ᖃᓄᖅᑑᕐᓂᖅ
QANUQTUURNIQ
FINDING THE BALANCE

Uqaalaqattalaaqpusi takuksauqattalaaratta

ᐅᖄᓚᖃᑦᑕᓛᖅᐳᓯ ᑕᑯᒃᓴᐅᖃᑦᑕᓛᕋᑦᑕ

ᑕᓚᕖᓴᒃᑯᑦ ᐅᖄᓚᑲᑦᑕᑎᑦᓯᓂᖅ ᐃᓄᐃᑦ ᒪᑭᑕᑦᓯᐊᓇᐊᖃᖅᓂᖕᒥᑦ ᐱᓪᓗᒥᑦ

ᓄᓪᓕᑎᕐᓯᒪᔪᑦ ᑐᓴᕐᑎᓯᒍᑏᑦ

ᒫᑦᓯ 2010

ᐱᒋᐊᕐᓂᓕᒍᑏᑦ

"ᖃᓄᕐᑑᓂᖅ" ᑕᓚᕖᓴᒃᑰᑭᑕᐅᓚᐅᔪᖅ ᓄᐃᑕᐅᓯᒪᑦᓱᓂ ᐱᓇᓯᐊᕋᑦᓴᓕᐊᒍᓯᒪᑦᓱᓂ ᐃᑲᔪᕐᓯᒋᐊᕈᑎᑦᓴᐅᓱᓂ ᓯᓚᕐᔪᐊᒥᐅᓕᒫᑦ ᐅᑭᐅᖅᑕᑐᒥᐅᑦ ᐊᖅᖂᒍᖃᖅᑎᑕᐅᑎᓪᓗᒥᑦ. ᐊᑕᐅᑦᓯᑰᖅᑎᑕᐅᓂᖃᖅᓱᓂ ᐃᓄᐃᑦ ᑐᑦᑕᕕᖕᒐᓄᑦ, ᐃᓄᓐᓂ-ᐱᒍᑦᔨᕕᖅᑯᑎᖕᒐᓄᑦ ᑲᓇᑕᒥ ᓄᓇᓕᑐᖅᕋᑦ ᖃᓄᐃᙱᓯᐊᓇᐊᖃᖅᓂᖅ ᐱᓪᓗᒍ ᐱᓇᓯᐤᕕᒍᑦ, ᐱᓇᓯᐊᖃᑕᐅᒻᒥᑎᓪᓗᒥᑦ ᖃᓄᐃᙱᓯᐊᓂᒥᒃ ᖃᐅᔨᒪᔾᒪᓈᑦ, ᖃᐅᔨᓴᖅᑏᑦ, ᐃᓄᐃᑦ ᐱᓇᓯᐤᕕᖕᒥᑦ, ᓄᓇᓕᒻᒥᐅᑦ, ᑕᖅᕋᒥᓪᓗ ᓈᓚᐅᑎᒃᑰᑎᑦᓯᔩᑦ, ᐊᓯᖕᒥᓪᓗ ᐱᓇᓯᖃᑎᒌᑦ ᐃᑲᔪᕐᓯᓯᒪᔪᕕᓃᑦ ᑐᓴᕐᑎᓯᒍᑎᑦᓴᓕᐅᖃᑕᐅᑦᓯᑎᒃ

ᑖᒃᑯᐊ ᑕᓚᕖᓴᒃᑯᑦ ᐅᖄᓚᖃᑦᑕᑎᑦᓯᓃᑦ ᐊᒥᖅᖃᖃᑎᒌᒍᑕᐅᓐᓂᖅᑯᑦ ᑐᑭᓯᒪᔭᐅᒥᐊᓕᓐᓂᒃ ᖃᓄᐃᙱᓯᐊᓇᐊᖃᖅᓂᖅ ᐱᓪᓗᒍ, ᐅᓂᒃᑳᑐᖃᖅᓯᓂᓗ ᐃᓄᐃᑦ ᓄᓇᖕᒥᓐᓂ ᖃᓄᐃᙱᓯᐊᑭᑎᑦᓴᐅᓯᑎᒃ ᐱᓇᓯᑦᑕᐅᔪᓂᒃ ᑲᔪᓯᑦᓯᐊᑭᓐᓇᓯᒪᔪᓂᒃ ᖃᐅᔨᓴᖅᓂᓂᓪᓗ ᖃᐅᔨᒪᒍᒥᓇᖅᑐᓂᒃ ᑐᓵᔭᐅᑦᓯᑎᒃ ᑕᖅᕋᒥᐅᓄᑦ ᒣ 2009ᒥ. ᐃᓄᐃᑦ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᒍᑎᖕᒥᑦ ᐃᖃᓗᓐᓂ, ᓄᓇᕗᒻᒥ ᐊᒻᒪᓗ ᐋᑐᕚᒥ ᑕᑯᓐᓇᖃᑦᓴᓇᓃᑦ EnTheos Films, ᑕᑯᓐᓇᖃᑦᓴᓕᐅᓚᐅᔪᑦ ᑌᒪ ᑕᑯᓐᓇᖃᑦᓴᐅᓂᐊᓕᖅᒪᑕ ᓄᓇᓕᑐᖅᕋᑦ ᑕᓚᕖᓴᒃᑰᑦᓴᓕᐅᖅᕕᖕᒥᑎᒍᑦ ᑕᖅᕋ ᐊᒻᒪᓗ ᐊᓛᔅᑲᒥ 360 North.

ᑖᒃᑯᐊ ᐱᖓᓱᑦ ᑕᓚᕖᓴᒃᑯᑦ ᑕᑯᓐᓇᖃᑦᓴᐊᕕᓃᑦ ᒪᑯᐊᒍᕗᑦ: **ᐊᖑᑏᑦ ᖃᓄᐃᙱᓯᐊᓇᐊᖃᖅᓂᖓ ᐱᓪᓗᒍ ᒪᑭᑕᑦᓯᐊᓇᐊᖃᖅᓂᖓᓗ ᑕᑯᓐᓇᖃᑦᓴᖅ**

