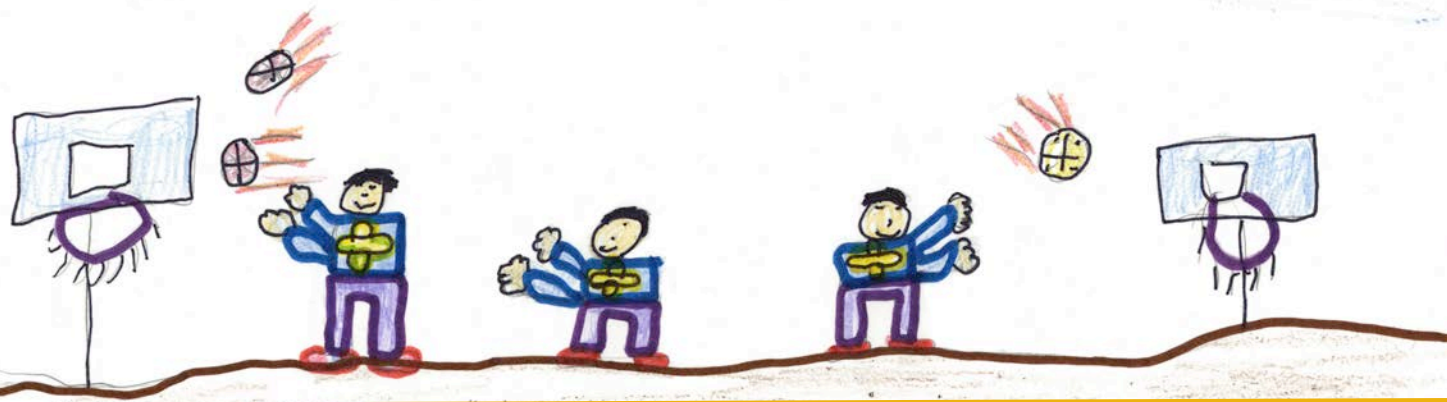


2019

We can have fun without alcohol!



ᓄᓇᓂᓴᑦ ᐃᑦᐱᓕᓂᓴᓄᑦ ᑦᑎᓴᓄᑦ ᐱᓕᓂᓴᓄᑦ
Nunavut Taangat Higaarluktuniklu
Alcools et Cannabis Nunavut
Nunavut Liquor and Cannabis






ᐱᓕᓂᓴᓄᑦ
LET'S BE AWARE
QAUYIMAGIAQAQTUGUT
AYONS LES IDÉES CLAIRES

Tapkuat hanauyat uumani tatqiqhiutmi hanayauyut ilihaqtunit tahamani Kivalliqmiuni. Akinahuaquyavut tapkuat puqtunilgit 6, 7 tapkuatlu 8 ilihaqtut tahamani nunaliit avikhimaniani pinguriakhait inmingnik takuyakhat atugahuaquninut tapkuat atuttiaqninut imirluknik.

Tuniyauyut piyauyut tapkunanga Qamanittuaq, Igluligaarjuk, Salliq, Naujaat tamnaluk Tikiraqjuaq. Una tatqiqhiut piqartuq tapkuninga 12 akimayut tuniyait.

Tamna pityuta taphuma tatqiqhiutip akinahuaqtitni piqataupkaqninut Nunavummiut inulrammiit uqaqatigikiniq tapkuninga imirluknik aturniq, ilautitlugit qanuq tukiqaqnit imirniqmik nakuuyumik, hivuranaqnitlu piqatai atuqpallaqninut. Pinahuaquyavut tpakuat tuhaqhityutit titirauyatlu atuqatigigutauniat humiliqak nunaliit avikhimaniani.

Takuyangi ilagiyai tuniyauyut tapkunanga tatqiqhiut akinahuarutaunit, takulugu:

-  ResponsibleNunavut.ca/in
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://ResponsibleNunavut)



Piyumavit tuyuatauvalliqni tatqiqhiutit nunaliknut? Tuhaghiluta! Qaritauyakkut responsiblenunavut@gov.nu.ca tuhaqpalliriami!

