ᖃᑕᙳᑎᒌᑦ ᖃᓂᒌᒃᑑᑎᖃᑦᑕᕆᐊᖃᕐᓂᖏᑦ

ᐅᓇ ᐅᖃᓕᒫᒐᕋᓛᖅ ᐱᔾᔪᑎᖃᖅᑐᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᖃᑦᑕᕆᐊᖃᓂᕐᒧᑦ ᖃᑕᙳᑎᒌᑦ ᐃᓅᖃᑎᒌᑦᑎᐊᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᒪᓕᒃᑐᒍ ᐃᓄᙳᐃᓂᒃᑯᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎ

ᑕᒡᕙᓂ ᐅᖃᐅᓯᐅᔪᑦ:

- ᐸᕐᓇᐃᓂᖅ ᖃᑕᙳᑎᒌᖕᓂᕐᒧᑦ
- ᐊᑕᐅᓯᙳᖅᐸᓪᓕᐊᓂᖅ ᐊᒻᒪᓗ ᐊᒃᑐᐊᓂᖃᕐᓂᖅ
- ᓴᙱᓂᕆᔭᐅᔪᑦ ᐃᓅᖃᑎᒌᖕᓂᒃᑯᑦ
- ᐊᖓᔪᖅᑳᖕᒍᖅᓴᓂᖅ ᓄᑕᕋᖅᐱᑦ ᐊᖓᔪᖅᑳᕆᔭᕆᐊᖃᖅᑕᖓᓂᒃ

ᐃᓄᐃᑦ ᐃᖏᒍᑦ ᐊᔾᔨᐅᙱᑦᑐᒃᑯᑦ ᐃᓱᒪᓂᖅᑲᖅᑲᑦᑕᖅᒪᑕ. ᑕᐃᒪᐅᔪᑦ ᐃᓄᐃᑦ ᐱᕈᖅᓴᓚᐅᖅᑐᑦ ᓴᙱᔪᐊᓗᖕᓂᒃ ᖃᑕᙳᑎᑏᖕᓂᒃ ᐊᒻᒪᓗ ᐃᓚᐃᑎᒍᑦ ᐱᕈᖅᓴᖅᓯᒪᔪᒍᑦ ᐃᓕᐊᖅᔫᔪᓗᑕ. ᖃᓂᖅᑲᑦᑕᖅᑐᒍᑦ ᑭᓇᑐᐃᓐᓇᖅᒥᒃ ᐅᕙᑉᑎᓐᓂᒃ ᓈᒻᒪᒃᓴᕋᔭᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐊᒥᖅᑳᖅᑎᖅᑲᖅᑲᑦᑕᕋᔭᖅᑐᓂᒃ. ᖃᓄᖅ ᐃᓄᐃᑦ ᐃᓅᖅᑎᒥᓂᒃ ᒥᐊᓂᖅᓯᖅᑲᑦᑕᓚᐅᖅᓂᖏᑦ ᐊᒻᒪᓗ ᑲᒪᖅᑲᑦᑕᓚᐅᖅᓂᖏᑦ ᑕᐃᒪᐃᑦᑑᔪᒪᓂᖅᒧᑦ ᑐᕋᖕᒐᓂᖅᑲᓚᐅᖅᑐᑦ. ᐃᓄᑑᓗᑕ, ᐱᐊᓂᒍᓐᓇᙱᓐᓇᑉᑕ. ᐃᓄᐃᑦ ᓂᕆᐅᖕᓂᖅᑲᐃᓐᓇᖅᑲᑦᑕᖅᓯᒪᔪᑦ ᐃᑲᔪᖅᑑᑎᖅᑲᑦᑕᕆᐊᖅᑲᖕᓂᑉᑎᓐᓄᑦ. ᐃᓄᐃᑦ ᐱᓕᕆᖅᑎᒌᒋᐊᖅᑲᖕᓂᖏᓐᓄᑦ/ᐊᒥᖅᑳᖅᑎᒌᖅᑲᑦᑕᕆᐊᖅᑲᖕᓂᖏᓐᓄᑦ ᐅᒃᐱᕈᓱᖕᓂᕆᔭᖕᒐ ᓴᐃᒪᓂᖅᒥᒃ ᓴᖅᑭᑎᑦᑎᔪᓐᓇᖅᑐᖅ. ᓴᓇᔭᐅᓯᒪᔪᒍᑦ ᐃᓛᒃᑯᑦ, ᑭᓯᐊᓂ ᐃᓅᓯᒪᔪᒍᑦ ᐃᓕᔭᐅᓯᒪᑉᐧᑐᑕ ᖃᑕᙳᑎᒌᖕᓂᔪᒍᑦ ᐱᔾᔪᑎᖃᖅᑐᒃᑯᑦ. ᒪᒥᓴᖅᐸᑦᓕᐊᔭᕆᐊᖅᑲᖅᑐᒍᑦ ᖃᑕᙳᑎᒌᒃᑐᑕ ᐊᒻᒪᓗ ᐅᑎᖅᑎᓪᓗᒍ ᓴᙱᓂᕆᔭᖅᐳᑦ ᐃᓅᑉᐧᑐᑕ ᐃᓅᖅᑎᒌᖕᓂᒃᑯᑦ. ᐱᒋᐊᖅᑎᑦᑎᒍᐸᑕ ᐊᓯᔾᔨᔪᒪᓂᖅᒥᒃ, ᐊᑑᑎᖃᖅᓂᐊᖅᑐᖅ. ᐅᖃᖅᑎᖅᑎᕆᐊᖅᑲᖅᑐᒍᑦ ᓄᑕᖅᑲᐸᑎᓐᓂᒃ ᐊᒻᒪᓗ ᒪᒃᑯᒃᑐᖅᑯᑎᐸᑎᓐᓂᒃ ᐱᐅᔪᒃᑯᑦ ᐊᒃᑐᖅᓯᓂᖅᑲᕈᓐᓇᖅᑯᐸᓗᑕ.

2021 ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐊᖅᑭᐅᒪᕕᒃᑯᑦ. ᑕᒪᓐᓇ ᑎᑎᕋᖅᓯᒪᔪᖅ ᑮᓇᐅᔭᓕᖅᑐᖅᑕᐅᓯᒪᔪᖅ ᒪᒃᓴᓇ ᐊᒻᒪᓗ ᐅᐊᓕᑊ ᒪᑭᓛᓐ ᐃᓚᒌᑦ ᑲᑐᔾᔨᖅᑎᒌᒃᑯᖕᒋᓐᓄᑦ, ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ, ᐊᒻᒪᓗ ᓴᖅᑭᑎᑕᐅᔪᓐᓇᖅᓯᒪᔪᖅ ᑮᓇᐅᔭᑎᒍᑦ ᖃᐃᑦᑎᓯᒪᑎᓪᓗᒋᑦ ᐃᓄᖕᓄᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᓂᒃᑯᑦ ᑎᒥᖅᑯᑎᒋᔭᐅᔪᒥᒃ ᑲᓇᑕᒥ. ᐃᓱᒪᒋᔭᐅᓯᒪᔪᑦ ᐅᖃᐅᓯᐅᓯᒪᔪᑦ ᑕᒡᕙᓂ ᐃᓄᖕᓄᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᓂᒃᑯᑦ ᑎᒥᖅᑯᑎᒋᔭᐅᔪᒥᙵᓪᓗᐊᖅᑭᑦᑐᑦ.

ᐃᓕᑕᖅᓯᔪᒪᔪᒍᑦ ᐅᓇ ᐅᖃᓕᒫᒐᕋᓛᖅ ᐊᑐᓕᖅᑎᖅᑕᐅᖕᒪᑦ ᐳᕆᑎᑦ ᑲᓚᒻᐱᔭᒥ ᐅᖃᓕᒫᒐᕋᓛᖅᒥ, ᖃᑕᙳᑎᒌᑦ ᖃᓂᒌᒃᑑᑎᖃᑦᑕᕆᐊᖅᑲᖕᓂᖏᑦ, ᐅᖃᓕᒫᒐᕋᓛᖅ ᐱᔾᔪᑎᖃᖅᑐᖅ ᓄᑕᕋᐃᓪᓗ ᐊᑕᐅᓯᙳᖅᐸᓪᓕᐊᖅᑲᑦᑕᓂᔾᔪᓐᓄᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᖅᑯᑦ ᐊᓪᓚᖕᒐᔪᖅᑯᓪᓗ ᐊᖕᒐᔪᖅᑳᓇᔭᐅᔪᓄᑦ ᐳᕆᑎᑦ ᑲᓚᒻᐱᔭᒥ, ᓴᖅᑭᑎᑕᐅᓚᐅᖅᑐᖅ 2013-ᒥ (ᐊᒻᒪᓗ ᐋᖅᑭᒋᐊᖅᑕᐅᐸᓗᓂ 2019-ᒥ) ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᐊᐅᓚᑦᑎᔨᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ. ᕿᒥᕐᕈᔪᓐᓇᖅᑕᐃᑦ BC ᐅᖃᓕᒫᒐᕋᓛᖅ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐅᕙᓂ https://www.nccih.ca/495/Family_Connections_-_British_Columbia.nccih?id=91.

ᐅᓇ ᐅᖃᓕᒫᒐᖅ ᐊᑐᐃᓐᓇᐅᔪᖅ ᓴᖅᑭᑎᑕᐅᔪᓐᓇᖅᓗᓂ ᐅᕙᓂ: nccih.ca.

ᑕᒪᕐᒥᒃ ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ ᓴᖅᑭᑎᑕᐅᓯᒪᔪᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᐊᑭᖅᑳᖕᒋᕐᓗᑎᒃ ᐊᒻᒪᓗ ᓴᖅᑭᑎᑕᐅᒃᑲᓂᕈᓐᓇᖅᑐᑦ ᐃᓗᐃᑦᑐᒃᑯᑦ ᐅᕙᓗᓐᓂᑦ ᐃᓚᐃᓐᓇᖕᒐᒍᑦ ᐃᓕᑕᕆᔭᐅᔾᔪᑎᖃᕐᓗᑎᒃ ᐊᒻᒪᓗ ᓂᐸᓕᕈᑕᐅᓯᒪᓗᑎᒃ. ᑕᒪᕐᒥᒃ ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ ᓴᖅᑭᑎᑕᐅᓯᒪᔪᑦ ᐊᑐᖅᑕᐅᖅᑲᑦᑕᕆᐊᓖᑦ ᑭᓯᒥ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᙱᑦᓗᑎᒃ. ᐃᑲᔪᖅᑕᐅᔪᓐᓇᖅᑯᐸᓗᑕ ᓇᓗᓇᐃᔭᐃᓂᕐᒧᑦ ᖃᓄᖅ ᑕᒪᒃᑯᐊ ᐃᑲᔫᑎᖃᖅᓯᒪᖕᒪᖕᒐᑕ ᓴᖅᑭᑎᑕᐅᓯᒪᔪᑦ, ᑐᓴᖅᑎᑕᐅᖅᑲᑦᑕᕐᓂᐊᖅᐳᒍᑦ ᖃᓄᖅ ᐊᑑᑎᖃᕐᑎᒋᓂᙱᓐᓄᑦ.

ᓂᐸᓕᕈᑕᐅᓯᒪᓂᖕᒐ: ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐊᖅᑭᐅᒪᕕᒃᑯᑦ. (2021). ᖃᑕᙳᑎᒌᑦ ᖃᓂᒌᒃᑑᑎᖃᑦᑕᕆᐊᖅᑲᖕᓂᖏᑦ: ᐅᖃᓕᒫᒐᖅ ᐱᔾᔪᑎᖃᖅᑐᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᔪᒪᓂᕐᒧᑦ ᓴᙱᒃᑎᐸᐸᓪᓕᕈᓐᓇᖅᑯᐸᓗᑎᑦ ᖃᑕᙳᑎᒌᑦ ᒪᓕᒃᓗᒍ ᐃᓄᙳᐃᓂᒃᑯᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᒌᑦ. ᐳᓇᓐᓴ ᔪᐊᔾᔨ, ᐳᓇᑎᓴ ᑲᓚᒻᐱᔭ: ᑲᓇᑕᒥ ᐱᓕᕆᖅᑎᒌᒃᑎᐅᔪᑦ ᓄᓇᖅᑳᖅᑲᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖅᑲᓇᙱᑦᑐᓕᕆᔾᔪᑎᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐊᖅᑭᐅᒪᕕᒃᑯᑦ.

La version française est également disponible au ccnsa.ca sous le titre : *Livret de ressources sur le resserrement des liens au sein des familles, inspiré des enseignements de l'inunnguiniq.*

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖃᓕᒫᒐᕋᓛᖅ ᐱᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᐅᓇ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ:

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Télécharger des publications à ccnsa.ca/524/Recherche_de_publication.nccih

issuu.com/nccah-ccnsa/stacks

ᖃᓄᖅ ᑕᒪᒃᑯᐊ ᐊᑐᒐᒃᓴᑦ ᓴᖅᑭᑎᑕᐅᓚᐅᖅᐸᑦ?

ᑖᒻᓇ ᐊᑐᒐᒃᓴᖅ ᓴᓇᔭᐅᓯᒪᔪᖅ ᐃᑲᔫᑕᐅᖁᑉᐳᒍ ᐊᖓᔪᖅᑳᓄᑦ ᐊᒻᒪᓗ ᖃᑕᖑᑎᑏᖕᓄᑦ ᓇᓂᓯᔪᓐᓇᖁᑉᐳᒋᑦ ᓴᖕᒋᓂᕐᒥᒃ ᐱᓕᕆᐊᒃᓴᒥᒍᑦ ᒪᓕᒃᑐᒋᑦ ᐃᓄᐃᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎᖕᒋᑦᑎᒍᑦ ᐅᖃᐅᓯᐅᓯᒪᔪᒃᑯᑦ ᐃᓄᖑᐃᓂᒃᑯᑦ - ᐱᕙᓪᓕᐊᑎᑦᑎᔪᒪᓂᕐᒧᑦ ᐊᔪᖕᒋᑦᑐᓂᒃ ᐃᓄᖕᓂᒃ. ᓇᓂᓯᔪᒪᒍᕕᑦ ᐊᓯᖕᒋᓐᓂᒃ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᑕᒡᕗᓇ, ᑐᓄᐊᓂ ᒪᒃᐱᒐᖅ ᑕᑯᒋᐊᕐᓗᒍ.

ᐊᒥᓱᑦ ᐃᑲᔪᖅᓯᒪᔪᑦ ᑕᒡᕗᓇ ᐃᓗᓕᖕᒋᑦᑎᒍᑦ ᐊᑐᒐᒃᓴᐅᔫᑉ, ᐱᓗᐊᖅᑐᒥ ᐃᓐᓇᑐᖃᐃᑦ. ᐅᓂᑉᑳᖅᑐᐊᖃᑦᑕᓚᐅᖅᑐᑦ ᐊᒻᒪᓗ ᐅᖃᐅᓯᖃᖃᑦᑕᖅᓗᑎᒃ ᖃᓄᐃᑦᑐᒃᑰᖅᓯᒪᖕᒪᖕᒑᕐᒥᒃ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᕈᑕᐅᖃᑦᑕᖅᓯᒪᔪᓂᒃ ᐊᑐᖅᑕᐅᖃᑦᑕᖅᓯᒪᔪᓂᒃᓗ ᓯᕗᓪᓕᕕᓂᑉᑎᓐᓄᑦ ᑕᒪᒃᑯᐊ ᑐᑭᓯᒋᐊᕈᑎᒃᓴᑦ ᑕᐃᑲᖑᖅᓯᒪᔪᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖕᒋᑦᑎᒍᑦ. ᑲᓇᑕᒥ ᐱᓕᕆᖃᑎᒌᒃᑏᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖃᖃᓇᖕᒋᑦᑐᓕᕆᔨᑎᖕᒋᑦᑎᒍᑦ (nccih.ca) ᐊᒻᒪᓗ ᐊᖅᑭᐅᒪᕝᕕᒃ ᑲᑐᔾᔨᖃᑎᒌᒃᑯᖕᒋᑦ (aqqiumavvik.com) ᖁᔭᓐᓇᒦᑭᒪᔪᑦ ᐅᑯᓂᖓ ᐃᓄᖕᓂᒃ ᐃᑲᔪᖅᓯᒪᓂᖕᒋᓐᓄᑦ ᑕᒡᕗᓇ ᐊᑐᒐᒃᓴᑯᑦ, ᐱᓗᐊᖅᑐᒥ ᐃᓐᓇᑐᖃᐃᑦ ᐃᓅᔪᑦ ᐅᖃᐅᔾᔨᑦᑎᐊᕈᓐᓇᖅᓯᒪᓂᖕᒋᓐᓄᑦ.

ᐃᓐᓇᑐᖃᐃᑦ:

- ᐊᒃᐸᓕᐊᐱᒃ ᖃᓇᑕᖅ
- ᐊᑐᐊᑦ ᐊᑭᖅᓯᖅ
- ᓗᐃ ᐊᖓᓕᒃ
- ᒥᐅᓇᔭᒻ ᐊᒡᔫᒃᑲᖅ
- ᒪᑯᓯ ᑲᓗᐊᖅ
- ᐋᑕ ᐸᓂᐊᖅ
- ᖁᓐᓄᐊᔪᐊᖅ ᐳᑦᓚᑦ
- ᑕᓄᑦ ᐅᓗᐊᑦᓗᐊᖅ

ᐊᖅᑭᐅᒪᕝᕕᒃ ᑲᑐᔾᔨᖃᑎᒌᒃᑯᖕᒋᑦᑕ ᓴᓇᔭᖕᒋᑦ:

- ᔫ ᖃᓇᑕᖅ
- ᐃᒪ ᑯᒍᑭ
- ᓯᐅᑕᓐ ᓂᐱᓴ
- ᑯᑭᒃ ᐋᑲ
- ᓱᕐᓕ ᑕᕐᕋᓕᒃ

NCCIH ᓴᓇᔭᖕᒋᑦ:

- ᒪᒍ ᒍᓇᓐᕗᑦ
- ᑕᓇ ᐊᑦᑭᓐᓴᓐ
- ᕋᐳᑕ ᓯᑕᐅᑦ
- ᓇᔭᓐ ᕼᐊᑦᓯᑦ

ᐃᓕᑕᓇᔪᒪᔭᖅᐳᑦ ᐊᑦᓚᖓᔪᒃᑯᑦ ᐋᓐᓂᐊᖃᖃᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᖕᒋᑦᑕ ᑲᑐᔾᔨᖃᑎᒌᒃᑯᖕᒋᑦ, ᐱᓕᕆᐊᖕᒋᑦ ᑕᒡᕗᓇ ᐱᔫᒥᓴᕈᑕᐅᓚᐅᕐᒪᑕ, ᐊᒻᒪᓗ ᐃᑲᔪᖅᓯᒪᓂᖕᒋᑦ ᖃᐅᔨᒋᐊᖅᑏᑦ ᐋᓐᓂᐊᖃᖃᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᖕᒋᑦ ᖃᐅᔨᒋᐊᖅᑎᒃᑯᑦ ᐱᓕᕆᕝᕕᖓ ᐊᒻᒪᓗ ᐊᑐᕈᓐᓇᖅᓯᒪᔭᖅᐳᑦ ᐃᓄᖑᐃᓂᖅ ᐊᖓᔪᖅᑳᖑᖅᓴᓂᒃᑯᑦ ᐃᑲᔫᑎ ᐃᓕᓐᓂᐊᕈᑎ.

ᐃᓗᓕᖕᒋᑦ

ᐱᒋᐊᕈᑎᖓ 5

ᐸᕐᓇᐃᓂᖅ ᖃᑕᙳᑎᒌᖕᓂᕐᒧᑦ. 7

ᓴᙱᓂᓇᔭᐅᔪᑦ ᐃᓅᖃᑎᒌᖕᓂᒃᑯᑦ 10

ᐊᑕᐅᓯᙳᖅᐸᓪᓕᐊᓂᖅ ᐊᒻᒪᓗ ᐊᒃᑐᐊᓂᖃᕐᓂᖅ. . 12

ᐊᖓᔪᖅᑳᙳᖅᓴᓂᖅ ᓄᑕᕋᖅᐱᑦ
ᐊᖓᔪᖅᑳᓇᔭᓇᐊᖃᖅᑕᖓᓂᒃ 14

ᖃᓄᐃᓕᐅᕈᓐᓇᕐᓃᑦ:

ᐸᕐᓇᐃᓂᖅ ᓯᖓᐃᓕᕐᓂᐊᕐᓂᕐᒧᑦ 18

ᐃᑲᔪᖅᑐᐃᓂᖅ ᓯᖓᐃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ 18

ᓯᕗᓪᓕᖅᐸᑦ ᐊᕐᕕᓂᓪᓕ ᑕᖅᑮᑦ. 19

7-ᓂᒃ 12-ᓄᑦ ᑕᖅᑭᖃᓕᕝᖓᑕ. 20

ᐅᑭᐅᓕᖕᓄᑦ ᐊᑕᐅᓯᕐᒥᒃ ᒪᕐᕉᖕᓂᒡᓗ 21

ᐅᑭᐅᓕᖕᓄᑦ ᒪᕐᕉᖕᓂᒃ ᐱᖓᓱᓂᒡᓗ 22

ᐅᑭᐅᓕᖕᓄᑦ ᐱᖓᓱᓂᒃ ᓯᑕᒪᓄᑦ 24

ᐅᑭᐅᓕᖕᓄᑦ ᓯᑕᒪᓂᒃ ᑕᓪᓕᒪᓄᑦ 25

ᐅᑭᐅᓕᖕᓄᑦ ᑕᓪᓕᒪᓂᒃ ᐊᕐᕕᓂᓕᖕᓄᑦ 25

ᖃᓄᖅ ᐃᓕᑦᑎᒃᑲᓐᓂᕈᓐᓇᕐᒪᖔᖅᐱᑦ 26

ᑕᒪᕐᒥᒃ ᐃᓄᐃᑦ ᐊᒃᑐᖅᑕᐅᓂᓪᓕ ᓄᓇᓕᖕᓄᑦ ᓄᒃᑎᖅᑎᖅᑕᐅᓚᐅᖅᓯᒪᓂᖕᒋᓐᓄᑦ. ᐅᓗᓇᓇᖅᑐᒥᓕᖅᑐᒍᑦ, ᐊᒻᒪᓗ ᐅᕙᐸᑎᓐᓂᒃ ᐅᓗᓇᐊᓇᖅᑐᒥ ᐲᖅᓯᓇᓱᒋᐊᖃᖅᑐᒍᑦ. ᓇᓂᓯᔭᓇᐊᖃᖅᑐᒍᑦ ᖃᓄᖅ ᐊᑐᓕᖅᑎᑦᑎᔪᓐᓇᕐᒪᖔᐸᑕ ᐃᓄᐃᑦ ᐃᓱᒪᒃᑯᑦ ᐱᒻᒪᓇᐅᑎᑕᖕᒋᓐᓂᒃ ᐅᒃᐱᓇᔭᖕᒋᓐᓂᒃ ᓄᑕᕋᐸᑎᓐᓄᑦ. ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖕᒋᑦᑎᒍᑦ ᒪᓕᒐᓇᔭᐅᔪᑦ ᐃᑲᔫᑏᑦ ᐃᓄᙳᐃᓂᒃᑯᑦ, ᑕᒪᒃᑯᓂᙳᖓ ᑐᑭᓯᑎᑦᑎᒋᐊᕈᐸᑕ ᖁᕙᖅᑎᓇᒍᐸᑕᓗ, ᐃᒻᒪᖔᒃ ᐃᓕᖅᑯᓯᓇᓚᐅᖅᑕᐸᑎᓐᓄᑦ ᑎᑭᐸᐸᓪᓕᐊᔪᓐᓇᕋᔭᖅᑐᑦ.

ᐊᑐᐊᑦ ᐊᑭᑦᓯᖅ

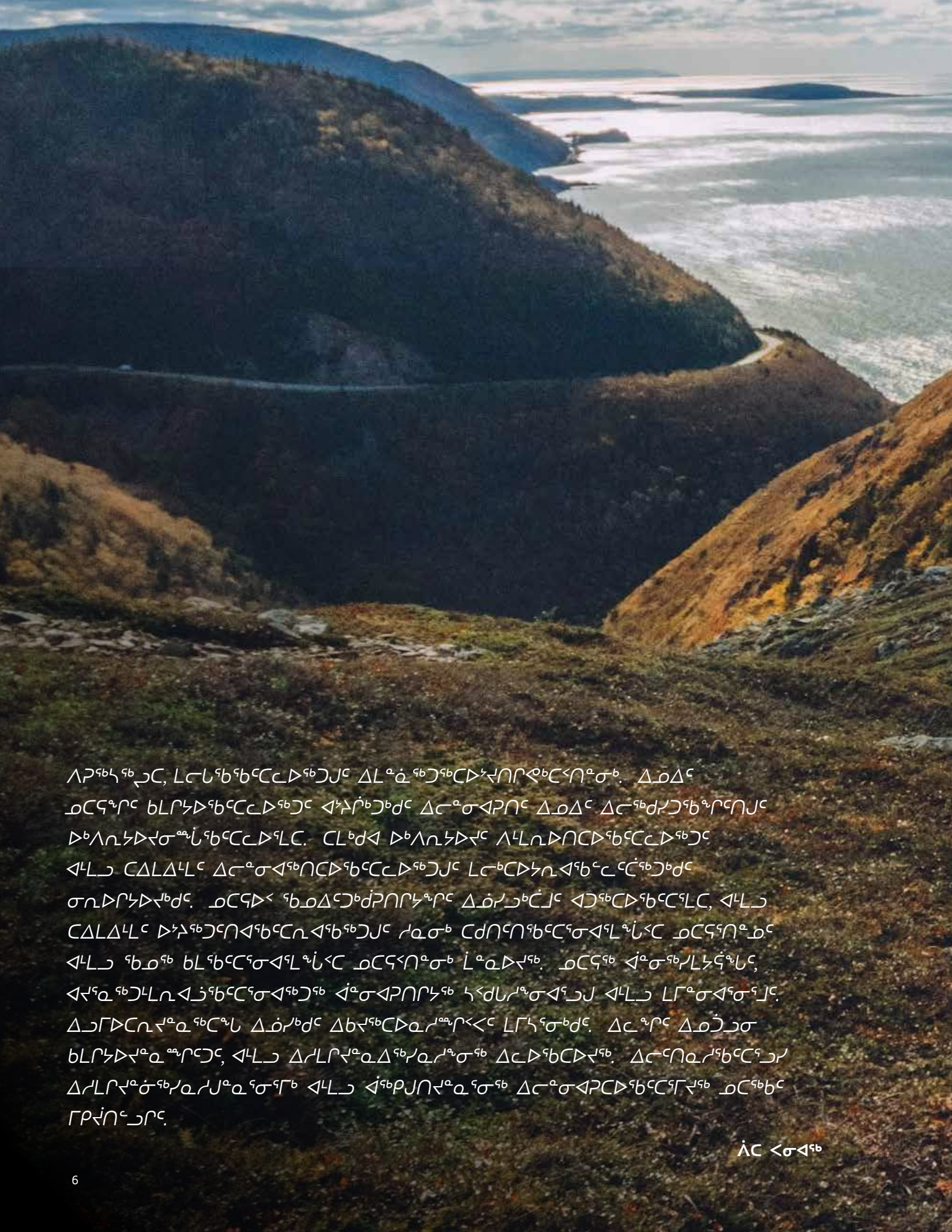
ᐱᒋᐊᕈᑎᖓ

ᐅᓇ ᐊᑐᒐᒃᓴᖅ ᐃᑲᔫᑕᐅᓂᐊᖅᑐᖅ ᐃᓕᖕᓄᑦ ᐃᓕᑦᑎᔪᓐᓇᕐᑯᐸᓗᑎᑦ ᐱᒻᒪᕆᐊᓗᖕᒥᒃ ᐱᓕᕆᐊᒃᓴᕆᔭᕐᓂᒃ ᓴᖅᑭᑎᑦᑎᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᓴᙱᔪᒥᒃ ᐃᓚᒌᖕᓂᕐᒥᒃ ᓯᕗᓂᒃᓴᖃᑦᑎᐊᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᓄᑕᖅᑲᑎᑦ. ᑐᙵᕕᖅᑐᖅ ᐃᓕᖅᑯᓯᑐᖅᑲᑎᒍᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᓗᓕᖅᑲᖅᑐᖅ ᐃᓄᑐᖅᑲᐃᑦ ᓇᐅᒃᑰᖅᓯᒪᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᕈᑕᐅᕙᒃᑐᓂᒃ ᐃᓄᙳᐃᓂᒃᑯᑦ – ᐃᓄᙳᐃᓂᖅ ᐊᔪᙱᑦᑎᐊᖅᑐᒥᒃ. ᐃᖅᑲᐃᔾᔪᑎᒋᓂᐊᖅᑕᐃᑦ ᐃᓕᖅᑯᓯᑐᖅᑲᑎᒍᑦ ᓴᙱᒋᓂᓇᔭᕐᓂᒃ ᓴᙱᒋᓂᓇᔭᐅᔪᓂᒃ ᐃᑲᔪᖅᑑᑕᐅᖕᒋᓐᓇᖅᓯᒪᔪᓂᒃ ᐃᓄᖕᓄᑦ. ᐃᒪᓐᓈᖅᑐᕈᑎᓂᒃ ᖃᓄᖅ ᐅᔾᔨᖅᑐᓇᐊᖃᕐᓂᕐᒧᑦ ᐱᒻᒪᓇᐅᔪᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᒋᔪᓐᓇᖅᑕᕐᓂᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᓇᓱᒃᑎᓪᓗᑎᑦ ᐃᒡᕕᑦ ᓇᖕᒥᓂᖅ ᓄᑕᕋᓈᖕᓂᐅᔪᒥᒃ.

ᑐᑭᓯᐅᒪᐸᓗᓂ ᑕᒪᒃᑯᓂᙵᖓ ᐊᒻᒪᓗ ᐱᕙᓪᓕᐊᑎᑦᑎᐸᓗᓂ ᐊᖕᒐᔪᖅᑳᖕᒐᓂᕐᒧᑦ ᐊᔪᙱᓐᓂᓇᔭᐅᔪᓂᒃ ᐃᑲᔫᑕᐅᓂᐊᖅᑐᖅ ᐃᓕᖕᓄᑦ ᐃᓚᒌᒃᑎᓪᓗᓯ ᐃᓅᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᓯᕗᓂᒃᓴᖓᓄᑦ ᓄᑕᕋᖅᐱᑦ.

ᐅᕙᐸᑎᓐᓄᑦ ᐃᑲᔫᑕᐅᓯᒪᔪᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑕᐅᔭᓇᐊᓖᑦ ᐊᒻᒪᓗ ᖃᓄᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑕᐅᓇᔭᕐᓂᖓ – ᐃᓕᓐᓂᐊᕐᓂᖅ ᐃᓚᒌᖕᓂᒃᑯᑦ ᓴᖅᑭᓯᒪᔪᖅ ᐊᒻᒪᓗ ᐃᓚᒌᑦᑎᐊᕐᓂᕐᒥᙱᖅᓯᒪᔪᖅ.

