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More Than a Meal
 Stories of food, family, culture, and
 community across Nunavut.

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Niriqatainnaq unaanuk
 Nirijangit, ilagii, inunnguqtut, nunavummiut.

Co-Illustrated by
Kayla Williams and Saelym Degrandpre
 Edited by
Greg Kuzmich

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language:

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Pukuglugu
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Inuinnaqtun

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Preface

Inspired by real stories and experiences shared by Nunavummiut, this book brings together the voices of people, families, and communities from across the territory. To reflect our operations in the Kivalliq and Kitikmeot regions, this book has been translated into Inuinnaqtun and Inuktitut. A multilingual approach has also been incorporated throughout the English edition, featuring Inuit words and dialects that reflect the diverse linguistic traditions of Nunavut while preserving the richness and nuance of each storyteller's voice.

For nearly two decades, Agnico Eagle has worked alongside communities in Nunavut. Through this project, we are honoured to help share stories that celebrate the people, traditions, and food cultures that make this territory unique.

At the same time, many Nunavummiut continue to face challenges accessing affordable healthy food. In 2025, 68% of Nunavummiut lived in households experiencing food insecurity. In partnership with Breakfast Club of Canada, Agnico Eagle is committed to helping improve access to food for children and families throughout the territory. Since 1994, Breakfast Club of Canada has worked with partners from all sectors to ensure children can start their day with a nutritious breakfast and reach their full potential.

Through these stories, we hope you'll discover just a small glimpse of one of Canada's most vibrant and culturally rich regions.

Dedication

We thank those who have shared their stories, along with Nunavummiut illustrators Kayla Williams and Saelym Degrandpre, whose artwork helped bring these stories to life, and the communities that have made this project possible.

The Taste of Tradition



Inspired by: Rhonda Nimiqtatquq • Gjoa Haven, Nunavut

Caribou Camp is two weeks long, but it's just not enough. There's so much to do and to see. We play games, we sing songs, we share stories, we learn how to track, how to hunt, how to be on the land, and, well, you get the idea. We do A LOT!

Inutuqat (Elders) run the camp, and they're the ones who teach us everything. They teach us how to look for ihigait tupliqnit (hoof prints), use binoculars, spot trampled uqruq (moss), how to stay downwind, and how to avoid nannut (polar bears).

We learn how to set up a tent, keep stuff dry, sew, stitch, start a fire, and navigate across the tundra. It's so much fun, it's amazing, it's the best part of summer. But the best, besssstttt part is eating the tuktu (caribou)!

The Inutuqat teach us how to cook it, how to dry it, and how to eat it raw. All very good and all very delicious, but my favourite part is the tinguk (liver).

The Inutuqat prepare it in a very special way. They cut up the tinguk. They cut a hole in the tuktu's stomach. They put the pieces of tinguk in the stomach, and you wouldn't believe it, it COOKS! The stomach acid cooks the liver as the Inutuqat continue breaking down the rest of the tuktu.

The tinguk comes out warm, a little chewy, and verrrrrryyy delicious. It's called imuraq.

This is a traditional way to eat the tinguk. It's a technique that's been passed down for many generations. The Inutuqat of the past didn't have ovens, stoves, or BBQs on the land.

I asked one Inutuqat:

"Did they have BBQs?"

"No."

"Did they have deep fryers?"

“Nope.”

“Did they have air fryers?”

“Definitely not.”

“Ummm, did they have...”

“Whatever you’re about to say, they did not have.”

“I was going to say a quilliq (a traditional Inuit oil lamp used for light, heat and cooking).”

“Yes... they had those.”

I ask a lot of questions. My mom says it’s a good thing.

We use many tools to butcher the tuktu as well. We use big, medium, and small uluit (a traditional Inuit curved knife used for preparing food and skins).

There are so many other ways to enjoy tuktu. You can make tuktu burgers, tuktu spaghetti, tuktu stir-fry, tuktu tacos, tuktu stew, but I love the traditional ways the best. I feel most connected to the land and my culture when I eat it the traditional way.

These traditional foods are still a BIG part of our culture. Our way of life revolves around hunting and harvesting food. That’s why I ask the Inutuqat so, soooo many questions. I can’t help it! I want to learn as much as possible. And, of course, eat as much tasty caribou as possible.

I’m always sad when Caribou Camp is over. But I know I’ll be back next year. Ready to learn, ready to eat, and ready to ask wayyyyy more questions.

My First Narwhal Hunt



Inspired by: Adam M. • Arctic Bay, Nunavut

The nauyait (ivory gulls) glided above and soared south toward the open waters. The waves sparkled and shimmered as my friend and I motored out past the bay. In the far distance, we could see rock cliffs and limestone pillars. My friend inspected his unaaq (harpoon). It wouldn't be long until we spotted our first tugaalik qilaluga (narwhal).

This wasn't our first hunt, but it was the first one I was leading on my own. It was my uncle who taught me everything I knew and now others were looking to me. We continued south as the boat pitched up and down over the chop of the bay. An hour later, we spotted the first tusk, the tugaalik qilaluga long spiral tooth, thrusting up from the water. I turned the throttle and raced forward.

"Straight ahead!" my friend yelled over the sound of the motor.

We circled back and the boat rolled from side to side. I shifted the boat into neutral and scanned the waters. My friend raised his hand to shield his eyes from the sun.

KASPLASH

WHOOSH

THUD

A group of tugaalik qilaluga crashed and dove about 25 feet in front of our boat. We floated toward them. I looked at my friend with unspoken determination. We both gripped our unaaqs, readying the alunaaq (line) and avataq (sealskin float). I edged the boat closer.

I cut the engine and guided the boat to the port side. Only the waves moved over the surface. Suddenly, something grey and white dashed behind the stern. We twisted and watched it dive into the darkness. We gripped our unaaqs tightly.

KASPLASH on the port side. **THUD** on the starboard side. We spun and held our unnaqs waiting for the perfect moment.

Another splash. A tusk rose out of the water. My friend pulled his arm back and heaved the unaaq at his target.

SWOOOOSH

It missed. He rapidly pulled the unaaq back into the boat.

KASPLASH

“Behind you!” he yelled.

I twisted counterclockwise and saw a tusk and the grey-and-white speckled pattern of the tugaalik qilaluga’s head. This was my moment. Without hesitation, I reared back and fired the unaaq.

It was a direct hit.

The tugaalik qilaluga dove hard, pulling the alunaaq. At the last second, I grabbed it and hauled it back. The avataq rose beside the stern and floated with the alunaaq. My friend threw his unaaq and got it above the flipper. We both pulled with all our might. We couldn’t let it sink.

Using a pulley and after nearly an hour of hard work, we were able to get the tugaalik qilaluga ready to be towed. We sat back in exhaustion, but filled with pride. I grabbed the pull cord and started the motor. We headed back to shore as the sun lowered in the sky.

We arrived back home in the late evening. Family, friends, and neighbours greeted us and helped us bring the tugaalik qilaluga ashore. Everyone pitched in to help break it down. We cut it into portions and began dividing it up for everyone. Soon, the Inutuqat arrived and looked pleased. They shared their hunting stories with us, and we shared pieces of blubber that we ate raw.

As I walked home that night, I felt proud. Our hunt was successful and we were able to share with everyone in our community. My uncle taught me well and someday

I would pass his lessons down to my kids. I knew then that I would take them out onto the bay. Whether we caught anything wasn't what was most important. It's about passing down traditions and knowledge to the next generation. That's what really matters.

An artistic illustration of a coastal scene. A woman in a red shirt and black pants stands on a dark, rocky cliff, reaching out towards the sea. The cliff is dotted with patches of purple flowers and several birds, including white and grey gulls, some of which are nesting in brown cups. The sea is a deep blue with white-capped waves. In the background, a range of dark, rugged mountains stretches across the horizon under a vast blue sky. A large, bright yellow sun is positioned in the upper right corner. The title 'The Best Breakfast Ever' is written in a large, white, sans-serif font across the middle of the image.

The Best Breakfast Ever

Inspired by: Stacy Paniyuk • Coral Harbour, Nunavut

I joined my anaanatsiaq (grandma) early in the morning at our picnic table and felt the sun slowly warm our faces. It was my first full day at our camp just outside Coral Harbour. We sipped from our mugs while anaanatsiaq got up to make more mamaittuqutik (Labrador Tea).

“Oh no, I think we’re out of tea.”

She flipped the tin upside down, and a few small green specks fell to the ground.

“Well, that’s OK. Let’s just have some eggs to start our day,” she said.

She knelt beside the Coleman stove with a frying pan in her hand and opened the grub box. “Oh dear, I’m afraid we’re also out of eggs!”

I watched her shake her head.

“Hmmm,” she pondered. “What are we going to do?”

I got up from the table and walked over.

“Why don’t I go collect some eggs and mamaittuqutik for tea? I know where to find them. I can be fast!

“No, no, dear. That would be too much trouble.”

“I know where to find everything. Anaana (mom) showed me!” I said excitedly.

“Well, OK. Just be careful.”

“I’ll be back before you know it!”

I raced down the trail toward the shore. There were so many water birds this time of year, but what I really wanted were kanguup manningit (goose eggs).

First, I found four creamy white eggs sitting on white down feathers. These were Nirlingnaq manningit (Atlantic Brant eggs). I kept going.

Second, I found eight speckled eggs in low ground depressions. These weren't Kanguup manningit, these were just Aqiggiq manningit (Rock Ptarmigan eggs).

Third, I found five brown-speckled eggs in shallow moss nests. Too small! Probably Sigjariaq manningit (Sandpiper eggs).

I continued along the shore, over rocks and across the marshland. Then I found them! Four cream-coloured Kanguq (Snow Goose) eggs tucked into nests of down and grass. I carefully took the eggs. Objective one was complete.

Next, I needed mamaittuqutik for the tea. I knew some grew east of the camp, a little inland from the shore. I climbed off the beach and followed a trail through the limestone. Soon, I found flowers growing among the moss and rocks.

First, I spotted the yellow flowers of the Iguttait Niqingit (Arctic Poppy). Not it.

Second, I found the white petals and green stems of Malikkaat (Mountain Avens). Pretty, but not what I was looking for.

Third, I spotted the purple blooms of Aupilattunguat (Purple Saxifrage). This is our territorial flower and also used in tea, but this wasn't it.

Finally, I found it! There was mamaituqutiit (evergreen shrubs) growing in a little valley. And a whole lot of it! The aromatic mamaituqutiit covered a long, rocky ledge. I gathered as much as I could and packed it into my bag.

I slung my backpack over my shoulder and raced back to camp. I couldn't wait to show anaanatsiaq everything I had gathered.

When I arrived, I was shocked to see anaanatsiaq sitting at the picnic table with a full plate of freshly cooked eggs and a pot of tea.

“What? I thought we were out of everything! Where did you get all this?” I asked.

“Ohhh, your anaana had plenty stocked up. I just thought it would be fun for you to go out and practise gathering. What did you bring back?”

“Four kaanguup manningit (goose eggs) and a whole bunch of mamaittuqitit (Labrador Tea),” I said proudly.

“That’s wonderful! Did you get any naujaup manningiit (seagull eggs)?” she asked with a smirk.

“Oh no! I forgot you liked those. I’ll go get some now!”

I started toward the trail, but anaanatsiaq laughed and waved me back.

“Hold on, hold on. Why don’t you have breakfast with me first?”

With some relief, I sat down beside her and had the best kanguq mannik I’d ever eaten.



The Exact Same Thing

Inspired by: Ida P. • Gjoa Haven, Nunavut

Winter gives way to brighter days of spring,
Anaanak (Mom) takes us to the lake,
We hear the Snow Buntings sing.

In the bays and on the shores, we let out our lines,
Anaanak knows all the fishing spots,
The ice breaks under the spring shine.

We catch as many as we can, but we want more,
We catch as many as we can,
some we put away to store.

We bring our day's haul back to our home,
Anaanak prepares the fresh fish,
We hear the straits froth and foam.

We all sit together with Ulu in hand,
Anaanak helps us gut the fish,
We're so grateful to the land.

Soon friends and family join and sit down,
Anaanak welcomes them in,
There are smiles, no frowns.

We sit together on cardboard placed on the ground,
Anaanak works so fast,
The uluit slice without sound.

We're surrounded by so much family and love,
Anaanak has a smile on her face,
The sun sets in the sky above.

We lay out the fish to smoke and dry,
Anaanak brews some tea,
The billows of smoke rise high.

Smoked and dried fish is delicious, but I prefer fried,
Anaanak makes it best,
It's the best fish I've ever tried.

In the west, the day finally gives way to night,
My Anaanak waves goodbye,
Family and friends hug us tight.

