ר יועל ב'ז'ם איריטרי ב'ז'ם ב' ᡥ᠋᠑ᢤᢀ᠋ᠲᢗᢗᡓᡝᢅ᠌᠈᠂ᡏ᠘᠂ᡏᠳ᠋ᠯᠴᢉ᠂᠘ᠴᡄᢆᡶ᠘ᡓ᠐᠂ᢣᡏᢠᢗᢗᡟᠯᠳ᠌᠅ᠳ᠘ᡧ᠐ᢕᠮᢋᡗ᠐ᡶᠰᡘ᠑᠐ᡶ 'ቴዕንተርሳ'ልፆታ'ጋጔበ፦ በየርጶL፦ጋላፖበ፦ ላለ'ፖር'፦ የጋሰ~'Հር የጶL'ቴርዖ'ተላ'ቴ'ርጔበት.



Who can this be?

At no time in recent decades has the trend been stronger for all Nunavik organizations and affiliates to collaborate for fairness and the betterment of our society. With ever-impending vast exploitation of the

region's rich resources, and growing world demand for these resources, Nunavimmiut want to be prepared and consolidated to approach the future with farsightedness. In local and regional social issues meetings, the predominating trend is more toward solutions than problems. Another example, Nunavik's regional resources development program, *Parnasimautik*, is proving to be an opportunity for all to contribute and make sure our future is stable and healthy for generations to come. Please participate when our elected officials bring their consultations to your community.

A request for those who send us photographs for the *Makivik Magazine* — please include the photographer's name so we may credit them accordingly. People sometimes email photos without saying whose photo it is, which becomes confusing. Also, please include some basic details to go with the photo: Who is in the photo? What are they doing? When was the photo taken? Where was the photo taken? And, what else is important about it? These questions will provide general details so we may present your photos for the enjoyment of everyone else in Nunavik. With so many digital cameras these days, and email, we really appreciate all of the photos and other contents that we receive. *Makivik Magazine* is your magazine — use this to reveal your own visions.

کے ح[∞] Contents

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Makivik President Jobie Tukkiapik and Canadian Liberal Leader Bob Rae look at a map showing Nunavik. In view of the impending exploitation of the region's resources, Inuit are proactively declaring our rights and needs through a plan called *Parnasimautik*.

کف کے؟/WHAT IS THIS?

> \cdot \cdo

You could win \$200 if you guess what this mysterious picture is. Mail your answer to "Mystery Photo Contest" at the address shown below. Good Luck!

The winners of our next Mystery Photo Contest will be chosen in Kuujjuaq on Wednesday, December 19, 2012.

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Mystery Photo Contest Makivik Corporation P.O. Box 179 Kuujjuaq, Quebec JOM 1C0

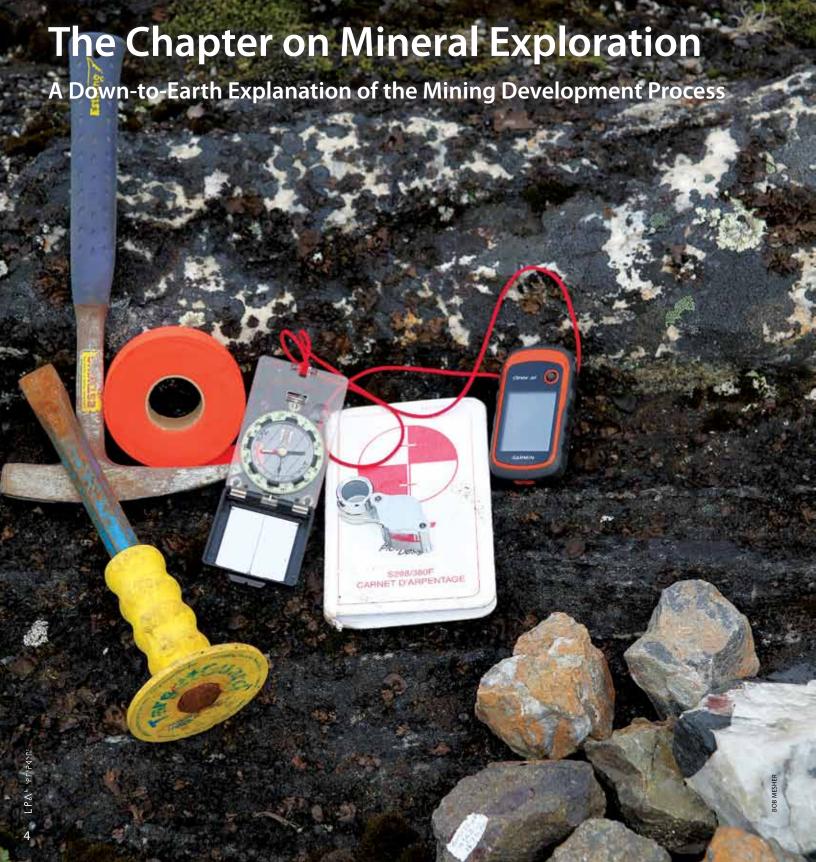


The first-place prize for correctly guessing this mysterious picture is \$200! Bonus prizes: Four other contestants will receive a T-shirt for their winning answers.

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Congratulations to Jessie Annahatak of Aupaluk who won \$200 for correctly guessing this Dene drum. Prizes were also sent to Tina Niviaxie, Rosie Aullaluk, Joe Angnatuk, and Nathalie Niviaxie for their correct answers.





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 \mathbf{W} ith increased mineral exploration activity evident in Nunavik these times, we are providing a series of



articles that we hope will address a few of the questions that our Nunavik readers may have regarding potential mining in the Region. We are grateful to the expertise provided by the Nunavik Mineral Exploration Fund for sharing their comprehension of this industry and trust that their work will further enable Nunavimmiut to benefit to the greatest extent possible from any mining ventures that might take root in our territory.

Provided by Jean-Marc Séguin, technical director, **Nunavik Mineral Exploration Fund**

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۱۲۶، ۱۳۶۰ م ᠘᠘᠙᠙᠕᠘᠆᠘ᢗ ےما√۲۵ء $\Lambda a c l^5 b^5 \Lambda D J^2 a c d^5 D^5$. ۷۲۲۰۵۰۱۲۷ د $VC_iP_iUJU_iP_i=L_i$ ᠑᠙᠘ᢏ᠘ᡚ᠙᠙᠘᠐᠘᠙᠘ ιροι ρεισαφι νας Γραιας Δερισυς-Do bright LoiC مے ہد ۱۲، درا و درا ۲، در رے ۹۲۲۹ - ۳ ₽ትና° σ ላታና عود من الأورج التع واله التوري التواري م ۸ ۱۲ ۹۸ -**ጎ**ናር^ናዜና L^c ᠕᠊ᡄ᠘᠙᠐ᢆᡶ᠙᠐᠙᠙ᢆᡒ᠘ 20-04° ᠰᠳᡏ^ᡩᠳᠲᠳ᠘ᡒᠾᡱᠳ ۷~۲٬۴۱۱۹٬۶۳۶ د ٔ نے ہو ለ ሀረ ° ል ኒነኔነ Γረ በ ነ $\Delta \Gamma_{\theta, \theta} = \nabla \Gamma$ ᡏᠲᠨᠲᡕ᠐ᢣᡶᡣᢁᠰᠲ_ᡲ᠘ᠳ᠘ᠾᢆ᠂᠐ᡒᡒᠻᡧᠾ᠋ᢇ᠘ᡕ*ᢆ* ۸۱۲ م ۲ د م ع خ ۲ ت ۷۲٬۶۹ م ۱۹۵۶ م LbCr\Ld.P.e.g.¬ Po D > DJ° ۸ه۲۲۹-۱۳۵۱ مناهر موسیا تور ۱۳۵۸ میر میراد.

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ries. Not only did Inuit use native rocks, they also recovered from these rocks materials that had a variety of uses including tools, weapons, and decorative objects. They quarried for chert, siltstone, quartzite, soapstone and other kinds of stone. This early mining development brought an extensive trade network whereby these materials were traded elsewhere in the Arctic and, in the specific case of Ramah Chert, as far as Maryland in the United States. To varying degrees, the recovery and use of minerals have always been part of Inuit culture. Traditional quarrying of soapstone for carvings continues to be an important Inuit activity. Also, today Inuit employment and participation

Mining has been part of the Nunavik economy for centu-

in mining have reached unprecedented levels. However, there are still many opportunities to be realized

by Nunavik communities. We hope to provide a better understanding of the mining cycle and to identify the many opportunities that mining can bring to communities. There are opportunities for relationship building between communities and the mining industry, opportunities for communities to build capacity, opportunities for meaningful participation throughout the mining cycle, and the potential for significant economic and business growth.

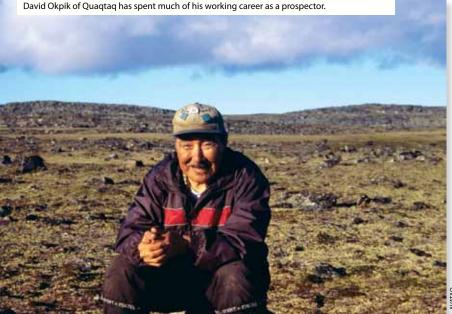
Quebec is one of the most favourable Canadian provinces for mineral exploration and

development. The stages of a mining cycle range from prospecting and exploration, to mining operations and mine closure and reclamation. For Makivik Magazine, we are developing four chapters that present the main phases of the mining cycle: 1) Mineral Exploration, 2) Mineral Deposit Appraisal, 3) Mine Development and Operation, and 4) Mine Closure.



۵۰ ۲٬۹۰۷۰۹٬۲۹۳ Φ٬ ۲۹۷۰ 4%9471Uc7-90754508601700c7-060 D 5 Γ C Λ D λ Λ σ D Γ Δ ο 1 1 δ Λ σ ο ο . . This broken and discarded pre-form of a hunting tool is prehistoric evidence of rock quarry activity by Inuit.

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Mineral Exploration

Mineral exploration is the first phase of the mining cycle. It is the search for mineral deposits. Every new mine

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The success rate is extremely low for grassroots exploration. A prospector would be fortunate to find one or two prospects that become a mine in his or her lifetime.

has its beginnings as an exploration project; however, most exploration projects will not advance to become mines. The purpose of exploration is to locate a new source of metal or useful minerals. This includes industrial minerals (such as silica used in the making of glass or clay minerals used in the making of ceramics), metals (such as iron, lead, zinc, copper, etc.), and precious metals and gemstones (such as gold and diamonds).

The exploration phase starts with identifying large areas that may have a certain type of ore deposit that could be developed as a resource.

For example, the types of rocks (geology) in parts of Nunavik are similar to rocks found in other areas of Canada where nickel and copper deposits have already been discovered. This early work involves reviewing maps, regional surveys and reports available from Canadian Geological Surveys or universities and more specifically from the provincial Ministère des Ressources naturelles et de la Faune du Ouébec.

Success rates

The success rate is extremely low for grassroots exploration. A prospector would be fortunate to find one or two prospects that become a mine in his or her lifetime. If grassroots exploration leads to the discovery of a mineral prospect or "mineral showing," many of these mineral showings (tens to hundreds) need to be examined to discover one that can be taken to the next stage. Of the prospects that get to the intermediate stage, few are worth being taken to the advanced exploration stage and fewer still go beyond that. It has been estimated that fewer than one in ten thousand mineral showings discovered actually become a mine.

Time frames

Mineral exploration is a very slow process. For exploration programs where a promising mineral showing is discovered, it will take at least seven years to a decade before the start of a new mine. In some cases, it can take longer depending upon a number of factors, including the willingness of investors to advance the money to explore more fully over the years. A mining property (mining claim) can be explored many times, by different companies, without success. Properties can also change ownership many times during this stage.

Types of mineral exploration

Preliminary ("grassroots") exploration involves looking for a deposit in an area where the mineral or metal has not

MAKIVIK magazine

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₽ትና° ቀላል∖% ፴፪₽‹ አዓ.አላት ፵፬ን,የቀረ ᠙᠙᠘᠐᠘ᡪᠳᠳᠳᡓᠳ᠙᠘᠘ᠵ᠘᠘᠘ $(P_{-} = P_{-} + P_{$ 79c449rrgiC ᠤᠳᡕᡏᡏ᠘ مد√۲۱۸۰۰). ▷ ሃና° ቍ ላል^ና ኣተ▷⁵ቍ^ና ۵۶۱ ۱۲۵ م ۱۷۵ می ۱۷۵ می ۱۷۵ می ۱۹۵۹ می ۱۹۵۹ $\rho_{c}(C)$ $\rho_{c}(C)$ $\rho_{c}(C)$ $\rho_{c}(C)$ $\rho_{c}(C)$ 6 6 6 6 6 6 6 6 6 6 6 6 6 6 ۵۶۹ م م ۵۰ ک کن ۱۳۶۸ و ۱۹۶۹ کی کار ا $D + S^{-} + dS^{C} + D + D^{C} + C$ $D + S^{-} + dS^{C} + D + D^{C} + D^{C}$ $^{\circ}$ b Δ° J $^{\circ}$ L $^{\circ}$ ėC. D $^{\circ}$ S $^{\circ}$ S $^{\circ}$ C $^{\circ}$ b $^{\circ}$ C $^{\circ}$ Cdc SD-۸۹۹،۲۵۲ ۵۹^۲L°, ᠐ᢣᠲᡨᡏ᠕ᠺ᠘᠘᠙ᠳ᠘ ᠑᠙᠆᠐ᡩ᠘᠘ᡕ᠘ᠳ᠙᠘ᠳ Λ_αζͿΛιςςCδLλί_δͿδς ᠐ᢣᡏ^ᡕ᠘ᢣᡉ^ᡕᠴ ۸٬۲۵ مراے ۱٬۲۵ اور ۱ -40dP ᡃᠲᢗ^ᡪᡖᡪᠳ ᠕ᢉᡏᡄᢗ᠌᠌᠐ᠳᠲᢥᢀ᠘᠙ᢣᠳ. CF_P94 $V \sigma V_c CD J U_{\rho} U_c$ $VL4_{\ell}UCDJ_{r}\sigma J_{c}$ کا ہو۔

۲،۲۵۶،۲۵ مات در ۱۹۵۶،۱۵۵ کے ۱۹۵۰ در، صور سود ۲ کو ۱۹۵۲ کی ۱۹۵۸ کی ا $^{\circ}$ $^{\circ}$

been found before. On-minesite exploration is done to expand a mineral resource that has already been found and developed on the property of an existing mine.

Prospecting

Prospecting is the hunt for mineral deposits. It is the $\frac{3}{2}$ least disruptive exploration ₹ activity. It takes place mainly in the summer. Prospecting is

> a low-intensity activity. It can take many forms, from a prospector walking through the bush with a rock hammer and gold pan,

`dcГJċ^c/'dċ^crJċ^c $D + S^* - A A^c + C B^s - C^b$ $\Lambda \sim L^{c} \Omega^{s} C^{-3} \Omega^{s} L^{c}$ V DP9U&P & VPC LYUP ۵۲6٬۲۹۹ مروب عزم ۱۵۹۶ ۵۲۵ م Helicopters frequently sling objects during mineral exploration.

to a prospector using sophisticated tools to identify exact positions using satellites (global positioning system /GPS). Prospecting largely includes prospectors walking the ground examining and mapping rock types and collecting rock and soil samples by hand for either mineral or chemical analysis. If there are signs of minerals, prospecting activities progress to more detailed work programs with more sampling. These programs may be started to get deeper or larger samples that can be checked in a laboratory. Basic geoscience surveys, such as geological mapping and even satellite coverage, help guide the search for a mine. After the rocks have been examined on the ground, geological mapping is created to show the location of different types of rocks or structures of the earth. Prospectors use geological maps to locate the best areas to explore for minerals that could lead to a mine. Geological maps can greatly reduce the search time.

