ᐊᑖᑕᐅᓂᖅ ᐃᓱᖅᑲᓐᓂᒋᑐᖅ

ᐃᑲᔪᕐᔪᐅᑏᑦ ᐊᑐᐊᒫᐊᑦ ᐱᑦᔪᑎᓖᑦ ᒪᓂᔾᓂᕐᓂᒃ
ᐃᓗᓯᕐᓯᔪᐊᕐᑐᓂᒃ ᐃᓚᒋᓂᒃ ᑐᖕᖓᕕᐅᑎᓗᒋᑦ
ᐃᓄᖕᖑᐃᓂᖅ ᐃᓕᓐᓂᐊᑎᕐᔪᐅᑏᑦ

ᑖᒃᑯᓇᓂ ᐃᓂᕐᒥᓂ:

- ᐊᑖᑕᐅᕙ ᑭᓇ?
- ᐊᑖᒐᑦ ᓱᒧᑦ ᐱᒻᒪᕆᐅᕙᑦ?
- ᐊᑖᑕᐅᒋᐅᕐᓴᓂᖅ
- ᖃᓄᐃᓗᕐᓗᑎᑦ ᑲᒪᖃᑕᐅᒍᓐᓇᐱᑦ?
- ᐃᓚᒋᑦ ᐱᐅᓯᑐᖃᖕᒋᑦ

Nunavik Inuktitut, Hudson dialect

ᐃᓄᐃᑦ ᒐᒪᖕᖓᓂᑦ ᐃᓕᒃᑯᓯᐊᖅ ᐊᕐᕋᒋᔭᐅᖕᖏᑐᒥᒃ ᐃᓱᒪᒍᓱᓖᑦ. ᐃᓄᖃᕐᐳᖅ ᐱᕈᕐᓴᓂᑯᓂᒃ ᓲᔪᓂ ᐃᓚᒋᓐᓂᒥᒍᑦ ᐊᒻᒪᓗ ᐅᕙᒍᑦ ᑲᒃᑲᓛᒍᐃᓐᓈᓱᑕ ᐊᑖᒐᕐᓂᑰᔪᒍᑦ ᐊᓈᓐᕐᓂᑰᔪᒍᑦ. ᕿᓂᕐᐸᓱᑕ ᑭᓇᑐᐃᓐᓇᒥᒃ ᐅᕙᑦᑎᓂᒃ ᐊᖏᕐᓯᒪᓚᖓᔪᒥᒃ ᐊᒻᒪᓗ ᐊᕕᕐᓯᒪᖃᑎᖃᕐᓗᓂ. ᐃᓄᐃᑦ ᑕᑯᓐᓇᐅᑎᓂᖏᑦ ᐊᒻᒪᓗ ᑲᒪᒋᐅᑎᕐᓯᐊᓂᖏᑦ ᓄᐃᑕᑎᑎᕐᓯᐅᑕᐅᓯᒪᔪᑦ ᐊᓕᐊᓇᕐᑐᒥᒃ. ᐃᓕᒃᑰᑎᕐᓗᑕ ᐃᒻᒥᓂᒃ ᓂᑯᕐᕋᖃᔭᕐᔭᖏᓐᓇᑕ. ᒐᒪᖕᖓᓂᑦ ᐃᓄᐃᑦ ᓂᕆᐅᒋᔭᖃᕐᐸᓯᒪᔪᑦ ᐃᑲᔪᑎᑏᓐᓂᒥᒃ. ᐃᓄᐃᑦ ᑲᑐᑦᔭᖃᕐᓱᑎᒃ ᐊᐅᓚᑦᔪᓂᖏᑦ/ᑖᑦᓱᒥᖓᑦᓴᓇᖅ ᐅᐸᐱᓇᔭᖃᕐᓂᖏᑦ ᓄᐃᕐᓯᓚᕿᒍᓐᓇᑐᑦ ᓈᒻᒪᒋᐅᑎᓂᕐᒥᒃ. ᐃᓕᒃᑰᑎᕐᑎᓗᑕ ᐃᓄᖕᖑᑎᑕᐅᓯᒪᒐᑦᑕ, ᑭᓯᐊᓂ ᐱᕐᔪᑎᖃᕐᓱᑕ ᐃᓅᓕᕐᓯᒪᔪᒍᑦ ᐃᓚᒋᓄᑦ ᐃᓚᐅᓯᑦᓱᑕ. ᐊᖕᖏᐊᖏᔭᖃᑎᖃᕐᓂᒥᒃ ᐃᓚᑦᑎᓂᒃ ᐱᒋᐊᕐᑎᓯᒋᐊᖃᕐᑐᒍᑦ ᐊᒻᒪᓗ ᐅᑎᕐᑎᓗᒋᑦ ᐃᓅᖃᑎᒋᑦᓯᐊᓃᑦ ᓲᔪᓂᖏᑦ. ᐊᓯᑦᔨᒋᐊᓯᒍᑦᑕ, ᐱᕙᓪᓕᕐᑯᑎᑦᓯᐊᒍᑎᑦᓯᓂᐊᕐᑐᒍᑦ. ᕿᑐᕐᖓᑎᓂᒃ ᐊᒻᒪᓗ ᐅᕕᒃᑲᑎᓐᓂᒃ ᐅᕐᑳᖃᑎᖃᕐᐸᒋᐊᖃᕐᑐᒍᑦ ᓈᒻᒪᑐᓂᒃ ᖃᓄᐃᓕᖕᖑᖃᑎᒋᓂᐊᕐᕋᑎᒋ.

© 2026 ᓇᓂᓕᒫᖅ ᐃᑲᔪᕐᑎᑏᕝᕕᖓ ᓄᓇᖃᕐᖃᑐᕕᓃᑦ ᐃᓗᓯᓱᓂᖏᓐᓄᑦ (NCCIH) ᐊᒻᒪᓗ ᐊᕐᕿᐅᒪᕝᕕᒃ ᐃᑲᔪᕐᑎᑏᕝᕕᒃ. ᑖᒃᑯᐊ ᓄᐃᑕᐅᔪᑦ ᑮᓇᐅᔭᖃᕐᑎᑕᐅᓯᒪᔪᑦ ᒫᑯᔭ ᐊᒻᒪᓗ ᕗᐊᓚᔅ ᒪᕿᓐ ᐃᓚᒋᑦ ᑐᖓᕕᓕᐅᕐᓯᒪᕕᖓᓄᑦ, NCCIH-ᒧᑦ, ᐊᒻᒪᓗ ᓄᐃᑕᐅᒍᓐᓇᓱᓯᒪᕐᓱᑎᒃ ᐊᕐᕐᑯᑎᑦᓱᑦ ᑮᓇᐅᔭᖃᕐᑎᓯᓂᖏᓐᓄᑦ ᑭᓇᓕᒫᒃᑯᑦ ᐃᓗᓯᓕᓇᔭᐅᓂᖏᓐᓄᑦ ᑭᒡᒐᕐᖓᕕᖓᓄᑦ ᑳᓇᑕᐅᑉ (PHAC). ᐃᓱᒪᒋᔭᐅᕐᓱᑎᒃ ᓄᐃᑕᐅᔪᑦ ᑖᒃᑯᓇᓂ ᐃᓱᒪᒋᔭᖏᑦᑕ ᐊᕐᕋᓯᐊᓇᖕᖏᑦᖏᑦ PHAC.

ᓇᑯᕐᒥᒍᒪᕗᒍᑦ ᑖᒃᑯᐊ ᐊᑐᐊᒫᕕᑦ ᐋᕐᕿᒋᐊᕐᑕᐅᓯᒪᒻᒪᑕ ᐱᓯᒪᑎᓗᒋᑦ BC-ᒥ ᐊᑐᐊᒫᕕᓐᓂᑦ,ᐊᑖᑕᐅᓂᖅ ᐃᓱᖃᖕᖏᑑᕗᖅ: ᐃᑲᔪᑎᕐᓱᑦ ᐊᑐᐊᒫᕕᑦ ᐱᕐᔪᑎᖃᕐᓱᑎᒃ ᖃᓄᖅ ᑲᒃᑲᓛᑦ ᐃᓕᓯᕙᓪᓕᐊᓲᒍᒻᒪᖕᖓᑕ ᑐᕋᖓᓯᑎᒃ ᓄᓇᓕᑐᖃᕐᓴᔭᓄᑦ ᐊᒻᒪᓗ ᒥᑏᓄᑦ ᐊᖓᔪᕐᖃᓇᔭᓄᑦ BC-ᒥ, ᐃᓂᕐᑕᐅᓯᒪᔪᑦ 2013-ᒥ (ᐊᒻᒪᓗ ᓄᑕᐅᓪᓕᑎᕐᑕᐅᓱᑎᒃ 2019-ᒥ) ᓄᓇᓕᑐᖃᕐᓴᔪᑦ ᐃᓗᓯᓕᓇᔭᐅᓂᖏᓐᓄᑦ ᐊᖓᔪᕐᖃᓄᑦ ᐊᒻᒪᓗ NCCIH-ᒧᑦ. ᖃᓇᑕᐅᔭᒃᑯᑦ ᑕᑯᒍᓐᓇᑕᑎᑦ BC-ᒥᓂᒐᑦ ᐊᑐᐊᒫᕕᑦ ᐅᕙᓂ nccih.ca/495/Fatherhood-Forever-BC.nccih?id=92.

ᑖᒃᑯᐊ ᓄᐃᑕᐅᓯᒪᔪᑦ ᐊᑐᐃᓐᓄᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐱᔭᐅᒍᓐᓇᓱᑎᒃ ᐅᕙᖕᖓᑦ: nccih.ca.

ᐃᓗᓐᓇᖏᑦ NCCIH ᐊᑐᕐᕋᓕᐊᓇᓱᒪᔭᖏᑦ ᐊᑐᐃᓐᓄᑦ ᐊᑭᖃᕐᑎᒃ ᐊᒻᒪᓗ ᐃᓂᕐᑕᐅᕐᐊᓪᓚᕈᓐᓇᓱᑎᒃ ᐊᕐᕋᓕᐊᓇᔭᐅᓗᑎᒃ ᓱᓇᒥᕐᑎᓗᒋᑦ ᐅᕙᓗᓐᓂᑦ ᐃᓗᓐᓇᖏᑦ ᓇᑭᓂᑕᐅᓂᖏᑦ ᐊᒻᒪᓗ ᓄᐃᕐᓯᓯᒪᔪᑦ ᓇᓗᓄᕐᓯᐊᑐᐃᓐᓇᓗᒋᑦ. ᐃᓗᓐᓇᑎᒃ

NCCIH ᐊᑐᕐᕋᓕᐊᓇᓱᒪᔭᖏᑦ ᐊᑐᕐᑕᐅᕐᐊᓖᑦ ᑖᒃᑯᓄᖓᑐᐊᖅ ᓂᐅᕐᕈᑎᕐᕋᓕᐅᖕᖏᑐᓄᑦ. ᐃᑲᔪᕐᓯᓂᐊᕋᕐᓯ ᖃᓄᓪᓗᐊᑎᒋᒃ ᐱᕙᓪᓕᕐᑯᑎᐅᓯᒪᒻᒪᖕᖓᑕ ᐊᑐᕐᕋᓕᐊᓇᓱᒪᔭᕗᑦ, ᑐᓴᕐᑎᑕᐅᒍᒪᒐᔭᕐᑐᒍᑦ ᖃᓄᖅ ᐊᑐᕐᑕᐅᓯᒪᓂᖏᓐᓂᒃ ᐊᑐᕐᑕᐅᓚᖓᓂᖏᓐᓂᓗᓐᓂᑦ.

ᓄᐃᕐᓯᓯᔪᑦ ᓇᓗᓐᕐᑕᐅᒍᑎᖏᑦ:
ᓇᓂᓕᒫᖅ ᐃᑲᔪᕐᑎᑏᕝᕕᖓ ᓄᓇᖃᕐᖃᑐᕕᓃᑦ ᐃᓗᓯᓱᓂᖏᓐᓄᑦ [NCCIH] ᐊᒻᒪᓗ ᐊᕐᕿᐅᒪᕝᕕᒃ ᐃᑲᔪᕐᑎᑏᕝᕕᒃ. (2021). *ᐊᑖᑕᐅᓂᖅ ᐃᓱᖃᖕᖏᑑᕗᖅ: ᐃᑲᔪᕐᓯᐅᑏᑦ ᐊᑐᐊᒫᕕᑦ ᐱᕐᔪᑎᓖᑦ ᒪᓂᓗᓂᖅ ᐃᓗᓯᓱᓯᐊᕐᑐᓂᒃ ᐃᓚᒋᓂᒃ ᑐᖓᕕᓕᐅᑎᓗᒋᑦ ᐃᓄᖕᖑᐃᓂᖅ ᐃᓕᓐᓂᐊᑎᕐᓯᐅᑏᑦ.* Prince George, BC: NCCIH ᐊᒻᒪᓗ ᐊᕐᕿᐅᒪᕝᕕᒃ ᐃᑲᔪᕐᑎᑏᕝᕕᒃ.

La version française est également disponible au ccnsa.ca sous le titre : *La paternité, c'est pour la vie : livret de ressources sur la fondation d'une famille unie et en bonne santé, inspiré des enseignements de* l'inunnguiniq.

ᑐᑭᓯᒋᐊᓪᓚᕈᒪᔪᑦ ᐅᕙᓗᓐᓂᑦ ᐊᕐᔨᒋᐊᓪᓚᖏᓐᓂᒃ ᑐᔪᕐᑕᐅᒍᒪᔪᑦ, ᐅᑯᓂᖓ ᑐᕐᓯᕐᕕᖃᕈᓐᓇᑐᑦ:

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ᑐᑭᓯᒋᐊᒃᑲᓂᕈᒪᒍᕕᑦ ᐅᕙᓗᓐᓂᑦ ᐅᖃᓕᒫᒐᕐᓗᓂᒃ ᐱᒃᑲᓂᕈᒪᒍᕕᑦ, ᐅᓇ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ:

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ᑕᑯᒐᕐᓴᖕᖑᕐᑕᐅᓯᒪᔪᑦ ᐱᔭᐅᒍᓐᓇᑐᑦ ᐅᕙᖕᖓᑦ
nccih.ca/34/Publication-Search.nccih

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issuu.com/nccah-ccnsa/stacks

ᖃᓄᖅ ᑖᒃᑯᐊ ᐊᑐᕋᑦᓴᑦ ᓄᐃᑕᐅᓐᓂᖃᑦ?

ᑖᒃᑯᐊ ᐃᓚᒋᓈᕐᑎᑐᑦ ᐊᑐᕋᑦᓴᑦ ᐋᖅᑭᓯᒪᓂᓖᑦ ᐃᑲᔫᑕᐅᒍᓐᓇᑎᓗᒋᑦ ᑲᒃᑲᓛᑦ ᐊᖑᔪᖅᑳᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓚᒋᓂᒃ ᓲᖑᓂᕐᑖᒋᐊᕐᑎᓗᒋᑦ ᑖᒃᑯᓂᖓ ᐱᓇᓱᐊᕋᑦᓴᓂᒃ ᒪᓕᓪᓗᒋᑦ ᐃᓄᐃᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᐅᑎᖏᑦ ᓇᓗᓂᕐᑕᐅᓯᒪᔪᑦ ᐅᑯᓇᓂ ᐃᓄᖕᖑᐃᓂᖅ - ᓄᐃᑎᓇᓂᖅ ᐱᔪᓐᓇᓱᐊᕐᑐᓂᒃ ᐃᓄᓐᓂᒃ. ᐃᑲᔪᕐᓯᐅᑎᑦᓴᑦ ᐊᓯᖏᑦ ᑖᒃᑯᓇᖕᖓᓂᒐᑦ ᐃᓚᒋᓈᕐᑎᑐᓂ, ᑕᑯᔭᐅᒍᓐᓇᑐᑦ ᓯᓚᐸᐱᐊᖏᑦᑕ ᑐᓄᐊᓂ.

ᐊᒥᓱᑦ ᑭᓇᓕᒫᒃᑯᑦ ᑐᓂᕈᓯᓯᒪᔪᑦ ᐃᓗᓕᖏᓐᓄᑦ ᑖᒃᑯᐊ ᐃᑲᔫᑎᑦᓴᑦ, ᐅᓄᕐᓂᓴᖏᑦ ᐃᓄᑐᕐᑫᑦ. ᐅᓂᒃᑳᒥᓂᒃ ᑐᓴᕐᑕᐅᑎᑦᓯᖃᑦᑕᓚᐅᔫᑦ ᐊᒻᒪᓗ ᐊᑑᑎᓯᔭᒥᓂᒃ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᑎᒥᓂᒃ ᐊᒻᒪᓗ ᐱᐅᓯᓇᓱᒪᔭᖕᓐᓂᒃ ᓯᕗᑦᓕᕕᓂᑦᑕ ᑖᒃᑯᓄᖓ ᑐᑭᓯᐅᑎᑦᓴᓄᑦ ᑐᖕᖓᕕᒋᔭᐅᔪᓂᒃ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑦ. ᓇᓂᓕᒫᖅ ᐃᑲᔪᕐᑎᒌᕝᕕᖓ ᓄᓇᖃᖅᑳᖅᑐᕕᓃᑦ ᐃᓗᓯᕐᓯᓂᖏᓐᓄᑦ (nccih.ca) ᐊᒻᒪᓗ ᐊᖅᑭᐅᒪᕝᕕᒃ ᐃᑲᔪᕐᑎᒌᕝᕕᒃ (aqqiumavvik.com) ᑕᑲᒃᑯᓂᖓ ᐃᓄᓐᓂᒃ ᓇᑯᕐᒥᒍᒪᕗᑦ ᑐᓂᕈᓯᓯᒪᒻᒪᑕ, ᐱᓗᐊᕐᑐᒥᒃ ᐃᓄᑐᕐᑫᑦ ᐃᓅᖏᓐᓈᕈᑎᓖᑦ ᐊᖅᑯᑎᒋᑦᓯᒋᑦ ᐅᖃᐅᓯᖏᑦ ᓯᓚᑐᔪᑦ.

ᐃᓄᑐᕐᑫᑦ:

- ᔫᑕ ᖃᓇᑕᖅ
- ᐊᑐᐊᑦ ᐊᑭᑦᑎᖅ
- ᓗᐃ ᐊᖑᓕᒃ
- ᒥᓇᐊᒻ ᐊᒡᓗᑳᖅ
- ᒫᒃ ᑲᓪᓗᐊᒃ
- ᐋᑕ ᐸᓂᐊᖅ
- ᖁᓐᓄᐊᔪᐊᖅ ᐳᑦᓚᑦ
- ᑖᓄ ᐅᓗᐊᑦᓗᐊᒃ

ᐊᖅᑭᐅᒪᕝᕕᒃ ᐃᑲᔪᕐᑎᒌᕝᕕᐅᑉ ᐱᓇᓱᑦᑎᖏᑦ:

- ᔪ ᖃᓇᑕᖅ
- ᐃᐊᒪ ᑯᑭᑯ
- ᓯᐊᑦᑕᓐ ᓂᐱᓴᕐ
- ᑯᑭᒃ ᐯᑯ
- ᓲᓕ ᑕᒐᓕᒃ

NCCIH ᐱᓇᓱᑦᑎᖏᑦ:

- ᒫᑯ ᑯᔨᓐᕗᑦ
- ᑖᓇ ᐊᑦᑭᓐᓴᓐ
- ᕈᐱᐊᑕ ᔾᑕᐅᑦ
- ᓇᔨᓐ ᕼᐊᑦᓯᐊᔾ

ᓇᑯᕐᒥᒍᒪᕗᒍᑦ ᓄᓇᓕᑐᖃᑦᓴᔪᑦ ᐃᓗᓯᓕᓇᔭᐅᓂᖏᓐᓄᑦ ᐊᖑᔪᖅᑳᒥᒃ ᐱᓇᓱᐊᕐᑕᖏᓐᓄᑦ ᑖᒃᑯᓂᖓ ᐱᔪᑦᓴᐅᔫᓯᓚᐅᔪᒐᑦᑕ ᐃᓚᒋᑦᑎᑐᓂᒃ ᐊᒻᒪᓗ ᓴᐳᑦᔨᓯᒪᓂᖓᓂᒃ ᖃᐅᔨᒋᐊᕐᑏᑦ ᐃᓗᓯᓕᓇᓂᕐᓄᑦ ᖃᐅᔨᓴᕐᕕᒥᒃ ᐊᒻᒪᓗ ᐃᑲᔪᕐᓯᒪᐅᑎᖏᓐᓂᒃ ᐃᓄᖕᖑᐃᓂᖅ ᕿᑐᕐᖏᐅᑐᓄᑦ ᐱᓇᓱᐊᕈᑦᔨᐅᑎᐅᑉ ᐃᓕᓐᓂᐊᑎᑦᓯᐅᑎᑕᖏᓐᓂᒃ.

ᐃᓗᓕᖕᒋᑦ

ᑐᓴᕐᑎᓯᕐᕐᑲᕈᑏᑦ 5

ᐊᑖᑕᐅᕙ ᑭᓇ? 6

ᐊᑖᑌ ᓱᒧᑦ ᐱᒻᒪᕆᐅᕙᑦ? 11

ᐊᑖᑕᐅᒋᐅᕐᓴᓂᖅ 15

ᐊᑦᔨᒌᖕᖕᒋᑐᑦ ᐊᑑᑎᔪᑦ, ᐊᑦᔨᒌᖕᖕᒋᑐᑦ ᖃᓄᐃᓕᒋᐊᕈᑏᑦ
ᖃᓄᐃᓗᕐᓗᑎᑦ ᑲᒪᖃᑕᐅᒍᓐᓇᐱᑦ? 17

ᓄᑕᕋᑦᓴᑖᓚᐅᕐᑎᓇᒍ 19

ᓄᑕᕋᑦᓴᖃᓕᕐᑎᓗᒍ 19

ᓄᑕᕋᑦᑖᑐᖅ 19

ᓄᑕᕋᖅ. 19

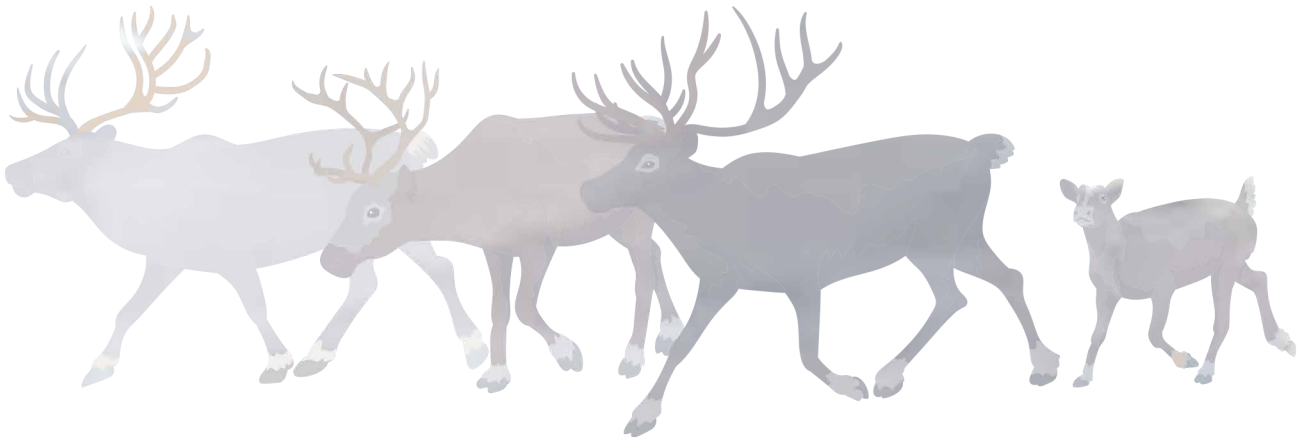
ᐱᓱᒋᐅᕐᓴᑐᖅ. 20

ᐃᓕᓴᕆᐊᓕᕐᓵᑐᖅ 20

ᐃᓕᓴᓕᕐᑐᖅ 20

ᐃᓚᒌᑦ ᐱᐅᓯᑐᕐᑲᖕᒋᑦ. 21

ᖃᓄᖅ ᐃᓕᑦᓯᒋᐊᑦᓚᕈᓐᓇᒪᖕᒑᕐᐱᑦ 24



ᐱᒋᐊᖅᓚᓂᖅᓚ

ᐊᑖᑕᐅᓂᖅ ᐃᓱᖃᖅᑭᑐᒧᖅᑯᖅ - ᐃᓅᓯᓕᒫᒥ ᐊᖏᕐᓯᒪᓂᐅᕗᖅ ᐃᑲᔪᕐᓂᐅᓱᓂ ᐊᑐᓂ ᐱᐊᕋᕐᒥᒃ ᐱᒍᓐᓇᓯᕐᓯᐊᕐᑯᓪᓗᒍ ᐱᒍᓐᓇᓯᐊᕐᓂᒥᓂᓪᓗ ᖃᐅᔨᒪᓗᓂ ᐃᓅᓗᓂ. ᐊᑖᑕᐅᕐᓯᐊᓂᖅ ᐅᒻᒪᑎᒥᒃ ᐱᔪᒥᒃ ᐊᖑᔪᖅᑳᖑᓂᐅᕐᓱᓂ ᓄᐃᕐᓯᓱᓂ ᐃᓅᖃᑏᕐᓯᐊᓂᕐᒥᒃ ᓇᓪᓕᓂᕐᒥᒃ ᐱᒻᒪᕆᐅᓚᖑᔪᒥ ᐱᐊᕋᕐᐱᑦ ᐃᓅᓯᖑᓂ. ᐊᑖᑕᐅᔪᑦ ᐱᒻᒪᕆᐅᔪᑦ. ᐃᓅᖃᑎᑏᓐᓂᖏᑦ

ᐊᑖᑕᖑᓗ ᐱᐊᕋᖑᓗ ᐋᖅᑭᓱᐃᓲᖅ ᑲᒪᕐᓯᐊᓂᕐᒥᒃ ᐃᑲᔪᕐᓂᒥᓪᓗ ᐊᑐᓂ ᐱᐊᕋᐅᑉ ᐱᕈᕐᐸᓕᐊᓂᖑᓄᑦ. ᑖᓐᓇ ᑐᑭᓯᓇᕐᑎᓯᒍᑎ ᐃᑲᔪᕐᓯᓴᓚᐅᕐᐸᑦ ᐃᓕᓐᓂᒃ ᐃᓚᐅᓕᕐᑎᓯᓗᓂ ᐃᓕᓐᓂᒃ ᐋᖅᑭᓱᐃᓗᑎᒃ ᐱᐊᕋᕐᐱᑦ ᓯᕗᓂᕐᓴᖑᓄᑦ ᒪᓕᓪᓗᒋᑦ ᓂᕆᐅᒋᔭᖏᑦ ᐋᖅᑭᑕᐅᒪᔪᑦ ᐃᓄᒍᐃᓂᕐᒧᑦ.