Les créations artistiques de ce calendrier sont l'œuvre d'étudiants de la région de Kivalliq. Nous avons mis au défi les étudiants de sixième, septième et huitième années de partout dans la région de créer leur propre affiche afin d'encourager la consommation responsable d'alcool.

Nous avons reçu des inscriptions en provenance de Baker Lake, Chesterfield Inlet, Coral Harbour, Naujaat et Whale Cove. Le calendrier met en vedette les 12 inscriptions gagnantes.

L'objectif de ce défi du calendrier était d'engager un dialogue avec les jeunes Nunavummiut sur la consommation d'alcool, y compris en quoi consistent une consommation responsable et les risques associés à l'alcool. Nous espérons voir leurs messages et œuvres partagés dans l'ensemble de la région.

Pour voir d'autres inscriptions au défi du calendrier, prière de visiter :

-  ResponsibleNunavut.ca/fr
-  Ujjiqsuqta.ca
-  [/ResponsibleNunavut](https://ResponsibleNunavut)

Aimeriez-vous obtenir des calendriers additionnels pour votre collectivité?

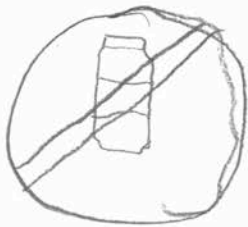
Dites-le-nous! Envoyez un courriel à responsiblenunavut@gov.nu.ca pour plus d'information.

Do Not Drink Alcohol

Alcohol dependence
OR addiction

Mental health problems
depression post-traumatic
Stress disorder anxiety
personality disorders
suicide.

Fetal Alcohol Spectrum Disorder
(FASD) caused when a woman drinks
Alcohol during pregnancy.



Brain damage

stroke and heart disease
Hypertension

Liver disease (Cirrhosis)
Inflammation of the pancreas
Hepatitis stomach ulcers
Diabetes

cancers of the mouth,
throat, esophagus, liver,
breast and colon

I can be myself
without alcohol.



Come on
and drink
me so you
could be so
crazy and
dumb!



No way
I'm being my-
self! ~~Go~~ away!!!

ᓂᓄᓂᓐ • FEBRUARY • IDJIRURVIA • FÉVRIER

ᓂᓄᓂᓐ Sunday Unaguiqhirvia Dimanche	ᓄᓂᓂᓐ Monday Hivulliq Lundi	ᓂᓄᓂᓐ Tuesday Aippiut Mardi	ᓂᓄᓂᓐ Wednesday Pingattiut Mercredi	ᓂᓄᓂᓐ Thursday Hitammiut Jeudi	ᓂᓄᓂᓐ Friday Tallimmiut Vendredi	ᓂᓄᓂᓐ Saturday Saaluuti Samedi
<p>CLᓄᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ</p> <p>Both men and women should plan to have at least two drink-free days every week to prevent drinking from becoming a habit.</p>		<p>Tamarmik angutit arnallu ihumaliuqtukhaugaluat niuqqangitkumik malruuknik ublunik atauhiqmi Santimi iminaqtailigiami pitquhinguqtinnagu.</p> <p>Les hommes, tout comme les femmes, devraient prévoir au moins deux jours sans alcool chaque semaine pour éviter que la consommation devienne une habitude.</p>			1	2
3	4	5	6	7	8	9
10	11	12	13	14 ᓂᓄᓂᓐ Valentine's Day Piapaginiqmut Upluutaa Jour de la Saint-Valentin	15	16
17	18	19	20	21	22	23
24	25	26	27 ᓂᓄᓂᓐ ᓂᓄᓂᓐ ᓂᓄᓂᓐ Pink Shirt Day Aupayaangayumik Iluvruaqturnaqtuq Upluutaa Journée chandail rose	28		

Be safe. Never
Drink & Drive



ΔΛϭ I. Emily I.

