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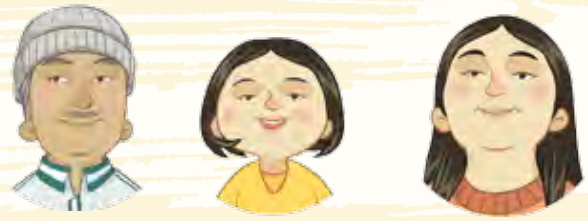
ᓯᖓᐃᔪᓂᑦ ᐅᓂᒃᑳᑦ:

ᓇᓗᓇᐃᔭᐅᑎ ᕿᑐᙵᕆᓪᓗᒍᑦ

ᐃᓄᖕᓂᑦ ᐊᓈᓇᒃᓴᐅᔪᓄᑦ ᐊᒻᒪᓗ ᐊᑖᑕᒃᓴᐅᔪᓄᑦ

ᓯᖓᐃᔪᓂᑦ ᐅᓂᒃᑳᑦ:
ᓇᓗᓇᐃᔭᐅᑎ ᕿᑐᙵᒃᓴᓕᖕᓄᑦ ᐃᓄᖕᓂᑦ ᐊᓈᓇᒃᓴᐅᔪᓄᑦ ᐊᒻᒪᓗ ᐊᑖᑕᒃᓴᐅᔪᓄᑦ



ᑐᙵᓯᒋᔅᓯ! ᑖᓐᓇ ᐃᑲᔪᕈᑎᒃᓴᖅ ᑐᓂᓯᓲᖑᕗᖅ ᑐᓴᒐᒃᓴᓂᑦ ᒪᕿᒃᑎᒍᑦ ᒪᓕᒃᐸᓪᓕᐊᔪᓄᑦ: ᐊᑕᐅᓯᖅ ᐊᓈᓇᒃᓴᐅᔪᓄᑦ (40-ᓂᒃ ᐱᓇᓱᐊᕈᓯᐅᔪᓄᑦ ᒪᒃᐱᖅᑐᒐᕐᓂᑦ), ᐊᒻᒪᓗ ᐊᑖᑕᒃᓴᐅᔪᓄᑦ (ᑕᖅᑭᓂᑦ 9-ᓂ ᒪᒃᐱᖅᑐᒐᕐᓂᑦ). ᑖᒃᑯᐊ ᒪᓕᒃᐸᓪᓕᐊᔪᑦ ᖃᓄᐃᑉᐸᓪᓕᐊᓂᖓᓄᑦ ᐃᓕᖕᓂᑦ ᐃᑲᔪᕐᓂᐊᖅᐳᑦ ᖁᕕᐊᓇᕐᓂᔪᐊᕋᔫᔪᒥᑦ ᐊᒻᒪᓗ ᐱᔭᒃᓴᔪᐊᕋᔫᔪᒥᑦ ᓯᖓᐃᓂᕐᒧᑦ. ᒪᒃᐱᖅᑐᒐᐅᓂᐊᖅᑐᓂ, ᓇᓂᓯᓂᐊᖅᐳᑎᑦ ᑐᓴᒐᒃᓴᓂ ᓄᑦᕋᓛᒃᓴᐅᑉ ᐱᕙᓪᓕᐊᓂᖓᓂ, ᐋᓐᓂᐊᖅᑲᑕᐃᓕᒪᑎᑦᑎᓂᕐᒥᑦ ᐊᒻᒪᓗ ᖃᓄᐃᖕᒋᑎᐊᖅᑎᑦᑎᓂᕐᒥᑦ ᐊᑐᖅᑕᐅᕐᑯᔭᐅᓇᔭᖅᑐᓂᑦ, ᑐᓴᒐᒃᓴᓂᑦ ᑭᓯᓂᒃ ᓂᓇᐅᒍᓐᓇᕐᓂᐊᕐᒪᖔᖅᐱᑦ ᐋᓂᐊᖅᑲᑕᐃᓕᒪᑎᑦᑎᓂᐅᑉ ᐸᖅᑭᔭᐅᓂᖓᓄᑦ ᐱᓕᓇᔾᔪᓲᑦ ᐋᖅᑭᒃᓯᒪᓂᖕᒋᓐᓄᑦ (ᓲᕐᓗ, ᐊᑐᕐᓂᖅᐅᑏᑦ ᐃᕐᓂᓱᒃᓲᔾᒥᑦ, ᐊᒻᒪᓗ ᑭᓯᓂᒃ ᐋᓐᓂᐊᖅᖕᒋᑦᑐᓕᓇᓂᐅᑉ ᖃᐅᔾᔭᕐᓂᓇᔭᓇᐊᓕᖕᒋᑦ ᐊᑐᓇᐊᖅᑲᖅᑕᑎᑦ, ᐊᒻᒪᓗ ᖃᓄᐃᒻᒪᑦ ᑕᐃᒪᐃᑦᑕᓇᐊᖅᑲᕐᓂᕐᓂᑦ), ᐊᒻᒪᓗᑦᑕᐅᖅ ᑐᓴᒐᒃᓴᑦ ᐱᖅᑯᓯᑐᖅᑲᒃᑯᑦ ᑕᑯᒃᓴᐅᓂᖓᒍᑦ ᐃᓱᒪᒋᔭᐅᔪᓂᑦ. ᐅᖅᑲᓕᒫᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᖅᑕᕐᕕᖓᒍᑦ, ᐱᔪᒪᒍᕕᓪᓗᓐᓂᑦ, ᐅᑯᐊ ᒪᒃᐱᖅᑐᒐᐃᑦ ᐸᐃᑉᐹᒃᑯᑦ ᑎᑎᕋᖅᑕᐅᔪᓐᓇᕐᒥᔪᑦ ᐊᑲᐅᒋᔭᒃᑯᑦ.

