

TAQRALIK

SERVING NUNAVIK INUIT



Makivik's 40th Gala
Nunavik Research Centre receives Northern Science Award
Swimming in Kangiqsualujjuaq



LP^oA^b
Société Makivik
Makivik Corporation

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.

Taqralik

Taqralik is published by Makivik Corporation and distributed free of charge to Inuit beneficiaries of the *James Bay and Northern Quebec Agreement*. 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. Email mdewar@makivik.org or call 1-800-361-7052 for submissions or for more information.

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Andy Moorhouse, Vice President, Economic Development
Adamie Delisle Alaku, Vice President, Environment, Wildlife and Research
Andy Pirti, Treasurer
Adamie Padlayat, Corporate Secretary

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

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Cover Photo: Ice fishing on the Koksoak River in Kuujuaq. © Carson Tagoona



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TAQRALIK



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COMMUNICATIONS is Power

Takralik magazine was started in 1974 by the Northern Quebec Inuit Association with a mandate to spread news about land claim negotiations that were happening at the time. Since then, it has gone through a myriad of changes, in name, appearance, even in the types of issues covered within its pages.



The first edition of *Takralik* from May 1974. Close readers will notice the difference in spelling between the title page *Takralik*, and “Talarik” in the pages shown. The magazine’s first editor, William Tagoon, says it was because his dialect was different from that used in Northern Quebec.

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Taralik begins . . .

This issue marks the first appearance of the publication "Taralik," published by the Northern Quebec Inuit Association.

The northern Quebec Inuit Association has now being in strength for nearly two years. As the workload became heavier and our input into the activities in the north became more involved, feeding information into the settlements by way of community representatives and field workers became an inadequate way of feeding out information on our operations.

The need for a news magazine became apparent over a year ago. A person who would fill in the seat as an editor, with some experience of writing, was hard to find.

At this time I was employed in Yellowknife, N.W.T., by the Department of Indian Affairs and Northern Development. I assisted in the publication of a magazine called "Dialogue North." "Dialogue North" is published quarterly, by the department, and the content relates to the mineral resources in the N.W.T. The need for this magazine was very apparent, so I feel the need for our own magazine "Taratik," is greatly needed for better communications between all the Inuit. The line we hear today "Communications is Power" is very true today. An uninformed Inuk may be silent compared to a fully informed Inuk. Today we can't afford to be silent with all the different situations that are imposed on us. For all we know communications might be the key to success.

I hope "Tasralik" will help the Inuit to have a closer liaison with each other and for a closer liaison between the Inuit and the white people. The only way we can do this is to have some feedback from the north and south. Reactions are always welcome and will always be published unless instructions are given against it. Names will be withheld if so desired.

As Makivik Corporation nears the end of its 40th anniversary year, it seemed appropriate to reexamine its magazine. This issue marks its reversion to the ***Taqralik*** name in an attempt to signify its ownership by the people of Nunavik, not a particular corporation and also to reflect the broader scope that the magazine will cover. Stories will

In this digital, immediate age, sometimes printed stories may seem like “old news,” but they, too, are becoming part of the ongoing archive. Let us know what you think of our new look!

The headquarters for our organization is situated in Fort Chimo with a staff of seven people, and the negotiators in Montreal with a staff of six people. The decisions in the organization are made by the Board of Directors who

MAKIVIK: 40 Years Strong

IT WAS A NIGHT OF CELEBRATION
BROADCAST THROUGHOUT NUNAVIK AND BEYOND



Makivik's 40th Anniversary Gala, held at the Katittavik Town Hall in Kuujuaq on November 14, began with a feast of finger foods and mingling before guests were invited to the theatre for an evening of entertainment, emotional award presentations, and recognition of achievements.

The entire four-hour event, which included two half-hour premiere screenings of episodes from Makivik's upcoming documentary series, *Building the Inuit Homeland*, was broadcast live on the corporation's facebook and YouTube pages.

The event also marked the unveiling of the new Order of Nunavik medal, which has been in development for two years. Conferred upon Inuit men and women for outstanding achievement in different fields, the Order celebrates the accomplishments of Nunavik Inuit of all ages and inspires Nunavik beneficiaries to strive to reach their goals.

The four new inductees were: Charlie Tooktoo of Kuujuaaraapik, Lazarusie Epoo of Inukjuak, Jacob Oweetaluktuk of Inukjuak, and Johnny Watt of Kuujuaq.

Johnny Watt was present and accepted his award on stage during an emotional ceremony. The other three recipients, all of whom have passed away, had family members accept the awards on their behalf.

The original *James Bay and Northern Quebec Agreement* Signatories were also given their new medals during the gala. Eleven Inuit signed the *JBNQA* on November 11, 1975. They were: Charlie Watt Sr., George Koneak, Johnny Williams, Zebedee Nungak, Putulik Papigatuk, Tommy Cain, Robbie Tookalook, Peter Inukpuk, Mark Annanack, Sarolie Weetaluktuk, and Charlie Arngak.

Special guests Nunavut Tunngavik Incorporated President Aluki Kotierk and Grand Chief of the Cree Nation in Quebec Abel Bosum, each took the stage and spoke of Makivik's accomplishments and expressed their gratitude at being invited.

Makivik's past presidents were also celebrated and given a plaque acknowledging their service. They included: Charlie Watt Sr., Jobie Tukkiapik, Mary Simon, Mark R. Gordon (accepted by his daughter Judy), Pita Aatami, Simeonie Nalukturuk, and Zebedee Nungak.

Along with the films and speeches, there were also musical performances by Jobie Arnaituk and Angava and a number of door prize draws.

The gala was made possible thanks in large part to the very generous help of Platinum Sponsors Air Inuit Ltd., First Air, the Kativik Regional Government, Newfoundland Resources Limited, and Gold Sponsor FCNQ.

The gala broadcast can be viewed at
https://www.youtube.com/watch?v=jN45CvLj_L4

◀ Guests at the gala mingled in Kuujuaq's Katittavik Town Hall theatre before the event's official welcome.



▼ Daphne Tooktoo accepted the Order of Nunavik award on behalf of her grandfather Charlie Tooktoo.





Annie Novalinga and Laina Grey posed before guests entered the theatre.

Former chief, Cree leader, and *JBNQA* signatory Robert Kanatewat and Zebedee Nungak on stage during the gala. ▶



▼ Makivik President Charlie Watt Sr. accepted a gifted tapestry from Nunavut Tunngavik Inc. President Aluki Kotierk.





© MIRIAM DEWAR

Attendees watched as other guests arrived at the gala.



Eli Aullaluk was on hand for the celebrations.



Peter Inukpuk, a JBNQA signatory, with Air Inuit President Pita Aatami in the background.

Remains Repatriated and Reburied

The weather was strangely cooperative last September when remains from a burial site in Nunavik were returned to the place from which they been taken more than 50 years ago.



At Grave 2, in the forefront, Caroline Weetaluktuk, elder from Kuujjuarapik, from left to right: Salamonie Alayco, elder and Avataq Board Member from Akulivik, Rhoda Cookie, Sarah Bennet, Eddy Tooktoo, Samson Tooktoo, Phillip Crow and Vincent Tooktoo, all from Kuujjuarapik. Along with Avataq archaeologist Tommy Weetaluktuk and Kuujjuarapik NV representative Salamiva Weetaluktuk, the group participated in the final act of repatriation of Inuit remains removed from the area in 1967.



© TOMMY WEETALUKTUK

Avataq Cultural Institute Archaeologist Tommy Weetaluktuk said that when he arrived in Kuujjuarapik the afternoon of September 17, the weather was overcast and windy, and there were lots of white caps on the sea. But by the next morning, things started getting progressively calmer.