During prospecting, a community may notice prospectors or geologists walking around. If there are no

> towns or other facilities near the exploration area, a small exploration camp is usually set up. The camp is often set up quickly at the start of the program and may be left in place for several seasons. The camp may consist of a few wall tents or cabins. The size and type of camp will depend on the length of the job and the number of people staying at the camp. Aircraft for bringing in supplies, taking out samples and sending prospectors onto the land, usually support the camp. Prospecting activities do not mean that a mine is going to be developed but, rather, that there are people searching for signs of minerals.

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Prospecting largely includes

prospectors walking the ground

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types and collecting rock and

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mineral or chemical analysis.

Prospecting activities do not mean that a mine is going to be developed but, rather, that there are people searching for signs of minerals.

Mining claims

Exploration fieldwork is usually done over mining claims. Claim staking is used in all provinces and territories as a way of indicating to the government

and other prospectors and exploration companies the area that they wish to explore. In Quebec province, each claim surface represents about 45 hectares (0.45 sq km). Once a





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 $D + S^* - A A^c + C B B^c + A C C^c B^c + C A C A^c C A C A C A C A C A C B A^c B$ D ታና ት Δ ተ Δ ተ عمع، همحرابور ۲۵٫۲۵۹ همره، عمدردد نهریف معهرال۱۶۵۸د وعم 40,CD=,P1,01740, P6CD4=, 45L=, P24, = 48.240,U=, 195FU.51UL.51C $\Delta \Delta^{\circ} \Delta^$ $t^{\flat}PCD = {}^{\flat}U^{c}AD^{\flat}$ $\dot{\Gamma}C = A^{\flat}D = {}^{\flat}C = {}^{\flat}U^{c}AD^{\flat}$ $t^{\flat}PCD = {}^{\flat}U^{c} = {}^{\dot{\nu}}U^{c}$. $\Delta^{\flat} = CD + {}^{\flat}U^{c} = {}^{\dot{\nu}}U^{c} = {}^{\dot{\nu}}$ ᠔᠆ᠺ᠙᠙᠘᠘ᠺ᠙᠙᠘᠘ᠺ᠙᠙ᠺᠻᢢᡳ᠘ᠰ᠙᠘ᠺᠻᡑᡈ᠘ᠰᠰ᠘ᠻᡑᡧ᠘ᠺᠻᡑ᠘ᢗᠰᡐ᠘ᢗᠻᢐᡧ᠘᠘ᠺᠻᡑ᠘᠘ᠺᠻ $\Lambda J^* = D \Lambda^* b^* \sigma \sigma^* \Gamma^* \sigma^* U b \sigma = \sigma \Gamma \Lambda \Lambda^c \Lambda^c b^* \Lambda \dot{C}^* CD J \Lambda^* b^c \Delta d \sigma \sigma^* b^* b^* \sigma \sigma \dot{L}^* b \sigma \sigma \dot{L}^* b \sigma \dot{L}$ ᡏᡃᡩᢆ᠍ᢖᠳ᠘ᢩᡩᢆᡠ ϒ*ϒͺϲ*ϟϼͺͶϹϷϒͺϹϼϠϯϲ ᠕ᢅᡓ᠘᠙ᡌ᠘ᠳ᠒᠆᠂ᢗᢀᠾᢛ, \mathcal{C}^{*} \mathcal{C}^{*} 0.4° 0.5° 0.5° 0.5° 0.5° 0.5° 0.5° 0.5° 0.5° 0.5° $PP_{\lambda}^{(1)} = V_{\lambda}^{(1)} + V_{\lambda}^{(1)} = V_{\lambda}^{(1)} +$ ፈ^ւГԺՙĊԺՙᲮሊላኈቦ^ϧ — ጋዮ'ቴՙՈርኦͿՈጋላ'ቴናር ላተ^ኈቦ˚ഛና እታና˚ԺላናናላኦLጐႱር ጋዮረ-ᠳᡏ᠘᠘᠘᠙ᡶ᠙᠘᠘᠙ᡶ᠙᠘᠘᠙᠘᠘᠙᠘᠘᠙᠘᠙ᠳ᠘᠙᠘᠙᠘᠙ᠳ᠘᠙᠘᠘᠘᠘᠙ᠳ᠘᠙᠘᠘᠘᠘᠘᠙ᠳ

claim is designated and approved by the appropriate government agency, it gives the prospector or company the exclusive right to explore that piece of land for a certain time, usually during a two-year term period. Designation of a claim does not mean the prospector or mineral exploration company owns the land — it means only that no one else can collect samples or do other explorations work on it. In order to keep claims in good standing, a minimum amount of work expen-

ditures must be done and assessment reports must be given to the appropriate government body.

These assessment reports show the results of the work done by the prospector. They can be viewed by the public through provincial, territorial, or federal mine offices. If no money is spent within a given time frame, the claim will expire and the mineral rights will return to the government. At this point, someone else can re-stake the land. Any area of open Crown Land

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Designation of a claim does not mean the prospector or mineral exploration company owns the land — it means only that no one else can collect samples or do other explorations work on it.

(Category III Lands) can be staked, including land traditionally used by communities. Category III Land is land where the surface and sub-surface mineral rights are administered and regulated by the government. Anyone can purchase a prospector's licence and prospect on Category III Land. In addition to Category III Land, staking and exploration are allowed on Category II Land. Prospectors and exploration companies should, however, inform the concerned community or communities and respective landholding corporations.

Areas that cannot be staked include: 1) Category I Land; 2) park reserves or other protected areas; and 3) land already staked by another prospector or mining company.

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"أحهه ۱۵۲ من ۱۵ مولات ۱۵۲ مولاته ۱۵۲ ماله ۱۵ مولاته ۱۵۲ مولات که ۱۵۲ ماله ۱۵ مولاته که ۱۵ مولاته ۱۹ مولات

 $CL^{6}dQ$ $DPL^{6}Q^{5}C^{5}b^{5}LL^{6}J^{5}-^{6}L^{4}C$ $DV^{5}DL^{7}J^{6}C$ ΔCC^{-} $\bigcap^{c} \Gamma^{c} \Gamma^{c$ 'N = (1045,135, γος σησ για 42,135) 1249UL¬Lc مود^ادک. موالاکائی. ᠈ᡩᢆᡄ᠀᠈ᠬ $P_{1}P_{1}P_{2}P_{3}P_{4}P_{5}$ ᢄ᠙᠙᠘᠘᠘᠘᠘᠘᠘᠘᠘ ሳ⁻፫ጲቭ∪_₽៤፡. ₽ታና°균- 4° ΛΑʹʹʹΙΟΝΛΑΘΊΓΘ ፟፟፟፟፟፟፟፟፟፟ዸ፟ዾዾ፞፞፞፞፞፞፞ጜዸዀዀኯጏፙ[፞]፞፞፞ጜ[፞]፞ ے م∟ ۲۰ $\nabla_{\sigma} \nabla \Gamma_{\rho} \Pi_{\rho} \Gamma_{c}$ 425~62°~0CD~45>° V4, ~ b U ǿU C b Y U V ~ ¿L c $PU_{\ell}UCP^{-}U_{\ell}$ $\mathsf{U}^{\mathsf{C}}\mathsf{J}^{\mathsf{C}}\mathsf{L}^{\mathsf{C}}^{\mathsf{C}}\mathsf{L}^{\mathsf{C}}^{\mathsf{C}}^{\mathsf{C}}\mathsf{L}^{\mathsf{C}}^{$ Δ^{-} $\Delta^{ \Delta_{\sigma}$ σ_{ρ} Γ_{c} (4。レ。ҎѠџ҅ႨႠҌӷጘҼ ے م م $UU_tJCD_c \lor U_t$ $P''(AUC_i(DFC) = 3-L_P)$ $\nabla_P = CD_P(CS_P = 2)$. $\nabla = DUC_P(CS_P = 2)$. $\Delta \Delta \Delta^{c}$ $\Delta \Delta C^{b} \Gamma^{2} C^{b} \Lambda^{c} \Lambda^{c}$ مه ۱۲۵ مه ۱۲۵ مه ۱۲۵ مه ۱۲۵ مه ۱۲۵ مه ۱۲۵ مه ᡝᢑᠮ᠋ᠴ ᠘᠙ᡏ᠋᠋ᠴ ᠔ᢣᡪ᠋ᠺᠰ᠐᠙᠘᠐ᠳ᠘ᠾ᠘᠗᠘ $L \sim L_i C L_i O C \Gamma_i C L_i C L_i C L_i C L_i$ 40cc0e161206 ${\tt a}{\tt D}{\tt D}{\tt C}{\tt a}{\tt c}{\tt d}{\tt c}{\tt d$ $\Lambda J^{\circ} = P \Pi^{\circ} \Gamma^{\circ}$ ۵۶۶° - ۵۵° ۱۲۵° - ۵-۱۵-۱۵

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 $dV^{\flat} \ b \ll L^{\flat} d^{\varsigma} \ \Delta^{\varsigma} d \ln^{\flat} f^{\varsigma} L c^{\varsigma})^{\varsigma} \ b \wedge (D \vee \sigma^{\flat} - D^{\flat} \wedge L \wedge \sigma^{\flat} - D^{\flat} \wedge D^{\flat} - D^{\flat} \wedge L \wedge \sigma^{\flat} - D^{\flat} \wedge L \wedge \sigma^{\flat} - D^{\flat} \wedge D^{\flat} - D^{\flat} \wedge D^{\flat}$

Quebec has developed a web-based system for mineral claim staking that allows people to acquire

mineral rights by selecting a claim on an electronic map over the Internet rather than staking a claim on the ground.

Detailed exploration

Once a claim has been staked, and prospecting fieldworks are completed, the exploration program will move forward to determine if there is a mineral occurrence worth further investigation. Many mineral deposits are not exposed at the surface of the earth, but are buried beneath soil, glacial tills (sand, gravel deposits) or other rock formations. To test if minerals are present, it is often necessary to look beneath the surface materials to see what is there. This is done using advanced techniques such as geophysical and geochemical surveys, and diamond drilling programs. To prepare for this advanced work, various surveys must be planned. For the surveys to be exact, a

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At this stage of detailed exploration, the community may notice not only increased work on the ground, but also a helicopter or an airplane carrying special antennas or instruments in the sky.



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map grid is created on the land marked by narrow cutlines in forest or by a long line of pickets on open land. Once this grid has been done, geophysical instruments can be carried along the grid and more precise work can be done, including trenching (cutting a long ditch in the ground). At this stage of detailed exploration, the community may notice not only increased work on the ground, but also a helicopter or an airplane carrying special antennas or instruments in the sky.



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^~\c^(\b\b'C~\\\\\\\-)49\\ Lb42740er ۵۲-۵۱۹۲۱ مو۵۷ ۲٬۲۵۱ عنو ۵۴۵ کو ۱۹۲۵ مو۲ ۱۹۲۵ مو۲ ۱۹۲۵ مو۲۵ کو ۱۹۲۵ مو۲۵ کو ۱۹۲۵ کو ۱۹۲ کو ۱۹۲۵ کو ۱۹۲۸ کو ۱۳۲۸ کو ۱۳۲ کو ۱۳۲۸ کو ۱۳۲ کو ۱۳۲۸ کو ۱۳۲۸ کو ۱۳۲۸ ک Δ° Δ° ₽ኯዸ_ፘኯኯዃ፞፞፞፞ ^ᡩᡖᢧ᠘᠘᠘᠐ᡕ᠘᠙ᠳ 2U07, 50, 1000 ۰۵۵-۵۵۰ کو ۵۱۵ کام Δεος Δεοθείας στος δρείτρος δρείτρος δρείτρος στο Λαγιθοίος στο δεντιμούς στο Δεοθείτος στο δεντιμούς στο δεντ $\Lambda \Lambda^{5} L \Lambda^{5} L \Gamma^{5} \Gamma^{5$ 964916946946 كأنم المراكبة الم $^{\circ}$ $^{\circ}$ 6~D7,05,0U2C,5C4T~,0c ۵°نا°۲. **4L**ΥδςΥΠ_ε \dot{P} \dot{P}

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Sampling and drilling

Initial prospecting takes small samples, whereas trenching, in soil or rock, can provide a larger and more representative sampling of a mineral occurrence. If earlier work indicates that there is the possibility of a mineral deposit underground, the exploration company must now be able to sample that rock to estimate the extent and shape of that mineral deposit. A diamond drill is used to cut through rock, going down hundreds of metres and bringing up lengths of cored rock (drill core). Typically, an average drill program would cost several times the total amount spent so far. The cost

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The cost of drilling for rock core is per metre and varies depending on the location of the project and the availability of drilling contractors. Northern regions like Nunavik are more expensive.

of drilling for rock core is per metre and varies depending on the location of the project and the availability of drilling contractors. Northern regions like Nunavik are more expensive. The samples are then sent to laboratories for *assay* (i.e. analysis of the collected rock samples in order to know the metal contents and concentration of different elements).

The mineral exploration phase will be carried out until the prospectors or the company makes a significant discovery. Once a mineral deposit is revealed, additional stripping and drilling will be conducted to confirm and define an initial inventory of the mineral deposits. A first preliminary assessment of its economic potential is also achieved.

The project can now move forward to the following mining development phase, which is the mineral deposit appraisal. This important phase will be discussed in the next chapter.

Source: Natural Resources Canada (NRCAN), 2006, Mining Information Kit for Aboriginal Communities.