ᐊᐅᓚᔨᕐᓯᐊᑐᖑ ᐃᓚᓐᓃᕙᖑᕐᓱᖑ ᐸᓂᐊᐱᐅᕐᓱᖑ. ᐊᐅᓚᔨᔪᖑ ᕿᒥᓯᕐᓱᑦ ᐅᑭᐅᕐᓯᐅᕕᒋᕿᓐᓇᑕᕐᑎᓂᒃ ᐊᒻᒪᓗ ᓈᓯᕐᓱᑦ ᐅᐱᕐᖏᕕᕐᑎᓄᑦ. ᐅᓪᓗᓂ ᐊᒥᓱᓂ ᐊᑐᐃᓐᓇᕈᕐᑎᐸᓚᐅᕐᑐᑦ ᓈᑖᓕᕐᓱᑎᒃ. ᐊᓈᓇᒐ ᐊᑐᐃᓐᓇᐅᒋᐊᖃᕐᑎᓯᕙᓚᐅᕐᑐᖅ ᐊᓐᓄᕋᕐᑎᓂᒃ, ᑕᕐᑯᐊᕆᓂᐊᕐᑕᕗᑦ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᕐᓱᑎᒃ, ᐊᒻᒪᓗ ᑭᖑᒫᒋᓂᐊᕐᑕᕗᑦ ᓄᑖᒧᕐᓗᑕ ᓄᓇᓕᐊᕈᕐᒧᑦ ᐱᒋᕐᓴᐅᑎᒋᒋᐊᖃᕐᓱᒋᑦ. ᐊᑖᑕᒐ ᐊᑐᐃᓐᓇᕈᕐᑎᕆᕙᓚᐅᕐᑐᖅ ᖃᒧᑏᓐᓂᒃ ᐊᒻᒪᓗ ᐅᓯᓕᕐᑐᓱᒋᑦ ᑭᖑᒫᓇᓚᖑᔪᑦ. ᐊᓕᐊᓇᒻᒪᕆᐸᐸᓚᐅᕐᑐᖅ ᑐᓵᕐᓱᒋᑦ ᕿᒻᒥᑦ ᕿᓚᓈᕐᑐᑦ. ᒐᒪᖑᑦ ᖃᒧᑎᕐᑎᓂᒃ ᐅᓂᐊᓚᖑᒐᒋᐊᒥᒃ ᕿᓚᓈᕐᓱᑎᒃ. ᐃᖏᕐᓴᕐᓱᓱᒐᕐᑕ, ᕿᒥᕐᕈᓯᐊᕐᐸᓚᐅᕐᑐᖑ, ᐃᕐᖃᐅᒪᒍᓐᓇᓯᕐᓱᒋᑦ ᓄᓇᐅᑉ ᓇᓗᓐᒃᑯᑕᖏᑦ ᐊᕐᕐᑯᓵᕐᖃᕐᑕᑕᕗᑦ ᐊᒻᒪᓗ ᓱᓇᓱᐊᕐᓯᒪᓂᕗᑦ ᑖᕙᓃᕐᓱᑕ ᐃᓚᒋᒍᕐᓱᑕ. ᓯᓂᓲᓐᓇᖃᑎᖃᕐᐸᓚᐅᕐᑐᖑ ᓄᑲᒃᑲᓂᒃ ᐊᖑᔪᒃᑲᓂᒃ, ᐊᑖᑕᒐ ᐊᕐᐸᖏᕐᑎᓗᒍ ᕿᒻᒥᓂᒃ ᓯᕗᓕᕐᓱᓂ. ᒐᒪᖑᑦ ᐃᐸᐱᒍᓱᐸᐸᓚᐅᕐᑐᖑ ᓂᕈᒥᓐᓂᖏᓐᓂᒃ ᐃᓇᕐᑯᓇᕐᑐᐃᑦ ᑐᕐᑐᔭᕆᓃᑦ ᐊᓐᓄᕐᒃᑲ ᐊᒻᒪᓗ ᐊᕐᑕᓄᕐᑐᒦᒋᐊᒥᒃ ᐃᐸᐱᒍᓱᖏᓐᓇᓱᖑ ᐃᓚᒃᑲᓃᕐᓱᖑ. ᑎᑭᒃᑲᑕ, ᐊᑖᑕᒐ ᐊᒻᒪᓗ ᐊᖑᔪᕐᓲᑦ ᐊᓂᒃᑲ ᐃᓪᓗᓕᐅᕈᕐᕋᓱᕙᓚᐅᕐᑐᑦ ᐅᕙᕐᑎᓂᒃ ᐊᒻᒪᓗ ᐅᓯᕐᑎᑕᐅᕐᓱᖑ ᓴᓗᒪᔪᒧᑦ ᓄᑖᒧᑦ ᐃᓂᒋᓯᔭᕐᓄᑦ. ᐊᓕᐊᓇᒻᒪᕆᐸᐸᓚᐅᕐᑐᖅ ᐅᓪᓛᑯᑦ ᑐᐸᕐᓱᓂ ᓄᑖᒦᓕᕐᓱᑦ ᐊᓇᕐᑎᓐᓂ ᐊᒻᒪᓗ ᐃᕐᖃᐅᒪᕐᓱᑦ ᐊᑑᑎᖃᕐᑕᑕᕙᓂᕗᑦ ᐊᒻᒪᓗ ᐊᓕᐊᓇᕐᖃᕐᑕᓂᐊᓕᕐᒥᔪᑦ ᓄᑖᒥ ᓄᓇᓕᐊᕈᒋᓯᔭᕐᑎᓂ.

ᐃᓱᒪᒋᖃᕐᑕᓕᕐᑕᓄᑦ ᐃᓚᒋᔭᐅᔪᖅ ᐅᕙᒍᑦ ᐱᕈᕐᓴᑕᐅᓯᒪᔪᒍᑦ ᐃᓕᓐᓂᐊᑎᑕᐅᒍᑎᕗᑦ ᐊᖑᔪᕐᕐᑲᑎᓐᓄᑦ, ᒪᓕᒋᐊᖃᕐᐸᓚᐅᕐᑕᕗᑦ ᐸᕐᓄᓯᒪᑎᕐᓯᐅᑎᖏᑦ ᐅᕙᕐᑎᓄᐊᖑᔪᑦ ᐊᖑᔪᕐᕐᑲᑎᓐᓄᑦ ᐊᒻᒪᓗ ᐊᓈᓇᕐᓯᐊᑯᕐᑎᓄᑦ ᐊᑖᑕᕐᓯᐊᑯᕐᑎᓄᑦ. ᒐᒪᖑᑦ ᐃᓕᓐᓂᐊᑎᑕᐅᖏᓐᓇᐸᓚᐅᕐᑐᒍᑦ ᐊᑐᐃᓐᓇᐅᕐᑯᔭᐅᕐᓱᑕ ᓯᕗᓂᕐᒥ ᐃᓄᒻᒪᓇᖑᓛᕐᑕ. ᐃᓚᒋᑦ ᓇᒻᒥᓂᖅ ᒪᓕᒐᖃᕐᐸᓚᐅᕐᑐᑦ ᒪᓕᒋᐊᓕᒥᓂᒃ.

- ᐊᑐᐊᑦ ᐊᑭᑦᑎᖅ, ᐅᖃᐅᓯᕕᓂᖏᑦ "ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑦ ᐃᓚᒋᑦ ᐱᓇᓱᐊᓇᓕᖏᑦ – ᓱᓇᐅᓂᖏᑦ ᐃᓄᐃᑦ ᒐᒪᖑᖑᓂᑦ ᖃᐅᔨᒪᔭᖏᑦ ᓱᓕᒋᐊᖏᑦ" (2017, ᑯᐸᐱᒐᖅ 61).

ᐊᑖᑕᐅᕙ ᑭᓇ?

ᐊᑖᑕᐅᕗᖅ ᐊᖑᑎᒃ ᑲᒪᒋᔭᓕᒃ ᑲᒃᑲᓛᓂᒃ ᐃᓅᓯᕐᒥᓃᑦᑐᓂᒃ. ᐊᖑᑎᒃ ᑎᒍᓯᒋᐅᕐᒥ ᐃᓅᓕᕐᑖᒥᒃ ᓄᑕᕐᒥᒃ ᖃᐅᔨᓕᒐᓐᓇᕙᓪᓗᓲᖅ ᑐᑭᖓᓂᒃ ᐊᑖᑕᐅᓂᐅᑉ. ᑭᖑᓂᕐᒥ, ᐅᕕᒃᑫᑦ ᐊᖑᑏᑦ ᐊᑐᐃᓐᓇᐅᓯᐊᕐᐸᓚᐅᕐᑐᑦ ᑕᒪᖕᒋᓐᓄᑦ ᑲᒪᒋᐊᖃᓚᖓᓕᕐᓱᑎᒃ ᐊᕐᓇᒥᓂᒃ ᐊᒻᒪᓗ ᐃᓚᒥᓂᒃ ᐊᒻᒪᓗ ᐊᑖᑕᐅᓂᕐᒥᓂᒃ. ᐅᓪᓗᒥ, ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᐱᑭᕐᓴᐸᓕᕐᑐᑦ ᓄᐃᑦᓚᓇᕐᑐᒥᒃ ᐊᑖᑦᖃᕐᑎᒃ ᑖᒃᑯᓂᖓ ᐃᓕᓐᓂᐊᑎᑕᐅᒋᐊᖃᕋᓗᐊᕐᓱᑎᒃ ᐊᒻᒪᓗ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᓗᑎᒃ.

ᐃᓄᐃᑦ ᖃᐅᔨᒪᕙᓚᐅᕐᑐᑦ ᐊᑖᑕᒋᔭᐅᑉ ᑲᒪᖃᑕᐅᑲᐱᓯᓂᖓ ᖃᑐᕐᖓᒥᓂᒃ, ᐱᑐᓯᒪᓂᕐᑖᑎᕐᓯᑲᐱᓚᖓᔪᖅ. ᐊᑖᑎᑦ ᐃᓕᒃᑰᓯᐊᕐᑐᓂᒃ ᐱᓇᓱᐊᒐᓛᑦ ᓴᐳᕐᔨᓂᕐᒥᓂ ᓄᑕᕐᓴᓕᒻᒥᒃ ᖃᑐᕐᖓᓴᖓᑕ ᐊᓈᓇᖓᓂᒃ. ᐊᒥᓱᐃᓂ ᐃᓄᐃᑦ ᓄᓇᓕᓕᒫᖕᒋᓐᓂ,

ᐊᑖᑎᑦ ᐱᒻᒪᕆᓐᓂᒃ ᑲᒪᒋᓗᒋᑦ ᑭᓯᐊᓂᐅᔪᓂᒃ ᐱᓇᓱᐊᒐᖃᕐᒥᔪᑦ ᐱᑭᕐᐸᓕᐊᓂᖕᒋᓐᓄᑦ ᕿᑐᕐᖓᒥᑕ. ᐊᑖᑕᒋᔭᑦ ᑲᒪᑦᓚᕆᓐᓂᓴᐅᕙᓚᐅᕐᑑᒐᓗᐊᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᓱᑎᒃ ᐃᕐᓂᒥᓂᒃ, ᐃᓕᒃᑯᑦ ᐱᒻᒪᕆᐅᒻᒥᔪᒥᒃ ᑲᒪᒋᔭᖃᕆᐊᖃᕐᒥᔪᑦ ᐸᓂᒻᒥᓂᒃ. ᑕᒪᖕᒋᓐᓂ, ᐱᕙᓪᓕᓯᐊᕐᓂᖕᒋᑦ ᐊᑖᑎᑦ ᓈᒻᒪᕐᑯᐊᓈᓂᒃ ᐱᑐᓯᒪᒍᑎᖃᕆᐊᓖᑦ ᑲᒃᑲᓛᒧᑦ ᐊᑖᑕᖓ ᒪᓂᔨᓯᒪᑎᓪᓗᒍ ᓇᓪᓕᓂᕐᒥᓂᒃ ᐊᒻᒪᓗ ᑕᓯᐅᕐᓱᓱᒪᓂᕐᒥᓂᒃ ᐊᒻᒪᓗ ᐆᑦᑐᕋᐅᑎᕐᓯᐊᒍᓗᓂ ᐱᐅᔪᒥᒃ ᐃᓱᐊᕐᑐᒥᒃ ᐃᓅᒃᒍᓱᖃᕈᑎᑦᓴᓄᑦ.

ᒪᓂᔨᓯᒪᓂᖅ ᐃᓅᓯᕐᒥ ᑭᖑᕐᖓᒪᓇᕐᑐᓂᒃ

ᐊᑖᑎᑦ ᒪᓂᔨᓯᒪᔨᐅᕙᑦ ᐃᓚᒥᓄᑦ. ᐊᑖᑕᒃ ᓂᓇᔭᕐᓴᖃᕐᑎᓯᓗᓂ ᑭᓯᐊᓂᕐᓯᐊᒍᕙᖅ, ᐱᓗᐊᕐᑐᒥᒃ ᓂᕿᑐᐃᓐᓇᓂᒃ. ᒪᓂᔨᓯᒪᒋᐊᓕᒃ ᐊᑦᑕᓐᑦᑐᒦᓐᓂᒥᒃ ᐊᒻᒪᓗ ᓱᒃᑯᓚᕿᑎᕐᓯᑎᓕᒍᑎᓂᒃ. ᑖᒃᑯᓂᖓ ᑭᖑᕐᖓᓇᕐᑐᓂᒃ ᑕᒐᐅᑎᕐᓯᒐᓱᐊᕐᓂᖅ ᐱᒐᓱᐊᒻᒪᓇᓐᓇᓱᒍᒐᓗᐊᖅ, ᐊᑐᓂᑦ ᐊᑖᑕᒋᔭᑦ ᒪᓂᔨᓯᒪᒍᓐᓇᑐᑦ ᐱᖕᒋᓐᓇᖕᒋᐅᑎᓂᒃ ᐊᒻᒪᓗ ᑕᑎᒋᔭᐅᓂᕐᑖᓚᖓᓗᓂ ᑭᖑᓂᖓᒍᑦ ᐱᔪᓂᒃ ᓇᓪᓕᒍᓱᓐᓂᒥᑦ, ᐅᓯᒪᕕᖃᕐᓯᐊᑐᒥᑦ, ᐊᒻᒪᓗ ᑲᒪᕐᓯᐊᑐᒥᑦ ᐊᑖᑕᒥᑦ. ᐃᓱᐊᓂ, ᖃᓄᖅ ᐅᕙᓘᓐᓂᑦ ᓇᓂ ᐃᓅᒐᓗᐊᕈᕕᑦ, ᐊᑐᓂᑦ ᑲᒃᑲᓛᖅ ᐊᓐᓂᓇᔭᐅᒍᓐᓇᑐᖅ ᐊᒻᒪᓗ ᑲᒪᒋᔭᐅᕐᓯᐊᓗᓂ. ᑲᒃᑲᓛᑉ ᐃᓅᓯᕐᒥᓂ ᑭᖑᕐᖓᒪᒋᔭᖃᕐᓂᐸᖅ ᐱᒻᒪᕆᐅᓂᕐᐸᐅᑎᓗᒋᒃ ᓇᓪᓕᓂᕐᒥᒃ ᐊᒻᒪᓗ ᓇᔪᕐᑎᒋᔭᐅᕐᓯᐊᓂᕐᒥᒃ.

ᐅᓯᒪᕕᖃᕐᓯᐊᓂᖅ

ᐅᓪᓗᓂ ᓯᕗᓪᓕᐹᕐᓯᐊᓂ, ᓄᑕᕐᖅ ᐃᐸᐱᒍᓱᐸᐸᓕᐊᓯᓚᖓᔪᖅ ᐃᓄᓐᓂᒃ ᑕᑯᖃᕐᑕᑕᒥᓂᒃ. ᕿᑐᕐᖓᓃᕕᖃᕐᑕᕈᕕᑦ, ᐃᐸᐱᒋᕐᓯᐊᓗᒋᑦ ᓱᓂᖕᒋᑦ ᐊᒻᒪᓗ ᓇᓪᓕᒋᓗᒋᑦ ᓂᓪᓕᐅᔨᖃᕐᑕᓗᒋᑦ, ᑐᑭᓯᓚᖓᔪᑦ ᐃᓅᓯᖕᒋᓐᓃᓗᑎᑦ ᐱᒻᒪᕆᐅᓂᕐᓃᕕᑦ. ᑐᑭᓯᓚᖓᒻᒥᔪᑦ ᐃᓕᓐᓄᑦ ᐱᒻᒪᕆᐅᒋᐊᒥᓂᒃ. ᓈᓚᓪᓗᒍ ᕿᑐᕐᖕᒥᑦ ᖃᓄᐃᓕᒐᓱᐊᓕᕐᒪᖔᑦ ᑭᐅᖃᑦᑕᓗᒍᓗ ᐃᓕᒃᑯᑦ ᐅᖃᒍᓱᑦᑎᓄᕕᑎᒃ ᐅᖃᖃᑦᑕᐅᑎᒐᑦᑎᒃ. ᑲᒪᒋᔭᖃᕕᑦ ᑲᒪᖃᑕᐅᑎᖃᑦᑕᓗᒋᑦ ᐅᖃᐅᑦᔪᓗᒋᑦ ᓱᒪᖔᕐᐱᑦ. ᓄᑕᕐᖅ ᓂᕕᖓᔪᒥ ᒥᓱᑦᑕᖑᐊᖃᒦᑦᑎᓗᒍᓗᓐᓃᑦ ᑭᑦᓕᖓᓂ

ᐱᓇᓱᐊᕆᐊᓕᓐᓃᕕᑦ ᐱᓇᓱᐊᕐᓗᑎᑦ, ᑭᓯᐊᓂ ᑕᑯᓐᓇᖃᑕᐅᓗᓂ ᐱᓇᓱᐊᕐᑎᓗᑎᑦ ᑕᑯᕐᓴᐅᑎᑦᓯᒍᑎᒋᓂᐊᕐᒐᑦ ᐱᒻᒪᕆᓂᕐᓃᕕᑦ ᓄᑕᕋᕐᒧᑦ. ᓱᓇᑐᐃᓐᓇᒥᒃ ᐊᓕᐊᒋᔭᖓᓂᒃ ᐊᑑᑎᖃᑎᒋᒍᓐᓇᒥᔪᑦ. ᓄᑕᕋᖅ ᓂᕆᒃᑲᓗᒍ, ᐱᖕᖑᐊᖃᑎᒋᓗᒍ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᓃᖕᖑᐊᑎᓗᒍ ᓯᓚᒦᑦᑐᓂᒃ ᖃᐅᔨᓴᖃᑕᐅᑎᓗᒍ ᐃᓕᓐᓂᒃ.

ᐊᕐᕌᒍᓂ ᓯᕗᓪᓕᐸᓂ, ᓄᑕᖑᑦ ᐅᖃᕋᓱᐊᑲᑦᑕᓱᑦ ᐊᓯᒥᓄᑦ ᓂᓪᓕᐅᔭᐅᒍᑎᒥᓂᒃ. ᐃᓕᓯᑲᐱᒍᐊᕐᑐᒪᓇᐅᓱᑦ ᖃᓂᑕᒥᓂᑦ. ᐱᒻᒪᕆᐅᕗᖅ ᐃᐸᐱᒍᓱᒋᐊᖃᕐᓃᑦ ᓱᓇᓂᒃ ᐃᓕᓴᓕᕐᒪᖔᕐᐱᐅᒃ ᕿᑐᕐᖏᑦ ᓇᒻᒥᓂᖅ ᓱᓂᕐᓈᕕᑦ, ᐅᖄᖃᑎᖃᕐᓂᓈᕕᑦ ᐊᒻᒪᓗ ᐱᐅᓯᕐᓈᕕᑦ. ᕿᑐᕐᖏᑦ ᐱᕈᕐᐸᓕᐊᒐᒥ, ᐃᓕᑕᕐᓯᖃᑦᑕᓚᖓᒻᒥᔪᖅ ᐃᓚᓐᓈᓃᕕᑦ ᐊᒻᒪᓗ ᐃᓚᓐᓈᓇᓱᒻᒥᓗᒋᑦ ᑖᒃᑯᐊ. ᐃᐸᐱᑦᓱᐊᓗᒍ ᕿᑐᕐᖏᑦ ᐊᒻᒪᓗ ᐊᓕᐊᒋᔭᖏᑦ ᖃᐅᔨᓗᒋᑦ. ᐊᑐᓂᑦ ᑲᒃᑳᖅ ᐃᓕᒃᑰᓱᐊᕐᑐᖅ ᐊᕐᔨᖃᕋᓂ ᐊᒻᒪᓗ ᒪᓕᑦᓱᓂ ᐃᓕᒃᑰᓱᐊᕐᑐᒥᒃ ᐊᕐᔨᖃᕋᓂ ᐊᕐᕐᑯᑎᒋᓂᐊᕐᑕᒥᓂᒃ. ᐊᑖᑕᖓᑕ ᐱᓇᓱᐊᒐᖓ ᒪᓂᔨᓯᒪᓂᖅ ᐃᑲᔪᕐᓯᒪᓂᕐᒥᓂᒃ, ᕿᑲᑐᐃᓐᓇᑎᕐᓯᒐᓂ, ᐊᒻᒪᓗ ᐱᕕᑦᓴᓕᐅᓇᖃᑦᑕᓱᓂ ᐃᑲᔪᕐᓯᐅᑎᒥᓂᒃ ᑲᒃᑲᓛᑉ ᑕᑯᒋᐅᖃᑦᑕᓚᖓᔭᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᐅᔨᓴᕐᓗᒋᑦ ᑖᒃᑯᐊ ᐃᓕᒃᑯᑦ ᐊᓕᐊᒋᔭᖏᑦ ᐃᓅᓯᕐᒥ.

ᓇᑦᓕᒍᓯᓐᓂᒥᒃ ᑕᑯᕐᓴᐅᑎᕐᓯᓂᖅ

ᕿᑐᕐᖏᑦ ᐃᓕᓐᓂᒃ ᑑᓴᖃᑦᑕᓇᐊᓕᒃ ᐅᖃᐅᓯᖃᕐᑎᓗᑎᑦ ᓇᑦᓕᒋᓗᒍ. ᐊᑖᒐᑦ ᐊᖃᐅᓯᖃᓱᑦ ᐃᓇᕐᑰᑎᖃᓱᑦ ᕿᑐᕐᖓᒥᓂᒃ ᐃᓅᓐᓂᓂᒃ ᐃᓕᒃᑯᑦ ᐊᕐᔨᒌᖕᖏᑐᓂᒃ ᑑᕌᖓᔪᓂᒃ. ᐃᒥᓗᓗᑭᐸᐸᓗᒍ. ᐊᑖᒐᑦ ᕿᑐᕐᖓᒥᓂᒃ ᐊᑎᖃᖕᖑᐊᑯᓗᑭᓱᒍᒥᔪᑦ. ᐊᑎᓇᔭᐅᖕᖑᐊᑎᒐᑦ ᑕᑯᕐᓴᐅᑎᕐᓯᐅᑏᑦ ᖃᓂᑕᖃᕐᓂᒥᒃ ᐊᒻᒪᓗ ᓇᑦᓕᓱᓐᓂᒥᒃ. ᕿᑐᕐᖓᑎᑦ ᐃᓕᒃᑯᑦ ᓇᑦᓕᐊᒍᓂᖏᑦ ᖃᐅᔨᒪᒍᑎᒋᓂᐊᕐᑕᖏᑦ ᐊᑐᖃᑦᑕᑕᑎᑦ ᐊᕐᓱᓱᒪᖕᖑᐊᕈᑎᑎᑦ. ᓇᑦᓕᒍᓯᓐᓂᒥᒃ ᓄᐃᑕᑎᕐᓯᒍᑏᑦ ᐊᒥᓱᐃᒍᕗᑦ - ᖄᕐᓯᓚᑦᑐᖅ, ᖁᖓᑦᑐᖅ, ᐸᕝᕕᓴᖕᖑᐊᑐᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕿᑦᓯᔪᖅ. ᑕᑯᓗᑦ ᐃᓕᒃᑰᑎᕐᑐᑦ ᑕᑯᕐᓴᐅᑎᕐᓯᐅᑎᑎᑦ ᕿᑐᕐᖓᓃᕕᑦ ᓇᑦᓕᒍᓯᒋᐊᕐᐱᑦ. ᑲᒃᑲᓛᑦ ᐃᐸᐱᒍᓱᓱᑦ ᐊᑦᑕᓐᑦᑐᒦᑦᑎᑕᐅᓂᕐᒥᓂᒃ ᖃᐅᔨᒪᑦᓱᑎᒃ ᓇᑦᓕᒋᔭᐅᓂᕐᒥᓂᒃ. ᓇᓂᓗᒋᑦ ᐅᖃᐅᑏᒍᓱᑎᑦ ᐊᒻᒪᓗ ᑕᑯᕐᓴᐅᑎᕐᓯᐅᑎᑎᑦ ᓇᑦᓕᒋᔭᐅᓂᕐᒋᓐᓂᒃ ᐃᒥᓗᒋᑦᓗᒋᑦ. ᐊᑦᑕᓐᑦᑐᒦᓐᓂᒥᒃ ᐃᐸᐱᒍᓱᓱᒍᒥᔪᑦ ᓱᖕᒋᐅᓐᓂᖃᕐᑎᑕᐅᒐᒥᒃ ᓇᑦᓕᐅᑎᑦᑕᕈᑎᓂᒃ ᐊᒻᒪᓗ ᓱᒋᐊᖃᓕᕐᒪᖔᕐᒥᒃ ᖃᐅᔨᒪᒍᑎᓂᒃ ᓂᓇᐅᓐᓇᑐᓂᒃ.

