



2020-2030

Nunaliit Aulajut

Nunavut's Sport, Physical Activity,
and Recreation Framework





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2020–2030

Nunaliit Aulajut

Nunavut's Sport, Physical Activity, and Recreation Framework

In Nunavut, hunting and hockey, sewing and soccer, dancing and drumming, as well as badminton and berry picking are some of the activities we enjoy.

This Framework reflects the Inuit way of life, culture, and societal values. Its pathway respects all the ways we choose to be active and engaged in our communities and provides guidance for the next 10 years.

The Government of Nunavut's Sport and Recreation Division is responsible for implementing the Framework's goals in cooperation with the many people, groups, and communities who share an interest in advancing sport, physical activity, and recreation in ways that benefit health, well-being, and quality of life in Nunavut.

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Nunaliit Aulajut: Nunavut's Sport, Physical Activity, and Recreation Framework was developed by Common Ground Consulting Inc. through the work of Caroline Sparks and Flo Frank. It reflects input from people across Nunavut who shared their ideas through focus groups, interviews, and surveys. The Government of Nunavut Sport and Recreation Division extends its thanks to the youth, elders, coaches, volunteers, territorial and community organization administrators, recreation practitioners, government and Inuit association staff, and others for helping to shape a path for the next 10 years.

MINISTER'S MESSAGE



Honourable Lorne Kusugak
Minister of Community and
Government Services

The Government of Nunavut is committed to the promotion, development, and delivery of sport, physical activity, and recreation opportunities for all Nunavummiut.

This Framework was developed through the guidance and wisdom of our community members, youth, elders, government departments, and territorial and community sport and recreation associations. We heard from today's voices and tomorrow's leaders as our youth shared their hopes for the future. Now, we have a route to guide sport, physical activity, and recreation in our territory for the next 10 years.

The sport, physical activity, and recreation sector in Nunavut continues to evolve and expand. There are opportunities to participate in Inuit traditional activities, organized sports, major games, recreation programs and events, day camp programs, unstructured play, and a variety of physical activities, both in our facilities and out on the land. We know that sport, physical activity, and recreation are good for our personal health and for the social and economic well-being of our communities.

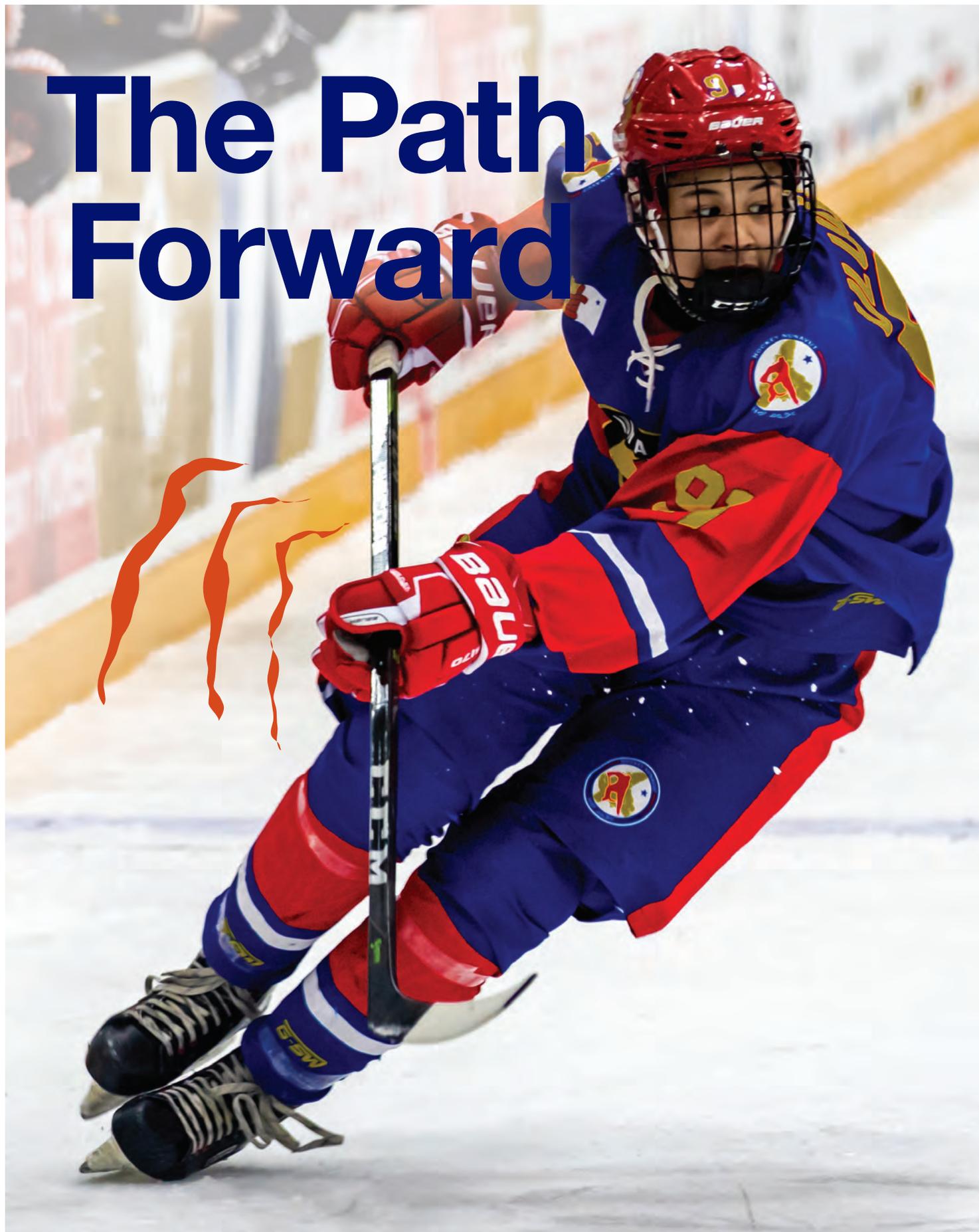
Nunaliit Aulajut: Nunavut's Sport, Physical Activity, and Recreation Framework sets a vision and goals for our people, staff, communities, coaches, leaders, territorial and community organizations as well as for our volunteers. The Framework demonstrates our commitment to Nunavut and to national priorities around sport, physical activity, recreation, and health. Carrying out the goals of the Framework will help us increase awareness of the benefits of sport, physical activity, and recreation while building our sector's capacity and strengthening relationships as we work towards a common vision.

