

Expanding One's Environment for a Healthy Lifestyle



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Acknowledgements

It should be noted that the text of this book has been directly translated into English from Meeka Arnakaq's compilation of her traditional teaching, handwritten in Inuktitut syllabics. Its content and sentence structure have been minimally edited. It was very important to Meeka Arnakaq and the team of people working on this project that the book completely reflects a direct translation of Meeka's words to maintain the integrity of her work and oral traditional knowledge. The iglu illustrations are based on Meeka's original sketches.

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Dedication:

I dedicate these teachings to my husband Abraham, my children, grandchildren and great-grandchildren, and also to Reepa and Rachel.



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Foreword

The diagram of an iglu explains the different stages a person needs to learn to expand their environment in order to lead a healthy lifestyle. Once you understand each focus and how each block works, it helps you understand yourself – if used properly. It's divided into four categories: self, family members, community members, and other community members.

Each snow block represents certain issues, and each of the blocks can be worked on for an hour. Before beginning to write things down, the trainer should first clarify each of the definitions, outline what is expected, and examine the issues they are facing. Another way to work through the manual is to orally present it to the trainees beforehand so they can be better prepared mentally to work through each of the blocks before they start writing. Only the trainer will do the writing and talking. Another way the manual could be presented is to use it as a guide for defining each of the blocks. Some of the blocks are to be worked through. The porch of the iglu can also be used as an example, or as an exit to start examining the outer environs. This is to explain the diagram of the iglu.

The manual could also be used as a guide to an eight-week course presented in sections to cover both the inside and the outside of the iglu. Presented this way there is not enough time to complete the entire manual including the porch and the wind shelter, but if it were twice a week for eight weeks, all of the contents could be covered. Bear in mind that there are also other subjects that a trainee would need to cover in regards to their education, so that has to be included based on their schedule.

The manual is divided into four parts to clarify each topic, taking care of each of our own four parts: self, family members, community members and those outside of our communities. It is a healthy introduction on how to manage your life.

Developed and written by:
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This manual is a
healthy introduction
to how to manage your life.



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Once you understand
each focus and how each
block works, it helps you
understand yourself.

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Outside of the Iglu – Foundation of the Iglu



The snow blocks around the outside of the iglu means to develop a healthy lifestyle.

- 1 Becoming Aware of Self
- 2 Knowing When to Limit Self
- 3 Protecting Self
- 4 Being Patient with Self
- 5 Understanding Self
- 6 Speaking for Self
- 7 Self-Assessment
- 8 Self-Love
- 9 Self-Gratitude
- 10 Knowing One's Abilities
- 11 Self-Confidence
- 12 Being a Friend to Self
- 13 Believing in Self

Foundation of the Iglu: 1st Snow Block



Becoming Aware of Self

Becoming Aware of Self

Getting to know yourself and where you come from, and what kinds of foundations you have; trusting that you are in a safe place. This is important, but you first need to get to know who you are and what type of person you are. Whether you are an Inuk or a Qallunaaq or of mixed blood.

Understanding where you came from and what your ancestors were like.

Female _____	Male _____
Fair complexion _____	Darker complexion _____
Inuk _____	I am Qallunaaq _____
Strong _____	Weak _____

I was aware of who I am when I awoke this morning. I knew what things I had to do, and knew I had to know how to do them. I knew if I had enough time to do them in a day, knew I wanted to be kind to myself, to care for myself, and knew that I am a good person. I am just like everyone else, but my appearance is different physically, and so is my lifestyle. I know my abilities, what I am able to learn, and here are my capabilities:

- 1 I can learn. _____
- 2 I can work. _____
- 3 I can sew and make things. _____
- 4 I can travel. _____
- 5 I can play games. _____
- 6 I can visit. _____
- 7 I can go shopping. _____
- 8 I can go down to the low tide. _____
- 9 I can hunt. _____

Foundation of the Iglu: 1st Snow Block

1

Becoming Aware of Self

- 10 I can be happy. _____
- 11 I can be sad. _____
- 12 I can be willing. _____
- 13 I can have a limit. _____
- 14 I can find things too heavy. _____
- 15 I can handle things. _____
- 16 I can love others. _____
- 17 I can be uncaring. _____
- 18 I can get angry. _____
- 19 I can take it. _____
- 20 I can cry. _____
- 21 I can hold back tears. _____

These are some of the emotions that a person experiences.
They will interchange from feeling to feeling.

If you would like to add different emotions that
you feel at the time, add them to the list,
or if you would rather, add a story of
emotions you experienced.



Foundation of the Iglu: 2nd Snow Block

2

Knowing When to Limit Self

Knowing When to Limit Self

Self control means that you can control yourself. Being able to delay things that cannot be done right away. In developing a healthy lifestyle you will learn to manage your life by learning self control. (This can be used as an example of someone who has no self control.) For example, if a person gets their paycheque and there are numerous things needed, some will get items that aren't important, as a result of not planning ahead. Sometimes with no planning, one will find that he has no more money left to purchase anything, and there are still seven more days until next pay day.

Another example to use is that if a person is trying to quit smoking, by learning self control, one will think of other things to divert the craving to smoke. He then learns that with will power, it is possible to control the craving and beat it. There will be times it will seem totally impossible to last because of the intense craving, but with practicing good self control and nurturing the positive, it will lead to a healthy lifestyle.

Here are more ways to learn self-control:

Getting so angry at someone and not physically hurting them, not breaking the other's belongings, not saying negative things about the person, not answering back rudely after being told something, keeping things to oneself that aren't for everyone's ears, not getting abusive, not holding a grudge until death, not committing suicide because of something, and not adopting ways that are destructive. Those are some of the ways that provide a good foundation for self-control and being able to draw strength from that.