ᑲᒃᑲᓛᖅ ᐱᕈᕐᐸᓕᐊᒻᒪᑦ, ᐅᑦᑐᖃᑦᑕᕈᕕᒃᑭᑦ ᑲᒪᒋᓚᖓᔭᖏᓐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐱᔪᓐᓇᑕᖏᓐᓂᒃ ᐱᓇᓱᐊᕋᑦᓴᖃᕐᑎᓗᒋᑦ ᑕᑯᕐᓴᐅᑎᕐᓯᓂᐅᒋᕗᖅ ᐱᔪᓐᓇᓂᖏᓐᓂᒃ ᑕᑎᒋᔭᖃᕐᓂᓃᕕᑦ ᐊᒻᒪᓗ ᓈᒻᒪᒋᐊᖏᑦ ᐱᔪᓐᓇᓱᐊᕐᑐᓇᕐᓯᒍᑎᑎᑦ ᐃᓕᒃᑯᑦ ᐱᓇᓱᐊᒐᖃᕐᑎᓗᒋᑦ. ᑖᒃᑯᓂᖓ ᐱᓇᓱᐊᓚᖓᔭᖏᓐᓂᒃ ᑎᓕᐅᓇᒍᑎᖃᓕᕈᕕᑦ, ᐱᒻᒪᕆᐅᕗᖅ ᐃᓗᕐᖃᑎᒋᑦᓯᒍᐊᓂᕐᒥᓂᖅ ᐊᒻᒪᓗ ᑕᑎᒋᔭᕐᓴᐅᒪᑦ. ᐃᓅᓯᕐᒥ ᐱᑦᔪᑎᖃᕐᓯᐊᓂᕐᒧᑦ.

ᑐᑭᓯᑎᕐᓯᒋᐊᒥᒃ ᐱᓇᓱᐊᓚᖓᔭᒥᓂᒃ ᐅᑦᑐᑕᐅᒋᐊᖏᑦ ᑲᒃᑲᓛᖅ ᐱᔪᓐᓇᓱᕙᓪᓕᐊᒪᑦ ᐊᒻᒪᓗ ᑕᑎᒋᔭᕐᓴᐅᒪᑦ.

ᓲᓱᑦᓴᐅᑎᔪᓂᒃ ᐃᓄᕐᖃᑎᒌᕐᓯᐊᓂᕐᒦᓂᖅ

ᐅᑉᐸᓈᑦ ᐊᕕᕐᓯᒪᔪᑦ ᐱᓇᓱᐊᕋᑦᓴᓂᒃ ᐊᒥᓱᐃᒍᓂᕐᓴᓂᒃ ᐱᔭᓈᒍᓐᓇᐸᓚᐅᕐᑐᑦ. ᐊᕕᑦᑐᐃᓯᐊᕈᓐᓇᕕᑦᑎᓄᑦ ᐱᓇᓱᐊᕐᑕᐅᒋᐊᓕᓐᓂᒃ, ᑭᓇᑐᐃᓐᓇᖅ ᐊᕐᓱᕈᒍᑎᑐᐊᖃᓚᖓᖕᒋᒪᑦ ᓱᓇᓕᒫᓂᒃ ᑲᒪᒋᐊᖃᕐᓂᒥᓄᑦ. ᑲᒃᑲᓛᑦ ᐱᓇᓱᐊᕐᑯᔭᐅᑦᓱᑎᒃ ᑎᓕᐅᕐᑕᐅᑐᐊᕋᒥᒃ, ᐆᑦᑑᑎᒋᓗᒍ ᑲᑕᒻᒥᒃ ᐊᐳᒐᔪᓂᖅ, ᓱᑯᑕᕆᐊᕐᓂᖅ ᐊᒻᒪᓗ ᖃᓄᑐᐃᓐᓇᖅ ᐊᖏᔪᕐᓚᐅᖏᑦᑐᓂᒃ ᐱᓇᓱᐊᕋᑦᓴᓂᒃ, [ᑕᒪᓐᓇ] ᐃᓚᒋᔭᐅᕙᓚᐅᕐᑐᖅ ᐅᓪᓗᑕᒫᑦ ᑲᒪᒋᔭᕐᑎᓄᑦ. ᑲᒃᑲᓛᑦ ᐱᓇᓱᐊᕆᐅᕐᓴᐸᓚᐅᕐᑐᑦ, ᐃᓕᓴᕐᓱᑎᒃ ᖃᐅᔨᒪᒋᐊᖃᓚᖓᔭᒥᓂᒃ ᐆᒪᒍᑎᐅᒍᓐᓇᑐᓂᒃ ᖃᐅᔨᒪᒋᐊᖃᕋᒥᒃ, ᐱᔪᓐᓇᓱᕙᓪᓕᐊᓱᒋᑦ ᑐᓂᕐᒋᓱᒍᓐᓇᓃᑦ ᐃᓄᕐᖃᑎᒌᓄᑦ, ᐊᒻᒪᓗ ᐃᓄᓱᕐᒥ ᐱᑦᔪᑎᖃᕐᓯᐊᓂᕐᒧᑦ.

- ᑑᑕ ᖃᓇᑕᖅ

ᓲᓱᑦᓴᐅᑎᔪᑦ ᐃᓄᕐᖃᑎᒌᓐᓂᖏᑦ ᐃᓚᒋᔭᐅᔪᖅ ᓱᑕᒥᓄᑦ ᒪᓕᒐᕐᔪᐊᖏᓐᓄᑦ/ᒪᓕᒐᕐᔪᐊᖅ ᐃᓄᐃᑦ. ᑐᖕᖓᕕᐅᒻᒥᓱᑎᒃ ᐃᓚᒌᓄᑦ. ᐱᒋᐊᕐᕕᐅᑎᓗᒍ ᖃᓂᑕᓇᑦᓚᓇᑦᓱᑎᒃ ᐃᓄᕐᖃᑎᒌᑦᓯᐊᓂᒋᒃ ᐅᑉᐸᓈᑦ ᐊᒻᒪᓗ ᐊᖓᔪᕐᖃᒍᓕᕐᓱᑎᒃ. ᐅᑉᐸᓈᑦ ᐱᓇᓱᐊᖃᑎᒌᒋᐊᓖᑦ ᓄᐃᑦᓯᒋᐊᕐᖃᕋᒥᒃ ᓲᔪᒥᒃ ᑐᖕᖓᕕᒋᓂᐊᕐᑕᖓᓂᒃ ᐃᓚᒥᑕ. ᐊᖏᑦᖃᑎᒌᑉᐸᒋᐊᓖᒃ ᐊᒻᒪᓗ ᐸᕐᓂᓂᕙᓪᓗᑎᒃ ᓯᕗᓂᐊᒍᑦ ᖃᓄᖅ ᐱᒋᐊᓕᒥᓂᒃ ᐱᓚᕿᓂᐊᕐᒪᖔᕐᒥᒃ. ᐃᓄᐃᑦ ᐅᖃᓪᓚᓇᑉᐸᓚᐅᕐᑐᑦ ᐱᓚᓇᖃᑎᒌᖕᓂᖅ/ᐱᓇᓱᐊᖃᑎᒌᖕᓂᒥᒃ ᓄᐃᑕᓗᓂ ᑭᓯᐊᓂᐅᒋᐊᖕᒐᓂᒃ ᐃᓗᒡᒍᓱᕐᒥ ᒪᓕᒐᐅᑦᓱᓂ ᑐᑭᓯᒪᔭᐅᒪᑦ ᐃᓗᖕᓇᑎᒃ ᐱᓚᕿᔭᐅᑦᓱᐊᑐᑦ ᐃᒥᒍᖕᓇᒪᑕ ᐃᑲᔪᕐᑎᒌᖕᓂᑎᒍᑦ ᐊᒻᒪᓗ ᑐᑭᓯᒪᐅᑎᑦᓱᐊᓂᕐᒥᑎᒍᑦ. ᐊᖑᑎᒋᔭᐅᑦᓱᐊᓗᑎᑦ; ᑲᒪᒋᑦᓱᐊᓗᒍ, ᒪᓂᔨᕕᒋᑦᓱᐊᐸᓪᓗᒍ, ᐃᑲᔪᕐᓯᒪᓗᒍ ᐊᒻᒪᓗ ᐊᖕᓂᓇᓗᒍ ᐊᕐᓂᑦ/ᐅᑉᐯᑦ. ᑕᕝᕙᓂᑦᓴᓇᖅ ᐊᓇᕐᕋᖃᖕᖏᑲᓗᐊᕈᑎᒃ, ᐃᓄᓱᓕᒫᖅ ᐱᕈᕐᓴᓚᖓᔪᑎᒃ ᑲᑐᔨᓗᑎᒃ, ᐆᒥᒪᑦ ᐊᖏᖃᑎᒌᒋᐅᕐᓴᓇᑦᑎᒃ ᐊᒻᒪᓗ ᐱᓇᓱᐊᖃᑎᒌᓪᓗᑎᒃ ᒪᓂᔨᒋᐊᖃᕋᑦᑎᒃ ᐃᓗᖕᓂᓂᒃ ᐱᐅᓂᕐᐹᓂᒃ ᕿᑐᕐᖓᓄᕕᑎᒃ.

ᓈᒻᒪᓗᓂ ᐆᑦᑐᕋᐅᑎᑦᓯᐊᒍᓂᖅ

ᑲᒃᑲᓛᑦ ᑕᑯᓐᓇᓱᑎᒃ ᐃᓕᑦᓯᕙᓪᓕᐊᓲᑦ. ᐃᓕᑦᓯᖃᑦᑕᓚᖓᔪᑦ ᐃᓕᓐᓂᒃ ᑕᑯᓐᓇᓗᑎᒃ. ᑕᑯᓐᓇᓚᖓᔪᑦ ᐃᑉᐱᒋᖕᖕᒋᑲᓗᐊᕈᕕᒃᑭᑦ ᓱᓕᕐᒪᖔᑉᐱᑦ ᑕᑯᓐᓇᓚᓇᓪᓗᑎᒃ. ᐃᒪᕐᒥᒃ ᒥᓗᑦᓯᐅᑎᐅᔾᔭᕐᑐᑦ ᐃᓘᓐᓄᓂᒃ ᑎᒍᓪᓚᓱᑎᒃ ᑕᑯᔭᒥᓂᒃ. ᑲᒃᑲᓛᑦ ᐱᓗᐊᕐᑐᒥᒃ ᐱᐅᓯᖕᒋᓐᓂᒃ ᑲᑎᒪᔭᒥᑕ ᐱᐅᓯᕐᑖᓲᑦ. ᐃᓕᓐᓂᒃ ᑐᑭᓯᕙᓪᓕᐊᓚᖓᔪᑦ ᐃᑉᐱᒍᓱᓪᓗᑎᒃ ᖃᓄᖅ ᐊᓯᓐᓃᕕᑦ ᐅᖃᕕᖃᕐᒪᖔᕐᐱᑦ, ᖃᓄᖅ ᐱᐅᓯᖃᕐᒪᖔᑉᐱᑦ, ᖃᓄᖅ ᐊᐅᒡᒍᓯᒪᒻᒪᖔᑉᐱᑦ ᐃᑉᐱᓂᐊᕈᑎᓐᓃᕕᑦ, ᐊᒻᒪᓗ ᐱᓇᓱᐊᓇᐊᓕᓐᓂᒃ ᖃᓄᖅ ᑲᒪᒻᒪᖔᑉᐱᑦ, ᐊᒻᒪᓗ ᐱᒐᓱᐊᒻᒪᓇᓐᓇᑐᓂᒃ ᖃᓄᖅ ᐊᓂᒍᐃᒻᒪᖔᑉᐱᑦ. ᑲᒃᑲᓛᖅ ᑕᑯᓗᑭᓐᓂᐸᒥᓂᒃ ᐃᑦᔭᓯᓱᓚᖓᔪᖅ. ᐃᓅᓯᕐᒥ ᐱᒻᒪᓇᐅᓂᕐᐸᐅᑎᓗᒍ ᐱᓚᕐᑭᒍᓐᓇᑐᐃᓐᓇᓇᐊᓖᑦ ᓈᒻᒪᓈᕐᑐᓂᒃ ᑕᑯᓐᓇᑕᐅᓂᕐᓄᑦ ᐆᑦᑑᑎᑦᓯᐊᒍᓃᑦ.

ᑲᒃᑲᓛᑦ ᑐᑭᓯᒍᑎᒃ ᓄᓇᕐᖃᑎᓐᓃᕙᖓ ᓇᑦᓕᒍᓱᑎᐊᕐᒪ, ᓇᑦᓕᒍᓱᕐᖃᑕᐅᒍᒪᓚᖓᔪᑦ. ᐃᓕᓐᓂᐊᑎᓚᖓᔭᕗᑦ ᐃᓕᖓᔪᓂᒃ ᓇᑦᓕᓂᕐᒧᑦ, ᕿᓕᖕᖕᒍᓂᕐᒨᖕᒋᑦᑐᖅ. ᑐᓵᕐᖃᑦᑕᑭᑎᒃ ᐱᐅᔪᓂᒃ ᐊᓕᐊᓇᕐᑐᓂᒃ ᓱᔪᕐᖃᕐᓂᕕᓂᕐᓄᑦ ᐅᕙᕙᓗᓐᓃᑦ ᐅᕐᖃᐅᓯᐅᔪᓄᑦ, ᒪᓕᓚᖓᔪᑦ ᐊᒻᒪᓗ ᓇᒻᒥᓂᖅ ᑖᒃᑯᓂᖓ ᐊᑑᑎᓂᕐᖃᕐᓗᑎᒃ.

-ᒫᒃ ᑲᓪᓗᐊᖅ

ᐊᖑᑎᒃ ᐅᕕᒃᑲᖅ ᐊᑖᑕᒥᓂᒃ
ᐃᑦᔭᓯᓚᖓᔪᖅ - ᑕᑯᓐᓇᑕᒥᓂᒃ, ᑐᓴᔭᒥᓂᒃ.
ᐃᓱᒪᒋᔭᖅᑲᕐᐸᓕᐊᓚᖓᔪᖅ ᐊᑖᑕᒥᓂᒃ
ᐃᑦᔭᓯᓚᖓᒋᐊᒥᓂᒃ. ᐃᑲᔪᕐᓱᓂ ᐊᑖᑕᒥᓂᒃ,
ᒪᕐᕋᖅᑕᐅᓲᖅ ᐊᒻᒪᓗ ᓄᓇᒥ ᑕᑯᖅᑲᑦᑕᑕᒥᓂᒃ
ᐱᐅᑦᓴᑲᒥ, ᐃᓕᑦᓯᕙᓪᓕᐊᓯᓲᖅ ᐆᒪᔪᕐᓯᐅᕈᓯᓂᒃ.
ᑕᕝᕙᓂᑕᒐ ᕿᑐᕐᖓᑦ ᐅᖅᑳᕕᒋᖅᑲᑦᑕᕆᐊᖅᑲᓕᕐᒐᑦ.
ᑐᓴᖅᑲᑦᑕᕆᐊᓕᒃ ᐊᑑᑎᖅᑲᓯᐊᑐᓂᒃ
ᑐᑭᓯᐅᑎᑦᓴᓂᒃ ᐊᒻᒪᓗ ᐃᓕᑦᓯᕙᓪᓕᐊᓗᓂ
ᓱᓇᑐᐃᓐᓇᓂᒃ ᐱᑦᓯᐊᕋᓱᐊᖅᑲᑦᑕᓗᒋᑦ,
ᐃᓱᒪᒥᐅᑕᕐᕿᓐᓇᓱᓂ ᓯᕗᓂᑦᓴᒧᑦ
ᐸᕐᓄᓯᒪᕙᒋᐊᖅᑲᕋᑦᑕ - ᐃᓅᑦᓱᑕ ᐱᐅᓯᕗᑦ
ᐅᒥᓕᖓᒻᒪᑕ. ᐊᒥᓱᐃᒍᕗᑦ ᐃᐸᐱᒋᒋᐊᓕᕗᑦ
ᐅᒪᖕᖓᑦ ᐊᑐᐃᓐᓇᐅᓯᐊᕐᐸᓂᐊᕋᑦᑕ, ᓱᓇᒥᓪᓗᓃᑦ
ᐊᓯᐸᐸᒍᓐᓄᓗᑕ ᓱᓇᓕᒫᑦ ᐊᓐᓂᓇᕐᒪᑕ. ᐊᑖᑕᒃ
ᐅᒥᓗᕐᐸᓱᓂ ᐃᓕᐅᕐᕐᕿᓂᓕᒃ ᐱᐅᔪᓂᒃ ᐃᓅᓯᕐᒥ
ᓱᖕᒋᐅᓐᓂᑖᓇᓂᐊᕐᑕᖕᒋᓐᓂᒃ ᕿᑐᕐᖓᖓᑕ.

-ᓗᐃ ᐊᖓᓕᒃ

ᑕᑎᒋᓂᕐᐹᓇᕙᓚᐅᕐᑕᕗᑦ ᓇᐅᓕᒫᓂᑦ ᐊᑖᑕᕗᑦ.
ᐊᑖᑕᓐᓂᒃ ᖃᓂᑦᑕᖃᑦᓚᓇᕐᓯᒪᔪᖓ. ᑭᓇᑐᐃᓐᓇᒧᑦ
ᓈᒻᒪᓈᕐᕕᐅᖕᒋᓐᓇᒪ, ᐊᓇᕐᕋᐸᓚᐅᕐᑐᖓ
ᓚᕐᓱᖓ, "ᒐᓐᓇ ᐅᕙᓐᓂᒃ ᐱᕐᓯᐊᕿᓐᓇᖕᒋᑦᑐᖅ."
ᒐᒪᖕᖓᑦ ᑭᐅᑎᓗᒍ, "ᒐᒫᒃ ᐅᕙᓐᓂᒃ
ᐅᖃᐅᑏᕐᑯᐊᕿᓐᓇᖃ?" ᐅᕙᓗᓐᓃᑦ ᐊᓯᐊ
ᑭᐅᒍᑎᖓ ᐃᒥᓕᕐᓱᓂ, "ᐱᕐᓯᕈᕕᒃᑭᑦ, ᐃᓕᓐᓂᒃ
ᐱᕐᓯᐊᓚᖓᒻᒥᔪᑦ." ᒐᒪᖕᖓᑦ ᓱᐊᑦᑕᐅᓱᖓ
ᓱᕐᓈᓇᔭᐅᖕᒫᑦᔭᓇᖓ. ᑭᖑᓂᖓᒍ, ᒐᒥᓗᕐᓱᓂ
ᐅᕙᓐᓂᒃ ᐃᓕᓴᖃᑦᑕᑐᕕᓂᖅ ᓄᓇᕐᖃᑎᑦᑎᓄᑦ
ᒪᖓᑕᐅᑐᐃᓐᓇᓇᐊᖃᖕᖕᒋᓂᕐᓂᒃ ᐊᒻᒪᓗ
ᐃᒻᒥᓂᕿᐅᑎᒋᓗᒋᑦ ᐋᕐᕿᒍᑎᑦᓴᓕᐅᕐᓗᒋᑦ
ᓈᒻᒪᒋᐅᑎᖕᒋᓐᑦ. ᒐᒥᓗᕐᐸᓚᐅᕐᑐᑦ ᓇᑦᓕᓂᕐᒥᒃ
ᐃᓚᖃᕐᑎᓗᒋᑦ.

-ᐋᓂ ᑲᐸᐱᐊᓇᖅ

ᑎᒍᓯᑦᓯᐊᓂᖅ ᓇᑯᓇᓗᒍ ᐃᓅᓯᓕᒫᖅ ᑲᒪᒋᔭᖅᑲᓯᐊᓚᖓᓂᕐᒥᒃ

ᐱᓇᓱᐊᕐᑦ ᐊᑖᑕᐅᑦᓱᑎᑦ ᐱᒋᐊᕐᑐᖅ ᓄᑕᕋᕐᓴᑖᓚᐅᕐᑎᓇᒍ ᐅᑉᐯᑦ ᐊᒻᒪᓗ ᑲᔪᓯᓚᖓᑦᓱᓂ ᕿᑐᕐᖓᑦ ᐃᓅᓯᓕᒫᖓᓂ. ᐃᓄᐃᑦ ᐃᒥᓕᓲᑦ ᐊᖓᔪᕐᑳᖑᕐᓱᑎᓗ, ᑲᔪᓯᓚᖓᔪᑎᑦ ᑲᒪᒋᐊᖃᕐᓂᓃᕕᑦ ᕿᑐᕐᖓᓃᕕᑦ ᐃᓅᒍᓐᓄᕋᑦᓗᑎᑦ. ᕿᑐᕐᖓᑦ ᐱᕈᕐᐸᓕᐊᑎᓗᒍ, ᐱᒍᑦᔨᓂᕆᒋᐊᓕᑎᑦ ᐊᓯᑦᔨᑐᖃᑦᑕᓚᖓᔫᒐᓗᐊᑦ ᑭᓯᐊᓂ ᑲᒪᒋᔭᖃᕐᓃᑦ ᕿᑐᕐᖓᖃᕐᓂᓅᕕᑦ ᕿᑐᕐᖓᐱᑦ ᐃᓅᓯᖓᓂ ᒐᒥᑦᑐᓴᓐᓇᐅᓚᖓᔪᖅ. ᑲᒃᑲᓛᑦ ᑲᔪᓯᔪᒥᒃ ᖃᐅᔨᒪᑎᑕᐅᖏᓐᓇᕆᐊᓛᑦ ᓇᑦᓕᒋᔭᐅᓂᕐᒥᓂᒃ ᐊᒻᒪᓗ ᑲᒪᒋᔭᐅᑦᓱᐊᓂᕐᒥᓂᒃ ᖃᓄᐃᖕᖏᓱᐊᖁᑦᓱᒋᑦ.

ᕿᑐᕐᖓᓃᕕᑦ ᓯᕗᑦᓕᐸᒥ ᐃᓕᓴᔨᐅᓃᑦ

ᑲᒃᑲᓛᑦ ᑕᑯᓐᓇᑐᑦ ᐊᑖᑕᒥᓂᒃ ᐃᓕᓐᓂᐊᑎᑕᐅᒍᒪᑦᓱᑎᒃ ᐃᓅᓯᕐᒧᐊᖓᔪᓂᒃ. ᐃᓄᐃᑦ ᐱᐅᓯᑐᖃᖓᒍᑦ, ᐊᓈᓇᖓ ᐱᓇᓱᐊᒐᖃᕐᓂᓴᐅᕙᓚᐅᕐᑐᖅ ᐃᓕᓐᓂᐊᑎᕐᓱᓂᕐᒥᒃ ᕿᑐᕐᖓᒥᓂᒃ ᐃᓄᐃᖕᖑᐃᓂᖅ ᒪᓕᕐᓱᑦ ᐅᐱᓐᓄᓗᕈᓐᓇᓂᕐᓂᒃ ᐊᒻᒪᓗ ᐆᒻᒪᑎᒥᓂᑦ ᐱᔪᓂᒃ. ᐊᑖᑕᖓ ᐱᓇᓱᐊᒐᖃᕐᓂᓴᐅᕙᓚᐅᕐᑐᖅ ᐃᓗᓐᓇᒍᑦ ᐃᐸᐱᒍᓱᑎᐅᓱᓂ ᐱᓕᒪᒃᓴᕐᓂᖅ, ᐅᕙᕙᓗᓐᓃᑦ ᐃᓕᓐᓂᐊᑎᕐᓱᓂᕐᒥᒃ ᕿᑐᕐᖓᒥᓂᒃ ᐱᕙᑦᓕᐊᑎᕐᓱᓂ ᐱᓯᑎᐅᒍᑎᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐱᔪᓐᓇᓂᖏᓐᓂᒃ ᐱᔪᓐᓇᓱᐊᕐᑐᓇᓂᕐᒥᒃ ᐃᐸᐱᒍᓱᓕᓗᓂ ᐃᓅᕐᑯᕐᓱᒍ. ᑭᓯᐊᓂ, ᑕᒪᖏᒃ ᐊᖓᔪᕐᑳᖏᒃ ᑐᑭᓯᓇᕐᓱᐊᑐᓂᒃ ᓂᓇᐅᕙᕐᑲᕐᐸᓚᐅᕐᑑᒃ ᖃᓄᖅ ᕿᑐᕐᖓᖏᑦ ᐱᕙᑦᓕᐊᓚᕿᓂᐊᕐᒪᖔᑕ ᐱᔪᓐᓇᓱᐊᕐᓗᑎᒃ ᐃᓄᒎᓐᓇᓱᓗᑎᒃ. ᑲᒪᒋᔭᖃᓇᐊᖃᕐᐸᓚᐅᕐᑑᒃ ᑕᒪᖏᒃ ᐊᖓᔪᕐᑳᖏᒃ ᐃᓕᓴᕈᐊᖃᕐᓱᑎᒃ ᕿᑐᕐᖓᒥᓂᒃ ᑖᒃᑯᓂᖓ ᓂᓇᐅᒍᑎᒥᓂᒃ ᐊᒻᒪᓗ ᐃᓅᓯᕐᒥ ᖃᐅᔨᒪᔭᐅᒋᐊᓕᓐᓂᒃ ᐱᕕᑦᓴᖏᑦ ᓇᑦᓕᐅᑎᒻᒪᑕ ᑕᒫᑦ.

ᑖᒃᑯᐊ ᐃᓕᓴᒍᑏᑦ ᐱᒋᐊᕐᕕᖃᕐᓯᒪᔪᑦᓴᐅᕗᑦ ᐊᖓᔪᕐᕐᑳᓂᕕᑦ/ᐊᓈᓇᕐᓱᐊᓃᕕᑦ ᐊᑖᑕᕐᓱᐊᓃᕕᑦᓗ. ᑖᒃᑯᓂᖓ ᐃᓕᓐᓂᐊᑎᕐᓱᓂᕐᖃᕐᓗᑎᑦ ᐱᕕᑦᓴᐅᕗᖅ ᐅᓂᒃᑳᕕᖃᕈᓐᓇᓱᑎᑦ ᑲᒃᑲᓛᒍᓱᒪᓂᕐᓃᕕᑦ, ᐃᓚᓐᓄᕕᓕᖓᔪᓂᒃ ᐊᒻᒪᓗ ᐃᓗᒃᒍᓱᕐᒧᑦ, ᐊᒻᒪᓗ ᕿᑐᖓᐱᑦ ᐃᓕᒪᓂᖓᓂᒃ ᐊᖏᔪᒻᒪᓇᐊᓗᓂᕐᓴᒧᑦ ᐃᓄᖃᑎᑏᖕᕕᒧᑦ..