KIVIK magazine

Regular Participation in Physical Activities, a Healthy Choice for Nunavimmiut

In collaboration with Marc Beaulé, Québec en Forme

 $\Delta' \Lambda_{\sigma'} \langle C_i \rangle^{\mu}$. $D^c \cap \Gamma_{\sigma} \Gamma^c$. $A^c \subset \Gamma L A^{\mu} \cap \Gamma \cap \Gamma L A^c$ ᡆ᠌ᠴᢇᢐᡃᡳ᠋᠐ᢗᡃᡖᡃᡳ᠘᠀ᡕ ₽₡₵₺₯₢₢ ᡠ᠘᠘ᢗᡠᡒᢥ᠂ᡀᠳ᠘ᢗᡠᡄ᠘᠘ᡩ Δ° Δ° ۵۰۲ کوناد ۸ما(۲۰۱۵ که ۱۲۵ک کوناد کو $\Delta \subset \Gamma \cap \Gamma$ $\Delta \vdash L \rightarrow \Gamma \cap \Gamma$ $\Delta \vdash L \rightarrow \Gamma \cap \Gamma$ $\Delta \vdash L \rightarrow \Gamma \cap \Gamma$ Λ C'6) Δ ^a ~4%bc ~4%l Δ a Λ LTD' Δ AL')A1%°C. ۵عن ۱۶۰۸ مروهم- ۲۵ مروهم- $^{\circ}$ bc $^{\circ}$ LC. Δ D $^{\circ}$ D $^{\circ}$, $^{\circ}$ Arr Δ D $^{\circ}$ b $^{\circ}$ D $^{\circ}$ D $^{\circ}$ D $^{\circ}$ C $^{\circ}$ D $^{\circ}$ C $^{\circ}$ D $^{\circ}$ C $^{\circ}$ D $^{\circ}$ C $^{\circ}$ D $^{\circ}$ امورهم المرد کی ۱۵۲ و کی ۱۵۲ کی ۱ V_{ℓ} 5 Γ_0 1 ℓ_0 Γ_0 1 $4 \text{L}^{\varsigma} + 6 \text$ $\Delta \dot{\bullet} L_{\ell} P_{\ell} P_{\ell} C L \Gamma_{\ell} L U_{\ell}$ ᠂᠙᠘ᢗᢆ᠈᠒ᢞ᠙᠘᠙᠘᠘᠘᠘᠘ عمع عن ۱۹۵۸ و ۱۹۵۸ و ۱۹۸۸ میر کر ۱۹۸۸ میر کرد ال ٬۴۵۵ د ۱۲۵ مو۲۵۲ مله مراک ۱۳۵ و ۱۲ مرک که او ۲۸ مرک او ۲۸ او ۲ Δ $\dot{\omega}$ $\dot{\omega$ ۱۶۵-۱۲ ماغد۶٬۲ مه داد وه

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In many Northern Villages, having a vehicle is often considered as a must. This is appreciated when the weather is nasty. But if you look around, many are using vehicles for short distance trips and are no longer walking to get to a place even when the weather is fine.

he times they are a-changing, and who better than Inuit can understand such a reality? All over Quebec, like elsewhere, our young people's health has deteriorated over the last few decades and our modern lifestyle seems to be at

> the source of that change. For instance, in a document published by the Kino-Québec Scientific Committee, it is noted that a growing number of young Quebecers are at risk of developing cardiovascular disease — a health problem that affects a large part of the adult population. Some are worried that such an issue might also be present amongst young Nunavimmiut. Lifestyles are changing all over the world. Inuit, more than many others groups, have seen drastic changes in the last few generations, going from a very active nomadic lifestyle to sedentary and less active lifestyle. With our way of living, all over the world, we are relying more and more upon motorized forms of transportation even just to go for a quick errand. In many Northern Villages, having a vehicle is often considered as a must. This is appreciated when the

weather is nasty. But if you look around, many are using vehicles for short distance trips and are no longer walking to get to a place even when the weather is fine.

At *Québec en Forme*, our purpose is to promote the adoption and maintenance of healthy eating habits and a physically active lifestyle for Quebec children and youth up to the age of 17. We believe that having healthy eating habits and being physically active are essential elements to the full development and educational success of all youth. Throughout the province, *Québec en Forme* accompanies and supports mobilized communities and organizations that promote projects that implement the necessary conditions to make it fun and easy for young people, particularly those from disadvantaged backgrounds, to move their bodies more and eat better on a daily basis. Being active and having healthy eating habits not only bring positive effects for the body, but also to one's mind and soul.





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In addition to being fun, sports and other physical activities benefit the body, mind, spirit and increases academic achievement. These activities are also associated with student retention and key factors related to wellbeing and quality of life, notably social and interpersonal skills.

Like many, we are convinced that all children should be able to make their own healthy choices. However, children must also be encouraged to do so by the people in their lives and the places they go. Again, family lifestyle habits have changed over the years and Nunavimmiut are no stranger to such rapid change. There are several contributing factors such as time constraints, the lack of access to information, less time spent doing physical activities and consuming too many foods with little or no nutritional value. That is why we invite all stakeholders and decision-makers who are involved to unite $\frac{\mathbb{R}}{2}$ and take action to try and reverse this trend.

Studies show that when an infant, a child or a teenager adopts and maintains an active lifestyle, their mental health also improves. Participating in physical activi-

ties on a regular basis provides occasions to improve motor skills. Facing challenges and experiencing

> success, one's self-esteem is therefore increased and new challenges are welcomed. This is especially true when provided with culturally based physical activities such as learning to manoeuvre a kayak, hiking to a favourite spot to pick berries or hunting. Physical activities and sports also provide opportunities for young Nunavimmiut to make new friends and improve social skills in real camaraderie with relatives and other members of community. If you have experienced team sports where a positive environment was fuelled, then you know from your experience that these friendships are long lasting ones.

To help reverse some negative effects of having a sedentary lifestyle among children and the general population, some organizations are taking innovative measures. Some schools in Canada and in the USA

have increased the amount of time devoted to physical education and have implemented a structured recess where the children are more active. Besides having more physical activity, the students found that school was more appealing to attend and school authorities also noticed positive effects on their academic performance. Here also, researchers have found that children with more occasions to be active while at

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school also have improved self-esteem, self-control, social skills and better classroom behaviour.

In addition to being fun, sports and other physical activities benefit the body, mind, spirit and increases academic achievement. These activities are also associated with student retention and key factors related to wellbeing and quality of life, notably social and interpersonal skills. Promoting physical activities among our children and adolescents requires the commitment of a number of stakeholders such as parents, health professionals, teachers, sports leaders, elected representatives and others.

Marc Beaulé, who provided this information, is a development officer from *Québec en Forme*. He is dedicated to Nunavik, working in conjunction with the *Nunavik Partnership Committee*. *Québec en Forme* promotes the adoption and maintenance of healthy eating habits and a physically active lifestyle for Quebec youth and children up to 17 years old and supports communities and organizations that promote projects to implement the necessary conditions to make it fun and easy for young people to move more and eat better on a daily basis.

Excerpts found in this article can be found in *Physical Activity, Sport and Youth - Knowing and Acting,* published by the *Kino-Québec Scientific Committee,* a governmental organization affiliated to *Ministère de l'Éducation, du Loisir et du Sport* (Quebec Provincial Ministry of Education, Recreation and Sports).

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Participating in physical activities on a regular basis provides occasions to improve motor skills. Facing challenges and experiencing success, one's self-esteem is therefore increased and new challenges are welcomed.

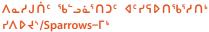
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Technical Training Centre in Dorval

As you will be aware, hangars that Air Inuit historically leased at Trudeau airport were slated for demolition this year, such that the airport terminal could be expanded. In



response to this, over the last four years Air Inuit, under the responsibility of Pierre Charron, worked on the project of building a technical facility that would serve the company long into the future. We are pleased to report that the air operations of both Air Inuit and Hydro Québec are now in the building and all is much improved. The Air Inuit board of directors expresses its appreciation to Pierre Charron and other individuals who worked long hours in order to make the complex transfer of our operations as seamless as it was. We look forward to using the building as a means whereby Air Inuit will improve and thrive in the years to come.

Project Sparrow

Congratulations to Nathaniel Palliser, Robbie Kaitak and Nicholas Genest who completed the requirements presented by our joint Air Inuit – Kativik Regional Government "Project Sparrows" flight training program that took place at our facilities in Kuujjuaq. A toast as well to their very capable instructor, Pascal Fortin of ALM Paravion Pilot Training School.

This fall, *Ilaujuq* enhanced

We are pleased to announce that, as of fall 2012, the *llaujuq* beneficiary customer benefits program has been



amended to reflect the following changes desired by Nunavimmiut:

1) the *llaujuq* discount for children will be applied to the standard child's fare rather than the adult fare, and

2) tickets purchased will be eligible for travel for one year following the *llaujuq* certificate's purchase validity date, provided they are paid for prior to the expiration date for the particular certificate.

Scheduled service enhancements

Following numerous requests to provide service between the Abitibi region and Nunavik, Air Inuit added a semi-weekly stop in Rouyn in both

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the northbound and southbound directions (Tuesdays and Thursdays). The route, which provides same day service to and from the Hudson coast communities as well as Kuujjuaq, is being operated on a trial basis for six months and then evaluated.

Also, Dash 8-300 capacity has been permanently assigned to the upper Ungava scheduled route, greatly improving our abilities during peak periods or following a stretch of bad weather.



Our automated travel rewards program was unveiled this fall. In addition to accumulating points for travel on Air Inuit, the program, which begins this



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coming winter, will offer a variety of unique gift items that can be redeemed for points.

Air Inuit specials for this fall and winter

The following special travel programs have occurred or remain available up until and March 1, 2012: the "PreFreeze" seat sale was from October 3 to 31; our "Shopping Special" runs from November 14 to December 5; our Christmas Special" in Nunavik is from December 12 to January 9; and our "Deepfreeze Seat Sale" is in effect from January 23rd to February 20th. Air Inuit also distributes such programs in flyers at our various offices or you can contact your local agent for further details including pricing and restrictions that may apply.

Extra flights for Christmas

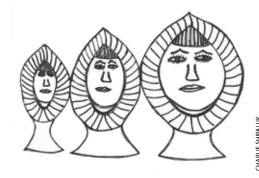
Air Inuit will again schedule some extra flights to accommodate the traditional increase in travelling over the holiday season during the latter part of December and in early January. As in past years, this means that Nunavik passengers

will be able to rejoice with their relatives ones in Nain, Labrador and Cape Dorset, Nunavut. These augmented scheduled service flights will be advertised throughout our network and on FM radio throughout Nunavik.

Adding to the holiday spirit, Air Inuit is pleased to say that our annual Christmas tree sale will be provided again this year as we anticipate full size Christmas trees landed in all Nunavik communities prior to December 20. These organic Christmas classics will not only add cheer to Nunavik living rooms, but will also stimulate nasal passages with their

perky scent, eyes with their ornamented splendor, and ears as we harken to the fond dins of loved ones gathered around these luscious festive centerpieces.

The Air Inuit board of directors and employees express our appreciation to you for your support of the airline and wish you, your families and your friends, a safe and happy holiday season.



Project Sparrow, Learning to Fly in Nunavik

 A number of career education programs have been delivered in Nunavik over the past few decades, not the least of which includes nurse training, teacher training, mechanic training, construction courses and more. And typically the graduation rate for education delivered to Inuit students within Nunavik has a higher success rate than when students have to move down south for school.

Three out of the original five enrolled students graduated from the *Project Sparrow* pilot training during the past summer, which was given in Kuujjuaq. These three, who now have their Private Pilot License, are Nathaniel Palliser,



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Robbie Kaitak and Nicholas Genest. Makivik subsidiary company, Air Inuit, funded two-thirds of the \$225,000 program, while KRG paid the remaining one-third.

Makivik president Jobie Tukkiapik is a strong advocate of providing education to Inuit within the region. He said, "I believe that training courses should be closer to our people. It is not necessarily that (the pilot students) were in their hometown doing this, but at least in the Nunavik territory. A lot of it is for self-esteem. They have a license that is recognized in all of Canada. They can go and fly anywhere in

the world, basically, with the regulations that are there, just as it is for a regular vehicle driver's license. A Quebec license can authorize you to drive anywhere in North America and have the freedom that you get from that."

Besides the social and cultural comforts of training in Nunavik, the students received first-hand experience of actual ground and sky conditions

in the region, which differ significantly from down south in more populated areas. For example, in the event of a forced landing, Nunavik airstrips and level landing areas

are far and few between compared to down south. Their classroom was in the Air Inuit building and it was good for local people to know about the flight training, not only by meeting the students but also by seeing the Cessna 172 flying overhead on fine days. Furthermore, the students were there on-site to see Air Inuit operations, Twin Otters and Dash 8s and other planes on the tarmac, and mingle with Air Inuit ground and flight crewmembers.

The students had to learn all about flying from the very beginning, including flight theory and how a plane flies, the basic mechanics of a small aircraft to know what is happening at all times, reading the weather, navigation, human factors and more. Instructor Pascal Fortin explained, "I also taught them how to take off, climb, descend, stall, get

out of a stall, land properly, navigate properly in the air, or to do a forced landing. To start at zero and complete it in four months, they are working pretty hard. It's a lot to learn, so they were working pretty hard. And they did really well in their flight test."

We asked each of the three graduating students to tell us their most memorable moments of the training, their toughest challenges, and what other ideas they would like to share with all Nunavimmiut.



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"I think what Makivik and Air Inuit are doing here is great. It gives young people like Robbie, Nathaniel and me the opportunity to do something like this for free, that otherwise would be extremely expensive."

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"Never give up on your future goal because anybody can accomplish their dream when they put their mind into it. Be prepared for the stuff that you have to study and stay active."

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Nathaniel Palliser

"I've been interested in this ever since I was little boy, I wished to become a pilot someday when I grew up and there was an opportunity to take this program. Most special was the time when I flew an aircraft solo.

"The most difficult challenge is the Transport Canada questions. I mean, flying is easy now, depending on the weather. But the questions from Transport Canada are tricky. I have never had that much pressure in education.

"I would like to tell the population of Nunavik that this program is fun. Hopefully these kind of courses will continue — looking for more Inuit for this adventure — they'll see what its like to be a pilot flying an air-

craft, seeing the view and experiencing it in live time. For myself, I'd like to try to become a flying instructor someday.

The only suggestion I have is to be based in Nunavik instead of going all the way down south. The course just felt a bit like home, doing it up north."

Robbie Kaitak

"It has always been my dream to fly an airplane and when it was brought up I took the training offer. Flying is what I love the most and the most special moments were when we started doing spins with the plane and also the moment when I first took off. The most difficult thing is the studying part because you have to be mentally rested in order to memorize all the stuff you need to know.

"I would like to tell Nunavimmiut to stay in school, finish what you are supposed to finish, like your homework. Never give up on your future goal because anybody can accomplish their dream when they put their mind into it. Be prepared for the stuff that you

have to study and stay active."

Nicholas Genest

"I've always wanted to become a pilot whether it was to be here or somewhere else, I would have done my course either way. But the thought of doing my private pilot course here, in northern Quebec, rather than doing it down south, sounded very exciting to me, so I jumped at the opportunity as soon as I heard about.



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MAKIVIK magazine

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 "I liked many things about our training. For example, practicing certain manoeuvres such as spins and stalls is really fun. Although I'm going to remember my first solo for a very long time, a landmark in my training was when

ਰਰ DACFD ליי בשׁבֹיל ה יש יש ישלי הישלי הישלי הישלי הישלי ולהישל אונה אונה אונה Sicholas congratulated for his first solo flight.



I first started to feel comfortable and confident about landing the plane. At first I was having a hard time landing the plane and I was even scared of it. But then I got the hang of it and it's funny because now I really enjoy landing the plane.

One thing, we had to keep going at a steady pace. It can get quite boring or difficult to keep up with the studying aspect of it all, studying flight procedures, emergency procedures in case of a fire or an engine failure, and mostly a lot of theory. But in the end, it all counts and matters just as much as flying.

On the technical side, certain manoeuvres are pretty hard as well. For example a steep turn is probably one of the toughest we have to master. A steep turn is where we bank the airplane at a 45-degree angle, keep it there by using the horizon in front of us as a reference point, pull on the stick to make the plane turn a complete 360 degree turn either to the left or right (not a flip), while also glancing at our instruments to make sure we are not losing altitude or bank. It's pretty tough, but practice makes perfect I guess.

