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Our ancestors never smoked...

Elders' reflections about how tobacco has affected Inuit communities



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Local facilitators for this project: Leah Angiyu and Mary Iqiquq Tulalak (Puvirnituk) and Jerome Gordon (Aklavik)

Youth researchers: From Puvirnituk – Maggie Aupalu, Malaiya Tukalak, Patsy Tulugak, and Sarah Uitangak. From Aklavik – Dorothy Ross, Delores Ross and Savannah Greenland (Aklavik)

Editor: Merryl Hammond

Translator: Alasie Hickey (Nunavik dialect)

Artist: Celina Iyyiraq (Igloodik)

Photographs: Maggie Aupalu pages 35 – 70; Jerome Gordon pages 73 – 89

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Pauktuutit Inuit Women of Canada
56 Sparks Street, Suite 400
Ottawa, ON K1P 5A9
T: 613-238-3977
F: 613-238-1787
e-mail: info@pauktuutit.ca

Respectfully dedicated to the memory of

Lucy Amarualik

(an Elder participant from Puvirnituk who passed away on 12th May 2005)

and

Emma Edwards

(an Elder participant from Aklavik who passed away on 30th 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 Angiyau 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.

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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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Part 1:

Themes that emerged from interviews with Elders

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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 and the text 'NO SMOKING' below it. Two people, a man in a blue shirt and a woman in a pink shirt, are standing with their backs to the viewer, looking at the sign. They are standing on a wooden platform.

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- A painting of a woman with dark hair, wearing a white garment with red and blue trim, carrying a small child on her back. The woman is smiling and looking towards the viewer. The child is looking down. The style is soft and painterly.

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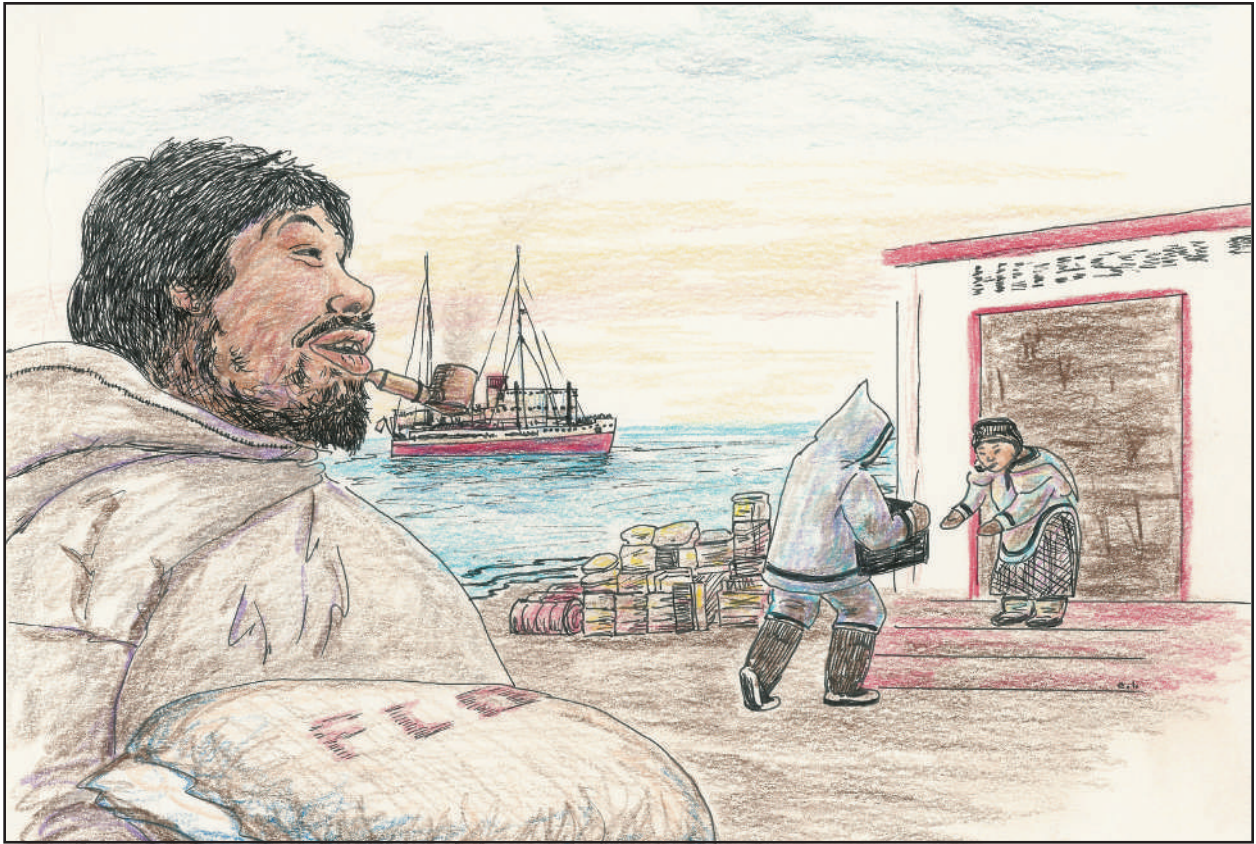
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2. When colonization came in, tobacco came in...