We sit around the fire, warm against the cool of spring,
Anaanak asked “What do you want to do tomorrow?”
I say, “The exact same thing.”

GLOSSARY:

Mom: **Anaanak**

Fish: **Iqaluk**

Friends: **Ilannait**

Family: **Ilagit**

Ulu (plural: uluit)

A traditional, crescent-shaped knife used by Inuit for preparing food, hides, clothing, and everyday tasks. It is typically used by Inuit women.

Guided Home

Inspired by: Lena Ulualuak • Arviat, Nunavut

My irnik (son) slipped under the covers and I sat down next to him. He yawned, and I pulled the quilt up from the end of the bed. I knew the exact story he wanted to hear; he didn't have to ask. I smiled and began, his face eager and attentive.

The snow blew across the open tundra. Your ataatah (grandpa) could barely see ahead of the sled.

"Atii (Go)!" his friend yelled over the howl of the Arctic winds.

His friend guided the qimukirniutik qamutiik (dog sled) forward while your ataatah sat in front. They were now far from camp. Ataatah said he had "never gone so fast" before.

He could see the dogs panting as they dug into the snow. They carved through a low valley and climbed alongside a steep ridge dotted with snowdrifts.

"Atii!" his friend yelled.

Large rocks stuck out from the snow, forcing his friend to make a sharp turn. The dogs pulled hard, and the qamutik (sled) swung out as they raced down the other side of the valley.

Your ataatah tried to hang on but lost his grip and tumbled off the side. The snow howled around him, and all he could hear was the wind. He looked up and watched the qamutik disappear.

He sat in the snow, scared and unsure of what to do. He thought his friend would turn around, but it became clear that he didn't know your ataatah had fallen off.

He stood and began walking through the deep snow. He walked and walked and walked.

The wind grew colder. The blowing snow made it difficult to see. He knew he was lost. Then a dark figure emerged through the snow.

At first, he thought it might be his friend, but as the figure came closer, he realized it was an amaruq (wolf).

He crouched down, terrified the amaruq would attack. He slowly backed away, but the amaruq simply sat and watched him. It didn't move. Eventually, your ataatah moved closer. The amaruq stood, turned, and began walking away. It looked back at him.

Was it guiding him somewhere? Your ataatah decided to follow.

Together, they crossed the open tundra. They passed hills, valleys, and frozen streams as the wind whirled around them. The amaruq kept walking, occasionally looking back to make sure your ataatah was following.

They walked throughout the night. Slowly, the wind weakened and the snow began to clear.

By sunrise, your ataatah could see a camp in the distance. Then he recognized it. It was home. He could see his anaatah (grandma) and ataatah home glowing in the early morning light. He looked at the amaruq with gratitude and relief. It had guided him back.

Your ataatah walked into camp as the sun rose. At the edge of the camp, the amaruq sat and watched him. When he reached the tent, he looked back. The amaruq was gone.

As your ataatah grew older, he became a great hunter and provider. He caught iqaluk (fish), hunted tuktu (caribou), and hunted qinalugaq (beluga). But the one animal he would never hunt was the amaruq.

He had formed a special connection with amaqut (wolves) and was forever grateful that one had saved his life.

I finished my story and looked down at my irnik beneath the sheets. His lamp glowed in the corner. He was half asleep but still wanted to hear more. I tucked his quilt around his shoulders and held his hand.

“We have to hunt to provide food for our families and communities. But sometimes, we form unique connections with the animals of the land. They guide our way of life and help us make this land our home.”

My irnik squirmed and sleepily said, “I would never hunt an amaruq. They’re too scary.”

“Well, yes, they can be a little scary,” I replied with a chuckle. “But I think your ataatah would be happy, no matter your reason. There’s plenty else to hunt on these lands.”

“Mom, can you tell me the story again?”

I started the story over. My irnik soon fell asleep, and I reached for the stuffed amaruq he had received from his ataatah. I placed it under his arm and wondered if he would dream of an amaruq guiding him home beneath the moonlight.

The Sound of Ice



Inspired by: Crysta S. • Chesterfield Inlet, Nunavut

I love being out on the ice near my town. I especially love being out there with my ataata (dad). It's where we go to hunt nattiit (seals) and iqaluk (fish).

When I step onto the aputilik siku (snowy ice) with my ataata, every step goes:

CRUNCH, CRUNCH, CRUNCH.

We have to be quiet when we're out hunting nattiit. They have very good hearing.

"Are we going to scare them away?" I ask my ataata.

"No, we don't have to worry about that yet." He squeezes my hand. "C'mon."

We look for ice with less snow, and when we're further out, our steps change to:

TAP, TAP, TAP.

And when we're really quiet, they sound like:

TAP, TAP, TAP.

We look for signs while hunting. We look for depressions in the snow, nattiup agluangit (breathing holes), and flipper tracks. We wait for a nattiq (seal) to come up through the ice.

They often poke their heads out and jump onto the ice. They go:

SPLASH, SPLASH, SPLASH.

We come upon a new nattiup agluanga (breathing hole) and see a dark shape quickly swim under the ice. It's a nattiq!

My ataata lifts his unaaq (harpoon) with a rope attached to it. I stay extra quiet and hold my breath. Suddenly, he hands me the unaaq. He looks down and smiles.

“You should throw it. I know you can do it,” he whispers.

“What if I miss? I’ve never done this before,” I reply.

“It’s okay. You’re about to,” he says, placing his hand on my shoulder. “I’ll be here to help.”

We get closer and I throw the unaaq with all of my might.
The unaaq goes:

WHOOOOOOOOSH.

It hits the nattiq and my ataata jumps with excitement. He is so proud and so am I.

When we catch a nattiq, we bring it home and share it. We share the meat with family, neighbours, and the Inutuqat (Elders). We also use the skin to make clothing and full snowsuits! Qisik (seal skin) clothing keeps us extra warm during the winter.

I especially love making pualuuk (mitts). When I make them with my anaanattiaq (grandma), the room is filled with sounds:

SWISH, SWISH, SWISH.

SNIP, SNIP, SNIP.

CLICK, CLICK, CLICK.

I also give some of the clothing I make to family, friends, and Inutuqat. When they try on their pualuuk, they say:

OOOOOOO.

AHHHHHH.

WOWWW.

It feels good to give them something I made.

My anaanattiaq says it's good that I'm learning how to do all of this. It keeps "our traditions alive." She says, "Someday you can pass these lessons down to your kids."

That seems really, really far away, but I hope I can. I hope my kids will love hunting and sewing as much as I do.

But for now, I'll keep going out on the ice with my ataata. He'll grab my hand in the pualuuk I made for him, and each step will go:

CRUNCH, CRUNCH, CRUNCH.

The Berry Trail



Inspired by: Paula Ikuutaq Rumbolt • Baker Lake, Nunavut

Today, higher land offers what I seek,
My kids climb, jump, and run,
Tiny green bushes offer up their fruit,
I gather blueberries with nimble fingers.

I imagine the batter in my chipped bowl,
Flour, sugar, vanilla, egg, butter, cinnamon,
The oven warming, the home bright,
Sunup, blueberry muffins adorn a white plate.

Off the trails, where the ATV can't pass,
Cloudberry gather in the marshlands,
The sweet berries sit in their flower crown,
We eat as many as we pick.

I imagine a stovetop, bubbling away,
Mason jars stand ready and clean,
Soon to be filled with bright-orange jam,
It tops tarts, cake, and toast.

Easier to find and covering the land,
Crowberry bushes huddle close to the tundra,
They take over, spread, and stretch out,
The kids play games and leap all around.

I imagine a cast-iron skillet warmed,
An oven door opened in the early afternoon,
Fresh bannock dough with crowberry,
Mixed, kneaded, and nostalgic.

After the first frost, the cranberries will be ready,
The cold chill of winter tells us,
They're ready to be harvested and gathered,
In rubber boots, the kids will splash in the puddles.

I imagine a Thanksgiving table filled with food,
Everyone's gathered and there's much to eat,
A cranberry cake sits off to the side with
small plates,
It will complete the meal and bring us together.

We head home along a well-worn trail,
My son walks ahead, admiring all that surrounds him,
He'll soon take part in his first caribou hunt,
He'll share the entire animal, keeping none for himself.

That is our tradition, and we hold it with pride,
I imagine him giving food to Elders, family, and friends,
I imagine sharing what I bake with the people I love,
I imagine our traditions and culture staying strong.

Everything tastes better when shared,
That I don't have to imagine.

GLOSSARY:

Blueberries: **kigutangirnaq**

Blueberry: **kigutangirnait**

Cloudberries: **paunngait**

Crowberry: **paunngaq**

Bannock: **aggikhaq**

Cranberries: **kingmingnait**

Thanksgiving: **Qujalinnag**

Cranberry: **kingmingnaq**

Caribou Hunt: **tuktuliaq**

Elders: **Inutuqait**

Little One



Inspired by: Eddy S. • Rankin Inlet, Nunavut

Ahnah stretched out her paw and tapped the handle of my pilauti (knife). Her textured, white fur brushed against my arm.

“Little one, you cannot hunt with dull pilautiit (knives). Look at my claws. They’re razor-sharp for a reason.”

Ahnah was guiding me on an early spring hunt. She was one of the best maqaitiit (hunters) in Rankin Inlet. Her powerful body stood close to eight feet tall. Her white teeth gleamed against her black mouth. She looked upon me with wisdom and kindness as I nodded my head.

“We nanuit (polar bears) must move carefully on the ice to protect our claws. You must also keep your pilautiit sharp and ready.”

We walked along the shore, outside of town. She slowly guided me ahead.

“Ahnah, I’ve been waiting for so long to learn from you. What else can you teach me?” I asked.

“Come this way, little one.”

We came upon a hole in the ice where nattiit (seals) come up for air. She pawed at a piece of ice and slid it over in front of me.

“A great maqaiti (hunter) must use all of their surroundings. I would use this piece of ice to stun a nattiq and then attack. You, too, can use your surroundings to hide and strike. Blend in with the land.”

I nodded, and she continued guiding me along the shore. We walked until we found open water amongst the ice. She dove in and swam with grace and power.

“Both the land and water offer opportunities to hunt. Move fast and efficiently. A great maqaiti can master both land and sea.”

“Ahnah, I can’t swim like you. Certainly not in freezing waters.”

“But your qajaq (kayak) can. That’s what you need to master,” she said, pulling herself out of the water and looking back at me before continuing forward. I nodded and followed after her.

We moved further inland, and swirls of snow blew across the rolling drifts. She stopped and peered out with great focus.

“Little one, come here and see.”

I knelt beside her and squinted my eyes. I didn’t see anything on the horizon. She lifted her head and pointed her snout towards the west.

“We nanuit use our amazing vision to track food on the land and on the sea ice. Pull out your binoculars and you’ll see a herd of tuktu (caribou). Use your tools and be vigilant. There are many opportunities to hunt when we really look.”

I looked through my binoculars and adjusted the focus wheel. Off in the distance, I saw a small herd move across the horizon. I nodded, amazed she could see that far with no binoculars or rifle scopes. We continued back towards town.

On the packed-down snow trails, Ahnah began to sprint. The trail circled the outskirts and was nearly five kilometres long.

“Follow me, little one,” she called out as she raced down the trail.

I sprinted after her, but it was not long before she was gone. By the time I got past the first kilometre, Ahnah had already lapped me. I stopped, panting, and she came up beside me.

“We use our speed to hunt down our food. We not only have to move fast, but we also have to have endurance. To be a great hunter, you must have the same. Build up your endurance, little one,” she said, barely out of breath.

I nodded in agreement. We soon started walking again.

We walked north of the town and out onto the tundra. She led me to her siti (den). She let me look inside, and I was shocked to see how clean and spotless it was. Many of the sitiit (dens) I had seen before were quite messy.

“My final lesson is: keep yourself clean and organized. A great maqaiti is organized and tidy. Sloppy maqaitiit lose their tools and are never ready. Stay organized, little one,” she said as she sat down in her den.

I followed her inside and sat beside her. It was now late afternoon, and we looked out on the land.

“Am I now ready to be a great hunter?” I asked.

“You are now ready, but to be a great maqaiti requires work. Greatness is earned,” she said softly.

I nodded my head and exhaled. I felt I was ready.

Suddenly, I awoke. Light poured in through my parted curtains and beside my bed was my hunting gear. A note from my mom read: “Good luck on your hunt, little one.”

I was ready.



The Winning Soup

Inspired by: Taylen N. and Lorraine P. • Gjoa Haven, Nunavut

“We need more thyme, cayenne pepper, paprika. Umm, what else?” My grandson thought out loud in my kitchen. “I think we just need a whole lot of FLAVOUR!” he exclaimed as he searched my cupboard of spices and seasonings.