ϩϫϫϫϫ ϫ, Δϫϫϫϫϫ • Grade 6, Chesterfiled Inlet • Puqtunilik 6, Igluligaarjuk • Sixième année, Chesterfiled Inlet

Ìϫϫ • MARCH • QIQAIYAQVIA • MARS

ϫϫϫϫϫ Sunday Unaguiqhirvia Dimanche	ϫϫϫϫϫ Monday Hivulliq Lundi	ϫϫϫϫϫ Tuesday Aippiut Mardi	ϫϫϫϫϫ Wednesday Pingattiut Mercredi	ϫϫϫϫϫ Thursday Hitammiut Jeudi	ϫϫϫϫϫ Friday Tallimmiut Vendredi	ϫϫϫϫϫ Saturday Saaluuti Samedi
<p>ΔΓϫϫϫϫϫϫϫϫ ϫϫϫϫϫϫϫϫϫ ϫϫϫϫϫϫϫϫϫ ϫϫϫϫϫϫϫϫϫ, ϫϫϫϫϫ, ϫϫϫϫϫϫϫϫϫϫϫ, ϫϫϫϫϫϫϫϫϫϫϫ, ϫϫϫϫϫϫ ϫϫϫϫϫϫϫ ϫϫϫϫϫϫϫϫϫ.</p> <p>Zero alcohol is safest when you are driving a vehicle, like a car, snowmobile, boat, ATV, or if you are using machinery or tools.</p> <p>Imingitpiarniq nakuuniqpaq aquttaraiguvit ingilgatutmik, tamnatut akhaluut, sikiituq, qayaq, haantaq, uvaluiniit aturuvit hanalutmik hanalrutinikluniit.</p> <p>L'absence de consommation d'alcool constitue le choix le plus sûr lorsque vous conduisez un véhicule, comme une voiture, une motoneige, un bateau ou un VTT, ou que vous utilisez de la machinerie ou des outils.</p>				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

I don't need alcohol to be cool

- break up families
- violent, aggressive, loud
- Alcohol can be abusive
- makes you sad, unhappy

My life is great! No alcohol, Thank you

- Clouds judgement
- increase mood swings
- heighten mental disorders
- blurr vision/double vision
- slows down the brain
- memory loss, black out
- Stroke
- cirrhosis of the liver

I am healthy and happy without drinking alcohol



BE THEIR
GUIDE! DON'T
PROVIDE!

DRUG FREE!!!

NO DRINKING ZONE!!!

HQAN D. Heidi D.

2019

ᐃᑦᑎᓄᑦᑦᑦ 7, ᐅᑲᑲᑦᑕᑦᑕᑦ • Grade 7, Baker Lake • Puqtunilik 7, Qamanittuaq • Septième année, Baker Lake

