ᐃᓱᒫᓗᓐᓂᖅ ᖃᓄᐃᓗᒋᑕᐅᓂᖓᓗ ᑕᖃᒪᓗᐊᕐᓂᐅᑉ ᐃᓄᐃᑦ ᓄᓇᖏᓐᓂ

ᖃᐅᔨᓴᕐᓂᕆᔭᐅᔫᑉ ᑐᑫᒐᖓ ᖃᓄᐃᓘᒋᓯᖏᓪᓗ 57ᓂᒃ ᐃᓅᓂᒃ ᐊᐱᕐᓱᑫᓚᓚᐅᔪᕗᒍᑦ ᐅᓗᑦᓴᑰᕐᒥᐅᓂ 16ᓂᒃ ᑲᖏᕐᓱᔪᐊᒥᐅᓂᓪᓗ 41ᓂᒃ 2018ᖑᑎᓪᓗᒍ ᐅᐱᕐᖓᓴᒥ.

ᖃᐅᔨᓴᕐᓂᕆᔭᐅᔫᑉ ᐱᑦᔪᑎᒥᓗᐊᙳᐊᓚᐅᔪᔭᖓ ᓱᓇᐃᑦ ᐊᑑᑎᖃᓗᐊᙳᐊᑫᔭᕐᒪᖓᑕ ᓱᓇᐃᓪᓗ ᖃᐅᔨᓴᐅᑎᐅᖁᔭᐅᓗᐊᙳᐊᒪᖓᑕ ᓄᓇᓯᒪᔪᓄᑦ.

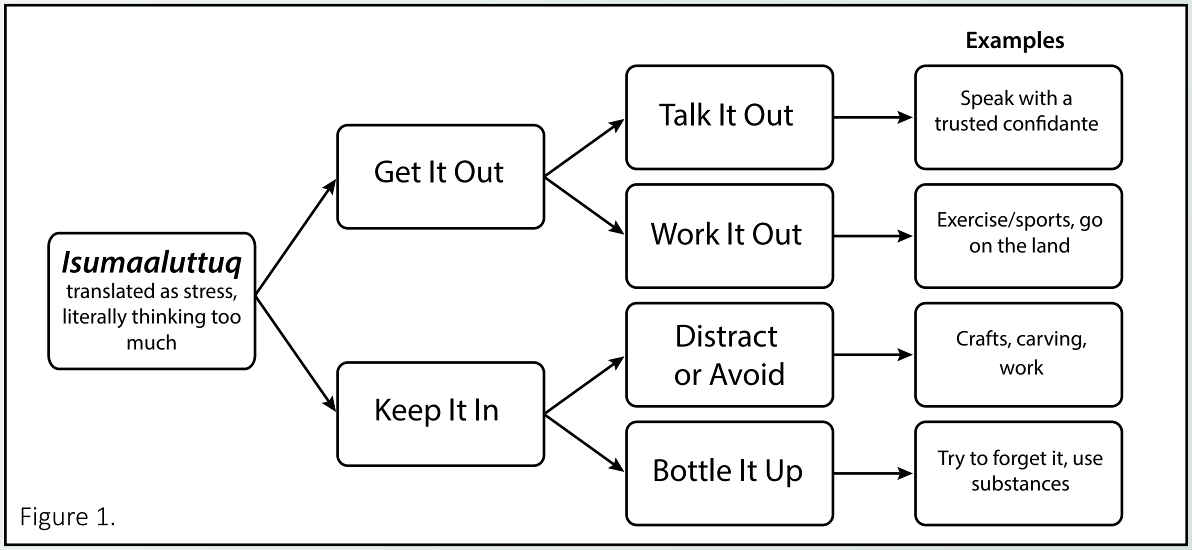
ᑕᓐᓇ ᑐᓴᕐᑎᓯᒍᑎ ᓇᐃᓪᓚᑎᕐᓯᒪᔪᑦᓱᓂ ᓄᐃᑕᑎᑦᓯᔪᖅ ᑐᑭᓯᓯᒪᔭᑦᑎᓂᒃ ᐊᐱᕐᓱᓂᒃᑯᑦ ᖃᓄ ᐃᓄᐃᑦ ᑐᑭᓯᒻᒪᖓᑕ ᑕᖃᒪᓗᐊᕐᓂᒥᒃ, ᖃᓄᕐᓗ ᐱᓇᓱᐊᓱᖑᒻᒪᖓᑕ ᑕᖃᒪᓗᐊᓚᕐᒥᒃ.