- ᐊᖑᑏᑦ ᖃᓄᐃᙱᓯᐊᕆᐊᖃᕐᓂᖓ ᐱᓪᓗᒍ ᒪᑭᑕᑦᓯᐊᕆᐊᖃᕐᓂᖏᑦᑕᓗ; ᐃᓄᐃᑦ ᐃᕐᓂᓱᑦᓰᓂᓕᕆᒍᓯᖓ; ᐊᒻᒪᓗ ᐅᕕᒃᕋᑦ ᐃᓄᐃᑦ ᖃᓄᖅ ᐱᓐᓀᓗᑕᐅᔪᓂᒃ ᐊᓃᒍᑎᑦᓯᐊᕈᓐᓇᓰᒍᓂᖏᑦᑕ ᓰᖑᔫᓂᖏᑦᑕᓗ ᐅᓂᒃᑳᑕᐅᓂᖏᑦ;
- ᑕᓚᕖᓴᒃᑯᑦ ᐅᖄᓚᖃᑦᑕᑎᑦᓯᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐅᖄᓚᖃᑦᑕᐅᑎᒍᑎᑎᒍᑦ ᖃᕆᑕᐅᔭᑎᒍᑦ ᐱᑐᑦᓯᒪᐅᑎᑎᒍᑦ (Skype) ᐊᒻᒪᓗ ᖃᕆᑕᐅᔭᒃᑯᑦ ᐊᓪᓚᖃᑦᑕᐅᑎᒍᑎᑎᒍᑦ
- ᐃᓄᒃᑎᑑᕐᓯᑎᒃ ᓄᐃᑕᑎᑕᐅᔪᑦ ᖃᓪᓗᓈᑎᑑᕐᑐᑦ ᑕᑯᓐᓇᕋᑦᓴᑦ ᐊᑖᒍᑦ ᓄᐃᑕᑎᑕᐅᑎᓪᓗᒥᑦ
- ᓄᐃᑕᑎᑕᕖᓃᑦ ᒣ 11, 12 ᐊᒻᒪᓗ 13, 8:00ᖑᒥᑦ 10:00ᖑᒧᑦ ᐅᓐᓄᓴᒃᑯᑦ ᓯᕿᓂᖁᑎᕗᑦ ᒪᓕᑦᓯᒥᑦ
- ᕿᒥᕐᕈᕋᑦᓴᓂᒃ ᖃᕆᑕᐅᔭᒎᕐᓯᓂᖅ ᑲᓇᑕᒥ ᐃᓄᐃᑦ ᐅᕕᒃᕋ ᑲᑎᒪᔨᖏᑦᑕ ᖃᕆᑕᐅᔭᑎᒍᑦ ᓯᓚᕐᔪᐊᒥᐅᓄᑦ ᐱᑐᑦᓯᒪᖃᑕᐅᒍᑎᑎᒍᑦ ᑐᓴᕋᑦᓴᖏᓐᓅᑦᓴᓂᒃ, www.niyc.ca ᐊᒻᒪᓗ www.InuitWellness.ca
- ᐃᓄᒃ ᐅᖄᓚᑎᑦᓯᖃᑦᑕᑎᓪᓗᒍ ᓄᓇᓕᒻᒥᐅᑦ ᖃᐅᔨᒪᔪᓪᓚᕇᑦ ᐃᓚᐅᑎᓪᓗᒥᑦ ᐊᒻᒪᓗ ᓈᓚᒥᐊᕐᑐᓯᒪᔪᖃᕐᑎᓗᒍ
- ᐃᓄᐃᑦ ᐱᕕᑦᓴᖃᕐᑎᑕᕖᓃᑦ ᐅᓂᒃᑲᐅᓯᖃᕈᓐᓇᓂᕐᒥᒃ ᐅᑭᐅᕐᑕᑐᒥ ᖃᐅᔨᓴᕐᓂᒥᒃ ᐊᐱᕐᓱᕈᓐᓇᕕᖃᕐᓯᑎᓪᓗ ᖃᓄᖅ ᖃᐅᔨᓴᕐᓂᖅ ᐱᕙᓪᓚᖁᑎᐅᕙᒻᒪᖔᑦ ᐃᓄᐃᑦ ᓄᓇᓕᖏᓐᓄᑦ.

ᓀᓪᓕᑎᕐᓯᒪᔪᑦ

ᑲᑎᑦᓯᑎᒃ 200 ᓴᓂᐊᓃᑦᑐᑦ ᐅᑭᐅᕐᑕᑐᓕᒫᓅᓕᖓᔪᒥᒃ ᐃᓄᐃᑦ ᖃᓄᐃᙱᓯᐊᕆᐊᖃᕐᓂᖏᑦ ᐱᓪᓗᒥᑦ ᑕᓚᕖᓴᒃᑰᑦᓴᓂᒃ ᐱᓇᓱᐊᖃᑎᒌᓚᐅᔪᕗᑦ. ᐊᑐᕐᓯᑕ ᐅᓪᓗᒥ ᐱᓇᓲᑕᐅᓲᒍᓕᕐᑐᓂᒃ ᐊᑯᓂᓂᑕᐅᓂᕐᓴᓂᓪᓗ ᐊᒥᕐᖄᖃᑎᒌᒍᑎᖃᕈᒪᑦᓯᑕ ᓄᓇᓕᒻᒥ ᐱᓇᓱᑦᑕᐅᓲᓂᒃ ᐊᓯᑦᔨᒥᐊᕈᑕᐅᓯᒪᓕᕐᑐᓂᒃ ᐃᓄᓐᓄᑦ ᑕᕐᕋᒥ, ᐊᓛᔅᑲᒥᓚᒃ, ᑲᓇᑕᒥᓗ ᐊᒻᒪᓗ ᐊᑯᑭᑦᑐᒥ.

ᐃᓄᐃᑦ ᐱᓯᒪᔪᑦ ᑲᓇᑕᒥᐅᑦ ᐃᓄᐃᑦ ᓄᓇᖏᓐᓂᑦ ᐊᑦᔨᒌᙱᑐᓂᑦ ᑕᓚᕖᓴᒃᑰᑎᑦᓯᖃᑎᒌᓚᐅᔪᕗᑦ. ᐅᓂᒃᑳᓯᑕ ᓄᑖᓂᒃ ᖃᐅᔨᓴᕐᓂᐅᕙᑦᑐᓂᒃ ᖃᐅᔨᓴᖃᑎᒌᑦᑎᓐᓂᒥᑦ ᖃᐅᔨᓴᕐᑎᒪᓈᑦ ᓄᓇᓕᒻᒥᐅᓗ ᑐᑭᓯᓕᐅᒥᒍᑎᑦᓴᓂᒃ ᐃᓅᖃᑎᒌᑦ ᓯᓇᓂᒃ ᖃᓄᐃᙱᑐᑦᓯᐊᒍᒍᑎᖃᕈᓐᓇᒪᖔᑕ. ᓄᓇᓕᒻᒥᐅᑦ ᖃᐅᔨᒪᔪᖁᑎᖏᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᔪᓪᓚᕇᑦ ᑐᑭᓯᒪᐅᑎᑦᓴᓯᐊᓂᒃ ᐅᖃᐅᓯᖃᖃᑦᑕᓚᐅᔪᕗᑦ, ᑭᓇᑐᐃᓐᓇᓯᐊᒃᑯᓗ ᓯᕙᓂᕈᓐᓇᑎᑕᐅᑎᓪᓗᒥᑦ ᖃᕆᑕᐅᔭᒃᑯᓘᓐᓃᑦ ᐊᓪᓚᓗᑎᒃ ᐃᓱᒪᒋᔭᒥᓂᒃ ᐊᐱᕐᓲᑎᑦᓴᒥᓂᓘᓐᓃᑦ. ᑕᓚᕖᓴᒃᑰᑐᑦᓴᓕᐊᒍᓯᒪᔪᑦ (ᐊᓯᖏᓪᓗ ᑐᑭᓯᒪᐅᑎᑦᓴᓯᐊᑦ) ᖃᕆᑕᐅᔭᒃᑯᑦ ᓯᓚᕐᔪᐊᒥᐅᓄᑦ ᐱᑐᑦᓯᒪᖃᑕᐅᒍᑎᑦᑎᓄᑦ ᐃᓚᔭᐅᓯᒪᓕᕐᓯᑎᓪᓗ.