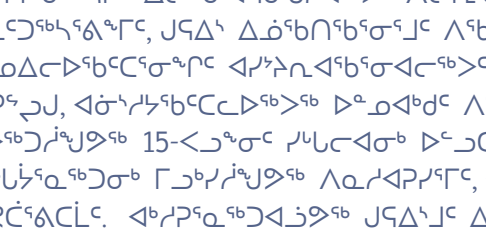
ᐃᓚᒋᒃᑐᑦ ᖃᐅᔨᒪᓂᓇᔭᖕᒋᑦ ᑖᒃᑯᓇᓂ ᐱᔪᓐᓇᖅᑎᑦᑎᓕᕐᓂᐊᖅᐳᖅ ᐊᓈᓇᒃᓴᐅᔪᒥᑦ ᐊᒻᒪᓗ ᐊᑖᑕᒃᓴᐅᔪᒥᑦ ᓂᕈᐊᖅᓯᓂᕐᒧᑦ ᖃᓄᐃᓐᓂᐅᓂᐊᖅᑐᓂᑦ ᐋᓐᓂᐊᖅᖕᒋᑦᑐᓕᓇᓂᕐᒧᑦ ᐊᒻᒪᓗ ᖃᓄᐃᖕᒋᑦᑎᐊᖅᑎᑦᑎᓂᕐᒥᑦ ᓯᖓᐃᓂᕐᒧᑦ. ᒪᒃᐱᖅᑐᒐᐅᓂᐊᖅᑐᓂ, ᓇᓂᓯᓂᐊᖅᐳᑎᑦ ᑐᓴᒐᒃᓴᓂ ᓄᑦᕋᓛᒃᓴᐅᑉ ᐱᕙᓪᓕᐊᓂᖓᓂ, ᐋᓐᓂᐊᖅᑲᑕᐃᓕᒪᑎᑦᑎᓂᐅᑉ ᐸᖅᑭᔭᐅᓂᖓᓄᑦ ᐱᓕᓇᔾᔪᓲᑦ ᐋᖅᑭᒃᓯᒪᓂᖕᒋᓐᓄᑦ (ᓲᕐᓗ, ᐊᑐᕐᓂᖅᐅᑏᑦ ᐃᕐᓂᓱᒃᓲᔾᒥᑦ, ᐊᒻᒪᓗ ᑭᓯᓂᒃ ᐋᓐᓂᐊᖅᖕᒋᑦᑐᓕᓇᓂᐅᑉ ᖃᐅᔾᔭᕐᓂᓇᔭᓇᐊᓕᖕᒋᑦ ᐊᑐᓇᐊᖅᑲᖅᑕᑎᑦ, ᐊᒻᒪᓗ ᖃᓄᐃᒻᒪᑦ ᑕᐃᒪᐃᑦᑕᓇᐊᖅᑲᕐᓂᕐᓂᑦ), ᐊᒻᒪᓗᑦᑕᐅᖅ ᑐᓴᒐᒃᓴᑦ ᐱᖅᑯᓯᑐᖅᑲᒃᑯᑦ ᑕᑯᒃᓴᐅᓂᖓᒍᑦ ᐃᓱᒪᒋᔭᐅᔪᓂᑦ. ᐅᖅᑲᓕᒫᓇᖅᑐᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᖅᑕᕐᕕᖓᒍᑦ, ᐱᔪᒪᒍᕕᓪᓗᓐᓂᑦ, ᐅᑯᐊ ᒪᒃᐱᖅᑐᒐᐃᑦ ᐸᐃᑉᐹᒃᑯᑦ ᑎᑎᕋᖅᑕᐅᔪᓐᓇᕐᒥᔪᑦ ᐊᑲᐅᒋᔭᒃᑯᑦ.