ᐃᓄᑐᐃᓐᓇᐃᑦ ᐃᓱᒻᒪᓯᖓ ᑕᖃᒪᓗᐊᕐᓂᐅᑉ ᒥᑦᓴᓄᑦ

ᐅᓗᑦᓴᑰᕐᒥᐅᑦ ᑲᖏᕐᓱᔪᐊᕐᒥᐅᓗ ᐃᓄᖏᑦ ᑕᖃᒪᓗᐊᕐᓂᒥᒃ ᖃᓪᓗᓇᑎᑐᑦ ᐅᖃᓚᑐᐊᕐᒥ “stress”-ᒥᒃ ᑐᑭᖃᕐᑎᓯᖓ ihumaaluq (ᐃᓄᐃᓐᓇᕐᑐᓐ) isumaaluuq (ᐃᓄᑦᑎᑐᑦ). ᐊᐱᕐᓱᑕᐅᓚᑐᐊᕐᒥ ᐃᓄᐃᑦ ᐅᖃᖃᑦᑕᓚᐅᔪᔪᑦ ᐃᓱᒪᓗᑦᑐᑉ ᑐᑭᖓᓂᒃ ᐃᓱᒪᓗᐊᕐᑐᒥᒃ ᑐᑭᖃᕐᑎᒥᑦᓯᒍ. ᐃᓱᒪᓗᓚᕐᒥ ᓇᐅᑐᐃᓐᓇᖅ ᑕᑯᑦᓴᐅᓱᖅ ᑎᒥᒃᑯᑦ ᓱᒃᑲᐃᑐᑦᓯᓂ ᐅᖁᒪᐃᓪᓚᐅᒋᓇᐅᑦᓯᓂᓗᓐᓂᑦ, ᑕᐃᒪᐃᑦᑐᓚᑐᐊᕐᒥ ᑭᓇᑐᐃᓐᓇᖅ ᓯᒐᓚᑦᑐᓄᑦ ᐃᓚᐅᒍᓯᓯᖑᙱᑐᖅ. ᐊᐱᕐᓱᑕᐅᔪᑦ ᐃᓱᒪᓗᐊᕐᓂᐅᑉ ᑐᑭᖓᓂᒃ ᐊᑑᑎᓱᒪᔭᒥᒍᑦ ᐅᖃᖃᑦᑕᓚᐅᔪᑦ ᐃᒫᒃ ᑎᒍᒥᐊᑯᑖᓗᐊᓚᕐᓱᓂ ᐃᓗᒃᑯᑦ ᐃᓱᐃᓪᓚᐅᓚᕐᓱᓂ, ᓲᕐᓗ ᑎᕐᑎᑐᒍᑦ ᐳᔪᓚᕿᔪᖅ. ᐃᓗᒃᑯᑦ ᓄᐊᑦᓯᓗᐊᕐᓂᖅ ᐅᓗᕆᐊᓇᕐᑑᕗᖅ.

ᐃᓄᑐᐃᓐᓇᐃᑦ ᐃᓱᒪᓗᓐᓂᒥᒃ ᖃᓄᐃᓘᒋᓯᖏᑦ

ᑖᒃᑯᓈᓐᓂ ᓄᓇᓖᓐᓂ ᖃᐅᔨᓴᕐᐱᐅᓯᒪᔩᓐᓂ, ᐃᓱᒪᓗᐊᓚᑐᐊᕐᒥ ᖃᓄᐃᓚᒥᐊᒋᒪᓚᕐᒥ ᑐᑭᑖᒋᓐᓇᓲᖑᕗᑦ ᐊᓂᐊᓗᒍ ᐅᕝᕙᓗᓗᓐᓂᑦ ᑎᒍᒥᐊᕐᓗᒍ ᐃᓗᒃᑯᑦ. ᑕᓐᓇ (figure 1) ᖃᓄᐃᓗᒋᓐᓇᐅᑎᒥ ᓄᐃᑕᑎᑦᓯᔪᖅ ᐃᓄᐃᑦ ᐊᐱᕐᓱᑕᐅᑦᓯᑎᑦ ᑭᐅᑦᔪᑎᕕᓂᖏᓐᓂᒃ ᑐᙵᕕᖃᕐᓱᓂ.