Sport, physical activity, and recreation impact all of us in one way or another. Moving forward together, we can all play a part in implementing this Framework for the future of our people and communities.

Nakurmiik,
Honourable Lorne Kusugak



The Path Forward

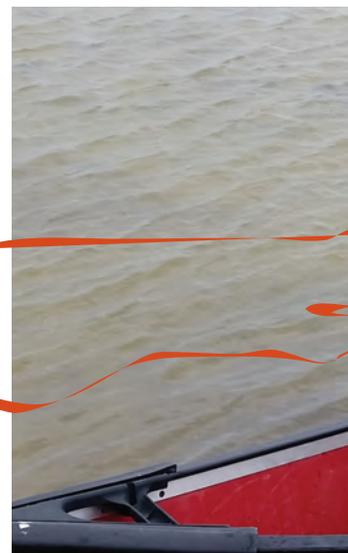


Across Canada, we take part in sport, physical activity, and recreation for various reasons. These activities can contribute to personal health, pursuit of excellence, a sense of pride, social well-being, and even economic prosperity. When everyone has access to safe, fulfilling, and culturally-relevant activities, the outcomes are even greater.



In Nunavut, traditional games, cultural activities, sport, physical activity, and recreation are part of an active, healthy lifestyle.

These activities improve physical and mental health, and they strengthen family and community bonds. They also encourage the development of skills and positive attitudes that help people work together, address challenges, and build strong communities.



Nunaliit Aulajut: Nunavut's Sport, Physical Activity, and Recreation Framework sets a path to help people become healthier and communities become stronger. It builds on our strengths, as well as on the things that are working well and that point us in the right direction. The Framework also aims to shine a light on our opportunities as well as on areas where more attention or a different route is needed.

Regardless of how people choose to be active, this Framework's vision is broad enough to meet diverse interests, needs, and priorities. The goals are culturally relevant and include people of all ages and abilities.



Grounded in Inuit culture and values, the Framework invites us to move forward together. It offers strategies for the next 10 years that guide:

- **Our Sport and Recreation Division staff** to develop policy, deliver programs and services, and strive to meet community, territorial, and national sport, physical activity, and recreation priorities.
- **Staff in other departments** as they work to fulfill the Government of Nunavut's *Turaaqtavut* vision of "living with a sense of personal well-being, and in harmony with one another and our land."
- **Educators, child care providers, and others who support children and youth** to be physically active daily.
- **Sport organizations** that provide opportunities to participate and volunteer, coach and officiate, and excel in sport including Inuit Games.
- **Recreation organizations** that enable a wide variety of activities through programs, facilities, leadership training, and other forms of support.
- **Municipalities and their staff** as they try to balance the many different priorities and services that contribute to social and economic well-being in their communities.
- **Youth, elders, children, and families** as they engage in traditional activities, sport, recreation, Inuit Games, and daily physical activity.



In Canada, three national documents identify common strategies for sport, physical activity, and recreation. In Nunavut, Sport and Recreation Division staff are responsible for implementing these priorities in ways that are meaningful and relevant.

Canadian Sport Policy (2012–2022)

Sets direction for sport and encourages stakeholders to realize the positive impacts of sport on individuals, communities, and society through five goals:

1. Introduction to Sport
2. Recreational Sport
3. Competitive Sport
4. High Performance Sport
5. Sport for Social and Economic Development

A Framework for Recreation in Canada 2015: Pathways to Wellbeing

Identifies the commitment made by the recreation sector and governments to a shared vision and five goals:

1. Active Living
2. Inclusion and Access
3. Connecting People and Nature
4. Supportive Environments
5. Recreation Capacity

A Common Vision for Increasing Physical Activity and Decreasing Sedentary Behaviour in Canada: Let's Get Moving (2018)

Supports sport and recreation priorities and aims to lead the way to a healthier Canada. Endorsed by federal and provincial/territorial governments, it emphasizes collective action through six areas of focus:

1. Cultural Norms
2. Spaces and Places
3. Public Engagement
4. Partnerships
5. Leadership
6. Learning and Progress



In Nunavut, we have a number of plans and strategies that describe common priorities for health, well-being, and quality of life. Sport, physical activity, and recreation are recognized as ways to achieve our collective outcomes.

Inuusivut Anninaqtuq: Nunavut's Third Suicide Prevention Action Plan (2017–2022)

Describes how access to youth centres and healthy recreational activities can strengthen youth resilience, leadership, self-confidence, and life skills.

Our Minds Matter: A Youth-Informed Review of Mental Health Services for Young Nunavummiut (2019)

Emphasizes how “structured leisure activities, such as sports or clubs” contribute to positive youth development, self-esteem, and mental well-being.