I think what Makivik and Air Inuit are doing here is great. It gives young people like Robbie, Nathaniel and me the opportunity to do something like this for free, that otherwise would be extremely expensive. I think that the fact that the course is being given in Nunavik is another plus side because it gives students the feeling of being closer to home. I feel exceptionally lucky to be part of a program like this because even down south they don't have programs like this one. One thing is for sure though; it's a lot of studying and hard work. Don't get me wrong, it's a lot of fun too, but anyone who wants to do the course needs to be studious and focused.



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A Familiar Face

Passengers traveling on First Air in and out of Montreal will recognize a familiar face at the ticket counter. Lise Loretto, a 24-year First Air veteran, has temporarily taken over the responsibilities of station manager while Alex Hesketh is on leave.

Lise began her career with First Air in 1988 as a flight attendant, over time working at various northern bases, as well as the DEW line operations, and gradually taking on the responsibility of flight attendant training. Since August this year, Lise has stepped in to support our Nunavik operation by providing leadership, training and customer service to First Air's ticket counter and cargo facility in both Montreal and Kuujjuaq.



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The uniqueness of our Montreal operation, daily combi jet service that typically experiences maximum capacity passenger and cargo loads, requires an experienced station manager whose leadership and communication style can navigate the day-

to-day challenges. The demands of this position require thorough knowledge of passenger services; airport operations; cargo and ramp policies and procedures. Strong leadership, mentoring and coaching skills are essential to support the ticket counter and cargo agents in both Montreal and Kuujjuaq as they work hard to serve our customers.

Lise, like her predecessor Alex, is making a focused effort to increase efficiencies in our Nunavik operation, beginning with an effort to reduce wait times at the Montreal cargo facility. With

customer service as First Air's number one priority, new training courses for ticket agents in both Montreal and Kuujjuaq helped to provide the skills and knowledge to better prepare our teams for the busy fall, hunting and holiday seasons.





The First Air team takes pride in knowing many of our customers by name, often developing lasting impressions and friendships. Lise recently told us, "I am really enjoying the challenge of this position and I think what makes it so fulfilling is still seeing the faces of passengers every day that have made my job on line so enjoyable all these years. They seem like family. I recently had a teenage boy come up to me to say that his mother had told him I was the flight attendant who medivaced her when she was to give birth to him."

Our team recognizes that First Air provides an essential service to people of the North, with many small communities relying on us for transportation and critical supplies. We maintain a constant focus on customer service and continue to work hard to serve you, our owners, as *The Airline of the North*.

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Panak — The Snow Book

A Handy Field Guide to the Principles of Snow

By Johnny Amarualik Uitangak



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Makivik Magazine is presenting this educational narrative, originally intended as a book, in a series of sections for this and upcoming editions of our in-house magazine.

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Part-1

Introduction: A Brief Summary of the Inuit

The Inuit, as primitive as they were, were poor in the past in that they lacked many modern necessities that we take for granted today. Life was extremely hard at times because the animals on which they depended were, and still are, migratory. They faced times of plenty and times of scarcity as the animals migrated back and forth. The animals still have the same migratory patterns but the Inuit now have modern machines that can take us much further than before, so we are now able to get animals no matter how far they are. And the Inuit, in a matter of one life span, have undergone vast and unbelievable changes. The changes have brought about both positive and negative affects on our lives in the north.

The Inuit principally had their spring, summer, fall, and winter camps. And these were not always in the same geographical locations because they had to follow the migratory patterns of the animals. One area is good for a certain season — it was a continuous cycle, the same hunting places, and the same pattern repeating itself year after year. So, for the four seasons, they had four campsites, or four places that they occupied for a certain season. In order for the Inuit to survive, they had to travel vast distances, most often by foot if they had no dogs, moving from one camp to another and hunted as the seasons came and went. And all of the information: including all aspects of northern and family life, what to hunt at a certain season, how to make shelters, how to cure and keep meat and plants, how to treat all kinds of ailments, what to do with frost-bitten body parts, and how to treat frozen limbs have all been passed

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down from generation to generation by word of mouth. There must have been a lot of learning and finding things out as they lived from one day to the next.

Spring

Starting with spring, because the arrival of spring brings the land back to life again, the Inuit travelled to the lakes and rivers to hunt game and fish. As spring progressed, they also moved to the outlying islands not far off from land because they had to secure as many sealskins as they could for their kayaks, tents, clothes and other things they needed in their everyday lives. In the spring, numerous seals come up on top of the ice to bask in the sun after the many long months of having to live under the ice. At this time, it was a lot easier to get as many seals as one wanted, and to store up as much

oil as they could, which they would need in order to have limited light and heat to cook and make water during the cold winter months.

Springtime was a turning point, too, because the Inuit could no longer travel on the ice over the lakes and rivers and also limited their access to the outlying islands. Spring brought about more game of every kind, which the Inuit had lacked over the winter. And much flora start to come to life again, which gave the Inuit a chance to have homegrown berries and roots after they ripen. It was in these campsites that the Inuit constructed their kayaks that they would need in order to travel inland. And the sizes of the kayaks varied, sea going kayaks were bigger and the kayaks the Inuit used to go inland were smaller because the Inuit had to portage over land carrying their kayaks on their backs in order to pass the rapids going from lake to lake. The Inuit had to travel inland in order to get caribou for their skins, which they

would need in order to survive through the extreme winter climate that approached. The Inuit were also able to get eggs of the many different species of birds that arrived with spring.

Spring brings complete nuisances such as mosquitoes and black flies, which made and still makes life miserable at times when there is no wind. And these can hang around till the end of summer.

Summer

The end of spring, or the arrival of summer, saw the Inuit in their summer campsites along the coast, where they were able to get all kinds of sea mammals and birds. It was at these camp sites that the more able-bodied men, women, and children left the less abled, elderly, and small children behind to trek over vast distances inland in search of the all important caribou, both in terms of their meat and all important warmth, without which no one at that time could possibly make it through the winter. Inuit footwear, which was made of seal and caribou skins, required constant maintenance and repair. The more the Inuit walked, the more boots they wore out. The women had to follow the men when they went inland so that they could repair and make boots for the men. The Inuit returned to their summer campsites, only to sometimes find whole camps having

Inuit footwear, which was made of seal and caribou skins, required constant maintenance and repair.
The more the Inuit walked, the more boots they wore out.



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died or nearly died of starvation. Towards the end of the summer, the Inuit again returned to the rivers, where they fished in their fish weirs, and cached fish as food for their dogs and for themselves to eat over the cold winter.

Fall

The Inuit picked these particular campsites, near the mouths and estuaries of the rivers and lakes, because at these places they were able to get caribou when they migrated back and forth, going north or south. They also ice fished in the lakes and rivers once the frost came to stay for good. Fall was also a time when all the flora and roots ripened and the Inuit managed to get all kinds of berries, which were always a welcome change in their diet. And the Inuit had no choice but to be at these fall campsites at this time because of the easily accessible water. Their ability to make holes in the ice to obtain drinking water was also limited. So, the Inuit got ready for the long winter ahead.



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Winter

The Inuit stayed at their fall campsites during the winter, and some would go out to the islands where it was somewhat warmer and where they would have a better chance of making it through the winter if seals were available. Inland climate, compared to sea climate in the winter, is much colder because there are no open waters, except for the rapids that provided some warmth. And when spring arrived, the Inuit would then go back to the rivers and lakes and to the offshore islands, to repeat the whole process over again.

Forms of shelter

The Inuit then principally lived in skin tents of every kind all throughout the spring, summer, and fall seasons, and were finally able to move into a warm igloo once the snow returned for good. Some Inuit were also able to build sod houses dug into the ground with skins as roofs, and these were relatively warmer than the all-important igloo and required less maintenance as there was a lot less wear and tear. Skin tents in those days and even now are still not as weatherproof as the igloo, which can withstand winds of up to very high velocities.

Always be prepared and well supplied

When one is contemplating on going out on the tundra to hunt and camp, one always has to be sure that they have everything they would need in order to make it through whatever they are going through. Even if one is planning to be out for only a day, they always have to make sure that they have a panak, or a saw and knife, shovel, ice chisel, ice scoop, spare clothes, spare snowmobile parts, enough food supplies, sleeping equipment, stove, lantern, mantles, candles, and gas and oil, and, of course, guns and ammunition. And these are only the bare essentials needed by anyone planning to out on the tundra. These are not all that heavy to carry on a sled, so one has to be absolutely sure that they will have everything they need if they need to stay out an extra night or more. Some Inuit today, especially when they have games in the spring, go out knowing that they will not have enough gas and oil to get back home. Other people must give them some gas when it is time for them to go back to town.

<u>Lesson 1: Always bring enough supplies with you when going out on the tundra and be always well prepared for anything bad that might happen.</u>

Kinds of snow

Snow, to the untrained eye, is just snow — but to ones who have grown up and lived around it all their lives, snow is not just snow. To us, snow is home. Of course, snow does have its numerous dangers, too. But despite the obvious dangers of snow, Inuit have been able to master the techniques of being around snow. After all, that is where they have survived the better part of the year all these centuries. There are four main kinds of snow, all of which will be mentioned but not fully explained in detail.

Snow continually transforms every single minute of every hour of every day because it's texture, consistency and properties depends greatly on the temperatures — its properties depend greatly on the temperatures. At warmer temperatures, it gets to be a little more difficult to build a good igloo because snow does not handle too



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well except in colder temperatures. It is much better to build an igloo when it is cold. At colder temperatures, the snow makes a lot of squeaking noises when it is being handled over the other snow blocks. When one hears this squeaking the snow block makes when being handled, then it is okay to build an igloo.

It should also be mentioned here that the snow transforms a lot when it is spring. During the day, in warmer temperatures, the snow becomes so soft and becomes hard as pavement at night when the temperatures go below the freezing point, and then it becomes soft again as the day is coming back. When snow is soft, travelling gets to be much more difficult and slower because everything gets bogged down in all that soft snow. Inuit mostly travel by night during the spring, because that is when the snow turns hard, and they pretty well rest during the day.

Snow machines may run for a few feet and then get bogged down again, it happens like this when one goes out in full spring. Travelling by land or sea at this time gets to be much more difficult because the melting of all that snow creates deep pools of water, and it can get harder to walk because you can sink in the snow up to your armpits. It should also be mentioned here that the lakes and rivers are the first to have deep pools of water. The sea ice has them too, only later. They do not create pools of water at the same time. The sea ice is always the last to have these kinds of water pools, perhaps because inland the climate is warmer than the sea climate.

Powdered snow

The first form of snow is the fine powdered snow that appears on the ground every morning. It is not suitable to build any sort of a shelter or an igloo with this fine powdered snow unless one has packed it in good. When the first snow starts to arrive in the fall, it comes and goes until it stays for good. We can also get powdered snow forming on days when it is snowing with no wind at all. Then the danger of having a blizzard greatly increases if it becomes windy. It is not possible to make a trustworthy igloo until the snow has been blown about by the winds. There are sheltered areas where soft snow accumulates during blizzards. So one can expect to find powdered snow almost everywhere.

Crystallized snow

The next form of snow is the crystallized snow, which forms when there are fluctuations in the temperatures. This crystallized snow comes in little icy pieces and certainly does not make for a good igloo because it tends not to stick well and melts unevenly when there is heat inside an igloo. The crystallized snow can be used to build an igloo but it is not as sturdy and solid as the wind packed snow.

The crystallized snow can also be found in areas where there is an abundant source of bushes, namely, along the shores of streams and rivers. The crystallized snow is best for making drinking water because one needs less of this kind of snow to make water. And one can also make an emergency shelter around these areas because all you would need is a shovel. The upper, outer crust of the crystallized snow is like a hard crust but the snow underneath is soft and crystallized, which is perfect for making a shelter of sorts.

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Layered snow

This type of snow is not good to build an igloo with. It is very frustrating to try building an igloo with this type of snow because it keeps on breaking very time you slice off a snow block or as you handle it. It leaves one almost incapable of building an igloo unless you slice off a length of the top snow to be used sideways. And that in itself requires a greater span of snow than if one could cut the snow blocks out straight down.

Wind packed snow

The wind packed snow is the best type of snow to build a short or long term igloo because it is more sturdy, solid and much more able to withstand warmth. It can be very hard snow or the softer kinds of wind packed snow. The harder the snow is packed, the heavier it is — the less packed it is, the lighter it is. After a few days of a continuous blizzard, one would be assured of finding very good suitable snow to build an igloo with.

The principles of igloo building

It was no easy task gathering all the information that I will write about snow, and all that I have written about snow has been tried,

tested, and proven. I have had the opportunity to test everything many times and all of them worked! But a great deal of concentration is required, so pay attention! There is a lot to say about snow and I will talk more about it in a little more detail in my "Other Hints" section (in an upcoming *Makivik Magazine*). Snow obviously does have its own properties too, and when one has discovered at least some of them, one is certain to survive, no matter how cold the weather.

If one wants to make it in the north, alone in the middle of winter, there is only one tool required, and that is the *panak* — a cool snow knife that had very cleverly and beautifully been created by the Inuit. It is a long thin knife with the end curving towards the sharp edge and a curved handle. Without a panak, or anything else to build an igloo with for that matter, one can only try to deal with the extreme cold ele-

ments of the north as best as they can. So the most important things you have to have with you at all times is an instrument to make an igloo with, because one minute you can have clear blue skies and a blizzard the next. Don't take chances, never go out on the tundra without a panak, or a saw and knife.

Lesson 2: Never leave home without a panak or a saw and a knife because it could mean life or death.

Igloo building is an art. Igloo building is easy to learn and one can only go as far as they want in building igloos. Igloos are half domed shaped, like an egg sticking half way out. It is based on the same principles as the pyramids and brick laying. Bricklayers do not lay their bricks right on top of one another. It is impossible for a bricklayer to finish his work unless the bricks are overlapping one another

If one wants to make it in the north, alone in the middle of winter, there is only one tool required, and that is the panak — a cool snow knife that had very cleverly and beautifully been created by the Inuit.



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— that is, a brick being laid on top of two other bricks. This is the exact same principle used for igloo building. Just remember this, one snow block has to go on top of two snow blocks. As in bricklaying, if you put the snow blocks right on top of one another, the igloo will not have much strength and have a tendency to sag once it gets warm inside the igloo.

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In order for one to be able to

work with snow, one has to be

physically fit and strong because

one uses every part of his body to

build an igloo, from his toes to the

top of his head.

Igloo building requires a lot of visual calculations because all the

snow blocks removed from the ground are not uniform in size. The latter snow blocks are somewhat shorter in length than the first snow blocks. It requires constant evaluation of the snow blocks one by one. You have to be sure that the igloo you are building forms a perfect circle, and the starting point meets with the end. An igloo that is not perfectly round will have a tendency to sag and fall as you work higher up, it does this when the snow blocks going on top of the other snow blocks are in too straight a line. So the igloo always has to form a perfect circle in order for all the snow blocks to lock and stay in place. You also have to visually calculate how big your igloo will be. You have to make sure that everyone will have adequate space, and that there is enough room to move around in the igloo. Too small and it gets cramped. However, a smaller igloo is so much warmer, and a bigger igloo, understandably so, is much colder, but you will have more room to move around, too.