Examples

Isumaaluttuq
translated as stress, literally thinking too much

Get It Out

Talk It Out → Speak with a trusted confidante

Work It Out → Exercise/sports, go on the land

Keep It In

Distract or Avoid → Crafts, carving, work

Bottle It Up → Try to forget it, use substances

Figure 1.

ᖃᓅᖅ ᐊᓂᐊᑦᓯᒍᓐᓇᕿᑕ? ᐃᓱᒫᓗᓐᓂᒥᒃ ᖃᓄᐃᓘᒋᓐᓇᕕᖅᖁᒍᑦ ᑎᒥᑦᑎᓂ ᐲᔭᕐᓗᒍ. ᐅᖄᖃᑎᖃᕐᓗᑕ ᐃᓅᖃᑎᑦᑎᓂᑦ ᑎᒥᒃᑯᓘᓐᓃᑦ ᐃᖃᐃᓚᓴᕐᓗᑕ.

ᐊᐱᕐᓱᑕᐅᔪᕕᓃᑦ ᐃᒪᐃᓚᖕᒐᓗᓂ ᐊᑲᐅᓂᕐᓴᐅᔪᓇᔭᕕᓂᖓ ᐅᒃᑯᐃᖓᑦᓯᐊᓗᓂ ᐅᖄᖃᑎᖃᒋᓐᓇᓂᖅ ᐊᓯᒥᓂᒃ ᐱᓇᐃᓗᑕᒥᓂᒃ ᐅᖃᒍᑎᖃᑦᓯᐊᓗᓂ. ᑭᓇᓕᓚᑐᐃᓐᓇᐅᖏᑦᑐᒥᒃ ᐅᖄᖃᑎᖃᑦᓯᐊᓗᓂ ᓇᓂᓕᓚᑐᐃᓐᓇᓗ ᓱᖃᑦᓱᖃᑕᐅᒍᓗᑐᐃᓐᓇᒋᓐᓇᐃᓗᓂ.

ᑐᑭᓯᖃᑎᒥᑦᓯᐊᓂᖅ ᐱᒻᒪᕆᐊᓗᕗᖅ ᐅᖄᖃᑎᖃᕐᑐᖃᓚᕿᒥ ᐱᓇᐃᓗᑕᕆᔭᓂ. ᒥᑭᓚᑎᕐᓯᒪᒍᓐᓇᕆᐊᓚᒃ ᐃᕐᖃᑐᐃᓂᖃᒋᓐᓇᐃᓗᓂᓗ ᐅᖄᐱᒥᔭᐅᔪᖅ. ᑭᓇᑐᐃᓐᓇᖅ ᖃᓄᐃᑦᑐᑯᕐᑐᕕᓂᐅᒍᓂ ᐅᖄ ᕕᑦᓴᓯᐊᖑᓯᖅ ᑕᑦᓯᒪ ᐅᖁᒪᐃᑦᑐᑯᕐᑐᑉ ᐊᑦᔨᓯᐊᖓᓂ ᐊᑐᑎᓯᒪᒐᒥ. ᑭᓇᑐᐃᓐᓇᓗ ᐱᔪᑦᓴᐅᔭᕐᑐᖅ ᕿᑦᑕᐃᖓᔭᑦᓯᐊᑐᕐᓗ ᐅᖄᕕᑦᓴᓯᐊᖑᒍᓇᖁᑎᒥᔭ ᐅᒻᒥᓯᓂ, ᑕᑯᑦᓴᐅᑎᑦᓯᒪᒥ ᐅᖁᒪᐃᑦᑐᑯᙱᒥᐊᒥᓂᒃ ᑕᖃᒪᒍᓇᐅᒐᓂᓗ ᐅᖄᐱᒥᔭᐅᒍᒪᒍᓂ.