The trip was one of the last stops in an epic journey for the remains that been excavated from Inuit gravesites in 1967 by former Dartmouth College Professor Elmer Harp, who died in 2009. He had collected them as part of a survey funded by the American National Science Foundation on the Eastern shore of Hudson Bay, in a place he called Desolation Cove. He guessed that the gravesites were between 200 and 400 years old. When he retired in 1978, Harp brought the bones home with him, where they stayed until he died and were discovered by his son after his death. The bones were returned to Dartmouth College in 2014.

The saga wasn't over. Officials at Dartmouth College were eager to return the remains to the appropriate people, but it took four years to iron out the complex repatriation process.

After finally being referred to Avataq via the Canadian Heritage department, a team from the cultural institute travelled to the college in New Hampshire last June to receive the remains and bring them back to Nunavik for reburial. Avataq President Josepi Padlayat and his family, Executive Director Rhoda Kokiapik, along with Nancy Palliser, Local Cultural Committee's Coordinator, and archaeologists Susan Lofthouse and Elsa Cengig participated in a handover ceremony, including the lighting of a qulliq and various speeches. The carefully packaged bones were brought back to Canada without incident.

"I only took care of the last leg," Weetaluktuk explained, "bringing back the remains to the actual graves." On September 18, after meeting at the NV office in Kuujjuarapik, 10 people loaded into two canoes with gasoline and groceries for two days, and of course, the remains.

They left at 11:15 am and, to his surprise, Weetaluktuk said they made it to their destination, a river between Kuujjuarapik and Umiujaq, by 3 pm. Harp had left incredibly detailed field notes and the group found the second of two grave sites that he had noted quite easily. When the assembled group were all together, they removed the rocks, placed the bones which were packaged in special biodegradable pouches inside, and put the rocks back.

"Caroline Weetaluktuk, an elder from Kuujjuarapik performed a very touching prayer," Weetaluktuk said, "then we left the grave in peace and started to look for the other grave."

Harp's notes documented one grave containing a single skeleton under a layer of spruce logs, which was then covered by rocks. The other contained a mixture of bones, eventually found to include at least six humans, two adult males, two adult females, a small child and an infant.

Still using Harp's site drawings and the few black and white photos, the group managed to find Grave 1.

"This grave was really hard to locate due to the growth of vegetation since the photos were taken in the 1960s," he said. They repeated the same process as for Grave 2, made an opening and put the remains inside before performing a prayer and leaving it in peace. The group returned to their canoes, had tea and food and noticed the weather just kept getting better. They made it back to the community early that evening.

"The weight of the world seemed to have been lifted out of us," he said.

This is the first repatriation process Avataq has been involved with, and Weetaluktuk said he doesn't relish the thought of being involved in any others. He was conflicted when the bones arrived because when the archaeology department was formed at Avataq in the 1980s, the elders gave a strong mandate not to touch any remains. But he knew they had to be returned from where they were taken.

"Now I'm just happy they're back," he said.



Taking the Plunge

Kangiqsualujjuaq's swim team offers new skills and increased confidence

Photos © Raquel Mack

The older teens, 15 and 16-year-olds, impressed their coaches by being mostly self-taught swimmers, who figured it out by doing what seemed right, and what worked best.

Winter isn't usually the season to be thinking about pools and swimming, but in Kangiqsualujjuaq, there are a number of young people itching to get back into the water.

This past summer 31 children and teens, with the help of seven or so community members, started a swim team, and thanks to a grant from Makivik, were able to get swimsuits for some of the girls as well as shoes and socks for the running team.

The Swimming Huskies, named after Tasha, the husky who follows members to the pool and sits and watches, have been invited to compete at a swim meet in the Montreal area this summer. According to Raquel Mack, one of the team's organizers, they are the first team from Nunavik to be invited, and if they can make enough money, will be the first team to compete as well.

"We are working on fundraising, as well as continuing with training," she says.

Although the pool was closed at the end of August, they are still doing land training and often join the community's running team. They also have a yoga instructor who helps with stretching and breathing, and once a month there is a cooking class centering on healthy eating and living.

The seasonal pool, opened in 2010, is only operational two months of the year and at only 40 by 20 feet long, is much smaller than a standard competitive pool. There are also filtration issues, so it's an ongoing struggle to keep the water clean enough for public

use, and there are no starting blocks nor lane lines for the swimmers to practise with, but that hasn't stopped their incredible progress.

"This is a brand new sport for them to compete in," Mack says. "Our kids never even paid attention to it on TV before. Almost everything is new to them."

Next summer's training will include daily morning and evening practices and since the size of the pool doesn't match that of the team, the challenge will be to get enough training time in for everybody.

Etau Morgan, who Mack says would live in the pool if he could, says for him, leaving the pool is the hardest part of training. When asked about the best part of swim team, Ricky Snowball says, "I really like doing backstroke because I found out I was good at it." Scott Baron and his cousin, Tyler Annanack, have similar responses. They challenged each other in practice and both improved because of it.

Organizers are working on the coaching and leadership side of swimming, too. Mack says there are some teenagers who show great potential to become leaders and coaches one day, which gives them hope for the future.

Elena Keelan, 13, says aside from swimming skills, she learned that she has the ability to teach.

"The other coaches and I used her numerous times in helping us with the language, especially when it came to the younger kids," Mack says, "they looked up to her and gave her great respect."



Vivienne Cameron, a lifeguard and coach who helped organize the team, uses a kickboard to help teach the kick for the butterfly stroke. With its arm and leg movements and getting the head up out of the water all at the same time, the stroke requires strong stomach muscles.



Niki Obed, 8, says the hardest part of training was learning to swim in the goggles, "especially with flip-turns." Wearing goggles was new for most, as they were used to swimming in SCUBA masks. Obed is one of several of the younger swimmers who was able to overcome her fear of the water and even her fear of the deep end.

Family and community members have not only involved themselves with the team, but also take immense pride in it. They are invited to attend practices and meets and Mack says many parents have offered to help in fundraising efforts and often they come to watch the swimmers, some with tears streaming down their faces in happiness.



Swim meets were held every second Saturday last summer, with at least 25 participants. Here, lifeguard and coach Nicolas Gagne also acts as time keeper. The coach for land training is Miki Snowball, and his wife Cheryl Gelsthorpe is the team's cooking and nutrition instructor. Lisa Morin teaches stretching and breathing exercises, and Raquel Mack performs a variety of roles.



If the team raises enough money to travel to the southern swim meet, they will need to go days ahead of time to train on proper starting blocks. This picture shows the start of a practice race. At the end of every training session, the team performs races practising what they have learned.



Proposed Budget Approved

Makivik executives and board members met over five days at the corporation's Montreal office October 2-6 to receive updates on various departmental files and subsidiary companies, as well as approve proposed budget funding for the upcoming fiscal year.

As the corporation's fiscal year runs from October 1 to September 30, the fall board meeting is important not only because it keeps community representatives informed about what the corporation is doing, but because it advises organizations that depend on Makivik funding what to expect in 2018-2019.

Makivik executives provided updates to the board regarding their respective departments – the President's Department, Charlie Watt Sr.; Resources Development Department, Adamie Delisle Alaku; Economic Development Department, Andy Moorhouse; Treasurer's Department, Andy Pirti; and Corporate Secretary Department, Adamie Padlayat.

Presentations to the board were also made by Air Inuit, First Air and NEAS Group.

Air Inuit reported a \$3-million dividend and its President Pita Aatami and Chairman Noah Tayara presented a cheque to Makivik President Charlie Watt Sr. and Treasurer Andy Pirti.

Johnny Adams, the newly appointed Executive Chairman of First Air, along with First Air comptroller Shannon Montpellier explained the airline's recent leadership changes and presented the rationale behind the proposed merger of First Air and Canadian North.

Financially, Makivik's projected budgeted investment revenues for 2018-2019 stand at \$18.4 million, and the projected budgeted net fishing royalty revenues are \$4.9 million. For 2018-2019, the budgeted earnings of Makivik subsidiaries and joint ventures is \$13.8 million.

