

WORKING WITH INUIT:

*SELECTED RESOURCES TO HELP YOU
LEARN ABOUT INUIT CULTURE AND WAY OF LIFE*

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Inuit Tuttarvingat



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Under the Canadian Constitution Act, 1982, the term Aboriginal Peoples refers to First Nations, Inuit and Métis people living in Canada. However, common use of the term is not always inclusive of all three distinct people and much of the available research only focuses on particular segments of the Aboriginal population. NAHO makes every effort to ensure the term is used properly.

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Introduction

Inuit Tuttarvingat has developed this resource list of Inuit cultural orientation materials for non-Inuit health care providers working in Inuit communities, those working with Inuit patients in southern Canada and anyone else who wants to increase their knowledge of Inuit. The document presents a variety of resources on Inuit culture, history, values, statistics, and health perspectives that could be used to educate non-Inuit health care professionals about Inuit culture, identity, health and wellness, and way of life.

THE CURRENT SITUATION

The goal of many Inuit communities, health departments and governments is to have more Inuit health professionals providing care to our own people, in our own language and with a true understanding of Inuit views of health and well-being. Certainly, there are Inuit health professionals throughout the North, working in nursing stations, clinics, hospitals and community health programs to deliver care to community members. However, we know that due to the shortage of qualified Inuit health workers, non-Inuit professionals must still fill the majority of health-related positions in the North.

In recent years, Inuit organizations have focused on promoting health careers to Inuit, and have taken many steps to try to improve the current situation. Inuit Tuttarvingat created the *Qaigitsi Health Careers Rock* website in 2004 to provide descriptions of and links to health-related programs at colleges and universities that may be of interest to Inuit students. This resource was promoted to high school students, teachers and career counsellors in Inuit communities since its creation. This website also included strategies for success, such as studying tips, and advice on how to adjust to living and studying away from home. The national Inuit organization, Inuit Tapiriit Kanatami, has recently been working on an Inuit education accord and a health human resources framework in efforts to improve the education system for Inuit and to find ways to encourage more Inuit to consider a career in the health field. Also, colleges in the North have recently developed more health-related programs, including nursing and maternity care, which allow Inuit to study and train in their own communities. There are many other efforts, within schools, mentoring programs, career fairs, and community groups, to promote health professions to Inuit.

We know, however, that things will take time to change. Until then, health departments will continue to recruit and hire health care staff from outside of the North. It is important to recognize that having non-Inuit health professionals providing care to Inuit patients can result in a 'disconnect' between the health care provider and the patient/client. In particular, there may be:

- a lack of trust
- a lack of understanding
- other issues resulting from differences in language and culture.¹

¹ Ajunnginiq Centre. (2004). *What sculpture is to soapstone, education is to the soul: Building the capacity of Inuit in the health field*. Ottawa: National Aboriginal Health Organization. www.naho.ca/inuit/e/resources/documents/2004-09ACEducationSoapstoneReport.pdf

BEING CULTURALLY COMPETENT

Inuit have long recognized the importance of receiving care that is sensitive and respectful to Inuit needs, values and perspectives. In a workshop we held on Inuit knowledge in Ottawa in November 2009, Inuk elder Miriam Lyall told us it is important for non-Inuit doctors, nurses and health care staff to have a better understanding of Inuit health and wellness. Lyall suggested this could be part of their training:

“It would be helpful if there was a way to make the doctors or the medical people or the social workers hear what we want them to understand and what makes our way of life and who we are ... Is there a way to let the clinics or medical professionals know that it is our turn to say listen to us, let us call the meeting and you come and listen and understand.”²

What this elder and others are referring to when they speak of these things is the idea of **cultural competency**, of being willing to learn, understand and accept that other cultures have different world views and different approaches to their health and wellness. When a health-care provider is culturally competent, they are being respectful of the patients’ background, heritage, culture, values and life experiences.³

There is also a growing recognition in Canada of the need for care for Inuit, First Nations and Métis that is **culturally safe**. “Culturally safe care involves building trust with Aboriginal patients and recognizing the role of socio-economic conditions, history and politics in health. It also requires communicating respect for a patient’s beliefs, behaviors, and values”.⁴

HOW WE CHOSE THESE RESOURCES

This collection of resources contains descriptions of books, magazines, DVDs, presentations, websites, groups, and organizations that can be used in cultural orientation training.

Inuit Tuttarvingat searched the following sources for information:

- Inuit national organizations, including Inuit Tapiriit Kanatami and Pauktuutit Inuit Women of Canada
- Regional Inuit organizations, including Inuvialuit Regional Corporation, Nunavut Tunngavik Incorporated, Makivik Corporation, and the Nunatsiavut Government
- Government departments – particularly those dealing with health, education, language, culture, and heritage – within the territories and provinces where Inuit live. These include the governments of the Northwest Territories, Nunavut, Quebec, and Newfoundland and Labrador
- Inuit cultural and language centres, as well as museum resources
- Google.ca for any materials related to cultural orientation and cultural training for those working in Inuit communities.

² Inuit Tuttarvingat. (2009). *Inuit traditional medicines and healing practices workshop*. Ottawa: National Aboriginal Health Organization.

³ National Aboriginal Health Organization. (2008). *Cultural competency and safety: A guide for health care administrators, providers and educators*. Ottawa: National Aboriginal Health Organization. www.naho.ca/publications/culturalCompetency.pdf

⁴ National Aboriginal Health Organization. (2006). *Environmental scan of cultural competency/safety in health curricula*. Ottawa: National Aboriginal Health Organization.

Two Inuit Tuttarvingat staff members reviewed the materials found. Materials were chosen if they provided relevant information about Inuit history, culture and values, information about health and wellness, traditional knowledge about health, or provided a general overview of the issues facing Inuit today. Some resources were not included when they did not provide an accurate reflection of Inuit history and daily life.

Each of the resources is listed by their title, followed by the author, publisher and date. We are aware that our format does not follow the standard citation format of APA or MLA, but we feel it helps with ease of reading and with finding key documents at a glance. Each resource in this listing is followed by a brief description of its contents. If the resource is available online, the web address is provided. Sometimes, an e-mail address and/or a phone number is listed so that you can order the resource directly or get more information. This literature and website search was conducted between October 2009 and August 2010.

