



Media Release

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Fort St John, British Columbia, Canada:



Ariel Tweto and Popping Bubbles are very pleased to announce that they will be heading back to Canada's Arctic in a Regional Tour of the Kitikmeot. Ariel visited Kugluktuk Nunavut thanks to The Society for Building a Healthier Kugluktuk and the Kugluktuk Radio Society in March earlier this year. Ariel's presentation will inspire the people of the Kitikmeot Region to dream big and to value the importance of goal setting and life.

"I'm very excited to be heading back up to Canada and be given the opportunity to talk to the people in the remote communities of Nunavut" Says Ariel. "This tour is a huge step for us. I want to share my experiences with others and hopefully inspire people to step outside of their comfort zone, dream big and of course help Pop as many Bubbles as I can.... and I'm really excited to eat some home cooked country food too!!!!" This regional tour Ariel and her partner Dave DeVos will talk to and motivate the people of the Kitikmeot...they will listen to stories and compile similarities in each community in which they hope can be given to local governments that can then be used to create task forces to assist the people. Ariel's partner for this tour, Dave DeVos believes that Popping Bubbles can make a difference, "It doesn't matter who you are, where you live, how much money you have or don't have, Mental Illness can affect anyone at anytime...we need to encourage people to talk and listen and not to be scared, we all need to rally to stop this disease and the paths that so many people take, as Ariel says...Pop the Bubbles!"

The main platform that Ariel is expressing on this tour is Goal Setting and Suicide Prevention. In the Canadian Arctic and Alaska the problem is very serious. In the Nunavut Territory in 2013, 45 people in took their own lives and there were many more attempts. Just in Nunavut's Capital there were 10 suicides in 2013. Like Nunavut, Alaska has the highest rate of suicide deaths per capita, seeing on average of 140 deaths per year. There are many similarities between Nunavut and Alaska...Remote Locations, Lack of Sun, Social Problems, and loss of Tradition to name a few. Ariel wants to Pop these Bubbles with the hopes of ending suicide as an option to these problems as well as mental illnesses.

Ariel and her family were featured on Discovery Channel's Flying Wild Alaska for 3 seasons. Ariel, who is an Alaskan Inuit, was born and raised in Unalakleet Alaska and has experienced first-hand the trials and tribulations of living in remote communities.

Ariel feels so strongly about suicide prevention due to seeing it occur over and over again in her home state of Alaska. A few years ago Ariel lost her very best friend to suicide, "He was my classmate, and competition in everything from basketball to math class. He made me get my first technical in basketball (He was pinching me! So I socked him. What was I supposed to do?). He was ALMOST my first kiss in a game of truth or dare (I ran away). He was my knight at prom, and he always gave the best hugs when I would come home to visit after moving away." Ariel says. "I was so confused when I got the news because he was one of the last people in the world that I ever thought would do it. He was smart, good looking and he seemed really happy. I began asking myself all sorts of questions. Why did he do it? Why does anybody do it? What was he thinking? Was he thinking? How could a person who seemed so put together take their own life?" The mission is to bring awareness to the people that suffer from mental illnesses or that are having hard times...there are other choices...Suicide is Not an option.

The news of Ariel and Popping Bubbles going back to the Kitikmeot has the communities very excited. Ariel will start her journey in Gjoa Haven on September 18th and then head to Kugaaruk, Taloyoak, Cambridge Bay and end in Kugluktuk. There are a number of events planned for each community, from formal presentations, to multiple meet and greets to community feasts and talent nights. There are also some cool surprises along the way. The tour is sure to bring the communities together. Ariel and Dave are asking people to follow their Twitter Feed and join them on the tour as they post regular updates and pictures. "We have been in contact by a number of people via social media, it makes me so happy to see the support Popping Bubbles has and all our teammates from around North America." says Ariel.

This trip is supported by a few key organizations that realize the importance and the meaning of the tour and how it relates to Remote Communities. "We would like to thank Sabina Gold & Silver Corp and the Kitikmeot Inuit Association for their assistance as well as the Airline of The North, First Air who has also given us their support" states Ariel's partner Dave. "As well, we can't forget The Kugluktuk Radio Society and The Society for Building a Healthier Kugluktuk who has been a huge supporter of the Popping Bubbles movement from the very beginning." Sabina Gold & Silver Corp along with the Society for Building Healthier Kugluktuk has also funded the costs for tour T-Shirts which will be given out along the journey.

Ariel's goal is to travel to other communities in the future to talk and interact with the residents with a hope to make a difference and show people that there are options and the opportunities that exist are limitless and live life to the fullest.

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