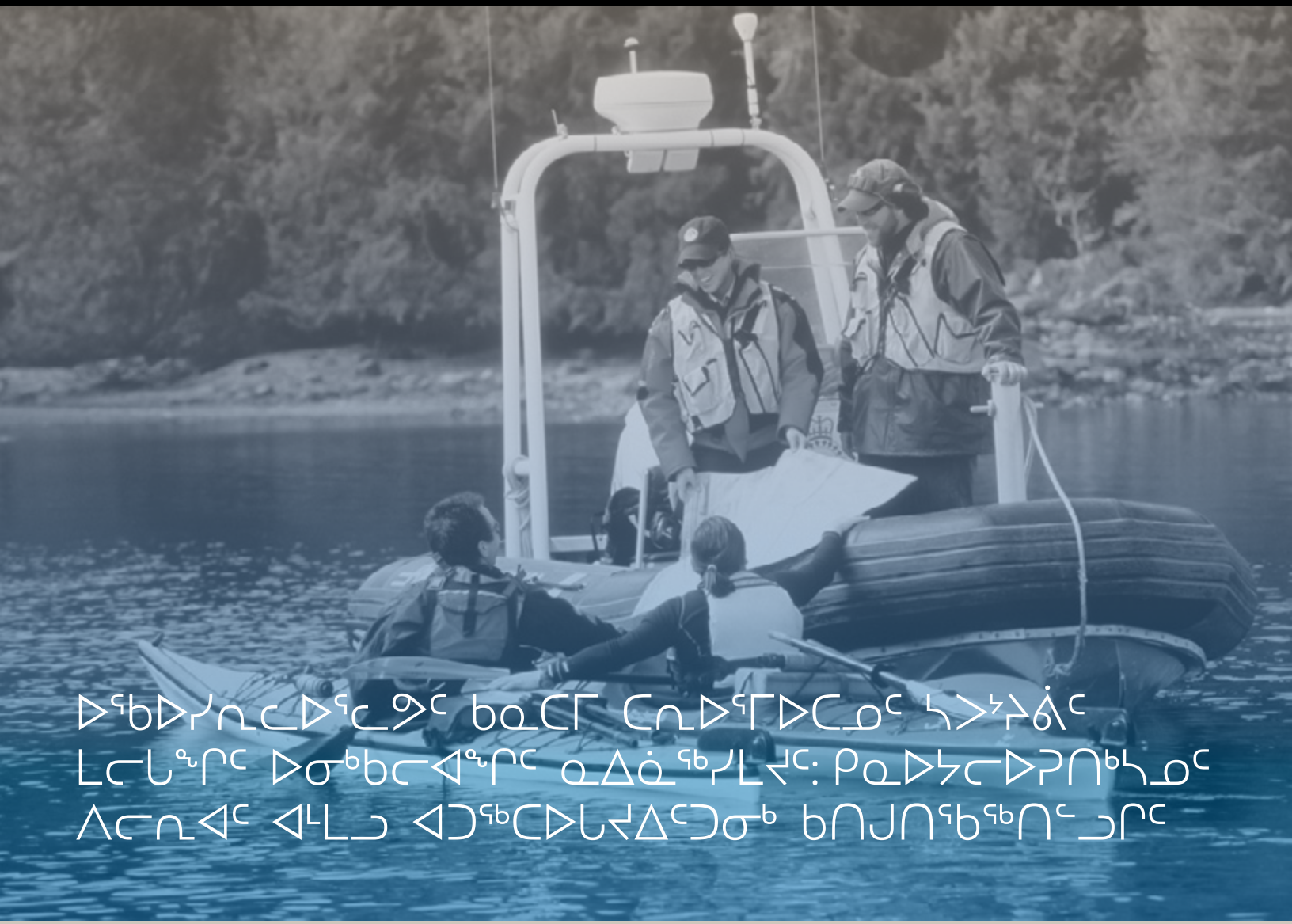

ᐅᖃᐅᓯᕆᓚᐅᕐᓚᕗᑦ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᑦ ᒪᓕᒐᖏᑦ ᐅᓂᒃᑲᓕᐊᖏᑦ ᓇᐃᓈᖅᓯᒪᔪᑦ: ᑭᓇᐅᔭᓕᐅᕈᑎᒃᓴᓄᑦ ᐱᓕᕆᐊᑦ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᒐᔪᐃᑦᑐᓂᒃ ᑲᑎᒍᑎᖃᖅᑎᓪᓗᒋᑦ

ᓇᐃᓈᖅᓯᒪᔪᑦ ᐅᓂᒃᑳᓕᐊᑦ ᐱᔾᔪᑎᖃᕐᓂᖏᑦ

ᒥᕐᖑᐃᓯᕐᕕᓕᕆᔨᒃᑯᑦ ᑲᓇᑕᒥ ᐱᓕᕆᕙᓪᓕᐊᓕᖅᑐᑦ ᑕᒪᐃᓐᓂᒃ **ᒪᓕᒐᕐᓂᒃ** ᐊᑐᖅᑕᐅᓂᐊᖅᑐᓂᒃ ᑕᐃᑯᓇ **ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᑦ ᐱᕐᑯᔭᖅ** (ᐱᕐᑯᔭᖅ). ᑕᒪᐃᓐᓂ ᒪᓕᒐᐃᑦ ᐱᑕᖃᕐᓂᐊᖅᑐᑦ ᑲᓇᑕᓕᒫᒥ ᐊᔾᔨᒌᒃᑐᐃᓐᓇᐅᕐᑯᓪᓗᒋᑦ ᐊᑐᓕᖅᑎᑕᐅᔪᐃᓐᓇᐅᔪᓐᓇᕐᓗᑎᒃ ᑐᕌᖓᔪᑦ ᑕᒪᐃᓐᓄᑦ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᑦ ᓴᕐᑭᑎᑕᐅᓯᒪᔪᓂᒃ ᐱᕐᑯᔭᖅᑎᒍᑦ, ᓇᓂᑐᐃᓐᓇᖅ ᑲᓇᑕᒥ ᓯᒡᔭᖅᐸᓯᐅᓂᖏᓐᓂᒃ ᑕᐃᒃᑯᓇᓂᓗ ᑕᓯᕐᔪᐊᕋᓗᖏᓐᓂᒃ. ᒪᓕᒐᐃᑦ ᐃᓚᖃᕋᔭᖅᑐᑦ ᑕᒪᐃᓐᓂᒃ ᐊᔪᕐᓇᖅᑎᑕᐅᓂᐊᑐᓂᒃ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᑦᑕᐃᓕᒪᔪᓇᖅᑐᓂᒃ ᑕᒪᐃᓐᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᑦ ᐱᓯᒪᔭᕆᐊᖃᓂᖏᓐᓂ ᐱᔪᓐᓇᐅᑎᓂᒃ ᐊᒻᒪᓗ ᐊᖏᕈᑕᐅᓯᒪᔪᓂ ᐊᑐᖅᑕᐅᓂᐊᖅᑐᓂᒃ ᐊᐅᓚᑦᑎᔾᔪᑎᒃᓴᓂᒃ ᐱᓕᕆᕝᕕᐅᔪᓐᓇᕐᓂᖏᓐᓂ ᑕᒪᑯᓂᖓᓂ ᐃᒃᐱᒍᓱᒃᑐᓂᒃ ᖃᓄᐃᓕᖓᓗᑐᕐᓂᖏᓂ ᐊᒻᒪᓗ ᐊᕙᑎᖏᓐᓄᑦ ᐊᑐᓂ ᑖᒃᑯᐊ ᐃᓅᑦ. ᐊᑏᑐᖅ ᐅᖃᓕᒪᕐᓂᐊᖅᐸᑎᑦ ᐱᓕᕆᐊᖑᓯᒪᔪᑦ ᒪᓕᒐᐃᑦ ᑐᑭᓯᒋᐊᑎᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