HOW YOU CAN USE THIS GUIDE

If you will be starting a new job in an Inuit community, you have already moved to the North, or you are treating Inuit patients in southern Canada, this guide can point you to useful resources about Inuit culture, history, views on health and so on. By learning as much as you can, you can begin to build your cultural competence.

There are many types of resources, from books to films that you can turn to for a better understanding of Inuit. You may want to first start by learning more about Inuit in the region you are working in. You can find each Inuit region in Canada listed in this report: starting with Nunatsiavut in the east, Nunavik in northern Quebec, Nunavut, and then west to the Inuvialuit Settlement Region in the Northwest Territories.

You may then want to get a broader picture of Inuit across the Arctic and the circumpolar world. Inuit have a shared culture and language, but each region will be unique. That is why we have presented materials from the different regions as well as those that provide a general overview of Inuit.

Selected Resources

NUNATSIAVUT

Nunatsiavut, which means “our beautiful land” in Inuttitit, is home to about 2,160 Labrador Inuit. In 2005, after three decades of negotiations towards self-governance, the Labrador Inuit Land Claims Agreement came into effect. Through this, a regional Inuit government called the Nunatsiavut Government was established. Even though Nunatsiavut is part of Newfoundland and Labrador, the Nunatsiavut Government has authority over many areas including health, education, justice, culture and language, and community matters. Newcomers to Nunatsiavut should familiarize themselves with the Nunatsiavut Government:



Nunatsiavut Government Website.

Website: www.nunatsiavut.com

Phone: (709) 922-2942

E-mail: nainreception@nunatsiavut.com

This website offers information on the government structure and land claims in the Nunatsiavut region of Labrador. Web users can access the government departments and agencies, newsletters and current media to stay up to date on Labrador Inuit developments. The site also provides links to the Torngasok Cultural Resource Centre, Nunatsiavut Assembly meeting minutes, and Inuit Community Government pages.

Resources:



***Inuit in Labrador (museum notes)* by Brenda Clarke, published on The Rooms Provincial Museum website, 1981.**

Website: www.therooms.ca/museum/mnotes4.asp

The provincial museum in Newfoundland and Labrador, called The Rooms Provincial Museum, has published a series of museum notes on its website on a variety of historical topics. One of them, titled *Inuit in Labrador*, describes the history of the Thule Inuit and the Dorset Inuit, the clothing Inuit wore, the animals they hunted

and tools they used for hunting. These notes provide an overview of Inuit in Labrador and also include a list of suggested further reading on the topic.



Labrador Friendship Centre Website.

Website: www.lfchvgb.ca

The Labrador Friendship Centre meets community needs by providing relevant programming to the Inuit, Métis and Innu Nation in Happy Valley-Goose Bay. The Friendship Centre's programs include employment resources, a family centre, community development, local food bank, seniors programming, and youth activities.



Labrador Institute of Memorial University Website.

Website: www.mun.ca/labradorinstitute

The Labrador Institute was created by Memorial University of Newfoundland. It is involved in projects, education, community outreach, and research in Labrador. It also plays a role in preserving Labrador's heritage by archiving documents, photos and media in its library. Its library collection in Happy Valley-Goose Bay contains historical and current documents about Labrador Inuit.



Labrador Life published by Bert Pomeroy, 2008.

Website: www.labradorlife.com/index.html

E-mail: melvillecommunications@persona.ca

This quarterly magazine focuses on the life, people and history of Labrador, including the communities in the Nunatsiavut region. It features articles about a variety of issues specific to the region, including the environment, travel and tourism, culture and language, land claims, and so on. The magazine also highlights some of the people who have contributed to the history of the region.



Okalakatiget Society. Nain, Labrador.

Website: www.oksociety.com

Phone: (709) 922-2955

E-mail: okradio@oksociety.com

The Okalakatiget Society, which means "people who talk or communicate with each other", provides a regional, native communication service for the people on the North Coast and the Lake Melville region of Labrador. The Society, established in 1982, is located in Nain, Labrador. It produces radio and television programs in English and Inuktitut, as a way to preserve and promote the language and culture of Inuit within the region.



Tugavik Nunatsiavut published by Nunatsiavut Government, 2010 – present.

Website:

www.nunatsiavut.com/images/stories/news/newsletters/summer%202010%20english.pdf

Phone: (709) 922-2942

This quarterly publication, produced by the Nunatsiavut Government, aims to keep beneficiaries and regional offices informed of government activities and developments in the Nunatsiavut Land Claim area. The newsletter contains articles about harvesting rights, employment opportunities, regional and national meetings, and updates from government ministers about their departments' activities.

NUNAVIK

Nunavik is located in northern Quebec, north of the 55th parallel. It is home to 9,565 Inuit, which is 19 per cent of the total Inuit population in Canada. There are 14 Inuit communities within the Nunavik region. Makivik Corporation represents the Inuit of Nunavik and is mandated to protect the rights and interests provided by the 1975 *James Bay and Northern Quebec Agreement*. Newcomers to Nunavik should familiarize themselves with Makivik Corporation:



Makivik Corporation Website.

Website: www.makivik.org/index.php/en

Phone: (819) 964-2925

E-mail: info@makivik.org

Makivik Corporation, developed in 1975, is mandated to protect the rights, interests and financial compensation provided by the 1975 *James Bay and Northern Quebec Agreement*. Its website describes its focus on protecting the Inuit language, culture and natural environment. Makivik's core work involves stimulating economic development, social programming and managing issues such as the Dog Slaughter Inquiry. Makivik Corporation successfully negotiated the Nunavik Inuit Land Claims Agreement in 2007 and is currently in negotiations for self-government.

Resources:



Avataq Cultural Institute. Inukjuak, Quebec.

Website: www.avataq.qc.ca

Phone: (514) 989-9031

Toll-free: 1-800-361-5029

Avataq was started in 1980 to protect and promote Inuit language and culture in Nunavik. The Avataq Cultural Institute offers several programs and services, including: an Inuktitut promotion and preservation program, a genealogy program, a Nunavik museums program, a Nunavik Inuit art collection, an archaeology department, an artists' support program, documentation and archives centre, local cultural committees, traditional skills courses, as well as a research and publications service.

