

# 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.

A special thanks to Reepa Evic-Carleton and Sadie Hill for their thoughtful and helpful guidance on this project. To Reepa, for her insights into my teachings and simultaneous translation, which allowed all of us

to communicate with each other in telling these stories. And thank you to Sadie for her remarkable skill and grace in Inuktitut translation. Thank you to Rachel Dutton-Gowryluk for her endless efforts in ensuring that my traditional teachings met the written English language and for seeing that the project was funded and only involved "gentle" hands. Thanks also to Rachel for her respectful editing of the translated text. And thanks for the ongoing support of Mamisarvik Trauma and Addictions Treatment Program and the Canadian Centre on Substance Abuse. And a special thank you to Earthlore Communications team for their dedication to detail and the added care of their brushes and pens as it touched my story.



## Dedication:

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



Written by:  
**MEEKA ARNAKAQ**  
*Pangnirtung, NU*

This document was published by Meeka Arnakaq. Copyright © 2010 by Meeka Arnakaq. All rights reserved. Arnakaq, M. (2010) "Expanding Ones' Environment for a Healthy Lifestyle". Pangnirtung, NU: Author.

*Design by Earthlore Communications. Illustrations by Robert Ramsay.*

ISBN 978-0-9867747-3-7

# 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.

## For more information contact:

Mamisarvik Trauma and Addiction Program  
1863 Russell Road, Ottawa, ON K1G 0N1  
Tel: 613.563.3546 or [mamisarvik@ontarioinuit.ca](mailto:mamisarvik@ontarioinuit.ca)

## Funding for the publication of this document provided by:

Canadian Centre on Substance Abuse

75 Albert Street, Suite 500, Ottawa, ON K1P 5E7  
Tel: (613) 235-4048 Fax: (613) 235-8101  
[www.ccsa.ca](http://www.ccsa.ca)

*Working to reduce alcohol-and drug-related harm*

*Production of this document has been made possible through contribution from CCSA. The views expressed herein do not necessarily represent the views of CCSA.*

# 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:  
*Meeka Arnakaq*  
*Pangnirtung, NU*

This manual is a  
**healthy introduction**  
to how to manage your life.



# Table of Contents

## Foundation of the Iglu

1. Becoming Aware of Self.....	1
2. Knowing When to Limit Self.....	4
3. Protecting Self.....	6
4. Being Patient with Self.....	8
5. Understanding Self.....	10
6. Speaking for Self.....	11
7. Self-Assessment.....	12
8. Self-Love.....	14
9. Self-Gratitude.....	15
10. Knowing One's Abilities.....	16
11. Self-Confidence.....	18
12. Being a Friend to Self.....	19
13. Believing in Self.....	20

## Inside of the Iglu Snow Blocks

1. Couples Understanding Each Other's Hearts.....	23
2. Family Management without Fear.....	24
3. Treating Family Members with Good Attitude.....	25
4. Delegation of Chores.....	26
5. Delegation of Specific Jobs to Partner, Children and Parents.....	27
6. Love Binds All.....	28
7. Preparing for the Future Together.....	29
8. Being Sensitive to Family Members in all Ways.....	30
9. Protecting Children and Family Members.....	31
10. Household Members Growing Up Together.....	32
11. Showing Gratitude to Family Members.....	33
12. Being Able to Manage Household Members Without Fear.....	34
13. Assigning Responsibilities to Family Members.....	35
14. Having Agreements on Plans and Tasks to Be Done.....	36
15. Preparing Family Members to Avoid Risky Situations.....	37



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

# Table of Contents (cont.)

## **The Porch of the Iglu that Faces Others in the Community**

1. Observing Community Members Non-Judgmentally.....	39
2. Living Peacefully with Others and Honouring Others.....	41
3. Looking for Ways to be Helpful to Others.....	42
4. Good Standing in Community.....	43
5. Treating Others with Respect.....	44
6. Sharing Happiness with Others.....	45
7. Meet with Others in the Community.....	46
8. Having Compassion for Others.....	47
9. Being Unable to Protect All.....	48

## **The Iglu Porch Shelter Represents Others Living in the Community**

1. Welcoming New People.....	51
2. Working Alongside New People.....	52
3. Getting to Know Others' Traditions.....	53
4. Learning New People's Traditions.....	54
5. Training People of Different Cultures.....	55
6. Accepting Different Community Ways.....	56
7. Meeting and Welcoming New People Halfway.....	57
8. Being the Person Who Moves to a New Community.....	58
9. Being Careful Not to Be Envious of Newcomers.....	59

# 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: 1<sup>st</sup> 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: 1<sup>st</sup> Snow Block