ᓄᐃᑦᓯᕙᑦᓕᐊᓂᖅ ᐃᐸᐱᒍᓱᓐᓂᒥᒃ ᐃᓂᖃᓇᐊᒥᒃ

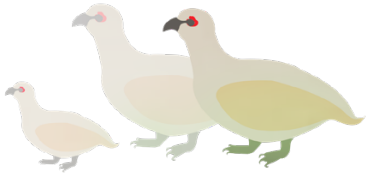
ᓄᐃᑦᓯᕙᑦᓕᐊᓂᖅ ᐃᐸᐱᒍᓱᓐᓂᒥᒃ ᐱᑐᑦᓯᒪᓂᕐᒥᒃ ᐊᒻᒪᓗ ᓄᓇᖃᖃᑕᐅᓂᕐᒥᒃ ᐱᒻᒪᓇᐅᕗᖅ ᑲᒃᑲᓛᐸ ᐃᐸᐱᒍᓱᓐᓂᖓᓄᑦ ᐃᓚᐅᓂᕐᒥᓂᒃ. ᓄᓇᒦᖃᑎᖃᕐᓂᖅ ᐊᒻᒪᓗ ᑕᓇᐅᒥ ᕿᑐᕐᖓᓃᕕᑦ, ᓯᓚᒦᒋᐊᒥᒃ ᐊᓇᕐᓱᒪᔫᔭᑐᐃᓐᓇᓇᐊᒥᒃ ᐃᐸᐱᒍᓱᐸᐸᓕᐊᑎᓗᒋᑦ ᐃᑲᔪᕐᓱᒪᓗᒋᑦ, ᐊᒻᒪᓗ ᑐᑭᓯᕙᑦᓕᐊᑎᓗᒋᑦ ᑲᒪᒋᑦᓱᐊᓗᒍ ᐊᕙᑎᖓ ᐃᑲᔪᓚᖓᔪᖅ ᐱᕈᕐᐸᓕᐊᓂᖓᓂᒃ ᐃᐸᐱᒍᓱᓐᓂᖓᑕ ᐃᓂᕐᒥᓂᒃ. ᐁᕕᒋᓲᓯᓂᒃ ᓄᓇᑦ ᐊᑎᖏᓐᓂᒃ ᐃᓕᓴᕐᓗᒋᑦ ᐊᒻᒪᓗ ᑖᒃᑯᐊ ᓄᓇᑦ ᐅᓂᒃᑳᑕᖏᓐᓂᒃ ᐅᓂᒃᑳᕕᒋᕙᓪᓗᒋᑦ. ᐃᓄᐃᑦ ᐃᓚᒋᑦ ᐃᖏᕐᕋᓂᖃᕐᐸᓚᐅᕐᑐᑦ ᐊᐅᓚᕕᖃᕐᓱᑎᒃ ᓯᓚᐅᑉ ᓇᓪᓕᐊᓂᓕᕐᓂᖓ ᒪᓕᕐᓱᒍ. ᒐᒪᖕᖓᑦ ᐊᑐᐃᓐᓇᕈᕐᑎᓇᐊᖃᕐᐸᓚᐅᕐᑐᑦ ᐃᓗᓐᓇᓄᑦ ᓄᑖᓄᑦ ᓯᓚ ᒪᓕᕐᓱᒍ ᓄᕐᑎᑕᖓᓂᕐᒥᓂᒃ/ᐱᓇᓱᐊᓚᖓᓕᕐᒥᔭᒥᓂᒃ. ᐃᐸᐱᒍᓱᐊᐸᓚᐅᕐᑐᑦ ᓯᓚᒥᒃ ᐊᒻᒪᓗ ᓱᓇᓱᐊᓇᐊᖃᓕᕐᒪᖔᒻᒥᒃ. ᑖᒃᑯᐊ ᐊᑑᑎᕙᑦᑐᑦ ᑐᑭᓯᒪᕐᓱᑦ ᐊᒻᒪᓗ ᐃᓚᐅᕕᕙᑦᓱᑦ, ᑲᒃᑲᓛᑦ ᓄᐃᑦᓯᕙᑦᓕᐊᖃᑦᑕᓱᒪᔪᑦ ᐱᔪᓐᓇᓱᐊᕐᓂᒥᓂᒃ ᐊᒻᒪᓗ ᐃᓂᖃᕐᓂᒥᓂᒃ ᐊᒻᒪᓗ ᐃᓚᐅᓂᕐᒥᓂᒃ. ᑐᓴᐅᒪᑎᓗᒍ ᐊᓯᖏᓐᓂᒃ ᐃᓗᒃᒍᓱᑎᒍᑦ ᐊᑑᑎᓯᒪᔭᓂᕕᑦ ᕿᑐᕐᖓᑦ ᐊᒻᒪᓗ ᑐᑭᓯᑎᓗᒍ ᐱᒻᒪᓇᐅᓂᖏᓐᓂᒃ ᐊᑑᑎᔭᐅᓲᑦ ᐆᑦᑑᑎᒋᓗᒋᑦ ᕿᓚᐅᕐᖓᔪᑦ, ᓂᓇᖃᑎᑏᑦᑐᑦ, ᑲᑕᔭᑐᑦ, ᐃᓄᐃᑦ ᐱᖕᖓᐊᕈᓯᖏᑦ ᐊᒻᒪᓗ ᑕᑯᒥᓇᕐᑐᓕᐅᕈᓯᖏᑦ.

ᐊᑖᑌᑦ ᓱᒧᑦ ᐱᒻᒪᕆᐅᕙᑦ?

ᑲᒃᑲᓛᑦ ᐊᑖᑕᒥᓂᒃ ᐱᒻᒪᕆᐅᑎᕐᔪᒍᒪᔪᑦ. ᐊᑖᑕᒃ ᒪᓂᔾᔪᒪᒋᐊᓕᒃ ᐱᐅᓯᕐᓲᑎᓂᒃ ᒪᓕᒍᑎᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓕᓴᓗᓂ ᕿᑐᕐᖓᒥᓂᒃ ᐆᑦᑑᑎᕐᔪᐊᒍᓂᕐᒥᒍᑦ. ᓄᐃᕐᔪᓂᖅ ᑐᑭᓯᓇᕐᑐᓂᒃ ᓂᕆᐅᕝᕕᐅᒍᑎᖕᒋᓐᓂᒃ ᑲᒃᑲᓛᑦ ᐱᒻᒪᕆᐅᕗᖅ, ᐊᒻᒪᓗ ᐱᒻᒪᕆᐅᒻᒥᓱᓂ ᒪᓂᔾᔪᒪᒋᐊᒥᒃ ᐃᑲᔪᕐᔪᒪᓂᕐᓂᒃ ᐊᒻᒪᓗ ᑕᔪᐅᕐᔪᔪᓂᕐᓂᒃ ᑭᖑᕝᕕᖕᒋᓐᓂᒃ ᕿᑐᕐᖓᖕᒋᑦᑕ ᑖᒃᑯᓂᖓ ᓂᕆᐅᕝᕕᐅᒍᑎᒥᓂᒃ ᓄᐃᕐᔪᓯᐊᕈᓐᓇᓚᖓᒍᑎᒃ ᐊᒻᒪᓗ ᐃᐸᐱᖑᓯᓚᕿᓗᑎᒃ ᐱᓚᕿᕐᔪᐊᓂᕐᓂᒃ.

ᐅᑦᑐᓯᒪᓗᒋᑦ ᑕᑯᑦᓴᓯᐊᓂᒃ ᑕᓯᐅᕐᔪᓯᒪᐅᑎᓂᒃ

- ᑲᒪᒋᑦᔪᐊᓗᒍ ᕿᑐᕐᖓᑦ ᐊᒻᒪᓗ ᐃᓕᑦᔪᕙᓪᓕᐊᓂᖕᒋᑦ ᓯᕗᓪᓕᐸᒥ.
- ᓄᓪᓚᖓᓗᑎᑦ, ᓴᖑᒍᑎᖃᕐᒐᓕᓗᑎᑦ ᐊᒻᒪᓗ ᐊᕿᑦᑐᕆᔭᐅᒍᓐᓂᓗᑎᑦ.
- ᐃᓄᐃᑦ ᐃᒣᓕᓲᑦ "ᓂᖕᖓᓂᕐᒦᓚᐅᕐᔪᒪᒍᓐᓂᓗᑎᑦ" - ᐃᓕᓐᓂᐊᑎᓗᒋᑦ ᑲᒃᑲᓛᑦ ᐊᐅᓚᕐᔪᒋᐅᕐᑎᒋᐊᕐᓗᒋᑦ ᐃᐸᐱᓂᐊᕐᒥᓄᑦ ᖃᓄᐃᓕᒍᑎᒋᒋᐊᓕᒥᓂᒃ ᐱᔭᕐᓃᑐᒃᑰᓕᕈᓂ.
- ᐱᕕᑦᓴᖃᕐᑎᐸᓪᓗᒋᑦ ᑕᒻᒪᐸᑕ ᐋᕐᕿᒋᐊᕐᓃᑦ, ᓱᖕᒋᐅᑎᓴᕐᓃᑦ ᐊᒻᒪᓗ ᐋᑑᑎᓚᕿᐅᑎᒋᒍᓐᓇᑕᖕᒋᑦ.
- ᓇᑯᓇᕙᓪᓛᐸᓪᓗᒋᑦ ᐱᓚᕿᑦᔪᐊᐸᑕ ᐊᒻᒪᓗ ᑕᒻᒪᐸᑕ ᑕᒻᒪᕈᑎᖕᒋᓐᓄᑦ ᐃᓕᑦᔪᓚᕿᑎᒋᐊᕐᓗᒋᑦ.
- ᕿᑐᕐᖓᑦ ᐃᓕᓴᕐᓗᒍ ᐃᓛᓂᐅᖕᒋᑑᓇᐅᕐᓴᑎᓗᒍ ᒋᐊᖃᓕᕈᓂ.
- ᑲᒃᑲᓛᖅ ᑕᒻᒪᑐᖅ ᐋᕐᕿᒋᐊᕈᕕᐅᒃ, ᒐᒪᖕᖓᑦ ᐊᐱᕐᔪᐸᓪᓗᒍ, "ᓱᖕᒐᓇᐊᖃᕐᓇᓱᑎᑦ?" ᐃᓄᐃᑦ ᐅᐸᐱᓇᔭᓛᑦ ᐊᓯᑦᔾᓃᑦ ᐱᐅᓯᓇᔭᖕᒋᓐᓂᒃ/ᑲᒪᒍᓯᖕᒋᓐᓂᒃ ᖃᓄᐃᓕᒍᓯᖕᒋᓐᓂᒃ ᕿᖕᖑᒪᕐᔪᒍᑕᐅᓲᒍᒋᐊᖕᒋᓐᓂᒃ "ᐱᓚᕿᑎᕐᔪᓂᖅ ᐃᓱᒪᒋᔭᖃᒍᑕᐅᒋᐊᓕᓐᓂᒃ."



ᑕᑯᓐᓈᓯᒪᔪᖓ ᐃᓚᒌᓂᒃ ᒪᕐᕉᓂᒃ ᕿᑐᕐᖓᓛᓐᓂᒃ ᕿᐊᔪᓂᒃ ᓂᕆᒐᓯᐊᕐᓯᑎᒃ ᓂᕿᐊᐱᓐᓂᒃ ᑖᒃᑯᑐᐊᓂᒃ ᐊᓯᖃᖕᖕᒋᑐᓂᒃ. ᑐᑭᓯᒪᕐᓯᐊᓚᐅᕐᓯᒪᖕᖕᒋᑐᖓ ᓱᒧᑦ ᕿᐊᒻᒪᖕᒐᑦ, >ᐃᒍᕐᕐᑲᔭᓚᐅᕐᓯᒪᖕᖕᒋᓇᒃᑭᑦ ᐊᓈᓇᓐᓄᑦ ᐅᓂᒃᑳᓚᐅᕐᓯᒪᔭᒃᑲ, ᒐᒪ ᐊᐱᕐᓯᓕᕐᑕᕋ ᐊᓈᓇᖓ ᓱᒧᑦ ᕿᐊᓐᓂᒪᖕᒐᑦ. ᐊᑖᑕᓐᓄᑦ ᑐᓴᕐᑕᐅᓯᖓ ᐆᒥᓱᓯᑦᓱᓂ ᓂᐱᖓ, ᐊᐱᕐᓯᓇᐊᑲᓪᓚᑐᖅ ᓱᒧᑦ ᖃᐅᔾᑎᕐᓯᑲᐱᓐᓂᖕᒋᒻᒪᖕᒐᒻᒪ. ᐊᑖᑕᒐ ᐅᖃᕐᓴᐅᑎᒋᔪᕕᓂᐅᒍᒪ, ᓂᕆᔭᕐᓴᖕᒋᓐᓂᒃ ᐅᑦᑐᐃᒐᔭᕐᑐᕕᓂᐅᓂᕋᕐᓱᓂ. ᐅᕙᓐᓂᒃ ᐅᖃᐅᑏᓕᕐᑐᖅ ᑕᑎᓐᓇᖅ ᐃᓄᓐᓂᒃ ᒐᑐᑦᑐᓂᒃ ᑕᑯᒍᒪ ᐅᖃᕐᓴᐅᑎᒋᓛᕐᑯᔾᓕᕐᓱᓂ, ᓂᕆᖃᑎᒋᓂᐊᕋᑦᑎᒋ ᐊᒻᒪᓗ ᓂᕆᔭᕐᓴᑖᕐᑎᓗᒋᑦ. ᐊᑖᑕᓐᓄᑦ ᐃᕐᕐᑭᑎᑕᐅᒋᐊᓪᓚᑐᖓ ᐊᒻᒪᓗ ᓚᕐᓱᓂ, "ᑕᑯᓐᓇᓚᐅᕐᓯᒪᒋᐊᖃᖕᖕᒋᓚᑎᑦ ᐃᓄᒻᒥᒃ ᑳᑦᑐᒥᒃ ᐱᕐᓕᓕᕐᑐᒥᒃ ᐅᑦᑐᓚᖓᒍᓐᓂᓗᒍ ᓱᓇᑐᐃᓐᓇᒥᒃ ᓂᕆᔭᕐᓴᖓᓂᒃ." ᑐᑭᓯᓚᐅᕐᓯᒪᔪᖓ ᐊᕐᓱᕈᓐᓇᑐᒃᑯᑦ ᒐᒪᖕᖕᒋᑦ ᐃᑲᔪᕐᐸᒋᐊᖃᕐᓂᓃᕙᖓ ᐊᓯᓐᓂᒃ ᐃᑲᔪᕐᑎᔾᔪᑦᔫᑐᓂᒃ ᓱᒋᐊᓪᓚᕕᖃᕈᓐᓂᑐᓂᒃ.

-ᐊᑐᐊᑦ ᐊᑭᑦᑎᖅ

ᓄᐃᓗᒍ ᒪᓕᒐᕐᓴᖅ

- ᓄᐃᓗᒍ ᒪᓕᒐᕐᓴᖅ ᒪᓕᑦᑕᐅᖃᑦᑕᓚᖓᑎᓗᒍ.
- ᑐᑭᓯᓇᕐᓯᐊᑐᓂᒃ ᓂᕆᐅᕝᕕᖃᕐᓗᑎᑦ ᕿᑐᕐᖓᓃᕕᑦ. ᑖᒃᑯᐊ ᐃᕐᕿᑎᕐᓯᒍᑎᒋᖕᒋᓐᓇᓗᒋᑦ.
- ᑐᖕᖓᕕᑦᑖᓗᒋᑦ ᓂᕆᐅᒋᔭᑎᑦ ᐃᓕᒪᑎᑦᓗᒋᑦ ᐃᓗᒡᒍᓯᕐᒥ ᐊᓐᓂᓇᕐᑐᓄᑦ ᐊᒻᒪᓗ ᐊᑐᕐᐸᓗᒋᑦ ᐃᓕᔅᒍᑎᒋᓗᒋᑦ ᕿᑐᕐᖓᓃᕕᑦ.
- ᐱᒐᓱᐊᕐᓯᐊᑎᕙᓪᓗᒍ ᕿᑐᕐᖏᑦ ᐃᒣᓃᕐᐸᓗᒍ “ᑕᑯᓐᓇᓱᐊᖕᖓ ᑲᒪᒋᔭᕋᓂ” ᐅᕝᕙᓘᓐᓃᑦ “ᐆᑦᑐᕋᓕᕆᑦ ᑕᑯᓐᓇᑕᒋᓐᓂ.”
- ᓂᕆᐅᕝᕕᒋᒍᓐᓂᓗᒍ ᕿᑐᕐᖏᑦ ᓱᓇᑐᐃᓐᓇᒥᒃ ᐱᒍᓐᓇᓚᖓᓂᖓ ᐊᑐᐃᓐᓇᕈᖕᒋᓂᓕᒫᖓᓂ ᐱᒐᓱᐊᕐᑕᒥᓂᒃ ᐱᓚᕿᑦᓯᐊᕈᓐᓇᓚᖓᓯᓗᓂ.
- ᓴᓪᓗᒍᑎᒋᕙᒍᓐᓂᓗᒋᑦ ᐊᒻᒪᓗ ᐅᖃᖃᑎᒋᑦᓯᐊᐸᓪᓗᒍ ᐱᔭᕐᓃᓗᓕᕐᐸᑦ ᕿᑐᕐᖏᑦ. ᒐᒪᖕᖓᑦ ᓴᐳᑦᔨᓯᒪᕙᓪᓗᒍ ᕿᑐᕐᖏᑦ, ᑭᓯᐊᓂ ᐃᑲᔪᓯᓗᒍ ᐃᑲᔪᕐᑕᐅᒋᐊᖃᓕᕐᐸᑦ.

ᕿᑐᕐᖏᑦ ᐅᖃᐅᑎᕙᓪᓗᒍ ᓱᓕᔪᓂᒃ. ᖃᐅᔨᒪᑎᓗᒋᑦ ᓚᖕᖑᐊᑐᐃᓐᓇᖕᒋᓐᓇᕕᑦ. ᑲᒃᑲᓛᖅ ᐆᒥᒋᒍᕕᐅᒃ, ᖃᐅᔨᒪᑎᓗᒋᑦ ᐆᒥᒋᒋᐊᒥᒃ ᓱᓇᑐᐃᓐᓇᒥᒃ ᓈᒻᒪᓈᖕᖏᒪᑕ ᒋᐊᖃᖕᖏᑕᒥᓂᒃ. ᑐᑭᓯᑎᓗᒋᑦ.

-ᓗᐃ ᐊᖓᓕᒃ

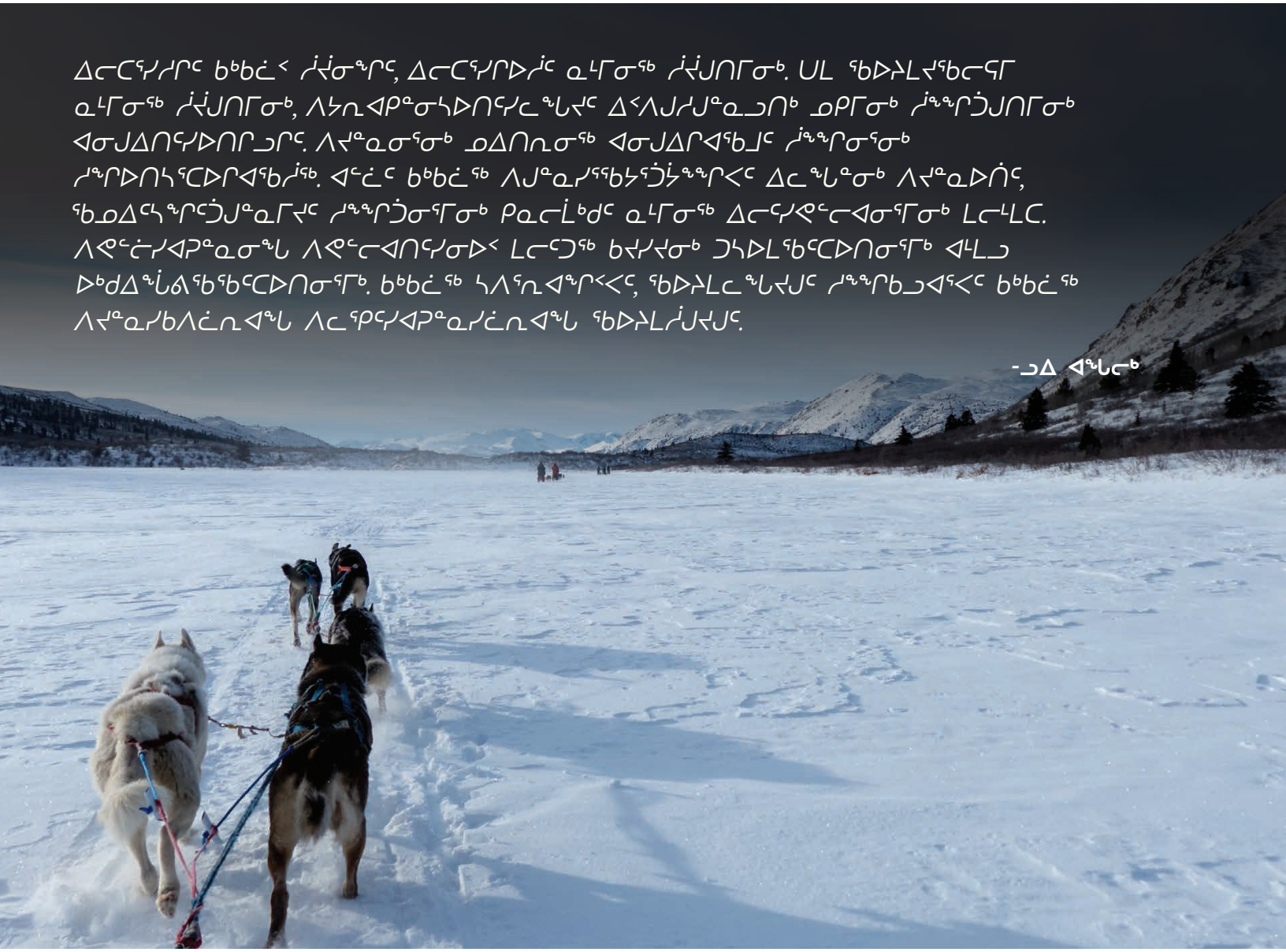
ᒪᓂᕙᓪᓗᒋᑦ ᐆᑦᑐᕋᓚᖓᔭᖕᒋᑦ ᐊᒻᒪᓗ ᐱᕕᑦᓴᖃᕐᑎᓗᒍ

- ᐃᓄᐃᑦ ᐅᑉᐱᓇᔭᓖᑦ ᐃᓕᑦᓯᕙᓪᓕᐊᓂᐅᑉ ᐱᓯᒪᓂᖓᓂᒃ ᐆᑦᑐᕋᕐᓂᒥᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓪᓚᓇᕐᑎᔭᕐᑎᓇᒃ ᓱᓇᑐᐃᓐᓇᒥᒃ ᐃᒻᒥᓂᕿᓗᑎᑦ ᐱᒋᐅᖕᖏᓂᕐᓃᕕᐅᒃ.
- ᐊᑑᑎᓃᑦ ᐆᑦᑐᕋᕐᓃᑦ ᐊᑑᑎᔭᐅᓲᑦ ᐊᒻᒪᓗ ᐃᓕᖓᑦᓯᑎᒃ ᐃᓄᓱᕐᒥ ᐃᓕᑦᓯᒋᐊᓕᓐᓄᕕᑦ.
- ᓄᐃᑎᕐᐸᓗᒋᑦ ᐱᕕᑦᓴᑦ ᓄᑖᓂᒃ ᐆᑦᑐᓇᐅᕐᑎᓯᒍᑏᑦ, ᐃᓄᓐᓂᒃ ᑕᑯᒋᐅᕐᓃᑦ, ᓄᑖᓂᒃ ᐃᓂᓐᓂᒃ ᖃᐅᔨᓴᕐᓃᑦ.
- ᐃᑲᔪᕐᓯᐸᓪᓗᒍ ᕿᑐᕐᖏᑦ ᑐᒋᓯᒐᓱᐊᕐᑎᓗᒍ ᐊᑑᑎᔭᕕᓂᕐᒥᓂᒃ ᑖᒃᑯᓂᖓ ᐅᖄᖃᑎᒋᓗᒍ.
- ᐃᕐᕿᑐᒪᒐᕐᓴᓕᐅᕐᐸᓗᑎᑦ ᐊᒻᒪᓗ ᐃᕐᕿᑎᓗᒋᐸᓪᓗᒍ ᕿᑐᕐᖏᑦ ᑖᒃᑯᓂᖓ.
- ᕿᑐᕐᖓᓃᕕᑦ ᑲᑎᒪᓯᕙᓪᓗᑎᑦ ᐃᑲᔪᓯᒪᓗᒍ ᓄᑖᓂᒃ ᐊᑑᑎᒋᐅᕐᑎᓗᒍ.