We had both been in the kitchen all afternoon, working on a winning recipe for his school’s cooking contest.

“Are you sure we need all of that? I think that might be too much,” I replied.

“How about some Montreal Steak Spice? Or turmeric? Maybe cloves?” he continued, with his head in the cupboard.

The iqaluk imiraq (fish soup) was simmering on the stovetop as he flipped through packets and small glass containers. He walked over with a handful of spices.

“Maybe we should switch to muqpauraq (bannock). We can add coconut, chocolate chips, nuts, sprinkles, and top it off with whipped cream. We need something big! Something crazy to win!”

“We can make muqpauraq, but again, I think that’s too much. Sometimes less is more,” I replied, stirring the soup.

“Yeah, yeah. I don’t think muqpauraq is right. Everyone will be doing that. You’re right, you’re right. How about tuktu (caribou) steaks?” He moved to the fridge and began frantically rummaging through it. “We can do a parsnip purée on the side.”

“That sounds nice, but we don’t have parsnips. Again, seems a bit much,” I responded while adding bay leaves to the soup.

“Do we have any wild nauhimayut (mushrooms)? We could do a wild nauhimayuq (mushroom) pasta. Where’s your parm?”

“No parm. Why don’t you come and try the soup?”

“OK, OK. Let’s see where this soup is at.”

He circled around the counter and sipped from the spoon I was holding. He smacked his lips and looked up at me.

“THIS IS AMAZING! What’s in this? I can’t put my finger on it.” he asked with a smile of amazement.

“It’s just my iqaluk imiraq with some chicken noodle mix, bay leaves, pepper, and a few other things,” I replied.

“That’s it?” he asked.

“That’s it,” I said as I continued stirring the pot.

“This is really good, but will it be enough to win?” he asked while staring into the pot. “We have to go BIG!”

“Dear grandson, not everything needs to be complicated or fancy to be good. Sometimes the simplest things are the best.” I put the spoon down. “When I was your age, my mom barely even used salt while cooking. Everything was simple and plain, but it was delicious. We used fresh iqaluk, tuktu, and nattiit in everything we ate. It was delicious because it came right off the land.”

“So, no garlic, leeks, basil, or anything else?” he asked.

“No, none of that. We used all of the animal. We even used the blood of the animal to thicken our soups. It’s quite delicious. We call this technique ayyiqhiyaq qayuq (using the blood of an animal to thicken soups). I still do it today.”

He pondered this from the other side of the counter. He looked up and asked, “Do we have any blood to add to this?”

“Not right now,” I said with a chuckle. “I think what we have now is great.”

He sat in a chair and watched me sprinkle in some salt.

“Recipes always change. There’s nothing wrong with that. What’s most important for us and our community is that we continue eating angutat niqit (country foods) from the land. They nourish our bodies and our culture. I think that’s what I want you to take away from this recipe,” I said over the bubbling soup. “Our traditional foods keep our traditional way of life strong.”

“You’re right. The iqaluk is so good, it’s almost perfect on its own. I think this recipe will win for sure,” he said.

“You think?” I replied.

“I know!” he yelled out.

“So do I,” I said, smiling and stirring.

Recipes

Iqaluk Imiraq (Fish Soup)

By: Taylen N., Gjoa Haven, Nunavut

Ingredients:

4 cups of water

½ cup of diced celery

1 cup of frozen mixed vegetables

4 fillets of fresh fish with skin on, diced

2 packages of Chicken Mr. Noodles (ramen and seasoning packets)

1 tbsp of soy sauce

Directions:

Bring 4 cups of water to a simmer in a large pot.

Add the diced celery, frozen vegetables, 2 packets of Mr. Noodles Chicken seasoning, and 1 tbsp of soy sauce. Let simmer for 5 minutes.

Add diced fish and the ramen noodles from the Mr. Noodles packages. Let cook for 10 minutes.

Serve hot once the fish is cooked.

Muqpauraq (Bannock)

By: Taylen N., Gjoa Haven, Nunavut

Ingredients:

4 cups all-purpose flour
2 tbsp baking powder
Pinch of salt
¼ cup butter
¼ cup lard
2½ cups water

Directions:

Preheat your oven to 375 °F (190 °C).

Thoroughly mix together flour, baking powder, and salt in a bowl. Form a well in the flour mixture and add the water, butter, and lard. Slowly bring the wet and dry ingredients together with a spoon.

Sprinkle some flour on a clean, flat surface and knead the dough until it forms a smooth ball.

Transfer the dough to a baking sheet and form it into an oval.

Bake for 30 to 35 minutes, until golden brown.

Tuktu (Caribou) Ramen Stir Fry

By: Amos N., Baker Lake, Nunavut

Ingredients:

¾ lb tuktu meat, flank/shoulder cut into strips
1/3 cup low-sodium soy sauce
2 cloves garlic, minced
Juice of one lime or 2 tbsp lime juice concentrate
1 tsp honey
½ tsp cayenne pepper
1 onion, diced
2 bell peppers, sliced
1 head of broccoli, cut into florets
2 packs boiled ramen noodles (seasoning packets discarded)

Directions:

In a large skillet over medium-high heat, heat oil. Add tuktu strips and sear until medium-rare.

In a small bowl, whisk together soy sauce, garlic, lime, honey, and cayenne until combined. Set aside.

Add onion, peppers, and broccoli to the skillet and cook until tender, about 6 minutes. Then add the soy sauce mixture and stir until fully coated. Add cooked ramen noodles and meat, and toss until combined. Serve.

We're grateful to everyone who shared their experiences and contributed to this project. We hope they make you smile, spark reflection, and offer a glimpse into the traditions, culture, and foods that make Nunavut so special.

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ԳԵՃԱԾԳԵ ՆԳԵԳԺՆԵՆՆԵԼԵԴՐԸ



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ԱՌՇԻՐԻԲ ԾԶՆՆ: ԴՈՂ Ք. • ԿԵԼԻԲ, ԺԳԶԸ

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ᐅᑦᐅᑦᐅᑦᐅᑦᐅᑦ.

“ኔቃልኦርጋኔ። ሊሙጋኔር ለብላሙጋጋ ልጋህ።” ልኔኔጋሙ።

[illegible]

CD^bC^a σ^ad^b Δ^apC^b.

“HLLLL.” ΔΓΛ⁶Η⁶ΓΔ⁶Ξ⁶. “ΓΣΔ⁶Λ⁶?”

$L\rho^{\zeta}\omega_L \triangleleft^c C\triangleright L^{\gamma}\Gamma^C \subset \Delta d^{\omega_L} \wedge r^b\omega_L.$

“**‘L°σᵇCᵏΔⁱⁿ⁹<C° Δ⁴L⊃ LLΔ°Jⁱdᵒᵇ ᵐσ°? ‘ᵇ▷⁴L⁴ᵘ
Qᶜ⁻L⁴ᵢC. ‘ρCΓ▷σΔⁱᵇ⁴ᵘ!’**

“ᐃᑲᑲ, ᐃᑲᑲ ᓇᓚᓕᓄᑦ. ᐱᔭᑲᓴᑐᐃᓴᑐᑲ.”

[illegible]

“Δῆ, Δ. Δ⁷Δ⁶Δ⁵Δ⁴Δ³Δ²Δ¹Δ⁰.”

“▷◁⁹σ▷⁹ᵇᵗᵘ ሳዖር፣፡፡፡።”

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ድሮኢ ልዕደሌ ወጋኛው፣ ርዕሲኑ፣
ክርኢባብር ልሊጋ ለክፍሉ ልከብላቸው።

ልከብላቸው ልደገብላቸው ልደረግላቸው፣ ስድስትወሩ ማርሻ፣
ድረኢ፣
ልዕደሌ ልሊኑ “ክፍሉ ርዕሲኑ?”
ድካሙን፣ “ልከብላቸው።”

ድምርድምርድምር:

- ልዕደሌ
- ክፍሉ
- ልከብላቸው
- ለክፍሉ
- ክርኢባብራት

ᐃᑲᐱᑦᑕᐅᑦᑐᓂ ᐅᓂᐱᑦᑕᐅᐱᑦ



ᐱᑕᐅᐱᑦ ᐅᓂᓂ: ᑦᐅ ᑭ. ᐅᓂᐱᑦ, ᓄᓇᓂᑦ

ᠢᠳᠤ ᠴᠠᠭᠠᠨᠠᠨᠠᠨᠠᠨ



ᠠᠨᠴᠠᠭᠠᠨ ᠳᠤᠭᠤᠨ: ᠳᠠᠨᠤ ᠰ. · ᠠᠨᠴᠠᠭᠠᠨ, ᠳᠤᠭᠤ

၎င်းတို့သည် နယ်လုံးလုံး နှစ်စဉ်စဉ် ပြုလုပ်ကြသည်။ နယ်လုံးလုံး နှစ်စဉ်စဉ် ပြုလုပ်ကြသည်။ နယ်လုံးလုံး နှစ်စဉ်စဉ် ပြုလုပ်ကြသည်။

[illegible]

ԺԳԵՐԿ, ԺԳԵՐԿ, ԺԳԵՐԿ ԱԴԵՆՆԱԿԱՆ.

σΛ⁵b⁵bCΔc7Λ⁴5b⁵5J^c 6c057^b0^c5C. 55^c04⁵LC.

“ $\rho \dot{L} n^a \sigma \triangleleft \epsilon^b \wedge n \cup \mathcal{C}$?” $\triangleleft \wedge n \cup \mathcal{C}$ $\triangleleft \dot{\mathcal{C}} \mathcal{C} \mathcal{L}$.

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$$\Delta^L \supset \sigma \langle \Delta^C \cap \Delta^{qb} \rangle_C, \Delta^L \supseteq \Delta^{qb} \Delta^C.$$

Ĉ<, Ĉ<, Ĉ<.

[illegible][illegible]

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ᑕᐊᐅᓂ ᐊᑕᑕᑕ ᑦᐊᑦᑦᑦᑦᑦ.

“ᐅᓐᑕᑦᑕᓐᑦ. ᑦᑲᐅᓐᑕᓐᑕ ᐱᓐᑕᓐᑕᓐᑕ,” ᐱᓐᑕᓐᑕᓐᑕ.

“**▷ခံ့ဉ်ပီၣ်သံၣ်ငါး? ▷ခံ့ဉ်ပီၣ်ငါးငါး▷ခံ့ဉ်ပီၣ်ငါးငါး,**” ပီၣ်သံၣ်ငါး.

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ᐅᑦᓴᕈ ᓇᓂᓴ ᐱᒻᒪ ᐱᑖᑖᑎ ᓂᓴᕈᓂ ᓄᐃᐱᓴᕈᓂ.
ካᑎᓴᓂᐱᐱᓴᕈᓴ ᐱᒻᒪ ᐅᓇᓴᑖᑖᐅᓴ.

[illegible]

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ፍብላፍ ምላፍ፡ላርፕፍ፡ላርፕፍ፡

ᄃᆞᄂ, ᄃᆞᄂ, ᄃᆞᄂ.

$\rho\sigma^z, \rho\sigma^z, \rho\sigma^z.$

$\rho_{C^b}, \rho_{C^b}, \rho_{C^b}.$

[illegible]

ihhhhhh.

$\Delta_C \Delta_Q \Delta^C D^{ab} \rightarrow \sigma^L \rho^C$ ካዲኒቶች.

