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ISBN 1-894-396-52-9

**Pauktuutit gratefully acknowledges funding for this work, provided by the First Nations and Inuit Health Branch, Health Canada.**

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**Design & typesetting:** Consultancy for Alternative Education, Montreal

The opinions expressed in this resource are those of the authors and do not necessarily reflect those of Health Canada.

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## **Respectfully dedicated to the memory of**

### **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**

Pauktuutit Inuit Women of Canada thanks all the participants who collaborated on this project: the Elders who are featured in this book; the youth interviewers Maggie Aupalu, Malaiya Tukulak, Patsy Tulugak, and Sarah Uitangak from Puvirnituk; Dorothy Ross, Delores Ross and Savannah Greenland from Aklavik; and the Local Facilitators – Leah Angiyou and Mary Iqiquq Tukulak in Puvirnituk, and Jerome Gordon in Aklavik. Please see Appendix 1 for further details about the project as a whole.

Thanks also to our staff co-ordinator, Martin Geraghty and our Steering Committee: Looee Okalik, Heather Angnatok, Alfred Moses, Catherine Carry, and Tunu Napartuk. (Looee, Catherine and Alfred also reviewed an early draft of this book.) Thank you Meryll Hammond and Rob Collins from the Consultancy for Alternative Education (CAE) in Montreal who co-ordinated the project and produced the materials, and Karrie Hammond-Collins who helped code the interviews for Part 1.

Thanks also to Cindy Rennie 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.







# Part 1:

**Themes that emerged  
from interviews with Elders**

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## 5. People got really addicted

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### 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. Café waitresses also had a smoke in their mouth when working. That’s how bad people were addicted. They smoked whenever and wherever.” **Annie B. Gordon**

“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.” **Danny A. Gordon**

“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.” **Nellie Arey**

“My mother, father, aunts and uncles all smoked.” **Moses Kayotuk**

"In the 1930s, people smoked a lot, probably about a pack a day." **Emma Edwards**

"People really craved for it when there was no tobacco. People did have bad cravings then, especially when we were in the bush-camps." **Arnold Archie**

"All I can remember is that everyone smoked around me when I was growing up. Tobacco was always there." **Donald Aviugana**

"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." **Hugh Papik**

"Everybody used to smoke in those days. People smoked a lot then. They craved for it." **John Storr**

## From Puvirnituk ᐱᓐᓂᓐ

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"I remember that people came in from other villages because of craving for tobacco.... My friends couldn't finish their sewing because they go for smoking!" **Sarah Qumaluk**

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"I remember that they really needed to smoke so bad and I remember a man saying: Can anybody get some tobacco for me – I'm dying for it!" **Mary Sallualuk Sivuarapik**

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"Long time ago when I didn't have a lighter, I used to start my skidoo and when it's running I would put a piece of cloth in the sparking spot and then light a cigarette from that. That's how I wanted to smoke desperately!... Also, long time ago when I had cigarettes and others didn't, they would fight against me because of cigarettes. That's how they were desperate for smokes." **Putugu Qumaluk**

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"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." **Daniel Aupalu**

































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

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### Use 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."

**Addamie Putugu**

"Candies helped me quit."

**Markosie Nunga Kuananack**

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

**Leah Surusila**

"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."

**Juanasi Tulugak**

"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."

**Sarah Qumaluk**

### 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 Qumaluk**

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

**Niaqu Irqu**

"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."

**Lucy Amarualik**















































































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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...







## 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.

For a pack of smokes back then it was 50 cents, and for a tin of tobacco was \$2. Those days, tobacco was so cheap, people bought lots and lots. It was hard to quit smoking in those days.

If you decide to start smoking, be sure that you have the dollars to smoke as tobacco nowadays is very expensive. Younger people should be able to make a wiser choice now. So much awareness is out there now. People didn't realize how bad it affects the body; also that second-hand smoke is very harmful.

Even today, there needs to be more awareness, especially in relation to cancer. From my memory, my grandmother was a very big woman, she was a strong worker all of her life. She was a pipe smoker. She began getting very sick suddenly, and then she became very frail looking. Now, no one ever thought or heard of cancer then, so they don't know if she died of cancer or not. So, people never knew if tobacco was causing all of the sicknesses or not.

Back then, people never really related sicknesses with smoking. There was really no expression of how harmful it was for your health. 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. Even the store merchant always had a cigarette in his mouth when serving customers. Café waitresses also had a smoke in their mouth when working. That's how bad people were addicted. They smoked whenever and wherever.