ᒥᐅᓇᔭᓄ ᐊᐅᐱᓛᕐᔪᒃ



ᐱᕈᖅᓴᖅᑐᑕ, ᒪᓕᒐᖅᑲᖅᑕᑕᓚᐅᖅᑐᒍᑦ ᐃᒪᓐᓈᖅᑐᖅᑕᐅᔾᔪᑎᒋᕙᒃᑕᐸᑎᓐᓂᒃ. ᐃᓄᐃᑦ ᓄᑕᕋᖏᑦ ᑲᒪᒋᔭᐅᖅᑲᖅᑕᑕᓚᐅᖅᑐᑦ ᐊᔾᔨᒌᒃᑐᒃᑯᑦ ᐃᓕᓐᓂᐊᕈᑎᑦ ᐃᓄᐃᑦ ᐃᓕᖅᑯᓯᑐᖅᑲᖏᑦᑎᒍᑦ ᐅᒃᐱᓇᔭᐅᔪᓂᙵᖅᑲᖅᑕᑕᓚᐅᖅᒪᑕ. ᑕᒪᒃᑯᐊ ᐅᒃᐱᓇᔭᐅᔪᑦ ᐱᒻᒪᓇᐅᑎᑕᐅᖅᑲᖅᑕᑕᓚᐅᖅᑐᑦ ᐊᒻᒪᓗ ᑕᐃᒪᐃᒻᒪᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᖅᑲᖅᑕᑕᓚᐅᖅᑐᒍᑦ ᒪᓕᒃᑕᐅᔭᓇᐊᖅᑲᓪᓚᑦᑖᖅᑐᒃᑯᑦ ᓂᓇᐅᒋᔭᐅᔪᒃᑯᑦ. ᓄᑕᕋᐅᑉ ᖃᓄᐃᑦᑐᒃᑰᕈᑎᒋᔭᖏᑦ ᐃᓅᓯᓗᒃᑖᒍᑦ ᐊᑐᖅᑕᐅᖅᑲᖅᑕᕋᒪᑕ, ᐊᒻᒪᓗ ᑕᐃᒪᐃᒻᒪᑦ ᐅᔾᔨᖅᑐᑦᑎᐊᖅᑲᖅᑕᓇᐊᖅᑲᖅᑐᒍᑦ ᓱᓇᓂᒃ ᑕᑯᑎᑦᑎᖅᑲᖅᑕᕋᓂᐊᕋᒪᖕᒐᑉᑕ ᓄᑕᕋᑦᑎᓐᓄᑦ ᐊᒻᒪᓗ ᖃᓄᖅ ᑲᒪᖅᑲᖅᑕᕋᓂᐊᕋᒪᖕᒐᑉᑕ ᓄᑕᕋᑉᑎᓐᓂᒃ ᒫᓐᓇᐅᔪᖅ. ᓄᑕᕋᖅ ᐋᓐᓂᖅᓯᒪᔭᕐᖕᒐᑦ, ᐊᔪᕋᓇᖅᑐᒻᒪᓇᐊᔫᖅᑲᖅᑕᕋᓂᐊᖅᑐᖅ ᐋᓐᓂᐊᕈᑎᒋᔭᖅ ᓴᑉᑯᒐᓱᖕᓂᐊᕐᓗᒍ ᐊᒻᒪᓗ ᒪᒥᓐᓂᐊᕐᓂᕐᒧᑦ. ᐃᓗᒥᐅᑕᓇᔪᓐᓇᖅᑕᖕᒐ ᐃᓅᓯᒃᑯᑦ ᐃᑲᔪᖅᑕᐅᓇᓱᙱᑉᐸᑦ ᒪᒥᓴᕐᓂᒃᑯᑦ. ᐃᓚᖏᑦ ᐃᓄᑑᓗᓂ ᑲᒪᒋᔭᐅᔪᓐᓇᙱᑦᑐᑦ, ᐊᒻᒪᓗ ᐃᓱᒪᒋᔪᓐᓇᐃᖅᓯᓇᓱᖕᓂᖅ ᐃᓚᐅᖅᑲᑕᐅᔪᖅ. ᐃᓕᑦᑎᓇᓱᖅᑲᑕᕐᓗᓯ ᐃᓱᒪᒋᔪᓐᓃᖅᓯᓇᓱᒍᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐋᖅᑭᒍᑎᔪᓐᓇᕐᓂᖅ ᐃᓕᓐᓂᐊᕈᑕᐅᖅᑲᖅᑕᕐᒥᔪᖅ ᓄᑕᖅᑲᑦ ᒥᑭᔫᑎᓪᓗᒋᑦ.

ᐆᑕ ᐸᓂᐊᖅ

ᐸᕐᓇᐃᓂᖅ ᖃᑕᙵᑎᒌᙱᓂᕐᒧᑦ

ᑲᔪᓰᓐᓇᖅᑐᒃᑯᑦ ᐸᕐᓇᐃᓂᖅ ᓯᕗᓂᒃᓴᒧᑦ ᓂᕆᐅᒋᔭᐅᓲᖅ ᐃᓄᖕᓄᑦ. ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᖅ ᓄᑕᕋᑉᑎᓐᓂᒃ ᑐᕌᒐᕆᔪᒪᔭᕐᒥᓄᑦ ᑎᑭᑦᑐᓐᓇᕐᑯᑉᓗᒋᑦ ᐱᒻᒪᕆᐊᓗᒃ ᐃᓚᐅᖃᑕᐅᔪᖅ ᐃᓄᙳᐃᓂᕐᒧᑦ. ᒪᒃᑯᒃᑐᑦ ᐸᕐᓇᒃᑕᐅᖃᑦᑕᓚᐅᖅᑐᑦ ᐊᖓᔪᖅᑳᙳᔫᒥᕐᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐃᓚᒋᖕᓂᖅ ᖃᑕᙵᑎᒌᖕᓂᖅ ᐸᕐᓇᒃᑕᐅᔭᕆᐊᖃᑦᑕᕆᒃᑐᓂ. ᐱᓕᕆᐊᒃᓴᕆᔭᕐᓂᒃ ᑲᒪᔪᓐᓇᕐᓂᖅ ᐃᓚᒋᒃᑐᓂ, ᐊᒻᒪᓗ ᐊᐃᐸᐸᖅᑖᖕᙳᔫᒥᕐᓂᕐᒧᑦ ᐊᖓᔪᖅᑳᖕᙳᔫᒥᕐᓂᕐᒧᑦᓗ, ᐃᓚᒋᔭᐅᖃᑕᐅᔪᖅ ᑕᒪᓐᓇ ᐱᓕᒻᒪᒃᓴᕐᓂᕐᒧᑦ - ᐊᔪᕈᓐᓃᖅᓴᕐᓂᕐᒧᑦ.

ᐃᓚᖕᒋᑦ ᐃᓄᐃᑦ ᐃᓱᒪᑐᐃᓐᓇᕆᐊᓖᑦ
ᐃᓄᐃᑦ ᐸᕐᓇᐃᖃᑦᑕᓚᐅᙱᓐᓂᖕᒋᓐᓄᑦ
ᓯᕗᓂᒃᓴᒧᑦ. ᐃᓛᓐᓂᒃᑯᑦ ᓱᐃᒪᓲᑦ
ᐃᓅᑐᐃᓐᓇᖃᑦᑕᓚᐅᕐᓂᐸᑎᓐᓄᑦ ᐅᐸᓗᑕᒫᒃᑯᑦ
ᐸᕐᓇᐃᓱᒪᙱᕐᓗᑕ. ᐅᐸᓗᒥ ᑕᒫᓃᑦᑐᒍᑦ
ᓯᕗᑦᓕᕕᓂᖅᐳᑦ ᐃᓅᕋᓂᕐᑯᔨᓱᒪᓂᖕᒋᓐᓄᑦ.
ᐃᓅᖃᑦᑕᓚᐅᙱᑦᑐᑦ ᐅᐸᓗᒥᐅᔪᒧᑐᐃᓐᓇᖅ.
ᐃᓄᙳᖅᓴᖅᑕᐅᖃᑦᑕᓚᐅᖅᑐᒍᑦ
ᒫᓐᓇᑲᐅᑎᒋ ᐃᓅᑐᐊᕋᖓᐸᑦ.
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖃᑦᑕᓚᐅᖅᑐᑦ
ᐃᓅᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ
ᖃᓄᐃᓕᐅᕆᐊᖃᕋᔭᕐᒪᖔᐸᑦ
ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᓕᕋᖓᐸᑦ.

Lᑯᓱ ᑲᓗᐊᖅ

ᓯᕗᓕᖅᑏᑦ ᐱᒻᒪᕆᐊᓗᐃᑦ ᐃᒪᓐᓈᖅᑐᐃᔪᓐᓇᖅᑐᑦ
ᖃᓄᐃᑦᑐᒃᑰᓕᕋᖓᐸᑦ. ᓯᕗᒻᒧᐊᑦᑎᐊᕈᓐᓇᕐᑯᑉᓗᒋ ᐅᐸᓗᒥ
ᓯᕗᓕᖅᑎᑦᑎᐊᕙᖃᕆᐊᖃᖅᑐᒍᑦ ᓴᖅᑭᑎᑦᑎᓇᓱᖃᑦᑕᖅᑐᓂᒃ
ᓴᐃᒪᓂᕐᒥᒃ ᐃᓚᒋᒃᑐᒃᑯᑦ ᐊᒻᒪᓗ ᓄᓇᖅᑲᑎᒋᒃᑐᒃᑯᑦ.
ᐃᓕᑦᑎᖃᑦᑕᖅᑐᒍᑦ ᓈᓚᒃᓗᑕ ᐃᓐᓇᑐᖃᕐᓂᒃ ᐅᖃᖃᑎᒋᒃᑐᓂᒃ.
ᑕᒪᓐᓇ ᐃᓚᐅᖃᑕᐅᔪᖅ ᒪᒥᓴᕐᓂᕐᒧᑦ ᐃᓕᑦᑎᕙᒃᑕᑉᑕ ᐊᒻᒪᓗ
ᐅᔾᔨᕈᓱᖕᓂᖅᓴᐅᓕᕈᓐᓇᕋᑉᑕ ᑕᒻᒪᖅᓯᒪᓂᑉᑎᓐᓄᑦ ᐊᒻᒪᓗ ᖃᓄᖅ
ᐋᖅᑭᒋᐊᕋᔭᕐᓂᖕᒋᓐᓄᑦ.

ᐅᑉᓗᒥ, ᑕᐃᒪᓐᓇ ᐃᓅᓱᖃᓗᐊᕈᓐᓃᖅᑐᒍᑦ. ᐃᓚᒃᑲ
ᑲᑎᑎᖃᑦᑕᖅᑕᒃᑲ ᖃᑯᑎᒃᑯᑦ ᐊᒻᒪᓗ ᒪᒥᐊᕝᕕᒋᑉᓗᒋᑦ
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓱᒪᙱᓐᓂᕐᒧᑦ ᑕᐃᑉᓱᒪᓂᑐᖃᖅ
ᖃᓄᐃᓕᐅᕈᑕᐅᕙᓚᐅᖅᑐᓂᒃ. ᓱᓕᔪᒃᑯᑦ
ᐃᓅᖃᑎᖃᖅᓂᖅ ᐃᓚᒋᔭᕐᒥᒃ ᐊᒻᒪᓗ ᒪᑐᐃᖓᔪᒃᑯᑦ
ᐅᖃᖃᑎᖃᖅᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ. ᑐᕌᒐᕆᔭᐅᔪᖅ
ᓴᐃᒪᑎᑦᑎᔪᒪᓂᖅ. ᐃᓗᐊᖏᓕᐅᕈᑎᖃᖅᑎᓪᓗᑕ
ᒫᓐᓇᑲᐅᑎᒋ ᑲᒪᒋᖃᑦᑕᕆᐊᖃᖅᑕᖅᐳᑦ.
ᓱᓇᐅᖓᓕᑦ ᖃᐅᔨᓇᓱᖃᑦᑕᕆᐊᖃᖅᑕᖅᐳᑦ
ᐊᒻᒪᓗ ᐅᔾᔨᖅᑐᖃᑦᑕᕐᓗᑕ ᐃᓚᐸᑎᓐᓂᒃ
ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᑐᖃᕋᖓᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐃᓚᒋᒃᑐᑦ ᓴᐃᒪᔪᓐᓃᕋᖓᐸᑦ. ᒪᓕᖃᑦᑕᕐᓗᒋᑦ
ᒪᓕᒃᑕᐅᔭᕆᐊᓖᑦ, ᓱᕐᓗ ᐱᑕᕈᕕᑦ ᓱᓇᒥᒃ
ᐃᓚᖕᓄᑦ ᑐᓂᓱᖃᑦᑕᕐᓗᑎᑦ, ᑕᒪᓐᓇ ᐱᒻᒪᕆᐊᓗᒃ.
ᐱᒻᒪᕆᐊᓗᒃ ᒪᒥᓴᕐᓂᕐᒧᑦ ᓈᓚᖃᑦᑕᕆᐊᖃᕐᓂᖅ
ᑕᒪᒃᑯᓂᙱᖓ ᐃᓅᑦᑎᐊᕈᑎᒃᓴᓂᒃ. ᒪᒥᓴᕐᓂᖅ
ᐊᖏᕐᕋᕆᔭᕐᒥᒃ ᐱᒋᐊᖃᑦᑕᕆᐊᓖᒃ. ᒪᒃᑯᒃᑐᑦ
ᐃᓕᑦᑎᔪᒪᔪᐊᓘᖃᑦᑕᖅᑐᑦ, ᑕᐃᒪᐃᒻᒪᑦ ᐱᒻᒪᕆᐊᓗᒃ
ᐊᖓᔪᖅᑳᑦ ᐅᖃᖃᑎᖃᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ
ᒪᑐᐃᖓᑦᑎᐊᕈᓐᓇᕐᑯᑉᓗᒋᑦ ᐊᒻᒪᓗ
ᐅᒃᐱᕈᓰᑎᓂᖃᕈᓐᓇᕐᑯᑉᓗᒋᑦ ᐱᒋᐊᕈᑎᒃᑯᑦ.
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᓐᓇᖅᑐᓯ ᐃᓅᑦᑎᐊᕐᓂᒃᑯᑦ
ᓂᕆᐅᒋᔭᐅᔪᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖃᑦᑕᕐᓗᓯ
ᐊᖑᓇᓱᖕᓂᒃᑯᑦ ᐊᓯᖏᑦᑎᒍᑦᓗ. ᐃᓕᖅᑯᓯᑐᖃᑎᒍᑦ
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᒃᑯᑦ, ᐅᒃᐱᕆᔭᐅᔪᑦ
ᐱᒻᒪᕆᐅᑎᑕᐅᔪᑦᓗ ᓴᖅᑭᓱᑦ.

ᑖᒥ ᐃᑦᑐᒃᓴᒪᔫᖅ

ᐃᓄᙳᐃᓂᒃᑯᑦ ᐃᓱᒪᒋᔭᐅᖃᑦᑕᖅᓯᒪᔪᑦ

ᐃᒃᐱᒍᓱᑦᑎᐊᕆᐊᖃᕐᓂᖅ ᐱᓕᕆᐊᒃᓴᖃᕐᓂᕐᓗ

- ᐊᐃᑉᐸᓇᒃᑑᒃ ᐃᒃᐱᒍᓱᖃᑎᒌᑦᑎᐊᖅᑎᓪᓗᒋᒃ ᐅᒃᐱᕈᓲᑎᖃᑦᑕᖅᑎᓪᓗᒋᓪᓗ ᐱᒻᒪᕆᐊᓘᒃ.
- ᐅᒃᐱᕆᔭᐅᔪᓐᓇᕐᓂᖅ ᐱᕙᓪᓕᐊᓂᖃᓲᖅ ᑕᑯᑎᑦᑎᖃᑦᑕᕋᖓᕕᑦ ᓱᓕᔪᒃᑯᑦ ᐱᓕᕆᓂᐊᕐᓂᕐᒧᑦ, ᓱᓕᔪᒃᑯᓪᓗ ᐅᖃᖃᑦᑕᕋᖓᕕᑦ, ᐊᒻᒪᓗ ᐃᖏᓂᒃ ᐱᓕᕆᖃᑦᑕᕋᖓᕕᑦ ᐱᓕᕆᔾᔪᔾᔭᖃᑦᑕᕋᖓᕕᓪᓗ ᐃᓅᖃᑎᖕᓂᒃ.
- ᖃᑕᙳᑎᑏᖕᓂᖅ ᑐᙳᕕᒋᔭᐅᔪᖅ ᑕᒪᐃᓐᓄᑦ ᐃᓅᖃᑎᑏᒃᑐᓄᑦ.
- ᐱᕙᓪᓕᐊᑎᑦᑎᓂᖅ ᓴᙵᕆᔪᒥᒃ ᐃᓚᒌᖕᓂᕐᒥᒃ ᐱᒋᐊᓲᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᒃᑯᑦ ᓇᒡᓕᖕᓂᒃᑯᑦ ᐃᑲᔪᖅᑑᑎᓂᒃᑯᑦ ᐊᐃᑉᐸᐃᓪᓗ.

ᒪᑐᐃᖓᔪᒃᑯᑦ ᐅᖃᖃᑎᒌᖃᑦᑕᕐᓂᖅ

- ᐃᑲᔪᖃᑦᑕᕐᓂᖅ ᓇᒡᓕᒍᓱᖃᑦᑕᕐᓂᕐᓗ ᐃᓅᖃᑎᒋᔭᕐᒥᒃ ᑐᑭᓱᐅᒪᔭᐅᔭᕆᐊᖃᕐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᑐᑭᓱᐅᒪᓇᓱᖃᑦᑕᕆᐊᖃᖅᑐᑎᑦ ᐃᓅᖃᑎᖕᓂᒃ – ᑐᓵᕐᑎᐊᖃᑦᑕᕐᓗᑎᑦ ᒪᑐᐃᖓᔪᒃᑯᑦ ᐆᒻᒪᑎᒃᑯᑦ.
- ᐅᖃᐅᓯᖃᖃᑦᑕᕐᓗᓯ ᐃᓗᐊᖏᓕᐅᕈᑎᒋᔭᐸᓯᓐᓂᒃ ᐊᒻᒪᓗ ᐃᒃᐱᒋᔭᐸᓯᓐᓂᒃ ᓴᖅᑭᐸᐸᓪᓕᐊᑎᓪᓗᒋᑦ ᐱᒻᒪᕆᐊᓗᐃᑦ, ᐅᖃᖃᑎᖃᓪᓚᑦᑖᕐᓂᖅ ᐃᓅᖃᑎᒋᔭᕐᓂᒃ ᑕᐃᒪᓐᓇ ᓂᕆᐅᒋᔭᐅᓲᖅ ᑲᒪᓂᐊᕐᓗᓂ ᐃᓗᐊᖏᓕᐅᕈᑎᒋᔭᕐᒥᒃ.
- ᓂᙳᐅᒫᓗᖃᑦᑕᕐᑯᔭᐅᓚᐅᙱᑦᑐᑦ ᐊᒻᒪᓗ ᓄᑕᖃᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᖃᑦᑕᓚᐅᖅᑐᑦ ᓂᙳᒃᑕᐃᓕᓂᒃᑯᑦ ᒥᑭᓲᑎᓪᓗᒋᑦ. ᐅᐸᓗᒥ, ᐅᖃᖃᑎᒌᖃᑦᑕᕆᐊᖃᓕᖅᑐᒍᑦ ᓂᙳᐅᒪᑦᑕᐃᓕᓇᓱᒃᓗᑕ ᐊᑑᑎᖃᖅᑐᒃᑯᑦ ᐱᐅᓂᖅᓴᒧᑦ ᑎᑭᑦᑐᓐᓇᕐᑯᐸᓗᑕ.
- ᒪᑐᐃᖓᔪᒃᑯᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᕐᓂᒃᑯᓪᓗ ᐅᖃᖃᑎᒌᖃᑦᑕᕐᓂᖅ ᑐᙳᕕᖃᖅᑎᑦᑎᓲᖅ ᐃᓅᖃᑎᒌᑦᑎᐊᕐᓂᕐᒧᑦ.

ᐱᔾᑦᓯᕐᓂᖅ ᐊᒻᒪᓗ ᑲᒪᖃᑦᑕᕐᓂᖅ ᐃᓅᖃᑎᒋᔭᕐᒥᒃ

- ᒪᑐᐃᖓᑦᑎᐊᕐᓂᖅ ᐊᒻᒪᓗ ᑕᑯᑎᑦᑏᓇᖃᑦᑕᕐᓂᖅ ᓇᒡᓕᒍᓱᖕᓂᕐᒥᒃ, ᒥᐊᓂᖅᓯᔪᒪᓂᕐᒥᒃ ᐊᒻᒪᓗ ᑲᒪᑦᑎᐊᕐᓂᕐᒥᒃ ᐱᔾᑦᓯᕐᓂᐅᔪᖅ.
- ᐱᔾᑦᓯᕐᓂᖅ ᐃᑲᔪᕈᒪᓂᐅᔪᖅ ᖃᓄᐃᙱᑦᑯᑉᐸᓗᒋᑦ ᐃᓅᖃᑎᒋᔭᑦ, ᐱᓗᐊᖅᑐᒥ ᓴᖅᑭᑎᑦᑎᓂᒃᑯᑦ ᐱᔭᐅᔭᕆᐊᓕᖕᓂᒃ ᐊᐃᑉᐸᕆᔭᕐᒧᑦ/ᖃᑕᙳᑎᒋᔭᕐᒧᑦ.
- ᐆᒃᑐᕋᖃᑦᑕᕐᓂᖅ ᐱᔾᑦᓯᕋᕐᓂᕐᒥᒃ ᑐᑭᖃᖅᑐᖅ ᐃᓱᒪᓂᖅᓴᐅᖃᑦᑕᕐᓂᕐᒧᑦ ᐱᔭᐅᔪᒪᔪᓂᒃ ᐃᓅᖃᑎᒧᑦ ᐱᔪᒪᔭᑎᑦ ᖁᔭᓈᖕᒫᖅᓗᒋᑦ.
- ᑲᒪᓂᖅ ᐃᓅᖃᑎᒋᔭᕐᒥᒃ ᑕᐃᒪᐃᓲᑦ ᐃᓄᐃᑦ.

ᐃᓅᖃᑎᒌᑦᓯᐊᕐᓂᖅ ᐊᒻᒪᓗ ᓴᖅᑭᑎᑦᑎᓂᖅ ᑐᙳᓇᖅᑐᒥ ᐊᖏᕐᕋᕐᒥ

- ᐃᓚᐅᖃᑕᐅᔪᓗᒃᑖᕋᓗᔪᒍᑦ ᐃᓅᖃᑎᒌᒃᑐᓂᒃ ᐊᒻᒪᓗ ᐃᑲᔪᖃᑦᑕᕆᐊᖃᖅᑐᒍᑦ ᖃᓄᐃᙱᑦᑐᓐᓇᕐᑯᐸᓗᑕ.
- ᓄᑕᖅᑲᑦ ᐱᕈᖅᓴᖅᑕᐅᓯᒪᔭᕆᐊᓖᑦ ᐊᑦᑕᓇᖅᑐᖃᖅᑎᑦᑐᒥᒃ ᑐᙳᓇᖅᑐᒥᓗ.
- ᖃᑕᙳᑎᒌᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᒋᕙᒃᑕᖅᐳᑦ ᐱᒻᒪᕆᐊᓗᐃᑦ ᐃᑲᔪᖅᑎᒋᕙᒃᑕᖅᐳᑦ ᐃᓅᓱᕐᒥ ᐊᒻᒪᓗ ᓄᑕᖅᑲᐸᑎᓐᓄᑦ. ᑐᙳᓱᒃᑎᑕᐅᖃᑦᑕᕆᐊᓖᑦ.
- ᓄᑕᖅᑲᑦ ᐱᕈᖅᓴᖅᑕᐅᔪᑦ ᓇᒡᓕᖕᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐅᒃᐱᕆᔭᐅᓂᒃᑯᑦ ᓵᓚᖃᕈᓐᓇᖃᑦᑕᕐᓂᐊᖅᑐᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᑎᓪᓗᒋᑦ, ᐊᒻᒪᓗ ᑕᑯᑎᑦᑎᔪᓐᓇᖃᑦᑕᕐᓂᐊᖅᑐᑦ ᓇᒡᓕᖕᓂᕐᒥᒃ ᓈᒻᒪᒃᑐᒃᑯᑦ.
- ᑲᒪᔪᓐᓇᕐᓂᖅ ᐃᒃᐱᖕᓂᐸᑎᓐᓂᒃ ᐊᒻᒪᓗ ᓴᖅᑭᔪᓂᒃ ᐃᒃᐱᖕᓂᐅᔪᓂᒃ ᒪᒥᓴᕐᓂᒃᑯᑦ ᑲᒪᒋᔭᐅᔭᕆᐊᖃᕋᔪᒃᑐᑦ. ᐊᒥᓲᓂᖅᓴᐅᔪᒍᑦ ᒪᒥᓴᕆᐊᖃᖃᑦᑕᖅᑐᒍᑦ ᓇᐅᒃᑯᑦ ᐃᓅᓯᒃᑯᑦ.

ᓄᑕᖃᑦ ᐊᖏᕐᕋᒥᓂᒃ
ᑐᙳᓱᒃᑎᑕᐅᖃᑦᑕᕆᐊᓖᑦ,
ᓂᕆᑎᑕᐅᖃᑦᑕᕆᐊᓖᑦ
ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᑎᒥᒧᑦ ᐱᐅᔪᓂᒃ,
ᐃᒪᕐᒥᒃ ᐃᒥᖅᑎᑕᐅᖃᑦᑕᕐᓗᑎᒃ.
ᖃᐅᔨᓴᖅᑕᐅᑦᑎᐊᖃᑦᑕᕐᓗᑎᒃ
ᐊᑦᑕᓇᖅᑐᒦᖃᑦᑕᕐᑯᓇᒋᑦ ᐃᖏᓂᒃ
ᐱᓕᕆᓇᓱᒃᓗᑎᒃ ᐃᓗᐃᑦᑐᒃᑯᑦ
ᐊᔪᕈᓐᓃᖅᓯᒪᖕᒋᒻᒪᑕ.

ᐃᓚᖏᓐᓂᒃ ᐅᖃᐅᔾᔪᓯᐊᕆᓯᒪᔭᒃᑲᓂᒃ ᐳᐃᒍᖅᓯᒪᔪᖕᒐ ᑭᓯᐊᓂ ᐃᓚᖏᓐᓂᒃ ᐃᖅᑲᐅᒪᕐᑎᐊᖅᑐᖕᒐ. ᐱᔾᔪᑎᖃᖅᑐᑦ ᐃᓚᒋᖕᓂᕐᒧᑦ. ᐅᖃᐅᑎᔭᐅᓯᒪᒐᒪ ᐱᒻᒪᕆᐅᓂᖅᐸᖕᒍᔪᕈᖅ ᖃᑕᖕᒍᑎᒋᖕᓂᕐᒧᑦ ᐅᖃᖃᑎᒋᖃᑦᑕᕆᐊᖃᕐᓂᖅ, ᐃᓄᒍᖅ ᐃᒃᐱᒋᔭᒥᓂᒃ ᐅᖃᖃᑦᑕᕆᐊᓕᒃ ᑐᑭᓯᐅᒪᔭᐅᔪᓐᓇᕐᑯᐸᓗᒍ, ᑐᑭᓯᓂᕐᓗᒃᑕᐅᓗᓂ ᓈᒻᒪᖕᒋᑦᑐᓂᒃ ᓴᖅᑭᑦᑐᖃᕈᓐᓇᕐᒪᑦ ᓴᖅᑭᓐᓇᔭᖕᒋᑦᑐᓂᒃ ᑐᑭᓯᐅᒪᔭᐅᓗᓂ. ᐃᓄᒃ ᐅᖃᖃᑎᖃᖕᒋᑉᐸᑦ, ᐊᒻᒪᓗ ᑐᑭᓯᓂᕐᓗᒃᑕᐅᒃᐸᑦ, ᐱᕈᖅᐸᓪᓕᐊᑐᐃᓐᓇᕋᔭᖅᑐᖅ ᐱᕈᖅᐸᓪᓕᐊᓗᓂ ᐊᕕᒃᑐᕐᓗᑎᒡᓗ. ᐅᖃᖃᑎᒋᑦᑎᐊᖃᑦᑕᖅᓱᓂ, ᐋᖅᑭᒍᑎᔪᓐᓇᖃᑦᑕᖅᑐᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᒋᑦᑎᐊᕐᓂᖅᓴᐅᓗᑎᒃ. ᐃᓄᐃᑦ ᐅᖃᖃᑎᒋᒍᓐᓇᐃᓪᓕᖕᒪᑕ ᑕᒪᓐᓇ ᓈᒻᒪᖕᒋᑦᑐᖅ. ᐃᓱᒪᒋᔭᐅᔭᕆᐊᓕᒃ ᐅᖃᖃᑎᒋᖃᑦᑕᖅᓱᓂ ᓈᒻᒪᖕᒋᑦᑐᓂᒃ ᓴᖅᑭᑎᑦᑎᓂᐅᖕᒋᒻᒪᑦ. ᐃᑲᔫᑕᐅᓲᖅ ᐃᓄᐃᑦ ᓂᐸᓕᐅᑎᖃᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᓇᓗᓇᐃᖅᓯᓗᑎᒃ ᖃᓄᐃᒻᒪᖕᒑᕐᒥᒃ. ᑕᒪᓐᓇ ᑕᒡᕙ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑕᐅᔭᕆᐊᓕᒃ ᓄᑕᕋᐸᑎᓐᓄᑦ ᐅᐸᓗᒥ. ᖃᐅᔨᒪᔭᐸᑎᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔭᕆᐊᖃᖅᑐᒍᑦ ᓄᑕᖅᑲᐸᑎᓐᓄᑦ.

ᑕᓄᑦ ᓱᓗᒃ

ᓴᙵᒋᓂᕆᔭᐅᔪᑦ ᐃᓅᖅᑲᑎᖅᑲᖅᓂᒃᑯᑦ

ᐃᓄᐃᑦ ᐃᓐᓇᑐᖅᑲᖏᑦ ᐅᖅᑲᖅᑕᖅᑐᑦ ᐃᓅᓯᖅ ᐱᔾᔪᑎᖅᑲᖕᒪᑦ ᓴᙵᒋᔫᑯᑦ ᐃᓅᖅᑎᖅᑲᖅᑕᕆᐊᖅᑲᖅᓂᖕᒧᑦ ᐊᒻᒪᓗ ᐃᓅᖅᑎᒋᔭᑦ ᐃᒃᐱᒋᑦᑎᐊᖅᑲᑦᑕᖕᓗᒋᑦ. ᐃᓅᖅᑲᑎᒌᖕᓂᖅ ᐱᒋᐊᓲᖅ ᐃᓚᒌᒃᑐᓂᒃ. ᓴᙵᒋᔪᑦ ᐃᓚᒌᑦ ᖃᑕᙳᑎᒌᑦ ᓴᙵᒋᔫᑯᑦ ᐊᖓᔪᖅᑲᖏᑦ ᐃᓅᖅᑎᒌᖅᑲᑦᑕᕆᐊᓖᑦ. ᖃᓄᖅ ᐃᓅᖅᑎᖅᑲᖅᑕᖅᓂᖅᐳᑦ ᐊᐃᑉᐸᑉᑎᓐᓂᒃ ᐊᖏᕐᕋᑉᑎᓐᓂᙵᓲᑦ ᐃᓚᒌᖕᓂᒃᑯᑦ ᖃᓄᖅ ᐊᑐᐃᓐᓇᕈᖅᑎᑦᑎᔪᓐᓇᖅᓂᑉᑎᓐᓄᑦ ᓄᑕᕋᑉᑎᓐᓄᑦ.