ᓱᒐᓗᓗᐊᖕᖏᑐᓂᒃ ᓂᕆᐅᓐᓂᕐᑲᕐᓗᑎᑦ

- ᑲᒃᑲᓛᖅ ᐱᓇᓱᐊᕆᐊᓚᖓᔭᒥᓂᒃ ᐱᔪᓐᓇᓱᑎᓗᒍᓗ, ᑲᒪᑎᑦᓯᓂᕐᓃᕕᑦ ᑐᓂᔨᕕᒋᓯᒪᓗᒋᑦ.
- ᕿᑐᕐᖓᐱᑦ ᐱᔪᓐᓇᓱᐊᕐᓂᖕᒋᑦ ᑕᑯᓐᓇᓱᐊᕐᐸᓗᒋᑦ ᐊᒻᒪᓗ ᑲᒃᑲᓛᖅ ᑕᑯᑦᓴᐅᑎᑦᓯᐸᑦ ᐱᔪᓐᓇᓱᐊᕐᓂᒥᓂᒃ, ᐱᓇᓱᐊᕋᑦᓴᖕᒋᓐᓂᒃ ᐱᑦᓯᐊᕈᓐᓇᓚᖓᔭᖕᒋᓐᓂᒃ ᐁᑦᑐᐸᑦᓗᒍ.
- ᖁᕕᐊᓲᑎᒋᕙᓪᓗᒋᑦ ᐱᓚᕿᑦᓯᐊᓂᖕᒋᑦ ᐱᓇᓱᐊᕐᓱᑎᒃ; ᐃᓚᓐᒥᓄᑦ ᐃᑲᔪᕐᓂᖕᒋᑦ ᓇᑯᓇᔭᐅᒋᐊᖕᒋᑦ ᖃᐅᔨᒪᑎᓗᒋᑦ.
- ᕿᑐᕐᖏᑦ ᑫᓪᓗᑐᕐᐸᓗᒍ ᐱᔭᕆᐊᑭᖕᖏᓂᕐᓴᓂᒃ ᐱᓇᓱᐊᕐᑯᓗᒍ, ᐱᒐᓱᐊᒻᒪᓇᓐᓇᑐᓂᒃ ᓴᐱᕐᓇᐊᑎᑦᑐᓕᓗᒋᑦ ᓈᒻᒪᓯᖕᖏᓂᕐᒥᓂ ᐱᒐᓱᐊᕈᑎᒋᓗᒋᑦ. ᓄᐃᑦᓯᒍᕕᑦ ᓂᕆᐅᒍᑎᓐᓂᕕᑦ ᐅᖓᑖᓈᕐᑐᓂᒃ ᑲᒃᑲᓛᑉ ᐱᔪᓐᓇᓂᖕᒋᑦᑕ, ᓱᖕᖏᑑᓂᖓᓂᒃ ᓄᐃᑦᓯᓚᕿᖃᑦᑕᓚᖓᔪᑎᑦ. ᑕᒪᓐᓇ ᓄᐃᑦᓯᓚᕿᐅᑕᐅᒍᓐᓇᑐᖅ ᐃᓄᒻᒥᒃ ᐅᔭᕋᓱᑦᔪᒥᒃ ᓱᓇᒥᓪᓗᓃᑦ ᓱᖁᑎᑦᓴᕈᓐᓂᑐᒥᒃ ᐅᓐᓃᓄᓇ ᐱᓚᕿᑦᓯᐊᓚᐅᕐᓯᒪᖕᖏᓇᒥᒃ.
- ᑐᕌᖓᕗᑦ ᓄᐃᑎᓇᓂᖅ ᐱᔪᓐᓇᓱᐊᕐᑐᓂᒃ ᐃᓄᓐᓂᒃ ᑕᖓᐅᑎᑦᓯᒍᓐᓇᑐᓂᒃ ᓂᕆᐅᕝᕕᐅᒍᑎᒥᓂᒃ ᐊᒻᒪᓗ ᕿᓂᕈᒪᑦᓯᑎᒃ ᓄᑖᓂᒃ ᐱᒋᐊᓚᖓᔭᒥᓂᒃ ᖃᐅᔨᒪᑦᓯᐊᓗᑎᒃ ᐱᔪᑦᓴᐅᔾᕈᑎᒋᓗᒋᓗ ᐱᑦᓯᐊᓚᖓᒋᐊᒥᓂᒃ ᐊᑑᑎᖃᑦᑕᓕᕈᑎᒃ ᐱᓚᕿᑦᓯᐊᓂᕐᒥᒃ.

ᒪᓂᕙᓪᓗᒋᑦ ᐆᑦᑐᕋᓚᖓᔭᖕᒋᑦ ᐊᒻᒪᓗ ᐱᕕᑦᓴᖃᕐᑎᓗᒍ



ᐃᓕᑕᕐᓯᓱᒋᑦ ᑲᒃᑲᓛᑉ ᓲᔫᓂᖏᑦ, ᐃᓕᑕᕐᓯᒋᐅᓲᑦ ᓇᒻᒥᓂᖅ ᓲᔫᒍᑎᒥᓂᒃ. ᒐᒪ ᖃᐅᔨᒪᔪᖃᓕᕋᒥ ᓇᒻᒥᓂᖅ ᓲᔫᒍᑎᒥᓂᒃ, ᐱᔭᕆᐊᑭᓐᓂᓴᐅᑎᕐᓯᓚᖓᔪᑦ ᐃᑉᐱᒍᓱᒍᓐᓇᓗᑎᒃ ᓄᑭᒥᓂᒃ ᓲᖕᖏᑑᒍᑎᒥᓂᒃ ᐊᓂᒍᐃᑎᕐᓯᐅᑎᒋᓗᒋᑦ. ᐱᔪᓐᓇᓂᕐᓂᒃ ᓄᐃᑎᕆᓂᖅ ᐊᓂᒍᐃᒋᐊᖃᒧᑦ ᓲᖕᖏᓂᕐᓂᒃ ᓱᖏᐅᑎᓴᕐᑕᐅᒋᐊᖃᓲᖅ. ᐊᓪᓛᑦ ᑲᒃᑲᓛᖅ ᐱᒍᓐᓇᓯᕐᖃᔭᕐᑑᔭᖕᖏᐸᑦ ᐃᓚᖓᓐᓂᒃ ᐱᔪᓐᓇᐅᑏᑦ, ᖃᓄᐃᑦᓴᖏᑦᑑᒍᓐᓇᒥᔪᑦ ᓱᖕᖏᑑᓂᕐᒥᓂᒃ ᑭᓇᓕᒫᒃᑯᑦ ᓇᒻᒥᓂᖅ ᐃᓕᓯᕙᓪᓕᐊᓂᕐᒥᓂᒃ ᒪᓕᒻᒪᑕ. ᐱᕙᓪᓛᓯᐊᕈᓐᓇᓂᖓ ᐱᕙᓪᓕᐊᑎᕐᓯᓂᐅᑉ ᒪᓕᕐᑐᖅ ᑲᔪᓯᔪᓂᒃ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐅᒃᑯᐃᖕᒫᕕᖃᖃᑦᑕᐅᑎᓂᕐᒥᒃ. ᑲᒃᑲᓛᖅ ᓴᐱᕐᓇᐊᖏᑉᐸᑦ, ᖃᐅᔨᒪᓚᖓᔪᒍᑦ ᓱᖕᖏᑲᓗᐊᕐᐸᑦ ᑲᒃᑲᓛᖅ ᐱᔪᓐᓇᓯᑲᐱᓛᓇᐊᖓ ᐱᓚᕿᑦᓯᐊᕈᓐᓇᓯᓛᓇᐊᖓ ᖃᐅᔨᒪᓲᒍᔪᒍᑦ.

-ᓗᐃ ᐊᖓᓕᒃ

ᐃᑲᔪᕐᓯᒪᓗᑎᑦ

- ᓈᓚᓪᓗᒋᑦ ᓴᒻᒪᓴᕐᐸᓗᒋᓪᓗ ᒐᒥᑕᐅᒍᒪᓕᕐᐸᑕ. ᐃᓂᒋᔭᐅᕗᑎᑦ ᐊᑦᑕᓇᖕᖏᑐᒻᒥᕕᐅᑦᓯᑎᑦ.
- ᐃᑉᐱᒋᓗᒋᑦ ᖃᓄᐃᓕᕐᓂᖏᑦ ᐃᓱᒪᒥᒍᑦ, ᑎᒥᒥᒍᑦ ᑕᑯᑦᓴᐅᑎᑦᓯᒍᑎᖏᑦ ᐊᒻᒪᓗ ᐃᑉᐱᓂᐊᕐᓂᖏᑦ "ᑐᓵᓂᐊᕋᕕᒃᑭᑦ" ᕿᑐᕐᖓᑎᑦ ᐃᓕᓐᓂᒃ ᖃᓄᑐᐃᓐᓇᖅ ᖃᐅᔨᓯᑎᑦᓯᒐᓱᐊᓕᕐᐸᑕ.
- ᓄᐃᑕᑎᓗᒍ ᐊᑖᑕᒋᓐᓂᒥ ᕿᑐᕐᖓᓇᓐᓂᒥ ᑐᖕᖓᕕᓕᒃ ᑕᑎᒋᐅᑎᓂᖅ ᐊᒻᒪᓗ ᐅᖃᖃᑎᒋᑦᓯᐊᕈᓐᓇᓂᖅ.
- ᕿᑐᕐᖓᑦ ᐅᐃᒪᔫᕈᓐᓂᐸᑦ, ᓱᓇᑐᐃᓐᓇᒥᒃ ᐃᓱᕐᓇᖏᑦᑑᒍᑎᖃᕐᑎᓗᒋᑦ ᐅᖃᖃᑎᒋᓗᒋᑦ ᖃᓄᖅ ᐋᕐᕿᒍᓐᓇᒪᖓᑦ.
- ᑐᓴᕐᑎᓗᒋᑦ ᓇᒻᒥᓂᖅ ᐱᔭᕐᓃᑐᒃᑰᓱᑎᑦ ᐃᓚᖏᓐᓂᒃ ᐊᑑᑎᓯᒪᔭᕐᓃᕕᑦ ᐊᒻᒪᓗ ᓱᓯᒪᒻᒪᖕᖓᑉᐱᑦ ᒐᒥᑦᑐᑰᕐᓯᑎᑦ.
- ᕿᑐᕐᖓᑦ ᑲᔪᖏᕐᑐᓗᒍ ᐃᓱᒪᑦᓴᓯᐅᕈᓐᓇᑎᒋᐊᕐᓗᒍ ᖃᓄᐃᓗᕐᓗᓂ ᑖᒃᑯᓂᖓᑦᓴᓇᖅ ᐊᕐᓱᕈᓐᓇᑐᓂᒃ ᐊᑑᑎᖕᖏᓚᕿᒍᓐᓇᒪᖓᕐᒥ ᐊᒻᒪᓗ ᒐᒥᓕᕐᒥᒍᓂ ᐋᕐᕿᒍᑎᑦᓴᓯᐅᓇᐅᕐᓴᑎᓗᒍ.

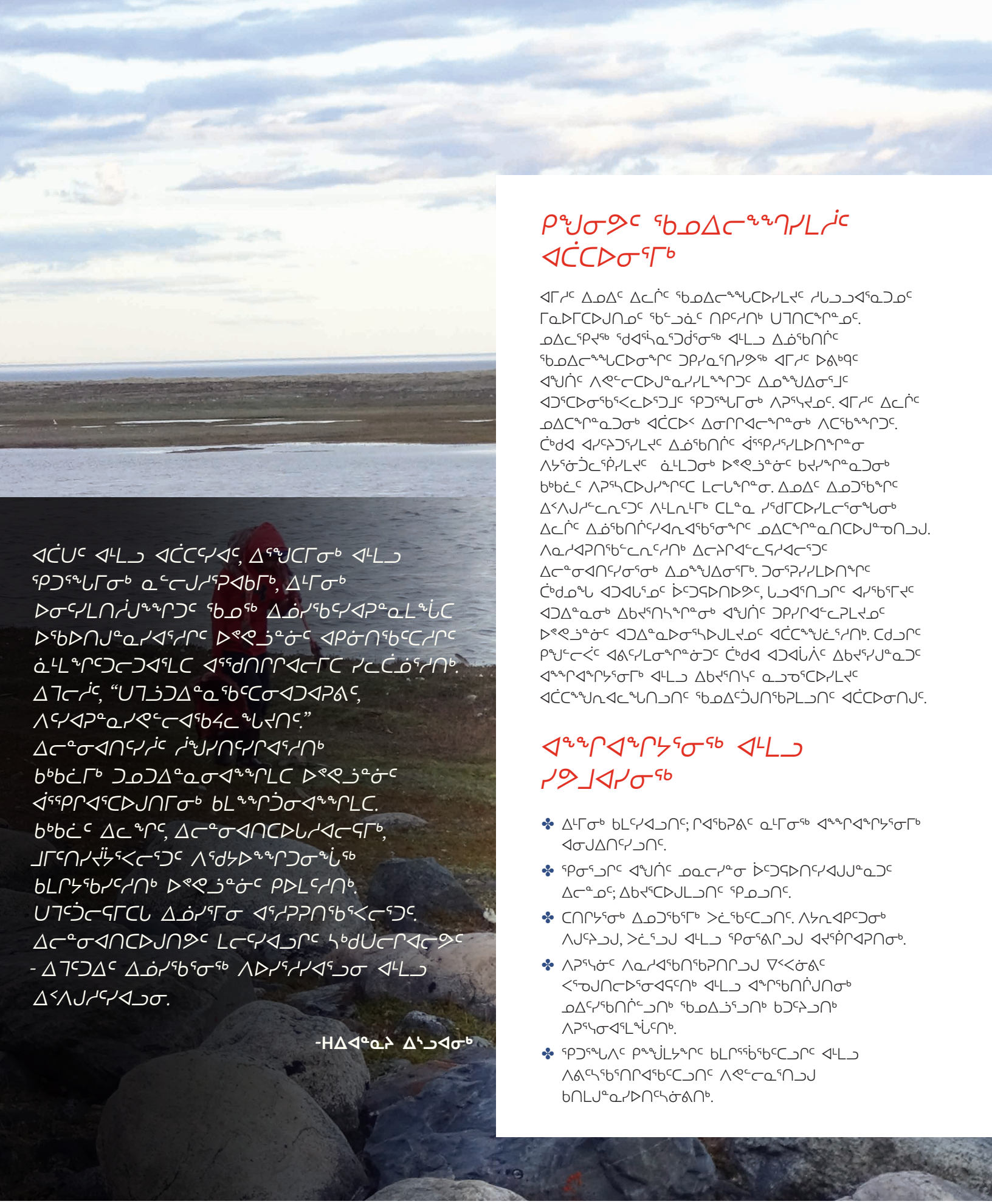
ᐃᓄᐃᑦ ᐊᑖᑕᒋᔭᐅᔪᑦ ᐃᕐᓂᒥᓂᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᓇᓱᑦ ᐊᓂᒍᐃᒍᓐᓇᕐᑯᑦᓱᒋᑦ ᐱᖏᓐᓇᑐᒦᓕᕈᑎᒃ ᐊᒻᒪᓗ ᐊᑦᑕᓇᕐᑐᑯᓕᕈᑎᒃ. ᐊᑐᕐᓱᒋᑦ ᐃᓗᒡᒍᓱᕐᒥ ᒪᓕᕆᑦ ᑐᖕᖓᕕᐅᑎᓗᒋᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᓂᖅ ᑐᖕᖓᕕᒋᓗᒍ ᐃᓕᓐᓂᐊᑎᒋᐊᖃᓲᕗᑦ ᐃᕐᓂᕗᑦ ᐃᑲᔪᕐᓯᒪᑦᓱᒋᑦ ᖃᓄᐃᓘᓇᐊᖃᕐᓂᖏᓐᓄᑦ ᐊᒻᒪᓗ ᐃᓱᒪᑦᓴᓱᐅᑦᓯᐊᕈᓐᓇᐸᑦᓕᐊᓂᖏᓐᓄᑦ ᐱᕈᕐᓴᓂᕐᒥᓂ. ᒐᒫᒃ ᐃᓕᓐᓂᐊᑎᑦᓯᓂᖅ ᓄᐃᑦᓯᕙᑦᓕᐊᑎᑦᓯᒥᔪᖅ ᐃᓅᑉ ᐱᒐᓱᐊᒻᒪᓇᒍᓐᓇᓂᖓᓂᒃ, ᐃᑲᔪᕐᓯᓱᑎᓗ ᓄᐃᑎᓇᑎᓗᒋᑦ ᑐᕋᖓᕐᓂᒃ, ᐊᑐᐃᓐᓇᕈᕐᑎᓇᐅᑕᐅᑦᓱᑎᓗ ᓯᕗᓂᕐᒥ ᐊᑑᑎᖃᑦᑕᓚᖓᔪᓄᑦ, ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᑎᑦᓯᐅᑕᐅᑦᓱᑎᒃ ᐃᓱᒪᒋᔭᖃᕐᐸᒋᐊᖃᕐᓂᖏᓐᓂᒃ ᐊᓯᒥᓂᒃ ᐃᓄᓐᓂᒃ ᑲᑎᒪᔭᒥᓂᒃ.

-ᓗᐃ ᐊᖓᓕᒃ

ᐊᑖᑕᐅᒋᐅᖅᓴᓂᖅ

ᐊᒥᓱᐃᒍᕗᑦ ᐊᓂᒎᑎᖅᑲᑦᑕᕆᐊᓕᑎᑦ ᐊᑖᑕᐅᒋᐅᖅᓴᓂᖅᓃᕕᑦ ᖃᓄᐃᑦᑑᓗᑎᓗ ᐊᑖᑕᐅᓚᖓᒍᒪᓂᖅᓃᕕᑦ. ᓂᕆᐅᑦᑐᓕᓯᐊᕆᑦ ᑲᒪᒍᓐᓇᕆᐊᖅᑲᓚᖓᒋᐊᒥᒃ ᐃᓗᓐᓈᓗᖏᓐᓂᒃ ᐊᑕᐅᑦᓯᑯᑦ. ᓱᓇᑐᐃᓐᓄᑦ ᑐᒣᓱᒍᒻᒪᑕ, ᐊᑖᑕᐅᓂᖅ ᐃᓕᑦᓯᕙᓪᓕᐊᑕᐅᓲᖅ ᐱᒋᐅᖅᓴᓂᑎᒍᑦ, ᐆᑦᑐᕋᖅᑲᑦᑕᓂᑎᒍᑦ ᐊᒻᒪᓗ ᑕᒻᒪᖅᑲᑦᑕᓂᑎᒍᑦ, ᐊᒻᒪᓗ ᓱᖏᐅᑎᕙᓪᓕᐊᓯᒪᓂᑎᒍᑦ. ᐱᒻᒪᕆᐅᕗᖅ ᑕᒪᑦᓯᒥᖓ ᑲᔪᓯᒍᓐᓇᓯᐊᓚᖓᓯᓃᑦ, ᐱᑦᓯᐊᕈᒪᓂᖅᑲᖅᓗᑎᑦ ᐊᒻᒪᓗ ᒐᒪᖓᑦ ᓇᓪᓕᒋᓗᒍ ᕿᑐᖅᖁᑦ.

ᑲᒪᑦᓯᐊᓂᖅ ᑖᓐᓇᑐᐊᒍᖕᒋᑐᖅ ᓴᖅᓕᐊᓂᖅ ᐊᒻᒪᓗ ᑯᓂᓐᓂᖅ. ᑲᒪᑦᓯᐊᓂᖅ ᐃᓚᓕᒃ ᓇᖏᓕᖅᑐᐃᓂᖅᒥᒃ ᐊᒻᒪᓗ ᖃᓂᒪᑦᓯᓂ ᐆᓇᓕᖅᒪᑦ ᐆᓇᖕᖏᓕᐅᒥᑎᑦᓯᒋᐊᖅᓂᖅ. ᑯᕕᒻᒪᑦ ᐊᓪᓚᑎᓇᓂᐅᕗᖅ ᐊᒻᒪᓗ ᑭᓕᖅᒪᑦ ᑭᑦᑖᓕᑦᑕᖅᓲᓂᖅ. ᑲᑎᒪᑦᓯᖅᑲᑦᑕᓂᐅᒻᒥᓱᓂ ᐱᖕᖓᐊᖅᑲᑎᒋᑦᓱᒍ, ᐃᓕᓐᓂᐊᑎᑦᓱᒍ, ᓱᕗᓂᖅᒥ ᐊᑑᑎᓚᖓᔪᓂᒃ ᐸᖅᓇᓱᒪᐅᑎᒋᑦᓱᒍ, ᐊᒻᒪᓗ ᑭᓇᐅᓂᖓᓂᒃ ᐊᑕᐅᓱᐅᑉ ᐃᓕᒃᑰᑑᑉ ᖃᐅᔨᕙᓪᓕᐊᓂᖅ ᐊᒻᒪᓗ ᒪᓕᓐᓂᖅ ᑲᒃᑲᓛᑉ ᐊᖏᓕᕙᓪᓕᐊᓯᓂ ᑭᖕᖑᒪᔭᖏᓐᓂᒃ. ᖃᐅᔨᓴᓕᕈᕕᑦ ᐊᑖᑕᐅᓂᖅᒥᒃ, ᐃᑉᐱᒍᓱᓯᓚᖓᒻᒥᔪᑎᑦ ᐃᓗᓐᓂᒃ ᐊᑖᑕᐅᓯᒪᔪᓂᒃ ᐃᓅᓯᖅᑑᕕᑦ ᑲᑎᖅᑲᑦᑕᓯᒪᔭᑎᓂᒃ.



ᐊᑖᒐᑦ ᐊᒻᒪᓗ ᐊᑖᑕᕐᓯᐊᑦ, ᐃᖅᓯᑕᒥᓂᒃ ᐊᒻᒪᓗ ᕿᑐᕐᖓᒥᓂᒃ ᓇᑦᓕᒍᓱᕐᕈᐊᑲᒥᒃ, ᐃᒻᒥᓂᒃ ᐅᓂᕐᓯᒪᑎᓲᒍᖕᒋᑐᑦ ᖃᓄᖅ ᐃᓅᓱᖃᕐᓯᐊᕈᓐᓇᒪᖕᒐᑕ ᐅᖃᐅᑎᒍᓐᓇᓱᐊᕐᓱᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑭᓃᑎᖃᑦᑕᓱᒋᑦ ᓈᒻᒪᖏᑦᑐᓕᑐᐊᕐᒪᑕ ᐊᕐᕌᑎᒋᐊᓕᒥᑕ ᓯᓚᑖᓅᕐᓱᑎᒃ. ᐃᒣᓕᓲᑦ, “ᒐᒣᔫᑐᐃᓐᓇᖃᑦᑕᓂᐊᑐᐊᕈᕕᕐ, ᐱᕐᓯᐊᕈᓐᓇᓱᕙᓪᓕᐊᖃᔪᓚᖓᔪᑎᑦ.” ᐃᓕᓐᓂᐊᑎᕐᓯᓲᑦ ᓲᖓᓯᑎᕐᓯᒋᐊᕐᓱᑎᒃ ᑲᒃᑲᓛᒥᒃ ᑐᓄᑐᐃᓐᓇᓂᐊᖕᖏᒪᑕ ᐅᕝᕙᓘᓐᓃᑦ ᐋᕐᕿᒋᐊᕐᑕᐅᒍᑎᒥᓂᒃ ᑲᒪᖕᖏᑑᓂᐊᖕᖏᒪᑕ. ᑲᒃᑲᓛᑦ ᐃᓚᖏᑦ, ᐃᓕᓐᓂᐊᑎᑕᐅᒐᓱᐊᓕᕐᒥᒃ, ᒧᒥᑦᑎᓯᔫᕐᔪᓕᕐᑐᑦ ᐱᕐᑯᔭᐅᖕᖏᑐᓂᖕᒐᖅ ᑲᒪᒋᔭᖃᓯᑦᓱᑎᒃ ᐅᕝᕙᓘᓐᓃᑦ ᑭᐅᒪᑦᓱᑎᒃ. ᒐᒣᑦᑑᓕᕐᒥᑕᒐ ᐃᓅᓱᖃᕐᓂᖅ ᐊᕐᓱᕈᕈᑎᖃᕐᔪᓕᕐᑐᑦ. ᐃᓕᓐᓂᐊᑎᑕᐅᒍᑎᕗᑦ ᒪᓕᕐᓯᐊᓗᒋᑦ ᓴᒃᑯᒐᓕᒋᐊᓕᕗᑦ - ᐃᒣᑦᑐᐃᑦ ᐃᓅᓱᖃᕐᓂᖅ ᐱᐅᓯᕐᓯᓯᐊᕐᓗᓂ ᐊᒻᒪᓗ ᐃᑉᐱᒍᓱᑦᓯᐊᓗᓂ.