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From Aklavik:

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

"Traders, missionaries and whalers brought tobacco here." **John Storr**

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

"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." **Emma Edwards**

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

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

"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 Qumaluk

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

Leah Surusila

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 $\mathcal{A} \subseteq \mathcal{A}^{\text{c}} \subseteq \mathcal{L}^{\text{c}}$

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

Rebecca Ivilla

[illegible]

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

Sarah Qumaluk

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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."

Lucy Amarualik

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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."

Niaqu Irqu

From Puvirnitug $\triangleright \Delta^{\epsilon} \sigma \triangleright^{\epsilon_b}$

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"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."

Markoosie Nunga Kuananack

"I used to travel for tobacco to Moose Factory, just a little bit further than Kuujuaaraapik. Many of us used to leave but come back right away. We would leave by boat and by dog team and we would come back by float plane. We used to over-night in Inukjuak and Kuujuaaraapik and come back the third day depending on the weather ..."

Mattiusi Amarualik

"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."

Addamie Putugu

"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"

Daniel Aupalu

"People had to travel in order to get some tobacco even when the ice was dangerous, cracking or opening up."

Juanasi Tulugak

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

Leah Surusila

"They traveled to Kuujjuaraapik for church and tobacco too."
Niaqu Irqu

"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."

Leela Angutigirk

4. Cigarettes came in after other forms of tobacco

[illegible]

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 B. Gordon**

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

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

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

Ida Inglangasuk

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

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

Danny A. Gordon

"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." **Emma Edwards**

"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." **Mabel Firth**

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**

6. 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!”

Danny A. Gordon

(Smoking butts was also mentioned by **Moses Kayotuk** and **Nellie 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 B. Gordon**

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

"Sometimes kids wouldn't have tobacco, so they would get dried leaves and roll it up fine and smoke it."

Renie Stewart

"When people had no tobacco, they would be angry and miserable. They would even smoke grass [regular grass; not marijuana!]." **Emma Edwards**

"I don't remember ever running out of tobacco." **Jane Tyrell**

From Puvirnituk ᐱᓄᓂᓐ

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"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."

Markoosie Nunga Kuananack

(Note: chewing pockets was also mentioned by **Juanasi Tulugak**, **Mattiusi Amarualik**, **Mary Sallualuk Sivuarapik**, **Addamie Putugu** and **Niaqu Irqu**.)

"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..."

Lucy Amarualik

(Note: also mentioned by **Leah Surusila**.)

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

Mattiusi Amarualik

(Note: also mentioned by **Qumaaluk Tukalak**.)

"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."

Leah Surusila

"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."

Juanasi Tulugak.

(Tiredness/sleepiness was also mentioned by **Rebecca Ivilla**, **Niaqu Irqu**, **Addamie Putugu** and **Mattiusi Amarualik**.)

7. People started smoking at an older age than today

$\Delta_{\mathcal{M}} \Delta^C$ $\mathcal{D} \dot{\mathcal{K}}^C \mathcal{P}^C \mathcal{J} \mathcal{I} \mathcal{P}^C \mathcal{B}^C \mathcal{C} \mathcal{P} \mathcal{L} \mathcal{L}^C$ $\mathcal{D} \mathcal{P} \mathcal{D} \mathcal{L}^C \mathcal{S} \mathcal{Y} \mathcal{D}^C \mathcal{P} \mathcal{O}^b$ $\mathcal{D} \dot{\mathcal{K}}^C \mathcal{P}^C \mathcal{J} \mathcal{I} \mathcal{P}^C \mathcal{J} \mathcal{C}^C \mathcal{D} \mathcal{S}^C$



From Aklavik

"I started smoking lightly in about 1953, at about 22 years old." **Jane Tyrell**

"I started smoking at 20 years old." **Renie Stewart**

"Hardly any young people were smoking back then. People never gave their children smokes. I became a regular smoker at the age of 19..." **Mabel Firth**

"I started smoking at 18 years of age... Back then, we never really saw kids smoking. Not in my family, there were no young people that smoked." **Nellie Arey** (Note: **Ida Inglangasuk** also started at age 18.)

"I started smoking at 17, off and on..." **Persis Dick**

"I was about 16 when I became a regular smoker." **Donald Aviugana**

"We were always told as children that we were too young to smoke.... I began smoking at 14 years old."
Annie B. Gordon

"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." **Hugh Papik**

(Note: **Emma Edwards** and **Danny A. Gordon** 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."

Moses Kayotuk

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

[illegible]

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"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."

Juanasi Tulugak

[illegible]

٥٦٩ ٥٧٠

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

Putugu Qumaluk

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

[illegible]

AC 45296

"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"

Daniel Aupalu

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[illegible]

$\dot{L}d\mu \quad \mu^a \mu^b L_{ab} \quad d\Omega^a \mu_a \dot{\mu}^b$

An exception from those days:

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

Markoosie Nunga Kuananack

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

Ida Inglangasuk

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

"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 Dick**

"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 B. Gordon**

“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.” **Danny A. Gordon**

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.” **John Storr**

"Some children used to smoke right out in the open." **Jane Tyrell**

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."