[illegible]

$\Delta \Gamma^{\text{a} \text{q} \text{b} \text{c}}$, $\Delta \Gamma^{\text{a} \text{q} \text{b} \text{c} \text{d} \text{e} \text{f} \text{g} \text{h} \text{i} \text{j} \text{k} \text{l} \text{m} \text{n} \text{o} \text{p} \text{q} \text{r} \text{s} \text{t} \text{u} \text{v} \text{w} \text{x} \text{y} \text{z}}$

Լեւոն Տեր Վաղարշապատի Գրական Միությունը:

Քանի որ, ընդհանուր առմամբ ՎճԱՀ. ՎճԱՀ
Որոշումը ՎճԱՀ-ի համար >ՎճԱՀ-ը, ՎճԱՀ Լեւոն
ՎճԱՀ-ը:

ՎճԱՀ, ՎճԱՀ, ՎճԱՀ Լեւոն ՎճԱՀ:

ՀԱՅԵՆՈՒԹՅԱՆ ՀԱՅՐԱՊԵՏՈՒԹՅԱՆ ՀԱՄԱԿԱՐԳԻ ՎԵՐԿՆԵՐ

ՀԱՅԿԱՆԻ ԴՐՈՒՄՆԵՐ: ՀԱՅԿԱՆԻ ԴՐՈՒՄՆԵՐ

ՀԱՅԵՆՈՒԹՅԱՆ ԱՇԽԱՏԱՆ

ՀԱՅԿԱՆԻ ԴՐՈՒՄՆԵՐԸ

ԴՁՅԸԸ ԼԼԾԿԻԵՐԵԽԵԶԸ ԾԾԿԵԲԱՌԺՆՆՈՂԸ,
ԸԼԹՁ ԱԴԼՐԻՆՎԵԿԵՐԸ:

 $\Delta^{\circ} \text{C}_{\text{H}_2\text{O}}$

გრძნობ



ანტონი ბრუნი: დანი S. • ხერხეულიძე, დიმიტრი

“የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡” ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡

ወይንስተር ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡ ወይንስተር ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡

“የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡”

የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡ የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡

“ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡” ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡

የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡ የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡

የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡ የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡

“የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡” ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡

የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡ የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡

“ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡” ይህንን ሀሳብ ለማሳሰብ ለሥራ ስራ ሆኖ ሊሆን ይችላል፡፡

የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡ የሥራ ስራ ለሥራ ሆኖ ሊሆን ይችላል፡፡



ჩვენს გარემოში

საგანმანათლებლო პროგრამა: საერთაშორისო, N. 44-საგანმანათლებლო პროგრამა P. • გარემოსდაცვითი, მდგრადი

“LL၌ၵၵၵ! ၵၵၵၵၵၵၵၵ? ၵၵၵၵၵ ၵၵၵၵၵၵၵ.” ၵၵၵၵၵၵ
ၵၵၵၵၵၵၵၵၵၵၵၵ ၵၵၵၵၵၵၵၵ.

“ᐃᖃᐅᐱᑦ ᖃᐳᑦᐃᐅᐱᐅᑦ ᐃᖃᐱᑦᐳᐳᑦ ᖃᐳᐱᖃᐱᐅᑦ ᐃᑕᑦᐱᑦᖃ, <ᐃᑦᖃᐅᑦ, <<ᑦᐱᑦ, ᐃᖃᐱᐅᐅᑦ,” ᐅᐅᑦᐅᐱᐅᑦ.

“C̣<d◁▷▷C?” ◁Λℓ▷σ.

“C̣<DΔDΔ^{6b},” Δ^{6b6b}↗^{6b}Δd⁶↗J Δ^bd^{6b}.

[illegible][illegible][illegible][illegible]

Δῖλεῖς δὲ Δῖδῶς ἄρ' ἐγδοῦναι Ἀῖνέσσῃ καὶ Ἀσῇ. ὅτ' ἔτι δεῖ
 Ἀἰνέειν, “ἄνθρωπ' ἄνθρωπον ἄνθρωπον ἄνθρωπον?”

“**Ἰᾶ αὐτῶν**,” **Ἐν ἡμέρᾳ** ἡμεῖς. “**Ἐν ἡμέρᾳ** ἡμεῖς **Ἰᾶ αὐτῶν**”

$\Delta^{\alpha}\Gamma^{\gamma} \rightarrow \Delta^{b'}\Phi_{CJ}^c \leftarrow L_L \rightarrow C_{D'}^b \rightarrow \sigma^{\alpha\beta} C_{L'D'}^{\gamma b} \rightarrow \gamma b C_{\gamma}$.

[illegible]

“**ደርጅጋቡ. ልክጋጌ ለረብላጋጌ, ሲረብላጋጌ ስላገደጋጌ. ለሀላፊ ለሀገሪክ ከሀገሪክ ላይ ላይጋጌ,**” ይላሉጋጌ.

“ᐃᓃᑭᑦᐅᑦᑲᑦᑲᑦᑲᑦ?” ᑭᑲᑲᑦᑲᑦ.

“ኤፍፈላፈላ!” ጋኤጋረጋሪ.

[illegible]

ΔΕΥΤΕΡΟ

ᐃᑦᑲᑦᑲᑦ ᑦᑲᑲᑦᑲᑦ

ᐃᓂᓕ: ᐱᓕ, N., ᐅᓕᓕᓕᓕᓕ, ᓄᓕᓕ

Δεῦτε:

- 4 Δῆλῃς Δἰῶ
½ Δῆλῃς Γρῦν ὕδωρ
1 Δῆλῃς ὑδατὸς ἀποστέρων σφόνδεσιν
4 Ἀγλαΐας ὕδατος ἄνωγος, Γραμμῶν
ἀποστέρων
2 ὕδατος ἀποστέρων ὑδατὸς ἀποστέρων (Chicken Mr. Noodles, ἴσως)
ἁπλοῦς ὑδατὸς ἀποστέρων

ⁿᵇ_ᵒΔC▷ᵗ◁ⁿᵇ⁹ᵝ⁹:

- 4 $\Delta^a J^c \Delta L^b \dot{\Delta} \alpha^b \rho^c \rhd J \triangleleft^a \rho^c J^c \triangleright^b \rho^a J^c.$

ᐃᑕᐃᑦ ᑦᑦᑦᑦ ᑦᑦᑦᑦ, ᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦ ᑦᑦᑦᑦ, 2 ᑦᑦᑦᑦ
ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦ, ᑦᑦᑦᑦ 1 ᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦ ᑦᑦᑦᑦ. ᑦᑦᑦᑦᑦᑦᑦᑦ
ᑦᑦᑦᑦ 5 ᑦᑦᑦᑦ.

Δεδομένου ότι ο Πρωτοδικάρχης Διεύθυνσης Διόγκων Διεύθυνση Γενική Διεύθυνση
Διεύθυνση Γενική Διεύθυνση Διεύθυνση Γενική Διεύθυνση Γενική Διεύθυνση

ᐃᑲᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ.

[illegible]

ᐱᓄᓂᓂᓂ ገᓃᓂ

[illegible]

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Kangiqhityut

Pinahuaqvigiya unipkaqpiat atuqhimanitlu amiqarutauni Nunavummiutnit, un makpiraq katipkaqtai nipiit inungnit, ilagit, nunaliuyutlu humitliqak nunatagauyumit. Ihumagiplugit aulattavut tapkunani Kivalliq tamnalu Kitikmeot avikhimanit, una makpiraq kipuktitaumimayuuq Inuinnaqtun tamnalu Inuktitut. Tamna amihunik uqauhilik pityuhiq pipkaqmiyai ilaliutini tapkunani Qablunaatun makpiraq, atuqhugit Inuit taiguhi uqauhitlu ihumagiplugit allatqikpiaqni uqauhiuyut pitquhit Nunavutmi huli tammaqtailiplugit atuqpiaqni pitquhitlu atuyni unipkaqtut niapit.

Tikipyakhugit avatit ukiut, Agnico Eagle havakpaktut haniagut piqatiogini nunalit Nunavutmi. Atuqhugu una havanguyuuq, quyayugut ikayuqni amiqaqni unipkat aliahutauni inungnit, pitquhit, niqitlu ilitquhit pipkaqtai una nunatagauyuuq ayyikkutaitnia.

Atauttikkutlu, amihut Nunavummiut atuinaqtat hanmini akhurnaqtut pitaqni niqitqiktut niqit. 2025-mi, 68% Nunavummiut inuuvaktut hilalirini atuqhimani niqittiaqluknit. Katutyiqatigiplugit Ublaakutaqnit Piqatigit Kanatami, Agnico Eagle atuqpiarahuat ikayuqni nakuuhivalliqni pilaqnit niqittiarikniq niqinik nutaqanut ilagitlu humiliqak nunatagauyumi. Taimanga 1994-mi, Ublaakutaqnit Piqatigit Kanatami havaqatigivaktai katutyiqatigit tamaitnit humilliqak atuqpiariangi nutaqat pigiaqni ubluqtik niqitqiktunik ublaakutaqni piyakhai piyumayaqtik pilaqni.

Atuqghugit ukuat unipkat, niriuktugut naunaipniaqtatit mikiyunnuuq takunia ilanga Kanataup aqliknaqniqpaq ilitquhiliqutaunialu nunaliit avikhimania

Turaqvut

Quyagiyavut tahapkuatamiqaqatauyut unipkaqmingnik, piqatigiplugit Nunavummiut oiksaliqtuqni Kayla Williams tamnalu Saelym Degrandpre, tapkuat hanauyaqni ikayuqtut pipkaqni tahapkuat unipkat piqpianguqni, tapkuatlu nunaliuyut pipkaqta una havnguyuuq pilaliqnia.

Tamna Tipia Pitquhia



Unipkaqta: Rhonda N. • Uqhuqtuuq, Nunavut

Tuktu Aulaumavik hivitunilik malruk havaguhik, kihimik naitpallaq. Piyakharaaluit takuyakhatlu. Ulapqivaktugut, imngiuyaqpaktugut, unipkaqatigikpaktugut, ilitpaktugut tuphiurniq, qanuq angunahuarniq, qanuq nunamitniq, tamnalu, ilaa, ilihimayunahiyutin. Piyavut AMIHUQPIAT!

Inutuqat aulatat aulaumavik, tapkuat ilihautiyatigut tamaitnik. Ilihautiyatigut qiniriangi qanuq tumiit tupliqni, atuqni qinngutit, naunaiqni tutiyaunit nunat, qanuq uquangigurniq, qanuqlu ahiaguqni nannut.

Ilittugut qanuq nappaqtiriangia tupiq, pihimani piqutit paniumani, miqhurniq, kakittiniq, ingniurniq, ingilraniql ilagiyalu maniqami. Alianaqpiaqtuq, aqliknaqtuq, nakuuniqpaqlu auyami. Kihimik tamna nakuuniqhaq, nakuqpiartuq ilagiya niriyaq tuktu!

Tapkuat Inutuqat ilihautiyatigut igani, qanuq mipkuliuqni, qanuqlu nirini mikigat. Tamaat nakuqpiaqtuq tamaitalu mamaqpiaqtut, nakuuginiqpara tamna tinguk.

Tapkuat Inutuqat hannaiyaqta hanattiaqpiaqhugit. Tapkuat aviktuqta tamna tinguk. Tapkuat aviktuqta angmaqhugu nirukka tuktuq nirukka. Tapkuat iliyai aviktuqhimanit tinguk nirukkani, ukpirilaitatlu, QALATPAKTUQ! Taphuma nirukkaup acidnga igaya tamna tinguk piplogu tapkuat Inutuqat aviktuqpaliyai ilagiyai tuktu.

Tamna tinguk uunaqpaluktuq, tamuayatqiktuq, mamaqpiaqhunilu. Taiyauyuq imuraq.

Una pitquhituqaq qanuq niriyauyanga tinguk. Tamna pitquhiq tuniyauttaqtuq amihunut kinguvarinut. Tapkuat Inutuqat taimani puplakhivittut, ingniqvut, uvaluniit hiqanakhivit (BBQ) maniqami.

Apiriyara ilanga Inutuqaq:

“Hiqanakhiiiviaqit (BBQs)?”

“Imannaq.”

“Ilutuyumik uqhuqmut hiqanakhitiqaqit?”

“Imannaqpiaq.”

“Paniqtitarutimik hiqanakhiviqaqit?”

“Piqangitpiaqtuq.”

“Ummm, piqaraluaqat...”

“Hunavalukmik uqaqniaqtaqnik, piqangittut.”

“Uqallakniaqhimayugaluyunga qulliq (tamna pitquhiq Inuit uqhuqmun qulliq qaumatauyuq, uunaqut igatyutlu).”

“Iiya... piqaqhimayut tapkuninga.”

Apiqhuqtunga amihunik apiqutinik. Amaamaga uqartuq naamaktuq.

Atuqtavut amihut hanalrutit ituptiriyami tuktumikluttauq. Atuqtavut angiyuq, akunniqhiut, mikiyuqlu uluit (tamna pitquhiq Inuit kaivingayuq pilaktut atuqtauyuq hammaiyaqni niqit amngitlu).

Piqaqmiyuq amihuqpiaqnik pityuhit mamarini tuktut. Niqhiulaqtutit tuktut punniliugaqni, tuktut sipikatimi, tuktut hiqanakhiat, tuktut taakut, tuktut imiraq, kihimik mamariyara pitquhiq pityuhit nakuuniqpat. Ihumayunga ataniqhauniq nunamun ilitquhiralu niriyarangama pitquhit pityuhinik.

Tahapkuat niqit huli ANGIYUMIK ilagiya ilitquhivut. Inuuhivut kaivittut taphumunga angunahuarniq katitiriniqlu niqinik. Taimaittumik apiriyatka Inutuqat piyakhai, apihuqpiat apiqutit. Pittailiniq ayuqtara! Ilittumaqpiaqtunga akhut ayuqnaitpat. Tamnalu, ilaa, nirilugit mamaqpiaqtut tuktut ayuqnaitpat.