The Makimaniq Plan 2: A Shared Approach to Poverty Reduction (2017–2022)

Highlights the need to strengthen individual, family, and community well-being, to ensure opportunities for lifelong learning, and to support development of the workforce.

Elders Program Strategy (2010–2014)

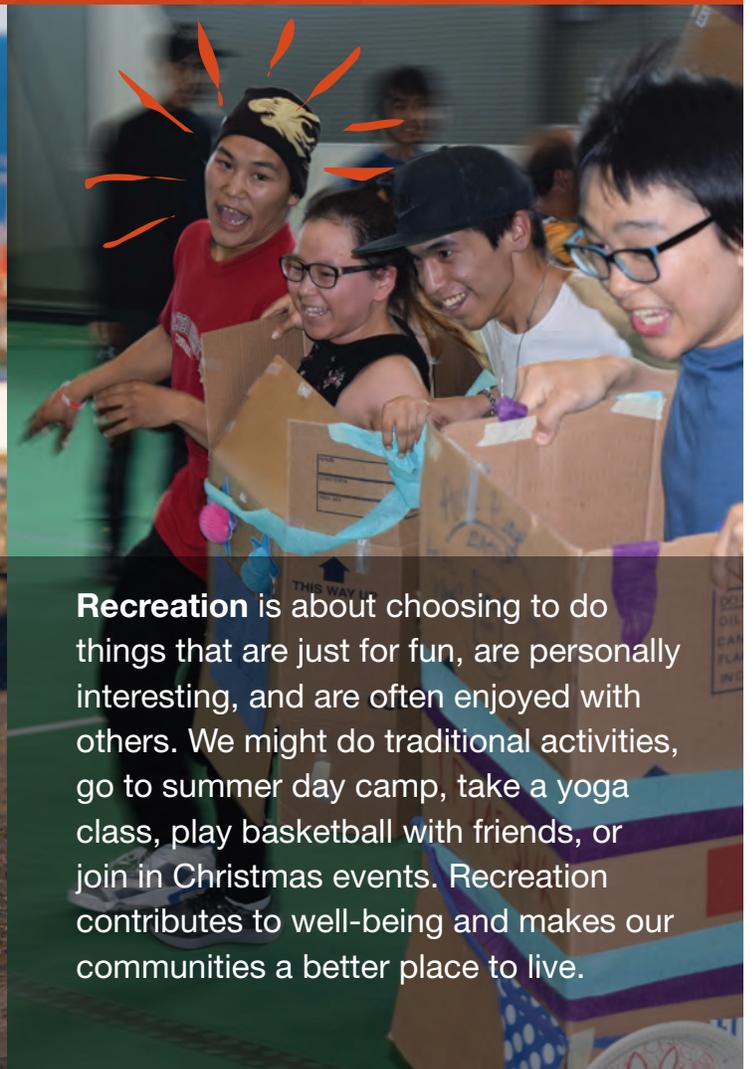
Encourages government departments to work together to better promote healthy living and to “support social activities that exercise the minds and bodies of elders.”

A Way of Life

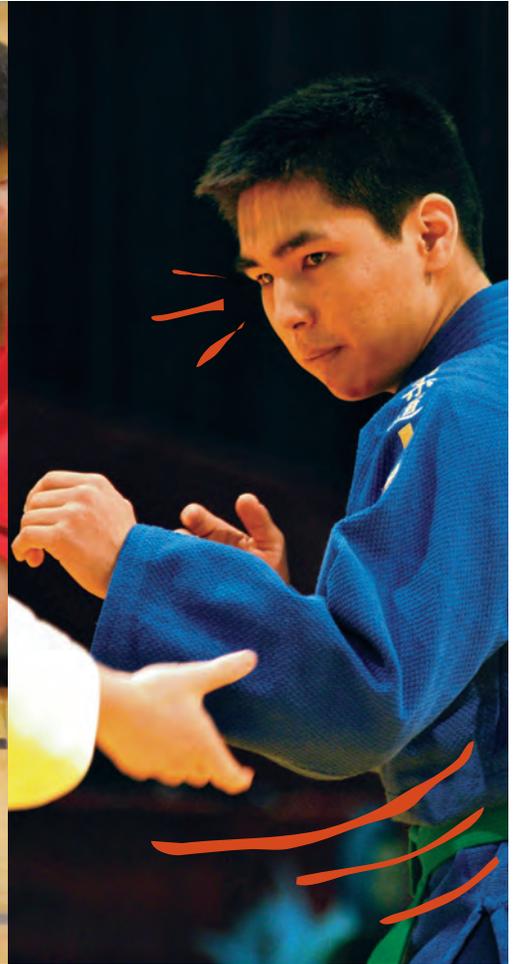
In Nunavut, our way of life includes activities that are good for our bodies and minds, our families and communities, and our culture and land. We understand that:



Physical activity raises our heart rate as we move about during the day. We are being physically active when we walk to the store or “play out”. These kinds of activities are good for our health and prevent chronic disease.



Recreation is about choosing to do things that are just for fun, are personally interesting, and are often enjoyed with others. We might do traditional activities, go to summer day camp, take a yoga class, play basketball with friends, or join in Christmas events. Recreation contributes to well-being and makes our communities a better place to live.



Traditional activities are part of a healthy lifestyle; many traditional activities are physical and take place out on the land. In Nunavut, we may choose activities like hunting, fishing, berry picking, throat singing, drum-dancing, or sewing. Traditional activities promote, protect, and preserve Inuit culture and heritage, and they can be practiced for survival or for recreation.

Inuit Games are activities that Inuit have historically participated in to teach skills, to test strength, agility, and endurance, or for enjoyment. Some of these games now occur as organized, competitive sporting events, such as Arctic Sports at the Arctic Winter Games.

