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 የሚከሰቱት ልማድ ልማድ ልማድ



# Our ancestors never smoked...

# Elders' reflections about how tobacco has affected Inuit communities







2006 Pauktuutit Inuit Women of Canada

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## **Respect ully dedicated to the memory o**

### **Lucy Amarualik**

(an Elder participant from Puvirnituk who passed away on 12<sup>th</sup> May 2005)

**and**

### **Emma Edwards**

(an Elder participant from Aklavik who passed away on 30<sup>th</sup> December 2005).

## **Thanks**

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Thanks also to our staff coordinator, Martin 'eraghty and our Steering Committee Looee Okalik, Heather Angnatok, Alfred Moses, Catherine Barry, and Tunu Napartuk. (Looee, Catherine and Alfred also reviewed an early draft of this book.) Thank you Merrill Hammond and Rob Collins from the consultancy for Alternative Education (AE) in Montreal who coordinated the project and produced the materials, and Karrie Hammond Collins who helped code the interviews for Part 1.

Thanks also to Cindy Jennie of Iqaluit who evaluated the project, and to the staff of the First Nations and Inuit Health Branch of Health Canada for supporting the project.

## **How is this book organized**

Part 1 of this book contains short quotations from Elders' interviews divided into key themes that emerged from the interviews.

In Part 2, we present each Elder's complete interview.

The interviews from Puvirnituk were conducted in Inuktitut and appear here in both Inuktitut (Nunavik dialect) and English. Those from Aklavik, on the other hand, were conducted in English and appear here in English only. We hope that a full translation will be possible with further funding in the near future.

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# ontents

## Part 1: Themes that emerged from interviews with Elders

[illegible][illegible]

[illegible]

1. Lucy Amarualik ᐱᓯ ᐱᓴᑦᐱᓴᓐ
2. Mattiusi Amarualik ᐱᓴᓴᓴᓴᓐ
3. Mary Sallualuk Sivuarapik ᓴᓴᓴ ᓴᓴᓴᓴᓴᓐ ᓴᓴᓴᓴᓴᓐ
4. Addamie Putugu ᐱᓴᓴᓴ ᓴᓴᓴᓴᓐ
5. Leah Surusila ᓴᓴ ᓴᓴᓴᓴᓐ
6. Minnie Assappa ᓴᓴ ᐱᓴᓴᓴᓴᓐ
7. Putugu Qumaluk ᓴᓴᓴᓴᓐ ᓴᓴᓴᓴᓐ
8. Rebecca Ivilla ᓴᓴᓴᓴ ᐱᓴᓴᓴᓴᓐ
9. Niaqu Irqu ᓴᓴᓴᓴᓐ ᐱᓴᓴᓴᓴᓐ
10. Markoosie Nunga Kuananack ᐱᓴᓴ ᓴᓴᓴᓴᓴᓐ ᐱᓴᓴᓴᓴᓴᓐ
11. Daniel Aupalu ᓴᓴᓴᓴᓴ ᐱᓴᓴᓴᓴᓐ
12. Qumaaluk Tukalak ᓴᓴᓴᓴᓴᓐ ᓴᓴᓴᓴᓴᓐ
13. Leela Angutigirk ᓴᓴ ᐱᓴᓴᓴᓴᓴᓴᓐ
14. Peter Assappa ᐱᓴ ᐱᓴᓴᓴᓴᓴᓐ
15. Sarah Qumaluk ᓴᓴᓴ ᓴᓴᓴᓴᓴᓐ
16. Lizzie Sivuarapik ᓴᓴᓴ ᓴᓴᓴᓴᓴᓴᓐ
17. Juanasi Tulugak ᓴᓴᓴᓴᓴ ᓴᓴᓴᓴᓴᓐ

1. Annie B. Gordon .....
2. Danny A. Gordon .....
3. Arnold Archie .....
4. Emma Edwards .....
5. Mabel Firth .....
6. Moses Kayotuk ..... 1
7. Nellie Arey .....
8. Persis Dick ..... ,
9. Jane Tyrell .....
10. Ida Inglangasuk .....
11. Renie Stewart .....
12. John Storr .....
13. Hugh Papik .....
14. Donald Aviugana .....

## Resources



## Part 1:

## Themes that emerged from interviews with Elders

**ᐃᓄᐅᑦ ᐱᓂᑦ 1:**

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A cartoon illustration of a doctor in a white coat and green pants pointing at a 'No Smoking' sign. The sign features a red circle with a diagonal line through it over a cigarette icon. Two people, a man and a woman, are seen from behind, looking at the sign. They are standing on a wooden platform.

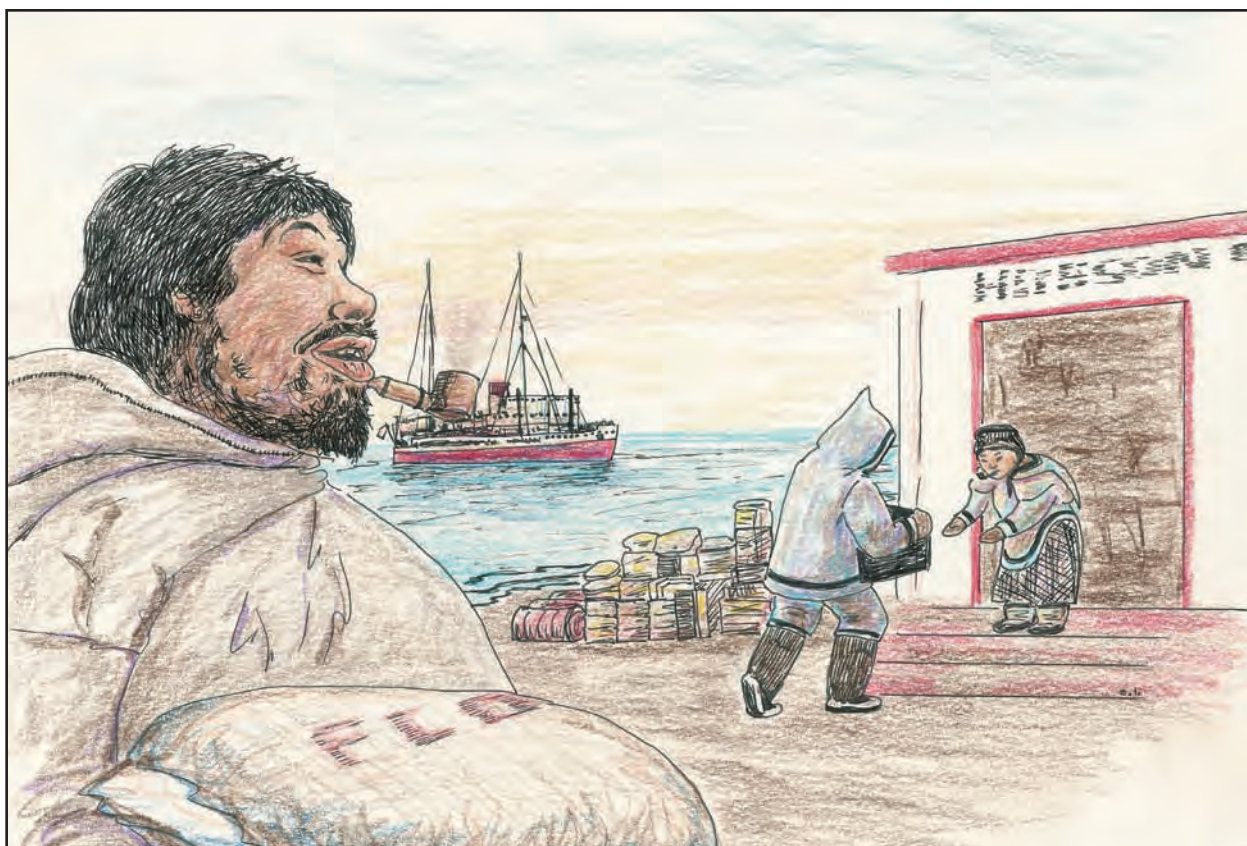


A small illustration showing a patient lying in a hospital bed, looking up at a healthcare professional (nurse or doctor) who is leaning over the bed, possibly checking the patient's vital signs or providing care. The patient is wearing a blue hospital gown, and the healthcare professional is wearing a pink coat. The bed has a green blanket and a white pillow. A small red box is visible on the wall in the background.





- When colonization came in tobacco came in...  
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## From Aklavik:

"Tobacco was first introduced here by the white people: traders and missionaries." **ellie Arey**

"Traders, missionaries and whalers brought tobacco here." **ohn torr**

"The fur traders and the store-owners were the ones who brought tobacco to the region." **Annie . ordon**

"Tobacco was first introduced to this region by fur traders, store merchants, and anyone who came to visit, whether it be for business or pleasure. They seemed to always have tobacco." **a dwards**

"I remember that when traders came by boats, they always brought tobacco or cigarettes. They would not hesitate to hand them out." **oses ayotuk**

"Tobacco came in with the boats and barges." **Persis ick**

"Back then there was already a lot of tobacco. Everyone smoked. My grandfather used a pipe, and he smoked a lot. From my memory, I can recall local stores always had tobacco: Hudson Bay Company, Stan Pepper's Store, and other traders." **Arnold Archie**

From Puvirnitug  $\gamma \Delta^{\epsilon} \sigma \gamma^{\epsilon}$

[illegible]

"When the colonization came in, the tobacco came in with them."

**Putugu u aluk**

[illegible]

"When colonization came in, things started to change – everything, food and the way we eat, that was when there were no more animals."

***eah urusila***

[illegible]

"The tobacco came to the north when the boats started to come here."

**ebecca villa**

[illegible]

"My first memory of tobacco is when my parents smoked rolling tobacco.... The colonies were already here."

*arah u aluk*

[illegible]

"People used to get sick only many years later. Some, they used to get sick from the products that the ship brought up here. The sickness came up north from the products."

**ucy A arualik**

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"Before, when there was no tobacco and store food, people were strong and less tired; less and less tired, and they were very strong."

*iaqu rqu*



' . They used to travel ar to get tobacco

$\mathcal{D}^{\mathfrak{a}} \mathcal{L}^{\mathfrak{c}} \mathcal{D} \mathcal{A} \mathcal{B} \mathcal{C} \mathcal{D}^{\mathfrak{e}} \mathcal{E} \mathcal{D}^{\mathfrak{f}} \mathcal{D}^{\mathfrak{c}} \quad \mathcal{D} \mathcal{K} \mathcal{P} \mathcal{C} \mathcal{L} \mathcal{D}^{\mathfrak{e}} \mathcal{D} \mathcal{I} \mathcal{O}^{\mathfrak{b}}$



## From Aklavik

"If we had to travel to get tobacco, it was by dog team, or by boat." **Arnold Archie**

"To get tobacco, we used to travel from our whaling camps at the coast to Aklavik. We used to use dog teams in the winter, and boats in the summer months." **ellie Arey**

"I grew up in Alaska, so we used to travel by dog sled to get supplies. Between the villages, there was a store. So people used to have to go there to get supplies. Sometimes, people would walk about 30 miles, just for a cigarette, or tobacco." **anny A. ordon**

"When we traveled, we'd have to come back to town to get supplies of tobacco for my dad." **Donald Aviugana**

"On special occasions, people would come in from bush camps and stock up on food and tobacco from the trading posts." *ohn torr*

"To get tobacco, we traveled about 16 miles to Aklavik. We traveled by dog teams, or we would travel by schooners (boats). People never really ran out of tobacco or cigarettes; there was always a supply in the community.... Places that sold tobacco were Semmler's store, Stan Mackie's General Store, also the hotels in Aklavik at that time."

**oses ayotuk**

"The supply was always there, as Aklavik was the regional centre for all services. We never had to travel to get tobacco. I grew up right in Aklavik, and the supply was always there." **Annie . ordon**

*(Note: This last point about “the supply was always there” was mentioned by almost all the Aklavik Elders.)*



. cigarettes came in a ter other orms o tobacco  
ṛḅṯḂḃṚḘḏḃṚḔḁ ḄṚᶦṚᵐᶑᶒ ḌḲḢḃṫḤḥḰḕḊḨ



## From Aklavik

"The Old Timers would smoke pipes and cigars. In those days, Elders would rub the tobacco with their hands to make it the right softness for smoking." *Annie . ordon*

"Women used pipes back then. They would also use chewing tobacco or snort snuff." **ohn torr**

"Most of the ladies smoked pipes, and used chewing tobacco." **ellie Arey**

"There were no cigarettes back then. My dad smoked a pipe with square blocked tobacco."  
**da nglangasuk**

"There was tobacco, cigars, and pipes. Supplies were brought in every spring." **ane yrell**

"If you smoked, it was always roll-your-own tobacco. Also, if people chewed tobacco, they would always spit anywhere."

**anny A. ordon**

"I can remember the Elders always had tobacco, chewing tobacco, and snuff. I can remember at the Hudson Bay Company, the main brand was Export A, and Player's Plain – the cigarettes had no filters on them." **a dwards**

"My Mom and Dad smoked. They used to roll their own with the tobacco that you have to cut up.... People chewed tobacco, used pipes, and cigars." **abel irth**



From Puvirnitug  $\gamma \Delta^{\epsilon} \sigma \gamma^b$

[illegible]

$\dot{L}d\tau \propto \omega_b \omega_c \tau_b \tau_c$   $d\tau \propto \omega_c \tau_c$

"My first memory of tobacco was when I was still on the back of my mother, in an amautik [woman's parka]. She was smoking a long twist of chewing tobacco."

**arkoosie unga uananack**

[illegible]

İNDİR 44245<sup>6</sup>

“When I was a child, I never saw a cigarette before. But I saw my grandfather’s bag that had 3 kinds of tobacco in it: chewing tobacco, a yellow that was called white, and the straight one.... I didn’t know what a cigarette looks like. They used to use rolling papers. There were different kinds of rolling papers: there were the thin papers and the thick papers. If the papers were thick, elders would say it tastes like paper. These are the stories I know about tobacco.... Women had small pipes with a cover, and men had the big ones without a cover. They were called the big ones and the small ones.”