Inngumainaqtunga Tuktut Aulaumavik inirangat. Kihimik ilihimayunga utiqniaqtunga aipaagu. Hannaiqhimalunga ilittaq, hannaiqlunga niriniq, hannaiqlungalu apiqhuiniq amihuvalliqpianik apiqutinik.

Hivulliqpara Tugaaliknik Angunahuarnira



Unipkaqta: Adam M. • Ikpiaryuk, Nunavut

Tapkuat Nauyannuit qangatayut qulimi tingmiplutiklu nigiqmut mikhaanut tariunginnaq. Tapkuat maliit qiplaraqtut ivuqpakhutiklu ilannaralu uvangalu ingilratitlunuk aniguqtihugu kangiqhuk. Taavani ungahiktumi, tautuktugut uraqaq imnait, qakuqlat napayut. Ilannaralu qauyihaititlugu unaqminik (nautkaut). Akuniulimaittuq takulraqtakhavut tuugalik.

Una hivulliungittuq angunahuaqnivut, kihimik hivulliuyuq uvanga hivuliqtara ilikkut. Taphuma akkakma ilihautihimayanga tamaitnik ilihimayamnik tatyalu ahii naahuriyatnga. Kayuhiyugut nigiqmut pititlugu qayaq qunmuktaqhuni anmuktaqhunilu malliqnigut kanguqhuup. Atauhiqmi ikarniqmi, takuyavut hivulliq tuugaq, tamna tuugaliup takiyuq qipingayuq kiguta, qunmukyumiyuq imaqmit. Nuutitara hukahiyaut amnalu kayumaqhuni hivunmut.

“Hivuniqpiaqmi!” ilannara tuqhulauqtuq ingniqutip nipituniagut.

Kaivitavut tamnalu qayaq uvrayaqtuq hanimuktaqtuq. Nuutara qayaq angutaiqhugu qiniqhugulu imaq. Ilannara talutariya algakminut iiyikni hiqiniqmit.

IMAQPALLAKTUQ

ANIQHAUMIYUQ

TUKALLAKTUQ

Atauttimittut tuugalgit aktutiyut agluraqhutiklu avataagut 25 itigait hivunngani qainnapta. Puktayugut mikhaanut. Takuhaqtara ilannara uqallakhimaittumik piniaqhimayuq. Tamamnuk tigumiyavuk unaat, hannaiqhugu akhunaaq (tukaqhiaq) tamnalu avataq (nattiq puvirtaq puktat). Ingilratitara qayaq qaglivaliaplugu.

Kayumiqpiaqtara ingniqut mikhaanuktittugu qayaq taliqpianut. Kihimik maliit ingutaqtut qangagut. Qilamiqpiaq, huna aryaluktuq qakuqtuqlu puikallaktuq kinguniqmi. Hanguayaqhuta tautuktavut agluqtuq taqpiarniqmut. Tigummiqtuqpiaqtavut unaat akhut.

IMAQPALLAKTUQ taliqpiata haniani. TUKALLAKTUQ taliqmiata haniani. Kaivittuta tigumiqpiaqhugit unaat akhut utaqipluta

nalaumaqpiarnia. Hulittauq imaqpallaktuq. Tuugaq hatqigtug
imaqmit. Ilannara urligtuqta taliqni kingumut nautkaqhugulu unaaq
turaqtaminut.

IRRUQYUMIYUQ

Iniuqtauyuq. Qilamiuqhuni nuhukta unaaq utiqittugu qayaqmun.

IMAQPALLAKTUQ

“Tunukn!” tuqhulayuq.

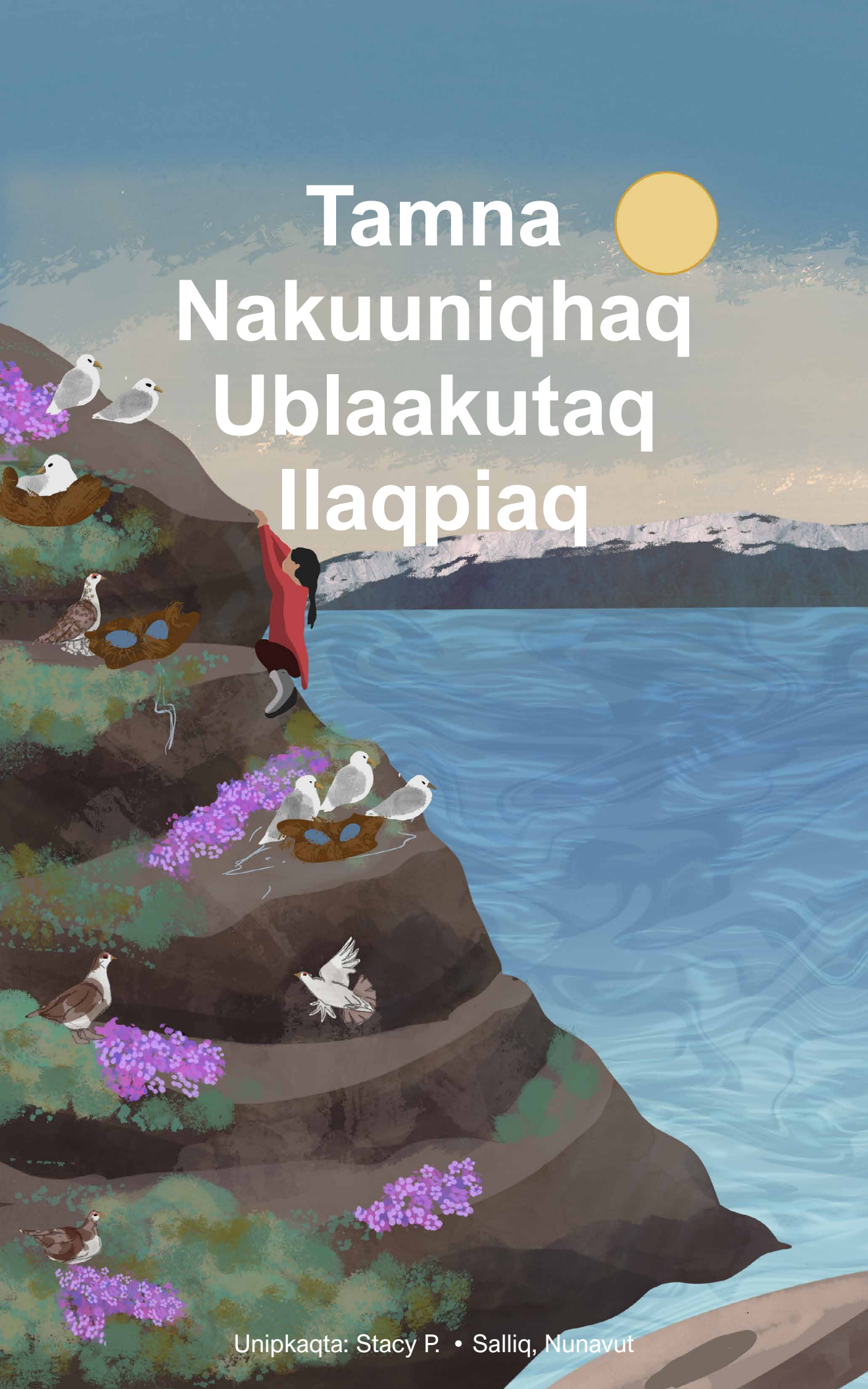
Qipihaktunga taliqpimmnut takuplugulu tuugaq tamnalu
aqyaluktug-qakuqtuqlu taqhalik tamna tuugaliup niaqua.
Una pivikhara. Utaqinanga, kinguppaqhunga igitara unaaq.
Kapputiqpiahakpuq nauliktaq.

Tamna tuugalik agluqpihaktug, uniaqhugu alunaaq.
Pivikhaiqtitnagu, tiguhtara utiqittugulu. Tamna avataq
hatqigtug haniagut kingunnga puktallaqhuni piqatigiplugu
alunaaq. Ilannaqma nauligutigiya unaaq kapiplugulu
qulaagut papiruata. Tamamnuk nuttuktavuk akhuqhunuk.
Kivipkarumangitavuk.

Atuqhugu kuyapigauyaq kinguagutlu ikarapyakmik akhut
hvakpiaqhunuk, pitaqtavuk qinalugaq tuugalik kalinnarialiqhugu.
Ikhivaligtuguk unaguqpiarniqmun, kihimik harimahukpiaqtuguk.
Tiguplugu nuhugauta ikitara ingniqt. Utiugiaqtuguk hinaanut
hiqiniq pukhigiaqtitlugu qilakmi.

Tikittuguk angilramut unnulikhgiaqtitlugu. Ilavut, ilannait,
hilalivutlu upautiyut uvaptingnik ikayuqhutalu agyaqtuqnia
qinalugaq tuugalik hinaanut. Tamaqmik ikayuqtut avikturianga.
Pilaktavut aviktuqhugit tuniuqautigiliqhugitlu tamaitnut. Qilamik,
Inutuqat qaiyut aliahukpiaqhutiklu. Tapkuat unnipkaqtai
angunahuarniqtik uvaptingnut, amiqarutigiyavutlu aviktuqnit
maktaa mikigaqtuqtavut.

Pihulirama angilramut unnungani, harimahuktunga.
Angunahuaqnivut atuttiaqtuq amiqalaqhimayugutlu tamaitnut
nunaliptingni. Akkakma ilihautiyanga nakuuyumik qakuguli
uvanga tuniuqaqniaqtatka ilihautai nutaqamnut. Ilihimayunga
talvanga aularutiniaqtatka kangiqhukmut. Naliangugaluqaqat
angugupta angungitkupta aturniqhaungittuq. Piyuq tuniuqaqni
pitquhit ilihimanitlu tapkununga tuklikhanut kinguvaqnut. Tamna
aturniqpauyuq.

An illustration of a coastal scene. A person with long dark hair, wearing a red long-sleeved shirt and black pants, stands on a dark, rocky cliff. They are reaching out with their right arm towards a large, bright yellow sun in the sky. The cliff is covered with patches of green moss and clusters of small purple flowers. Several birds are depicted: two white birds with grey wings are perched on the upper left; a brown and white bird is on the middle left; a white bird is on the lower left; and a group of three white birds with grey wings are on the right side of the cliff. A brown nest is visible on the middle left. The background shows a blue body of water with white-capped waves, and a distant, hazy shoreline under a blue sky.

Tamna Nakuuniqhaq Ublaakutaq Ilaqpiaq

Unipkaqta: Stacy P. • Salliq, Nunavut

Piqatigiliqtara anaanatsiaq ublaannuakkut niralukvikmi ikpatmi ikpigiplugulu hiqiniq unnakpaliannuaqtuq kiinaptingnut. Hivulliqlariyara aulaumavikmi hilahtinnuangani Salliq. Niuqhivigivaktavut qallutivut pititougu anaanattiaq hanavalliqtitlugu mamaittuqutik tii (Labrador Tii).

“Mamiana, tiingirutiyunaqhiyugut.”

Numiktita havigalik anmuktittugu, ikittut tiigluit hungayavyaktut kataktut maniqamut.

“Ilaa, NAAMAKTUQ. Manniktullakta pigiarianga ubluq,” tamna uqaqtuq.

Aquvittuq hanianut Coleman hiukyuk piplogu hiqanakhit ipualik tigumiaqhuniuk angmaqtalu taquangut. “Mamiana, nungutmiyut manniit!”

Tautuktara niaquliyuq.

“Hmmm,” ihumakhaliuqtuq. “Qanuriliuqniqliqita?”

Nangiqhiyunga ikpatmit pihukvigiplugulu.

“Hungmalli katitiryaqtuqlanga manniknik lumamaittuqutik tiikhamik? Ilihimayunga humi nalvariakhai. Pinarilaqtunga!”

“Imannaq, imannaq, uumak. Tamna piyarittutauyuq.”

“Ilihimayunga humit nanini tamaita. Anaana (amaamak) tikkutiyanga!” Uqaqtunga aliahukhunga.

“Ilaa, TAKIQAK. Munattiaqlutit.”

“Utinnaqniaqtunga ilitturititnatit!”

Kayummaqhunga anmuyunga apqutikkut hinaanut. Piqaqtuq amihuqpianik imaqqiutat tingmiat uumani ukiup ilaani, kihimik piyumayatka tapkuat Kanguup manningit (kangut mannis).

Hivulliqmik, nalvagatka qakuqtut manniit ilihimayut qakuqtuni mitqut. Tapkuat Nirlingnaq manningit (Atlantic Niqliqnait manniit). Qinninaqtunga.

