



MAKIVIK magazine

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ייסלי ערים אררי ביים

Parnasimautik Tour of All Nunavik Communities

- Traditional Uses for Rocks
- Explaining Mine Operations
- Sealskin legwarmers

...and much more



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 SPESPASCE

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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.

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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

'**P୮**'**P4 – D**'**በ / Editor** ሩ Γላረ / Bob Mesher

▷¹b▷♂▷° ∇°८ ລ° ລ°೧ ሒ ት°/ Translation ሷሮ ሷጔ<-^_¹j° / Eva Aloupa-Pilurtuut ቲቮ ል ላ° ሳ* በ ሒ / Josée Vilandré

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*ኒፌቴbዮላናንብስና ርካቴም 'የተናየላው'ጋና Δሮችሁና Δው ነው ' ናርተ V ላቤ ታሪሃ ሪናናኒር ላቅቦዬብስት ምህታም ለድርግነብርናጋው' የተላው. *Contest participation in this magazine is limited to Inuit beneficiaries of the JBNQA.

Front cover: Laina Grey coordinates the huge Parnasimautik Tour project, whereby representatives of the Nunavik organizations are visiting every community to gather input from the whole population. Photo by Bob Mesher.



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Here is "Issue 100" of Makivik Magazine. We regard multiples of 5, 10, 25, 50, 75, and 100 as significant milestones, so this 100th warrants due mention—although we are uncertain about what publication was designated "Issue 1."

Issue 30 of Makivik News celebrated "20

Years of Publishing" and carried a centerfold of all 122 Nunavik magazine thumbnail front covers to date. Two decades ago, producing that centerfold was a project in itself—locating every publication, contracting a photo studio to photograph them, getting the film scanned by an imaging lab and cropping each image in a new-to-us *Adobe Photoshop*. Then came the design...

"Issue 48" (Fall 1998) was when we changed the masthead from Makivik "News" to Makivik "Magazine". When the NQIA first began producing *Taqralik*, it did carry "news," especially for all the Inuit who could not make it to the meetings. There was no newspaper and radio did not arrive until 1976, which took a few years afterward to get organized. It was not until the early 1980s that television arrived. Nowadays the news through radio, television, and especially the Internet, is just as instant in Nunavik as anywhere.

Digitally, all of the Nunavik publications: *Taqralik, Atuaqnik, Makivik News,* and *Makivik Magazine*, are linked to makivik.org. And despite today's budget restraints, the Makivik board of directors continues to support the publication and distribution of a physical magazine for all the Inuit beneficiaries of the JBNQA, for which we are forever grateful.



 $\mathsf{C'SFD'} \quad \mathsf{\sigma} \Lambda^{\flat} \mathsf{U'C} \quad \mathsf{d} \mathsf{c} \mathsf{D} \mathsf{D}^{\flat} \mathsf{d'} \quad \mathsf{D}^{\flat} \mathsf{b}^{\flat} \mathsf{U} \quad (\mathsf{\sigma'} \mathsf{b} \mathsf{d'} \mathsf{C} \mathsf{D}, \quad \mathsf{\Gamma}^{\flat} \mathsf{J} \mathsf{d}_{\mathsf{L}} \mathsf{b}, \quad \mathsf{d'} \mathsf{b} \mathsf{c} \mathsf{D}_{\mathsf{L}} \mathsf{b}, \quad \mathsf{J} \mathsf{b} \mathsf{b} \mathsf{L} \mathsf{L} \mathsf{D} \mathsf{d}_{\mathsf{L}} \mathsf{d}_{\mathsf{L}}$ $\lambda = \lambda^{-1}$ λ^{-1} λ^{-1} λ^{-1} λ^{-1} λ^{-1} λ^{-1} λ^{-1} λ^{-1} LP° Δ O' Δ '\$JCL' Δ POΓσ $^{\circ}$ Δ P $^{\circ}$ UO' Δ PO $^{\circ}$ UO' Δ PO' Δ PO .19-22-ما انعا که او نام مود او ما ۱۹-22 ما ۱۹-2

TNI host (musician, painter, cameraman, interpreter...), Putulik Illisituk, prepares his gear for another Nunavik-wide radio broadcast of Makivik's annual general meeting, this past March 19 to 22 in the friendly community of Kangigsujuag.

کنے کے ؟ / WHAT IS THIS?

᠗᠘ᡩᢧᠬᡠᢪ᠊ᡆᢣᠬᡃᡣ᠋ᡃᢆᡳᡄᢪᡩ᠋ᡣᡠᢪᢛᢣᠬ᠂\$200-ᠳ᠈ᠮᢪᠾ᠂ᡧᠻᢀ᠆ ۱۵۲۰/۱۵۲۶ کو ۱۰۵۱ کو ۱۵۴۷ مد ۱۵۲۸ مدر کو ۱۸۲۸ کو ۱۵۲۸ کو ۱ "Mystery Photo Contest" ላናት የህላቦ ፌጋፌና ጋቦ ለራ ቦናት J በቦታና ራልና 25'Ω-J P%U. Λξελ4θε'>Ω'!

ou 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!

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Winners of this Mystery Photo Contest will be chosen in Kuujjuaq on Wednesday, June 26, 2013.



4.5%JUL1, 9-5%JU.9.2% LP°N **Mystery Photo Contest** Makivik Corporation

P.O. Box 179 Kuujjuaq, Quebec J0M 1C0

$\Delta \supset c^{\circ} \Gamma^{\circ} / Contents$

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 - **Nunavik Notes**
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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 Lizzie Qinuajuak of Puvirnituq for correctly guessing this killer whale. Prizes also went to Martha Palliser, Annie Sophie Nuktialuk, Nathalie Niviaxie and Noah Echalook for their correct answers.

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Parnasimautik—Inuit are Speaking Out

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he *Parnasimautik* tour is telling a story of Nunavik Inuit wanting change. The leaders of Nunavik want to know what the people of the region think Nunavik should look and function like in relation to itself, Quebec and Canada for the coming years. To do that, our major organizations have begun to col-

lect opinions and ideas that will eventually form a development plan for the region. It is called *Parnasimautik*, which is evolving out of *Plan Nunavik*.

The need for Nunavik's own development plan became apparent in 2010 when former Liberal premier, Jean Charest, announced his *Plan North*, a huge development plan to use the resources of the North. Under *Plan North*, Quebec would spend \$80-billion to set up the infrastructure and mechanisms needed to tap into the min-

eral rich resources in northern Quebec. That is when the Inuit countered with our own *Plan Nunavik*.

Through our representatives, Makivik Corporation and the Kativik Regional Government, Inuit came out with a counter voice saying that is not going to be that easy to get our consent. Inuit maintain that we have been, and remain, the landlords of Arctic Quebec for thousands of years and any plans to develop the region must come through us.

A core group that includes members of Makivik, KRG, KSB,, NRBHSS and NLHCA are touring all of the communities that make up Nunavik, stimulating discussions for a vision of development with a view to the drafting of a final document. The diversity of concerns brought to these community workshops includes health, housing, education, mining and energy resources, tourism, culture and more.

Community tours are well underway to decide what should be included in the document that will outline Nunavik's own vision of development. *Parnasimautik* will include viewpoints and knowledge from all groups of Nunavik society. Those who participate in the workshops are asked to do their homework by reading the available information beforehand, to then be able to contribute and to gain the most from this extraordinary opportunity in your very own community. The context and tour information for *Parnasimautik* are very pleasingly provided in Inuktitut, English and French at www.parnasimautik.com.

Makivik has also contracted Sam Hickey to produce a video that provides the setting for *Parnasimautik*. The video features communications agent, William Tagoona, interviewing lawyer, Sam Silverstone. This video is shown to all participants during the Historical Perspectives portion of each community consultation and serves as a focal point for discussion. Sam has been providing legal advice for Nunavik Inuit since before the signing of the *James Bay and Northern Quebec Agreement* and is very

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᠑ᢣ᠌ᠻᠬᡄ᠊ᡅᠣ ^ᠲ	Telecommunications
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ጋናነራ ጐገ୮ት ኤ. (ጋ ለ፣ ሀ ዓ ሀ ቀ)	Our Vision (Session 4)

community development





Parnasimautik participants in Tasiujag.

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well informed about Nunavik's political benchmarks of the past. He talks about how the Inuit of Nunavik have never been consulted regarding huge decisions made by various state leaders from other parts of the world, including transitions in ownership, of our own homeland. William's familiarity with what really matters in the region positions him as the ideal interviewer to ask Sam the right questions for this video.



Because the work of creating Nunavik's vision of development is paramount, the tour group is spending three to four days in each community collecting ideas from all sectors of the community. To name a few, local presenters in these town hall meetings include church committees, youth groups, education committees and mayors.

Inuit are speaking out. We have been used by southern interests for the past 300 years and this has to stop. Examples of this include the relocation of Inuit from Nunavik to the High Arctic, the dog slaughter, and damming of rivers without regard for the people. Inuit say this is abuse and disregard for a people. Far too many times, governments and business have looked to the North only when they needed something. It was never because of its people—the Inuit. It was said in the community visits that we are not going to be invisible anymore. •

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Official Airline Status

It is with pleasure that Air Inuit was nominated the official airline for the *Puvirnituq Snow Festival*, 2013. It is an honour to be recognized as one of the vital components to make this exciting festival possible. Inuit and others congregate in Puvirnituq every second spring for the many

different activities that are put on, from snow sculpture contests and traditional games to the musicians and storytellers.

We also congratulate all 15 teams that participated in this year's Ivakkak dogteam race, which started in Kuujjuaraapik and finished in Puvirnituq. Good going, Peter Ittukallak, whose team came in first—followed in second place by Allen Gordon, and Willie Can who arrived third. Congratulations as well to the Air Inuit ground and flight crews who got everyone to where they needed to go, safely and contented.

Corporate succession

Air extends congratulations to our chairman, Andy Moorhouse, and board member, Michael Gordon, on their recent re-elections and reappointments to the Air Inuit board of directors, for another term.

Succession planning is an important function for all organizations at all levels. The transfer of responsibility and authority to a new generation of individuals is best accomplished in a somewhat staggered and stable

manner for self-evident reasons. In the last 24 months Air Inuit, at the senior management dimension, had enacted a succession program that has seen:

- Ground Operations: Conrad Lebrasseur, replaced by Gaetan Boudreau.
- Flight Operations: Pierre Laplante, replaced by Normand Noel
- Special Projects and Headquarters: Pierre Charron, retired.
- Maintenance: Tony Martin, replaced by Ed Lapointe.

The process continues. During the Makivik annual general meeting last March 22, it was publicly announced that Pita Aatami was appointed the Company's new accountable executive and president, replacing Peter Horsman who has held the position for the last 15 years. Peter Horsman received an extended round of applause and standing ovation for all of the support that he has given beyond the call of duty for Nunavimmiut over the years. Amongst the fine hats that Pita Aatami has worn, including as the president

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 for Makivik Corporation, he has also worked in the airline industry and with our organization at an executive level for many years. Pita will no doubt guide Air Inuit positively in all dimensions.



Upon the announcement of his retirement, Peter Horsman had this to share with our readers: "It has been a personal pleasure and a professional honour to serve as the president of Air Inuit during the past years. I look greatly forward to looking skyward and seeing Air Inuit aircraft flying overhead in the Company's lovely new livery (right on time and full of smiling passengers) during my next years.

I express my great appreciation to Makivik Corporation, to the board and to the communities of individuals that the board members represent, to our customers who have steadfastly supported Air Inuit over the years of my tenure; and with emphasis, to my colleagues on the senior management committee and by extension all members of Air Inuit in all departments for the quality and quantity of work that has created what we think of today when we hear the words "Air Inuit."

Nakurmiik–thank you–merci." In the interest of stability, while

the outgoing members of the senior management committee step back from the table, they do function as a resource to the new team, when and if required.

Air Inuit expresses appreciation to the outgoing team, and looks forward to continued success under the direction of the new team

Third-party maintenance

Tony Martin, our former director of maintenance, has taken responsibility for aircraft acquisitions and sales as well as third-party heavy maintenance for Air Inuit. Last January a major check was carried out on a Dash 8 for a mine in Ontario. We also conducted work on a Dash 8-300, which Air Inuit procured in Bangladesh, for sale to a company in Alberta this spring.

Our terminal at the technical centre (Fixed Base Operations / "FBO") at Montreal's Trudeau Airport is a new activity for the airline. A number of third party airlines have begun using our services for their charter activity, including our sister company–First Air.

llaujuq, issue 13

The spring edition of this year's *llaujuq* was issued in March and became valid for travel on April 1. It is important to note that the Kativik Regional Government *Transports Quebec Airfare Travel Reduction Program* does apply to travel that is accomplished on *llaujuq*, provided that you complete

MAKIVIK magazine

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and submit the Airfare Reduction Program Form. This form can be found at the Community Aerodrome Radio Station, or the Air Inuit counter at your local airport.

We wish you good travelling on *llaujuq*, Issue 13.



Air Inuit specials for spring and summer

The following is an outline of our specials or seat sales for this spring and coming summer. Our Easter Special took place between March 11 and April 8. Music festival specials will be offered next July and August, as in our traditional manner. Furthermore, we feature our:

- Landlocked Seat Sale (no snowmobile, no canoe), June 3 to July 1;
- Summer Sale, July 15 to August 5; and
- Berry Picking Special, August 12 to September 3.



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 ${\sf S}$ ome people visiting Ivujivik for the first time will likely be convinced from observation that nearby parts of this

> land are still undisturbed by man and that no one in his right mind would want to live in them. During the summer especially, the rocks blend with each other very well due to the presence of lichen. People seriously interested in exploring the land to look for indications of habitation will take that knowledge ថ្មី into consideration. Lichen, which doesn use..... ing, grows extremely slowly

on the exposed parts of rocks. And rocks, naturally undisturbed, have no lichen on their underside parts that touch the tundra. When Inuit handled them for one purpose or another, many of the rocks whose surfaces were without

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lichen got exposed to the elements. Over a very long period of time, those surfaces eventually got lichen growing on them. Deducing from that fact, we can confirm that rocks had been handled hundreds upon hundreds of years ago.

Many rocks had been used so long ago that the purpose they had been moved is not known. But the Inuit of that past can be appreciated for their efforts to survive in this extremely harsh environment. We are descendants of Inuit who lived thousands of years ago in the treeless tundra. This area is essentially rock, with many lakes and rivers. What sparse vegetation there is has permafrost under it. Snow and ice are present for most of the year. Cultivation is an alien occupation. Inuit were nomads in such a setting but still refused to leave the region. For their benefit, they utilized whatever was available to them, including snow, ice, sea mammal skins, animal furs, hide, bones and rocks.

Inuit travelled by dog-teams a lot. Stone markers along a traditional sled trail erected long ago are still visible where the accumulation of snow does not hinder their appearance. Markers, sometimes being of one piece, are meant to be clearly visible in areas that can become dangerous or confusing during days when visibility is not good. An Inuk who was travelling in white out conditions or poor weather would appreciate them especially if the markers were recognizable. Some markers were meant to have pointers that indicated where a particular area of interest was.