ᐊᒥᓱᓄᑦ ᑕᒪᑐᒥᖓ ᐱᓇᓱᐊᖃᑕᐅᔪᕕᓂᕐᓄᑦ 'ᐱᑦᓯᐊᓯᒪᔪᓇᔭᕕᓂᖅ' ᐊᑦᔨᑲᓲᖓᓂᓗ ᐱᓇᓱᐊᕆᐊᓪᓛᕿᒪᑦᓯᑎᒃ. ᐊᒥᓱᑦ ᑕᑯᓐᓇᐅᔮᕐᑐᕕᓃᑦ ᖃᓄᖅ ᑕᒪᑐᒥᖓ ᐃᓱᒪᒋᔭᖃᕐᒪᖔᕐᒥᒃ ᖃᐅᔨᓴᖁᔭᕕᓂᐅᑦᓯᑎᒃ ᐊᓚᐊᒥᔭᖃᑐᕕᓂᐅᓂᕋᕐᓂᖁᑦ ᐃᓚᑦᓯᔪᕕᓂᐅᓂᕋᕐᓯᑎᓪᓗ ᓄᑖᓂᒃ ᐃᑲᔪᕐᓯᔨᐅᓂᕋᕐᓯᑎᓪᓗ ᐃᓚᖏᓪᓗ ᓄᓇᓕᒻᒥ ᖃᐅᔨᒪᔨᐅᑎᑦᓯᖃᑕᐅᓂᕐᓴᐅᕙᑦᑕᓂᐊᕐᓂᕋᓕᕐᓯᑎᒃ ᒪᑭᑕᑦᓯᐊᕈᑎᑦᓴᐅᒍᓐᓇᑐᓂᒃ.

ᓄᑖᑦ ᑐᓴᐅᒪᕐᑲᑦᑕᐅᑎᒍᑎᐅᓰᒍᓕᕐᑐᑦ ᕐᑲᕆᑕᐅᔭᑎᒍᑦ ᐱᑐᑦᓯᒪᕐᑲᑦᑕᐅᑎᒍᑏᑦ, ᐊᒻᒪᓗ Skype, ᓯᓚᕐᔪᐊᒥᐅᓂᓪᓗ ᐱᑐᑦᓯᒪᕐᑲᑦᑕᐅᑎᒍᑏᑦ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᓕᕐᕐᑯᑦ ᐃᓄᓐᓂᒃ ᐊᓯᖕᒥᓐᓂᓗ ᐱᓇᓱᐊᕐᑲᑕᐅᒍᒪᔪᓂᒃ ᒪᑭᑦᓯᐊᕆᐊᕐᑲᕐᓂᓅᓕᖕᒐᔪᓂᒃ ᐱᓇᓱᕐᑲᑎᒦᑦᓯᐊᓕᐅᒥᓂᐊᕐᓗᑎᒃ ᐱᓐᓄᓗᑕᓂᒃ ᐋᕐᕐᑭᓯᐃᕐᑲᑎᒦᓪᓗᑎᒃ, ᐅᖕᒐᓯᑦᑕᕇᒐᓗᐊᕐᓗᑎᒃ ᐃᓕᕐᕐᑯᓯᕐᑲᑎᒦᖕᖕᒥᑲᓗᐊᕈᑎᓪᓗ.

ᒪᑯᐊᑕᒐ ᐃᓕᑦᓯᕐᑲᑎᒦᒍᑎᒥᓚᐅᕐᑕᑕ ᐃᓚᖕᒥᑦ ᑕᒪᑐᒥᖕᒐ ᐱᓇᓱᐊᕐᓱᑕ.

1. ᓱᓇᓱᐊᕋᓱᐊᕐᓂᕕᓂᕗᑦ (ᑐᕌᒐᕗᑦ)

ᐸᕐᓀᕈᑎᒥᓯᔭᒪᓕᒫᑦᑎᓂᒃ ᐱᔭᕇᑲᓵᓚᐅᔪᕗᒍᑦ, ᐱᔭᕇᑦᓴᐅᑎᒥᓂᐊᕐᑐᕆᔭᕗᑦ ᐱᔭᕇᑦᓴᐅᑎᒥᒍᓐᓇᕐᑲᑦᑕᓚᐅᔪᖕᖕᒥᑲᓗᐊᕐᓯᒥᑦ, ᐸᕐᓀᓯᒪᔭᕗᓪᓗ ᐊᓯᑦᔨᑐᕆᐊᕐᑲᕐᑲᑦᑕᓯᒥᑦ ᐱᓇᓱᕐᑲᑎᒥᒥᐊᓕᕗᓪᓗ ᐊᓯᑦᔨᕐᑲᑦᑕᒥᑎᓪᓗᒥᑦ ᑕᕐᕐᑭᐅᔪᓂ ᐱᒥᐊᕐᐸᓚᐊᓂᑦᑎᓂᓗᐊᖕᖕᒍᐊᖅ. ᓄᓇᓖᑦ ᐃᓚᖕᒥᓐᓂᒃ ᐱᓇᓱᕝᕕᒥᕐᑲᑦᑕᑦᑎᓂᒃ ᐊᓯᑦᔩᕐᑲᑦᑕᓚᐅᔪᒻᒥᔪᒍᑦ ᐱᓇᓱᕐᑲᑎᑦᓴᑖᕆᐊᓪᓚᓱᑕᓗ ᐅᕐᑲᐅᓯᑦᓴᑎᓐᓂᒃ ᐋᕐᕐᑭᓯᐃᕐᑲᑎᑦᓴᑎᓐᓂᒃ ᑕᑯᓐᓇᕋᑦᓴᓕᐊᑦᑎᓂᓪᓗ. ᐅᕐᑳᓚᐅᑎᒃᑯᑦ ᑲᑎᒪᕐᑲᑦᑕᓱᑕ ᐊᖕᒥᕐᑲᑎᒦᓕᓯᐊᕐᓱᑕ ᓱᓇᓪᓚᕆᓐᓂᒃ ᐅᕐᑲᐅᓯᕐᑲᕐᑐᓴᐅᒻᒪᖕᒑᑦᑕ. ᐃᓚᒥᐊᕐᓯᒥᓪᓗ ᐱᓇᓱᐊᕐᑕᕗᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᕐᑲᓗᐊᕐᓂᖅ ᐱᓪᓗᒍ ᑐᑭᓯᒪᔭᐅᒥᐊᓕᓐᓂ, ᐱᓇᓱᐊᕐᑕᐅᒥᐊᓕᓐᓂᓗ ᐸᕐᓀᓱᑕ ᑐᑭᓯᒪᔭᐅᒥᐊᓕᓐᓂᒃ ᑭᓇᑐᐃᓐᓇᑯᑦ ᐊᑐᑦᓯᐊᕈᓐᓇᕐᑯᑦᓯᒥᑦ. ᐃᓕᑦᓯᒍᑎᒥᓚᐅᔪᒻᒥᔭᕗᑦ ᑕᒪᓐᓇ ᐱᔭᕆᐊᑐᔫᒥᐊᖕᒐᓂᒃ ᐊᑕᐅᑦᓯᑰᕐᑎᓯᒐᓯᐊᕆᐊᖅ ᐱᓪᓗᑯᒥᐊᓕᒻᒥᒃ ᐱᓇᓱᑦᑕᐅᔪᑦᓴᒥᒃ ᐊᒥᓱᓂᒃ ᐱᓇᓱᕐᑲᑎᕐᑲᕐᓱᓂ ᓄᓇᓕᓐᓂᓗ ᐃᓚᐅᒻᒥᑎᓪᓗᒥᑦ ᐱᓇᓱᐊᕐᑐᑦ ᓄᓇᓕᒻᒥ (ᓄᓇᕐᔪᐊᓂᓗ !) ᑕᕝᕙᓂᑦᓴᓇᐅᖕᖕᒥᑐᖅ ᐅᐸᓘᒪᔪᒻᒪᕆᐅᑦᓯᑎᓪᓗ. ᑭᓯᐊᓂ ᒪᑯᓂᖕᒐ ᐱᓇᓱᐊᕈᓐᓇᓯᓚᐅᔪᔪᒍᑦ:

- ᐊᒥᕐᕐᑳᕐᑲᑎᑮᒍᑎᕐᑲᕐᓱᑕ ᑐᔭᐅᒪᔭᐅᒥᐊᓕᓐᓂᒃ ᓯᓚᕐᔪᐊᒥᐅᑦ ᐅᑭᐅᕐᑕᑐᒥᐅᑦ ᐊᕐᕌᒍᕐᑲᕐᑎᑕᐅᑎᓪᓗᒥᑦ ᕐᑲᐅᔨᓴᕐᓂᐅᓯᒪᔪᓂᒃ *ᕐᑲᓄᐃᑉᐱᑕᓖ ? ᐃᓄᐃᑦ ᕐᑲᓄᐃᒻᒪᖕᓃᑦ ᕐᑲᐅᔨᓴᕐᓂᐅᓯᒪᔪᒥᒃ* ᐊᓯᖕᒥᓐᓂᓗ ᕐᑲᐅᔨᓴᕐᓂᓂᒃ
- ᒪᑭᑦᓯᐊᕆᐊᕐᑲᕐᓂᒥᒃ ᐅᕐᑳᒍᑎᕐᑲᕐᓱᑕ ᐃᓄᓐᓂᒃ ᑲᓇᑕᒥᐅᓂᒃ, ᐊᓛᔅᑲᒥᐅᓂᓪᓗ ᐊᑯᑭᑦᑐᒥᐅᓂᓪᓗ, ᐃᓄᒃᑎᑐᑦ ᕐᑲᓪᓗᓅᑎᑐᓪᓗ
- ᑕᑯᑦᓴᐅᑎᑦᓯᕐᑲᑦᑕᓱᑕ ᓄᓇᓕᒻᒥ ᐱᓇᓱᐊᕐᑕᐅᓯᐊᕐᓯᒪᔪᓂᒃ ᐃᑲᔪᕐᓯᒍᑎᐅᑦᓱᑎᒃ ᕐᑲᓄᐃᖕᖕᒥᓯᐊᕆᐊᕐᑲᕐᓂᖕᒥᓐᓂᒃ ᐊᖕᒍᑏᑦ, ᐊᕐᓀᓗ ᐅᕕᒃᕋᓗ ᐊᓛᔅᑲᒥ, ᑲᓇᑕᒥᓪᓗ ᐊᑯᑭᑦᑐᒥᓪᓗ
- ᐅᕕᒃᑲᓂᒃ ᐃᓄᓐᓂᒃ ᐃᓄᒻᒪᕆᓐᓂᓗ ᐃᓚᐅᑎᑦᓯᓱᑕ ᐱᓇᓱᑦᑕᐅᔪᓕᒫᓄᑦ, ᐱᒥᐊᕐᓂᖕᒐᓂᑦ ᐱᔭᕇᕐᓂᖕᒐᓄᑦ
- ᑐᓴᕐᑎᓯᒍᑎᓕᐅᕐᑲᑦᑕᓱᑕ ᕐᑭᒥᕐᕈᕆᐊᑦᓯᐊᕐᑲᑦᑕᓱᑕᓗ ᐃᓕᑦᓯᒍᑎᒥᕐᑲᑦᑕᑦᑎᓂᒃ ᐱᓇᓱᐊᕐᑕᑎᓐᓂᑦ ᕐᑲᓄᕐᓗ ᐃᓱᒪᕐᑲᕐᕕᐅᒥᐊᖕᖕᒐᐅᑎᕕᓂᖕᒥᓐᓂᒃ ᐱᓇᓱᐊᕐᑕᑕ.

2. ᐅᕐᑲᐅᓯᕆᒍᒪᔭᕗᑦ (ᐅᕐᑲᐅᓯᑦᓴᑦ ᐱᒻᒪᕆᐅᔪᑦ)

ᐅᖃᐅᓯᑦᓴᑦ ᐋᕐᕿᓱᖅᑕᐅᖃᑦᑕᑐᕕᓃᑦ ᓄᓇᓕᒻᒥᐅᓄᑦ ᐱᓇᓱᑦᑕᐅᔪᑦᓴᒥᓪᓗ ᐱᓇᓱᑦᑎᓄᑦ ᑲᑐᑦᔾᔨᓂᔭᐅᑦᓱᑎᒃ; ᓇᓗᖏᕐᓯᓯᐊᕈᒪᓚᐅᔪᒐᑦᑕ ᓄᓇᓕᖕᓂ ᑲᔪᓯᑦᓯᐊᑐᓂᒃ ᐃᑲᔪᖅᓯᒍᒪᑦᓯᑕᓗ ᐊᓯᑦᑎᓂᒃ ᑕᒪᑐᒥᖓ ᖃᐅᔾᔨᑎᒐᓱᐊᕐᓗᒥᑦ. ᑕᒪᓐᓇ ᑲᔪᓯᑦᓯᐊᑐᒻᒪᕆᐅᓚᐅᔫᖅ.

ᐊᖑᑏᑦ ᖃᓄᐃᖖᒋᓯᐊᕆᐊᖃᕐᓂᖓ ᐱᓪᓗᒍ ᒪᑭᑦᓯᐊᕆᐊᖃᕐᓂᖓᓗ ᑕᑯᓐᓇᕋᑦᓴᖅ:
"ᖃᓄᐃᑉᐱᑖ ᐊᖑᑎᐅᑦᓯᑕ ?"

ᓈᓚᒋᐊᖅᑐᖅᑕᐅᓯᒪᔪᑦ: ᓴᒪ ᓇᑦᑖᖅ, ᐋᓐᓂᐊᓯᐅᖅᑎᒪᓇ ᐹᓪ ᓯᑕᐱ ᐊᒻᒪᓗ ᒫᓇᓯ ᒫᒃ.
ᐊᑦᔨᓕᐅᖅᑐᕕᓂᖅ © ᐃᐊᑦ ᒪᔭᒪ

ᐃᓄᐃᑦ ᐃᖅᓂᓱᑦᓰᓂᖅᓕᕆᒍᓯᖕᒐᓅᓕᖕᒐᔪᑦ ᑕᑯᓐᓇᕋᑦᓴᑦ: "ᐃᖅᓂᓂᖅ, ᓄᓇᖅᑲᑎᒦᓄᑦ ᖁᕕᐊᓲᑕᐅᓲᖅ"

ᓈᓕᒥᐊᖅᑐᖅᑲᑕᐅᓯᒪᔪᑦ: ᐃᓄᐊᐱᒃ ᓵᒥᐊᖅᑐᖅ, ᒥᐊᔫ ᐳᓯᐊᒥ ᐃᖅᓂᖓᓗ ᐊᑦᔨᓕᐅᖅᑐᕕᓂᖅ © ᐃᐊᑦ ᒪᔪᔭᒪ

ᐅᕕᒃᑫ ᖃᓄᖅ ᐱᓐᓄᓗᑕᐅᔪᓂᒃ ᐊᓂᒎᑎᑦᓯᐊᕈᓐᓇᓲᒍᓂᖅᒥᑦᑕ ᓲᖅᒍᔫᓂᖅᒥᑦᑕᓗ ᐅᓂᒃᑳᑕᐅᓂᖅᒥᑦ: *"ᐅᕕᓕᖅᑑᕗᖅᓕ ᐅᐱᒥᑦᓱᖅᓕᓗ ᐃᒻᒥᓂᒃ"*