LA • MAY • QIQAIYAQLUARVIA • MAI

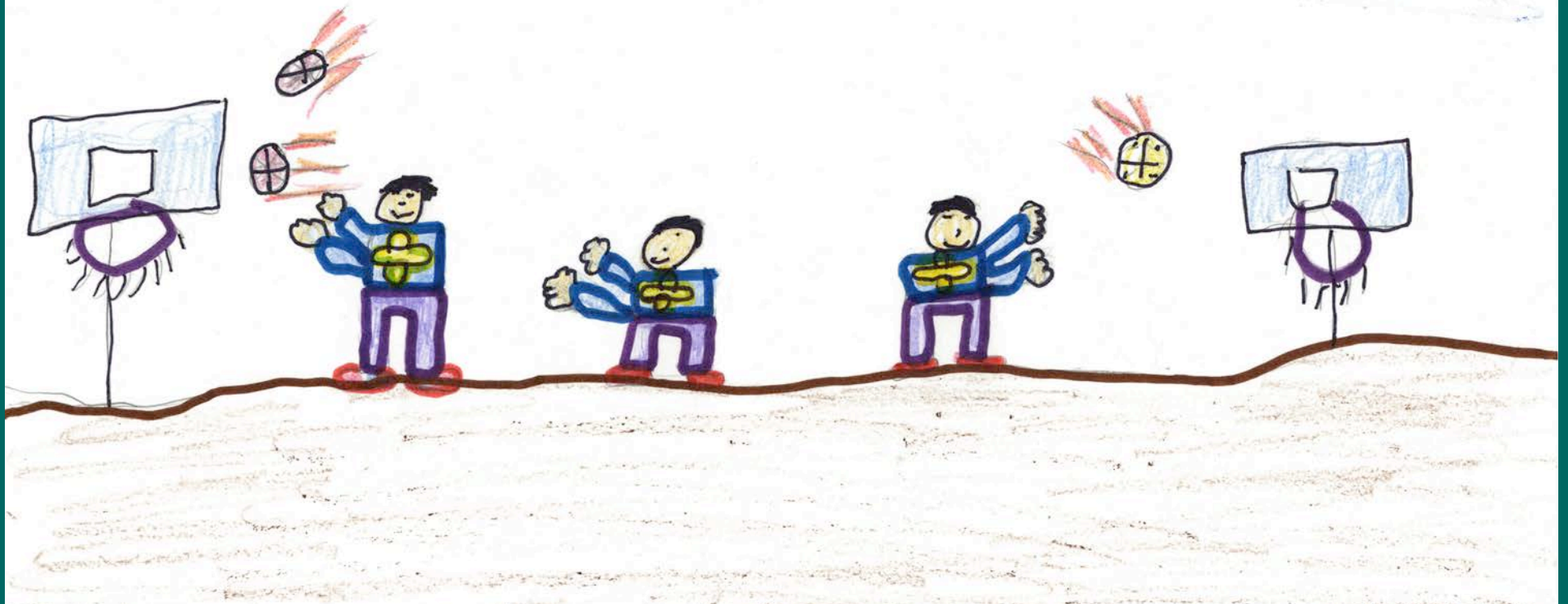
ᐅᑲᑲᑦᑕᑦᑕᑦ Sunday Unaguiqhirvia Dimanche	ᐅᑲᑲᑦᑕᑦᑕᑦ Monday Hivulliq Lundi	ᐃᑦᑎᓄᑦᑦᑦ Tuesday Aippiut Mardi	ᐱᓄᑲᑦᑕᑦᑕᑦ Wednesday Pingattiut Mercredi	ᑲᑲᑲᑦᑕᑦᑕᑦ Thursday Hitammiut Jeudi	ᑕᑦᑕᑦᑕᑦᑕᑦ Friday Tallimmiut Vendredi	ᑲᑲᑲᑦᑕᑦᑕᑦ Saturday Saaluuti Samedi	
<p>ᐃᑦᑎᓄᑦᑦᑦ ᐅᑲᑲᑦᑕᑦᑕᑦ ᐅᑲᑲᑦᑕᑦᑕᑦ, ᐅᑲᑲᑦᑕᑦᑕᑦ ᐃᑦᑎᓄᑦᑦᑦ ᐃᑦᑎᓄᑦᑦᑦ ᐅᑲᑲᑦᑕᑦᑕᑦ, ᐅᑲᑲᑦᑕᑦᑕᑦ ᐃᑦᑎᓄᑦᑦᑦ ᐃᑦᑎᓄᑦᑦᑦ.</p> <p>If a woman is pregnant, trying to get pregnant, or is about to breastfeed, the safest option is not to drink at all.</p>		<p>Arnaq hingaihimakpat, hingaiyarahuarumi, biibinnuaminik maamaktinnahuarumiuk, nakuutqiaq pidjutikhaa imingitkumi.</p> <p>Si une femme est enceinte, essaie de tomber enceinte ou est sur le point d'allaiter, l'option la plus sûre est de ne pas consommer d'alcool du tout.</p>		1	2	3	4
5	6	7	8	9	10	11	
12 ᐃᑦᑎᓄᑦᑦᑦ ᐅᑲᑲᑦᑕᑦᑕᑦ Mother's Day Amaamait Upluutaa Fête des Mères	13	14	15	16	17	18	
19	20 ᐃᑦᑎᓄᑦᑦᑦ ᐅᑲᑲᑦᑕᑦᑕᑦ Victoria Day Victoria Upluutaa Fête de la Reine	21	22	23	24	25	
26	27	28	29	30	31		



Don't drink and Drive



We can have fun without alcohol!



