

2019



Nunavut Taangat Higaarluktuniku Alcohols et Cannabis Nunavut Nunavut Liquor and Cannabis



▷ ፳፻፭፻፭፻፭፻፭
LET'S BE AWARE
QAUYIMAGIAQAQTUGUT
AYONS LES IDÉES CLAIRES

ՈՈԳՇՆԵՐԵՐԸ ՇԵՐԵՎՇՈՒՐԾ ՈՈԳՇՆԵՐԵՐԸ
ՃԸՆԱՌԵՐԵՐԸ ԲՔՆԵՐԵՐԸ ՇՈՏԸ. ԽԵՐԵՆԸՆԵՐԸ
ԲՔՆԵՐԵՐԸ ՃԸՆԱՌԵՐԵՐԸ ՆԸՆՈՄԸՆԵՐԸ 6, 7 ԷՒԼԸ
8 ՈՈԳՇՆԵՐԵՐԸ ԱԽՇՆԵՐԵՐԸ ՇՈՏԸՆԵՐԸ ԷՇՆԵՐԵՐԸ
ՃՐՋԵՐԸ.

ՈՈԳՇՆԵՐԵՐԸ ԱԽՇՆԵՐԵՐԸ ԿԵԼՏԸՆԵՐԸ,
ՃԵԿՑՆԵՐԸ, ԿԵՆԵՐԸ, ՇԺՆԵՐԸ ԷՒԼԸ ՈՐԳՆՎԵՐԸ.
ՇԵՐԵՎՇՈՒՐԾ ՃԸՆԱՌԵՐԵՐԸ 12-Ը ԻՆԵԿՆԵՐԸ.

ԱԽՇՆԵՐԸ ՇԵՐԵՎՇՈՒՐԾ ԹԶՊԵՐԸ ԼԵՊԵՐԸ
ԵՎԵՐԵՐԵՐԸ ՃՐՋԵՐԸ ԷՇՆԵՐԸ ԿԵՆԵՐԸ ՇՈՏԸ,
ԿԲՆԵՐԸ ՇԵՐԵՎՇՈՒՐԾ ՃՐՋԵՐԸ ՇՈՏԸ, ԷՒԼԸ
ՇԵՐԵՎՇՈՒՐԾ ՇԱՇՆԵՐԸ ՇԵՐԵՎՇՈՒՐԾ ԷՇՆԵՐԸ.
ԿԿՆՈՇՈՄՆԵՐԸ ԷՒԼԸ ՈՈԳՇՆԵՐԵՐԸ ԿԾՇՈՐՆԵՐԸ
ԲՔՆԵՐԵՐԸ ՀԱԼԱՋԱՌԵՐԸ.

ԸՆԴԵՐԸ ՈՈԳՇՆԵՐԵՐԸ ՇԵՐԵՎՇՈՒՐԾ

-  ResponsibleNunavut.ca/iu
-  Ujjiqsuqta.ca
-  /ResponsibleNunavut

ԹԶՊԵՐԸ ՇԵՐԵՎՇՈՒՐԾ ԱԽՇՆԵՐԸ

ԵԵՐԱՌԵՐԸ ԿԵՆԵՐԸ ՈՈԳՇՆԵՐԵՐԸ
responsiblenunavut@gov.nu.ca
ԿԲՆԵՐԵՐԸ ՀԱԼԱՋԱՌԵՐԸ ԱԽՇՆԵՐԸ.

The art in this calendar was created by students in the Kivalliq region. We challenged grade 6, 7 and 8 students throughout the region to create their own poster to encourage the responsible use of alcohol.

Entries were received from Baker Lake, Chesterfield Inlet, Coral Harbour, Naujaat and Whale Cove. This calendar contains the 12 winning entries.

The purpose of the calendar challenge was to engage Nunavummiut youth in conversations about alcohol use, including what it means to drink responsibly, and the risks associated with overuse. Our hope is that the messages and art will be shared across the region.