ᑭᖑᓕᕆᒃᑐᒐᓴᖕᓂᒃ ᓇᐃᓈᖅᑕᐅᓯᒪᔪᓂᒃ ᑎᑎᖃᕐᑯᑎᖃᓕᕐᒪᑕ ᐅᓂᒃᑳᕈᑎᓂᒃ ᐃᓱᒪᒋᔭᐅᓪᓗᐊᑕᕐᓂᖏᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᒪᓕᒐᐃᑦ ᐱᒋᐊᖅᑎᑕᐅᒍᒪᔪᑦ, ᑕᓪᓕᒪᐅᓗᑎᒃ ᐃᓱᒪᒋᔭᐅᓂᖏᑦ ᐃᒪᐃᓕᖓᔪᑦ:

- ᖃᐅᔨᓴᖅᑕᐅᓂᖏᑦ ᑲᑎᖅᓱᐃᕕᓂᖏᓐᓂᓗ ᐱᓕᕆᐊᕆᔭᐅᔪᑦ
- ᓴᐳᓐᓂᐊᖅᑕᐅᓂᖏᑦ ᑕᒫᓂᕐᒥᐅᑕᑐᖃᖏᑦ ᐱᑕᖃᐃᓐᓇᖅᑐᓪᓗ ᓄᓇᕐᑯᑎᒋᔭᐃᑦ
- ᑭᒡᓕᓕᐅᓯᒪᔪᑦ / ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᐊᒻᒪᓗ ᐃᓂᖏᓐᓂᒃ - ᑐᕌᖓᔪᖅ ᐊᐅᓚᑕᐅᓂᖏᑦ
- ᑰᓇᐅᔭᓕᐅᕈᑕᐅᔪᓐᓇᖅᑐᑦ ᐱᓕᕆᐊᑦ ᐊᒻᒪᓗ ᐊᑐᕋᔪᐃᑦᑐᓂᒃ ᖃᓄᐃᓕᐅᕐᕕᐅᔪᓐᓇᕐᓂᖏᑦ
- ᐳᓚᕋᕐᑐᓕᕆᓂᖅ ᑭᒃᑯᑐᐃᓐᓇᓄᓪᓗ ᐊᑐᖅᑕᐅᓂᖏᑦ

ᑭᒡᓕᓕᐅᓯᒪᔪᑦ / ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᐃᓂᖏᓐᓂᒃ - ᑐᕌᖓᔪᖅ ᐊᐅᓚᑕᐅᓂᖏᑦ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ

ᐃᓂᖏᓐᓂᒃ – ᑐᕌᖓᔪᖅ ᐊᐅᓚᑕᐅᓂᖓ ᑐᑭᖃᖅᑐᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓕᐊᕆᔭᐅᔪᓂᒃ ᐊᐅᓚᑦᑎᖃᑕᕐᓂᖅ ᓇᓃᓐᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐊᔾᔨᒌᖏᓐᓂᖏᓐᓂ ᐱᓕᕆᕝᕕᐅᔪᓐᓇᕐᓂᖏᑦ ᑕᒫᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖓᓂ. ᐱᒻᒪᕆᐅᕗᑦ ᑕᒪᒃᑯᐊ ᐊᖑᒪᔭᕆᐊᖃᕐᓂᖏᑦ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᑐᕌᒐᕆᔭᐅᔪᓂᒃ ᐱᕐᑯᑎᒋᔭᐅᖏᓐᓇᖅᑐᓂᒃ ᓴᐳᓐᓂᐊᖅᑕᐅᓗᑎᒃ, ᐱᑕᖃᐃᓐᓇᕐᑯᔨᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᑕᑯᓂᐊᖅᑕᐅᕐᖃᑕᕈᓐᓇᕐᓂᖏᓐᓂᓗ.

ᐃᓂᖏᓐᓂᒃ – ᑐᕌᖓᔪᖅ ᐊᐅᓚᑕᐅᓂᖓ ᐱᖓᓱᓂᒃ ᐃᓚᖃᖅᐳᑦ:

1) ᑭᒡᓕᓕᐅᓯᒪᔪᑦ / ᓇᓗᓇᐃᖅᓯᒪᔪᑦ
2) ᐊᑐᖅᑕᐅᒐᔪᐃᑦᑐᖅ ᐊᐅᓚᑕᐅᓂᖓ ᐃᓂᖏᑦ
3) ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦ ᐊᔪᕐᓇᖅᑎᑕᐅᕙᖕᓂᖏᑦᓗ

ᐱᖓᓱᑦ ᑖᒃᑯᐊ ᐃᓚᒋᔭᐅᕗᑦ ᐃᑲᔪᑕᐅᓂᕐᒧᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓄᑦ ᐊᔾᔨᒌᖏᑦᑑᑎᐅᔪᓄᑦ ᑐᕋᖓᓗᑎᒃ ᐊᐅᓚᑦᑎᕙᖕᓂᕐᒧᑦ ᐃᓱᒪᓘᑕᐅᔪᓄᑦ ᐊᒻᒪᓗ ᐊᒃᓱᕈᕐᓇᕈᑕᐅᔪᓐᓇᖅᑐᓄᑦ. ᐅᑯᐊ ᑎᑎᕋᖅᓯᒪᔪᑦ ᖃᐅᔨᑎᑦᑎᒋᐊᕈᑕᐅᕗᑦ ᐱᖓᓱᓂᒃ ᐃᓚᒋᔭᐅᕙᖕᓂᖏᓐᓂᒃ ᑕᐃᒃᑯᓂᖓ ᐃᓂᖏᓐᓂᒃ - ᑐᕌᖓᔪᖅ ᐊᐅᓚᑕᐅᕙᖕᓂᖏᓐᓂᒃ, ᐊᒻᒪᓗ ᖃᓄᖅ ᐊᑐᓕᖅᑎᑕᐅᔪᓐᓇᕐᒪᖓᑕ ᒪᓕᒐᕐᑦ.

ᖃᓄᐃᒻᒪᑦ ᒪᓕᒐᕐᖃᖅᑎᑦᑎᓂᐊᕐᓕᕐᒪᖔᑕ

ᐱᕐᑯᔭᖅ ᐊᒻᒪᓗ ᒫᓐᓇᒫᖅ ᐊᖏᕈᑕᐅᓚᐅᖅᑐᑦ **ᐊᑐᐊᒐᕆᔭᐃᑦ ᓴᕿᑎᑕᐅᕙᖕᓂᖏᓐᓄᑦ ᐊᐅᓚᑕᐅᕙᖕᓂᖏᓐᓄᑦᓗ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᑦ** ᑕᒪᐃᓐᓂᒃ ᑎᓕᓯᔾᔪᑎᕐᑲᖅᐳᑦ ᓴᕿᑎᑕᐅᓂᖏᓐᓄᑦ ᑭᒡᓕᖅᑲᕐᕕᑦ ᒪᓕᒐᕆᔭᐅᓂᖏᑦ ᐊᖑᒪᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᐱᑕᖃᕈᑕᐅᓂᖏᓐᓄᑦ ᑐᕋᒐᕆᔭᐅᓂᖏᓐᓄᑦᓗ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᑦ. ᑭᒡᓕᓕᐅᕐᓂᖅ / ᓇᓗᓇᐃᖅᓯᓂᖅ ᐱᒻᒪᕆᐅᕗᖅ ᐊᐅᓚᑦᑎᓂᕐᒥᒃ ᐱᓕᕆᐊᖑᔪᓂᑦ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᓲᖑᔪᓂᒃ ᑕᕝᕙᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ ᐃᖃᔪᖅᓱᖅᓗᒋᑦ ᑕᕆᐅᕐᒥ ᐃᒪᐃᑦ ᐊᕙᑎᖕᒋᓪᓗ. ᐊᒻᒪᑕᐅᖅ, ᐊᑐᐊᒐᐃᑦ ᐅᖃᐅᓯᖃᖅᓱᑎᒃ ᐱᓐᖑᖅᑎᑕᐅᓂᖏᓐᓂ ᐊᔾᔨᒋᔭᐅᖏᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓂᖏᑦ ᐊᒻᒪᓗ ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦ ᐊᔪᕐᓇᖅᑎᑕᐅᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦᓗ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᑐᕋᒐᕆᔭᐅᔪᓂᒃ. ᐃᓚᓕᐅᑎᖃᓯᐅᑎᓪᓗᒍᒃ, ᐊᑐᐊᒐᖅ ᑎᑎᕋᖅᓯᒪᔪᖅ ᓴᕿᑎᑕᐅᓗᓂ ᐊᑐᖅᑕᐅᒐᔪᐃᑦᑐᖅ ᐊᐅᓚᑕᐅᓂᖓ ᐃᓂᖏᑦ ᐊᒻᒪᓗ ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦ ᐊᔪᕐᓇᖅᑎᑕᐅᕙᖕᓂᖏᑦᓗ ᐃᓚᓕᐅᑎᒍᓐᓇᕐᓂᖓ ᐊᑐᕈᓐᓇᕐᓂᖅ ᐊᐅᓚᑕᐅᓂᖏᓐᓄᑦ ᑐᕌᖓᔭᐅᔪᓂᒃ. ᒪᓕᒐᐃᑦ ᐊᑐᓕᕈᑕᐅᓂᐊᖅᑐᑦ ᑕᒪᐃᓐᓂᒃ ᖃᓄᐃᓕᐅᕐᕕᐅᓂᖏᓐᓂ ᑖᒃᑯᓂᖓ ᐱᖓᓱᓂᒃ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ, ᐊᑐᕐᓗᑎᒃ ᑕᐅᕙᓂ ᐃᓂᖏᓐᓂᒃ - ᑐᕌᖓᔪᖅ ᐊᔪᕐᓇᖅᑎᑕᐅᓂᐊᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᔪᓐᓇᔭᖏᑦᑐᓂᒃ ᐅᖃᐅᓯᐅᓯᒪᔪᓂ ᐊᑖᓂ.