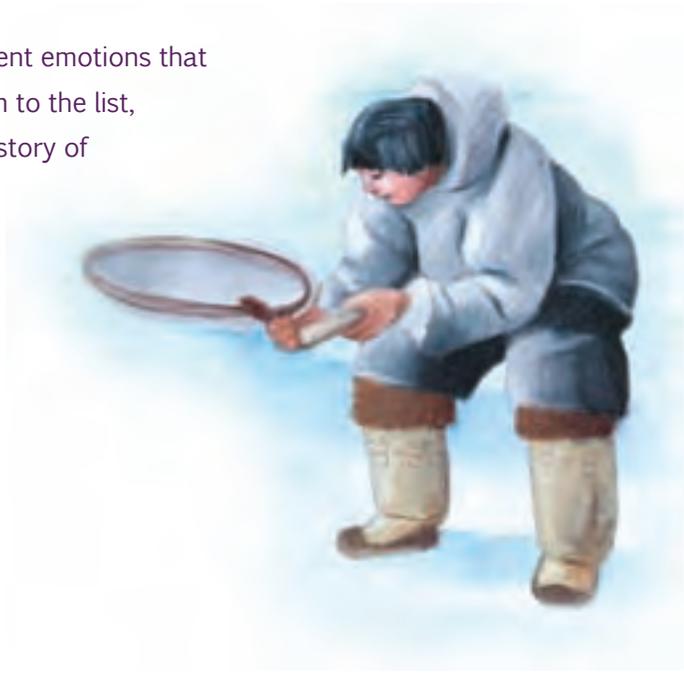
1

## 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: 2<sup>nd</sup> 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: 2<sup>nd</sup> 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: 3<sup>rd</sup> Snow Block

## 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.

3

Protecting  
Self

# Foundation of the Iglu: 3<sup>rd</sup> 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: 4<sup>th</sup> 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: 4<sup>th</sup> 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: 5<sup>th</sup> 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: 6<sup>th</sup> 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: 7<sup>th</sup> 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: 7<sup>th</sup> 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: 8<sup>th</sup> 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: 9<sup>th</sup> 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: 10<sup>th</sup> 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: 11<sup>th</sup> 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: 12<sup>th</sup> 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: 13<sup>th</sup> 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?