ᐅᖄᑎᑦᓯᖅᑲᑕᐅᔪᕕᓃᑦ - ᔨᐊᓂ ᐅᐃᓕᐊ, ᓯᐊᓯ ᒣᒃ, ᓯᐊᓯ ᑕᖕᒥᓕᒃ, ᓵᓐ ᖁᓕᒃᑖᓇ, ᓵᓇᓐ ᐅᖄᔮ ᐊᒻᒪᓗ ᖃᕆᔭᐅᔭᑎᒍᑦ ᐅᖅᑲᖅᑲᑦᑕᐅᑎᒍᑎᒃ, ᓯᑏᓯ ᖃᕆᔅ ᐅᖄᑎᑦᓯᔨᐅᑎᓪᓗᒍ ᑳᓖᓐ ᐋᕆᐊ. ᐊᑦᔨᓕᐅᖅᑐᕕᓂᖅ -© ᐃᐊᑦ ᒪᔪᔭᒪ

ᑕᑯᓐᓇᖅᑕᐅᔪᕕᓃᑦ ᑕᑯᓐᓇᕿᑦᓯᓕᐊᕕᓂᕐᓂᒃ, ᐃᓚᐅᔪᕕᓃᓪᓗ ᒪᑯᓂᖓ ᐅᖅᑲᐅᓯᑦᓯᖅᑲᕐᓂᖁᑦ*:

- **ᐊᖑᑏᑦ ᖃᓄᐃᖖᒥᓯᐊᓇᐊᖅᑲᕐᓂᖓ ᒪᑭᑦᓯᐊᓇᐊᖅᑲᕐᓂᖓᓗ:** "ᐊᖑᑎᓅᓕᖓᔪᓂᒃ ᐱᓇᓯᑦᑕᐅᔪᑦᓯᖅᑲᓇᐊᓪᓚᓇᐊᓕᒃ"; "ᐊᖑᑏᑦ ᓯᓇᓂᒃ ᔫᖖᖓᓯᒥᐊᖅᑲᖅᐸᓕᖅᖅᑲᑦ ᐅᓪᓗᒥᐅᔪᖅ"; "ᐊᖖᒥᐊᖕᒥᔭᓇᐊᖅᑲᕐᓂᖅ ᓄᓇᓕᒻᒥᐅᓄᑦ ᐱᓐᓂᓗᑕᓇᔭᐅᕗᖅ"; "ᐊᖑᑎᓂᒃ ᐃᕕᖅᑎᓯᕕᑦᓯᖅ ᐊᒻᒪᓗ ᑭᖖᔫᒪᒥᔭᐅᓂᖓ."

- **ᐃᖅᓂᓱᑦᓲᓂᓕᓇᓂᖅ:** "ᐃᖅᓂᓂᖅ ᐊᓕᐊᓲᑎᑦᓯᔭᐅᒥᐊᖅᑲᕐᓂᖁᖅ"; "ᐱᒻᒪᓇᐅᕗᖅ ᐃᓄᐃᑦ ᐱᐅᓯᑐᖅᑲᖓᑎᑐᑦ ᐃᖅᓂᓱᑦᓲᓂᓕᓇᓂᖅ"; "ᐱᒻᒪᓇᐅᓂᖓ ᑕᕿᒥ ᓄᓇᓕᓐᓂ ᐃᖅᓂᓱᑦᓲᕕᖅᑲᓇᐊᖅᑲᕐᓂᖓᑕ."

- **ᐅᕕᒃᑫ ᖃᓄᖅ ᐱᓐᓂᓗᑕᐅᔪᓂᒃ ᐊᓂᒎᑎᑦᓯᐊᕈᓐᓇᓲᖑᓂᖓᑦ ᓲᖑᔫᓂᖓᓪᓗ ᐅᓂᒃᑳᑕᐅᓂᖓᑦ:** "ᐅᕕᒃᑫᑦ ᐃᒻᒥᓂᒃ ᐊᐅᓚᑦᓯᒍᓐᓇᓯᓂᖓ" ; "ᐅᕕᒃᑲᕗᑦ ᓯᕗᓂᑦᓯᖅᑲᑦᓯᐊᓂᖅᒥᒃ ᓂᓇᐅᓐᓂᖅᑲᖅᐳᑦ"; "ᐱᒍᓐᓇᓯᕚᓪᓕᐊᑐᐃᓐᓇᖁᒍᑦ"; "ᐅᕕᓚᖅᑐᐃᑦ ᐱᕚᓪᓕᐊᕈᓐᓇᓂᖅᑲᖅᐳᑦ".

  *ᖃᐅᔨᓴᐅᑎᕕᓂᕐᓂᑦ ᑕᑯᓐᓇᐅᔫᖅᑐᓂᒃ ᐱᓯᒪᔪᑦ ᐊᐱᖅᓯᑕᐅᖅᑲᑦᑐᕕᓂᕐᓂᓗ.

ᓗᐊᔨ ᑕᒍᓐᓈᖅ (ᐅᕕᒃᑫᑦ ᑕᓚᕖᓴᒃᑯᑦ ᑕᑯᓐᓇᑲᑎᒌᑦᑐᑦ, ᑲᖏᕐᓯᓂᕐᒥ, ᓄᓇᕘᒥ):

"ᐅᕕᒃᑫᑦ ᐃᓯᒪᒥᔭᖅᑲᓲᒍᒻᒥᔪᑦ ᐱᒻᒪᓇᐅᑦᓯᑎᓪᓗ. ᑐᓴᕐᓂᔫᕈᑎᓕᔭᕐᑎᑐᐃᓐᓇᐅᖕᒥᓪᓚᒍᑦ IPODS ᒍᓂᕿᖅᑕᓂᒃ"

ᑎᓗᐊᓇ ᖄᖅᓕᐅᒡ ᐊᐱᖅᔫᑎᕕᓂᖅᒥᑦ: (ᓄᓇᓕᓐᓂ ᐅᖄᒍᑎᖅᑲᖅᑐᓂᒃ ᐅᕕᒃᑲᓂᒃ ᑲᔪᓯᒃᑫᔨᒥᔭᐅᔪᕕᓂᖅ, ᐃᓅᕕᒃ, ᓄᓇᑦᓯᐊᖅ):

"ᑖᓂ ᑲᑎᒪᒍᓐᓇᓚᐅᕿᑦᑕ ᐃᓄᐃᑦ ᑐᓴᐅᒪᖅᑲᑦᑕᐅᑎᓕᓇᕕᖓᓂ ᑲᓇᑕᒥᐅᓄᑦ ᐃᓚᒥᔭᐅᒍᓐᓇᓯᑕ. ᐅᐱᒍᓯᓚᐅᔫᒍᑦ ᐃᓚᐅᖅᑕᐅᒥᐊᒥᒃ. ᑕᒪᒃᑯᓄᖓ ᐃᓚᐅᓗᑭᖅᑲᑦᑕᓲᒍᖖᒥᓇᑦᑕ."