To see more entries from the calendar challenge, visit:

-  ResponsibleNunavut.ca
-  Ujjiqsuqta.ca
-  /ResponsibleNunavut

Want more calendars sent to your community? Let us know! Email responsiblenunavut@gov.nu.ca for more information.

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

Tuniyauyut piyauyut tapkunanga Qamanittuaq, Igluligaarjuk, Salliq, Naujaat tamnalu 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 titrauyatlu atuqatigitauniat humiliqak nunalit avikhimaniani.

Takuyangi ilagiayi tuniyauyut tapkunanga tatqiqhiut akinahuarutaunit, takulugu:

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

Piyumavit tuyuatauvalliqni tatqiqhiutit nunaliknut? Tuhaqhitluta! Qaritauyakkut responsiblenunavut@gov.nu.ca tuhaqpalliriam!

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://www.facebook.com/ResponsibleNunavut)

Aimeriez-vous obtenir des calendriers additionnels pour votre collectivité?

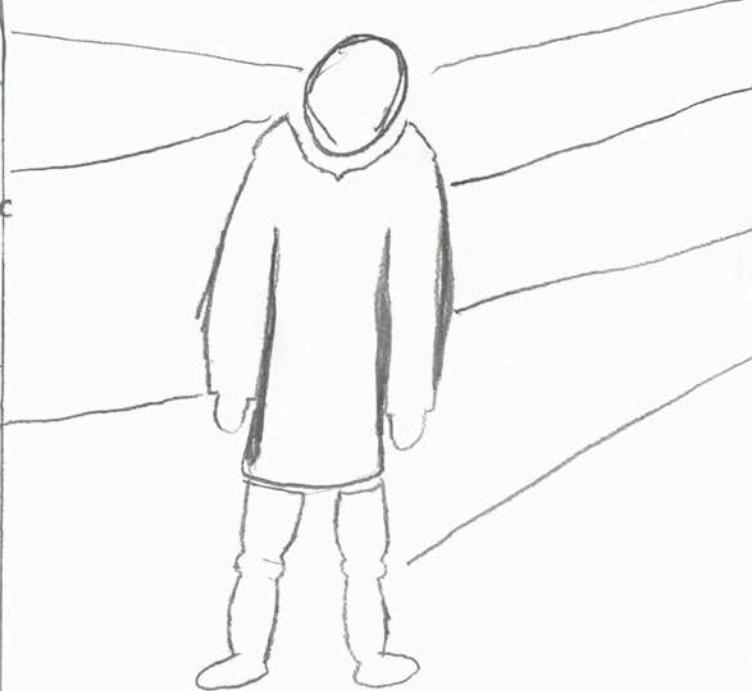
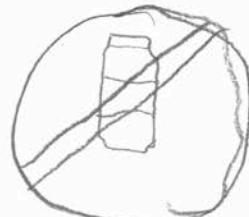
Dites-le-nous! Envoyez un courriel à responsiblenunavut@gov.nu.ca pour plus d'information.