ᐊᑕᐅᓯᐊᖃᑎᒥᓐᓂᖅ, ᓇᐅᑐᐃᓐᓇᓄᑦ ᐅᐸᑦᓯᒪᔭᐅᙱᑐᓗᓂ ᐃᓱᐊᕐᓂᐸᐅᓂᑫᕐᑕᐅᕗᖅ. ᐅᖄᖃᑎᖃᓚᒋᓂᓗ ᓂᐱᖓ ᐃᑲᔪᒋᒪᓂᖓᓗ ᑕᑯᑦᓴᐅᓗᓂ ᐱᒻᒪᕆᐅᕗᖅ. ᐊᐱᕐᓱᑕᐅᔪᕕᓂᑦ ᐱᒻᒪᕆᖁᑎᖃᓚᐅᔪᕗᑦ ᖁᑉᐸᓇᕐᑐᓂᒃ ᐅᖃᐅᓯᕐᓂᒃ ᐊᑐᕐᑕᐅᖁᔨᑦᓯᑎᑦ ᑭᓇᑐᐃᓐᓇᖅ ᐊᓚᐊᓇᙱᑐᒥᓚᕐᐸᑦ. ᓇᕐᖓᑐᐃᓇᓂᖅ ᕿᓚᙳᓂᕐᓗ ᐅᖃᐱᐅᑦᓯᐊᕐᓯᓯᓂ ᐃᑲᔪᕐᓯᒪᓂ ᓂᖕᖕᒪᑎᑦᓯᒥᐊᓚᑐᐃᓐᓇᕆᓐᓇᑐᖅ.

ᑕᐃᒪᐃᒻᒪᑦ, ᐊᐱᕐᓱᑕᐅᔪᕕᓂᑦ ᐊᑲᐅᑦᓴᓚᐅᔪᕗᑦ ᐃᓄ ᓇᐅᑐᐃᓐᓇᖅ ᐃᑲᔪᒋᒪᓂᖓ ᓄᐃᑕᑦᓴᐅᓯᐊᓇᐊᓚᒃ ᑕᑯᓐᓇᓚᒋᓂ ᐃᓄᖃᑎᒥᓂᒃ ᐅᖁᒪᐃᑦᑐᑯᒋᓇᐅᓚᕐᑐᒥᒃ — ᑭᓇᒃᑯᑦ ᐃᓱᒪᓗᓐᓂᖓ ᓄᐃᑕᑦᓴᖅ, ᓯᒃᑲᐃᑐᒥ ᓂᒪᒍᓯᓚᒃ, ᓯᓚᓚᑦᑐᓄᓪᓗ ᐃᓚᐅᒍᒪᐃᕐᓯᒪᓯᕐᓗᓂᑦ ᓇᓗᙱᒪᑕ ᐃᓱᒪᓗᓐᓂᖏᑦ.

ᑎᒍᒥᐊᑐᐃᓐᓇᓂᖅ: ᐃᓚᖕᒐᓂ ᐃᓄᐃᑦ ᑎᒍᒥᐊᑐᐃᓐᓇᓯᓱᖕᒍᒻᒥᔪᑦ ᐱᓇᐃᕈᓗᑕᓂᒃ ᐊᓂᐊᑦᓯᖕᒋᖕᒐᕐᓱᑎᒃ. ᐃᓚᖕᒐᓂ ᑕᐃᒪᐃᑦᓱᓂ ᐃᓱᐊᕐᓂᓴᐅᒻᒥᒪᑦ ᐱᓇᐃᓗᑕᐃᑦ ᐊᑦᔨᒋᖖᒋᒪᑕ, ᐊᑯᓂᐅᖖᒋᑐᓚᖕᒐᔪᕆᒐᒥᐅ ᐱᓇᐃᓗᑕᖅ ᑕᐃᒪᐃᓗᐊᖖᒍᐊᓱᑦ. ᑕᐃᒪᐃᑦᑐᓕᕐᑫᒥ ᓇᐅᑐᐃᓐᓇᖅ ᓱᒪᑦᓴᖃᐃᓐᓇᕐᑫᓱᑦᓱᓂᓗᓐᓂᑦ ᑕᐃᒪᐃᓱᖅ ᓄᑲᐃᓐᓇᓱᓂᓗᓐᓂᑦ ᑕᒪᓂᑦᓴᐃᓇᕐᑕᐃᓕᑦᓱᓂ. ᑕᐃᒪᐃᓕᖕᒐᓕᕐᑫᒥ ᐱᓇᐃᓗᑕᒥ ᓱᕐᓗ ᐊᓂᒍᕐᓯᐊᕆᓯᑦᓱᒍ ᓄᖕᒍᑦᓯᐊᕆᓯᑦᓱᒍᓗᓐᓂᑦ. ᐊᐱᕐᓱᑕᐅᔪᕕᓂᑦ ᐃᓚᖕᒐ ᐅᖃᓚᐅᔪᔪᖅ ᓯᓚᒥ ᓱᕐᓗ ᐱᐅᓯᑦᓯᔪᖅ.