**attiusi A arualik**

[illegible]

٥٦٦ ٥٦٦

"Puvirnituk was already settled and my parents used pipes and chewing tobacco."

### Putugu u aluk

[illegible]

57 1249A<sup>b</sup>

"The first time I saw a cigarette was in between 1950s and 1960s. I was about 12 or 13 years old."

***i ie ivuarapik***

[illegible] $C\sigma\Delta^c\epsilon \quad \Delta\Delta\Delta\Delta^b$ 

"I saw a cigarette for the first time around 1956, when they didn't have any filters yet."

**aniel Aupalu**

## . People got really addicted

$$\Delta \rightarrow \Delta^c \quad \triangleright \Delta \subseteq \subseteq \subseteq \triangleright^c \uparrow \downarrow^c$$


**From Aklavik: Everyone smoked**

"Everyone smoked. If you were an adult, then you smoked... Tobacco was really important to people. Yes, it was like their food. Everyone who smoked, always had a smoke. Even when people were diagnosed with TB, they would still struggle to have a smoke... The store merchant always had a cigarette in his mouth when serving customers. Caf waitresses also had a smoke in their mouth when working. That's how bad people were addicted. They smoked whenever and wherever." **Annie . ordon**

“Back then, everyone around me smoked. As we grew older, we just thought that it was the normal thing for adults. Everyone in the family – that was old enough, around 12 years or so – smoked. Tobacco was important to the people back then. Everyone smoked, and was really addicted. It was like their food, they had to have it daily. I can remember though, the ministers used to say that smoking was a sin.” **anny A. ordon**

"Everyone smoked... Tobacco was really important to us back then. Yes, we couldn't go without it. Once you started, you couldn't go without it. Just like craving for something sweet." **ellie arey**

"My mother, father, aunts and uncles all smoked." **oses ayotuk**



**. People got desperate when tobacco ran out**

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## From Aklavik

“So while in the bush, I ran out of cigarettes and tobacco. I had bad cravings. That is when I started pulling out the planks from the house floor. I would then pick all of the cigarette butts. After I picked enough that would hold me up for the day, then I would have that for the day. The next day it was the same thing: pull the planks, pick the butts. This would carry on until we were able to travel by boat on the river. Once we got to town, it was first priority to get some tobacco. Usually you would see someone, and the first thing you would ask for is a cigarette. You don’t even say hello!”

**anny A. ordon**

(Smoking butts was also mentioned by **oses ayotuk** and **ellie Arey**.)

“People would have long pipes made from willows. When there was no tobacco, after several times of using that pipe, they would cut the tip (the end that you puff from) and cut that up, as the nicotine would be at that end. After cutting that end off, they would cut it up and mix it with a little tobacco and then smoke it. This was very common in those days.” **Annie . ordon**

"If they couldn't get tobacco, people would try to smoke tea leaves, plants – anything they could get!" **ohn torr**







"My first experience with tobacco was when a guy offered me a smoke in Inuvik under the utilidor. That is my first memory. I became a regular smoker at the age of 12." **ugh Papik**

(Note: **a dwards** and **anny A. ordon** also started at age 12.)

When I was young, my father always handed out smokes to people. At the age of 10, my father was passing out cigarettes and he gave me one, since by then I had started smoking. I became a regular smoker at a very young age."

*oses ayotuk*

**From Puvirnitug**    > Δ<sup>ϵ</sup>σ ><sup>ϵ</sup><sub>b</sub>

[illegible]

٤٤٥٢ ٢٤٦<sup>٩٦</sup>

"I started hiding [to smoke] when I was 10–11 years old and when I was 17, I was told I could only start smoking when I can buy my own. So I started carving or selling sealskin and fox furs in order to buy cigarettes."

**uanasi ulugak**

[illegible]

٦٨٦ ٦٨٦

"I started to smoke when I was 22 years old, when I started to earn money from carving."

### Putugu u aluk

(Note: **innie Assappa** was also 22 when she started.)

[illegible]

AC 4525

"I smoked behind my mother's back. Maybe I was 20 years old and we had moved here to Puvirnitug."

**Peter Assappaq**

[illegible] $C\sigma A^c C \quad A D C \sigma^b$ 

"My uncle didn't want me to smoke behind their back, so I was given tobacco before I started... I was fifteen at the time"

**aniel Aupalu**

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Idr 99656 d4<sup>a</sup> 99656

**An exception from those days:**

"I started smoking between the ages of 4 and 6."

**arkoosie unga uananack**







"Children used to go for a walk and smoke. But then when they came home, the parents would smell it!"

**da nglangasuk**

"Young people would roll smokes and sneak, smoking in hiding, in trails, shacks, etc." **oses ayotuk**

"Children used to hide to smoke. They wanted to try it for themselves. But if they didn't hide, they would get a spanking!" *Persis ick*

“Even young people smoked. They would sneak [cigarettes or tobacco] if they didn’t get permission to smoke. If you as a young child approached a parent or elder to smoke, then you would be given permission to smoke, because you were brave enough to ask.” **Annie . ordon**

“Younger people waited until they were old enough to ask for permission. Young people who did not have permission to smoke, they sneaked [cigarettes] until they were brave enough to get permission.... For me, if I was caught smoking as a child, I would always get yelled at, or get a spanking. This was just for not listening.” **anny A. ordon**

### Different views:

“A lot of children smoked back then. Some families would let them smoke. They could just help themselves; the parents gave them cigarettes. Or children could buy smokes because there was no age restriction back then. That was in the late 1970s they put an age restriction.” *ohn torr*

"Some children used to smoke right out in the open." **ane yrell**

From Puvirnitug  $\gamma \Delta^{\epsilon} \sigma \gamma^{\epsilon}$

[illegible]

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"Me and my friends used to pretend fighting, on the ground, so we can pick up cigarette butts. When we had enough, we went outside behind a big rock to go smoke. Another time, me and a friend took a butt and we were caught. We were told that they would tell the police on us, so we got very scared. I was 16 at the time."

**uanasi ulugak**

“They didn’t want kids to smoke and kids didn’t smoke even until they were teenagers. They had fear and no choice; they had to obey their elders. But they used to smoke behind their backs. When they got caught, they were being disciplined physically so hard and they used to make the children eat cigarette butts. The way they disciplined was very dangerous.”

***eah urusila***

[illegible]

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[illegible][illegible]

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 D<sup>a</sup>L<sup>a</sup>L<sup>a</sup><sup>b</sup>b P<sup>a</sup>P<sup>a</sup>J<D<sup>a</sup>P<sup>a</sup>P<sup>c</sup>.  
*dj<sup>c</sup>*    *p<sup>b</sup>*

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 $\rho_{\mathcal{D}} \leq \rho_{\mathcal{D}} \quad [\rho_{\mathcal{D}} \leq \rho_{\mathcal{D}}]$

[illegible]

"[In the old days,] there were no cigarette butts so kids couldn't hide and steal. Later, when they stole and their parents found out, the kids almost got killed and the kids were so scared of their parents and others. They should do that today."

**ary allualuk ivuarapik**

"When their parents found out [they they had stolen cigarettes] they would put tobacco in their mouths to make them stop smoking."

**ucy A arualik**

“When the parents found out about their kids stealing smokes they would spank their butts and if the kids were older, they would talk to them. And the parents didn’t want their kids stealing smokes, so they would let them start smoking.”

**Adda ie Putugu**

"While my father was hunting, I remember stealing a tobacco in the can and rolled it thickly."

***i ie ivuarapik***

"I was not hiding and stealing tobacco – that was the rule when the cigarettes came in and the kids started stealing at that time."

**ary allualuk ivuarapik**

(Also mentioned by *ucy A arualik eah urusila* and *Putugu u aluk*.)

### Different views:

"As a child, I wasn't hiding from my parents [to smoke] because I was respecting them."

*u aaluk ukalak*

"I never did hiding [to smoke] and stealing [cigarettes from parents, etc.] before."

***innie Assappa***

"Some parents were even proud when their children started to smoke, telling their friends and family about it."

**uanasi ulugak**

A cartoon illustration of a doctor in a white coat and glasses pointing at a sign that reads "smoking is bad for your health". The sign also features a red circle with a diagonal line through it, indicating a prohibition. A man and a woman are sitting on a wooden bench in the foreground, looking at the sign. The man is wearing a blue jacket and the woman is wearing a purple jacket. The background is a simple, light-colored wall.

"People didn't know how dangerous it was in those days." **ellie arev**

**Donald Aviugana**

## From Puvirnitug ንጥንታዊ

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"My ancestors didn't know that tobacco was dangerous.  
They were just proud to have tobacco. They only found out  
it was dangerous when nurses doctors were there many,  
many years."

**uanasi ulugak**

"My parents didn't know that tobacco is dangerous. They  
both died from lung cancer. I learned only when the nurses  
were here in north that tobacco is dangerous."

**ebecca villa**

"The people didn't know that tobacco was dangerous. They  
thought it was good for the health – for example, like food  
is good for the health. I never heard that someone died  
from tobacco. The world was fine and the tobacco was fine,  
too, at that time."

**innie Assappa**

"Long ago, my mother and grandparents didn't know that  
tobacco was dangerous for the body. I never heard if the  
cigarette was causing sickness or was dangerous, and I  
can't remember."

**arah u aluk**

"I don't remember if they knew tobacco was dangerous  
but my grandmother died in 1973 when she was 67 years  
old because of tobacco. The nurse told us that her health  
condition got worse when new cigarettes arrived."

**eah urusila**

"My parents didn't know that tobacco is dangerous but as  
they say now that tobacco back then didn't have too many  
chemicals like it has now. So maybe it was less dangerous  
than it is now."

**u aaluk ukalak**

"People never knew that tobacco was dangerous, so they  
just smoked." **attiusi A arualik** (Also mentioned by  
**Adda ie Putugu arkoosie unga uananack Putugu  
u aluk aniel Aupalu and Peter Assappaq.**)

### A different view:

"People knew tobacco was dangerous for them but they  
were addicted to tobacco and cannot quit."

**eela Angutigirk**





*Note: Interestingly, not one comment about this theme appeared in the Aklavik interviews. This was a very clear regional difference that emerged from the interviews.*

## From Puvirnituk ᐱᓄᓐ

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"Nobody got sick from tobacco, that time."

**innie Assappa**

(Also mentioned by **Putugu u aluk.**)

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"People back then didn't get sick because of tobacco. I think tobacco was less dangerous then because maybe they didn't add different chemicals."

**Peter Assappaq**

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"People used to get sick only many years later."

**ucy A arualik**

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"I don't really know if the smokers then were more sick than non-smokers."

**u aaluk ukalak**

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"People were less sick back then than now."

**ebecca villa**

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"Tobacco didn't cause a sickness at all; it made people awake."

**iaqu rqu**

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"The tobacco users were not sick; they were just sleepy, wanting to smoke badly."

**attiusi A arualik**

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"We never had sickness. The sickness came from Qallunaat [white people]. I'm telling the truth that the flu came in with Qallunaat and with teachers."

**ary allualuk ivuarapik**

# 1 . Today we know how dangerous tobacco is ᐅᓕᓗᑦ ᖃᐅᐱᑦᑕᑦᑕᑦ ᖃᓕᓗᐱᑦᑕᑦ ᑕᑕᑦᑕ ᐱᓕᑕᓕᑦᑕᑦᑕᑦ!



## From Aklavik

"Younger people should be able to make a wiser choice now. So much awareness is out there now. Even today, there needs to be more awareness, especially in relation to cancer.... Now I know tobacco is dangerous, but back then, no information was given to people to warn them of the health hazards of smoking. There was NO law against buying tobacco, you could buy it at any age, it was totally up to the store owner." **Annie . ordon**

"The people only started finding out about smoking-related sicknesses in the 1950s." **abel irth**





A caricature of a man with a cigarette in his mouth, wearing a white shirt with a red collar and a red lanyard. The drawing is signed 'C.I.' in the bottom right corner.

## These days...

"If you decide to start smoking, be sure that you have the dollars to smoke as tobacco nowadays is very expensive."

"Today I don't care to smoke. I don't care for it no more. It's too expensive today." **Arnold Archie**

(Note: "Too expensive" was also mentioned by **abel irth ane yrell** and **ugh Papik**.)

24



## 1 . Elders' advice about how to quit smoking

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ΔΔΔΔΔ ΔΔΔΔΔ ΔΔΔΔΔ ΔΔΔΔΔ





From Puvirnitug  $\gamma \Delta^{\epsilon} \sigma \gamma^b$

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$$dL^C \supseteq b_{\infty}^b$$
[illegible]

ΔΔ<sup>c</sup>c<sup>9b</sup>

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 ልማትና ልማት ልማት ልማት.

٤٤٥٢ ٢٣٦<sup>٦٦</sup>

$$\Delta_{\mathfrak{m}^b} \quad \mathfrak{m}^{\mathfrak{c}} \mathfrak{b} \mathfrak{p} \mathfrak{l} \mathfrak{r} \mathfrak{d}^{\mathfrak{c}} \mathfrak{b}^{\mathfrak{c}} \mathfrak{l}^{\mathfrak{c}} \quad \mathfrak{m}^{\mathfrak{c}} \mathfrak{b} \mathfrak{c}^{\mathfrak{b}} \mathfrak{l} \mathfrak{d} \mathfrak{p} \mathfrak{s}.$$
 $C\sigma\Delta^c\epsilon \quad \Delta\Delta\Delta\Delta^b$ 

$P_{\alpha} \Delta^{\alpha} q^{\beta} \quad \Delta^{\beta} \Gamma^{\alpha} P_{\alpha} \sigma \quad \omega^{\beta} P^{\alpha} q^{\alpha} \omega^{\beta} \quad J L^{\alpha} \epsilon_{\alpha} \Delta P \sigma.$   
 $J L^{\alpha} \sigma^{\beta} \omega^{\beta} \Gamma^{\alpha} \omega^{\beta} \quad \omega^{\beta} P^{\alpha} q^{\alpha} \omega^{\beta} \Gamma^{\alpha} \omega^{\beta}.$

4<sup>c</sup>CT > 2J<sup>5b</sup>

Δ64C▷JL▷N<sup>C</sup>

[illegible] $C\sigma\Delta^c\sigma \quad \Delta\Delta\Delta\Delta^b$ 

**dN J<sup>c</sup> Δb<sup>r</sup>C▷JL<sup>r</sup>L<sup>r</sup>L<sup>r</sup>ᄆ ᄇ<sup>r</sup>b<sup>r</sup>G<sup>r</sup>D<sup>r</sup>N<sup>r</sup>ᄃ.**

Idr 9966 d4<sup>a</sup> 9966

[illegible]

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[illegible]

$\Delta C \approx 4^{56} \lesssim$

## Make up your mind to do it

"It wasn't hard for me to quit smoking; I just threw away the ashtray and stopped."