Juanasi Tulugak

“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.”

Leah Surusila

[illegible]

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[illegible][illegible]

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dj^a-c j^ab^b

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[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."

Mary Sallualuk Sivuarapik

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

Lucy Amarualik

“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.”

Addamie Putugu

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

Lizzie Sivuarapik

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

Mary Sallualuk Sivuarapik

(Also mentioned by **Lucy Amarualik**, **Leah Surusila**, and **Putugu Qumaluk**.)

Different views:

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

Qumaaluk Tukalak

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

Minnie Assappa

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

Juanasi Tulugak

10. People never knew tobacco was dangerous

$$\Delta_{\sigma}\Delta^{\sigma} \quad \epsilon_{\beta\gamma\delta\epsilon}\epsilon^{\alpha\beta\gamma\delta}\epsilon^{\mu\nu\rho\sigma}\epsilon_{\mu\nu\rho\sigma} \quad \epsilon^{\alpha\beta\gamma\delta}\epsilon_{\alpha\beta\gamma\delta}\epsilon^{\mu\nu\rho\sigma}\epsilon_{\mu\nu\rho\sigma}$$


From Aklavik

"People didn't know how dangerous it was in those days." **Nellie Arey**

(Also mentioned by **Moses Kayotuk, Annie B. Gordon, Hugh Papik, Jane Tyrell, Emma Edwards, and Arnold Archie.**)

"There was really no education about the harms of smoking.... People never really related sickness/illnesses with smoking or tobacco." **Danny A. Gordon**

"People really didn't know about tobacco, other than smoking it. We never really knew about sicknesses." **Mabel Firth**

"People didn't really know what cancer was..." *Arnold Archie*

"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! People didn't realize how bad it affects the body, also that second-hand smoke is very harmful." **Annie B. Gordon**

"There were no warnings printed on any tobacco products back then.... People thought smoking was just a harmless habit. No-one spoke to them in schools about smoking." **John Storr**

"People didn't know how dangerous it was back then. There were no indications about dangers on the labels. Why didn't they do that long ago? Maybe there would have been less people smoking..." **Persis Dick**

A different view:

"I sort of knew that tobacco was dangerous for your health as I grew up. I always encourage my friends not to smoke."

Donald Aviugana



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 Puvirnitug $\rightarrow \Delta^{\epsilon} \sigma \rightarrow^{\epsilon} b$

$\gamma_b \sigma^L L \gamma_b \gamma_c < \epsilon \Delta^{\alpha\beta} \gamma_c \gamma_b \quad \Delta^c P^J, \quad U^c P^L \sigma.$
 $\Gamma \sigma \quad \Delta^{\gamma\delta} \gamma^{\gamma\delta}$

"Nobody got sick from tobacco, that time."

Minnie Assappa

(Also mentioned by **Putugu Qumaluk**.)

[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."

Peter Assappaq

[illegible]

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

Lucy Amarualik

[illegible]

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

Qumaaluk Tukalak

[illegible]

"People were less sick back then than now."

Rebecca Ivilla

$$\begin{aligned} & \mathcal{D} \langle P \rangle^C \quad {}^{\mathfrak{b}} \sigma^L L \rangle {}^{\mathfrak{b}} \mathfrak{b} \langle \mathcal{C} \mathcal{D} {}^{\mathfrak{b}} \mathfrak{b} \rangle^{\mathfrak{b}}; \quad {}^{\mathfrak{c}} \rho^C U {}^{\mathfrak{b}} L J C \mathcal{D} \mathcal{C} \mathcal{C} \mathcal{D} \rangle^{\mathfrak{b}}. \\ & \sigma^{\mathfrak{d}} \mathfrak{d}^{\mathfrak{b}} \quad \Delta^{\mathfrak{c}} \mathfrak{d}^{\mathfrak{b}} \end{aligned}$$

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

Niaqu Irqu

[illegible]

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

Mattiusi Amarualik

[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."

Mary Sallualuk Sivuarapik

12. Today we know how dangerous tobacco is!

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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 B. Gordon**

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

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.L.' in the bottom right corner.

These days...

"Smokes were only about 55 cents then, now they are \$15 a pack." **Nellie Arey**

14. Elders' advice about how to quit smoking

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

[illegible][illegible]
$$dL^C \supseteq b_L^b$$
[illegible] $\dot{c} \Delta b \quad \Delta \Delta^c c^{5b}$

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 $C\sigma\Delta^c\epsilon \quad \Delta\Delta\Delta\Delta^b$

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[illegible]

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Make up your mind to do it

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

Qumaaluk Tukalak

"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."

Rebecca Ivilla

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

Juanasi Tulugak

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

Daniel 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."

Addamie Putugu

Ask for help

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

Daniel Aupalu

"I asked God to help me quit."

Markoosie Nunga Kuananack

"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."

Mary Sallualuk Sivuarapik

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

Peter Assappaq

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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."