Resources:

Cultural Orientation Workshop by Human Resources Training and Development, Government of Nunavut, 2010.

Website: www.gov.nu.ca/hr/site/train.htm

Toll-free: 1-877-212-6438

This cultural orientation tool kit is designed to give a brief history of Nunavut to employees within the Government of Nunavut. The toolkit covers topics such as Inuit Qaujimajatuqangit (Inuit traditional knowledge and values), how Inuit culture and values are incorporated into the workplace, government programs and services, the history of Inuit, and teaching the Inuktitut language.

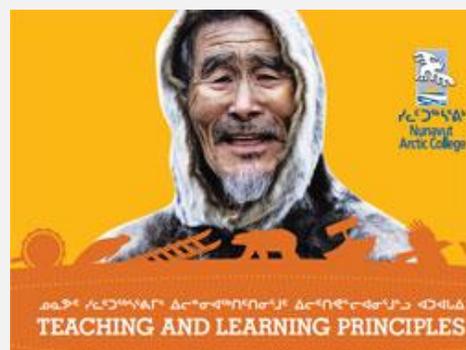


Inuit Piqqusingit [Television series] by Inuit Communications Systems Ltd., 1999-2002.

Website: www.icsl.ca/inukpiq.htm

Toll-free: 1-888- 278-8862

Inuit Piqqusingit is a 13-part Inuktitut television series where youth learn from their elders about culture, traditional life and survival on the land to ensure traditional knowledge is not forgotten. An overview of each episode is available on their website.

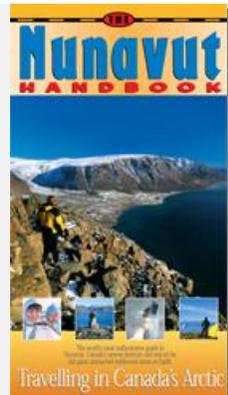


Nunavut Arctic College: Move Forward with Us by Nunavut Arctic College, 2006.

Website: www.arcticcollege.ca

Phone: (867) 979-7200

Nunavut Arctic College offers a wide variety of post-secondary programs. The college trains its employees on *Inuit Qaujimajatuqangit* (Inuit traditional knowledge and values). This cultural training is designed to incorporate Inuit culture, language and community into the courses and programs at the college. In addition, it ensures that traditional Inuit teaching, learning and values are incorporated within the college's courses. While there is not a manual available, you can talk with administrators at Nunavut Arctic College to find out more about their cultural training.



***The Nunavut Handbook: Travelling in Canada's Arctic* by Ayaya Marketing and Communications, 2004.**

Website: www.nunavuthandbook.com

Phone: (867) 979-1484

This handbook is designed for those planning to visit Nunavut. It includes voices and experiences from Nunavut residents about the territory's history, tradition, communities, tourist attractions, and its future.



***Qajjisaut* [Television series] by the Inuit Broadcasting Corporation, 1995-present.**

Website: www.inuitbroadcasting.ca/video_e.htm

Toll-free: 1-888-278-8862

Qajjisaut is an Inuktitut television program that deals with tough issues and new opportunities faced by Inuit youth who are caught between two cultures. *Qajjisaut* teaches life skills and covers the stories of interest to Inuit youth, including timely health issues. This show is broadcast on the Aboriginal People's Television Network. Some video clips are available on their website.

INUVIALUIT SETTLEMENT REGION, NORTHWEST TERRITORIES

The Inuvialuit Settlement Region is located in the northwestern area of the Northwest Territories. There are 3,115 Inuit (known as Inuvialuit) living in this region. It is made up of six communities: four are mainland communities and two are island communities. The mainland communities are the only Inuit communities in Canada that have roads connecting them to southern Canada. The Inuvialuit Final Agreement was signed between the Canadian government and the Inuvialuit in 1984. The Inuvialuit Regional Corporation (IRC) is responsible for managing the affairs of the Inuvialuit Final Agreement. Newcomers to the region should familiarize themselves with IRC:



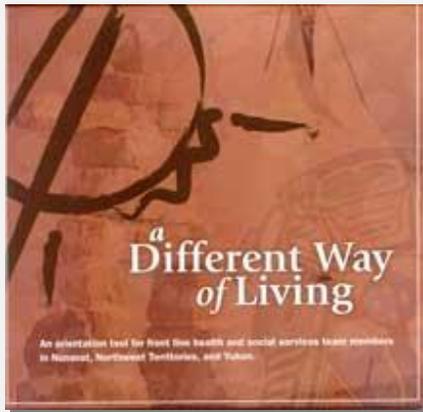
Inuvialuit Regional Corporation Website

Website: www.irc.inuvialuit.com

Phone: (867) 777-2737

IRC's mandate is to improve the economic, social and cultural well-being of the Inuvialuit through the implementation of the Inuvialuit Final Agreement. The site provides information on the activities of IRC, including its departments and areas of focus. There is also content about Inuvialuit culture, language, past and modern life, and self governance.

Resources:



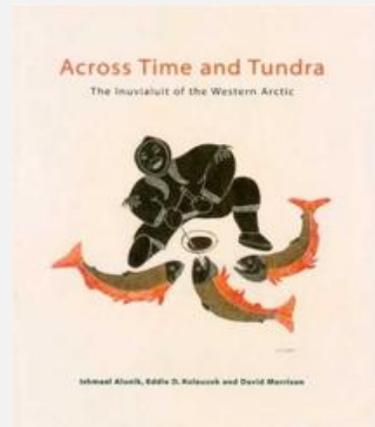
A Different Way of Living by Northwest Territories Health and Social Services, 2007.

Website:

www.hlthss.gov.nt.ca/english/publications/manual_results.asp?ID=83

Phone: (867) 920-8927

This DVD is a tool for orientation and continuing development of health and social services providers. The DVD was produced in partnership by the governments of the NWT, Yukon and Nunavut. It provides an introduction to traditional northern Aboriginal culture and practices, and emphasizes cultural sensitivity and respect for the diversity of people in the North. The stories are told from the community members' perspective, and include information they feel is important for health and social services providers to know, such as how the past has shaped the health and wellness of northern and remote communities.



