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Malaya Qaunirg Chapman ASIST-mik ilihaghimayuq. Ilvittauq?

What do you think about our magazine, Naniiliqpita?
Do you have photographs, or ideas for stories or columns?
Send us your thoughts or ideas, and we'll try to include them in Naniiliqpita.

Qanuq ihumagiviuk makpigaliugaqqut, Naniiliqpita?
Piksautiqaqqiit unipkaliugakhanigluuniit?
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Tohaktitivyit Ltd.

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Do you want your photographs to appear in Nunavut Tunngavik Inc.'s publications and on our website? A winning photo will be chosen each month. If your photo is chosen as Photo of the Month, you'll win a cool NTI Photo Contest mug. If your photo is chosen as Photo of the Year, you will receive a \$1,000 cash award. This contest is open to Beneficiaries of the *Nunavut Land Claims Agreement*. See NTI's website for complete contest details.

Atiit tunilugu taghinahuaqlutit!

Piksautit takupkaqtittumavigit Nunavut Tunngavikkut makpiraainginit qaritauyakkuurutinu? Piksautit akimayut takupkaqtita-
uniagtut tatqiqhiut tamaat. Piksautit
akimannirumi tatqiqhiutit piksautaanik,
taghiniaqitutit qallunimi NITI-kut Piksautaanik
Akiমানahuaqtunut. Piksautit taghihiimagumi
piksautapluni ukiumut, taghiniaqtutit
\$1,000 kiinauyani. Hapkaa angmaumayut
tamangnut nunataaqhimayut *Nunavunmi*
Nunataaqnikut Angirunittit. Takulugu NTI
qaritauyakkuurutait naunaaittarmagauffi.

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Entries should be sent to:
Website Photo Contest

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 1-888-646-0006
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www.tungavik.com

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Malaya Chapman Qaunirq took ASIST in 2011, and has now taken train the trainer sessions.
Courtesy of Nigél Fearon/Nunavut Arts and Crafts Association/Kellett Communications

Malaya Chapman Qaunirq iliaqhimagyuq ASIST-mik 2011-mi, tajjalu iliaqhimaliqtuq ilihainiqmik. Tuniyauhimayut talvannqat Nigel Fearon/Nunavunmi Hanauyaqtit Katimayit/Kellett Tuhaqtittiyit

Message from the president



Tuhaktakhat Angayukaamit

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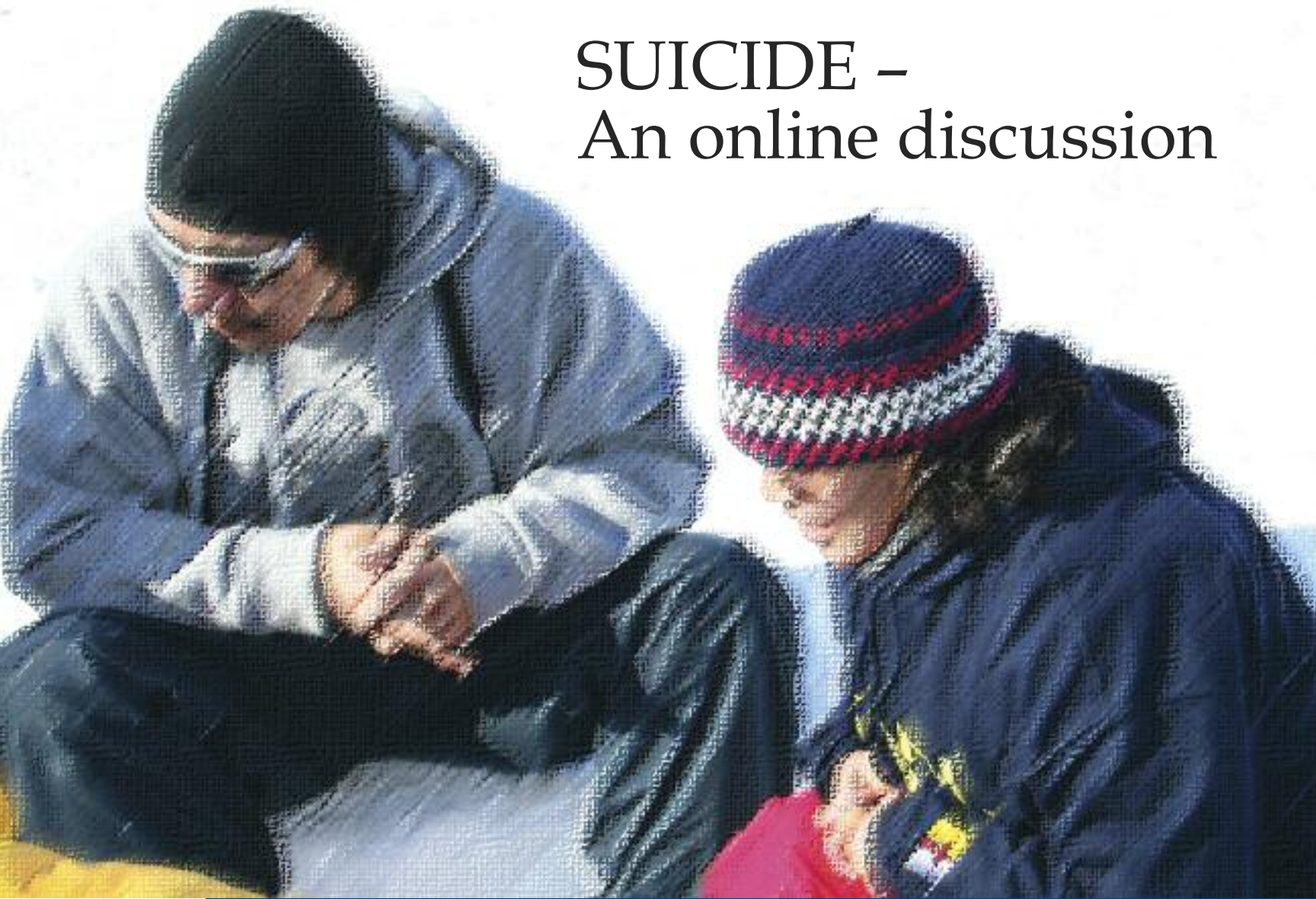
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In September, 2011, ELC played a primary role in finalizing the *Nunavut Suicide Prevention Strategy Action Plan*. ELC also played a primary role in delivering health supports to former residential school students for the Qikiqtani region. In conjunction with this program, ELC sent 11 people to Inuvik to participate in the Truth and Reconciliation Commission's Northern Event, and helped provide counseling to the TRC events in Baker Lake and Iqaluit.

For more information, contact Jenny Tierney at (867) 975-3233 or jennytierney@inuusiq.com.

SUICIDE – An online discussion



Piita Irniq recently initiated an online discussion about suicide. Part of that discussion is reprinted here. All names except Piita's were removed to protect privacy.

Original post

Piita Irniq

Suicide was never the Inuit way of dying. In dealing with this very serious issue among our people, I believe the time has come that we as Inuit leaders, politicians, Elders, clergy, youth and the people must make greater effort in finding ways to end it. We need to have the will, courage, strength and vision to do this, for all of us.

Comments

- Suicide is not a cultural occurrence.
- It happens all over the world and yes, people should stop doing it.
- It does happen all over the world ~ young and old and all walks of life do take their own lives, but affects the people you love the most.

INMINIIGUTAIT – Kagitauyakut ukakatigitjutikhait



Piita Irniq ublumi autlakthimayuk kagitauyakut ukakagigitjutikhainik inminiigutikhainut. Ilantit ukakatigihimayait titigakhimayut hamani. Ilaukatauhimayut angikhimayut ukautainik titigaklugit, tamamik atiit unguvakhimayut kihimi Piita, munagiyaanganik inminiigutainik.

Hivulimi titigakhimayut

Piita Irniq

Inminiigutikhait ilaungitut Inuit tukutjutainik. Munaginahuaklugit hamna ayokhanaktut Inuukatiptinut, ukpigiyunga ublumi Inuit angauyakaat, Atanguyait, Inutukait, Minihitait, Inuulgamiit ovalo Inuit akhut uktuktukhat nalvaanahualugit nutkagutikhainik. Pinahuaktukhauyut, ikhingiluta, hakugikhiluta ovalo hivunikhkaptinut ihumagiluta hamna piyaanganik, tamaptanut.