Markoosie 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

Part 2:

Elders' memories

ᐱᐱᐱᐱᐱᐱᐱᐱ 2:
ᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱ ᐱᐱᐱᐱᐱᐱᐱᐱ

Elders from Puvirnituk

ᐱᐱᐱᐱᐱᐱ



ጋረጎሮ ጋረጎሮ ልሙዓኛ ስጋ ስጋ ስጋ ስጋ
ሰሙኛ ልሙዓኛ ልሙዓኛ.

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

ጋረጎሮ ጋረጎሮ ልሙዓኛ ሰሙኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ.

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

ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
በረሃ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ

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.

ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
በረሃ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ ስጋ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ፊት ለፊት ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ

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.

ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ

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.

ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ
ጋረጎሮ ልሙዓኛ ልሙዓኛ ልሙዓኛ ልሙዓኛ

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.



ᐱᐃᐃᐃᐃ ᐅᐅᐅᐅ

ᐃᐅᐅᐅᐅ, ᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅ 9, 1934-ᐅ.

Addamie Putugu

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

ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ; ᐅᐅᐅᐅ,
ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅᐅ.
ᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ.

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] ᐅᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ. ᐃᐅᐅᐅ
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.

ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ,
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.

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.

ᐃᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ, ᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ. ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.

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.

ጋረዋቸው ሁሉም ሰዎች ለጥራት ምግባር ልማት ነበረው። ጋረዋቸው ለጥራት ምግባር ልማት ነበረው። ጋረዋቸው ለጥራት ምግባር ልማት ነበረው።

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.

የጥራት ምግባር ልማት ለጥራት ምግባር ልማት ነበረው። ጋረዋቸው ለጥራት ምግባር ልማት ነበረው። ጋረዋቸው ለጥራት ምግባር ልማት ነበረው።

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.

ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

Nobody knew that tobacco was dangerous.

ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

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.

ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

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.

የጥራት ምግባር ልማት ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

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.

ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

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

ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው። ጋረዋ ለጥራት ምግባር ልማት ነበረው።

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.

ድረገሮ ልሙጽ ምረቃዎች ልገገገግ ልገገገግ ልገገገግ
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች

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.

ገግሮ ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች
ሙሉም ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች ልሙጽ ምረቃዎች

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.



ᑦᓂ ᑭᓴᑦᓂ

ᐃᑭᑦᑐᐱᑦᓂᑦ ᓄᑭᑦᓂᓴᑦᑦ, ᐃᑭᑦᑐᐱᑦ
ᓴᑦᑐᑦ, ᓴᑭᑦᑐ 2, 1930-ᑦ.

Minnie Assappa

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

ᓴᑭᑦᑐᐱᑦᓂᑦ ᓴᓂᓴ ᑐᑭᑦ ᑎᑦᑎᑭᑦᑐᐱᑦᓂᑦᓴᑦᓂᓴᑦᓂᓴᑦ
ᐱᑭᑦᓂᑦᓴᑦᓂᓴᑦᓂᓴᑦ ᑦᑭᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦ ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.

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.

ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦ ᑐᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ
ᓴᑦᑐᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.

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

ᐃᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ [ᑐᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ]
ᑎᑦᑎᑭᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ [ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ,
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ].

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

ᑐᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ 22-ᑦᓂᓴ ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.
ᓴᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.
ᑭᑦᑐᐱᑦᓂᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦᓂᓴᑦ.

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.



ᐱᐱᐅ ᐃᐱᓕᓕᓐ

ᐃᓄᓕᓐᐃᐱᓐᓐ ᐃᓄᓕᓕᓐ ᐅ 13, 1933

Rebecca Ivilla

Born on May 13, 1933
in Inukjuak.

ᐃᐅᐱᐅ ᐱᐅᓕᓕᓐᓐᓐᓐ ᐃᐱᐅᓐᓐ 5-10.
ᐃᓄᓕᓕᓐᓐᓐᓐ ᐃᐅᓕᓕᓐᓐ ᐃᐅᓕᓕᓐᓐ.

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

ᐃᐅᓐᓐᓐᓐᓐᓐᓐᓐ ᐃᐱᐅ ᐃᐱᐅᓐᓐᓐᓐᓐᓐ.
ᐃᓄᐃᓕ ᐃᓕᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ. ᐱᓐᓐᓐᓐᓐᓐ
ᐱᓐᓐᓐᓐᓐᓐᓐ (ᐃᓕᓐ ᐃᓐᓐᓐ) ᐃᐅᓐᓐᓐᓐᓐᓐᓐᓐᓐ.
ᐃᐅᐱᐅᓐ ᓐᓐᓐᓐᓐᓐ ᐃᐅᓐᓐᓐᓐᓐ, ᐱᐅᓕᓕᓐᓐᓐᓐ.

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.

ᐱᓐᓐ ᐃᐅᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐ,
ᐱᓐᓐᓐ ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐ
- ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐ - ᐃᓐ
ᐃᐅᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

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.

ᐃᓄᐃᓕ ᐃᓕᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐᓐᓐ ᐃᓐᓐᓐᓐᓐᓐ
>ᐱᓐᓐᓐᓐ 600-ᓐᓐ ᓐᓐᓐᓐᓐ. ᐃᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ
ᐃᓐᓐᓐᓐᓐᓐᓐ, ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᐃᓐᓐᓐᓐᓐ ᐃᓐᓐ
ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ.