***u aaluk ukalak***

"I stopped smoking last year. The nurses had to force me for a long period of time, and when I decided to quit I stopped it quickly.... If you want to quit smoking you have to stop thinking of it. Stop it quickly instead of quitting it slowly."

***ebecca villa***

"I quit as soon as I thought about quitting it, because if I only thought about it, it wouldn't happen."

**uanasi ulugak**

"A person has to want to quit in order to quit."

**aniel Aupalu**

"A person could stop on their own if their mind is willing to do it. If the person does not have the will to stop, he she won't stop."

**Adda ie Putugu**

## Ask or help

"Another thing I want to say is there should be a Tobacco Cigarette Anonymous, like there is Alcoholics Anonymous."

***aniel Aupalu***

"I asked God to help me quit."

**arkoosie unga uananack**

"I prayed to God to help me quitting it and I said: God, You see me but I can't see You. I want to quit; please help me.' If a person is serious, he she can quit the same way I did. I succeeded; anybody can succeed."

**ary allualuk ivuarapik**

"Or you could go to the hospital and ask for nicotine patches and buy some gum."

**Peter Assappaq**



[illegible][illegible][illegible]

Δδ<sup>c</sup>εηδγρδςδσ<sup>c</sup>ε ρβτδΓβ ΔΛδΔ<sup>α</sup>εδβ<sup>c</sup>ςδτ<sup>c</sup>δ<sup>β</sup>ς  
 ρβτδρλρδδς<ς.

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

## se quitting tips

"I can see if someone is quitting he she should carry a pack of gum. It's like you are carrying a cigarette. And when you are trying to quit, avoid people who smoke."

**Adda ie Putugu**

"Candies helped me quit."

**arkoosie unga uananack**

"My advice to reduce smoking cigarettes is to drink lots of water especially when a person is tempted to smoke a cigarette."

**eah urusila**

"My advice on how to reduce cigarette use is to drink water then work outside, like shoveling or cleaning around the house. Keep your mind busy on other things. Another advice is to go walking and leave your cigarettes behind."

**uanasi ulugak**

"If someone asks me how to quit smoking, I would say: Have a partner [friend buddy] who doesn't smoke or use chewing gum often and drink lots of cold water. Also, go outside for fresh air."

**arah u aluk**

## Relapse is a normal part of recovery

"I did quit smoking several times and then went back again. When I stop smoking, I mostly sleep all day. The doctors ask me to stop smoking but I can't stop smoking..."

## Putugu u aluk

"When I got a severe cold and severe coughing I stopped smoking for a while then started again."

*iaqu rqu*

"I stopped smoking twice, but when I started again I smoked more than usual. I don't want to be a smoker even though I smoke."

**ucy A arualik**







[illegible][illegible]
$$C\sigma\Delta^c\epsilon \quad \Delta\Delta\Delta\Delta^b$$

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Δ<sub>6</sub>Δ<sub>7</sub>Δ<sub>8</sub>Δ<sub>9</sub>Δ<sub>10</sub>Δ<sub>11</sub>Δ<sub>12</sub>Δ<sub>13</sub>Δ<sub>14</sub>Δ<sub>15</sub>Δ<sub>16</sub>Δ<sub>17</sub>Δ<sub>18</sub>Δ<sub>19</sub>Δ<sub>20</sub>Δ<sub>21</sub>Δ<sub>22</sub>Δ<sub>23</sub>Δ<sub>24</sub>Δ<sub>25</sub>Δ<sub>26</sub>Δ<sub>27</sub>Δ<sub>28</sub>Δ<sub>29</sub>Δ<sub>30</sub>Δ<sub>31</sub>Δ<sub>32</sub>Δ<sub>33</sub>Δ<sub>34</sub>Δ<sub>35</sub>Δ<sub>36</sub>Δ<sub>37</sub>Δ<sub>38</sub>Δ<sub>39</sub>Δ<sub>40</sub>Δ<sub>41</sub>Δ<sub>42</sub>Δ<sub>43</sub>Δ<sub>44</sub>Δ<sub>45</sub>Δ<sub>46</sub>Δ<sub>47</sub>Δ<sub>48</sub>Δ<sub>49</sub>Δ<sub>50</sub>Δ<sub>51</sub>Δ<sub>52</sub>Δ<sub>53</sub>Δ<sub>54</sub>Δ<sub>55</sub>Δ<sub>56</sub>Δ<sub>57</sub>Δ<sub>58</sub>Δ<sub>59</sub>Δ<sub>60</sub>Δ<sub>61</sub>Δ<sub>62</sub>Δ<sub>63</sub>Δ<sub>64</sub>Δ<sub>65</sub>Δ<sub>66</sub>Δ<sub>67</sub>Δ<sub>68</sub>Δ<sub>69</sub>Δ<sub>70</sub>Δ<sub>71</sub>Δ<sub>72</sub>Δ<sub>73</sub>Δ<sub>74</sub>Δ<sub>75</sub>Δ<sub>76</sub>Δ<sub>77</sub>Δ<sub>78</sub>Δ<sub>79</sub>Δ<sub>80</sub>Δ<sub>81</sub>Δ<sub>82</sub>Δ<sub>83</sub>Δ<sub>84</sub>Δ<sub>85</sub>Δ<sub>86</sub>Δ<sub>87</sub>Δ<sub>88</sub>Δ<sub>89</sub>Δ<sub>90</sub>Δ<sub>91</sub>Δ<sub>92</sub>Δ<sub>93</sub>Δ<sub>94</sub>Δ<sub>95</sub>Δ<sub>96</sub>Δ<sub>97</sub>Δ<sub>98</sub>Δ<sub>99</sub>Δ<sub>100</sub>Δ<sub>101</sub>Δ<sub>102</sub>Δ<sub>103</sub>Δ<sub>104</sub>Δ<sub>105</sub>Δ<sub>106</sub>Δ<sub>107</sub>Δ<sub>108</sub>Δ<sub>109</sub>Δ<sub>110</sub>Δ<sub>111</sub>Δ<sub>112</sub>Δ<sub>113</sub>Δ<sub>114</sub>Δ<sub>115</sub>Δ<sub>116</sub>Δ<sub>117</sub>Δ<sub>118</sub>Δ<sub>119</sub>Δ<sub>120</sub>Δ<sub>121</sub>Δ<sub>122</sub>Δ<sub>123</sub>Δ<sub>124</sub>Δ<sub>125</sub>Δ<sub>126</sub>Δ<sub>127</sub>Δ<sub>128</sub>Δ<sub>129</sub>Δ<sub>130</sub>Δ<sub>131</sub>Δ<sub>132</sub>Δ<sub>133</sub>Δ<sub>134</sub>Δ<sub>135</sub>Δ<sub>136</sub>Δ<sub>137</sub>Δ<sub>138</sub>Δ<sub>139</sub>Δ<sub>140</sub>Δ<sub>141</sub>Δ<sub>142</sub>Δ<sub>143</sub>Δ<sub>144</sub>Δ<sub>145</sub>Δ<sub>146</sub>Δ<sub>147</sub>Δ<sub>148</sub>Δ<sub>149</sub>Δ<sub>150</sub>Δ<sub>151</sub>Δ<sub>152</sub>Δ<sub>153</sub>Δ<sub>154</sub>Δ<sub>155</sub>Δ<sub>156</sub>Δ<sub>157</sub>Δ<sub>158</sub>Δ<sub>159</sub>Δ<sub>160</sub>Δ<sub>161</sub>Δ<sub>162</sub>Δ<sub>163</sub>Δ<sub>164</sub>Δ<sub>165</sub>Δ<sub>166</sub>Δ<sub>167</sub>Δ<sub>168</sub>Δ<sub>169</sub>Δ<sub>170</sub>Δ<sub>171</sub>Δ<sub>172</sub>Δ<sub>173</sub>Δ<sub>174</sub>Δ<sub>175</sub>Δ<sub>176</sub>Δ<sub>177</sub>Δ<sub>178</sub>Δ<sub>179</sub>Δ<sub>180</sub>Δ<sub>181</sub>Δ<sub>182</sub>Δ<sub>183</sub>Δ<sub>184</sub>Δ<sub>185</sub>Δ<sub>186</sub>Δ<sub>187</sub>Δ<sub>188</sub>Δ<sub>189</sub>Δ<sub>190</sub>Δ<sub>191</sub>Δ<sub>192</sub>Δ<sub>193</sub>Δ<sub>194</sub>Δ<sub>195</sub>Δ<sub>196</sub>Δ<sub>197</sub>Δ<sub>198</sub>Δ<sub>199</sub>Δ<sub>200</sub>Δ<sub>201</sub>Δ<sub>202</sub>Δ<sub>203</sub>Δ<sub>204</sub>Δ<sub>205</sub>Δ<sub>206</sub>Δ<sub>207</sub>Δ<sub>208</sub>Δ<sub>209</sub>Δ<sub>210</sub>Δ<sub>211</sub>Δ<sub>212</sub>Δ<sub>213</sub>Δ<sub>214</sub>Δ<sub>215</sub>Δ<sub>216</sub>Δ<sub>217</sub>Δ<sub>218</sub>Δ<sub>219</sub>Δ<sub>220</sub>Δ<sub>221</sub>Δ<sub>222</sub>Δ<sub>223</sub>Δ<sub>224</sub>Δ<sub>225</sub>Δ<sub>226</sub>Δ<sub>227</sub>Δ<sub>228</sub>Δ<sub>229</sub>Δ<sub>230</sub>Δ<sub>231</sub>Δ<sub>232</sub>Δ<sub>233</sub>Δ<sub>234</sub>Δ<sub>235</sub>Δ<sub>236</sub>Δ<sub>237</sub>Δ<sub>238</sub>Δ<sub>239</sub>Δ<sub>240</sub>Δ<sub>241</sub>Δ<sub>242</sub>Δ<sub>243</sub>Δ<sub>244</sub>Δ<sub>245</sub>Δ<sub>246</sub>Δ<sub>247</sub>Δ<sub>248</sub>Δ<sub>249</sub>Δ<sub>250</sub>Δ<sub>251</sub>Δ<sub>252</sub>Δ<sub>253</sub>Δ<sub>254</sub>Δ<sub>255</sub>Δ<sub>256</sub>Δ<sub>257</sub>Δ<sub>258</sub>Δ<sub>259</sub>Δ<sub>260</sub>Δ<sub>261</sub>Δ<sub>262</sub>Δ<sub>263</sub>Δ<sub>264</sub>Δ<sub>265</sub>Δ<sub>266</sub>Δ<sub>267</sub>Δ<sub>268</sub>Δ<sub>269</sub>Δ<sub>270</sub>Δ<sub>271</sub>Δ<sub>272</sub>Δ<sub>273</sub>Δ<sub>274</sub>Δ<sub>275</sub>Δ<sub>276</sub>Δ<sub>277</sub>Δ<sub>278</sub>Δ<sub>279</sub>Δ<sub>280</sub>Δ<sub>281</sub>Δ<sub>282</sub>Δ<sub>283</sub>Δ<sub>284</sub>Δ<sub>285</sub>Δ<sub>286</sub>Δ<sub>287</sub>Δ<sub>288</sub>Δ<sub>289</sub>Δ<sub>290</sub>Δ<sub>291</sub>Δ<sub>292</sub>Δ<sub>293</sub>Δ<sub>294</sub>Δ<sub>295</sub>Δ<sub>296</sub>Δ<sub>297</sub>Δ<sub>298</sub>Δ<sub>299</sub>Δ<sub>300</sub>Δ<sub>301</sub>Δ<sub>302</sub>Δ<sub>303</sub>Δ<sub>304</sub>Δ<sub>305</sub>Δ<sub>306</sub>Δ<sub>307</sub>Δ<sub>308</sub>Δ<sub>309</sub>Δ<sub>310</sub>Δ<sub>311</sub>Δ<sub>312</sub>Δ<sub>313</sub>Δ<sub>314</sub>Δ<sub>315</sub>Δ<sub>316</sub>Δ<sub>317</sub>Δ<sub>318</sub>Δ<sub>319</sub>Δ<sub>320</sub>Δ<sub>321</sub>Δ<sub>322</sub>Δ<sub>323</sub>Δ<sub>324</sub>Δ<sub>325</sub>Δ<sub>326</sub>Δ<sub>327</sub>Δ<sub>328</sub>Δ<sub>329</sub>Δ<sub>330</sub>Δ<sub>331</sub>Δ<sub>332</sub>Δ<sub>333</sub>Δ<sub>334</sub>Δ<sub>335</sub>Δ<sub>336</sub>Δ<sub>337</sub>Δ<sub>338</sub>Δ<sub>339</sub>Δ<sub>340</sub>Δ<sub>341</sub>Δ<sub>342</sub>Δ<sub>343</sub>Δ<sub>344</sub>Δ<sub>345</su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[illegible]
$$dL^C \supseteq b^b$$
[illegible]

CP 1945A<sup>b</sup>

[illegible]

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Cd<sup>a</sup> q<sup>c</sup> y<sup>b</sup> j<sup>d</sup> d<sup>e</sup> c<sup>f</sup> Cc<sup>g</sup> h<sup>i</sup>,  
q<sup>j</sup> r<sup>k</sup> s<sup>l</sup> t<sup>m</sup> u<sup>n</sup> v<sup>o</sup> w<sup>p</sup>, q<sup>r</sup> s<sup>t</sup> u<sup>v</sup> w<sup>x</sup>  
y<sup>z</sup> aa<sup>b</sup> bb<sup>c</sup> cc<sup>d</sup> dd<sup>e</sup> ee<sup>f</sup>. Δ<sup>g</sup> ab<sup>c</sup>  
cd<sup>e</sup> ef<sup>g</sup> gh<sup>i</sup> ij<sup>k</sup> ll<sup>m</sup> mm<sup>n</sup> nn<sup>o</sup>  
op<sup>q</sup> rr<sup>s</sup> ss<sup>t</sup> tt<sup>u</sup> vv<sup>w</sup> xx<sup>y</sup> yy<sup>z</sup>

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[illegible]

4<sup>c</sup>CT 22J<sup>56</sup>

"Don't smoke too much. Or you could go to the hospital and ask for nicotine patches and buy some gum. This would be my advice to reduce smoking."