ᐃᓚᒋᒃᑐᑦ ᖃᐅᔨᒪᓂᓇᔭᖕᒋᑦ ᑖᒃᑯᓇᓂ ᐱᔪᓐᓇᖅᑎᑦᑎᓕᕐᓂᐊᖅᐳᖅ ᐊᓈᓇᒃᓴᐅᔪᒥᑦ ᐊᒻᒪᓗ ᐊᑖᑕᒃᓴᐅᔪᒥᑦ ᓂᕈᐊᖅᓯᓂᕐᒧᑦ ᖃᓄᐃᓐᓂᐅᓂᐊᖅᑐᓂᑦ ᐋᓐᓂᐊᖅᖕᒋᑦᑐᓕᓇᓂᕐᒧᑦ ᐊᒻᒪᓗ ᖃᓄᐃᖕᒋᑦᑎᐊᖅᑎᑦᑎᓂᕐᒥᑦ ᓯᖓᐃᓂᕐᒧᑦ. ᐃᒻᒥᓄᑦ, ᐊᒻᒪᓗ ᐱᕈᖅᐸᓪᓕᐊᔪᒧᑦ ᓄᑦᕋᓛᑯᓗᖕᒧᑦ.

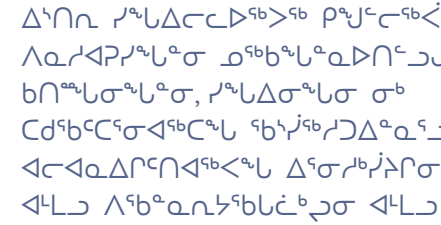
ᐅᖅᑲᓕᒫᓇᑦ ᖁᕕᐊᓇᖅᑐᒥ, ᐊᒻᒪᓗ ᐃᓛᓐᓂᒃᑯᑦ ᑎᓯᓇᖅᑐᓂᑦ ᐊᑐᖅᑕᐅᓂᑯᓂᑦ ᓂᓇᐅᒐᒃᓴᐅᔪᓂᑦ ᐅᑯᓇᖕᒐᑦ ᐊᑐᖅᑕᐅᓂᑯᓂᑦ ᐃᓄᖕᓂᑦ.

ᐊᓐ ᐊᒻᒪᓗ ᓘᒃ: ᐊᓐ ᐊᒻᒪᓗ ᓘᒃ ᑕᓪᓕᒪᓂ ᐊᕐᕌᒍᓕᖕᒥᑦ ᐸᓂᖅᑲᖅᐳᑦ, ᐸᐃᓴᓕᒥᑦ, ᐊᒻᒪᓗ ᐊᒃᓱᕈᓴᖅᓯᒪᕗᑦ ᓯᖓᐃᓕᒃᑲᓐᓂᕋᓱᐊᕐᓂᕐᒧᑦ. ᐊᓐ ᓱᕋᐃᓯᒪᖅᑕᑦᑕᖅᐳᖅ ᐊᒥᓱᐊᖅᓱᖅᓗᓂ, ᐊᒻᒪᓗ ᐅᕐᑯᒪᐃᓐᓂᖓ ᐋᖅᑭᒋᐊᕈᒪᓪᓗᓂᐅᒃ ᑕᒪᓐᓇ ᓯᖓᐃᓂᖓ ᖃᓄᐃᖕᒋᑦᑎᐊᕐᑯᓗᐊᒧᑦ. ᓘᒃ ᐅᐃᑦᑎᐊᕙᓗᒃ ᐊᒻᒪᓗ ᐊᑖᑕᑦᑎᐊᕙᓗᒃ, ᑭᓯᐊᓂᑦᑕᐅᖅ, ᐊᓐ ᐅᓐᓄᐊᒃᑯᑦ ᐃᖅᑯᒪᕙᒃᐳᓂ ᐃᓚᒋᖕᒋᑕ ᖃᓄᐃᓐᓂᐊᕐᓂᓇᔭᖕᒋᓐᓂᑦ. ᒥᑭᑦᑐᒥᑦ ᓄᓇᓕᖕᒥᐅᑕᐅᕗᖅ ᐊᒻᒪᓗ ᓈᓯᒪᓪᓗᑎᒃ ᐃᖃᓗᖕᓄᑦ ᐅᐃᖓᑕ ᐃᖅᑲᓇᐃᔭᖓᓄᑦ ᐸᓂᖓᑦ ᐃᓈᓈᐅᖅᑎᓪᓗᒍ. ᓄᓇᓕᖅᐸᐅᔭᖅ ᐊᖏᓗᐊᖅᑐᐊᓘᔭᖃᑦᑕᖅᐳᖅ ᐃᓛᓐᓂᒃᑯᑦ, ᑭᓯᐊᓂ ᐊᓐ ᐅᖃᖃᑎᒃᓴᖃᖃᑦᑕᖕᒋᓚᖅ. ᐊᓐ ᓴᐃᒻᒪᖅᓴᕈᒪᖃᑦᑕᖅᐳᖅ ᐃᒥᐊᓗᖕᒧᑦ ᐃᓄᑑᖅᑯᐊᓗᐊᓕᕋᖓᑦ.