-ᐺᐃᐊᓐᓇᔾ ᐃᔅᓗᐊᓂᒃ

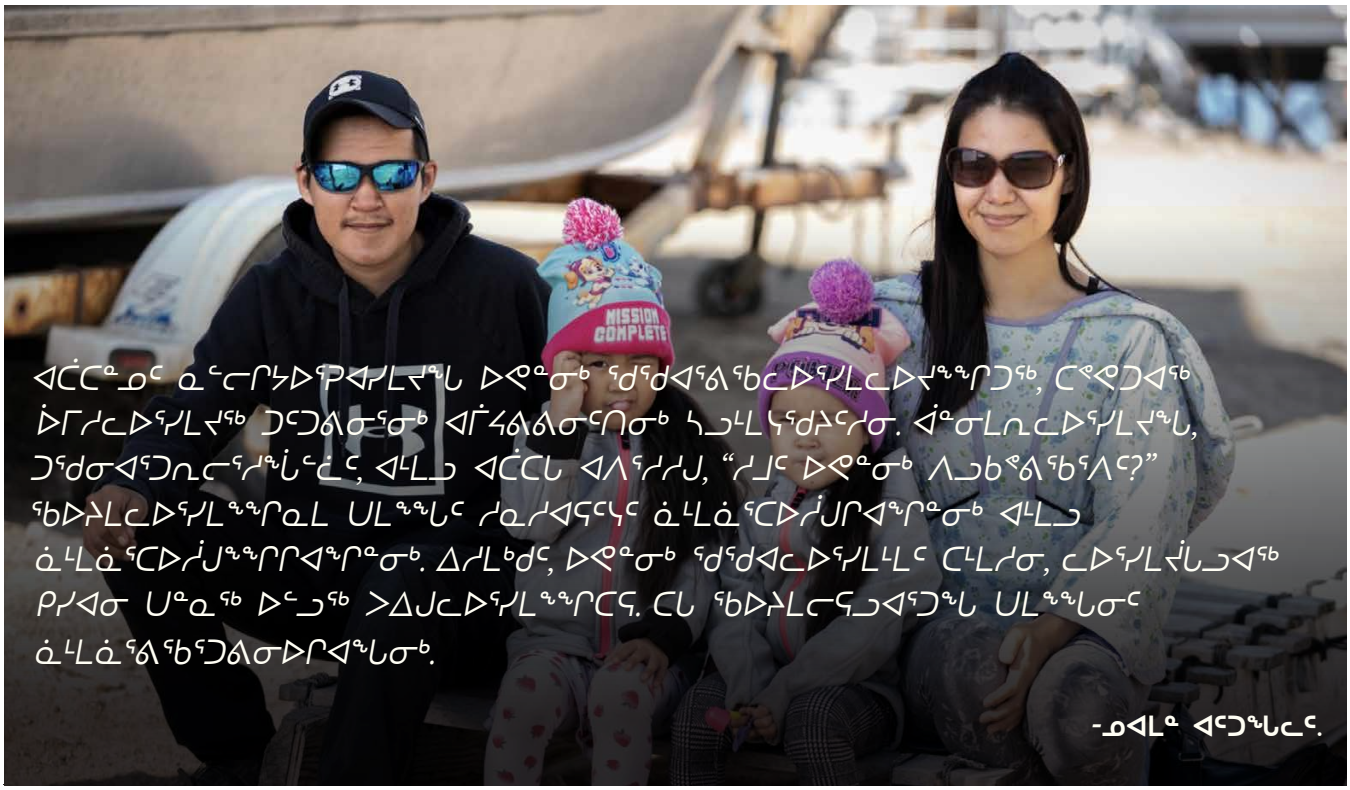
ᑭᖑᓂᕗᑦ ᖃᓄᐃᓕᖕᖕᑮᓯᒪᓲᑦ ᐊᑖᑕᐅᓂᕐᒥᒃ

ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᐃᓚᒌᑦ ᖃᓄᐃᓕᖕᖕᒐᑕᐅᓯᒪᔪᑦ ᓱᒐᓗᓗᐊᕐᓇᑐᓄᑦ ᒥᓇᐅᒥᑕᐅᒍᑎᓄᑦ ᖃᑦᓗᓈᑦ ᑎᑭᑦᓱᑎᒃ ᒐᒣᑎᑕᖏᓐᓄᑦ. ᓄᐃᓚᕿᔪᖅ ᖁᐊᕐᓵᓇᕐᑐᑰᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓅᖃᑎᒌᑦ ᖃᓄᐃᓕᖕᖕᒐᑕᐅᓂᖏᑦ ᑐᑭᓯᓇᕐᑎᓯᕗᖅ ᐊᒥᓱᑦ ᐅᕕᒃᑫᑦ ᐊᖑᑏᑦ ᐱᕙᓪᓕᑕᐅᒍᓐᓇᓱᓯᒪᖕᖏᑐᑦ ᐃᓄᖕᖑᐃᓂᕐᒧᑦ ᐊᑐᕐᑕᐅᓂᖃᕐᐸᓚᐅᕐᑐᒧᑦ ᕿᑐᕐᖓᒥᓂᒃ ᐱᕈᕐᓴᔪᓄᑦ. ᐊᒥᓱᑦ ᐃᓚᒌᑦ ᓄᐃᑕᖏᓐᓇᑐᓂᒃ ᐊᑖᑕᐅᑉ ᐃᓂᒋᒋᐊᓕᖏᓐᓂᒃ ᐱᑕᖃᖕᖏᑐᑦ. ᑖᒃᑯᐊ ᐊᓯᕐᔫᑐᕐᓯᒪᔪᑦ ᐃᓅᖃᑎᒌᑦ ᐋᕐᕿᓯᕐᓯᒪᐅᑎᖏᓐᓂ ᐱᔭᕐᓃᑑᓚᕿᒋᓯᒪᔪᑦ ᓈᒻᒪᑐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᑲᔪᓯᖏᓐᓇᑐᓂᒃ ᑲᒃᑲᓛᑦ ᐱᕈᕐᓴᐅᓯᓯᖏᑦᑕ ᒪᓕᒐᖏᓐᓂ. ᐃᓄᐃᑦ ᐃᓄᑐᖃᖏᑦ ᐃᑉᐱᒍᓱᑦᓚᕆᑦᑐᑦ ᐱᒻᒪᕆᒻᒥᒃ ᑕᒪᓐᓇ ᓱᕐᑯᒥᑕᐅᓯᒪᓕᕐᓂᖓᓂᒃ ᐃᓚᒌᑦ ᐃᓅᖃᑎᒌᕐᓯᐊᕆᐊᖃᕐᓂᖏᑦ ᓄᐃᑕᖏᓐᓇᑎᑕᐅᒍᓐᓂᑎᓗᒍ. ᐱᓇᓱᐊᕈᑎᖃᑦᓚᕆᑦᓱᑎᒃ ᐃᓕᔫᒋᐊᑦᓚᕋᓱᐊᓕᕐᑐᑦ ᐃᓕᓐᓂᐊᑎᕐᓯᓂᕐᓂᒃ ᐃᓄᖕᖑᐃᓂᕐᒥᒃ. ᑐᓂᕐᕈᓯᓯᒪᐅᑎᖏᑦ ᑖᒃᑯᓄᖓ ᐊᑐᐊᒐᕐᓄᑦ ᐆᑦᑐᕋᐅᑎᐅᕗᑦ, ᒐᓗᐊᕐᑎᓗᒋᑦ ᐊᓯᖃᕐᒥᔪᑦ ᐊᑐᐃᓐᓇᓂᒃ ᐃᑲᔪᕐᑎᓴᖏᓐᓂᒃ ᐊᖑᑏᑦ ᑐᑭᓯᒋᐊᑦᓚᕈᒪᔪᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑐᐃᓐᓇᐅᓂᕐᓴᐅᒍᒪᔪᓄᑦ ᐊᑖᑕᖕᖑᓛᕐᓱᑎᒃ. ᑕᑯᓗᒋᑦ ᑭᖑᑦᓕᑉᑦ ᐊᕕᕐᓯᒪᓂᖏᓐᓂᑐᑦ ᑖᒃᑯᐊ ᐊᑐᐊᒐᐋᑦ ᐃᑲᔪᕐᒍᓐᓇᑐᑦ ᐊᖕᖏᐊᖕᖏᔭᕐᓂᒥᒃ ᐊᒻᒪᓗ ᐃᑲᔪᕐᑎᓴᑦ ᓇᓗᓐᕐᑕᐅᓯᒪᔪᑦ ᐊᑖᑕᖕᖑᓇᐊᓚᖕᒐᑎᓗᑎᑦ ᖃᓄᐃᑦᑑᒍᑎᖃᕈᒪᓗᑎᑦ ᐊᑖᑕᐅᓂᑎᒍᑦ.

ᐊᖕᖏᐊᖕᖏᔭᕐᓂᖅ ᐊᒻᒪᓗ ᓯᕗᒧᐊᓯᓂᖅ

- ᐃᒻᒥᓂᒃ ᑲᒪᕐᓯᐊᓗᑎᑦ; ᒋᐊᖃᕈᕕᑦ ᓇᒻᒥᓂᖅ ᐊᖕᖏᐊᖕᖏᔭᕐᓂᒥᒃ ᐊᓂᒍᐃᑎᕐᓯᓗᑎᑦ.
- ᕿᓂᕐᓗᑦ ᐊᖑᑏᑦ ᓄᓇᓕᓱᓐᓂ ᐆᑦᑐᕋᐅᑎᕐᓯᐊᒍᒍᓐᓇᑐᑦ ᐃᓕᓐᓄᑦ; ᐃᑲᔪᕐᑕᐅᒍᒪᓗᑎᑦ ᕿᓄᓗᑎᑦ.
- ᑕᑎᒋᔭᕐᓂᒃ ᐃᓄᑐᖃᕐᒥᒃ ᐳᓛᖃᑦᑕᓗᑎᑦ. ᐱᔭᕇᐊᑭᑦᑐᓂᒃ ᐱᒍᕐᔫᓗᒍ, ᐳᓛᕐᓗᒍ ᐊᒻᒪᓗ ᕿᓂᕐᕕᒋᓗᒍ ᐊᔪᕐᕈᒋᐊᕈᑎᓂᒃ.
- ᐱᕈᕐᓴᓂᑦ ᐱᓇᓱᐊᖃᑎᖃᕈᑎᒋᓗᒍ ᐅᑉᐸᓂᕕᑦ ᐸᕐᓂᒍᑎᓕᐅᕐᓂᐊᕋᕐᑎᒃ ᐊᒻᒪᓗ ᐊᖕᖏᖃᑎᒌᒍᑎᓂᒃ ᓄᐃᑦᓯᖃᑎᒌᑦᓗᑎᒃ ᖃᓄᐃᓘᕐᓗᑎᒃ ᑲᑐᕐᔫᓗᑎᒃ ᐱᕈᕐᓴᓂᐊᕐᒪᖕᒐᕐᑎᒃ.
- ᕿᑐᕐᖓᐱᑦ ᑭᖑᕐᒫᒪᔭᖏᑦ ᑲᒪᒋᕐᕐᑳᕐᖃᑦᑕᓗᒋᑦ ᐊᒻᒪᓗ ᐱᕕᑦᓴᖃᕐᑎᒋᐊᖃᑦᑕᓗᑎᑦ ᐱᕙᓪᓕᓇᕐᑎᓗᒍ ᑲᑎᒪᒍᓐᓇᓱᐅᑎᑦᓴᓃᕕᑎᒃ.

ᐊᕐᔪᒌᖕᖕᒋᑐᑦ ᐊᑑᑎᐊᑦ, ᐊᕐᔪᒌᖕᖕᒋᑐᑦ ᖃᓄᐃᓕᒋᐊᕈᑏᑦ



ᐊᑖᑕᓐᓄᑦ ᓇᓪᓕᒋᔭᐅᕈᐊᓯᒪᔪᖓ ᐅᕙᓐᓂᒃ ᖁᖁᐊᖁᖃᓚᐅᖁᒪᓚᐅᔪᖕᖕᒋᑐᖅ, ᑕᕝᕙᑐᐊᖅ ᐆᒥᓱᓚᐅᖁᒪᔪᖅ ᑐᑦᑐᕕᓂᖅᓂᒃ ᐊᒦᔪᖕᖕᓂᑦᑎᓂᒃ ᓴᓗᒻᒪᖁᖁᓂᑦᓱᓂ. ᐋᓐᓂᒪᕆᓚᐅᖁᒪᔪᖓ, ᑐᖁᓂᐊᖁᑐᕆᓕᖁᓱᖕᒐᑦᑑᑦ, ᐊᒻᒪᓗ ᐊᑖᑕᒐ ᐊᐱᖁᓱᒍ, “ᓱᒧᑦ ᐅᕙᓐᓂᒃ ᐱᓗᒃᕝᕕᖃᖁᐱᑦ?” ᖃᐅᔨᒪᓚᐅᖁᒪᖕᖕᒋᓇᒪ ᒐᒪᖕᖕᒐᑦ ᓱᓇᓱᐊᕋᑦᑦᑦ ᓈᒻᒪᓈᖁᑕᐅᓲᒍᒋᐊᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᓈᒻᒪᓈᖁᑕᐅᓲᒍᖕᖕᒋᒋᐊᖕᒋᓐᓂᒃ. ᐃᓱᒪᒃᑯᑦ, ᐅᕙᓐᓂᒃ ᖁᖁᐊᓚᐅᖁᒪᒻᒪᑦ ᑕᒻᒪᓱᓂ, ᓚᐅᖁᒪᔫᒐᓗᐊᖅ ᑭᓯᐊᓂ ᒐᓐᓇᖅ ᐅᓪᓗᖅ ᐳᐃᒍᓚᐅᖁᒪᖕᖕᒋᑕᕋ. ᑕᒐ ᖃᐅᔨᒪᓕᕋᓗᐊᕐᑐᖓ ᒐᒪᖕᖕᒐᓂᑦ ᓈᒻᒪᓈᖁᖃᖁᑐᖁᓂᐅᒋᐊᖕᒋᓐᓂᒃ.

-ᓄᐊᒪᓐ ᐊᑦᑐᖕᒐᓚᑦ.

ᐊᑖᑕᒋᔭᐅᔪᑦ ᒐᒥᑦᑐᓴᓐᓇᐅᖕᒋᑦᑐᑦ

ᐊᒥᓱᐃᒍᕗᑦ ᐊᕐᔪᒌᖕᖕᒋᓂᖕᒋᑦ ᐊᑖᑕᒋᔭᐅᔪᑦ. ᑲᒃᑲᓛᖅ ᐃᓈᓱᕐᒥᓂ ᖃᐅᔨᒪᓲᒍᒻᒥᔪᖅ ᐱᒻᒪᕆᓐᓂᒃ ᐊᖑᑕᐅᓂᕐᒥᓂᒃ ᓄᐃᑕᑎᑦᓱᔪᓂᒃ ᓴᐳᑦᔨᓯᒪᓲᓂᒃ ᐃᑲᔪᓯᒪᓂᖃᕆᐊᑦᓚᓱᑎᒃ ᐃᓕᓐᓂᒃ ᐊᑖᑕᐅᓂᕐᓈᕕᑦ. ᐃᓄᓐᓄᓕ, ᐊᒃᑫᑦ ᐊᖕᑐᑦ, ᐊᑖᑕᑦᓱᐊᑦ, ᐊᕝᕙᑦ/ᓴᐊᓃᑦ, ᐊᒻᒪᓗ ᐊᓱᖕᒋᑦ ᐃᓄᐃᑦ ᑲᒪᖃᑕᐅᖃᑦᑕᓚᖕᒐᔪᑦ ᕿᑐᖕᖓᐱᑦ ᐃᓈᓱᖕᖓᓂᒃ. ᐅᓯᒪᕕᑦᑦᑦᑲᔭᖕᖕᒋᑯᕕᐅᒃ, ᖃᐅᔨᒐᓱᐊᖃᑦᑕᓗᒋᑦ ᑖᒃᑯᐊ ᐃᓄᐃᑦ ᑲᒪᖃᑕᐅᖕᒋᓐᓇᖃᑦᑕᓂᐊᕋᕕᑦ ᕿᑐᖕᖓᐱᑦ ᐃᓈᓱᖕᖓᓂᒃ ᐅᖓᓱᑦᑕᓇᒐᓗᐊᕐᓗᒍ.

ᐊᒥᓱᐊᓘᓕᑦᑦᑯᑦ ᐃᓄᑑᑦᔨᔪᑦ ᕿᑐᖕᖓᒥᓂᒃ ᐊᑖᒐᑦ. ᐱᕙᓪᓕᖅᑯᑎᑖᖅᑕᐅᓐᓇᑐᑦ ᐊᕐᔪᒌᖕᖕᒋᑐᓄᑦ ᐃᓄᓐᓄᑦ ᐱᒻᒪᓇᖅᑯᑎᒋᔭᐅᔪᓄᑦ ᑲᒃᑲᓛᑉ ᐃᓈᓱᕐᒥᓂ. ᐊᑖᑕᖕᖓᐊᖅᑲᓱᓂᓗ ᐊᒻᒪᓗ ᑎᒍᐊᓕᓐᓂᒃ ᐊᑖᑕᖅᑲᓱᓂ ᑎᒍᓯᓯᒪᔪᓂᒃ ᐊᑖᑕᐅᓂᕐᒥᒃ.

ᖃᓄᐃᓕᖓᒐᓗᐊᕈᕕᑦ, ᐊᑐᓂᑦ ᑲᒃᑲᓛᑦ ᑭᖕᖕᒍᒪᑦᓱᔪᑦ ᓱᔪᒥᒃ ᐊᑖᑕᐅᓂᕐᒥᓂᒃ ᑕᑯᑦᓴᐅᑎᑦᓱᔪᒥᒃ ᐃᓈᖅᑲᑎᒋᕙᓪᓗᒍ. ᐱᒻᒪᕆᐅᕗᖅ ᐱᒐᓱᐊᑦᓱᐊᐸᒋᐊᖅᑲᖅᓃᑦ ᐊᔪᐃᓐᓇᕈᑎᒋᓗᒍ ᐊᑖᑕᖕᖓᓱᐊᕈᒪᓗᑎᑦ ᑖᓐᓇᐅᓗᑎᑦ ᑲᒃᑲᓛᑉ ᑭᖕᖕᒍᒪᒋᔭᖓ.

ᐱᑐᑦᓯᒪᐅᑎᖃᑎᖃᓐᓇᓂᖅ

ᐅᓪᓗᑖᒪᑦ ᕿᑐᖕᖓᓃᕕᑦ ᑲᑎᒪᑦᓯᒍᓐᓇᖕᒋᒃᑯᕕᑦ, ᐊᔪᐃᓐᓇᕈᑎᒋᓗᒍ ᕿᑐᖕᖓᓃᕕᑦ ᑐᓴᐅᒪᑦᓱᐊᖕᒋᓐᓇᕆᐊᖃᑦᓃᑦ.

- ᐋᖅᑭᓱᑦᓯᒪᓗᒋᑦ ᐱᕕᑦᓴᑎᒃ ᐅᖃᖃᑎᒋᖕᖓᐊᕈᓐᓇᖃᑦᑕᓗᒍ ᐊᒻᒪᓗ ᑲᒪᒋᒍᓐᓇᓱᖃᑦᑕᓗᒍ ᐅᖃᒍᑎᒃᑯᑦ ᐅᖃᕕᒋᓗᒍ ᐅᕙᓘᓐᓃᑦ ᖃᕆᐅᔭᒃᑯᑦ.
- ᐸᖅᓂᖃᑦᑕᓗᒋᑦ ᓱᖃᑦᓯᐅᑎᒋᓂᐊᖅᑕᑎᒃ ᐊᓕᐊᒋᔭᑦᑎᓃᕕᑎᒃ ᑕᑯᓂᐊᖅᓯᒪᓕᕈᕕᐅᒃ.
- ᑲᑎᒪᓗᑎᒃ ᐊᕐᔪᓕᐅᖅᑕᐅᖃᑦᑕᓗᑎᒃ ᐊᒻᒪᓗ ᕿᑐᖕᖓᑦ ᐊᕐᔪᖑᐊᖅᑯᑎᐸᐱᑦ ᐃᓚᖏᓐᓂᒃ ᐱᑖᖅᑎᓗᒍ.
- ᐊᑐᖅᓗᒋᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᓕᓚᖃᑦᑕᐅᑎᒍᑎᒃ, ᑕᑯᓐᓇᐅᑎᒍᑎᒃ ᐊᒻᒪᓗ ᐊᓕᓚᕕᒋᖃᑦᑕᓗᒍ ᕿᑐᖕᖓᑦ ᐃᓕᒃᑯᑦ ᖃᓄᐃᓕᖅᒪᖕᒐᑦ ᓱᓕᖅᒪᖕᒐᑦ ᖃᐅᔨᒪᖕᒋᓐᓇᖃᑦᑕᓂᐊᕋᕕᐅᒃ.
- ᒐᒪᖕᖕᒐᑦ ᖃᐅᔨᒪᑎᓗᒋᑦ ᓇᓪᓕᒋᒋᐊᒥᒃ ᐊᒻᒪᓗ ᖃᐅᔨᒪᑎᓗᒋᑦ ᐊᓕᐊᒐᔭᕆᐊᖅᐱᑦ ᐃᓕᓐᓃᐸᑕ ᒍᓐᓇᕈᑎᒃ.
- ᑲᑎᒪᓕᕈᕕᐅᒃ, ᐅᓂᒃᑳᕕᒋᓗᒍ ᐃᓕᓐᓄᐊᖓᔪᓂᒃ ᐊᒻᒪᓗ ᑭᓇᒃᑯᓂᓗ ᐃᓚᖃᖅᒪᖕᒐᑦ ᕿᑐᖕᖓᑦ ᖃᐅᔨᒪᓚᖕᒐᒻᒪᑦ ᐃᓚᒋᔭᐅᒋᐊᒥᒃ ᐊᒥᓱᓂᖅᓴᓄᑦ ᐃᓚᑏᓄᑦ.

ᐊᑖᑕᒋᔭᐅᔪᑦ ᒐᒥᑦᑐᓴᓐᓇᐅᖕᒋᑦᑐᑦ

ᐊᒥᓱᐃᒍᕗᑦ ᐊᕐᔪᒌᖕᖕᒋᓂᖕᒋᑦ ᐊᑖᑕᒋᔭᐅᔪᑦ. ᑲᒃᑲᓛᖅ ᐃᓈᓱᕐᒥᓂ ᖃᐅᔨᒪᓲᒍᒻᒥᔪᖅ ᐱᒻᒪᕆᓐᓂᒃ ᐊᖑᑕᐅᓂᕐᒥᓂᒃ ᓄᐃᑕᑎᑦᓱᔪᓂᒃ ᓴᐳᑦᔨᓯᒪᓲᓂᒃ ᐃᑲᔪᓯᒪᓂᖃᕆᐊᑦᓚᓱᑎᒃ ᐃᓕᓐᓂᒃ ᐊᑖᑕᐅᓂᕐᓈᕕᑦ. ᐃᓄᓐᓄᓕ, ᐊᒃᑫᑦ ᐊᖕᑐᑦ, ᐊᑖᑕᑦᓱᐊᑦ, ᐊᕝᕙᑦ/ᓴᐊᓃᑦ, ᐊᒻᒪᓗ ᐊᓱᖕᒋᑦ ᐃᓄᐃᑦ ᑲᒪᖃᑕᐅᖃᑦᑕᓚᖕᒐᔪᑦ ᕿᑐᖕᖓᐱᑦ ᐃᓈᓱᖕᖓᓂᒃ. ᐅᓯᒪᕕᑦᑦᑦᑲᔭᖕᖕᒋᑯᕕᐅᒃ, ᖃᐅᔨᒐᓱᐊᖃᑦᑕᓗᒋᑦ ᑖᒃᑯᐊ ᐃᓄᐃᑦ ᑲᒪᖃᑕᐅᖕᒋᓐᓇᖃᑦᑕᓂᐊᕋᕕᑦ ᕿᑐᖕᖓᐱᑦ ᐃᓈᓱᖕᖓᓂᒃ ᐅᖓᓱᑦᑕᓇᒐᓗᐊᕐᓗᒍ.

ᐊᒥᓱᐊᓘᓕᑦᑦᑯᑦ ᐃᓄᑑᑦᔨᔪᑦ ᕿᑐᖕᖓᒥᓂᒃ ᐊᑖᒐᑦ. ᐱᕙᓪᓕᖅᑯᑎᑖᖅᑕᐅᓐᓇᑐᑦ ᐊᕐᔪᒌᖕᖕᒋᑐᓄᑦ ᐃᓄᓐᓄᑦ ᐱᒻᒪᓇᖅᑯᑎᒋᔭᐅᔪᓄᑦ ᑲᒃᑲᓛᑉ ᐃᓈᓱᕐᒥᓂ. ᐊᑖᑕᖕᖓᐊᖅᑲᓱᓂᓗ ᐊᒻᒪᓗ ᑎᒍᐊᓕᓐᓂᒃ ᐊᑖᑕᖅᑲᓱᓂ ᑎᒍᓯᓯᒪᔪᓂᒃ ᐊᑖᑕᐅᓂᕐᒥᒃ.

ᖃᓄᐃᓕᖓᒐᓗᐊᕈᕕᑦ, ᐊᑐᓂᑦ ᑲᒃᑲᓛᑦ ᑭᖕᖕᒍᒪᑦᓱᔪᑦ ᓱᔪᒥᒃ ᐊᑖᑕᐅᓂᕐᒥᓂᒃ ᑕᑯᑦᓴᐅᑎᑦᓱᔪᒥᒃ ᐃᓈᖅᑲᑎᒋᕙᓪᓗᒍ. ᐱᒻᒪᕆᐅᕗᖅ ᐱᒐᓱᐊᑦᓱᐊᐸᒋᐊᖅᑲᖅᓃᑦ ᐊᔪᐃᓐᓇᕈᑎᒋᓗᒍ ᐊᑖᑕᖕᖓᓱᐊᕈᒪᓗᑎᑦ ᑖᓐᓇᐅᓗᑎᑦ ᑲᒃᑲᓛᑉ ᑭᖕᖕᒍᒪᒋᔭᖓ.

ᐱᑐᑦᓯᒪᐅᑎᖃᑎᖃᓐᓇᓂᖅ

ᐅᓪᓗᑖᒪᑦ ᕿᑐᖕᖓᓃᕕᑦ ᑲᑎᒪᑦᓯᒍᓐᓇᖕᒋᒃᑯᕕᑦ, ᐊᔪᐃᓐᓇᕈᑎᒋᓗᒍ ᕿᑐᖕᖓᓃᕕᑦ ᑐᓴᐅᒪᑦᓱᐊᖕᒋᓐᓇᕆᐊᖃᑦᓃᑦ.

- ᐋᖅᑭᓱᑦᓯᒪᓗᒋᑦ ᐱᕕᑦᓴᑎᒃ ᐅᖃᖃᑎᒋᖕᖓᐊᕈᓐᓇᖃᑦᑕᓗᒍ ᐊᒻᒪᓗ ᑲᒪᒋᒍᓐᓇᓱᖃᑦᑕᓗᒍ ᐅᖃᒍᑎᒃᑯᑦ ᐅᖃᕕᒋᓗᒍ ᐅᕙᓘᓐᓃᑦ ᖃᕆᐅᔭᒃᑯᑦ.
- ᐸᖅᓂᖃᑦᑕᓗᒋᑦ ᓱᖃᑦᓯᐅᑎᒋᓂᐊᖅᑕᑎᒃ ᐊᓕᐊᒋᔭᑦᑎᓃᕕᑎᒃ ᑕᑯᓂᐊᖅᓯᒪᓕᕈᕕᐅᒃ.
- ᑲᑎᒪᓗᑎᒃ ᐊᕐᔪᓕᐅᖅᑕᐅᖃᑦᑕᓗᑎᒃ ᐊᒻᒪᓗ ᕿᑐᖕᖓᑦ ᐊᕐᔪᖑᐊᖅᑯᑎᐸᐱᑦ ᐃᓚᖏᓐᓂᒃ ᐱᑖᖅᑎᓗᒍ.
- ᐊᑐᖅᓗᒋᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᓕᓚᖃᑦᑕᐅᑎᒍᑎᒃ, ᑕᑯᓐᓇᐅᑎᒍᑎᒃ ᐊᒻᒪᓗ ᐊᓕᓚᕕᒋᖃᑦᑕᓗᒍ ᕿᑐᖕᖓᑦ ᐃᓕᒃᑯᑦ ᖃᓄᐃᓕᖅᒪᖕᒐᑦ ᓱᓕᖅᒪᖕᒐᑦ ᖃᐅᔨᒪᖕᒋᓐᓇᖃᑦᑕᓂᐊᕋᕕᐅᒃ.
- ᒐᒪᖕᖕᒐᑦ ᖃᐅᔨᒪᑎᓗᒋᑦ ᓇᓪᓕᒋᒋᐊᒥᒃ ᐊᒻᒪᓗ ᖃᐅᔨᒪᑎᓗᒋᑦ ᐊᓕᐊᒐᔭᕆᐊᖅᐱᑦ ᐃᓕᓐᓃᐸᑕ ᒍᓐᓇᕈᑎᒃ.
- ᑲᑎᒪᓕᕈᕕᐅᒃ, ᐅᓂᒃᑳᕕᒋᓗᒍ ᐃᓕᓐᓄᐊᖓᔪᓂᒃ ᐊᒻᒪᓗ ᑭᓇᒃᑯᓂᓗ ᐃᓚᖃᖅᒪᖕᒐᑦ ᕿᑐᖕᖓᑦ ᖃᐅᔨᒪᓚᖕᒐᒻᒪᑦ ᐃᓚᒋᔭᐅᒋᐊᒥᒃ ᐊᒥᓱᓂᖅᓴᓄᑦ ᐃᓚᑏᓄᑦ.

