



















# Δσ<sup>9</sup>σΓ<sup>6</sup> ΠΥΡΓΟ<sup>9</sup>σ<sup>96</sup>

## Capturing Spirit

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Evie Mark and Ben Watt do a "high five" in one scene of the film, "Capturing Spirit: the Inuit Journey", being created to inspire more positive life choices in Nunavik and the world. Nurturing the spirit is as important as nurturing the body and the mind.  
Author: Sheila Watt-Cloutier.

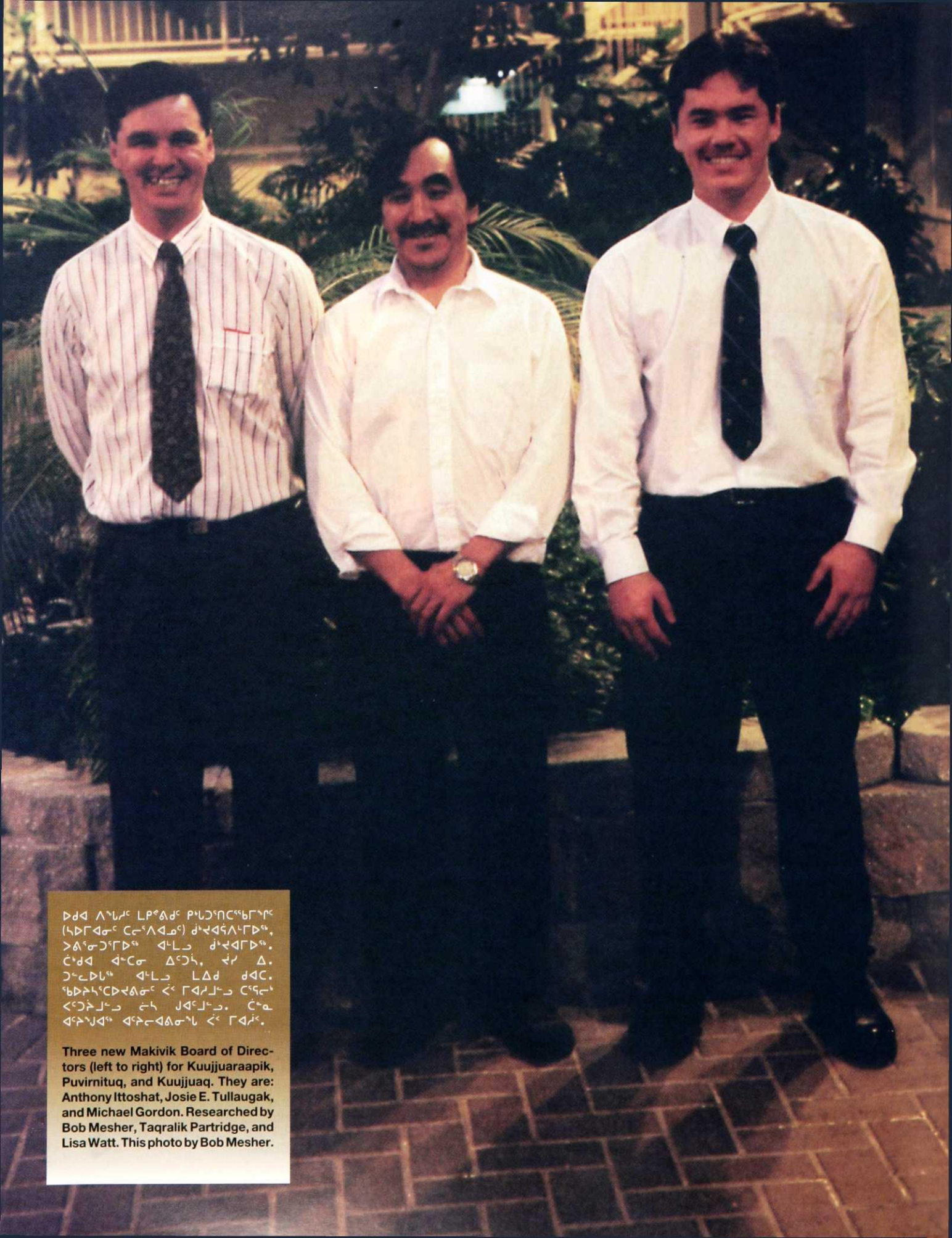
PHOTO & DESIGN: BOB WESHER











Ինչպէս ընկերութիւնները կ'աշխատեն, կ'աշխատեն  
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**Three new Makivik Board of Directors (left to right) for Kuujjuaraapik, Puvirnituq, and Kuujuaq. They are: Anthony Ittoshat, Josie E. Tullaugak, and Michael Gordon. Researched by Bob Mesher, Taqralik Partridge, and Lisa Watt. This photo by Bob Mesher.**

















Վճիռները և Վրեճարարության  
Արձեթեց՛նք՝ ԸՄԼԸ-ի Վճարում  
Եթե Երկրի Վճարում  
Վճարում և Բնական

The road leading to an Agreement-In-Principle in the offshore claims process is a lengthy one. Story and photographs by Stephen Hendrie.



































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### High Technology on Nunavik Seas

Improved navigational aids for all Nunavik coastal waters will be on hand for next year's boating season in the form of digitized marine maps for Global Positioning Systems (GPS) hardware. Charts for Ungava Bay (from Killiniq to Quaqtaq) were already in use, but as of early this winter, charts for the Hudson Strait and Hudson Bay are also available from the Kativik Regional Government (KRG).