It is also very dangerous to work with snow when fully clothed. If you have little or no means of heat, then it does present a problem afterwards because all the perspiration one creates when moving around fully clothed could freeze and the chances of making it through whatever you are going through will greatly decrease. So, one important thing to remember is to remove as much inner and outer clothing while working with snow, and putting them back on once after you have completed your igloo. All that extra clothing gets in the way, too, when working with snow and they hinder your movements a lot.

<u>Lesson 3: Take off as much excessive clothing as possible when working</u> with snow.

In order for one to be able to work with snow, one has to be physically fit and strong because one uses every part of his body to build an igloo, from his toes to the top of his head. As the igloo gets higher, one has to exert more strength in order to be able to put the snow blocks on top of the other snow blocks, over his head. If one is not physically fit, one would have to have another physically fit person lift the snow blocks for him, and then the not so physically fit person could do the chinking and carving out the ends of the snow blocks. This is just one of the ways to build an igloo. The not so physically fit person depends on the physically fit person to do all the lifting of the snow blocks for him while the not so physically fit person could put the snow blocks into place. Igloo building can be done cooperatively, with each person doing something to get the igloo finished. And each person could be given a job to do on the igloo building so that the igloo will take less time to complete.

South of the tree line, one justifiably needs an axe to make it through the year, but north of the tree line, all one needs is a panak. Since the Inuit



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have become accustomed to store bought goods, they have began to use a carpenter saw and a long bladed knife to work on the snow blocks. They cut out and work on the snow blocks with a saw and a knife. These three tools can all be used to build an igloo but the best by far remains to be the *panak*. I can use a *panak*, too but have learned the art of igloo building with a saw and a long bladed knife from my father, a master igloo builder. The bulk of my knowledge about snow has come from him. I had been able to be out with him for three long winters. We never said much but just watching him work has taught me most of what he knew about snow.

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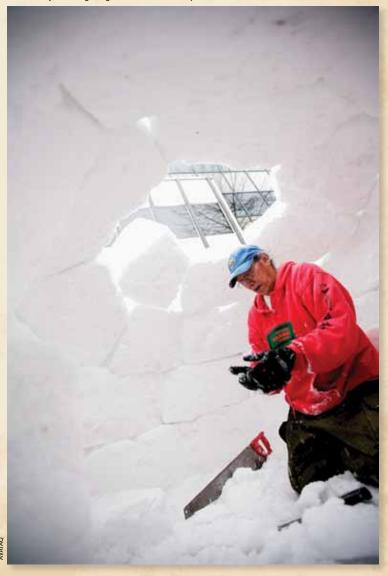
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About the author

Johnny Amarualik Uitangak was born on December 4, 1953 in Inurruat, near Puvirnituq. He went to school from 1958 to 1971 in Puvirnituq and Churchill, and by that time he had lost most of his language, culture and traditional values. He then became very determined to get his Inukness back and set to learn as much as possible about himself and his people. In the process, he worked for over 15 years with Taamusi Qumaq (author of Nunavik's Inuktitut Dictionary), he was a member, vice-president and president of Inuit Tungavingat Nunamini, and wrote seven books, mainly about Puvirnituq — the last one of which is this one, *Panak*, which is being published in *Makivik Magazine* in sections. Jaani currently works at Avataq, since 2008, as the indexer/transcriber/translator of the Oral History Archives.

ኑዎ, گهر ۱ የርያ ተመመር ነው። ነው። የተመመር ነው። ነው። Johnny, building an igloo in front of Avatag's office in Montreal.











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Common Law Spouses, Common Misconceptions

here is a common misconception among common law spouses (or de facto spouses) in Quebec that, after spending a certain period of time living together, they will benefit

from the same protection of the law as married couples in case of death of a spouse or separation of the couple. However, it is not the case and this misconception can sometimes have serious consequences for the spouses.

In Quebec, regardless of the passage of time, common law spouses do not have the same rights as married couples, particularly when it comes to spousal alimony and the partitioning of the family patrimony in the event of death or separation. This difference was an intentional decision of the lawmaker who chose to give the freedom of choice to unmarried couples as to the arrangements they wish to make. Unfortunately, couples are not always aware of the legal consequences of their lifestyle.

The first common mistake is to believe that if one of the common law partners dies, the surviving partner will automatically inherit from the deceased spouse. However, unless the deceased

common law partner left a will stipulating otherwise, the surviving partner will not inherit.

Instead, the succession will be devolved to children or other close relatives and, if the deceased has been married to someone in the past, then separated but never got legally divorced to... the ex-spouse! In fact, the ex-spouse will be entitled to receive either one-third of the inheritance if the deceased has descendants, two-thirds if there are no descendants but only surviving parents, siblings or nieces and nephews or even the full amount if there were



۲۰ د ۲۰۱۵ د UT⁶ 6NNCDL%NC%%CCC~6 $\nabla^{<}\langle \Gamma_{\sigma^b}$ $\Delta \dot{\omega} J^* \sigma \lambda d c^b$, $\mathcal{D}^* \mathcal{U} \Lambda^* b^* \mathcal{D} \sigma^* b \mathcal{D} \Delta c^* \mathcal{U} J \Lambda^* h c \Delta c^* \Gamma^* \sigma^b$, $\Lambda J^* = \Pi C D J^* = \Gamma H^* \qquad \nabla^* V \supset A \dot{\sigma}^* \qquad \dot{\Gamma} = D^* J \cap \Gamma \dot{\sigma}^* \Gamma^* \sigma^*$ dV^b $\Lambda \Pi^{c} r J \Pi P \dot{r}^{b} J^{c} r \Pi^{b}$ b & Lbdc $\Delta 6 4^{5} \Gamma J \Omega^{5} b^{5} \sigma \Gamma^{6}$ $\Lambda \sim 74706$ ℃ئ د گ Pad by CPN יושר איל אורלי בשהתל במישל של של של הישוד ל החח- $CDL^{1}b\Pi^{1}b\Gamma_{\sigma}$ $\nabla^{\prime}\langle \alpha^{\prime}bD^{c}D^{d}\rangle^{3}\dot{U}^{\prime}D_{\sigma^{0}}$ - $\Lambda^{\prime}c\alpha^{\prime}\dot{U}^{3}$ $CL^{0}dA$ $6 \Delta C^{b} U + C^{b} D^{b} U \wedge 6 V \cap 6 \dot{V} \cap 6$

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no descendants, surviving parents, siblings or nieces and nephews. (Note that even if there were a will, if the divorce was not made official, the ex-spouse would still be entitled to his or her share pursuant to the rules governing the distribution of family patrimony.)

The surviving common law spouse may nevertheless, under some conditions, be entitled to the surviving spouse's pension of the Régie des Rentes du Québec*. Some private

insurance regimes or pension regimes also do not recognize common law spouses — it is important to verify their terms and conditions.

In the event of separation, a common law spouse is not (yet) entitled to receive spousal alimony or to the distribution of the family patrimony.

While child support is not affected, common law couples are not governed by the same rules as married couples. Not only are they not entitled to a share of the family patrimony (or family assets) in the case of separation, but they also do not have the same protection when

The first common mistake is to believe that if one of the common law partners dies, the surviving partner will automatically inherit from the deceased spouse.

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living together.

For example, if one of the spouses owns the family home, he can sell it without the other spouse's permission.



If the couple breaks up, unless they were co-owners or had a written agreement determining what happens with the property, the spouse who is not the owner will not receive anything. Sometimes, one of the common law spouses will pay rent and buy the groceries and other non-durable goods such as clothing while the other spouse will own the truck, the boat, the cabin, etc. While the financial contributions of each spouse might end up being similar over the years, if the partners separate and had no written agreement, one might end up with all the property while the other one may be left with nothing, unless the couple agrees otherwise. This is also true in case of death of one of the spouses.

It is recommended to carefully plan the contributions of each partner and to, inasmuch as possible, have a written



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Certain other laws nevertheless treat common law spouses as married couples.

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Finally, a common spouse is currently not entitled to spousal alimony if the couple separates. However, in November 2010, the Quebec Court of Appeal rendered a judgment stating that the law pertaining to spousal alimony was discriminatory towards non-married couples and required that Quebec modify the law. However, the province appealed the decision of the Court of Appeal and the case is now pending before the Supreme Court of Canada.

Certain other laws nevertheless treat common law spouses as married couples.

Some laws such as the Workers Compensation Act, the Automobile Insurance Act, the Act respecting the Quebec Pension Plan, the Act respecting Legal Aid, the Income Tax Act and the Crime Victims Compensation Act recognize common law spouses and give them a status which is equivalent to a married couple provided some conditions are met. The requirements to qualify, including the period of time of cohabitation may vary.

Quebec Ministry of Justice, information on the rights and obligations of common law spouses: http://www.justice.gouv.qc.ca/english/publications/generale/union-a.htm

ውሚያ Corner

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לא" הלנ" ל'לן אינלב אינל האינה ""הת לר/ב" באדיר לאכיזר," יר ה' ב"ד' ה' השריף הא"ה שב הב"ל הלוב" לאכיזר," יריף ב"ד' ה' השריף האינה שב בהב"ל הלב"ל הלה"ל בי בא"מ ה"ברב"ל הלב"ל הלב"ל. In the Quebec Parliaments "Salon Rouge," Nancy Dea accepted the Phénix de l'environnement on behalf of KRG.



KRG Awarded for Environmental Care

Last 2012, the Kativik Regional Government received a *Phénix de l'environnement*, which is the most prestigious environmental honour in the province and highlights conservation efforts, sustainable resource use and the maintenance of the

quality of life of Quebecers. KRG was honoured for its successful management of the Abandoned Mineral Exploration Sites Rehabilitation Project in Nunavik.

This project began with the persistence of Kangiqsujuaq's Ammaakak Yaaka, who, in the 1980s, began cleaning sites near his community. A 2008 Radio Canada report stirred public interest and as a result a partnership was developed between KRG, Makivik, *le Ministère des Resources naturelles et de la Faune* (MRNF) and Fonds Restor-Action Nunavik that led to the funding for this project.

The cleanup project involves the rehabilitation of former mineral exploration sites scattered throughout the region. The environmental problems posed by these sites have existed for decades. Between 2005 and 2012, work was successfully car-

ried out at most of the sites classified as requiring major cleanup. The next five years of the project will expand to include other sites classified as requiring intermediate cleanup. Congratulations are extended to the commitment of so many people at the community, government and industry level.



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Household Hazardous Waste Magnets

he Kativik Environmental Advisory Committee has distributed fridge magnets through Nunavik mailboxes to increase awareness in the region about the impacts of hazardous materials on human health and the environment. The magnet identifies various hazardous household products and explains how they may be handled and stored safely by bringing them to your locally designated hazardous material collection site.

The magnets also provide you with contact information to learn more about household hazardous waste and are intended to increase Nunavik public confidence regarding how to better protect our environment.





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Parnasimautik, a Vision for All Nunavimmiut

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Leaders of all the major Nunavik organizations began an intense two-day meeting on September 5 in Kuujjuaq to discuss the book that was published in 2010 called *Plan*

Nunavik. It was the day after the provincial election when the Quebec Liberal Party, who had been promoting the Plan Nord project as the highlight of their agenda, lost the election to the Parti Québécois. Nunavik encompasses about 42% of the total landmass contemplated by Plan Nord. Discussions at this meeting covered the sectors of housing, health, education, access to territory, mining, energy, tourism, bio-food, wildlife, culture and identity, telecommunications, community development and land management.

In response to *Plan Nord*, Makivik and KRG published *Plan Nunavik* to "identify Nunavimmiut's vision of development and our priorities over the next 25 years."

The Inuit position in *Plan Nunavik* regarding *Plan Nord* and the development of natural resources in the region states that "*Plan Nord* must comply with and ensure the continued implementation of the Government of Quebec's obligations under all the treaties and other agreements signed with Nunavik Inuit [and] if Quebec intends for all Quebecers to benefit from the *Plan Nord*, it must be prepared to invest in the priorities set out in *Plan Nunavik* and





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strive harder to improve the standard of living of Nunavimmiut."

Plan Nunavik is just the first step in what is expected to be a long journey and all Nunavik organizations see the need to examine the region's needs—which are many—and strengthen forces to further elaborate what was published as Plan Nunavik. As tax-paying citizens, Nunavimmiut realize that we should be entitled to the same level of services enjoyed by others in the province. And Nunavik has a lot of catching up to do, especially in areas such as housing, the high cost of living, education, essential services and healthcare, youth and childcare, and self-government. Inuit decided to adopt the name Parnasimautik for this ongoing project in order

to avoid confusion about the titles of *Plan North* and *Plan Nunavik*. *Parnasimautik* is to be Nunavik's vision for all the sectors regardless of whether future consumptive development of the region's resources will be called *Plan Nord*, or called something else.

No matter what form any future grand scale development of Nunavik's resources takes, and development is a certainty as the world demand for resources grows, Nunavik Inuit are taking concrete measures through *Parnasimautik* to ensure that we do not lose out or be ignored.

The opening pull quote for the concluding chapter

of *Plan Nunavik* says, "If Quebec is to provide benefits from the future development of the north to all Quebecers, it must accept as a fundamental principle of the *Plan Nord*, before anything else, that it has to invest much more to improve the standard of living of Nunavik Inuit taxpayers, the inhabitants of the territory which Quebec wishes to exploit for the benefit of future generations."

This chapter of *Plan Nunavik* presents eight principles that Inuit want to see addressed, beginning with respect for all current treaties and agreements between the Government of Quebec and Nunavik Inuit. It must also take into account the long-term impacts of development in the region on Inuit harvesting activities. Socio-economic needs and challenges have to be addressed. The fact that Inuit are both an Aboriginal people with treaty rights to the Nunavik region and also taxpayers must be remembered. Comprehensive statistical data specific to Nunavik Inuit and the Nunavik region has to be

updated. Regarding sustainable development, Inuit must be able to set forth their rights, needs and concerns and these must be reflected in the consultation process on protected areas and industrial areas. Furthermore, Nunavik Inuit want direct participation in Quebec's National Assembly, given the anticipated increased activity and population in Nunavik.

Inuit decided to adopt the name Parnasimautik for this ongoing project in order to avoid confusion about the titles of Plan North and Plan Nunavik. くっして Parnasimautik

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of living, essential services, health, education, an investigation into child and youth protection services, and self-government for Nunavik.



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A consultation process of workshops is scheduled to take place from January to June 2013, whereby *Parnasimautik* will be presented in each community to stimulate discussion about the local visions of development in order to draft a new document. An interim report is to be presented at Makivik's upcoming annual general meeting in Kangiqsujuaq, next spring. The interim report will be presented to an allorganizations meeting next September and there will be follow-ups with the regional organizations and communities.

Looking further ahead, the document resulting from the *Parnasimautik* consultations and a consolidated regional vision of development should be finalized within the first two months of 2014, to be presented at Makivik's annual general meeting of that spring.



Plan Nunavik is an organic document and not intended as the be-all-and-end-all of Nunavik priorities. It was produced in some haste, to at least have a workable strategy in place before Plan Nord was announced. So some things were overlooked and new things evolved since

then, which make the Nunavik-wide consultations even more essential. All Nunavimmiut are reminded to participate when these consultations come to your community.

The list of nine annexes at the end of *Plan Nunavik* provide key support and clarification for this book, which is available in PDF format through Makivik's website (makivik.org) or by contacting our offices.