---

---

---

---

---

---

---

---

---

---

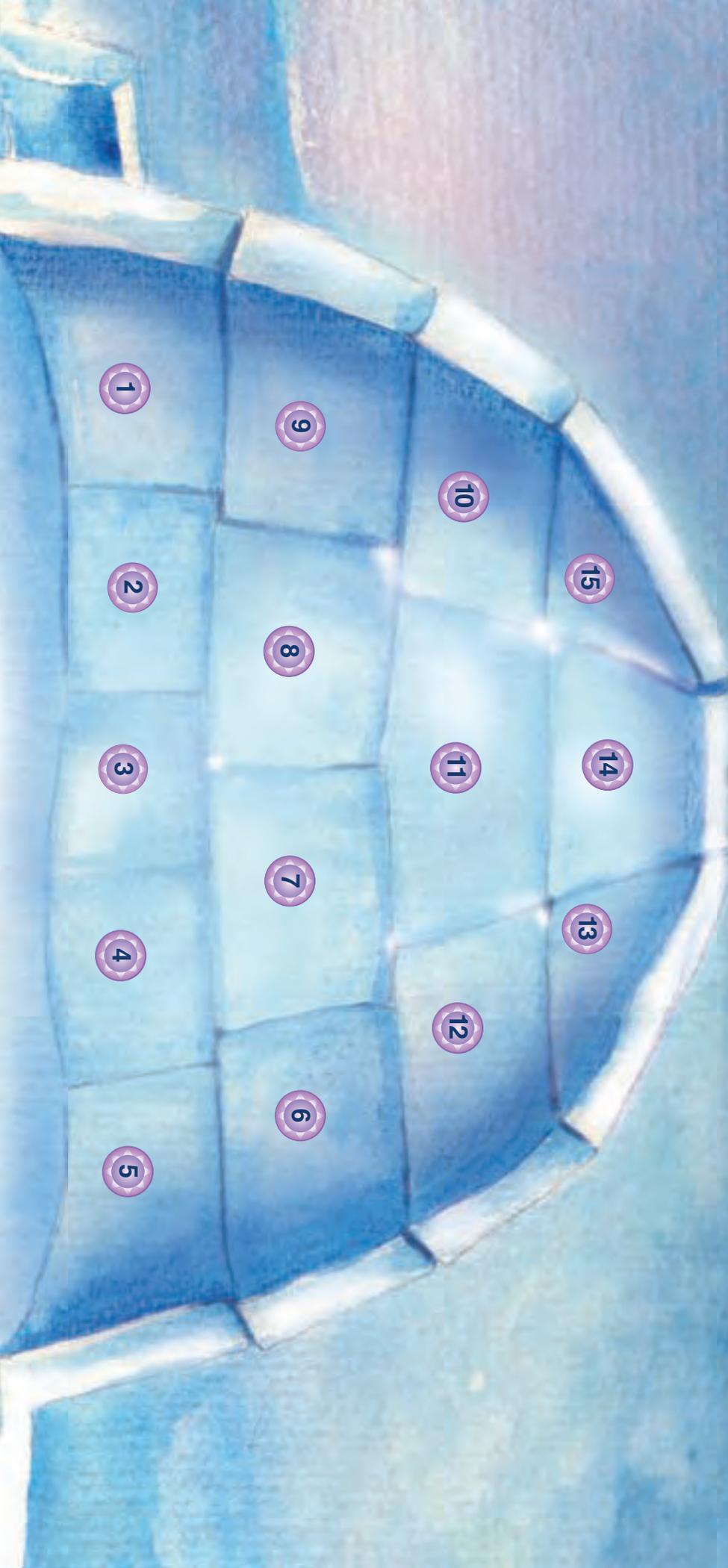
13

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

# 1<sup>st</sup> Inside of the Iglu Snow Block

## 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 \_\_\_\_\_

1

Couples  
Understanding  
Each Other's  
Hearts

# 2<sup>nd</sup> 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 \_\_\_\_\_



# 3<sup>rd</sup> 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

# 4<sup>th</sup> 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

# 5<sup>th</sup> Inside of the Iglu Snow Block

## Delegation of Specific Jobs to Partner, Children and Parents

Instead of saying that the person isn't capable of doing the necessary work, you delegate "back-up" people who can do the job instead of you. But sometimes work needs to be delegated if the job is to be done with expertise. For example, because of his strength a man will be delegated to do certain tasks, especially to maneuver a boat in rough seas. He isn't easily scared when there is danger, and he is able to be of assistance when you're afraid. In the same manner, jobs are delegated to the woman because she knows how to manage the home, to prepare food, to make clothing, and will make sure the home is tidied. Children too are delegated certain chores, such as minding smaller children in the home. It's good to be able to delegate jobs that need to be done around the home so that one person doesn't end up doing everything.

### Questions to Answer:

How can you delegate "back-up" people?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

If you'd like to add more to these, write them down below:

---

---

---

---

5

Delegation of  
Specific Jobs  
to Partner,  
Children and  
Parents

# 6<sup>th</sup> Inside of the Iglu Snow Block

## Love Binds All

Love binds everything together: the physical, the heart, action, belongings and voice. Capacity to have love for another person is the biggest gift for the household members. There are different kinds of love: people who you love the most and others who you love less, but this is managed in a caring manner. Love that is sensitive to other's emotions is the best love; loving in all areas, from the heart and with the physical. It's important to outwardly show love to family members daily.

6

Love  
Binds All

Showing love for someone in different ways, by doing different things, shows you care for them with your heart. When you show them they too belong in the household, all other things don't matter as much. Doing things together in a loving way is better. Showing you love others isn't difficult to do and it's the best way to manage the household.

### Questions to Answer:

**How can I show love to others?**

---

---

**How would you define love? How would you show love in an appropriate way?**

---

---

---

**Write down your understanding of love for another person, because there really isn't a definite way to describe love for another:**

---

---

---

---

---

# 7<sup>th</sup> Inside of the Iglu Snow Block

## Preparing for the Future Together

Having the household involved in preparing for the future is a way for the family members to grow closer together because it raises awareness of issues in the home. For example, board members are selected to manage an agency together, always preparing for what lies ahead for the agency; for example, management issues for the month. In the same way, family members preparing for the future together is the best way to manage the future of the household. The husband and wife have to be in agreement on issues for the future of the household, with the involvement of the children, their assigned tasks, and how they will be done. The large jobs along with the smaller jobs that will need to be done during the course of the winter and the spring seasons. These tasks could be done differently if the family decides otherwise. When children are allowed to be involved in preparation issues it will help them become more open to help in the management of the household.

### Questions to Answer:

How can a household prepare for the future?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

7

Preparing  
for the Future  
Together

# 8<sup>th</sup> Inside of the Iglu Snow Block

## Being Sensitive to Family Members in all Ways

Being sensitive to family members is to understand how each person feels. For example, children tend not to select things wisely, choosing things that aren't very useful. But we need to understand that children select things within their own capacity of understanding. The child may choose what I might feel isn't the right choice, but he'll choose it because he hasn't matured enough yet. Try to see that there will be times when the child could be wrong.

A wife, husband or boy/girlfriends' feelings on certain matters will be different than those feelings you have; so in that case, there has to be a healthy consideration for the other's feelings. For instance, there are many things done out of the goodness of the heart. Another example is making clothing, (kamiit) for people; going hunting for someone, purchasing something for someone, or saving something for someone else are all good ways to show you care. Even though these are some wonderful ways to show you care, they aren't enough to have a healthy relationship and ensure everyone is safe and well. Being sensitive and considerate to feelings has to be a part of managing a healthy household. This helps family members be comfortable around each other. Learning the people's feelings towards different things, likes and dislikes—working on them with each household member is being sensitive.

8

Being Sensitive  
to Family  
Members in  
all Ways

### Questions to Answer:

**How can you be sensitive toward family members?**

**First:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Second:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 9<sup>th</sup> Inside of the Iglu the Snow Block

## Protecting Children and Family Members

Protecting family members and/or children means that the household members do not cause any kind of pain to anyone. For example, to protect means to make sure no one gets hurt physically and making sure everyone is aware of dangers. Another example is everyone is alerted to stay away from thin ice, or if it's too windy for travel, the trip is put on hold. Some flee to homes that are safer. Making sure someone is there to watch babies and small children at all times—that's protecting the children.

Another way to protect someone is to look out for them so they don't get themselves into dangerous situations, to prevent someone from going through pain, and to make sure that you do not cause your family members pain. There are times when it will be difficult but it's important to be vigilant in protecting family members.

### Questions to Answer:

How would you define "to protect"?