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

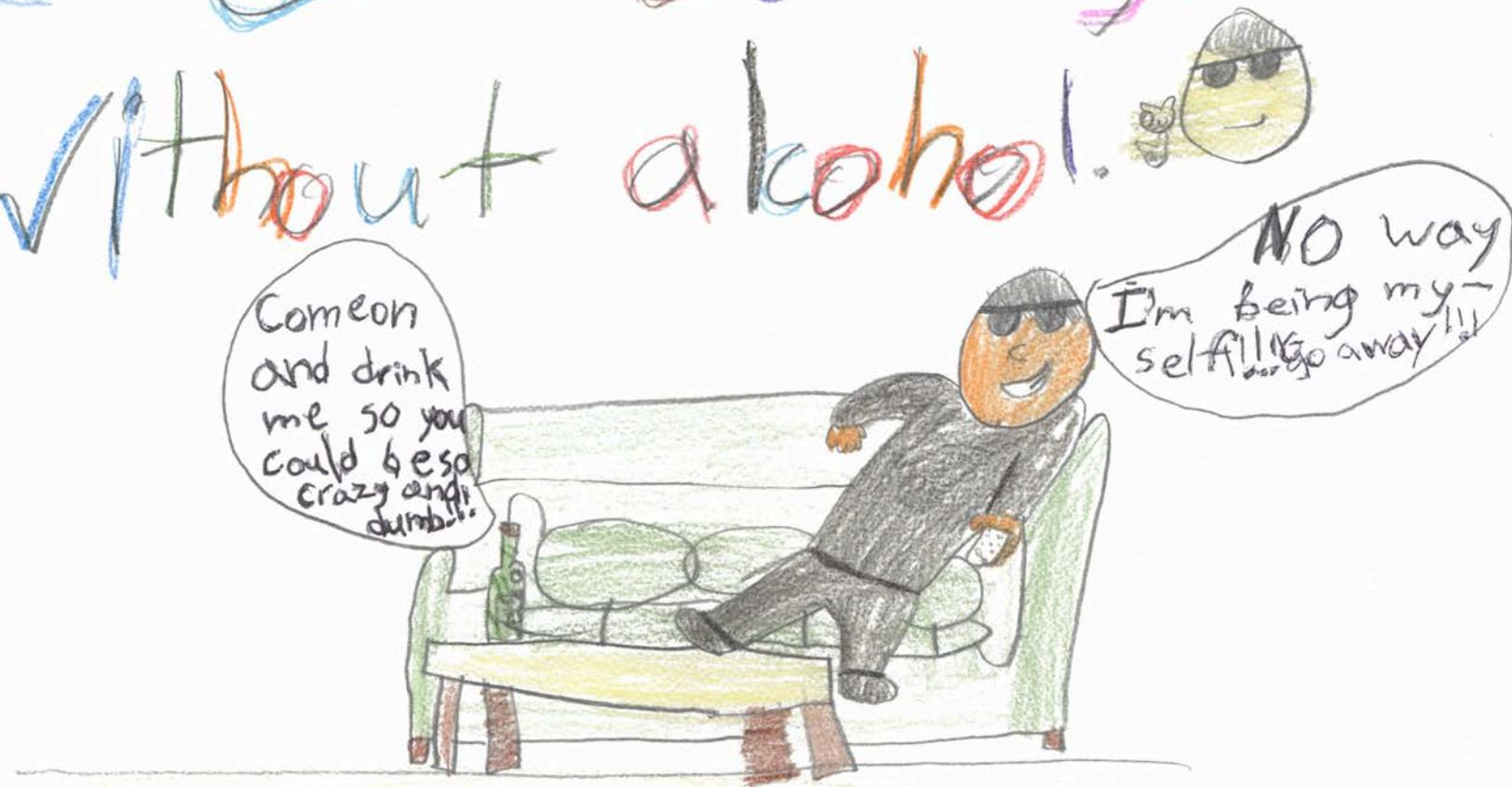
LAb N. Mike N.

2019

©dC® 7, aDibc • Grade 7, Naujaat • Puqtunilik 7, Naujaat • Septième année, Naujaat

ጀመዲኑ • JANUARY • UBLUQTUHIRVIA • JANVIER

I can be myself
without alcohol.



2019

፳፻፲፯ K. Genovive K.

፩፻፲፯ ፬, ዓ.D. • Grade 6, Naujaat • Puqtunilik 6, Naujaat • Sixième année, Naujaat

፳፻፲፯ • FEBRUARY • IDJIRURVIA • FÉVRIER

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
<p>CLÉGÉ ይሸስኝ ፍጤናደር ለተሳሳይ ጽጊያዊ የጀትና ማልኩ</p> <p>Δጥቃና መሠረት ተከራክር ለመስጠት የሚገኘውን ስምምነት የሚፈልግ ይችላል.</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 imiinaqtailigami pitquhinguqtinagu.</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 ዓርጊታ Valentine's Day Piqaginiqmut Uplulataa Jour de la Saint-Valentin	15	16
17	18	19	20	21	22	23
24	25	26	27 ዓርጊታ Aupayaangayumik Iluvruaqturnaqtuq Uplulataa Journée chandail rose	28		