Excluding donations, the budgeted net operating expenses for the upcoming fiscal year is \$20.1 million. Donations in the amount of



- ◀ Makivik Treasurer Andy Pirti and President Charlie Watt Sr. accept a dividend cheque for \$3 million from Air Inuit at Makivik's board meeting in October.

2018-2019 Additional Approved Sanarrutik Funds Allocated by Makivik Corporation

Avataq additional operating funding	\$190,000
Avataq Language Preservation Initiative	\$290,000
Avataq 2018-2019 Projects	\$285,203
Nunavik Tourism Association	\$125,000
KRG Trapping Fund	\$1.2 million
Income Tax Project	\$621,000
Ivakkaq Dog Race	\$475,000
Isuarsivik Treatment Center	\$500,000
Makivik Documentary Films	\$300,000
Arctic Inspiration Prize	\$17,500
Nunavik Mineral Exploration Fund	\$30,000
Nunavik Sivuniksavut	\$80,000
Makivik Infrastructure Fund	\$2,000,000
Makivik Economic Development Initiatives	\$868,791
Makivik Eligibility File	\$291,631
Makivik Tanning operations	\$279,598

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\$4.3 million were approved in the 2018-2019 budget, including distributions such as the Community Donation Fund, Elders Fund, Recreation and Leisure Fund, **JBNQA** Fund, National Aboriginal Day Fund, Church Fund, Hospital Patients Fund and Jr. Rangers Activities. That total amount also includes a \$50,000 donation to the Southern Quebec Inuit Association.

Sanarrutik Funds, money secured under the 2002 Sanarrutik Agreement with the Quebec government, are allocated for organizations and regional initiatives. For 2018-2019, funding in the amount of \$4.4 million was approved to be allocated to a number of usual organizations, including the Nunavik Landholding Corporations and Nunavik Landholding Association, Nunavik Hunting Fishing and Trapping Association, Qarjuit Youth Council, Avataq Cultural Institute, and Taqramiut Nipingat Incorporated (TNI).

- ▼ Makivik Investments Department's Sheila Makiuk listens as NEAS President and CEO Suzanne Paquin updates the Makivik board of directors on the shipping company's activities.





NRC Receives National Award

The Nunavik Research Centre (NRC) has been selected as the recipient of the 2018 Northern Science Award, recognizing its significant contribution to knowledge and understanding of Canada's North

Chairperson of Polar Knowledge Canada Richard Boudreault, NRC Director Dr. Ellen Avar, and Governor General Julie Payette on stage at the ArcticNet gala. This marked the 33rd anniversary of the Northern Science Award, which comes with the presentation of the Centenary Medal, and a prize of \$10,000.

In a letter written to the centre's Director Dr. Ellen Avar, the President of Polar Knowledge Canada, the organization responsible for administering the award, says that he and the selection committee were not only impressed with the NRC's accomplishments, but also that it was created by Inuit, for Inuit, responding to the research needs of Northern communities.

The centre, the letter continues, is highly recognized by the community, politicians, and other researchers for its successful integration of Western science and the ecological insights Inuit have acquired over thousands of years on the land.

"With the relevance of Traditional Knowledge to research being formally recognized, the NRC has been at the forefront of developing methodology that braids these two components together," the letter reads.

Avar said she and her team were thrilled to receive the news, and Polar Knowledge Canada brought the nine-member team to Ottawa to

receive the award at a gala during the Arctic Net scientific conference on December 13.

"What I'm really excited for is to see my colleagues on stage being recognized by all their peers," she said in an interview before the event. "All these people who are so humble and just do their work every day and don't think it's anything special, yet it really is."

Johnny Peters, Bill Kemp and Lorraine Brooke were instrumental in the NRC's formation 40 years ago, when it was established to study the environment and to keep an inventory of Nunavik Inuit's country food sources in order to help protect them. It receives core

funding from Makivik's Department of Environment, Wildlife and Research Department and also acts as a link between communities and the world of academic research.

"People say, 'We have walrus meat, we want to know if it's safe to eat, we're sending it to you,'" Avarð said, as an example. The data collected from the testing of the walrus tongue can then also be used by NRC scientists to further research, benefiting both science and the communities.

Testing walrus for the trichinella parasite in its pathology lab is just one of the projects the centre is engaged with. The NRC also runs a wildlife disease sampling program. All the communities have pre-packaged kits at their disposal so if a fish, bird, or even beluga has an odd cyst or parasite, it can be cut out, and with the assistance of the community's hunter support coordinator, dropped into a pre-supplied bag, then into a prelabelled envelope, and shipped to the centre. If the expertise to analyze the sample is not available in Kuujjuaq, the NRC has established relationships with scientists at universities in the south who do.

"What's really great is that we get diagnoses for free," Avarð said, "and they get samples for free, so it's a really good partnership." Because it is very expensive for scientists to travel north to collect samples and do studies, and very expensive for the NRC to send samples south for testing, the arrangement has grown and flourished over the years.

The centre was nominated for the prestigious Northern Science Award by Donat Savoie C.Q., a longtime friend of Nunavik and the NRC who, in 1983, recommended the creation of such an award to

the Minister of Indian and Northern Affairs. Savoie was delighted with the centre's selection for the award. Over four decades, he said, it has proven itself to be a world-class institution and is deserving of the accolade.

"It's a real success story," he said. Savoie recalled chatting with former Premier Jean Charest in Kuujjuaq, who referred to the centre as "a well-kept secret." The NRC's creation by Inuit, for Inuit, to respond to the needs of Northern communities is what sets it apart from other northern research centres, he said.

Avarð said Savoie has been like a 'godfather' to the organization and was quick to point out that since she has only been the director for four years, this award underscores the contributions of the other members of the team, past and present, to Northern and Inuit science.

Along with Avarð, the NRC staff is comprised of longtime wildlife technicians Sandy Suppa, who has been with the NRC for 25 years, and Peter May and Alix Gordon, who have been there 35 years each. Wildlife biologist Barrie Ford, analytical toxicologist Michael Kwan, fisheries biologist Lilian Tran, executive secretary Anne-Marie Kauki and wildlife technician Claude Makiuk round out the team.

With the award comes a \$10,000 cheque, and Avarð said "we will decide as a team what to do with the prize".

In June 2007 The NRC was also awarded the Gold Award of the Canadian Environment Awards in the environmental health category by the Minister of Environment Canada. That award recognized not only the work that was done at the local and regional levels but also its contribution to science internationally.

Some members of the NRC team and staff of Makivik's Department of Environment, Wildlife and Research pose for photos after receiving the 2018 Northern Science Award in Ottawa in December. M. Donat Savoie C.Q. far right, nominated the centre for the prestigious award.





BUILDING THE INUIT HOMELAND

Film project to show battles and victories of Northern Quebec Inuit

Tagak Curley, Charlie Watt Sr. and William Tagoona walk on an Ottawa street, followed by members of the film team working on what will be an eight-part series, *Building the Inuit Homeland*.

A hush fell over the theatre in Kuujuaq's Katittavik Town Hall as the lights dimmed and images of blowing snow and a racing dog team lit up the screen. It was the first of two documentary films premiering during Makivik's 40th anniversary gala on November 14.

Bill 101. Inuktitut Spoken Here, is part of what will be an eight-part series, *Building the Inuit Homeland*, produced by Makivik Corporation and stems from an idea that began about five years ago.

Makivik's Director of Communications and Political Advisor to the President William Tagoona says he was asked back then to look into the possibility of having documentary films made about the **James Bay and Northern Quebec Agreement** to help inform young people about the event which heavily affects Inuit life today. In 2015, the 70 minute-documentary *So That You Can Stand* was released to rave reviews.

"There were so many young people there with tears in the eyes as we showed the film and we knew it succeeded," he says. The film tells the story of how Northern Quebec Inuit fought and negotiated for the agreement which was signed on November 11, 1975. But the documentary ended there.