Aippaanik, nalvaqtatka taqhalgit manniit puk kittut maniqami iluttunit. Tahapkuat pingittut Kanguup manningit, tahapkuat piyut Aqiggiq manningit (Uyaqami Aqilgiit manniit).

Pingahuat, nalvatka kayuqtut-taqhalgit manniit ilukilruq uqyut ubluq. Mikivallaat! Immaqak Sigjariaq manningit (Higyariat manniit).

Kayuhiyunga hinaagut, qangitigut uyaqat akimutlu mihaluqarniq. Talvanga nalvaqtatka! Hitamat qakungayut Kanguq (Kanngut) manniit iluanittut ublut mitquqnit ivivaluitlu. Uvanga qayagiplugit piyatka manniit. Pinahuagaq atauhiq iniququ.

Tuklia, Piyaqaqtara mamaittuqutik tiikhat. Ilihimayunga ilai nauvaktut kivataani aulaumavik, nunainnaqmi hinaanit. Mayuraqtunga hinaanit malikhugu apqut atuqhugit uyaqat qakuqliit. Uvattiannuaq, nalvaqtatka nauttiat nauyut akunngani uqyut uyaqatlu.

Hivulliqmik, takuyatka ququhuqtut nauttiangi Iguttait Niqingit (Ukiuqtaqtumi Poppy). Tamnaungittuq.

Aippaanik, naniyatka qakuqtut iharutai hungavyaktutlu mangukvit Malikkaat (Kinngaqli Avens). Pinniqtut, kihimik qiningitarka.

Pingahuanik, takuyatka aupaqluktut nauyut Aupilattunguat (Aupaqluktut Saxifrage). Una nunatapta nauttiaq atuqtauvakmiyut tiikhat, kihimik tamnaungittuq.

Kingulliqpamik, nalvaqtara! Tapkuanguvut mamaittuqutik nauyut naqhannuaqmi. Amihuqpianguplutiklu! Tamna mamaqtut nunahungnittut iviit naata takiyuq, uyarak tutqiknia. Katitiqtatka amihut pilaqtatka puuqhugitlu puukattamn.

Iqhiutiyara nangmaktara tuipnut qilamik utiqtung
aulaumavikmut. Qilanaqliqtunga takupkarianga anaanatsiaq
tamaita katitatka.

Tikitnama, aqliguhuktunga takugapku anaanatsiaq ikhivayuq
nirivikmi ikpatmi tatamayumik akkiutaq igayahanik maniit
imiqviliklu tii.

“Qanuq? Hunairutiqqiarahugiyugut tamaitnik! Humit piyatit
tamaita hapkuat?” Apiriyunga.

“Aaah, amaamait piqaqpiaqtuq hunanik. Ihumagama alianaqniaq
ahinungaulutit uukturiat katitiriyaq. Hunanik utqutyivit?”

“Hitamat kaanguup manningit (kanngut manniit) iluittuqlu
katipqayut mamaittuqutit (Labrador Tii),” Uqaqtunga
harimahukjhunga.

“Tamna nakuqpiaqtuq! Pigaluaqit naujanit pikiutaqqit (naujat
manniit)?” apiriyuq qikhingapluni.

“Aaah imannaq! Puiguqtunga mamariyatit tapkuat.
Aikhiqniaqunga tatya!”

Aulariaqtunga apqutikkut, kihimik anaanatsiaq iglaqtuq
utiquplungalu.

“Tatyagu, tatyagu. Hungmatli ublaakutaqatigilraqlunga?”

Aniqhaumilraqhunga, ingittunga hanianut niriplungalu
nakuuniqpanik kanguq mannik (kanngut manniit) nirivaktamnit.



Tamna Ayyikkutaqpianga Huna

Unipkaqta: Ida P. • Uqhuqtuuq, Nunavut

Ukiuq nungutpuq qaumatqiyanut ubluqtuniqmun upinngamun,
Amaamaup tattiarutiyatigut,
Tuhaayavut tapkuat Amaulikkat nipyauyaqtut.

Kangiqhuitni hinaanilu, qaquyqhavut ningitavut,
Amaamaup ilihimayai tamaita iqalukhiuqvut,
Tamna hiku hiqumittuq upinngami qaumariknianit.

Anguvaktugut amigairahuaqhugit, kihimik anguvallirumayugut,
Anguyavut amihunik ayuqnaittarangat,
ilai tutquqtavut tutqumaplugit.

Agyaqtavut ubluani agyaqtavut angilrautiplugit,
Ammamak hannaiyaqtaq nutaq iqaluk,
Tuhaayavut ikirahait malliit imuyaqtut.

Tamapta ikhivayugut tigumiaqhugit Ulu algakmi,
Amaamak ikayuqtatigut ilraviyaqni iqaluk,
Quyagiqpiaqtavut nuna.

Qilamik ilannait tapkuatlu ilat ilauyut ikhivaplutiklu
Amaamak tunngahuktитай itigtut,
Qunguyungittut, annumangittut.

Ikhivaqatigiktugut alilayuqni akkiutakhani maniqamuktat,
Amaamak havaktuq kayumiktuq,
Tamna uluit kipluiyuq nipaittumik.

Avatimittut amihut ilat nagliguhuktutlu,
Amaamak qunguyuktuq qiinaqmini,
Tamna hiqiniq pulaliqtuq hilami.

Ihptigtavut iqaluk puyuqhiat paniqhiqnilu,
Amaamak puriqhiyuq tiimik,
Tamna puttiutiyuq qunmukpiaqtuq.

Ihiqhiaq tamnalu paniqhimayuuq iqaluk mamaqtuq, kihimik
hiqanakhiat nakuugiyatka,
Amaamak hanayai nakuuniqpat,
Nakuuniqpaq iqaluk uuktuqhimamayamni.

Uataani, tamna ubluiqtainaqtuq unnukkami,
Uvanga amaamaga qakuguttauqtuq,
Ilagit tapkuatlu ilannait iqittut akhut.

Ikhivayugut avataani ikualaqtup, uunaqtuq niglaqniani upinngaq,
Amaamak apiriyuq “Huliyumavit aqagu?”
Uqaqtunga, “Taimattauq ayyikkutaqpianik.”

TUKILIURUTIT:

Amaamak

Amaulikkat

Iqaluk

Ilannat

Ilat

Hivuliqta Angilramut



Unipkaqta: Lena U. • Arviat, Nunavut

Uvanga iqnira qipikmuktuq uvangalu ingittunga hanianut. Aittauqtuq, nuhuktaralu ullik qunmut ihuanit igliup. Ilihimayara tamnaqpiq unipkaq tuharumaya; apiriyaqangittuq. Qungattunga pigiaqtunga, kiina qilalaqtuq naalattiaqhunilu.

Tamna aput natiruviaqtuq akianut maniqap. Ilvit attattiat takuttialaita hivunnga taphuma aaliap.

“Takki,” ilannai tuqhulauqtut uvinngiuhaqniagut Ukiuqtaqtumi anuqqip.

Taphuma ilanna hivuliqta qinmiit aalliaq hivunmut pititlugu ilvit ataattiat ikhivayuq hivunngani. Tapkuat tatya ungahikhiyut aulaumavikmit. Ataattiaq uqaqtuq “taima kayummaayuittunga” hivua ni.

Tautuktai qinmiit anngayuktuqtitlugit tupliraqhutik aputmut. Tupliraqtut tahamuuna pukkilruagut naqhaup mayuraqhutiklu haniragut ikpigaut kiklianut qimukyuktigut.

“Takki!” ilanna tuqhulayuq.

Angiyut uyaqat nuitayut apunmit, pipkaqhuniup ilanna hangukallaktaqnia. Tapkuat qinmiit qimuktut akhut, tamnalu aalliaq hanimuktaqtuq kayummaqtillugit hituni igluagut naqhaup.

Ilvit ataattait tigummiqtuqtuq kihimik hapkukallakta akhalukattaqhunilu haniagut. Tamna aput anuriqpalaqtuq avataani, tuhaayatuangalu anuri. Qunmutlu takuharami qunngiaqta aaliak tammaqtiqtuq.

Ikhivayuq apunmi, iqhiyuq qanuriliuriakhaq nalupluni. Ihumagiya ilannani qiviaqniaq, kihimik naunaittuq ilihimangittuq ataattiat ihukkaqtuq.

Nangippakhuni pihugiaqtuq mauyakkut apunmi. Pihuktuq pihukhunilu pihukhunilu.

Tamna anuri qayuqnaqhivalliayuq. Tamna piqtukuarniq aput ayuqnarutauyuq taututtiarniq. Ilihimayuq tammaqtuq. Talvanga taaqtuq huna hatqiliqtuq aputikkut.

Hivulliqpamik, ihumayuq immaqak ilanna, kihimik tamna qaglivaliakmat, iliytturiya tamna amaruq.

Pukhigiaqhuni, iqhigiqpiaqta tamna amaruq minngiqtukhaq. Kayumittumik kinguppiaqtuqtuq, kihimik amaruq ingikaphukhuni tamnalu qunngiaqta. Qanngungittuq. Ilaali, ilvit ataattiat qaglivalliqtuq. Tamna amaruq nangiqtuq, hanguyuq, ahinutlu pihugiaqtuq. Taphuma kingumut qiviaqta.

Taphuma hivuliqauk humut? Ilvit ataattiat mallauliqtuq.

Piqatigikhutik, ikauyak hatqiumayuq maniraq. Qangiqtai pinguaqyuit, naqhait, qiqumayutlu kuugauyat pititlugu anuri kaipataqtuq avatimingni. Tmnaa amaruq pihuinnaqtuq, qivialiqpakhuni qakutikkut piyakhat ataattiat mallauyakha.

Pihuktut unnuangani. Kayumittumik, anuraiqpaliayuq tamnalu aput hilaqqiqpaliayuq.

Qauliqniani, ilvit ataattiat takuya aulaumavik ungahiktummi. Talvangalu ilitariliqta. Angilrat. Takulaqta taphuma anaanattianga ataattiangatalu angilra qaummaqtuq ublannuaqmi qaumaliqniani. Takuniaqta tamna amaruq quyaqpiaqhuni aniqhaummiqhunilu. Hivuliqta utqutiplugu.

Ilvit ataattiat pihuktuq aulaumavikmut nuiliqtitlugu hiqiniq. Kikliani aulaumavik, tamna amaruq ingittuni qunngiaqta. Tikitnamiuk tamna tupiq, qiviaqhuni. Tamna amaruq tammaqtuq.

Pigiyat atattiat inutquaqpaliagami, tuvanguqpaliayuq niqikhaqhivakhunilu. Anguvaktuq iqaluknik, angunahuaqtuq tuktunik, tamnalu angunahuaqtuq qinalukkanik. Kihimik atauhiq angutikhaq angunahualaita tamna amaruq.

Taphuma pihimaliqta atatyutiqatigini amaqut quyaninaliqtailu ilangata annautikmagu.

Iniqtiqtara unipkauhira takuhaqhugulu anmut iqnira ataani aalinit. Taphuma qullia qaumaqtuq tiqitquani. Tamna hinaqhihunguliqtuq kihimik tuhaqpallirumayuq. Ulliutiyara qipigiya avataanut tuingit tigummiplugulu alga.

“Angunahuariaqaqtugut niqikhaqhiuqhugit ilavut nunaliuyuqlu. Kihimik ilaani, piliqpaktavut qanuqtut atatyutini angutikhanut nunamittut. Hivuliqtatigut inuuhiqmi ikayuqhutalu una nuna angilrakhavut.”

Uvanga iqnira iqihulipluni uingaqtumiklu uqaqtuq, “angunahualimaitpiaqtara amaruq. Iqhinaqpallaqmata.”

“Ilaa, iiya, iqhinapyalaqtut,” kiuyara iglalaqhunga. “Kihimik ihumayunga ilvit ataattiat aliahukpialaq, qanuqluniit pityutiknik. Piqaqtuq amihunik ahii angutakhat tahapkunani nunani.”

“Amaamak, uniqkapharuk?”

Pigiaqhugu unipkaliphaqmiyara. Uvanga iqnira hinaqhinnaqtuq, tigugiaqtaralu ilulliqhimayuq amaruq pitarihimaya atatattiaminit. Iliyara ataanut taliata ihumaplungalu immaqak hinnaktukturiniaga amaruq hivuliqta angilraminut qaumarikniani.

Tamna Nipaa Hikup



Unipkaqta: Crysta S. • Igluligaqyuk, Nunavut

Aliagiqpiaqtara hikumittaq haniani nunalikma. Aliaginiqpariyara taavani piqatigiplugu aappaga. Taavani angunahuaqpaktugut nattiqn timer tamnalut iqalut.

Tutiyarangama aputmut hikumi piqatigiplugu aappaga, tutinit imailuqtut:

QIKAKTUT, QIKAKTUT, QIKAKTUT.