ᐃᓅᑎᓇ ᐊᒻᒪᓗ ᓂᒃ: ᐃᓅᑎᓇ 20-ᖕᒋᓐᓃᑦᑐᖅ ᐊᒻᒪᓗ ᐅᑎᓵᑦᑎᐊᖅᓱᓂ ᔫᓂᕗᓯᑎᒥᑦ ᖃᓪᓗᓈᓂ. ᐋᑐᕙᒥᑎᓪᓗᒍ, ᓂᒃᒥᓕᓚᐅᖅᐳᖅ, ᐊᒻᒪᓗ ᑲᑎᑎᑕᐅᑲᐅᖅᑐᓚᐅᖅᓱᑎᒃ ᐱᖃᓐᓇᓈᒃᓱᑎᒃ ᐊᕐᕌᒍᓂ ᐱᖓᓱᓂᑦ. ᓂᒃ ᓱᓕ ᐃᓕᓐᓂᐊᕐᓂᐊᖅᑐᖅ ᓱᓕ ᑕᖅᑭᓂᑦ 7-ᓂᑦ, ᐊᒻᒪᓗ ᓈᔭᖕᒋᕐᓱᓂ ᐃᓅᑎᓇᐅᑉ ᓄᓇᖓᓐᓄᑦ ᑭᓯᐊᓂ ᐱᔭᕇᕈᓂ. ᖁᕕᐊᑉᐳᑦ ᕿᑐᙵᖅᑖᕐᓂᐊᕐᓂᖕᒋᓐᓂᑦ, ᐃᓅᑎᓇ ᓯᖓᐃᓕᓚᐅᖅᐳᖅ ᑭᖑᓪᓕᖅᐸᒥ ᐱᓇᓱᐊᕈᓯᖓᓐᓂ ᓄᖅᑲᖓᓐᓇᐅᑎᓪᓗᒍ ᑲᑎᙵᓂᖓᓐᓂ, ᓯᖓᐃᓂᖓᓂ ᓂᒃ ᑕᑯᖅᑲᑦᑕᕐᓂᐊᖅᑕᖓ ᖃᓴᓲᖅᓯᑐᐃᓐᓇᕐᓗᓂ. ᐊᓂᖅᓴ ᐊᓕᐊᓇᐃᒋᑦᑎᐊᖅᐸᖓ ᐃᕐᓂᓱᒃᓲᔾᒋᓂᐊᖅᑕᖓᓂ ᐊᒻᒪᓗ ᐱᖃᓐᓇᕆᔭᖅᑲᒐᓛᒃᓗᓂ ᐊᒻᒪᓗ ᐃᓚᖅᑲᖅᓗᓂ ᐅᖅᑲᖅᑎᒋᔪᓐᓇᕐᓂᐊᖅᑕᖓᓐᓂ ᐊᑐᖅᐸᓪᓕᐊᔭᖓᓐᓂ ᓯᖓᐃᓂᖓᓂ..