Ukakhimayait

- Inminiigutikhait ilaungitut inuuviviniptinut.
- Pikaktut tamaat nunakyuami ovalo ihik, Inuit nutkaktukhat.
- Pikaktut tamaat nunakyuami – Inuulgamiit ovalo Inutukait ovalo tamamik Inuit inminiilikpaktut kihimi ikpinagiyaayut tamaat Inuukatiminut nalgigiyainik.
- Hunmat inminiikaktut ukakatigiyakhavut munagiyaanganik.

- Piyukhauyutit nalvaalutik pitkutikhainik Inuulgamitiptinut, Inuulgamikakviit, ikayuktiit, havaakkhainik kinikhiatjutait pilaakata ovaluniit nakuutiaktuk, ukakatigilugit Inuulgamiit piyumayainik ovalo piyakhainik. Ukaktunga tamamik Inuit tugaangitunga kinamik. Ihumagiyatka.
- Mamiahuktunga Inuit ukaligaagamiuk hamna.
- Pikangituk kiutjutikhainik hunmat Inuit inminiilikpaktut. Ovamnut inuuhivut ayonakhiliktuk ublumi; angilgaitumik, atukikhi-mayunik, ayonaktut Inuit. Piyumaguma kitkanit hamna inuuhianut ovalo aalamik. Piniaktunga aalamik.
- Havakpiakhimayugut inuuhiptinik ovaluniit uktukhimayugut. Ayonaktut havagiaganik. Kinguani 1970mi, tuhakhimayunga kinamit ukaktuk, "Ihik, inuuhivut ayonaituk ublumi.... umayukhi-ugiuktugut nikikhaptinik kihimi ayonaktuk kagitaptinut." Pikaktut amigaitumik aalatkiit ihumagiyait kiniktakhavut. Hunmat hamna hivuliuyuk pikataktait? Nutakavut inuuptigtu nakuuyumik? Kanugitpa ilaukatautjutait ilaukatautjutainik ayoikhaihima-vat? Hamna munagiyauyukhat? Ayokhaktut kagitainut, kanuk pipkailikpaktut?
- Pitkutiligiyivut Inuit havakatigiyakhait Inuit Inutukait. Gooti munagilugit Kavamatkut.
- Akigaktunguaniaktunga hamani, kihimi ilvit aalangulaaktatit inuuhit ikayuktaulutit Gootimit. Ihik, inuuhivut ayonaktuk, Inuit ilangit ayonaktut ovalo atukikaliktugut angiyumik. Tuhaktagit hamani. Huliklikpaktunga ayokhaligaagama ovaluniit namunga-uyaami ilaani, Gootimut kingalipaktunga. Kingagutit ikayulaak-tut akhut. Tunilugit ayokhagutitit Gootimut ovalo apigilugu ikauklutit inuuhinut ovalo ikayulaaktuk. Ilaani kayomiituk inuuyaami kihimi pilaaktut.
- Tunihimayugut amigaitumik kinauyakhainik olapkikhakvinut ikluit, hakikviit ovalo olapkiviit ovalo amigaitut olapkitjutikhait ovalo tuhakatainaktugut piyumayugut amigaitkiyainik! Ilaa, ukpigiyunga piyukhauyugut pilikluta ayoikkhailugit nutakavut mikhaanut, inuuviviniit ayoikhaitjutikhainik, aatjikutainik, mikhuktut, umayukhiuktut, kanuk inuulaaktut nunami, ilaa hanalaamata inminik munagitjutikhainik. Puigukhimaitunga nutagauplunga mikhuktitauihimayunga mikiyumik kaminik. Ublumi naluhuiktunga tahamna ayoikhaitjutikhait atulaaliktut ikpinaktumi inuuhiptinut.
- Amigaitumi ukiuni, titigagumavaktunga hamani ihumagiyap-tinik makpigaani kihimi, pihimaitunga ublumi. Nalungitunga atauhik angiyuk ayokhagutait Inuit pivaktait, ihuitumik ukakatigiyainit tahapkoninga ayoitkiyainit. Aipaa, nani Init ilakatigiminut avitkaagamik. Aipaalu, Inuit ukautaugaagamik itiktaunialiktut. Amigaktut ihumagiyait kinguanik inminiigu-tikhainut. Tamamik nunaini, pikaktukhat Inumik autlaktilaaktut katimayunik aalatkiinnut Inuit ukiukaktunut, inminiinahuakhi-mayunik, ilaa aatjikutainut Aakut. Kinamik ihumalaituk ihuitumik ovalo ikpigiyait inminiigutikhainik.
- Inutukait takuyauyukhat ikayugiaganik Inuulga-minik ayoikhaitjutikhait piyakhainik inuuyaanganik nunami. Iitagiyaikhavut Inutukavut nalungimata ovalo ayoinmata tunilaaktut inuukatiptinut tamak-tinagit. Nipiliulutit ukautait, hunavalumik pilutik tamaitailigiaganik inuuhivut.
- Ilihakhimayunga mikiyumik mikhugiaganik hita-akiit ovalo pualut aknautitlunga ovalo tahapkoa puigukhimaitut, mikhugiukhimagalualunga ami-gaitumi ukiuni. Ayoikhaitjutait ikayulaaktut ayokh-agutinik ilaani ovalo havaktiniaktaatit akhut.
- Ihumayunga naalaliktukhauyugut kinamik ayokhaktut inminik ovalo ukagumayunik ovalo puigungilugit avalitumik. Tuhagaagapta ayokhaktut ilaani ovaluniit ilaani tuhaguiktugut ukanahuagutainik. "Tahamna ayokhautigiyat, ovagaungituk." Naalaliklunga ayokhaktunut, ukakatigilugit, aalatkiit Inuit ilaukatigiinakhivut.
- Piyumayunga angutinik ilaukatauyukhanik tamamik ukiukaktumik. Pikaktut aknait ilaukata-uyut, kihimi pikangituk angutitut tamamik ukiunut? Aknait ukakatigilaaktait aalat aknait mikhaanut ilaukatautjutainik ovaluniit hunavalu-mik, kihimi angutit ilihaktitauihimayut angutaulutik ovalo hakugiklutik. Iluaniilikpaktut ihumaalugiya-inik, ningigautaiyainik, mamiahugutainik nani kagalikpaktut ilaa, ilihaktitauihimagamik angutitut.
- Ukaliktunga ilaa, tamaihimagama amigaitumik ilakatiptinik inminiigutainit ovalo taimaalilaitunga inuulgamitiptinut ovalo ihumakafungilunga pikatangitut. Takuyumayunga takulugit inuulga-miit ikayuktauyunik. Ilaa, tikitkaagapta ataanut kinikhialikpaktugut ikayuktukhanik, ukakatigin-gitkuptigit ukalikpita ukaktakhaungitut inminiina-huaktunik ilaa ayonamat? Ihumagihimayatka inminiigutikhait ilaa, puigulainama ayokhagutainik inuuhiptini. Ukainaniaktunga. Aatjikutaatut aktuk-tauhaimayut ihuinaagutainik, ukayuitagaluit kihimi amigaitut Inuit kinikhialiktut ikayugutikhainik ukaktauligami.
- Inuulgamiit angutit kungiaktauyukhatlu angayu-minit ovaluniit inikniungiyauyunut. Kungiaktauyu-mayut ovalo ikayuktaulutit aatjikutaatut aknait. Tamamik piyumayut nakligiyaulutik ilaa, takuga-agamik aalamik Inunik niviuktauyut, aatjikutaanik piyumayut. Piyumayugut Angayukhaptinik ovalo Alikakhaptinik ilaukatauyunik, kinamik munagi-laaktut tamamik Inuit.
- Inuuyunga mikiyumi nunait Nunavumi. Ayoikhai-himaitunga hamani ihumagiyainik, kihimi fonik-

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- [illegible]