ᐊᑐᓂ ᓄᑕᕋᑦ ᑐᓂᕈᓯᐊᕆᔭᖅᐳᑦ ᓇᒡᓕᕆᔭᐅᔭᕆᐊᓖᑦ ᖃᓄᐃᑦᑐᒃᑰᕋᓗᐊᕋᖕᒐᑕ. ᐃᓄᐃᑦ ᐅᔾᔨᖅᑐᖅᑕᑕᓚᐅᖅᑐᑦ ᓄᑕᖅᑲᑦ ᐊᑐᓂ ᐃᑲᔪᖅᑐᖅᑕᐅᖅᑕᑕᕆᐊᖅᑲᖅᓂᖕᒋᓐᓄᑦ ᐃᓅᖅᑎᒌᒃᑐᒃᑯᑦ ᓯᕗᒻᒧᐊᑦᑎᐊᕈᓐᓇᖅᑯᑉᓗᒋᑦ. ᓄᑕᕋᖅ ᓇᓗᓇᐃᔭᐃᕝᕕᐅᖅᑕᑕᓚᐅᖅᑐᖅ ᑭᒃᑯᓐᓂᒃ ᐃᑲᔪᖅᑎᖅᑭᓐᓇᕐᒪᖔᑦ ᒫᓐᓇᑲᐅᑎᒋ ᐃᓅᓵᖅᑎᓪᓗᒍᓘᓐᓃᑦ. ᑕᒪᓐᓇ ᐃᓚᐅᖅᑕᐅᑎᑦᑎᔪᖅ ᐃᓅᖅᑎᖅᑲᖅᑕᕆᐊᖅᑲᖅᓂᖕᒋᓐᓄᑦ ᐊᕝᕙᖕᒋᓐᓂᒃ, ᐃᓚᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᖃᑕᙳᑎᒌᑦ ᓴᙵᒋᔫᑯᑦ ᐊᖏᕐᕋᑉᑎᓐᓂᙵᓲᑦ ᐃᓚᒌᖕᓂᒃᑯᑦ ᖃᓄᖅ ᐊᑐᐃᓐᓇᕈᖅᑎᑦᑎᔪᓐᓇᖅᓂᑉᑎᓐᓄᑦ ᓄᑕᕋᑉᑎᓐᓄᑦ.

ᐊᑐᓂ ᓄᑕᕋᑦ ᑐᓂᕈᓯᐊᕆᔭᖅᐳᑦ ᓇᒡᓕᕆᔭᐅᔭᕆᐊᓖᑦ ᖃᓄᐃᑦᑐᒃᑰᕋᓗᐊᕋᖕᒐᑕ. ᐃᓄᐃᑦ ᐅᔾᔨᖅᑐᖅᑕᑕᓚᐅᖅᑐᑦ ᓄᑕᖅᑲᑦ ᐊᑐᓂ ᐃᑲᔪᖅᑐᖅᑕᐅᖅᑕᑕᕆᐊᖅᑲᖅᓂᖕᒋᓐᓄᑦ ᐃᓅᖅᑎᒌᒃᑐᒃᑯᑦ ᓯᕗᒻᒧᐊᑦᑎᐊᕈᓐᓇᖅᑯᑉᓗᒋᑦ. ᓄᑕᕋᖅ ᓇᓗᓇᐃᔭᐃᕝᕕᐅᖅᑕᑕᓚᐅᖅᑐᖅ ᑭᒃᑯᓐᓂᒃ ᐃᑲᔪᖅᑎᖅᑭᓐᓇᕐᒪᖔᑦ ᒫᓐᓇᑲᐅᑎᒋ ᐃᓅᓵᖅᑎᓪᓗᒍᓘᓐᓃᑦ. ᑕᒪᓐᓇ ᐃᓚᐅᖅᑕᐅᑎᑦᑎᔪᖅ ᐃᓅᖅᑎᖅᑲᖅᑕᕆᐊᖅᑲᖅᓂᖕᒋᓐᓄᑦ ᐊᕝᕙᖕᒋᓐᓂᒃ, ᐃᓚᖕᒋᓐᓂᒃ

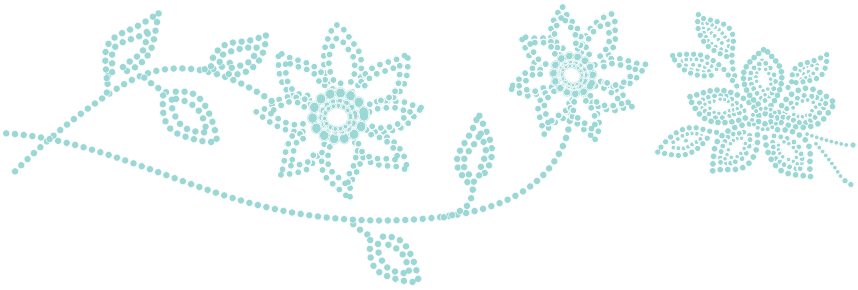
ᐊᒻᒪᓗ ᖃᑕᙳᑎᖕᒋᓐᓂᒃ, ᐱᕐᕋᐃᓴᑦ ᐃᓅᖅᑎᒌᑦ, ᐊᒻᒪᓗ ᐊᓯᖕᒋᑦ ᐊᔾᔨᖅᑎᒌᒍᑕᐅᓯᒪᔪᑦ ᐃᓅᖅᑎᒌᖕᓂᒃᑯᑦ ᐱᔾᔪᑎᓖᑦ ᐊᖑᓇᓱᖕᓂᒃᑯᑦ/ᑐᓂᐅᖅᑲᐃᖅᑕᑦᑕᖕᓂᒃᑯᑦ ᐃᓅᖅᑎᒋᔭᕐᒧᑦ. ᑕᒪᒃᑯᐊ ᐃᓅᖅᑎᒌᒍᑎᑦ ᐃᒃᐱᒋᔭᐅᑦᑎᐊᖅᑲᑦᑕᓚᐅᖅᑐᑦ ᐊᒻᒪᓗ ᐱᓕᕆᐊᒃᓴᕆᔭᐅᖅᑲᑦᑕᓚᐅᖅᑐᑦ. ᓄᑕᕋᖅ ᐱᕈᖅᓴᖅᑐᖅ ᑐᑭᓯᐅᒪᓇᓂ ᐃᓅᖅᑎᒌᖕᓂᕐᒥᒃ ᐊᑦᑎᖅᑕᐅᓯᒪᓂᒃᑯᑦ, ᖃᑕᙳᑎᖅᑲᖅᓂᒃᑯᑦ, ᐊᒻᒪᓗ ᐃᓚᒃᑲᓐᓂᐅᔪᑦ ᑕᐃᒪᐅᓂᖕᒋᓐᓄᑦ ᐊᒃᓯᕈᖅᓇᖅᑐᒃᑰᖅᑲᑦᑕᕋᔭᖅᑐᒃᓴᐅᔪᖅ.

ᑕᒪᕐᒥᒃ ᓄᑕᖅᑲᑦ ᐃᒪᓐᓇᐃᑦᑕᕆᐊᓖᑦ:

- ᓴᐃᒻᒪᖅᑎᑕᐅᓯᒪᓗᓂ ᐃᓅᓵᖅᑎᓪᓗᒍ ᐃᓅᖅᑎᒥᓄᑦ ᐊᒻᒪᓗ ᑐᕈᓯᐅᒪᓗᓂ ᑕᒪᒃᑯᐊ ᐱᒻᒪᕆᐊᓘᖕᒪᑕ.
- ᖃᐅᔨᒪᓗᑎᒃ ᐊᑎᕐᒥᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᐊᒃᑐᐊᓂᖅᑲᕐᒪᖕᒐᑕ ᐊᑎᕐᒥᒍᑦ.
- ᑐᖅᑯᕋᖅᑲᑦᑕᕐᓗᓂ ᐃᓚᒥᓂᒃ.
- ᐃᓐᓇᑐᖅᑲᕐᒥᒃ ᐃᓚᒥᓂᒃᓘᓐᓃᑦ (ᐊᑦᓴᖕᒥᓂᒃ/ᐊᕐᓇᕐᕕᖕᒥᓂᒃ/ᐊᒃᑲᖕᒥᓂᒃ/ᐊᖕᒐᖕᒥᓂᒃ) ᐃᓅᖅᑎᖅᑲᖅᑕᑦᑕᕐᓗᓂ.

ᐊᖑᑎ ᓂᐊᖅᑯᓇᔭᐅᔭᕆᐊᖅᑲᖅᑕᑕᓚᐅᙱᑦᑐᖅ ᐃᓚᒥᓄᑦ. ᑕᐃᑉᓱᒪᓂ, ᐅᐃᒋᔭᐅᔪᖅ ᐊᙵᑎᖅᑲᖅᑕᑕᓚᐅᖅᑐᖅ ᓄᓕᐊᒥᓂᒃ (ᐊᔾᔨᖅᑎᒌᖕᓂᒃᑯᑦ). ᐊᖑᑎ ᓂᐊᖅᑯᓇᔭᐅᔫᔭᖅᑲᑦᑕᖅᑐᒃᓴᐅᓚᐅᖅᑐᖅ ᐊᐅᓪᓚᖅᑕᕈᓐᓇᖅᑲᑦᑕᓚᐅᖅᓂᕐᒧᑦ ᐊᖑᓇᓱᖅᑲᑦᑕᓚᐅᖅᓂᕐᒧᑦ ᐊᖑᓇᓱᒍᔾᔨᑉᓗᓂ ᐃᓚᒥᓂᒃ ᓄᓕᐊᖅᒥᓂᒃ. ᐅᐃᒋᔭᐅᔪᖅ ᐊᖑᓇᓱᒃᑎᐅᓚᐅᖅᑐᖅ ᐊᒻᒪᓗ ᐃᑲᔪᖅᑎᐅᓚᐅᖅᑐᖅ ᐃᓚᒥᓂᒃ ᓂᖅᑭᖅᑎᖅᑎᕝᕙᒃᓗᓂ ᐊᒻᒪᓗ ᐅᖅᑯᖅᑐᒥᒃ ᐃᒡᓗᖅᑲᖅᑎᖅᑎᑉᓗᓂ; ᓄᓕᐊᓇᔭᐅᔪᖅ ᐱᓕᕆᐊᒃᓴᖅᑲᓚᐅᖅᑐᖅ ᐱᕈᖅᓴᐃᓂᕐᒧᑦ ᓄᑕᕋᒥᓂᒃ. ᐊᖑᓇᓱᒍᓐᓇᖅᑲᑦᑕᓚᐅᖅᑐᖅ ᐅᖅᑯᖅᑐᓂᒃ ᐊᓐᓄᕋᓕᐅᖅᑕᐅᓯᒪᒐᒥ ᐊᒻᒪᓗ ᐃᓱᒪᓗᒋᐊᖅᑲᙱᓐᓇᒥ ᐃᒡᓗᓂ ᑲᒪᒋᔭᐅᑦᑎᐊᖅᓂᐊᕐᒪᖔᑦ ᐊᐅᓪᓚᖅᓯᒪᑎᓪᓗᒍ. ᑕᐃᑉᓱᒪᓂ, ᐅᐃᒋᒃᑲ ᓄᓕᐊᓈᒃᑲ ᖃᓂᒋᒃᑑᑕᐅᖅᑲᑦᑕᓚᐅᖅᑑᒃᑲ ᐊᒻᒪᓗ ᐃᑲᔪᖅᑑᑎᖅᑲᑦᑕᓚᐅᖅᑑᒃᑲ ᐅᑉᓗᒥᐅᓕᖅᑐᒥ ᐱᓂᖅᓴᐅᑉᓗᑎᒃ. ᑕᐃᑉᓱᒪᓂ, ᐊᒃᓯᕈᖅᓇᖅᑲᑦᑕᓚᐅᖅᑐᖅ, ᐊᒻᒪᓗ ᑕᐃᒪᐃᒻᒪᑦ, ᐅᐃᒋᔭᐅᔪᖅ ᓄᓕᐊᓇᔭᐅᔪᕐᓗ ᐊᙵᑎᖅᑲᖅᑕᑕᓚᐅᖅᑲᖅᑑᒃᑲ ᓯᕗᒻᒧᐊᒋᐊᖅᑲᖅᓂᕐᒧᑦ.

ᖃᓐᓄᐊᔪᐊᖅ ᐳᓪᓚᑦ



ᑕᒪᑉᑕ ᐃᓄᒃᑎᑐᑦ ᐊᑎᖃᕋᑉᑕ ᐊᒻᒪᓗ ᐊᑦᑎᖅᓯᓂᖅ ᓄᑕᕋᕐᒥᒃ ᐱᒻᒪᕆᐊᔫᑉᓗᓂ. ᑕᒪᓐᓇ ᐸᕐᓇᒃᑕᐅᑦᑎᐊᖅᓯᒪᖃᑦᑕᕆᐊᓕᒃ ᐃᓚᒋᓐᓄᑦ. ᓯᕗᓕᖅᑎᒋᔭᖅᐳᑦ ᖃᐅᔨᒪᖃᑦᑕᓚᐅᖅᑐᑦ ᐃᓄᒃ ᓇᒥᕐᒥᐅᑕᐅᖕᒪᖔᑦ ᐊᑎᖓᒍᑦ. ᒐᕙᒪᒃᑯᑦ ᐊᓯᔾᔨᓯᒪᔪᑦ ᐊᑎᐸᑎᓐᓂᒃ. ᑕᒪᓐᓇ ᐊᔪᕐᓇᙱᓐᓂᖅᓴᐅᓕᕐᒪᑦ ᐊᓕᓚᔪᒃᑯᑦ, ᑭᓯᐊᓂ ᐊᒃᑐᐊᓂᖃᖅᑐᖅ ᐊᓯᐅᔨᓯᒪᓂᐸᑎᓐᓄᑦ ᑭᓇᐅᓂᐸᑎᓐᓄᑦ. ᐊᑐᖅᓂᖅᓴᐅᑎᑕᐅᓕᕋᐸᑕ ᖃᐸᓗᓈᑎᑐᑦ ᐊᑎᐸᑎᓐᓂᒃ ᐃᓄᒃᑎᑑᕐᓂᖅᓴᐅᔪᓂᒃ. ᑕᐃᒪᐃᑦᑐᖅᑕᐅᖅ ᐃᓄᒃᑎᑐᑦ ᓄᓇᐃᑦ ᑕᐃᒍᓯᖕᒋᑦᑎᒍᑦ – ᑕᒪᒃᑯᐊ ᑕᐃᒍᓯᖕᒋᑦ ᐱᒻᒪᕆᐊᓗᖕᓂᒃ ᑎᒍᒥᐊᖅᑐᑦ ᐊᒻᒪᓗ ᖃᐃᑕᐅᓯᒪᔪᑦ ᓯᕗᓪᓕᕕᓂᐸᑎᓐᓄᑦ. ᐃᓄᒃᑎᑐᑦ ᐊᑎᖃᕐᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ ᐸᐸᑐᕆᐊᖃᖅᑕᖅᐳᑦ. ᒫᓐᓇᐅᔪᕐᓕ ᐊᒥᓱᑦ ᓄᑕᕋᕆᔭᖅᐳᑦ/ ᐃᕐᖑᑕᕆᔭᖅᐳᑦ ᓄᑖᓂᒃ ᐊᑎᖃᖃᑦᑕᓕᖅᑐᑦ ᐅᖃᕈᓐᓇᙱᑕᐸᑎᓐᓂᒡᔫᓐᓃᑦ. ᑕᑯᒋᐅᕋᖓᒪ ᐃᓄᖕᒥᒃ ᐃᓄᒃᑎᑐᑦ ᐊᑎᓕᖕᒥᒃ, ᖃᐅᔨᒃᐅᑎᒋᖃᑦᑕᖅᑐᖕᒐ ᓇᒥᕐᒥᐅᑕᐅᖕᒪᖔᑕ ᐊᒻᒪᓗ ᖃᓄᖅ ᐃᓚᒋᓇᔭᕐᒪᖔᐸᒋᑦ. ᑕᒪᓐᓇ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᒋᔪᓐᓇᖅᑕᓯ ᓄᑕᕋᐸᑎᓐᓄᑦ ᑭᖑᕚᐸᓴᐸᑎᓐᓄᑦᓗ. ᐱᒻᒪᕆᐊᔫᓚᐅᖅᑐᖅ ᐊᖓᔪᖅᑳᐸᑎᓐᓄᑦ ᓯᕗᓪᓕᕕᓂᐸᑎᓐᓄᑦᓗ ᐊᒻᒪᓗ ᐱᒻᒪᕆᐅᑎᑕᐅᙱᓐᓇᕆᐊᓕᒃ ᑭᒃᑰᓂᐸᑎᓐᓄᑦ ᐊᒃᑐᐊᓂᖃᕐᒪᑦ.

ᐆᑕ ᐸᓂᐊᖅ

ᐃᓄᐃᑦ ᓄᑕᖅᑲᒥᓂᒃ ᐱᕈᖅᓴᐃᕐᑲᑦᑕᖅᑎᓪᓗᒋᑦ ᓯᕗᓪᓕᖅᐸᐅᑎᑕᐅᓯᒪᔭᕆᐊᓕᐅᒐᓗᐊᖅ ᐱᓕᕆᐊᒃᓴᖏᓐᓄᑦ ᐊᒻᒪᓗ ᑕᒡᕗᓇ ᖃᐅᔨᒪᓂᕆᔭᐅᔪᑦ ᑐᓴᐅᒪᑎᑕᐅᔭᕆᐊᓖᑦ ᐊᓯᖏᓐᓄᑦ ᑕᐃᐸᓯᒪᓂ ᑎᑎᕋᖅᑕᐅᓯᒪᓚᐅᙱᒻᒪᑕ. ᐱᕈᖅᓴᐃᓂᖅ ᓄᑕᖅᑲᓂᒃ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᖅ ᓱᑲᔪᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓚᖏᑦ ᓄᑕᕋᕆᔭᖅᐳᑦ ᒪᕐᕉᓕᖓᔪᒃᑯᑦ ᐃᓅᓯᖃᓕᕐᓂᕐᒧᑦ ᑲᑕᒃᐸᓪᓕᐊᓕᓲᑦ. ᓄᑕᖅᑲᑦ ᐱᕈᖅᓴᖅᑕᐅᓯᒪᔪᑦ ᐃᒃᐱᒋᔭᐅᑦᑎᐊᖅᓱᑎᒃ ᐃᓅᖃᑎᒥᓂᒃ ᐃᒃᐱᒍᓱᒃᑲᐅᓂᖅᓴᑦ ᐊᒻᒪᓗ ᐃᓚᓕᑎᐊᓚᓂᖅᓴᐅᓲᑦ. ᓄᑕᖅᑲᑦ ᐱᕈᖅᓴᖅᑕᐅᓯᒪᔪᑦ ᐊᖓᔪᖅᑳᒥᓄᑦ ᐃᓇᐊᓛᕐᕕᐅᖏᓐᓇᖅᓱᑎᒃ ᑲᒪᒋᔭᐅᑦᑎᐊᙱᕐᓱᑎᓪᓗᓐᓃᑦ ᐃᖏᓂᒃ ᐅᒃᐱᕈᓕᕈᓐᓇᙱᑦᑐᑦ ᐊᔪᙱᓐᓂᕐᒥᓂᒃ. ᐅᖃᐅᑎᖃᑦᑕᕋᔭᙱᓐᓇᐸᑎᒍᑦ ᓄᑕᕋᖅᐳᑦ ᐊᔪᙱᓐᓂᖅᓴᒥᒃ ᐱᑕᖃᕐᓂᖓᓄᑦ ᐃᖏᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓈᒪᒃᓴᐅᓂᖅᓴᒥᒃ ᐱᑕᖃᕐᓂᖓᓄᑦ. ᐅᔾᔨᖅᑐᑦᑎᐊᓇᐊᖃᖃᑦᑕᖅᑐᒍᑦ ᖃᓄᖅ ᐅᖃᖃᑦᑕᕐᓂᐊᕐᒪᖔᐸᑦ ᓄᑕᕋᐸᑎᓐᓄᑦ.

ᐊᑦᑎᖅᓯᓂᖅ

- ᐊᑦᑎᖅᓯᓂᐊᖅᓱᓂ ᓄᑕᕋᓇᔭᕐᒥᒃ ᐱᒻᒪᕆᐊᓗᒃ ᐊᑎᖓᒍᑦ ᐃᑲᔪᖅᑎᖃᖃᑦᑕᕈᓐᓇᕐᓂᐊᕐᒪᑦ ᐃᓅᓯᓗᒃᑖᒃᑯᑦ.
- ᐊᑦᑎᖅᓯᐸᓗᓂ ᓂᓇᐅᖃᑦᑕᓕᕐᓇᖅᑐᖅ, ᓴᐃᒻᒪᖅᑎᑕᐅᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᖃᓄᖅ ᐃᓅᓯᖃᕐᓂᐊᕐᓂᖓᓂᒃ ᐋᖅᑭᒃᓯᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᓴᖅᑭᑦᑎᓐᓇᖅᑐᖅ ᐊᔪᙱᓐᓂᓇᓂᐊᖅᑕᙱᓐᓂᒃ ᐱᔪᓐᓇᕐᓂᓇᓂᐊᖅᑕᙱᓐᓂᒃ.
- ᐊᑦᑎᖅᓯᐸᓗᓂ ᐃᑲᔫᑕᐅᓲᖅ ᓄᑕᕋᕐᒧᑦ ᐃᓅᓯᑦᑎᐊᓇᒍᓐᓇᕐᑯᐸᓗᒍ ᐊᒻᒪᓗ ᓴᙱᔪᒃᑯᑦ ᑭᓇᐅᓂᐊᕐᓂᖓᓄᑦ ᐋᖅᑭᒃᓯᒍᑕᐅᓲᖅ.
- ᓯᖕᓇᒃᑑᒪᒋᓚᐅᖅᑕᒥ ᐊᑦᑎᖅᓯᔭᓇᐊᖃᕐᓇᖅᑐᖅ.
- ᐊᑦᑎᖅᓯᐸᓗᓂ ᓄᑕᕋᕐᒥᒃ ᓇᒡᓕᒋᓚᐅᖅᑕᒥ ᓇᒡᓕᒋᓚᐅᖅᑕᐸᑦ – ᐊᔪᙱᓐᓂᙱᓐᓂᒃ, ᐃᓱᒪᖅᑯᖅᑐᓂᙱᓐᓂᒃ ᐊᒻᒪᓗ ᐅᕙᐸᑎᓐᓄᑦ ᐊᒃᑐᐊᓂᓇᓚᐅᖅᑕᙱᓐᓂᒃ ᓴᖅᑭᔫᖅᑎᑦᑎᓲᖅ - ᐃᓚᒋᓐᓄᑦ.

ᐊᑕᐅᓯᙵᖅᐸᓪᓕᐊᓂᖅ ᐊᒻᒪᓗ ᐊᒃᑐᐊᓂᖅᑲᖅᓂᖅ

ᓄᑕᕋᖅ ᐊᑕᐅᓯᙵᖅᐸᓪᓕᐊᓂᖅᑲᓱᖅ ᐱᒻᒪᕆᐅᑎᑕᒥᓂᒃ ᐃᓅᖅᑎᒥᓂᒃ ᓯᖓᐃᙳᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᐃᓅᓵᖅᑎᓪᓗᒋᑦ. ᐅᖃᖅᑎᖅᑲᖅᑕᖅᓂᖅ ᓄᑕᕋᓛᖅᒥᒃ ᓯᖓᐃᒋᔭᐅᔪᒥᒃ ᐊᒃᑐᐊᓂᖅᑲᓕᖅᓇᖅᑐᖅ ᓂᐱᒃᑯᑦ ᐱᒻᒪᕆᐅᓂᐊᖅᑐᓄᑦ ᓄᑕᕋᓛᖅᒧᑦ. ᐃᓅᓵᖅᑎᓪᓗᒋᑦ, ᑲᒪᒋᑦᑎᐊᖅᑕᖅᓗᒋᑦ, ᑎᒍᒥᐊᖅᑕᖅᓗᒋᑦ, ᐊᒻᒪᓗ ᐊᑐᖅᑕᖅᓂᖅ ᐊᖃᐅᓯᖅᓂᒃ ᐊᒻᒪᓗ ᑐᖅᓱᕋᐅᓯᖅᓂᒃ ᐊᑕᐅᓯᙵᖅᐸᓪᓕᐊᓂᖅᑲᖅᓇᖅᑐᖅ. ᐃᓄᐃᑦ ᑎᒍᒥᐊᓱᑦ ᓄᑕᕋᓛᒥᓂᒃ ᐅᕕᓂᒃᑯᑦ ᐊᒃᑐᐊᑎᑦᑎᐸᓗᑎᒃ ᐊᖏᑦᓕᕙᑦᓕᐊᓂᖏᓐᓄᑦ. ᕿᓚᒥᐅᔫᒃᑯᑦ ᐊᑕᐅᓯᙵᖅᑎᖅᑲᖅᓂᖅ ᓴᙵᒃᑎᐸᓪᓕᐊᓱᖅ ᐃᓅᓯᒃᑯᑦ ᐊᒻᒪᓗ ᓴᖅᑭᑎᑦᑎᓱᖅ ᑐᙵᕕᒃᓴᒥᒃ ᓇᒡᓕᖕᓂᒃᑯᑦ ᓄᑕᕋᕐᒧᑦ ᒪᓕᒃᓗᒍ ᐱᕈᖅᐸᓪᓕᐊᓂᖓᒍᑦ ᐊᒃᑐᐊᓂᖅᑲᕐᓂᖓ. ᑕᒪᓐᓇ ᐃᑲᔫᑕᐅᓱᖅ ᓄᑕᕋᐅᑉ ᓇᐅᒃᑰᕐᕕᒋᓂᐊᖅᑕᖓᓄᑦ ᐃᓅᓯᒃᑯᑦ ᐊᒻᒪᓗ ᐃᒃᐱᒍᓱᓕᖅᑎᑦᑎᓱᖅ ᓇᒥᕐᒥᐅᑕᐅᓂᕐᒧᑦ ᑭᓇᐅᓂᕐᒧᓪᓗ. ᓄᑕᕋᕐᒧᑦ ᐃᖏᓂᒃ ᐅᒃᐱᕈᓱᓕᖅᑎᑦᑎᓂᐊᖅᑐᖅ.

ᖃᐅᔨᓐᓇᖅᑐᖅ ᓄᑕᕋᖅ ᐱᕈᖅᓴᖅᑕᐅᑎᓪᓗᒍ ᓇᒡᓕᖕᓂᒃᑯᑦ ᐃᒃᐱᒋᔭᐅᓂᒃᑯᓪᓗ ᖃᓄᖅ ᐃᓅᓯᖅᑲᕐᓂᖕᒐᒍᑦ. ᖁᕕᐊᓱᒃᑐᑯᓘᓱᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᓱᓪᓗ ᐃᓅᖅᑎᒥᓂᒃ.

ᐊᒃᐸᓕᐊᐱᒃ ᖃᕆᑕᖅ

ᓄᑕᕋᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᓱᖅ ᐅᒃᐱᕈᓱᒍᓐᓇᕐᓂᕐᒥᒃ – ᐃᖏᓂᒃ ᐅᒃᐱᕈᓱᒍᓐᓇᕐᓂᕐᒧᑦ, ᐃᓕᑦᑎᔪᒪᓂᕐᒧᑦ, ᐅᔭᐱᖅᑐᕐᓂᕐᒧᑦ ᐃᓅᖅᑎᒥᒃ ᐊᒻᒪᓗ ᑐᑭᓯᐅᒪᓂᕐᒥᒃ ᐊᑐᐊᒐᕆᔭᐅᔪᓄᑦ ᓇᒡᓕᖕᓂᒃᑯᑦ, ᐱᕙᓪᓕᐊᑎᑕᐅᓱᑦ ᓇᒡᓕᖕᓂᒃᑯᑦ ᐃᓅᖅᑎᖅᑎᓂᒃᑯᑦ. ᑕᒪᓐᓇ ᓴᖅᑭᓱᖅ ᒥᑭᔫᑎᓪᓗᒍ ᓄᑕᕋᖅ ᐃᓅᖅᑎᒋᔭᐅᑎᓪᓗᒍ ᖃᑕᙵᑎᒥᓄᑦ ᐊᓯᖏᓐᓄᓪᓗ ᐊᒃᑐᐊᔭᖏᓐᓄᑦ. ᑕᒡᔫᓇ ᐃᒃᐱᒋᔭᐅᓕᖅᓇᖅᑐᖅ ᓄᑕᕋᖅ ᐃᓕᑦᑎᕙᓪᓕᐊᑎᓪᓗᒍ ᐃᓅᖅᑎᖅᑲᓐᓇᕐᓂᕐᒥᒃ ᓂᕆᐅᒋᔭᒥᓂᒡᓗ ᑖᐸᑯᓇᙵᑦ ᐃᓄᙵᒃ.

ᓵ ᖃᕆᑕᖅ

ᑭᐅᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ

- ᐅᔾᔨᖅᑐᑦᑎᐊᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐊᒻᒪᓗ ᑐᑭᓯᕙᓪᓕᐊᓗᑎᑦ ᖃᓄᖅ ᐃᓕᖅᑯᓯᖅᑲᕐᒪᖔᑦ.
- ᑐᑭᓯᐅᒪᓗᑎᑦ ᖃᓄᖅ ᐅᖅᑲᕐᓯᖅᑲᑦᑕᕐᒪᖔᑦ ᓱᓇᒥᒃ ᐱᔪᒪᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᑭᐅᑲᐅᑎᒋᕙᒃᓗᒋᑦ.
- ᐱᙵᐊᖅᑲᑎᒋᕙᒃᓗᒍ, ᐊᔭᐅᖅᑐᖅᐸᒃᓗᒍ, ᐆᒃᑐᖅᐸᒃᓗᒍ ᐊᒻᒪᓗ ᐅᖅᑲᖅᑲᑏᓐᓇᖅᐸᒃᓗᒍ.
- ᕿᕕᐊᖕᒐᖅᑲᑦᑕᕐᓗᒍ – ᐅᐃᒪᔅᖅᑕᐅᙱᓪᓗᑎᑦ ᓄᑕᕋᐃᑦ ᐅᔾᔨᖅᑐᑦᑎᐊᖅᑲᑦᑕᕐᓗᒍ.

ᐃᑲᔪᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐅᒃᐱᕈᓯᓕᕈᓐᓇᕐᑯᐸᓗᒍ ᐊᒻᒪᓗ ᑐᙵᕕᑦᑎᐊᕙᖅᑲᓂᖕᒐᓄᑦ.