Inuksuit, on the other hand, are piles of rocks that had been placed there by Inuit to indicate that a place was ideal for camping and surviving. They are usually on tops of hills or places where there is no deep accumulation of snow. Some inuksuit bear the name of the person who erected them. The purpose was that they were to be seen from a long distance. It is an understood law among our people not to alter existing inuksuit. It is also advisable that new ones not be put up unless the person making it knows what its implications will be. Some are of two pieces. Others are piled to form a distinguished shape while others look like a` human.

There are ruins of caches along most of the coastline. Such caches were rocks used to cover meat, which was for later use during the winter. For example, when there was a



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Some inuksuit bear the name of the person who erected them. The purpose was that they were to be seen from a long distance. It is an understood law among our people not to alter existing inuksuit. It is also advisable that new ones not be put up unless the person making it knows what its implications will be.

large harvest, such as a walrus in the fall, men were obligated to find a suitable place to store the excess meat. Late fall rain froze in between the boulders, sticking one rock to another, thereby making it impossible for the polar bear and other scavengers from removing the rocks. The meat would not go bad for human consumption because the environment was, by then, cold enough. Inuit resorted to it in the absence of fresh seal meat and it was largely reserved as feed for the dogs. At the time of this writing, the caching of meat is still carried out. There is especially one spot near the village where hunters in the 40-foot community boat place the meat, which is for the annual feast at Christmas and New Year's celebrations.

Another use of rocks was to form structures on which qajaqs rested. They were made of two high piles of rocks that were in conformity with the length of the qajaq. The purpose of the rests was to prevent loose dogs from tearing the sealskin cover. The stands were a few

metres from the shoreline. Some ruins of stands are quite far from the river or water, indicating that the sea level had been a lot higher then.

When a person died, it was the norm for Inuit to place the body of the deceased onto a selected hillside and cover it with rocks and boulders. This practice, which is no longer carried out here, was most practical when Inuit had no means of digging holes. Nowadays, people use picks, spades and motorized jackhammers to dig graves in sandy cemeteries.

Then there was the use of stone lamps carved from the softest rock we know of. The lamp was a piece of soapstone whose top part was carved into an indentation to hold the oil, which was from the fat of a seal, walrus or whale. There was a long edge designed hold the wick made of tundra (vegetation). Two ends functioned as handles to tilt the hot lamp, which had a rounded underside designed to rest freely on a wooden apparatus. The tilting of the lamp was a necessary task done every so often so as to keep the wick wet with oil, whose quantity became less as it was consumed by the flame. And the larger the lamp was, the more heat radiated from the stone. The radiated heat lasted awhile longer after the flame had been decreased just before going to sleep.

Smaller rocks were used as whetting stones for women's knifes, men's knives, axes and chisels. These were naturally elongated with a flat surface on one side. The user of the stone used saliva to make the whetting more effective.

Yet even smaller pieces of stones, such as quartz, were formed into sharp arrowheads by means of hammering them to chip away pieces with another piece of stone. Other types of stones were used as flints to start fires. Still others were implements that had been chipped to form sharp edges and then used for scraping hides or skins to remove the fat. Once dried, the skins and hides were further scraped until they became ideal for sewing and made into wardrobes.

When tents were put up, stones were placed side by side on top of the edge of the skin tent. These rocks functioned as weights to keep the tent stable during the times when there were gusting winds. Larger rocks were placed

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לב כֹׁם בוּשׁם את הוּ העה את האי. Exterior and inside view of a fox trap.



around the tent and ropes were tied to them. Tent rings can be found anywhere that was ideal to camp. In some places though, they can be found at the foot of the hills where the winds were not gusting harder than the winds in the middle of the valley. And, mysteriously, some tent rings or ruins of sod houses have a single white rock near their entrances.

Dwellings, be they snow houses, sod houses or tents, usually had their entrance facing the sea. Most ancient tent rings, if not all, are configured in that fashion — a custom still observed today. Considering that custom, an Inuk at a tent ring can guess in which part of the dwelling the parents slept and in which areas the youth and elders had their place.

A person walking along a place where he had never been before can discover rocks that had been moved by Inuit. Some rocks had been placed in straight lines, but it's a mystery as to why that is. Others were obviously temporary half shelters that were used in the summer months on the slopes of the hills, judging from the fact that they are covered by snow during the winter. And rocks that are many kilometres from the coast have been discovered near lakes and rivers inland, indicating that those areas had been camps for long periods of time.

Being nomads, Inuit followed the availability of wildlife and necessarily moved from one place to another to sustain them. Nomad groups were as few as a family but were hardly ever more than a hundred in a community as evidenced by tent rings and sod house sites.



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To get caribou, Inuit erected many individual rocks close to one another in a strategic place. Those can be seen today in a few places on the tundra, but nobody uses them now.

At other times, Inuit hunted geese by hiding behind blinds made of rocks on the tops of hills. They waited patiently for the birds to fly close during late spring and early fall.

To fish in rivers during the fall, Inuit built weirs of rocks in ideal areas when the migrating Arctic char swam upstream from the salt sea. The

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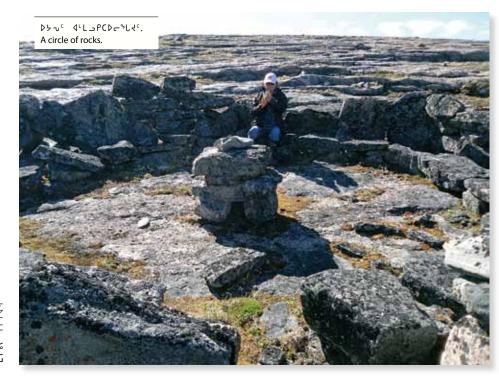
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What is perhaps most interesting is that there are mysterious ruins of rocks that form circles in some spots around the vicinity of Ivujivik. These can be as wide as five or six metres in diameter, having walls of huge boulders that are a metre high.



confused fish had difficulty finding the route. The men, women and youth cooperated in the catching of the fish, using spears. A new fish trap was built every year because rocks that had been put up in the fall were damaged by many gigantic pieces of ice that rushed downstream during the following spring thaw.

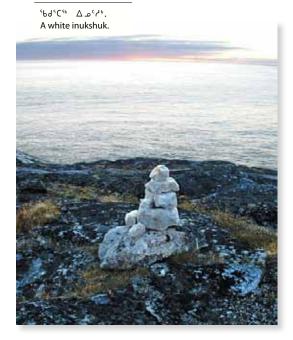
What is perhaps most interesting is that there are mysterious ruins of rocks that form circles in some spots around the vicinity of Ivujivik. These can be as wide as five or six metres in diameter, having walls of huge boulders that are a metre high. Touching those walls inside the structure are seating platforms that are all around the circumference except at the entrance part. They had been erected near the shore on flat rock surfaces in a summer camp. There are pieces of big rocks in the middle with a flat top probably for displaying something. There appears to be only one such structure in each of the ruins of a summer camp. It's likely that they were not meant to be homes because what would have been the sleeping platform is missing. And they are different from







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the ruins of sod houses that are in different sites and which are on the tundra. It's also likely that the circular structures were not covered and it seems that they were meant to be a meeting place. Other rocks in the vicinity of the circle of stones are obviously tent rings, and there are many of those. What's interesting is that, judging from the huge size of the

> boulders, the Inuit took great pains to make the circle as elaborate as possible. Today, one man cannot move such huge pieces of rock easily. Legends that our ancestors told us included the existence of Inuit they referred to as "Tuniit" who had great physical strength but that mysterious race no longer exists. And it's difficult not to think that a shaman had something to do with these circular structures.

> One relatively small ruins of a circle is in a place we call Itivia, at a distance where a person can walk to from the village. It is right near a body of water we call Ivujivik. It is highly likely that the nomads had been using that area for

thousands of years, living in snow houses, sod houses and tents. There are sod house ruins there that help to support this possibility.

There are other more defined circular structures in the nearby islands that have interesting characteristics, such as used for fishing or whaling, or are on the mainland where there were camps. It is feasible that Inuit congregated in those structures to celebrate the abundance of food and fine weather. It is just as likely that they decided to express the appreciation of the food and good fortune by the entertainment of friendly competitions and by watching talented dancers and singers perform their artistic creations.

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rirst Air is proud to be the primary sponsor of the Northern Hockey Challenge (NHC) that has showcased the best in men's hockey from across the Arctic. We have provided a generous travel package to facilitate travel for the teams and officials. Without the airline's support, many events like this would not be possible.

The pan northern hockey series kicked off on January, comprised of seven teams with Kuujjuaq, Iqaluit, Repulse Bay, and Rankin Inlet representing the East; and Hay River, Inuvik and Yellowknife representing the West.



With a best-of-five-games format, the NHC took place over eight consecutive weekends building to an Eastern and Western division champion, followed by another best-of-five series with the top two teams in each division advancing to the playoffs to vie for the First Air Northern Hockey Challenge Cup.

The Challenge was not over at the time of this writing, but Rankin Inlet was getting ready to face Iqaluit in the Eastern Division finals, while Yellowknife and Hay River will meet in the Western Division Finals. Unfortunately, the Nunavik team represented by the the Kuujjuaq Umimmaks, finished short of reaching the Eastern Division finals of the NHC.

The NHC has been credited as being among the best hockey the North has ever seen, with incredible community turn out and support for the teams. The excitement and

momentum was extended beyond the arena with traditional media, social media and a dedicated website providing fans with virtually up-to-the-minute game updates. The tournament has created real community engagement across the Arctic.



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First Air chairman, Jobie Tukkiapik, performed the ceremonial puck drop for the Kuujjuaq opening game against lqaluit on January 25.

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Letter of Thanks

Thank you to First Air and Makivik Corporation for supporting the Northern Hockey Challenge. It is truly an honour to be part of this exciting event that brings joy and excitement to many.

Rankin's recent visit to Kuujjuaq was definitely a memorable one and also a dream come true. Many of us on the team have tried many times to get to Kuujjuaq for a visit or hockey or both. NHC has allowed for fun and competition and this made our experience that much better. Makivik and Kujjuaq's Mayor, His Worship Tunu Napaartuq made us feel welcome. So did the people of Kuujjuaq. It was also great to see my childhood friend Willis Tagoona. NHC has done two great things; created opportunities to bring people together and also has helped rekindle great friendships.

Thank you very much for this and, on behalf of the Rankin Inlet Team, thank you for the continued support for hockey in the North.

Qujannamiiraaluk!

Pujjuut Kusugak Member of Team Rankin Inlet Northern Hockey Challenge

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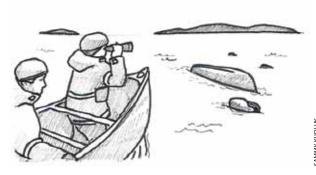
Declaratory Judgment of Death After a Disappearance

One beautiful sunny day a family goes on the river for a fishing trip. The canoe is fully loaded and everyone is excited to go enjoy the outdoors. As the day progresses,

the weather changes drastically and the wind starts blowing strongly from the north. The family really wants to make it to their cabin before the night so they keep going despite the deteriorating conditions. Suddenly, the canoe is lifted by a wave and two of the canoe occupants fall into the cold water. One of them manages to get back into the canoe while the second one disappears, forever.

Unfortunately, this kind of sad event can happen in Nunavik. How can the family deal with the succes-

sion of the disappeared when it is not possible to draw up an attestation of death?



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What to do in such situation

Section 92 of the *Civil Code of Quebec* provides that, "A declaratory judgment of death may be pronounced on the application of any interested person, including the public curator or the Minister of Revenue as provisional administrator of property, seven years after disappearance". It is interesting to note that, in the past, the law provided for a 30 years delay after the disappearance before a declaratory judgment of death could be pronounced.

However, in the case detailed above, the family will not have to wait for seven years before they can do anything. The *Civil Code of Quebec* provides that the declaratory judgment of death may also be pronounced *before* the end of

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the seven years period where the death of a person domiciled in Quebec, or presumed to have died there, may be held to be certain although it is impossible to draw up an attestation of death.

The application for a declaratory judgment of death

An interested person can file an application for a declaratory judgment of death. This application shall be made before the court of the domicile of the person the establishment of whose death is sought.

If the person's domicile was not in Quebec, the application is made before the court of the domicile of the place of his death, if known, or, failing that, of the place of his or her disappearance.

> The application must be served on the spouse of the person the establishment of whose death is sought, on his father and mother and on his children 14 years of age or over and, where applicable, on the person's insurer.

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Evidence to be presented to the court

In order for the court to grant the declaratory judgment of death, it will need to be satisfied that the death may be held to be certain. The applicant will need to present circumstantial evidence on the death itself and this evidence will need to be composed of serious, precise and corroborating elements that will allow the court to declare the death and rule out any other scenario.

The declaratory judgment of death

A declaratory judgment of death states the name and sex of the person presumed dead and, if known, the place and date of his or her birth

and, if applicable, marriage or civil union, the name of the spouse, the names of his or her father and mother as well as his or her last domicile, and the date, time and place of death.

The date fixed as the date of death is either the date occurring on the expiry of seven years from disappearance, or an earlier date if the presumptions drawn from the circumstances allow the death of a person to be held to be certain at that date.

In the absence of other proof, the place fixed as the place of death is that where the person was last seen.

A declaratory judgment of death produces the same effects as death.

Once the judgment is rendered, the family will be able to begin the process of liquidating the succession of the disappeared.

Makivik beneficiaries are invited to contact our Legal Department should you require additional information on the matter contained in this Legal Tip. •

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Recycle Aluminum Cans

In Quebec nearly one and a half billion aluminum cans are sold each year, 75% of which get recycled. In Nunavik, almost 5.5 million aluminum cans (5,500,000) are sold each year but only 1.3 million (1,300,000) get recycled. That's only 25%. We can do better!



Quebec regulation obliges merchants that sell pop and beer cans to accept the return of these cans for refund. Returning your cans to be recuperated not only leaves a few extra dollars in your pocket but will also help keep our environment clean. Some communities also have can collection campaigns through youth or social groups.

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Every community in Nunavik has a can crusher, usually located at your local co-op store and at

Newviq'vi in Kuujjuaq. If we don't recycle our empty cans, they end up at the local landfill or scattered across our beautiful land where they can take up to 500 years to decompose. This is not the kind of legacy we want to leave for the generations to come. From an environmental point of view, aluminum containers have a bigger impact than plastic because they take so much energy to produce. Bauxite ore is mined to create aluminum and can cause deforestation, erosion, polluted water sources and a threat to animal life.

The average person in Nunavik consumes 447 cans per year. We need to do our part. The good news is that aluminum is 100 percent recyclable. Recycled cans mainly go to create new cans, greatly reducing the need for mining and refining, as well as reducing the volume of waste in landfills. We challenge you to recycle at least one can every day and to encourage your stores as well as municipal and regional authorities to have more recycling machines installed in your community and to improve the overall recycling programs available to the people of Nunavik.