***Across Time and Tundra: The Inuvialuit of the Western Arctic* by Ishmael Alunik, 2003. Published by Raincoast Books in Vancouver, BC.**

Web site: www.raincoast.com/contact

This is an illustrated history of the Inuvialuit, the Inuit of the Mackenzie Delta. It talks of traditional activities, the arrival of the Europeans and the American whalers, and significant historical events such as the signing of the land claim in 1984. *Across Time and Tundra* includes text from elder Ishmael Alunik, who tells traditional stories of life in the Mackenzie Delta, and from Inuvialuit writer Eddie Dean Kolausok.



***Inuuqatigiit: The Curriculum from the Inuit Perspective; Curriculum Document for Kindergarten – Grade 12* by Northwest Territories Education, Culture and Employment, 1996.**

Website:

www.ece.gov.nt.ca/Divisions/kindergarten_g12/curriculum/curriculum_Services/INUUQATIGIIT%20Curriculum/INUUQATIGIIT.pdf

Phone: (867) 920-3415

This curriculum document was created with Inuit from across the Inuvialuit and Nunavut regions in order to help develop a better understanding of Inuit values in the education system. The contents are divided into sections: Inuit world views; language and importance of oral traditions; traditional learning and evaluation; relationships to people (traditional roles of all people in the family); and relationship to the environment. The curriculum has key activities for each age group and encourages students to find out more about their Inuit culture and background.



Inuvialuit Cultural Resource Centre. Inuvik, NT.

Website:

www.irc.inuvialuit.com/community/cultural.html

Phone: (867) 777-2595

The Inuvialuit Cultural Resource Centre originally opened in Tuktoyaktuk in 1998, but moved to Inuvik in 2000 so that the majority of the population could access their services. Some of the programming and projects include the book *Reindeer Days Remembered*, summer and language camps for youth, elder's database with recordings, production of language materials for schools, and publishing dictionaries in the Siglit dialect.



Inuvialuit Regional Corporation Board Summary Newsletter by the Inuvialuit Regional Corporation, 1985-present.

Website: www.irc.inuvialuit.com/publications/2009.htm

Phone: (867) 777-2737

E-mail: info@irc.inuvialuit.com

This newsletter provides current information about economic development, health and social issues in the six communities in the Inuvialuit Settlement Region. It is published four times a year, to provide updates from the Inuvialuit Regional Corporation board of directors meetings.



Journey to Kitigaaryuk: Online Exhibits by the Prince of Wales Northern Heritage Centre, 2004.

Website: www.pwnhc.ca/exhibits/kiti/index.asp

Phone: (867) 873-7551

E-mail: pwnhcweb@learnnet.nt.ca

This website has a number of online exhibits for children and adults who are interested in Inuvialuit and Aboriginal culture. Specifically "Journey to Kitigaaryuk" would be of interest to children. In this interactive journey, children join Jack, a young visitor from England, his Inuvialuit pen pal Roy, and Roy's family on their journey from Tuktoyaktuk to the ancient village of Kitigaaryuk.



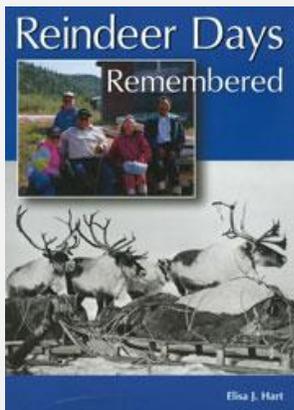
Modern Inuvialuit Culture by the Inuvialuit Regional Corporation, 2009.

Website: www.irc.inuvialuit.com/culture/modern.html

Phone: (867) 777-2737

E-mail: info@irc.inuvialuit.com

This section of the Inuvialuit Regional Corporation website provides a brief description of modern Inuvialuit culture. It lists the communities that fall within the Inuvialuit Settlement Region, and talks of the Inuvialuit clothing, food, drum dancing, language, oral traditions, northern games, and traditional sites.



**Reindeer Days Remembered by Elisa Hart, 2001.
Published by the Inuvialuit Cultural Resource Centre.**

Phone: (867) 777-2595

E-mail: icrc@irc.inuvialuit.com

This is a book about the reindeer herders' recollections of herding between the years 1935-1964. Interviews were done in 1991, 1992, and 2001 to capture the stories of herding in the Inuvialuit area. The book contains elders' perspectives, historical and modern photos, and tells the hardships of the herding industry in the Mackenzie Delta.



Tamapata, Suaangan, and Uumatimnin [Television series] by the Inuvialuit Communications Society, 2010.

Website:

<http://inuvialuitcommunicationsociety.wordpress.com>

Toll-free: 1-888-278-8862

Tamapta, Suuangan and *Uumatimnin* are three TV shows produced by the Inuvialuit Communications Society. They will introduce you to the Inuvialuit, the Inuit of Canada's Western Arctic. The shows focus on preserving the Inuvialuit language, culture and traditions and showcasing modern Inuit youth. Produced primarily in the language of Inuvialuktun and English, these programs highlight Inuvialuit culture and heritage.

Inuit in Canada

Inuit are a circumpolar people, inhabiting Arctic regions in Russia, Alaska, Canada, and Greenland, united by a common culture and language. In Canada, Inuit are the original inhabitants of the far North and have lived there for thousands of years. They are one of the three Aboriginal Peoples recognized by the *Canadian Constitution Act*.

Many films and reports are available that depict Inuit history, culture and language, while others present details about modern-day Inuit life. Northern and Inuit newspapers, magazines and other media provide up-to-date information about Inuit politics, health, and community life and so on. A selection is listed below.