Be safe. Never
Drink & Drive

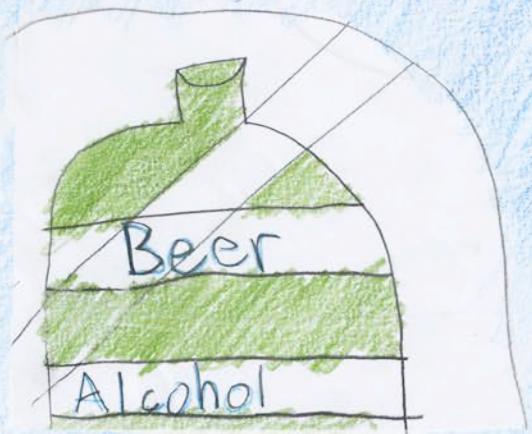


Drinking just a
small amount of
alcohol can
Impair your
Ability to drive

LCY • MARCH • QIQAIYAQVIA • MARS

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

Ӯ. N. Nolan N. • APRIL • QITIQUYAQVIA • AVRIL

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
	1	2	3	4	5	6
7 Ӯ. N. Nolan N. World Health Day Nunaqyuami Aanniaqtaiiniqmut Upluitaa Journée mondiale de la Santé	8	9	10	11	12	13
14	15	16	17	18	19 Ӯ. N. Nolan N. Good Friday Tallimmiut lisitarnaq Hivuni Vendredi saint	20
21	22 Ӯ. N. Nolan N. Easter Monday lisitarvik Hivulliumi Lundi de Pâques	23	24	25	26	27
28	29	30	Alcohol can make medicine less effective or too strong and can cause bad results. Check with your nurse, doctor or pharmacist to see if it is safe to drink.			
			Imurruk havautinut havaktailijutigijaa hakugiktiqpiarutigijayaluuunit taimaa nakuungitumik pipkaidjutinaqtuq. Naunaqlqvigilugu munahqit, taaktit uvaluniit havautikhäqvit naunairaina hivuranittanga imirniqmik.			
			L'alcool peut diminuer ou accentuer l'efficacité des médicaments et causer de mauvaises répercussions. Consultez votre infirmière, votre médecin ou votre pharmacien pour savoir si vous pouvez consommer de l'alcool sans danger.			

**BETHEIR
GUIDE! DON'T
PROVIDE!
DRUG FREE!!!!**

NO Drinking Zone!!!

ΗΔΩΝ D. Heidi D.