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The Chapter on Mine Operations

A Down-to-Earth Explanation of the Mining Development Process

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



This is our third and final contribution to our series on mining in view of the increased mineral exploration activity evident in Nunavik these times, particularly in light of the province's proposed Northern Plan. Our first of three articles was about Mineral Exploration (Fall 2012), followed by an explanation of Mineral Deposit Appraisal (Winter 2012–2013) and now we learn about Mine

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 Operations. Again, we are extremely grateful to the expertise provided by the Nunavik Mineral Exploration Fund and trust that this series of three articles helps to inform Nunavimmiut so we can benefit to the greatest extent possible from any mining ventures that might take root in our territory.

This chapter is about the purpose of a mine operation, the main activities and stakeholders, and opportunities for concerned communities to get involved during operations.

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The rates are calculated to provide the highest level of efficiency and productivity...

...this is highly important because producing too much, too fast could increase costs and hurt profits; while producing too little, too slowly could hurt the economics of the mine because of reduced sales.

A mine operation is the process of producing a mineral product for the benefit of society, stakeholders and shareholders. A mine is operating when earth and/or rock are being excavated from the ground and the processing plant is producing profitable product.

There are two types of mines: underground and open pit. A mine operation has four main work areas: 1) excavation areas, 2) a processing plant, 3) waste storage, and 4) supporting services. The excavation areas are where earth and rock containing the mineral resources are excavated and extracted. The processing plant separates the rock that contains saleable material (the ore product) from the surrounding rock that is not saleable (waste rock). Mineral processing is done in multiple and various stages (e.g., concentrator or mill, wash plant) and uses different processes depending on the ore product being mined. Some mine operations do not have a processing facility on site so the

mined material is transported somewhere else to be processed. Waste storage facilities include areas for both waste rock and the material rejected from a mill (called *tailings*). Supporting services to a mine operation may include repair shops, laboratories to test the quality of the mined material, change rooms, living quarters, warehouses, and offices.

Every mine operation has mining and processing target rates. One key element is to determine rates of mining and processing that will ensure that all costs can be covered from sales of the product. These rates are evaluated during the feasibility studies before a mine starts operating. The rates are calculated to provide the highest level of efficiency and productivity. They need to match the capital investment, size of ore body, and life of the mine. This is highly important because producing too much, too fast could increase costs and hurt profits; while producing too little, too slowly could hurt the economics of the mine because of reduced sales. The mine and the process must be designed and built to achieve the right balance.

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Time frames

The operating life of a mine can be as short as several years or as long as several decades, depending on the volume of mineral resources. It can also be seasonal or yearlong and shipments can be seasonal if access is difficult. Overall revenues must also be able to recover exploration and construction expenses. Several factors affect how long a mine will operate:

- Commodity price: demand, competition, and prices for the product in the world's market
- Production costs and production rates
- Quality: grade and quantity of ore that is economic to mine in the deposit
- Size and shape of the body of material to be mined
- Best possible economic mining rates
- Mining methods, equipment, and associated costs
- Required depth of mining below surface
- Ground conditions and ability to mine safely
- Location of the mine

With higher metal prices, lower-grade rock becomes valuable ore. However, when the price of metal is lower, only the higher-grade rock is affordable to be used as ore. The value of an ore body can grow or shrink as the demand and costs evolve and change.

Costs

Mining uses labour, capital, energy and other inputs, which all cost money. During mine operations, labour is usually the highest cost. Power supply, fuel and other consumables such as heavy equipment, drilling gear, spare parts, etc. are the next greatest expense.

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A New Technical Director

ormer Nunavik Mineral Exploration Fund technical director, Jean-Marc Séguin, felt "privileged" to have worked there. He says, "I would consider this the best job in the world. Nunavik is developing at a fast pace, and I am grateful to be a witness to that." His new replacement, Maguelone Camus, has also previously worked at mineral projects in the region.





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The location of a mine has a major effect on construction and operating costs. If the mine is located in a remote area, the mine operator may have to build a winter road to bring in supplies and take out ore or concentrate, and a diesel power plant to generate electricity. Transportation costs to fly workers in and out of the mine are a major expense for remote mines. However, if the mine is located in a less remote area, it may benefit from an existing road system and nearby power grids, or the government may agree to provide a road for access and power to help lower costs.

Mining companies prefer to hire locally where people already live and know about the land, geography and climate.

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Mining operations activities Hiring

When a mine goes into operation, of course, it needs to hire both permanent employees and contractors. Companies will look for manpower at local, regional and national levels, depending on the jobs to be filled. Some companies may have impact and benefit agreements (IBAs) to work directly with Aboriginal communities to find and hire local candidates. If local communities do not have applicants with the required skills and qualifications, the company must look "externally" and

the recruitment search may proceed regionally, nationally, and sometimes internationally. Mining companies prefer to hire locally where people already live and know about the land, geography and climate.

Training

All new employees receive orientation training before starting on the job. This training helps employees understand the day-to-day operations, but more importantly, makes sure the employees work safely on site. Other training for new employees include on-the-job training, trade training,



Aupaluk students and others at a mining conference in Kuujjuaq last year: (Back) David Lucassie, George Peters, Ned Gordon, Sammy Gordon, Jean-Marc Séguin, Junior Angutinguak, and Davidee Angutinguak. (Front) Julia Lucassie, Victoria Angutinguak, Nancy Annahatak, Emma Angutinguak, Jimmy Akpahatak, Charlie Oninak and Elijah Grey.

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During production, waste still needs to be excavated in order to keep uncovering more ore. In underground mining, this is called "development" and in open-pit mining, this is called "stripping."

apprenticeships, and literacy and life skills training. Trainings can be delivered in classrooms as well, through computer-based programs, and by one-on-one instruction and mentoring. Companies may partner with local communities, government and others to provide community-based training. Other companies may also partner with local colleges and schools to provide technical training.

Production

Waste rock must be mined away to recover the valuable ore. Ore and waste both cost money to excavate and process. To be efficient, mines try to take out as much ore and as little waste as possible. When a mine operation begins, a lot of waste must be excavated in order to reach the ore. This early stage of mining can last from a few days to more than a year, depending on how much waste there is and how fast it can be removed.

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/a^c/- 1^c/ 2°° - °°° کا ہوم հերսը-ϷΓ˙¹化ϲϽϤʹͰϹ, ϷϧϚ΅ϭϤϪ^ϧ የዮϤʹϧϧϭϧϹ΅ϭ^ϧ کو^داره ۱۵۵ کو ۱۵ کو ۱۸ کو از ۱۸ کو ۱۸ کو ۱۸ کو ۱۸ کو ۱۸ کو ای کو ای کو از ۱۸ کو از ۱ 451, D65° 04° CL "A" \- D50 56-56 65 45"." A" \- D50 65 $\Delta^{(i)}$ 6C(CDC4) $\delta^{(i)}$ 3 $\delta^{(i)}$ 4 $\delta^{(i)}$ 6C(CDC4) $\delta^{(i)}$ 6C(CDC4) $\delta^{(i)}$ 7 $\delta^{(i)}$ 7 $\delta^{(i)}$ 7 $\delta^{(i)}$ 8 $\delta^{(i)}$ 8 $\delta^{(i)}$ 8 $\delta^{(i)}$ 8 $\delta^{(i)}$ 8 $\delta^{(i)}$ 9 $\delta^{$ $^{\circ}$ 60 $^{\circ}$ 0 $^{\circ}$ 0 $^{\circ}$ 0 $^{\circ}$ 65 $^{\circ}$ 60 CLDT% D6P6 " Λ 6" - Λ 0" ᠑᠂ᢅᡖᡳ᠘᠘ᢥ᠘᠙᠘ᠳ "Lՙለበሒኇ^ናΓ_゚." ᠐ᢣᡗ[°]ᠳᡏᠳ^ᡕᠮ د ک^۱د ۲٬۸۱۸ خ^۱ خ ک کارد ا ۸%,<-4U, لعبات $c^2 \Pi c Q + \Pi \dot{C} P^{-1} \Pi P^{-2} N^{-2} N^{-2}$ PY40-D'YN' 647-6'Y40-4'CC NC'-40'Y6'.

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Once enough waste has been removed, the mine is able to send ore to the processing plant. At this point, the mine is in "production." During production, waste still needs to be excavated in order to keep uncovering more ore. In underground mining, this is called "development" and in open-pit mining, this is called "stripping." Development

and/or stripping go hand-in-hand with production and are crucial to maintain production.

Full production generally means that the average mining and processing rates are meeting or exceeding the target rates developed during the feasibility study phase. Improved market conditions may allow a mine to sell more product than planned and/or to sell it at a higher price than expected. When this happens, the mining company will try to increase production. Sometimes a mine operation can increase production for a short time using its existing equipment and people, but the only way to achieve permanent increases is to expand the mine.

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Mine companies may bring young people and elders to the site, host community visits, support family visits, meet with community employment officers, conduct community-based training, and meet with local administrators. Companies may also visit local schools to encourage students to stay in school and attend career shows in schools to emphasize the types of jobs available and the education required. They should also visit communities to gain a better understanding of the lifestyles of their workers.

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Community involvement

Community involvement should occur throughout the mine cycle, including employment, businesses and monitoring. The type and amount of community input and communication depend on many things, including if and what type of agreements are in place (such as IBAs). Also, company representatives should visit communities to inform and provide updates on their operations. They may also publish project updates in newsletters and local newspapers. Mine companies may bring young people and elders to the site, host community visits, support family visits, meet with community employment officers, conduct community-based training, and meet with local

administrators. Companies may also visit local schools to encourage students to stay in school and attend career shows in schools to emphasize the types of jobs available and the education required. They should also visit communities to gain a better understanding of the lifestyles of their workers.

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Impact and benefits agreements

Agreements such as impact and benefits agreements with Aboriginal organizations and communities are not conditions of regulatory approval in unsettled land claims areas in Canada. However, governments strongly suggest to mining companies to negotiate such agreements with concerned and impacted communities. IBAs may contain a wide variety of provisions, including a provision intended to protect the environment and monitor the environmental impacts of the mining

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project. Regulatory approval may require impact-monitoring agreements involving government agencies, local communities and mining proponents. This agreement would serve to verify the accuracy of the environmental assessment and the effectiveness of mitigation measures. Aboriginal communities often actively participate in monitoring under these agreements.

Potential environmental impacts

As in each of the mining phases, there must be a clear intent during operations to minimize the environmental impact to the water, land, air, wildlife and people as much as possible. Potential impacts are very well understood and can be mitigated effectively by using traditional knowledge and improved technologies.

Environmental impacts that may require mitigation measures, depending on where a development is located, may include:

- Loss of archaeological and heritage sites
- Impacts on traditional and non-traditional land
 use
- Impacts on water flows and water quality
- Impacts on fish and fisheries
 The mitigation measures may include:
- Protection of land and the identification and protection of archaeological and heritage sites
- No hunting or fishing zones and wildlife protection
- Water quality monitoring and flow supplementation
- Protection of fish spawning and nurturing areas

Environmental monitoring

The purpose of monitoring is to measure and evaluate impacts compared to baseline conditions before the operation. Companies and governments continually monitor the mining operation to identify any changes. If changes are found, the company can respond to

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the changes to prevent any long-term damage. Some changes are noticed immediately through monitoring,

Communities can play an active role in the mining development by increasing the type and amount of economic opportunities available to them.

During operations, the government and mining companies monitor wastewater, wildlife, air quality, water quality, aquatic effects, fish habitat, and reclamation research.

such as from water samples. Other changes take a longer time to determine trends and impacts, such as wildlife observations. The basis for knowing that changes have occurred is the baseline studies that were begun early in the advanced exploration stage. During operations, the government and mining companies monitor wastewater, wildlife, air quality, water quality, aquatic effects, fish habitat, and reclamation research.

Local and regional representatives from the impacted communities may participate in or conduct these monitoring studies. Although rare, independent monitoring agencies may be formed to act as a watchdog. They make sure that companies meet their regulatory requirements and they check that the regulators are efficiently doing their job. The results of monitoring must be reported

so that everyone will know what is happening during the mine operations. Typical reporting requirements for operating mines may include monthly environmental measures and socio-economic reports.

Potential social impacts

Developments such as mining bring opportunities as well as risks for the communities and people who live nearby. By identifying the risks, communities can work to reduce any negative impacts while gaining maximum benefits from the mining development. On the other hand, employment and economic opportunities are available to community members during mine operation. Several types of jobs, wages, and training opportunities are available. It also lists specific actions a community can take to increase its economic opportunities and benefits. Employment and training opportunities are usually the most significant benefit for a community during mine operations. As a mine goes into operation, the percentage of employed local workers increases significantly. Careers in the mining industry are very diverse. Jobs vary from trades to high-tech and use valuable skills. Senior mining companies employ hundreds and sometimes thousands of workers at each mine.

 $D + S^* - A - \Delta^0 \Gamma^1 S \cap \Gamma^1 + D + \Gamma^1 \cap \Gamma^1$ Λ_{α} Λ^{α} Λ^{α $\Lambda_{\sigma} + \Gamma_{\sigma} + \Gamma_{\sigma$ $\mathsf{LPCL}\mathsf{ZJ}\mathsf{D}^\mathsf{c}\mathsf{S}^\mathsf{s}\mathsf{b}_\mathsf{L}\mathsf{4}\mathsf{\Gamma}^\mathsf{b}$ ባ_ራLጘL_ቦ ₽፝ቔኯኯኯ፞ C94, TLP 20c. ᠕ᢞ᠆᠙᠙᠙᠙᠘᠙᠙᠙ $\Lambda + D \dot{\iota}_{\theta} J_{\Gamma} L C$ りついりてプリントいって ΛαΛι+Λι+η Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+Λι+η Λι+᠋ᡃᠳ᠐ᡥᠮ. ᠘ᢉᡪᢎ᠋ᢧ᠘ᠼᠵᢆᠦ᠊᠘ᡔᠺᠻᢊ᠐᠆ᡣᢛ᠘ᠺ᠙᠙᠘ᠺᢌ᠐ᡪᢆ᠘᠘ ۸٬4۶۱۷۵، ۵۶۶ ۵۹٬۸۲۶ و توریحان ۱۹۶۶ ۵۹٬۸۲۶ ۱۹۶۸ ۱۹۶۲ ۱۹۶۸ ۱۹۶۸ ᠑᠌᠘᠙᠘᠙ᠳ᠙ᢣᡲᠳ᠒ᠵ᠙᠒ᠳᠴ᠂ᢐᡳᠬᢓᢑᢁᢣ᠐ᡪᢧᠬᡳᡳᢕ᠙᠐ᠻᡶᢘᠳᡧ᠒ᡑ᠘ᡶ᠘ $CD\sigma^{5}b^{5}\Pi \rightarrow \Gamma^{c}$.