- Younger boys need attention from brothers or anyone older than them. They need attention and guidance just like the girls. They all want to be loved because when they see other people getting hugged they want the same. We need Big Brothers and Big Sisters, someone everyone can count on.
- I live in one of the smaller communities in Nunavut. I'm not a trained professional on this issue, but I've had calls or have had visitors by several people who say they must talk to me about wanting to commit suicide. I put aside everything else that I was asked to do or was going to do and start listening to what these individuals want to talk about. I don't care if it takes me two to five hours to listen and respond to their cries as long as I see that person is alive the next day! I stay with them until they start laughing again! As I write this, I'm getting emotional because those people who have turned to me are still alive today!
- Suicidal ideas are born in the mind and in silence. It comes from feelings of hopelessness, helplessness and alienation. People become suicidal when they feel nobody cares about them and it is complicated by self-medication with alcohol and drugs. Hope comes from being heard and understanding our worth and dignity as human beings by being heard. Listening without judgement and allowing a person to come to an understanding of their own feelings often helps them reformulate a life plan. Sadly, some people need protection from themselves at times, but often we can empower change by including people in our community life and plans. Sometimes a thoughtful arm over a shoulder or a warm understanding smile is all that is needed to convey that the person is cared about. Sometimes going to someone's house you know is sad and bringing them out for a coffee or a walk helps one understand they are of value. Feeling included and valuable is the solution to feeling helpless, hopeless and alienated. Living in difficult conditions and our own self-talk causes us to despair and become demoralized. Culturally sensitive initiatives to bolster and encourage good mental health are something all communities can develop. There are many helpers in communities and a lot of them are grandmothers, grandfathers and other natural healers, other than the government resources.
- I lost my older brother to suicide, also my twin sister. It is not easy to deal with and I don't think it should be kept quiet. I feel it should be an open discussion to all. It takes a long time to heal. People of all ages should feel comfy to speak about it in their own community.

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[illegible]

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- We lost a brother and some other relatives to suicide and we still wonder why our brother committed suicide. He wrote a letter to explain why. It wasn't the answer we were looking for. He never spoke about suicide when he was growing up and he was only 16 years of age when he hung himself. People who are suicidal are very quiet about it so we never know who is going to die of suicide unless they speak out to seek help and talk it out with the ones they trust and move on to do better in their life. I have spoken to some people who were suicidal and this was over 19 years ago and they are still around, living a better life, and I sometimes wonder if it was what I said to them that made them change their life in some way. A few have passed on from natural causes and I'm glad they didn't commit suicide. When I see the children of those who were suicidal and are happy with their parents I know I made a bit of a difference in their life. I've seen a rope hanging from a ceiling because I was asked to go to their house because someone was suicidal and he was ready to end his life right there and then. It scared me very much to see that rope hanging. I made him promise he wouldn't harm himself. I didn't want to leave him alone, but I left after he promised. He is still around living with his family and seems happy. This was 22 years ago when he spoke to me.
- Thank you for encouraging open conversation on this tragic issue. We must work together and be able to talk about ways to support and help. Every person has different needs and we need to use various supports to help. One way does not work for everyone. Every person can make a positive difference in another person's life.
- Counselling, counselling, counselling.
- My heart goes to all those who are searching for answers to help save lives of suicidal people. Don't give up! Life is precious and life is beautiful!
- If it wasn't for counselling, I'd be six feet under right now. It helped me deal with issues I didn't know I had, feeling abandoned and abused. I lacked confidence and self-respect. It changed my life.

inminiinahuaktut uktukhimayumit, takulaaktut inuulgamiit aknait uktukhi- mayut inminiinahuaktut amigaitki- yauyut naunaiyautainit inuulgamiit angutinit – kihimi atukhimayut mik- itkiyainik aniktigutikhainik.

Tamaat nunakyuami, ilangit Inuit uktukhimayut inminiinahuagutainik – amigaitumik hunmat. Ilangit Inuit akhut kagitainik aniagutikaktut, ilangit aniangitut. Ilangit Inuit pihimayut kagitainik anikhimayumik, ilangit pihi- maitut. Amigaitut Inuit tukuhimayut inminiigutainit ayokhakhimayut tam- agutainit – ilaa, avitukhimayumit ilaukatigiimit – ovalo ihumayut avali- igutainik.

Inuulgamiit Inuit pikataktut aalamik hunmat inikninit Inuit. *Nunavumi Inminiigutait Nutkaktigutikhait Uktug- utikhainik* titigakhimayut ihivgiutainik inuulgamiit Inuit ayokhakhimayut nuta- gautitlugit (ilaa, munagiyautiangitut, ukpatainik ihuinaakhimayut ovaluniit aktuktauhimayut ihuinaagutainik), ayokhakhimayut kagitainik ovalo pikataktut ihuinaagutainik iminik ovalo/ovaluniit angiyaanaktumik ilaa, ayokhalaaktut inminiiguitkhait ihumag- ilikpaktainut.

Ukakatigiyyakhavut kanuk pihima- yainik Inuit inuukatigiit 1950nit pipkaihimayut amigaitumik – kihimi tamakmiungitut – Inuulgamiit Inuit ihumalikpaktut taimaatut. Kihimi pititlugit havaliktakhait akhut inmini- igutikhait nutkaktigutikhainik. Aalat nunait nunakyuami pihimaliktut – ovalo ovagut piyukhauliktugutlu.

Ukpigiyunga ihivgiukhimayut aalami nunainii nakuuyut naluhuigiaganik huli- mayut Nunavumi. Pikaktugut kagitainik ayokhagutainik inuukatigiigutiptinik, tamamik kingulimi ayokhagutainik inuukatigiininit ovalo ayokhagutait pip- kaivaktait ilakatigiit ayokhagutainik, kinauyakangitut. Amigaitut Inuit angilitihimayut ovalo inuuhimayut Nunavumi pikataliktut ningagutainik aalatkiinik – kagitainik, ukpatainik ovalo aktugutainik ihuinaaktumik. Pikaktugut amigaitumik naunaiyautainik angiyaanaktut ihuinaagutainik, ilaa, inuulgamiini angiyaanaktut ihuitumik atukataktumik (pililaaktut akhut ikpinagutainik Inuit kagitait naam-

Ikpatauyak 1: Tukuhimayut Inminiigutainit Nunavumi, ukiumit 1999mit - 2011mut

Ukiuk	Tamaat	Kinauyut		Inuit, Kitkuuyut		Inuit, Aviktukhimayunut		
		Inuit	Inuinaungitut	Aknit	Angutit	Qikiqtani	Kivalliq	Kitikmeot
1999	22	22		2	20	13	4	5
2000	26	25	1	8	17	15	6	4
2001	28	27	1	3	24	17	7	3
2002	25	25		2	23	18	6	1
2003	37	36	1	4	32	25	6	5
2004	28	28		6	22	23	1	4
2005	26	26		5	21	18	5	3
2006	30	30		6	24	18	4	8
2007	24	24		6	18	12	5	7
2008	30	30		4	26	20	6	4
2009	30	29	1	5	24	21	5	3
2010	29	27	2	8	19	16	7	4
2011	33	33		7	26	24	4	5
Tamaat	368	362	6	66	296	240	66	56

Pihimayut Titigakviit Atanguyat Tukuligiyit Nunatiami (Jan. 1mit Mar. 31mut 1999) ovalo Nunavut (Apr. 1mit 1999), ovalo Titigagutait 7mik Nunavumiut tukuhimayut autlaktitauhimagamik nunaminin (kitkanit 2004mut 2009mut)

ᑕᑭᑭᑦᑎᑦᑕᑦᑕ 1: ᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕᑦᑕ ᑭᑦᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕᑦᑕ, 1999-2011

ᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ		ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ		ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ		
		ᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕᑦᑕ	ᑕᑦᑕᑦᑕᑦᑕ
1999	22	22		2	20	13	4	5
2000	26	25	1	8	17	15	6	4
2001	28	27	1	3	24	17	7	3
2002	25	25		2	23	18	6	1
2003	37	36	1	4	32	25	6	5
2004	28	28		6	22	23	1	4
2005	26	26		5	21	18	5	3
2006	30	30		6	24	18	4	8
2007	24	24		6	18	12	5	7
2008	30	30		4	26	20	6	4
2009	30	29	1	5	24	21	5	3
2010	29	27	2	8	19	16	7	4
2011	33	33		7	26	24	4	5
Total	368	362	6	66	296	240	66	56

ᑕᑦᑕᑦᑕᑦᑕ: ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ (ᑕᑦᑕᑦᑕᑦᑕ 1-ᑕᑦᑕᑦᑕ 31-ᑕᑦᑕᑦᑕ 1999) ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ (ᑕᑦᑕᑦᑕ 1, 1999), ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ 7 ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ (2004 ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ)