Sports are organized contests between at least two people or teams where rules are in place and a winner is determined by fair and ethical means. In Nunavut, sports like hockey, futsal, volleyball, and table tennis are popular. Some of us participate in sport for fun and physical activity while others compete at a high-performance or elite level.

Looking to the Future

Inuit have a deep understanding that a good life includes strong family and social connections, trying new things, acquiring skills, being out on the land, and taking part in activities that make us feel proud to be part of something we enjoy.

**We envision
a Nunavut
where:**

...Sport, physical activity, and recreation are available, inclusive, relevant, safe, and community driven.

...People try new activities, enjoy being active, develop skills, feel pride in their achievements, and help others to participate.



...Families participate in traditional activities and gatherings and have fun together.

...Communities have trained staff and volunteers, strong community organizations, and access to a variety of programs, events, and well-maintained facilities.

...Inuit culture and societal values shape sport, physical activity, and recreation.

...Sport, physical activity, and recreation foster health, well-being, and quality of life.

Guiding our Way

Inuit culture is important to how people in Nunavut choose to be active, do things together, build strong relationships, make good choices, and learn to be competitive in a healthy way.

The Government of Nunavut is building the territory's future with the guidance of Inuit Societal Values and Inuit Qaujimajatuqangit to ensure traditional Inuit knowledge is part of modern, everyday practices. Sport, physical activity, and recreation will have greater impact in Nunavut and across our communities when our actions are based on these values.



Inuuqatigiitsiarniq

Respect, healthy relationships, and care for others are learned and practiced in sport and recreation. As part of a team, players learn to cooperate, focus their efforts toward a common goal, and play fairly by respecting rules and competitors.

Tunnganarniq

Inclusive, welcoming recreation programs and community events foster good spirits and social connections. Programs, events, and facilities that are open, safe, and accessible encourage participation in healthy activities.



Pijitsirniq

The sport, physical activity, and recreation sector relies heavily on volunteers to plan, host, lead, support, and provide a variety of activities for their families and community.



Aajiiqatigiinniq

Decision-making through discussion and consensus leads to community-based activities that reflect the interests, needs, and capacity of the community. Communities should be involved in decisions that affect their quality of life.

Pilimmaksarniq/ Pijariuqsarniq

Participation in sport, physical activity, or recreation as participants, athletes, program/youth leaders, coaches, officials, and/or volunteers leads to skill development. People need opportunities to develop skills through observation, mentoring, practice, and effort.

Piliriqatigiinniq/ Ikajuqtigiinniq

Activities like playing on a team, coordinating a community event, or running an after-school program are about working together for a common cause.



Qanuqtuurniq

When it comes to sport, physical activity, and recreation, there is always more to do than money, time, available resources, or facilities allow. People who provide these opportunities can learn to be innovative and resourceful and to make good decisions.