First:

---

---

---

---

Second:

---

---

---

---

9

Protecting  
Children and  
Family Members

# 10<sup>th</sup> Inside of the Iglu Snow Block

## Household Members Growing Up Together

When family members living in the same household grow up together, family get to know each other and learn about each other. This can also be a way to help live a healthy lifestyle, as they learn more together. This can be very helpful, especially for the growing children or young adults who haven't grown up (matured) yet in their lifestyle. In everything we do for the first time, we need to mature and learn how to do it first. For example, if a person is to work at an office, they first need orientation of the job involved, to be educated or be offered on-the-job-training. That person is then expected to know how to do the job. Another example is a person who is being trained in accounting who will become an accountant with credentials once he completes the training.

In the same way, when it comes to the management of a household, we need to know the rules of what can and what cannot be done. This is to ensure the rules are properly followed, especially when it comes to dealing with what cannot be seen in the physical; we need to mature from the inside-out so that we learn self-control.

10

Household  
Members  
Growing Up  
Together

### Questions to Answer:

What does it mean to grow together as a family and in lifestyle?

---

---

---

How should we do this or how should we try it out?

---

---

---

---

---

---

# 11<sup>th</sup> Inside of the Iglu Snow Block

## Showing Gratitude to Household Members

Showing gratitude to household members means to show that you appreciate who you live with; those who live under your roof. People who live in the same household should show appreciation for each other even if people do not do the greatest job. Sometimes when a task was not done with expertise, people tend to put the job down instead of building up the effort. When no one shows any gratitude, a person's self-esteem goes down. Showing gratitude when a less than perfect job was done shows the person that what they did was useful. If it was a child who had done the job, praise them for their effort and they will try even harder to do a better job. Tell them how helpful they are, and that they have learned a lot. Show gratitude for how they care for the home and that they know how to tell the time. Even showing them gratitude for a little job is worthwhile. A father too should be appreciated for the work he does for his family. Show gratitude for his job and his ability to make carvings, to go hunting, for his gift-buying for the family and for his position as a board member. Show gratitude to the mother, as well, for the work she does in the home, for having a job, making things, sewing things, keeping the house in order, being a board member, attending church and helping with community members.

### Questions to Answer:

**How would you show gratitude for:**

1. The kinds of work they do?
2. Children?
3. Father?
4. Mother?
5. Household members?

**Write down some things you would do to show gratitude:**

---

---

11

Showing  
Gratitude to  
Household  
Members

# 12<sup>th</sup> Inside of the Iglu Snow Block

## Being Able to Manage Household Members without Fear

When there is fear in a home, it creates a barrier to what could have been done. Fear is also a block to a person's ability to learn. With the absence of fear, the ability to counsel and help a person to understand is heightened. A person can talk with another member of the household without scolding, without fear or anger. When there isn't fear, all the good intentions become understandable. But when a person speaks in an insensitive way, it creates fear and shuts down the person's ability to speak on a matter; this is no way to be a good leader. A person who can stand on their own opens doors. Using their ability to speak up can work effectively with positive outcomes. Using their ability to speak up, to act, with the tone of their voice, facial expression and other ways, they get the message across. Some parents are apprehensive about approaching their own children; they look afraid to talk to them. How can they learn to overcome that? They feel doubtful because if there is a lack of good intentions, there is doubt. Trying to manage another person with strength is not a way to correct anyone because it creates fear instead. While there needs to be a certain level of apprehension for good management, it never does any good to misuse authority.

12

Being Able to  
Manage House-  
hold Members  
without Fear

### Questions to Answer:

How does lack of fear help?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

What is created when we are apprehensive or afraid?