ᑕᑭᑦᑎᑦᑕᑦᑕᑦ 2: ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ, ᑕᑦᑎᑦᑕᑦ, 1999-2011

	ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ	ᑕᑦᑎᑦᑕᑦ, ᑕᑦᑎᑦᑕᑦ								
		10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50+
1999	22		11	7		4				
2000	25	2	7	9	2	3	1			1
2001	27	1	16	5	2	2	1			
2002	25	1	8	6	2	3	2	2		1
2003	36	1	15	12	4	2	1			1
2004	28	1	11	4	5	3	2	2		
2005	26	2	14	5	1	1	1	1	1	
2006	30	2	8	9	4	1	4		1	1
2007	24	3	5	6	4	2	2		2	
2008	30	3	7	11	2	1	3	2	1	
2009	29	1	11	6	3	3	2		2	1
2010	27		7	11	4	3	2			
2011	33	2	9	9	4	2	2	2	1	2
ᑕᑦᑎᑦᑕᑦ	362	19	129	100	37	30	23	9	8	7

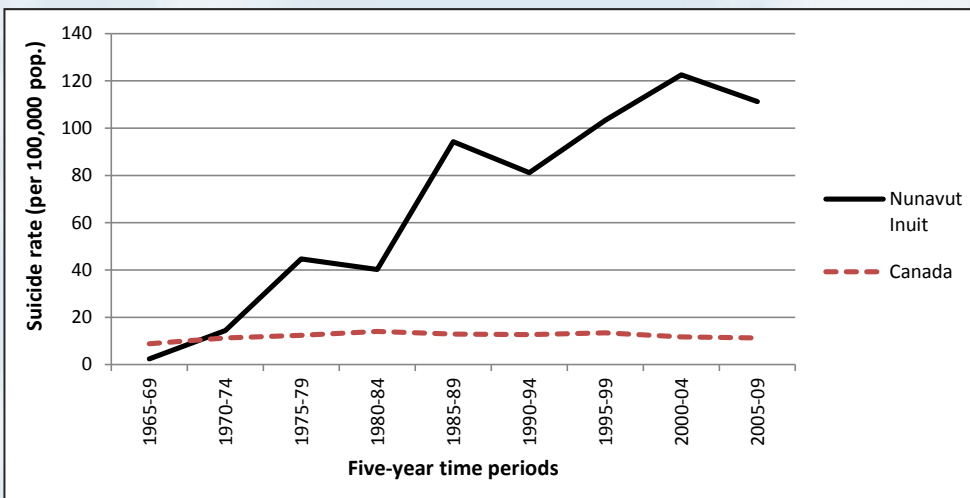
ᑕᑦᑎᑦᑕᑦ: ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ (ᑕᑦᑎᑦᑕᑦ 1-ᑕᑦᑎᑦᑕᑦ 31-ᑕᑦᑎᑦᑕᑦ 1999) ᑕᑦᑎᑦᑕᑦ (ᑕᑦᑎᑦᑕᑦ 1, 1999), ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ 7 ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ (ᑕᑦᑎᑦᑕᑦ 2009 ᑕᑦᑎᑦᑕᑦ)

ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ, ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ

Rate of death by suicide, Nunavut Inuit and all Canadians, by 5-year time period

Naunaiyautait tukuhimayut inminiigutainit, Nunavumi Inuit ovalo tamamik Kanatamiut, Talimanik ukiuni ilanganut.

GRAPH 2



Everywhere in the world, some human beings attempt to take their lives – for a wide range of reasons. Some people clearly have serious mental illness, while others do not. Some people have experienced brain injuries, while others have not. Many people who die by suicide have suffered recent losses – such as a relationship break-up – and are feeling hopeless.

Younger people tend to have a somewhat different set of reasons than older people. The *Nunavut Suicide Prevention Strategy* referenced research which shows that young people who had painful childhood experiences (such as neglect, physical abuse or sexual abuse), who are suffering from mental distress, and who abuse alcohol and/or drugs are at particular risk of suicidal behaviour.

We need to discuss how it was that the experiences that Inuit society went through beginning in the 1950s resulted in many – but certainly not all – young people feeling this way. But while we do that we must get down to the business of serious suicide prevention. Other places in the world have done it – and we can, too.

I believe that research undertaken in other places is of relevance to understanding what is happening in Nunavut. We do have a lot of mental distress in our society, both historical trauma being passed from generation to generation and the kind of distress caused by family problems, poverty, etc. Many people growing up and living in Nunavut experience violence of different kinds – emotional, physical and sexual. We have a high rate of substance abuse, especially young teenage drug use (which can have serious impacts on a person's mental wellness later in life). And with every passing year there are more Nunavummiut who are grieving loved ones lost to suicide. All of these things can increase a person's risk of suicide.

The results of the 'ᑕᑦᑎᑦᑕᑦ ᑕᑦᑎᑦᑕᑦ' / *Qaujivalliani inuusirijauvalauqtunik* ('Learning from lives that have been lived') suicide follow-back study will significantly in-

21

Inuit	Naallugit	Inuit, ukiuqatigiikkut								
		10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50+
1999	22		11	7		4				
2000	25	2	7	9	2	3	1			1
2001	27	1	16	5	2	2	1			
2002	25	1	8	6	2	3	2	2		1
2003	36	1	15	12	4	2	1			1
2004	28	1	11	4	5	3	2	2		
2005	26	2	14	5	1	1	1	1	1	
2006	30	2	8	9	4	1	4		1	1
2007	24	3	5	6	4	2	2		2	
2008	30	3	7	11	2	1	3	2	1	
2009	29	1	11	6	3	3	2		2	1
2010	27		7	11	4	3	2			
2011	33	2	9	9	4	2	2	2	1	2
Naallugit	362	19	129	100	37	30	23	9	8	7

[illegible]

Naunaiyutait tukuhimayut inminiigutainit, Inuit aknait Nunavumit ovalo tamamik aknait Kanatamit, ukiunut ilakatigiinut.

The chart displays suicide rates per 100,000 population for two groups: NU Inuit women (1999-2011) and Canada (all women) in 2008. The Y-axis represents the suicide rate, ranging from 0 to 160. The X-axis represents age groups from 10-14 to 55+.

Legend:

- NU Inuit women 1999-2011 (Light gray bars)
- Canada (all) women 2008 (Black bars)

Age groups	NU Inuit women 1999-2011	Canada (all) women 2008
10-14	30	1
15-19	135	6
20-24	113	4
25-29	33	5
30-34	47	5
35-39	61	6
40-44	0	7
45-49	14	9
50-54	19	8
55+	8	6

Iniktigutait ilangani Qaujivallianiq inuusirijauvalauqtunik inminiinahuak-tut ihivgiufaagutait akhut naluhuiniak-tait inminiinahuakatut ihumagiyainik Nunavumi. Ihivgiukhimayut nalva-agutait ikayuniaktut atugutikhainik pitkuhimayainik ilangani *Nunavumi Inminiagutait Nutkaktigutikhait Uktuqutikhait:*

- Nunavumi nunait piyumayut inikpiakhimayumik aalatkiinik kagitaiyani aniaktailigiyyit ikayuguitkhainik.
- Tutkuktuiyukhauyugut hakugiktumik nutagaligiyyit pilihimayuunik – atuktainik pilihimayuit takukhauyut hakugikhilaaktait ihumaalugiyainik aniaktailigiyyit kinguliani inuuhianut.
- Inminiinahuaktut naluhuigutikhait ovalo ikayugutikhait ayoikhaitjutikhait (aatjikutaitut ASIST) tamaktilaitjutainik.

Tamamik hapkoa pilaaktut pigupta
inuligiyyit ovalo palitiksni hivuliugumik.
Ukaliktukhauyugut kilamik ovalo
angmaumalugit aninaktut pitkutainik
inminiigutikhait ovalo akhut
havakatigiilugit.

Inuit inuukatiigit akhut nutkalaitut ovalo hakugiktut munagiyaanganik Nunavumiut tugaalugit nakuutiaktumik hivunikhainut – hivunikhait ikitkiyainik naunaiyautait inminiigutikhait.