 \dot{c}^{\dagger} ΔC^{\dagger} ΔC

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 $\Lambda L C^{c}CDJ^{*}aSb^{5}D\sigma^{6}$ $\Lambda \Delta^{c} S^{b} \Omega \Gamma^{J} \Omega^{c} S^{c} \Omega^{b}$. 16L154L4-ᡃᠪᡲᠮᢣ᠒᠆ᠴ᠂ᡏᠻᢪᠳ<᠌ᡐᡄ᠌ᡐᠬᢛᡃᠴ᠂᠕ᢗᡃᡖᡃ᠒ᢣᡗᡣᢛᡃ LJNG ÞΊԵΝΓΊΝΊԵΊ Το Λικάλ ۱غو ۳٠٠٠ Þ۶۶ ۵ و ۱۲ $\Lambda \sigma \Gamma_{\rho} \Gamma_{\rho}$ ┧₽ULLanders Vrs. Cread Verries Vrs. Vrs. Plane De Pere Δc^{5} δ^{5} δ^{5} δ^{5} δ^{5} δ^{5} δ^{5} δ^{5} δ^{5} δ^{5} لے^۱ ۱۲۲۲ مے، ۱۲۲۵۵٬۵۲۵ مو۲۰ $V = V_c \cup V$ ۱۳۶۰ مر۱۲ د ۱۳۶۰ مرادک د ۱۳۶۱ کو ۱۳۶۰ مرادک کو ۱۳۶۰ کو ۱۳۶ کو ۱۳۶ کو ۱۳۶ کو ۱۳۶ کو ۱۳ کو ۱۳۶ کو ۱۳ ک مداك ۱۲۵ مروز کا ۱۲۵ مروز کا ۱۲۵ مروز کا ۱۲۵ مروز کا مداک مداک مداک Λ σ Λ Λ Λ Λ Λ 4۲_%۲۶ و ح $\sigma D A Q^{c} S^{5} b^{5} D D D \sigma$ Ve_{i} Γ_{c} f Ue_{i} VDP9UPULTE. ᠂ᡃᡖᢧᠾᢗᢆᢤᡄ᠊ᠬᠲᢩᢛᡄᡒᡴ᠋ᡩᠲ ᠕ᡕ᠘ᡶᡗ᠐᠙ᡓᠣ᠂᠘ᢎ᠙᠘᠂᠕ᠳᡳ᠐ᢧᢇᠥ 16024'AL V(4550 26' 06U₀PO-06') Δc^{\dagger} ספי ΔC^{\dagger} ספי אראיכרוסשה, אייטלת Δc ספי אראיר שם ΔC^{\dagger} ספי שבי $\Lambda a d L^c h C^i b^i \Gamma d \sigma$.

 $\Delta c = (\Delta c \cdot \Delta c$

* Ċ゚dႫჼႱ ΛΔΡ/Lゼ: ΡϧϚ゚σΦͼʹϳϲჼႱჃႫჼ Ͻዮ/LႶʹϲʹͿႶʹϐʹႫΓჼ ϧႶʹ;ʹΔϲʹͰͿʹϳʹ ΔϲʹʹϧϲϲʹϽʹϳʹ ϼͼϲʹʹϒʹϼʹ, ϼͼΓʹ ΛʹʹϒͰͿʹͼϽ· ϲʹϧͰϭʹ ϧͼϹΓ

Jobs in a Typical Mining Operation	
Miners, drillers and blasters	Clerks
Electricians	Computer technicians
Heavy equipment operators	Public relations specialists
Mechanics	Marketing personnel
Welders	Nurses
Pipe fitters	Administrative assistants
Carpenters	Administrators Managers and executives
Surveyors	Security officers
Environmental scientists	Laboratory technicians
Geologists, engineers and technicians	Assayers
Supervisors	Human resource specialists
Safety experts	Truck drivers
Trainers	Cooks
Accountants	And others

Mine operation can help build capacity for the future through training, employment, business support, and scholarships and communities can realize significant economic opportunities. The main benefits come from increased employment, business opportunities, and community infrastructure. Opportunities for local businesses that have provided services at the exploration and development phases become more substantial and longer term during mine operation.

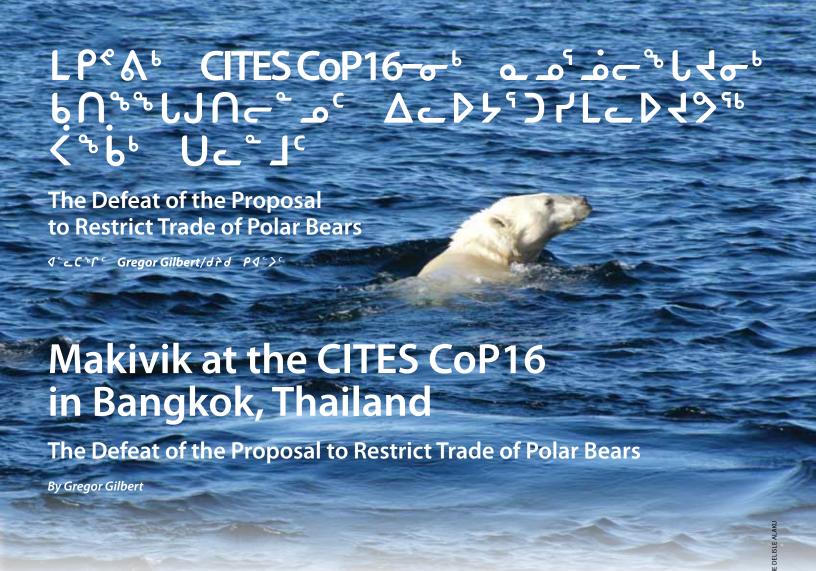
As during the mine development phases, communities should prepare to take part and continue asking these important questions:

- What businesses are required?
- · What businesses are currently available?
- What are the capabilities of the community?
- Are there good joint-venture partners available?

While answering these questions, the community should also communicate with the mining company to make sure the relevant and required decisions are made. The community should review the provisions of its agreement with the mining company. For example, IBAs might be in place. These agreements are meant to be used and will stimulate business opportunities. They should also review the tendering provisions of the agreement and discuss opportunities with the mining company. Many opportunities will exist, whether using wholly owned businesses, joint ventures or other facilities. The possible business opportunities available to communities include camp catering and housekeeping, site services, surveying, construction services, recycling services, underground and open pit contract mining, supplying goods, safety equipment, aircraft support, airport maintenance, laboratory services, environmental consulting, trucking, road maintenance and beyond.

Communities can play an active role in the mining development by increasing the type and amount of economic opportunities available to them.

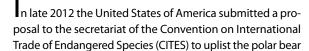
^{*} Source: Mining Information Kit for Aboriginal Communities, Natural Resources Canada •



۵مار۵۵۰، ۱۳۵۱ و ۱۳۵۱ و ۱۳۵۱ b ℃ L[®]L^c (c)مواه-CITES) م م٬۵۶ ᠘ᠳ᠘᠘᠙᠙᠘᠘ᠳ

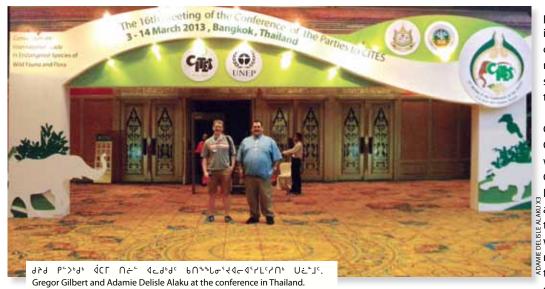
 LJU_{L}^{0} U_{L}^{0} $U_$ 2-F' ADO ACTOPN 1-J'CD'G'CTC. C'G%U ۱-۱٬۲۵۷ حمهج، معاهدی ۱۲۵۸ ا Δ° a σ° , $\dot{\Gamma}$ a $\dot{\Gamma}$ b $\dot{\Gamma}$ b $\dot{\Gamma}$ b $\dot{\Gamma}$ c $\dot{\Gamma}$ b $\dot{\Gamma}$ c $\dot{\Gamma}$ c $\dot{\Gamma}$ b $\dot{\Gamma}$ c $\dot{\Gamma}$ c 2017-1747 Δοδίσω Δοδίτλο ΔΡΟΚ'Lα-ላ ው የ ተስልፈና የየነር ነው የነርር ነው የተመሰው የ $\nabla \neg \nabla_c \quad \nabla \sigma \land f . P_t . P_t . U_{\rho} . U_{\rho} . Q \neg \nabla_c$ $C_{V}V_{V}$ Pochedo $V_{V}V_{V}$ ۵۵۱ محکو ۱۹۶۸ کو ۱۹۶۸ محکو ۱۹۶۸ کا ۱۹۹۸ کا ۱۹۸۸ کا ۱۸۸۸ کا ۱۸۸۸ کا ۱۸۸ کا ۱۸۸۸ کا ۱۸۸ کا ᡃᡪᡄ^ᡪᡖ᠗᠘᠘ᡓ^ᡪ᠘ᡣ᠍᠍ $L \rightarrow J \cap L \subset L^{*} \cap L^{*} \cap$ $V_{\rho}\Gamma_{\gamma} + V_{\rho}\Gamma_{\gamma} + V_{$ Ĺ^cP/Ĺ^cr 3-Γ^c ΠΡ^crJ 14, 2013-Γ Ċ^δἰ^δδ احدٍ إدراه. زوام ۸حرال الد و و ۱۹۲۸ محرال المدرود $\Lambda \sim L^{1} \cap \Lambda^{2} \sim L^{1} \cap L^{2} \cap L^{2} \cap \Lambda^{2} \cap$

 $\Delta a^{\dagger}d\Omega^{\circ}\Gamma^{\circ}\sigma^{\circ}$ $\Delta a^{\circ}\Gamma^{\circ}$ ۱۳۵۰عام مع،مه حدلعباک، ۱۹۵۹م،لمه د ٔ ما ۱۰ اد ٔ ۱۵ اه ۱۵ اه ۱۵ ا C^{1}



from Appendix II to Appendix I. This would effectively stop all international trade of polar bear parts, including skins. This would have had an significant negative impact on Inuit, who need the money generated from the sale of polar bear skins and other parts to help offset the extremely high cost of living in Northern Canada. Inuit organizations, led by Inuit Tapiriit Kanatami (ITK), had been expecting the proposal, and working with the Canadian government, had developed a strategy to ensure the United States' proposal would be defeated at the sixteenth Conference of the Parties (CoP16) which took place March 3-14, 2013 in Bangkok, Thailand. Part of this strategy consisted a representatives and support staff from all Part of this strategy consisted of having Inuit four Inuit regions of Canada attend CoP16

to give first-hand accounts of life in the north and to show to the rest of the world that the United States' proposal was without merit. Not only did the Inuit of Canada feel that the



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۱۲۵ مخ-۱۵۵ م PU%&FG?44L LP%VLp P6LJ~4-۵ کو الاحد عد ۱۹۵ و ۱۹۵ و ۱۹۵ و ۱۹۵ کا ۱۹۵ و ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹ کا ۱۹۵ کا ۱۹۵ کا ۱۹ ᠘᠙᠘᠘᠘᠘᠙᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘᠘ ხ∩გენო CoP16−L ۲∩۵م ک ᠳ᠘ᢞ᠒᠘᠘᠘᠘᠙᠘ σ^{ζ} b b b c c b c c b c c L0.6-04fL, PU&&fP.25,FJ.C. P = L0.4f.A. D6.4f.A. $\Delta = \Delta^{c}$ $\Delta = d^{s} \cap d^{s}$ $\Delta = \Delta^{c}$ $\Delta = \Delta^{c}$ $\Delta = d^{s} \cap d^{s} \cap d^{s}$. $AACL_{PPQ}$ Δ° Δ°

 $C_{\text{LO}} \sim 4^{\circ} \text{LO} = 4^$

proposal did not meet the criteria for uplisting under CITES, but it was felt that other countries that were signatories to CITES needed to understand the negative consequences, for Inuit and for CITES itself, if the proposal was adopted.

Adamie Delisle-Alaku and Gregor Gilbert attended on behalf of Makivik Corporation. Other organizations that were represented included the Nunatsiavut Government, Nunavut Tunngavik Inc., The Inuvialuit Game Council, and the Federal and territorial governments. It was decided that establishing a booth at the CoP16 would be the most effective way of communicating the Inuit message. To refute the US proposal, it was necessary to inform delegates for other countries around the world about the Inuit way of life and the importance of polar bears to Inuit culture.

An enormous amount of effort went into lobbying other countries support for the sustainable use of polar bears, and all of the Inuit organizations worked diligently to ensure that our message was heard.

It was only due to the significant effort on the part of all of the Inuit representatives and the Canadian government that, first, the EU amendment, and then, the United States proposal, was defeated.

The European Union (EU), comprising 27 countries who vote as a block at CITES, did not support the US proposal, but were under pressure from animal rights





Canadian Inuit delegates: Gabrial Nirlungayuk of Nunavut Tunngavik Inc., Adamie Delisle Alaku of Makivik's Resource Development Department, Jim Goudie of Nunatsiavut Government, and Terry Audla of Inuit Tapiriit Kanatami.

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If another proposal to uplist polar

bears is submitted in three years time,

Inuit will be ready.

۵۹-۱۹۹_۰ CITES-١٤٠١٥ مرلك^رد نح ٥ هرو براه 63 مرو براه في المرود المرود المرود المرود المرود المرود في المرود الم ሳየናነረበ⁶ ወደላናው የፅነበጔ የና, 43 ላ⁶የነበ⊾ የና 15-ጔ 400,9c 4° ቦናርኦራ ነьናታ $^{\circ}$ ቦጋላናLC. $\dot{\mathsf{C}}^{\mathsf{b}}$ ሀላ Γ ~54,PCD11,~,PC=~D4L%. $4\Gamma_b\Gamma_c$ 4 *و* ۱۹ و $L\sigma L \wedge C^{\circ} \Gamma^{\circ} \sigma^{\circ} \sigma^{\circ} \sigma^{\circ} \sigma^{\circ} \sigma^{\circ} \Gamma^{\circ} \sigma^{\circ} \Gamma^{\circ} \sigma^{\circ} \sigma^{$ 42 $4 pL_2 U \sigma L_c$ د-46 مه⊂_دے ر ∇²,P₂,5∪_P 45V4_F ᡩᠳᠿᠲᡖ $-545\Gamma \Gamma_{\rho} \Gamma_{\rho} \Gamma_{\rho} \Gamma_{\rho}$ 6247L0 66 کا میرود.