ᖃᓂᑏᒃᑑᑎᖅᑲᑦᑕᕐᓗᓯ ᐊᒃᑐᐊᔾᔪᑎᖅᑲᑦᑕᕐᓗᓯ

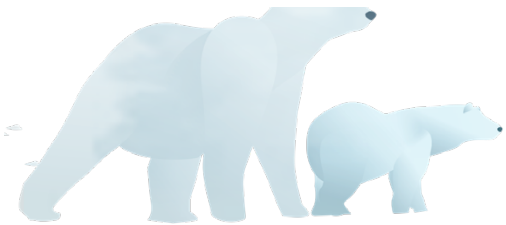
- ᐊᒫᖅᑲᑦᑕᕐᓗᒍ ᐊᒪᐅᑎᒧᑦ ᖃᓂᑏᒍᑎᓂᓯ ᖃᐅᔨᒪᓂᐊᖅᒪᒍ ᐊᒻᒪᓗ ᒥᐊᓂᓇᔭᐅᑦᑎᐊᖅᓂᖕᒐ.
- ᕿᓄᐃᓵᖅᑲᑦᑕᕐᓗᑎᑦ, ᐃᓄᑦᑎᐊᕙᐅᖅᑲᑦᑕᕐᓗᑎᑦ ᓇᒡᓕᒍᓱᖅᑲᑦᑕᕐᓗᑎᒡᓗ ᐆᒃᑑᑎᒋᔪᓐᓇᖅᓂᐊᖅᒫᑎᑦ – ᐃᓕᓐᓂᐊᖅᑎᐸᐸᒡᓗᒍ ᐃᒃᐱᒍᓯᑦᑎᐊᕈᓐᓇᖅᓂᖅᒥᒃ ᐃᓅᖅᑲᑎᒥᒃ.
- ᑕᐃᒫᓯᖅᓂᒃ ᐊᑐᖅᑲᑦᑕᕐᓗᓯ, ᑐᖅᓱᕋᐅᓯᖅᓂᒡᓗ ᐅᕝᕙᓘᓐᓃᑦ ᐊᖅᑲᐅᓯᖅᓂᒃ ᓄᑕᕋᖅᓄᑦ.
- ᑲᒪᒋᑦᑎᐊᖅᑲᑦᑕᕐᓗᒍ, ᐃᒃᐱᒋᑦᑎᐊᖅᑲᑦᑕᕐᓗᒍ, ᑯᓂᖅᑲᑦᑕᕐᓗᒍ ᐊᒻᒪᓗ ᑕᑯᑎᖅᑲᑦᑕᕐᓗᒍ ᖃᓄᖅ ᐱᒻᒪᕆᐅᑎᖕᒪᖔᕐᓂ ᓄᑕᕋᐃᑦ.

ᐃᑲᔪᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᖃᓄᖅ ᐊᒃᑐᐊᓂᖅᑲᓕᕈᓐᓇᕐᒪᖔᑦ, ᑕᑯᑎᐸᐸᒡᓗᒍ ᐱᔾᔪᑕᐅᔪᓂᒃ ᐊᒃᑐᖅᓯᓂᐅᔪᓐᓇᖅᑐᓂᒡᓗ, ᐅᔾᔨᖅᑐᑦᑎᐊᖅᑲᑦᑕᕈᓐᓇᕐᑯᐸᓗᒍ ᓱᓇᓗᒃᑖᓂᒃ ᐊᒻᒪᓗ ᑐᑭᓯᐅᒪᔪᓐᓇᕐᑯᐸᓗᒍ ᓄᓇᕐᔪᐊᕐᒥ.

ᐃᓄᖅᑎᒌᓐᓇᖅᑲᑦᑕᕐᓗᒍ ᖃᓄᐃᓕᐅᖅᑎᒌᓐᓇᖅᑲᑦᑕᕐᓗᒍ

- ᐃᓕᓐᓂᐊᖅᑏᓐᓇᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᓇᒡᓕᙵᓂᒃᑯᑦ ᐃᓕᑦᑎᓂᐊᕐᒪᑦ.
- ᐋᖅᑭᒃᓯᐃᖅᑲᑦᑕᕐᓗᑎᑦ ᑐᑭᓯᓇᖅᑐᓂᒃ ᓂᕆᐅᓇᖅᑐᓂᒃ, ᖃᓄᐃᓕᐅᕈᑎᓂᒃ ᐊᒻᒪᓗ ᑭᒡᓕᖅᑲᕐᕕᐅᓂᐊᖅᑐᓂᒃ.
- ᐃᑲᔪᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᑭᐅᓯᔪᓐᓇᖅᑲᑦᑕᕐᓂᕐᒧᑦ ᖃᓄᐃᓕᐅᕖᖕᒐᒥ ᐊᒻᒪᓗ ᐃᓅᖅᑲᑎᒋᑦᑎᐊᕋᓱᖅᑲᑦᑕᕐᓗᒍ.
- ᓄᑕᕋᐃᑦ ᐃᓚᐅᖅᑲᑕᐅᑎᖅᑲᑦᑕᕐᓗᒍ ᖃᓄᐃᓕᐅᕈᓗᔭᖕᒐᖕᒐᓯ/ ᐱᓕᕆᔾᖕᒐᖕᒐᓯ ᐃᓚᐅᖅᑲᑕᔪᓐᓇᖅᓯᑐᐊᖕᒐᖕᒐᑕ.
- ᑲᑎᒪᖅᑲᑦᑕᕐᓗᓯ – ᑕᑯᑎᖅᑲᑦᑕᕐᓗᒍ ᖃᓄᖅ ᐃᓅᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ.
- ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖅᑲᑦᑕᕐᓗᑎᑦ ᐃᒃᐱᖕᓂᐊᕐᓂᕐᒥᒃ/ᐃᒃᐱᖕᓂᕐᒥᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᓇᓗᓇᐃᖅᓯᓇᔭᕐᓂᕐᒧᑦ ᐊᐅᓚᑦᑎᓇᔭᕐᓂᕐᒧᑦ ᑕᒪᒃᑯᓂᖕᒐ ᓈᒻᒪᒃᑐᒃᑯᑦ.
- ᐆᒃᑐᕋᖅᑲᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓇᓱᖅᑲᑕᕈᓐᓇᕐᓂᖕᒐᓄᑦ ᐋᖅᑭᒋᐊᕈᑎᒃᓴᓂᒃ.

ᐅᖅᑲᐅᓯᖅᑲᖅᑲᑦᑕᕐᓗᑎᑦ ᐅᓂᑏᖅᑐᐊᓂᒃ, ᓇᖕᒥᓂᖅ ᖃᐅᔨᓯᒪᔭᕐᓂᒃ, ᐃᓕᖅᑯᓯᑐᖅᑲᑎᒍᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎᓂᒃ ᐊᒻᒪᓗ ᐅᓂᑏᖅᑐᐊᓂᒃ ᐃᑲᔫᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᐃᓅᓯᒃᑯᑦ.



ᐊᖓᔪᖅᑳᙱᖅᓴᓂᖅ ᓄᑕᕋᖅᐱᑦ ᐊᖓᔪᖅᑳᕆᔭᕆᐊᖃᖅᑕᖓᓂᒃ

ᐃᓄᐃᑦ ᐅᖃᖃᑦᑕᖅᑐᑦ ᐃᓅᑦᑎᐊᖅᓂᐊᖅᓗᓂ ᓇᓕᒧᑏᒃᑐᒃᑯᑦ ᐃᓅᔭᕆᐊᖃᖅᓂᓇᖅᑐᖅ ᑎᒥᒃᑯᑦ, ᐃᒃᐱᖕᓂᒃᑯᑦ, ᐅᒃᐱᖅᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᖅᓂᒃᑯᑦ ᑕᒪᒃᑯᐊ ᑕᒡᕙᒪ ᐊᒃᑐᐊᔾᔪᑎᓗᒃᑖᖅᑐᑦ ᐊᒻᒪᓗ ᑕᒪᖅᒥᒃ ᐱᒻᒪᕆᐊᓗᐃᑦ. ᐃᒃᐱᒍᓱᒍᓐᓇᖅᓂᖅᐳᑦ, ᐃᓱᒪᔪᓐᓇᖅᓂᖅᐳᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᒃᑭᓐᓇᖅᓂᖅᐳᑦ ᑐᙵᔾᔪᑎᒋᕙᒃᑕᖅᐳᑦ ᐃᓅᖃᑎᖃᑦᑎᐊᑭᓐᓇᖅᓂᖅᒧᑦ. ᐃᓅᖃᑎᖃᖅᓂᒃᑯᑦ ᓴᙱᓂᓇᔭᐅᔪᑦ ᐊᒃᓱᕋᓇᖅᑐᒃᑰᖅᑎᓪᓗᑕ ᐱᐊᓂᒍᑎᒋᔪᓐᓇᖃᑦᑕᖅᑕᖅᐳᑦ. ᐃᓱᒪᓕᐅᑦᑎᐊᑭᓐᓇᖃᑦᑕᖅᑐᒍᑦ ᐃᓅᓱᒃᑯᑦ ᐱᑭᖅᓴᖅᑕᐅᓱᒪᔭᕐᖓᑉᑕ ᐃᖕᒥᓂᒃ ᐅᒃᐱᑭᓱᒍᓐᓇᖅᓂᒃᑯᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᑉᓗᑕ ᐃᓚᑉᑎᓐᓄᑦ. ᐃᒃᐱᒍᓱᑦᑎᐊᖅᓗᓂ ᐊᖓᔪᖅᑳᖕᒐᓂᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᐊᖅᑐᖅ ᓄᑕᕋᑉ ᐆᒪᒻᒪᑎᖓᓂᒃ ᖃᓄᐃᙱᔾᔪᑎᒃᓴᓗᒃ ᓄᑕᕋᑦᒧᑦ ᐃᓅᓱᓗᒃᑖᒃᑯᑦ. ᐊᖓᔪᖅᑳᖕᒍᔪᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᕙᒃᑎᓪᓗᒍ ᓄᑕᕋᒥᓂᒃ ᓄᑕᕋᑦᒧᑦ ᐃᖅᑲᐃᔾᔪᑕᐅᖃᑦᑕᑦᓂᐊᖅᑐᑦ ᐊᑐᕆᐊᖃᓕᕐᖓᒋᑦ.

ᐃᒃᐱᒍᓱᑦᑎᐊᖅᓗᑎᒃ ᐊᖓᔪᖅᑳᖕᒍᖃᑦᑕᖅᑐᑦ ᐸᕐᓇᒃᑕᐅᓱᒪᓂᑰᔪᑦ ᑐᑭᓱᑎᑕᐅᓱᒪᓂᑰᔪᑦ ᐱᓕᕆᐊᒃᓴᒥᓂᒃ ᐊᖓᔪᖅᑳᖅᙱᖅᓴᑎᓪᓗᒋᑦ. ᕿᓚᒻᒥᐅᓗᐊᖅᑕᖃᖅᒋᑦᑐᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᐊᖅᓗᓂ ᓄᑕᕋᕐᒥᒃ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖅᒋᓐᓂᒃ ᐃᓄᖅᑐᐃᓂᕐᒧᑦ ᐊᔪᖅᒋᑦᑐᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓅᓱᑦᑎᐊᕆᖕᓂᐊᕐᓂᕐᒧᑦ. ᐊᖓᔪᖅᑳᖕᒍᔪᑉᓗᓂ ᐃᑲᔪᖅᑕᐅᖃᑦᑕᕐᓂᖅ ᐃᓚᒋᔭᕐᒥᒃ, ᐊᒻᒪᓗ ᑕᐃᑉᑯᓂᖕᒐᓗᓐᓃᑦ ᐊᖓᔪᖅᑳᖕᒍᖕᒋᑦᑐᓂᒃ, ᐃᑲᔪᑦᑕᐅᓂᐊᖅᑐᑦ ᐃᑭᖕᒍᑎᒋᔭᒃᑯᑦ ᐊᔭᐅᖅᑐᖅᑕᐅᖃᑦᑕᕐᓂᕐᒧᑦ ᐱᐅᔪᒃᑯᑦ.

ᒪᒃᑯᒃᑐᑦ ᐃᓐᓇᕈᖅᐸᓪᓕᐊᑎᓪᓗᒋᑦ, ᐅᖃᐅᑎᔭᐅᒃᑲᓐᓂᓲᑦ ᓄᑕᖅᑭᓇᓂᐅᑉ ᒥᒃᓴᓄᑦ, ᓄᑕᖅᑭᐅᖅᑳᕐᓇᑎᒃ. ᒪᒃᑯᒃᑐᑦ ᐊᓈᓇᙳᕈᒫᖅᑐᑦ ᐃᒪᓐᓈᖅᑐᖅᑕᐅᓲᑦ ᖃᓄᖅ ᑲᒪᖃᑦᑕᓇᐊᖃᕈᒫᕐᒪᖕᒐᕐᒥᒃ ᓄᑕᕋᒥᓂᒃ ᐊᒻᒪᓗ ᒪᓕᒃᑕᒃᓴᓂᒃ ᐱᑕᖃᖃᑦᑕᖅᑐᖅ ᐊᖓᔪᖅᑳᖕᒍᔪᒫᖅᑐᓄᑦ ᑕᒪᐃᓐᓄᑦ. ᐊᖓᔪᖅᑳᙵᓴᖅᓗᓂ, ᐊᔪᕐᓇᖃᑦᑕᕐᒪᑦ ᖃᐅᔨᒪᓇᓱᒃᑲᓂᐊᖅᓗᓂ ᖃᓄᖅ ᐱᓕᕆᑦᑎᐊᕆᒃᓴᖅ ᐊᒃᓱᕋᓇᖅᑐᒃᑰᓕᖅᓗᓂ. ᐊᖓᔪᖅᑳᖕᒍᓂᕐᒧᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᖃᑦᑕᕆᐊᓖᑦ. ᓄᑕᕋᓛᓖᑦ, ᐱᒻᒪᕆᐊᓗᒃ ᖃᐅᔨᒪᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᖃᓄᖅ ᓄᑕᕋᓛᓕᕆᓇᔭᕐᓂᕐᒧᑦ ᐃᓅᓱᓗᒃᑖᒃᑯᑦ ᓄᑕᕋᓛᖅ ᐊᒃᑐᖅᑕᐅᓂᖃᖃᑦᑕᕐᒪᑦ ᖃᓄᖅ ᑲᒪᒋᔭᐅᓂᖓ ᒪᓕᒃᓗᒍ. ᐊᖓᔪᖅᑳᖕᒍᔪᑉ ᐊᑐᐃᓐᓇᕈᖅᑎᑦᑐᓐᓇᖅᑕᖓ ᓄᑕᕋᕐᒧᑦ ᐊᔪᕈᓐᓃᖅᓴᕈᑕᐅᓂᐊᖅᑐᖅ ᓄᑕᕋᐅᑉ ᖃᓄᐃᙱᑦᑐᓐᓇᕋᔭᕐᓂᖓᓄᑦ.

ᐃᓕᑦᑎᕙᓪᓕᐊᖕᒋᓐᓇᖃᑦᑕᕋᑉᑕ ᐊᒻᒪᓗ ᑕᒻᒪᕋᓗᐊᕋᖓᑉᑕ, ᐃᓕᑦᑎᔾᔪᑎᒋᔪᓐᓇᖅᑕᖅᐳᑦ. ᐃᓕᑦᑎᕙᒃᑐᒍᑦ ᐃᒪᓐᓈᖅᑐᖅᑕᐅᑉᓗᑕ, ᑕᐅᑐᒃᓗᑕᓗ ᖃᓄᐃᓕᐅᖅᑐᓂᒃ ᖃᓂᒋᔭᑉᑎᓐᓂᒃ, ᐊᒻᒪᓗ ᑐᓴᖓᑉᑕ ᖃᓄᐃᓕᐅᖅᑐᑦ ᒥᒃᓴᓄᑦ ᑕᐅᑐᓚᐅᙱᒃᑲᓗᐊᖅᑎᓪᓗᑕ. ᑕᒪᒃᑯᐊ ᐃᓕᑉᐸᓪᓕᐊᔭᖅᐳᑦ ᐊᑐᕈᓐᓇᖅᑕᖅᐳᑦ ᐊᖓᔪᖅᑳᑦᑎᐊᕙᐅᔪᓐᓇᕐᓂᒃᑯᑦ.

ᒪᒥᓴᕐᓂᖅ

ᐃᓄᐃᑦ ᐃᓅᖃᑎᒌᖕᓂᖕᒋᑦ ᐸᒡᕕᓴᖅᑕᐅᓯᒪᔪᑦ ᓇᐅᒃᑯᓗᒃᑖᖅ. ᐃᓄᐃᑦ ᖃᓄᐃᓕᐅᕈᑎᒋᕙᒃᑕᖕᒋᑦ ᐃᓇᖕᒋᖅᑕᐅᓯᒪᔪᑦ ᖃᐸᓗᓈᑦ ᖃᓄᐃᓕᐅᕈᑎᒋᕙᒃᑕᖕᒋᓐᓄᑦ ᑐᕌᖓᓂᖃᓗᐊᖕᒋᑦᑐᑦ ᐃᓄᐃᑦ ᐱᔭᕆᐊᖃᖅᑕᖕᒋᓐᓄᑦ ᓄᓇᓕᖕᓂᒃ. ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᐅᔾᔨᕈᓱᖕᒋᑦᑐᑦ ᖃᓄᖅ ᓯᕗᓪᓕᕕᓂᖅᐳᑦ ᐊᒃᓱᕈᓐᓇᖅᑐᒃᑰᖅᑎᑕᐅᓯᒪᖕᒪᖕᖓᑕ ᓄᓇᓕᖕᓄᑦ ᓅᑎᑕᐅᓚᐅᖅᓯᒪᑎᓪᓗᒋᑦ. ᐃᓄᒃ ᐃᓄᓯᕐᒥᓂᒃ ᐊᒃᑐᖅᑕᐅᓯᒪᖓᔪᒃᑐᖅ ᓯᕗᓪᓕᕕᓂᖕᒋᑦ ᐋᓐᓂᖅᑕᐅᓚᐅᖅᓯᒪᑎᓪᓗᒋᑦ ᖃᐅᔨᒪᓇᑎᒃ ᖃᓄᖅ ᐱᒋᐊᖅᓯᒪᓂᖕᖓᓄᑦ ᑐᑭᓯᑎᑦᑎᓇᓱᖕᓂᐊᕐᓗᑎᒃ. ᐃᒻᒪᕐᑳ ᐱᒻᒪᕆᐅᓂᖅᐹᒃᑯᑦ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᖕᒋᑦ ᐃᓄᙵᐃᓂᒃᑯᑦ – ᖃᓄᖅ ᐃᓄᐃᑦ ᐊᖓᔪᖅᑳᖕᒍᖃᑦᑕᓚᐅᕐᒪᖕᖓᑕ ᐊᒻᒪᓗ ᖃᓄᖅ ᐸᕐᓇᐃᖃᑦᑕᓚᐅᕐᒪᖕᖓᑕ ᓄᑕᕋᒥᓂᒃ ᐃᓅᑦᑎᐊᕐᓂᐊᕐᓂᕐᒧᑦ. ᑐᑭᓯᒋᐊᕋᓱᖕᓂᖅ ᐊᒻᒪᓗ ᐅᔾᔨᕈᓱᓕᕐᓂᖅ ᖃᓄᖅ ᐊᒃᑐᖅᑕᐅᓂᖃᓚᐅᕐᓂᖕᒋᓐᓄᑦ ᐋᓐᓂᕈᑕᐅᓯᒪᔪᒃᑯᑦ ᖃᓄᕐᓗ ᐊᖓᔪᖅᑳᖕᒍᓃᑦ ᐱᒻᒪᕆᐊᓗᒃ ᑐᑭᓯᐅᒪᓂᐊᕐᓗᒍ.

ᐃᖕᒥᓂᒃ ᑲᒪᑦᑎᐊᕆᐊᖃᕐᓂᖅ

ᓇᒡᓕᒍᓱᒍᓐᓇᕐᓂᖅ ᐊᓱᖕᒋᓐᓂᒃ ᐃᓄᖕᓂᒃ ᐱᒋᐊᕈᑕᐅᕙᒃᑐᖅ ᑐᑭᓯᐅᒪᑦᑎᐊᕐᓗᓂ ᑭᓇᐅᖕᒪᖕᒐᕐᒥᒃ ᐊᒻᒪᓗ ᖁᕕᐊᒋᔭᖃᕐᓂᕐᒧᑦ ᖃᓄᐃᑦᑐᒃᑰᖃᑦᑕᕐᓂᒃᑯᑦ ᐃᓕᑦᑎᓂᒃᑯᑦ. ᐃᑲᔪᖅᑎᒋᔭᑦ ᐱᒻᒪᕆᐊᓘᓚᐅᖅᑐᑦ ᐃᓄᖕᓄᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᓱᓕ ᐅᑉᓗᒥ, ᑭᓯᐊᓂ ᐅᔾᔨᕐᓇᖕᒋᑦᑐᒃᓴᐅᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔪᕐᓇᖕᒋᑦᑐᑯᓘᖕᒋᑦᑐᖅ ᐃᓅᖃᑎᒋᒋᐊᕐᓂᐊᕐᓗᒋᑦ. ᐊᒥᓱᑦ ᒪᒃᑯᒃᑐᑦ ᐅᔾᔨᕈᓱᒍᓐᓇᖕᒋᑦᑐᑦ ᑭᒃᑯᓐᓂᒃ ᐃᓚᖃᖅᑕᖕᒐᕐᒥᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᓇᓕᐊᒃ ᐃᓐᓇᑐᖃᐃᑦ ᐃᑲᔪᖅᑎᒋᔪᓐᓇᖕᒐᕐᒥᑦ. ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᑭᒃᑯᑦ ᐃᑲᔪᖅᑎᒋᔪᓐᓇᖃᑦᑕᕐᒪᖕᒐᒃᑭᒃ ᐊᒻᒪᓗ ᐃᓅᖃᑎᒋᒋᐊᖃᑦᑕᕐᓗᒋᑦ. ᐱᒻᒪᕆᐊᓗᒃ ᐃᑲᔪᖅᑎᖃᕆᐊᖃᕐᓂᖅ ᐃᖕᒥᓂᒃ ᑲᒪᑦᑎᐊᕐᓂᐊᕐᓗᑎᑦ ᓯᖕᒐᐃᑎᓪᓗᑎᑦ ᐊᒻᒪᓗ ᐊᖓᔪᖅᑳᖕᒍᓕᖅᑎᓪᓗᑎᑦ.

ᐃᑲᔪᖅᑎᖃᕆᐊᕐᓂᖅ

ᓇᒡᓕᕌᒍᑎᖃᑦᑕᕐᓂᖅ ᐊᑐᖅᑕᐅᓪᓚᕆᓚᐅᖅᑐᖅ ᐃᓄᐃᑦ ᐃᓕᖅᑯᓯᑐᖃᖕᒋᑦᑎᒍᑦ. ᑕᐃᒪᐃᒻᒪᑦ, ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᐃᑲᔪᖅᑑᑎᓱᑦ ᐊᒻᒪᓗ ᐱᓗᐊᖅᑐᒥ ᐱᕈᖅᓴᐃᓂᒃᑯᑦ ᓄᑕᖅᑲᓂᒃ ᐊᔪᕈᓐᓃᕈᓐᓇᕐᑯᔪᓗᑎᑦ ᑲᒪᑦᑎᐊᕆᐊᖃᕐᓂᒃᑯᑦ ᐃᔪᓕᕈᓐᓂᒃᑯᑦᓗ. ᐊᐃᑦᑖᖓᓗᐊᖅ, ᐊᒥᓱᑦ ᐊᖓᔪᖅᑳᑦ ᐅᔪᓗᒥ ᐊᓂᑦᑕᐃᓕᓕᖅᑲᑦᑕᕐᒪᑦ ᐃᓄᒋᐊᒃᑐᓃᑦᑕᐃᓕᔪᓗᑎᒃ ᓄᓇᖕᒋᓐᓂᒃ. ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᑕᐃᒪᐅᔪᑦ, ᕿᓂᕋᓱᖃᑦᑕᕐᓗᑎᑦ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ. ᐃᑲᔪᖅᑎᑖᕈᕕᑦ, ᐊᖓᔪᖅᑳᖕᒍᓂᖅ ᐊᓕᐊᓇᐃᓕᕐᓂᐊᖅᑐᖅ ᑕᐃᒪᐃᑦᑑᔭᕆᐊᖃᕋᒥ.

ᓄᑕᕋᓛᖅᑖᖅᑳᖅᓗᓂ ᓂᑲᓪᓗᖓᓂᐅᖃᑦᑕᖅᑐᖅ

ᐊᒥᓱᑦ ᐊᕐᓇᐃᑦ ᓄᑕᕋᓛᖅᑖᕋᓂᒃᑳᖓᒥᒃ ᓂᑲᓪᓗᖓᓕᓱᑦ. ᑕᖃᓯᒪᑐᐃᓐᓇᕆᐊᖃᖅᑐᑎᑦ, ᓱᓇᓗᒃᑖᑦ ᐅᐊᓗᐊᖑᓕᕐᓗᑎᒃ, ᕿᐸᓯᒍᓱᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᓂᑲᓪᓗᖓᓗᑎᑦ. ᓂᑲᓪᓗᖓᓂᖅ

ᐊᒃᓱᕈᕐᓇᖅᑐᐊᓗᒃ ᑲᒪᒋᓇᓱᒃᓗᒍ ᖃᖓᑐᐃᓐᓇᖅ, ᑭᓯᐊᓂ ᓱᖓᐃᖅᑳᖅᓗᓂ ᐊᓕᐊᓇᐃᒋᔪᒪᒐᓗᐊᖅᓗᒍ ᓄᑕᕋᓛᖅᑖᓵᑯᓗᐃᑦ, ᓂᑲᓪᓗᖓᓂᖅ ᐃᑎᓂᖅᓴᐅᓕᕈᓐᓇᖅᑐᖅ ᐸᓯᔭᒃᓴᐅᓇᓱᒋᒧᑦ. ᑕᒪᒃᑯᐊ “ᓂᑲᓪᓗᖓᓂᐅᕙᒃᑐᑦ” ᑲᔪᓯᒐᔪᒃᑐᑦ ᖃᐸᓯᓂᒃ ᐱᓇᓱᐊᕈᓯᕐᓂᒃ. ᑎᒦᑦ ᐅᑎᖅᐸᓪᓕᐊᑎᓪᓗᒍ ᖃᓄᐃᑦᑑᓚᐅᕐᓂᖓᓄᑦ, ᓱᖕᒋᐅᑎᕙᓪᓕᐊᓕᕐᓇᖃᑦᑕᖅᑐᖅ ᖃᓄᖅ ᓯᓂᑦᑎᐊᕐᓂᖅᓴᐅᓇᔭᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐊᖓᔪᖅᑳᖑᔭᕆᐊᖃᕐᓂᕐᒧᑦ. ᐃᓄᐃᑦ ᐅᖃᐅᔾᔨᖃᑦᑕᖅᑐᑦ ᐊᕐᓇᕐᓄᑦ ᐃᖕᒥᓂᒃ

ᑲᒪᑦᑎᐊᕐᑯᐸᓗᒋᑦ ᐃᓄᑑᖃᑦᑕᕐᓗᑎᒡᓘᓐᓃᑦ ᐊᒻᒪᓗ ᑕᒪᓐᓇ ᐊᑐᕐᓗᒍ “ᐅᑎᖅᐸᓪᓕᐊᔪᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᓯᕆᓚᐅᖅᑕᕐᒧᑦ”. ᐊᔭᐅᖅᑐᖅᑕᐅᒐᔪᒃᑐᑦ ᓄᓇᒧᖓᐅᖃᑦᑕᕐᑯᔭᐅᐸᓗᑎᒃ, ᐃᓚᓐᓈᕐᒥᓂᒃ ᐃᓅᖃᑎᖃᕐᑯᔭᐅᐸᓗᑎᒃ ᐊᒻᒪᓗ ᖃᑕᖑᑎᒥᓂᒃ, ᐊᒻᒪᓗ ᓱᓇᓂᒃ ᐱᓕᕆᐊᒃᓴᒥᓂᒃ ᑲᒪᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᕐᑯᕕᐊᒋᔭᕐᓂᒃ. ᐊᕐᓇᐃᑦ ᓯᓂᒐᓱᖃᑦᑕᕐᑯᔭᐅᖕᒥᔪᑦ ᓄᑕᕋᓛᖅ ᓯᓂᓕᕐᖓᑦ ᐊᒻᒪᓗ ᓱᓂᖃᑦᑕᕐᑯᔭᐅᔪᑦ ᓄᑕᕋᓛᐸ ᖃᓂᒋᔭᖓᓂᒃ ᐊᑕᐅᓯᖑᖅᐸᓪᓕᐊᔪᓐᓇᕐᑯᐸᓗᒋᑦ. ᑕᐃᒪᓐᓇ ᐃᒃᐱᒍᓱᐃᓐᓇᕈᕕᑦ ᐱᓇᓱᐊᕈᓯᕐᓂᒃ ᐊᒥᓱᒃᑲᓐᓂᕐᓂᒃ, ᐃᑲᔪᖅᑕᐅᒃᑲᓐᓂᕈᒪᓗᑎᑦ ᑐᒃᓯᕋᕈᓐᓇᕋᔭᖅᑐᑎᑦ.

ᐃᓚᖏᑦ ᐃᓄᐃᑦ, ᓄᑕᕋᒥᓂᒃ
ᓇᒡᓕᒍᓱᒃᑲᓗᐊᖅᓗᑎᒃ,
ᐃᓱᒪᙱᓗᐊᖃᑦᑕᖅᑐᑦ ᖃᓄᖅ
ᐸᕐᓇᐃᓇᔭᕐᓂᕐᒧᑦ ᐃᖕᒥᓂᒃ
ᐊᔪᕈᓐᓃᖅᓴᕈᓐᓇᕐᑯᐸᓗᒋᑦ.
ᐃᓱᒪᖅᓱᖅᑎᑦᑎᑐᐃᓐᓇᓲᑦ
ᐃᒪᓐᓈᖅᑐᐃᒐᔪᙱᕐᓗᑎᒃ
ᐱᕈᖅᓴᖅᑎᑦᓗᒋᑦ.