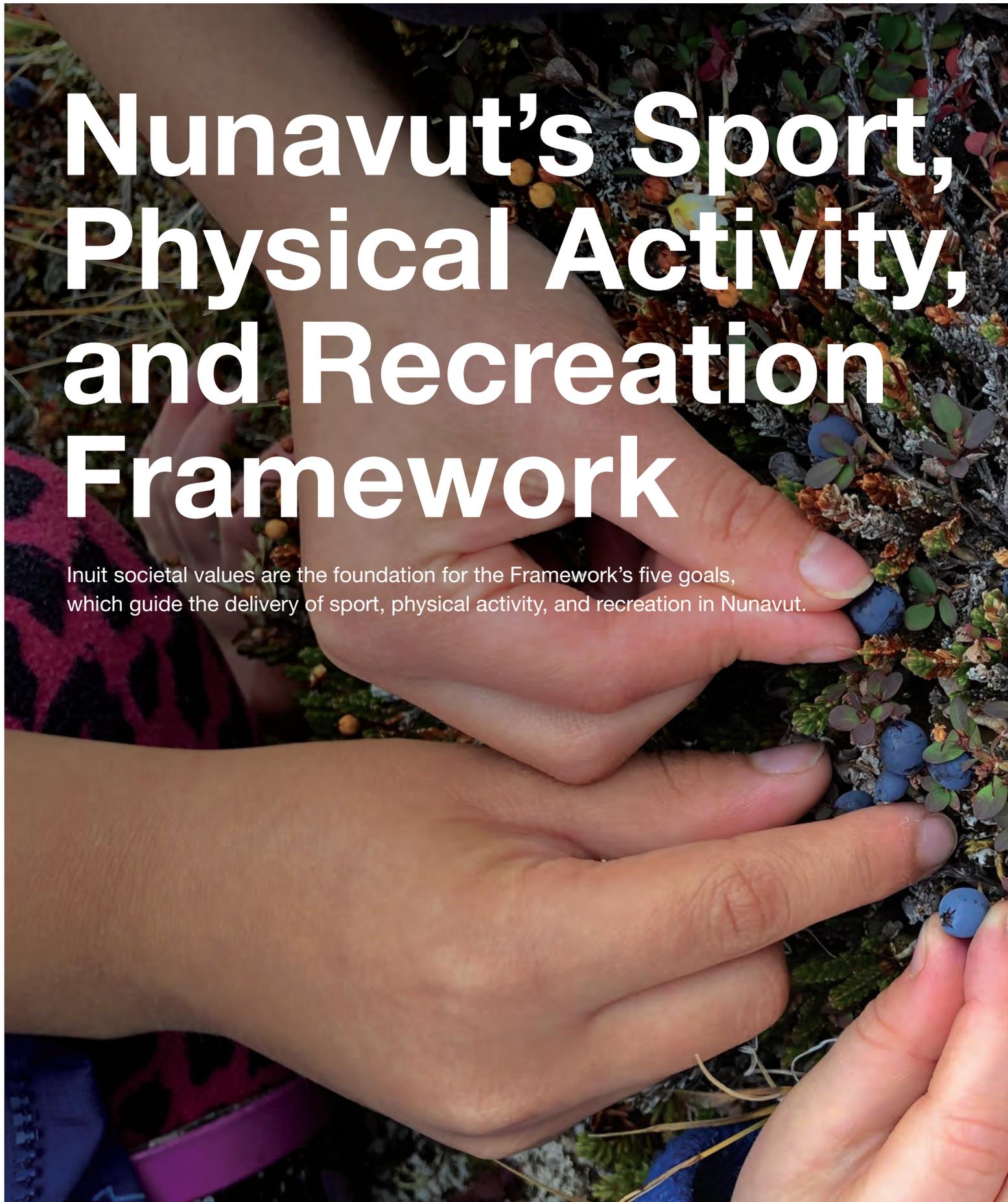
Avatittinnik Kamatsiarniq

Some recreation and many traditional activities take place out on the land, teaching respect and care for the land, animals, and environment.



Nunavut's Sport, Physical Activity, and Recreation Framework

Inuit societal values are the foundation for the Framework's five goals, which guide the delivery of sport, physical activity, and recreation in Nunavut.





Inuuqatigiitsiarniq

Avatittinnik
Kamatsiarniq

Tunnganarniq

Active
Lifestyles

Spaces &
Places

Programs
& Services

**Sport,
Physical Activity,
and Recreation
in Nunavut**

Pilimmaksarniq/
Pijariuqsarniq

Piliriqatigiinni/
Ikajuqtiinni

Connect &
Collaborate

Leadership &
Capacity

Qanuqtuurniq

Pijitsirniq

Aajiiqatigiinni



GOAL #1

Active Lifestyles



Promote an active lifestyle and encourage everyone to be active in some way, every day.

In simple terms, an active lifestyle means that we move more and sit less. Age and ability vary from person to person, which means not all people are active in the same ways. Traditional ways of being active can also change with the seasons and by community.

When we have the confidence and skills to move our bodies in different ways, when we eat and sleep well, and when our families and friends are active, it is easier to continue being active and healthy over the course of our lives.

To encourage active lifestyles, we will:

- Promote the importance of being active every day in different ways and raise awareness of the ways people are already physically active in their lives.
- Reduce barriers to physical activity such as cost, transportation, equipment, and lack of safe spaces.
- Educate people about the importance of limiting sedentary behaviour and of reducing screen time.
- Help people develop their motivation, confidence, and competence to be active in play, recreation, sport, and traditional activities over their lifespan.
- Foster the development of fundamental movement skills.
- Encourage children to “play out” and to engage in unstructured, free play.



“People don’t always realize that walking to the store, or picking berries, or just being outside is good for you.”

GOAL #2

Programs and Services

**“It’s important to have sports
and recreation because it helps
kids be more confident
in themselves.”**



Ensure there are a variety of opportunities for everyone to participate in safe, inclusive, accessible, and culturally-relevant sport, physical activity, and recreation.

Recreational programs and services are usually offered by municipalities and non-profit groups. Recreation tends to reflect people's interests and characteristics as well as available resources and facilities.

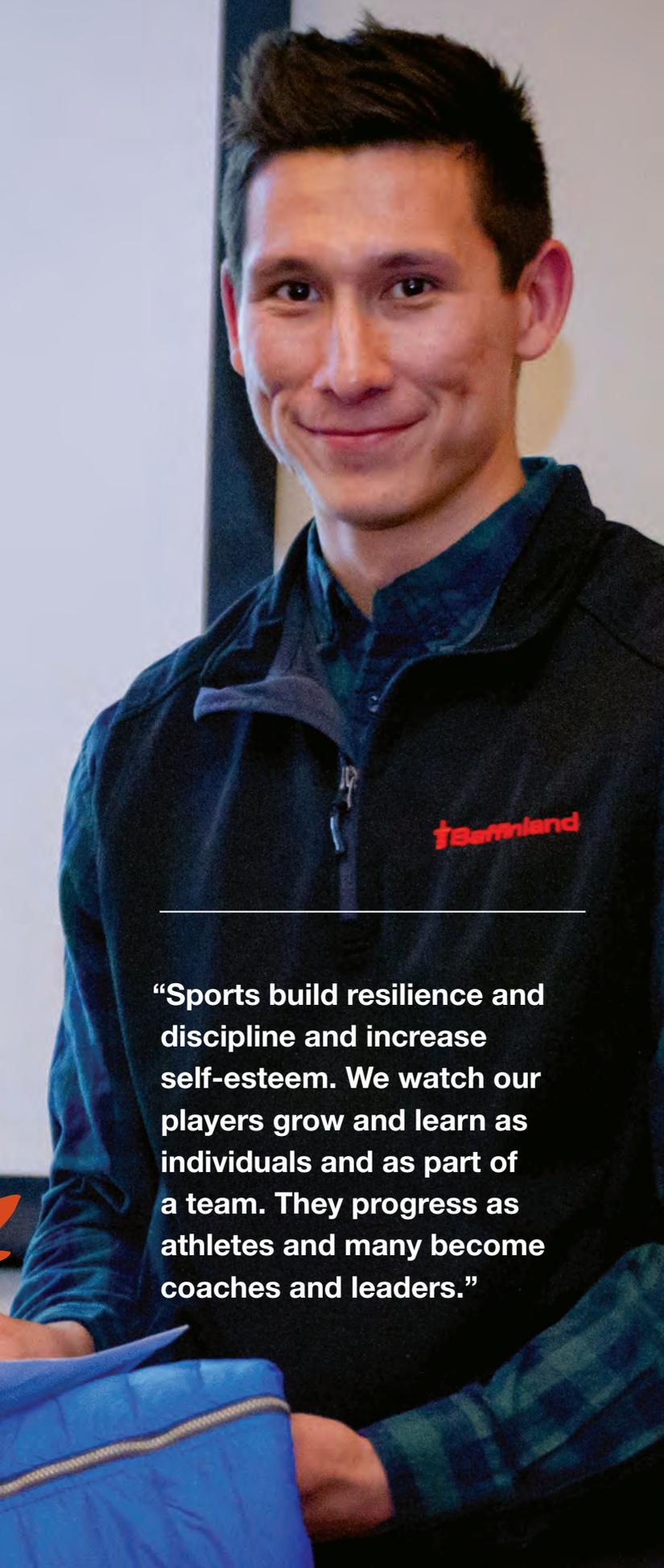
Sport programs provide structured opportunities to develop fundamental skills, participate for fun, improve through practice and competition, and experience high-level competition at major games.