ᓱᕋᐃᔾ ᐊᒻᒪᓗ ᐋᓕᒃᓴ: ᓱᕋᐃᔾ 15-ᖑᓪᓗᓂ ᓯᖓᐃᓕᕐᓂᑯ ᓯᕗᓪᓕᖅᐹᑦᑎᐊᒥ ᐊᐃᑉᐸᖅᑲᓇᐅᖅᓗᓂ. ᐱᖃᓐᓈᓇᒃ ᐱᒻᒪᓇᐅᕙᓪᓕᐊᕗᖅ ᑭᓯᐊᓂ ᓱᕋᐃᔾ ᓱᓕ ᓇᓗᕗᖅ ᐃᑲᔪᖅᓯᖅᑕᐅᑎᐊᕐᓂᐊᕐᓗᐊᕐᒪᖔᑦ ᐋᓕᒃᓴᒥᑦ. ᐊᖏᕐᕋᕐᖃᖅᑐᐃᓐᓇᐅᕗᑦ ᐊᖓᔪᖅᑳᒥᓂᑦ ᐊᒻᒪᓗ ᖁᑦᑎᖕᓂᖅᓴᒥᑦ ᐃᓕᓐᓂᐊᕋᓂᒐᓱᐊᖅᐳᑦ ᐱᓕᓇᔪᓐᓇᕈᒪᓪᓗᑎᒃ ᓱᓕᑦᑐᖅᓴᕐᕕᖕᒥᑦ, ᓱᕋᐃᔾ ᐃᓈᖅᑲᑎᖅᑲᕐᓂᕐᒧᑦ ᐱᖃᓐᓇᓂᖓ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᖅᑲᑦᑕᕐᓂᖕᒋᑦ ᐊᓯᔾᔨᓇᐊᖅᑲᕐᓂᐊᓕᖅᐳᑦ. ᒫᓐᓇᓵᐸᓗᖕᒧᑦ ᑎᑭᕐᓗᒍ, ᐊᓃᔾᓯᔭᖅᑲᑦᑕᓚᐅᖅᐳᖅ ᐅᓐᓄᐊᒃᑯᑦ ᐱᖅᑲᓐᓇᕆᔭᖕᒋᓪᓗ. ᓱᐳᖅᑐᓲᖑᕗᖅ 15-ᐸᓗᖕᓂᑦ ᓱᒡᒐᓕᐊᓂᒃ ᐅᓪᓗᑖᒫᑦ, ᖃᔾᔪᒐᓚᖕᓂ ᐋᖓᔭᕐᓇᖅᑐᓂᒃ ᒥᓗᒃᓯᓲᖑᕗᖅ ᐱᓇᓱᐊᕈᓯᕐᒥᑦ, ᐊᒻᒪᓗ ᐋᖓᔭᔭᒐᔪᒃᓗᓂ ᓯᕙᑖᕐᕕᑕᒫᑦ. ᐊᒃᓱᕈᕐᓇᖅᑐᐊᓘᕗᖅ ᓱᕋᐃᔾᒧᑦ ᐃᓱᒪᓇᓱᕈᐊᒃᓴᖅ ᐃᖅᑲᓇᐃᔭᑦᑎᐊᕙᐅᓂᖅᓴᒥᑦ ᐱᔭᕆᐊᖅᑲᕐᓂᕐᒥᑦ, ᐊᒻᒪᓗ ᐃᓚᖕᒋᓐᓂᑦ ᐃᑲᔪᖅᓯᖅᑕᐅᔭᕆᐊᖅᑲᕐᓂᖓᓄᑦ ᓄᑦᕋᓛᒥᑦ, ᐊᒻᒪᓗᒃᑲᓐᓂᖅ ᐃᒡᓗᖓᓐᓂ ᐸᖕᒥᐅᖅᐸᑏᖅᓗᓂ.



ᓇᕿᒍᒃ ᐅᕗᓇ ᑕᑯᔪᒪᒍᕕᐅᒃ ᐊᓈᓇᒃᓴᐅᔪᒧᑦ ᑐᓴᔭᒃᓴᓄᑦ.

ᓇᕿᒍᒃ ᐅᕗᓇ ᑕᑯᔪᒪᒍᕕᐅᒃ ᐊᑖᑕᒃᓴᐅᔪᒧᑦ ᑐᓴᔭᒃᓴᓄᑦ.