FILMS: INUIT AND NORTHERN



***Atanarjuat: The Fast Runner* produced by Paul A. Angilrig, Norman Cohn and Zacharias Kunuk, with Igloolik Isuma Productions Inc. and National Film Board of Canada, 2001.**

Website: www.atanarjuat.com

Phone: (514) 486-0707/ (867) 934-8809

E-mail: info@isuma.ca

Atanarjuat is the first feature-length fiction film in Canada to be written, produced, directed and acted by Inuit. It is an action thriller that is set in ancient times in Igloolik, telling the Inuit legend of natural and supernatural powers. Produced by Igloolik Isuma Productions, the film won praise worldwide for its storytelling and depiction of Inuit culture.



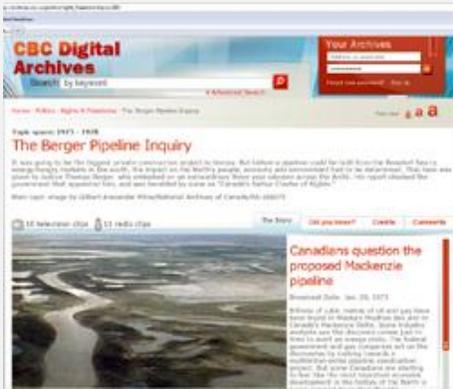
***Broken Promises: The High Arctic Relocation* directed by Patricia Tassinari, with Nutaaq Media Inc. and National Film Board of Canada, 1995.**

Website: www.nfb-

onf.gc.ca/eng/collection/film/?id=32431

This is the story of Inuit families who were relocated by the Canadian Government from Northern Quebec to the High Arctic. The government promised the Inuit would find much game and fish in their new area, and were assured they could return home in two years if things didn't work out. But two years later another 35 people

joined them. In the High Arctic, they experienced hunger, extreme cold, sickness, alcoholism and poverty. Many did not see their former home again for another 30 years.



The Berger Pipeline Inquiry by the Canadian Broadcasting Corporation, 1973-1977.

Website:

http://archives.cbc.ca/politics/rights_freedoms/topics/295

This is a series of 10 televised clips and 11 radio clips that recount Justice Thomas Berger's pipeline inquiry in the Northwest Territories from 1973-1977. They highlight the concerns of local Aboriginal peoples, environmental groups and municipalities about the building of an oil and gas pipeline in the territory. The clips also present the pipeline companies' perspectives. These provide a historical report of a significant event for Aboriginal groups in the NWT, as Justice Berger recommended that no pipeline be built until all land claims in the area have been settled.



The Experimental Eskimos directed by Barry Greenwald, with White Pine Pictures and Pauuna Productions, 2009.

Website:

www.whitepinepictures.com/all-titles/experimental-eskimos

Phone: (416) 703-5580

This film follows Peter Ittinuar, Zebedee Nungak and Eric Tagoona, who, as 12-year-old boys, were shipped from their homes in the Canadian Arctic in the early 1960s to attend public schools in Ottawa. It looks at how sending the boys to schools in the south was a social engineering experiment. Through their stories, we see that all three grew up to become activists and leaders, but that the experiment also deprived the boys of their families, language and culture.



***The Necessities of Life* by Benoit Pilon, with Seville Pictures, 2009.**

Website: www.topten.ca/films/cequifautpourvivre

The Necessities of Life captures from an Inuit perspective the trauma of the tuberculosis epidemic that broke out in the far North in the 1940s and '50s. It follows the story of Tivii, an Inuk hunter who is shipped to a TB sanitarium in Quebec City. Far from his home, culture and language, he experiences culture shock. His nurse introduces Tivii to a young boy who speaks Inuktitut and English, giving Tivii the chance to connect with someone and share his culture.



***Qallunaat! Why White People are Funny* directed by Mark Sandiford and collaborating director Zebedee Nungak, with Beachwalker Films and National Film Board of Canada, 2006.**

Website:

<http://onf-nfb.gc.ca/eng/collection/film/?id=55150>

Toll-free: 1-800-267-7710

This is a comedic documentary that lightly pokes fun at the white people's obsession with studying the cultural behavior of Inuit. It was directed by filmmaker Mark Sandiford in collaboration with Zebedee Nungak, an Inuk satirical writer. In this fictional story, the tables are turned: it is the white people, called *qallunaat* by Inuit, who are the subjects of intense studying and are treated as exotic people. The Inuit who study these *qallunaat* find some of their customs to be peculiar, such as their complaints about the cold, and the strange ways they greet each other.

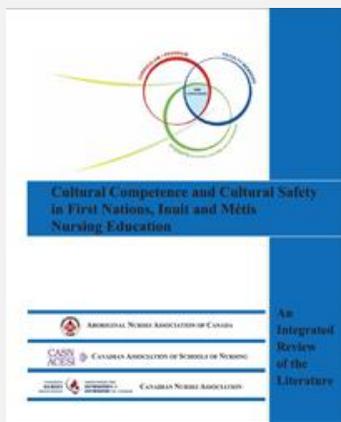
REPORTS: INUIT AND NORTHERN



***Canada's Relationship with Inuit: A History of Policy and Program Development* by Sarah Bonesteel, 2006. Published by Indian and Northern Affairs Canada.**

Website: www.ainc-inac.gc.ca/ai/rs/pubs/rsh4-eng.asp
Toll Free: 1-800-567-9604

This publication gives a comprehensive review of the Canadian government's policies and administration of Inuit affairs. It goes in depth into Inuit contact with Europeans, Canadian law, justice and policing, Arctic sovereignty, Inuit relocation events, the E-Disk number identification system, and a thorough review of the history and development of Inuit political organizations and associations.



***Cultural Competence and Cultural Safety in First Nations, Inuit and Métis Nursing Education: An Integrated Review of the Literature* by Fjola Wasekeesikaw-Hart, 2009. Published by Aboriginal Nurses Association of Canada.**

Website:
www.cna-nurses.ca/CNA/documents/pdf/publications/Review_of_Literature_e.pdf

Phone: (613) 724-4677

E-mail: info@anac.on.ca

This resource reviews evidence as to why cultural competency training is required in the nursing field. Looking at some of the history of First Nation, Inuit and Métis colonization, health disparities, and historic trauma, the report explains the concepts and guiding principles that are needed to provide cultural competency training in the nursing field. It covers cultural awareness, sensitivity, safety, and competency and provides the reader with "standards" from the American Indian/Alaska Native Theory of Education.