To support the delivery of programs and services, we will:

- Encourage participation in a variety of sports that are fun, social, and healthy.
- Increase participation in Inuit Games.
- Coordinate Team Nunavut's participation in major games.
- Make it easier for everyone to participate in community recreation regardless of age, gender, means, or ability.
- Promote community recreation planning to ensure structured and unstructured sport, physical activity, and recreation are available in all communities.
- Administer timely, accessible, and useful funding that supports a range of programs, events, and training.
- Monitor and evaluate participation in sport and recreation.

GOAL #3

Leadership and Capacity



“Sports build resilience and discipline and increase self-esteem. We watch our players grow and learn as individuals and as part of a team. They progress as athletes and many become coaches and leaders.”

Recruit, train, and retain sport and recreation staff, volunteers, and youth leaders. Promote career opportunities and work to professionalize the sector.

The sport, physical activity, and recreation sector is only as strong as its staff, volunteer leaders, coaches, officials, and board members. The success of programs, services, and events requires well-skilled people who are ready, willing, and able to step into a variety of leadership roles.

Leadership development and training enhances capacity within our communities and teaches people skills that are useful in other settings (e.g., managing finances, supervising staff, coordinating events, etc.).



To strengthen leadership and capacity, we will:

- Promote Inuit leadership in sport and recreation as board members, coaches, and officials.
- Encourage non-Inuit staff, coaches, officials, and volunteers to become familiar with Inuit culture, language, and heritage.
- Train youth to lead recreation and community-based programs and events, and raise awareness around career options in recreation and sport.
- Develop coaches and officials through the National Coaching Certification Program and courses endorsed by a national sport organization, where possible.
- Help professionalize community recreation through on-the-job training, certification, mentoring, and competency-based position descriptions.
- Support board and committee governance through training and mentoring.
- Raise awareness of promising practices for recruiting, training, and recognizing volunteers.

GOAL #4

Connect and Collaborate



“Our community members are caring and loving people. They are willing to help the community.”



Strengthen connections within communities, across government departments, and throughout the sector to make it easier to work together.

People are healthier and communities are stronger when they work together on shared priorities.

It is easy for communities and stakeholders to agree that sport, physical activity, and recreation are essential to individual and family health, quality of life, and community well-being. It is not as easy to move out of silos and collaborate to achieve common outcomes.

To better connect and collaborate with others, we will:

- Promote the benefits of sport, physical activity, and recreation and link them to outcomes sought by other government departments.
- Build effective relationships and continue networking and communicating with stakeholders and communities.
- Encourage community-based and regional collaborations and partnerships that are essential for a variety of sport and recreation initiatives.
- Develop and sustain national and international connections to showcase Nunavut across Canada and around the world.
- Enable professional development through online and face-to-face opportunities.
- Invite Inuit elders to mentor sport and recreation leaders.
- Connect sport and recreation to tourism and economic development by highlighting the financial contribution of special events to Nunavut's economy.

GOAL #5

Spaces and Places



“A space or place, and support from someone like a coach, can save lives.”

A photograph of an indoor swimming pool. The pool is filled with blue water and has a white tiled edge. A person's hand is visible in the upper left corner, reaching towards the ceiling. The pool is surrounded by a metal railing and has a glass door in the background. The ceiling is white with recessed lighting.

Dedicate more indoor and outdoor facilities and areas for sport, physical activity, and recreation. Keep these spaces and places safe, well-serviced, accessible, and welcoming to all.