"Now we want to tell our youth what happened starting the very next day, on November 12," says Tagoona. "This is going to be an ongoing story of events that happened from 1975 to 2018. There will be many victories that happened in between."

In fact, only about a year after the signing of the agreement, René Lévesque and the Parti Québécois won the provincial election and proposed a bill making French the only legal language in Quebec, with no regard for Inuktitut or any other Indigenous language. Again,



and sometimes having to fly them in for film shoots is no simple task. Makivik is using Tonic DNA, a Montreal animation company to produce the films, which are directed by longtime Northern journalist Ole Gjerstad.

The funding for the half-hour films comes from money allocated by Makivik from the 2002 Sanarrutik Agreement it signed with the Province of Quebec and the Kativik Regional Government. It is not a cheap endeavor, though, as archival film clips have to be purchased by organizations such as the CBC and National Film Board of Canada. Makivik is also utilizing film tax credits in its financing.

Tagoona co-hosts the two films that premiered in Kuujuaq alongside university student Andrea Brazeau, who grew up in Kangiqsualujuaq. Using youth in the process wasn't the only way producers made the films feel contemporary and engaging.

|| When we have these young people working with us, their mouths are just open, they're so amazed at what their forefathers did," he says. "They find it so inspiring what the people at that time did with so little. Now they've got everything. Everything is in their grasp now and that was the whole plan. ||

"There are times we try to put humour into it because these are serious matters we're talking about and we don't want them to look like they're too, too serious," Tagoona says. "There's laughter in them, too, and joy.

Going forward, other topics in the series will include self-government negotiations, economics, the creation of Nunavik institutions and the land.

Tagoona says it's important for youth to understand that even though they may not have been born when some of these battles were being waged, they were still part of the process. Their parents, aunts and uncles were fighting for a vision they had for their future families. And, he says, the films are succeeding.

"When we have these young people working with us, their mouths are just open, they're so amazed at what their forefathers did," he says. "They find it so inspiring what the people at that time did with so little. Now they've got everything. Everything is in their grasp now and that was the whole plan."

The films' success isn't only evident in Nunavik. Although created specifically for a Northern audience, interest in other parts of the country has exceeded expectations. One southern university is using *So That You Can Stand* as part of its curriculum to show the real history of the North and a law school in Quebec City screens it for its students. The Kativik Regional Government also uses it as a tool to help initiate new staff into the North, and internationally, there has even been a request from Chukotka, Russia, for a copy so it can be translated into their Indigenous language as an inspirational story.

Inuit in Northern Quebec went to battle and won an exemption from the law. The bill still holds no weight in Nunavik.

The Makivik gala was also the premiere of another half-hour documentary in the series, *Real Canadians. The Fight for a New Constitution*, which details how Section 35, which provides constitutional protection to the Indigenous and treaty rights of Indigenous Peoples in Canada, was added to the Canadian Constitution, thanks, yet again to the perseverance and determination of Northern Quebec Inuit.

Hours of research and digging up old footage and archival material goes into the making of the films, which provide more of a story-telling experience than a documentary one, and the logistics of tracking down the players from more than 40 years ago

© JIM COMEAU

Air Inuit Propwash – Winter 2018

20th Annual Air Transportation Meeting

On November 22, Air Inuit held its 20th Annual Air Transportation meeting in Montreal with all Nunavik mayors and Landholding presidents. This valuable annual event allows Air Inuit to summarize the airline operation and also allows the communities to bring forward constructive comments that improve Air Inuit's service. We thank all communities for actively participating and ensuring we all work towards a common goal of improving Nunavik's air service.

Puvirnituk children visiting Air Inuit in Montreal

On November 22, Air Inuit welcomed onboard its Puvirnituk-Montreal flight the stars of its 2018 year-end video. The dynamic quartet composed of Iliana Beaulne, Aloupa Tulugak, Jacqueline Nutaraluk and Joanassi Assapak visited Air Inuit's Technical Center in Montreal guided by Captain Melissa Haney. The joyful video in which you can discover the Montreal operations from the eyes of children can be seen at Air Inuit's facebook page. <https://www.facebook.com/AirInuit/>



© AIR INUIT

Ilujuq travel program – 75% off for beneficiaries

As a reminder, the Air Inuit Ilujuq travel program entitles all Nunavik Beneficiaries to three (3) travel/cargo certificates plus one (1) cargo certificate.



© MARIE CHAREST X2





© MARIE CHAREST



© AIR INUIT

The discount allows for a 75% discount applicable on the adult Y fare, the child YCH fare or the senior YCD fare up to a maximum of \$800 all taxes included.

OR

A cargo shipment of a VTT, snowmobile or outboard motor at a 75% discounted cargo rate applicable on the LaGrande to Community portion or between Nunavik communities also up to a maximum of \$800 all taxes included. The Montreal to LaGrande shipping cost by Kepa Transport also applies additionally to the Ilaujuq rate.

Conditions of the program can be found at
<https://www.airinuit.com/en/programs-and-tariffs/ilaujuq>

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Isaruuk ➤

Enroll and earn rewards!

Air Inuit's Isaruuk reward program is quite popular. Register online, receive your membership number and earn points every time you fly on Air Inuit!

Find all details at <https://www.airinuit.com/en/isaruuk>

We're active! Follow us on:



KRG Airfare Reduction Program – APPLY NOW !

- **Who is eligible?** Anyone who has been a resident of Nunavik for at least 12 consecutive months and *JBNQA* beneficiaries who reside in Québec are eligible under the Airfare Reduction Program for personal and compassionate travel between Nunavik communities and between Nunavik and any other destination in Québec. Any airline ticket claimed under the program must have been issued in the name of an eligible Nunavik resident or *JBNQA* beneficiary.
- **How long do I have to apply?** This form must be submitted to the KRG Finance Department no later than 90 days following the completion of the trip.
- **What kinds of travel are allowable?** Only the following categories of travel are eligible under the Program:
 - Personal Travel**
 - for Nunavik residents, by air from their home community to a destination elsewhere in Québec;
 - for *JBNQA* beneficiaries, by air to any Nunavik community.
 - Compassionate Travel**
 - by air to accompany a patient to a place of treatment;
 - by air due to a death in the ticket holder's immediate family. Travel undertaken on behalf of an employer or as a benefit of employment is **not** eligible for this subsidy.
- **What is the amount of the rebate?** The price of airfare is subsidized at 30% of the ticket cost, up to a maximum of \$1,050 for the two travel categories combined in any given year.
- **How do I apply?** This application form must be completely and properly filled out and mailed to the KRG. Each application form must include:
 - the airline ticket receipt and original boarding passes;
 - copies of the *JBNQA* beneficiary card issued by the Makivik Corporation and proof of residency in Québec (for travel claimed by a *JBNQA* beneficiary residing outside of Nunavik).

You can find the application form at
<http://www.krg.ca/airfare-reduction-program>

TAORALIK

GREEN CORNER

Did you know ?

Pharmaceuticals including antibiotics, cough medicine, pain killers, and other drugs found in your home can be harmful to humans and animals and have a negative impact on waterways? We can do our part by disposing of these expired or unneeded pharmaceuticals properly. **Don't flush or trash them!** Return them to your local pharmacy, hospital or nursing station.

Biomedical waste is generated from biological and medical sources and activities, such as the diagnosis, prevention, or treatment of diseases. Common generators (or producers) of biomedical waste in Nunavik include hospitals, laboratories, nursing station and elders homes.

Biomedical waste is any kind of waste containing infectious (or potentially infectious) materials and may be solid or liquid. They include packaging, bandages, needles (sharps), microbiological cultures, human or animal tissues, or medical supplies that may have been in contact with blood and body fluids.

To protect people and the environment from unnecessary exposure to biohazardous agents, biomedical waste **MUST NOT** be disposed of with regular waste. Biomedical waste is distinct from normal trash and also differs from other types of hazardous waste. In Québec, disposal of biomedical waste is governed by the ***Regulation Respecting Biomedical Waste***.