Here are more examples:

If you were to spot seven caribou while out hunting in the summertime, you would kill only the number you could prepare in the summertime because the meat would spoil easily if you had no freezer in which to keep the meat. You would have to know beforehand how many you could keep before making your kill.

Foundation of the Iglu: 2nd Snow Block

Questions to Answer:

1. What would you do if you were out on the land and the weather wasn't safe for boating to get back home?

2. If you spotted a number of healthy caribou while out hunting, how would you practice self-control?

3. If you had a hard time getting up in the morning when you had to get to school or work, what would you need to do?

Practicing Self-Control in Ways that Aren't Visible:

1. If you were to continuously focus on yourself and say that you were worthless, how would you deal with that issue and correct it?

2. If you had seven sleepless nights in a row, what would you need to do?

3. If you hadn't eaten for three days due to lack of food, what would you do?



Knowing
When to
Limit Self

Foundation of the Iglu: 3rd Snow Block

3

Protecting Self

Protecting Self

Being able to protect yourself can be achieved in several ways because it is important to take care of yourself; to manage one's own life is the ability to protect oneself. For example: If a person fell through the ice, he'd try to get back up on solid ice to stay alive; or if he were in a burning building, he would do all he could to get out; or if he was in a boat and there was an accident, he'd try all he could to survive.

In other words, this is something that needs to be taught to people; a person would need to learn the art of protecting oneself in some very important ways and in some less life-threatening ways. This is because some very risky situations can become tempting to try only to find that they're very dangerous. So it's important to learn how to protect yourself in order for survival.

If you found someone else who had fallen through the ice, into the water, or was inside a burning building you would instinctively want to help that person. You would find within yourself the tremendous caring heart that you have. That is how much a person should feel for oneself or be able to protect oneself. There are different ways of getting into dangerous situations in any area of one's life; physically or emotionally. Also there are less obvious ways that a person can learn to protect oneself with good management, knowing what's going on inside of oneself: for instance, feeling anger, wanting to lash out verbally in an abusive manner, wanting to hurt someone or by saying negative things to someone else. Or a person can lose the ability to care for someone else or start doing things that shouldn't be done. There can be a number of ways a person must learn to protect oneself from negative things. Learning healthy ways is a good way to learn how to protect yourself, to avoid accidents and to learn self-preservation.

Foundation of the Iglu: 3rd Snow Block

Questions to Answer:

1. If you had an accident in water, what would you do?

2. If you fell through the ice, what would you do?

3. If you saw someone else who had fallen into the water, what would you do to help?

4. If you saw someone in a dangerous situation, what would you do?

Emotionally:

1. What are some dangerous emotions?

2. What would you need to do if you had run out of options for survival?

3. If you ended up in a dangerous place, what would you do to protect yourself?

3

Protecting
Self

Foundation of the Iglu: 4th Snow Block

Being Patient With Self

To be patient with yourself means that if you are going through a difficult situation, you're able to reassure yourself that it will pass and that you can wait it out. There are many people who can no longer be patient: they have given up: no more options, no more hope, no longer caring for self, feel that they can no longer do anything worthwhile, start having negative feelings regarding self—being impatient with self.

4

Being Patient With Self

For example: Someone who's tried a number of times to lead a healthier lifestyle but keeps falling back on his old ways of anger, disapproval, bad feelings towards others, use of alcohol/drugs, stealing, hurting others, unfounded suspicion of people/things, or even mental instability. A person can try to quit doing these things, but when the old feelings keep coming back the person may relapse when a craving returns and they are experiencing risky feelings and feel that it will never end. At the same time what they are feeling is confused with those feelings that everything will be fine, happy, and will feel no cravings. You need to have patience with those kinds of negative feelings. Learning how to be patient with yourself, even while experiencing cravings, will lead to self control.

Being patient with others, as an example:

We need to be patient with others, such as family members, children, relatives, parents, spouses, friends, and others who are attached to us in some way.

By being patient we may reduce negative feelings towards others who do certain things. If we can't be patient we may have to go to someone else for help when we feel we cannot handle things alone anymore.

Trying to practice patience with oneself is harder to do because we are not aware of when we should be patient with ourselves. We start thinking that we'll be able to be patient with ourselves like others can, but find out we cannot. We then find out that we need to learn how, even if it sometimes we feel like it will never happen.

Foundation of the Iglu: 4th Snow Block

With practice we will also learn to wait. We help ourselves tremendously for a time when we learn that we too can do it.

We can also learn patience from others whom we view as patient people. People who are patient, even when they are going through a very difficult situation, they have always been able to live a healthy lifestyle. These are the best people to learn from.

Questions to Answer:

1. What is being patient? _____

2. What do you do to be patient? _____

3. Why should we be patient with others? _____

4. How would I practice being patient with myself? _____



**Being Patient
With Self**

Foundation of the Iglu: 5th Snow Block

Understanding Self

Being able to understand yourself involves quite a number of things. For example, adults don't understand themselves through talking about themselves to a number of people, or fooling themselves and pretending and denying who they are. Instead it's desirable to understand and to know the type of person you are in life, and knowing your abilities, not what they can't do as a result of managing or mismanaging your life. Being able to understand yourself is being able to talk about who you are.

5

Understanding Self

Examples:

Students take many different courses: some for many years, some for only a short time, and those who have completed their required education start looking for employment once they understand that they can do the job. In the same way, we need to learn how to manage our lives in a healthy way and be able to understand it is essential to be able to live a healthy lifestyle anywhere we go. We need to understand the many things by developing our scope on life.