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.

ወሮጽ ጋረዋ ልጄረድኤግረ. ጋረዋኋሊ
የረድድኤግረ ሙሉረድኤግረ. የጋረዋግረድኤግረ
(ጋረዋግረድኤግረ) የጋረዋግረድኤግረ.

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.

ጋረዋግረድኤግረ ጋረዋ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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.

ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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.

ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
[ጋረዋግረድኤግረ] ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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

ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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.

ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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

ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ
ጋረዋግረድኤግረ ጋረዋግረድኤግረ ጋረዋግረድኤግረ.

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!

 $\sigma \triangleleft^{\epsilon} d^{\epsilon} \quad \Delta^{\epsilon \epsilon} d^{\epsilon}$

Δ. Ξ. Γ. Δ. Σ. 24, 1930-Γ, δ. Γ. Γ.
Γ. Π. Σ. Δ. Σ. Δ. Σ. Δ. Σ.

Niaqu Irqu

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

[illegible]

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

[illegible]

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

[illegible]

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.

ካልኛ ርዕሱ ምክር ቤቱ ለጥቅምታዊ ጉዞዎች
[ጋረፍኛ ርዕሱ] ለጥቅምታዊ ጉዞዎች
ካልኛ ርዕሱ ለጥቅምታዊ ጉዞዎች ለጥቅምታዊ
ጉዞዎች ለጥቅምታዊ ጉዞዎች ለጥቅምታዊ ጉዞዎች

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.

ስራዎችን ለማግኘት ለሚገባው ጊዜ ለሚገባው ጊዜ ለሚገባው ጊዜ
 ለሚገባው ጊዜ ለሚገባው ጊዜ ለሚገባው ጊዜ ለሚገባው ጊዜ
 ለሚገባው ጊዜ ለሚገባው ጊዜ ለሚገባው ጊዜ ለሚገባው ጊዜ

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



İdP 2006 2006 2006

Датум: 16. 1932-г.

**Markoosie Nunga
Kuananack**

Born on September 16, 1932
in Puvirnitug

[illegible]

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

[illegible]

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.

ለሪፖርተርዎችና ለሌሎች ጋራ ማለፍ ይቻላል።
 ይህም ማለት ሲሆን ለፍትሕ ማስፈራሪያ ማህበረሰብ
 ማሳሰቢያ ነው። ሀገሪቱን ለማስፈራራት ማህበረሰብ
 ጋራ ማለፍ ይቻላል። ማህበረሰቡ ለፍትሕ ማስፈራሪያ
 ማህበረሰብ ማሳሰቢያ ነው። ማህበረሰቡ ለፍትሕ
 ማስፈራሪያ ማህበረሰብ ማሳሰቢያ ነው። ማህበረሰቡ
 ለፍትሕ ማስፈራሪያ ማህበረሰብ ማሳሰቢያ ነው።

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.

[illegible]

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.

ሳይሆን፤ ስለሆነም ስለሆነው ጋረጽ
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው

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.

ከጋረጹ ጋር፣ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው

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

የጋረጹ ጋረጽ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው

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.

በጋረጹ ጋረጽ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው
ሳይሆን፤ ስለሆነው ጋረጽ ስለሆነው

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 ᐱᓂᑭᑦᑭᑦ

ᑭᓂᑦᑭᑦᑭᑦᑭᑦ ᐱᓂᑭᑦᑭᑦ, >ᐱᓂᑭᑦᑭᑦ ᑭᓂᑭᑦᑭᑦ
ᑭᓂ 21, 1947-ᑭ.

Leela Angutigirk

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

ᑭᓂᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᓂᑭᑦᑭᑦ ᑭᓂᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᓂᑭᑦᑭᑦ.
ᑭᓂᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᓂᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

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

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

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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.

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

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



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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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የጎረቤት ምናልባት የሚሆንበት፡፡

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...



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.



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.



John Storr

Born on November 24, 1946
in Aklavik

My parents used to smoke when I was young. Everybody used to smoke in those days. People smoked a lot then. They craved for it.

Women used pipes back then. They would also use chewing tobacco or snort snuff.

Traders, missionaries and whalers brought tobacco here. On special occasions, people would come in from bush camps and stack up on food and tobacco from the trading posts.

If they couldn't get tobacco, people would try to smoke tea leaves, plants – anything they could get! People would walk in circles.

I remember when it cost 37 cents for a pack of cigarettes at Hudson Bay in about 1957.

There were no warnings printed on any tobacco products back then. A heavy smoker could have emphysema and not know it was from smoking. There was no TV, no entertainment back then. People thought smoking was just a harmless habit. No-one spoke to them in schools about smoking. In Yellowknife at Sir John Franklin School the students aged 16 and over had a common room to smoke in, but not in the hallways.

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.

Our ancestors just kept busy. They had a lot of chores to do. They had no need for smoking back then!