**Peter Assappaq**

"Another thing I want to say is there should be a Tobacco Cigarette Anonymous, like there is Alcoholics Anonymous. That would probably help a lot of people put an action to quitting, not just saying it."

**aniel Aupalu**

"People regret that they started smoking cigarettes. I would tell them to quit."

**eela Angutigirk**

"I believe that tobacco is dangerous as everybody says. Cigarettes are also very expensive now. And for kids who smoke behind their parents, cigarettes are very dangerous for their health because their bodies are still growing."

*u aaluk ukalak*

"I have an opinion that a pack of cigarettes is very expensive. The price is bad, so I think at least if anybody else could be able to quit smoking..."

***i ie ivuarapik***

"People have to learn more about cigarettes and how it can affect the body. They could even make a schedule to teach how it affects us, because the human body is valuable."

***eah urusila***

"If there is a tobacco project like making a video, or posters, etc., some people would smoke less cigarettes. At least once in a while it would be good to tell people that smoking cigarettes is dangerous so they would smoke less..."

**ucy A arualik**

"I quit smoking and I thought if I quit I would live longer. When I smell it, it tastes awful. I didn't believe people saying that – that smoke smells awful. But I'm a quitter and I believe them now! I was hooked on smoking but now that I don't smoke anymore it smells awful."

### Adda ie Putugu

[illegible]

Γσ Δ<sup>95</sup>Κ<sup>96</sup>

[illegible] $\sigma \Delta^{5d5b} \quad \Delta^{55d5b}$ [illegible]

Idr 2006 2006

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የሚችል

$\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣  
 $\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣  
 $\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣  $\Delta \omega^C$  ንፍልጥ፣

"I have words about smoking. If a person can quit smoking, he she can quit. I don't mind if I'm smoker or non-smoker. People are equal. If a person can stop, stop if he she wants to. I don't know how to talk about a person who wants to cut down smoking or stop smoking, because they just continue smoking even if they are asked to stop smoking."

***innie Assappa***

"I sometimes advise some people who can't stop smoking because some want to smoke so much and some can't quit at all."

*iaqu rqu*

"I don't know how to give advice on how to reduce cigarette use because everyone is smoking, even little kids. But I would put the cost of cigarettes very high, like \$100 a pack. People wouldn't be able to afford it if it was very expensive."

*arkoosie unga uananack*

"Long ago, my mother and grandparents didn't know that tobacco was dangerous for the body."

**arah u aluk**

"People never knew that tobacco was dangerous. Nowadays they know it, that tobacco is dangerous."

## Putugu u aluk



# Part 2:

## Elders' memories

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Elders from Puvirnituk  
>ᐱᐱᐱᐱᐱᐱ







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The people used to search for tobacco crumbs everywhere they could. I've seen them that they wanted tobacco so badly and when they're out of tobacco they would search for tobacco crumbs on the mat of twigs, and they even used a needle to pick up tobacco crumbs. People really wanted to smoke so bad...

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People used to get sick only many years later. Some, they used to get sick from the products that the ship brought up here. The sickness came up north from the products.

ፈጠራ ስላንገራል ስላንገራል ስላንገራል... ጋር ስላንገራል ስላንገራል ስላንገራል... ጋር ስላንገራል ስላንገራል ስላንገራል... ጋር ስላንገራል ስላንገራል ስላንገራል...

I remember kids hiding and stealing cigarettes. When their parents found out they would put tobacco in their mouths to make them stop smoking. I don't remember if they did quit.

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I stopped smoking twice, but when I started again I smoked more than usual. I don't want to be a smoker even though I smoke. My heart is too weak to use a [nicotine] patch: that's what the nurse told me and they refused to give me some patches.

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If there is a tobacco project like making a video, or posters, etc., some people would smoke less cigarettes. At least once in a while it would be good to tell people that smoking cigarettes is dangerous so they would smoke less...



ÌNUP 4LP4C

Δαεεεεεεεε εεεεεε 1933-εεεεεε

## Mattiusi Amarualik

Born on October 10, 1933  
in Puvimittuq

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[εεεεεεεεεεεε εεεεεεεε].

When I was a child, I never saw a cigarette before. But I saw my grandfather's bag that had three kinds of tobacco in it: chewing tobacco, a yellow that was called white, and the straight one. I'd never seen or heard of tobacco, but they were big squares that had to be ground. I didn't know what a cigarette looks like.

They used to use rolling papers. There were different kinds of rolling papers: there were the thin papers and the thick papers. If the papers were thick, elders would say it tastes like paper. These are the stories I know about tobacco.

People never knew that tobacco was dangerous, so they just smoked.

My grandfather and my grandmother would even start scraping their pipes, then chew the scrapings [to extract the nicotine].







[illegible]

When tobacco users smoked and drank tea they couldn't sleep.

ᐃᑭᑭᑦᑐᐱᐱᑦᑕᑦᑐᑦ ᑭᑭᐱᑦᑭᑦᑐᑦᑕᑦ ᑭᑭᑭᑦᑐᑦᑕᑦ  
ᑐᑦᑭᑦᑭᑦᑐᑦᑕᑦᑐᑦ.

The price was so cheap and the cigarettes got there after tobacco.

[illegible]

There were no cigarette butts so kids couldn't hide and steal. When they stole and their parents found out, the kids almost got killed and the kids were so scared of their parents and others. They should do that today.

[illegible]

We never had sickness. The sickness came from Qallunaat [white people]. I'm telling the truth that the flu came in with Qallunaat and with teachers.

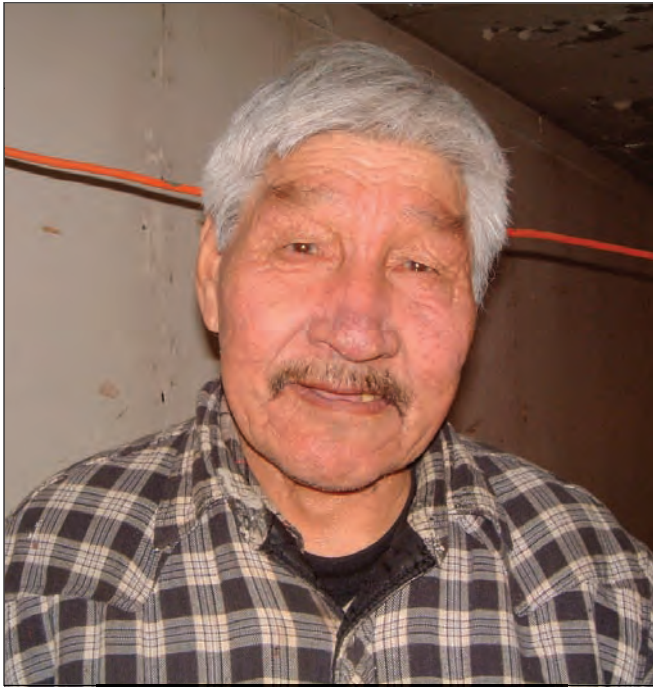
[illegible]

I quit smoking because it's not important to me. I thought I was going to die because of it. I was getting old and I tried so hard to try to quit it. I prayed to God to help me quitting it and I said: "God, You see me but I can't see You. I want to quit; please help me."

If a person is serious he she can quit the same way I did. I succeeded; anybody can succeed.

དཔུལ་ཅད་འཁོར་པ་ རྩོམ་པ་ལྟར་ལྟོ་ལྟོ་ ལྟོ་  
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 འཁོར་པ་ལྟོ་ལྟོ་ལྟོ་ལྟོ་ འཁོར་པ་ལྟོ་  
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 འཁོར་པ་ལྟོ་ལྟོ་ལྟོ་ལྟོ་ འཁོར་པ་ལྟོ་

The young people don't have such a hard time to quit smoking as the old ones. The more you are getting old the more you are hooked on it. Please quit before you are getting old.



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ᐅᐅᐅᐅᐅ 9, 1934-ᐅ.

## Addamie Putugu

Born on August 9, 1934  
in Kuugaaluk, south of Puvirnituq.

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ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅᐅᐅ.  
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I've seen different kinds of tobaccos: the long ones, the curved  
chewing tobacco, and the tobacco that had to be ground. I've  
seen them in the store.

1949-ᐅ [15-ᐅᐅ ᐅᐅᐅᐅᐅᐅ] ᐅᐅᐅᐅᐅᐅᐅᐅᐅ  
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ᐅᐅᐅᐅᐅᐅᐅ, ᐃᐅᐅᐅ ᐅᐅᐅᐅ.

Before 1949 [age 15] I was thinking to start smoking. I was a  
non-smoker. Sometimes I would steal, sometimes I didn't.

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When the parents found out about their kids stealing smokes  
they would spank their butts and if the kids were older, they  
would talk to them. And the parents didn't want their kids  
stealing smokes, so they would let them start smoking.

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ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.

The people would go to Kangirsuruak by foot just to have some  
smokes from others because they can't get tobacco just like  
that, so they just bum from others. They wouldn't come back  
the same day.

[illegible]

The tobacco was so important to old people. They used to keep the tobacco in their pockets and when they're out of tobacco, they would cut the part of their pocket then they put it in their mouths. And when they don't have anything to smoke they would sleep all day long.

[illegible]

I don't really know exactly what the price was but a pack of cigarettes cost 44 cents that time. The pack of cigarettes is very expensive right now.

ጋር ያገኛል። ለዚህም ምሳሌ ሆኖ ማሳሰብ ይገባል።

Nobody knew that tobacco was dangerous.

[illegible]

When they smoke for a period of time, they get sick. Some used to get TB and they would cough and spit the black stuff out of their mouths.

ጋረዖሮቻችን ሕገመንግሥቱን ያጥቃሉ ምንም ዓይነት ሥልጣንም የሌለው ሲሆን፣ ለጥቅም ስራዎች ለሕዝቡ ምክር ቤት ማቅረብ አይችሉም፡፡ ለዚህም ምሳሌ ለጥቅም ስራዎች ለሕዝቡ ምክር ቤት ማቅረብ አይችሉም፡፡ ለዚህም ምሳሌ ለጥቅም ስራዎች ለሕዝቡ ምክር ቤት ማቅረብ አይችሉም፡፡

I quit smoking and I thought if I quit I would live longer. When I smell it, it tastes awful. I didn't believe people saying that – that smoke smells awful. But I'm a quitter and I believe them now! I was hooked on smoking but now that I don't smoke anymore it smells awful.

የፌዴራል ልምድ ልማትና የፍትሕ ምክር ቤቶች ሥልጣን ማረጋገጥ  
 ማረጋገጥና የፍትሕ ምክር ቤቶች ሥልጣን ማረጋገጥ

A person could stop on their own if their mind is willing to do it.  
If the person does not have the will to stop, he/she won't stop.

[illegible]

The people would smoke less if the price is increased and they wouldn't have money to buy expensive cigarettes.

[illegible]

A person cannot stop just like that. And if you are a hunter and hunting with someone else who smokes it doesn't help. You have to be alone when you are trying to quit. I can see if someone is quitting he/she should carry a pack of gum. It's like you are carrying a cigarette. And when you are trying to quit, avoid people who smoke.

[illegible]

ՀԱՅՏՈՒ ԱԶԵՐԻ ՀԱՄԱՐՈՒ ՈՐԴԱԴ 7. 1944-Դ.

# Leah Surusila

Born on December 7, 1944  
in Puvirnitug.

[illegible]

I don't remember how cigarettes started, but there were different kinds of tobacco. I'm able to remember tobacco and chewing tobacco that has to be ground. The names of tobacco weren't many, but I remember the chewing tobacco because my mother used to chew a tobacco. There was also a container of tobacco named Export A.

[illegible]

Those who used tobacco would go buy it in Kangirsuruak (Shallow Bay), south of Puvirnituq. I remember they wanted it so much, they had to travel there to buy tobacco, tea, Tenderflake, baking powder, salt and flour.

[illegible]

Me, I didn't pay attention to tobacco but I remember my mother and my father used to smoke tobacco, especially my mother. I remember that people really wanted tobacco. They even used to pick up tobacco crumbs with a needle. Even though my mother wanted to have tobacco so much she didn't want me to take cigarettes and I don't smoke up to today. She didn't explain to me why she didn't want me to take it. I feared my mother because she is my mother.

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I don't remember my grandparents because they died before  
 I was born. A person smoking tobacco was so weird to me,  
 because I thought when they inhale it they inhaled the ember.

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Even if I don't use tobacco, it is very, very important to me. I  
 understand that it is dangerous to humans. That is why it is so  
 important.

ከገናኖቼ ጋር ሲነገሩኝ፣ ልጄን ለማወቅ  
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 ሳይታወቅም ሳይታወቅም ሳይታወቅም

I never smoked tobacco, never in my life. But I like the smell of  
 smoke only when it's far; when it's near I don't like the smell.

ከገናኖቼ ጋር ሲነገሩኝ፣ ልጄን ለማወቅ  
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 ሳይታወቅም ሳይታወቅም ሳይታወቅም

I don't remember if they knew tobacco was dangerous but my  
 grandmother died in 1973 when she was 67 years old because  
 of tobacco. The nurse told us that her health condition got  
 worse when new cigarettes arrived.

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When I heard about the "Stay Quit to Win Challenge" I was  
 thinking that people who never smoked in their lives would do  
 some challenges too.

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When people smoke in their furnace room, the people receive  
 second hand smoke even though he she's not taking a  
 cigarette.