You think differently, now that you see more and more awareness about smoking and its dangers.

We were always told as children that we were too young to smoke. (We were told that until we were old enough to ask to smoke.) 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.

I began smoking at 14 years old, and smoked up to about 2 packs a day. I continued for a while, stopped, or cut down when my children were growing up. I finally quit in 1984, (21 years ago now). Well, it took me about 3 times to finally quit smoking, I decided to quit after being told by my family several times that I smoke too much. That is when I finally quit.

My craving is gone completely. I don't have to have a cigarette as a dessert anymore. I have changed my way of dealing with my cravings.

To reduce tobacco use today, we should use the elders to talk to kids. Also, involve people who have smoked and have quit; use them to talk to others. Help the ones that want to quit, start a support group, and do healthy activities.



## 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.





## 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.





## 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.





## 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.



## 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 Angiyou 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 Angiyou, 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.



## Appendix 2: Interview Form

### Elders' Experiences with Tobacco

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

1. **What is your full name?**
2. **Where were you born, and when?**
3. **What is your first memory of tobacco/smoking?**
4. **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.)
5. **How did tobacco first get introduced in this region?** (Probe: who brought it; what form; what brand names, etc.)
6. **When did you first see a cigarette?** (Probe: who was smoking it, etc?)
7. **Did you used to have to travel far to get tobacco?** (Probe for details.)
8. **Was tobacco important to you/people back then?** (If so, why? What was so special about tobacco?)
9. **How did you/people react when there was no tobacco? What else did you/people try to smoke?**
10. **What did tobacco cost back then?**
11. **Did you know that tobacco was dangerous for health? Did your parents/grandparents know or suspect this?**
12. **What sicknesses did you/people think were caused by tobacco?**
13. **Did young people smoke long ago?** (If so, did they used to smoke in secret, hiding from parents? Probe for examples.)
14. **How did our ancestors cope without tobacco? Do you have any memories from when you were young of what your elders told you about the days when people did not have tobacco? How did they relieve stress and boredom?**
15. **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?)
16. **If you have quit smoking or tried to quit, how, why, when?**
17. **What is your opinion of tobacco today? Why?**
18. **Do you have any advice for Inuit who want to quit smoking?**
19. **How can we reduce tobacco use today?**
20. **Do you have any other information, stories or memories 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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## Websites

*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 Inuit Women of Canada:** [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 chldcare. [info@pauktuutit.ca](mailto:info@pauktuutit.ca)

**Information Centre on Aboriginal Health:** [www.ica.h.ca](http://www.ica.h.ca)

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

**National Aboriginal Health Organisation:** [www.naho.ca](http://www.naho.ca)

Search for “Tobacco”.

**Assembly of First Nations:** [www.afn.ca](http://www.afn.ca)

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

**Inuit Tapiriit Kanatami:** [www.itk.ca](http://www.itk.ca)

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

**Aboriginal Youth Network:** [www.ayn.ca/health/en/addictions/addiction\\_smoking.asp](http://www.ayn.ca/health/en/addictions/addiction_smoking.asp)

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

**British Columbia Ministry of Health:** [www.tobaccofacts.org](http://www.tobaccofacts.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.

**Government of Ontario:** [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.

**National Center for Chronic Disease Prevention and Health Promotion (in Centre for Disease Control):**  
[www.cdc.gov/tobacco/tips4youth.htm](http://www.cdc.gov/tobacco/tips4youth.htm) Quizzes, quick facts, celebrities against tobacco, second-hand smoke, etc.

**Campaign for Tobacco Free Kids:** [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

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

**Teen Health Organization:** [www.kidshealth.org/teen](http://www.kidshealth.org/teen)

Search engine, quick facts, quitting tips, etc.

**Center for Young Women’s Health:** [www.youngwomenshealth.org](http://www.youngwomenshealth.org)

Factual info re effects of smoking and quitting tips.

**Mobilize Against Tobacco for Children’s Health (MATCH):** [www.matchcoalition.com](http://www.matchcoalition.com)

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

**Quebec Council on Tobacco and Health:** [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: The Toxic Truth.** 26 mins. Available from Canadian Learning Company, 1-888-600-4055. Hard-hitting, powerful images, enjoyed by youth. Filmed in America.

**Smoking: Truth 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 Mushuau Innu: Surviving Canada – A Documentary.** 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”.