Questions to Answer:

1. How do I understand something? _____

2. Why is it that I am unable to understand myself? _____

3. What are some things that occurred in the last week that I still need to work on to gain an understanding? _____

4. What can I do to prepare for next month? _____

5. I know myself in this way: _____

Foundation of the Iglu: 6th Snow Block

Speaking for Self

It's beneficial to be able to speak to yourself truthfully and to live in an honest way, with the ability to do a number of things on your own even if it cannot be all done by yourself. Even if I don't do an excellent job of many things, I can do a number of things by myself. Even if I do things differently from others, I am able to speak for myself; that it is the way I do things. For example: if there were ten women sewing kamiks using the very same pattern, the end result would be different because their individual stitches will differ. In that same way, if we were to take the very same course together, our level of understanding would be different. We need to understand that we're just like everyone else, with different abilities. Also, you have within yourself a certain "something" that no one else has, a knowledge of different things, and whatever we may lack, we can learn from others.

This is how we usually feel about ourselves:

Feel shame, or do not feel ashamed; ungrateful, grateful; happy, unhappy; appreciate self, unappreciative to self; regretful for saying something too quickly when it was hurtful.

These are some things to talk over with yourself:

Explain some things by talking things through with yourself and writing them down. Think about the issues you need to work on or things that you regret having done, and also think about your abilities.

6

Speaking
for Self

Foundation of the Iglu: 7th Snow Block

Self-Assessment

Self assessment is a way to understand if you're leading an honest lifestyle; for example, being careful to avoid negative outcomes. Through self assessment, a person is able to correct things that aren't healthy in their life and make changes to turn things around. When a person is going through a difficult time, he can look for the right assistance by assessing his situation first. From there he'll be able to keep track of his progress in his effort to lead a healthier lifestyle.

Learning how to do things that he hadn't been able to do in the past, and perhaps those things that he was afraid to attempt, he'll learn to be able to do some things that he had never liked doing before. He can now do these things because he's starting to see and understand himself.

For example, during the 1940s, Inuit were afraid of airplanes when they first started landing up North. They would start walking towards Amuqaruluk to get away from an airplane that had arrived, or they would be waking each other up to alert people that a plane had landed. Inuit who were out hunting caribou would try to crawl underneath a boulder when an airplane flew overhead. They were so terrified because it was the very first time to see a plane. But today, Inuit are now able to fly on an airplane. We hear airplanes on a daily basis and are no longer afraid.

This proves that Inuit are able to overcome fears.

Our culture today has greatly progressed in numerous ways. Our ability to do self assessment is evident in the things we can and cannot do.



7

Self-
Assessment

Foundation of the Iglu: 7th Snow Block

Questions to Answer:

My abilities through self assessment and things I cannot do:

Abilities

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____

Inabilities

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____



Self-
Assessment



Foundation of the Iglu: 8th Snow Block

Self-Love

The ability to love yourself is a healthy way to manage your life. Self-love is a way to guard yourself from risky, unsafe things, or to put it another way, it's healthy to make sure that you're still on the right path and to become a friend to yourself. Self-love keeps you on the healthy path. A person who loves themselves is a person who has sympathy towards others. A person who doesn't love themselves doesn't know how to be sensitive towards others physically or verbally. A person who has no self-love seems negligent towards oneself, like being self-abusive by disregarding their own life. This can put a person in a risky or dangerous situation, where on the other hand, having self-love means leading a safe, healthy lifestyle, being sensitive to your own needs and liking you the way you are.

8

Self-Love

Questions to Answer:

What are the characteristics of a person who loves themselves?

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____
- I _____
- J _____
- K _____
- L _____
- M _____
- N _____

Foundation of the Iglu: 9th Snow Block

Self-Gratitude

It's always difficult to show self-gratitude, but we always have numerous things for which to be grateful. Whenever someone gives us a hand or gives us a gift, we are forever thankful to them. But it's so hard for us to be thankful to ourselves. We never think that maybe we should show self-gratitude. We can look at those things in our lives that we can be grateful for; for example, if there was a job opportunity that we feel we could do and would like to get. We look at our situation with knowledge that we need to make a living, so we apply for the position, or if there is something we would like to buy that we need. This is a way of self-preservation. It is difficult to get a machine or buy food when a person doesn't have a job. Likewise, we take care of ourselves for the sake of our survival or for our comfort. A person who is trying to live a healthy lifestyle will do things that will be to their benefit.

Being good to yourself could be a way of showing self-gratitude. In other words, a person does what he needs to do for his survival by continuing to take care of himself even if he is going through a difficult situation. It's definitely a way of showing self-gratitude.

Questions to Answer:

Write down some things that show self-gratitude:

Important

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____

Less Important

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____

9

Self-Gratitude

Foundation of the Iglu: 10th Snow Block

Knowing One's Abilities

Applying one's abilities is a way of being able to do different things for yourself. Practicing and learning to do things is teaching independence. Learning to do something new with perseverance eventually will lead to mastering it. For example, a man is able to continue traveling by boat even when the water seems to be too dangerous. If he were to stop the outboard motor and do nothing in the middle of the sea, it wouldn't be right and would become an impossible situation.

When you look at it this way, it shows that even through very difficult times you will use your abilities to do those things that look to be impossible, but you keep going. We don't do things that we feel we aren't able to do, but there are people who take on leadership roles (for example) that they aren't able to manage. Sometimes they begin using alcohol and other substances only to find that they aren't able to manage things well.