Indian Residential School Formal Apology. By Office of the Prime Minister of Canada, 2008.

Website: www.pm.gc.ca/eng/media.asp?id=2149

This website contains the formal apology to survivors of the Indian Residential Schools. Prime Minister Stephen Harper delivered the apology on June 11, 2008 in the House of Commons. The apology is available in video, audio, and written formats.



Inuit Statistical Profile by Inuit Tapiriit Kanatami, 2008.

Website:

www.itk.ca/publications/inuit-statistical-profile

Phone: (613) 238-8181

E-mail: info@itk.ca

This paper reviews specific statistics gathered from the Aboriginal Peoples Survey 2001, the 2001 and 2006 Census and other relevant sources on Inuit. It presents data on chronic conditions, population, age, geographic distribution and language. It also provides statistics on health indicators such as diabetes, tuberculosis, life expectancy, suicide rates, smoking rates, harvesting activities, formal education, paid work and income.



Library and Archives Canada Website. Government of Canada.

Website:

www.collectionscanada.gc.ca/inuit/020018-1100-e.html

Toll-free: 1-866-578-7777

Live Chat: www.collectionscanada.gc.ca/the-public/005-2040-e.html

Library and Archives Canada collects Canada's documentary heritage. The website is a good place to locate some of the older photographs of Inuit. A special project entitled *Project Naming* was undertaken in 2001 in collaboration with the Nunavut Sivuniksavut Program to identify Inuit in photographs.



Northern Frontier, Northern Homeland: The Report of the Mackenzie Valley Pipeline Inquiry (Vols. 1-2) by Thomas Berger, 1977. Published by Supply and Services Canada.

Website:

www.neb-one.gc.ca/ll-eng/livelink.exe?func=ll&objId=238336&objAction=browse&redirect=3

Justice Thomas Berger was tasked to hold an inquiry about the future development of the Mackenzie Valley Pipeline. He was to determine how a pipeline would impact the people, lifestyles, economy and environment of the North. Over a period of three years Justice Berger travelled around the Western Arctic collecting evidence from all native groups in the North, environmentalists, and others who would be affected. Justice Berger recommended that no pipeline be built until all land claims have been settled. Thus, this report was ground breaking, and was considered by some as "Canada's Native Charter of Rights."



Statistics Canada Website. Government of Canada.

Website: www.statcan.gc.ca/start-debut-eng.html

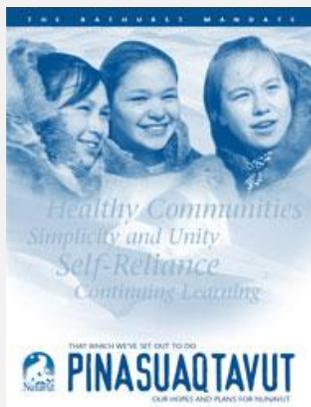
This particular website provides valid Canadian Statistics on all Aboriginal Peoples of Canada. Here you will be able to access three main surveys that contain information specific to Inuit. The Aboriginal Peoples Survey which happened in 1996, 2001 and 2006, Aboriginal Children's Survey and the Census. At this site you can also find resources for teaching and learning with your students and access the popular Aboriginal Community Profiles for any community that participated in these surveys. Here you can find key characteristics about northern communities such as population size, ages, dwellings, marital status, income, language, and education.



Report of the Royal Commission on Aboriginal Peoples (1996), volumes 1-5, by Rene Dussault and George Erasmus. Published by the Government of Canada.

Website: www.ainc-inac.gc.ca/ap/rrc-eng.asp

The 1991-1996 Royal Commission on Aboriginal Peoples was significant for Inuit, First Nations and Métis in Canada. It was a major step to restore justice to the relationship between Canada and Aboriginal Peoples, and its vision has had a major influence on government policy. The Commission resulted in recommendations affecting governance, health, education, housing and economic development that are still relevant today.



The Bathurst Mandate by the Government of Nunavut, 1999.

Website:

http://nni.gov.nu.ca/files/05%20Bathurst%20Mandate_Eng.pdf

The Bathurst Mandate is a statement of priorities and guiding principles that was developed in a series of workshops held by the Cabinet of the new government of Nunavut in 1999. It sets out the Nunavut Government's hopes for the territory, and its priorities for healthy communities, unity, self-reliance and continued learning.



***Inuit Art Quarterly* published by the Inuit Art Foundation, 1986-present.**

Website: www.inuitart.org/magazine

Phone: (613) 224-8189

E-mail: iaf@inuitart.org

Inuit Art Quarterly (IAQ) is the only magazine in the world dedicated to Inuit art. It is published by the Inuit Art Foundation, which is governed by a board of practicing Inuit artists. The magazine provides Inuit artists with a voice and is geared to those with an interest in Inuit art.



***Inuktitut Magazine* published by Inuit Tapiriit Kanatami, 1959-present.**

Website: www.itk.ca/inuktitut-magazine

Phone: (613) 238-8181

E-mail: info@itk.ca

Inuktitut Magazine started off as an Indian and Northern Affairs publication in 1959. Published in Syllabics, Roman Orthography, English and French, the magazine offers historical and current content on Inuit and Arctic issues. It is Canada's longest published periodical devoted to Inuit issues.



***Makivik Magazine* published by Makivik Corporation, 1998-present.**

Website:

www.makivik.org/en/media-centre/makivik-magazine-online

E-mail: magazine@makivik.org

Makivik Magazine showcases the achievements of Inuit in Nunavik and features news about politics, education, culture, economic development, and the environment, among others. Through this quarterly publication, Makivik Corporation shares information with about its activities and that of its subsidiary companies.