ᑕᓄᑦ ᓱᓗᒃ

ᐃᖅᑲᐅᒪᙱᑦᑐᖓ ᐅᖃᐅᑎᔭᐅᖃᑦᑕᓚᐅᕐᒪᖔᕐᒪ ᖃᓄᐃᓕᐅᕆᐊᖃᕐᓂᕋᓄᑦ. ᐃᖅᑲᐅᒪᔪᖓ ᑎᓕᔭᐅᖃᑦᑕᓚᐅᕐᓂᒻᓄᑦ ᐊᒻᒪᓗ ᐊᔪᙱᑲᐅᑎᒋᙱᑲᑯᒪ ᖃᓄᖅ ᐱᓕᕆᐊᖑᔭᕆᐊᖃᕐᓂᖓᓄᑦ ᓇᓗᓂᕐᒧᑦ, ᐅᖃᐅᑎᔭᐅᖅᑳᕐᓇᖓ, ᓂᕆᐅᒋᔭᐅᖃᑦᑕᓚᐅᖅᑐᖓ ᖃᐅᔨᓇᓱᒋᐊᖃᕐᓂᒻᓄᑦ ᖃᓄᖅ ᐱᓕᕆᐊᖑᔭᕆᐊᖃᕐᒪᖔᑦ. ᐊᖓᔪᖅᑳᒃᑲ ᑎᓕᓯᔭᕋᖓᒥᒃ ᑎᓕᓯᔾᔪᑎᖃᕐᓂᖅᓴᐅᖃᑦᑕᓚᐅᖅᑐᑦ ᐊᔪᙱᑕᒃᑲᓂᒃ, ᐅᕙᒻᓂᒃ ᐅᒃᐱᕈᓱᒍᓐᓇᕐᓂᕋ ᓴᐳᓐᓂᐊᖅᑕᐅᑉᐳᓂ ᐊᓈᓇᑦᑎᐊᒃᑲᓄᑦ/ ᐊᑖᑦᑎᐊᒃᑲᓄᑦ ᐱᐊᓂᒍᓐᓇᖅᑕᒃᑲᓂᒃ ᑎᓕᔭᐅᔾᔪᑎᖃᖅᐸᒃᓗᖓ ᐱᓇᓱᐊᕐᓂᒃᑯᑦ. ᖃᐅᔨᒪᒍᒪ ᖃᐅᔨᒪᙱᒃᑯᒪᓘᓐᓃᑦ, ᐊᖓᔪᖅᑳᒃᑲ ᐊᓈᓇᑦᑎᐊᒃᑯᒃᑲ ᐊᑖᑦᑎᐊᒃᑯᒃᑲ ᑕᐅᑐᒃᓗᒋᑦ ᐱᓕᕆᔪᑦ ᐅᐸᓗᑕᒪᒃᑯᑦ, ᐃᓕᑦᑎᖃᑦᑕᓚᐅᖅᑐᖓ ᑕᐅᑐᖕᓂᒃᑯᑦ ᖃᓄᖅ ᐱᓕᕆᐊᖑᔭᕆᐊᖃᕐᒪᖔᑕ. ᑕᐃᒪᓐᓇ, ᐸᕐᓇᒃᑕᐅᖃᑦᑕᓚᐅᖅᑐᖓ ᐱᓕᕆᒋᐅᖅᓴᓂᒃᑯᑦ.

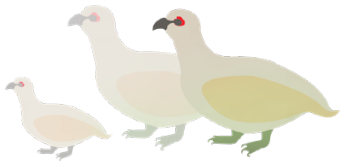
ᐃᓅᓯᒃᑯᑦ ᐊᔪᕈᓐᓃᖅᓴᕈᑏᑦ ᐱᕙᓪᓕᐊᑎᑕᐅᑦᑎᐊᖃᑦᑕᕆᐊᓖᑦ ᓄᑦᑕᕐᖅ ᒥᑭᔫᑎᓪᓗᒍ ᓄᑦᑕᕐᒧᑦ ᑎᒍᒥᐊᖅᑕᐅᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖕᒋᑦᑎᒍᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᑯᑦ ᖃᐅᔨᒪᔭᒃᑯᓪᓗ. ᑕᒪᒃᑯᐊ ᐃᓅᓇᓱᐊᕐᓂᕐᒧᑦ ᑐᕋᖓᑎᑕᐅᖃᑦᑕᓚᐅᖅᑐᑦ. ᐃᓕᑦᑎᑦᑎᐊᕙᒍᑎᑦᑕᐅᖅ ᑕᒻᒪᖃᑦᑕᕐᓂᖅ – ᐊᔭᐅᖅᑐᖅᑕᐅᖃᑦᑕᕐᓂᖅ ᐱᐅᓯᕙᓪᓕᐊᔪᓐᓇᕐᓂᕐᒧᑦ ᐊᔪᕈᓐᓃᖅᓴᕐᓂᕐᒧᓪᓗ.

ᓗᐃ ᐊᖓᓕᒃ

ᖃᓄᐃᓕᐅᕈᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᖑᔪᖅᑳᖑᐸᓗᓂ:

- ᐃᓕᖅᑯᓯᕆᖃᑦᑕᕐᓗᒋᑦ, ᐅᖃᐅᓲᑦ ᐊᑐᖃᑦᑕᕐᓗᒋᑦ ᐊᒻᒪᓗ ᐃᒃᐱᖕᓂᐊᓂᖅ ᐊᑐᖃᑦᑕᕐᓗᒍ ᓄᑦᑕᕐᓄᑦ ᐃᓕᑕᐅᕐᑯᔭᐃᑦ.
- ᖃᐅᔨᓴᖅᐸᒡᓗᑎᑦ/ᐅᔾᔨᖅᑐᖅᐸᒡᓗᑎᑦ ᓄᑦᑕᕐᓂᒃ ᖃᐅᔨᒪᕙᓪᓕᐊᓕᕐᓂᐊᕐᖕᓂ ᒥᐊᓂᕆᑦᑎᐊᕈᓐᓇᖅᓯᕐᑯᐸᓗᒍᓗ.
- ᓄᓇᒧᙱᐅᑎᖃᑦᑕᕐᓗᒋᑦ ᓄᑦᑕᖅᑳᑦ, ᑐᐱᕐᒦᖃᑎᒋᕙᒃᓗᒋᑦ, ᑕᐅᑐᒃᑎᐸᒡᓗᒋᑦ ᒥᒃᑯᓕᐅᖅᑎᓪᓗᑎᑦ ᐱᐸᓯᓕᐅᖅᑎᓪᓗᑎᑦ, ᑭᒃᓗᒧᑦ ᐃᒐᑎᓪᓗᑎᑦ ᑕᐅᑐᒃᑎᖃᑦᑕᕐᓗᒋᑦ, ᖁᐸᓄᐊᕐᓂᒃ ᑕᑯᑎᐸᒡᓗᒋᑦ, ᐊᒻᒪᓗ ᖁᐸᓄᐊᕐᓂᒃ ᓂᐸᓕᐊᔪᑯᓐᖕᓂᒃ ᑐᔫᑎᐸᒡᓗᒋᑦ, ᓄᓇᒥ ᖃᐅᔨᒪᓕᖅᑎᐸᒡᓪᓕᐊᓗᒋᑦ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᓄᓇᒥᒃ ᐊᕙᑎᐸᑎᓐᓂᒃ ᑲᒪᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ.
- ᐃᓚᐅᖃᑕᐅᑎᐸᒡᓗᒋᑦ ᓄᑦᑕᖅᑳᑦ ᖃᑕᙳᑎᑏᑦ ᖃᓄᐃᓕᐅᕈᓗᔭᓕᕌᖓᑕ ᑭᒃᑯᓐᓄᑦ ᐃᓚᒋᔭᐅᖃᑕᐅᖕᒪᖔᑦ ᐃᓕᑦᑎᔪᓐᓇᕐᑯᐸᓗᒍ.
- ᓄᑦᑕᖅᑳᑦ ᐃᕐᓕᒐᖃᑦᑕᖕᒋᓪᓗᒋᑦ ᖁᕕᐊᓇᖕᒋᑦᑐᒃᑰᓕᕌᖓᐸᓯ. ᐃᑲᔪᖅᐸᒡᓗᒍ ᓄᑦᑕᕐᐃᑦ ᐃᖕᒥᓂᒃ ᐋᖅᑭᒋᐊᖅᓯᔪᓐᓇᕐᓂᕐᒧᑦ ᓈᒻᒪᖕᒋᑦᑐᓂᒃ.
- ᐅᖃᐅᔾᔪᖅᐸᒡᓗᒋᑦ ᓄᑦᑕᖅᑳᑦ ᐃᓄᖅᑳᑎᒥᓂᒃ ᐱᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ, ᐱᑦᑎᐊᖅᑕᐅᖃᑦᑕᕐᓂᐊᕐᒪᑕ.
- ᐊᑖᑕᐅᔪᖅ ᐊᓈᓇᐅᔪᕐᓗ ᐊᐃᕙᓗᖃᑦᑕᕆᐊᖃᖕᒋᑦᑐᑦ ᓄᑦᑕᕐᖅ ᑕᐅᑐᒃᑎᓪᓗᒍ ᑐᓵᑎᓪᓗᒍ; ᑕᒪᕐᒥᒃ ᐊᖑᔪᖅᑳᖑᔫᒃ ᓇᒡᓕᖕᓂᖃᕐᒪᑎᒃ ᓄᑦᑕᕐᕐᒧᑦ, ᑕᒪᕐᒥᒃ ᐱᕈᖅᓴᐃᖕᒪᑎᒃ ᓄᑦᑕᕐᒥᒃ ᐃᓕᖅᑯᓯᖃᑦᑎᐊᕐᑯᐸᓗᒍ.
- ᓄᑦᑕᖅᑳᑦ ᓱᑰᖅᑕᐅᖕᒋᓐᓈᓗᒋᐊᖃᖃᑦᑕᖕᒋᑦᑐᑦ. ᑕᐃᐸᑯᐊ ᓱᑰᖅᑕᐅᖕᒋᓐᓇᓱᑦ ᓈᓚᖕᒋᓐᓂᖅᓴᐅᓕᓱᑦ ᐊᒻᒪᓗ ᐊᖑᔪᖅᑳᒥᓂᒃ ᑐᓵᔫᔭᕈᓐᓇᐃᓪᓕᓱᑦ.
- ᓄᑦᑕᖅᑳᑦ ᑎᒍᖅᓴᖅᑎᖃᑦᑕᖕᒋᓪᓗᒋᑦ ᐱᖁᑎᒋᖕᒋᑕᒥᓂᒃ; ᐊᔭᐅᖅᑐᖃᑦᑕᕐᓗᒋᑦ ᐅᑎᖅᑎᑦᑎᖃᑦᑕᕐᑯᓗᒋᑦ. ᓄᑦᑕᖅᑳᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓯᒪᖃᑦᑕᕐᓗᒋᑦ ᑐᖅᑯᖅᑐᐃᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᑲᒪᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ ᐱᖁᑎᓂᒃ.

ᓄᑦᑕᕐᖅ ᖃᐅᔨᒪᖃᑦᑕᖅᑐᖅ ᓱᓇᒥᒃ ᐱᔭᕆᐊᖃᕋᖓᒥ ᓂᕆᔭᕆᐊᖃᖅᑎᓪᓗᒍ ᐊᒻᒪᓗ ᑳᓕᕋᖓᑦ. ᒥᑭᔫᑎᓪᓗᒍ ᓄᑦᑕᕐᖅ, ᖃᐅᔨᒪᖅᑎᓪᓗᒍ ᓂᕿᓂᒃ ᓴᖅᑭᔪᓂᒃ ᐊᒻᒪᓗ ᖃᐅᔨᒪᖅᑎᓪᓗᒍ ᐃᓄᒃᓯᐅᑎᓂᒃ ᓂᕿᓂᒃ.



ᖃᓄᐃᓕᐅᕈᓐᓇᕐᓃᑦ

ᐸᕐᓇᐃᓂᖅ ᓱᖓᐃᓂᐊᕐᓂᕐᒧᑦ

- ᐸᕐᓇᒃᐸᓪᓕᐊᓕᑲᐅᑎᒋᖃᑦᑕᕐᓗᑎᑦ ᓱᖓᐃᓂᐊᕐᓂᕐᒧᑦ ᓱᖓᐃᔪᒪᓕᕝᖓᕕᑦ.
- ᓄᑕᕋᐃᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᑯᒍᖕᓂ ᑎᒥᒃᑯᑦ ᐃᒡᕕᑦᑕᐅᖅ ᖃᓄᐃᙱᑦᑎᐊᓇᐊᖃᖅᑐᑎᑦ ᑎᒥᒃᑯᑦ. ᐃᓱᒪᒋᔭᖃᑦᑎᐊᕐᓗᑎᑦ ᓂᓇᖃᑦᑕᖅᑕᕐᓂᒃ, ᐃᖃᐃᓕᓴᖃᑦᑕᕐᓂᕐᓂᒃ ᐊᒻᒪᓗ ᓱᕋᕐᓇᖅᑐᓂᒃ ᐊᑐᖃᑦᑕᕐᓂᕐᓄᑦ. ᓯᓚᑦᑎᐊᕙᖕᒦᓐᓇᓱᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᐱᓕᓇᒃᑲᐅᓗᑎᑦ.
- ᓇᓂᓗᒋᑦ ᐃᓄᐃᑦ ᑕᐃᑉᑯᐊ ᐃᓕᖕᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᓱᖓᐃᑎᓪᓗᑎᑦ ᐃᓅᓲᑦ ᐊᓱᔾᔨᑲᑕᖕᓂᐊᕐᓂᖓᓄᑦ.

ᐅᖃᐅᓯᓇᖃᑦᑕᕐᓗᒋᑦ ᑕᒪᕐᒥᒃ ᐃᒃᐱᒋᔭᑎᑦ, ᐊᓱᔾᔨᖅᐸᓪᓕᐊᔪᑦ ᐊᒻᒪᓗ ᐱᔭᕆᐊᖃᖅᑕᑎᑦ ᐊᐃᑉᐸᕐᓄᑦ. ᐊᐃᑉᐸᐃᑦ ᐱᒻᒪᕆᐊᓘᖓᑦ ᓱᖓᐃᑦᑎᐊᕈᓐᓇᕐᑯᑉᓗᑎᑦ.

ᐃᑲᔪᖅᑐᐃᓂᖅ ᓱᖓᐃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ

- ᓄᑕᕋᓛᑦ ᐱᕙᓪᓕᐊᓂᖃᓕᓲᖅ ᖃᓄᐃᑦᑑᔪᒫᕐᒪᖔᑦ ᖃᓄᕐᓗ ᐃᓅᖃᑎᖃᖃᑦᑕᕈᒫᕐᒪᖔᑦ ᓱᖓᐃᒋᔭᐅᓕᑐᐊᕋᖓᒥᒃ. ᐅᔾᔨᖅᑐᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ ᖃᓄᖅ ᓄᑕᕋᓛᖅ ᐱᔭᓪᓕᐊᓂᖃᕐᒪᖔᑦ ᖃᐅᔨᒪᔾᔪᑎᓕᕈᓐᓇᕐᑯᑉᓗᓱᒃ.
- ᐃᓱᒫᓗᖕᓇᖅᑐᓂᒃ ᐱᑕᖃᙱᓐᓂᖅᓴᐅᑎᑦᑎᓇᓱᖃᑦᑕᕐᓗᑎᑦ ᐊᓈᓇᐅᔪᒧᑦ.

ᓈᑦ ᐊᒃᓱᕈᙱᑦᑐᒃᑯᑦ ᐊᒃᑐᐊᔭᐅᑎᖃᑦᑕᕐᓗᒍ ᐊᒻᒪᓗ ᓄᑭᑎᑦ ᓱᒃᖓᓗᐊᓕᕐᑯᓇᒋᑦ.

- ᓄᑕᕋᓛᑦ ᐊᐅᓚᑎᔾᔪᒥᖃᑦᑕᕐᓗᒍ ᓱᖓᐃᒋᔭᐃᑦ ᓄᖅᑲᖓᑐᐃᓐᓈᓗᕐᑯᓇᒍ.
- ᐊᐃᑉᐸᓇᔭᐅᔪᑦ ᐃᑲᔪᖃᑦᑕᓇᐊᓛᑦ ᐊᕐᓇᕐᒥᒃ ᓱᖓᐃᔪᒥᒃ ᐃᓗᒃᑯᑦ ᖃᓄᐃᙱᓐᓂᖅᓴᐅᖃᑦᑕᕐᑯᓗᒍ ᐊᒻᒪᓗ ᑲᒪᔪᓐᓇᕐᑯᑉᓗᒍ ᐊᓱᖕᒋᓐᓂᒃ ᐱᓕᓇᐊᒃᓴᖕᒋᓐᓂᒃ, ᐱᓗᐊᖅᑐᒥ ᐊᖓᔪᒃᓛᑦ ᓄᑕᖅᑲᑦ. ᐅᖃᖃᑎᒌᖃᑦᑕᕐᓗᓱ.
- ᓂᓇᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ iron-ᓕᖕᓂᒃ ᐊᒻᒪᓗ calcium-ᓕᖕᓂᒃ. ᓂᓇᖃᑦᑕᕐᓗᑎᑦ ᓂᕿᓂᒃ ᓲᕐᓗ ᑎᖑᒃᑐᖃᑦᑕᕐᓗᑎᑦ, ᐸᑎᖅᑐᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᖃᔪᖅᑐᖃᑦᑕᕐᓗᑎᑦ.
- ᐅᖃᖃᑎᒋᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᓛᑦ ᖃᐅᔨᒪᓂᐊᕐᒪᑦ ᓂᐱᖕᓂᒃ ᐃᒃᐱᖕᓂᐊᔪᓐᓇᕐᓗᓂᓗ ᐃᓕᖕᓂᒃ.
- ᐃᓱᒪᒋᔭᖃᕐᓗᑎᑦ ᖃᓄᖅ ᐊᑎᖃᕐᑯᖕᒪᖔᕐᓂ ᓄᑕᕋᐃᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒋᐊᕐᕕᒋᖃᑦᑕᕐᓗᒋᑦ ᐃᓐᓇᑐᖃᐃᑦ ᐃᓚᒋᔭᑎᑦ. ᓱᖕᓇᒃᑑᒪᒋᔭᖃᕈᕕᑦ ᐃᓅᔪᓐᓃᖅᓯᒪᔪᒥᒃ ᓱᖓᐃᑎᓪᓗᑎᑦ, ᑕᐃᒪ ᐊᑦᑎᖅᑕᐅᔪᒪᔪᖅ.

“ᑭᖑᒻᒧᑦ ᐱᓱᒻᓗᓱ ᐃᑎᓇᐊᖃᑦᑕᙱᓪᓗᓱ ᑕᐃᒪᓐᓇ ᐃᑎᖅᑎᖃᑦᑕᕈᐸᓱ ᐃᕐᓂᓱᑦᑎᐊᕈᒫᙱᑦᑐᓱ.” ᑕᐃᒪᓐᓇ ᐅᖃᐅᑎᔭᐅᒐᔪᓚᐅᖅᑐᒍᑦ, ᑭᓱᐊᓂ ᑕᒪᓐᓇ ᐅᖃᐅᓯᐅᒐᔪᙱᑦᑐᖅ. ᑭᖑᒻᒧᑦ ᐊᓂᒋᐊᕐᓗᓂ ᐃᓄᒃ ᐹᓪᓚᑐᐃᓐᓇᓇᐊᓕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓂᐊᖅᑯᐊᕐᓗᓂ ᓱᓇᒧᑦ. ᓱᖓᐃᔪᑦ ᐊᑦᑕᓇᖅᑐᒦᕐᑯᓇᒋᑦ ᐃᓱᒪᒋᔭᐅᒃᑲᐅᓚᐅᖅᑐᑦ.

ᓯᕗᓪᓕᖅᐸᑦ ᐊᕐᕕᓂᓖᑦ ᑕᖅᑭᑦ

ᐃᓅᓕᓴᖅᑐᖅ ᓄᑕᕋᓛᖅ ᐊᕐᕕᓂᓕᖕᓄᑦ ᑕᖅᑭᓄᑦ, ᐅᔾᔨᕈᓱᒃᐸᓪᓕᐊᓕᖃᑦᑕᕐᒪᑕ ᑎᒥᒥᓂᒃ, ᐊᓯᒥᓂᒃ ᐊᒻᒪᓗ ᐊᕙᑎᒥᓂᒃ. ᑕᒪᓐᓇ ᐃᓕᑦᑎᕙᓪᓕᐊᓐᓇᒻᒪᕆᒃᑐᖅ. ᐊᖑᓚᔪᖅᑳᑦ ᐱᖃᑎᖃᐃᓐᓇᖃᑦᑕᕆᐊᓖᑦ ᓄᑕᕋᓛᖅᑖᓵᒥᓂᒃ ᐃᒪᓐᓇᖅᑐᐃᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᖃᓄᐃᑦᑐᒃᑰᖅᑎᓪᓗᒋᑦ. ᓄᑕᕋᓛᖅ ᐃᓅᔭᕌᖓᑦ, ᐅᔾᔨᕈᓱᓕᑲᐅᑎᒋᓲᑦ ᐅᐃᒃᑳᖓᒥᒃ. ᓄᑕᕋᓛᖅ ᑎᒍᒥᐊᖅᑕᐅᔪᒪᓲᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑎᒍᒥᐊᖅᑕᐅᔪᒪᓲᖅ ᒪᑭᑕᑎᑕᐅᓗᓂ ᐊᒻᒪᓗ ᖃᐅᔨᒪᓕᕐᑯᓗᒍ ᐃᓅᖃᑎᒥᓂᒃ.

- ᐅᖃᖃᑎᒌᓐᓇᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᖅ. ᐃᔨᒋᔪᑎᖃᑦᑕᕐᓗᓯᓗ.
- ᐃᒪᖕᒋᖃᑎᒌᒃᐸᒡᓗᓯ, ᐱᓯᕐᓂᒃ ᐃᒪᖕᒋᖅᐸᒡᓗᓯ, ᐅᖃᐅᓯᒃᑯᑦ ᐱᙵᐊᖃᑎᒌᒃᐸᒡᓗᓯ, ᐊᖃᖅᐸᒡᓗᑎᑦ ᐊᒻᒪᓗ ᐱᒡᒍᓴᐅᔪᐊᖅᑎᑉᐸᒡᓗᒋᑦ ᐅᖃᐅᓯᒃᑯᑦ ᓄᑭᒃᑯᑦ.
- ᐊᒃᑐᐊᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ.
- ᑭᐅᑲᐅᑎᒋᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᓛᖅᑖᓵᖑᔪᑦ ᖃᓄᐃᔭᖕᒋᓐᓂᕐᒥᓂᒃ ᐃᒃᐱᒍᓱᒍᓐᓇᕐᑯᐸᓗᒋᑦ.
- ᐃᔾᔪᐊᖃᑦᑕᕐᑯᓗᒋᑦ ᑮᓇᓕᐅᖅᑎᓪᓗᑎᑦ, ᐊᐅᓚᑎᓪᓗᑎᑦ ᐊᒻᒪᓗ ᓂᐱᒃᑯᑦ.
- ᐅᖃᖃᑎᒋᓪᓚᑦᑖᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᓛᑦ ᓂᐱᓂᒃ ᐃᓕᑦᑎᖃᑦᑕᕐᓂᐊᕐᒪᑕ ᐅᖃᐅᓯᓪᓚᑦᑖᒃᑯᑦ.

ᐊᑐᓂ ᓄᑕᖅᑲᑦ ᐊᔾᔨᒌᙱᑦᑑᑎᑯᓗᐃᑦ. ᐊᖑᓚᔪᖅᑳᓇᔭᐅᔪᑦ ᐅᔾᔨᖅᑐᖃᑦᑕᕆᐊᓖᑦ ᓄᑕᕋᕐᒥᓂᒃ ᖃᓄᖅ ᐃᓕᖅᑯᓯᖃᖃᑦᑕᕐᓂᐊᕐᒪᖔᑕ ᖃᐅᔨᓴᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᖃᓄᕐᓗ ᐃᓅᓯᖃᕐᓂᐊᕐᒪᖔᑕ:

- ᓄᑕᕋᓛᖅ ᖁᒃᓴᑦᓚᒃᓴᕋᐃᑦᑐᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑭᐅᓯᓴᕋᐃᑦᑐᖅ ᐃᑲᔪᖅᑐᖅᑕᐅᓚᔪᒋᐊᖃᕐᓂᐊᖅᑐᖅ.
- ᓄᑕᕋᓛᑦ ᓄᖅᑲᖓᓱᐃᑦᑐᑯᓗᐃᑦ ᓴᖑᓐᓂᐊᒃᑲᑯᓗᐃᑦ ᐆᒃᑐᖅᑕᐅᖃᑦᑕᕆᐊᓖᑦ.
- ᓄᑕᕋᓛᑦ ᐊᔭᐅᖅᑐᖅᑕᐅᓚᔪᒋᐊᓖᑦ. ᐃᓚᖕᒋᑦ ᓄᑖᓂᒃ ᐆᒃᑐᕈᒪᖃᑦᑕᕐᓂᐊᖅᑐᑦ.

ᓄᑕᕋᓛᑦ ᓄᑭᖅᐸᓪᓕᐊᖃᑦᑕᕐᒪᑕ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᖅᐸᓪᓕᐊᕙᒃᓗᑎᒃ ᑎᒍᓯᒋᐊᖃᑦᑕᕐᓂᒃᑯᑦ, ᐊᐃᒻᒥᕆᐊᖃᑦᑕᕐᓂᒃᑯᑦ, ᐃᖕᒥᓂᒃ ᐊᐅᓚᑎᑦᑎᓂᒃᑯᑦ. ᐊᑦᑕᓇᖅᑐᖃᖕᒋᑦᑐᒦᑎᖃᑦᑕᕐᓗᒋᑦ ᓱᓇᓂᒡᓗ ᖃᐅᔨᓴᖅᑎᖃᑦᑕᕐᓗᒋᑦ.

ᓄᑕᕋᓛᑦ ᓂᕆᖃᑦᑕᓕᕈᓐᓇᖅᑐᑦ ᐃᒻᒪᖃ ᑕᓪᓕᒪᓂᒃ ᐊᕐᕕᓂᓕᖕᓂᒡᒍᓐᓃᑦ ᑕᖅᑭᖃᓕᖅᓗᑎᒃ. ᓂᕆᓕᕌᖓᕕᑦ, ᓄᑕᕋᐃᑦ ᒥᑭᔪᓂᒃ ᑐᓂᖃᑦᑕᕐᓗᒍ, ᓱᖕᒋᐅᑎᔪᓐᓇᕐᑯᐸᓗᒍ. ᐅᔾᔨᖅᑐᑦᑎᐊᕐᓗᒍ ᑕᒧᐊᑦᑎᐊᕋᓗᐊᕐᒪᖔᑦ. ᐃᒍᓇᓕᖕᓂᒃ ᓯᑎᓗᐊᖅᑐᓂᒡᒍᓐᓃᑦ ᓂᕆᑎᖃᑦᑕᙱᓪᓗᒍ, ᓄᑕᕋᖅ ᑐᖅᓗᖕᒥᕐᓚᓛᕐᒪᑦ. ᓄᑕᕋᓛᖅ ᓯᓂᓚᐅᐱᓪᓚᒃᑳᖓᑦ, ᑕᒧᐊᖕᒪᖔᑕ ᓱᓇᒥᐊᕐᒥᒃ ᖃᐅᔨᒋᐊᖅᐸᒡᓗᒍ. ᑎᒥᒧᑦ ᐱᐅᔪᓂᒃ ᓂᕆᑎᐸᐸᓗᒍ ᐊᒻᒪᓗ ᓄᑕᕋᖅ ᐃᓕᓐᓂᐊᖅᑎᐸᐸᒡᓗᒍ ᐊᔾᔨᒌᙱᑦᑑᑕᐅᔪᓂᒃ ᓂᕆᒍᓐᓇᖅᓯᓂᕐᒧᑦ - ᐱᓗᐊᖅᑐᒥ ᑕᒪᐃᓐᓂᒃ ᐃᓄᒃᓯᐅᑎᓂᒃ.

ᐋᓚᓯ ᐊᔭᓕᒃ

ᒫᓐᓇᑲᐅᑎᒋ ᓄᑕᕋᓛᖅ ᐅᔾᔨᕈᓯᓕᖅᑎᓐᓇᓱᖃᑦᑕᓚᐅᖅᑕᖅᐳᑦ ᖃᐅᓯᓕᕌᖓᑦ ᐊᒻᒪᓗ ᐅᔾᔨᕐᓇᖅᓱᓂ ᓴᓚᐅᓱᒍᓐᓃᕌᖓᑕ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐃᓱᒍᓱᒃᑑᔭᓕᕌᖓᑕ. ᐅᑉᓗᒃᑯᑦ, ᓄᑕᕋᓚᖅ ᖁᐃᖏᓕᑕᖃᖃᑦᑕᓚᐅᙱᑦᑐᖅ, ᑭᓯᐊᓂ ᐊᒫᖅᑕᐅᓕᕌᖓᒥ. ᓄᑕᖃᖅ ᖁᐃᔭᕆᐊᖃᓕᕌᖓᑦ, ᑎᒍᒥᐊᖅᑕᐅᖃᑦᑕᓚᐅᖅᑐᑦ ᖁᐃᕝᕕᒋᓂᐊᖅᑕᖓᑕ ᐃᓂᖓᓂᒃ ᓄᑕᕋᕐᓗ ᐃᒪᐃᓕᐅᖅᑕᐅᖏᓐᓇᖅᓱᓂ “ᐸᐊᐆᐸᐊᐆ”. ᑕᐃᒪᐃᓕᐅᖃᑦᑕᕆᐊᓖᑦ ᒫᓐᓇᑲᐅᑎᒋ ᐊᒻᒪᓗ ᐃᓕᑦᑎᐊᓚᔪᑯᓗᐃᑦ ᖁᐃᓱᒍᓕᕌᖓᒥᒃ, ᐅᖃᕈᓐᓇᙱᒃᑲᓗᐊᖅᓱᑎᒃ. ᐹᕐᖑᖃᑦᑕᓕᖅᓱᑎᒃ ᓄᑕᕋᒃᑲ ᐅᕙᒻᓂᒃ ᖃᐅᔨᑎᑦᑎᔪᓐᓇᖅᓯᖃᑦᑕᓚᐅᖅᑐᑦ ᖁᐃᓱᒍᓕᕌᖓᒥᒃ. ᐃᓄᐃᑦ ᓄᑕᕋᙱᑦ ᖁᐃᔪᓐᓇᖅᓯᑎᑕᐅᖃᑦᑕᓚᐅᖅᑐᑦ ᐊᓇᕐᕕᖕᒧᑦ ᐱᓱᒋᐅᖅᑳᕐᓇᑎᒃ.

ᒥᐅᓇᔭᒻ ᐊᒡᔫᒃᑲᖅ

7-ᓂᒃ -12-ᓄᑦ ᑕᖅᑭᖃᓕᕌᖓᑕ

ᓄᑕᕋᓛᑦ ᐅᖃᖃᑎᖃᕋᓱᒃᑲᑯᓗᐃᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᕋᓱᒃᑲᑯᓗᐃᑦ ᐃᓄᖕᓂᒃ ᖃᓂᒋᔭᖓᓃᑦᑐᓂᒃ. ᓄᑕᕋᓛᑦ ᐃᓚᓐᓈᖅᑖᓕᓱᑦ ᐊᒻᒪᓗ ᐱᙳᐊᖃᑎᖃᖃᑦᑕᓕᓱᑦ ᐃᓅᖃᑎᒥᓂᒃ, ᐃᓕᖅᑯᓯᕆᔭᐅᔪᓂᒃ ᐃᔾᔪᐊᑲᑕᓕᓱᑦ ᐊᒻᒪᓗ ᓅᑲᑕᓕᖅᐸᒃᓗᑎᒃ. ᐃᓅᖃᑎᒥᓂᒃ ᖃᓂᖃᕋᓱᓕᓱᑦ ᓂᐱᒃᑯᓪᓗᓐᓃᑦ ᓇᒡᓕᖕᓂᕐᒥᒃ ᐃᒃᐱᒍᓱᓕᕌᖓᒥᒃ, ᑐᑎᖃᑎᖃᖅᐸᒃᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᐅᔾᔨᕈᓯᖃᑦᑕᖅᑐᑦ ᑎᐱᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᐊᑐᖅᑕᐅᕙᖕᒪᖔᑦ ᐊᖃᕐᓂᖅ ᐅᕙᓘᓐᓃᑦ ᑕᐃᒎᓱᖅᑖᕆᓯᒪᔭᖏᓐᓂᒃ. ᐱᕙᓪᓕᐊᓂᖃᓪᓚᕆᓕᓱᖅ ᓄᑕᕋᖅ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᒃᑯᑦ, ᓅᑲᑕᖃᑦᑕᕐᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᕐᓂᒃᑯᑦ.

- ᐅᔾᔨᖅᑐᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᓛᑉ ᐊᔾᔨᐅᙱᑦᑐᑦ ᐱᓛᒥᒋᔭᖏᑦ.
- ᑭᐅᑲᐅᑎᒋᖃᑦᑕᕐᓗᒍ ᐅᖃᐅᓯᒃᑯᑦ ᐅᖃᐅᓯᒃᑰᙱᑦᑐᕐᔫᓐᓃᑦ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓇᓱᒃᑎᓪᓗᒍ.
- ᐃᓅᖃᑎᒋᓇᓱᖃᑦᑕᕐᓗᒍ ᖃᓂᒌᒃᑑᑎᓂᒃᑯᑦ.
- ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᐊᒥᓲᙱᑦᑐᓂᒃ ᐱᙳᐊᓂᒃ ᐊᑐᖃᑦᑕᕋᔭᕐᓂᖓᓄᑦ ᐱᙳᐊᖃᑎᖃᕐᓂᒃᑯᑦ. ᐱᙳᐊᑦ ᐊᒥᓲᓗᐊᕌᖓᑕ ᐅᐃᒪᓵᕈᑏᑦ ᑕᓚᕕᓴᓐᓃᑦ ᐃᒃᐱᒍᓱᒍᓐᓃᕈᑕᐅᓲᑦ ᓄᑕᕋᕐᒧᑦ.
- ᓄᑕᕋᖅ ᐊᓐᓄᕌᖅᓯᒪᑎᖃᑦᑕᕐᓗᒍ ᓱᑲᖓᓗᐊᙱᑦᑐᓂᒃ ᓅᑲᑕᒍᓐᓇᑦᑎᐊᕐᓂᐊᕐᒪᑦ.
- ᖃᓄᐃᓕᐅᖅᑎᖃᑦᑕᕐᓗᒍ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᐊᕐᒪᑦ ᐱᐅᔪᓂᒃᓗ ᖃᓄᐃᓕᐅᕈᒪᓂᖃᖃᑦᑕᕐᑯᔪᓗᒍ.
- ᓄᑕᖅᑲᑦ ᐃᖏᓂᒃ ᐱᓱᒋᐅᖅᓴᓲᑦ. ᑲᑕᒃᑳᖓᑕ, ᐃᑲᔪᕆᐊᑲᐅᑎᒋᖃᑦᑕᙱᑦᓗᒋᑦ; ᐃᖏᓂᒃ ᐱᓇᓱᒋᐅᖅᓴᒋᐊᓖᑦ.
- ᐃᑲᔪᖅᑐᖃᑦᑕᕐᓗᒋᑦ ᐃᓅᖃᑎᖃᖅᐸᓪᓕᐊᔪᓐᓇᕐᓂᙱᓐᓄᑦ ᐊᒥᖅᑳᖃᑎᖃᕈᓐᓇᖅᓯᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᓇᒡᓕᒍᓱᒍᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᒥᓂᒃ. ᒪᒥᐊᑦᑐᓐᓇᕐᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᐋᓐᓂᖅᓯᔭᕐᓂᖓᑕ ᐃᓅᖃᑎᒥᓂᒃ. ᑭᐅᓯᔪᓐᓇᑦᑎᐊᕈᓐᓇᖅᑎᓪᓗᒋᑦ.
- ᒫᓐᓇᐅᔪᖅ ᓄᑕᕋᐃᑦ ᑐᖅᑯᕋᐅᓯᖅᑖᖅᑎᑦᑐᓐᓇᖅᑕᐃᑦ ᖃᓄᖅ ᐃᓕᖅᑯᓯᖓ ᒪᓕᒃᓗᒍ ᓱᕐᓗ “ᒪᔪᕋᒃᑲᐅᔪᒪᔪᖅ” ᐅᕙᓘᓐᓃᑦ “ᓂᐱᒃᑭ”.
- ᐅᖃᐅᓯᕐᓂᒃ ᐊᑐᖃᑦᑕᕐᓗᑎᑦ ᐃᒪᓐᓇᐃᑦᑐᓂᒃ “ᐊᐃᑦᑖ” ᖃᐅᔨᑎᓐᓇᓱᒃᓗᒋᑦ ᓱᓇ ᐅᓗᓇᐊᓇᖅᑑᒃᐸᑦ ᐅᕙᓘᓐᓃᑦ ᐃᒃᐸᒃᑐᐊᓘᒃᐸᑦ. ᐊᓯᐊᓂᒃ ᑲᒪᓂᖅᓴᐅᑎᓐᓇᓱᒃᓗᒋᑦ.

ᓄᑕᖅᑲᑦ ᐅᖁᒻᒥᖅᓯᒍᒪᒐᔪᖕᒪᑕ, ᑎᒍᒥᐊᕈᓐᓇᖅᓯᔭᕐᓂᖓᑕ. ᖃᐅᔨᓴᐃᓐᓇᕆᐊᖃᕐᓇᖅᑐᖅ ᓱᓇᓂᒃ ᖃᓂᒋᔭᖃᕐᒪᖔᑕ ᐊᒻᒪᓗ ᐅᔾᔨᖅᑐᖃᑦᑕᕐᓗᑎᑦ ᓱᓇᓂᒃ ᑐᖅᓱᖕᒥᒍᑎᖃᕈᓐᓇᕐᒪᖔᑕ.

ᐊᖓᔪᖅᑳᖑᔪᖅ ᓄᑕᕋᒥᓂᒃ ᖃᐅᔨᓴᕐᑎᐊᖏᓐᓇᖃᑦᑕᕆᐊᓕᒃ. ᓄᑕᖅᑲᑦ ᓄᑖᓂᒃ ᖃᐅᔨᕙᓪᓕᐊᖃᑦᑕᖅᑐᑦ -- ᑕᑯᓯᒪᙱᑕᖏᓐᓂᒃ ᑐᓴᖅᓯᒪᙱᑕᖏᓐᓂᒃᓗ. ᓄᑕᖅᑲᑦ ᒪᓕᑐᐃᓐᓇᓱᑦ ᐊᖓᔪᖅᑳᖏᑦᑕ ᐃᓕᖅᑯᓯᖏᓐᓂᒃ. ᐃᔾᔪᐊᓱᑦ ᐊᓯᖏᓐᓂᒃ ᐃᓅᖕᓂᒃ ᐃᓚᐅᖃᑦᑕᐅᕝᕕᒋᔪᒪᔭᖏᓐᓂᒃ. ᑭᓯᐊᓂᓕ, ᐃᓱᒪᖃᑦᑕᙱᑦᑐᑦ ᐃᓐᓇᖅᑎᑐᑦ ᐃᓱᒪᔪᓐᓇᙱᑦᑐᑦ, ᐊᒻᒪᓗ ᑕᐃᒪᐃᒻᒪᑦ ᐅᔾᔨᖅᑐᕆᐊᖃᖅᑐᒍᑦ ᐋᖅᑭᒃᓯᖃᑦᑕᕐᓗᑕ ᑭᒡᓕᒃᓴᓂᒃ ᐱᔭᕆᐊᖃᕋᖓᑉᑕ. ᓄᑕᖅᑲᑦ ᐃᓱᒪᐃᓐᓇᓱᑦ ᐱᙳᐊᕈᒪᓂᕐᒧᑦ ᖁᕕᐊᓱᒍᒪᓂᕐᒧᓪᓗ. ᒫᓐᓇᐅᔪᖅ ᒥᐊᓂᕆᑦᑎᐊᕆᐊᖃᖃᑦᑕᖅᑕᖅᐳᑦ ᐃᒃᐱᒋᔭᖏᑦ ᓄᑕᖅᑲᑉᑕ.

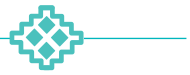
ᐅᑭᐅᓕᖕᓄᑦ ᐊᑕᐅᓯᕐᒥᒃ ᒪᕐᑑᖕᓄᑦ

ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕝᕕᒐᒥᒃ ᓄᑕᖅᑲᑦ ᐱᕙᓪᓕᐊᓂᖃᑦᓚᕆᓕᓲᑦ. ᑕᐃᒪᐃᑦᑐᑭᓲᑦ ᓱᓇᑐᐃᓐᓇᕐᓂᒃ ᖃᐅᔨᓇᓱᖃᑦᑕᓕᕝᕕᒐᒥᒃ ᐅᔾᔨᖅᑐᖃᑦᑕᓕᕝᕕᒐᒥᒃᓗ ᓱᓇᑐᐃᓐᓇᕐᓂᒃ ᖃᓂᒋᔭᖕᒋᓐᓃᑦᑐᓂᒃ. ᐱᓕᕆᔨᒪᔪᐊᓘᓕᓲᑦ ᐊᒻᒪᓗ ᐊᔪᙱᓐᓂᕐᒥᓂᒃ ᖃᐅᔨᓴᓲᑦ. ᖃᐅᔨᓴᕐᓂᖃᓕᖃᑦᑕᖅᑐᓪᓗ ᐃᓅᖃᑎᒥᓂᒃ ᐊᒻᒪᓗ ᐱᕙᓪᓕᐊᑎᑦᑎᐸᓗᑎᒃ ᐅᒃᐱᕈᓱᖕᓂᕐᒧᑦ ᐃᒃᐱᒍᓱᖕᓂᕐᒥᒃᓗ. ᑕᒪᓐᓇ ᐱᒻᒪᕆᐊᓗᒃ ᓄᑕᕋᐅᑉ ᐃᓅᓯᖕᒐᓂᒃ ᐱᐅᔪᑦ ᐃᓕᖅᑯᓯᕆᓂᐊᖅᑕᖕᒋᑦ ᓴᖅᑭᑉᐸᓪᓕᐊᓕᖅᑎᓪᓗᒋᑦ, ᓂᕆᐅᒋᔭᐅᔪᑦ ᑐᑭᓯᓇᖅᑐᑦ ᓴᖅᑭᑉᐸᓪᓕᐊᑎᓪᓗᒋᑦ, ᐊᒻᒪᓗ ᐊᖕᒐᔪᖅᑳᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᕙᓪᓕᐊᓕᖅᑎᓪᓗᒋᑦ ᓄᑕᕋᐅᑉ ᓯᕗᓂᒃᓴᒧᑦ ᑎᒍᒥᐊᕐᓂᐊᖅᑕᖕᒋᓐᓂᒃ.

ᐊᖕᒐᔪᖅᑳᑉ ᐱᓕᕆᐊᒃᓴᖕᒐ:

- ᖃᐅᔨᓴᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐊᒻᒪᓗ ᐅᓗᕆᐊᓇᖅᑐᒦᑎᑦᑕᐃᓕᕙᒃᓗᒋᑦ.
- ᐃᓅᖃᑎᖃᖃᑦᑕᕐᑯᓗᒋᑦ ᐃᓄᖕᓂᒃ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᐱᒻᒪᕆᐊᓘᖕᒪᑦ ᐊᒥᖅᑳᒋᓐᓇᕐᓂᖅ, ᐃᒃᐱᒍᓱᒍᓐᓇᕐᓂᖅ, ᐃᑲᔪᕐᓂᖅ ᐊᒻᒪᓗ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᖅ ᑲᔪᓲᓐᓇᖅᑐᒃᑯᑦ.
- ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒍ ᓄᑕᕋᐃᑦ ᖃᓄᖅ ᐊᑐᖃᑦᑕᕆᐊᖃᕐᒪᖔᑦ ᐱᕐᑯᑎᓂᒃ ᐊᑦᑕᓇᖅᑐᒦᕐᑯᓇᒍ ᐊᒻᒪᓗ ᖃᓄᖅ ᑲᒪᒋᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᒪᖔᒋᑦ ᐊᒻᒪᓗ ᑐᖅᑯᖅᑎᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᒪᖔᒋᑦ.
- ᐃᓕᓐᓂᐊᖅᑎᐸᓪᓗᒋᑦ ᖃᓄᖅ ᑭᐅᓯᖃᑦᑕᕆᐊᖃᕐᒪᖔᑕ ᓄᑕᕋᐅᖃᑎᒥᓂᒃ ᕿᐊᒥᖅᓱᐃᔭᕐᖔᒐᑕ, ᖃᐅᔨᒪᔪᑦ ᖃᓄᖅ ᒪᒥᐊᑦᑕᕆᐊᒃᓴᖅ ᐊᒻᒪᓗ ᐃᓚᑖᖅᑐᒃᑲᓐᓂᕆᐊᒃᓴᖅ.
- ᓄᑕᖅᑲᑦ ᐱᓕᕆᐊᒃᓴᖅᑖᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᑲᒪᒋᔪᓇᖅᑕᖕᒋᓐᓂᒃ ᖃᐅᔨᕙᓪᓕᐊᖃᑦᑕᕐᓂᐊᕐᒪᑕ ᐊᔪᙱᑕᒥᓂᒃ ᐊᒻᒪᓗ ᐱᓇᓱᐊᒃᑲᓐᓂᕈᒪᖃᑦᑕᕐᓂᐊᕐᒪᑕ ᐊᒃᓱᕈᕐᓇᕐᓂᖅᓴᓂᒃ. ᖁᕕᐊᒋᖃᑦᑕᕐᓗᒋᑦ ᐱᐊᓂᒃᓯᑦᑎᐊᑖᖕᒐᑕ.
- ᑐᓂᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐊᓐᓄᑖᓂᒃ ᐃᖕᒥᓂᒃ ᐊᑎᔪᓐᓇᖅᑕᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᓈᒻᒪᒃᑐᓂᒃ ᓱᓚ ᒪᓕᒃᓗᒍ.
- ᐃᑲᔪᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐅᔾᔨᕈᓱᓕᕈᓐᓇᕐᓂᕐᒧᑦ ᐱᓕᕆᐊᕆᔪᓐᓇᖅᑕᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᖁᕕᐊᒋᓂᕋᖃᑦᑕᕐᓗᒍ ᐆᒃᑐᕋᖃᑦᑕᕐᓂᖕᒐᓄᑦ ᓄᑖᓂᒃ. ᐱᕕᒃᓴᖃᖅᑎᕐᑎᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᓄᑖᓂᒃ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᕐᒧᑦ.
- ᑐᖅᓱᕋᕐᓂᕐᒥᒃ ᐃᑲᔪᖅᑐᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐊᒻᒪᓗ ᐅᒡᓚᕋᕋᔪᒡᓗᒋᑦ ᐃᓚᒋᔭᑦ ᓄᑕᕋᐃᑦ ᐃᑲᔪᖅᑎᖃᖃᑦᑕᕐᓂᐊᕐᒪᑦ ᐃᓚᒥᓂᒃ.
- ᑐᓴᐅᒪᑎᖃᑦᑕᕐᓗᒍ ᐅᑭᐅᕆᔭᖕᒐ ᒪᓕᒃᓗᒍ ᖃᓄᖅ ᓂᕆᐅᒋᖕᒪᖔᕐᓂ ᐊᒻᒪᓗ ᖃᐅᔨᒪᑎᓪᓗᒍ ᓄᑕᕋᐃᑦ ᓱᖕᒪᑦ ᑕᐃᒪᓐᓇ ᓂᕆᐅᒋᖕᒪᖔᕐᓂ. ᐃᓱᒪᒋᔭᖃᖃᑦᑕᕐᓗᑎᑦ ᖃᓄᐃᓕᒋᐊᕈᑎᒃᓴᓂᒃ ᓄᑕᕋᐃᑦ ᐱᐊᓂᒃᓯᔪᒪᖃᑦᑕᕐᑯᓗᒍ ᓂᕆᐅᒋᔭᕐᓂᒃ. ᒪᓕᒐᑎᑦ ᐊᓯᔾᔨᖅᑕᐅᓕᖃᑦᑕᕐᓗᒋᑦ.

ᓄᑕᖅᑲᑦ ᕿᐊᖃᑦᑕᕐᓂᐊᖅᑐᑦ ᖁᕕᐊᓱᒍᓐᓃᖃᑦᑕᕐᓂᐊᖅᑐᓪᓗ ᓴᖑᑦᑎᙱᒃᑳᖕᒐᒥᒃ ᐱᔪᒪᔭᖕᒐ ᐱᔾᔪᑎᒋᑉᓗᒍ. ᓴᐃᒻᒪᖅᓴᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ, ᐊᒻᒪᓗ ᐅᐃᒪᔫᖃᑦᑕᕐᓗᒍ ᓈᒻᒪᒃᓴᕈᓐᓃᕈᑎᒋᔭᖕᒐ ᖄᖕᒋᐅᑎᔪᓐᓇᕐᑯᑉᓗᒍ. ᐊᔭᐅᖅᑐᖃᑦᑕᕐᓗᒍ ᐃᓅᖃᑎᖃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐋᖅᑭᒋᐊᕈᑎᒃᓴᓂᒃ ᓇᓂᓯᓇᓱᖃᑦᑕᕆᐊᖃᕐᓂᖕᒐᓄᑦ ᐊᙱᓂᖕᒋᑦ ᐅᔾᔨᖅᑐᕐᓗᒋᑦ.



ᓄᑕᖅᑲᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕝᕕᒐᒥᒃ ᓴᖑᓐᓂᐊᕋᔪᖕᒪᑕ. ᐊᐱᕆᒃᐸᑕ, ᐊᐱᖅᓱᐃᓐᓇᕐᓂᐊᖅᑐᑦ ᑭᓯᐊᓂ ᑐᑭᓯᑦᑎᐊᕈᑎᒃ. ᐱᓕᕆᒐᓗᐊᕈᕕᑦ ᓄᖅᑲᓚᐅᐱᑦᓚᒃᓗᑎᑦ ᐅᔾᔨᖅᑐᕐᓕᕐᓗᒋᑦᓗ. ᓱᓕᔪᒃᑯᑦ ᐅᖃᐅᑏᓐᓇᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᖅᐱᑦ ᐅᒃᐱᕆᓂᖅᐸᕆᖃᑦᑕᕐᓂᐊᕐᒪᑎᑦ. ᐅᖃᐅᑎᕙᒃᓗᒋᑦ ᑭᐅᔾᔪᑎᖃᖕᒋᒃᑳᖕᒐᕕᑦ ᐊᒻᒪᓗ ᑭᐅᓇᓱᖃᑦᑕᕐᓗᒍ ᐱᓕᕆᖃᑎᒋᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᑐᑭᓯᑎᒋᐊᕐᓗᒍ ᓱᓇ ᓱᓕᔫᓇᓱᒋᖕᒪᖔᕐᓂ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᓃᑦ ᒪᓕᒃᓗᒍ.

ᐅᑭᐅᓕᖕᓄᑦ ᒪᕐᑑᖕᓂᒃ ᐱᖓᓱᓂᒡᓗ

ᑕᐃᒪᐃᑦᑑᓕᕌᖓᑕ ᐱᕙᓪᓕᐊᓂᕐᑲᓕᓲᑦ ᐃᖕᒥᓂᒃ ᐱᓕᕆᒋᐅᖅᓴᓂᕐᒧᑦ. ᐊᔭᐅᖅᑐᕐᑲᑦᑕᕐᓗᒋᑦ ᐃᖕᒥᓂᒃ ᐱᒋᐅᖅᓴᕐᑯᓗᒋᑦ ᐊᑦᑕᓇᖅᑐᒦᑎᑦᑕᐃᓕᓗᒍ ᐊᒻᒪᓗ ᐱᕕᒃᓴᕐᑲᖅᑎᑦᑎᐊᕐᓗᒍ ᐊᔪᕈᓐᓃᖅᐸᓪᓕᐊᔪᓐᓇᕐᓂᕐᒧᑦ ᓈᒻᒪᒃᑐᒃᑯᑦ. ᒪᓕᒋᐊᕐᑲᖅᑕᖕᒋᓐᓂᒃ ᐋᖅᑭᒃᓱᕈᑎᓯᒪᕐᑲᑦᑕᕐᓗᒍ, ᓱᕐᓗ ᐊᓂᕐᑲᑦᑕᕐᑯᙱᓪᓗᒍ ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᑐᓴᖅᑎᑦᑎᙱᖅᑳᕐᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓱᓇᓂᒃ ᐊᒃᑐᖅᓱᑦᑕᐃᓕᕐᑲᑦᑕᕐᑯᓗᒍ ᐅᓗᓇᐊᓇᖅᑑᔪᓐᓇᖅᑐᓂᒃ. ᐊᑐᕐᑲᑦᑕᕐᓗᒍ ᐃᓄᕐᓱᐊᖅᐸᒍᑎᒃᑯᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑏᑦ ᐊᔭᐅᖅᑐᐃᕐᑲᑦᑕᕐᓗᑎᑦ ᓄᑕᕐᕐᓂᒃ ᐱᕈᖅᓴᑦᑎᐊᕐᑯᓗᒍ ᓱᕐᓗ “ᐃᓚᓐᓈᕐᑲᕈᒪᒍᕕᑦ, ᐃᓚᓐᓈᑦᑎᐊᕙᐅᔭᕆᐊᕐᑲᖅᑐᑎᑦ” ᐅᕝᕙᓘᓐᓃᑦ “ᒫᓐᓇ ᐊᒥᖅᑳᕐᑲᑎᕐᑲᑦᑎᐊᕐᑲᑦᑕᙱᑦᑯᕕᑦ, ᓱᕗᓂᒃᓴᒥ ᐊᒥᖅᑳᕐᑲᑎᑏᒍᑎᒃᓴᓂᒃ ᐱᑕᕐᑲᕐᑲᑦᑕᓛᙱᑦᑐᑎᑦ.” ᑕᒪᒃᑯᐊ ᐅᕐᑲᐅᓲᑦ ᐆᒪᑎᒥᐅᑕᕆᓕᕐᓂᐊᖅᑕᖕᒋᑦ ᓄᑕᕐᖅᐱᑦ ᐊᒻᒪᓗ ᐃᑲᔫᑎᒋᓗᓂᖕᒋᑦ ᐃᓅᓱᕐᒥᒃ.

ᑕᒪᓐᓇ ᐱᒻᒪᕆᐊᓘᖕᒥᔪᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᕐᒧᑦ ᐃᒃᐱᖕᓂᐊᓂᐅᕙᒃᑐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᑲᒪᒋᔭᐅᖃᑦᑕᕐᒪᖔᑕ ᐃᓅᓱᒃᑯᑦ. ᐃᑲᔪᖃᑦᑕᕐᓗᒍ ᓄᑕᕐᐃᑦ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᕐᒧᑦ ᐅᖃᐅᓯᕐᓂᒃ ᐃᒃᐱᖕᓂᐊᓂᕐᒧᑦ ᑐᕌᖓᔪᓂᒃ ᑐᓴᖅᑎᑦᑎᖃᑦᑕᕐᓂᐊᕐᒪᑦ ᖃᓄᖅ ᐃᒃᐱᒍᓱᖕᒪᖔᕐᒥ. ᐃᒪᓐᓈᖅᑐᖃᑦᑕᕐᓗᒍ ᖃᓄᖅ ᑲᒪᒋᔭᕆᐊᖃᕐᒪᖔᒋᑦ, “ᑕᒪᐸᑕ ᐃᓛᓐᓂᒃᑯᑦ ᓂᖕᒐᕐᑲᑦᑕᕐᕋᐸᑕ, ᑭᓯᐊᓂ ᐃᓱᒪᒃᓴᖅᓯᐅᖅᑳᕐᓗᑕ ᓂᐸᓕᖃᑦᑕᕈᓐᓇᖅᑐᒍᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓄᐃᓕᒋᐊᕈᓐᓇᖃᑦᑕᖅᑐᒍᑦ ᓂᖕᒐᐅᒪᓕᕐᖓᐸᑕ. ᐱᐅᓂᖅᓴᒃᑯᑦ ᖃᓄᐃᓕᐅᕈᑎᖃᖃᑦᑕᕈᓐᓇᖅᑐᒍᑦ.”

ᓄᑕᕐᖅ ᐊᐱᖅᑯᑎᖃᕋᔪᖕᒪᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕐᖓᒥ. ᓄᑕᕐᐃᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᖅᑎᖃᑦᑕᕐᓗᒍ ᑭᐅᔾᔪᑎᒃᓴᒥᓂᒃᓗ ᓇᓗᓇᐃᖅᓯᑎᖃᑦᑕᕐᓗᒋᑦ ᐅᖃᐅᑎᔭᐅᑐᐃᓐᓇᖕᒋᑦᓗᑎᒃ. ᑕᒪᓐᓇ ᐱᕙᓪᓕᐊᔾᔪᑕᐅᔪᖅ ᖃᓄᖅᑑᕐᓂᕐᒧᑦ - ᐃᓱᒪᒃᓴᖅᓯᐅᕐᓂᕐᒧᑦ.

ᐊᖓᔪᖅᑳᑦ ᐃᒪᓐᓇᐃᓕᐅᕈᓐᓇᖅᑐᑦ:

- ᐊᔭᐅᖅᑐᖃᑦᑕᕐᓗᒍ ᓄᑕᕐᐃᑦ ᐃᓕᖕᓂᒃ ᐱᓕᕆᖃᑎᖃᕈᓐᓇᕐᓂᖕᒐᓄᑦ ᖃᓄᐃᓕᐅᖅᑎᓪᓗᑎᑦ. ᒥᑭᔪᓂᒃ ᐱᓕᕆᐊᒃᓴᖅᑖᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᑲᒪᒋᔪᓐᓇᖅᑕᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᐃᑲᔪᕆᐊᖃᑦᑕᕐᓗᒍ. ᐃᓕᑦᑎᓲᑦ ᑕᒻᒪᖅᑕᕐᓗᐊᖅᓗᑎᒃ.
- ᓂᕆᐅᒋᖃᑦᑕᕐᓗᒍ ᓄᑕᕐᐃᑦ ᑐᓵᔪᓐᓇᕐᓂᕐᒧᑦ ᑭᐅᓯᔪᓐᓇᕐᓂᕐᒧᓪᓗ. ᓄᑕᕐᐃᑦ ᐅᖃᐅᓯᕐᓂᒃ ᐃᒃᐱᒋᑦᑎᐊᖃᑦᑕᕐᑯᓗᒍ.
- ᓄᑕᕐᐃᑦ ᓂᕆᐅᒋᖃᑦᑕᕐᓗᒍ ᐱᓕᕆᐊᒃᓴᖃᕐᑯᓐᓇᖅᓯᓂᖕᒐᓄᑦ ᒥᑭᔪᓂᒃ.
- ᕐᑯᕙᖅᑎᕆᖃᑦᑕᕐᓗᑎᑦ ᐃᓕᖅᑯᓯᓂᒃ – ᖃᓄᐃᓕᐅᕈᑎᒋᔪᓐᓇᖅᑕᖕᒋᑦ ᐃᓅᓱᕐᒥ ᐱᐅᔾᔪᓐᓇᕐᑯᐸᓗᒋᑦ.
- ᐃᓅᖃᑎᖃᖅᑎᖃᑦᑕᕐᓗᒍ ᓄᑕᕐᐅᖃᑎᒥᓂᒃ, ᐃᓚᒥᓂᒃ ᐊᒻᒪᓗ ᐊᓯᖕᒋᓐᓂᒃ ᐃᓄᖕᓂᒃ.
- ᐊᔭᐅᖅᑐᖃᑦᑕᕐᓗᒍ ᓄᑕᕐᐃᑦ ᐃᓕᑦᑎᕐᑯᓗᒍ ᑕᐅᑐᒡᓗᓂ ᐊᒻᒪᓗ ᐅᖃᐅᓯᖃᑦᑕᕐᓗᑎᒃ ᓱᓇᓂᒃ ᑕᑯᖕᒪᖔᕐᒥᒃ, ᐊᒻᒪᓗᑦᑕᐅᖅ ᐃᖕᒥᓂᒃ ᐱᓕᕆᓇᓱᖃᑦᑕᕐᑯᓗᒋᑦ ᐃᒡᕕᑦ ᑕᐅᑐᒡᓗᒍ.

ᓄᑕᖅᑲᑦ ᓱᓇᓂᒃ
ᐱᓕᕆᑎᑕᐅᓇᓱᖃᑦᑕᕆᐊᖃᖕᒋᑦᑐᑦ
ᑲᒪᒋᔪᓐᓇᖕᒋᑕᖕᒋᓐᓂᒃ.
ᐅᔾᔨᖅᑐᖃᑦᑕᕆᐊᖃᖅᑕᖅᐳᑦ ᓄᑕᕐᖅᐳᑦ
ᖃᐅᔨᓴᖃᑦᑕᕐᓗᒋᓪᓗ ᐃᓕᑦᑎᔪᓐᓇᖅᓯᖕᒪᖔᑕ
ᓱᓇᒥᒃ - ᑕᐃᒪᓐᓇ ᐃᓕᑦᑎᔭᕆᐊᖃᖅᑐᒍᑦ.
ᐃᓕᓐᓂᐊᕐᓂᖅ ᐃᓄᖕᓄᑦ ᐃᓗᑦᑑᔪᖅ –
ᐃᓕᓐᓂᐊᖅᑕᐅᔭᕆᐊᓖᑦ ᐃᓗᐃᑦᑐᒃᑰᔭᕆᐊᓖᑦ.