There are not many Inuit who can steer a large ship from port to port. This is because Inuit have not tried mastering this skill. Every once in a while in life, we come across things we've never tried, and it is only by trying to learn how it's done that we learn what is involved. Inuit learn by being open to teaching. There are numerous things that Inuit are knowledgeable about and have many strengths.

10

Knowing
One's Abilities



Foundation of the Iglu: 11th Snow Block

Self-Confidence

Self-confidence means understanding. Having self-confidence helps to manage your life and live a healthy lifestyle. There are certain days in everyone's life where nothing seems right, or it could be a year that just seems difficult, but we all need to reach a point in our lives where we are self-confident and not giving into the less desirable circumstances that we may find ourselves in. Even if we are in different stages in our lives, we must strive to lead healthy lifestyles.

Having self-confidence can be looked at as being in two parts. To have confidence is to have the ability to physically manage life, to lead a healthy lifestyle. We have heard of some Inuit who, long ago, could scale cliffs effortlessly, probably to get sea gull eggs. There was a man who climbed up and down the Kujjaangat cliffs. He wasn't afraid to do this, but it makes you wonder how it is possible to think of doing something like this. It's amazing that a person can have so much self-confidence that they can attempt this dangerous task that no one else would attempt. Some cliffs have been there for countless number of years, and there are some Qallunaat who will also climb cliffs with such self-confidence.

In everyone's life, a person will go through emotionally and mentally very difficult times. These are the times that we must strive to remain patient, not give up and learn to mature from those life experiences. Everyone is touched by these trials during their lifetime, though there will be times that we really do not want to face the physical challenges. There are people who survive, and we need to learn, keep facing these challenges and move forward.

Questions to Answer:

What are some discouraging situations that we face, either physically or emotionally?

- | | | | |
|---|-------|----|-------|
| 1 | _____ | 7 | _____ |
| 2 | _____ | 8 | _____ |
| 3 | _____ | 9 | _____ |
| 4 | _____ | 10 | _____ |
| 5 | _____ | 11 | _____ |
| 6 | _____ | 12 | _____ |

11

Self-Confidence

Foundation of the Iglu: 12th Snow Block

Being a Friend to Self

To be a friend to yourself is the ability to take care of yourself. A person who treats the self as a friend will not be ones enemy or you will give up on yourself. One can do a self-search to see where your life is lacking in self friendship. Self-friendship is where one will grow and mature to live a healthy lifestyle. Being able to be a friend to yourself is very beneficial and it grows with your emotions, becoming united as a person.

Example: Inuit, though they are related, will become enemies of one another for a time because their views are differing, but over time they will work out their differences and become best friends as they work things out. Using myself as an example, there are times when I really dislike myself, and then it becomes apparent to me that there is something I have to work on so I can be the person I like. I need to nurture the things that I like about myself in order to mature in that certain area. Being a friend to yourself is a way to find out who you are.

Questions to Answer:

Why is it that we do not befriend ourselves?

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____

12

Being
a Friend
to Self

Foundation of the Iglu: 13th Snow Block

Believing in Self

Believing in yourself means to know that you have abilities. It's in knowing the type of person you are, is knowing your capabilities. You know where you come from, believe that you should try not to abuse yourself and understand that you can be good to yourself. If you believe in yourself, then you are truthful and honest. A person who believes in his capabilities is aware of what could be dangerous and can protect himself from those dangers. For example, if you're adding snow blocks based on the iglu diagram, you are growing as a person; that is the person's character, someone who believes in themselves. Some Inuit do not believe in themselves nor do they like themselves. Other Inuit may not like them either and have little belief in themselves. Also, when others start telling them that they're "no good", they start believing it because they hadn't had a chance to think otherwise. Another good example is when Inuit were still living their traditional lifestyle, they believed in what they knew and in how they manage. Even though things got really tough they still managed to survive. In today's society, the Inuit lifestyle has been bombarded by many different cultures that were never a part of the Inuit lifestyle, and because of those things we have lost some of our abilities. Another way to look at this is that traditional ways have been enhanced by some very good "new ways" that Inuit can learn from them. A person must believe in himself that he is capable, even if it's a different culture.

Questions to Answer:

What are the things I believe in myself and why must I believe in myself?

13

Believing
in Self

Inside of the Iglu Snow Blocks

How household members can grow together as a family for a healthy lifestyle instructions.

- 
- 1 Couples Understanding Each Other's Hearts
 - 2 Family Management without Fear
 - 3 Treating Family Members with Good Attitude
 - 4 Delegation of Chores
 - 5 Delegation of Specific Jobs to Partner, Children and Parents
 - 6 Love Binds All
 - 7 Preparing for the Future Together
 - 8 Being Sensitive to Family Members in All Ways
 - 9 Protecting Children and Family Members
 - 10 Household Members Growing Together in Life
 - 11 Showing Gratitude to Household Members
 - 12 Being Able to Manage Household Members without Fear
 - 13 Assigning Responsibilities to Family Members
 - 14 Having Agreements on Plans and Tasks to Be Done
 - 15 Preparing Family Members to Avoid Risky Situations

1st Inside of the Iglu Snow Block

1

Couples Understanding Each Other's Hearts

Couples Understanding Each Other's Hearts

When a man and a woman get together it's usually the first physical union and first love. The usual steps taken are: like the person, love the person, is drawn to the person, or finds adorable/lovable aspects in all areas (physical, lifestyle). After they are married, sometimes regret follows for some, while others are happy that they had found each other.