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My mother didn't used to hang with the gamblers because the  
 smell of cigarettes was awful.

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 ሳይታወቅም ሳይታወቅም ሳይታወቅም  
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The people wanted to smoke cigarettes a lot and they didn't  
 used to say quit smoking. They didn't want kids to smoke and  
 kids didn't smoke even until they were teenagers. They had  
 fear and no choice; they had to obey their elders. But they used  
 to smoke behind their backs. When they got caught, they were  
 being disciplined physically so hard and they used to make the  
 children eat cigarette butts. The way they disciplined was very  
 dangerous.



[illegible]

Children started to steal cigarettes in between 1970 and 1990. Those who are a bit older than me started this situation. Me, I didn't used to go out anywhere until I was 14 years old.

[illegible]

People who don't smoke know it is dangerous. There are very few people who don't smoke, or never smoked in their lives. I wish they could get a certificate and the kids would see that handed out so they could have a good role model.

ᐃᓕᓗᑦ, ᖃᐅᐱᒪᓕᓴᑦ ᑲᐅᐱᓂᑦ ᐱᓕᐱᓂᓄᓇᓈᓂᐅ, ᖃᓄᖃ  
ᐅᑦᑲᑲᑦ ᑲᓴᓂᓄᓇᓈᓂᐅ.

In these days, we now know how cigarette is dangerous, how it affects the whole body.

[illegible]

I first understood that cigarettes were dangerous when the nurse told us that my mother's health condition got worse because of tobacco. That's how she died.

[illegible]

Me, I usually think if a person smokes cigarettes 2 or 3 times a day then they are smoking too much. I also think that if people's clothes smell of cigarettes so much, he or she shouldn't be smoking anymore.

[illegible]

There are a lot of people who are on diet instead of smoking cigarettes, because some people say "I gain weight when I'm not smoking cigarettes." My advice to reduce smoking cigarettes is to drink lots of water especially when a person is tempted to smoke a cigarette.

[illegible]

Maybe most people know that cigarettes are dangerous, but why the nurses and doctors aren't doing anything like reducing chemicals in cigarettes? People also have to learn more about cigarettes and how it can affect the body. They could even make a schedule to teach how it affects us, because the human body is valuable.

[illegible]

I remember that people were so desperate to smoke cigarettes, they even used to look for the spot where someone was smoking to pick up some cigarette butts and when there were some butts they would smoke them again. When they had bought tobacco and flour they would never sleep throughout the night when they had too much to take.

[illegible]

These days we know that alcohol or drugs that are not food are not to be taken; they are dangerous. When colonization came in, things started to change –everything, food and the way we eat, that was when there were no more animals. Those country foods are good for the body and in these days now we feed our children store food because we didn't know it was bad and their teeth are getting more cavities. There are also people still smoking cigarettes in their furnace room and that could affect the baby's body.

[illegible]

Our ancestors were so strong; they used to use their muscles a lot, even those pregnant women. Cigarettes is an addiction. And we know that cigarettes are dangerous to our health and they are getting more and more chemicals that want to make the body to smoke more. But me, I know that it affects the body.



၂၈ ၊ ၁၄ နှစ်

Δ. Ξ. Λ. σ. 56    Δ. Μ. Ξ. Δ. 4  
 544σ, 544λ 2, 1930-Γ.

## Minnie Assappa

Born on January 2, 1930  
in Nunagirniqag, near Inukjuak.

[illegible]

I don't know how tobacco came in because it already existed when I was little. I don't even remember seeing it the very first time. I remember seeing the people smoking with pipes, and chewing tobacco. They were always chewing tobacco that they got from Kuujjuaraapik. In Kuujjuaraapik the Cree people used to have lots of tobacco. That's what my mother used to tell me about it.

[illegible]

I remember that my mother smoked a lot but I don't remember my father; he died when I was 2 years old.

ልዩ ስርዓቱን በጥንቃቄ ማስፈጸም  
 በፍጥነት ማስፈጸም [ፖሊሲና ማስፈጸሚያ]  
 በፍጥነት ማስፈጸም [ፖሊሲና ማስፈጸሚያ]  
 በፍጥነት ማስፈጸም [ፖሊሲና ማስፈጸሚያ]

I never did hiding [to smoke] and stealing [cigarettes from parents, etc.] before.

ጋረዖቻችን ሥርዓተ ፊትና ፊት 22-ውኛ ዕለታትና የፊት  
የፊት ስምዎችን በፊት ለፊት ለፊት ለፊት ለፊት ለፊት  
የፊት ስምዎችን በፊት ለፊት ለፊት ለፊት ለፊት ለፊት  
በፊት ስምዎችን በፊት ለፊት ለፊት ለፊት ለፊት ለፊት

I started smoking when I was 22 years old. I don't even remember if I wanted to smoke so bad. I didn't even know what the price was, nobody told me about it.

ባደረጉኝ ጋረፍረዎቹ ልሙድ ነበሩት።

I remember when people ran out of tobacco and they were so unhappy.

ልሙድ ነበረው የሆነው ጋረፍረዎች ልሙድ ነበሩት።  
 ነገር ግን ለሀገራችን ጋረፍረዎች ልሙድ ነበሩት።  
 ለሀገራችን ጋረፍረዎች ልሙድ ነበሩት።  
 ለሀገራችን ጋረፍረዎች ልሙድ ነበሩት።  
 ለሀገራችን ጋረፍረዎች ልሙድ ነበሩት።

The people didn't know that tobacco was dangerous. They thought it was good for the health – for example, like food is good for the health. I never heard that someone died from tobacco. The world was fine and the tobacco was fine, too, at that time. Nobody got sick from tobacco, that time.

በዚህ ጊዜ ጋረፍረዎች ልሙድ ነበሩት።  
 በዚህ ጊዜ ጋረፍረዎች ልሙድ ነበሩት።

Nowadays, cigarettes have too many chemicals. That's why people get sick from cigarettes.

ጋረፍረዎች ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።

I have words about smoking. If a person can quit smoking, he she can quit. I don't mind if I'm smoker or non-smoker. People are equal. If a person can stop, stop if he she wants to. I don't know how to talk about a person who wants to cut down smoking or stop smoking, because they just continue smoking even if they are asked to stop smoking.

ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።  
 ልሙድ ነበሩት። ልሙድ ነበሩት።

I can't quit because I want it [tobacco] too much. I did quit before, but started again, and I don't want anybody to control me. When I don't want to smoke I don't smoke. For example, I don't smoke during the weekend and smoke during the week.



٥٦ ج ٦ ٥٦

Δφρ<sup>ς</sup>Δσ<sup>ς</sup> δὲ τὰ (Δσ<sup>ς</sup>Δ<sup>ς</sup> ρ<sup>ς</sup>σ<sup>ς</sup>σ<sup>ς</sup>)  
ἐφ' ἃ 20, 1938-Γ.

## Putugu Qumaluk

Born on January 20, 1938  
in Kuugaaluk, south of Puvirnituk.

[illegible]

My ancestors never smoked because there was no colonization at that time. When the colonization came in, the tobacco came in with them.

[illegible]

I remember the first time I saw a cigarette and they were long and straight. Puvirnituk was already settled and my parents used pipes and chewing tobacco. I don't remember how tobacco came in but I know that rolling tobacco had two names: "Spertzimen" and "Martin A".

[illegible]

My parents never used to travel to get some tobacco because it was already here.

[illegible]

I started to smoke when I was 22 years old, when I started to earn money from carving.







ᐱᐱᐅ ᐃᐱᐅᐅᐅ

ᐃᐱᐅᐅᐅᐅᐅᐅ ᐃᐱᐅᐅᐅᐅ ᐅ 13, 1933

**Rebecca Ivilla**

Born on May 13, 1933  
in Inukjuak.

ᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ 5-10.  
ᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ.

My first memory of tobacco is when I was 5–10 years old. I saw someone smoking a real tobacco.

ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅ.  
ᐃᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅᐅ  
ᐅᐅᐅᐅᐅᐅᐅᐅᐅ (ᐅᐅᐅ ᐅᐅᐅᐅᐅ) ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.  
ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅᐅᐅ.

The tobacco came to the north when the boats started to come here. People had to grind it. My parents and grandparents (Eva and Iqaluk) used to smoke a lot. They used to put tobacco in between papers, and I remember a lot.

ᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ,  
ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ  
- ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ - ᐅᐅ  
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.

Women smoked a lot more than men, because men moved more than women – men had more things to do than women – so they smoked less.

ᐃᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅ  
ᐅᐅᐅᐅᐅᐅ 600-ᐅᐅ ᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ  
ᐅᐅᐅᐅᐅᐅᐅᐅᐅ, ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅ  
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.

People used to walk to Kujjuaraapik which is over 600 kilometers away from Puvirnituk. They used to go there for praying, and thinking that they might get a little bit of groceries because the white people were there.

በደረሰኝ ጋራ ስላለኝ ነበርኩት ጋራ ስላለኝ ነበርኩት  
የጥጥራዊ ሕይወት ስላለኝ ነበርኩት ጋራ ስላለኝ ነበርኩት  
(ሳንታፋክሪኮ) የሕይወት ስላለኝ ነበርኩት።

For me, tobacco was very important. I always had to smoke  
after each meal. When there were no cigarettes, we (me and my  
parents) were always asleep.

በወጥረኩት ሰዓት የሕይወት ስላለኝ ነበርኩት \$2-ፋሽዮኒ  
\$3-ፋሽዮኒ ምሳሌ \$1-ፋሽዮኒ ነበርኩት።

When I was still a child I remember a pack of tobacco used to  
cost \$2 or \$3 and the smaller pack cost less than \$1.

ሳንታፋክሪኮ የሕይወት ስላለኝ ነበርኩት ጋራ ስላለኝ ነበርኩት  
ርዕዮች ልብ ልብ ነበረኝ ስላለኝ ነበርኩት ልብ ልብ ነበረኝ  
ለገሰ ልብ ልብ ነበረኝ ስላለኝ ነበርኩት ልብ ልብ ነበረኝ  
የጥጥራዊ ሕይወት ስላለኝ ነበርኩት ጋራ ስላለኝ ነበርኩት  
ልብ ልብ የሕይወት ስላለኝ ነበርኩት ስላለኝ ነበርኩት።

My parents didn't know that tobacco is dangerous. They both  
died from lung cancer. I learned only when the nurses were  
here in north that tobacco is dangerous. People were less sick  
back then than now.

ለጥጥራዊ ሕይወት ስላለኝ ነበርኩት ሳንታፋክሪኮ ስላለኝ ነበርኩት  
[ጋራ ስላለኝ ነበርኩት] ልብ ልብ ነበረኝ ስላለኝ ነበርኩት  
በሕይወት ስላለኝ ነበርኩት።

I used to hide from my parents [to smoke] but my mother used  
to tell me that stealing is not good.

ሳንታፋክሪኮ የሕይወት ስላለኝ ነበርኩት ልብ ልብ ነበረኝ  
ሳንታፋክሪኮ ስላለኝ ነበርኩት ስላለኝ ነበርኩት ስላለኝ ነበርኩት  
ሳንታፋክሪኮ ስላለኝ ነበርኩት።

I stopped smoking last year. The nurses had to force me for  
a long period of time, and when I decided to quit I stopped it  
quickly.

የሕይወት ስላለኝ ነበርኩት ስላለኝ ነበርኩት ስላለኝ ነበርኩት  
ልብ ልብ በሕይወት ስላለኝ ነበርኩት።

Cigarettes are ruining the whole body, and cause a lot of  
sickness, like shortness of breath.

ጋራ ስላለኝ ነበርኩት ስላለኝ ነበርኩት ስላለኝ ነበርኩት  
ሳንታፋክሪኮ ስላለኝ ነበርኩት ጋራ ስላለኝ ነበርኩት  
ልብ ልብ ስላለኝ ነበርኩት ስላለኝ ነበርኩት ስላለኝ ነበርኩት  
ሳንታፋክሪኮ ስላለኝ ነበርኩት ስላለኝ ነበርኩት ስላለኝ ነበርኩት  
71-ሰዓት ስላለኝ ነበርኩት ስላለኝ ነበርኩት!

I don't want anybody to smoke because it's not good for the  
health. If you want to quit smoking you have to stop thinking of  
it. Stop it quickly instead of quitting it slowly. If you want to quit  
you can do it because I did it. I stopped it at 71 years old!



ᓂᓐᓐᓐ ᓐᓐᓐᓐ

ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ 24, 1930-ᓐ, ᓐᓐᓐᓐ,  
ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐ

## Niaqu Irqu

Born on October 24, 1930  
in Kuuttaaq, south of Puvimittuq.

ᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

I don't really remember when tobacco came in, because it was already here when I was born.

ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ. ᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

I remember that people were getting into tobacco. My father used to smoke but I don't remember if my mother used to smoke.

ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ. ᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ,  
ᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

I remember that our elders, our parents, our grandparents were craving for smoke. And when they hadn't smoked for a long time, they would cut a piece of wood that was smeared from tobacco and smoke it or put it in their mouths, and also they cut their pocket where they had carried tobacco and they chewed it.

ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ  
[ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ] ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐ. ᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐ.

There were white and black squares [of tobacco] that had to be ground and there was chewing tobacco and the long ones that were curved. People used to get tobacco that had to be ground, then roll it.

ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.  
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐ. ᓐᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐ  
ᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

They traveled to Kuujuaapik for church and for tobacco too. There was a colonization over there. In Kangirsuak (Shallow Bay, south of Puvimittuq), they had white people there, too.







Ìᑭᑦ ᓄᓃᓴᑦ ᑭᑦᓇᓴᑦ

ᑲᓴᓂᑭᑦ ᑕᓄᓂᑦᑭᓴᓂᑦ ᑦᑕᑕᑦ 16, 1932-ᑦ.

## Markoosie Nunga Kuananack

Born on September 16, 1932  
in Puvirnituq

ᑦᑲᑭᑦᑭᑦᑭᑦᑭᑦ ᑦᓴᓴ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ  
ᑦᑲᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

I don't know how tobacco came here because only my ancestors  
knew and never told me about the arrival of tobacco.

ᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ ᑦᑲᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ, [ᑭᑦᑭᑦᑭᑦᑭᑦ]. ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ. ᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

My first memory of tobacco was when I was still on the back of  
my mother, in an amautik [woman's parka]. She was smoking  
a long twist of chewing tobacco. My father never smoked or  
drank tea.

ᑕᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ, ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑦᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ. ᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑦᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ. ᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ,  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ. ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

We had to work hard in order to get tobacco. For example, we  
had to go hunting first so the dogs can eat. When the dogs  
have eaten, then we would travel by dogsled to go get some  
tobacco. When the stores had no tobacco, we would switch to  
chewing tobacco. We would even go visit neighbours to see if  
they had any.

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ, ᑕᑦᑭᑦᑭᑦᑭᑦᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦ  
ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

When our Elders had no tobacco, they would cut out their  
pockets that had been touching the tobacco and they would put  
the cut up piece of pocket in their mouth to taste the tobacco.





## ᑕᓄᐱᑦ ᐱᐅᑕᐅᑦ

ᐱᐅᑕᑕᑕᑦᑕᑦ ᐱᐅᑕᑕᐱᐅᑦ ᑭᓄᐱᓄ ᐱᓄᑦᑕᐱᓄᑦᑕ  
ᑕᐱᐱᑦ 6, 1943-ᑦ.

## Daniel Aupalu

Born on December 6, 1943  
in Siakkakallak camp in the Akulivik area

ᑭᐅᐱᑕᑕᑕᑦᑕᑦ ᑭᓄᑦᑕ ᐱᑕᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕ ᑕᑕᓄ  
ᐱᓄᑦᑕᑕᑕᑕᑕᑕᑕ ᐱᑕᐱᑕᑕᑕᑕᑕᑕᑕ.

I don't know how tobacco came here because I was born when it was already here.

ᐱᐅᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ ᐱᑕᐱᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕ -  
ᐱᐱᑕᑕᑕᑕᑕᑕ ᑕᑕᑕᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᑕᑕ  
ᐱᑕᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕ ᐱᐱᑕᑕ ᑭᐅᐱᑕᑕᑕᑕᑕᑕᑕ ᐱᓄᑕᑕ  
ᐱᑕᐱᑕᑕᑕᑕᑕᑕᑕ ᐱᓄᑕᑕᑕᑕᑕᑕᑕᑕ ᑭᓄᑕᑕᑕᑕᑕᑕᑕᑕ  
ᐱᑕᑕᑕᑕᑕᑕᑕ ᐱᐱᑕᑕᑕᑕᑕᑕᑕ.

My first memory of tobacco was when the tobacco had to be rolled – that was when I was 5 or 6 years old. My father used to smoke but I don't know if my mother ever smoked because she died when I was eleven years old.

ᐱᐅᐱᑕᑕᑕ ᑕᐱᐱᑕᑕᑕᑕᑕᑕᑕᑕ 1956-ᑦᑕᑕᑕᑕ,  
ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ  
ᐱᑕᐱᑕᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ  
ᐱᑕᑕᑕ ᑕᑕᑕᑕᑕ ᐱᓄᑕᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ  
ᑭᐱᑕᑕᑕᑕᑕ ᑭᐅᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ.

I saw a cigarette for the first time around 1956, when they didn't have any filters yet. We had to travel to get tobacco. We didn't bring our whole family, we would bring only one person or go by ourselves. The family that had been left behind wouldn't know when that person would come back.

ᐱᑕᐱᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᐱᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕ  
ᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ, ᑭᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ ᑦᑕᑕᑕᑕᑕᑕᑕᑕ  
ᐱᐱᑕᑕᑕᑕᑕᑕᑕ. ᐱᑕᑕᑕ ᐱᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ.

Tobacco was thought to be very important. When someone was rolling tobacco and dropped a few flakes, they would pick up the flakes with a needle. That's how important it was.

[illegible]

When we had no more tobacco, we didn't mind because there was nothing to be done; that's just the way it was.

[illegible]

We didn't know tobacco was dangerous because we were never told about it. I don't know if tobacco caused sickness but I remember people having TB and don't know if it was from tobacco.

[illegible]

A pack of 20 cigarettes was 45 cents. For me, a pack would last a week, because I wasn't a heavy smoker. When I finally smoked, I would feel drunk – dizzy.

[illegible]

I never got the chance to hide [to smoke in secret] because before I even became a smoker, I was given a bag of tobacco by my uncle. My uncle didn't want me to smoke behind their back, so I was given tobacco before I started. When I started smoking, my first tobacco lasted me a month. I was fifteen at the time.

Եւթիմ, յոյսիւնս, Լիւսիւս Բիւս. Թուիւն,  
Արիւննու.

I still smoke today, but only when I am hunting. When I am in town, I don't think about it.

ማኅበረጥባቢው ልማትና ልማት  
 የሚችል ማኅበረጥባቢው ልማትና ልማት  
 ማኅበረጥባቢው ልማትና ልማት  
 ማኅበረጥባቢው ልማትና ልማት  
 ማኅበረጥባቢው ልማትና ልማት  
 ማኅበረጥባቢው ልማትና ልማት

I cannot say I have quit even if I only smoke once in a while. I can't tell anyone to quit smoking because when one wants to quit, he'll quit but when one is told to quit, that person will want to smoke more. A person has to want to quit in order to quit.

[illegible]

Another thing I want to say is there should be a Tobacco Cigarette Anonymous, like there is Alcoholics Anonymous. That would probably help a lot of people put an action to quitting, not just saying it.


$${}^c d\dot{L}^c \quad \mathcal{D} b c^b$$

Δ<sup>α</sup>σ<sup>β</sup> Δ<sup>α</sup>σ<sup>β</sup> 1 18, 1936-Γ.

## Qumaaluk Tukalak

Born on May 18, 1936  
in Puvirnitug

[illegible]

I don't know how the tobacco came to the north because when I was born the tobacco was already here.

[illegible]

I remember seeing the tobacco and it was black and had to be ground. I don't remember anything else than that when I was young.

ᐃᓄᒪᔭᑦᖅ ᐱᕈᕈᐱᕐᐸᐱᕐᐸ.

My parents used to smoke a lot.

[illegible]

Tobacco was very important to the people. When they ran out of it they used to try to really finish it until it's totally gone. I even remember seeing some people grinding their pipes to make sure that the tobacco is all gone.

ገፆጉላዊነቱ (ርረፈኛ) 25-ኛው ምስል.

A pack of cigarettes (10 cigarettes in a pack) cost 25 cents.



ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ

My parents didn't know that tobacco is dangerous but as they say now that tobacco back then didn't have too many chemicals like it has now. So maybe it was less dangerous than it is now. I don't really know if the smokers then were more sick than non-smokers.

ከጋረጽ ጋር፣ ለሰላም ጋረጽ ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ

As a child, I wasn't hiding from my parents [to smoke] because I was respecting them.

የሰላም ጋረጽ ጋረጽ ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ

Later, I was a smoker when I used to go out watching videos at the municipal centre. Then I quit smoking for a long time. It wasn't hard for me to quit smoking; I just threw the ashtray and stopped. But today, I smoke at least every 3-4 days.

በሰላም ጋረጽ ጋረጽ ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ  
ሳይሆን፤ ስለሆነም ለሰላም ጋረጽ

I believe that tobacco is dangerous as everybody says. Cigarettes are also very expensive now. And for kids who smoke behind their parents, cigarettes are very dangerous for their health because their bodies are still growing.



## ᑭᓚ ᐱᑦᐱᑦᐱᑦᐱᑦ

ᑭᓚᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ, >ᐱᑦᐱᑦᐱᑦ ᑦᐱᑦᐱᑦᐱᑦ  
ᑭᓚ 21, 1947-ᑦ.

## Leela Angutigirk

Born on June 21, 1947  
in Kangirsuruaq, south of Puvirnituq

ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᑦᐱᑦ ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᑦᐱᑦ.  
ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.

I don't know how tobacco came here. The tobacco was already here when I remember.

ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.  
1960-ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ, ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ  
ᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.

My first time memory of tobacco is when they used to roll tobacco. In the beginning of the 1960s, tobacco changed to cigarettes.

ᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.  
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦ  
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ. ᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦ  
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᐱᑦ ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.

People traveled for tobacco. They would go to small villages by dog team and come back the same day. Some men used to save a fox fur to trade for tobacco.

ᐱᑦᐱᑦ, 43ᑦ-ᐱᑦᐱᑦᐱᑦᐱᑦ ᑦᐱᑦᐱᑦᐱᑦᐱᑦ.

Back then, it used to cost 43 cents a pack of cigarettes.

ᐱᑦᐱᑦ ᑭᓚᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᐱᑦᐱᑦ  
ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ ᑭᓚᐱᑦ ᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦᐱᑦ.

People knew tobacco was dangerous for them but they were addicted to tobacco and cannot quit.

ጋርዖርሩረድኃጌ ልቢሂኛፍፁዶጌ በኖረባሪዞጌ፣  
 ልጅፍጋጋህረድኖር ልቢሂኛጋጋጋፍ ጋርዖሪኛፍረረድኃጌ  
 ልቢሂኛፍጋፍ ፍፁፃህረድኖ፣ ሀሪሪጌረረ  
 ጋርዖፍበኛፍረረድኖፍጌ።

I used to smoke behind my parents' back, but at that time we were still not in Puvirnituq. One very young kid was a tobacco user and his parents knew he was using tobacco, and he was the one sharing his tobacco with me.

ፌዴራል ምክር ቤቱ ጋር ሆኖ፣  
ጋር ሆነ ምክር ቤቱ ንቅናቄ፡ ፌዴራል ምክር ቤቱ  
ላይ ምክር ቤቱ ምክር ቤቱ ምክር ቤቱ፡

I did not try to quit tobacco, but I just didn't want to use tobacco.  
I quit about 30 years ago.

[illegible]

Cigarettes are not good for the body and smoking ruins your lungs; it makes you short of breath. People regret that they started smoking cigarettes. I would tell them to quit. If someone says "I'll quit soon but I'll just smoke cigarettes for now," he or she will not quit. If you quit now it's good but then don't say, "I'll quit one day."

[illegible]

I would want cigarettes to stop. It makes you short of breath. Breath is important. I remember when my parents were dying and looking at them was hard for me, they were so uncomfortable.



ΛC    Δ<sup>9</sup>Δ<sup>9</sup>Δ<sup>9</sup>

ձևակերպ, ՆԱԽԵՆՆԱԿԱՆ ԴԻՍԿՐԻՍԻՆԱԿԱՆ ԴԵՄՈՆՏԱԿԱՆ  
ՎԵՐԿՆԵՐՈՒՄ 19, 1935-Դ.

**Peter Assappag**

Born on August 19, 1935  
in Kugaaluk, south of Puvirnituk

[illegible]

I don't know how tobacco first came here.

[illegible]

I don't remember the first time I saw tobacco. My mother was a tobacco user. The cigarettes started around 1958, and they had it at the Company (Hudson's Bay Company).

$\exists \lambda^c \exists \mu^c \exists \nu^c \exists \rho^c \exists \sigma^c \exists \tau^c$   $\Delta \circ \Delta^c$   
 $\wedge J L^c \leq c D^c D^c.$

Tobacco was important because many people were craving.

[illegible]

I don't remember how much a pack used to cost.

$\partial \dot{P} \Gamma^b$   $\nabla^c C_{\alpha}{}^{\gamma} \dot{\chi}_{\gamma} n^c r^c e D^{\beta} \omega_r D^c$ ;  $\partial \dot{P} J L D \Delta^{\alpha} \omega_r N^b$ .

They didn't know that tobacco was dangerous; they just wanted to smoke tobacco.

[illegible]

People back then didn't get sick because of tobacco. I think tobacco was less dangerous then because maybe they didn't add different chemicals.

[illegible]

I smoked behind my mother's back. Maybe I was 20 years old and we had moved here to Puvirnituq. The Company gave me a pack of tobacco which I had to roll. People were here for X-ray and I used to share my pack with them and we used to trade.

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I wanted to quit but I didn't yet. If I get sick or short of breath I will quit.

[illegible]

People quit when they decide to quit. If you tell someone to quit, that person gets worse.

[illegible]

I am worried about kids because they have to grow up, but smoking is stopping them from growing.

[illegible]

Don't smoke too much. Or you could go to the hospital and ask for nicotine patches and buy some gum. This would be my advice to reduce smoking.





[illegible]

I didn't even know how much the cigarettes cost because I never smoked in my life. One time I smoked but I stopped because my mother (I call her "big mother") used to tell me, "If you smoke, you're not going to be saved." Because of that, I stopped right away and I believed that. Even today I haven't even started. But I smoked behind their back one time and stopped right away.

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 $\dot{c}^i \dot{d}^j \dot{e}^k \dot{f}^l \dot{g}^m \dot{h}^n$

My friends couldn't finish their sewing because they go for smoking!

[illegible]

Long ago, my mother and grandparents didn't know that tobacco was dangerous for the body. I never heard if the cigarette was causing sickness or dangerous, and I can't remember.

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Right now, I'm buying lots of packs of cigarettes for my whole family.

[illegible]

If someone asks me how to quit smoking, I would say: Have a partner [friend buddy] who doesn't smoke, or use chewing gum often and drink lots of cold water. Also, go outside for fresh air. I think she or he would stop smoking.



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## Lizzie Sivuarapik

Born on December 15, 1943  
in Kuuttaak, north of Inukjuak

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When I was born the tobacco came in.

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I remember that people used to smoke a rolling tobacco that has  
to be ground and they used it with a pipe. Mostly old men used  
to smoke a pipe, long time ago.

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I remember that my parents smoked a regular tobacco with  
rolling papers.

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The regular tobacco in the big can cost about 3 dollars.

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While my father was hunting, I remember stealing a tobacco in  
the can and rolled it thickly.

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The first time I saw a cigarette was in between 1950s and 1960s. I was about 12 or 13 years old.

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I started to smoke in 1960s. I'm a smoker. I've tried to quit smoking cigarettes many times. When I tried to quit it made me feel like to eat all the time and also made me feel like to sleep.

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When the kids start to smoke early I believe that they are in the risk and also when anybody smokes cigarettes too much, it's dangerous.