ᖃᓄᐃᓕᖕᒐᔪᓂᒃ ᒪᓕᒐᕐᖃᖅᑎᑦᑎᔪᒪᓂᕐᒥᒃ ᐱᒋᐊᖅᑎᑦᑎᔪᒪᓂᕗᑦ

ᑭᒡᓕᓕᐅᕐᓂᖅ / ᓇᓗᓇᐃᖅᓯᓂᖅ

ᑭᒡᓕᓕᐅᕐᓂᖅ / ᓇᓗᓇᐃᖅᓯᓂᖅ ᑕᐃᒪᐃᓕᖕᒐᕗᑦ ᐊᕕᒃᑐᖅᑕᐅᓯᒪᓂᐊᕐᒪᑕ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕖᑦ ᐊᔾᔨᒌᖏᑦᑑᑎᐅᔪᓂᑦ ᐊᐃᑦᑐᖅᑕᐅᓯᒪᓗᑎᒃ ᑕᐃᒪᒃ ᖃᐅᔨᒪᔭᐅᓂᐊᕐᒪᑕ ᖃᓄᐃᑦᑐᓂᒃ ᐊᔾᔨᒌᖏᑦᑑᑎᓂᒃ ᐱᓕᕆᕝᕕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᐱᓕᕆᕝᕕᐅᔪᓐᓇᖏᓂᖏᓐᓂᒃᓗ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ. ᐱᖓᓱᖕᒪᑕ ᑭᖑᓕᕆᒃᑐᓂ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᔪᑦ ᑭᒡᓕᖃᖅᑎᑦᑎᓂᕐᒧᑦ, ᑭᖑᓪᓕᕆᔭᐅᔪᖅ ᐃᓚᖃᕆᓪᓗᓂ ᒪᓕᒐᕐᓂᒃ.

ᑭᖑᓕᕆᒃᑐᓂ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᔪᑦ 1: ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᑦ ᑐᖓᕕᑦ ᑕᐃᑲᓂᒻᒪᑕ ᑎᓕᓯᔾᔪᑎᓕᐊᕆᔭᐅᔪᓂ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕖᑦ ᐃᓕᑕᕆᔭᐅᓪᓗᑎᒃ ᓯᑕᒪᐃᓂᒃ ᐊᕕᒃᑐᖅᓯᒪᓂᖏᑦ, ᐊᑐᓂ ᐊᔾᔨᒌᖏᑦᑑᑎᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᑎᑎᕋᖅᓯᒪᓗᑎᒃ ᑕᒪᐃᓂ ᐱᓕᕆᐊᖑᔪᓐᓇᖅᑐᓂᒃ ᐊᒻᒪᓗ ᐱᓕᕆᐊᖑᔪᓐᓇᔭᖏᑦᑐᓂ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᕝᕕᖕᓂ.

ᑭᖑᓕᕆᒃᑐᓂ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᔪᑦ 2: ᐊᑐᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ, ᑭᒡᓕᖃᕐᕕᖕᒋᑦ ᐸᕐᓇᐅᑎᑦ ᐱᖃᓯᐅᔭᔭᐅᔪᑦ ᐅᕙᓂ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᖕᒋᓐᓂᒃ. ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᕿᒥᕐᕈᐊᖅᑕᐅᕙᖕᒪᑕ ᖁᓕᑦ ᐊᕐᕋᒍᐃᑦ ᓈᔭᕋᖕᒐᒥᒃ, ᐊᖏᕈᑕᐅᕙᒃᓱᑎᒃ ᑲᓇᑕᒥ ᒪᓕᒐᓕᐅᕐᕕᒐᔪᐊᒥ. ᑕᐃᑯᐊ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᐸᕐᓇᐅᑎᑦ ᓴᓇᔭᐅᕙᒃᑐᑦ ᐊᑐᖅᑕᐅᓗᑎᒃ ᑲᓇᑕᒥ ᑭᒡᓕᓕᐊᕈᑕᐅᕙᒃᑐᑦ ᑐᖓᕕᖕᒋᑦ ᐃᓕᑕᕆᔭᐅᓪᓗᑎᒡᓗ ᓇᐅᒃᑯᑦ ᖃᓄᐃᑦᑐᓂᒃ ᑭᒡᓕᖃᕐᓂᐊᕐᒪᖓᑕ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᒋᑦ. ᐅᖃᑦᑎᐊᒃᑲᓐᓂᕐᓗᒍ, ᑕᑯᒃᓴᐅᕗᑦ ᑭᒡᓕᖃᕐᕕᑦ 1, 2, 3 ᐊᒻᒪᓗ 4 ᓇᓃᓐᓂᐊᕐᒪᖓᑕ ᐃᓗᐊᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ. ᑭᒡᓕᖃᕐᕕᖕᒋᓄᑦ ᐸᕐᓇᐅᑏᑦ, ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᓄᑦ, ᓂᕈᑐᔪᓂᒃ ᑐᑭᓯᓂᐊᕈᑕᐅᑦᑎᐊᖃᑦᑕᕆᐊᓕᑦ ᐊᒻᒪᓗ ᐃᑲᔪᖅᓱᖅᑕᐅᔭᕆᐊᖃᖅᓱᑎᒃ ᑕᐃᒃᑯᓄᖓ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓄᑦ ᐊᐅᓚᑦᑎᔨᐅᖃᑕᐅᔪᓄᑦ ᐃᓚᒋᔭᐅᔭᕆᐊᓕᖕᓄᑦ, ᐱᔭᕆᖅᑕᐅᔪᓐᓇᖅᓯᓚᐅᖏᓂᖏᓐᓂ ᐊᒻᒪᓗ ᓴᕿᑎᑕᐅᔪᓐᓇᖅᓯᓚᕆᓚᐅᖏᓂᖏᓐᓂ.

