



Calricaraq—Living in Ultimate Purity **Yuuluaqauciq**—To Live in Completeness—**HEALTHY LIVING**

This cycle is all-encompassing of our Yup'ik ancestral wisdom & knowledge, skills, values, teachings, ceremonies, activities and our subsistence living. All together, it is our holistic approach to instill the necessary tools and skills for survival and for living a healthy, balanced life. And equally important—to insure that it is passed on to the next generation in our journey of life.

Yup'ik	English
Anqiyaar	Infancy
Yun'erraq	Pre-teen/ teenager
Taqneq	Adult
Temirta	Elder
Kangiliryaraq Tuqluutet Teggutvut	Introduction
Qingalriim liyautai	Pregnancy
Kenka	Unconditional love
Kevgiuryaraq, Tuvqataryaq	Value of being helpful & generous
Arnat/Angutet Elitnaurtait	Transitioning from girlhood/boyhood
Yuuyaramta Cimillra	Cultural Trauma
Kitugillerkarput	Traditional Yup'ik healing
Uingellerkaq Nulirtullerkaq-Illu	Healthy Relationships
Nakmiin Ilakellriani	Family
Nutaan Allakararmeng Yuungnatuulleq	Family leaving home

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Healthy Families began in June 2008 as a parenting class under ONC's Family Support Services. This cycle was constructed with the guidance of elder Peter Jacobs who provided an explanation of the Yup'ik cycle of life and how our teachings, our values and traditions are applied throughout the developmental process in order to live a healthy

balanced life. In May 2010, a gathering of elders was held in St. Mary's to get their input and advice on strengthening the cycle. YKHC Preventative Service began working with regional Yup'ik elders to refine the cycle in an effort to promote and disseminate traditional Yup'ik healthy living.