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I have an opinion that a pack of cigarettes is very expensive. The price is bad, so I think at least if anybody else could be able to quit smoking...



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1948-ᓖ.

# Juanasi Tulugak

Born on August 13, 1948  
in Kuugaaluk camp

[illegible]

I don't remember how tobacco came here because it was already here.

[illegible]

My first memory of tobacco was when I was 4 or 5 years old.

[illegible]

My first memory of cigarettes was when people started to gather into a bigger town, around the end of 1950s, maybe 1958. Puvirnituq started to be a bigger town when planes started landing here. Many people started having tuberculosis so a lot of them left by plane for lung X-ray.

[illegible]

People had to travel in order to get some tobacco even when the ice was dangerous, cracking or opening up. They got to be very nervous when they ran out of tobacco. They even cut out their pockets that had been touching the tobacco, so they can smell the scent of tobacco or chew on it. Some adults started being cranky or fussy towards their children. They always seemed to be tired all the time, like yawning, when they had no tobacco. They got lazy, until they got some more tobacco.

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Tobacco was important to me because everyone else treated it like it was important. Some parents were even proud when their children started to smoke, telling their friends and family about it.



[illegible]

A pack of 20 cigarettes was 43 cents. Some were in little boxes; some were white and some black. There were different kinds of tobacco.

[illegible]

My ancestors didn't know that tobacco was dangerous. They were just proud to have tobacco. They only found out it was dangerous when nurses doctors were there many, many years. I knew tobacco caused sickness because some people used to cough out blood, but they were never told that it's from tobacco. They still smoked even if they coughed out blood.

[illegible]

I remember my father (Tamusi Tulugak) coughing out blood so he was brought to Inukjuak by dogsled, then they transported him to Hamilton by airplane. He was gone for three years and we only heard from him three times. First time was when he had an operation, then when he was in recovery (healing), and finally when he was back in Inukjuak when he was ready to be picked up by his family. That was all for three years. The doctors or nurses never told us that our father was sick from tobacco but I assume it was from that.

[illegible]

When I first started to smoke, I hid at first. Me and my friends used to pretend fighting, on the ground, so we can pick up cigarette butts. When we had enough, we went outside behind a big rock to go smoke. Another time, me and a friend took a butt and we were caught. We were told that they would tell the police on us, so we got very scared. I was 16 at the time.

[illegible]

I started hiding (to smoke) when I was 10–11 years old and when I was 17, I was told I could only start smoking when I can buy my own. So I started carving or selling sealskin and fox furs in order to buy cigarettes.

[illegible]

I quit smoking about 12 years ago because I felt sorry for my father when he was still alive. My father was having difficulty breathing and I couldn't do anything about it. I knew it was from cigarettes even though I wasn't told that. I felt sorry for my father, because Tamusi (my father) had his two ribs and part of his lung removed and had difficulty breathing. The second reason is I wanted to teach my grandchildren how to hunt and survive in the tundra without being sick from cigarettes. I quit as soon as I thought about quitting it, because if I only thought about it, it wouldn't happen.

[illegible]

My opinion of tobacco now is bad because people who are told to stop, they always say: "Don't tell me to quit, you never buy cigarettes." So when they get lung infection or cancer then they try to quit, but it's too late. It's as if they try to kill themselves faster. And some who are told not to smoke anymore, tend to smoke more. I don't understand that.

[illegible]

My advice on how to reduce cigarette use is to drink water then work outside, like shoveling or cleaning around the house. Keep your mind busy on other things. Another advice is to go walking and leave your cigarettes behind.

[illegible]

Another thing I want to say: Every human being is very precious so I would like everyone to quit smoking. I know it's not easy, but at least cut down. Nurses doctors hold public meetings on how it affects the body, and ex-smokers should tell stories on how they quit because when someone is sick from cigarettes they are very *nallinartuq* (we feel sorry for them). When people know it causes sickness some just say, "We'll see if it causes sickness." Then, when they're sick we feel sorry for them.

[illegible]

When you're a non-smoker it's very easy to climb mountains and you enjoy food better. It tastes better. I thought it tasted good before, but they're even better now.

## Elders from Aklavik





## **Annie B. Gordon**

Born on April 4, 1935  
in Aklavik, Northwest Territories

The fur traders and the store-owners were the ones who brought tobacco to the region. The supply was always there, as Aklavik was the regional centre for all services. We never had to travel to get tobacco. I grew up right in Aklavik, and the supply was always there.

Everyone smoked. If you were an adult, then you smoked. Children were always told that they were too young.

The Old Timers would smoke pipes and cigars. In those days, elders would rub the tobacco with their hands to make it the right softness for smoking.

Tobacco was really important to people. Yes, it was like their food. Everyone who smoked, always had a smoke. Even when people were diagnosed with TB, they would still struggle to have a smoke. There was really no education about smoking, how it affects your lungs, etc. Even the hospital rooms were full of smokers who still smoked in their rooms. It always smelled of smoke!

Back in those days, people who smoked were heavily addicted. It was hard to quit, even for short periods.

People would have long pipes made from willows. When there was no tobacco, after several times of using that pipe, they would cut off the tip (the end that you puff from) and cut that up, as the nicotine would be at that end. After cutting that end off, they would cut it up and mix it with a little tobacco and then smoke it. This was very common in those days.







## Danny A. Gordon

Born on July 16, 1935  
on Barter Island, Alaska

Tobacco was first introduced to this region by fur traders, store merchants, and anyone who came to visit, whether it be for business or pleasure. They seemed to always have tobacco.

Back then, everyone around me smoked. As we grew older, we just thought that it was the normal thing for adults. Everyone in the family – that was old enough (about 12 years old) – smoked. Younger people waited until they were old enough to ask for permission. Young people who did not have permission to smoke, they sneaked [cigarettes] until they were brave enough to get permission.

I started sneaking at the age of 12, and became a regular smoker by the time I was 15 years old.

I grew up in Alaska, so we used to travel by dog sled to get supplies. Between the villages, there was a store. So people used to have to go there to get supplies. Sometimes, people would walk about 30 miles, just for a cigarette, or tobacco.

Tobacco was important to the people back then. Everyone smoked, and was really addicted. It was like their food, they had to have it daily. I can remember though, the ministers used to say that smoking was a sin.



Keep trying to quit until you believe you can do it.



## Arnold Archie

Born on December 10, 1940  
in the Yukon

My first memory of tobacco is when I was about 15 years old. Back then there was a lot of tobacco. Everyone smoked. My grandfather used a pipe, and he smoked a lot.

From my memory, I can recall local stores always had tobacco: Hudson Bay Company, Stan Pepper's Store, and other traders.

If we had to travel to get tobacco, it was by dog team, or by boat.

People really craved for it when there was no tobacco. People did have bad cravings then, especially when we were in the bush-camps. It's different when you live on the land.

Tobacco was very cheap back then. A tin of tobacco was \$2, and for a pack it was about 25 cents.

We didn't know that tobacco was dangerous for our health. But now I guess it was dangerous. People didn't really know what cancer was...

Back then, if young people did smoke, it was always in hiding.

I was a heavy smoker then, but I learned to cut down to about 1 smoke a day. Today I don't care to smoke. I don't care for it no more. It's too expensive today.

When you quit, you quit for your health. My only advice is that people should not start to smoke. People really need to quit.

Born on October 4, 1936  
in Aklavik

My advice for anyone who wants to quit smoking is “Just do it; quit smoking! Learn from the doctors and nurses.”



## Mabel Firth

Born on August 1, 1938  
in Aklavik

My first memory of tobacco would be around the year 1940.

My Mom and Dad smoked. They used to roll their own with the tobacco that you have to cut up. Back then, a tin of tobacco would last about 1 week.

I can remember Hudson Bay Company, they had all kinds of smokes – Odgen's, Player's, Rothman's, Export A. Most of the cigarettes had no filters. Tobacco then cost 50 cents, a tin of tobacco was about \$1.75.

We used to travel from the camps and come to town (Aklavik) to get tobacco. People chewed tobacco, used pipes, and cigars. I recall watching people back then, in about the 1960s. If there was no tobacco, they got frustrated. As soon as there was tobacco, they would start smoking again. But people never really ran out of tobacco for long – there was always a supply in Aklavik.

People really didn't know about tobacco, other than smoking it. We never really knew about sicknesses. The people only started finding out about smoking-related sicknesses in the 1950s.

Hardly any young people were smoking back then. People never gave their children smokes; it was too expensive in those days, for smokes.

I smoke. I became a regular smoker at the age of 19, and I smoked about 20 cigarettes a day. Eventually I smoked about a pack a day.

I did try about 3 times now to quit. But I can't.

Tobacco now is too expensive, and it is bad to see little kids smoking now. Young children should not start smoking, and people should try to quit.

To reduce tobacco use today, they should put the tobacco prices up sky-high; then nobody would be smoking today.

Born on April 11, 1939  
in Aklavik

My first memory of tobacco is when I was about 8 years old. When I was young, my father always handed out smokes to people. At the age of 10, my father was passing out cigarettes and he gave me one, since by then I had started smoking. I became a regular smoker at a very young age. My mother, father, aunts and uncles all smoked. Yes, women did smoke a lot, even pipes when tobacco ran low. People smoked during the daytime, as I can recall.

To get tobacco, we traveled about 16 miles to Aklavik. We traveled by dog teams, or we would travel by schooners [boats]. People never really ran out of tobacco or cigarettes; there was always a supply in the community.

I remember that when traders came by boats, they always brought tobacco or cigarettes. They would not hesitate to hand them out.

Everyone just liked to smoke, and because I started at a young age, I just liked to smoke. I did try to quit, but it was too hard, especially when you have a bad smoking habit. If and when there was no cigarettes or tobacco, people would look for cigarette butts, even take the plywood apart from the floors and sidewalks just to look for butts. Some people would quit for a while, then when tobacco came in, everyone starts smoking again. People would have their usual cravings, then they would try and keep busy until there was tobacco available.

Back then, cigarettes cost about 35 cents a pack. Places that sold tobacco were Semmler's store, Stan Mackie's General Store, also the hotels in Aklavik at that time.

Nobody really knew then that tobacco was harmful for your health.

Young people would roll smokes and sneak, smoking in hiding, in trails, shacks, etc.

I smoked a lot, when I worked and when at home. When I became a regular smoker, I smoked up to about 3 packs a day. I'm 66 years old now, and I still smoke.

I tried to quit a lot of times, but it is too hard. I never tell anyone that I quit, I just try it cold turkey. Again, it's too hard. I would tell others not to start smoking, because it is too expensive, and also what it can do to your health. Why do people still smoke, when the prices are so high?

Back then when I was young, I should have never started to smoke. Back then prices weren't so bad, but today the prices are so high, it costs too much for smokes.

When I am in the bush, I would try and keep busy and try not to think of smoking. But when I return to Aklavik, I find that I smoke too much.

My last comment: I don't like to smoke around kids. I know it is very bad for health, especially for young kids.





## Nellie Arey

Born on November 1, 1942  
in Aklavik

I started smoking at 18 years of age, and smoked Export A. I smoked about a pack a day. I would get sore lungs (pains) from smoking.

Some people would smoke more than a pack a day. Everyone smoked... Most of the ladies smoked pipes, and used chewing tobacco. They would mostly smoke in the evenings.

Tobacco was first introduced here by the white people: traders, missionaries. It was always around for a long time.

To get tobacco, we used to travel from our whaling camps at the coast to Aklavik. We used to use dog teams in the winter, and boats in the summer months.

Tobacco was really important to us back then. Yes, we couldn't go without it. Once you started, you couldn't go without it. Just like craving for something sweet.

When there was no tobacco, people would just try to keep busy. But people never really ran out – there was always a supply. Smokes were only about 55 cents then, now they are \$15 a pack. If there was no tobacco, people would look for butts.

People didn't know how dangerous it was in those days.

Back then, we never really saw kids smoking. Not in my family, there were no young people that smoked. But today, you see a lot of kids smoking, and too much.

I smoked up until the 70s. My chest used to always get sore, and my breathing was not normal. It didn't take me long to quit smoking then.

Smoking is harmful to you, and you don't know it. Quit smoking and you would be more healthy.







## Jane Tyrell

Born on August 5, 1931  
in Aklavik

I started smoking lightly in about 1953, at about 22 years old. Everybody else was smoking, too. I wasn't a heavy smoker.

Tobacco was available right here in town at the stores. There was tobacco, cigars, and pipes. Supplies were brought in every spring. I don't remember ever running out of tobacco.

We never how dangerous smoking was back then. We only really learned that a few years ago.

Some children used to smoke right out in the open.

I never smoked that often. I stopped smoking. I just wonder why people still smoke today: it costs so much.





## **Renie Stewart**

Born on October 16, 1928  
in Fort McPherson

I started smoking at 20 years old. I just wanted to be a copy cat and see what I would get out of it. It wasn't cool back then. But then I quit and I still don't smoke now. I couldn't really afford it back then.

I don't remember about who in my family used to smoke back then...

Tobacco was sold in the Hudson Bay store.

Children used to hide to smoke, or their parents would catch them. It was a secret. They wanted to try smoking for themselves. Their parents would just tell them not to smoke. But sometimes kids wouldn't have tobacco, so they would get dried leaves and roll it up fine and smoke it.

I quit because I didn't feel like it, and I didn't afford it. I never smoked that often. I wish my boys were here to learn about tobacco. We need to bring more education and awareness to help people quit smoking. We should go to the school and show them the movie about tobacco.







## Hugh Papik

Born on September 8, 1949  
in Aklavik

Everyone in my family smoked: my parents, sisters, brothers, grandparents. They smoked heavy. Long ago, there was a lot of drinking, so smoking often came with it.

They got tobacco from the local stores. The only time we had to stock up on tobacco was when we went to the bush. If we ran out, people would get nervous, and tense. They would argue; their temper would get very short.

I remember in about 1961–62, the price for a tin was about \$8.

My first experience with tobacco was when a guy offered me a smoke in Inuvik under the utilidor. That is my first memory. I became a regular smoker at the age of 12.

I did not know anything back then about the harm to one's health. No-one knew anything.