δη_σρισίτα Διασ, Λαιιλαι Γυπημορία $P^{\sigma}CLD_{c}$ JC'P ⊂ V ⊃J%P4C'4J%%U9 د ۲۰۴۰ و م

~D177964~D18 ϼʹʹϧͶϹϷͼʹϧʹͼϤϨ΅ͽϲͼͺ ۰∆م ۵ د ۵٬۵۵ و ه bo CTC $\Lambda_{e}\Gamma \Gamma_{c}$ $\forall \sigma J^{\prime} \subset b \cap b^b \cup b^b \in \Gamma L \subset CoP-d^{\prime}, U \cap L^{\prime} \wedge b^b \cup b^b \wedge \Delta^{\prime} \wedge \Gamma b \cup b^b \cap b^b b^b \cap$ $a = a^5 \sigma^6 - \Delta = \Delta^c - 4^6 \sigma + 3^6 \sigma^6 C \sigma^6 \Gamma^c$. $a = a^1 \Gamma - C U C U D \Gamma^2 J - a - a^5 \sigma^6 - b L J \Pi \sigma^6$ $\mathsf{bL}\mathsf{\Gamma}\mathsf{b}^\mathsf{t}\mathsf{b}^\mathsf{t}\mathsf{n}\mathsf{D}\mathsf{J}\mathsf{n}^\mathsf{t}\mathsf{t}\mathsf{b}^\mathsf{e}$, $\mathsf{U}\mathsf{I}\mathsf{c}^\mathsf{e}\mathsf{l}\mathsf{c}\mathsf{c}\mathsf{n}^\mathsf{e}$, $\mathsf{u}\mathsf{c}^\mathsf{e}\mathsf{l}\mathsf{c}\mathsf{c}\mathsf{n}^\mathsf{e}$ ᡤᡠᠯ᠋᠘ᡎ᠙᠘ᡓ᠙᠘ᡧ᠘ᡓ᠘᠙᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘ᠳ᠘᠘᠙ᠳ᠘ᢕ᠙ ነፃ የሚያስ ተከተለ ላን ተነት ነት ነት ነት ነት ነት ነት ነው የተሰለ ነት ነት ነው የ 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60% 60%

groups to try and impose further protection for polar bears. As a result, they submitted an amendment to the proposal which would have equally negative consequences for Inuit. However, the CoP16 is very political, and many countries did not want to oppose the United States or the EU. In order for the amendment or the proposal to be adopted, a two-thirds majority is required. It was only due to the significant effort on the part of all of the Inuit representatives and the Canadian government that, first, the EU amendment, and then, the United States proposal, was defeated. There are currently 175 member countries to CITES, and

 $\Delta \circ \Delta^c P^6 U^5 \cap ^6 \Gamma C A^6 \Gamma A \Delta^c \Gamma^6$ DODO BOCD BRLOL DLO. 12-010 1711 1010 155P11~JN1~~1(Colc Pol-coros 15 LOLY COLC 5_DJ°_7_D+36.

It was only due to the significant effort on the part of all of the Inuit representatives and the Canadian government that, first, the EU amendment, and then, the United States proposal, was defeated.

the EU amendment was defeated with 63 countries voting in favour, 43 voting against, and 15

> abstaining. Once the EU proposal was defeated, the EU abstained from voting on the US proposal. Thus the vote on the US proposal was 38 in favour, 42 against, and 46 countries, including the EU, who abstained.

> In the end, the hard work of all of the Canadian delegates, and especially Canadian Inuit, paid off and there will not be any ban on trade of polar bear skins. In Canada, polar bears are managed very well, and there is no need for further restrictions. However, there is always the chance that another proposal will be submitted for the next CoP

in three years, and thus it is important for Inuit to continue to harvest polar bears responsibly. In Nunavik, where there is currently no polar bear management system in place, the Nunavik Marine Region Wildlife Board is in the process of establishing a management plan, so the Nunavik Inuit can demonstrate to the world that they are in the best position to protect polar bears. If another proposal to uplist polar bears is submitted in three years time, Inuit will be ready. •



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unavik Creations is pleased to introduce our new line of women's sealskin legwarmers. Designer, Vickie Okpik created the new line of legwarmers with a contemporary urban flare, to imitate the kanaak (legs) of the traditional Inuit kamik. Our legwarmers can be worn over boots suited for the city, or for other outdoor activities in the north or countryside.

We have evaluated and reworked the legwarmers to include specific design elements that would suit different sizes, styles and comfort. We offer both fitted and straight sizes. The full zipper closure allows the legwarmers to be easier to put on and take off without having to take your boots off.

We are pleased to share these instructions with you for how we produce these legwarmers.

The pattern

Choose your design and create a paper pattern for the inlay without seam allowance. Then, when cutting out the materials, add a one-centimetre seam allowance around the perimeter of the full legwarmer to sew in the zipper, drawstring casing, duffle and satin or nylon lining.





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UL ¹βτ⁶ βείλελα Γίτεολίζι *16βτεαλίετιο J* Δταγταίθιο Διο Γίτος ταθίου Γίο.



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- 6) ۲ⁱ٬CϽϲϽ٬۵Ϳ.
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- 3) $D^{\circ}\Gamma ? T^{\circ}) \lambda ? \lambda \Gamma^{\flat} C^{\flat} U + D^{\circ}\Gamma \lambda \lambda^{\flat} d \Pi \Phi^{\flat} P^{\flat} \Lambda \lambda^{\flat} \lambda^{\flat} \lambda^{\flat}$.

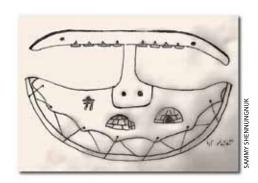
Inlay and blocking

To achieve the best results for making anything out of tanned sealskin requires *blocking*. To *block* sealskin, you will need to wet the entire skin with water. It is not necessary to soak the skin, but wet the hide thoroughly. Then stretch and staple the skin onto a board to thoroughly dry, which takes about a day.

Once the sealskin portion of the legwarmer is sewn together you can *block* it again to be sure that the style lines and design are straight and matching.

Assemble

- 1) If you wish to have a decorative border of duffle at the top of the legwarmer, like the exposed section of *alirtik* worn inside of *kamituinaq*, cut a length of duffle to the same width of your legwarmer. The height should be to your liking, but remember that this duffle strip has to be folded in half
- 2) Topstitch the ends of the drawstring casing in. The drawstring casing should be slightly less than an inch shorter than the width of the legwarmer.
- 3) Topstitch one edge of the lining to one side of the duffle, and the other side of the duffle to the drawstring casing.
- 4) Fold the drawstring casing right-side-out and topstitch it closed.
- 5) Sew the bottom hem of the lining to the bottom of the sealskin legwarmer. Leave a five-inch opening to be able to turn it right-side-out.
- 6) Sew in one side of zipper.
- 7) Sew in the other side of the zipper.
- 8) Turn the leg warmer right-side-out and hand stitch the five-inch opening closed.



Duffle

- 1) Topstitch the duffle fold together at one inch from the top edge to keep it in place and also to mark an embroidery line.
- 2) Embroider the top duffle border of each legwarmer to your liking.
- Insert the braided drawstring and your legwarmer is complete.





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۷-دره ۱۰ زمت ۷غ٬ ۵۲۱ در می ۱۲ ۵ مرد کا در ۱۲ کا LIPA" DE" GANIZA"

A Game Plan to Succeed

(After we have set an important long-term goal)

Donald M. Taylor, Ph.D. McGill University



Stratégie de réussite

(Comment réaliser un important objectif à long terme)

Donald M. Taylor, Ph.D. Université McGill

 $\Lambda J^* a J^* b J^* a J^* c T \Delta J^* c C A C^* b \Lambda L J^* C D J^* a A C^* c L J^* d J^* c$ $CL^bd^0UL^0$ $\Delta c^b\sigma d\Omega \sigma^b$ $\Delta c^b\sigma d\Omega \sigma^b$ $\Delta c^b C$ $\Delta c^b\sigma^b$ $\Delta c^b C$ ۲۶-6-10-15°C.

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n the last issue we learned that just picking a goal isn't enough. We have to set goals that are "S.M.A.R.T.". We want our young people to set education goals that are Specific, Measurable, Achievable, Relevant, and Time-Bound. And, of course, we are not just pointing our finger at students. We all have important goals in our life.

But just because we take the time to set a S.M.A.R.T. goal for our self doesn't mean we will be successful at achieving our goal. In fact over half the people who set a New Year's resolution goal give up after just a few short days or weeks. So, just having a goal, even if it is a S.M.A.R.T. goal, isn't nearly enough. It is merely the first step. Now we have to get to work.

Goal success is hard

Let's not kid ourselves. Successfully achieving any important goal is difficult. If it wasn't, every student would graduate, and they would all get A+ on their exams. If goal success were easy,

everyone who set a goal to guit smoking, or lose weight, or play the guitar like a rock star, or play hockey well enough to get to the NHL would succeed. But most of us struggle to achieve our goals and of course the more challenging the goal, the more difficult it is to achieve.

Why is it so hard to achieve an important goal? The simple answer is that our dream of a life filled with nothing but fun is pure fantasy. To succeed at school the student must attend school (no fun), study (no fun), study instead of having fun (no fun again), be well rested (no fun) and so on. If I want to succeed at losing weight I have to say no to donuts and bannock (no fun) eat vegetables (no fun). If I want to get in shape I have to exercise (no fun) and lift weights (no fun). If I want to master the guitar I have to prac-

tice (no fun) and practice (no fun) and practice (no fun). If my goal is to pay off my maxed out bills or credit card, it means I have to give up shopping (no fun) slow down on the Bingo (no fun), stop thinking about that fancy vacation (no fun). If my goal is to be more respectful of my colleagues at work, or my friend, it means no more gossiping about them, ignoring them, and becoming angry or frustrated at them.

No wonder so few people are successful at achieving important goals. But don't quit on me now. Knowing how hard it is to be successful, we need to remind ourselves why it is so important to have long-term goals. Then we can prepare ourselves mentally so that we start to make choices everyday that will get us closer to our goal.

Reasons for S.M.A.R.T. goals

So far I have probably convinced you that successfully achieving a goal is very difficult, few succeed, and pursuing a goal is no fun. So why even try? Let's not forget that striving to meet important goals makes life worth living. The basis of all religions in the world is

ans le dernier numéro, nous avons appris que le simple choix d'un objectif n'est pas suffisant. Nous devons fixer des objectifs qui respectent la méthode « S.M.A.R.T. ». Nous souhaitons que les jeunes se fixent des objectifs éducatifs spécifiques, mesurables, atteignables, réalistes et temporellement définis. Bien entendu, cela ne s'adresse pas uniquement aux étudiants. Nous avons tous des objectifs importants dans la vie.

Même en fixant un objectif S.M.A.R.T., cela ne garantit pas l'atteinte de cet objectif. En fait, plus de la moitié des gens qui prennent une résolution du Nouvel An l'abandonnent après quelques jours ou quelques semaines. Se fixer un objectif, même s'il s'agit d'un objectif S.M.A.R.T., est loin d'être suffisant. C'est un premier pas, mais il faut également se retrousser les manches et se mettre au travail.

L'atteinte d'un objectif requiert des efforts

Nous devons être réalistes. La réalisation de tout objectif important est difficile. Si ce n'était pas le cas, tous les étudiants obtiendraient leur

diplôme, et ils auraient des

Pourquoi est-il si difficile d'atteindre un objectif important? La réponse est simple, parce que notre rêve d'une vie remplie uniquement de plaisir est une pure fantaisie. Pour réussir à l'école, l'élève doit fréquen-

A+ dans tous leurs examens. Si l'atteinte des objectifs était facile, toutes les personnes ayant pour objectif d'arrêter de fumer, de perdre du poids, de jouer de la guitare comme une vedette rock, ou de jouer au hockey assez bien pour atteindre la LNH parviendraient à réaliser leur objectif. Mais nous devons presque tous consacrer beaucoup d'efforts pour atteindre nos objectifs, et plus l'objectif est ambitieux, plus il est difficile à atteindre.

ter l'école (exigeant), étudier (exigeant), faire des travaux scolaires au lieu de s'amuser (exigeant encore une fois), bien se reposer (pas amusant), et ainsi de suite. Si je veux réussir à perdre du poids, je dois dire non aux beignets et à la banique (pas amusant), et manger des légumes (pas toujours amusant). Si je veux me mettre en forme, je dois faire des exercices (exigeant) et soulever des poids (exigeant). Si je veux maîtriser la guitare, je dois pratiquer (exigeant), pratiquer (exigeant) et pratiquer encore (exigeant). Si mon but est de payer mes factures et ma carte de crédit, je dois renoncer à faire des achats (pas amusant), jouer un peu moins au bingo (pas amusant), et cesser de penser à des vacances de luxe (pas amusant). Si mon objectif est d'être plus respectueux envers mes collègues de travail, ou mes amis, cela signifie qu'il faut mettre un terme aux ragots à leur sujet, cesser de les ignorer, et éviter de se montrer colériques ou irritables envers eux.

Il n'est donc pas étonnant que peu de gens réussissent à atteindre des objectifs importants. Mais, il ne faut pas se décourager. Sachant combien il est difficile de réussir, nous devons constamment nous rappeler à quel point il est important d'avoir des objectifs à long terme, pour ainsi nous préparer mentalement à faire des choix quotidiens qui nous rapprocheront de notre objectif.



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AAKIVIK magazine

that we should all strive to be the best that we can be, even though none of us will reach the perfection our religion wants us to aim for.

The rewards for striving to achieve important goals are immeasurable. Self-government is a lofty goal for Nunavik, but self-government requires educated citizens. And of course education has a whole host of personal benefits, including more work and career opportunities, higher salaries, more status, and more life opportunities just to name a few. Losing weight and eating better mean a better quality of life each and every day, and maybe even a longer life but. And even a more unrealistic goal like becoming a rock star or NHL hockey player leads to fantastic life opportunities, even if in the end we fall short of actually achieving such a nearly impossible goal. In fact, pursuing any important goal is associated with a better quality of life and better relationships with people, especially those that matter to us most.

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Let's not forget that striving to

meet important goals makes life

worth living.

N'oublions jamais que les efforts

pour atteindre des objectifs

importants font en sorte que la vie

vaut la peine d'être vécue.

Maximizing the chances

We have to get started now! I know the final goal is way in the future, but success requires that we start now, taking small steps towards our goal. We need a daily strategy, daily mini-goals that add up to long-term success. Plus, we are going to have to change our habits to fit in the daily steps needed to achieve our goal. But we are already very busy and we all have habits that are difficult to change. For instance, I have eaten supper at 6 pm every day

of my life, and now I am supposed to go to the gym for a workout at 6 pm and put off supper until 7pm—not easy. To make it worse, lots of things we have to do to be successful are not much fun. Where to begin?

We need a clearly defined daily and weekly plan. And we need to be serious about our plan. Think of all the diets that try to help us lose weight, from Weight Watchers to the South Beach Diet. They publish whole books designed to give a day-by-day plan including daily recipes and meetings or a toll free telephone number for social support.

If-Then strategies

So our plan for whatever important long-term goal needs to be concrete. We need to make a list of "If-Then" strategies. Here are a few examples:

- If it is 6 pm, then I go to the gym
- If I am invited out with friends, then I do my homework first
- If I feel like a cigarette, then I chew a piece of gum
- If I am out late, then I wake up anyway
- If I am tired in the morning, then I go to bed early the next night

As you can see, successfully achieving an important goal is not easy. So let's implement a plan immediately and try to stick to it. One final point, nobody ever follows a plan perfectly—at some point everyone slips and has that piece of cake, smokes a cigarette or misses a day of school. That's normal. The key is not to then just give up on your whole goal, but get back on the plan. "No pain, no gain" as they say—so let's get started.

Raisons d'être des objectifs S.M.A.R.T.