2019

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

LA • MAY • QIQAIYAQLUARVIA • MA



Don't drink and Drive



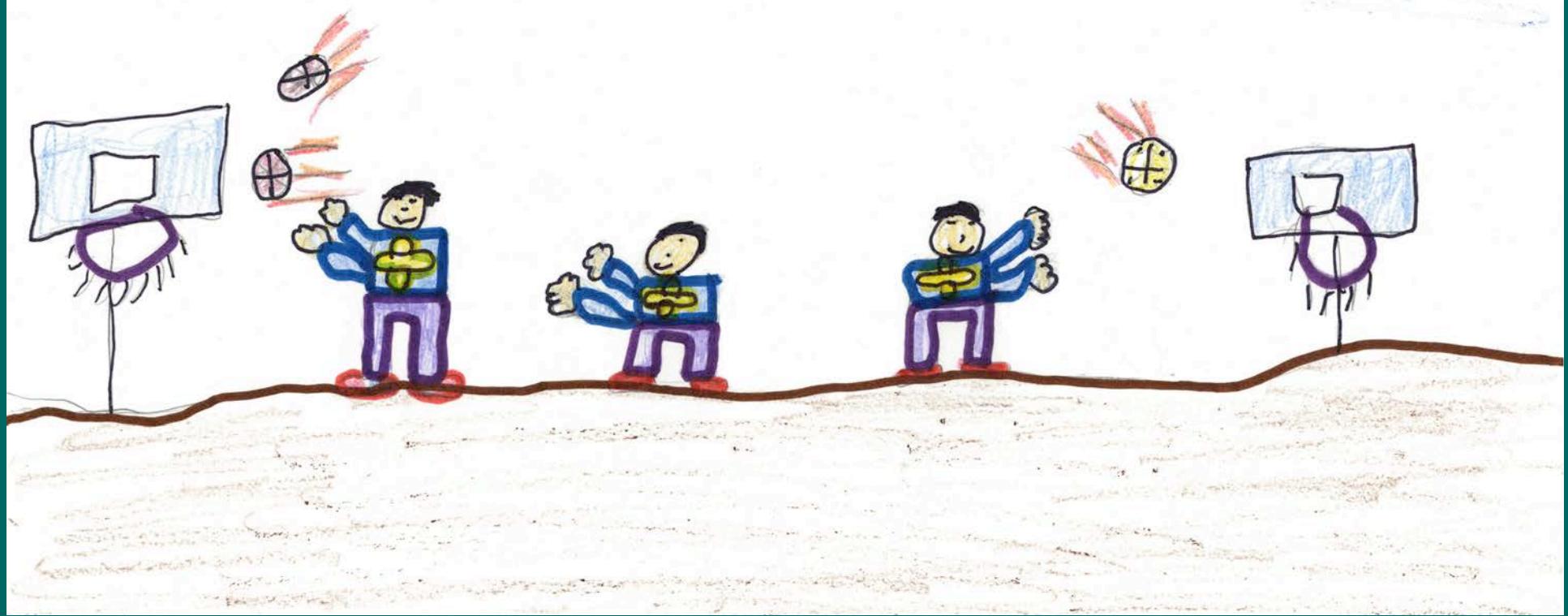
2019

đñä O. Corrine O.

ӕӕӕӕӕӕӕӕ 8, ӕӕӕӕӕӕӕ • Grade 8, Whale Cove • Puqtunilik 8, Tikiraqjuaq • Huitième année, Whale Cove

鞬 • JUNE • IMARUQTIRVIA • JUIN

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiuut Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
<p>ӕӕӕӕӕӕӕӕ 8, ӕӕӕӕӕӕӕ • Grade 8, Whale Cove • Puqtunilik 8, Tikiraqjuaq • Huitième année, Whale Cove</p> <p>ӕӕӕӕӕӕӕ 8, ӕӕӕӕӕӕӕ • Grade 8, Whale Cove • Puqtunilik 8, Tikiraqjuaq • Huitième année, Whale Cove</p> <p>ӕӕӕӕӕӕӕ 8, ӕӕӕӕӕӕӕ • Grade 8, Whale Cove • Puqtunilik 8, Tikiraqjuaq • Huitième année, Whale Cove</p>						
1						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 ӕӕӕӕӕӕӕ Father's Day Aappait Uplutaat Fête des Pères	17	18	19	20	21 ӕӕӕӕӕӕӕ National Indigenous Peoples' Day Nunaptingni Nunaqaqqaqhimayut Inuit Uplutaat Journée nationale des peuples autochtones	22
23	24	25	26	27	28	29
30						



፳፻፲፭ M. Preston M.

2019

• Grade 6, Baker Lake • Pugtunilik 6, Qamanittuaq • Sixième année, Baker Lake

TCΔ • JULY • TAAQHITIRVIA • JUILLET

Resist ALCOHOL for a good life.



ᐊጀጀጀ • AUGUST • NIQILIQIVIK • AOÛT

I can be myself without
alcohol.