ᓇᓱᕐᓂᔪᖅ
Aaruhuktuq
Hoping

ᐃᕿᐊᖑᕐᓯᒪᔪᖅ
Tunin'nguhuktuq
Bored

ᓂᖓᑲᓪᓚᑦᑐᖅ
Ningakaallaktuq
Suddenly angry

ᓱᖏᑐᔭᕐᓗᓂ
Mamiahuktuq
Silently angry

ᑲᒪᒋᔭᐅᖏᓐᓇᓱᒋᔪᖅ ᐊᔾᓂᕿᔪᖅ
Hingnahuktuq
Jealous inside

ᖁᕕᐊᓱᖏᒪᕆᑦᑐᖅ
In'ngumayuq
Very sad

ᐃᓕᒪᓱᑦᑐᖅ
Hapiqtuq
Nervous fear

ᓇᒃᓕᒍᓱᖕᓂᕐᒥᑦ ᐃᑦᐱᒋᔪᖅ
Piqpagiyuq
Loving feelings

ᖁᕕᐊᓱᑦᑐᐸᓇᓗᑦ
Quviahuktuq
Happy inside and outside

ᖁᓚᕐᓂᖅᖏᑦᑐᖅ
Ayuqhaituq
Confident

ᑕᐅᑐᖁᕐᑐᖅ
Aamadjittuq/ Qauyimangudjittuq
Daydreaming

ᐱᐅᓱᒋᔪᖅ
Anangaituq
Cocky

ᑲᙵᑦᑎᓯᒪᔪᖅ
Kan'ngunaqtuq
Shameful

ᐊᓯᖃᖏᓐᓇᓱᒋᔪᖅ
Avaliin'ngaahuktuq
Feeling Alone

ᑕᑕᒥᑦᖃᔭᕐᑐᖅ
Qugluktuq
Startled

ᕿᑐᓱᓕᕐᑐᖅ ᒥᖕᒍᑐᕐᑐᖅ
Unaguqtuq
Exhausted

ᐅᐱᑦᑐᖅ
Arliguhuktuq
Wow, amazed

ᐱᐅᓱᒋᑲᓐᓄᐊᕐᑐᖅ
Aliahukkaffuktuq
Short term proud

ᓇᓗᓕᕐᓯᒪᔪᖅ
Qanuritaakhaminik
Naluliqtuq
Mixed up inside

ᐅᐃᒪᔭᓕᕐᑐᖅ
Naluqhaliqtuq
Suddenly confused

ᑲᙵᑦᓯᑲᓪᓚᑦᑐᖅ
Kan'nguhulaqiyuq
Suddenly embarrassed

ᐃᓗᐃᓪᓕᕐᑐᖅ ᐃᓗᒥᒍᑦ
Iqihulikaalaktuq
Suddenly angry inside

ᑲᒪᓱᒍᐃᕐᑐᖅ ᐃᕿᐊᓱᓕᕐᑐᖅ
Piyumahuiqpalliayuq
Losing interest

ᐱᐸᑲᕐᑎᑕᐅᔪᖅ
Pirugiyauyuq
Being blamed

ᐃᒃᐱᒋᓂᑦ

Ikpihinit

Emotions

ᐅᑭᐅᓕᖕᓄᑦ ᐱᖓᓱᓂᒃ ᓯᑕᒪᓄᑦ

ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᖅᑎᓪᓗᒍ, ᓄᑕᕋᐃᑦ ᐃᓕᑦᑎᕙᓪᓕᐊᓕᕋᔭᖅᑐᖅ ᐱᒻᒪᕆᐅᔪᓂᒃ ᐅᒃᐱᕆᔭᐅᔪᓂᒡᓗ - ᐃᓕᑦᑎᓗᑎᒃ ᒪᓕᒐᕐᓂᒃ ᐃᓅᓯᒃᑯᑦ, ᖃᓄᕐᓗ ᐃᓅᖃᑎᖃᖃᑦᑕᕆᐊᒃᓴᖅ, ᐊᒻᒪᓗ ᖃᓄᖅ ᖃᑕᙳᑎᒋᔭᑦ ᐃᑲᔪᖃᑦᑕᕋᔭᕐᒪᖔᒋᑦ. ᐱᕕᒃᓴᖃᑦᑎᐊᖃᑦᑕᕆᐊᓖᑦ ᐃᖕᒥᓂᒃ ᐱᓕᕆᔪᓐᓇᖅᓯᓂᕐᒧᑦ ᐱᙳᐊᖃᑦᑕᕐᓂᕐᒧᓪᓗ. ᐱᙳᐊᖃᖃᑦᑕᕌᖓᑕ ᐊᒥᓲᓗᐊᖅᑐᓂᒃ ᐅᐃᒪᔾᔭᕈᑕᐅᓕᓲᑦ, ᖃᕆᑕᐅᔭᓕᕆᓗᐊᖃᑦᑕᕌᖓᑕᓗ. ᐃᓄᐃᑦ ᐅᒃᐱᕈᓱᒃᑐᑦ ᓱᓇᓗᒃᑖᓂᒃ ᓇᓕᒧᒋᒃᑐᒃᑯᑦ ᐱᓕᕆᐊᖃᖃᑦᑕᕐᓂᖅ ᐱᒻᒪᕆᐅᙱᓄᑦ. ᓄᑕᖅᑲᑦ ᐊᓃᖃᑦᑕᕆᐊᓖᑦ ᐃᓕᑦᑎᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᓄᓇᒥ, ᐃᓚᓐᓈᕐᒥᓂᓗ ᐃᓅᖃᑎᖃᖃᑦᑕᕐᓗᑎᒃ ᐃᓅᖃᑎᖃᕈᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᖃᕈᓐᓇᕐᓂᕐᒧᑦ ᐃᓕᑦᑎᕙᓪᓕᐊᔪᓐᓇᕐᑯᐸᓗᒋᑦ, ᐊᒻᒪᓗ ᐊᓈᓇᕐᑎᐊᒥᓂᒃ/ᐊᑖᑕᕐᑎᐊᒥᓂᒃ/ᐃᓄᑐᖃᕐᓂᒃ ᐃᓅᖃᑎᖃᖃᑦᑕᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᓐᓇᖅᑐᓂᒃ ᓱᕐᓗ ᐃᒪᓐᓇ "ᐅᔭᖅᑲᑦ ᑕᒪᕐᒥᒃ ᒎᑎᐅᑉ ᐱᒋᔭᖕᒋᑦ ᐊᒻᒪᓗ ᑲᒪᒋᑦᑎᐊᖃᑦᑕᕆᐊᖃᖅᑕᖅᐳᑦ" ᐅᕝᕙᓘᓐᓃᑦ ᖃᓄᖅ ᑲᒪᑦᑎᐊᕆᐊᖃᕐᓂᕐᒧᑦ ᓇᒡᓕᒍᓱᖃᑦᑕᕆᐊᖃᕐᓂᕐᒧᑦ ᒥᑭᔪᓂᒃ ᓂᕐᔪᑎᓂᒃ ᐊᒻᒪᓗ ᖁᐱᕐᕈᒐᓚᖕᓂᒃ.

ᓄᑕᕋᖅ ᖃᐅᔨᒪᔭᕆᐊᓕᒃ ᖃᑕᙳᑎᒥᓂᒃ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᖅᑎᓪᓗᒍ ᐊᒻᒪᓗ ᑕᑯᑎᑦᑎᔪᓐᓇᖃᑦᑕᕐᓗᓂ ᓇᒡᓕᖕᓂᕐᒥᓂᒃ. ᓄᑕᖅᑲᑦ ᐱᙳᐊᕈᒪᒐᔪᒃᑐᑦ. ᓂᕕᐊᖅᓴᑯᓗᒃ ᕿᑐᕐᖓᐅᔭᙳᐊᓂᒃ ᐱᙳᐊᖃᕋᔭᖅᑐᒃᓴᐅᔪᖅ, ᐊᓈᓇᙳᓗᓂ. ᕿᑐᙳᐅᔭᙳᐊᓂᒃ ᐊᒫᖃᑦᑕᕈᒪᓗᓂ, ᑕᐅᑐᖃᑦᑕᕋᒥ ᐃᔾᔪᐊᖃᑦᑕᕋᒥᓗ ᐊᓈᓇᒥᓂᒃ ᐊᓈᓇᖓ ᐱᓕᕆᑎᓪᓗᒍ. ᐊᕐᓇᐃᑦ ᐱᓕᕆᐊᒃᓴᖕᒋᓐᓂᒃ ᐃᓕᑦᑎᕙᓪᓕᐊᔪᖅ, ᐃᖕᒥᓂᒃᑕᐅᖅ ᐱᓕᕆᐊᕆᖃᑦᑕᕐᓂᐊᕋᒥᒋᑦ. ᐅᖃᐅᑎᖃᑦᑕᕐᓗᒍ ᐊᓈᓇᖓᐅᔭᖃᑦᑕᕐᒪᑦ ᐊᓈᓇᒥᓂᒃ ᐃᔾᔪᐊᓕᕋᖓᑦ. ᓴᕆᒪᓱᖕᓂᐊᖅᑐᖅ ᐊᒻᒪᓗ ᐊᓈᓇᒥᑑᕋᓱᑦᑎᐊᕐᓂᐊᖅᑐᖅ. ᓄᑲᑉᐱᐊᑯᓗᐃᑦ ᐊᖑᑎᑦ ᐱᓕᕆᐊᕆᖃᑦᑕᖅᑕᖕᒋᓐᓂᒃ ᐱᓕᕆᐊᖃᕋᓱᖕᓂᐊᖅᑐᒃᓴᐅᔪᑦ ᐊᒻᒪᓗ ᐊᑖᑕᒥᓃᒐᔪᙱᓗᑎᒃ. ᑕᐅᑐᒃᓗᑎᒃ, ᐃᓕᑦᑎᑦᓕᐊᔪᑦ ᓄᑖᓂᒃ ᐱᓕᕆᐊᒃᓴᓂᒃ. ᓄᑕᖅᑲᑦ ᐃᓕᑦᑎᔪᓐᓇᖃᑦᑕᖅᑐᑦ ᑕᒪᐃᓐᓂᒃ ᐊᖑᑎᑦ ᐊᕐᓇᑦᓗ ᐱᓕᕆᐊᒃᓴᖕᒋᓐᓂᒃ; ᑕᒪᕐᒥᒃ ᐊᑑᑎᖃᓗᒃᑖᖅᑐᑦ ᐊᒻᒪᓗ ᐃᑲᔫᑕᐅᓱᑦ ᐃᓚᒋᑦ ᓴᖕᒋᔫᔪᓐᓇᕐᑯᐸᓗᒋᑦ.

ᓄᑕᖅᑲᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓖᑦ ᐃᒪᓐᓇᐃᑦᑐᓂᒃ ᐱᖃᑦᑕᕆᐊᓖᑦ:

- ᐃᓕᓐᓂᐊᖅᑎᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᐅᓂᑉᑳᖅᑐᐊᒃᑯᑦ, ᐱᒻᒪᕆᐅᑎᑕᐅᔪᓂᒃ, ᐅᒃᐱᕆᔭᐅᔪᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᓈᓚᑦᑎᐊᖃᑦᑕᕆᐊᖃᖃᑦᑕᕐᓂᕐᒧᑦ
- ᐱᓕᕆᓂᒃᑯᑦ ᐊᔪᕈᓐᓃᖅᓴᖃᑦᑕᕆᐊᓖᑦ ᐱᕕᒃᓴᖃᖅᑎᑕᐅᑦᑎᐊᖃᑦᑕᕐᓗᑎᒃ - ᐱᓕᕆᑎᑕᐅᓗᑎᒃ ᐃᒡᓗᑉ ᐃᓗᐊᓂ ᐊᒻᒪᓗ ᒥᑭᔪᓂᒃ ᑲᒪᑎᑕᐅᖃᑦᑕᕐᓗᑎᒃ ᐊᔪᕈᓐᓃᑐᐊᕋᖓᑕ
- ᐅᔾᔨᖅᑐᖃᑦᑕᕐᑯᔭᐅᓗᑎᒃ ᓄᓇᕐᔪᐊᕐᒥ ᐊᒻᒪᓗ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᖃᖃᑦᑕᕐᑯᓗᒋᑦ ᐃᓗᓕᖕᒋᓐᓂᒃ
- ᖃᓄᖅᑑᕈᑎᖃᕈᓐᓇᕐᓗᑎᒃ ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᕐᒧᑦ ᐃᒃᐱᒋᔭᐅᔪᓂᒃ ᐊᒻᒪᓗ ᓴᐃᒪᑎᑦᑎᓇᓱᖃᑦᑕᕐᓗᓂ ᐃᓅᖃᑎᒥᓂᒃ. "ᖃᓄᐃᓕᐅᕋᔭᖅᐱᑦ ᑎᒡᓗᒃᑕᐅᓇᔭᕈᕕᑦ ᐱᔾᔪᑎᖃᖕᒋᑦᑐᒧᑦ?"
- ᖃᐅᔨᒪᔭᕆᐊᓖᑦᓗ ᖃᓄᖅ ᐱᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ ᓄᓇᕐᔪᐊᕐᒥ ᐊᒻᒪᓗ ᐅᖃᐅᓯᖃᖃᑦᑕᕐᓗᑎᒃ ᐃᓱᒪᒃᑯᑦ ᐱᓕᕆᐊᒃᓴᔭᖕᒋᓐᓂᒃ. "ᖃᓄᐃᓕᐅᕋᔭᖅᐱᑦ ᐃᓄᒃ ᑕᑯᒍᖕᓂ ᐋᓐᓂᖅᑎᕆᔪᖅ ᖁᐸᓄᐊᑯᓗᖕᒥᒃ?"
- ᖃᐅᔨᓇᓱᖃᑦᑕᕈᓐᓇᕐᓗᓂ ᐋᖅᑭᒋᐊᕈᑎᒃᓴᓂᒃ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᑎᓪᓗᒍ. "ᖃᓄᐃᓕᐅᕋᔭᖅᐱᑦ ᐃᓄᑑᒍᕕᑦ ᓂᐅᕕᕐᕕᖕᒥ ᐊᒻᒪᓗ ᐅᕙᒪᓂᒃ ᓇᓂᓯᔪᓐᓇᐃᓪᓕᓐᓂᕈᕕᑦ?"
- ᐱᕕᒃᓴᖃᖅᑎᑕᐅᖃᑦᑕᕐᓗᓂ ᐱᔾᔪᕋᕈᓐᓇᕐᓂᕐᒧᑦ ᓇᒡᓕᒍᓱᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᒥᒃ ᐊᒻᒪᓗ ᐃᑲᔪᕆᐊᖃᑦᑕᕐᓗᓂ ᐃᓅᖃᑎᒋᔭᑦ ᖃᓄᐃᖕᒋᑦᑐᓐᓇᕐᑯᐸᓗᒋᑦ ᐱᓕᕆᓂᒃᑯᑦ ᓇᒡᓕᖕᓂᒃᑯᓪᓗ ᓄᑲᖕᒋᓐᓂᒃ.

ᐅᑭᐅᓕᖕᓄᑦ ᓯᑕᒪᓂᒃ ᑕᑦᓕᒪᓄᑦ

ᓄᑕᕋᖅ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓕᒃ ᐃᖕᒥᓂᒃ ᐱᓕᕆᔪᓐᓇᖅᓯᕙᑦᓕᐊᓲᖅ. ᑕᒪᓐᓇ ᐱᒻᒪᕆᐊᓗᒃ ᐸᕐᓇᐃᓂᕐᒧᑦ ᐊᖏᕋᒥᓂᒃ ᐊᓂᔪᓐᓇᖅᓯᕐᑯᐸᓗᒋᑦ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᕆᐊᕐᓗᑎᒃ ᓄᑕᕋᖅ ᐃᖕᒥᓂᒃ ᐊᔪᖕᒋᓐᓂᕐᒥᓂᒃ ᐊᑐᕈᓐᓇᕆᐊᖃᕐᓗᓂ ᐊᒻᒪᓗ ᐃᒃᐱᖕᓂᐊᖃᑦᑕᖅᑕᒥᓂᒃ ᐊᑐᕆᐊᖃᕐᓗᓂ ᓄᑖᓂᒃ ᖃᓄᐃᓕᐅᕈᑕᐅᔪᓂᒃ. ᑕᐃᒪᐃᑦᑐᒃᑯᖅᑎᓪᓗᒋᑦ ᐃᓚᖏᑦ ᑲᐸᐊᓱᓲᑯᓗᐃᑦ. ᐊᖕᒐᔪᖅᑳᖏᓐᓄᑦ ᐸᕐᓇᒃᑕᐅᔭᕆᐊᓖᑦ ᐃᖕᒥᓂᒃ ᐅᒃᐱᕈᓱᒍᓐᓇᕐᑯᐸᓗᒋᑦ ᐊᔪᖕᒋᓐᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐅᖃᐅᓯᖃᑦᑕᕐᓗᑎᒃ ᖃᓄᖅ ᓄᑕᕋᖅ ᖃᓄᐃᖕᒋᑦᑐᓐᓇᕋᔭᕐᒪᖔᑦ ᑕᐃᒪᐃᑦᑐᓂᒃ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᒃᑯᑦ. ᐱᒻᒪᕆᐊᓗᒃ ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᖅᑎᓪᓗᒋᑦ ᓄᑕᕐᓃᖃᑦᑕᕆᐊᖃᕐᓂᕐᓄᑦ ᐊᑐᐃᓐᓇᐅᕐᑯᐸᓗᒋᑦ ᐃᑲᔪᕈᓐᓇᕐᓂᕐᒧᑦ ᖃᓄᐃᖕᒋᑦᑐᓐᓇᕐᑯᐸᓗᒋᑦ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᒃᑯᑦ.

ᐱᒻᒪᕆᐊᓗᒃ ᐱᕕᒃᓴᖃᖅᑎᑦᑎᖃᑦᑕᕆᐊᖃᕐᓂᕐᒧᑦ ᓄᑕᕐᓂᒃ ᐊᓃᕈᓐᓇᖃᑦᑕᕐᑯᐸᓗᒍ ᐃᓕᓐᓂᐊᓕᕌᖓᑕ ᓄᑕᖅᑲᑦ ᐃᓗᐊᓃᒐᔪᖃᑦᑕᕐᒪᑕ. ᖃᐅᔨᓇᓱᖃᑦᑕᕐᓗᑎᑦ ᖃᓄᖅ ᐊᓃᕐᔫᒥᖃᑦᑕᕋᔭᕐᒪᖔᑦ ᓄᑕᕋᐃᑦ, ᐃᖃᐃᓕᓴᕐᓗᓂ ᖃᓄᐃᓕᐅᕈᓘᔭᕐᓗᓂ. ᐱᐅᔫᔪᖅ ᓄᓇᒦᖃᑦᑕᕐᓗᓂ, ᐃᓕᓐᓂᐊᕐᓂᖅ ᐱᕈᖅᓯᐊᑦ ᑕᐃᒨᓯᖕᒋᓐᓂᒃ, ᑯᒪᐃᑦ ᑕᐃᒨᓯᖕᒋᓐᓂᒃ, ᒥᑭᔪᑦ ᓂᕐᔪᑏᑦ ᑕᐃᒨᓯᖕᒋᓐᓂᒃ, ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᖃᑦᑕᕐᓂᖕᒋᓐᓄᑦ ᖃᓄᕐᓗ ᐊᑐᖅᑕᐅᖃᑦᑕᕐᓂᖕᒋᓐᓄᑦ. ᓄᑕᕋᐃᑦ ᐃᓕᓐᓂᐊᖅᑎᓐᓇᔭᖅᑕᐃᑦ ᖃᓄᖅ ᐊᒃᑐᐊᓂᖃᕐᒪᖔᑦ ᓄᓇᒧᑦ ᐊᒻᒪᓗ ᐃᒃᐱᒍᓱᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᒪᖔᑦ ᑕᒪᒃᑯᓂᖕᖓ. ᐅᓂᑉᑳᖅᑐᐊᖃᑦᑕᕐᓗᓯ ᐱᖕᒍᐊᖃᑦᑕᕐᓗᓯ ᑐᑭᓯᐅᒪᔪᓐᓇᖅᓯᕐᑯᐸᓗᒋᑦ.

ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓗᑎᑦ:

- ᐃᒃᐱᒍᓱᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᕐᒥᒃ, ᐃᒃᐱᒍᓱᖕᓂᒃᑯᑦ ᐅᖃᑦᓚᖃᑦᑕᕆᐊᖃᕐᓂᕐᒥᒃ, ᐃᒃᐱᒍᓱᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᕐᒥᒃ ᓄᓇᒥᒃ, ᐃᓅᖃᑎᒥᒃ, ᐱᕐᑯᑎᓂᒃ ᐊᒻᒪᓗ ᓇᖕᒥᓂᕆᔭᐅᔪᓂᒃ
- ᐃᑲᔪᖃᑦᑕᕆᐊᖃᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐱᓕᕆᒋᐊᑲᐅᑎᒋᖃᑦᑕᕆᐊᖃᕐᓂᕐᒧᑦ ᑲᒪᒋᔭᐅᔭᕆᐊᓕᖕᓂᒃ
- ᑲᒪᒋᖃᑦᑕᕐᓗᒋᑦ ᐃᒃᐱᒋᔭᐅᔪᑦ ᓈᒻᒪᒃᑐᒃᑯᑦ ᐊᒻᒪᓗ ᑲᒪᔪᓐᓇᖅᑎᓪᓗᒋᑦ ᐃᖕᒥᓂᒃ ᖃᓄᐃᓕᐅᕈᑎᒋᔭᒥᓂᒃ
- ᓯᕗᓂᑐᖃᒍᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᖃᑦᑕᕐᓗᓯ ᖃᓄᖅ ᓇᒻᒪᖕᒋᑦᑐᒃᑰᖕᒋᓐᓂᖅᓴᐅᓇᔭᕐᒪᖔᑦᓯ, ᐊᑦᑕᓇᖅᑐᒦᕐᑯᓇᓯᓗ ᐃᓄᐃᑦ ᐃᓱᒫᓗᕐᑯᓇᒋᑦ
- ᐋᖅᑭᒋᐊᖅᓯᔪᓐᓇᖃᑦᑕᕐᑯᐸᓗᒋᑦ ᐊᖏᖃᑎᒌᒍᑕᐅᖕᒋᑦᑐᓂᒃ ᐃᖕᒥᓂᒃ, ᐃᓕᑦᑎᔪᓐᓇᕐᓗᑎᒡᓗ ᐃᓅᖃᑎᖃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ

ᐊᖕᒐᔪᖅᑳᑦ ᐱᓕᕆᐊᒃᓴᖃᖅᐸᒃᑐᑦ ᓄᑕᕋᖕᒋᑦ ᖃᓄᐃᓕᐅᕋᖕᒐᑕ. ᓄᑕᖅᑲᑦ ᐃᓅᖃᑦᑕᕆᐊᖃᖕᒋᑦᑐᑦ ᐊᖕᒐᔪᖅᑳᓕᔭᖕᒋᓐᓗᑎᒃ ᓱᓇᓗᒃᑖᓂᒃ ᖃᐅᔨᒪᖕᒋᑦᑐᑯᓗᖕᒐᑕ ᓱᓕ. ᓄᑕᖅᑲᑦ ᐃᓕᑦᑎᕙᓪᓕᐊᓲᑦ ᐃᒪᓐᓈᖅᑐᖅᑕᐅᐸᓗᒋᑦ

ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᐸᓗᑎᒃ ᐊᓯᖕᒋᓐᓄᑦ. ᐊᖓᔪᖅᑳᖕᒍᐸᓗᑕ, ᐅᔾᔨᖅᑐᖃᑦᑕᕆᐊᖃᖅᑐᒍᑦ -- ᐋᖅᑭᒃᓯᐃᖃᑦᑕᕋᐸᑕ ᓄᑕᖅᑲᑦᑕ ᓇᐅᒃᑯᕐᕕᒋᓂᐊᖅᑕᖕᒋᓐᓂᒃ ᓯᕗᓂᒃᓴᒃᑯᑦ. ᐱᒻᒪᕆᐊᓗᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᖃᑦᑕᕆᐊᖃᕐᓂᐸᑎᓐᓄᑦ ᓱᓇᓂᒃ ᓄᑕᕋᕆᔭᖅᐳᑦ ᐃᓕᑦᑎᕐᑯᖕᒪᖔᐸᑎᒍᑦ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᓯᕐᑯᖕᒪᖔᐸᑎᒍᑦ. ᓄᑕᖅᑲᑦ ᐅᐸᓗᒥ ᐃᓕᓐᓂᐊᕐᕕᖕᒦᒃᑲᐅᓂᖅᓴᐅᖕᒪᑕ, ᑭᓯᐊᓂ ᐊᖕᒐᔪᖅᑳᓴᐅᐸᓗᑕ ᐃᓕᓐᓂᐊᖅᑎᑦᑕᕆᐊᖃᕐᒥᔭᖅᐳᑦ. ᑐᓂᕐᕈᑎᒋᑐᐃᓐᓇᕈᓐᓇᖕᒋᓐᓇᐸᑎᒍᑦ ᓄᑕᕋᖅᐳᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒍᑦ. ᑲᒪᒋᔭᕆᐊᖃᐃᓐᓇᕐᓂᐊᖅᑕᖅᐳᑦ ᑭᓇᖕᒍᕐᓂᐊᕐᒪᖔᑕ ᐃᓅᓯᕐᒥᒃ.

ᐅᑭᐅᓕᖕᓄᑦ ᑕᑦᓕᒪᓂᒃ ᐊᕐᕕᓂᓕᖕᓄᑦ

ᐱᓕᕆᐊᒃᓴᕆᔭᖅᐳᑦ ᐊᖓᔪᖅᑳᖕᒍᐸᓗᑕ ᐸᕐᓇᐃᕐᑲᑦᑕᕆᐊᖃᕐᓂᖅ ᓄᑕᕋᐸᑎᓐᓂᒃ ᐃᓅᓯᕐᑲᑦᑎᐊᕐᑯᓗᒋᑦ ᐊᒻᒪᓗ ᑲᔪᓯᓂᕐᑲᑦᑎᐊᕐᑯᓗᒋᑦ. ᑕᐃᒪᐃᓕᐅᕐᓂᐊᖅᑎᓪᓗᑕ, ᓄᑕᖅᑲᑦ ᑐᑭᓯᓇᖅᑐᓂᒃ ᑭᒡᓕᖅᑲᑦᑎᐊᕐᑯᓗᒋᑦᐳᑦ ᐱᕈᖅᓴᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᐊᑦᑕᓇᖅᑐᕐᑲᖕᒋᑦᑐᒥᒃ ᐊᒻᒪᓗ ᐱᓇᓱᐊᕐᑲᑦᑕᕐᑯᐸᓗᒋᑦ ᓄᑖᓂᒃ ᖃᐅᔨᕙᓪᓕᐊᑎᓪᓗᒋᑦ. ᑕᐃᒪᓐᓇ ᐅᑭᐅᖃᓕᕌᖓᑕ ᐱᒻᒪᕆᐊᓗᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑕᕆᐊᖃᕐᓂᐸᑎᓐᓄᑦ ᐃᓅᖃᑎᖃᕐᑲᑦᑕᕐᓂᐅᐸ ᒥᒃᓵᓄᑦ, ᓲᕐᓗ ᐱᖑᐊᖅᑐᓕᕆᓂᒃᑯᑦ, ᐃᑲᔪᖅᑐᐃᓂᖅ ᐊᓯᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᐱᓕᕆᐊᒃᓴᖃᖃᑦᑕᕐᓂᒃᑯᑦ. ᐋᖅᑭᒃᓯᐃᓂᖅ ᓂᕆᐅᒋᔭᐅᔪᓂᒃ ᓄᑕᕋᕆᔭᕐᓄᑦ ᐅᔾᔨᕈᓯᖃᑦᑕᕈᓐᓇᕐᑯᐸᓗᒍ ᐱᔭᐅᔭᕆᐊᓕᖕᓄᑦ ᐊᓯᖕᒋᓐᓄᑦ, ᐃᒃᐱᒍᓱᑦᑎᐊᖃᑦᑕᕐᑯᐸᓗᒍ ᐊᒻᒪᓗ ᐊᒥᖅᑳᖃᑎᖃᑦᑕᕐᑯᐸᓗᒍ ᐃᓅᖃᑎᒥᓄᑦ, ᑕᒪᒃᑯᐊ ᑕᒡᕙ ᐃᓅᖃᑎᒌᑦᑎᐊᕐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᖃᓄᖕᒐᓴᖅᑕᐅᖕᒋᔭᐊᑎᒋᔪᓐᓇᖅᑕᖕᒋᑦ ᑕᐸᓱᒃᑕᐅᖕᒋᔭᐊᑎᒋᔪᓐᓇᖅᑕᖕᒋᓪᓗ.

ᐱᒻᒪᕆᐊᓗᒃ ᖃᐅᔨᒪᓕᕆᐊᖃᕐᓂᕐᓄᑦ ᓄᑕᕋᖅᐱᑦ ᐃᓚᓐᓈᖕᒋᓐᓂᒃ ᐊᔭᐅᖅᑐᐃᔨᐅᓕᕐᓂᐊᕐᒪᑕ ᓄᑕᕋᕐᓄᑦ. ᐅᖃᖃᑎᖃᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᐅᖃᖃᑎᒋᒐᔪᒃᓗᒋᑦ ᓄᑕᕋᑎᑦ ᖃᓄᐃᓕᐅᖃᑎᖃᖃᑦᑕᕐᒪᖔᑦ ᐃᓚᓐᓈᖕᒋᓐᓂᒃ. ᐃᑲᔪᖃᑦᑕᕐᓗᑎᓪᓗ ᖃᓄᖅ ᐱᐅᓂᖅᓴᒃᑯᑦ ᐊᔭᐅᖅᑐᐃᔨᐅᓕᕐᓂᐊᕐᒪᑕ ᐃᓚᓐᓈᖕᒋᓐᓂᒃ. ᐃᑲᔪᕐᓱᖃᑦᑕᕐᓗᑎᓪᓗ ᖃᓄᖅ ᐱᐅᓂᖅᓴᒃᑯᑦ ᐊᔭᐅᖅᑐᐃᔪᓐᓇᖃᑦᑕᕐᒪᖔᑦ ᐊᓯᔾᔨᐊᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᐃᑭᖑᑎᖕᒋᑦᑕ ᐃᓕᖅᑯᓯᖕᒋᓐᓂᒃ ᓈᒻᒪᖕᒋᑦᑐᒃᑯᑦ ᐊᒃᑐᖅᑕᐅᓯᒪᑐᐃᓐᓇᕐᑯᓇᒋᑦ. ᐃᑲᔪᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᐃᑦ ᐃᓚᓐᓈᖅᑖᑦᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᖕᒐᓄᑦ.

ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓗᑎᑦ:

- ᖃᓄᖅ ᐱᕙᓪᓕᐊᑎᑦᑎᓇᔭᕐᓂᕐᒥᒃ ᐸᐸᑐᕋᔭᕐᓂᕐᒥᒡᓗ ᐃᓅᖃᑎᑦᑎᐊᕙᖕᓂᒃ
- ᖃᓄᖅ ᑲᒪᕙᓪᓕᐊᖃᑦᑕᕋᔭᕐᓂᕐᒧᑦ ᖃᓄᐃᓕᐅᕈᑎᒋᓚᐅᖅᑕᒥᒃ ᐋᖅᑭᒋᐊᖅᓯᓂᒃᑯᑦ/ᐅᖃᐅᓯᒃᑯᓪᓗ
- ᖃᓄᖅ ᐱᐊᓂᒃᓯᑦᑎᐊᖃᑦᑕᕋᔭᕐᓂᕐᒧᑦ ᐱᓕᕆᐊᒃᓴᓂᒃ ᐊᒻᒪᓗ ᐃᑲᔪᖃᑦᑕᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᒋᔭᓂᒃ
- ᖃᓄᖅ ᐃᓕᑦᑎᔪᓐᓇᕐᓂᖏᓐᓄᑦ ᑕᐅᑐᑐᐃᓐᓇᖅᓗᑎᒃ ᐊᒻᒪᓗ ᖃᐅᔨᕙᓪᓕᐊᓂᐊᕐᓂᕐᒧᑦ ᓄᑖᓂᒃ ᐱᓕᕆᓂᒃᑯᑦ/ ᖃᐅᔨᕙᓪᓕᐊᓂᒃᑯᑦ
- ᖃᓄᖅ ᐅᔾᔨᕈᓯᓕᕈᓐᓇᕐᓂᕐᒧᑦ ᐊᔪᖏᓐᓂᕆᔭᒥᒃ ᖃᐅᔨᓴᖃᑦᑕᕐᓂᒃᑯᑦ ᐱᔫᒥᒋᔭᓂᒃ ᐊᔪᖏᓐᓂᕆᔭᓂᒡᓗ

ᐃᓕᓐᓂᐊᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᑎᑦ ᐱᕐᑎᐊᖃᑦᑕᕆᐊᖃᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᒋᔭᓂᒃ ᐱᕐᑎᐊᖅᑕᐅᖃᑦᑕᕐᓂᐊᕐᒪᑕᑦᑕᐅᖅ.