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A Summer Challenge for Maggie Okituk

he past summer provided an enjoyable challenge for Maggie Okituk who worked in the Nunavik Creations sewing centre for eight weeks as part of the KRG Summer Challenge 2012 Program offered by her local youth employment office in Inukjuak.

KRG Youth Employment Services offers opportunities for Nunavik youth aged 16 to 35 to acquire valuable work experience. They assist local organizations in their efforts to promote job opportunities for youth in our communities.

Maggie already had sewing skills that she learned from culture classes at school, as well as from women in her family and community, when she applied to Nunavik Creations for this summer position. So it was with ease and pleasure that she took

part in working daily with our two senior seamstresses, Mary Weetaluktuk and Eva Kasudluak. "It is a good way during the summer to learn in a place other than at school," Maggie says.

Maggie also had the chance to participate with Mary and Eva in our specialized leather goods workshop, conducted by Gisele Désilets in July. She learned about the steps involved in making book covers and small bags. Our young employee showed great maturity and interest. She says that the most challenging for her this was learning from her mistakes.

It was a pleasure to have Maggie as part of our team this summer and we thank her for taking the initiative to par-

ticipate in the work of Nunavik Creations and being part of our team this summer.





nunavikcreations.com

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Kangirsuk's *Arctic Char Music Festival*: Bringing Everyone Together Through Music

From text prepared by Victoria Simigaq

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Everyone waited in anticipation for the third-ever biannual music and culture festival in Kangirsuk last July 23rd, which is a four-day event that the community takes great pride in. Kangirsuk is said to be the greatest year-round spot for catching the "best tasting" char anywhere. The municipality holds this event to display music and games for the public, the festival performers and its visitors. Thus the event is called Kangirsuk's *Arctic Char Music Festival*.

The four-day festival kicked off with a music show on a Monday night. It was opened by Joseph Annahatak, the head organizer of the Arctic Char Music Festival committee, followed by a prayer by Jeannie Nungak. To satisfy the audience, which varied from elders to children and everyone in between, the festival organizers made sure there was music for all.

music for all.

George Annahatak, a Kangirsuk elder, played his harmonica. It was a short performance but appreciated for his long tradition of entertaining fellow Kangirsummiut. Other memorable performances on the first night included the Kangiqsujuaq Drummers, a group of beat-boxers from Quaqtaq, Tommy Cain Sr. and his wife from Tasiujaq, Maggie Akpahatak (Makivik's Aupaluk board member), Looee and James Arreak of Iqaluit, David Angutinguak of Aupaluk, Saali Keelan, Beatrice Deer and Etua Snowball. The week's disappointment was the cancellation of Igloolik's popular

The weather in Kangirsuk also had the festival committee holding their breath as they were expecting chartered planes from Kuujjuaq and from Greenland. Despite a two-hour time difference, Dida's band was the first-ever Greenlandic musical performers to sing in Kangirsuk. They won the hearts of the audience, singing in her mother tongue, Kalaallisut — an exotic sound for Nunavimmiut. Many female youth asked Dida how they, too,

band, Northern Haze, which could not make it due to weather.





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"Write from your heart and sing from your heart."

Innu singer David Hart of Sheshatshiu, Labrador, beamed his smile as he pointed to an elder on the dance floor and said, "It is because of the elders that we are here." He also played some songs with Dida and invited the organizing committee to sing

> along with him, in appreciation of organizing such a happy event. Joseph Annahatak recalled, "It was very touching, the performers that we invited seemed to click together. And to put it into a word - it was awesome."

> To promote wellness and prevent the overuse of alcohol in the festival, the organizing committee hired two experienced security guards who work at the YMCA, Nunavik's patient transit house in Montreal. The municipality had also closed all alcohol orders for that week, which was very appreciated, particularly by the elders. The security guards were watching for people com-

ing in with alcohol and also ensuring that small children were accompanied by adults. Everyone got the message that the festival was not about children running around or for people to use the event to drink. Joseph Annahatak said, "We got a lot of funding from Ungaluk (which provides moneys for crime-prevention

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Music proved that no matter what culture one is from, it brings us all together.



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Many female youth asked Dida how they, too, could start singing and writing songs. Dida's only response was, "Write from your heart and sing from your heart." activities). As a head organizer, I felt that we learned a lot with the security guys. This was because we have bad experiences in public places and I wanted to think of how we could do it in a different way."

The festival usually includes outdoor games and fishing trips for the performers but foggy weather had everyone bound in the community. Nonetheless, the evening shows had everyone entertained. This third festival had the biggest number of performers yet. Singer Adamie Padlayat was also there from Inukjuak. Everyone was also awed by a performance of Kuujjuaraapik fiddlers along with Zebedee and Jeannie Nungak. The instant that Lucy Johannes of Kuujjuaq started playing her accordion, everyone started dancing together. One could see the pride of the dancers showing off their community's reputation for having "the best" square dancers.

The Inukjuak Band and Qimutjuit, also from Inukjuak, were there. Charlie Iqaluk of Qimutjuit also sang with his daughter. Another singer was Willis Tagoona, son of the famous William $<^c$ - \dot{b} ' Δ_o ' \dot{c} ' Δ_o ' \dot{c} ' Δ_o ' \dot{c} ' Δ_o '

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Tagoona. He played some rock and country but when he sang a couple of his father's popular songs, the audience screamed and clapped. Willis' brother Derek also performed with his band Angava. The most conservative music, which was welcomed and enjoyed, was the song "Sons of Labrador" sung in Inuktitut by Karrie Obed and backed up by the Gregoire Boys, who are Labrador Innu. The whole dance floor filled in seconds, people danced and smiled, laughed and cried, cheered and hugged. What charmed the audience even more was the Innu band, along with Nunatsiavut Inuit playing traditional Inuit drums. Music proved that no matter what culture one is from, it brings us all together.

To recognize local singers, the festival committee also invited Kangirsuk youth throatsingers for the last night along with Daniel Gadbois of Kuujjuaq, who is the son Sammy Kudluk that designed the festival's logo. Sean Marquand also played a few tunes to the surprise of some locals and Alex Papak of Kuujjuaq also impressed the audience with his smooth rapping. Stand-up comedian Zack Tukkiapik had everyone laughing, as Kangirsuk is also known



for its humour although one has to understand in between the lines. Some laughed so hard that they were still talking about Zack's comedy the next day. There was never a moment of awkward silence or boredom when the players would shift to their next performance. Everyone noticed how the different genres of music were showcased, how the security guards kept peace in the concerts, how the performers involved the audience, and the festive mood in the decorated hall.

Visitors, young and old, came from Labrador and many Nunavik communities. One boat of hunters from Kangiqsujuaq arrived at the show still in their camping clothes — just in time to make the last part of the concert. They were awed by the stage and the decoration of the sports hall, featuring a scene handmade by



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locals and stapled with Christmas lights. It included a delightful fishing rod, ice fishing hooks and nets above the stage.

Locally prepared arctic char — fried, baked, boiled, dried, frozen, raw, and sushied as well as other foods were locally prepared for the closing of the festival. Everyone huddled together, sharing food, tasting each other's plates, and enjoying a calm get-together. With teamwork, flexible and welcoming people, there was room for everyone. Room for sober people, room for everyone to sit and dance. The committee could not have done it alone without the open arms of the community as well as the generous donations that came from various organizations. Joseph Annahatak says, "There are a lot people that I'd like to thank, especially the organizers, Makivik and KRG who helped us to fund this event. And the local people who got involved. We worked together. For some (events) it is really hard to reach out to people but everybody was together on this one. Air Inuit and First Air helped us on discounts, without their help I don't think we would have gotten (participants from) Greenland, Labrador, Montreal and the communities."

The event ended with fireworks at the marine infrastructure. One could hear the cheery goodbyes, saying, "See you in two-thousand-fourteen!"

MAKIVIK magazine

Nunavimmiut Take Part in the Production of the Movie, *Maïna*

Photos and text provided by Isabelle Dubois



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Nunavimmiut got to play a part in the Quebec production, *Maïna*, when the second segment of the movie was shot in Kuujjuaq this spring. The first part was shot last fall in Longue-Pointe-de-Mingan, an Innu reserve in the province's north shore region.

Set in northern Quebec centuries ago, long before the white man's arrival, the feature film is an account of the Inuit and Innu cultures that clash at first, but come together in the end.

The producers partnered with Inuit and Innu in this endeavour.

Makivik and the Innu Council of Ekuanitshit (Mingan) topped off major



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Adapted for the big screen from a novel by acclaimed Quebec author Dominique Demers, *Maïna* is the story of a young Innu woman who is taken on an epic journey from her homeland of the North Shore on the St. Lawrence River all the way up to the Ungava Peninsula. As a stranger in Inuit territory, she must prove her worth before she can be accepted and establish a family with "Natak, the great hunter". This newfound bond between peoples is also reflected in the cast, bringing together talented First Nations and Inuit actors.

Métis actress Roseanne Supernault of APTN's new hit series, *Blackstone*, plays the title character Maïna, alongside other famous native actors such as Graham Greene, who plays

Maïna's father ("Chief Mishtenapeu"), and Tantoo Cardinal, who plays her mother ("Tekahera").

Well-known Inuit actors with professional acting expe-

rience play the main Inuit roles. Pond Inlet's Ipellie Ootoova plays "Natak", while Igloolik's Natar Ungalaq, notorious for his title role in Atanarjuat: the Fast Runner, covers the role of his father. Other Inuit actors from Atanarjuat also play important roles in Maïna: Lucy Tulugarjuk as Natak's sister "Aasivak" and Pakak Innuksuk as the shaman "Merkusaq". The star of APTN's Blackstone, Eric Schweig,

who is originally from Inuvik, also plays one of the main roles as "Quujuuq", Natak's friend. Ben Watt, formerly of Kuujjuaq and now living in Montreal, acted the role of a sidekick to Eric Schweig's character.

Several Kuujjuamiut also got to act as extras in the movie: Norman Adams, George Annanack Jr., Christina Dumont, Pasha Sequaluk, Sammy Shennungnuk, Nellie Snowball, as well as the young Qullik Angnatuk, Etua Mark Munick, and baby Leeanna Annanack Saunders.

Maïna's adventures expose the differences between Innu and Inuit and their parallel struggles for survival. "It was great to get to know the Innu and learn their language too", said Igloolik actress Lucy Tulugarjuk, whose four-yearold daughter Nuvvija plays the daughter of "Maïna" and "Natak".

This tale of love and survival brings peoples together on the big screen and behind the scenes. Natar Ungalaq said he really enjoyed working with director Michel Poulette, whom he referred to as "a man with a kind heart". According to Lucy Tulugarjuk, "Michel Poulette was





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A portrayal of kids playing with a puppy that was provided for the movie by Makivik Vice-President Michael Gordon.

most keen to listen to suggestions from Inuit, often asking them for advice and then applying it in the shoot."The producers hired Tunu Napartuk to help in avoiding misinterpretation between the French-speaking crew and Inuit cast and to advise the directors on making sure things were done as genuinely as possible.

Many Nunavimmiut were also involved prior to the actual shooting, scouting for set locations, building sets, gathering props, casting for extras, and providing transportation and lodging.

Charlie Watt Jr. was hired to handle the husky dogs, as an extra, and also to build igloos for the set, along with Peter Boy Ittukallak of Puvirnituq. Louisa Whiteley Tukkiapik and Patricia York helped dress the actors each day, making sure that the costumes, for which local seamstress Jessie Lemire had been consulted, were put on properly. Sammy Kudluk was also hired to create some props and to provide artistic advice. Inuktittut teacher Etua Snowball helped some of the non-local Inuit actors to make sure that the dialect used in the movie reflected that of the Ungava Inuit.

Students from Puvirnituq's Iguarsivik School, Noadamie Qumaluk, Charlie Sivuarapik, Irqu Uqaituk, Juanasie Eliyassialuk, Tukak Amarualik, Tamusi Kenuajuak and Thomas Sapa, and their teacher, Alain Cloutier, were contracted to make authentic-looking boats, which were used for the fall shoot in Mingan.

Students from Kuujjuaq's Jaanimmarik School, Jason Breton and Forrest Saunders, also gave a helping hand when warmer weather than anticipated and rain threatened to destroy the set. They stuffed the igloos with milk crates, plywood boxes and snow, and then carved these snow mounds to look like actual igloos. Since the indoor scenes were to be shot in the studio anyway, this solution was very effective.



The movie crew and some of the main actors at the Kuujjuag airport, before their departure to Quebec City to complete the work in the studio.

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The movie crew is grateful for the local logistical support in Kuujjuaq: Liam Callaghan at the Northern Village, Bruce Turner at Tivi Transports, Alexandre Cyr, Alain Dubé, Steven Gosselin and Bruno Stevens for snowmobile transport, Sophie Royer, Karinne Jacques and Pascal Larochelle for cooking, Nunavik Tourism Association services, and Laval Fortin Adams construction camp, the Kuujjuaq Inn and the Co-op Hotel for accomodations.

The actors, who were sometimes asked for an autograph or for a picture to be taken with someone, felt very welcomed in Kuujjuaq. They were invited for dinner here and there and Kuujjuamiut made sure they had plenty of country food.

Before they left for Quebec City to complete their work in the studio, Natar Ungalaq, Lucy Tulugarjuk and Ipellie Ootoova visited an Inuktittut class at Jaanimmarik School. This gave the students a chance to meet movie stars in person and to ask questions about acting.

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Epilogue

The director of the film *Maïna*, Michel Poulette, says, "We went back to Mingan in August to shoot aerial images of the area... We cut it down from almost two hours to one hour and 45 minutes. We ran tests with the Innu and Inuit, namely Avataq, which we consulted for this film and the reaction was very positive. It also proved useful to pinpoint a couple little things that we adjusted following their comments.





The main characters, Maïna (played by Roseanne Supernault) and Natak (played by Ipellie Ootoova).

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Maïna is scheduled to release in spring 2013, and they plan to have a screening in Kuujjuaq and in Mingan, perhaps with some of the actors, to present the movie before it hits theatres.

The book, Maïna, by Dominique Demers, can be purchased in the initial French version at Archambault.ca and Renaud-Bray.com. The English translation by Leonard Sugden is available from amazon.ca.



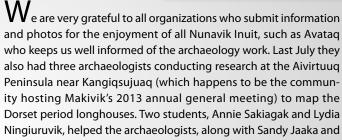
"After a few last verifications, we should be ready to move to post-production special effects and music. We hope to have the film ready in time to present it at film festivals this winter, after which the film should be released in the theatres towards the end of the spring or beginning of summer 2013. We would also like to go back to Kuujjuaq and Mingan to present the film (premieres), perhaps along with some of the star actors."



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Archaeology Near Kangiqsujuaq



Peter Kiatainaq Jr., Noah Annahataq and Elija Oisiig.

At the same time, a series of paleoenvironmental investigations were undertaken by a professor and students from Laval University. A researcher from France also gathered information on the relationship between people and their ecological and

their ecological and environmental landscape, organized by Avataq and funded by the Social Sciences and Humanities Research Council of Canada. The Paul Émile Victor Polar Institute and KRG also provided funding. Close to 4000 topographic readings for mapping the valley were registered. A 3D analysis of the area is also being done.