I smoked now and then. I remember I started to choke when I first started. I didn't enjoy it. I quit 20 years ago. I didn't miss it. It wasn't that hard for me to quit.

For people who want to quit smoking, I think they should read up on the dangers of smoking. And watch a documentary about it. Look at pictures of a non-smoker's and smoker's lungs. Also, do sports. You will be no good if you can't keep up with everyone!



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!


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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

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. info@pauktuutit.ca

Information Centre on Aboriginal Health: www.ica.h.ca

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

National Aboriginal Health Organisation: www.naho.ca

Search for “Tobacco”.

Assembly of First Nations: www.afn.ca

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

Inuit Tapiriit Kanatami: 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

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

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) 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

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 Quizzes, quick facts, celebrities against tobacco, second-hand smoke, etc.

Campaign for Tobacco Free Kids: www.tobaccofreekids.org

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

Teen Health Organization: www.kidshealth.org/teen

Search engine, quick facts, quitting tips, etc.

Center for Young Women’s Health: www.youngwomenshealth.org

Factual info re effects of smoking and quitting tips.

Mobilize Against Tobacco for Children’s Health (MATCH): 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

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.

For teachers and health professionals doing research:

Health Canada: www.hc-sc.gc.ca

Search for Smoking/Tobacco; sections re health effects, second-hand smoke, quitting, the tobacco industry, etc.

Health Canada, First Nations and Inuit Health Branch:

www.hc-sc.gc.ca/fnih-spni/pubs/tobac-tabac/2002_pra_comm/index_e.html

There are sections re Building Partnerships, How to Decrease Tobacco Use, and Working with Communities. In this last section, there is a useful 21-page report titled "Building Best Practices with Community" that should be of interest to many health workers in Aboriginal communities. Also has links to other relevant sites.

Government of Canada: Aboriginal Canada Portal: www.aboriginalcanada.gc.ca

Has information (under Health and Social Services section) re addictions, mental health, etc.

National Clearing House on Tobacco and Health: www.ncth.ca

Cessation, prevention, tobacco industry, legislation, environmental tobacco smoke, resources, etc.

Canadian Paediatric Society: www.cps.ca

Has separate sections for parents and professionals, both with a search engine that accesses many tobacco-related articles.

US Lung Association: www.lungusa.org/school/not_teens.html

You can do a search by disease or topic.

Action on Smoking and Health (ASH): www.ash.org/kids.html

Search engine and summaries of hundreds of articles related to children and tobacco.

The National Women's Health Information Centre: www.4woman.gov/quitsmoking/

Fast facts, news reports, 2001 Surgeon General's Report on Women and Smoking, etc.

Cancer Care Ontario: www.cancercare.on.ca/index_AboriginalCancerStrategy.htm

Physicians for a Smoke-free Canada: www.smoke-free.ca/Health/pscissues_health.htm

Videos/DVDs

Healing from Smoking. 24 mins. Pauktuutit Inuit Women of Canada/Nunavik Regional Board of Health and Social Services. Filmed in Kuujjuaq in Inuktitut (Nunavik dialect) and dubbed into English, this video follows the book of the same title and shows a step-by-step approach to tobacco recovery for individual smokers. Available from Consultancy for Alternative Education, 514-457-4347 (tel.), 514-457-4840 (fax), or email info.cae@mac.com.

Smoking Sucks: Kick Butt! 24 mins. Consultancy for Alternative Education with Nunavik Regional Board of Health and Social Services. Filmed in Kuujuaq in Inuktitut (Nunavik dialect) and dubbed into English, this video follows the book of the same title and shows a step-by-step approach to tobacco recovery for youth smokers. Available from Consultancy for Alternative Education, 514-457-4347 (tel.), 514-457-4840 (fax), or email info.cae@mac.com.

One Breath At A Time. 28 mins. Gryphon Productions Ltd., PO Box 93009, West Vancouver, BC V7W 3C0 (Tel: 604-921-7627). Features Aboriginal communities in BC taking action and working together to tackle tobacco addiction. Many excellent ideas for community work. Produced for the BC Aboriginal Tobacco Working Group in association with the Penticton Indian Band.

Circle of Smoke. 17 mins. Available from Laichwiltach Family Life Society, 441–4th 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.

See Spectrum Nasco’s “Hands on Health” catalogue, from 800-668-0600 or 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. Just do a search for “anti-tobacco products”.

Themes that emerged from interviews with Elders

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1. Our ancestors never smoked...

၂၅-၈၀၅၉ ၁၂၂၃၄၅၆၇၈၉...