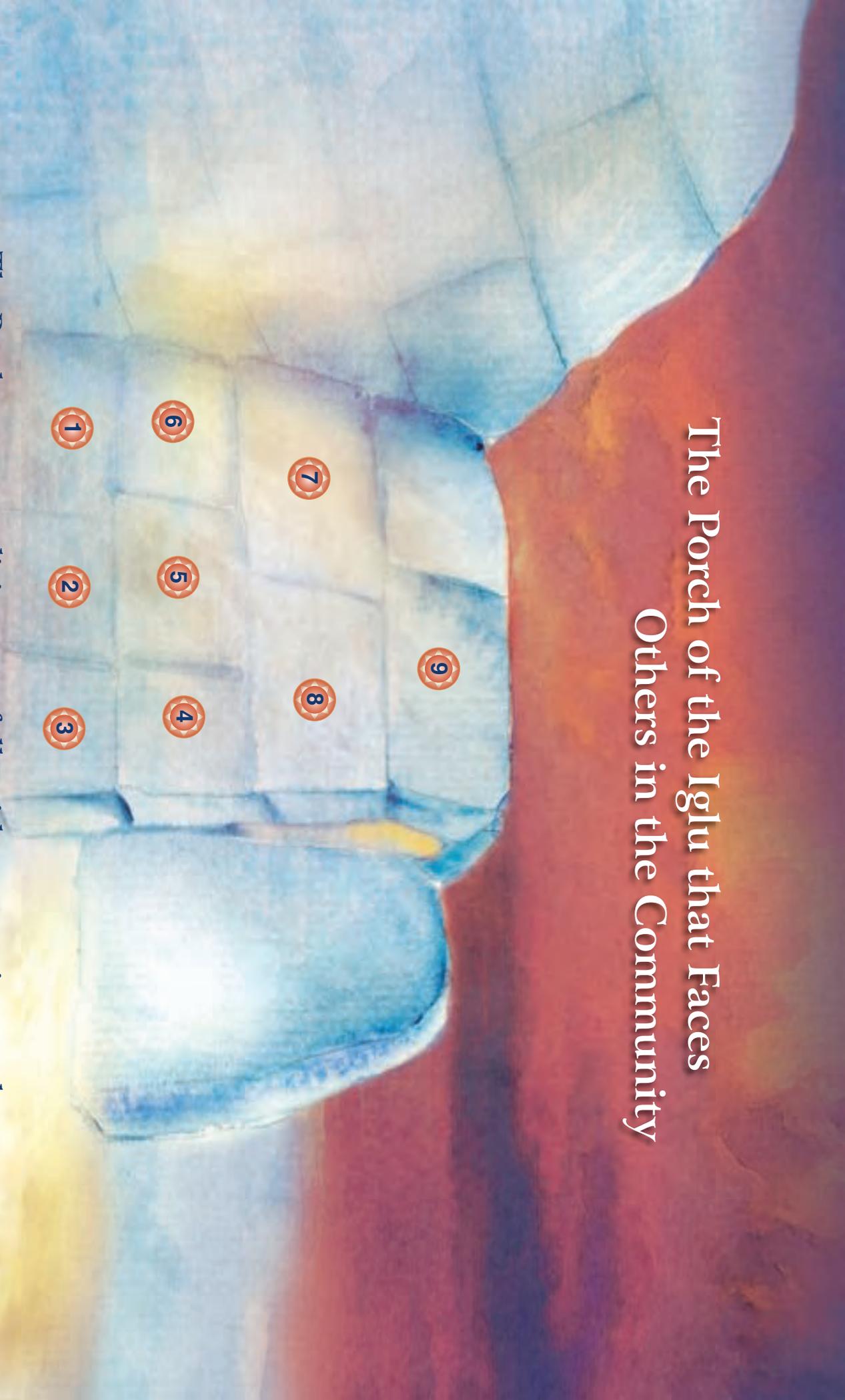
- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_







# The Porch of the Iglu that Faces Others in the Community



The Porch represents living peacefully with community members.

- 1 Observing Community Members Lifestyles Non-Judgmentally
- 2 Living Peacefully with Others and Honouring Others
- 3 Looking For Ways to Be Helpful to Others
- 4 Good Standing in Community
- 5 Treating Others with Respect
- 6 Sharing Happiness with Others
- 7 Meet with Others in Community
- 8 Having Compassion for Others
- 9 Being Unable to Protect All

# 1<sup>st</sup> Iglu Porch Snow Block

1

## Observing Community Members Non-Judgmentally

How would we observe others in our community in a non-judgmental way, or workers who have their own business who do things differently or who are just starting their own? We have to believe in their jobs, even if we aren't in agreement with what they are, or we could do some research into what their agency is about if we don't understand. Let us work together when we create jobs or hire people for those jobs so we can have healthy communities in Nunavut.

### Questions to Answer:

1. Human resources
2. Implementation managers
3. Professional development

**In view of these things, how can we do some viable research?**

1. How would we fill those positions? \_\_\_\_\_

---

---

2. What does implementation mean or what is it they do? \_\_\_\_\_

---

---

---

3. Professional development: \_\_\_\_\_

---

---

---

---

---



# 1<sup>st</sup> Iglu Porch Snow Block

1

Observing  
Community  
Members Non-  
Judgmentally

Community agencies:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_

What types of agencies are expected to be formed?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_





# 3<sup>rd</sup> Iglu Porch Snow Block

3

Looking for Ways to be Helpful to Others

## Looking for Ways to be Helpful to Others

How can we be of help to our own community members? Being helpful could mean different things. There are different ways to be of help to others: visit people who are ill or who are in mourning, share food, offer clothing and other things. Be understanding and sensitive to others who are going through a difficult period; becoming a board member to be a voice for others is also being helpful in the community.

Being helpful is to be considerate of others in the community, being respectful of other's belongings, and other ways.

## Questions to Answer:

Looking for ways to be helpful

How or with what?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

Or you can create a drawing here:

# 4<sup>th</sup> Iglu Porch Snow Block

## Good Standing in Community

How can I be of good standing in my community? But only a few people seem to be able to see when a person is doing good things for the community, while most others do not even acknowledge good people. Different people view others differently; some see the good while others only focus on the negative sides of people. Even so, it is all right to look at things and people differently. Another thing to keep in mind is the fact that though people will view others in a critical manner at first, they will eventually change when a person perseveres in their lifestyle. People have a right to live their own lifestyles when and as long as their essence of living is there.

### Questions to Answer:

What does it mean to be of good standing?

- A \_\_\_\_\_
- B \_\_\_\_\_
- C \_\_\_\_\_
- D \_\_\_\_\_
- E \_\_\_\_\_

What would you draw or make that you like?