ᑭᖑᓕᕆᒃᑐᓂ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᔪᑦ 3: ᒪᓕᒐᐃᑦ ᒪᓕᒐᖅᑎᒍᑦ ᐱᔪᓐᓇᐅᑕᐅᓂᐊᖅᑐᑦ ᐊᑐᓕᖅᑎᑦᑎᔪᓐᓇᕐᓂᖅ ᑕᐃᒃᑯᓂᖓ ᑭᒡᓕᖃᕐᕕᖕᒋᓄᑦ ᐸᕐᓇᐅᑕᐅᔪᓂ ᐊᑐᓂ ᓴᐳᓐᓂᐊᖅᑕᐅᕕᖕᓂ. ᑕᒪᒃᑯᐊ ᐊᑐᖅᑕᐅᕙᖕᓂᕐᒧᑦ ᒪᓕᒐᖅᑎᒍᑦ ᐊᔪᖅᑎᑦᑎᖃᑕᕈᓐᓇᕐᓂᕐᒧᑦ ᑎᑭᑕᐅᑕᐃᓕᒪᔭᕆᐊᖃᕐᓂᖏᓐᓄᑦᓗᓐᓃᑦ ᐱᓕᕆᕝᕕᐅᔪᓐᓇᕐᓂᖏᑦ ᐊᔾᔨᒌᖏᑦᑑᑦ ᑭᒡᓕᖃᕐᕕᖕᒋᑦ, ᒪᓕᒃᑐᓂᒃ ᑕᐃᑲᓂ ᑐᑭᒧᐊᒃᑕᐅᓯᒪᓂᖏᓐᓂᒃ as ᐅᓂᒃᑳᖅᑕᐅᔪᓂ ᑭᒡᓕᖃᕐᕕᖕᒋᓄᑦ ᐸᕐᓇᐅᑎᓂ. ᐅᒃᑐᑎᒃᓴᐃᑦ ᖃᓄᖅ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ ᒪᓕᒐᐃᑦ ᐃᑲᔪᑕᐅᕙᖕᒪᖓᑕ ᐊᑐᓕᖅᑎᑕᐅᔪᓐᓇᕐᒪᖓᑕ ᑭᒡᓕᖃᕐᕕᖕᓂᒃ ᐸᕐᓇᐅᑎᓂᒃ ᑕᑯᔭᒃᓴᐅᒋᕗᑦ ᑕᐃᑲᓂ ᐊᕕᒃᑐᖅᓯᒪᓂᖏᑦ 1-ᒥ.

ᐅᒃᑐᑎᒃᓴᐃᑦ ᖃᓄᖅ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ ᒪᓕᒐᐃᑦ ᐃᑲᔪᑕᐅᕙᖓᖕᒐᑕ ᐊᑐᓕᖅᑎᑕᐅᔪᓐᓇᕐᒪᖕᒐᑕ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᐸᕐᓇᐅᑎᓂᒃ.

ᐅᒃᑐᑎᒃᓴᖅ 1

ᒪᓕᒃᑕᐅᓪᓗᑎᒃ ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᑐᖓᕕᖕᒋᑦ, ᑭᒡᓕᖃᕐᕕᑦ 1 ᑐᕌᖓᕗᑦ ᓴᖕᒋᔪᒥᒃ ᐊᔪᕐᓇᖅᑎᑦᑎᓂᖅ ᑕᐃᒪᒃ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᔭᕆᐊᖃᓗᐊᕐᓂᖕᒋᓐᓄᑦ ᐊᔾᔨᐅᖕᒋᑦᑐᖃᐅᕐᓂᖕᒋᓐᓄᑦ ᐃᒪᐃᑦ ᓄᓇᖕᒋᓪᓗᓐᓂᑦ ᑕᐅᕙᓂ ᐊᒃᑐᖅᑕᐅᓴᕋᐃᑦᑐᓐᓇᖅᑐᓂᒃ. ᑕᐃᒪᐃᓂᖓᓄᑦ, ᑕᒪᐃᓐᓂᓕᒪᑲᓴᒃ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᐊᔪᖅᑎᑕᐅᕙᒃᑐᑦ ᑕᒪᒃᑯᓇᓂ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓂ ᐊᒻᒪᓗ ᑎᑭᑕᐅᔪᓐᓇᖃᑦᑕᓐᖕᒋᑦᑐᑦ ᑭᓯᐊᓂ ᐊᑐᖅᑕᐅᔪᒐᔪᐃᑦᑐᒻᒪᕆᖕᒥ ᐱᔪᓐᓇᐅᑎᖃᖅᑎᑕᐅᓪᓗᑎᒃ. ᒪᓕᒐᐃᑦ ᐊᑐᕐᓂᐊᖅᑐᑦ ᐊᔪᕐᓇᖅᑎᑦᑎᔪᓐᓇᕐᓂᖅ ᑎᑭᑕᐅᔪᓐᓇᕐᓂᖕᒋᓐᓂᒃ, ᐊᓯᖕᒋᓐᓂᒃ ᑕᒃᑯᐊ ᐱᔪᓐᓇᐅᑎᓖᑦ ᐃᓚᖕᒋᓐᓄᐊᕈᓐᓇᖅᑎᑕᐅᓗᑎᒃ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓂ 1 ᐃᒪᕐᑯᑎᖕᒋᓐᓂ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᖓᒍᑦ. ᒪᓕᒐᐃᑦᑕᐅᖅ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᒥᔪᑦ ᐱᔪᓐᓇᐅᑎᖃᖅᑎᑦᑎᔪᓐᓇᕐᓂᖅ ᐃᓚᖃᒃᑲᓐᓂᕐᓗᑎᒃ ᖃᓄᐃᓕᖓᒍᑎᒃ ᑭᓯᐊᓂ ᐊᒻᒪᓗ ᒪᓕᒐᖅᑎᑕᐅᓗᑎᒡᓗ ᑭᓯᐊᓂ, ᐅᔾᔨᖅᑐᑦᑎᐊᕆᐊᖃᕐᓂᕐᒧᑦ ᑕᒃᑯᐊ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᑲᔪᓯᑎᑕᐅᓂᐊᕐᒪᑕ ᐱᔾᔪᑎᒃᓴᖃᑦᑎᐊᕐᓗᑎᒃ ᐱᑕᖃᕈᑕᐅᓂᖕᒋᑦ ᑭᒡᓕᖃᕐᕖᑦ.

ᐅᒃᑐᑎᒃᓴᖅ 2

ᒪᓕᒃᑕᐅᓪᓗᑎᒃ ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᑐᖓᕕᖕᒋᑦ, ᑭᒡᓕᖃᕐᕕᑦ 2 ᑐᕋᖓᕗᑦ ᑕᒪᐃᓐᓂ ᓴᐳᓐᓂᐊᖅᑕᐅᔭᕆᐊᖃᕐᓂᖕᒋᓐᓂ ᐊᔾᔨᖃᖕᒋᓂᖕᒋᑦ ᓄᓇᐃᑦ ᐃᒪᐃᓪᓗᓐᓃᑦ, ᐊᒃᑐᖅᑕᐅᓴᕋᐃᓂᖕᒋᓐᓂᓗᓐᓃᑦ ᐊᕙᑎᖕᒋᓐᓂᒃ, ᐊᕙᑎᒥᐅᑕᕆᔭᖕᒋᓪᓗ ᐊᒻᒪᓗ ᐃᓕᑕᕐᓇᕈᑎᖃᕐᓂᖕᒋᑦ, ᑕᒡᕗᓇᑦᓴᐃᓐᓇᖅ ᐊᑐᖅᑕᐅᔪᓐᓇᕋᓗᐊᖅᓱᑎᒃ ᓱᓕ ᑕᒪᒃᑯᐊ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᓲᕐᓗ ᑕᑯᓂᐊᕈᔾᔨᖃᑕᕈᓐᓇᕐᓂᖅ. ᐃᒪᕐᒥᐅᑕᓂᒃ ᐱᓇᓱᐊᖃᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᓲᕐᓗ ᐃᖃᓕᐊᖃᐅᔪᓐᓇᕐᓂᖕᒋᓐᓂ, ᐊᖑᓇᓱᒃᑲᐅᔪᓐᓇᕐᓂᖕᒋᓪᓗ ᐊᔪᖅᑎᑕᐅᕗᑦ. ᑕᐃᒪᐃᓂᖓᓄᑦ, ᒪᓕᒐᐃᑦ ᓴᖕᒋᓂᖃᕈᑕᐅᕗᑦ ᐊᔪᖅᑎᑦᑎᖃᑕᕐᓂᖅ ᐱᓇᓱᐊᖃᐅᓐᓇᕐᓂᖕᒋᓐᓂ ᐊᖑᓇᓱᒃᑲᑕᐅᓕᒪᓂᖕᒋᓐᓂ ᑕᐃᒃᑯᓇᓂ ᐊᕕᒃᑐᖅᓱᒪᓂᖕᒋᓐᓂ ᑭᒡᓕᖃᕐᕕᑦ 2 ᓴᐳᓐᓂᐊᖅᑕᐅᕖᑦ ᐊᐅᓚᑕᐅᓂᖕᒋᓐᓄᑦ ᐸᕐᓇᐅᑎᖕᒋᓐᓂ.

