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 Nunavik participants of *La Course au Secondaire* persevered and didn't give up.





(9004-9000 104) 104-9000 104-9000
 (L-R) Willie Johannes and Nathan Kettler.





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*The Nunavik Creation team in
Inukjuak. (L-R) Malaiya Oweetaluktuk
and Mary Weetaluktuk*

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MAKIVIK magazine

“Beliefs About the Self That Support Self-Esteem...

I have a right to exist.

I am of high value to myself.

I have a right to honor my needs and wants, to treat them as important.

I am not here on earth to live up to someone else's expectations; my life belongs to me. (And this is equally true of every other human being. Each person is the owner of his or her life; no one is here on earth to live up to my expectations.)

I do not regard myself as anyone else's property and I do not regard anyone else as my property.

I am lovable.

I am admirable.

I will usually be liked and respected by the people I like and respect.

I should deal with others fairly and justly.

I deserve to be treated courteously and with respect by everyone.

If people treat me discourteously or disrespectfully, it is a reflection on them not on me. It is only a reflection on me if I accept their treatment of me as right.

If someone I like does not return my feeling, it may be disappointing or even painful, but it is not a reflection on my personal worth.

No other individual or group has the power to determine how I will think and feel about myself.

I trust my mind.

I see what I see and know what I know.

I am better served by knowing what is true than by making myself “right” at the expense of the facts.

If I persevere, I can understand the things I need to understand.”

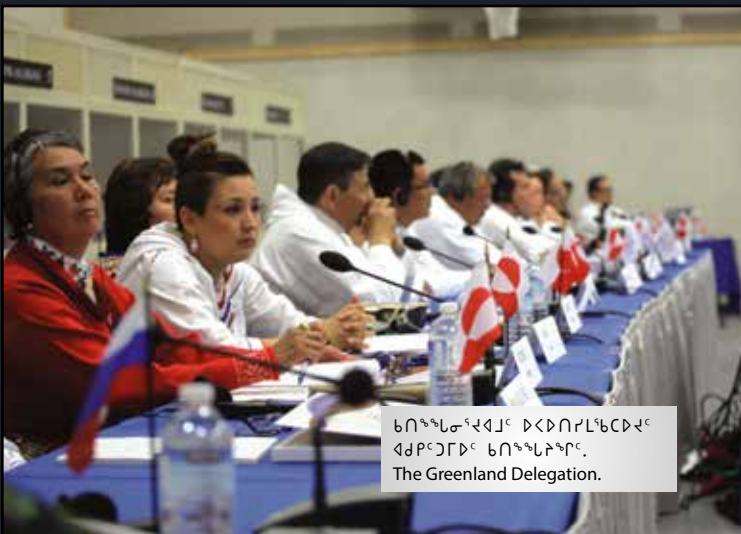
The Six Pillars of Self-Esteem (page 161-162)
by Dr. Nathaniel Branden



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 Makivik Vice-President Adamie Delisle Alaku
 performs with George Kakayuk.



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 The General Assembly's Canadian Delegation.



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 The Greenland Delegation.



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 The Russian and American/Alaskan Delegation.

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ԳԵՃՆԸ ԳԲԻՐՇՈՐԻՐԸ, ԳԵՐԳԾՈՆԵՂՂԻ
ԲԵՇԻՇԻՐՆԵՒ ԳԵՆԵՂՇՈՇԸ
Blanket toss, or *nalukatak* in Alaska.



በካሲ ህጻናት.
Deseray Cumberbatch.



በራ ላይ የተደረገው የካሪቶኒየም ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ
Dylan Gordon
winning gold.



ወንጌል ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ ስፔሪክስ
Nellie Cain of Team Nunavik Québec wins gold.



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Medal winners Deseray Cumberbatch and Nellie Cain, with Sarah Beaulne (Team Nunavik Québec chaperone) in the middle at the Traditional Circumpolar Northern Games.



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Deseray Cumberbatch, Betsy Palliser (Nunavik Research Advisor), Sarah Beaulne (chaperone for Team Nunavik) and Jamesie Cumberbatch.



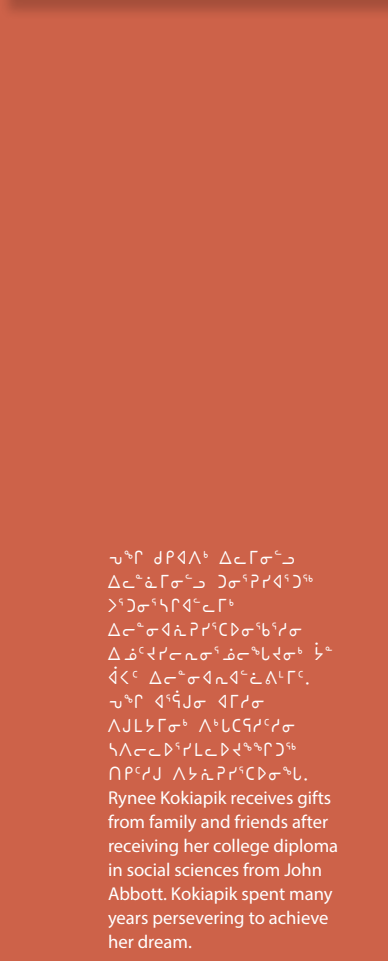
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Jamesie Cumberbatch of Team Nunavik Québec.







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 Families of graduates huddle to
 take photos of their loved ones in
 their graduation gowns and caps.



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 Ryne Kokiapik receives gifts
 from family and friends after
 receiving her college diploma
 in social sciences from John
 Abbott. Kokiapik spent many
 years persevering to achieve
 her dream.



Environmental Baseline Studies

An environmental baseline study assesses the quality of the environment in terms of contaminant levels and the health of wildlife species present prior to anticipated development and human activities such as mining and infrastructure construction.

It is an important tool to gauge the extent of impacts such human activities have on the environment by comparing data before, during and after such activities. Environmental quality guidelines established by government agencies such as the Canadian Council of Ministers of the Environment (CCME) are used as reference points to assess if contaminant levels exceed acceptable guidelines, hence harmful due to such activities. Baseline studies are carried out in Nunavik, where mining has the potential of becoming more important in the near future.



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Collecting sediment samples for analysis.

Samples of fish, water and bottom sediments are collected from rivers and lakes, which can potentially be affected by a nearby mining site for chemical analysis. Many metal contaminants accumulate in bottom sediments and can be harmful to invertebrates such as insects and worms that live there. The bottom-dwelling invertebrates, which also accumulate the contaminants, form the bases of the aquatic food web.

The metal can pass on contaminants to fish that eat these invertebrates and eventually to humans who harvest fish. Water samples are collected to test for dissolved metal contaminants and acidity. Mining activities use a very large amount of sulphuric acid to extract the mined ore,