Pour l'instant, je vous ai sans doute convaincus que l'atteinte d'un objectif est difficile, que peu réussissent, et que la poursuite d'un objectif n'est pas toujours une partie de plaisir. Alors, pourquoi essayer? N'oublions jamais que les efforts pour atteindre des objectifs importants font en sorte que la vie vaut la peine d'être vécue. Toutes les religions du monde sont fondées sur le principe qu'il faut constamment s'efforcer de faire de notre mieux, même si aucun d'entre nous n'atteindra la perfection prêchée par notre religion. Les récompenses à la suite des efforts consentis pour atteindre des objectifs importants sont incommensurables. L'autonomie gouvernementale est un objectif ambitieux pour le Nunavik, mais l'autonomie gouvernementale exige des citoyens instruits. Et l'éducation offre une foule d'avantages personnels, y compris de meilleures possibilités d'emploi, des salaires plus élevés, de meilleures perspectives d'avenir pour n'en nommer que quelques-uns. Perdre du poids et bien s'alimenter améliorent la qualité de vie quotidienne,

et contribuent à prolonger la vie dans bien des cas. Un objectif difficilement réalisable, comme devenir une vedette rock ou un joueur de la LNH, peut aussi paver la voie à des réalisations fantastiques, même si les chances d'atteindre un tel objectif sont peu probables. La poursuite de tout objectif important est associée à une meilleure qualité de vie et de meilleures relations avec les gens, en particulier ceux qui comptent le plus pour nous.

Maximiser les chances

Nous devons commencer sans tarder! Je sais que l'objectif final est loin devant, mais le succès exige de commencer dès maintenant, afin de progresser pas à pas vers l'objectif. Nous avons besoin d'une stratégie, de petits objectifs quotidiens qui accumulés les uns aux autres assurent la réussite à long terme. De plus, nous devrons changer certaines habitudes pour intégrer les activités quotidiennes nécessaires pour atteindre notre objectif. Mais nous sommes déjà très occupés, et nous avons tous des habitudes difficiles à changer. Par exemple,

je soupe à 18 h tous les soirs depuis toujours, et maintenant je dois m'entraîner au gymnase à 18 h et repousser le souper à 19 h, ce qui n'est pas facile. Pire encore, beaucoup de choses que nous devons faire pour réussir sont exigeantes ou ne sont pas très amusantes. Par où faut-il commencer? Nous avons besoin d'un plan quotidien et hebdomadaire clairement défini qui sera appliqué avec sérieux. Pensez à tous les régimes qui tentent de nous aider à perdre du poids, comme Weight Watchers ou South Beach. Ils publient des livres entiers comprenant un plan au jour le jour, des recettes quotidiennes, des réunions ou un numéro sans frais pour obtenir du soutien social.

Les stratégies si-alors

Notre plan pour atteindre un important objectif à long terme doit être concret. Nous devons établir une liste de stratégies « si-alors », dont voici quelques exemples :

- S'il est 18 h, je me dirige alors vers le gymnase.
- Si on m'invite chez des amis, je fais alors mes devoirs en premier.
- Si j'ai envie d'une cigarette, je prends alors une gomme à mâcher.
- Si je sors tard en soirée, alors je me lève malgré tout le lendemain matin.
- Si je ressens de la fatigue le matin, alors je me couche plus tôt le soir

Comme vous le constatez, atteindre avec succès un objectif important n'est pas facile. Il faut donc mettre en œuvre un plan sans tarder, et essayer de le respecter. Un dernier point, personne ne suit jamais un plan à la perfection. À un moment ou un autre, on mange un morceau de gâteau, fume une cigarette ou manque un jour d'école. C'est normal. La clé n'est pas alors d'abandonner l'objectif, mais de revenir au plan. Il n'y a pas de résultat sans effort comme le dit l'adage. Alors, retroussons nos manches, et mettonsnous à la tâche.



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New Landmarks in Mental Health

Eric Duchesneau, NRBHSS

An important training session on mental health in Nunavik was held in Kuujjuaq from March 22 to 24 for physicians and workers of the health and social services network.

This training was a first-ever opportunity to bring together the physicians of Nunavik for three days under the same roof, as well as other professionals from here and elsewhere, with the goal of creating ties and facilitating exchanges between the various interveners in order to cast the foundations for new collaborative avenues toward solutions.

During these three days, various speakers shared their vast experience to fuel discussion. Their presentations were to guide reflections on how to improve mental-health care in the context of a remote region and a transcultural context of the Inuit vision of their health and their preferences relative to the solutions to recommend. Many questions need to be answered, and it is our responsibility here to encourage discussion while keeping an eye on potential solutions rather than on the problems and their causes.

Now is the time to find new landmarks in mental health. Development, cooperation, team spirit and a global vision of health are the guidelines for this gathering and for our daily actions.

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Bravery Awards for Nunavimmiut

ast March 22, the final day of Makivik's annual general meeting in Kangiqsujuaq, Makivik board members representing Inukjuak, Kuujjuag, Kangirsuk, and Kangiqsujuaq were officially handed bravery

medals to present to the outstanding citizens of their respective communities.

One such hero was nine-year-old Sandy Kauki of Kuujjuaq who helped to rescue another boy who had slipped into a river

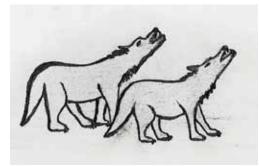
> while playing with his toy boat. Eva Gunn, who nominated Sandy for the award, writes: "If Sandy had not been there with (the other boy), I honestly believe he would of died ... Sandyman, as we call him, was a brave boy and saved his friend."

of Sandy's proud family members for

Makivik's vice-president for economic development, Michael Gordon, 🖥 stood along with Kuujjuag board ਦੇ member, Sammy Koneak, and several

the award presentation.

Other recipients of the Makivik Bravery Award included 10-year-old Joadamie Echalook of Inukjuak for saving a male from drowning; Noah Elijassiapik and Simeonie Ohaituk of Inukjuak for saving a female from drowning; Louisa Annahatak, Sarah Annahatak, and Winnie Grey of Kangirsuk for saving a male from a burning cabin; and William Tuukak of Kangiqsujuaq for saving a female from drowning.





Board Members Take Oath

izzie Kulula of Quaqtaq and Charlie Fleming of Chisasibi, who have both served as Makivik board members during terms previous to the most recent, were again elected at the 2013 board elections this past January. It was Sheila Ningiuruvik of Quagtag and Raymond Menarick of Chisasibi whom they replaced. Rhoda Kokiapik was re-elected for Inukjuak, while Noah Tayara of Salluit and Maggie Akpahatak of Aupaluk won by acclamation. In customary style, these Nunavik board members were sworn in by one of the Nunavik governors—this time Eva Deer—at the 2013 Makivik annual general meeting in Kangiqsujuaq. Congratulations to all.





Lifetime Award for Charlie Adams

E Isie Adams, the widow of singer-songwriter Charlie Adams, was at the Makivik annual general meeting in Kangiqsujuaq to receive his Lifetime Award. The plaque, presented to her by Jobie Tukkiapik, is engraved: "Thank you for all of your beautiful songs that touched our lives and the inspiration they bring to Inuit today and tomorrow."

A video of Charlie Adams in performance preceded the plaque presentation. Kangiqsujuaq's huge Qaqqiq gymnasium echoed with loud applause and a standing ovation for the fond memory of Elsie's late husband and his familiar Inuktitut songs.

A left-handed guitar strummer, Charlie's singing career started in 1973, which led to the writing of many popular country songs about the Inuit's changing lifestyle and the happiness

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<mark>۹۵۲ ۱۵۲، ۵۵۰له، مربی ز</mark>۸۵۰۲هی-<mark>σίρω Ċργερίηρισω ί</mark>ε άςΓρί, μρίδρί <mark>♪〈♪∩ィ┟~♪イシホ</mark>。 Ѵ∪Сクフ∪。₽ᢞイ。フᡪᠳ ♡ͽ៶ϤϳĹϤ NUZ'TLYTO' aso'CDJNblob. 4ParDC'CNC-DOJLOUS DAPOLOD ÝΛ DJN%L. $\nabla J - 4e_{\rho}$ 1-CLF4C1P1>10 "2d5F6 Dogles Colored Colors Δέζζησ <mark>┕マ゚「゙トህՈ◊ ニ゚レႶ゚ᠴ೧゚コ Δ ឆ゚Ⴋ゚ δ゚ᠴΓ, ჼbδ′<っ.′</mark> $Cd^2 a S^c L - 4 \& b^c$ σĽ¹ϽϤ مرکا ۳۹٫۶۰۹ مراره و به به و مرکن می مرب و مرکن می مرب و مرکن و ۹۲۰ م ۲۰ Vc)C>cologo ۲۶۰℃لح. ے ہے کہ لا 19-5181-1°0 $\nabla L_{0} \nabla L_{0} \nabla L_{0} = \nabla L_{0} \nabla$ $\langle U \Gamma \nabla A \rangle_c \nabla_{\ell} P \Gamma_c A \nabla_b \nabla A \nabla A \nabla_b A$ <mark>ᢧᡝᢗᢐᡶᠣ᠍᠈᠘ᠴᢩᢐ᠒ᠫ᠊ᠴ᠘ᢣ</mark>ᢠᡖᢆᢣᢓ᠒ᡄᡧ᠘᠘ᢣᢐᡗᡱᡖᢠ ጋ^ኒየረበ₺.

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of life. Perhaps his most popular song, *Quviasupunga* ("I'm Happy"), was also the name of his album recorded in 1997. Charlie was also one of the first Inuit singers to be recorded by CBC, and became instrumental in making Inuit known throughout the world.





 $\label{eq:continuity} \text{`b-continuity} \begin{align*} & \textbf{b-s} \cdot \textbf{a} & \textbf{a}$

Changes to Nunavik Cost-of-Living Measures

A joint Makivik–KRG press release last March 1 says the two organizations have been forced to make changes to popular cost of living reduction programs that started in 2007 because the Quebec government funding is no longer adequate to cover these.

Quebec government funding for the measures will be \$5-million in 2013-2014. Under the Airfare Reduction Program, reimbursements will be reduced from 50% to 30% per ticket per person, up to a maximum of \$1,050 annually for compassionate and regular travel combined. Also, under the Transportation Subsidy Program, subsidies for vehicles and equipment will be cancelled.

In response to the recent elimination of the Food Coupon Program (a separately funded initiative), payments under the Elders Assistance Measure were increased from \$500 to \$750 annually, but eligibility is restricted to elders who are beneficiaries of the JBNQA. The Food Program, the Gasoline Subsidy Program, the Transportation Subsidy Program for Household Furniture and Appliances, and Support for Inuit Harvesting Activities will remain unchanged.

Most major regional organizations recently accepted to begin reimbursing to the Gasoline Subsidy Program the 21¢-per-litre savings they receive for their gasoline consumption in the communities. This commitment will help make it possible to maintain the current gasoline subsidy received by individual Nunavimmiut at the pumps at least until August 31, 2013. More information on Nunavik's six cost-of-living measures is available on the KRG website.



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Makivik and ITK Meet

Makivik President, Jobie Tukkiapik, and Inuit Tapiriit Kanatami president, Terry Audla, met in Ottawa last winter. The two leaders discussed the "Idle No More" movement and how Inuit should relate to it. Terry stressed to Jobie, ITK was working on its own stradegy to have a one-on-one meeting with the prime minister to address Inuit specific issues. He wanted Inuit regional organizations like Makivik to have patience and give ITK—our Inuit national organization—time to work it out. Jobie took the time to highlight issues outstanding with the Government of Canada like the lack of adequate housing in Nunavik that is being ignored by Ottawa.



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Kautaq Construction, Licensed for Business

Makivik's new construction company has a name—Kautaq Construction. The new name was chosen by our board of directors last January following a contest which appeared in our *Makivik Magazine*—which is produced with regular input and collaboration from all Makivik departments and

subsidiary companies as a medium to help our esteemed population be well informed about the challenges and achievements we meet on behalf of the Inuit of Nunavik. The winning name was submitted for the contest by Martha Gordon of Kuujjuaq. Kautaq Construction now has all of the necessary licenses and permits in place and is preparing for the upcoming construction season.

The Makivik Construction Division will continue to implement and manage major Nunavik projects such as marine infrastructures and social housing units. As a non-profit corporation, Makivik has been able to maximize the number of social housing units through the available funding programs.

Kautaq Construction will focus initially on facilitating access for Nunavik residents to the recently renewed private home own-

ership program and construct private residences throughout Nunavik. Our new subsidiary company has also acquired heavy machinery and rock crushing equipment to provide support to the Makivik Construction Division for site preparation and pad construction to receive social housing units as well as to bid on various civil engineering projects in the region.



Kautaq Construction intends to hire as many Nunavik Inuit beneficiary workers as possible—adequate training, certification and candidates' interest permitting. If you wish to have a career in the construction industry by working at Kautaq Construction, fax your application to 1-514-745-8452 and/or telephone our construction project manager, Maxime Ladouceur, at Makivik's branch office in Montreal: 1-800-361-7052.



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Usijiit and Public Transit Services

RG and the northern villages have been steadily introducing public transit services in Nunavik. *Usijiit* and public transit buses are now rolling in 12 communities and will soon be launched in Akulivik. Nunavimmiut have taken close to 50,000 rides on them since 2011. *Usijiit* para-transit service, which began in 2004, provides rides for people over 60 and the disabled. The public transit buses, however, are for riders of all ages.

Public transit means fewer private vehicles on the road so greenhouse gas emissions are reduced. It creates local jobs for drivers and mechanics and helps residents save money. *Usijiit* and public transit



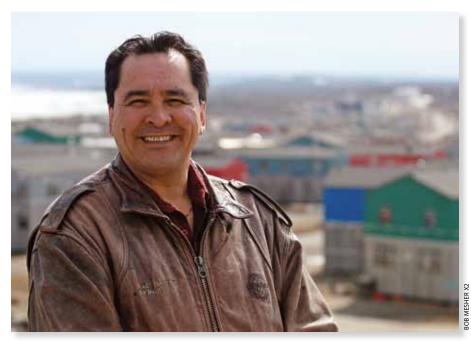


buses are providing an effective way to get to work, to the daycare and to the co-op store, to name but a few destinations.

While some revenue is generated through rider fares, most operating costs for Nunavik's new public transit services are covered under a public transit program delivered by Transport Quebec (*Ministère des Transports du Québec*) and from the *Sanarrutik Agreement*. Contact KRG's Information Department for more specifics about the funding of this program or your local municipality about day-to-day *Usijiit* and public transit operations.







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New Leadership at Makivik Airline Companies

Pita Aatami began his new job as the president of Air Inuit on March 28, 2013. Out of three candidates who applied for the position, Makivik's corporate secretary and Air Inuit chairman, Andy Moorhouse, explained that Pita was the most knowledgeable about the structure of this Makivik subsidiary company, as well as the most experienced in operating an airline company.

And certainly Pita is well known throughout the region and the industry, considering his long previous career in Nunavik politics and with the transportation services of Nunavik. Pita succeeds the retiring Peter Horsman, whom Air Inuit has retained for the period of time necessary for a smooth transition of operations and administration.