The goals of biomedical waste treatment are to reduce or eliminate the waste's hazards, and usually to make the waste unrecognizable. Treatment should render the waste safe for subsequent handling and disposal at the local landfill. There are several treatment methods that can accomplish these goals:

- An efficient incinerator will destroy pathogens and sharps. Source materials are not recognizable in the resulting ash.
- An autoclave or hydroclave uses steam and pressure to sterilize the waste or reduce its microbiological load to a level at which it may be safely disposed of. Many healthcare facilities routinely use an autoclave to sterilize medical supplies.
- Microwave irradiation is a type of non-contact heating technology for disinfection.



This is the international symbol for biological hazard. If you see this sign on a bag or container, do not touch! Call your local fire department, hospital, nursing station or municipal office, who have staff that are trained to handle this type of material.

MAKE A DIFFERENCE AND WIN BIG!

We encourage all Nunavik residents and local retailers, as well as municipal and regional authorities to make better use of available recycling programs and improve awareness on the importance of recycling in your community. This is why the Kativik Environmental Advisory Committee (KEAC), in partnership with First Air, is proud to present the "Can Champion Contest."



Take a photo of yourself, a group, or retailer in the action of collecting and recycling aluminum cans in your community. Email your photo to keac-ccek@krg.ca. Twenty photos will be randomly selected and from that group a winner will be chosen by the KEAC members and will receive a return airline ticket on First Air for travel between Kuujuaq and Montreal.

FIRST AIR

With the New Year upon us, we would like to extend the warmest wishes to our customers and magazine readers, the communities and people we serve and, of course, our own First Air and Makivik team.

As most of us do at this time of year, we think about the year ahead and about our goals and aspirations. In this spirit, we thought we would share some of our goals and aspirations for the year to come.

This coming year will see the merger of First Air and Canadian North into one northern airline wholly owned by the Inuit of Canada's North. We envision us coordinating the merger with little or no disruptions to our customers. Our new combined service level, our improved schedules, better connection to smaller communities, improved customer facing technologies, and, generally our positive and caring approach and dedication to serving the people and communities in the North, we hope will have our customers raving about the new airline. We want our customers to also be our champions and recognize we need to earn it.

We envision an Inuit-owned airline that makes all our customers proud. We will invest in the business to offer air travel services that deliver a great customer experience tailored to the North. That may include newer, modern aircraft and onboard meals that meet the needs of customers travelling in our unique geography.

Finally, we see our airline helping and getting even more involved in the communities we serve, ranging from partnering with Canada Goose to bring free parka material to communities, to supporting youth sports and activities, to helping with mental health and suicide prevention. We envision us being very much a part of the communities we serve.

We have a great team of over 900 employees at First Air to deliver these goals. With the merger, we will be an even bigger family.

Wishing everyone a healthy, safe and prosperous New Year. We hope to see you aboard again soon.



© MICHELLE VALBERG

First Air employees model new uniforms launched in early November.



A First Air flight arrives in Montreal from Kuujuaq.

© RENE PACQUETTE

United Nations Declaration on the Rights of Indigenous Peoples

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted by the General Assembly September 13, 2007, by a majority of 144 states in favour, 4 votes against (Australia, Canada, New Zealand and the United States) and 11 abstentions (Azerbaijan, Bangladesh, Bhutan, Burundi, Colombia, Georgia, Kenya, Nigeria, Russian Federation, Samoa and Ukraine).

Since then, the four countries voting against have reversed their position and now support the Declaration. Today the Declaration is the most comprehensive international instrument on the rights of Indigenous peoples. It establishes a universal framework of minimum standards for the survival, dignity and well-being of the Indigenous peoples of the world and it elaborates on existing human rights standards and fundamental freedoms as they apply to the specific situation of Indigenous peoples.

It is good to know that a United Nations General Assembly Declaration is a document expressing political commitment on matters of global significance. A declaration is not legally binding, unlike a treaty. Declarations only represent political commitment from the states that vote in favour of adopting them.

Despite the above, the UNDRIP is a very powerful document. It provides for very strong statements and political commitments with regards to self-determination, culture, language, lands, institutions, etc. for all Indigenous peoples in the world. The UNDRIP is made of a preamble and 46 articles.

It worth noting that MP Roméo Saganash introduced a private member's bill (Bill C-262) aimed at ensuring that Canada's laws are in harmony with the United Nations Declaration on the Rights of Indigenous Peoples. As of December 2018, the bill is at the second reading stage at the Senate.

Here are some provisions of interest, from a Nunavik perspective, found in the UNDRIP:

The General Assembly,

...
Concerned that indigenous peoples have suffered from historic injustices as a result of, inter alia, their colonization and dispossession of their lands, territories and resources, thus preventing them from exercising, in particular, their right to development in accordance with their own needs and interests,

Recognizing the urgent need to respect and promote the inherent rights of indigenous peoples which derive from their political, economic and social structures and from their cultures, spiritual traditions, histories and philosophies, especially their rights to their lands, territories and resources,

Recognizing also the urgent need to respect and promote the rights of indigenous peoples affirmed in treaties, agreements and other constructive arrangements with States,

...

Convinced that control by indigenous peoples over developments affecting them and their lands, territories and resources will enable them to maintain and strengthen their institutions, cultures and traditions, and to promote their development in accordance with their aspirations and needs,

...

Recognizing that respect for indigenous knowledge, cultures and traditional practices contributes to sustainable and equitable development and proper management of the environment,

...

Article 1

Indigenous peoples have the right to the full enjoyment, as a collective or as individuals, of all human rights and fundamental freedoms as recognized in the Charter of the United Nations, the Universal Declaration of Human Rights⁴ and international human rights law.

...

Article 3

Indigenous peoples have the right to self-determination. By virtue of that right they freely determine their political status and freely pursue their economic, social and cultural development.

Article 4

Indigenous peoples, in exercising their right to self-determination have the right to autonomy or self-government in matters relating to their internal and local affairs, as well as ways and means for financing their autonomous functions.

Article 5

Indigenous peoples have the right to maintain and strengthen their distinct political, legal, economic, social and cultural institutions, while retaining their right to participate fully, if they so choose, in the political, economic, social and cultural life of the State.

...

Article 8

1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation or destruction of their culture.

...

Article 11

1. Indigenous peoples have the right to practise and revitalize their cultural traditions and customs. This includes the right to maintain, protect and develop the past, present and future manifestations of their cultures, such as archaeological and historical sites, artefacts, designs, ceremonies, technologies and visual and performing arts and literature.

...

|| ...the UNDRIP is a very powerful document. It provides for very strong statements and political commitments with regards to self-determination, culture, language, lands, institutions, etc. for all Indigenous peoples in the world. ||

ISTOCKPHOTO.COM/IMIZOLLA



Article 13

1. Indigenous peoples have the right to revitalize, use, develop and transmit to future generations their histories, languages, oral traditions, philosophies, writing systems and literatures, and to designate and retain their own names for communities, places and persons.

Article 14

1. Indigenous peoples have the right to establish and control their educational systems and institutions providing education in their own languages, in a manner appropriate to their cultural methods of teaching and learning.

...

Article 18

Indigenous peoples have the right to participate in decision-making in matters which would affect their rights, through representatives chosen by themselves in accordance with their own procedures, as well as to maintain and develop their own indigenous decision making institutions.

Article 19

States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free, prior and informed consent before adopting and implementing legislative or administrative measures that may affect them.

...

Article 21

1. Indigenous peoples have the right, without discrimination, to the improvement of their economic and social conditions, including, inter alia, in the areas of education, employment, vocational training and retraining, housing, sanitation, health and social security.

...

Article 23

Indigenous peoples have the right to determine and develop priorities and strategies for exercising their right to development. In particular, indigenous peoples have the right to be actively involved in developing and determining health, housing and other economic and social programmes affecting them and, as far as possible, to administer such programmes through their own institutions.