Not all couples have a healthy relationship with each other. Each grew up in different households and will have to work things out together to have their values established in their household.

When a couple first start sharing a life together, they do not understand each other with their hearts. But once they start to understand their partner with their heart, it starts to become easier. So understanding your spouse with the heart is a wonderful way to bring your values together so each person can work things out in their own way. How can a couple start to understand each other with the heart? This is through discretion and wisdom; on a higher level, it is to humble oneself and become open to discovering a healthy solution.

It's very beneficial for both partners to start understanding each other with the heart that is pure. To become close friends, not act in deceitful ways and work through things together—that is how they can have a lasting relationship.

Working together on different issues:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

2nd Inside of the Iglu Snow Block

2

Healthy Family Management without Fear

Healthy Family Management without Fear

Being able to participate in discussion without fear and with understanding will solve problems and eliminate any fears. As you start speaking together more, you'll get to really understand each other with the heart. How can this solve issues? By earnestly trying to understand where the other is coming from, how best to work something out and find the best solution for the issue. Getting to understand each other without fear, knowing that the issues at hand will be dealt with in a caring manner and gentleness—there will be approval for each other.

Learning to do these things/or using them:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____



3rd Inside of the Iglu Snow Block

Treating Family Members with Good Attitude

Treat all family members, children and parents, with a good attitude is important. How? By being aware of demeanor, facial expression, voice, actions, character and words. The ability to have a good attitude can grow into something much deeper. And because the family members do not fear each other and treat each other well, these can be there even if there has to be corrective action taken. If those are done in a caring manner there is no abuse, but will instead produce more kindness for each other. There are many ways in which to show good attitudes toward each other.

Questions to Answer:

How would you show a good attitude?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____

3

Treating Family Members with Good Attitude

4th Inside of the Iglu Snow Block

Delegation of Chores

The household members can delegate chores amongst themselves instead of having just one person doing all of them. All family members, including children, should have chores to do. Children are not just for running errands for others: they can have actual jobs they can do either inside or outside of the home. In this way they can learn what things would need taking care of when they're grown up, and even take that chore into their teen years then into their own homes.

Women know their responsibilities, what they can and cannot do even if others are able to do them. She may be able to do a better job than others! The man must check to see what his wife is able to do. A man also has limits to his abilities. It's important that the man is aware of what is required so everyone in the home is happy as a result of being involved in the management of the house.

Questions to Answer:

How would you delegate chores?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

4

Delegation
of Chores

5th Inside of the Iglu Snow Block

Delegation of Specific Jobs to Partner, Children and Parents

5

Delegation of Specific Jobs to Partner, Children and Parents

Questions to Answer:

- 1 _____
 - 2 _____
 - 3 _____
 - 4 _____
 - 5 _____
 - 6 _____
 - 7 _____
- _____
- _____
- _____
- _____

7th Inside of the Iglu Snow Block

Preparing for the Future Together

Questions to Answer:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

7

Preparing
for the Future
Together

8th Inside of the Iglu Snow Block

Being Sensitive to Family Members in all Ways



Being Sensitive
to Family
Members in
all Ways

Questions to Answer:

9th Inside of the Iglu the Snow Block

Protecting Children and Family Members

Questions to Answer:

9

Protecting
Children and
Family Members

10th Inside of the Iglu Snow Block

Household Members Growing Up Together

10

Household
Members
Growing Up
Together

Questions to Answer:

11th Inside of the Iglu Snow Block

Showing Gratitude to Household Members

Questions to Answer:

11

Showing
Gratitude to
Household
Members

12th Inside of the Iglu Snow Block

Being Able to Manage Household Members without Fear

12

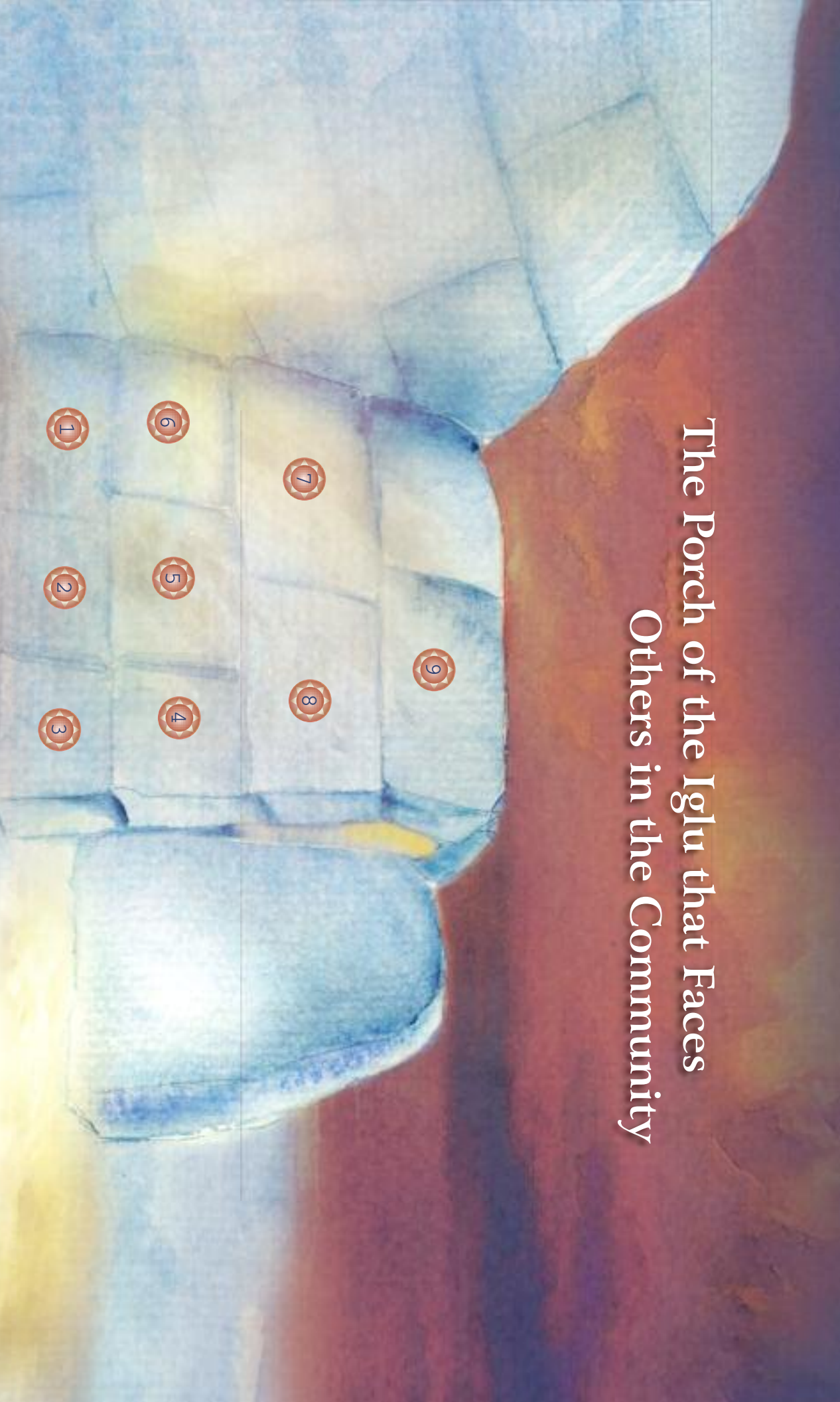
Being Able to
Manage House-
hold Members
without Fear