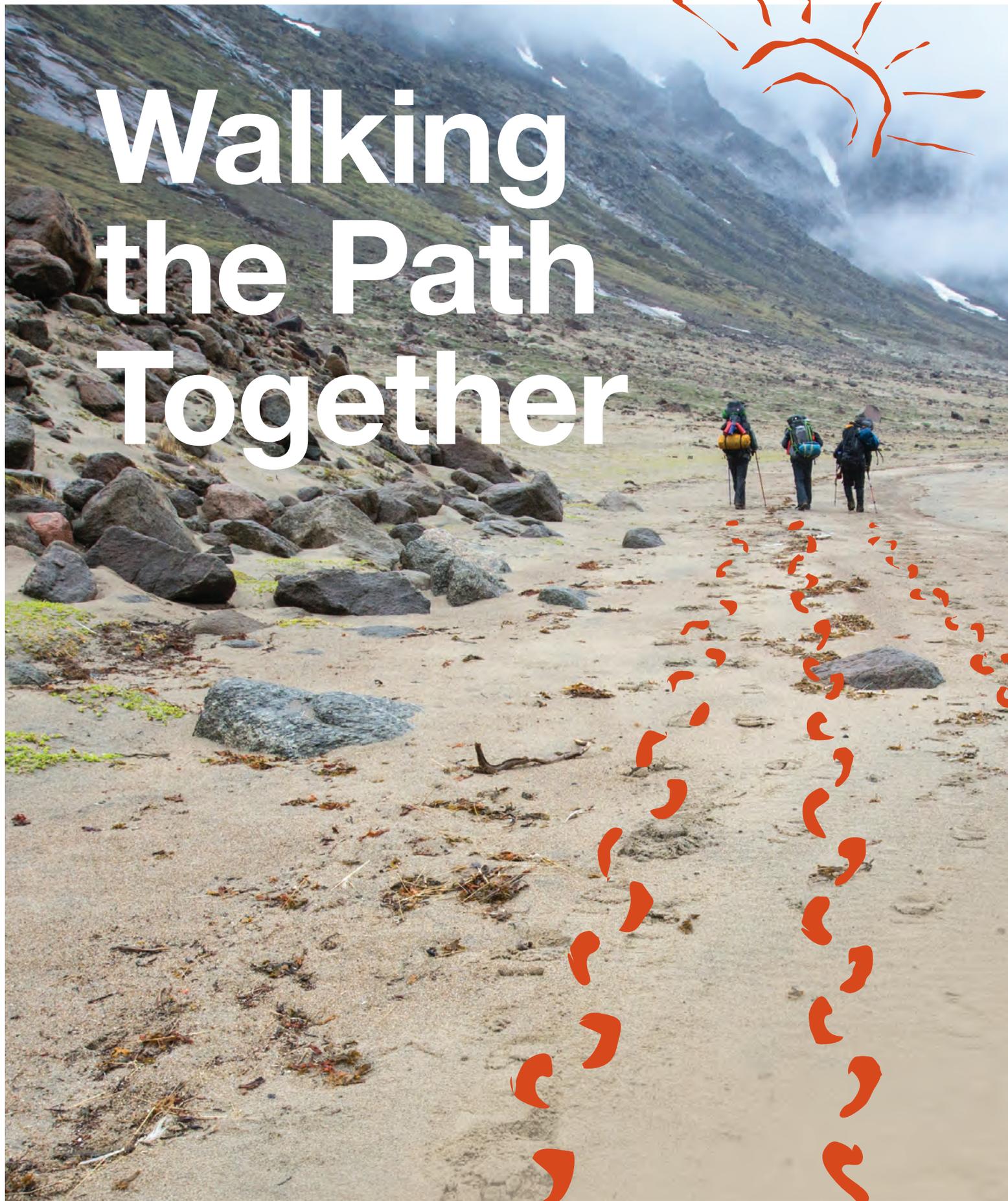
Communities need spaces and places to deliver programs and services that support active lifestyles. People participate when facilities are safe, open regularly, and offer enough equipment to play.

In Nunavut, public facilities and outdoor spaces for multi-sport and recreational use are expensive. Material, labour, and maintenance costs mean that programs often operate out of older arenas, school gyms, and aging community halls—or not at all. Infrastructure requires a significant investment beyond the scope of this Framework.

To support safe, welcoming, and accessible spaces and places, we will:

- Foster partnerships to increase the number of spaces and places available in communities.
- Connect with other sectors to explore ways in which youth centres can be established and resourced in communities.
- Promote training and regular maintenance schedules to keep facilities serviced, safe, and accessible.
- Encourage communities to be creative in their use of existing spaces and to offer arts and cultural activities as part of their recreation programs.
- Help communities reduce barriers to facility use and make everyone feel welcome.

Walking the Path Together



In Nunavut, our way of life is to be active. This Framework sets a path forward for the next 10 years. It is not a new path, but one that builds on where we have come from and what we know works well. Our path is guided by the wisdom of our sector, territorial and national priorities, voices of youth and elders, and the understanding that sport, physical activity, and recreation help us to be healthy and strong.

There are many dedicated sport and recreation staff and volunteers in our territory. The Government of Nunavut Sport and Recreation Division provides leadership, administers a grants and contributions program, coordinates Team Nunavut's participation in major games, and develops Nunavut Youth Ambassadors. Public recreation is delivered at the local level and most municipalities have one or more recreation staff. Non-profit groups also provide a variety of programs.

Nunavut youth know that being active and engaged in positive pursuits helps them to be healthy and happy. They understand that sport, physical activity, and recreation play an important role in reducing vandalism, behavioural issues, bullying, and the risk of suicide. Participating in sport, traditional activities, and recreation strengthens their connection with Inuit culture; increases their confidence, self-esteem, and pride; fosters problem solving and team building; and encourages school attendance, volunteering, and career awareness. Youth can gain leadership skills and learning experiences through the Nunavut Youth Ambassador Program and other opportunities.

Inuit elders have expressed their interest in being more active, both physically and mentally. Elders know their language, history, culture, and traditional ways of life. They know how to teach and want to share their knowledge as volunteers and mentors. Sport, physical activity, and recreation offer many opportunities for elders to engage and lead.

By listening, learning from each other, and taking guidance from territorial and national priorities, we become stronger. The stronger we are, the easier it will be to walk the path we have set, with everyone helping each other and communities moving forward together.

Our Destination

Although the year 2030 seems a long way off, the next decade will pass quickly. By working together, building on our strengths, and taking guidance from the Framework's vision and goals, we can move closer to the outcomes that are important to us.