...

Article 26

1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired.

...

The full text of the UNDRIP can be found here:

<https://www.un.org/development/desa/indigenouspeoples/declaration-on-the-rights-of-indigenous-peoples.html>

NUNAVIK NOTES

Scholarship Opportunity for Indigenous Women in Ottawa

To celebrate the Canadian Federation of University Women's 100th anniversary, the organization's CFUW/Kanata chapter is offering five \$1,000 scholarships (or a combination thereof - \$5,000 maximum) for an Inuk or Indigenous woman studying in their second, or higher, year of post-secondary education. To be eligible, the applicant must be living and studying in Ottawa and be referred by a designate organization of which Tungasuvvingat Inuit is one. For the scholarship application form or for more information about this opportunity, please contact Amanda Kilabuk at employ-mgr@tungasuvvingatinuit.ca, or at 613-565-5885 ext. 212. The application must be submitted no later than February 15, 2019 and recipients will be notified no later than March 31, 2019.

Departmental Rebranding News

On behalf of my department I'd like to inform you that we have taken steps in rebranding the department's name from Resource Development Department (RDD) to the Department of Environment, Wildlife and Research (DEWR). Throughout the years this department has had many name changes and was originally Research Department and also Renewable Resources Department (RRD). This name change highlights the key work our department conducts but more importantly correctly reflects the key files and issues my staff are responsible for. This department rebranding will be less ambiguous as to our role and more understood by outside entities that we deal or interact with.

Best Regards,
Adamie Delisle Alaku



The Fox Wife

Beatrice Deer's book *The Fox Wife* was released this November in both Inuktitut and English versions by Iqaluit-based Inhabit Media. The award-winning singer based this graphic novel for children on her 2015 song, "Fox," which reinterprets a traditional Inuit story of a fox falling to Earth and encountering a human family who she then follows. The fox takes an extra interest in the oldest son and one day, after he has grown, he enters his tent to discover a mysterious woman claiming to be his wife. He accepts her but becomes curious and ends up asking too many questions. Originally from Quataq, Deer is now based in Montreal. *The Fox Wife* is illustrated by DJ Herron.





Watt Delivers Strong Message to Commission

Makivik President Charlie Watt Sr. says the Province of Quebec must stop making decisions regarding Nunavik Inuit without their participation and consent.

"It's 2018. The era of making decisions about our region in Quebec City without our input is over," he said.

Speaking for an hour and a half at the Viens Commission hearing, which has been travelling the province hearing testimony from Indigenous people about their mistreatment by police and other public servants, Watt gave examples of issues negatively affecting Inuit, including justice, housing and youth.

At the hearing in Kuujuaq at the end of November, Watt referred to the then recent news of the Kativik Regional Police Force (KRPf) threatening to hand over its responsibility to the Quebec provincial police over funding issues. "Where did that come from?" he asked. "The decision can only be made by the Inuit leadership, the creators of the KRPf. The police force was established to report to and get its direction from municipal leaders."

He also addressed the urgent need for infrastructure in the region to help deal with the housing crisis that is seeing families evicted from their homes in freezing temperatures. "This is not the south where there are shelters to turn to," he said.

The province also needs to address its relationship with the Inuit and their homeland, he told the commission, as the territory was transferred to Quebec from the Northwest Territories through the 1912 Boundaries Extension Act without consultation and without consent from the Inuit.

"Quebec wanted the land but not the people. That's a shame. We need to engage in serious Self-Determination discussions," he said.

The Viens Commission was created by the Government of Québec on December 21, 2016 with a mandate to examine ways of improving Indigenous access to public services. The commission's website is cerp.gouv.qc.ca.

Hunters and Government Urged to Protect Caribou

Makivik leaders are again raising the alarm about declining caribou numbers in the George River and Leaf Herds of Nunavik.

Following pressure from Makivik and other Indigenous groups who use and maintain the Leaf River Caribou Herd, Québec announced the closure of the sport hunt last February. The population of the herd had crashed from 600,000 in the 2000s to an estimated 187,000 in the fall of 2018.

"Makivik will continue to monitor the situation, but in the meantime, we ask everyone to do their part to protect the population levels of our caribou," President Charlie Watt Sr. said in a press release in early December. The corporation has issued a warning to all hunters and governments to help preserve the future population of caribou herds, as their steep decline has it, and all Nunavik Inuit deeply worried.

Under the leadership of Makivik, several measures have already been taken by Inuit in the region, including a prohibition on harvesting female caribou during the calving period of March, April, May and June. Additionally, some Nunavik communities have further restricted harvesting of caribou by their hunters and visitors to those communities. Makivik has also supported a resolution voluntarily refraining from harvesting from the George River Herd until the herd has recovered.

The release came on the heels of one issued by The Grand Council of the Crees (Eeyou Istchee)/Cree Nation Government at the end of November condemning unauthorized activities of non-*James Bay and Northern Quebec Agreement (JBNQA)* Beneficiaries related to caribou hunting in the region. It stated that a resolution banning all harvest of the George River Herd, including harvesting by beneficiaries of the *JBNQA*, until the population has reached a sustainable level was unanimously adopted by the Board/Council of the Grand Council of the Crees (Eeyou Istchee)/Cree Nation Government on November 27, 2018 by all leadership.

A second resolution was adopted on the same day requesting that all non-beneficiaries of the *JBNQA* and *Northeastern Quebec Agreement (NEQA)* respect the hunting, fishing and trapping regime of the territory.

Makivik Vice-President of Environment, Wildlife and Research Adamie Delisle Alaku, added his concern, "Our caribou has sustained us for thousands of years and Inuit will continue to pressure governments and other interested parties to respect our preservation plan for the caribou."



May Receives Inuit Recognition Award

Peter May of Kuujjuaq's Nunavik Research Centre was awarded the 2018 Inuit Tapiriit Kanatami's Inuit Recognition Award during the ArcticNet Scientific Meeting gala in Ottawa on Dec. 13. He is flanked here by Makivik's Department of Environment, Wildlife and Research Vice-President Adamie Delisle Alaku and NRC Director Dr. Ellen Avar. May, a wildlife technician known for his work with Canada geese, caribou, and other Northern Quebec species, celebrated 35 years with the NRC in September. The award recognizes Inuit who are making strong efforts towards meaningful Inuit involvement in Arctic research. Researcher Michelle Wood of Nunatsiavut also received an Inuit Recognition Award.



© MIRIAM DEWAR

New Inuit Development Corporation Launched

The Association of Inuit Development Corporations (AIDC) was established November 28 to provide Canada's Inuit development corporations with a collective, national voice on common business issues across Nunangat.

Patrick Gruben, chair of the Inuvialuit Development Corporation and new chair of AIDC, said at the launch that the association will work closely with Inuit Tapiriit Kanatami (ITK), and with key Inuit organizations and governments across Inuit Nunangat to make sure that Inuit businesses are not left behind while rapid change occurs in the North.

"Issues such as the need for infrastructure investment, renewable energy, and for better Internet represents excellent opportunities for collaboration among the development corporations and our federal partners," he said.

Comprised of Makivik Corporation, the Inuvialuit Development Corporation, Kitikmeot Corporation, Sakku Investments Corporation, Qikiqtaaluk Corporation, and the Nunatsiavut Group of Companies, the AIDC has a combined annual revenue of \$500 million.

ITK President Natan Obed said at the launch that the association is something that will enable Inuit businesses interests to thrive in a way that had been hoped for in the past.

"We all work together organically sometimes, but then sometimes especially in relation to economic development and business sometimes we were set up against each other," he said. "Hopefully this will break down some of those barriers."