Nipaittaliuyugut angunahuarangapta nattiqn timer. Tapkuat tuhalannukmata.

“Iqhitaqniaqitigu qimapkaqlugit?” Apiriyara aappak.

“Imannaq, ihumalugiyaqangitavut tamna huli.” Tigummiqtuliqta algaga. “Qaigiarit.”

Qiniqtavut hiku aputikitqiyag, ungahikhivallirangapta, tupliqn timer ahianguqtut tamnatut:

TUPLIQ, TUPLIQ, TUPLIQ.

Nipikitpiarangaptalu, tuhaqhauyut tamnatut:

TUPLIQ, TUPLIQ, TUPLIQ.

Qiniqtugut naunaipkutaqn timer angunahuaqhuta. Qiniqtugut ilittuqhimaninqn timer aputmi, aglunim, hitquitlu tupliraqn timer. Utaqiyavut nattiqn timer puiyakha hikukkut.

Nuihakpaktut niaqui qakikallakhutiklu hikumut. Imailivaktut:

IMAQPALLAK, IMAQPALLAK, IMAQPALLAK.

Apquhaqtavut nutaq agluqaqv timer takuyavut taaqtuq huna qilamik agluqtuq ataanut hikup. Tamna nattiqn timer!

Uvanga aapaga uqliqtuqta unaaq tukaqhialiqhimayuq.

Nipailigapiaqtunga aniqhakluaqtailiplunga. Qllamiqpiaq,
tunihakta uvamnut unaaq. Takuhaqtuq anmut qungattunilu.

“Nauligiaruk. Ilihimayunga pilaqtat,” ihipyuktuq.

“Huvali uniurupku? Una atuqhimaitara,” kiuyunga.

“Naamaktuq. Pihunguliqtutin,” uqallaktuq, patimmiplugu algani
tuipnut. “Hamanitniaqunga ikayuriakhaq.”

Qaglivalliqhunuk nauliktara unaaq akhuqpiaqhunga. Tamna
unaaq imailiyuq:

UVINNGIUYAQPALLAKTUQ.

Naulikta nattiq tamnalu aapaga qilgiqhuni alliattaqparniqmut.
Harimahukpiaqtuq uvangalu.

Anguyarangapta nattiqmik, angilrautiplugu amiqaqhugu.
Amiqaqtavut niqi ilanut, hilaliqnut, Inutuqanutlu. Atuqhutigulu
amiiq aanuraliuriaq tamatkiumayuniklu aputihiutinik! Nattiup amia
aanurat uqquhimayatigut ukiungani.

Aliagiqpiaqtara hanayakhai puualut. Hanagangapkit piqatigiplugu
anaanattiara, tamna igluaq nipyalukaqpaktuq:

HIUQPALLAK, HIUQPALLAK, HIUQPALLAK.

KIPYAQ, KIPYAQ, KIPYAQ.

NAQIT, NAQIT, NAQIT.

Tunivakmiyatkalu ilai aanuraligatka ilamnut, ilannait, Inutuqatlu.
Uukturiarangamityuk puallut, uqallakpaktut:

OOOOOOO.

AHHHHHH.

UUAHH.

Uqilivallirnaqtuq hunamik tuniyarangapkit hanayamnik.

Uvanga anaanattiara uqaqtuq nakuuyuq ilitnama qanuq piyakhai
tamaita ukuat. Pihimayai “pitquhivut makitanit.” Uqaqtuq,
“Qakugu tunilaqtatit tahapkuat ilittat nutaraqnut.”

Tamna piqpiaq, ihumannaqtuq ungahikpiaqtuq,
taimaittumayunga. Niriuktunga nutaqatka aliaginiaqtat
angunahurniq miqhurniqlu uvaptut.

Kihimik tatyallak, hikumungauvakniaqtunga uvanga aapagalu.
Tiguniaqta algaga iluani pualluk hanatyutiyamni, tamaitalu
apluqtai piniat:

QIKAKTUT, QIKAKTUT, QIKAKTUT.

Tamna Paunngat Apqut



Unipkaqta: Paula R. • Qamanittuaq, Nunavut

Ublumi, puqtutqiyat nunat pipkaqtai qiniqtatka,
Nutaqatka mayuraqrut, qilgiqtut, aqpayuaqtutlu,
Mikiyut hungayavyaktut nauhimayut pipkaiyut hiiqnaniq,
Katitiqtatka paunngat piyyariktunut puuyyuit.

Immaqak akutaunia hiqummalik uqviuyara,
Muqpauyaq, aukhiriaq, vanilla, mannik, paya, cinnamon,
Tamna puklakhivik uunnakhiqtuq, angilraq qaumayuq,
Hiqinniliqtuq, paunngat puplaxiannuit naatat akkiutaq.

Hilataagut apqutit, tapkuat hantait qangilaqtai,
Kaplait katitpaktut mihaluqarniqni,
Tapkuat hiirnaqtut paunngait tahamanittut nauttiaqarniqni,
Nirivaktavut amigaitigini pukuktapta.

Immaqak Ingniqviup qangani, puriqpaliayut,
Mason hikuliat napayut hannaiqtut halumayutlu,
Qanikkut tataniat taphuming qaumayut-auraisit yam,
Nanutauyut tartnut, kaiknut, palaqtitatlu muqpauyat.

Naunaitqiyat nalvaqni ulitnilu nuna,
Kaplait nauvigiyai katihimayut atpani nunami,
Tatahimaqpiaqtai, hiamaumayut, takhiqpiaqtutlu,
Tapkuat nutaqat ulapqiyuaqtut qilgiqtaqhutiklu humutluqak.

Immaqak ihumagiyatka haviinnaq ipualik uunnakhiqtuq,
Puplakhiviup ukkuanga ukkuiqtuq ubluumat,
Igahaq muqpauyaq akutaq paunngalik,
Akuhimayuq, naniktitaq, itqaumannaqpiartuq.

Patuktalihami, tapkuat paunngaap pukuinarialgit,
Tamna niglaumanig ukiuq unniutiyatigut,
Tapkuat pukuinarianiktut katitiqlugitlu,
Anngiqpakhimaplutik, nutaqat hiqiraqtut imavalukni.

Immaqak ihumayunga Quyalitvik ikpatmi niqiraaluit,
Tmaqmik katittut piqaqhunilu niriyaqharaaluit,
Tamna paunngat kaik hanivaqhimayuq akkiutannuitlu,
Iniqtirutauniaq niriyaqut katipkaqhutalu.

Angilrauvaliayugut atuqtauvaktukkut apqutikkut,
Iqnira pihuktuq hivuniqmi, pinniriplugit tamaita avatimini,
Qanikkut ilauniaq hivulliqliminut tuktuhiurniq,
Amiqaritiginiaqta tamaat angutaq, inminik minitpiaqluni.

Tamna pitquhivut, tigumiaqtavutlu harimagiplugu,
Immaqak tuniuqaqtai niqinik Inutuqat, ilaat, ilannaitlu,
Immaqak amiqaqni hunat puplakhiatka inungnut nagligiyamnut,
Immaqak pitquhivut ilitquhiqlu hakugiktunginnaqtuq.

Tamaita hunalliqak mamatqiyat amiqaqhugit,
Tamna ihumaginnangitara.

TUKILIURUTIT:

Paunngaq
Paunngat
Kaplait
Aqpiit
Muqpauyaq
Paunngaq
Paunngat
Quyalivik
Tuktuhiurniq
Inutuqat

Mikiyunnuut



Unipkaqta: Eddy S. • Kangiqhiniq, Nunavut

Ahnah ihivita itigani aktuqhugulu haviga. Taphuma mitquriktuq, qakuqtuq mitqua kalguaqta talira.

“Mikkataq, angunahualaittutin ipiittumun havikmun. Takukkit kukitka. Tapkuat ippatait pityutiqaramik.”

Ahnah hivuliqpaktanga upinngalihaqtitlugu angunahuarniq. Tamna ilagiya nakuuniqpaq angunahuaqtit Kangiqhiniqmi. Taphuma hakugatak timia nangiqtuq mikhaani ait itigait anginia. Taphuma qakuqtut kigutai qiplaqhiyut qiqnariktumi qaniani. Takuhaqtanga ihumatupluni nakuuplunilu angiqtaqtitlunga niaqumnut.

“Uvagut nannut piyaluuyugut kayumiittumik naahurilugu hiku hapummiyangi kukivut. Pihimayaqaqtatit haviktit ipikhihimani hannaiqnilu.”

Pihuktugut hinaagut, hilataani nunaliuyuq. Taphuma hivuliqtanga kayumiittumik hivunmut.

“Ahnah, utaqikhaqtunga ilitvigiyumaplutit. Hunamiklu ilihautiniaqinga?” Apiriyunga.

“Qailutin hamunga, mikkataq.”

Apquhaqtavut aglu hikumi nattiit puivigivaktat. Taphuma kukkit ilaani hikumi hituqtuqlu qangagut hivunimni.

“Tamna ayuitpiaqtuq angunahuaqti aturialik tamaita avatimini. Atulaqtara ilanga hiku avarianga nattiq minngiqlugulu. Ilvit, ilaa, atulaqtatit avatiknittut iiqvigini minngiqviginilu. Ilaliutilutit nunamun.”

Angiqtungu, tamnalu hivulinnaqtanga hinaagut. Pihuktugut nalvaqhiqhugu hikuilruq tahamani hikumi. Tamna agluhaktuq nalukhunilu ayuittumik hakugiktumiklu.

“Tamaqmik tamna nuna imaqulu pipkailat angunahuarniqmik. Ingutlutit qilamik piyarakittumiklu. Ayuitpiaqtuq angunahuaqtut pilaqpiaqtai tamaknik nuna tariuqlu.”

“Ahnah, nalulaittunga iliktut. Ilaqpiaq qiqitnaqtumi imaqmi.”

“Kihimik kayait pilaq. Tamna huna ayuiqpiariaqaqtat,” tamna uqaqtuq, qakiliqhuni inminik imaqmit qiviaqhunilu uvamnut hivunmuniahaqhuni. Niakuliqtunga malikhugulu kinguagut.

Nutpaliayugut nunainnaqmut, apittaliqhuni piqtukuaqtuq natiruviktuq qimuktutigut. Tamna nutqaqtuq.

“Mikkataq, qailutit hamunga takuguk.”

Iqittunga hanianut hikunngiraqtatka iikka. Takungittunga hunamik ungahiktumi. Qunmukhuniuk niaquni tikkuqaqta higukni mikhaanut uataa.

“Uvagut nannut atuqta takpikpiaqnivut nalvariakhai niqit nunami tariuplu hikuani. Amulugik qinngutik takuniaqtatit amihuaquyuit tuktut. Atuqlugit hanalrutitit pinahuanginnaqlutitlu. Piqaqtuq amihunik pivikhanit angunahuariakhaq qinittiarangat.”

Qiniqtunga qinngutimnut ihuaqhigiaqhugitlu takpikhautai. Ungahiktumi, takuyunga amilraqyuknik ikaqpaliayut ungahiktumi. Niaquliyunga, aqliknaqtuq takulaqtuq taima ungahiktunik qinngutaittumik uvaluniit hiquutip qinngutagut. Utiqpaliayugut mikhaanut nunaliuyup.

Qangani naptuniani aput apqutip, Ahnah pigiaqtuq pangalikaqhuni. Tamna apqut kaivittuq hilataani hanianuktuqlu tallimat kilaamitat takinia.

“Malinga, mikkataq,” ququaqtuq pangalikhuni anmut apqutmi.

Aqpayuaqtunga malikhugu, kihimik qilamik tamna tammaqtuq. Talvanga qangirapku hivulliik kilaamita, Ahnah taphuma kaivviqtanga angutqiktanga. Nutqaqtunga, anngayuktuqhunga, mqaiyuq hanimnut.

“Atuqtavut uqilanivut angunahuarni niqikhavut. Kihimiungittuq qilamiurialiuuyugut, kihimiktauq anngayukturiaqangittugut. Tuvanguyami angunahuaqti, piyaqaqmiyutit ayyikkutanik. Piruqhaqlugu anngayulaiqnit, mikkataq,” uqaqtuq, aniqhagiaqhuni.

Niauliyunga angiqhugu. Qilamik pihugiaqmiyugut.

Pihuktugut ungalaanut nunaliuyuq taavunga maniqamut. Hivuliqtanga taphuma igluminut. Taphuma takupkaqtanga iluanut, aqliguhuktungalu takunia qanuq halumania hunavaluittuqlu. Amihut tahapkuat ublut takuhimayatka hivuani hamaumayut.