ᓯᕗᓂᑦᓴᑦ ᐃᓱᒪᒋᖕᖑᐊᖃᑦᑕᓗᒍ

ᐃᓱᒪᒋᓗᒍ ᐊᑖᑕᒋᔭᐅᓗᑎᑦ ᖃᓄᐃᑦᑑᒍᒪᒐᔭᒪᖕᒐᑉᐱᑦ. ᓄᐃᓗᒍ ᐸᕐᓂᒍᑎᒃ ᐊᑖᑕᖕᖑᓇᐊᕈᑎᒋᓂᐊᕐᒐᑦ ᐊᑖᑕᐅᒍᒪᓃᑦ ᖃᓄᐃᑦᑑᓗᑎᑦ ᒪᓕᑦᓗᒍ. ᐃᓱᒪᒋᓗᒋᑦ ᓱᓇᓄᑦ ᐊᑖᑕᐅᒍᒪᑦᓱᑎᒃ ᖃᓄᐃᑦᑑᒍᒪᓃᑦ ᒐᒥᕐᖃᔭᖕᖕᒋᐅᑎᒋᒻᒪᖕᒐᕐᐱᐅᒃ. ᓇᓂᓗᒋᑦ ᐊᑖᑕᐅᔪᑦ ᑐᓱᒋᔭᑎᑦ ᐊᒻᒪᓗ ᐅᕐᖃᕕᒋᓗᒋᑦ ᐱᒐᓱᐊᒻᒪᓇᓐᓇᑎᓗᒋᑦ ᖃᐅᔨᖃᑦᑕᑦᑑᕐᑯᕕᑦ ᐊᒻᒪᓗ ᐃᓱᒫᓗᑎᓐᑑᕕᑦ ᐊᖓᔪᕐᖃᒍᓂᕐᑑᕕᑦ. ᕿᓂᕐᓗᒋᑦ ᐱᕈᕐᓴᓂᕐᒧᑦ ᐱᓇᓱᐊᕐᑕᐅᔪᑦ ᓱᖃᑦᓯᐅᑎᐅᑎᑕᐅᔪᑦ ᓄᓇᓕᓱᓐᓂ ᑐᖕᖒᓱᒃᑭᕕᐅᑦᓱᑎᒃ ᐊᑖᑕᐅᔪᓂᒃ ᐊᒻᒪᓗ ᕿᑐᕐᖒᖏᓐᓂᒃ.

ᕿᑐᕐᖒᑎᑦ ᑲᒪᕐᑲᑎᒋᕙᓪᓗᒋᑦ

ᖃᐅᔨᖒᓱᐊᖃᑦᑕᓗᒍ ᕿᑐᕐᖕᒥᑦ ᓱᓇᓂᒃ ᐊᓕᐊᒻᒪᖕᒐᑦ ᐊᒻᒪᓗ ᕿᓚᓈᓇᔭᖃᕐᒪᖕᒐᑦ. ᓱᓇᓂᒃ ᐃᓕᓐᓂᒃ ᐃᓕᑦᓯᕕᖃᕈᒪᕙ, ᐃᓕᓐᓂᒃ ᓱᓇᓱᐊᖃᑎᖃᕈᒪᕙ? ᕿᑐᕐᖒᓃᕕᑦ ᑲᑎᒪᑦᓯᓃᑦ ᖮᓈᕐᑎᓚᕐᑭᖃᑦᑕᕈᓐᖮᓗᒍ ᐃᓱᒪᓗᑎᑦ ᒥᑭᓗᐊᓇᐊᖕᒋᓐᓂᒃ ᓱᖃᑦᓯᖃᑎᒋᒋᐊᒥᒃ. ᐱᓱᒋᐅᖃᕐᑐᖅ ᐊᓕᐊᒻᒪᓇᐊᓗᑦᑐᕈᓐᓇᑐᖅ ᐃᑦᓯᕙᒋᐊᒥᒃ ᖃᒧᑎᑲᑦᓚᒥ ᐊᑖᑕᖕᒐᑕ ᐋᕐᕿᓱᑦᑕᖕᒐᓂ ᖃᒧᑎᑲᑦᓚᓕᐅᕐᕕᒦᖃᑎᒋᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᓴᓇᕿᑎᓂᒃ ᐊᑐᕐᑕᐱᑦ ᐊᑦᕿᖕᒋᓐᓂᒃ ᐱᖕᖒᐊᓂᒃ ᐱᖕᖒᐊᖃᕐᑎᓗᒍ. ᖃᖕᒐᓕᒫᖅ ᐊᔪᐃᓐᓇᕈᑎᒋᓗᒍ ᓄᐃᑦᓯᕙᑦᓕᐊᓃᑦ ᐊᓕᐊᓇᕐᑐᒪᓇᒻᒥᒃ ᐃᓅᖃᑎᖃᓚᖕᒐᓃᑦ ᕿᑐᕐᖒᓃᕕᑦ.

ᖃᓄᐃᓘᕐᓗᑎᑦ ᑲᒪᖃᑕᐅᒍᓐᓇᐱᑦ?

ᓄᑕᕋᓴᑖᓚᐅᕐᑎᓇᒍ

- ᓄᑕᕋᓴᑖᕐᓂᐊᓂᑎᒃ ᐸᕐᓐᓗᒍ.
- ᖃᓄᐃᖕᒋᓯᐊᕐᓇᑐᒥᒃ ᓇᓪᓕᑲᕐᑲᑦᑕᓗᑎᑦ ᐊᒻᒪᓗ ᐃᑲᔪᕐᓯᒪᓗᒍ ᐅᑉᐯᑦ ᐊᑐᐃᓐᓇᑭᕐᑎᑎᓗᒍ ᐃᓗᓯᕐᓱᓯᐊᕐᓗᓂ ᓄᑕᕋᓴᖃᕈᑎᒋᓂᐊᕐᑕᒥᓂᒃ.
- ᐅᖃᐅᓯᕆᓗᒋᑦ ᐃᓱᒪᑎᑦ ᐊᒻᒪᓗ ᐅᑉᐱᕆᔭᑎᑦ ᐃᓚᒌᑦ ᐃᓅᓯᖕᒋᓐᓄᐊᖓᔪᑦ ᐊᒻᒪᓗ ᑲᒃᑲᓛᑦ ᐱᕈᕋᓴᑕᐅᒍᓯᖕᒋᓐᓄᑦ.
- ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑕᑎᒋᔭᕗᑦ ᐃᓄᑐᖃᕐᑯᑎᕗᑦ ᐃᓕᓐᓂᐊᑎᑕᐅᒍᒪᓗᑎᑦ ᐃᓚᒌᓚᖓᓕᕐᓂᓯᓂᒃ ᐸᕐᓐᓂᑎᓗᑎᑦ.
- ᖃᐅᔨᓗᒋᑦ ᓱᓇᓂᒃ ᓂᓇᐅᓐᓇᖃᑦᑕᓂᐊᕐᒪᖔᑕ ᓄᑕᕋᓴᖃᓕᕈᑎᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᑲᒪᖃᑦᑕᓂᐊᕐᒪᖔᑦᑎᒃ ᐊᓯᑦᔨᑐᕐᑐᓂᒃ ᐊᑑᑎᖃᑦᑕᓂᐊᓕᕐᑐᓂᒃ.

ᓄᑕᕋᓴᖃᕐᑎᓗᑎᒃ

- ᐋᓐᓂᐊᓯᐅᑎᒃᑯᓕᐊᖃᑦᑕᓗᑎᒃ ᒋᐊᖃᓕᕈᑦᑎᒃ ᐊᒻᒪᓗ ᐊᐱᕐᓱᑎᓴᓂᕕᑦ ᐊᐱᕐᓱᖃᑦᑕᓗᑎᑦ.
- ᐃᖃᔪᕐᓯᒪᖃᑦᑕᓗᑎᑦ ᐅᑉᐸᓂᕕᑦ ᐊᒻᒪᓗ ᑭᖕᖑᒫᔭᖕᒋᓐᓄᑦ.
- ᓄᑕᕋᓴᖃᕐᓂᖅ ᐃᓕᓴᕈᑎᒋᓗᒍ, ᓄᑕᕋᓴᑖᕐᓱᐊᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓅᓕᕐᓂᖓ ᓄᑕᕋᐅᑉ.
- ᐊᕐᓱᕈᕐᓃᑦ ᐃᑯᑦᓚᑎᕐᓯᒪᓗᒍ ᐊᒻᒪᓗ ᐅᑉᐸᓂᕕᑦ ᐃᓱᒫᓗᓗᐊᕐᒐᓕᓗᑎᑦ.
- ᒪᓕᓪᓗᒋᑦ ᐃᓕᓴᒍᑏᑦ ᐃᓕᖓᔪᑦ ᖃᓄᐃᖕᒋᓯᐊᕐᓗᓂ ᓄᑕᕋᓴᖃᕐᓂᒧᑦ, ᐱᓗᐊᕐᑐᒥᒃ ᓂᓇᑦᓯᐊᖃᑦᑕᓇᐊᖃᕐᓂᒧᑦ, ᐃᕐᕋᓕᓴᖃᑦᑕᓇᐊᖃᕐᓂᒧᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓴᖅ ᐊᓈᓇᖓᓗ ᐊᕐᓱᕈᐃᔭᖃᑦᑕᓗᒋᒃ ᐊᒡᒐᓅᕐᑦ.
- ᐃᑲᔪᕐᓯᒪᓗᒍ ᐅᑉᐯᑦ ᐃᓗᓯᕐᓱᓯᐊᕋᓱᐊᕐᑎᓗᒍ ᐊᒻᒪᓗ ᐃᓗᓯᕐᓱᓇᕐᑐᓂᒃ ᓇᓪᓕᑲᕐᑲᑦᑕᑎᓗᒍ.
- ᐸᕐᓐᓯᒪᓗᑎᒃ ᓄᑕᕋᓴᑖᕐᓱᐊᓛᕐᓂᖓᓄᑦ ᐊᒻᒪᓗ ᐃᓅᓕᓛᕐᓂᖓᓄᑦ ᓄᑕᕋᐅᑉ.
- ᐅᖃᐅᓯᕆᓗᒍ ᐊᒫᒪᑦᑎᓯᓂᖅ ᐊᒻᒪᓗ ᐃᑲᔪᕐᓯᒪᓂᖅ ᖃᓄᐃᖕᒋᓯᐊᕐᓇᑐᓂᒃ ᐱᖕᒐᖃᑦᑕᑎᓗᒍ ᒐᒥᒋᐊᖃᓛᕐᓂᒥᓄᑦ.
- ᐊᔪᕿᒋᐊᕐᑐᓴᕐᓯᐅᓗᑎᑦ ᐊᒻᒪᓗ ᐃᑲᔪᕐᑎᓴᕐᓯᐅᓗᑎᒃ ᕿᑐᕐᖏᐅᑐᓂᒃ ᐊᒻᒪᓗ ᐃᓄᑐᖃᕐᓂᒃ.
- ᐅᖃᐅᓯᕆᓗᒍ ᓄᑕᕋᐅᑉ ᐊᑎᓇᓛᕐᑕᖕᒋᑦ ᐊᒻᒪᓗ ᖃᓄᖅ ᓄᑕᕋᖅ ᑐᖕᖓᓱᑦᑎᑕᐅᓛᕐᒪᖔᑦ ᒪᓕᓪᓗᒋᑦ ᐃᓗᒡᒍᓯᑎᒍᑦ ᐱᐅᔫᑦ.
- ᐅᖃᕕᒋᖃᑦᑕᓗᒍ ᓄᑕᕋᓴᖅ ᐃᓪᓕᐊᒦᑦᑐᖅ, ᐅᓂᒃᑳᕕᖃᖃᑦᑕᓂᐊᓕᕐᓂᑦ ᐱᒋᐊᕐᑎᓗᒍ ᐅᕝᕙᓘᓐᓂᑦ ᐃᖕᖏᖑᐊᕐᕕᒋᓗᒍ, ᖃᐅᔨᒪᑎᓗᒋᑦ ᓇᓪᓕᒋᔭᐅᓕᓈᕐᓂᖏᑦ.

ᓄᑕᕋᖅ

- ᐊᕕᕐᓯᒪᐅᑎᒋᓗᒍ ᑲᒪᒋᔭᐅᓂᖓ ᓄᑕᕋᑦᑎᒃ - ᐅᕕᓂᓐᓂᐊᓗᒍ, ᓇᖕᒋᓕᕐᑐᓗᒍ, ᓂᓇᒃᑲᓗᒍ, ᓂᑦᓵᑎᓗᒍ ᐊᒻᒪᓗ ᓴᕐᓕᐊᓗᒍ.
- ᓄᑕᕋᖅ ᐅᖃᕕᒋᖃᑦᑕᓗᒍ ᐊᒻᒪᓗ ᐃᑉᐱᒋᓗᒍ ᑕᑯᓐᓇᓗᒍ ᖃᐅᔨᓂᐊᕋᕕᒃᑭᑦ ᖃᐅᔨᒪᑦᓴᐅᒍᑎᖕᒋᑦ.
- ᓄᑕᕋᖅ ᐊᑎᖕᖑᐊᑖᕐᑎᓗᒍ ᐊᒻᒪᓗ ᐃᓇᕐᑯᓗᑭᖃᑦᑕᓗᒍ.
- ᓴᕐᓕᐊᖃᑦᑕᓗᒍ ᓴᕝᕕᓂᕕᕐᑎᓗᒍ ᐃᓕᑦᓯᓂᐊᕐᒪᑦ ᐆᒪᒪᑎᑉᐱᑦ ᑲᑦᔪᑕᕈᓯᖕᒐᓂᒃ.
- ᓄᑕᕋᐅᑉ ᑭᖕᖑᒫᔭᖕᒋᑦ ᑲᒪᒋᖃᑦᑕᓗᒋᑦ ᐊᒻᒪᓗ ᓴᒻᒪᓴᖃᑦᑕᓗᒍ ᕿᐊᓕᕐᑉᑦ.
- ᖃᓂᑕᓇᖃᑦᑕᓗᒍ ᐊᒫᒪᑦᑎᑕᐅᓕᕐᑉᑦ, ᐃᑲᔪᕐᓯᒪᓗᒍ ᓄᑕᕋᖅ ᐊᒻᒪᓗ ᐊᓈᓇᖓ.
- ᓇᓪᓕᑭᑕᕐᓗᑎᒃ ᐅᓐᓄᐊᑯᑦ ᒪᑭᖃᑦᑕᓗᑎᒃ.
- ᓄᑕᕋᖅ ᐱᖕᖑᐊᖃᑎᒋᖃᑦᑕᓗᒍ ᐊᒻᒪᓗ ᐊᑦᑐᖃᑦᑕᓗᒍ, ᐅᖃᕕᒋᓗᒍ ᐊᒻᒪᓗ ᐱᕕᓴᖃᓇᐊᑕᒫᑦ ᑎᒍᒥᐊᖃᑦᑕᓗᒍ.

ᐱᓱᒋᐅᕐᓴᑐᖅ

- ᐊᓇᕐᒃᑦ ᐊᑦᑕᓇᕐᑐᐃᔭᕐᓗᒍ.
- ᐃᓕᓴᕐᓗᒍ ᕿᑐᕐᖏᑦ ᐊᑦᑕᓐᑦᑐᒦᒍᑎᓂᒃ ᖃᐅᔨᑎᓗᒍ ᓱᓇᓚᑲᑦ ᐃᓚᖏᑦᑕ ᑲᒪᒋᔭᐅᒋᐊᖃᖕᖏᓂᖏᓐᓂᒃ.
- ᐊᑐᖃᑦᑕᓗᒍ ᐅᖃᐅᓯᖅ ᑖᓐᓇᓴᓐᓇᖅ ᐊᒻᒪᓗ ᓂᐱᐸᐱᑦ ᐊᕐᔨᐅᖏᑦᓕᐅᑎᖓ ᑲᒃᑲᓛᖅ ᐊᑦᑕᓈᕿᓂᐅᔭᓕᕐᐸᑦ - ᐁᑖ! (ᐋᑖᖅ!) ᐅᕝᕙᓘᓐᓃᑦ ᐊᑦᑕᕆᓗᒍ ᐅᖓᓯᑦᓕᑎᒋᐊᕐᓗᒍ ᖃᓂᑕᕆᒋᐊᖃᖕᖏᑕᒥᓂᑦ.
- ᓯᓚᒥᒃ ᑕᑯᒋᐅᕐᑎᓗᒍ ᕿᒥᕐᕿᑎᓗᒍ.
- ᐱᖕᖑᐊᖃᑎᒋᓗᒍ ᐱᕙᓪᓕᒍᓐᓇᑐᓂᒃ ᓄᑭᕐᓚᖏᓐᓂᒃ, ᓂᒪᕆᐊᖃᕐᓇᑐᓂᒃ ᐊᒻᒪᓗ ᐱᔪᓐᓇᓯᕙᓪᓕᐊᑎᕐᓯᒍᓐᓇᑐᓂᒃ.
- ᐊᑐᐊᕐᓯᕕᒋᕙᓪᓗᒍ, ᐃᖕᖏᖑᐊᕐᕕᒋᕙᓪᓗᒍ ᐊᒻᒪᓗ ᐅᕐᑲᕕᖏᓐᓇᓗᒍ.
- ᐃᓕᓴᕐᓗᒍ ᐃᓄᐃᑦ ᐃᑲᔪᕐᓯᐅᑎᖏᓐᓂᒃ ᐱᐅᔪᓂ ᐱᐅᓯᖃᕆᐊᖃᕐᓂᓄᑦ ᐊᒻᒪᓗ ᐃᐸᐱᒋᔭᖏᓐᓂᒃ ᑲᒃᑲᓛᑦ ᐊᐅᒡᓐᓯᒪᒋᐅᕐᓴᑎᓗᒋᑦ. ᐱᒋᐊᕐᕕᓕᐅᑎᒋᓗᒋᑦ ᓄᐃᑎᓚᖓᔭᑎᑦ ᓂᕆᐅᕝᕕᖃᕈᑏᑦ ᓇᓗᓂᕐᑐᐃᒍᓐᓇᓯᓚᖓᑎᓗᒋᑦ ᐊᒻᒪᓗ ᑲᒪᒋᔭᖃᕈᓐᓇᓯᕙᓪᓕᐊᓗᑎᒃ ᐃᐸᐱᓂᐊᕆᔭᒥᓂᒃ.

ᐃᓕᓴᕆᐊᓕᕐᓵᑐᖅ

- ᐱᖕᖑᐊᖃᑎᒋᓗᒋ ᓄᐃᑎᖃᑦᑕᓗᒋᑦ ᐱᕕᕐᓴᖏᑦ ᕿᑐᕐᖏᑦ ᐃᓂᕐᓯᓯᑎᖕᖑᓂᐊᕐᒪᑦ, ᖃᐅᔨᓴᖃᑦᑕᓗᓂ ᐊᒻᒪᓗ ᐊᑑᑎᒋᐅᖃᑦᑕᓗᓂ ᓄᑖᓂᒃ, ᐊᒻᒪᓗ ᖃᐅᔨᓗᓂ ᓱᓇᑐᐃᓐᓂᑦ ᐱᑐᕐᓯᒪᐅᑎᓂᖏᓐᓂᒃ ᐃᓚᒋᑦᑎᓂᖏᓐᓂᒃ.
- ᕿᑐᕐᖏᑦ ᐱᕙᓪᓕᐊᒍᓐᓇᓯᑎᒋᐊᕐᓗᒍ ᐱᔪᓐᓇᐅᑎᒥᓂᒃ ᐊᓕᐊᒋᔭᒥᓂᒃ ᑲᒪᒍᓐᓇᓯᓗᑎᒃ.
- ᒪᓂᔨᕕᒋᓗᒍ ᐱᕕᕐᓴᖏᓐᓂᒃ ᕿᑐᕐᖏᑦ ᓇᓪᓕᑲᕈᓐᓇᕕᒋᓂᐊᕐᑕᖏᓐᓂᒃ.
- ᕿᑐᕐᖏᑦ ᐱᓇᓱᐊᓚᖓᔭᖓᓂᒃ ᐁᑦᑐᖃᑦᑕᐸᓪᓕᐊᓯᓗᒍ ᑐᓂᕐᕈᓯᐅᑎᒋᖃᑦᑕᓗᒋᑦ ᐃᓚᒥᓄᑦ. ᑖᑦᓱᒥᖓ ᑲᒪᒋᒋᐊᓕᒥᓂᒃ ᑎᒍᓯᓗᑎᒃ ᑲᒪᒋᔭᖃᖃᑦᑕᓂᐊᓕᕐᑎᓗᒋᑦ.
- ᐅᖃᐅᓯᓇᓗᒋᑦ ᐃᓚᓯ ᐊᒻᒪᓗ ᐃᓗᒐᓯᓯᑎᒍᑦ ᐱᑐᕐᓯᒪᐅᑎᓂᖏᑦ.
- ᐃᓚᐅᑎᖃᑦᑕᓗᒍ ᐃᓗᒐᓯᕐᓄᐊᖓᔪᓄᑦ ᓱᖃᕐᓯᐅᑎᓄᑦ ᕿᑐᕐᖏᑦ ᐊᒻᒪᓗ ᐱᒻᒪᓇᐅᓂᖏᓐᓂᒃ ᑕᒪᒃᑯᐊ ᑐᑭᓯᑎᓗᒍ.
- ᐱᕙᓪᓕᐊᑎᒋᐊᕐᓗᒍ ᑲᑎᒪᓗᒍ ᓇᓪᓕᒍᓯᓐᓂᖓ ᐊᒻᒪᓗ ᓇᑯᕐᓴᓂᖓ ᐆᒪᔪᓂᒃ ᐊᒻᒪᓗ ᓄᓇᐅᑉ ᐱᐅᓯᖏᓐᓂᒃ ᐱᑕᖏᓐᓂᓗ.

ᐃᓕᓴᕆᐊᓕᕐᓵᑐᖅ

- ᕿᓪᓗᑐᕐᓗᒍ ᐱᒻᒪᕆᐅᑎᕐᓯᓂᖓ ᐃᓕᕐᓯᕙᓪᓕᐊᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐱᔪᓐᓇᓯᐊᕐᓗᓂ ᐃᓅᓯᓐᓇᓚᖓᓂᖓ.
- ᓄᐃᓗᒋᑦ ᓱᖕᒋᐅᓐᓂᖃᕈᑎᒋᓂᐊᕐᑕᖏᑦ ᐅᑦᑖᑯᑦ, ᓂᕆᓐᓇᓂ, ᐊᒻᒪᓗ ᐅᓐᓄᓴᒃᑯᑦ.
- ᓄᓇᒦᖃᑎᒋᓂᕐᓴᕆᕐᓯᐊᕐᓗᒍ/ᑕᕆᐅᒥᓪᓗ ᐃᓗᒐᓯᖅ ᒪᓕᓪᓗᒍ ᒪᕐᕿᖃᑎᒋᓗᒍ.
- ᐃᐸᐱᒋᓗᒋᑦ ᐃᓕᒃᑯᑦ ᐃᓚᓐᓈᖏᑦ ᐊᒻᒪᓗ ᐱᒻᒪᕆᕐᑯᑎᖏᓐᓂᒃ ᐃᓄᐃᑦ ᕿᑐᕐᖓᐱᑦ ᐃᓅᓯᖏᓐᓃᑐᑦ.
- ᒪᓂᔨᕕᒋᖃᑦᑕᓗᒍ ᖃᒪᒋᒐᓯᐊᕆᐊᒥᒃ ᓇᓗᓇᕐᓯᕙᓪᓕᐊᔪᓂᒃ ᐱᖕᖑᐊᓂᑎᒍᑦ ᐊᒻᒪᓗ ᐊᓯᖏᑎᒍᑦ ᓱᖃᕐᓯᐅᑎᑎᒍᑦ ᐱᓇᓱᐊᕐᓂᑎᒍᓪᓗᓃᑦ.
- ᒃᔪᖏᕐᑐᓗᒍ ᐱᓚᕐᑭᕐᓯᐊᕋᓱᐊᖃᑦᑕᓂᐊᕐᒪᑦ ᐊᒻᒪᓗ ᐱᓚᕐᑭᕐᓯᐊᐸᑦ ᕐᑯᕕᐊᓱᖃᑎᒋᖃᑦᑕᓗᒍ.
- ᐱᔭᕐᓃᑐᕐᓂᐊᓕᕈᓂ ᓴᐱᕐᓇᐊᒐᓕᒍᓐᓇᓚᖓᓂᖓ ᓂᕆᐅᒋᓗᒍ.
- ᒃᔪᖏᕐᑐᓗᒍ ᕿᑐᕐᖏᑦ ᓄᑖᓂᒃ ᐆᑦᑐᕋᖃᑦᑕᕐᑯᓗᒍ, ᑕᒻᒪᖃᑦᑕᓗᓂ, ᐊᒻᒪᓗ ᑕᒻᒪᓂᕐᒥᓂᑦ ᐃᓕᕐᓯᕕᖃᖃᑦᑕᓗᓂ ᖃᓄᐃᓘᓇᐊᖃᖃᒪᖕᒐᑦ ᐅᖃᐅᑎᑐᐃᓐᓇᕈᓐᓂᓗᒍ.
- ᐃᑭᑦᓕᑎᕐᓯᒪᓗᒋᑦ ᐱᖕᖑᐊᑦ ᐊᒻᒪᓗ ᐃᒥᖕᒐᕐᑎᒋᐊᖃᑦᑕᓗᒍ, ᐃᓚᐅᓗᓂ ᐃᓂᕐᓯᒋᐅᕐᐸᓕᐊᒍᑎᓂᒃ ᐱᖕᖑᐊᑐᓂᒃ ᐊᑐᓇᐊᓕᕐᕿᓯᒋᑦ ᓱᓇᑐᐃᓐᓂᑦ ᐆᑦᑑᑎᒋᑦᓱᒋᑦ ᐃᕐᓯᕕᕕᓃᑦ ᐱᖕᖑᐊᑐᓄᑦ ᐃᓚᒋᔭᐅᑎᖃᑦᑕᓗᒋᑦ.
- ᐊᑑᑎᖃᑦᓯᐊᑐᓂᒃ ᐆᑦᑐᕋᕐᑎᖃᑦᑕᓗᒍ ᕿᑐᕐᖏᑦ, ᐆᑦᑑᑎᒋᓗᒋᑦ ᓂᕐᓯᐅᖃᑎᒋᓗᒍ, ᓄᓂᕙᖃᑎᒋᓗᒍ, ᐃᖃᓗᑦᓯᐅᖃᑎᒋᓗᒍ, ᓂᒃᑯᓕᖃᑎᒋᓗᒍ.