Good  
Standing in  
Community

# 5<sup>th</sup> Iglu Porch Snow Block

## Treating Others with Respect

Treating others with respect could mean several things, and there are different ways to show respect for others. Some people show they have respect for others by being friendly, others with their voice, others by sharing food, while others show their respect for people in all ways. Some people you can approach for information because of their job position. Others you can learn from by just observing them. Still others are naturally approachable because of their character and one can learn by example.

5

Treating Others  
with Respect

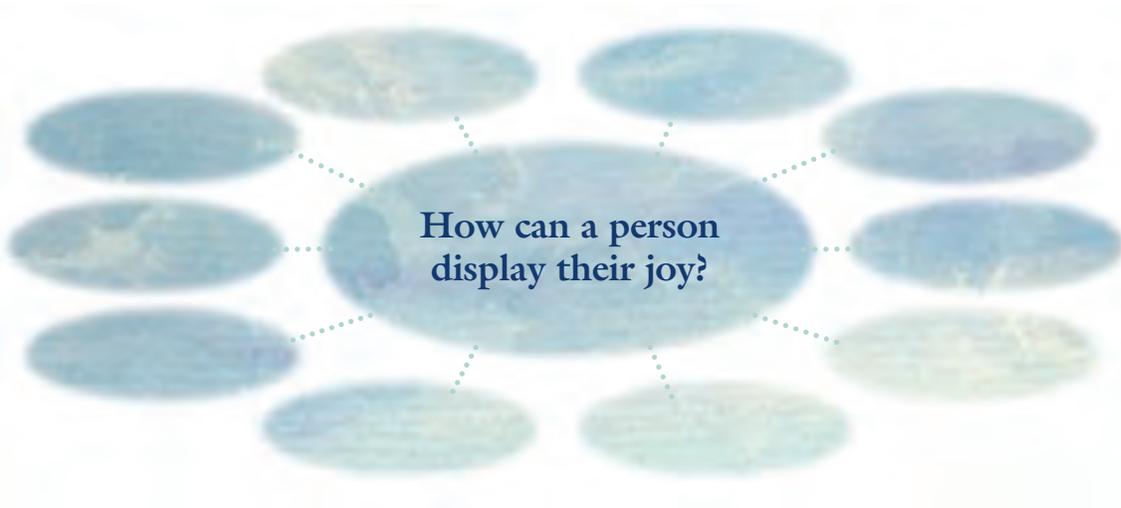
# 6<sup>th</sup> Iglu Porch Snow Block

## Sharing Happiness with Others

Sharing your joy with others is like passing on happiness to others through the air. There are many ways you can show your own joy at being alive. Do not be critical of others in how they live their lives. It's possible for some to find happiness about being alive, while others do not attain this. You will realize that you have joy about being alive anytime, because having joy for life means to be satisfied with who you are and enjoy being alive with others in your community. Try not to be judgmental of others' lifestyles. You can share the joy of life that is inside of you with others.

6

Sharing  
Happiness  
with Others



# 7<sup>th</sup> Iglu Porch Snow Block

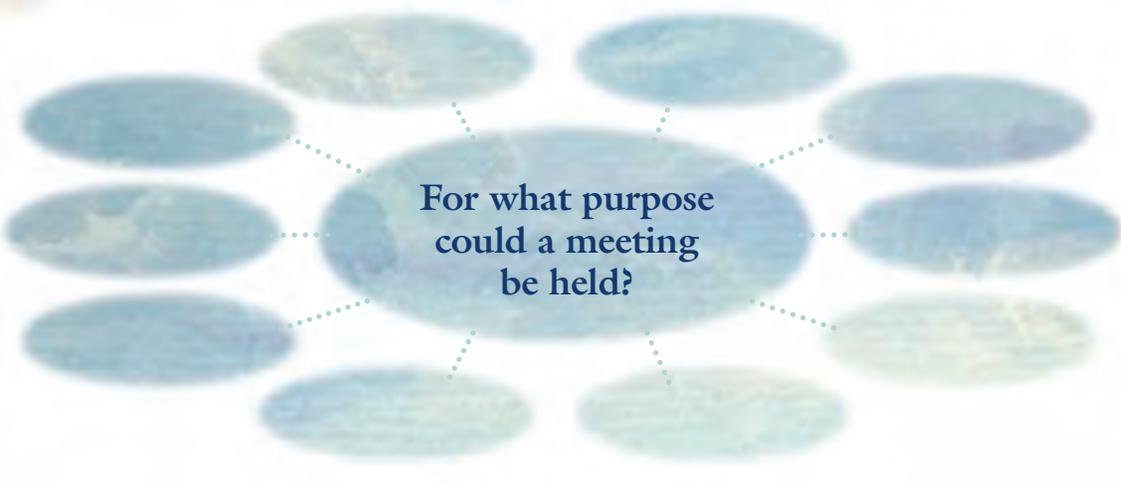
## Meet With Others in the Community

People hold meetings for different reasons: for annual general meetings, for social issues among other reasons. There are meetings specifically planned for mothers, fathers, or young people as well as preparation team meetings, for healing session purposes, accountants and churches. These types of meetings are usually open to the public.

When arranging a meeting, be considerate of people involved in the meetings.