ᐱᒋᐊᖅᓯᒪᙱᒃᑯᕕᑦ ᕙᐃᑕᒥᓐ D-ᒥᑦ ᐃᓚᓕᐅᔾᔨᔾᔪᑎᒃᓴᒥᑦ ᐊᒻᒪᓗ ᑲᑎᙵᔪᓂᑦ ᕙᐃᑕᒥᓐᓂᑦ ᖃᐅᑕᒫᑦ (ᐊᑕᐅᓯᖅ 0.4 ᒥᓕᒍᓛᒻᒥᑦ ᕗᓕᒃ ᐋᓯᑦᓕᖕᒥᑦ). ᕗᓕᒃ ᐋᓯᑦ ᐱᒻᒪᕆᐅᕗᖅ ᐱᕈᖅᐸᑦᓕᐊᔾᔪᑕᐅᔪᒧᑦ ᕿᒥᕐᓗᖕᒐᓄᑦ, ᖃᕋᓴᖕᒐᓄᑦ ᐊᒻᒪᓗ ᓂᐊᕐᑯᖕᒐᓄᑦ

ᓂᕆᑦᑎᐊᖃᑦᑕᕆᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᑦ ᓂᕿᓂᑦ ᐊᑐᓂ ᓂᕿᓂᒃ ᖃᑎᙵᔪᓂᑦ ᖃᐅᑕᒫᑦ.

ᑕᑯᒍᒃ ᓄᓇᕗᒻᒥ ᓂᕿᓄᑦ ᑲᑎᙵᔪᓂᑦ

ᐱᓇᓱᐊᕈᓯᖅ 1

"(ᐱᖅᑯᓯᑐᖃᑎᒍᑦ,) ᐊᕐᓇᐃᑦ ᐊᔾᔨᒌᙱᕈᓘᔭᖅᑐᓂ ᓂᕆᕐᑯᔭᐅᕙᓚᐅᖅᐳᑦ, ᐱᓗᐊᖅᑐᒥ ᑐᒃᑐ, ᐃᖃᓗᒃ, ᒪᒃᑖᖅ ᐊᒻᒪᓗ ᓇᑦᑎᕐᒥᑦ...ᐊᒻᒪᓗ ᓂᕆᕐᑯᔭᐅᕙᓚᐅᙱᑦᑎᐊᖅᐳᑦ ᐃᒍᓇᖅᓯᒪᔪᓂᑦ ᓱᖕᒐᐃᑎᑦᓗᒋᑦ."
(ᓱᕙᒎᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᖕᒐ X, ᓈᓴᐅᑖ 1, 1995)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

ᐊᑐᖅᑯᔭᐅᓇᔭᖅᑐᖅ
ᐃᖃᐃᓕᓴᖅᓂᖅᒧᑦ

ᒪᓐᓃᑦ ᐊᓂᕙᓪᓕᐊᓂᖅ: ᒪᓐᓂᖃᐅᑎᑦ ᐊᑕᐅᓯᕐᒥᑦ ᐊᓂᑎᑦᑎᕗᖅ ᐋᖅᑭᒃᓯᒪᕙᒋᖅᑐᒥ ᒪᓐᓂᖕᒥ. ᐊᐅᓈᖅᓂᐅᑉ ᕿᑎᐸᓗᐊᓂ ᐊᓂᓲᖕᒍᕗᖅ.

ᐃᖃᐃᓕᓴᖃᑦᑕᖅᓗᓂ ᓯᖕᒐᐃᑎᓪᓗᒍ ᐊᑲᐅᕗᖅ ᐊᒻᒪᓗ ᐃᑲᔫᑎᕗᖅ.