ᐱᓇᐃᓗᑕᓂ ᑕᑯᓐᓇᓗᐊᕆᒃᑯᑎᑦ ᐱᒐᓗᐊᕐᑎᓗᒋᑦ, ᑎᒍᒥᐊᑐᐃᓐᓇᓂᖅ ᐃᓱᐃᓪᓚᒍᓐᓇᑐᖅ ᓇᔪᕐᑎᖃᐅᒪᓯᑐᐃᓐᓇᓂᖅ ᑕᑦᓱᒥᖕᒐ ᐱᓇᐃᓗᑕᓗᒻᒥᒃ ᐊᖕᒥᓕᓴᐃᔪᕐᑎᑐᑦ ᑕᐃᒪᐃᒻᒪᑦ. ᐅᑦᑐᑎᒋᓗᒍ:

“ᐃᓱ ᒫᓗᓐᓇᑐᑦ ᐊᒥᓱᐊᓗᒻᒪᑕ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᓗᐃᓪᓗ ᐱᓇᐃᓗᑕᐃᑦ ᐱᒻᒪᑕ ᐊᒥᓱ ᐃᓄᐃᑦ ᐅᖃᒍᒪᓱᖕᒍᖖᒋᑐᑦ ᐱᓇᐃᓗᑕᒥᓂᑦ, ᐅᖃᑐᐃᓐᓇᓕᓂᐅᒐᑎᓪᓗ. ᐅᕙᓐᓂ ᐃᒻᒥᓂ ᐅᖃᒍᑎᖃᖃᑦᑕᓱᖕᒐ ᓯᕗᓪᓕᒥ ᐊᓕᐊᓇᓚᐅᔪᖖᒋᑐᒐᓗᐊᖅ ᑭᓯᐊᓂ ᐃᓄᒻᒪᕆᕈᕐᐸᓕᐊᓂᑫᓄᑦ ᑐᑭᓯᐸᓪᓕᐊᓚᐅᔪᒐᒪ ᐱᓇᐃᓗᑕᒥ ᑎᒍᒥᐊᑐᐃᓐᓇᓂᖅ ᐱᐅᖖᒋᒥᒻᒪᑦ, ᐱᓇᐃᓗᑕᒋᐊᓪᓚᓂ ᓄᐃᑦᓯᑐᐃᓐᓇᓱᖕᒍᒻᒪᑦ, ᐃᓱᒪᓗᓐᓇᑐᒥᐊᓪᓚᓂᒃ, ᐊᓯᒥᓂᓪᓗ ᐅᒥᓱᓐᓂᒥᒃ. ᐊᓐᓂᓚᕿᓯᒪᑦᓱᖕᒐ ᐱᓇᐃᓗᑕᖅ ᑲᒪᒋᓯᒪᖖᒋᓇᒃᑯ.”

ᓱᒐᒥ ᑕᐃᒪ ᐃᓄᐃᑦ ᐃᓚᖕᒋᑦ ᑎᒍᒥᐊᑐᐃᓐᓇᓱᖕᒍᑦᓴᕆᐸ ᐱᓇᐃᓗᑕᒥᓂᒃ? ᐊᒥᓱᓂ ᐱᑦᔪᑎᓂᒃ ᑭᐅᒍᑎᖃᖃᑦᑕᓚᐅᔪᑦ ᐊᐱᕐᓱᑕᐅᔪᑦ ᐅᖃᒍᑎᒋᒐᓱᒋᐊᖕᒐ ᐅᖁᒪᐃᓗᐊᕐᒪᑦ. ᐅᖃᒍᑎᒋᓗᒍᓗ ᑕᐃᓐᓇ ᐅᖃᕕᒥᔭᐅᔪᖅ ᐃᓱᒪᓗᓐᓇᑐᒥᐊᓪᓚᓂᒃ ᐊᐃᑦᑐᑐᐃᓐᓇᕈᒪᓇᒍ.