ᐅᒃᑐᑎᒃᓴᖅ 3

ᒪᓕᒃᑕᐅᓪᓗᑎᒃ ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᑐᖓᕕᖕᒋᑦ, ᑭᒡᓕᖃᕐᕕᑦ 3 ᑐᕌᖓᕗᑦ ᓴᐳᓐᓂᐊᖅᑕᐅᓂᖕᒋᓐᓄᑦ ᐆᒪᔪᕐᓄᑦ ᓇᔪᓚᓇᔭᐅᕙᒃᑐᑦ ᑕᒡᕗᓇᑦᓴᐃᓐᓇᕐᓗᓂ ᐊᑐᖅᑕᐅᔪᓐᓇᕋᓗᐊᖅᓱᑎᒃ ᑎᑭᓯᒪᕝᕕᐅᔪᓐᓇᕐᓂᖅ ᐊᒻᒪᓗ ᐱᓇᓱᐊᖃᐅᖃᑕᕈᓐᓇᕐᓂᖅ. ᒪᓕᒐᐃᑦ ᓴᖕᒋᓂᖃᕈᑕᐅᓂᐊᖅᑐᑦ ᐊᔪᖅᑎᑦᑎᓂᕐᒧᒃ ᑎᑭᓯᒪᕝᕕᐅᔪᓐᓇᖕᒋᓂᕐᓗ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᑕᐅᕙᓂ ᐊᕕᒃᑐᖅᓱᒪᓂᖕᒋᓐᓂ ᑭᒡᓕᖃᕐᕕᖕᒐᓂ 3, ᑕᐃᒪᑎᒋᑦ ᒪᓕᒃᑐᓂᒃ ᐅᖃᐅᓯᐅᓯᒪᔪᓂᒃ ᑕᐃᑲᓂ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᓂ ᐊᑐᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᒋᓂ.

ᐅᒃᑐᑎᒃᓴᖅ 4

ᒪᓕᒃᑕᐅᓪᓗᑎᒃ ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᑐᖓᕕᖕᒋᑦ, ᑭᒡᓕᖃᕐᕕᑦ 4 ᑐᕌᖓᕗᑦ ᐊᖕᒋᓂᖅᐹᒥᒃ ᐊᑐᖅᑕᐅᖃᑕᕈᓐᓇᕐᓂᖅ ᐅᓗᕆᐊᓇᕈᑕᐅᓂᐊᓐᖕᒋᑦᑐᓂᒃ ᐊᑦᑕᕐᓇᕈᑕᐅᓂᖕᒋᑦᑐᓂᒃ ᐊᕙᑎᖕᒋᓐᓄᑦ, ᐊᕙᑎᒥᐅᑕᕆᔭᖕᒋᓐᓄᓪᓗ, ᐱᐅᓯᑐᖃᕆᔭᐅᔪᓐᓄᓪᓗ ᓄᓇᐅᑉ ᐃᒪᐃᑦ ᐆᒪᔪᐃᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐱᑕᖃᐃᓐᓇᕐᓂᖕᒋᑦ ᐱᕐᑯᑎᒋᔭᐅᖕᒋᓐᓇᖅᑐᑦ ᐊᓐᓂᕐᓇᖅᑐᑎᖃᕐᓂᖕᒋᑦ. ᑕᐃᒪᐃᓂᖓᓄᑦ, ᒪᓕᒐᐃᑦ ᐊᑐᓕᖅᑎᑦᑎᓂᐊᖅᑐᑦ ᑕᒪᒃᑯᓂᖓ ᑭᒡᓕᖃᖅᑐᓂᒃ 4 ᓴᕿᑎᑦᑎᓂᐊᕐᒪᑕ ᑕᒪᐃᓐᓂᒃ ᐊᔪᕐᓇᖅᑎᑕᐅᓂᐊᖅᑐᓂᒃ, ᑎᑭᑕᐅᑕᐃᓕᒪᔭᕆᐊᓕᖕᓂᒃ, ᐊᖕᒋᕈᑎᖃᕆᐊᖃᕐᓂᖕᒋᓐᓂᒃ ᐊᒻᒪᓗ ᐱᔪᓐᓇᐅᑎᖃᕆᐊᖃᕐᓂᖕᒋᓐᓂ ᑐᕌᖓᔪᓂᒃ ᐱᑕᖃᐃᓇᕆᐊᖃᕐᓂᖕᒋᓐᓂ ᐊᒻᒪᓗ ᑕᐃᒪᐃᖕᒋᓐᓇᕐᓂᖕᒋᓐᓂᒃ ᓴᐳᓐᓂᐊᖅᑕᐅᔭᕆᐊᖃᖅᑐᑦ ᐃᓱᒪᒋᓗᒋᑦ ᑕᒪᕐᒥᒃ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᐃᓗᐊᓂ ᑭᒡᓕᖃᕐᕕᐅᓂᖕᒋᓐᓂ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᒋᑦ.

ᐃᓱᒪᒋᓪᓗᒋᑦ ᑭᒡᓕᖃᕐᕕᖕᒋᑦ ᐊᑕᔪᑦ ᑲᓇᑕᒥ ᑭᒡᓕᖃᕐᕕᖕᒋᓐᓄᑦ ᑐᖓᕕᒋᔭᐅᔪᓐᓄᑦ ᐊᒻᒪᓗ ᑕᐅᕙᓂᕐᒥᐅᑕᓄᑦ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᖕᒋᓐᓄᑦ, ᐊᑲᐅᓂᖅᐹᖑᕗᖅ ᐊᑐᓕᖅᑎᑦᑎᕙᓪᓕᐊᔪᓐᓇᕐᓂᖅ ᑕᐃᒪᐃᖕᒋᓐᓇᓚᖓᔪᓂᒃ, ᐊᑯᓂᐅᓂᐊᖅᑐᒧᑦ ᐊᑐᕐᓂᐊᖅᑐᓂᒃ, ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᒃ ᐊᐅᓚᑕᐅᕙᖕᓂᖕᒋᓐᓄᑦ ᐱᓕᕆᕕᐅᔪᓐᓇᕐᓂᖕᒋᑦ ᐃᑲᔪᖅᓱᐃᓗᑎᒃ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᑐᕌᓴᕆᐅᔪᓂᒃ. ᑕᒪᓐᓇ ᑐᑭᓕᒃ ᐊᔾᔨᒌᖕᒋᑦᑑᑎᓂᒃ ᐊᑐᒐᒃᓴᖃᕆᐊᖃᕐᓂᐊᖅᑐᑦ ᖃᓄᖅᑑᕈᑕᐅᕙᖕᓂᐊᖅᑐᓂᒃ ᖃᓄᐃᓕᖓᑦᓚᕆᖕᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᐊᔾᔨᒌᖕᒋᑦᑑᑎᐅᓂᖕᒋᓐᓄᑦ ᐊᐅᓚᑕᐅᕙᖕᓂᖕᒋᓐᓄᑦ ᐃᓱᒪᓘᑕᐅᔪᓐᓇᖅᑐᑦ ᒪᓕᒐᖃᕆᐊᖃᕐᓂᖕᒋᓐᓄᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓂᖕᒋᑦ ᐊᒻᒪᓗ ᒪᑐᔭᐅᓯᒪᑲᐃᓐᓇᖃᑕᕈᓐᓇᕐᓂᖕᒋᑦ.

ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓂᖕᒋᑦ

ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓗᑎᒃ ᖃᓄᐃᓕᐅᕈᑕᐅᑦᑎᐊᑲᓂᕈᓐᓇᖕᒪᑕ ᑕᒪᒃᑯᓄᖓ ᓴᐳᓐᓂᐊᖅᑕᐅᔭᕆᐊᓕᖕᓄᑦ ᐊᐅᓚᑕᐅᔪᓐᓇᖕᓂᖕᒋᓄᓪᓗ ᐊᒃᓱᕈᖕᓇᕈᑕᐅᕙᒃᑐᑦ ᐱᔾᔪᑕᐅᒐᒥᒃ ᐱᓕᕆᕕᐅᔪᓐᓇᖕᓂᖕᒋᓐᓂᒃ ᐃᓚᖕᒋᓐᓂᒃ ᐊᔪᖅᑎᑦᑎᔭᕆᐊᖃᖕᓂᖅ ᐅᕝᕙᓗᓐᓃᑦ ᑎᑭᑕᐅᑕᐃᓕᒪᔪᓐᓇᖕᓂᖅ ᐃᓚᐃᓐᓇᖕᒋᓐᓂ ᑲᓇᑕᒥ ᑕᓇᐅᖕᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓂ. ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓂᖕᒋᑦ ᐊᐅᓚᑦᑎᓂᐊᕈᑕᐅᖕᒪᑕ ᖃᓄᐃᓕᖕᒐᑦᓚᓇᒃᑐᓂᒃ ᐱᓕᕆᕕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᐃᓛᓐᓂᒃᑯᑦ, ᐅᕝᕙᓗᓐᓃᑦ ᖃᖓᖑᕋᖓᑦ ᐊᖁᕋᒍᒥ, ᐊᑯᓂᐅᓂᖅᓴᕐᓗᓐᓃᑦ ᐱᔭᕆᐊᖃᖕᓂᖕᒋᓐᓂᒃ ᒪᓕᒃᑐᓂᒃ ᐅᔾᔨᖅᑐᑦᑎᐊᕈᒪᓂᕐᒧᑦ ᐱᒻᒪᕆᐅᔪᓂᒃ ᓴᐳᓐᓂᐊᕈᑎᒃᓴᖃᕆᐊᖃᖕᓂᖕᒋᑦ ᐊᒻᒪᓗ ᐊᒃᑐᖅᑕᐅᓗᐊᖅᑕᐃᓕᒪᐃᓐᓇᕆᐊᖃᖕᓂᖕᒋᓐᓄᑦ ᐊᔪᖕᓇᖕᒋᓂᓕᒪᒃᑯᑦ ᑕᐃᒃᑯᐊ ᑭᓇᒃᑯᑐᐃᓐᓇᐃᑦ ᑲᓇᑕᒥ ᑕᓇᐅᕐᒥ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᕕᖕᓂ ᐊᑐᖅᐸᒃᑐᑦ. ᖃᖓᑐᐃᓐᓇᖅ ᓴᕿᑎᑕᐅᖃᑕᓐᓇᕐᒪᑕ ᐊᒻᒪᓗ ᑐᕋᖓᓗᑎᒃ ᓇᓕᐊᖕᓄᑐᐃᓐᓇᖅ ᑭᒡᓕᖃᕐᕕᐅᓂᖕᒋᓐᓄᑦ, ᑭᓱᐊᓂ ᐱᖑᖅᑎᑕᐅᓚᐅᓂᖕᒋᓐᓂ ᑐᑭᓱᓂᐊᕈᑕᐅᑦᑎᐊᓇᐊᖃᖅᑐᑦ ᓄᓇᖃᖅᑳᓱᒪᔪᑦ ᐊᐅᓚᑦᑎᔨᑦ ᑎᒥᕐᑯᑎᖕᒋᓐᓄᑦ, ᐃᓚᒋᔭᐅᔭᓇᐊᓕᖕᓄᑦᓗ ᒐᕙᒪᒃᑯᑦ ᐃᕐᑲᓇᐃᔭᕐᕕᕐᑯᑎᖕᒋᓐᓄᑦ, ᐊᓱᖕᒋᓄᑦᓗ ᐃᓚᐅᔭᓇᐊᖃᖅᑐᓄᑦ ᑲᓇᑕᒥ ᑕᓇᐅᕐᒥ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᕕᖕᓂ ᐊᐅᓚᑦᑎᔨᐅᖃᑕᐅᕙᒃᑐᓂᒃ ᒪᓕᒐᓕᐊᓇᔭᐅᓚᐅᖕᒋᓂᖕᒋᓐᓂ. ᒪᓕᒐᐃᑦ ᓴᖕᒋᓂᖃᕈᑕᐅᓂᐊᖅᑐᑦ ᑐᑭᓕᐅᖅᑕᐅᑦᑎᐊᕈᓐᓇᖕᓂᖕᒋᓐᓄᑦ ᖃᓄᐃᓕᖕᒐᓂᐊᖅᑐᑦ ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᐊᒻᒪᓗ ᐊᔪᖅᑎᑕᐅᓂᐊᖅᑐᓂᒃ ᐊᒻᒪᓗ ᑎᑭᑕᐅᑕᐃᓕᒪᔭᕆᐊᖃᖅᑎᑕᐅᔪᓂᒃ ᐱᓕᕆᕝᕕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᑎᑭᐅᒪᔪᓂᒃ ᑕᒪᐃᓐᓄᑦ ᐊᖕᒋᖃᑎᒌᒍᑕᐅᓯᒪᔪᓂᒃ ᐊᐅᓚᑦᑎᔨᐅᖃᑕᐅᓂᒧᑦ ᐃᓚᒋᔭᐅᔪᓕᒫᓄᑦ. ᐊᕕᒃᑐᖅᓯᒪᓂᖕᒋᑦ 1 ᐅᓂᒃᑲᕈᑏᑦ ᐃᓗᓕᖃᖅᑐᑦ ᐃᓚᖕᒋᓐᓂᒃ ᐆᒃᑐᑎᒃᓴᐅᔪᓐᓇᖅᑐᓂᒃ ᖃᓄᐃᓕᖕᒐᓕᕈᓐᓇᖕᓂᖕᒋᓐᓂᒃ ᒪᓕᒐᓕᐅᕈᑕᐅᔭᕆᐊᖃᓕᕋᔭᖅᑐᓂᒃ ᓴᕿᑎᑦᑎᓗᑎᒃ ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᐅᔪᓂ ᐊᑐᖅᑕᐅᔭᕆᐊᖃᖅᑐᓂᒃ ᑎᑭᐅᑎᔪᓐᓇᖕᑯᓪᓗᒋᑦ ᑲᓇᑕᒥ ᑕᓇᐅᕐᒥ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᕕᖕᓂ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᑐᕋᓇᔭᐅᔪᓂᒃ.