በኢኮኖሚክስ ጋራ ምርጫ ምክር ቤት
 ልማትና የጥራት ልማት ሚኒስቴር
 ወይንረ. ማህበራዊ ምርጫና የጥራት
 ልማት ሚኒስቴር ለፍትሕና የጥራት
 ልማት ሚኒስቴር ወይንረ ልማትና
 የጥራት ልማት ሚኒስቴር ልማትና
 የጥራት ልማት ሚኒስቴር ልማትና
 የጥራት ልማት ሚኒስቴር ልማትና

- [illegible]

[illegible][illegible]

crease our understanding of suicidal behaviour in Nunavut. The study's findings will reinforce the approach already recommended by the *Nunavut Suicide Prevention Strategy*:

- Nunavut communities need a comprehensive range of mental health services.
- We should be investing in much stronger early childhood programs – the kinds of programs which have been proven to strengthen emotional health later in life.
- Suicide alertness and intervention training (like ASIST) can save lives.

All of these things are possible if they are made a social and political priority. We need to talk honestly and openly about the painful reality of suicide, and tackle it together.

Inuit society is incredibly resilient, and it has strengths that can guide Nunavummiut into a happier future – a future with lower rates of suicide.

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IKAYUGUTIKHAIT MAKPIGAAT

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Nunavumi Ihivgiuktit Havakviit.
Igloolik, 1993.

Learning from lives that have been lived

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NATIONAL NETWORK FOR MENTAL HEALTH
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Suicide is an important public health problem in Canada. The World Health Organization reports that suicide accounts for almost two per cent of the world's deaths. In Canada, as in most of the developed world, suicide is among the 10 top leading causes of death for individuals of all ages. It is the leading cause of death for males younger than 40 years of age.

Nowhere is this problem as striking and extreme as among some Aboriginal populations. While some of these communities have suicide rates comparable to or lower than the general population (for example, the Cree in Quebec), studies in regions containing both Aboriginal and non-Aboriginal populations often find the Aboriginal suicide rates to be much higher.

Although suicide in Nunavut and other Inuit regions has attracted much attention, surprisingly little actual research has been undertaken to identify suicide risk factors. There is a common misconception that considerable research focusing on suicide by Inuit has been carried out with no tangible results. This belief is simply not the case, and is based on assumptions that have been presented as facts. Evidence-based data on suicidal behavior by Inuit is actually very limited.

It is clear that young Inuit are exposed to tremendous stress. From physical and sexual abuse to a sense of alienation, hopelessness and helplessness, mental health stressors are thought to be pervasive. Adverse childhood experiences, exposure to violence and high rates of substance abuse are all stressors that could contribute to suicide risk. There is, however, an important need to understand these different factors and their interaction.

A team from the McGill Group for Suicide Studies recently completed a five-year research project to investigate which factors contribute to suicide in Nunavut. This project was proposed by McGill University, and was supported by NTI, the GN, the RCMP and the Embrace Life Council. Funding was provided by the Canadian Institutes for Health Research.

Researchers interviewed family members and close friends of 120 individuals who were lost to suicide, and another 120 living individuals who were included as a comparison group. Twenty-one communities across Nunavut were visited by the researchers, and a total of 431 interviews were carried out. When families agreed, their loved ones' medical files were checked.

The results and conclusions drawn from this large project will be able to inform policy-makers and communities on the most vulnerable areas to ultimately promote effective suicide prevention in Nunavut.

Currently, researchers are working intensely to have the results ready to be presented. Within a few months, the results will be discussed with Nunavut organizations and communities. Support was secured to ensure that the results will reach every community in Nunavut.

We would like to thank NTI, the GN, RCMP, and the Embrace Life Council for the support they have provided to this project. Thanks also to former Chief Coroner Tim Neily and to all the nurses and other GN Health and Social Services staff who provided assistance.

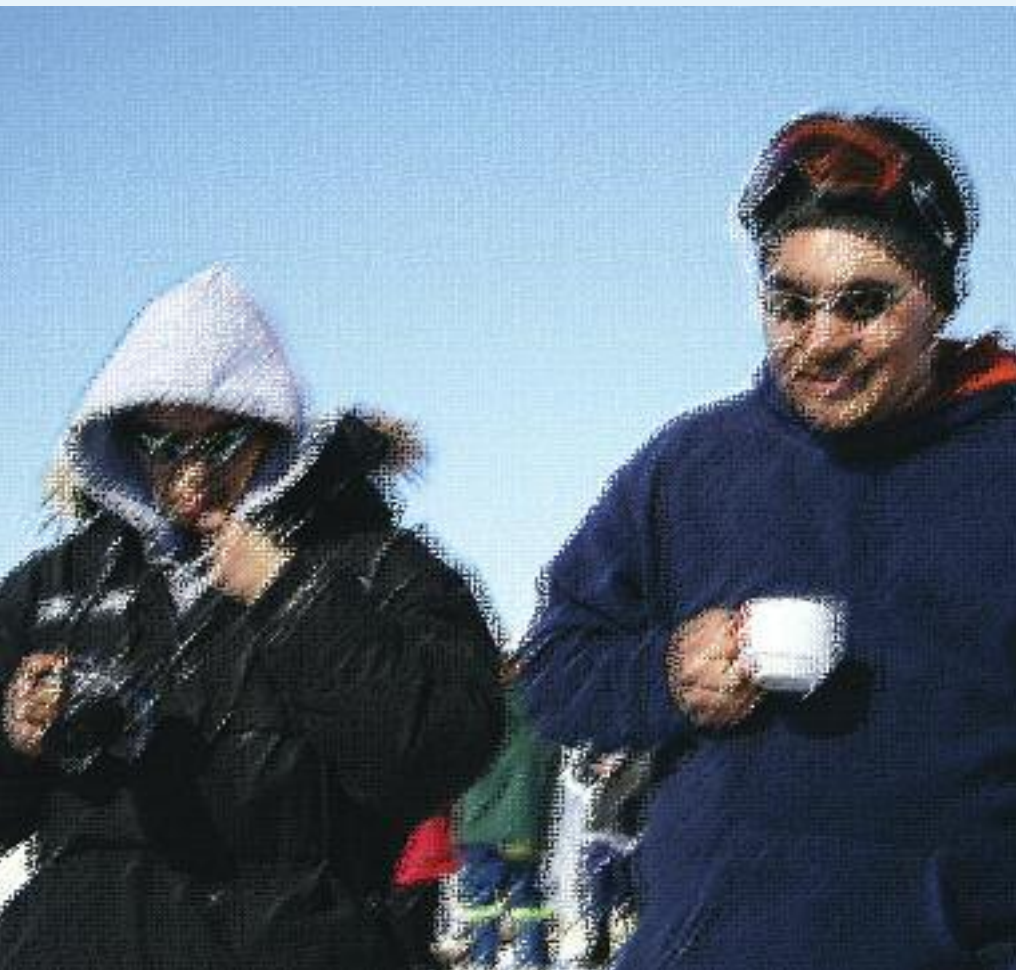
Most importantly, we would like to thank each and every person we interviewed in the communities we visited. Our work was only possible because so many people wanted to help make a difference and were willing to share their loved ones' life stories with us.

Qujannamiik

Atuktait inminiigutait Ikayugutikhait Ayoikhaitjutait Ayoikhaitjutainik

*Nunavumi Inminiigutait Nutkaktigutikhait Uktugutikhait ilaukatauyut ilitagihimayut naunaiyautait inminiinahuaktut ihumagiyut amigaitut Nunavumi ovalo ilangit nunakatigiit piyumayut ikayuklutik ilanait, nunakatigiit ovaluniit ikayuktait ihumavaktut inminiigutainik. Ayoikha-
iyaanganik Inuit ilitagiyaanganik takuyakhainik inminiinahuaktut ihu-
magiyainik ovalo tunilugit ikayugutikhainik havagutikhainik ovalo
ayoikhaitjutikhainik ukakatigiyaanganik Inuit ayokhaktut ovalo katitilugit
munagiyukhanut munagiyaayanik, ikayugiaganik Nunavumi nunait
kiyaanganik inminiigutait ihumagiyainut.*

- **Nunavumi Inminiigutait Nutkaktigutikhait
Uktugutikhait, makpigaa 15**



Inuuyut Havkatut Albertami kapaniit tunivaktut inminiigutait ikayugutait ayoikhaitjutainik tamaat nunakyuami. Iilitagiyaahimayut pilihimayuit Nunavumi malgunik ublunik Atuktait Inminiigutait Ikayugutikhait Ayoikhaitjutainik (ASIST) ilihagutainik amigaktut Nunavumiut pihimaliktait kulini ukiuni.