ᐅᖃᒍᑎᐅᓯᑐᐃᓐᓇᓂᐊᖖᒍᓱᓂᓗ, ᐃᓱᒫᓗᓐᓂᒥ ᐊᖕᒋᓕᑎᑦᓯᑐᐃᓐᓇᓂᐊᖖᒍᓱᓂ, ᑕᐃᒪᐃᒻᒪᑦ ᐅᖃᒍᒪᔪᖃᑦᓯᐊᓱᖕᒍᖖᒋᑐᖅ.

ᑕᐃᒪᐃᓕᖕᒐᑐᐃᓐᓇᓂᖅ ᐃᓱ ᒫᓗᑐᐃᓐᓇᓂᖅ ᐃᓄᓐᓄᑦ ᐃᓱᒪᒋᑦᓱᑎᒃ ᑕᐃᒪᐃᒍᑎᐅᑐᐃᓐᓇᓱᖕᒍᕗᖅ ᐃᓱᐃᑦᑐᒋᐊᓪᓚᒍᑦ ᐊᑐᑎᖁᖖᒋᑯᐊᓗᒍᑦ ᐊᓯᒥᓂᓪᓗ ᐊᐃᑦᑐᑐᐃᑐᐃᓐᓇᕈᒪᖖᒋᑯᐊᓗᒍᑦ ᐱᓇᐃᓗᑕᓂᒃ.

ᓱᓇᑐᐃᓐᓇᓂᒃ ᐱᑐᒪᓂᖅ ᐱᓇᐃᓗᑕᕆᔭᐅᓂᕐᐸᐅᖅᑎᐅᕗᖅ ᓄᓇᓕᒻᒥ. ᐊᒥᓱᑦ ᐊᐱᕐᓱᑕᐅᔪᑦ ᐅᖃᓚᐅᔪᔪᑦ ᐅᐃᕆᒪᐅᑎᑦ ᐱᔭᐅᓱᖕᒍᓂᖕᒋᓐᓂ ᐱᓗᐊᕐᑐᒥ ᐃᓄᓐᓄᑦ ᓇᔪᕐᑎᖃᐅᒪᑐᐃᓐᓇᑐᓄᑦ ᐱᓇᐃᓗᑕᒥᓂᒃ.

ᑕᒪᒃᑯᐊᖕᒍᒐᓗᐊᕐᑎᓗᒋᑦ ᐊᐱᕐᓱᑕᐅᔪᕕᓂᑦ ᐅᖃᓚᐅᔪᔪᑦ ᐃᒥᐊᓗᐃᑦ ᐊᖕᒐᔭᓐᓇᑐᐃᓐᓗ ᐃᑲᔪᕐᓯᓯᒪᖖᒋᒋᐊᖕᒋᓐᓂ.

ᑕᒃᑯᐊ ᐳᐃᒍᓗᐊᕐᑐᕈᑎᑐᐃᓐᓇᐃᑦ, ᐳᐃᒍᕐᓯᒪᓗᐊᕐᑐᑫᓗᐊᑫᒥ ᐃᒥᐊᓗᒍᓐᓇᐃᑐᐊᑫᒥ ᐅᑎᑐᐃᓐᓇᓱᑦ. ᐃᒥᐊᓗᒋᐊᓪᓚᑐᐃᓐᓇᓴᕐᓂᐊᓕᑫᒥ ᐱᓇᐃᓗᑕᖅ ᐳᐃᒍᕈᒪᑦᓱᒍ. ᑕᐃᒪ ᐃᒥᐊᓗᒍᓐᓇᐃᕆᕐᒥᒐᒥ ᑕᒪᐅᖕᒐᑦᓴᐃᓇᖅ ᐅᑎᑐᐃᓐᓇᕆᕆᕗᖅ, ᐃᒥᓯᑦᓴ ᓈᕆᕗᖅ. ᑕᒪᓐᓇ ᓱᓇᒥᓪᓘᓃᑦ ᐊᖀᖕᒋᑦᑐᖅ.