***Naniiliqpita* published by Nunavut Tunngavik Incorporated, 2004 – present.**

Website:

www.tunngavik.com/category/publications/communications/naniiliqpita-magazine

Toll Free: 1-888-646-0006

E-mail: naniiliqpita@tunngavik.com

Naniiliqpita covers articles of interest to Nunavut beneficiaries and provides current information on various projects and events in the Nunavut settlement area. It contains news from Nunavut Tunngavik Inc. and the three regional Inuit associations in Nunavut. This publication is a continuation of a series of magazines published by Nunavut Tunngavik Inc. Back issues of *Nunavut Magazine* (1987-1993), *Nipisi Magazine* (1995-1998), *Ittuqaqtuuq Magazine* (1998-2000), *Tunngavik News* (2001-2003) and *Naniiliqpita Magazine* are all available on Nunavut Tunngavik Inc.'s website.



***Them Days Magazine* published by Them Days Society, 1977 – present.**

Website: www.themdays.com

Phone: (709) 896-8531

E-mail: editor@themdays.com

Them Days tell stories of life in the old days of Labrador. The first edition came out in 1975 and it is now a quarterly magazine. It covers all groups who have lived in the Labrador region, including Inuit.



***Tusaayaksat* by the Inuvialuit Communications Society, 1983 – present.**

Website: www.tusaayaksat.wordpress.com

Phone: (867) 777-2744

E-mail: lin.ics@northwestel.net

Tusaayaksat means “something new to hear about” and covers events in the Western Arctic, news and Inuvialuit life. The magazine is published quarterly and is delivered free to all Inuvialuit beneficiaries.



***Up Here: Life in Canada's North* published by Up Here Publishing, 1985 – present.**

Website: www.uphere.ca

Toll-free: 1-866-572-1757

E-mail: kathy@uphere.ca

Up Here magazine covers places to travel in the North, science and nature, arts and culture, people and history. It recently started *Up Here Business*, focusing specifically on the northern economy and industries.

NEWS MEDIA: INUIT AND NORTHERN



***Nunatsiak News* published by Nortext Publishing Corporation, 1972-present.**

Website: www.nunatsiaqonline.ca

Nunatsiak News is an English-Inuktitut weekly newspaper that has served the people of Nunavut and the Nunavik region of Quebec since 1972. It covers politics, municipal/community news, health, the economy, etc. A regular column, called “Taissumani”, focuses on the history of the North and early explorers.



***Nunavut News/North* and *NWT News/North* published by Northern News Service Ltd., 1945-present.**

Website: www.nnsl.com/index.php

Northern News Services publishes newspapers that cover politics, health, business, community life, culture, etc. in the Northwest Territories and Nunavut. The newspapers, called *Nunavut News/North* and *NWT News/North*, also feature columns and editorials from local people. In addition, the *Yellowknifer*, *Deh Cho Drum*, *Inuvik Drum* and *Kivalliq News* serve regional interests in both territories.

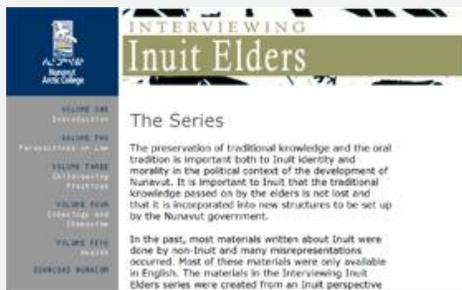


The Labradorian published by Transcontinental Media, 1974 – present.

Website: www.thelabradorian.ca

This weekly newspaper reports on current events, politics, community news, etc. in Labrador. It covers the entire area of Labrador, not just the Inuit region known as Nunatsiavut, but it often contains news of interest to Inuit communities.

BOOKS AND BOOKLETS: INUIT AND NORTHERN



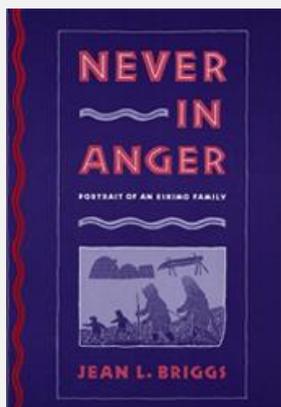
Interviewing Inuit Elders: The Series (Vols. 1-5) by Nunavut Arctic College, 1999-2001.

Website: www.nac.nu.ca/OnlineBookSite/index.html

Phone: (867) 857-8600

E-mail: nunatta@nac.nu.ca

This five-part series, started in 1996 by Inuit students of Nunavut Arctic College, preserves the knowledge of Inuit elders and their way of thinking. The five volumes include an Introduction, Perspectives on Traditional Law, Childrearing Practices (edited by anthropologist Jean Briggs), Cosmology and Shamanism, and Perspectives on Traditional Health. Each includes personal life stories of the elders, and student's essays describing Inuit customs, plus fascinating Inuit myths and legends.



Never in Anger: Portrait of an Eskimo Family by Jean Briggs, 1970. Published by Harvard University Press.

Website:

www.hup.harvard.edu/catalog.php?recid=23880&content=book

E-mail: Contact_HUP@harvard.edu

Anthropologist Jean Briggs writes about the lives of the Utkuhiksalingmiut, or Utku, who she came to meet in the Baker Lake area over a period of a year and half. Through

stories of daily life she shares information about the behavioral patterns of the Utku, their way of training children, and their handling of deviations from desired behavior.



***Resilience: Overcoming Challenges and Moving on Positively* by Marja Korhonen, 2007. Published by Inuit Tuttarvingat (formerly Ajunnginiq Centre) of the National Aboriginal Health Organization.**

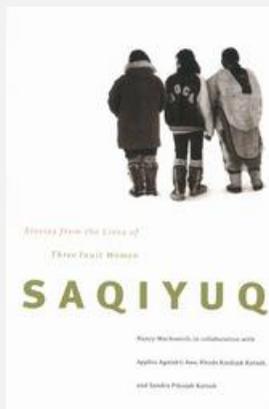
Website:

www.naho.ca/inuit/e/documents/2007-08-22ResilienceBook_final.pdf

E-mail: inuit@nahoc.ca

Toll-free: 1-877-602-4445

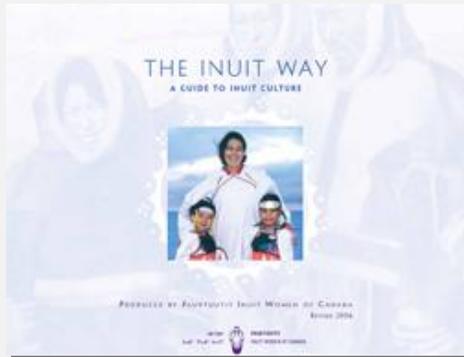
This publication focuses on ways to build resilience, and provides both western science and Inuit elders' knowledge of resilience and coping. The booklet features words from Inuit elders about the different strategies they used in the past to cope with difficult times. We see that these traditional coping skills are still as pertinent in today's society.