ᐊᕕᒃᑐᖅᓯᒪᓂᖕᒋᑦ 1: ᐊᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐊᐅᓚᑦᑎᕕᖃᖅᑎᑕᐅᓂᖕᒋᑦ ᐅᒃᑐᑎᒃᓴᐃᑦ

ᓚᕆᕕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᔪᖕᓇᖅᑎᑕᐅᔪᑦ ᑕᐃᑯᓇᓂ ᔾᔨᒋᔭᐅᖕᒋᑦᑐᓂᒃ ᐅᓚᑦᑎᕕᐅᔪᓂ	ᐅᒃᑐᑎᒃᓴᖅ
ᒥᐊᒃᑯᑦ ᑎᑭᑕᐅᔪᓐᓇᖕᓂᖕᒋᑦ	ᐅᒥᐊᒃᑯᑦ ᑎᑭᑕᐅᔪᓐᓇᖃᑦᑕᔾᔭᖕᒋᑦᑐᑦ ᑐᑭᓕᐅᖅᑕᐅᓯᒪᔪᓂ ᐊᕙᑎᖕᒋᓐᓂ ᑕᐃᒃᑯᐊ ᑕᕆᐅᕐᒥᐅᑕᐃᑦ ᓇᔪᖅᐸᒃᑕᖕᒋᓐᓂ ᐅᕝᕙᓗᓐᓃᑦ ᐆᒪᔪᖅᓯᐅᕐᕕᐅᒍᓇᔭᖕᒋᑦᑐᑦ ᓄᓕᐊᕐᓇᐅᓂᖓᓄ ᐅᒪᔪᓄᑦ.
ᑭᑕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᑭᓇᑯᑐᐃᓐᓇᕐᓄᑦ ᖕᒋᐊᕐᓇᖅᑐᓖᑦ, ᐊᑦᑕᓇᖅᑐᓖᑦ	ᐊᔪᖅᑎᑕᐅᔪᑦ ᑎᑭᑕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᓇᖕᒋᐊᕐᓇᖅᑐᓖᒃ, ᐊᑕᕐᓇᖅᑐᓖᑦ, ᓱᕐᓗ ᑕᒪᒃᑯᐊ ᑕᕆᐅᕐᒥ ᐅᔭᕋᑦᓛᓂᖓᒍᑦ ᓱᓗᑦᓛᐊᓗᐃᑦ ᐃᒪᒃᐸᑦᓕᐊᖕᒋᓇᖅᑐᑦ, ᓴᐅᓂᐅᔭᖅᑐᓕᖕᓂᓗᓐᓂᑦ ᐃᖃᖕᒐᓂ, ᐃᒫᓗᖕᒥᒃ ᐳᑐᐊᓗᒃᑯᑦ ᑎᖕᒥᑑᕐᕕᐅᕙᒃᑐᐊᓗᖕᓂᒃ ᓴᖕᒋᔪᐊᓗᖕᒥᒃ ᐊᒻᒪᓗ ᒪᑦᓕᕐᔪᐊᓕᕈᓐᓇᖅᑐᐊᓗᖕᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᐊᓗᖕᓂᒃ ᑭᒡᓕᖃᕐᕕᐅᔪᑦ, ᖃᖓᑐᐃᓇᖅ ᐊᓄᕆᔪᐊᓘᓕᖅᐸᑦ.

ᓛᕆᐊᖃᑦᑕᖅᑐᑦ	ᐊᒥᓵᓱᓂᖕᒋᑦ ᐳᓚᕋᑦᑏᑦ ᐊᖕᒋᖅᑕᐅᔪᓐᓇᖕᓂᖕᒋᑦ ᑎᑭᑕᐅᔪᓐᓇᖕᓂᖕᒋᓐᓄᑦ ᑕᑯᔭᐅᔪᒪᕙᒃᑐᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐊᓱᖕᒋᑦ ᐃᓄᒋᐊᓗᐊᓕᕈᓇᖅᑐᑦ ᑖᑯᓂᐊᖅᑕᐅᕙᒃᑐᓂ ᐊᒻᒪᓗ ᐊᑲᐅᖕᒋᓗᑕᐅᓕᕈᓐᓇᖅᑐᑦ ᐳᓚᕋᑦᑎᓄᑦ.

ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᑦ, ᐊᔪᕐᓇᖅᑎᑕᐅᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦ, ᑎᑭᑕᐅᑦᑕᐃᓕᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᓪᓗ

ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᑦ, ᐊᔪᕐᓇᖅᑎᑕᐅᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᑦ, ᑎᑭᑕᐅᑦᑕᐃᓕᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᓪᓗ ᖃᓄᐃᓕᐅᕈᑕᐅᒋᐅᑦ ᕿᓚᒥᐊᓗᒃ ᑐᐊᕕᕐᓇᖅᑐᕐᑲᖅᐸᑦ ᐊᓯᖏᓐᓂᓗᓐᓃᑦ ᐃᓱᒫᓗᑕᐅᔪᕐᑲᖅᐸᑦ ᒫᓐᓇᑲᐅᑎᒋ ᑲᒪᒋᔭᐅᔭᕆᐊᓕᖕᓂᒃ ᕿᓚᒥᐅᔪᒥᒃ. ᒪᓕᒐᓕᐅᕈᑕᐅᓯᒪᔪᓐᓇᕐᒥᔪᑦ ᑕᒪᒃᑯᐊ ᐊᖏᖅᑕᐅᓯᒪᕐᑳᕆᐊᕐᑲᕆᓪᓗᑎᒃ ᐃᓗᓕᖏᑦ ᒪᓕᒐᐃᑦ ᐱᔪᓐᓇᐅᑕᐅᓂᐊᕐᒪᑕ ᕿᓚᒥᐊᓗᒃ ᒪᑐᔭᐅᔪᕐᑲᕈᓐᓇᕐᓂᒃ ᑕᐅᕙᓂ ᐅᕝᕙᓗᓐᓃᑦ ᐊᔪᕐᓇᖅᑎᑕᐅᒃᑲᐃᓐᓇᕆᐊᕐᑲᕐᓂᖏᓐᓂᒃ ᐅᕝᕙᓗᓐᓃᑦ ᑎᑭᑕᐅᑦᑕᐃᓕᒪᑎᑕᐅᓗᑎᒃ ᑕᐅᕙᓂ ᖃᓄᐃᓕᐅᕈᑕᐅᔭᕆᐊᕐᑲᕐᓂᖏᓐᓄᑦ ᐃᓱᒪᓗᑕᐅᓕᖅᑐᑦ. ᑕᒪᓐᓇ ᓴᖏᓂᕐᑲᕈᑕᐅᔪᓐᓇᖅᑐᖅ ᑕᒫᓃ 30ᓂᒃ ᐅᑦᓗᓂᒃ ᐊᑯᓂᐅᑎᒋᔪᓐᓇᖅᑐᒥᒃ ᑕᐃᒪᐃᓕᖓᑎᑕᐅᓗᓂ. ᐊᑯᓂᐅᓂᐊᖅᓴᖅ ᐊᑐᖅᑕᐅᔭᕆᐊᓖᑦ ᑲᔪᓯᑎᑕᐅᔪᓐᓇᖅᑐᑦ ᓴᕿᑎᑦᑎᓗᑎᒃ ᐊᔾᔨᒋᔭᐅᓐᖏᑦᑐᓂᒃ ᐊᐅᓚᑕᐅᔪᓐᓇᕐᓂᖅ ᐊᓯᐊᒍᓪᓗᓐᓃᑦ ᓇᒻᒪᓈᕈᓐᓇᖅᑐᓂᒃ ᑲᔪᓯᓂᖓᓄᑦ ᐃᓱᒪᓗᑕᐅᔪᑦ.

ᐅᒃᑑᑎᒃᓴᐃᑦ ᖃᓄᖅ ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᑦ, ᐊᔪᕐᓇᖅᑎᑕᐅᒃᑲᐃᓐᓇᕐᓂᖏᑦ, ᑎᑭᑕᐅᑦᑕᐃᓕᒪᒃᑲᐃᓐᓇᕈᓐᓇᕐᓂᖏᓪᓗ ᐊᐅᓚᑦᑎᔭᕆᐊᖃᓕᕐᓂᕐᒧᑦ ᐃᓱᒪᓗᑕᐅᔪᓂᒃ ᒪᑭᓂᖓ ᐃᓚᖃᕋᔭᖅᑐᖅ:

- ᐊᔪᖅᑎᑕᐅᒃᑲᐃᓐᓇᕈᓐᓇᖅᑐᑦ ᐅᒥᐊᕆᔭᐅᔪᑦ ᓱᒃᑲᔭᕈᓐᓇᕐᓂᖅ ᐃᓚᖓᒍᑦ ᐃᒪᕐᒥ ᐱᔾᔪᑕᐅᓂᕐᒧᑦ ᓂᕆᐅᓇᖏᑦᑐᑦ ᐊᑲᐅᖏᓕᐅᕈᑕᐅᔪᓐᓇᕐᓂᖏᑦ ᐱᔾᔪᑎᓖᑦ ᐆᒪᔪᓂᒃ ᐊᒥᓲᖏᓗᐊᓕᕐᓂᕋᖅᑕᐅᓯᒪᔪᓄᑦ.
- ᑎᑭᑕᐅᑦᑕᐃᓕᒪᒃᑲᐃᓐᓇᕈᓐᓇᖅᑐᑦ ᐃᒪᕐᒧᑦ ᑭᓇᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᓇᖏᐊᕐᓇᖅᑐᒃᑰᕐᕕᐅᔪᓐᓇᕐᓂᖓᓄᑦ ᐊᑕᕐᓇᖅᑐᕐᑲᕐᓂᖓᓄᑦ.