ᐃᓚᒌᑦ ᐱᐅᓯᑐᖅᑲᖏᑦ

ᐃᓚᒥᓃᒋᐊᖅ ᐱᒻᒪᕆᐊᓗᒃ. ᓄᐃᑎᑦᓯᕙᓪᓕᐊᓂᓕᒃ ᐊᑦᑕᓐᑐᒦᓐᓂᒥᒃ, ᑕᑎᒋᐅᑎᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐃᖅᑲᐅᒪᒐᑦᓴᓂᒃ. ᐃᓄᐃᑦ ᑲᑎᒪᑐᐃᓐᓇᐸᓚᐅᕐᑐᑦ ᐃᓚᒋᑦᓯᑎᒃ. ᓄᐃᑎᕐᓗᒋᑦ ᓱᖕᒋᐅᓐᓂᖅᑲᕈᑏᑦ ᐃᓚᐸᐱᑦ ᓱᖕᒋᐅᓐᓂᕆᖅᑕᓚᖓᔭᖕᒋᑦ. ᑕᒪᓐᓇ ᐅᑦᑖᑯᑦ ᑕᕝᕙᓂᑦᓴᓇᖅ ᑐᐸᒋᐊᖅᑲᕐᓂᖅ ᐊᒻᒪᓗ ᓯᓂᒐᓱᐊᓯᒋᐊᖅᑲᕐᓂᖅ, ᒪᕐᕿᖅᑲᑎᒋᓐᓂᖅ ᐱᓇᓱᐊᕈᓯᐅᑉ ᓄᖑᐊᓂ, ᐅᕙᓘᓐᓃᑦ ᓂᕆᓗᓯᓗ ᐅᓂᒃᑳᖑᐊᕐᕕᖅᑲᕐᓂᖅ.

ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᓂᔪᑦ ᐱᑐᓯᒪᐅᑎᓂᖏᓐᓂᒃ ᐃᓅᖅᑲᑎᒋᑦ ᐃᑲᔪᕐᓯᒪᔭᐅᑎᓗᒋᑦ ᐃᓗᓐᓇᑎᒃ ᐃᓄᐃᑦ. ᑖᒃᑯᐊ ᓄᐃᑕᐅᓲᑦ ᑲᒃᑲᓛᒍᓂᖓᓂ, ᓄᐃᑕᑎᑕᐅᕙᓪᓗᓯᑎᒃ ᑲᒃᑲᓛᑉ ᐊᑎᓕᐅᕐᑕᐅᕕᖓᓂ ᐊᒻᒪᓗ ᐃᓚᒃᑯᑦ ᐃᓚᖅᑲᓇᐊᒥᓂᒃ ᑐᑭᓯᑎᑕᐅᕕᖏᓐᓂ. ᕿᑐᕐᖏᑦ ᐳᓛᓇᐊᕐᑎᒍᓐᓇᓯᑎᕙᓪᓗᒍ ᐊᒻᒪᓗ ᑲᑎᒪᓯᓗᓂ ᐃᓄᓐᓂᒃ ᒐᒫᒃ ᐃᓚᒃᑯᑦ ᑭᓇᒋᔭᐅᔪᓂᒃ ᕿᑐᕐᖓᓃᕕᑦ. ᓄᐃᑦᓯᓗᑎᑦ ᓇᒻᒥᓂᖅ ᐃᓚᓯᓗ ᐱᐅᓯᑐᖅᑲᑖᓇᓂᐊᕐᑕᓯᓐᓂᒃ ᑐᓴᖅᑲᑕᐅᑎᕙᓪᓗᓯ ᐃᐸᐱᒋᔭᓯᓐᓂᒃ ᐊᒻᒪᓗ ᓇᓪᓕᒋᐅᑎᓂᕐᑎᓂᒃ. ᑖᒃᑯᐊ ᐃᓚᖅᑲᕈᓇᒥᔪᑦ ᐊᓐᓂᑐᕋᓴᑕᕐᓂᖅᑲᕐᓗᓯ ᑲᑎᒪᓗᓯ, ᐊᑐᐃᓐᓇᕈᕐᑎᓇᓗᓯ ᐅᕙᓘᓐᓃᑦ ᓱᒃᑯᓴᐅᑎᒋᓚᖓᖕᖏᑐᓕᐅᕐᓗᓯ ᓂᕿᓂᒃ, ᓯᓚ ᒪᓕᓪᓗᒍ ᐊᒻᒪᓗ ᐃᓗᒍᓯᕐᓄᐊᖓᔪᓂᒃ ᐱᓇᓱᐊᖅᑲᑎᑖᓪᓗᓯ. ᑖᒃᑯᐊ ᐱᒻᒪᕆᑦ ᐱᕕᖅᓴᓯ ᐃᓕᓴᒍᑎᒋᓗᒋᑦ ᐃᓗᒐᓯᑎᒍᑦ ᐱᔪᓐᓇᓱᐊᕈᑎᓂᒃ ᐊᒻᒪᓗ ᕿᓪᓗᑐᕐᓗᒋᑦ ᕿᑐᕐᖓᑎᑦ ᖃᐅᔨᓴᕐᓂᐊᒪᑕ ᓄᓇᒥᒃ/ᑕᕆᐅᒥᒃ ᐊᒻᒪᓗ ᓇᔪᖅᑲᑦᑕᓗᒋᑦ ᑖᒃᑯᐊ ᐱᓇᓱᐊᓕᕈᑦᓯ ᓱᖅᑲᑦᓯᓂᖅᑲᓕᕈᑦᓯ ᑲᑎᒪᓗᓯ.

ᐃᓄᑦᑎᑐᑦ ᐅᖅᑲᐅᓯᐅᑉ ᐊᑐᕐᑕᐅᓂᖓ ᐊᓇᕐᕿᓐᓂ ᐊᑐᕐᑕᐅᓂᖅᓴᐅᑎᒋᐊᕐᓗᒍ ᐊᒻᒪᓗ ᐃᓄᑐᖅᑲᕐᓂᒃ ᐊᒻᒪᓗ ᐃᓚᓯᓐᓂᒃ ᑲᑎᒪᑦᓯᓗᕈᖅᑲᑦᑕᓗᓯ. ᐃᓚᐅᑎᖅᑲᑦᑕᓗᒍ ᐃᓗᒐᓯᕐᓄᐊᖓᔪᓄᑦ ᐊᑑᑎᔭᐅᔪᓄᑦ ᐃᑲᔪᕐᓯᔭᐅᓚᖓᒻᒪᑦ ᕿᑐᕐᖕᒋᑦ ᓲᔪᒥᒃ ᐃᓗᒐᓯᕐᒥᑎᒍᑦ ᕿᓇᐅᓂᕐᒥᓂᒃ ᖃᐅᔨᒪᑦᓯᐊᓂᖓ ᐊᒻᒪᓗ ᓄᓇᓕᒥᓄᑦ ᐃᓚᐅᓂᖓᓂᒃ. ᖁᕕᐊᓲᑎᒋᖅᑲᑦᑕᓗᒋᑦ ᕿᑐᕐᖓᐱᑦ ᐱᒋᐅᑦᑕᖏᑦ ᐱᐅᓯᑐᖅᑲᕐᑎᒍᑦ ᐱᓇᓱᐊᕐᓯᒋᑦ ᐆᑦᑑᑎᒋᓗᒋᑦ ᐆᒪᔪᓇᐅᕐᐸᑦ ᐅᕙᓘᓐᓃᑦ ᐊᑎᒋᓕᐅᓇᐅᕐᐸᑦ. ᓄᐃᑎᕐᓗᒋᑦ ᐱᑐᓯᒪᓂᓯ ᐊᕙᖅ ᐃᓚᒋᓄᑦ ᕿᑐᕐᖓᐱᑦ ᐱᑐᓯᒪᕕᖏᓐᓄᑦ ᐊᒻᒪᓗ ᐅᓂᒃᑲᐅᔨᓗᒍ ᓴᐅᓂᕐᒥᓄᓕᖓᔪᓂᒃ ᓄᐃᓯᕙᓪᓕᐊᑎᓯᓂᐅᒻᒪᑦ ᑭᓇᐅᓂᖓᓂᒃ ᐊᒻᒪᓗ ᐃᐸᐱᒍᓱᓚᕿᓗᓂ ᐱᑦᔪᑎᒥᓂᒃ ᕿᑐᕐᖓᑦ.

ᑐᕈᓯᐊᐱᒃ ᐱᒋᐊᕐᑎᓯᓲᖅ ᕿᓂᓯᓂᕐᒥᓂᒃ ᑎᒍᒐᕐᓴᓂᒃ ᐱᓇᓱᐊᕈᑎᕐᓴᒥᓂᒃ - ᐱᖕᖑᐊᕆᓚᖓᔭᒥᓂᒃ. ᑐᓵᔪᖅ ᐃᓄᓐᓂᒃ ᐅᖁᔪᓂᒃ ᐃᐸᐱᒍᓱᑦᑑᔭᕋᓂᓘᓐᓃᑦ. ᒐᒪᖕᖓᑦ ᓈᓚᑦᑐᖅ, ᐃᓚᖓᓐᓂ ᑐᓴᕐᑕᕕᓂᕐᒥᓂᒃ ᐊᐱᕐᓱᑎᕐᑲᓲᖅ ᖃᐅᔨᒍᒪᔭᒥᓂᒃ. ᐃᓕᕐᓯᕙᓪᓕᐊᒍᑎᓕᒃ ᐱᖕᖑᐊᓱᓂ. ᒪᓕᒍᒪᓲᖅ ᐃᓄᓐᓂᒃ ᒪᕿᓯᔪᓂᒃ. ᐊᒥᓱᐃᓂᒃ ᐊᓕᐊᒋᔭᖃᓕᕐᑐᖅ. ᐃᕐᕐᑲᐅᒪᓂᕐᓴᐅᒍᓐᓇᓲᖅ ᐅᐱᒪᒋᓂᕐᐸᓇᓯᒪᔭᒥᓂᒃ. ᐱᖕᖑᐊᕈᒪᓂᖓ ᐊᖕᒋᔪᒻᒪᕆᒃ, ᑳᓕᓚᐅᕐᓯᒪᔫᖕᖕᒋᑐᕐᓘᓐᓃᑦ - ᓂᕆᒋᐊᒥᓪᓘᓐᓃᑦ ᐊᑯᓂᐅᓴᖃᑦᑕᓱᓂ. ᐊᒥᓱᓂᒃ ᐃᓚᓐᓈᑖᕐᑐᖅ. ᐊᓱᒥᓂᒃ ᒪᓕᒃᑕᖃᑦᑕᓕᕐᑐᖅ ᐊᒻᒪᓗ ᐃᓚᖓᓐᓂ ᐸᕝᕕᓇᖃᑕᐅᖃᑦᑕᓱᓂ. ᐃᒻᒥᓂᒃ ᐅᖑᒪᒍᓐᓇᓕᕐᑐᖅ ᐃᓱᒪᒋᔭᒥᓂᒃ ᒪᓕᑦᓱᓂ.

ᑲᒃᑲᓛᖅ ᐃᐸᐱᒋᔭᐅᕐᓯᐊᕆᐊᖃᓕᕐᑐᖅ. ᑐᓵᑎᑦᑐᓕᖃᑦᑕᓗᒋᑦ ᑲᒃᑲᓛᑦ ᓱᓇᑐᐃᓐᓇᓂᒃ ᐅᑭᐅᖕᒋᓐᓄᑦ ᓈᒻᒪᖕᒋᑦᑐᓂᒃ. ᑕᑯᓐᓈᑎᖃᑦᑕᕈᓐᓂᓗᒋᑦ ᓈᒻᒪᖕᒋᑦᑐᓕᔪᓂᒃ ᐱᐅᓯᕐᒥᒍᑦ ᐊᑑᑎᔭᒥᒍᑦ. ᐊᓇᕐᓱᓐᓂ ᑲᒃᑲᓛᖕᒋᓐᓇᐅᑎᓗᒋᑦ ᕿᒪᖃᑦᑕᕈᓐᓂᓗᒋᑦ. ᐊᖓᔪᕐᕐᑳᒍᓂᕐᓅᕕᑦ, ᕿᑐᕐᖓᑎᑦ ᐅᖃᐅᑎᖃᑦᑕᓗᒋᑦ ᐊᓯᒥᓂᒃ ᐱᕐᓯᐊᕆᐊᖃᕐᒪᑕ. ᓂᕿᓕᕆᓕᕈᕕᑦ, ᐊᐅᖕᒋᓐᓇᖑᕐᑎᖃᑦᑕᓗᒋᑦ - ᐊᐅᒃ ᐃᕐᕈᑐᕐᑕᐅᓱᓂ ᐲᕈᐊᕐᑐᐊᐱᒃ. ᐅᖃᐅᑎᓗᒋᑦ ᐃᓱᒪᒋᐊᖃᖕᖕᒋᒪᑕ ᓂᕿᑐᐃᓐᓇᐅᑉ ᖁᐃᓇᓐᓇᓂᖓᓂᒃ, ᐊᒻᒪᓗ ᐆᒪᔪᓂᒃ ᒥᕆᐊᖕᖑᓲᑎᖃᕆᐊᖃᕐᑎᒃ. ᓂᕆᐅᕝᕕᒋᓗᒋᑦ ᐃᓄᓐᓂᒃ ᐱᓗᑲᑦᑕᐅᔪᓂᒃ ᑲᒪᕐᓱᐊᐸᓐᓂᐊᓂᖕᒋᑦ ᐃᑲᔪᕐᓯᓗᒋᑦ. ᐃᕐᕐᑭᑎᓗᑭᑉᐸᓗᒋᑦ ᓲᓱᑦᓴᕆᐊᖃᕐᓂᖕᒋᑦ ᐃᓄᓐᓂᒃ ᐱᐅᓯᕐᓗᑐᓂᒃ. ᐅᖃᐅᑎᓯᒪᓗᒋᑦ ᑕᑯᑦᓴᐅᑎᑦᓯᕙᒋᐊᖃᕐᓂᖕᒋᓐᓂᒃ ᓇᑦᑕᓂᕐᒥᓂᒃ, ᐃᑲᔪᕈᒪᑦᓯᐊᓗᑎᒃ, ᐊᒻᒪᓗ ᐃᑲᔪᕐᐸᓗᑎᒃ ᐃᓄᑐᖃᕐᓂᒃ. ᓂᕆᐅᕝᕕᒋᓗᒋᑦ ᐃᓕᓐᓂᒃ ᖃᐅᔨᑎᑦᓯᖃᑦᑕᕆᐊᖃᕐᒪᑕ ᑕᑯᒍᑎᒃ ᐃᓄᓐᓂᒃ ᐃᓕᓐᓄᑦ ᐃᑲᔪᕐᓯᔭᐅᒋᐊᓕᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓚᐅᑎᕙᓪᓗᒋᑦ ᑖᒃᑯᓂᖓ ᐃᓄᓐᓂᒃ ᐊᕕᕐᓯᒪᖃᑎᓕᓐᓄᑦ ᐅᖓᓇᕐᑑᕕᓕᓐᓂᒃ.

-ᓗᐃ ᐊᖓᓕᒃ

ᐱᖕᖑᐊᓇᖅ

ᑲᒃᑲᓛᑦ ᐃᓕᑦᓯᕙᑦᓕᐊᒍᑎᖃᖅᓂᐸᐅᓲᑦ ᐱᖕᖑᐊᓱᑎᒃ ᐊᒻᒪᓗ ᐃᓚᐅᕕᖃᖃᑕᓱᑎᒃ. ᖃᐅᔨᒪᓂᖅ ᐱᓯᒪᔪᖅ ᑲᒪᒋᔭᖃᖅᓱᓂ ᖃᐅᔨᒪᒋᐊᓕᒥᓂᒃ ᑭᓱᐊᓂ. ᒪᓂᔨᕙᓐᓂᖅ ᐱᕕᑦᓴᖏᓐᓂᒃ ᑲᒪᒍᓐᓇᑎᓗᒍ, ᐆᑦᑐᕋᕈᓐᓇᑎᓗᒍ, ᐊᒻᒪᓗ ᐊᑑᑎᒍᓐᓇᑎᓗᒍ ᐱᖕᖑᐊᓗᓂ ᐱᐅᓂᑉᐸᐅᓱᓂ ᐃᓕᑦᓯᕙᑦᓕᐊᒍᑎᒋᒍᓐᓇᑉ ᑲᒃᑲᓛᑦ..

ᑲᒃᑲᓛᑦ ᐱᖕᖑᐊᓂᕐᒥᒃ ᐱᓇᓱᐊᒐᖃᕐᐳᑦ

- ᐱᖕᖑᐊᓂᖅ ᐃᓂᕐᓯᓂᐅᕗᖅ. ᐱᕙᑦᓕᐊᑎᑦᓯᔪᖅ ᐃᓱᒪᖕᖑᐊᕈᓐᓇᓂᕐᒥᒃ.
- ᐱᖕᖑᐊᓂᖅ ᑲᒃᑲᓛᒥᒃ ᐱᕙᑦᓕᐊᑎᑦᓯᐅᑎᒃ ᐃᑲᔪᕐᑎᑏᒍᓐᓇᓂᕐᒥᒍᑦ ᐊᒻᒪᓗ ᐱᓇᓱᐊᖃᑎᑏᖃᑕᐅᒍᓐᓇᓂᕐᒥᒍᑦ.
- ᐱᖕᖑᐊᓂᖅ ᐱᕕᑦᓴᐅᕗᖅ ᖃᐅᔨᓴᕈᓐᓇᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐱᕙᑦᓕᐊᑎᑦᓯᓂᕐᒧᑦ ᐃᓱᒪᒋᐅᓴᓂᕐᒥᒃ.
- ᐱᖕᖑᐊᓂᖅ ᑭᑦᓗᑐᐃᔪᖅ ᐱᒋᐊᕕᓕᒋᐅᓴᑎᑦᓯᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐊᑐᕋᑦᓴᓂᒃ ᓈᒻᒪᑎᑦᓯᒋᐅᓴᓂᕐᒥᒃ.
- ᐱᖕᖑᐊᓂᖅ ᐱᕙᑦᓖᕙᑦᓕᐊᔪᖅ ᑕᑯᓐᓇᑕᖃᕐᓂᒥᒃ, ᐱᑐᑦᓯᒪᐅᑎᒍᑎᓕᐅᕐᓂᒥᒃ, ᐃᓱᒪᓴᓯᐅᕈᑎᖃᕐᓂᒥᒃ ᑲᔪᓯᑦᓯᐊᕈᑕᐅᓂᐊᕐᑐᓂᒃ.
- ᐱᖕᖑᐊᓂᖅ ᑲᒃᑲᓛᒥᒃ ᐊᐅᒡᑎᓯᒪᑎᑦᓯᔪᖅ ᑐᑭᑖᕈᓐᓇᓂᕐᒥᓂᒃ ᐊᒻᒪᓗ ᓇᑦᓕᑳᑦᓯᐊᕈᓐᓇᓂᕐᒥᒃ.

ᑲᒃᑲᓛᓂᒃ ᐱᖕᖑᐊᖃᑎᖃᕐᓂᖅ ᓄᐃᑦᓯᐅᑕᐅᔪᖅ ᐱᑐᑦᓯᒪᐅᑎᒍᑎᓂᒃ

- ᖃᑐᕐᖕᒥᑦ ᐱᖕᖑᐊᖃᑎᒋᓗᒍ ᑕᑯᒍᓐᓇᓱᓚᖓᔪᑦ ᖃᓄᐃᓗᕐᓱᓂ ᓱᓇᑐᐃᓐᓇᓂᒃ ᑲᒪᒍᓱᖃᕐᒪᖔᑦ.
- ᐱᖕᖑᐊᓂᖅ ᐆᑦᑐᕋᐅᑎᒋᕝᑦ ᖃᓄᖅ ᓱᓇᑐᐃᓐᓂᑦ ᑲᒪᒋᒻᒪᖔᐸᐱᒋᑦ ᓈᒻᒪᖏᑦᑐᓱᐅᕈᑎᒋᒍᓐᓂᓗᒋᑦ.
- ᐱᖕᖑᐊᓂᒃᑯᑦ ᑲᑎᒪᒍᓐᓇᑐᑎᒃ ᐊᓕᐊᖕᖑᐊᖃᑎᒋᓗᒍ.
- ᐱᖕᖑᐊᓂᖅ ᐃᓕᓐᓂᒃ ᐃᑲᔪᕐᓯᒪᔪᖅ ᐊᖏᑦᓕᑎᕆᑎᓗᑎᑦ ᐱᔪᓐᓇᓱᐊᕈᑎᓐᓃᕕᑦ, ᐱᓗᐊᕐᑐᒥᒃ ᑲᒃᑲᓛᑦ ᐱᕙᑦᓕᕐᑯᑎᒋᓂᐊᕐᑕᖏᓐᓂᒃ ᑎᒥᒥᒍᑦ ᐊᒻᒪᓗ ᐃᓱᒪᓂᕐᒥᒍᑦ ᐱᔪᓐᓇᓱᐊᕈᑎᖏᓐᓂᒃ.

ᖃᓄᖅ ᐃᓕᕐᓯᒋᐊᓪᓚᕈᓐᓇᒪᖕᒫᕐᐱᑦ

ᐱᔭᕐᓃᓗᕈᕕᑦ ᓇᓂᔨᒋᐊᒥᒃ ᐃᑲᔪᕐᓯᐅᑎᑦᓴᓂᒃ ᒐᒃᑦᑐᓄᐊᖕᒐᔪᓄᑦ ᐊᒻᒪᓗ ᑐᑭᓯᒋᐊᓪᓚᕈᒪᒍᕕᑦ, ᑕᑲᒃᑯᐊ ᑕᑯᒐᓱᐊᕈᓐᓇᑕᑎᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑕᑯᕐᓴᐅᑎᕐᓯᕕᑦ:

ᐱᕈᕐᕕᒃ ᑭᒡᒐᑐᕐᕕᒃ

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inuuqatigiit.ca

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tiontario.ca

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tiontario.ca/programs/mamisarvik-healing-centre

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aqqiumavvik.com

ᐊᑖᑕᒐ ᐅᕙᑦᑎᓂᒃ ᓯᓚᒥᒃ ᐃᐸᐱᒍᓱᑦᓯᐊᕐᑯᔨᕙᓚᐅᕐᑐᖅ. ᖃᐅᔨᒪᕐᓯᐊᑐᐃᓐᓇᐸᓚᐅᕐᑕᖕᒐ ᐱᕙᓪᓕᓯᒪᕐᓯᐊᕈᑎᒋᑦᓱᒋᑦ. ᐊᑖᑕᑦᑎᓂᒃ ᓈᓚᖕᖕᒋᑯᑦᑕ, ᐊᒥᓱᕕᓪᓗᑖᓪᓕᑦ ᐱᕐᑐᒥ ᐊᓯᐅᖃᑦᑕᕋᔭᕐᑐᕕᓂᐅᔪᒍᑦ. ᐊᑖᑕᑦᑎᓄᑦ ᐆᒪᓚᕐᑭᑎᑕᐅᓯᒪᔪᒍᑦ, ᐅᓪᓗᒥ ᑕᒫᓃᓚᕐᑭᑦᓱᑕ. ᐊᖕᒐᔪᕐᕐᑲᑲ ᓇᑯᕐᒥᓗᑭᓱᑲᑲ ᐅᕙᑦᑎᓂᒃ ᐱᒍᑦᔨᓯᒪᒻᒪᓃᒃ, ᓯᓐᓇᕗᒪᒋᓗᑭᓱᓇᒐᒃᑭᒃ. ᓇᑯᕐᓴᐅᖕᒐ ᓈᓚᐸᓚᐅᕐᑲᒃᑭᒃ ᑕᒪᖕᒋᒃ.

-ᓄᐊᒪᓐ ᐊᑦᑕᖕᒐᓛᖅ

cobra
POWERMADD
HON

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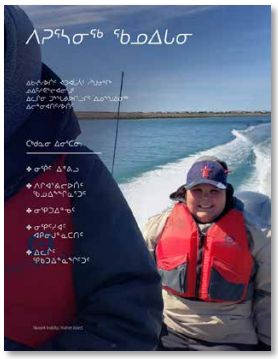

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ᑲᒃᑲᓛᑦ ᐊᖏᔪᖅᑳᖏᑦ
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Centre de collaboration nationale de la santé autochtone

ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

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