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Get the Facts, Not the Flu

Health Canada sends us this advice in their Inuit and First Nations season flu campaign, "Get the Facts, Not the Flu":

- Get a flu shot, if you can
- Wash your hands often
- Cough and sneeze into your arm, not your hand
- Clean objects that many people touch
- If you get sick, stay at home
 Their campaign aims to raise awareness and understanding about seasonal flu and convey the importance of

taking steps to prevent the spread of flu, as well as promote the availability of the seasonal flu vaccine.

HEALTH CANADA



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New Air Inuit Technical Centre Officially Inaugurated

The Makivik board members cover as many bases as possible to take advantage of each time they meet together in person, although many Makivik board meetings are held by telephone conference call. In this respect, they took advantage of Makivik's annual budget meeting in Montreal to also conduct an inauguration ceremony for Air Inuit's new technical centre located at 6005 Cote-Vertu on October 4. Nunavik mayors and landholding corporation presidents were also amongst the dignitaries to witness the ribbon being cut by Jobie Tukkiapik and Andy Moorhouse, flanked by Air Inuit's other directors.

Air Inuit board member Noah Tayara and company vice-president Christian Busch led the group on a tour of the modern eco-friendly building, which houses administration and finance offices, commercial operations, ground operations, a stylishly utilitarian board room, an impressive hangar and full facilities for the Hydro-Quebec power infrastructures staff operations. Airplane snacks were made available during the grand visit, and a warm cap with the Air Inuit logo was given to each guest, followed by a wholesome meal and jovial socializing.





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Avataq Survey Near Aupaluk

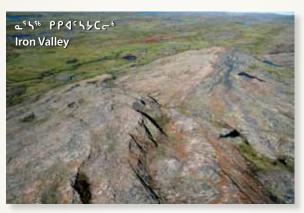
Last July, Avataq's Department of Archaeology did a week of intensive survey near Aupaluk. The project, headed by Elsa

Cencig, assisted by the University of Montreal's Marianne-Marilou Leclerc, was to make an inventory of archaeological sites in the area, mainly in the zones targeted by the mining industry. The community asked Avataq to intervene to protect and preserve the Inuit cultural heritage. The timing for this survey is good since Oceanic Iron Ore is only at the preliminary stage and will not start exploiting the iron deposits for a number of years. Oceanic Iron Ore is the main financial partner in this venture to ensure that the construction and exploitation of the iron ore deposits will not damage the archaeological resources.

The two archaeologists went first to Nunaturlik (Old Aupaluk), accompanied by Mayor David Angutinguak. They wanted to document the recent history of the area. The team also went to Allavik (Red Dog Lake), Tasialuk (Ford Lake), Castle Mountain, Iron Valley and Tikiraalujjuaq (Breakwater Point), to identify all archaeological sites in these areas where mining will occur.

They found no cultural remains in the major zones selected by Oceanic Iron Ore for the iron

extraction (Iron Valley, Castle Mountain). There are some historical camps on the south shore of Allavik and one by Tasialuk, but they are outside the mining zones. However, Tikiraalujjuaq is a significant place for the past and for more recent times. This location where Oceanic intends to construct buildings, a port facility, etc., count 15 archaeological sites, from Tuniit times (Dorset) to historical times. It is also a good hunting place for Aupalummiut. There will be more discussions between Avataq, Aupaluk and Oceanic Iron Ore to ensure the preservation and/or salvage of these sites.





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Text provided by Elsa Cencig





here were many emotional expressions of praise and affection from Makivik staff, board members and executives for former Governor Tommy Cain during a

> recognition ceremony of his lifetime service to Nunavik, which took place on October fifth in the boardroom at our branch office in Montreal. Tommy also conveyed his gratitude for the recognition of his work during the negotiations of the James Bay and Northern Quebec Agreement, as a former Makivik board member representing Tasiujag, as a former Makivik vicepresident and as a valiant promoter of Nunavik tourism, to list a few. During his speech, Tommy emphasized the meaningfulness for everyone to love and appreciate your mother reflecting on how his own mother died when he was still a young boy.

> Inukjuak board member, Rhoda Kokiapik, read out a letter from former Governor Jacob Oweetaluktuk, whose term also ended this past May. Unfortunately Jacob was unable to attend in person due to a health problem. His letter was one of pride and thanks as well. Jacob noted the importance of ensuring that all elected Makivik representatives be fluent in Inuktittut. A Makivik governor's term ends when they reach the age of 75.



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Inuit Relations Secretariat, No More

On September 4, 2012, the Inuit Relations Secretariat was merged with the Department of Aboriginal Affairs and Northern Development Canada's Policy and Strategic Direction branch as the Inuit Relations Directorate. Officially, "this initiative will help to

streamline program management and business processes in delivering efficient, effective and accountable programs."



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Learning in Ecuador

en Kuujjuaq youth participated in a school construction project in St-Miguel, Ecuador last August 11 to 25. It was a high point of a yearlong project spearheaded by KRG's Youth Employment Services of Nunavik

to encourage youth to stay in school and to provide life skills.

Besides helping to build a school, they learned about the local culture. Each participant raised \$1,500 and had to comply with a code of conduct in order to qualify.

This group photo was taken on a belvedere overlooking Old Quito. Raven Gordon is shown painting tiles for the school's roof. Another photo is Stephanie Buchmeier, Michael Petagumskum and



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Nancy Watt transporting sand to make cement for the walls. Nancy also showed the founder of the Sumak Ahuana Women's Group in Santa Anita how to make a nassak and the Kuujjuaq youth got to play soccer with local community members.

The Kuujjuaq students realized how fortunate they are to have free and equal access to education, while in Ecuador people work hard to pay for their education. Not all communities there have schools and some children walk for hours to and from school

because getting education is so important to them.





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Municipal Infrastructure Development

RG managed many community infrastructure projects throughout Nunavik during the 2012 construction season. Under the Isurruutiit Program for Municipal Infrastructure Improvements, funded by the Quebec government, were major water plant upgrades in Salluit and Umiujaq; new municipal offices in Tasiujaq, Aupaluk and Puvirnituq; storage garages in Kuujjuaq, Salluit, Ivujivik and Inukjuak; water truck, wastewater truck and heavy equipment purchases and overhauls; new streets in a few communities where housing was under construction; bituminous surface treatment on the wastewater lagoon road in Inukjuak; and wastewater lagoon construction in Salluit and Puvirnituq is ongoing. Also funded by Quebec, some roads were paved or re-paved in Kuujjuaq and will continue next May. Under the Quebec Sports and Recreation





Infrastructure Program and the Pivaliutiit Program, Salluit's swimming pool was completed and renovations began to the arena in Aupaluk and will be completed next March.

Under the Gasoline Tax and Quebec Contribution Program, funded by the federal and provincial governments to assist municipalities throughout the province, the water plant road was improved in Kuujjuaq; a bridge in Tasiujaq was reconditioned; and guardrails were installed in Kangirsuk, Quaqtaq and Tasiujaq.

KRG provides technical assistance to the Northern villages regarding drinking water, wastewater and residual material management, as well as for infrastructure and vehicle maintenance. They hire water plant technicians, mechanic-instructors and a building technician-instructor for arenas, pools and community centres. Living in the communities, these technicians also transfer their skills while assisting local municipal workers.





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Archaeological Salvage Excavation in Inukjuak

From Tommy Weetaluktuk

During the summer of 2012 Avataq conducted salvage excavations on three sites near Inukjuak. The request for archaeological intervention came from the NV of Inukjuak and the Pituvik Landholding Corporation, before any disturbance on the sites from town expansion and was funded by Makivik and KRG.

Some students from Innalik School participated under the KRG Summer Challenge Program, and Makivik contracted local adult workers. The students were Alec Epoo, Jackusie Echalook, Qautsalik Naqtai, Asiva Nayoumealuk, and Emy Nayoumealuk. Among the adult workers were Donald Anautaq, Dania Echalook, Joanassie Inukpuk, Kuni Nungak, Jobie Nowkawalk, Philopoosie Elijassiapik, Josie Echalook and Allie Aculiak. Melanie Rousseau (Université Laval) and Andrew Papigatuk (Avataq Cultural Institute) helped with the logistics.

The first site excavated was IcGm-25, originally located by Daniel Weetaluktuk and later tested and recorded in 1985 by Avataq. It is between the town and the marina, about 600 metres northwest of Pigiursavik School, and was divided into three areas: Area A is composed of at least six structures located in a boulder field, including three shallow semi-subterranean dwellings; Area B is located just below the boulder field and delimited to the east by an eroded sandy area; and Area C lies east of the eroded sandy area. At the time of writing, the fieldwork was continuing with one crew, and 67 metre-square test-pits had been excavated, resulting in 130 tools and about a thousand flakes. Preliminary analysis of the artefacts indicates a Dorset occupation.

The second site to be mapped and tested was IcGm-43. In 2004, Avataq undertook a salvage excavation in one portion of the site, prior to the installation of the marine infrastructure. It is located about 400 meters southwest of the first site. During this summer 43 metre-square test-pits were opened, and in some areas artefacts were found in surface. In all, a total of 112 lithic tools and 7789 flakes were collected. Last summer's work concentrated on an area immediately under threat through town expansion. Most of the artefacts are from the Palaeoeskimo period, however in the areas closer to the beach are Neoeskimo (Inuit) structures which were mapped but less intensively test-pitted.

The third site tested was IcGm-5, located right next to the Pigiursavik School. Avataq partially excavated the site in 1995 and 1996. This summer a total of 22 metre-square test-pits were opened and the site was systematically surface collected, resulting in a collection of 79 lithic tools and over 20 000 flakes.

Avataq is grateful to the Pituvik Landholding Corporation for their close collaboration and generous accommodation of their two non-local workers and to the participants who worked willingly in the rain, wind and sunshine.



Medical Travel Guide

A new trilingual user guide was produced last summer for patients and escorts using the Northern Quebec Module services down south. For example, we should always carry our health insurance card, show up for all appointments, and respect the rules of the transit house. You can find an electronic version of the pamphlet on the NRBHSS website. Although a list of rules and instructions may not be utmost in a patient's mind, especially if in pain, this pamphlet makes a valuable resource for escorts and it might pay to read before leaving or while you are down there.

MAKIVIK magazine



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Training to Understand Fish Data

Makivik's Nunavik Research Centre began to utilize its Portable Split-Beam Echo Sounder when staff took a three-and-a-half-day familiarization training for it last summer to better understand the theory and then to apply it in the field when collecting and analyzing data. They learned about using the gear from a stationary point as well from in a boat. Once data was collected, the group learned how to manipulate and understand it using the required software.

An instructor from HTI - Hydroacoustic Technology, Inc., from Seattle, provided the hands-on learning, paired with some classroom instruction. The stationary point was at Kuujjuaq's nearby floatplane launch and the mobile survey took place from a boat on the Koksoak River. The Inuit of Nunavik will benefit from this equipment, as it will help our biologists and technicians to understand fish populations in areas where they are otherwise difficult to estimate. This apparatus is typically used in addition to capturing fish via netting, etc.

Correction: In our Summer 2012 issue, we mistakenly published that the gold medallist of the 2012 Ivakkak race received \$500 more than his actual prize amount. Also, concerning the Arctic Winter Games story, the dancers on page 48 are from the NWT (not the Yukon), Valerie Rykhoff and Nancy Mullick work for KRG (not KSB), and Gillian Warner coached Snowshoeing.



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Nunavik Research Centre, a Visitor's Destination

he internationally renowned Nunavik Research Centre (NRC), located at Makivik's head office in Kuujjuaq, is also a must-see attraction for visitors of all ranks to the community. Greeted by Johnny Peters and research centre staff, one such visitor to the environment and resources monitoring laboratories was Prince Albert II of Monaco, whose entourage and strict protocol included the NRC on his brief agenda of adventures in Kuujjuaq last September 23 and 24. Our head office manager, Ida Saunders, posed with the prince while Jobie Tukkiapik took their photo outside of the research centre.

Arriving in a private Falcon 900 aircraft, the Prince was greeted by Mayor Paul Parsons and others. Elizabeth Larouche, Quebec's new aboriginal affairs minister, also arrived with the prince for her first Nunavik tour since taking office after the Parti Québécois won the provincial election



on September 4. Their visit also included meetings at the KRG head office, meeting with directors from the *Students on Ice* program, and a special dinner led by Jobie Tukkiapik and Maggie Emudluk with throat singing

by Ann-Marie Aitchison and Larissa Annahatak.

Other renowned visitors recently at the research centre, met by the NRC director Bill Doidge and his staff, were Canada's federal leader of the Liberal party, Bob Rae and his wife, Arlene Perly Rae, who stayed overnight in Kuujjuaq on October 12 and 13. It was Bob Rae's first time back to Kuujjuaq since 1967, when he had a construction job helping

to build a runway in what was then more known as Fort Chimo. We will read more about his visit in our upcoming winter magazine.





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Team Nunavik-Quebec Visits Raglan

Representatives of Team Nunavik-Quebec interested in Raglan Mine paid a visit last September 1 to 3 and took the occasion not only to learn about this mining environment but also to demonstrate their talents and skills.

These young people are part of a group of 53 athletes, six cultural participants, 11 coaches and five mission coordinators that represented Nunavik at the Arctic Winter Games last March in Whitehorse.

The Team visitors were Aisa Pirti, Sianna Gordon, Louisa Papigatuk Argun, Edua Jones, Eva Angnatuk, Johnny Kasudluak, Nellie Cain, Angel Deer and Valerie Rykhoff, Deputy Chef de Mission. Another participant, Papituaq Peters, was already present on site, working as an apprentice miner.



Raglan employees were able to put their skills to the test by trying to compete with these young athletes, with much amusement on both sides. They enjoyed the demonstrations and competitions of traditional Arctic sports and Dene games, as well as throat singing and drum dancing.

The Raglan Mine
Recreation Committee organized the sale of 50/50 tickets during the
evening demonstration on Sunday, September 2.
One half of the accumulated funds, \$790, were presented

to Team Nunavik-Quebec on behalf of the Recreation Committee and Raglan Mine workers to support this organization in its future activities.



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Sheila Watt-Cloutier Postage Stamp

hese days with the convenience of emails and other online correspondence, fewer Canadians are sending actual stamped envelopes through the post office. However, it is still a great hon-

our to have one's picture on a Canadian postage stamp, and we congratulate former Makivik executive, Sheila Watt-Cloutier, for such grand recognition. The stamp depicting Sheila's photograph is part of the *Difference Makers* series that "portrays Canadians making a big difference in humanitarian areas."

Canada Post describes, "Sheila [...] believes that the environment, the economy, health and culture are globally linked — not separate issues." Sheila's well-known contributions have been acknowledged with a Nobel Peace Prize, the UN's Champion of the Earth Award,

and the Aboriginal Achievement Award. Sheila has also served as the Canadian president and international chair of ICC and she received the Order of Canada in 2006. In this photo we also see Sheila with a group of friends and relations berry picking near Kuujjuaq.





CANADA POST

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Celebrating Life

Again this year, Inuit youth marked World Suicide Prevention Day on Parliament Hill with a "Celebrate Life" event this past September 10. The event is presented by the National Inuit Youth Council, for which Jennifer Watkins is the president, and coordinated by ITK, in collaboration with ICC (Canada), Tungasuvingat Inuit, the Ottawa Inuit Children's Centre, and Pauktuutit.