Ayoikhaitjutait ikayukpaktait ilaukatauyut nakuuyumik naluhuigiaganik takuyakhainik Inuit inminiilaaktut, ilihaktitait ilaukatauyut nakuutiagutainik tuhaktitjutikhait Inuit inminiilaaktut ovalo ilihaktitait ilaukatauyut kanuk hanalaaktut paknaiyautikhainik tahapkoa aniktailigutikhait ovalo takupkaktitlugit Inunut ikayulaaktut piyumayainik.

ASISTkut ayoikhaitjutait pipkaiyait Inuit ayoiklutik takuyaanganik tahapkoa inminiilaaktut ovalo tunilugit pilaaktainik inminiigutait nutkaktigutikhainik angayukaakhait nunaini. ASISTkut ikayuktiit ayoikhaitjutigingitait ovaluniit pinahuangitut tunilugit munagitjutikhainik tahapkononga ilaukatauyunut. ASISTkut havatiaktut pilaagumik, inuuviviniit mikhaanut kagitiligiyit ikayugutikhainik pilaaniaktut tahapkononga ayokhaktunut.

Atuinaktait ASISTkut ilihagutait nakuutiaktut, amigaitut ihumayut nakuutianiaktut atulaaktut tugaagumik inminiigutait nutkaktigutikhainik piyumayait Nunavumi. 2009mi, Nunavut Tunngavik Timinga ovalo Kavamatkut Nunavumi ilaukataulik-
tut piyaanganik Aniaktailigiyit Kanatami kinauyakhait atuligiaganik ASISTmik.

Kitkanit 2009mit ovalo 2011mut, NTIkut ovalo GNkut havakatigiiliktut hanaplutik Uqaqatigiiluk! Havaktigiit ilaukatauyut Betty Brewster, Siobhan Arnatsiaq-Murphy, Martha Nowdlak, ovalo PJ Akeeagok havakatigihimayait Marianne Demmer hanayakhainik, paknaiyakhimaliktut autlaktitlugit ovalo atuliklugit.

Pikaliktut amigaitumik Inuit ayoikhaihimaliktut ayoikhaiyaangamik ASISTmi ovalo ilitagiyaayukhat pihimayainik angiyumik munagiyakhainik ikayugiaganik tahapkoa ikayuktauyuyumayut. NTIkut utakiyut Uqaqatigiiluk tunilugit Inuktitut nani pilaaktumi tamaat Nunavumi, ayoikhailugit nakuuhiyaanganik Ikayuktut ikayugiaganik tahapkoa inminiinahualaaktunut.

There have been many Inuit who have trained to be trainers of ASIST, and they are to be commended for taking on such a substantial responsibility to help those in need. NTI expects Uqaqatigiiluk to be delivered in Inuktitut whenever possible across the territory, providing training to better equip people to help those at risk of suicide.

[illegible]

Suicide alertness and intervention skills workshops are for people who want to feel more confident and competent to help to prevent the immediate risk of suicide. To date, approximately 500 people in Nunavut have participated in the Applied Suicide Intervention Skills Training (ASIST) workshop. Anyone can take this suicide intervention training. Participation in the full two days is required, and includes small group discussions and skills practice based on adult learning principles. Feel challenged and safe. Learn suicide intervention. Workshops will be held throughout the year. You may be able to help save a distressed person's life someday. Training is offered in English and Inuktitut.

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Ilihagutikhait
Inminiigutait
Ikayugutikhait

Inminiigutikhaiat naluuhigutikhaiat ovalo ikayugutikhait ayoikhaitjutikhait Inunut piyumayut inminik naamagutikhainik ovalo ayoikhaitjutikhainik ikayugiaganik nutkaktigutikhait kilamik inminiinahuak-tunut. Ublumi, hanianik 500mik Inuit Nunavumi ilaukatauhimayut Atugutikhait Inminiigutikhait Ikayugutikhait Ayoikhaitju-tikhait (ASIST) ayoikhaiyuni. Kitkut ilauyu-mayut hamani inminiigutikhait ikayugu-tikhainik ayoikhaitjutikhainik. Ilaukatauyut piniaktut malgunik ublunik ovalo ilauyut mikiyumi ilaukatauyut ukakatigilugit ovalo ayoikhailutik Inikniit ilihagutikhainik ihu-magiyainut. Ihumagiyait ayokhaktut ovalo aniktailigiyit. Ilihaklutik inminiigutikhait ikayugutikhainik. Ayoikhaiyut pikataniaktut ukiuk tamaat. Ikakyulaaktutit ayokhaktunut Inunik inuuhianik ublumi. Ayoikhaiyut tamamik kablunaatitut ovalo Inuktitut/Inuinaqtut.

Tuhafaagumaguvit takulugit:

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ovalo Inuligiyit**
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Kagitauyakut: info@livingworks.net

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Jenny Tierney, Embrace Life Council
Fononga: (867) 975-3233
Kagitauyakut: jennytierney@inuusiq.com.

በበኛኛታረር ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

Titikametun ihoakotikhan inmiknik tokotigitagani

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

ልብናልጋረብናል: (867) 975-3233
 ልብናልጋረብናል: (867) 975-3234
 ልብናልጋረብናል: 1-866-804-2782
 embracelife@inuusiq.com
 www.inuusiq.com

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል (ASIST)

ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል
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 ልብናልጋረብናል ልብናልጋረብናል ልብናልጋረብናል

A list of resources to help with suicide prevention

If you are having thoughts
 about suicide, or if you know
 someone who is having
 thoughts about suicide, here
 is a list of resources that can
 be used to get help.

Nunavut Kamatsiaqtut Helpline

Help is available from the Nunavut
 Kamatsiaqtut Helpline. The Helpline
 answers calls every night of the year
 from 7-12 p.m. (EST). People can call
 the Helpline at (867) 979-3333 or toll
 free at 1-800-265-3333. Services are
 available in Inuit Language and English.

Embrace Life Council

Tel: (867) 975-3233
 Fax: (867) 975-3234
 Toll Free: 1-866-804-2782
 embracelife@inuusiq.com
 www.inuusiq.com

Ihomagiyaaguvin iliknik
 tokotiyagani, kaoyimagu-
 vilunen inukmik ihoma-
 giyakaktomik inminik
 tokotiyagani, hama titikami
 ihoakotikhan atoktaolaktun
 ikayoktoayakni.

Nunavumi Kamatsiaqtut Ikayoktoayagani Hivayakvik

Ikayoktoalaktutin Nunavumi Kamatsiaq-
 tut Ikayoktoayagani Hivayakvikmin.
 Ikayoktoayagani Hivayakvik keovaktok
 tamaenik hivayaktonik unutoagaagan
 ukeomi 7-min 12-mun unukpan (Kiva-
 likheani Uplokheotaeni). Inoen hivay-
 alaktaan Ikayoktoayagani Hivayakvik
 uvani (867) 979-3333-mi aketomik-
 lunen uvani 1-800-265-3333-mi.
 Ikayutin kahaktun Inoen Okaohenik
 Kavlonatolo okaktokagumanikan.

Ikilogo Inuhik Katimayin

Hivayaota: (867) 975-3233
 Fax: (867) 975-3234
 Aketomik Hivayaota: 1-866-804-2782
 Kagitaoyakun:
 embracelife@inuusiq.com
 Kagitaoyakun: www.inuusiq.com

Atulaktun Inmiknik Tokotigitagani Ayogogutunik Ayoekhayutin (ASIST-goyok)

Ineon pihimayun ASIST-mik ay-
 oekhanikmik ayogitun inmiknik
 tokotiyokagitagani ihoakotitieagu-

ᐃᑦᐱᑦᐱ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 934-2123

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 934-1111

ᐃᑦᐱᑦᐱᑦ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 975-7250

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 975-1111

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ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 939-2226

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 939-1111

ᐃᑦᐱᑦᐱᑦ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 769-7999

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 769-1111

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ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 982-7412

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 982-1111

ᐱᑦᐱᑦᐱᑦᐱᑦ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 473-8944

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 473-1111

ᐱᑦᐱᑦᐱᑦᐱᑦ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 899-7502

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ - (867) 899-1111

ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ

ᐃᓄᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ: (867) 927-8863

ᐃᐱᐱᑦᐱᑦᐱᑦᐱᑦ ᐃᓄᑦᐱᑦᐱᑦᐱᑦ:

Iqaluit

Social Services Office: (867) 975-7250

Social Services Emergency:
Call your local RCMP - (867) 975-1111

Kimmirut

Social Services Office: (867) 939-2226

Social Services Emergency:
Call your local RCMP - (867) 939-1111

Kugaaruk

Social Services Office: (867) 769-7999

Social Services Emergency:
Call your local RCMP - (867) 769-1111

Kugluktuk

Social Services Office: (867) 982-7412

Social Services Emergency:
Call your local RCMP - (867) 982-1111

Pangnirtung

Social Services Office: (867) 473-8944

Social Services Emergency:
Call your local RCMP - (867) 473-1111

Pond Inlet

Social Services Office: (867) 899-7502

Social Services Emergency:
Call your local RCMP - (867) 899-1111

Qikiqtarjuaq

Social Services Office: (867) 927-8863

Social Services Emergency:
Call your local RCMP - (867) 927-1111

Rankin Inlet

Social Services Office: (867) 645-5064

Social Services
Emergency: (867) 645-4475

Repulse Bay

Social Services Office: (867) 462-4020

Social Services Emergency:
Call your local RCMP - (867) 462-1111

Iglulikmi

Ayokhaktulikiyin
Titigakvean: (867) 934-2123
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 934-1111

Ikalokni

Ayokhaktulikiyin
Titigakvean: (867) 975-7250
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 975-1111

Kimigunmi

Ayokhaktulikiyin
Titigakvean: (867) 939-2226
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 939-1111

Kugaakyukmi

Ayokhaktulikiyin
Titigakvean: (867) 769-7999
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 769-1111

Kugluktumi

Ayokhaktulikiyin
Titigakvean: (867) 982-7412
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 982-1111

Pakniktumi

Ayokhaktulikiyin
Titigakvean: (867) 473-8944
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 473-1111

Mitimatalikmi

Ayokhaktulikiyin
Titigakvean: (867) 899-7502
Ayokhaktulikiyin Opaloknaktokaknikan:
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Pilehiman - (867) 899-1111

Kigiktakyoami

Ayokhaktulikiyin
Titigakvean: (867) 927-8863
Ayokhaktulikiyin Opaloknaktokaknikan:
Hivayayavan nunagiyakni
Pilehiman - (867) 927-1111

37

ልሮሞሽብክርድሮሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ

በበኩሉም ነፃ ዘላለም

ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ

ድህረ-ገጽ ፩ ልብካብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ

ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
 ልሮሞሽብክርድ ልብካብክርድ ልብካብክርድ ልብካብክርድ
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Kaoyima- liktatka ASIST-mi

UMANGA JENNA RINTOUL

Atiga Jenna Rintoul. ASIST-mik ayokik-
 tutikakhimaliktoga 2010-min.
 Ukpigiyaga una havaak okakoeyotaok-
 man opalogaeyaotaovlonilo okao-
 higiyagani inmiknik tokotovaktonik.
 Atoknikateakman uvagun nunavumeo-
 taoyogun okaohikateageagani inmiknik
 tokotivaktun piyohenik. ASIST-mi
 ayokiktoeyiguktoga ila amigaetogun
 agiklivalavlotata hamanilo inuvlota, ak-
 toktahimagamataok inminik tokotihimayomin.
 Ilanaovlota, ilagiyaovlotalo nunalikhimeotaovlotalo,
 tamapta ikayu-lakneagunakhivugun ikayogeagani
 kinalikaa ihomagiyakaknikan inminik tokotiyagani.
 ASIST-mik ayoekhayutin piyotaokman kinalikaa
 ayogeageagani una okaohigiyagani kangunaetomik.
 ASIST-una naonaegutaokman kiyalikaa ihomagiyaaenik
 ukpiknagitonik inmiknik tokotivaktonik,
 ima okaoheokpan inminik tokotivaktonik
 ihomalikhneakman, ihomagilikhimanigumeoklunen.
 Kanogileolimagitoga aheagun piyagani aalaguteagani.

Una havaak koveanateaktok nahugenalimagingaptigik
 ikayoktikhan, ila Pilehiman ihomakatealigeaganilo
 ikayoktin aneaktonik umiga ihoakha-eyagani.
 Pigeagutaokman uvaptiknin tamaptiknin
 kanoklo upiyotikageagani inuk ihomagiyakalika
 inminik tokotiyagani. Kinalika ikayulaktok
 kimiklikaa inminik tokotiyagani ihomagiyakaktomik.
 Okaohigivlogo ASIST-una ayoekhayun, ayogeoktitpaleayavun
 nunalen ilaoyagani tokoyokagitagani inminik
 tokotiyomayomik. Koveahoktuga tae-maeleogutigiyaga,
 ikayoktoegama aneageageagani, aniktokagitaganilo
 nunalikni.

want to be able to train more people to help. In the North we are faced with many challenges, but giving up on life shouldn't be an option. We all need to work together to find a way to end this epidemic.

ደርሻለንበት ሁኔታ፡ ለጥንቃቄና ለሰላም ማግኘት ማዘጋጀት አስፈላጊ ነው፡፡ ሁሉም ሰው ለሰላም ማግኘት ማዘጋጀት ማዘጋጀት አስፈላጊ ነው፡፡

እኛ በጥንቃቄ ለሰላም ማግኘት ማዘጋጀት ማዘጋጀት አስፈላጊ ነው፡፡ ሁሉም ሰው ለሰላም ማግኘት ማዘጋጀት ማዘጋጀት አስፈላጊ ነው፡፡

Jenny Tierney also took ASIST in 2011. She says it provided her with a sense of comfort and calm in her ability to react to someone at risk of committing suicide.

Jenny Tierney ilihagatauhimayuglu ASIST-mik 2011-mi. Uqaqtuq taimaa qitukaallautigiplugu qanurunaagnaittumiklu ikayuinarianikkami inimiirahuquuqtunik.

My experience with ASIST

BY JENNY TIERNEY EXECUTIVE DIRECTOR
ISAKSIMGAGIT INUUSIRMI KATUJJIQATIGIIT EM-
BRACE LIFE COUNCIL

After repeatedly putting off taking ASIST (Applied Suicide Intervention Skills Training) due to work conflicts, I finally made the time and I am very grateful that I did. The ASIST training not only provided me with useful tools and skills, but it also provided me with a sense of comfort and calm in my ability to react when I recognize that someone is at risk of committing suicide. The role playing exercises provide real life situations that I now feel readily prepared to deal with. I would highly recommend ASIST to everyone!

Kaoyimaliktatka ASIST-mi

UMANGA JENNY TIERNEY TOKIMOAKTITIYI
IKILOGO INUHIK KATIMAYIN

Hatoeginalikhoga ayoekhayamni ASIST-mik (Atugea-gani Inmiknik Tokotigitagani Ayogoegutininik Ayo-ekhayutin) havakpalalikpakama, pivikhakateakhoga ayoekhhimaliktatka koanaktoklo atogapko. ASIST-mik ayoekhayutin piyotigiyatka atutealaktonik ihoakotininik ayogoegutininiklo, kiheani ihomalogeok-tuyaaktoga kanogileoguhikhamnik kaoyimaliguma inukmik inminik tokotineaktuyalikan. Ayoekhayutin kanogileogoakgutin inuknin piyotaoyun inuhikmi atoktaoyonik tayalo opalogaektoga kanogileogu-hikhamnik taemaelyokaknikan. Atokunaogaloak ASIST –goyok kinamilikaa inuknin!



በጥንቃቄ ለሰላም ማግኘት ማዘጋጀት ማዘጋጀት አስፈላጊ ነው፡፡ By PJ Akeagok / Titiroqhimayuat PJ Akeagok

ለሰላም ማግኘት ማዘጋጀት ማዘጋጀት አስፈላጊ ነው፡፡

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The Nunavut Suicide Prevention Strategy

“Inuit are not predisposed by virtue of ethnicity to be at a higher risk of suicide than non-Inuit. Grounded in and encouraged by this truth, the Partners envision a Nunavut in which suicide is de-normalized, where the rate of suicide is the same as the rate for Canada as a whole – or lower.”