Similarly, the First Air board of directors proudly announced the appointment of Brock Friesen as First Air President and Chief Executive Officer, effective March 25, 2013. Brock brings a broad range of aviation management experience to First Air. His extensive industry knowledge and senior management expertise has been accumulated from previous roles with



Canadian Airlines International, Star Alliance and Air Malta. Most recently, he led a successful new regional airline in West Africa.

Gratitude was also issued to Chris Ferris for his valuable efforts as First Air's interim president and CEO over the last several months. He is now the company's executive vice-president for Marketing and Sales.



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Sushi Lunches in Montreal

Raw seafood has been a staple of the Inuit diet for about as long as it has been for Asian cultures, although each has their own ways of preparing and eating them. Inuit have been regularly making and eating sushi, which has its origins in Japan, for at least the past generation. One is now just as likely to find pickled ginger, wasabi, short grain rice, and nori seaweed in Nunavik





Nunavik

grocery stores, as the ingredients for making bannock. And Nunavik fish like trout, charr and salmon are among the world's healthiest and most delicious fish anywhere.

For the past few years, Makivik staff who work at our branch office in Montreal get together for a Friday sushi lunch about every week or two—each contributing their own ingredients. Inuit in Montreal are grateful to receive fish for these lunches from friends and family in the north. Sometimes the choice for these healthy lunch gatherings is of other Nunavik country food, or even Mexican. As one Makivik worker explains, the best part is the sharing of food and the socializing.

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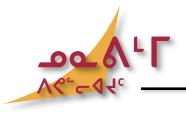
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Fine Leather Goods

 ${f N}$ unavik Creations is pleased to offer new designs to our fine leather goods and bag collection.

Vickie Okpik has created new items such as a purse featuring an embossed leather akuk design, a sealskin wallet and a sealskin coin pouch.

Leather goods designer Giselle Desilets was hired to teach our designer and Inukjuak workshop team the technicalities to achieve the best design, which affects our manufacturing and retailing costs. It was also important for the Inukjuak seamstresses to learn how to create their own designs using these techniques, and to apply their experience from previous training workshops.

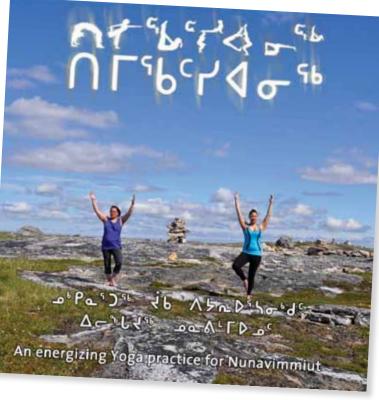


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Nunavik-Specific Yoga Video

A first-ever instructional Yoga video produced specifically for the wishes of Nunavimmiut has been produced in view of the increasing popularity of Yoga in the region. The video stems from the involvement of visiting Yoga experts for Nunavik's Cirqiniq youth circus program and in-schools training, as well as an expanding interest in yoga for better mental, emotional and physical health for adults.

The demand for customized content to continue Yoga classes at

the community level led to the development of this customized yoga DVD for Nunavimmiut. With the help of First Air, the NRBHSS, the Kripalu Teaching for Diversity Grant, Northern Lights Yoga, and significant in-kind contributions from Grace Jull, editor Pauline Decroix, and graphic artist Thomassie Mangiok, the DVD is the first customized yoga video developed for the people of Nunavik. Music was donated by Karin and Kathy Kettler of *Nukariik* and further customized for the program.

Featured in the video are Louisa Yeats and Christine Nakoolak of Kuujjuaq, as they demonstrate the six movements of

the spine to warm up all the joints of the body before moving on to a complete experience of 21 standing, floor, and balancing postures. The names of postures in the video have been changed to names of animals and images typically seen in the North to connect with the sources of power that are alive and vibrant in Inuit culture and climate.

The primary focus and distribution of the video is for educational institutions and community use. Distribution to Nunavut and the NWT is also being explored. Go on the Internet to northernlightsyoga.ca to obtain a copy of this video.





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Raglan Celebrates 15 Years of Production

Xstrata Nickel Mine Raglan, which was formerly called *Société minière Raglan du Québec Itée* and owned by Falconbridge, launched production operations in December 1997.

A memo from Xstrata explains that, "building close and open collaborative relations with the people of the region was a priority for the company, in particular as regards Inuit employment and the environment... The knowledge, know-how and expertise of the Nunavik Inuit have greatly contributed to the Raglan site opening, which was itself quite a challenge given the extreme climatic conditions prevailing in the region."

The Raglan Agreement was signed between Société minière Raglan du Québec Itée, Makivik and the nearby communities of Salluit and Kangiqsujuaq, supported by their respective landholding corporations. The Raglan Agreement addresses several issues of concern, including the environment, the hiring and training of Inuit workers, the engagement of suitable Inuit companies to procure services and goods required during the development and mining phases at the mine, and specifies that Société minière Raglan du Québec Itée is required to make guaranteed payments and profit sharing allocations.



Supplies and materials were brought long distances in order to reach the site and the service areas and the housing facilities were built in a manner consistent with existing environmental standards. They began the production of high-grade nickel and copper concentrate on December 4, 1997 and commercial production started in April 1998.

The following are important milestones of Raglan Mine's 15 years of production: in 1995 the *Raglan Agreement* was signed; in 1997 they started production; in 1998 the mine was brought into commercial production; in 2005 the autogenous mill was converted into a semi- autogenous mill to increase production rate and capacity to process harder ore; in 2006 Xstrata completed acquisition of Falconbridge; in 2008 their annual production reached 1.3 million tonnes of ore; and in 2011 they passed the mark of \$100-million Canadian paid to the Nunavik communities and also invested \$530-million US to increase its nickel production capacity to 40,000 tonnes.



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Hockey and School for Jeffrey and Samson in Pierrefonds

From "South by Northeast" by Frederic Serre

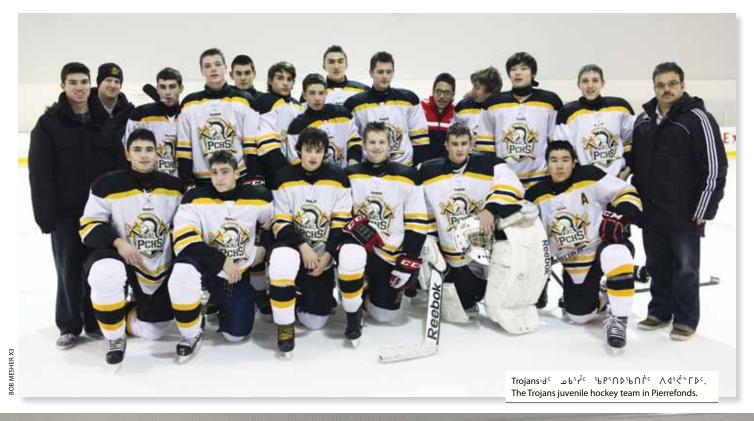
he cafeteria inside the cavernous Pierrefonds Comprehensive High School (PCHS) on the West Island of Montreal is a loud and animated place during the busy lunch hour where 1,200 teenagers each day fill the halls. And while the students mill about the lunch tables, Jeffrey Gordon walks discreetly through the cafeteria, waving to a few friends as he makes his way through the busy crowd.

Jeffrey, who is from Kuujjuaq, is 16 years old and in Grade Nine. Jeffrey's scholastic average is 88 in his eight-course program and he has a strong work ethic. He is an honour roll student, an accomplished hockey player and he would like to become a physiotherapist. "I'm really into

how the body works ... it might be a bit early for now, but from the classes I've taken, like Personal Orientation, I've been really thinking about getting into physiotherapy," he says.

He started going to PCHS last September. Pierrefonds and nearby Pointe Claire, where he is living during the school year, is an active and urban community that is also both challenging and rewarding.

"Jeffrey has completely flourished in this whole process, in the classroom and on the ice – in everything," says Fernando Garcia, coach of the PCHS Trojans juvenile hockey team, veteran French and History teacher, and the first PCHS









official to meet Jeffrey. "He has absolutely excelled, in his people skills, communications skills, his humour, opening up to other people – what can I tell you, he's an outstanding young man."

Jeffrey Gordon and 14-year-old Samson Tookalook were selected to attend PCHS during the 2012-2013 season thanks to the Nunavik Youth Hockey Development Program (NYHDP), which is now in its seventh year. In the fall of 2009, the PCHS Trojans returned to the ice after a two-year absence on the local hockey scene. By 2011, the

"Jeffrey has completely flourished in this whole process, in the classroom and on the ice – in everything."

NYHDP contacted PCHS principal, Cristine Prata, and athletics coordinator, Dan Nathan, to introduce a pilot program for deserving Nunavik students, offering to send them to the Montreal area for an entire year of school and hockey. While other kids had gone south to play hockey in the past, Joé Juneau of the NYHDP emphasized that school had to come first.

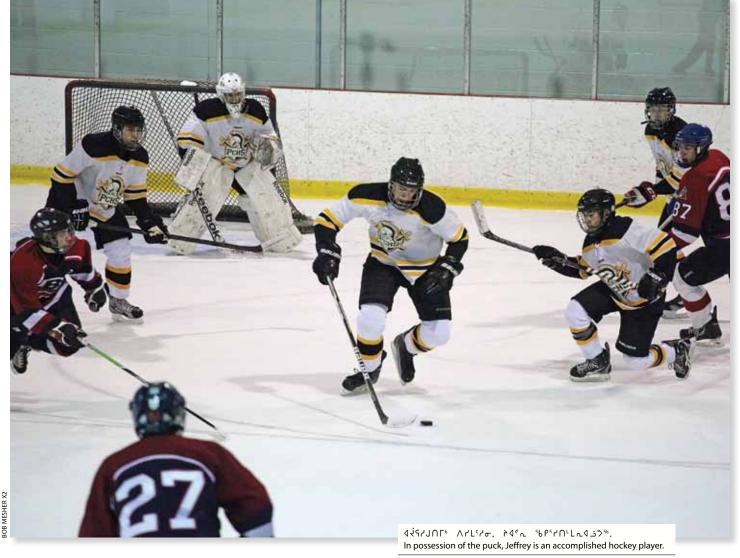
While both arrived in early September, only Jeffrey has remained with the program. Samson got homesick and returned home to Umiujaq in early February. Jeffrey says, "(Samson) missed his friends and his family. He missed everything about home and he was very sad. I felt very bad

for him, because I know he tried, but he also found the school too big here. He was also very shy, and could not talk to anyone."

Samson may have found his new environment intimidating, but, according to his mother, Mina Esperon, the exchange program did bring home some rewards and lessons. He has continued to go to school, and not only is he playing hockey back home, but he is also teaching hockey to local kids.

"I am very proud of him," said Samson's mother. "He accomplished a lot, even though he was not able to do the program to the end. I was proud that he did something with his life, that he is still going to school and that he loves hockey."

Jeffrey, meanwhile, successfully battled homesickness and shyness by talking with





"I am very proud of him," said Samson's mother. "He accomplished a lot, even though he was not able to do the program to the end. I was proud that he did something with his life, that he is still going to school and that he loves hockey." Λ °°--'Ld'L Δ -- Δ °\b'\delta-\constraint \delta \constraint \del

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Nunavik Player

Name: Tonya Moreau

Date of birth: June 24, 1994
Place of birth: Puvirnitug

Home community: Inukjuak

Role model: Sarah Lisa Alaku

Favourite sport: Volleyball
Favourite foods: Frozen caribou and

Italian food

Occupation: Student – John Abbot College

Future goal: To finish college

Most difficult obstacle Losing my grandpa, to overcome:

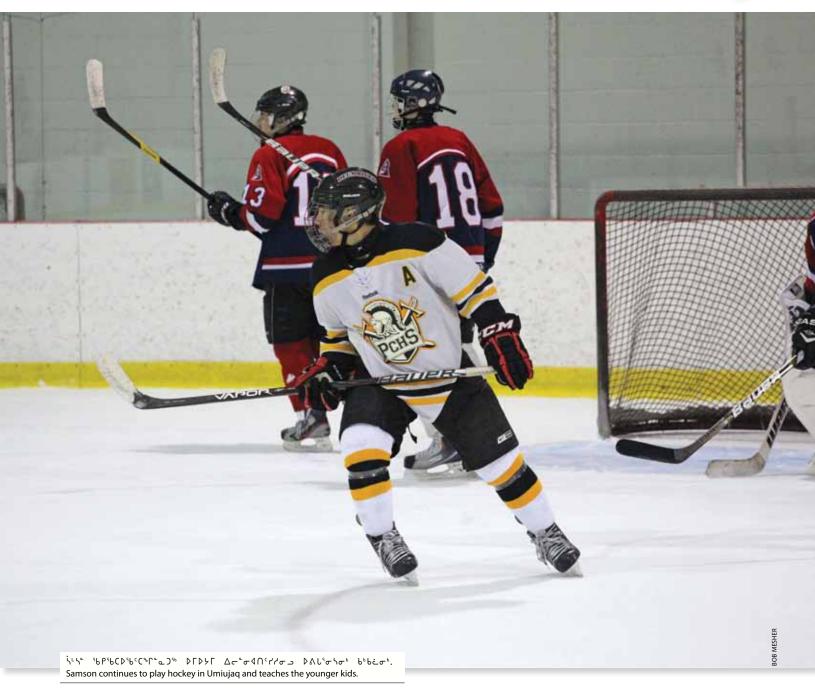
to overcome: Moreau

Pet peeve: People who purpose

People who purposely put others down, just to make themselves feel better







people. "I reached out and talked because I was very sad, I missed my friends and family, and I wanted to go home," he says.

One of the people he reached out to and who has ended up being a significant influence in his life was Alex Navarette, a fitness teacher at PCHS. Alex set up an apartment in his basement for Jeffrey, including gym equipment and an activity board to help him plan his week, highlighting everything from school to hockey activities and even household chores.

Jeffrey's parents kept in touch with their son and regularly him a dose of "tough love". They did not want him to necessarily come back early because they knew that what he was doing was just going to be better for him in the end.

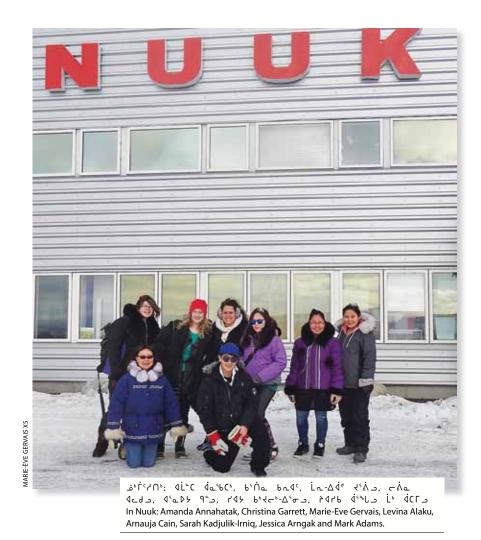
What advice does Jeffrey have for others who will follow in his footsteps?

"Keep trying for a few days, for a few weeks, to see if you like it. If you like it, you will stay, but if you don't like it, talk to someone because it will get better," he says. "I always wanted to do well in school and I've worked hard to get where I am, and there's no reason to stop now. It's been fantastic for me."