Chart scanning was completed according to the standards of the Canadian Hydrographic Service (CHS). Makivik obtained moneys through special government funding to pay for half the scanning costs while the remainder was covered by the CHS. Through an agreement with the CHS, KRG pays no royalties to sell or use the charts, while CHS has the rights to the information contained within the marine maps.

These aids will improve safety for boaters, especially in bad weather conditions. Once a route is programmed into the GPS, mariners are warned by the GPS if they stray off course. However, Makivik's Cartography Department recommends that boaters use this system in addition to conventional paper nautical charts, respecting the basic principles of navigation.

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# YOUTH

## Epilogue to a Remarkable Journey

By Stephen Hendrie

**P**aulusie, Moses, Tattie — the three names that stand for PMT in the PMT Suicide Prevention Team — concluded their quest this fall in front of Inuit youth. Their fantastic voyage began in March of this year, when they set out from Salluit on

they had completed the bulk of their journey, but weather and circumstances had conspired to make them avoid some Arctic communities, which they have since visited (Cape Dorset, Kimmurut, Resolute Bay, Grise Fiord, and Kangiqsualujjuaq).

The final leg of their tour took place in the Montreal area in the fall. On October 28th, the PMT Team made a brief report to the Makivik Board which was meeting in Montreal for the week. The three presented gifts to Makivik for the support provided by the corporation during the trek, and presided over a communal prayer session in which a circle was formed, with everyone present holding hands and praying together.

The Team members also held sessions for the Inuit students currently studying at the post

orange lines. Paulusie Padlayat started off and introduced the reasoning behind the tour. Suicide is very high in Nunavik and Nunavut among young people, and they wanted to make this fact well known, get people talking about it, and let everyone know there is help out there.

"You have the ability to fight the problems you encounter," Paulusie said, through a translator. "It is in each and every one of you. When you come across these problems you will be able to fight it. I want you to understand that even if you are alone there is someone who loves you."

Moses Idlout spoke next. He told the people they did it because, "We love our people. We feel for our people who went through this." He explained how the Team prayed every day for healing to take place. In each community they went to, they prayed that a healing process would get started.

Peter Tatti Airo spoke last. He spoke directly to the young people there. "Please talk to someone. Look for someone to talk to. And you have to have a goal in life. Think about this. You might be the Mayor at one point. As you grow up, get a good education. I was honoured to be part of the PMT Team," he said in conclusion. Then the floor was opened for anyone who wanted to share experiences.

There was a long pause, but slowly, a young woman came forward and said, "At one point in my life I considered suicide. I'm very happy they could come and explain it to us."

She was followed by a middle-aged woman who had a gripping story to tell. "I'll make it short," she began, "It's been 24 years since I sold everything, while I was a student in Ottawa. I sold everything except a toaster. I was going to put it in the water. A man helped me through it. I felt so alone. He was neglected by his family, and he later committed suicide. There are many of us who have heavy hearts. God has created a life that can be so wonderful, so good. There are things that we have to overcome. But that's by discussing them. The PMT Team has created an awareness, and I thank them."

Two other people came forward. The meeting ended with a prayer, and everyone in the room linked hands together. There were more than 100 people in the chain. People left with renewed hope, it seemed, having talked openly about a serious problem.



AC C'N 4AP D'b'd'p's' A'q'q's'C'c'Ln's' D'b'd'p'b'p' s's'Ac' Δc's'q'N's'  
Δc's'q'N's'q'N's' L'q'p'q'p'  
Peter Tattie Airo delivers a strong message to students in Montreal.

snowmobile for a journey that would bring them far along the path of human development.

On the road of life, far too many Inuit youth are deciding to get off too fast, too soon, and too drastically. By choosing suicide — the wrong exit, according to PMT — they forgo the sort of rich adventures these three men, nearly elders, have just experienced.

With strength from within, they were fuelled to bring a message of awareness to Inuit in over 35 communities. When they returned home to Salluit in May of this year,

secondary level in Montreal. Two meetings were held, one at St. Paul's Anglican Church in Lachine on the evening of Tuesday October 28th. It was attended by over 100 Inuit students, mostly from CEGEP Marie Victorin, and John Abbott College. The next day, the final presentation was made to students at CEGEP Ste. Hyacinth.

At the presentation in Lachine, the members of the PMT Team spoke in turn for about 20 minutes each. While they spoke, a well-worn plastified map was passed around. Their journey was indicated by thick

STEPHEN HENDRIE



# ኅይደታላታዎን ለሌሎች ለማሳየት

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## Signs of Self Esteem

By Vickie Okpik

For this informal survey of how others see good self esteem qualities in those around them, I have questioned ten different people. They say that those who demonstrate good self esteem...

1. Are kind, confident, happy and non-judgmental towards others.
2. Are not easily influenced by other people's opinions.
3. Believe in themselves.
4. Take care of their health, don't abuse substances (like cigarettes, alcohol and junk food) and help other people, such as children, to understand about its effects.
5. Are strong about who they are and considerate of other people.
6. Don't need to use other people for their own self interest and can make up their own mind.
7. Set goals and try to finish them.
8. Learn from their mistakes and do things differently after they have learned better.
9. Want to be a part of the community.
10. Accept themselves, as well as others, for who they are.



አዎ ስለሌሎች ኅይደታላታዎን ለማሳየት Vickie Okpik with daughter, Julia.