A. Sally A.

2019

• Grade 6 , Baker Lake • Puqtunilik 6, Qamanittuaq • Sixième année, Baker Lake

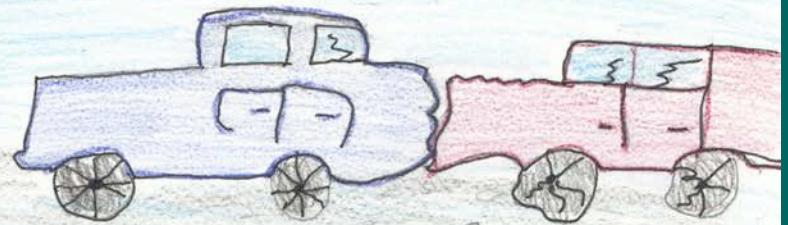
ΣΩΛΗΝ • SEPTEMBER • APITILIRVIK • SEPTEMBRE

ՀՅՈՒՆԱԴՐԸ ՃԱՄԱԳՈՐԾՎԱԾ ՏԵՍԱԿԱՆ ՀԱՅԱՍՏԱՆ • SUBSTANCE USE AWARENESS MONTH
HUNIQLUNGNIK QAUHIMATTIARNIQMUT TATQIQHIUT • MOIS DE SENSIBILISATION À L'USAGE DE SUBSTANCES

Alcohol Free Zone



--- Don't Drink and Drive ---



ప్రసాది వాలెరీ ఓ.

2019

• Grade 8, Whale Cove • Puqtunilik 8, Tikiraqjuaq • Huitième année, Whale Cove

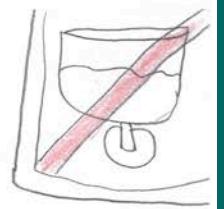
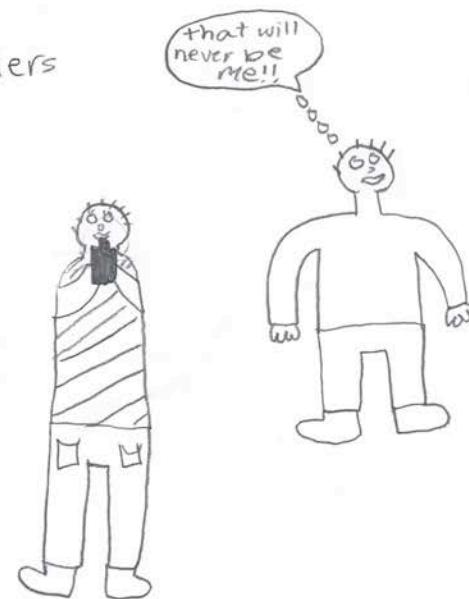
ᐊ៊ត់វេតិយោនា • OCTOBER • TATTIARNAQVIA • OCTOBRE

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiat Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluti Samedi
ΔΓ↖CΔc-ցՈ՛ ԾՈՐԴԱՐՈՒԵ՛ՑՈ՛ - ԾՈԲԵ՛ՑՈ՛ ՀՇՈՎՋՈ՛ ՃԼԵ՛Կ ՃՐԱԿԱՌՈ՛ ԾՇԽԵ՛ՑՈ՛ՐՈ՛.	Avoid drinking on an empty stomach – eat before and while you are drinking.	1	2	3	4	5
6	7	8	9	10	11	12
13	14 ‘ԺԵՐԱՌՈ՛ ՇՀՇՈ՛ Thanksgiving Quyaginiqmiq Uplutaa Action de grâces	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Pittailinahaqlutit imirniq aqiaruqmiutattumik – nirlutin hivuani uvaluniit imarlutin. Évitez de boire lorsque vous avez le ventre vide – mangez avant et pendant que vous buvez.	

Don't Start ~~Drinking~~*

I dont need alcohol to be cool

- clouds judgement
- Increase mood swings
- heighten mental disorders
- blurr vision /doublevision
- slows down the brain
- Memory loss, Blackout!!
- 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

• NOVEMBER • HIKUTIRVIA • NOVEMBRE

Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiut Mardi	Wednesday Pingattiat Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi
1 Inulrammiit kinguvariaqtakhat imilirniq utaqilugu ikitniqhamik 19 ukiugalirniq. Imirniq ukiukillakhuni aktualaqtai inulrammiut tamaitnuit aaniqtailinut, ikpigihuknitl inuuhirikniq, pilaqnit nakuuyumik ihumaliurniq timimutlu pivaliatitnit.	2					
3 Youth should delay starting to drink alcohol until they are at least 19 years of age. Drinking at an early age can affect youth's general health, emotional well-being, ability to make good decisions and physical development.	4	5	6	7	8	9
10 11 Δֶּבֶד לְאַלְפָה Remembrance Day Puiguqtaliningmut Uplutaa Jour du Souvenir	12	13	14	15	16	
17	18	19	20 ມັດຕະດາງຕະ ມັນຍົບມັນ Universal Children's Day Nunaqyuami Nutaqqat Uplutaa Journée mondiale de l'enfance	21	22	23
24	25	26	27	28	29	30