ᐊᓂᐊᑦᓯᒍᓐᓇᓂᖅ ᐅᖃᖃᑎᖃᕐᓂᑯᑦ ᐱᐅᓂᕐᓴᐅᒐᓗᐊᕐᑎᓗᒍ ᓇᔪᕐᑎᖃᐅᒪᑐᐃᓐᓇᓂᕐᒥᒃ, ᐅᖃᖃᑎᖃᑐᐃᓐᓇᓂᖅ ᐊᓯᒥᓂ ᐃᑲᔪᕐᓯᒪᓗᐊᕐᓗᓂ ᑭᐅᑦᔪᑎᑦᓴᑐᖖᒋᑐᖅ ᐱᓇᐃᓗᑕᖃᕐᑐᓄᑦ ᐅᑦᑐᑎᒋᓗᒋᑦ ᐅᐃᕆᒪᐅᑎᐅᐸᑦᑐᓂ ᐱᑐᒪᓂᖅ, ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᑲᑦᑕᐅᓯᒪᓂᖅ, ᐃᓚᒥᑎᒍᑦ ᓱᒃᑯᓯᒪᐅᑎᓂᕐᓗ. ᐊᒥᓱᑦ ᐱᓇᐃᓗᑕᒥᓂᒃ ᓇᔪᕐᑎᖃᐅᒪᑐᐃᓐᓇᓱᖕᒍᕗᑦ ᐱᑦᔪᑎᖃᕐᓯᑎᒃ ᐊᑦᔨᒋᑦᑎᖕᒋᑦᑐᓂᒃ, ᐱᖃᑎᒋᑕ ᐱᓂᐊᕐᓂᖕᒋᑦ ᒪᓕᑦᓱᒋᑦ, ᐃᓚᖕᒋᑦᑕᓗᓐᓂᑦ, ᐅᑉᐸᓗᓗᓐᓂᑦ ᓄᓇᓕᒻᒥ ᓯᓯᒥᔭᐅᔪᒥᒃ ᐃᓄᒻᒥᒃ. ᑕᒃᑯᐊ ᐊᑦᔨᒋᖖᒋᑐᑦ ᐱᓇᐃᓗᑕᐃᑦ ᐅᖁᒪᐃᑦᑐᓱᖕᒍᑦ ᐅᖃᒍᑎᒋᑐᐃᓐᓇᓴᕐᒥᐊᖕᒋ ᐃᓱᐃᑦᓕᑲᑦᓚᓂᐊᖖᒍᓇᕐᓱᓂ ᐃᓚᒥᓐᓂᑯᑦ ᓄᓇᖅᖃᑎᒥᓐᓂᑯᑦᓗᓂᑦ.

Hockey: ᐃᓱᒫᓗᓐᓂᒥᒃ ᖃᓄᐃᓘᕈᓐᓇᕕᖅᖁᒍᑦ ᑎᒥᑦᑎᓂ ᐲᔭᕐᓗᒍ. ᐅᖄᖃᑎᖃᕐᓗᑕ ᐃᓅᖃᑎᑦᑎᓂᑦ ᑎᒥᒃᑯᓘᓃᑦ ᐃᖃᐃᓕᓴᕐᓗᑕ.