***Saqiyuq: Stories From the Lives of Three Inuit Women* edited by Nancy Wachowick, 1999. Published by McGill Queens' University Press.**

Website: <http://mqup.mcgill.ca/book.php?bookid=1242>

This book tells the story of three generations of women: a grandmother, daughter, and granddaughter. Their memories and reflections give insight into the history of the people of the new territory of Nunavut. Through the storytelling in *Saqiyuq*, the three women explore the changes that have taken place in the lives of Inuit and their struggle to reclaim their traditional practices.



***The Inuit Way: A Guide to Inuit Culture* (revised edition)
by Pauktuutit Inuit Women of Canada, 2006.**

Website:

www.pauktuutit.ca/pdf/publications/pauktuutit/InuitWay_e.pdf

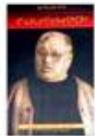
Phone: (613) 238-3977

E-mail: info@pauktuutit.ca

The Inuit Way introduces Canadians to traditional Inuit culture and gives readers a better understanding of the Inuit way of life. The book provides some history of Inuit, and looks at modern and traditional lifestyles, residential schools, traditional justice systems, traditional and modern family roles and responsibilities, and traditional Inuit values, among other topics. Originally published in 1989, it became one of Pauktuutit's most popular documents and was revised in 2006.



Arctic College Publications



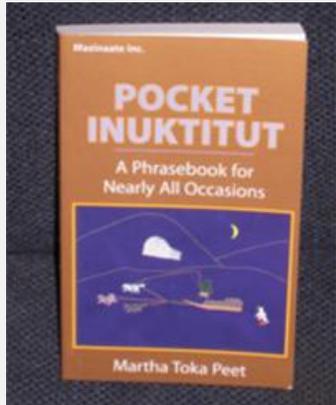
Volume 1: *We Call it Survival: The Life Story of Abraham Okpik*
Author: Abraham Okpik Edited by Louis McComber

***Life Stories of Northern Leaders* (vols. 1-5) published by
Nunavut Arctic College.**

Website:

www.arcticcollege.ca/publications/PubDisplay_eng.aspx?CategoryID=14

This five-volume set looks at the life journey of five northern leaders: John Amagoalik, Abraham Okpik, Paul Quassa, James Arvaluk and Peter Itinnuar. Each of these men has had significant leadership roles in the Eastern Arctic. Each volume focuses on one leader, looking at their contributions and dedication in advancing Inuit issues.



***Pocket Dictionary: A Phrase Book for Nearly All Occasions* by Martha Peet, 2008. Published by Mazinaate Inc.**

Website:

www.ablang.com/docs/Catalogue_Order_Form.pdf

This pocket-sized book provides everyday words and phrases in Inuktitut. It tells you what to say in Inuktitut when in communities, airports, conferences, hospitals, courtrooms, churches, stores, offices, and out on the land. This book can help someone get their message across in Inuktitut, at the level of simple speech.



***Tusaalanga: Learning Inuktitut Online* by the Pirurvik Centre.**

Website: www.tusaalanga.ca

Phone: (867) 979-4722

This web site offers 20 or more lessons to practice basic Inuktitut vocabulary, grammar and conversation. The thousands of sound files help people learn the correct pronunciation. The site was created by the Pirurvik Centre, an Iqaluit-based company that focuses on enhancing Inuit language, culture and well-being.



***Uqausivut – Inuktitut language program.* Ottawa Inuit Children's Centre.**

Website: www.ottawainuitchildrens.com

Phone: (613) 744-3133

The Uqausivut program at the Ottawa Inuit Children's Centre aims to support and increase Inuktitut speakers in Ottawa. The centre recognizes that Inuit living in urban areas face many challenges in maintaining their mother tongue. This is especially true for Inuit children, who are attending English- or French-speaking schools. The Uqausivut program allows Inuit families and children in Ottawa to retain and reclaim their Inuit language skills.

CULTURAL ORIENTATION WORKSHOPS



Cultural Orientation Programs by the Pirurvik Centre.

Website: www.pirurvik.ca/en/programs/IQ

Phone: (867) 979-4722

Pirurvik Centre, an Iqaluit-based business focusing on language and culture, offers training and services for Inuit and non-Inuit alike. Pirurvik Centre has programming aimed at cultural orientation, cross cultural exploration and Inuktitut language. The centre describes cultural orientation as an introduction to Inuit life and practices. Its cultural orientation programs are divided into two separate approaches: there is an introductory orientation for newcomers and visitors to Nunavut, and “cross cultural explorations” that goes into depth about Inuit culture and life in Nunavut.



Inuit in Canada: From Dog Teams to the Internet; Resiliency and Change by Sunburst Consulting.

Phone: (613) 327-0245

E-mail: sunburstconsulting@gmail.com

This one-day course is offered to anyone interested in learning the basics of Inuit history, culture and way of life, and the sudden changes that Inuit have endured since contact with European culture up to the present day. The course touches on socio-economic, health and environmental issues and looks at issues such as the political structures, statistics and worldview with an Inuit perspective.



Overview of Inuvialuit: Cultural Training Presentation.
By Roger Gruben and the Beaufort Delta Health and Social Services Authority, 2009.

Phone: (867) 777-8000

This PowerPoint presentation gives an overview of Inuvialuit culture and traditions, the Inuvialuit land claims settlement, and importance of wildlife and resources to the Inuvialuit. It briefly touches on residential school and the impacts it has had on the Inuvialuit. The training ends with an overview of the cultural and traditional activities that Inuvialuit practice today and explains why some practices can be seen as a source of conflict for employers in the North. The presentation also provides solutions on how to work towards a better workplace for Inuvialuit employees and their employer.