ᐊᐱᖅᓲᑎᒥᓚᐅᔪᒻᒥᔭᕗᑦ: ***ᑕᒪᑐᒥᖓ ᑕᑯᓐᓇᓯᒪᓕᖅᓯᓯ ᖃᓄᖅ ᐊᓯᑦᔨᒥᐊᓂᖅᑳᓕᖅᖅᑭᓯ ?***

ᑕᑯᓐᓇᑐᕕᓃᑦ ᐊᖑᑎᓅᓕᖓᔪᓂᒃ ᑭᐅᒍᑎᕕᓂᖅᒥᑦ:

- ᐊᖑᑎᓂᒃ ᐃᓚᐅᑎᑦᓯᓴᓐᓇᖅᑲᑦᑕᓚᖓᔪᖓ ᐱᓇᓯᐊᓕᕿᒪ ᐊᒻᒪᓗ ᐊᖑᑏᑦ ᐃᑲᔪᖅᓯᒪᔭᐅᒍᑎᑦᓯᖕᒥᓐᓂᒃ ᖁᓂᖅᑲᑦᑕᓗᖓ
- ᐱᓇᓯᓚᖅᒪ ᐃᓗᐊᒍᑦ ᖁᒥᖅᑯᓂᖅᒥᒃ ᐊᖑᑎᓄᑦ ᐱᓐᓂᓗᑕᐅᓰᓂᒃ ᐃᓚᐅᑎᑦᓯᓚᓯᐊᖅᓂᓴᐅᖅᑲᑦᑖᓕᖅᖁᖓ
- ᐃᑲᔪᖅᓯᒪᖅᑲᑕᐅᓗᖓ ᐱᓇᓯᑦᑕᐅᔪᑦᓯᓂᒃ ᐃᓄᓐᓄᑦ ᐊᖑᑎᓅᓕᖓᔪᓂᒃ

- ᑕᒪᑐᒥᖓ ᐱᓇᓱᐊᓂᐊᓪᓚᖅᑲᑦᑕᓂᐊᖅᑲᖅᖅᑯᒍᑦ. ᐱᓇᓱᐊᖅᑕᓱᓐᓂᒃ ᑲᔪᓯᑐᐃᓐᓇᓂᑦᓯ. ᐅᐱᒍᓱᓐᓇᑰᖅᑲᑦᑕᖅᑯᖅ.

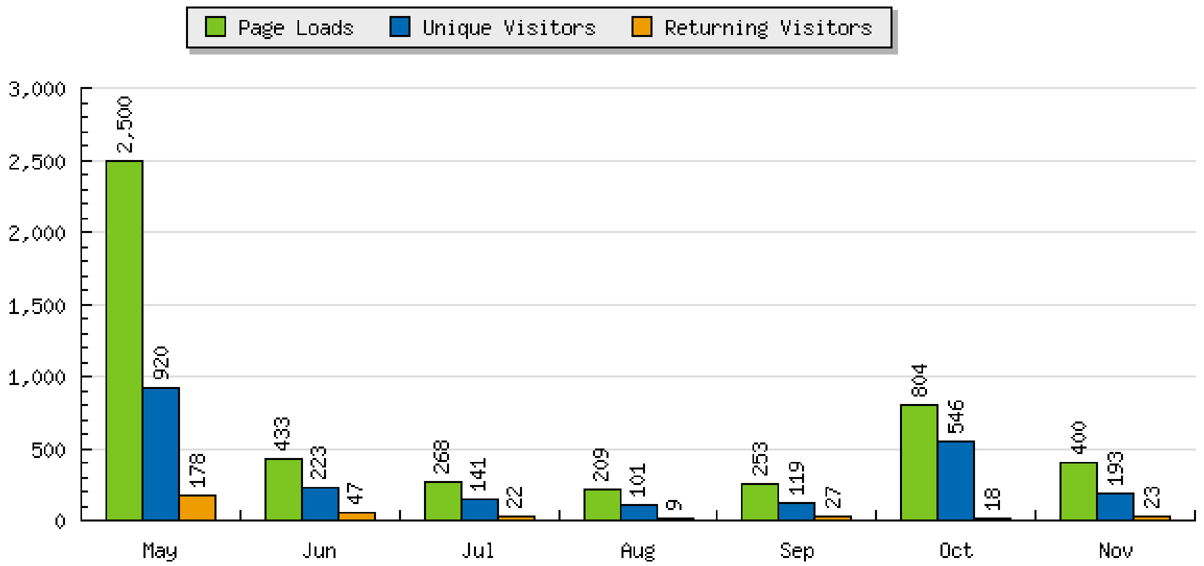
ᑕᑯᓐᓇᑐᕕᓂᖅᓄᑦ ᐃᖅᓂᓱᑦᓲᔅᓯᖅᑲᖅᓂᓅᓪᓚᖓᔪᓂᒃ ᑭᐅᒍᑕᐅᔪᕕᓃᑦ:

- ᐋᐊ, ᑭᖑᓪᓚᒥ ᐃᖅᓂᓱᓪᓚᖅᒥᒍᒪ ᐃᖅᓂᓱᑦᓲᔅᒥᒃ ᐃᑲᔪᖅᑎᖅᑲᕈᒪᓪᓚᕋᔭᖅᑐᖓ - ᖅᑲᖓᓪᓚᑭᐊᖅ
- ᑖᒃᑯᓂᖓ ᑕᑯᓐᓇᕋᑦᓴᓪᓚᐊᕕᓂᖅᓂᒃ ᑕᑯᓐᓇᑕᐅᑎᑦᓯᖅᑲᑦᑕᕵᓪᓚᖅᖅᑯᖓ ᖅᑲᐅᔅᓴᖅᑲᑎᒥᓲᑦᑎᓄᑦ ᓄᓇᓪᓚᒥᓪᓗ ᐱᓇᓱᖅᑲᑎᒥᓲᑦᑎᓄᑦ
- ᖅᑲᐅᔅᒪᓪᓚᖅᑕᑲ ᑐᓴᖅᑕᐅᑎᓵᓪᓚᖅᑕᑲ ᐊᓇᖅᕋᕈᒪ (ᓀᓂᒍᑦ) ᐃᓄᐃᓪᓗ ᐃᖅᓂᓱᑦᓲᒍᓱᖓᓂᒃ ᐱᓇᓱᐊᖅᑲᑕᐅᒍᒪᓪᓚᕋᔭᖅᓱᖓ

ᑕᑯᓐᓇᑐᕕᓂᖅᓄᑦ ᐅᕕᒃᑲᓅᓪᓚᖓᔪᓂᒃ ᑭᐅᒍᑕᐅᔪᕕᓃᑦ:

- ᐃᓘᓐᓈᒍᑦ ᐃᓱᒪᒥᔭᖅᑲᑦᓯᐊᓂᖅᓴᐅᖅᑲᑦᑕᓂᐊᓪᓚᖅᖅᑯᖓ ᐅᒃᑯᐃᖓᒌᖅᕕᖅᑲᑦᓯᐊᓂᖅᓴᐅᓗᖓᓗ
- ᐅᕕᒃᑫᑦ ᑲᔪᖕᒥᖅᓴᑕᐅᖅᑲᑦᑕᓂᖅᓴᐅᒥᐊᓖᑦ
- ᐃᓄᐃᑦ ᖅᑲᓪᓗᓈᑦ ᓄᓇᖓᓅᑦᑐᑦ ᑲᑐᑦᔨᓗᑎᒃ ᐱᓇᓱᖅᑲᑎᒦᑦᑎᒍᓐᓇᓯᒪᓱᐊᖅᓗᒥᑦ
- ᐃᓚᑕᓇᕙᓪᓗᒥᑦ ᐃᑦᔭᖁᑦᓴᓱᐊᑦ ᐊᒻᒪᓗ ᐃᑲᔪᖅᓗᒥᑦ ᐅᕕᒃᑫᑦ ᐃᑲᔪᖅᑕᐅᒥᐊᖅᑲᓪᓚᖅᐸᑕ