Young people would often sneak, and younger kids often chewed snuff. When I first started smoking, we used to sneak smokes before going back to the hostel, and we used to wash our hands and face so the supervisor won't catch us. But we didn't know that the smoke stays in your clothes. That is how we got caught. So you can't sneak to smoke; you will always get caught!

I quit smoking at the age of 55 years. I quit just cold turkey on my own. Nobody told me to quit; I just quit. Tobacco now costs too much.

My opinion today is that a smoke is a cancer stick. That's all.

We could reduce tobacco use by getting rid of the whole tobacco industry.

If you want to quit, just try and quit on your own. Don't do it for anyone else; just do it for yourself.





**Donald Aviugana**

Born on December 19, 1934  
in Aklavik

All I can remember is that everyone smoked around me when I was growing up. Tobacco was always there. My dad was a heavy smoker; my mother didn't smoke that much. My brothers and sisters smoked too, when they got a little older.

Tobacco was just there in the stores. It was there to purchase at the Hudson Bay Company, Peffer's Store, and other little stores around.

When we traveled, we'd have to come back to town to get supplies of tobacco for my dad.

When there was no tobacco, people had very bad cravings. They would get miserable and grumpy.

Tobacco was really cheap them days. That's when a dollar was a real dollar.

I sort of knew that tobacco was dangerous for your health as I grew up. I always encourage my friends not to smoke. People would lose their weight, due to loss of appetite.

Young people would sneak to smoke; oh yeah! I started sneaking when I was 11 years old. I was about 16 when I became a regular smoker.

I still smoke. The only time I quit smoking was when I was sent on a medivac. That is when I tried to quit smoking.

I still smoke, but I don't know about others. You have to have a strong willpower to quit.

I would like to really encourage the youth to not smoke. Try not to smoke around the kids, especially while they are still growing up.

To reduce tobacco use, continue this kind of work to produce material for the community.

I myself am a smoker. So it is hard to say something to others. All I can say is people should try and not start, especially the young ones.

## Appendix 1: Background about this project

Pauktuutit Inuit Women of Canada received funding from Health Canada to undertake pilot projects in community-based research into the problems of tobacco in Puvirnituk (Nunavik) and Aklavik (NWT). Local Facilitators for each community were selected and trained: Leah Angiyu and Mary Iqiquq Tukulak in Puvirnituk, and Jerome Gordon in Aklavik. The Local Facilitators then selected youth to be trained as participatory researchers: Malaiya Tukulak, Maggie Aupalu, Sarah Uitangak and Patsy Tulugak in Puvirnituk and Dorothy Ross, Delores Ross and Savannah Greenland in Aklavik.



***Puvirnituk participatory research group (above):***

Leah Angiyu, Mary Iqiquq Tukulak, Sarah Uitangak, Patsy Tulugak, Malaiya Tukulak, Maggie Aupalu.



***Aklavik participatory researchers in a group discussion with elders.***

Savannah Greenland, Delores Ross, Jerome Gordon, Dorothy Ross. The Elders (facing away) are Renie Stewart, Ida Inglangasuk, Persis Dick and Jane Tyrrell.



Following a week-long training in each community, the teams informed community members about the project via local radio and in a community meeting. The youth then interviewed local Elders about their memories of how tobacco was introduced to the North, and how their parents and grandparents had used tobacco in the old days. (See Appendix 2 for interview form.) It is these interviews that we share in this book. A companion poster is also being produced. The book and poster are intended to be resources for the participatory research groups to use in the projects that they undertake in their communities. We hope that they will also spark the imagination and interest of people in other regions to reflect critically on how tobacco was first introduced, and the impact it is having on Inuit to this day. We hope that people will then be motivated to take action, together with other community members, to bring positive change. Eventually, we can take back the control that tobacco has taken from us!

[illegible]

## Appendix : Interview Form

### Elders' Experiences with Tobacco

*This is the interview schedule the youth in Puvirnituq brainstormed and agreed on. Feel free to use anything you like. Add or subtract questions to suit your purposes.*

- . **What is your full name**
- . **Where were you born and when**
- . **What is your first experience of tobacco smoking**
- . **What is your family history with tobacco** (e.g. did your parents aunts and uncles etc. smoke? If so, did the women in your family smoke as much as the men, or not? Did they used to smoke cigarettes or pipes, or use tobacco in other forms – probe for details.)
- . **How did tobacco first get introduced in this region** (Probe: who brought it; what form; what brand names, etc.)
- . **When did you first see a cigarette** (Probe: who was smoking it, etc?)
- . **Did you used to have to travel far to get tobacco** (Probe for details.)
- . **Was tobacco important to you people back then** (If so, why? What was so special about tobacco?)
- . **How did you people react when there was no tobacco What else did you people try to smoke**
- . **What did tobacco cost back then**
- . **Did you know that tobacco was dangerous for health Did your parents grandparents know or suspect this**
- . **What sicknesses did you people think were caused by tobacco**
- . **Did young people smoke long ago** (If so, did they used to smoke in secret, hiding from parents? Probe for examples.)
- . **How did our ancestors cope without tobacco Do you have any theories about when you were young or what your elders told you about the days when people did not have tobacco How did they relieve stress and boredom**
- . **Did you ever smoke Do you still smoke** (Probe: What age did you start? How many cigarettes per day? For how long did you smoke?)
- . **You have quit smoking or tried to quit how why when**
- . **What is your opinion of tobacco today Why**
- . **Do you have any advice for youth who want to quit smoking**
- . **How can we reduce tobacco use today**
- . **Do you have any other information stories or theories about tobacco that you'd like to add**



- ‘ Share stories about relapse. (Encourage those who have relapsed to keep trying!)
- ‘ Ask community members of all ages with a good quitting story to go on local radio to inspire others to quit.
- ‘ Organise a smoke-free fun event (dance, movie night, sleepover, camping trip, etc.) to encourage people who are trying to quit.
- ‘ Encourage youth to use some of the websites in the list of resources at the back of this book to do their own research about tobacco.
- ‘ Contact your regional health board or Health Department to borrow resources (e.g. videos, models) to use in community education sessions.
- ‘ If you have a trained smoking counsellor in your community, ask her him to offer individual and or group counselling to people who want to quit smoking.

Add your own ideas here:

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## ebsites

*For sites that have search engines, type “smoking” and “tobacco” and other key words you are interested in (e.g. “children and tobacco” or “Aboriginal smoking” etc.)*

**Pauktuutit nait o en o anada:** [www.pauktuutit.ca](http://www.pauktuutit.ca)

Pauktuutit is the national non-profit association representing all Inuit women in Canada. Its mandate is to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to social, cultural and economic development. The website lists other publications available on tobacco, as well as FASD, abuse, HIV AIDS, women’s health and childcare. [in o pauktuutit.ca](http://www.pauktuutit.ca)

**n or ation entre on Aboriginal ealth:** [www.icaah.ca](http://www.icaah.ca)

Go to “Topics”, click on “Search” and type “Tobacco”.

**ational Aboriginal ealth rganisation:** [www.naho.ca](http://www.naho.ca)

Search for “Tobacco”.

**Asse bly o irst ations:** [www.a n.ca](http://www.a n.ca)

The national organisation representing First Nations citizens in Canada. Search for “Tobacco”.

**nait apiriit anata i:** [www.itk.ca](http://www.itk.ca)

The national organisation representing Inuit in Canada. Search for “Tobacco”.

**Aboriginal outh etwork:** [www.ayn.ca/health/en/addictions/addiction\\_s\\_oking.asp](http://www.ayn.ca/health/en/addictions/addiction_s_oking.asp)

Quick facts, links to other topics of interest to youth, link to “A Tribe called Quit” site (an on-line sharing circle), etc.

**ritish olu bia inistry o ealth:** [www.tobaccoacts.org](http://www.tobaccoacts.org)

Excellent youth-friendly site with games, second-hand smoke, quitting tips, “cool links”, resources, and see especially: “Tobacco Industry’s Poster Child”. The site has a special section ([www.tobaccofacts.org/tob\\_control\\_strategy.html](http://www.tobaccofacts.org/tob_control_strategy.html)) about B.C.’s Aboriginal Tobacco Strategy, which in turn has links to the strategy, their “Honour Your Health Challenge” and an Aboriginal Tobacco Resource List.

**overn ent o ntario:** [www.stupid.ca](http://www.stupid.ca)

Interactive, in-your-face, “cool site” targeting youth in Ontario. Sections re tobacco advertising, chemicals, take action, etc.

**ational enter or hronic isease Prevention and ealth Pro otion (in entre or isease ontrol):**  
[www.cdc.gov/tobacco/tips/youth.ht](http://www.cdc.gov/tobacco/tips/youth.ht) Quizzes, quick facts, celebrities against tobacco, second-hand smoke, etc.

**a paign or obacco ree ids:** [www.tobaccoreekids.org](http://www.tobaccoreekids.org)

National Kick Butts Day, candy-flavoured cigarettes, tobacco ad gallery, get help to quit.

**een ealth rgani ation:** [www.kidshealth.org/teen](http://www.kidshealth.org/teen)

Search engine, quick facts, quitting tips, etc.

**enter or oung o ens ealth:** [www.youngwo\\_enshealth.org](http://www.youngwo_enshealth.org)

Factual info re effects of smoking and quitting tips.

**obili e Against obacco or hildren s ealth ( A )::** [www.atlcoalition.co](http://www.atlcoalition.co)

US-based group lobbies for legislation, organises youth rallies, info re quitting, etc.

**uebec ouncil on obacco and ealth:** [www.cqts.qc.ca](http://www.cqts.qc.ca)

Most of the site is only in French, but there is an English section about the innovative new project called “Oxygen Commando” which involves youth in doing dramatic and emotional “street theatre” skits to highlight to impact of second-hand smoke and tobacco use. This strategy is proving very popular with youth in Quebec.



**Circle of Smoke.** 17 mins. Available from Laichwiltach Family Life Society, 441–4<sup>th</sup> Avenue, Campbell River, B.C. V9W 3W7, 250-286-3430. A First Nations teenager is tempted to smoke several times throughout the day. She manages to avoid giving in to peer pressure by thinking about the sacred nature of tobacco in her culture, her ancestors, Elders, and various positive role models in her life.

**Second Hand Smoke** (Revised). 20 mins. Available from Canadian Learning Company, 1-888-600-4055. Uses dramatic and humorous scenes, skits and images to explain how and why second-hand smoke affects non-smokers, including unborn babies, children, asthmatics, family members, colleagues in the workplace, etc.

**Smoking: He or She?** 26 mins. Available from Canadian Learning Company, 1-888-600-4055. Hard-hitting, powerful images, enjoyed by youth. Filmed in America.

**Smoking: Ruth or Dare?** The Teen Files series. 29 mins. Available from Canadian Learning Company, 1-888-600-4055. American TV show. Excellent, very powerful, effective for youth, adults and elders. Features many youth. A must-see.

**The Innu Nation: Surviving in a New World**. 47 mins. Bestboy Productions, 74 O'Leary Avenue, St. John's, Newfoundland A1B 2C7. (Tel: 709-722-0140.) Very powerful documentary about the Innu Nation which made world-headlines when the community was moved from Davis Inlet in Labrador. Painful to watch, but essential viewing to understand why addictions are so common and so hard to tackle in Aboriginal communities.

## Posters Models Visual Aids Videos Displays T shirts etc.

See Directional Learning Canada catalogue, available from 519-846-5397 or e-mail [dirlearn@albedo.net](mailto:dirlearn@albedo.net).

See Spectrum Nasco's "Hands on Health" catalogue, from 800-668-0600 or [www.spectrumed.com](http://www.spectrumed.com).  
Of special interest is the BioQuest inflatable smoker's lungs kit.

There are also many websites that sell anti-tobacco products, e.g. [www.buttout.com](http://www.buttout.com). Just do a search for "anti-tobacco products".



## Themes that emerged from interviews with Elders

[illegible]

1. Our ancestors never smoked...

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8. Today, children start smoking very young

$D^c \supset \Gamma D^c \supset D^b$ ,  $b^b b^c$   
 $D P D P^c \supset \Delta \Delta D^b \supset \Gamma^c \supset \Gamma^b$   
 $\supset \Delta \supset \Gamma \supset \Gamma \supset D^c$



2. When colonization came in, tobacco came in...

[illegible]

9. Children would sneak and hide to smoke

[illegible]

3. They used to travel far to get tobacco

$\partial^{\alpha} \bar{L}^{c} \partial_{\beta} L^{d} < \epsilon \partial^{\gamma} L^{e}$

$\partial^{\delta} P C_{\mu} \partial^{\nu} J N^{\eta}$



10. People never knew tobacco was dangerous

[illegible]

- #### 4. Cigarettes came in after other forms of tobacco

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11. People didn't get sick so much from tobacco

Δ<sub>0</sub>Δ<sup>c</sup> ἵεσ<sup>L</sup>LPΠἵε<sup>c</sup>Δ<sup>c</sup>Δ<sup>c</sup>ἵε<sup>c</sup>Π<sup>c</sup>  
 Δ<sup>c</sup>Π<sup>c</sup>



- ## 5. People got really addicted

$$\Delta \circ \Delta^c \quad \triangleright \Delta \circ \varepsilon \circ \varepsilon \circ \triangleright^c \circ L \circ \varepsilon^c$$


- 12. Today we know how dangerous tobacco is!**

[illegible]

- ## 6. People got desperate when tobacco ran out

$\Delta^c \Delta^c$   $\delta^L \delta^c$   $\Delta^c \Delta^c$   $\Delta^c \Delta^c$   
 $\Delta^c \Delta^c$   $\Delta^c \Delta^c$   $\Delta^c \Delta^c$   $\Delta^c \Delta^c$



- ### 13. Smoking burns our money!

[illegible]

7. People started smoking at an older age than today

$\Delta \omega \Delta^c$      $\Delta \langle P^c \rangle / J_P^c \leq b^c P_L^c$

$D P D_{\omega} \sigma^{\pm} D^c P N^b$      $\Delta \langle P^c \rangle / J_P^c \geq J_C^c \sigma^{\pm}$



- #### 14. Elders' advice about how to quit smoking

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