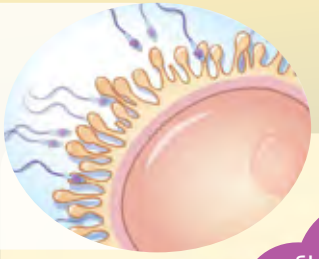
ᐃᑲᔪᖅᓂᖃᖅᓂᐊᖅᐳᖅ ᐆᒻᒪᕆᒃᓴᓂᖅᓂᑦ ᑭᒡᓕᖕᒋᓐᓂᑦ; ᓯᓂᑦᑎᐊᕈᓐᓇᖅᓂᖅᓴᐅᓗᑎᑦ, ᖃᓄᐃᓐᓂᕆᔭᖅᓂᑦ ᐊᒻᒪᓗ ᑕᐅᑦᑐᖕᓂᑦ; ᐃᑲᔪᓲᖕᒍᕗᖅ ᓇᓗᓇᐃᖅᓯᑦᑎᐊᖅᓂᖅᒧᑦ ᓈᒻᒪᒃᑐᒥ ᐅᖅᑭᖕᒋᓪᓕᕙᓪᓕᐊᓂᖅᒥᑦ; ᖃᓯᖕᒐᑎᑦᑎᕙᓪᓕᓲᖅ ᐊᒻᒪᓗ ᐊᒃᓯᕈᖕᒋᓐᓂᖅᓴᐅᓂᖅᒧᑦ; ᐱᕈᖅᐹᓪᓕᖅᑎᑦᑎᓲᖅ ᓄᑭᖕᓂᑦ ᐊᒻᒪᓗ ᓴᖕᒋᓂᖅᓂᑦ; ᐃᑲᔪᓲᖅ ᑕᖃᓴᕋᐃᖕᒋᓐᓂᖅᓂᑦ ᐃᖅᓂᓯᖕᓂᐊᓕᕈᕕᑦ; ᐊᒻᒪᓗ ᓱᒃᑲᒃᑎᑦᑎᕙᓪᓕᖅᓗᓂ ᖃᓄᐃᑦᑐᓐᓃᖅᓂᕆᔭᖅᓂᑦ ᐃᖅᓂᐊᓂᒃᑯᕕᑦ.

"ᐱᖅᑯᓯᑐᖃᒃᑯᑦ, ᓯᖕᒐᐃᔪᑦ ᐊᖅᓇᐃᑦ ᐊᒻᒪᓗ ᐃᕕᐊᖕᒋᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᔪᑦ ᐊᓈᓇᐃᑦ, ᐋᓐᓂᐊᖃᖅᓇᖕᒋᑦᑐᒥ ᐃᓅᓯᖃᓲᖕᒍᕗᑦ ᐃᖃᐃᓕᓴᖅᓂᖃᑦᑎᐊᖅᐳᑎᒃ ᐊᒻᒪᓗ ᓂᖅᑭᑦᑎᐊᖃᖅᓂᐅᔪᒥᑦ ᓂᓇᕙᒃᐳᑎᒃ. ᓯᖕᒐᐃᔪᐃᑦ ᐊᖅᓇᐃᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐅᖃᐅᔭᐅᕙᓚᐅᖅᐳᑦ ᓄᖅᑲᖕᒐᑐᐃᓐᓇᖃᑦᑕᖅᑯᔭᐅᓇᑎᒃ, ᐱᒋᐊᖅᓗᑎᒃ ᐃᖅᑯᒻᒪᑐᐊᕈᑎᒃ ᐅᓪᓛᖅᓗᒃᑯᑦ ᐊᒻᒪᓗ ᐊᓂᑲᐅᑎᒋᕙᒃᓗᑎᒃ ᓯᓚᒥ ᓇᐃᔭᖅᑐᖅᓗᑎᒃ. » ᐱᓕᕆᓐᓇᖅᐸᖕᓂᖅ ᑕᑯᔭᐅᕙᓚᐅᖅᐳᖅ ᓱᒃᑲᔪᒥ ᐃᖅᓂᓯᖕᓂᖅᒥᑦ ᐊᒻᒪᓗ ᓇᓗᓇᐃᔭᐃᑦᑎᐊᖅᐳᓂ ᐊᖅᑦᖅ ᓂᐱᔾᔭᖕᒋᒻᒪᑦ ᐃᒃᓕᐊᖅᒧᑦ. ᑭᓯᐊᓂ, ᐊᖅᓇᐃᑦ ᐅᖃᐅᔭᐅᕙᓚᐅᖅᐳᑦ ᐊᒃᓯᕈᓗᐊᖅᑯᔭᐅᓇᑎᒃ, ᐹᓪᓚᒃᑕᐃᓕᓗᑎᒃ, ᐅᕙᕙᔫᓐᓃᑦ ᒪᐅᔭᖅᓯᐅᖅᐸᖕᒋᓪᓗᑎᒃ."