3. ᖃᓄᑕᐅᔭᑎᒍᑦ ᐱᑐᑦᔨᒪᖅᑲᑦᑕᐅᑎᒍᑎᑎᒍᑦ ᑕᑯᒥᐊᖅᑕᐅᒍᓐᓇᑐᑦ



ᐊᑯᓐᓂᖓᓂ ᒣ ᐊᒻᒪᓗ ᓄᕕᒻᐱᕆ 2009, 2,200 ᐅᖓᑖᓅᕐᑐᑦ (ᑐᖓᒍᔪᕐᑌᑦ ᓇᓗᓀᒃᑯᑌᑦ ᑕᑯᓗᒋᑦ) ᑕᑯᒥᐊᖃᑦᑕᓂᕐᖁᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᓴᕋᑦᓴᓂᒃ, ᕿᒥᕐᕈᓯᑎᒃ 5,000 ᐅᖓᑖᓅᕐᑐᓂᒃ ᒪᐸᑐᒐᕐᓂᒃ (ᓄᓇᐅᔦᑦ ᓇᓗᓀᒃᑯᑌᑦ) ᑐᑭᓯᒪᐅᑎᑦᓴᓂᒃ ᐱᓇᓱᑦᑕᐅᔪᒨᓕᖓᔪᓂᒃ. ᑲᓇᑕᒥᐅᑴᓪᓗᕖᓃᑦ ᑕᑯᒥᐊᖃᑦᑐᕖᓃᑦ (80% ᐅᖓᑕᓅᕐᑐᑦ), ᑭᓯᐊᓂ ᐅᓄᕐᑐᒪᓈᑦ ᑕᑯᒥᐊᖃᑦᑐᕖᓃᑦ ᐊᒥᐊᔾᔦᑦ ᓄᓇᖓᓂᒥᐅᑦ (12%) ᐊᓯᖕᒥᓐᓂᓗ ᓄᓇᕐᔪᐊᒥᐅᑦ, ᐊᑯᑭᑦᑐᒥᐅᑦ, ᑎᐊᓖᒃᒥᐅᑦ, ᓯᕗᐃᑕᓐᒥᐅᑦ ᐊᒻᒪᓗ ᐅᔭᓯᒥᐅᑦ.

4. ᑭᖑᓪᓕᒥ ᖃᓄᐃᓅᕐᓂᕆᒥᐊᖃᓛᓕᕐᑕᕗᑦ (ᐃᓕᑦᓯᒍᑎᒥᓯᒪᔭᕗᑦ)

ᐊᒥᓱᓂᒃ ᐊᑑᑎᖃᑦᓯᐊᑐᓂᒃ ᐃᓕᑦᓯᒍᑎᒥᓕᐅᕐᑕᕗᑦ ᑖᒃᑯᐊ ᐃᓄᐃᑦ ᒪᑭᑕᑦᓯᐊᕆᐊᖃᕐᓂᖕᒥᑦ ᐱᓪᓗᒋᑦ ᑕᓚᕖᓴᒃᑯᑦ ᑕᑯᓐᓇᕋᑦᓴᓕᐅᕐᑐᓄᑦ ᐱᓇᓱᐊᕐᑕᕕᓃᑦ. ᐃᓕᑦᓯᒍᑎᒥᓯᒪᔭᕗᑦ ᐱᑦᓯᐊᓂᕆᓯᒪᔭᑦᑎᓄᑦ:

- ᑕᑎᖃᕐᐸᓗᑕ ᓄᓇᓕᒻᒥᐅᑦ ᓯᓚᑐᔪᖁᑎᖕᒥᓐᓂᒃ ᐱᓇᓱᑦᑎᒪᕆᖕᒥᓐᓂᓗ ᑐᑭᓯᒪᑦᓯᐊᓂᐊᕋᑦᑕ ᐊᑑᑎᕙᓪᓕᐊᓗᒥᓪᓗ ᑐᑭᓯᒪᓂᕐᑕᕗᑦ ᐋᕐᕿᓱᐃᒍᑎᑦᓴᑖᕆᖃᑦᑕᓗᒥᑦ ᓇᓗᓂᕐᓯᒪᓇᕐᑐᓂᒃ ᐱᓐᓄᓗᑕᐅᔪᓂᒃ
- ᐱᒐᓱᐊᒻᒪᕆᓐᓂᑎᓐᓂᒃ ᐃᓱᒪᒥᔭᖃᑦᓯᐊᖃᑦᑕᓗᑕ ᖃᐅᔨᓴᑦᓯᐊᖃᑦᑕᓗᑕᓗ ᐱᒐᓱᐊᒻᒪᕆᓐᓂᑎᓐᓂᑦ, ᐊᒻᒪᓗ
- ᐊᑐᖃᑦᑕᓗᑕ ᓄᑖᓂᒃ ᑐᓴᕋᑦᓴᓕᕆᒍᑎᓂᒃ ᐱᓇᓱᖃᑎᒌᓐᓂᕗᑦ ᓲᖑᓯᒥᐊᖁᓗᒍ ᐊᒻᒪᓗ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᖅ ᑕᕐᕋᒥ.

ᐱᔭᕆᒐᓱᐊᕐᑕᑎᓐᓂᒃ ᐱᒍᓐᓇᓯᓂᕆᖃᑦᑕᑕᕗᑦ ᐊᒥᓲᓂᕐᓴᐅᖃᑦᑕᕐᑯᑦ ᐱᑦᓯᐊᕆᐊᓪᓚᕆᐊᓕᑦᑎᓂᑦ - ᓄᐃᑦᓯᓯᒪᔪᒍᑦ:

- ᓄᑖᓂᒃ ᐱᔭᕆᐊᑭᓐᓂᓴᓂᒃ / ᐱᔭᕆᐊᑐᓂᕐᓴᓂᓪᓗ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᒍᑎᖃᓕᕐᑐᒍᑦ
- ᐱᓇᓱᐊᕐᑕᑎᓐᓂᒃ ᑲᑦᓯᖕᒉᑦᑑᒍᑎᖃᕐᓂᓴᐅᓕᕐᑐᒍᑦ
- ᐱᓇᓱᐊᕈᑎᑦᓴᑖᕐᓯᒪᓂᕐᓴᐅᓕᕐᑐᒍᑦ
- ᕿᓚᓈᕐᑐᒍᑦ ᓄᑖᓂᒃ ᑐᓴᐅᒪᑎᑦᓯᒍᑎᑦᓯᒥᐊᓪᓚᐅᒐᔭᕐᑐᓂᒃ
- ᐃᓄᐃᑦ ᐱᐅᓯᑐᖃᖕᒥᑎᒍᑦ ᖃᐅᔨᒪᔭᐅᔪᓂᒃ ᐅᓪᓗᒥᓗ ᐱᓇᓲᑎᒥᔭᐅᓲᒍᓕᕐᑐᓂᒃ ᐊᑐᕈᓐᓇᖃᑦᑕᓂᐊᓕᕐᑐᒍᑦ
- ᐱᓐᓄᓗᑕᑐᖃᐅᓲᒍᓕᕐᑐᓂᒃ ᐃᓱᒪᑦᓴᓯᐅᕈᑎᖃᖃᑦᑕᓂᐊᓕᕐᑐᒍᑦ ᐃᓕᑦᓯᓯᒪᓕᕐᑕᕗᑦ ᐊᑐᕐᓗᒥᑦ
- ᓄᑖᓂᒃ ᓴᓇᕐᕈᑎᑦᓴᖃᓕᕐᓗᑕ ᑭᖑᕚᕆᑎᒍᑦ ᖃᓂᑕᕆᖕᖕᒥᑑᒍᑕᐅᐹᑦᑐᓂᒃ ᑲᓯᕐᑎᓯᒍᓐᓇᕕᖃᓕᕐᑐᒍᑦ ᐅᖓᓯᑦᑕᕇᓐᓂᕆᑎᓂᓪᓗ ᓄᓇᑦᑎᒍᑦ ᑲᓯᕐᑎᓯᒍᓐᓇᕕᖃᓕᕐᓯᑕ

5. ᓱᓇᓂᒃ ᐱᓇᓱᐊᕐᓯᒪᔭᑦᑎᓂᒃ ᓄᐃᑦᓯᓯᒪᓕᕐᕿᑕ ?

- ᐱᖕᒐᓲᔪᕐᑐᓂ ᐃᑲᐅᕐᓂᓂ ᑕᓚᕖᓴᒃᑯᑦ ᑕᑯᓐᓇᑕᐅᑦᓯᑕ ᐅᓂᒃᑳᓚᐅᔪᔪᒍᑦ (ᖃᐅᔨᒪᔭᐅᑎᑦᓯᒍᑎᑦᓴᓂᒃ ᐊᑐᐃᓐᓇᖃᕐᓯᑕ)
- ᖃᓇᑕᐅᔭᑎᒍᑦ ᑐᓴᕿᑦᓴᖃᕐᕕᒃ ᑐᑭᓯᒋᐊᕐᕕᓴᖅ ᐱᓇᓱᐊᕐᑕᐅᔪᑦᓴᓂᒃ ᐃᑲᔪᕐᑕᐅᕕᑦᓴᓂᓪᓗ ᐅᕗᖕᒐ www.InuitWellness.ca
- 1,100 ᑕᑯᓐᓇᕋᑦᓴᑦ (DVD) ᓯᐊᒻᒪᑎᕐᑕᕕᓃᑦ ᒪᑯᓄᖕᒐ: ᐃᓚᐅᖃᑕᐅᔪᕕᓂᕐᓄᑦ; ᐳᕐᑐᓂᕐᓴᒥᒃ ᐃᓕᓴᕐᕕᓄᑦ; ᐃᓄᒻᒪᕇᑦ ᐃᓕᓴᕐᕕᖕᒋᓐᓄᑦ/ᐃᓕᓐᓂᐊᕕᒻᒪᕆᓐᓄᑦ, ᐊᑐᐊᒐᒃᑯᕕᓐᓄᑦ, ᑲᕙᒫᐱᒃᑯᑦ ᐊᓪᓚᕕᖕᒋᓐᓄᑦ ᐋᓐᓂᐊᕕᓐᓄᓗ ᑕᕐᕋᒥ; ᐃᓕᓐᓂᐊᕕᕐᔪᐊᓄᑦ ᓇᓪᓕᑳᕐᑕᐅᓯᒪᔪᓄᑦ; ᕿᓄᓯᒪᔪᓄᓪᓗ
- ᑕᑯᓐᓇᕋᑦᓴᒥᐊᓪᓗᑦ (DVD) ᐊᒻᒪᓗ ᖃᓇᑕᐅᔭᑎᒍᑦ ᕿᒥᕐᕈᕋᑦᓴᑦ ᒪᑯᐊ: ᖁᓕᓪᓗ ᒪᕐᕈᓗ ᓀᑦᑑᓯᑎᒃ ᑕᑯᓐᓇᕋᑦᓴᓕᐊᕕᓃᑦ ᓄᓇᓕᒻᒥ ᐱᓇᓱᐊᕐᑕᐅᔪᓂᒃ; 30ᒥᓂᑦᓂᒃ ᓯᕕᑐᓂᓕᒃ ᑕᑯᓐᓇᕋᑦᓴᖅ; ᐊᑕᐅᓯᕐᒥᒃ ᐃᑲᐅᕐᓂᒥᒃ ᓯᕕᑐᓂᓕᒃ ᑕᑯᓐᓇᕋᑦᓴᖅ ᖃᐅᔨᓴᕐᑕᐅᓯᒪᔪᓂᒃ ᐅᖄᖃᑎᒌᑦᑐᓂᓪᓗ; ᐊᑕᐅᓯᕐᒥᒃ ᐃᑲᐅᕐᓂᒥᒃ ᓯᕕᑐᓂᓕᒃ ᐅᕕᒃᑲᓅᓕᖕᒐᔪᖅ ᐱᓇᓱᑦᑕᐅᔪᑦᓴᖅ; ᓀᑦᑑᓈᕐᑎᑐᐃᓪᓗ ᑕᑯᓐᓇᕋᑦᓴᓕᐊᕕᓃᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖃᓗᐊᕐᓂᒎᓕᖕᒐᔪᑦ
- ᑖᒃᑯᐊ ᓀᓪᓕᑎᕐᓯᒪᔪᑦ ᑐᓴᕐᑎᓯᒍᑏᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓴᐅᑎᒻᒪᕆᒃ ᑐᓴᕐᑎᓯᒍᑎᒃ
- ᐊᒥᓲᖕᖕᒋᑐᑦ ᑲᑎᒪᓂᕐᔪᐊᑎᓪᓗᒋᑦ ᐅᖄᔭᐅᓯᒪᔪᑦ

ᐃᓕᑦᓯᒋᐊᓪᓚᕈᒪᒍᑦᓯ ᖃᓄᖅ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᒍᑏᑦ ᐊᑐᕐᑕᐅᓲᒍᒻᒪᖕᒑᑕ ᐊᓯᑦᔨᒥᐊᕐᑎᓯᒍᑎᐅᓂᐊᕐᓗᑎᒃ, ᐊᑐᐊᕐᓯᒍᓐᓇᐳᓯ ᖃᐅᔨᓴᕈᑎᐅᔪᕕᓂᕐᓂᒃ ᑕᒪᑐᒪ ᐱᓇᓱᐊᕐᑕᐅᓂᖕᒐᓂᒃ ᐅᕗᖕᒐ: www.InuitWellness.ca.

ᓇᑯᕐᒦᑐᒻᒪᕆᐅᕗᒍᑦ ᑕᒪᑐᒥᖓ ᐱᓇᓯᐊᕐᑲᑕᐅᓯᒪᔪᓕᒫᓂᒃ ᕿᓇᐅᔭᕐᑲᕐᑎᓯᔨᒋᓚᐅᕐᑕᑎᓐᓂᓗ
ᐊᒻᒪᓗ ᐃᑲᔪᕐᓯᒋᐊᕐᓯᒪᔪᓂᒃ ᕿᓇᐅᔭᑎᒍᑦ !