8. Today, children start smoking very young

[illegible]

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

ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ
ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ ᐃᓄᓐᓂᓐ



10. People never knew tobacco was dangerous

[illegible]

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

ገንዘብና የሥራ ምርት ለማሳደግ ለሚችሉት ሰራተኛዎች ማሳደግ



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

Δ₀Δ^c 'bσ^LLρΠ'bΔ^c<Δ^bρ'Δ^c
Δ^cρΓ^b



- ## 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

$\Delta \omega \Delta^c$ $\triangleright \langle P^c J_1 P^c b^c c L^c$

$D P D_{\omega} \sigma^c b^c n^b$ $\triangleright \langle P^c J_1 J_1 c^c \rangle \sigma^c$



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

Δ₁ Δ₂ Δ₃ Δ₄ Δ₅ Δ₆ Δ₇ Δ₈ Δ₉ Δ₁₀ Δ₁₁ Δ₁₂ Δ₁₃ Δ₁₄ Δ₁₅ Δ₁₆ Δ₁₇ Δ₁₈ Δ₁₉ Δ₂₀ Δ₂₁ Δ₂₂ Δ₂₃ Δ₂₄ Δ₂₅ Δ₂₆ Δ₂₇ Δ₂₈ Δ₂₉ Δ₃₀ Δ₃₁ Δ₃₂ Δ₃₃ Δ₃₄ Δ₃₅ Δ₃₆ Δ₃₇ Δ₃₈ Δ₃₉ Δ₄₀ Δ₄₁ Δ₄₂ Δ₄₃ Δ₄₄ Δ₄₅ Δ₄₆ Δ₄₇ Δ₄₈ Δ₄₉ Δ₅₀ Δ₅₁ Δ₅₂ Δ₅₃ Δ₅₄ Δ₅₅ Δ₅₆ Δ₅₇ Δ₅₈ Δ₅₉ Δ₆₀ Δ₆₁ Δ₆₂ Δ₆₃ Δ₆₄ Δ₆₅ Δ₆₆ Δ₆₇ Δ₆₈ Δ₆₉ Δ₇₀ Δ₇₁ Δ₇₂ Δ₇₃ Δ₇₄ Δ₇₅ Δ₇₆ Δ₇₇ Δ₇₈ Δ₇₉ Δ₈₀ Δ₈₁ Δ₈₂ Δ₈₃ Δ₈₄ Δ₈₅ Δ₈₆ Δ₈₇ Δ₈₈ Δ₈₉ Δ₉₀ Δ₉₁ Δ₉₂ Δ₉₃ Δ₉₄ Δ₉₅ Δ₉₆ Δ₉₇ Δ₉₈ Δ₉₉ Δ₁₀₀ Δ₁₀₁ Δ₁₀₂ Δ₁₀₃ Δ₁₀₄ Δ₁₀₅ Δ₁₀₆ Δ₁₀₇ Δ₁₀₈ Δ₁₀₉ Δ₁₁₀ Δ₁₁₁ Δ₁₁₂ Δ₁₁₃ Δ₁₁₄ Δ₁₁₅ Δ₁₁₆ Δ₁₁₇ Δ₁₁₈ Δ₁₁₉ Δ₁₂₀ Δ₁₂₁ Δ₁₂₂ Δ₁₂₃ Δ₁₂₄ Δ₁₂₅ Δ₁₂₆ Δ₁₂₇ Δ₁₂₈ Δ₁₂₉ Δ₁₃₀ Δ₁₃₁ Δ₁₃₂ Δ₁₃₃ Δ₁₃₄ Δ₁₃₅ Δ₁₃₆ Δ₁₃₇ Δ₁₃₈ Δ₁₃₉ Δ₁₄₀ Δ₁₄₁ Δ₁₄₂ Δ₁₄₃ Δ₁₄₄ Δ₁₄₅ Δ₁₄₆ Δ₁₄₇ Δ₁₄₈ Δ₁₄₉ Δ₁₅₀ Δ₁₅₁ Δ₁₅₂ Δ₁₅₃ Δ₁₅₄ Δ₁₅₅ Δ₁₅₆ Δ₁₅₇ Δ₁₅₈ Δ₁₅₉ Δ₁₆₀ Δ₁₆₁ Δ₁₆₂ Δ₁₆₃ Δ₁₆₄ Δ₁₆₅ Δ₁₆₆ Δ₁₆₇ Δ₁₆₈ Δ₁₆₉ Δ₁₇₀ Δ₁₇₁ Δ₁₇₂ Δ₁₇₃ Δ₁₇₄ Δ₁₇₅ Δ₁₇₆ Δ₁₇₇ Δ₁₇₈ Δ₁₇₉ Δ₁₈₀ Δ₁₈₁ Δ₁₈₂ Δ₁₈₃ Δ₁₈₄ Δ₁₈₅ Δ₁₈₆ Δ₁₈₇ Δ₁₈₈ Δ₁₈₉ Δ₁₉₀ Δ₁₉₁ Δ₁₉₂ Δ₁₉₃ Δ₁₉₄ Δ₁₉₅ Δ₁₉₆ Δ₁₉₇ Δ₁₉₈ Δ₁₉₉ Δ₂₀₀ Δ₂₀₁ Δ₂₀₂ Δ₂₀₃ Δ₂₀₄ Δ₂₀₅ Δ₂₀₆ Δ₂₀₇ Δ₂₀₈ Δ₂₀₉ Δ₂₁₀ Δ₂₁₁ Δ₂₁₂ Δ₂₁₃ Δ₂₁₄ Δ₂₁₅ Δ₂₁₆ Δ₂₁₇ Δ₂₁₈ Δ₂₁₉ Δ₂₂₀ Δ₂₂₁ Δ₂₂₂ Δ₂₂₃ Δ₂₂₄ Δ₂₂₅ Δ₂₂₆ Δ₂₂₇ Δ₂₂₈ Δ₂₂₉ Δ₂₃₀ Δ₂₃₁ Δ₂₃₂ Δ₂₃₃ Δ₂₃₄ Δ₂₃₅ Δ₂₃₆ Δ₂₃₇ Δ₂₃₈ Δ₂₃₉ Δ₂₄₀ Δ₂₄₁ Δ₂₄₂ Δ₂₄₃ Δ₂₄₄ Δ₂₄₅ Δ₂₄₆ Δ₂₄₇ Δ₂₄₈ Δ₂₄₉ Δ₂₅₀ Δ₂₅₁ Δ₂₅₂ Δ₂₅₃ Δ₂₅₄ Δ₂₅₅ Δ₂₅₆ Δ₂₅₇ Δ₂₅₈ Δ₂₅₉ Δ₂₆₀ Δ₂₆₁ Δ₂₆₂ Δ₂₆₃ Δ₂₆₄ Δ₂₆₅ Δ₂₆₆ Δ₂₆₇ Δ₂₆₈ Δ₂₆₉ Δ₂₇₀ Δ₂₇₁ Δ₂₇₂ Δ₂₇₃ Δ₂₇₄ Δ₂₇₅ Δ₂₇₆ Δ₂₇₇ Δ₂₇₈ Δ₂₇₉ Δ₂₈₀ Δ₂₈₁ Δ₂₈₂ Δ₂₈₃ Δ₂₈₄ Δ₂₈₅ Δ₂₈₆ Δ₂₈₇ Δ₂₈₈ Δ₂₈₉ Δ₂₉₀ Δ₂₉₁ Δ₂₉₂ Δ₂₉₃ Δ₂₉₄ Δ₂₉₅ Δ₂₉₆ Δ₂₉₇ Δ₂₉₈ Δ₂₉₉ Δ₃₀₀ Δ₃₀₁ Δ₃₀₂ Δ₃₀₃ Δ₃₀₄ Δ₃₀₅ Δ₃₀₆ Δ₃₀₇ Δ₃₀₈ Δ₃₀₉ Δ₃₁₀ Δ₃₁₁ Δ₃₁₂ Δ₃₁₃ Δ₃₁₄ Δ₃₁₅ Δ₃₁₆ Δ₃₁₇ Δ₃₁₈ Δ₃₁₉ Δ₃₂₀ Δ₃₂₁ Δ₃₂₂ Δ₃₂₃ Δ₃₂₄ Δ₃₂₅ Δ₃₂₆ Δ₃₂₇ Δ₃₂₈ Δ₃₂₉ Δ₃₃₀ Δ₃₃₁ Δ₃₃₂ Δ₃₃₃ Δ₃₃₄ Δ₃₃₅ Δ₃₃₆ Δ₃₃₇ Δ₃₃₈ Δ₃₃₉ Δ₃₄₀ Δ₃₄₁ Δ₃₄₂ Δ₃₄₃ Δ₃₄₄ Δ₃₄₅ Δ₃₄₆ Δ₃₄₇ Δ₃₄₈ Δ₃₄₉ Δ₃₅₀ Δ₃₅₁ Δ₃₅₂ Δ₃₅₃ Δ₃₅₄ Δ₃₅₅ Δ₃₅₆ Δ₃₅₇ Δ₃₅₈ Δ₃₅₉ Δ₃₆₀ Δ₃₆₁ Δ₃₆₂ Δ₃₆₃ Δ₃₆₄ Δ₃₆₅ Δ₃₆₆ Δ₃₆₇ Δ₃₆₈ Δ₃₆₉ Δ₃₇₀ Δ₃₇₁ Δ₃₇₂ Δ₃₇₃ Δ₃₇₄ Δ₃₇₅ Δ₃₇₆ Δ₃₇₇ Δ₃₇₈ Δ₃₇₉ Δ₃₈₀ Δ₃₈₁ Δ₃₈₂ Δ₃₈₃ Δ₃₈₄ Δ₃₈₅ Δ₃₈₆ Δ₃₈₇ Δ₃₈₈ Δ₃₈₉ Δ₃₉₀ Δ₃₉₁ Δ₃₉₂ Δ₃₉₃ Δ₃₉₄ Δ₃₉₅ Δ₃₉₆ Δ₃₉₇ Δ₃₉₈ Δ₃₉₉ Δ₄₀₀ Δ₄₀₁ Δ₄₀₂ Δ₄₀₃ Δ₄₀₄ Δ₄₀₅ Δ₄₀₆ Δ₄₀₇ Δ₄₀₈ Δ₄₀₉ Δ₄₁₀ Δ₄₁₁ Δ₄₁₂ Δ₄₁₃ Δ₄₁₄ Δ₄₁₅ Δ₄₁₆ Δ₄₁₇ Δ₄₁₈ Δ₄₁₉ Δ₄₂₀ Δ<