“Kingulliqaq ilihagtara: halumalutin ihuaqhihimalutitlu. Tuvaag angunahuaqti ihuaqhihimayuq kikhiktuqlu. Quayaginnagtut angunahuaqtit tammaiyai hanalrutiktik hannaiqhimaittutlu. Ihuaqhihimalutit, mikkataq,” tamna uqaqtuq ingittuni iglumini.

Maliktara iluanut ingittungalu hanianut. Tatya upluruqtuq, qiniqtugutlu taavunga nunamut.

“Hannaiqinga tuvanguyami angunahuaqti?” Apiriyunga.

“Hannaiqtutit, kihimik tuvanguyami angunahuaqti havakpiarnaqtuq. Tuvanguniq havariyalik,” uqaqtuq akhurnani.

Niaquliyara niaqura aniqhaumiplungalu. Ihumayunga hannaiqtunga.

Qilamikpiaq, tupaktunga. Quaniq qaumariktuq akunngagu talukuyama hanianilu igliqma angunahutitka hanalrutit. Titiraq amaamamnit titiqhimayuq: “Anguyakhaqayyavutit, mikkataq.”

Hannaiqtunga.



Tamna takhiyuq Imiraq

Unipkaqta: Taylen N. tamnaluk Lorraine P. • Uqhuqtuuq, Nunavut

“Pivalirialiuyugut thyme, cayenne papak, paprikalu. Umm, hunamiklu?” Inngutara nipitupluni ihumayuq niqhiuqvimni. “Ihumayunga piyaqaqtavut angiyumik IKAYUQTAUNIQ!” qilanaqhuni qiniqhuni iliqpimni avukhanik akuplikhatlu.

Tamamnuk niqhiuqvikmittuguk upluanik, hanaplugu takhiyuktuq igatyuhiq ilihavikmini iganiq takhinahuat.

“Nalungitpit ilaa piyaqaqtavut tamaita tapkuat? Ihumayunga tamna angivallaq,” kiuyunga.

“Qanuqli ilalugu Montreal Steak Tippakhaut? Uvaluniit turmeric? Immaqak cloves?” tamna uqaqtuq, niaquni iliqpikmittugu.

Tamna iqaluk imiraq puralaqtuq ingniqviup qangani ivaqhiqtitlunga kauttuamn mikiyunilu hikuliat puuqni. Tamna pihuktuq taikunga tigumiplugit tippakhautit.

“Immaqak piliqtakhavut muqpauyaq. Ilaliutilaqtavut coconut, saglat mikkat, qaqqut, navralat, qalliqlugulu akuttiyamik qapukpaluktuq. Piyaqaqtavut hunamik! Hunamik ihumannaittuq takhityutikhaq!”

“Hanalaqtavut muqpauyaq, kihianik, ihumayunga ingattaqtuq. Ilaani mikitqiyaa angitqiyaa,” kiuyunga, ingulaqhugu imiraq.

“Iyya, iyya. Ihumayunga pingittuq muqpauyaq naamaktuq. Tamaqmik piniaqtat naamaktumik. Nlauttutit, nalauttutit. Qanuqli tamna tuktu hanaqhimayut?” Nuuttuni niglamavikmut irinihukhuni qiniqpiaqtuq iluanit. “Hanalaqtavut parsnip purée haniagut.”

“Tuharniqtuq tamna, kihimik piittugut parsnips. Huli ilaa, pivallaqtuyaqtuq,” kiuyunga huli ilagiaqhugu bay nauhimayut imiqamut.

“Piqaqita maniqamit mushroomsnik? Hanalaqtavut maniqamit mushroomnik pastat. Nauk pitit parm?”

“Piittuq parm. Hungmatlu pingitat qaiguit uuktuqlugulu imiraq?”

“TAKIQAK, TAKIQAK. Takutigu qanurittakha una imiraq.”

Avataguqhuni iliqpiqaqviki niuqhityutigiya aluqhivigiya tigumiaqtamnit. Aluktuqhunigit umilrukni takuhaqtanga qunmut.

“UNA AQLIKNAQTUQ! Hunamik ilulilik una? Hunauyakha naluyara.” Apiriyanga qunattuni aqliguhukhuni.

“Tamna piyara iqaluk imiraq akuhimayuq sikkin noodle avukhaq, bay leaves, papak, ikittutlu hunat ahii,” kihyunga.

“Talvatuq?” apiriyuq.

“Talvatuq,” uqaqtunga ingulaqhugu qattaq.

“Una mamaqpiaqtuq, kihimik naammakniaqa akiyami?” apiriyuq iigiplugu qattaq. “Piyaliuyugut ANGIYAQAQTUGUT!”

“Umaak inngutaq, tamaqmiungittut piyalgit ayuqnaqhaqlugit uvaluniit pinniqhugit nakuuyangi. Ilaani tapkuat ayuqnaitniqpat hunat nakuuniqpat.” Iiyara aluut anmut. “Iliktut ukiuqaqhunga, amaamaga tariuliqhittiyuittuq igapluni. Tamaita ayuqnaittut ilauqnagitlu, kihimik mamaqpiaqtut. Atuqtavut angutahat iqaluk, tuktu, tamnalu nattiq tamaitni niriavut. Mamaqpiaqtuq piyauharami nunamit.”

“Taima, piittuq garlic, leeks, basil, uvaluniit ahiinik?” apiriyuq.

“Imannaq, piittuq tapkuninga. Atuqtavut tamaat angutikhaq. Tamnaluniit atuqtavut aunga angutikhat qayuliutiplugu imiraq. Tamna mamaqtuq. Taiyavut una pitquhiq ayyiqhiyaq qayuq. Huli taimailuqtunga ublumi.”

Ihumakhaqhiurutigiya una igluani illiqpiqaqviki. Aqluqhuni apiriyuq, “Piqaqita kitumikluniit aukmik ilaliutiyakhaq?”

“Imannaq tatya piittuq,” uqaqtunga iglalaqhunga. “Ihumayunga hunat pihimayavut tatya nakuuyut.”

Tamna ikhivayuq ikhivautaqmi qunngiaqtangalu naviraqtara tariuqmik.

“Igatyuhikhat ahianguqtaqtut. Tamna humangittuq taimaititlugu. Unat aturniqhauvat uvaptingnut nunaliputlu tamna atuinaqnivut niriniq angutat niqainik nunamit. Makitapkaqtai timivut ilitquhivutlu. Ihumayunga pitquyagit pihimanit uumanga igatyuhikhaq,” uqaqtunga qulaanit puriqgup imiraq. “Pitquhivut niqit pipkaqtai pitquhivut inuuhig hakugiknia.”

“Nalaumayutit. Tamna iqaluk nakuuqpiaqtuq, tamnalu nakuuyuq avuittumik. Ihumayunga una niqhiuruhiq akiniarunaqhiyuq,” uqaqtuq.

“Taima ihumavit?” Kiuyunga.

“Ilihimayunga!” tuqhulayuq.

“Uvangaluttauq,” uqaqtunga, qunguyukhunga ingulaqtunga.

Niqhiuruhit

Iqaluk Imiraq

Taphumanga: Taylen N., Uqhuqtuuq, Nunavut

Iganahauqtap atugakhait:

4 qallutit imaq

½ qallut aviktuyat celery

1 qallut qiqumayuq akuplirit nauhimayut

4 tiyat iqaluktahat amilgit, avguyaqhimayut

2 puuk Sikkin Mr. Noodles (ramen tamnalu tippakhaut puut)

1 angiyuq aluut soy sauce

Tiliurutit:

Pipkaqlugu 4 qallutit imaq puriqtitlugu angiyumi qattaqmi.

Ilaliutilugu avguyaqhimayuq celery, qiqumayuq nauhimayut, 2 puuk Mr. Noodles Sikkin tippakhaut, tamnalu 1 angiyuq aluut soy sauce. Puriqtitlugu 5 minitsimik.

Ilaliutilugu avguyaqhimayut iqaluk tamnalu ramen noodles talvanga Mr. Noodles puut. Igapkaqlugu 10 minitsinik.

Niqhiurutigilugu uunaqtitlugu iqaluk qalatpat.

Muqpauyaq

Taphumanga: Taylen N., Uqhuqtuuq, Nunavut

Iganahauqtap atugakhait:

4 qallutit muqpauyakhaq
2 angiyuq aluut puplakhaq
Puuyyugaq tariuq
 $\frac{1}{4}$ qallut paya
 $\frac{1}{4}$ qallut uqhuq
 $2\frac{1}{2}$ qallutit imaq

Tiliurutit:

Uunakpagiqlugu puplakhivik talvunga 375 °F (190 °C).

Akuttiaqlugit muqpauyakhaq, puplakhaq, tariuqlu uqviuyaqmi.

Ilutuniliuqlugu muqpauyaq akuhimayuq ilaliutilugulu imaq, paya uqhuqlu. Kayumittumik pipkaqlugit kinipayut paniumayutlu igaakhat katitlugit aluutmut.

Qiphalakvigilugu muqpauyamik halumayumut, haattuuq qanga naniktiqlugu akutaq pinguqhiqlugu kaivyariktuq.

Iliuqaqlugu akutaq puplakhivikmut haattumut kaivyaqluktunguqlugu.

Puplakhiiqlugu 30 tikitlugu 35 minitsit, kayuqhivyakhiiqlugu.

Tuktu Ramen Akuttaq Hiqanakhiaq

Taphumanga: Amos N., Qamanittuaq, Nunavut

Iganahauqtap atugakhait:

$\frac{3}{4}$ paut tuktu niqi, ukpat/taliq takiyunik avguqnit

$\frac{1}{3}$ qallut tariukittuq soy sauce

2 cloves garlic, hiqumariktut

Juusia atauhiq lime uvaluniit 2 angiyuq aluut lime juusi huangayuq

1 mikiyuq aluut honey

$\frac{1}{2}$ angiyuq aluut cayenne papak

1 ainak, avguuyaq

2 bell papait, aviktuqnit 1 tamaat broccoli, kipluqhimayut

katipkaqni

2 puut puriqtitaaq ramen noodles (mamaqhautai puut igittugit)

Tiliurutit:

Angiyumi qattaqmi qitiqpani-uunaqnia, uunakhiayuq uqhuq.

Ilaliutilugu tuktu avguqnit qallatlugitlu uutqittumik.

Mikiyumi uqviuyaq, ingulaqlugit soy sauce, garlic, lime, honey, tamnalu cayenne akuttiqlugit. Hanivaqlugu.

Ilaliutilugit ainak, papait, tamnalu broccoli qattaqmut igalugu aqilittiqlugu, mikhaani 6 minitsit. Tamnalu ilaliutilugu soy sauce akuhimayuq ingulaqlugulu qaliqhiqlugu. Ilaliutilugu qalahimayuq ramen noodles niqilu, akukaphuklugu avugiliqlugu. Niqhiutigilugu.

Atauttikkutlu, amihut Nunavummiut atuinaqtat hanmini akhurnaqtut pitaqni niqitqiktut niqit. 2025-mi, 68% Nunavummiut inuuvaktut hilalirini atuqhimani niqittiaqluknit. Katutyiqatigiplugit Ublaakutaqnit Piqatigit Kanatami, Agnico Eagle atuqpiarahuat ikayuqni nakuuhivalliqni pilaqnit niqittiarikniq niqinik nutaqanut ilagitlu humiliqak nunatagauyumi. Taimanga 1994-mi, Ublaakutaqnit Piqatigit Kanatami havaqatigivaktai katutyiqatigit tamaitnit humilliqak atuqpiariangi nutaqat pigiaqni ubluqtik niqitqiktunik ublaakutaqni piyakhai piyumayaqtik pilaqni.

Atuqghugit ukuat unipkat, niriuktugut naunaipniaqtatit mikiyunnuaq takunia ilanga Kanataup aqliknaqniqpaq ilitquhiliqutaunialu nunaliit avikhimania.



AGNICO EAGLE

Hunauyat Agnico Eagle

Kanatamiuyauyut hivuliqtailu, Agnico Eagle Kanatami anginiqpaq uyarakhiuqtit nanminilgit tukliqtuqtutlu anginiqpat guulit hanayit hilaqyuaqmi, aulattiyut uyarakhiuqvut Kanatami, Australia, Finland tamnalu Mexico. Tamna Nanminilik hivuvaqtitat huplu nakuuniqpanik pivaliatitni havanguyut tahapkunani nunaliit avikhimanit ikayuqni ihuaqhihimalat aglivaliani tuklikhani qulaunaqtaqni ukiut. Agnico Eagle katutyiqatit niruaqtauyuq tapkunani uyarakhiurniq havakvit, ilitturiyauyut hilaqyuaqmi hivuliqninut ihuaqhihimalat pitquhilgit.