ᐃᓱᒫᓗᓐᓂᒥ ᐅᖃᒍᑎᖃᕐᓂᕗᑦ ᐃᓄᐃ ᐊᐱᕐᓱᖃᑦᑕᑕᕗᑦ ᐅᖃᖃᑎᒋᑦᓱᑎᒋᑦ ᖃᐅᑕᒪᑦ ᐱᓇᐃᓗᑕᐅᕙᑦᑐ ᐅᖃᒍᑎᕕᓂᕆᑦᓱᒋᑦ ᐊᖕᒋᔪᒥ ᑐᑭᓯᓇᓚᐅᔪᕗᖅ. ᑕᒪᓐᓇ ᐃᓱᒫᓗᓐᓂᖅ ᐊᓯᑦᑎᓄᑦ ᐅᓐᓂᓯᐅᕈᑎᒋᒍᓐᓇᑫᑦᑎᒍ, ᐅᖃᐅᓯᕗᓪᓗ ᐃᓱᒻᒪᓯᕗᓪᓗ ᑭᖕᒍᓂᖃᓱᖕᒍᒻᒥᓱᑎᑦ, ᐃᓄᐃᑦ ᑭᓇᒃᑯᑐᐃᓐᓇᐃᑦ ᑐᖖᒐᕕᖃᕈᓐᓇᕆᐊᖃᕐᒪᑕ ᐃᑲᔪᕐᓯᔭᐅᓂᕐᒥᓂ ᐃᓱᐊᓇᔭᒥᑎᒍᑦ ᐊᓂᐊᑦᓯᒍᓐᓇᓂᕐᒥᒍᑦ ᓇᔪᕐᑎᖃᕈᓐᓇᓂᕐᒥᒍᑦ. ᐊᓂᐊᑦᓯᒍᓐᓇᓂᖅ ᐅᖃᖃᑎᖃᕐᓂᑯᑦ ᐃᓱᐊᕐᓂᓴᐅᕗᖅ ᐱᕕᑦᓴᖃᕐᕕᐅᓯᐊᑐᐊᑫᒥ ᑭᓯᐊᓂ ᐊᓯᒥᓂᓪᓗ ᐃᓱ ᒫᓗᒥᔭᖃᑦᓯᐊᑐᐊᑫᒥ ᑕᖃᐃᔭᓕᕿᒍᓐᓇᐃᓗᓂᓗ. ᑭᖕᒍᓂᖕᒐ ᐃᓱᒪᒋᓗᒍ, ᐊᑦᓱᕈᕐᓇᑲᐃᓐᓇᓱᖕᒍᕗᖅ ᐃᓚᖕᒐᓂ ᐅᖃᕕᑦᓴᒥ ᐱᓇᐃᓗᑕᕆᓴᓂ.

ᑕᒪᒃᑯᐊ ᑐᑭᓯᓯᒪᔭᕗᑦ ᐅᖃᒍᑎᒋᓚᐅᔪᔭᕗᑦ ᑲᖕᒋᕐᓱᔪᐊᑉ ᑲᕙᒪᐱᖕᒐᑕ ᑲᑎᒪᔨᖕᒋᓪᓗ ᐊᐅᒍᑎ ᑉᔭᑉᑉ-ᖕᒍᑎᓪᓗᒍ. ᐃᒪᐃᓗᕐᓗᓯ ᓚᒍᑎᖕᒋᑦ ᒪᓕᓪᓗᒋᑦ, ᐱᓇᓱᐊᓚᕐᓂᕗᓐᓂ ᐸᕐᓇᓯᒪᕗᒍᑦ ᐅᑎᕐᕕᖃᕈᒪᑦᓱᑕ ᑕᒪᑦᓱᒧᖕᒐᓕᖕᒐᔭᓂᒃ ᖃᓄᕐᓗ ᐱᓇᓱᐊᕈᑎᐅᒍᓐᓇᕆᔭᕐᒪᖕᒪᑦ ᐃᓱᒪᓗᓐᓂᖅ ᑐᑭᓯᓇᑦᓯᐊᑐᒥ ᐱᓇᓱᐊᕈᒪᑦᓱᒍ. ᑕᒪᑦᓱᒧᖕᒐᒧᐊᖕᒐᔨᕐᒥᒃ ᓄᐃᑕᐅᔨᖃᖁᑦᓱᒍ ᐱᓇᓱᒍᑎᐅᒪᔭᕐᑎᓗᒍ ᑲᑎᒪᔨᒃᑯᓂ ᐱᓇᓱᐊᖅᑎᖃᕈᒪᕗᒍᑦ ᓄᓇᓕᒃ ᐃᑲᔪᕐᓯᔭᐅᖁᓪᓗᒍ. ᐊᐱᕐᓱᖃᑦᑕᓚᐅᔨᔭᓕᒪᕗᑦ ᓇᑯᕐᒥᔨᐊᕐᑕᕗᑦ ᑕᒪᑦᓱᒧᖕᒐ ᖃᐅᔨᓴᕐᓂᓚᐅᔭᑦᑎᓄᑦ.

Researchers: Elspeth Ready (MPI-EVA) and Peter Collings (University of Florida)
Interviews in Kangiqsujuaq by E. Ready with Nigel Adams and Anna Kristensen.
Text translation: Paulusie Nappaaluk
Contact: elspeth_ready@eva.mpg.de