7

Meet With  
Others in the  
Community



For what purpose  
could a meeting  
be held?



# 9<sup>th</sup> Iglu Porch Snow Block

## Being Unable to Protect All

Why is it that I am unable to protect everyone? I feel that I should be able to protect because it wouldn't be forever. "Yes" people will always have a sense of protection of others, but there will also be a limit to our ability to protect others. The tools to protect someone whose life could be at risk will improve as we gain more experience. But we must also be aware that we will not always know whose life could be in danger. Also, what had been prepared for in the mind will not always be appropriate for issues at hand; someone else will have a better way to deal with it if that be the case. What we could do as a community is to prepare things in advance, to prepare useful plans. Maybe then we can ensure better protection for community members.

9

### Being Unable to Protect All

## Fellow Community Members

What does it mean to be unable to protect all?

What does it mean to be unable to enforce rules to follow?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

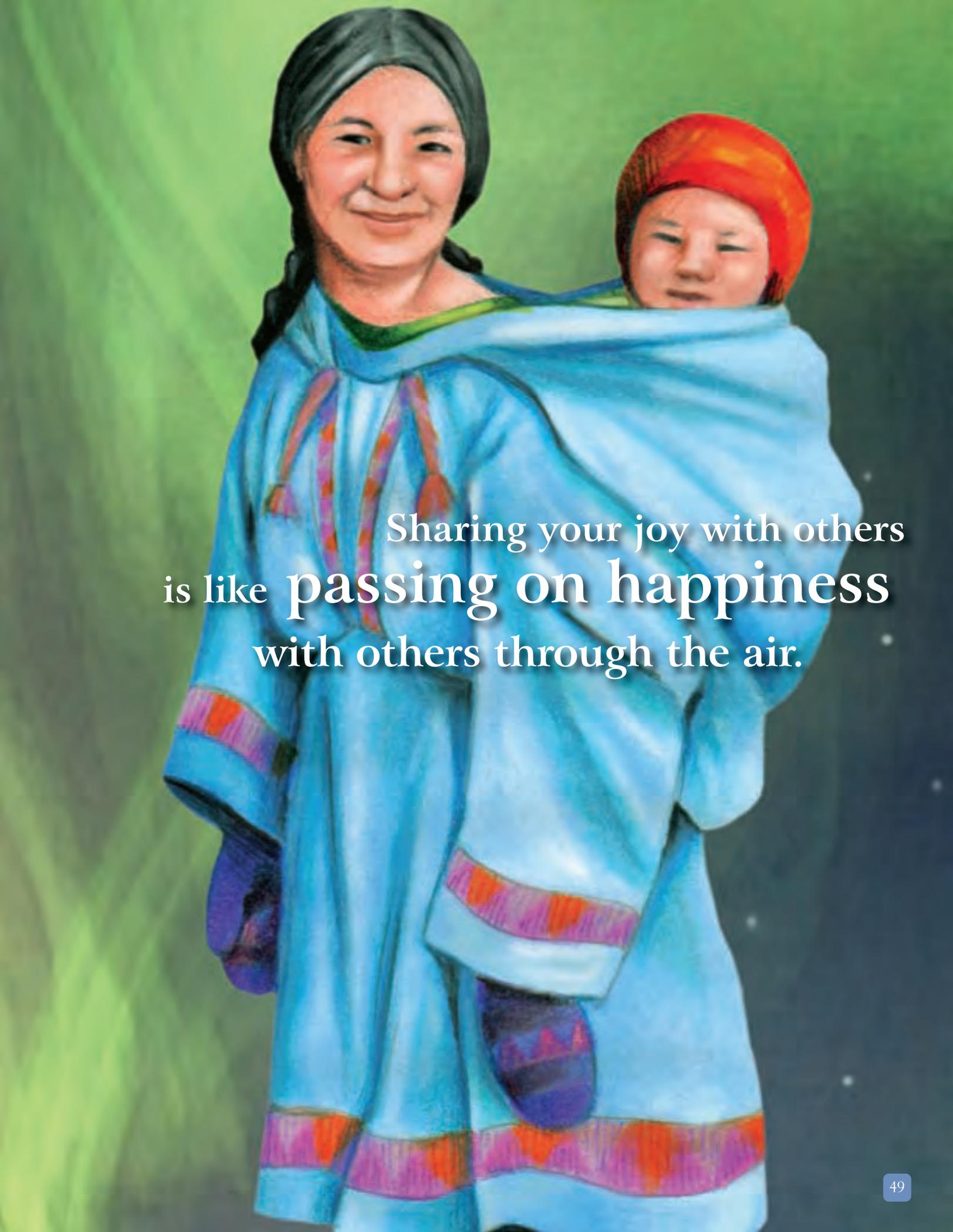
---

---

---

---

---

An illustration of a woman and a child. The woman is in the foreground, wearing a light blue traditional garment with colorful striped patterns at the cuffs and hem. She has a black headscarf and is smiling. A child is sitting on her back, wearing a red headscarf and a blue garment. The background is a soft, greenish-blue gradient.

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.