- Nunavut Suicide Prevention Strategy Vision Statement

Nunavut Tunngavik Inc., the Government of Nunavut, Embrace Life Council, and the RCMP partnered in June, 2008, for the specific purpose of creating a suicide prevention strategy for the territory. Over the course of the last three years, the partners produced a discussion paper, held community consultations across the territory, finalized the *Nunavut Suicide Prevention Strategy*, and most recently released the 2011-2014 *Nunavut Suicide Prevention Strategy Action Plan*.

Nunavumi Inminiigutikhait Nutkaktigutikhait Uktugutikhait

“Inuit hivulimi nutkaktihimaitut inuugamik ilaulutik amigaitkiyainik inminiigutainik Inuinaungitumit. Pihimaplugit ovalo pitkuhimayainik hamani, ilaukatauyut ihumayut Nunavumi nani inminiigutait ilaungitut, nani naunaiyautait inminiigutait aatjikutauliklugit naunaiyautainik Kanatami tamaat – ovaluniit ikitkiyat.”

- Nunavumi Inminiigutait Nutkaktigutikhait Uktugutikhiat
Ihumagiyainik Ukautait



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Ashley Burton (left) and Rico Manitok drum while students perform a song for an audience of high school students in Ottawa.

Ashley Burton (haumiqighik) taamnalu Rico Manitok qilautituqtut ilihagtut huqulatillugit qunngiaqtillugit angayughiit ilihagtut Ottawa-mi.



ᐱᖃᐅᐅᐅᐅᐅ ᐱᐅᐅᐅᐅᐅᐅᐅ /
Courtesy of Nunavut Sivuniksavut

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Rico Manitok of Rankin Inlet gets a leg up on a student during a visit to an Ottawa high school.

Rico Manitok Kangiqiniqmiut kanaaminik ilihagtup qaanganunngaqhiyuq pulaaqtilluni angayughiit ilihagvianit Ottawa-mi.

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Courtesy of Nunavut Sivuniksavut

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An Ottawa student tries his hand at the one-arm reach.
Ilihaqtuq Ottawa-mi uuktuqtuq taliqmigut aktuqhinhuaqhuni.

ᐅᐅᐅ ᐃᐅᐅᐅ (ᐅᐅᐅᐅᐅ) ᐅᐅᐅᐅᐅᐅᐅ ᐃᐅᐅ ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ ᐃᐅᐅᐅ ᐃᐅᐅᐅᐅᐅ.
Robin Ikkutisluk (left) of Gjoa Haven and Randy Kataluk demonstrate the ear pull for Ottawa students.
Robin Ikkutisluk (haumiqighik) Uqhuqtuumiutaq taamnal Randy Kataluk qunngiaqtittiyut hiutikkut nuhuktaqhutik
ilihaqtunut Ottawa-mi.

Nunavut Sivuniksavut Students: Nunavut's Southern Ambassadors

It may seem strange, but even though the students in Nunavut Sivuniksavut (NS) are a long way from their homes in Nunavut, they spend a good deal of their time learning about their own culture.

Under the guidance of instructors David Serkoak and Martha Kyak, students learn a variety of cultural skills during their eight months in Ottawa. These include traditional and contemporary drumming and singing, throat singing, and Arctic sports. They also learn how to make their own drums, ulus, and various articles of clothing such as amautiq, atigis, and qaugutik.

All of these skills go to support their efforts to share their culture with people in the South.

Since arriving in Ottawa in September, they have performed at several schools, at conferences, and even at a major speaking event involving Nunavut Premier Eva Aariak. In February, they participated in the Governor General's annual winter party, and were heavily involved in Winterlude, Ottawa's annual winter festival, where they interacted with thousands of people over three weekends.

Nunavumi Nunataknikun Agikatigegutaoyomi Nunatakataohimayun Noanaepkotinoagin atoktaolaktun Frobuild-koni

UMAGA FRANCO BUSCEMI

Anitaelotin Agilgagiyaknin nakhaginigukni
Nunavumi Nunataknikun Agikatigegutaoyomi
Nunatakataohimayun Naanaepkotinoaga
Frobuild-konogaoneakniguvinn neovigeaklotin
hanayutikhanik kiyokniklo.

2006-mi, Qikiqtaaluk Koaparaseoyok (QC-kon) Nunasi Koaparaseoyoklo (NC-kolo) neoviktun Frobuild-konik (2006), kiyoknik neovikvik sitoa kivgaktuoyun Kigiktaalokmeonik Ikaloknetok taman Inoen nanminigilikhogo.

Tamamkik QC-kon Nunasi Koaparaseoyoklo Inoen nunataknikmin pivaleanikun koaparaseoyuk tamaknik nanminigiyaoyuk Inoenaknin havaakakhutiklo ikayoktogeagani Nunavumi manikhakheogutikhanun inuhiknulo piyotaoyonik.

Kigoani QC-kon Nunasi-kolo neovikmayuk Frobuild-kon, 15%-mik akikhigeakhimayun Inikniknun atulikhimayok takukhaoteageagani koaparaseoyuk havaagiyaenik tamalo Inoan nanminigiliktaenik Frobuild-kon. Pivaaligeakhogo una, Frobuild-kon kaganoak 10%-mik Nunatakataohimayun Akikhigeagutikhaanik atulikhimayun ila tamaeta NLCA-mi Nunatakataohimayun atulaligeagani tamaeta neovigaoyun pikotin kiyuolo neovaavikmetun akoektoktaoyolo Frobuild-konin.

Atugeagani akikhigeagutin, Nunatakataohimayun atigiyatik naonaektilaktaen neovigeagumik piksanoamiklo naanaepkotikaklotik NLCA-milo Nunatakataohimayun naanaepkotinoaginik.

Frobuild-kolo okakhimayun Nanminik Agilgakaktunun Akikhigeagutikhanik tamaenun Nunavumi iglukaktonun nanminik ilaolakniginun. Neovaayun nanminik iglukaktun atigiyatik titigalaktaen atulaligeagani akikhigeagutin neovikaktilogin hivulikmi.

Frobuild-kon neovaaveoteakhimayun ihoakotikhanik Nunavumi amigaetonik ukeoni kaoyimateakhotiklo. Ikalokni neovikvik ilipkamayun aalatkenik hanayutikhanik, iglukpiyotikhaniklo kiyoknik. Frobuild-kolo puktoelaktun katitigilotik akyagakhanik umeakun aoyami.

Nunavut Land Claims Agreement Beneficiary Cards now accepted at Frobuild

BY FRANCO BUSCEMI

Don't leave home without your
Nunavut Land Claims Agreement
Beneficiary Card when you are
going to Frobuild to buy your next
supply of hardware or lumber.

In 2006, Qikiqtaaluk Corporation (QC) and Nunasi Corporation jointly acquired Frobuild (2006) Limited, making the lumber supply store that services the Qikiqtani region out of its Iqaluit location 100 per cent Inuit owned.

Both QC and Nunasi Corporation are Inuit birthright development corporations wholly owned by Inuit with missions to be contributors in Nunavut's economy and social fabric.

Shortly after QC and Nunasi acquired Frobuild, a 15 per cent Elders discount was applied to reflect the corporate missions and the 100 per cent Inuit ownership of Frobuild. Building on this, Frobuild recently introduced a 10 per cent Beneficiary Discount that all NLCA Beneficiaries are eligible to receive on all retail items and lumber that are in stock or ordered by Frobuild.

To receive the discount, Beneficiaries can register with Frobuild at the time of purchase providing photo identification and NLCA Beneficiary card.

Frobuild has also introduced a Homeowners Discount that all Nunavut homeowners are eligible for. Customers who are private home owners can register for this discount at time of purchase.

Frobuild has a strong reputation for supplying goods to Nunavut with many years of experience. The Iqaluit store stocks a wide variety of hardware supplies, building materials and lumber. Frobuild also offers packaging and marshalling connections during the sealift season.

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- Tuhaktituiyit Havakviit

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OTTAWA

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RANKIN INLET

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- Finance Division
- Human Resources Division
- Nunavut Harvester Support Program
- Beneficiaries Programs

Department of Wildlife and Environment

KANGIKLINIK

Munagiyit Kuapurisiligiit Ikayuktiit

- Tuhaktituiyit Havakviit
- Kinauyaligiit Havakviit
- Havaktligiyit Havakviit
- Nunavunu Umayuligiit Ikayuktiit Pilihimayuit
- Ilaukatauyit Pilihimayuit

Munagiyit Umayuligiit ovalo Hilakyuligiit

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