ᑦᑦᑦ • JULY • TAAQHITIRVIA • JUILLET

ᑦᑦᑦᑦᑦ Sunday Unaguiqhirvia Dimanche	ᑦᑦᑦᑦᑦ Monday Hivulliq Lundi	ᑦᑦᑦᑦᑦ Tuesday Aippiut Mardi	ᑦᑦᑦᑦᑦ Wednesday Pingattiut Mercredi	ᑦᑦᑦᑦᑦ Thursday Hitammiut Jeudi	ᑦᑦᑦᑦᑦ Friday Tallimmiut Vendredi	ᑦᑦᑦᑦᑦ Saturday Saaluuti Samedi
	1 ᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦ Canada Day Kanatam Upluutaa Fête du Canada	2	3	4	5	6
7	8	9 ᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦ Nunavut Day Nunavut Upluutaa Fête du Nunavut	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<p>ᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦ.</p> <p>Have a glass of water or a non-alcoholic drink between alcoholic drinks.</p> <p>Niuqqaqpaklutit qallutimik imaqmik imiungittumikluuniit imiqtillutit.</p> <p>Buvez de l'eau ou une boisson non alcoolisée entre chaque verre d'alcool.</p>		

Resist ALCOHOL for a good life.



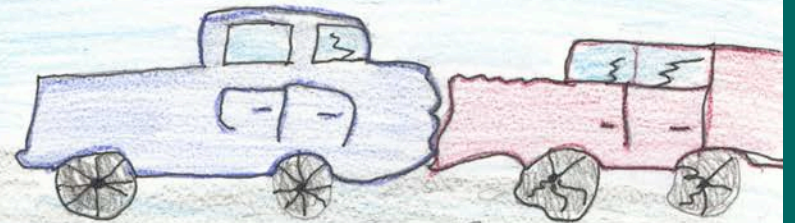
I can be myself without
alcohol.



Alcohol Free Zone



Don't Drink and Drive

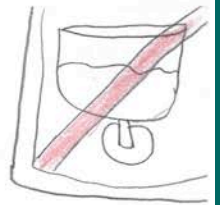
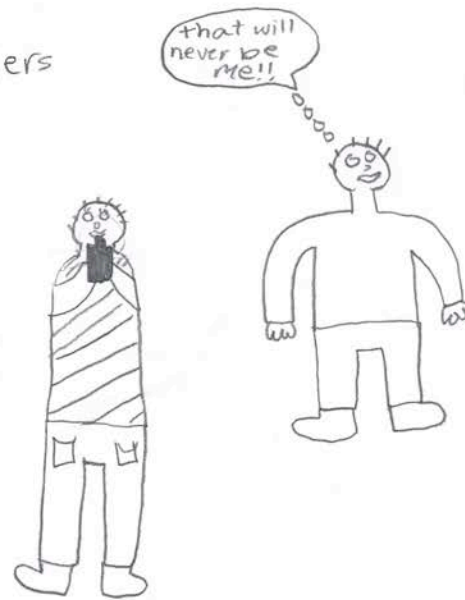


Don't Start ~~Drinking~~*

I don't need alcohol to be cool



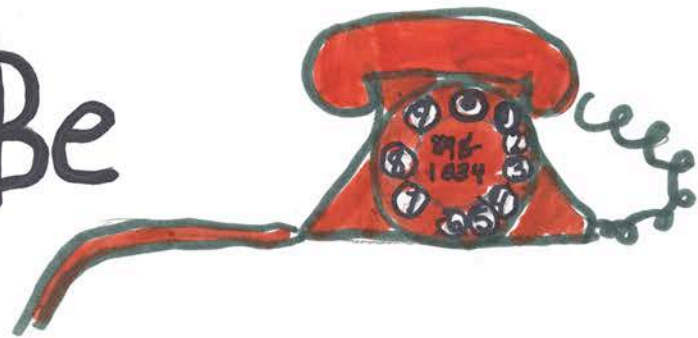
- Clouds judgement
- Increase mood swings
- heighten mental disorders
- blurr vision/double vision
- slows down the brain
- Memory loss, Black out!!
- Stroke
- Cirrhosis of the liver.
- break up families
- Violent, aggressive, loud
- makes you sad, unHappy
- Alcolic can be abusive



I don't need to drink
because my Friends drink

Do not
Drink and
Drive!!!! Please
ask for a ride

Be



Safe