SOI ALUMNI DELEGATES go to Arctic Circle Assembly

Photos © Mary Paquet/SOI

This October eight Students on Ice youth alumni from across Inuit Nunangat, southern Canada, the United States and Norway gathered in Reykjavik, Iceland to form the SOI Alumni Delegation to Arctic Circle for the 6th annual Arctic Circle Assembly. The assembly is an annual international gathering that brings together heads of states and governments, scientists, entrepreneurs, business leaders, Indigenous representatives, environmentalists, students, activists and others from the growing community of individuals interested in the future of the Arctic.

The SOI Alumni Delegation to Arctic Circle provided alumni personal and professional development opportunities; opportunities to engage in discussions about circumpolar development; opportunities to reconnect face-to-face with the SOI alumni community; opportunities to learn and grow in a cross-cultural and intergenerational space; and opportunities to meet a larger professional network.

During two days of the team's time in Iceland, delegates engaged in SOI-led programming, which included team building activities,

professional development workshops, such as networking and goal setting, and knowledge sharing circles. As attendees of the Assembly, SOI delegates built their own learning journeys, selecting workshops and sessions of interest based on daily learning objectives. In collaboration with organizations, think tanks, universities, corporations, research institutions, governmental bodies and public associations from around the world, the delegates explored topics ranging from clean energy to tourism to the rights and roles of Indigenous peoples, and so much more.

Together, the delegates learned that interest in the Arctic is far reaching, that Indigenous voices need to be at the forefront of conversations concerning circumpolar development, and that working together - across cultures, across generations and across oceans - will ensure the best future for the Arctic and its people. Thanks to the generous support of Polar Knowledge Canada, Natural Resources Canada, and an anonymous funder, these eight youth from around the world left Iceland inspired and engaged, ready to be strong leaders in their communities and engaged global citizens. •



The interior of the Harpa Conference Centre and Concert Hall in Reykjavik, Iceland, one of Iceland's most iconic buildings. The annual Arctic Circle Assembly is the largest annual international gathering on the Arctic, attended by more than 2,000 participants from more than 50 countries.

Susan Nulukie, from Kuujuaq, with her grandfather's carving which was part of the Cerny Inuit Collection, on exhibit at the Assembly. Nulukie works for the Nunavik Regional Board of Health and Social Services, and said she joined the delegation to better understand the climate and decrease of wild animals. She was also hoping to find other projects to benefit Nunavik. Nulukie was funded by Polar Knowledge Canada.





Nunavik Delegation inspired by Young Entrepreneurs Symposium

The 12th Young Entrepreneurs Symposium (YES 2018) is an annual event which brings young Indigenous entrepreneurs and entrepreneurs-to-be together with business leaders and role models to help foster the skills, knowledge and networks they need to be the business leaders of tomorrow. This year's event in Edmonton ran from November 26-29. The energetic agenda moved through three days of powerful presentations, spirited panel discussion and demanding team challenges.



Indigenous youth from across Canada gathered in Edmonton to learn more about entrepreneurship. Makivik Corporation, LOJIQ (Les offices jeunesse internationaux du Québec) along with Air Inuit and First Air supported five delegates from Nunavik to attend YES 2018. The Nunavik delegates were: Charlie Gordon, Minnie Annahatak, Winifred Nungak, Janice Kasudluak and Jeannie Qumaaluk.

Winifred Nungak who is from Kangirsuk and is the founder of Winifred Designs felt that this event will have a lasting impact on her: "I am so uplifted and thankful. Getting out of my comfort zone, working in teams with all the challenges has made me gain more confidence & made me grow more. Meeting other awesome Indigenous youth is amazingly inspiring and listening to all the Indigenous entrepreneur speakers who gave us really good advice how to run a business was inspiring. I really want other Inuit youth from Nunavik to experience this life changing event!"

For Charlie Gordon, an up-and-coming artist and circus performer from Kuujuaq, attending YES was also an inspiring experience. He said that "meeting Indigenous youth from all over Canada and hearing different success stories of Indigenous people: it truly is inspiring. While these last three days have been intense, it's all worth it in the end."

Two of the Nunavik delegates, Minnie Annahatak who works in Kangirsuk as the Inspire Nunavik Coordinator and Jeannie Qumaaluk who is a board member for the Qarjuut Youth Council, said this event was life-changing.

"I feel like I changed my life. I'm overly inspired and my spirit is woke," Annahatak said.

For Janice Kasudluak, an aspiring entrepreneur from Inukjuak, YES 2018 was very beneficial and she hopes to bring back the knowledge to her community.

"I would like to bring back what I gained to inspire the young teenagers in my community. We can help them by simply giving them confidence to go ahead and catch their dream," she said. "Entrepreneurship has always been on the back of my mind throughout my life, but I never really had the courage to ask around for advice or actually go to school for it because I became a mother at a very young age and felt very limited."

Through entrepreneurship, Nunavimmiut have the opportunity to strengthen their self-confidence and further lead the development of their communities. We would like to thank LOJIQ, Makivik Corporation, First Air, and Air Inuit for allowing the first Nunavik Inuit delegation to attend this inspiring event.

Inuit Youth Day a Success

About 80 youth from across Nunavik came together in Kuujjuaq on December 5 for the first ever Qarjuut Youth Council's Inuit Youth Day.

The event was held as a celebratory day for young people in the region to help encourage them to engage with their community, make positive changes, and be role models for those around them. The organizers said it was a truly inspirational day. Between musical performances, leadership workshops and a networking exhibition with many Nunavik organizations showcasing their services, the event was about learning, coping, inspiring, and motivating.

During the main show, keynote speakers told a variety of stories to both celebrate and destigmatize different experiences and topics. Youth participants were able to see that the speakers, youth like themselves, were able to overcome these obstacles and move forward.

Anyone aged 15 to 35 was eligible to apply to take part in the Inuit Youth Day event. They were required to fill out an application



form, and selection of five youth from each community in Nunavik and Chisasibi was made a few weeks later, based on the answers given on the form.

The Qarjuut Youth Council receives yearly funding from Makivik, the Nunavik Regional Board of Health and Social Services (who added special funding for this event), and Secr tariat   la Jeunesse. The council also has a partnership with Air Inuit and the Kativik Regional Government. In addition to that support, local organizations also helped sponsor the event: The Northern Village of Kuujjuaq, Newviq'vi, the Northern and Co-op stores, Tivi Gallery, Hunter Support, First Air, Halutik, and Goo's.

Youth from around Nunavik participated in a leadership workshop facilitated by the award-winning Exeko organization during Inuit Youth Day in Kuujjuaq. While not confirmed yet, Qarjuut Youth Council organizers hope that Inuit Youth Day will become an annual celebration.



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THE ADVENTURE STARTS NOW!

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[illegible][illegible][illegible][illegible]**POSITION** DECKHAND

RESPONSIBILITY 🌀 To help bring goods to the communities of Nunavik and Nunavut, by working hard on board NEAS sealift vessels, from June to November.

QUALIFICATIONS  You will receive 2 weeks of training from NFTC (Nunavut Fisheries and Marine Training Consortium) in Iqaluit, before joining vessel.

CLOSING DATE May 1st, 2019

WHY WORK AT NEAS?

In addition to a very competitive salary, NEAS offers an excellent benefits package. All required clothing, food and lodging are provided.

You may apply online at www.neas.ca, or by email at jobs@neas.ca or by fax at (514) 523-7875 or call us at 1 (877) 225-6327. All applications will remain confidential. Only retained candidates will be contacted. Thank you for your understanding and interest in NEAS.

TAKE THIS OPPORTUNITY TO JOIN OUR TEAM!
THE ADVENTURE STARTS NOW!