ᐱᓗᐊᖅᑐᒥ ᑭᖑᓕᕇᒃᑐᓂ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᔪᓂ ᐊᑐᓕᖅᑎᑦᑎᓂᕐᒧᑦ ᐊᔪᖅᑎᑕᐅᒃᑲᐃᓐᓇᕐᑲᑕᕐᓂᖏᓐᓄᑦ ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᓪᓗ ᒪᑯᐊ ᐱᔾᔪᑎᕐᑲᓗᐊᕋᔭᖅᑐᑦ:

1.ᓂᕆᐅᒋᔭᐅᓚᐅᖏᑦᑐᓂᒃ ᑐᐊᕐᕕᕐᓇᖅᑐᕐᑲᓯᒃᑳᓪᓚᒃᐸᑦ ᐃᓕᑕᕆᔭᐅᓗᓂᓗ ᕿᓚᒥᐅᑲᐃᓇᕐᓂᐊᖅᑐᒥᒃ ᐊᐅᓚᑕᐅᔭᕆᐊᕐᑲᕐᓂᐊᓕᖅᑐᒥᒃ ᑕᐃᒪᒃ.

2.ᐊᐅᓚᑦᑎᔨᐅᕐᑲᑕᐅᓂᕐᒧᑦ ᐃᓚᒋᔭᐅᔪᑦ ᑐᑭᓯᓂᐊᕐᕕᐅᓗᑎᒃ ᖃᓄᑎᒋ ᖃᓄᐃᓕᖓᓚᖓᒪᖓᑕ ᐊᒻᒪᓗ ᖃᓄᑎᒋ ᐊᔪᖅᑎᑕᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᐊᕐᒪᖓᑕ ᐱᕕᒃᓴᕐᑲᕐᓂᕈᑎᒃ.

3.ᒪᓕᒐᖅᑎᒍᑦ ᓴᖏᓂᕐᑲᕈᑎᑦ ᐊᑐᖅᑕᐅᓂᖏᑦ ᐊᑐᖅᑕᐃᑲᐃᓐᓇᕐᓂᐊᖅᑐᓄᑦ ᒪᑐᓯᓂᕐᒧᑦ, ᐊᔪᕐᓇᖅᑎᑦᑎᓂᕐᒧᑦ, ᑎᑭᑕᐅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᓪᓗᓐᓃᑦ.

4.ᖃᓄᐃᓕᖓᓂᖏ ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᑦ/ᐊᔪᖅᑎᑕᐅᓂᖏᑦ/ᑎᑭᑕᐅᑦᑕᐃᓕᒪᓂᖏᓪᓗᓐᓃᑦ ᑕᒪᐃᓐᓄᑦ ᐊᒥᓱᓄᑦ ᑐᓴᒐᒃᓴᓕᐊᕆᔭᐅᓗᑎᒃ.

5.ᒪᑐᔭᐅᓯᒪᒃᑲᐃᓐᓇᕐᓂᖏᑦ/ᐊᔪᖅᑎᑕᐅᓂᖏᑦ/ᑎᑭᑕᐅᑦᑕᐃᓕᒪᓂᖏᓪᓗᓐᓃᑦ ᐊᑐᓕᖅᑎᑕᐅᓗᑎᒃ ᐊᒻᒪᓗ ᒪᓕᒃᑕᐅᔭᕆᐊᕐᑲᕐᓗᑎᒃ.

ᐅᖃᖃᑎᒌᓚᐅᖅᑕ ᑕᐃᒃᑯᓂᖓ ᑲᓇᑕᒥ ᑕᕆᐅᕐᒥᐅᑕᓄᑦ ᓴᐳᔾᔨᕕᖕᓄᑦ ᒪᓕᒐᕐᓂᒃ ᐅᖃᐅᓯᒃᓴᖃᕐᕕᒋᔭᐃᑦ

ᐅᕙᑦᑎᓐᓂᒃ ᖃᐅᔨᑎᑦᑎᓂᐊᖅᐳᑎᑦ ᖃᓄᖅ ᐃᓱᒪᒋᖕᒪᖔᖅᐱᐅᒃ ᑕᒪᓐᓇ ᐱᒋᐊᖅᑎᑕᐅᔪᒪᔪᖅ.
ᐃᓱᒪᔭᑎᑦ ᐅᖃᐅᓯᕆᓂᐊᖅᐸᑎᑦ ᐅᕙᑦᑎᓐᓄᑦ ᐱᐅᓯᒋᐊᕈᑕᐅᔪᓐᓇᕐᓂᐊᕐᒪᑕ ᒪᓕᒐᐃᑦ ᐱᒋᐊᖅᑎᑕᐅᔪᒪᓂᖕᒋᓐᓄᑦ.

ᓂᕆᐅᒃᑐᒍᑦ ᐅᑯᐊ ᓇᐃᓈᖅᓯᒪᔪᑦ ᐅᓂᒃᑳᑦ ᐃᑲᔪᕐᓂᖃᕈᓐᓇᕐᓂᖅ ᐃᓱᒪᒋᔭᐅᔪᓐᓇᕐᓂᖕᒋᓐᓄᑦ ᖃᓄᖅ ᒪᓕᒐᐃᑦ ᐃᓕᖕᓂᒃ ᐊᒃᑐᖅᓯᓯᒪᔪᓐᓇᕐᒪᖔᑕ ᐊᒻᒪᓗ ᐱᔫᒥᔭᐅᑕᐅᕐᑯᓪᓗᒋᑦ ᓂᓪᓕᐅᑕᐅᔪᓐᓇᕐᓂᖅ ᐊᒻᒪᓗ ᐅᖃᐅᓯᒃᓴᖃᕐᕕᐅᔪᓐᓇᕐᓂᖅ ᐃᓕᖕᓂᒃ. ᐃᓚᐅᖃᑕᐅᒍᕕᑦ ᐱᒻᒪᕆᖕᓂ ᐃᓚᒋᔭᐅᓂᐊᖅᑐᑦ ᑲᒪᒋᔭᐅᕙᓪᓕᐊᓂᖕᒋᓐᓂ ᓴᕿᑎᑕᐅᕙᓪᓕᐊᔪᒪᔪᑦ ᒪᓕᒐᕆᔭᐅᓕᕈᓐᓇᖅᑐᑦ.

ᖁᔭᓕᑦᑎᐊᖅᑐᒍᑦ ᐅᖃᐅᓯᒃᓴᓂᒃᓯᒪᔭᕐᓂᒃ ᖃᐃᑕᐅᓯᒪᔪᓂᒃ ᐅᕙᑦᑎᓐᓄᑦ. ᐊᑏᑐᖅ ᑕᒪᒃᑯᐊ ᐅᖃᐅᓯᐅᕙᓪᓕᐊᓂᐊᖅᐳᕐ!

ᑕᕐᕆᔭᒐᒃᓴᖅ **www.LetsTalkNMCAs.ca** ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᐅᓪᓗᒥᒧᖕᒐᔪᑦ, ᑕᑯᔭᐅᔪᓐᓇᖅᓯᑎᒡᓗ ᐱᖃᑎᐊᓗᒋᔭᕐᓄᑦ, ᐃᖃᓇᐃᔭᖃᑎᒋᔭᕐᓄᓪᓗ.