ᐸᒡᕕᓵᕆᖃᑦᑕᕐᑯᖏᓪᓗᒋᑦ ᑕᐸᓱᖃᑦᑕᕐᑯᖏᓪᓗᒋᓪᓗ. ᐅᖃᐅᔾᔪᕋᔪᒡᓗᒋᑦ ᐳᐃᒍᖃᑦᑕᔾᔭᖏᒻᒪᑕ. ᒪᓕᖃᑦᑕᕐᑯᓗᒋᑦ ᒪᓕᒐᓕᐊᕆᔭᕐᓂᒃ. ᓲᕐᓗ ᐃᓕᖕᓂᒃ ᑐᓴᐅᒪᑎᕐᑎᖃᑦᑕᕆᐊᖃᕐᓂᖓᓄᑦ ᓇᓃᓐᓂᖏᓐᓄᑦ ᓇᓂᔪᓐᓇᖃᑦᑕᕈᒪᓗᒋᑦ.

ᐅᖃᐅᑎᔭᐅᖃᑦᑕᖅᓯᒪᔪᒍᑦ ᐃᖅᑲᖅᑐᐃᖃᑦᑕᕐᑯᔭᐅᓇᑕ ᐃᓅᖃᑎᐸᑎᓐᓂᒃ ᓇᐅᒃᑰᖅᓯᒪᓂᖏᑦ ᓇᐅᒃᑰᖅᓯᒪᓂᐸᑎᓐᓄᑦ ᐊᔾᔨᖃᖏᒻᒪᑕ. ᐅᔾᔨᕈᓱᐃᓐᓇᖃᑦᑕᕐᑯᔭᐅᓚᐅᖅᑐᒍᑦ ᖃᑕᖑᑎᖃᕋᐸᑕ, ᐃᓚᐅᖃᑕᐅᖃᑦᑕᕆᐊᖃᖏᓐᓂᐸᑎᓐᓄᑦ ᖃᑕᖑᑎᐸᑕ ᐃᓚᐅᖃᑕᐅᕝᕕᒋᓇᔭᖏᑕᖏᓐᓂᒃ.

ᐅᖃᐅᑎᔭᐅᖃᑦᑕᐃᓐᓇᓚᐅᖅᑐᖓ ᐱᑦᑎᐊᖅᑕᐅᖏᒃᑳᖓᒪ, ᖃᓂᒋᔭᖏᓐᓃᑦᑕᐃᓕᒪᕐᑯᔭᐅᐸᓗᖓ ᐃᓅᖃᑎᒻᓂᒃ ᐱᑦᑎᐊᕈᓐᓃᕐᑯᓇᖓ. ᐃᓄᒃ ᐱᑦᑎᐊᖃᑦᑕᖏᑦᑐᖅ ᐅᔾᔨᕈᓱᓕᕈᓂ ᐱᑦᑎᐊᖏᑎᑦᓗᒍ ᐅᖓᓯᒃᓯᒋᐊᖃᑦᑕᕐᓂᕐᓂ, ᖃᐅᔨᒪᓕᕐᓂᐊᖅᑐᑦ ᑕᐃᒪᐃᓕᐅᖅᑎᑦᓗᒍ ᐃᒃᐱᒍᓱᖃᑦᑕᖏᓐᓂᕐᓂᒃ..

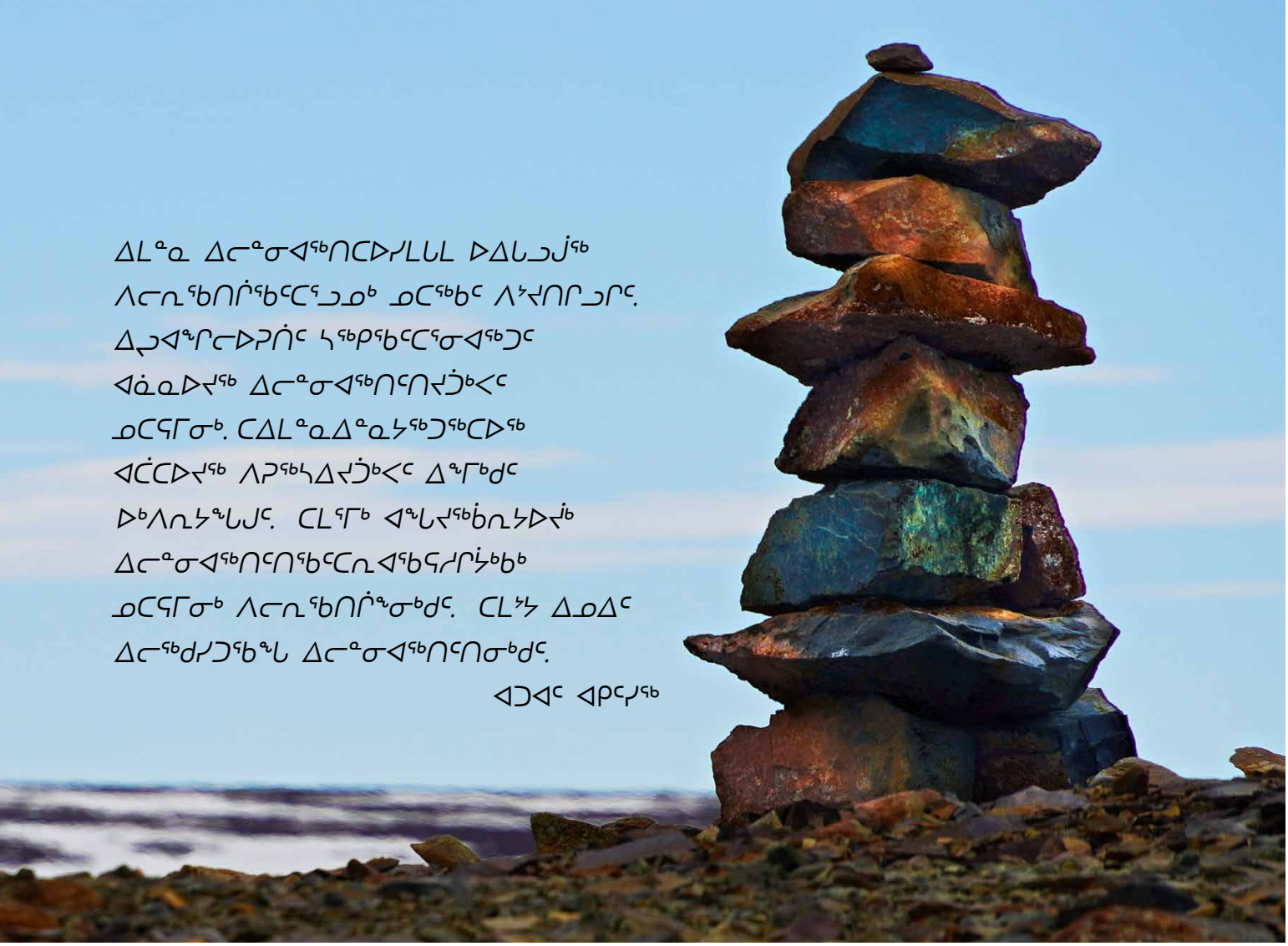
ᖃᓄᖅ ᐃᓕᑦᑎᒃᑲᓐᓂᕈᓐᓇᕐᒪᖔᖅᐱᑦ

ᐊᖓᔪᖅᑳᖑᐸᓗᓂ ᐱᒻᒪᕆᐊᓘᖕᒪᑦ ᐱᓕᕆᐊᒃᓴᖅ. ᓯᖓᐃᓕᖅᓗᓂ ᐱᒋᐊᖃᑦᑕᖅᑐᖅ ᐊᒻᒪᓗ ᑲᔪᓰᓐᓇᕐᓂᐊᖅᓗᓂ ᐊᖓᔪᖅᑳᖑᓃᑦ ᐃᓅᔪᓐᓃᕐᕕᖕᓄᑦ ᑎᑭᓪᓗᒍ. ᐃᓄᐃᑦ ᐅᖃᖃᑦᑕᕐᒪᑦ ᐊᖓᔪᖅᑳᖑᓐᓇᕐᒪᑦ ᐃᓅᓯᐅᑉ ᐃᓱᐊᓄᑦ ᐋᖅᑭᒃᓱᐃᖏᓐᓇᕈᓐᓇᕋᕕᑦ ᐃᑲᔪᖅᑐᐃᖏᓐᓇᕈᓐᓇᕋᕕᑦ ᓄᑕᕋᕐᓂᒃ ᓇᐅᒃᑯᓗᒃᑖᖅ ᐃᓅᓯᒃᑯᑦ.

ᐱᒻᒪᕆᐅᓂᖅᐹᖅ ᐊᖓᔪᖅᑳᖑᐸᓗᓂ ᐃᓅᖃᑎᖃᖃᑦᑕᕐᓂᖅ ᖃᑕᖕᒐᑎᑏᒃᓗᓂ ᐊᒻᒪᓗ ᖃᓄᐃᖃᑦᑕᕐᓂᖓ ᑲᑎᒪᑎᓪᓗᓯ. ᐱᒻᒪᕆᐊᓘᖕᒥᔪᖅ ᓴᖅᑭᐅᒪᑎᑦᑎᖃᑦᑕᕆᐊᖃᕐᓂᖅ ᒪᑐᐃᖓᔪᒃᑯᑦ, ᓯᓕᓚᔪᒃᑯᑦ ᑲᔪᓰᓐᓇᖅᑐᒃᑯᓪᓗ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᖃᑦᑕᕆᐊᖃᕐᓂᖅ ᐃᓅᖃᑎᖃᕐᓃᑦ ᓄᑕᕋᕐᓄᑦ ᐃᑲᔫᑕᐅᓂᐊᕐᒪᑦ ᓄᑕᕋᕐᓄᑦ ᐃᖕᒥᓂᒃ ᐅᒃᐱᕈᓯᓕᕈᓐᓇᕐᑯᐸᓗᒍ ᐊᒻᒪᓗ ᓴᖕᒋᔪᒃᑯᑦ ᖃᐅᔨᒪᓕᕈᓐᓇᕐᑯᐸᓗᒍ ᑭᒃᑰᖓᖕᒐᕐᒥᒃ. ᑕᐃᒪᐃᒻᒪᑦ ᐃᓚᐅᖃᑕᐅᑎᑦᑎᖃᑦᑕᕆᐊᖃᖅᑐᒍᑦ ᐱᒻᒪᕆᐅᑎᑕᐸᑎᓐᓂᒃ ᐅᒃᐱᕆᔫᑎᓐᓂᒃᓗ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᒍᑎᓂᒃ ᐃᑲᔫᑕᐅᓂᐊᖅᑐᓂᒃ ᐆᒻᒪᑎᖃᑦᑎᐊᕈᓐᓇᕐᑯᐸᓗᒋᑦ. ᓴᖅᑭᑎᑦᑎᖃᑦᑕᕆᐊᖃᕐᒥᔪᒍᑦ ᐱᕕᒃᓴᕆᔭᐅᔪᓂᒃ

ᐱᕙᓪᓕᐊᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᑦᑎᐊᕈᓐᓇᖃᑦᑕᕐᓂᐊᕐᓂᕐᒧᑦ ᑭᐅᓯᑦᑎᐊᖃᑦᑕᕈᓐᓇᕐᓂᐊᕐᒪᑦ ᐊᒃᓯᕈᕐᓇᖅᑐᒃᑰᓕᕋᖓᒥᒃ ᐅᕙᓘᓐᓂᑦ ᖁᕕᐊᓇᙱᒃᑐᒃᑰᓕᕋᖓᒥᒃ. ᐱᓕᕆᐊᒃᓴᖃᕐᒥᔪᒍᑦ ᓄᑕᕋᖅᐳᑦ ᐊᔪᕈᓐᓂᑦᑎᐊᕈᓐᓇᕐᑯᐸᓗᒍ ᐃᑲᔪᖅᑕᕐᓂᐊᕐᒪᑦ ᐊᔪᙱᓐᓂᕐᒥᓂᒃ ᐊᑐᕐᓗᓂ ᐱᐅᓯᕙᓪᓕᖅᑎᑦᑎᓂᕐᒧᑦ ᐃᓅᖃᑎᙱᑦᑕ ᐃᓅᓯᙱᓐᓂᒃ. ᐃᓄᙳᐃᓂᒃᑯᑦ ᐊᔭᐅᖅᑐᐃᓱᒋᑦ ᐱᕈᖅᓴᐃᐸᓗᓂ ᐱᔾᑦᓱᕋᕆᐊᖃᕐᓇᕐᒪᑦ, ᖃᓄᖅᑑᕐᓇᕆᐊᖃᕐᒪᑦ ᐊᒻᒪᓗ ᐱᓕᒻᒪᒃᓴᐃᔭᕆᐊᖃᕐᓇᕐᒪᑦ. ᐊᖓᔪᖅᑳᖑᐸᓗᑕ, ᐱᓕᕆᐊᒃᓴᕆᔭᖅᐳᑦ ᓴᖅᑭᑎᑦᑎᔪᓐᓇᕆᐊᖃᕐᓂᖅ ᓂᕆᐅᒋᔭᐅᔪᓂᒃ ᓄᑕᕋᖅᐳᑦ ᐊᔪᕈᓐᓃᖅᓴᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᐱᔪᓐᓇᖅᓯᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᑲᔪᕈᓐᓇᕐᓗᑎᒃ ᐃᓅᖃᑎᒥᓂᒃ.

ᕿᓂᖅᑲᑦᑕᕐᓗᓯ ᐃᑲᔫᑎᒃᓴᓂᒃ ᓄᓇᖕᓂ. ᖃᐅᔨᒋᐊᖅᑏᑦ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᓴᖅᑏᑦ ᐱᓕᕆᕝᕕᖓ (qhrc.ca) ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓯᑦ ᐃᓄᖕᓂᒃ ᓄᓇᓕᖕᓂ ᓄᓇᕗᒥ ᓴᖅᑭᑎᑦᑎᔪᓐᓇᖅᑐᑦ ᐃᓄᙳᐃᓂᒃᑯᑦ ᐊᖓᔪᖅᑳᖑᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᕈᑎᒥᒃ. ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᖃᖓ ᑕᒪᓐᓇ ᐃᓕᓐᓂᐊᕈᑎ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᓇᔭᕐᒪᖔᑦ ᓄᓇᖕᓂ.



ᐃᒪᓐᓇ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᒐᒪ ᐅᐃᒐᓗᒍᖅ
ᐱᓕᕆᖃᑎᒌᖃᑦᑕᕐᓗᓄᒃ ᓄᑕᖅᑲᑦ ᐱᔾᔪᑎᒋᓗᒋᑦ.
ᐃᓗᐊᖏᓕᐅᕈᑏᑦ ᓴᖅᑭᖃᑦᑕᕐᓂᐊᖅᑐᑦ
ᐊᓈᓇᐅᔪᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᑑᒃᐸᑦ
ᓄᑕᕋᒥᓂᒃ. ᑕᐃᒪᓐᓇᐃᓐᓇᔭᖅᑐᖅᑕᐅᖅ
ᐊᑖᑕᐅᔪᖅ ᐱᕈᖅᓴᐃᔪᑑᒃᐸᑦ ᐃᖏᒃᑯᑦ
ᐅᒃᐱᓇᔭᖕᒐᒍᑦ. ᑕᒪᕐᒥᒃ ᐊᖕᒐᔪᖅᑳᓇᔭᐅᔪᒃ
ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖃᑦᑕᓇᐊᖃᕋᓱᒋᔭᒃᑲᒃ
ᓄᑕᕋᒥᓂᒃ ᐱᓕᕆᖃᑎᒌᖕᓂᒃᑯᑦ. ᑕᒪᔭᔭ ᐃᓄᐃᑦ
ᐃᓕᖅᑯᓯᑐᖃᖕᒐ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᒃᑯᑦ.

ᐊᑐᐊᑦ ᐊᑭᑦᓯᖅ

ᐃᑲᔪᖅᑐᐃᓂᖅ ᐊᐃᑉᐸᕐᓂᒃ

ᓴᙱᔪᑦ ᓄᑕᖅᑲᑦ ᓴᙱᔪᓂᙵᓱᑦ ᖃᑕᙳᑎᒌᖕᓂᒃ
ᐊᒻᒪᓗ ᓴᙱᔪᑦ ᖃᑕᙳᑎᒌᑦ ᐱᒋᐊᕐᓂᖃᓱᑦ ᓴᙱᔪᒃᑯᑦ
ᐊᐃᑉᐸᓈᖕᓂᒃᑯᑦ. ᐱᕙᑦᓕᐊᑎᑦᑎᓂᖅ ᓴᙱᔪᒃᑯᑦ ᐊᐃᑉᐸᓈᖕᓂᕐᒥᒃ
ᓇᒡᓕᖕᓂᖃᓇᐊᖃᕐᓇᖅᑐᖅ, ᐅᔾᔨᖅᑐᑦᑎᐊᓇᐊᖃᕐᓇᖅᑐᖅ ᐊᒻᒪᓗ
ᑲᑎᒪᔪᒪᓂᕐᒧᑦ ᐊᒃᓱᕈᑎᖃᓇᐊᖃᕐᓇᖅᑐᖅ. ᐃᓐᓇᑐᖃᐃᑦ
ᑐᓴᖅᑎᑦᑎᔪᒪᒐᔪᒃᑐᑦ ᐃᖕᒥᓂᒃᑕᐅᖅ ᖃᓄᐃᑦᑐᒃᑰᖃᓯᒪᓂᖕᒋᓐᓂᒃ
ᐃᑲᔫᑕᐅᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᐃᓕᖕᓄᑦ. ᐊᒥᓱᓂᒃ ᓄᓇᓕᖕᓂᒃ, ᐱᑕᖃᕐᒥᔪᖅ
ᐃᓛᒌᖕᓂᒃᑯᑦ ᐃᑲᔫᑎᒃᓴᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔾᔪᑕᐅᕙᒃᑐᑦ
ᐱᕙᑦᓕᐊᑯᔾᔨᓂᕐᒧᑦ ᐃᓚᒌᑦᑎᐊᕈᑎᒃᓴᓂᒃ. ᖃᐅᔨᒋᐊᕐᕕᒋᖃᑦᑕᕐᓗᒋᑦ
ᖃᑕᙳᑎᒌᖕᓂᒃᑯᑦ ᐱᔾᑦᓯᕋᖅᑏᑦ ᑭᒡᒐᖅᑐᐃᔾᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐃᓅᓕᓵᖅᑐᓂᒃ ᓄᑕᖅᑲᓂᒃ ᐃᑲᔫᑎᓄᑦ ᑲᒪᔾᒃᑯᑦ.

ᐊᐅᓚᑦᑎᓂᖅ ᐃᒃᐱᖕᓂᐊᔭᕐᓂᒃ

ᐅᑉᓗᒥ, ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᐅᖃᐅᓯᖃᖃᑦᑕᕐᒪᑕ
ᓇᖕᒥᓂᖅ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᕈᑎᒋᓚᐅᖅᑕᒥᓂᒃ ᖃᓄᕐᓗ
ᑲᒪᒋᐊᓚᐅᕐᒪᖕᒐᕐᒥᒃ ᐃᒃᐱᒋᔭᒥᓂᒃ. ᑕᐃᑉᓱᒪᓂ, ᐃᓄᙳᐃᓂᒃᑯᑦ
ᑕᒪᓐᓇ ᐅᔾᔨᖅᑐᖅᑕᐅᑦᑎᐊᖃᑦᑕᓚᐅᖅᑐᖅ. ᓄᑕᖅᑲᑦ
ᐃᒪᓐᓈᖅᑐᖅᑕᐅᑦᑎᐊᖃᑦᑕᓚᐅᖅᑐᑦ ᐃᓕᑕᖅᓯᖃᑦᑕᕐᑯᑉᓗᒋᑦ
ᐊᒻᒪᓗ ᑕᐃᓯᖃᑦᑕᕐᑯᑉᓗᒋᑦ ᐃᒃᐱᒋᔭᒥᓂᒃ, ᑐᕈᓯᐅᒪᔪᓐᓇᕐᓂᕐᒧᑦ
ᐱᔾᔪᑕᐅᔪᒥᒃ ᐱᑦᑎᐊᕈᑎᔪᖃᙱᑉᐸᑦ ᑲᒪᒋᔭᐅᔪᓐᓇᕐᑯᑉᓗᒍ,
ᑭᒡᓕᖃᖅᑎᑦᑎᖃᑦᑕᕈᒪᓂᕐᒧᑦ, ᖃᐅᔨᓇᓱᒍᓐᓇᕈᒪᓂᕐᒧᑦᓗ ᖃᓄᖅ
ᐋᖅᑭᒋᐊᖅᓯᓇᔭᕐᓂᕐᒧᑦ. ᐃᑲᔪᖅᑐᕐᓂᐊᕈᑉᑎᒍᑦ ᓄᑕᕋᓇᔭᖅᐳᑦ
ᐊᔪᕈᓐᓃᖅᓴᕈᓐᓇᕐᑯᑉᓗᒋᑦ, ᐅᕙᒍᑦᑕᐅᖅ ᐆᒃᑑᑕᐅᔭᓇᐊᖃᖅᑐᒍᑦ.
ᓂᙵᒃᓴᕋᐃᑦᑐᑦ ᐃᒃᐱᒋᔭᒥᓂᒃ ᐊᐅᓚᑦᑎᔪᓐᓇᖅᓯᕐᑯᑉᓗᒋᑦ
ᐅᖃᐅᔾᔨᒋᐊᖅᑎᖃᖃᑦᑕᖅᑐᖅ ᓄᓇᓕᖕᓂᒃ ᐃᑲᔫᑎᒃᑯᑦ. ᑕᒪᓐᓇ
ᖃᐅᔨᓇᓱᖃᑦᑕᕐᓗᒍ ᐃᑲᔫᑎ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᓕᕐᖓᕕᑦ ᑕᒡᕗᓇ.
ᐃᑲᔫᑎ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᓕᕐᖓᕕᑦ ᑕᒡᕗᓇ..

ᓄᑕᖅᑲᑦ ᐃᓕᑦᑎᓲᑦ ᐃᓅᓯᒃᑯᑦ/ᓯᓚᑦᑐᕐᓂᒃᑯᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓯᒪᔭᒥᓂᒃ ᐊᑐᖅᑐᑎᒃ ᑐᑭᓕᐅᕆᓲᑦ/ᑐᑭᓯᐅᒪᓂᖅ. ᐊᖑᓯᖅᑳᖑᔪᖅ ᐱᕕᒃᓴᖃᖅᑎᑦᑎᖃᑦᑕᕆᐊᓕᒃ ᓄᑕᕋᒥᓂᒃ ᑕᐃᒪᐃᓕᐅᖃᑦᑕᑭᓐᓇᕐᑯᐸᓗᒍ. ᑭᐅᓯᓂᖅ ᓄᑕᕋᕐᒧᑦ ᐱᒻᒪᕆᐅᖑᙱᓐᓂᖅᓴᐅᔪᖅ ᐱᕕᒃᓴᖃᖅᑎᑦᑎᓂᕐᒧᑦ ᓄᑕᖅᑲᑦ ᖃᐅᔨᕙᓪᓕᐊᔪᓐᓇᕐᓂᐊᕐᒪᑕ ᐃᖏᓂᒃ ᖃᓄᖅ ᑭᐅᓯᓇᔭᕐᓂᕐᒧᑦ. ᐱᒻᒪᕆᐅᓂᖅᐸᖑᔪᖅ ᐊᖑᓯᖅᑳᖑᐸᓗᑕ ᐱᓕᕆᐊᕆᔪᓐᓇᖅᑕᖅᐳᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᖅ ᓄᑕᕋᐸᑎᓐᓂᒃ ᐃᓕᑦᑎᔪᓐᓇᕐᑯᐸᓗᒋᑦ ᓯᕗᓂᒃᓴᒥ, ᐃᖏᓂᒃ ᖃᐅᔨᒪᓂᐊᕐᒪᑕ ᖃᓄᖅ ᐃᓅᑦᑎᐊᕋᔭᕐᓂᕐᒧᑦ.

ᒪᒥᓴᓂᕐᒧᑦ ᐃᑲᔫᑎᒃᓴᑦ

ᑕᒪᕐᒥᒃ ᐃᓄᐃᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᓯᒪᖕᒪᑕ ᓄᓇᓕᖕᓄᑦ ᓄᒃᑎᖅᑎᖅᑕᐅᓚᐅᖅᓯᒪᖅᑳᖅᓗᑎᒃ ᖃᓄᕐᓗ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᕐᒧᑦ. ᐃᑎᔪᒃᑯᑦ ᐋᓐᓂᖅᓯᒪᒐᔪᒃᑐᑦ ᖄᖏᐅᑎᔪᓐᓇᐃᓪᓕᓯᒪᔪᓂᒃ. ᑕᐃᒪᓐᓇᑦᑕᐅᖅ, ᓄᓇᓕᖕᓂᒃ ᒪᒥᓴᕈᑎᒃᓴᓂᒃ ᐱᑕᖃᖃᑦᑕᖅᑐᖅ ᐊᑑᑎᖃᕈᓐᓇᖅᑐᑦ ᖃᓄᐃᒍᓐᓃᕐᑯᓐᓇᕐᑯᐸᓗᑎᑦ.

ᐊᖑᓯᖅᑳᖑᐸᓗᓂ ᐃᑲᔫᑎᒃᓴᑦ

ᐊᖑᓯᖅᑳᖑᖅᓴᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᕈᑏᑦ ᐃᑲᔫᑏᓪᓗ ᐊᑐᐃᓐᓇᐅᒐᔪᒃᑐᑦ ᓄᑕᖅᑲᑦ ᒥᕈᔫᑎᓪᓗᒋᑦ ᐃᑲᔫᑎᒃᑯᑦ ᓄᓇᐸᓯᓐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᖃᑎᑏᑦᑎᐊᕐᓂᕐᒧᑦ ᐱᓕᕆᕝᕕᒃᑯᑦ. ᐃᓐᓇᑐᖃᐃᑦ ᐱᒻᒪᕆᐊᓘᖕᒥᔪᑦ ᐃᑲᔪᕆᐊᕈᓐᓇᖅᑐᑦ ᒪᒃᑯᒃᑐᓂᒃ ᖃᑕᙵᑎᑏᖕᓂᒃ ᐊᒻᒪᓗ ᐊᐱᕆᔭᐅᑐᐃᓐᓇᕈᒪᓲᑦ.

ᓇᓂᓯᔪᓐᓇᐃᑦᓕᓯᒪᒍᕕᑦ ᐊᑐᒐᒃᓴᓂᒃ ᑕᒪᒃᑯᑎᒎᓇᖅ ᓇᓕᐅᒃᑯᑐᐃᓐᓇᖅ ᐊᒻᒪᓗ ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᐅᑯᐊ ᑕᒡᕙ ᐃᑭᐊᖅᑭᕕᑦ ᖃᐅᔨᒋᐊᕐᕕᐅᔪᓐᓇᖅᑐᑦ:

ᐱᕈᕐᕕᒃᑯᑦ
www.pirurvik.ca

ᐃᓅᖃᑎᒌᒃᑯᑦ ᐃᓄᐃᑦ ᓄᑦᑕᕐᖏᓐᓄᑦ, ᒪᒃᑯᒃᑐᓄᑦ ᐊᒻᒪᓗ ᐃᓚᒌᖕᓄᑦ
www.inuuqatigiit.ca

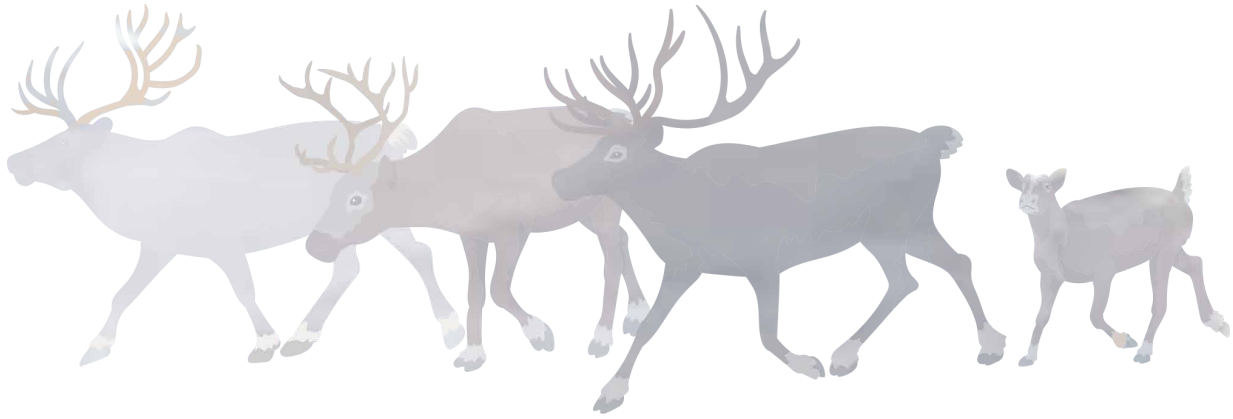
ᑐᖕᒐᓱᕝᕕᖕᒐᑦ ᐃᓄᐃᑦ
www.tungasuvvingatinuit.ca

ᒪᒥᓴᕐᕕᒃ
www.tungasuvvingatinuit.ca

ᑲᓇᑕᒥ ᐱᓕᕆᖃᑎᒌᒃᑏᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᔾᔪᑎᓕᕆᔨᒃᑯᖕᒋᓐᓄᑦ
www.nccih.ca

ᖃᐅᔨᒋᐊᖅᑏᑦ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᓴᐃᔨᒃᑯᑦ
www.qhrc.ca

ᐊᖅᑭᐅᒪᕕᒃᑯᑦ
www.aqqiumavvik.com



ᐅᖃᓕᒫᒐᕋᓛᑦ ᑕᒡᕙᓂ ᐅᑯᐊᖑᔪᑦ:

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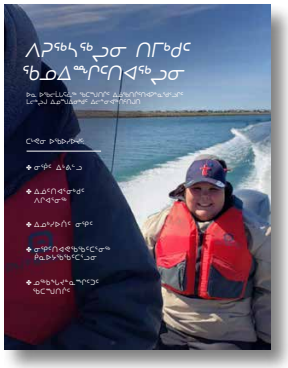
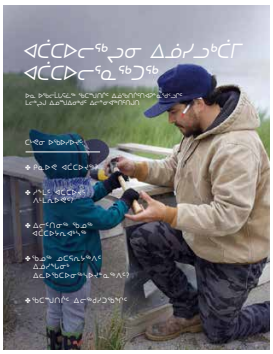
ᖃᓂᒌᒃᑑᑎᖃᑦᑕᕆᐊᖃᕐᓂᖏᑦ



ᐱᕈᖅᓴᖅᓱᓂ ᑎᒥᒃᑯᑦ
ᖃᓄᐃᙱᑦᑎᐊᖅᓱᓂ



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