Suicide is the second leading cause of death in Nunavik and Canada's Inuit suicide rate is 11 times higher than the national average. Most suicides among Inuit are committed by people younger than 30. Please seek help if you have concerns related to suicide. Call your local CLSC or someone that you can trust. The Kamatsiaqtut Help Line is based in Nunavut, but takes calls from across Canada, in English and Inuktitut between 7 PM and midnight at 1-800-265-3333. The Kids Help Phone is available across Canada at 1-800-668-6868.

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Canadian Government Workers Reminded of Responsibilities in Nunavik

A selected group of three Inuit and 17 First Nations workers from the Department of Aboriginal Affairs and Northern Development Canada stopped by the Makivik office during their September 22-28 tour of Nunavik main offices and other sites in Kuujjuaq. The department holds this leadership program for Aboriginal employees every two years to help develop the leadership competencies of promising Aboriginal employees in order they get promoted to senior management positions. The tour of Inuit communities also reminds the participants that their federal govern-

ment department has responsibilities regarding the Canadian North, including in the Nunavik region.



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Support for Destitute Montreal Inuit

Jobie Tukkiapik and Joey Saganash (chairman of *Projets Autochtones Québec* (PAQ)) signed a partnership agreement to support Inuit men and women who are in a vulnerable situation or homeless in Montreal. The signing took place in PAQ's premises at 90 East de la Gauchetière Street in the old part of Montreal. Makivik, with the support of KRG, secured the funding for the agreement. Amongst other things, the agreement enables PAQ to hire an Inuit street caseworker that will provide support to the Inuit men and women in their efforts to transition away from life on the streets.



In a brief to the public, Jobie Tukkiapik stated, "The causes of Inuit homelessness are rooted in northern regions, including Nunavik. Nunavik Inuit have experienced drastic changes in the last 60 years which had and are having major impacts on our people."

Preventing Inuit homelessness is a top priority for Makivik. In the continuation of the development of its strategy and action plan on Inuit homelessness, Makivik will continue to work closely with other Inuit organizations, institutions and groups providing social services to the homeless in Montreal, the City of Montreal, the governments of Quebec and Canada, and the private sector.



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Qanaq Youth Workshop

By Kitty Gordon

he *Qanaq* Youth Workshop 2012 was held in Inukjuak for the second time beginning, July 9, for a workshop filled week for Nunavik Inuit Youth aged 18 to 35. It all started in 2009 in Akulivik when Nunalituqait Ikajuqatigiitut



went on a narcotics awareness tour in Nunavik and the hardest group of people to reach were the youth in this age range; then *Qanak* 2010 was created. The workshops that take place during the conference were specifically chosen to make information accessible that would otherwise not be sought such as learning about FASD, finance and credit, youth protection services and youth employment services, among many others.

During *Qanaq* 2012, each day began with a plenary meeting with all the participants and the workshops were given throughout the day until 5:00 PM, and the day ended with another informational plenary meeting until 6:15 PM. During the application process for *Qanaq* 2012 each participant was given a selection of subjects they'd like to learn about and through this process each participant had a specific workshop schedule for the week.



George Peters explains category 1, 2 and 3 lands to the youth.

Seeing as its for youth 18 to 35, and a lot of these youth have children, daycare services were included during the conference as well as travel, accomodations and meals. This conference really is designed and catered for the Nunavik youth to get themselves informed and aware of the Nunavik social issues we



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This conference really is designed and catered for the Nunavik youth to get themselves informed and aware of the Nunavik social issues we have today.

have today. It is a self-proclaimed "non political organization for youth, by youth" conference. The steering committee is made up of talented youth from the region whom are all involved on a volunteer basis — including cooks, security, administrative staff, logistic workers: 90% of them were inuit and the workshops given in Inuktitut. This tells you how much passion this committee has. They are eager to work with the youth of Nunavik and have the drive to gain a better brighter future for Nunavik.







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This is a poem that was written by Pasha Arngak of Kangirsujuaq, a steering committee member of *Qanaq*. This poem was given to each of the participants upon their arrival and registration along with a bag, a coffee thermos and a water bottle.

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Qanaq

By Pasha Arngak

I am proud to be a youth, I am strengthened by your presence, and together we can do it.

Qanaq (which means tent pole) is usually placed in the best spot. We usually look for the best spot before we decide where to place it. We also can, as youth, find a good foundation just as a tent pole is. If a tent has no pole, the tent would not be able to stand, just as Nunavik would not be able to stand if youth did not exist.

Tent ropes are also very helpful. The workshops will strengthen us so our tent does not fall.

There are stones all around the tent, which keep it warm and cozy, it is the same with our environment, our relatives, our friends and our neighbours.

All parts of a tent, including the pole holding it up, have an essential responsibility to maintain a secure balanced structure. Let us imagine, waking up to a beautiful dawn, already hearing animal sounds and river sounds, it is so beautiful. Let us not forget that as youth we are like a tent pole. We can embrace people.

Even if it is raining, inside the tent, the family is playing together, having fun and laughing.

If it gets too windy and the tent falls, it can be very challenging. It is the same with our lives. Sometimes when we struggle it is hard to deal with but then when it is over we can laugh about it. Even when the pole has been down, it can always be brought back up and stay up, similar to how we can be.

That is the reason why we call the meeting *Qanaq*. Let us stand strong with our lives.





Aqpik Jam Events

By Shanna and Jeannie Gordon

We are summer students at Makivik. We went to these events to take some pictures of Kuujjuaqmiut's youth practising how to sing and throat sing. Akinisie Sivuarapik and Evie

Mark taught the youth how to throat sing so that when they get older

they would be able to throat sing during an event. Akinisie and Evie taught the children at the Kuujjuaq Forum. Evie told a story about a carving of two creatures that knew how to throat sing and that knocked on doors with their feet





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Ann-Marie Aitchison and Alacie Suppa are in charge of the Kuujjuaq Youth Group, teaching the youth how to sing, dancing and throat singing. They've been doing this for many years. They do this for Aqpik Jam every year. This happened during their practise before Aqpik Jam. The girls were the singers and the young boys were the drummers and they also had a younger boy who was beat boxing and two other boys shuffled to the beat of the beat boxing. After the beat boxing and the dancing, two children had a chance to throat sing and when the children were done throat singing, Ann-Marie and Leah May were the last throat singers for their Kuujjuaq Youth Group.



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Report: Inukjuak Natturaliit Youth Committee

his year we didn't do so much. At the beginning of June we organized a street hockey activity for the youth and kids and we had hot dogs and juice for them for free. We organized it while college students from Trois-Rivières were here so that they could play with the kids, and so they did. On July we had a scavenger hunt for everybody and they had cash prizes. In August we had a raffle draw to raise



funds. At the time of writing, we are also planning a flea market to raise money. Our members are Ricky Moorhouse (president), Pamela Inukpuk (vice-president), Stephanie Kasudluak (treasurer), Akinisie Smiler (secretary), and Annie Kasudluak, Paulo Palliser and Davidee Naluktuk.







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Report: Kangiqsualujjuaq Atsaniapiit Youth Committee

We meet on Wednesdays at 7:00 PM if we have to meet. There is bingo every Saturday. Last December and January we had Christmas activities for kids and youth. In February we started "The Biggest Loser" (weight loss challenge) for youth and adults. Last April we had Easter games for kids and youth. In May, on Mother's Day, we had some fun activities for all mothers. In June "The Biggest Loser" contest ended and there were six prizes the people who won. On fathers day we had actives for all fathers. In July, on Canada Day, we had activities for kids and youth, including hotdogs for kids and youth and free tickets to those who came. There were 20 prizes for them to win. In August, we held activities for kids and youth to celebrate Co-Op Day. There was a bingo night for kids and youth and we gave them one free card each and there were 15 prizes. In September, on Labour Day, there were more games and activities for kids and youth. Also, on September 17 we held an election for a new Atsaniapiit Youth Committee leadership, where the term is for two years.

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Nunavik Player

Elisapie Tuniq

Name:

	Date of birth:	May 27, 1973
Ţ	Place of birth:	Kuujjuaq
ì	Home community:	Kangiqsujuaq
N	Favourite person:	Arnaujaq Alaku
	Favourite sport:	Volleyball
	Favourite food:	Muttaq
	Occupation:	Archivist for the Makivik photo collection at Avataq
	Future goal:	To make more and more traditional Inuit clothing
	Most difficult obstacle to overcome:	The death of my grandmother and leaving my family to live down south
	Pet peeve:	People who discredit others on <i>Facebook</i>



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Report: Kangirsuk Kinguvaat Youth Committee

From Velesie Nungak

he Kinguvaat Youth Committee election took place in April of this year, and it was nice to have candidates who are willing to show their efforts and their dreams to make youth more active and healthy in everyway. As newly elected members, we started discussing how we can have more community youth activities; we had so much to say and were very excited on our first couple of meetings.

We started off making funding requests to our local organizations to begin movie nights and dance nights and try to grow money out of admissions and selling goodies. Thanks to the Northern Village of Kangirsuk, Saputik Landholding, Northern Store, and Makivik for supporting us.

It is very good to see and be part of youth who have big hearts for other youth. We have seen so much progress since we first started, and very proud to have given some activities. We do have our ideas and speak them during our meetings and I'm sure it is going to be a great success, for projects we want to start doing such as team-working with our local youth centre by doing special events like weekend trips for fishing and hunting including berry picking and we are looking forward to the winter activities.

Once our financial stability is good, we have more ideas for getting special projects for the youth of Kangirsuk. It is with pleasure for us to say how productive we can become with the help of every member of our committee. And special thanks to (Saputiit President) Elizabeth Annahatak for helping us and believing in us, and how capable we are to make this committee stronger than ever.

Our committee has nine members: Velesie Nungak (president), Billy Augiak (vice-president), Aina Annahatak (treasurer), Julie Kudluk (secretary), and the rest of the members are Sonia Kauki, Pasha Kauki, Vanessa Putulik, Davidee Nassak and our new addition is Sarah A. Kakkinik.



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Report: Kuujjuaq Sivulirtisait Youth Committee

From Ann-Marie Aitchison

he new Kuujjuaq Sivulirtisait Youth Committee of Kuujjuaq was elected at the end of June 2012. There are nine new members. George Kauki (president) is a returning member of the committee. An active and dynamic youth of Kuujjuaq, he currently works at the municipal council.

Alacie Suppa (vice-president) is a new member to the group. A young mother who believes in sobriety, she is a teacher at Jaanimmarik School, a member of the local church committee and a member of the church choir.

Diane Snowball (treasurer) is a returning member, a Jaanimmarik graduate, and a young mother who works at the Finance Department of the municipal council.

Ann-Marie Aitchison (secretary) is a new member, a Jaanimmarik and Nunavut Sivuniksavut graduate, and a young mother. She is a teacher at Pitakallak School who strongly believes in passing on Inuit cultural traditions through art and she promotes sobriety and performing arts among Inuit youth.

Tommy Sequaluk is a new member, a Jaanimmarik graduate, a KMHB housing manager and is active with youth through teaching hip-hop.

Diivi Gordon is a new member, a young father, active with youth in sports, and a Jaanimmarik graduate and is pursuing his second year of auto-mechanics.

Jiika Cain-Snowball is a returning member, Jaanimmarik graduate, active with youth in sports, and works as a behaviour technician at Jaanimmarik.





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Nellie Cain-Snowball is a new member, studying secondary level at Jaanimmarik, active in sports, and a part time cashier at the local Newvig'vi and Tullik store.

Ahuya Sinuupa May is a new member, studying secondary level at Jaanimmarik, very active and a good role model in Inuit sports.

As you can see there is great diversity among the membership of the committee, which will be most helpful, as we get comfortable and active in our roles. There is high interest and participation to continue positive activities to out reach to the youth of Kuujjuag.

The committee meets once a month to share ideas and to decide upcoming activities together. So far, the activities have been on seasonal themes such as an outdoor barbeque in July, which also helped to raise funds for the committee. We co-hosted with C.N.V. teen dances on two occasions in July and August to promote sober activities and games, which was very popular with the youth.

In August, Alacie and I were very busy teaching throat singing and drumming to the Kuujjuaq Youth performers to prepare for Kuujjuag's annual music festival. This was a very intensive but very enjoyable event for the social well being of our youth and community.

We hosted the annual Honda (ATV) races in August. This is always very popular and was a success for the participants and brings out the community members to join together.

The committee will meet to discuss further activities, which include setting goals and priorities to promote cultural activities and to promote the importance of education and healthy living.

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Nunavik Player

Name: Sarah Beaulne

May 12, 1978 Place of birth: Rouyn-Noranda

Home community: Puvirnitua

Favourite people: My friends and family

Favourite sports: Volleyball Favourite food: Fried caribou

Occupation: Regional financial and administrative advisor

Future goal: To become an accountant

Depression

Most difficult obstacle to overcome:

Date of birth:

Pet peeve: People who are ignorant





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A compost bin is easy to build.

MAKIVIK magazine



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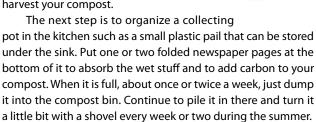
Composting

ike elsewhere, composting is possible in Nunavik and will take more importance as Nunavimmiut realize the benefits and how simple it is to do. "Recycling" your fruit and vegetable peels and scraps will not only decrease your ecological footprint

and divert trash from the dump but will also allow you to grow vegetables and herbs for almost free. One of the main challenges for growing your own food is getting suitable soil.

In Nunavik we mainly find sand, gravel, rock or wetland, which are not suitable alone for cultivation. A mixture of one part compost with three parts sand will provide rich soil to grow just about anything. Adding a layer of compost every spring to your garden or pots will provide enough minerals for a good growing start. You can start your compost anytime of the year but spring is often more practical because you can see what is going on.

A compost bin is easy to build. You need a container about one cubic metre with no bottom and a top to protect it from the rain. It could be made of wood or plastic, as long as it is free of any toxic product. It is better to have a container without seams in the sides because the high winds of Nunavik can dehydrate all the material that you put inside. You will also need a shovel to mix and harvest your compost.











Compostable Materials	Non-compostable Materials
Fruit scraps / peels	Meat and fat
Vegetable scraps / peels	Fish
Decaying fruits and vegetables	Cooking oil, shortening and butter
Egg shells	Bones
Coffee grounds and filters	Shrimp shells
Tea bags	Milk products
Paper towels, without cleaning products	Rhubarb leaves
Old bread and pasta, without sauce or oil	

A compost pile that is started in the spring should be ready to harvest the next spring or summer. The actual compost should look like dark brown soil when it is ready to use. You may need to remove bigger particles of organic matter that are not fully composted and put them back in the bottom of the compost bin.

You may also consider having more than one compost bin, depending on your needs. Usually, for a household of two to four people. The first compost bin will be full at the end of the fall if you start composting on spring. During the winter you will need a second one because it will not actually compost because the material will be frozen. A third one could be useful at the beginning of next spring because the other containers may be full.





College Students Test Their Courage

Kim Angatookalook and other courageous Nunavik postsecondary students and their counsellors went to the Abraska aerial courses on the outskirts of Montreal. The aerial courses include monkey wires, climbing nets, suspended bridges, swings and thrilling zip lines into the forest.