WWW.NEAS.CA



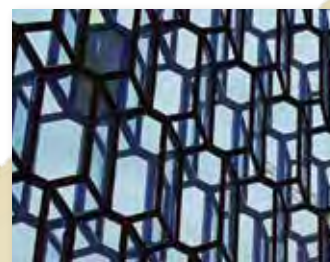
ELIA LAUZON

Full Name: Elia Lauzon
Birthdate: February 2, 2000
Place of birth: Montreal
Home Community: Kuujuaq
Role Model: My older sister, she's influenced my upbringing more than anyone I know. She has all these goals and aspirations, no one can stop her. But she's always looking at what she can do better, even when she's accomplished her goal. You can't help but mimic her.
Current school: I'm in Nunavik Sivunitsavut. It's the second year the program's been running.
Most proud moment: I'm only 18, so I don't have a huge list to choose from. I'm certain my most proud moment was sitting at my graduation table with my family. They all told me they were proud I'd succeeded. Having everyone important to me congratulate me was the most overwhelming sensation.
Future goals: I want to make an impact on future generations. I want to change something I found lacked in my upbringing, in my community.
Best advice you can offer youth: Be compassionate. Be empathetic. Be assertive. Show that you are present but understand that so is everyone else. Don't shrink yourself because you're afraid of how you'll be perceived, you are more than anyone can understand. Don't feel like you need to belittle someone to be confident, you can be confident without being the best.



JOBIE TUNIQ

Full name: Jobie Tuniq
Birthdate: November 14, 1981
Place of birth: Montreal
Home community: Salluit
Role model: Samwillie Grey Scott
Favourite food: Caribou meat
Occupation: Intervention Agent at Sappummivik
Most proud moment: Run into a polar bear with two wolves circling around it
Future goals: Make a living out of the land
Best advice you can offer youth: Live life! Seek help



WHAT IS THIS?

You could win \$100 if you correctly guess what this mystery photo is. Mail your answer to the address below, or you can email your answer to mdewar@makivik.org.

Mystery Photo Contest
 Makivik Corporation
 P.O. Box 179 Kuujuaq (QC)
 J0M 1C0

Congratulations to Annesie Nowkawalk of Inukjuak who won the Mystery Photo Contest in issue 116 of *Makivik Magazine*! The winner of this Mystery Photo Contest will be chosen on February 28, 2019. The prize is \$100.

The Intriguing Story of Selenoneine in Nunavik

By Mélanie Lemire, Matthew Little, Pierre Ayotte, and many other colleagues in Quebec City and Nunavik

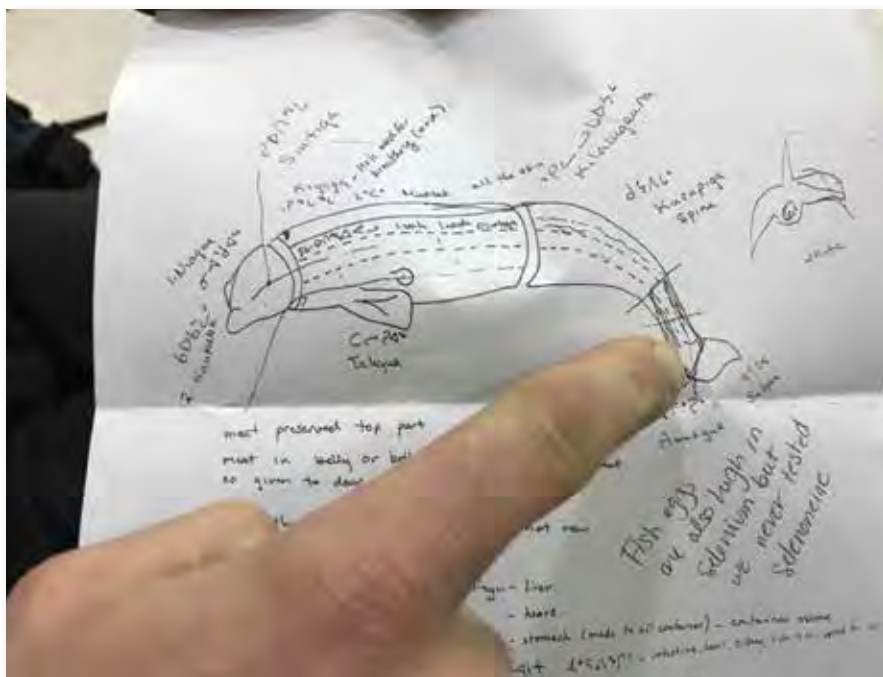
Selenium is an essential element; we need it for several body functions, including proper functioning of the thyroid gland and defending against toxins (harmful substances). Selenium is found in large quantities in Nunavik country foods, particularly in those from the sea, such as beluga *mattaaq*, walrus meat, marine mammal organs, and fish eggs. Selenium levels in the blood of Nunavimmiut who enjoy country foods like *mattaaq* are among the highest in the world. This is likewise the case for Nunavummiut and Inuit in Greenland.

In 2010, a new selenium compound named *selenoneine* was discovered. Selenoneine may protect the body against toxins through its antioxidant activity. Selenoneine was found to be the major form of selenium in Bluefin tuna and certain other marine fish species. High levels of selenoneine was also found in the blood of coastal Japanese people who consumed fish. Interestingly, there is increasing evidence that selenoneine may help our body reduce the toxic effects of methylmercury, the most toxic form of mercury. Selenoneine and methylmercury both accumulate in red blood cells; selenoneine may increase detoxification of methylmercury in the blood and thus lower its distribution to the brain, where it is known to cause harmful effects. Methylmercury is known to be particularly harmful during pregnancy since it can impair the normal brain development of the fetus and newborn child.

For the past several years, our team has been studying the different compounds of selenium in Nunavik country food and Nunavimmiut blood. Recently, we found exceptionally high levels of selenoneine in beluga *mattaaq*. Other country foods seem to be lower in selenoneine (even if they are high in selenium), but more analyses are ongoing. Evidence indicates that selenoneine cannot be produced by mammals, and in partnership with hunter colleagues from Nunavik, we are trying to understand where selenoneine is coming from and why it's only found in *mattaaq*.

We also found exceptional levels of selenoneine in the blood of Nunavimmiut (tested in archived samples from Qanuippitaa Nunavik Inuit Health Survey in 2004). Interestingly, selenoneine levels were more elevated in the blood of Inuit from Hudson

Strait villages, where beluga hunting and *mattaaq* consumption are more common. But even more surprisingly, we found higher levels of selenoneine in Inuk women compared to men. When we presented this intriguing finding at the annual meeting of the Regional Nunavimmi Umajulivijiit Katujaqatigininga (RNUK, also known as the Nunavik Hunting, Fishing, and Trapping Association) in Tasiujaq in 2017, RNUK members commented that differences between men and women may be due to women eating the tail region of the beluga. They raised the question: Could selenoneine be higher in the tail of beluga? Members also suggested that we ask women about their food preferences and cultural practices with respect to beluga.



As a result of this meeting, researchers Matthew Little and Elisabeth Gagné went to Quaqtaq in October-November to work with hunters in Quaqtaq to sample different parts of beluga whales and conduct interviews about food preferences in the community. Here are some preliminary quotations from the interviews:

"When a beluga is killed...the tail is taken away for the women's feast. When I was a child, women used to be very happy. We had no telephones, nothing, at the camp. And someone would just say, '*amikoqonaa!*', and that means there's a feast. And you would know, whoever yells out that, that's where you go [...] Nowadays, they'll call around and say 'We'll have it for lunch or for supper' because women work regular jobs...The women are all excited about it. The men don't go there, unless it's in their home." [Elder woman]



Mattaaq, meat, cartilage, and bone from a beluga tail at a women's feast in Quaqtuq.

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"Us men, we don't usually eat the tail. There's been a long tradition that we're not allowed to eat that. Back in the day, that was the traditional way of life. Nowadays, I don't know, but I still don't eat the tail, we always leave that to women [...] I don't know why, it's like a way to celebrate killing a whale and thank the women, maybe." [Elder male hunter]

More results are expected for 2019. This project is the result of a great collaboration between university researchers, RNUK

hunters, the Nunavik Nutrition and Health Committee, the Nunavik Marine Region Wildlife Board, the Nunavik Regional Board of Health and Social Services, and the Nunavik Research Centre of the Makivik Corporation.