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



ଉਤਾਰ • DECEMBER • UBLUIRVIA • DÉCEMBRE

ਨਾਨਾਦਾ	ਮਾਤਾਪਿਤਾ	ਅਤਾਵਾ	ਅਤਾਵਾ	ਅਤਾਵਾ	ਅਤਾਵਾ	ਅਤਾਵਾ	ਅਤਾਵਾ
Sunday Unaguiqhirvia Dimanche	Monday Hivulliq Lundi	Tuesday Aippiaut Mardi	Wednesday Pingattiat Mercredi	Thursday Hitammiut Jeudi	Friday Tallimmiut Vendredi	Saturday Saaluuti Samedi	
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 ਕੁਲਾਿਸਿਮਾਕਵਿਕ ਉਪਿਊਤਾਾ Christmas Day Kulaissimaqvik Upluutaa Jour de Noël	26	27	28
29		30	31 ਨਵਾਹਿਰ ਦੀ ਰਾਤ ਨਵਾਹਿਰ ਦੀ ਰਾਤ New Year's Eve Nuuyaarviup Tikiharviaut Upluq Veille du jour de l'An	ਅਗਲੀਆਂ ਦੀ ਸਾਲ ਦੀ ਰਾਤ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਅਗਲੀਆਂ ਦੀ ਰਾਤ ਵਿੱਚ ਆਪਣੀਆਂ ਸਾਲ ਵਿੱਚ ਪ੍ਰਭਾਵ ਪੈਂਦੇ ਹਨ। ਅਗਲੀਆਂ ਦੀ ਰਾਤ ਵਿੱਚ ਆਪਣੀਆਂ ਸਾਲ ਵਿੱਚ ਪ੍ਰਭਾਵ ਪੈਂਦੇ ਹਨ। ਅਗਲੀਆਂ ਦੀ ਰਾਤ ਵਿੱਚ ਆਪਣੀਆਂ ਸਾਲ ਵਿੱਚ ਪ੍ਰਭਾਵ ਪੈਂਦੇ ਹਨ। ਅਗਲੀਆਂ ਦੀ ਰਾਤ ਵਿੱਚ ਆਪਣੀਆਂ ਸਾਲ ਵਿੱਚ ਪ੍ਰਭਾਵ ਪੈਂਦੇ ਹਨ। Do not drink if you are out on the land or fishing. Alcohol can inhibit your decision-making skills and coordination, which puts you at a greater risk of accidents in a dangerous environment.	ਇਮਿਰੂਇਲੁਟ ਆਲਾਅਖਿਮਾਤਿਲੁਟ ਇਕਲੁਕਿਊਤਿਲੁਟੁਨੀਟ। ਇਮਿਰੂਇਲੁਟ ਨੁਤਾਗਿਤਾਤਾ ਇਹਾਲਿਆਰੂਟਿਟ ਪਿਹੁਗਿ ਹਲਿਕਾਰਾਮਿਲੁਨੀਟ, ਪਿਕਾਇਧੁਤਾਤਿ ਅਂਗ੍ਰੇਜ਼ੀ ਕਾਨਿਕ ਕਾਂਗਨਾਤਿਨਿਕ ਆਨਿਕਿਤਿਕੁ ਕਾਂਗਨਾਤਿਕੁ ਅਕਤੁਮਿਕ ਅਵਾਂਗਨੀ। Ne buvez pas si vous êtes à l'extérieur dans un endroit éloigné ou si vous allez à la pêche. L'alcool peut nuire à la prise de décision et à votre coordination, ce qui augmente les risques d'accidents dans un environnement dangereux.		