Questions to Answer:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____

The Porch of the Iglu that Faces Others in the Community



The Porch represents living peacefully with community members.



1st Iglu Porch Snow Block

1

Observing
Community
Members Non-
Judgmentally

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



3rd Iglu Porch Snow Block

Looking for Ways to be Helpful to Others



Looking
for Ways to
be Helpful to
Others

Questions to Answer:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

4th Iglu Porch Snow Block

Good Standing in Community



Good
Standing in
Community

Questions to Answer:

- A _____
- B _____
- C _____
- D _____
- E _____

5th Iglu Porch Snow Block

Treating Others with Respect

5

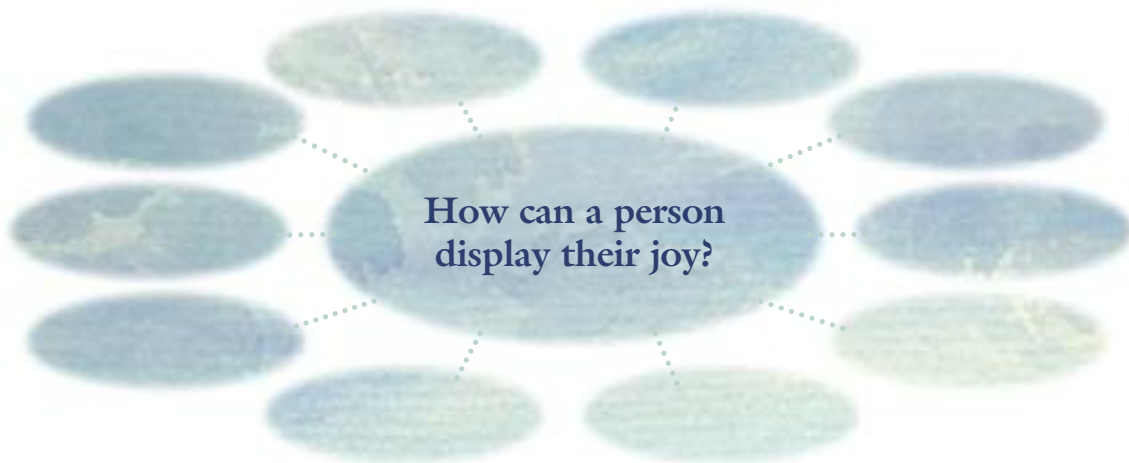
Treating Others
with Respect

6th Iglu Porch Snow Block

Sharing Happiness with Others

6

Sharing
Happiness
with Others

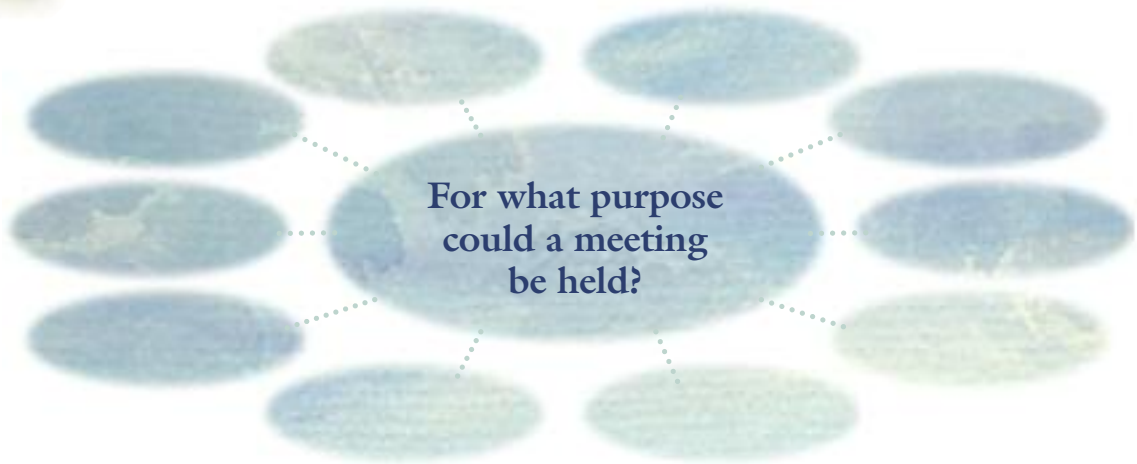


7th Iglu Porch Snow Block

Meet With Others in the Community



Meet With
Others in the
Community





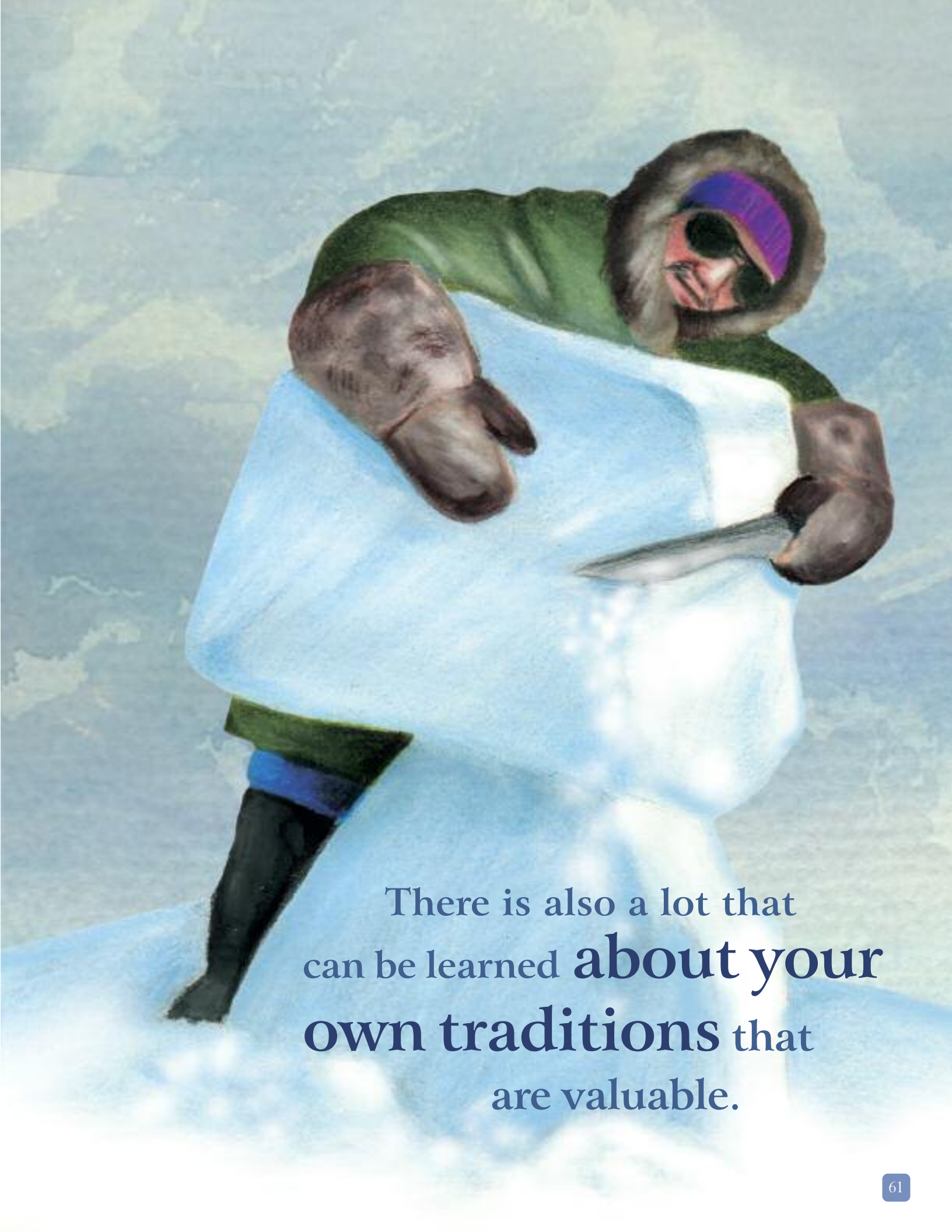
Sharing your joy with others
is like **passing on happiness**
with others through the air.