- 1 Welcoming New People
- 2 Working Alongside New People
- 3 Getting to Know Others' Traditions
- 4 Learning New Peoples' Traditions
- 5 Training People of Different Cultures
- 6 Accepting Different Community Ways
- 7 Meeting and Welcoming New People Halfway
- 8 Being the Person Who Moves to a New Community
- 9 Being Careful Not to Be Envious of Newcomers



# 1<sup>st</sup> Wind Shelter Snow Block

## Welcoming New People

Welcome new people into the community even if their traditions are different from your own. Be aware that new people have their own traditions they practice from their own communities, and try not to be critical when they practice their own traditions when they arrive. Do not criticize them because of their traditions, but instead allow them to practice their traditions freely.

### Questions to Answer:

What does it mean to be welcoming? \_\_\_\_\_

---

---

---

---

Write down some ways to welcome new people: \_\_\_\_\_

---

---

---

---

---

---

---



1

Welcoming  
New People

# 2<sup>nd</sup> Wind Shelter Snow Block

2

## Working Alongside New People

### Working Alongside New People

The ability to work cooperatively with new people who have just moved into the community, even if you don't always agree with them but make an effort to understand how they do their job, this is an asset. Understanding each other's cultures is being stable in your own culture and is a way to protect your own traditions. This can go both ways as there is no end to learning new things.

### Questions to Answer:

How can you make sure that you can work cooperatively with new people?

---

---

---

---

Write down some of your ideas below:

---

---

---

---



# 3<sup>rd</sup> Wind Shelter Snow Block

## Getting to Know Others' Traditions

Get to know new people's traditions even if they're different from your own. Accepting their traditional practice and not focusing too much on how they practice their traditions is a very good example of community members making progress together. Or it could also be used to introduce them to your own traditions. In summary, what is important is to protect the community's own traditions.

### Questions to Answer:

**What does understanding of outside communities' traditions look like?  
(Even when they differ from your own community's traditions.)**

---

---

**Does focusing too much on how others practice their own traditions help in progressing further together?**

---

---

**How can you also contribute to this sharing of traditions?**

---

---

**On protecting a community's traditions?**

---

---

---

---

---

---

---

---



**Getting to  
Know Others'  
Traditions**

# 4<sup>th</sup> Wind Shelter Snow Block

## Learning New People's Traditions

Learning new people's traditions. There are a lot of things we can learn from the new people who move into our own communities, whose traditions are different from our own. We can learn about their ways, the way they do their jobs and their style of teaching; in the same manner we could also be the ones to give an orientation to our ways. These could be how they could help our own progress on such topics as education and the workplace environment.

4

Learning  
New People's  
Traditions

### Questions to Answer:

Write down some of your ideas on how we learn from others:

How would it help us in making progress/learning about different traditions?

---

---

---

From the way they do their work?

---

---

---

And how is that going to help us in our development?

---

---

---

---

---

---

---

---

# 5<sup>th</sup> Wind Shelter Snow Block

## Training People of Different Cultures

Training others from a different culture and tradition. Through training others, we can learn about our own traditions that are valuable to our land, and this could be a way of collecting different traditions and different community documentation. It is also a way to protect and defend our own traditions; for example, hold on to your own traditions because they are valuable and worth holding onto.

### Questions to Answer:

**Protecting your own traditions means holding on to your traditional ways, even if you learn new ways of doing things:**

---

---

---

**To stand firm in your own tradition:**

---

---

---

---

**Making valuable collection of traditions :**

---

---

---

---

---

---

---

5

Training People  
of Different  
Cultures





# 8<sup>th</sup> Wind Shelter Snow Block

## Being the Person Who Moves to a New Community

Being the person who moves to a new community and getting to know your new community members and their ways, while holding on to your own traditions, is a very difficult thing to get used to. Some new traditions are easier to learn than others, and some will take longer to learn. There's a saying that goes "will get used to", which means when you're introduced to anything new, you may not like it at first and feel that it's too much to bear, but you eventually get used to it.

8

Being the  
Person Who  
Moves to a New  
Community

### Questions to Answer:

Write down some of your ideas of how to get used to new ways when you move to a new community: \_\_\_\_\_

---

---

---

---

If you have moved to another community, what things did you experience? Write them down or speak about your experience to the group:

---

---

---

---

---

---

---

---

---

---

# 9<sup>th</sup> Wind Shelter Snow Block

## Being Careful Not to Be Envious of Newcomers

Being careful not to be envious of newcomers or towards people in your new community. Acting envious blocks others from accomplishing what they are there to do. Envy often happens when a person is not happy and the person or persons of whom you are envious are successful people. But keep in mind that being envious could be good because it makes the person more determined to stay strong, to keep standing, to stay afloat. Envy also helps the person at the receiving end of envy to accept things for what they are. It will create an opportunity for the person who was being envious to become very friendly.

### Questions to Answer:

How can a person being envious stay positive? \_\_\_\_\_

---

---

---

How is it unhealthy to be envious? \_\_\_\_\_

---

---

---

---

What are the positive sides to being envious? \_\_\_\_\_

---

---

---

---

---

---



Being  
Careful Not to  
Be Envious of  
Newcomers





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

A large, empty white rounded rectangle with a thin grey border, intended for taking notes. It occupies most of the page below the header and above the footer.