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Nunavik Player

Name:

Date of birth: December 13, 1994

Place of birth: Puvirnitug

Home community: Kangiqsujuaq

Role model: Qalingo Napaartuk

Favourite sports: Ice hockey and soccer

Favourite foods: Caribou, steak and

chicken

Mark Adams

Occupation: Drumming trainer

Future goal: To be a musician

Most difficult obstacle

to overcome: Knowing people who weren't happy and not

trying to have fun

Pet peeve: People who make fun

of others and give them names

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Kangiqsujuaq School Group to Greenland

ive students and three adult chaperones went to Greenland from Kangiqsujuaq this spring. These Secondary 4 and 5 students were Mark Adams, Amanda Annahatak, Levina Alaku, Arnauja Qisiiq and Lizzie (Sarah) Kadjulik-Irniq, along with KSB commissioner Jessica Arngak and teachers Marie-Eve Gervais and Christina Garrett.

The group departed from Kangiqsujuaq on March 27th and went to Iqaluit, where they got to visit the Arctic College's Jewellery Design Program, Ecology Program, Fur Design Program and Nursing Program. In each program they were given a got a short demonstration and saw examples of work and activities that are done in the program. The students were impressed with the programs offered there and wished a college with the same kinds of programs could be available in Nunavik.

From Iqaluit, they flew to Nuuk on March 29 and stayed in Greenland for a week. One highlight of the Greenland visit was a boat trip to Kapisillit Island. There were icebergs and all of the water was unfrozen. The village has only 60 people living there. The Greenlandic guide was fantastic, as she told hunting stories and outlined the hunting rules of Greenland, such as not being allowed to use a skidoo or any modern transport while hunting. She said that when she hunts she carries the caribou on her back because they are not allowed to use snowmobiles or all terrain vehicles. Jessica exchanged Inuit recipes with her.

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Pretty fashions.

in Greenland's Inuit language—Greenlandic. Their school also has a large collection of literature in their library, in Greenlandic, including Harry Potter. The Language Department at the University in Nuuk has a program called "Eskimology" where you can study and learn Inuit languages and culture.

"Eskimology"/"Δ'PJac~ld'[""
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The Language Department at the University in Nuuk has a program called "Eskimology" where you can study and learn Inuit languages and culture.

Another feature they discovered in Nuuk is their country food at the market. They did two country food meals at their hotel. At the local market and the grocery store, the students bought muttaq, narwhal, dried whale, frozen fish, muskox and fish heads. They really enjoyed eating these traditional foods in Greenland.

But the fun continued with on afternoon of skiing in Nuuk for the Kangiqsujuaq group. Mark recalled, "My favourite activity in Greenland was skiing on top of the mountain. I loved the view of Greenland. I wish I could go there again someday."

They also went to see Greenland's National Museum, so full of interesting artefacts and arts. They felt overwhelmed upon seeing the exhibit of four mummified Inuit women and a

Their visit to the home of a Greenlandic woman was also memorable. She served local traditional tea, coffee, breads and cookies. Instead of offering sugar for the tea, she offered caribou fat, which she said is a Greenland Inuit tradition. The students loved the caribou fat! Their teachers tried it also. The hostess showed traditional Greenlandic national costumes and the Inuit visitors loved comparing their sewing styles with Greenlandic styles.

There was a school exchange as well, whereby the Kangiqsujuaq group visited an English high school class. They presented a slide show of Kangiqsujuaq that they had prepared and Jessica showed them the traditional way of mussel picking and Mark showed off a little throat singing. The students from Greenland were impressed and curious about the traditional way of life in Nunavik. They were impressed that Nunavik students still take culture and land skills classes. The Kangiqsujuaq students were equally impressed with the fact that schooling from kindergarten all the way through college programs and university is done





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Due to lack of passport services in Nunavik, the lack of understanding by Passport Canada of Inuit identification cards and inconsistent government spelling of Inuit villages, a few of our students were denied passports twice. $\Delta^6b_3^ec$ $\dot{a}^bc_4c_0k_4c$ \dot{b}^c $29-\Gamma$ $40P^c_5\dot{c}^c$ $10P^c_5\dot{c}^c$ $10P^c_5\dot{c}^c$

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giving them knowledge of Greenland, so when the students reacted positively about exploring the Circumpolar World, the Social Studies teachers here at Arsaniq School ... expanded the KSB unit of study to include exploring such issues of government, language and traditional ways of life of the Circumpolar World focusing on Greenland (knowing that we were travelling there) and comparing and contrasting Greenland to Nunavik. Our hope is that our students would be responsible Nunavik citizens



baby that were from 1400 AC. A few felt saddened because the mummies were not buried. Jessica was also surprised at seeing a replica of a Greenland home of the 1950s; explaining in that her house was very similar when she was growing up.

Everyone dressed up in their best clothes and went out to a fine dining meal at one of the restaurants on their last night in Nuuk. It was an opportunity to eat a fancy traditional Inuit/Greenlandic meal or reindeer and muskox,

was an opportunity to eat a rancy traditional inuit/Greenlandic meal or reindeer and muskox, which everyone enjoyed and the students were impressed with how the plates were decorated.

The students were a part of a KSB pilot program for a new Social Studies Curriculum that explored, "The Environment of the Circumpolar World." Knowing that Greenland is the closest "Circumpolar World" country, teachers Christina Garrett and Marie-Eve Gervais, early in October, had the idea of bringing the students for a cultural exchange. In the notes from which this story is comprised, Christina emailed, "We knew that we would have to prepare our students for the trip by

by seeing positive ideas in Nuuk and bringing them home to Kangiqsujuaq."

The students began fundraising last November. From November to early March, they hosted an "all you can eat sushi night" and sold baked goods at the Christmas bazaar, tickets for an iPad, as well as burgers and fries.



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They raised a total of \$2,500. The students also had to perform at an A/B grade level for first and second term and had to have consistent attendance.

With help from their teachers, they had to get passports. This turned out to be the most difficult challenge of preparing for the trip. Due to lack of passport services in Nunavik, the lack of understanding by Passport Canada of Inuit identification cards and inconsistent government spelling of Inuit villages, a few of our students were denied passports twice. Finally it was thanks to the help of federal Deputy Romeo Saganash that they managed to cut through the red tape and obtain passports.

One challenge they discovered in Greenland was that there are very few landline telephones anywhere—no public landline phones even in the hotel. They were told that this is because, "they are not needed because everyone has cell phones." The situation posed a problem for keeping in touch with families back home and in case of an emergency. The Internet over there is also very expensive.

Greenlandic is the first language, Danish is the second and English is the third. The Inuit students and Jessica could understand some of the Greenlandic because of its similarities to Inuktitut. When the teachers were faced with someone who did not speak English, it was the students and Jessica who were their translators. Amanda commented, "Something that I learned in Greenland is the people speak mostly their language, Danish and Greenlandic. There are some people who speak English a little. It's good that they are making their language more important than English and they are not losing their language—unlike some people I know. I hope I can go there again some day".

The teachers have this conclusion to share: "Our hope is that the success of our trip to Greenland and our exchange with the high school students may lead to a permanent exchange

program with the Nuuk High School, in which our students travel there and their students visit here. We hope that this experience will enable the students to identify possible solutions to the challenges of Nunavik by comparing similar situations in Nuuk. We hope this trip will make students able to solidify their own values and beliefs while defining the role they play in their own community."

The Kangiqsujuaq teachers and students also planned to host a photo exhibition for their home community and to share their experiences and reflections. We hope that they become future leaders in some of these issues. Those whom they extend thank to include: Arsaniq School's principal, Kassandra Churher. They also thank the KSB, Nunaturlik Landholding Corporation, Brighter Futures, Romeo Saganash, the community of Kangiqsujuaq, particularly the proud families of these students.

Notes provided by Marie-Eve Gervais and Christina Garrett



From November to early March, they hosted an "all you can eat sushi night" and sold baked goods at the Christmas bazaar, tickets for an iPad, as well as burgers and fries.

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he Quebec Aboriginal Science and Engineering Association, whose mission is to promote science and engineering to Aboriginal youth attending school in First Nations and Inuit communities in Quebec, held its annual science fair in Kuujjuaq, March 19-20. Approximately 80 students, accompanied by their teachers, came to visit the Nunavik Research Centre's facilities and discussed the importance and techniques of aging

fish and marine mammal—a skill that is vital to understand age structures in populations and manage renewable resources. Students were fascinated that fish otoliths (ear bones) could be aged by counting rings, similar to aging a tree.

In the pathology laboratory students had the opportunity to learn about wildlife diseases and look for parasites. Twelve different parasites were on display, including Anisakidae worms and a giant liver fluke. The students were surprised how many diseases were found in Nunavik wildlife, but they understood that most of them are not dangerous for human consumption.

Nunavik Research Centre staff were thrilled to have the science fair students come visit the labs as it is critical to have youth involved in scientific research. The staff are particularly proud of Lukasi Tukkiapik and Jeremy Davis who, with the guidance of Peter May and Michael Kwan, submitted a project titled "Le taux de mercure dans l'omble de fontaine". Their project looked at the level of mercury in brook trout and compared it to other species like arctic charr, Atlantic salmon and even seal and beluga, using equipment at the Nunavik Research Centre. This project won first prize in the Secondary 4-5 category. Lukasi and Jeremy will present their findings at the National Science Fair in Alberta this spring.





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A Cake for Makivik

Sarah Baron made this large cake for the delegates of Makivik's annual general meeting. The community of Kangiqsujuaq hosted representatives from all across Nunavik in their modern Qaggiq Community Centre last March 19 to 22.



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Northern Shrimp

An abundance of shrimp are found surrounding the Nunavik region with pink shrimp (*Pandalus borealis*) and pink striped

shrimp (Pandalus montagui) being the two species that make up the shrimp fishery. Shrimp are fished in Hudson and Davis straits and the Labrador Sea under the Makivik license by the vessel Newfound Pioneer through a joint venture arrangement. Makivik has been fishing shrimp for the past 35 years.

Makivik's seafood partnerships are always seeking people to man the fishing boats. However, it takes skill and discipline to be a good shrimp fisherman who can be away from home for weeks at a time.



Trawl nets are used to fish shrimp from large vessels which have specially designed nets to exclude ground fish, such as Greenland halibut and cod, from getting caught. Shrimp move up and down in the water column, rising higher at night. They are found from 200 to 300 metres. They prefer areas of soft sea bottoms and temperatures of 0° to 6°C.

Northern shrimp is a healthy source of protein. Like much seafood, it contains Omega-3 fatty acids.

The pink shrimp exists in all northern waters, including the north Pacific. Most shrimp is processed and frozen on the trawlers. These are sold to markets in China, Russia, Scandinavia and Japan. Some shrimp are landed at a processing plant in Labrador for peeling and are then sold to markets in USA and Europe. In Asia, shrimp aquaculture has been developed, but the demand for wild northern shrimp is there because they are free of contaminants and chemicals associated with farmed shrimp. The price of shrimp varies, but usually gives a good return to the fisherman.

Makivik's seafood partnerships are always seeking people to man the fishing boats. However, it takes skill and discipline to be a

good shrimp fisherman who can be away from home for weeks at a time.

If you would like further information on shrimp, please contact Makivik's Economic Development Department or the Nunavik Research Centre in Kuujjuaq.



A shrimp can live five to eight years. Shrimp have a somewhat strange life cycle. When it is sexually mature it is a male, then after about two years the gonads start producing eggs and it is a female. The eggs are fertilized externally. The larvae go through four stages before they become little shrimps. The larvae are preyed upon by other invertebrates. As the shrimp grows, it replaces its exoskeleton, usually puffing itself up with water so the new covering is large enough to grow into.

Shrimp have a somewhat strange life cycle. When it is sexually mature it is a male, then after about two years the gonads start producing eggs and it is a female.

Correction

The following sentence from our previous *Factsheet* (Winter 2012-2013) was incomplete: "These units operate at xxx kW and yyyy hertz." Rather, the sentence should have read as follows: "These units operate at 50 kW and 200 khz."

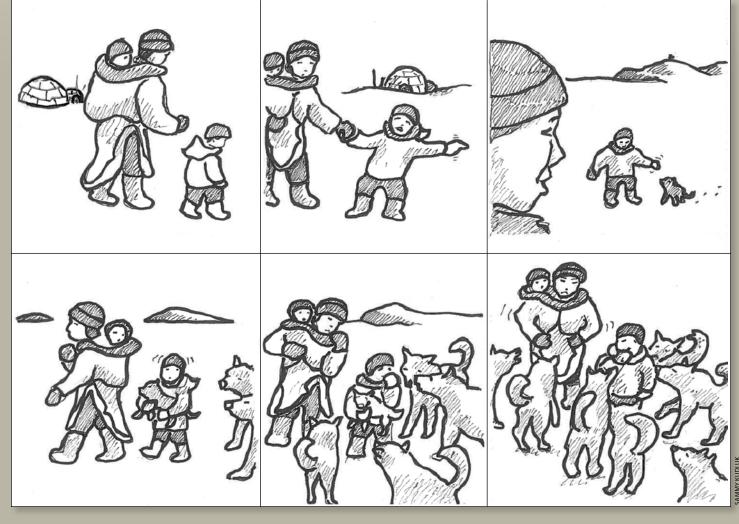
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Tina's Kamiks

ina Mifsut, age eight, was learning to make kamiks from seamstresses in Kangiqsujuaq's sewing centre. Her parents are Arnaituk Jaaka and Marcel Mifsut. She made a pair for herself. Tina and her friends also learn to make pualuks. Afterwards they wore them and showed them to other women on International Women's Day.







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∆م∆^c Air Inuit

Celebrating 35 years of service to Nunavik

An invitation to share your stories, photographs and artifacts.

Why?

On August 28, 2013, Air Inuit will be celebrating its 35th year in operation. To commemorate this upcoming milestone in our history, we are hoping to assemble a collection of rare photographs and northern artifacts, as well as unique stories that celebrate Air Inuit's rich history and unwavering commitment to the people of Nunavik. If selected, your precious keepsakes will become part of Air Inuit's permanent collection at our technical center in Montreal.

How?

If you have any such material you'd like to share, please carefully pack and drop off your photographs, artifacts or documentation at any Air Inuit station counter. Carefully identify each item and include your contact information. Air Inuit will take care of the rest, including all shipping charges.

SEND TO:

Air Inuit – 35th anniversary 6005, boul. de la Côte-Vertu Montreal, Québec H4S 0B1

SEND ELECTRONIC DOCUMENTS TO:

aicelebration35@airinuit.com

Win!

If your photographs, artifacts or documents are selected, you will receive an Air Inuit model airplane and be granted a chance to win a pair of Air Inuit tickets. The draw will be held in late August.

When?

Submissions can be received no later than July 5, 2013.

Questions?

Visit airinuit.com or Air Inuit's Facebook page for more information as this historic event draws closer.

All material will be returned to you unless it cannot be reproduced, in which case we will contact you to ask for your permission to conserve it. Please include your postal address, email and telephone number with each submission.