The way we do things may change over the next 10 years, but our commitment to the health and well-being of people, communities, and the land will not.



***Nunaliit Aulajut* is our commitment to moving forward together. We will know when we are heading in the right direction and getting closer to our destination when:**

...Inuit societal values shape the development of sport and recreation and participation in Inuit cultural activities and games are commonplace.

...Other governmental and non-governmental organizations understand the benefits of sport, physical activity, and recreation and value working together on shared priorities and outcomes.

...Communities have what they need for appropriate and diverse programs and services, including spaces and places that are well-maintained, welcoming, and safe.

...Across the territory, there is a network of strong, competent sport and recreation leaders, staff, volunteers, and organizations.

...More youth have leadership skills and can access career opportunities and steady employment in the sector.

...We are increasingly proud of our accomplishments and celebrate our successes as participants, athletes, coaches, officials, leaders, and volunteers.

...People recognize the individual, social, environmental, and economic benefits associated with sport, physical activity, and recreation.

...Communities are empowered to act in ways that ensure sport, physical activity, and recreation contribute to health, well-being, and quality of life for many decades to come.

Photo Credits

COVER

Qaunaq, Neil. *Hockey at Sunset.* 2019. Igloolik, NU.

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Connelly, Veronica. *Softball Game Star.* 2019. Rankin Inlet, NU.

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Gohl, Thorsten. *Flag Bearer, Western Canada Summer Games.* 2019. Swift Current, SK.

Jones, Curtis. *Summer Fishing.* 2017. Iqaluit, NU.

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Theriault, Vincent. *Team Nunavut Boys' Hockey, Canada Winter Games.* 2019. Red Deer, AB.

Hickey, Hayden. *T-Ball, Summer Day Camp.* 2019. Coral Harbour, NU.

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2018 Arctic Winter Games Host Society. *Team Nunavut Table Tennis, Arctic Winter Games.* 2018. Fort Smith, NT.

Department of Health, Government of Nunavut. *Canoeing.* 2016. Nunavut.

Department of Education, Government of Nunavut. *Teaching Sewing.* 2018. Kugluktuk, NU.

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Lemire, Fred. *Dog Sledding.* 2009. Iqaluit, NU.

Hickey, Hayden. *Soccer Baseball, Summer Day Camp.* 2019. Coral Harbour, NU.

Brosha, Dave. *Fishing.* 2011. Kugluktuk, NU.

Government of Nunavut. *Snow Golf.* 2015. Iqaluit, NU.

Brosha, Dave. *Drumming.* 2010. Kugluktuk, NU.

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Government of Nunavut. *Kids Playing Out.* 2010. Rankin Inlet, NU.

Currie, Dawn. *Big Derby Relay Race, RPAN Youth Leader Training.* 2019. Yellowknife, NT.

Chapman, Malaya. *Berry Picking.* 2019. Nunavut.

Arctic Winter Games International Committee Website and 2018 Arctic Winter Games Host Society. *Team Nunavut Arctic Sports, Arctic Winter Games.* 2018. Fort Smith, NT.

Friesen, Lee. *Team Nunavut Judo, Canada Winter Games.* 2019. Red Deer, AB.

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Northwestel/Cassey Lessard, Northern Story. *Team Nunavut Dog Musher.* 2020. Iqaluit, NU.

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Gohl, Thorsten. *Team Nunavut Girls' Indoor Volleyball, Western Canada Summer Games.* 2019. Swift Current, SK.

Currie, Dawn. *Plank Relay, RPAN Youth Leader Training.* 2020. Winnipeg, MB.

Sport and Recreation Division, Government of Nunavut. *Nunavut Youth Ambassador, Arctic Winter Games.* 2018. Hay River, NT.

Currie, Dawn. *Day Camp Planning, RPAN Youth Leader Training.* 2019. Yellowknife, NT.

Ruiz, Katelyn. *Team Nunavut Badminton, Canada Winter Games.* 2019. Red Deer, AB.

Brosha, Dave. *Innovative Kids.* 2003. Resolute Bay, NU.

Gohl, Thorsten. *Team Nunavut Wrestling, Western Canada Summer Games.* 2019. Swift Current, SK.

Lemire, Fred. *Igloo Building, Toonik Tyme.* 2014. Iqaluit, NU.

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Arctic Stock/Niniupnorth. *Blue Gold.* 2019. Nunavut.

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Arctic Stock/jcamantea. *Fishing Cresswell Bay.* N/A. Cresswell Bay, NU.

Lemire, Fred. *Sledding.* 2007. Iqaluit, NU

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2018 Arctic Winter Games Host Society. *Team Nunavut Dene Games, Arctic Winter Games.* 2018. Hay River, NT.

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Maerzluff, Natalie. *Baffinland Mines Recreation Leader of the Year, RPAN Awards.* 2018. Iqaluit, NU.

McDonald, Simon. *Male Athlete of the Year, Sport Awards.* 2018. Iqaluit, NU.

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Currie, Dawn. *Day Camp Planning, RPAN Youth Leader Training.* 2019. Yellowknife, NT

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Ducharme, Steve/Nunatsiaq News. *Iqaluit Aquatic Centre.* 2017. Iqaluit, NU.

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Brosha, Dave. *Walking the Path.* 2013. Pangnirtung, NU.

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Unsplash/Demeester, Isaac. *Untitled.* 2019. Arctic Bay, NU.

INSIDE BACK COVER

Department of Environment, Government of Nunavut. *Traditional Plants, Learn-To Series.* 2016. Apex, NU.