The Iglu Porch Shelter Represents Others Living in the Community

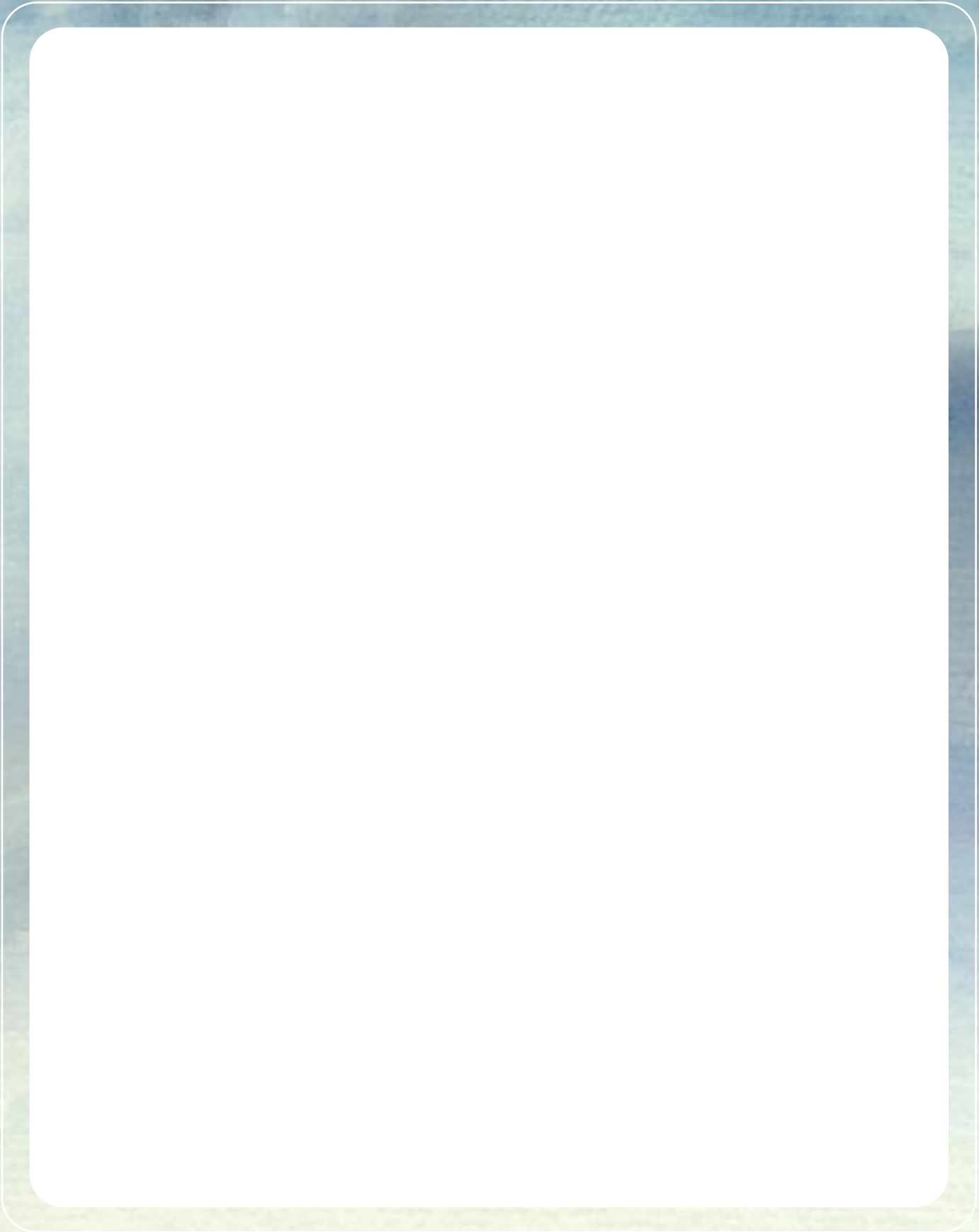
Wind shelter snow blocks represent people not originally from own community or people of different cultures.

- 
- The diagram shows a cross-section of an igloo porch shelter. The interior is a smooth, light blue curve. The exterior is built from snow blocks, some of which are numbered 1 through 9. The blocks are arranged in a pattern that forms a porch-like structure. The numbers are: 1 (top left), 2 (top middle), 3 (top right), 4 (middle left), 5 (middle middle), 6 (middle right), 7 (bottom left), 8 (bottom middle), and 9 (bottom right).
- 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7
 - 8
 - 9





There is also a lot that
can be learned **about your
own traditions** that
are valuable.



Meeka Arnakaq's Biography



Meeka Arnakaq is an Inuk Healer and Elder from Pangnirtung, Nunavut. She has been involved in her local church for over 30 years as the organist and lay reader. Meeka writes her own music and has recorded a CD;

she is currently working on other songs for another CD. She taught life skills and Inuktitut at Nunavut Arctic College and retired in the summer of 2007 after 30 years of service. Meeka has one biological child and four adopted children, 10 grandchildren and three great-grandchildren. Meeka has been recognized for her efforts in helping people deal with social issues and she is well known as a leader of healing circles. Meeka provides individual and group sessions, working on her own and with other healers, including her husband, Abraham. She travels to many communities in Nunavut and other regions in the North. She also travels to southern Canada, where she delivers group and individual healing sessions and trains counsellors and healers some

of whom provide healing to the prison inmates within the Tupiq program, a federal correctional program for Inuit inmates. Meeka has been working with Tungasuvvingat Inuit and the Ottawa Inuit community since the 1990s. She works particularly closely with the Mamisarvik Healing Centre, which provides a unique Inuit trauma and addiction treatment program based on Inuit traditions and culture, serving Inuit clients from around Canada. Meeka received a Wise Woman award in 1994 by the Status of Women of NWT, and on Canada Day 2009, Meeka received an honorary degree from the Board of Governors of the Nunavut Arctic College (equivalent to a two-year social work program) for all the work Meeka does in the community. Meeka participates as an Inuit Elder on the Elders Advisory Council for the Canadian Centre on Substance Abuse (CCSA). In November 2008, CCSA and Tungasuvvingat Inuit/Mamisarvik Healing Centre signed a three-year memorandum of agreement to partner and collaborate on a project that will help record the teachings of the traditional Inuit society of yesterday and today. Meeka's teaching manuals, written exclusively in Inuktitut syllabics, will be published for Inuit Nunaat and all Canadians to learn more about Inuit culture and traditional knowledge and healing.

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Working to reduce alcohol-and drug-related harm

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