(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8 ᐃᓚᖕᒐ X, ᓈᓴᐅᑖ 1, 1995)

ᐱᓇᓱᐊᕈᓯᖅ 2

ᐃᓄᒃᓴᙳᕐᓂᖓ: ᒪᓐᓂᐅᑉ ᐆᒪᔾᔪᑎᖓ ᐃᓄᒃᓴᕈᖅᐳᖅ ᐊᖑᑎᐅᑉ ᐃᔭᕈᕙᐅᔭᖏᑦ ᐱᐊᕋᒃᓴᐅᒐᔭᖅᑐᑉ ᐆᒪᔾᔪᑎᐊᓄᑦ. ᐃᓄᒃᓴᙳᖅᑑᑉ ᒪᓐᓂᖓᑕ ᐆᒪᔾᔪᑖ, ᑕᐃᔭᐅᔪᖅ ᓇᔾᔨᐊᖅ ᐃᓗᑦᓯᖅᑖᙱᑦᑐᕐᒥᑦ, ᐊᕕᒃᐳᖅ ᒪᕐᕉᖕᓄᑦ ᐆᒪᔾᔪᑎᓄᑦ, ᑎᓴᒪᓄᑦ ᐆᒪᔾᔪᑎᓄᑦ, ᐊᒻᒪᓗ ᑕᐅᕗᖓ, ᐋᖅᑭᒃᓱᓂ ᓱᒃᖓᔪᒥᑦ ᐊᖓᓗᖅᑕᒥᑦ.

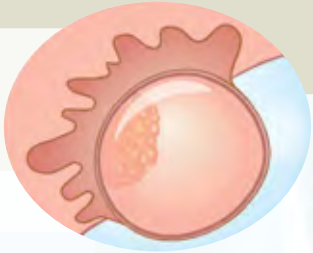


ᐱᓇᓱᐊᕈᓯᖅ 3

ᓱᕈᖅᑐᖅᐸᒃᓗᓂ, ᐃᒥᕐᓗᓂ ᐃᒥᐊᓗᖏᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐋᖓᒐᕐᓇᖅᑐᓂ ᓱᔪᐃᓂᐊᖅᐳᖅ ᕿᑐᙵᒃᓴᕐᓂᑦ ᐃᓅᓯᓕᒫᒥᒍᑦ. ᖃᓄᐃᙱᑦᑎᐊᕆᐊᕐᓗᑎᑦ ᓄᑕᕋᓛᒃᓴᕐᓄᑦ.

“ᓯᖓᐃᔪᖅ ᐊᕐᓇᖅ ᐃᑦᑐᐊᑐᐃᓐᓇᕆᐊᖃᙱᓚᖅ ᓯᓚᒧᑦ, ᑭᓯᐊᓂ ᐊᓂᑦᑎᐊᒻᒪᕆᒃᓗᓂ ᑕᑯᔭᖅᑐᕐᓗᓂ.”
(ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᕐᓇᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 51, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐃᓂᒃᓴᓕᐅᕐᓂᖅ: ᓇᔾᔨᐊᖅ ᐃᓂᒃᓴᓕᐅᖅᐳᖅ ᐃᒡᓗᐊᑉ ᖃᕈᕕᐊᖕᒐᓄᑦ. ᐅᐱᓐᓇᖅ, ᓯᖕᒐᐃᓕᖅᐳᑎᑦ!



ᐅᓪᓛᒃᑯᑦ ᒥᕆᐊᙳᓇᖅ ᑭᒍᑎᓄᑦ ᐊᐅᓂᖅᑖᓇᖅᑑᔪᓐᓇᖅᐳᖅ. ᒥᕆᐊᖅ ᓱᔪᐃᔪᓐᓇᖅᐳᖅ ᑭᒍᑎᕕᑦ ᖃᖕᒋᓐᓂᑦ. ᓯᖕᒐᐃᑎᓪᓗᑎᑦ, ᑭᒍᑎᓯᐅᑦᑎᐊᖃᑦᑕᕆᑦ, ᐃᒃᑭᑎᓪᓗ, ᐊᒻᒪᓗ ᐅᖃᕐᓂᑦ ᒪᕿᐃᖅᓱᓪᓗᐊᕐᓗᒍ ᐅᓪᓗᑕᒫᑦ.

“ᐊᕐᓇᖅ ᐃᖅᑯᒻᒪᑐᐊᖅᐸᑦ, ᒪᑭᑲᐅᑎᒋᔭᕆᐊᖃᓚᐅᖅᐳᖅ, ᐊᓂᑲᐅᑎᒋᓗᓂ ᐊᒻᒪᓗ ᓱᓚ ᖃᐅᔨᒋᐊᕐᓗᓂᐅᒃ (ᐊᓂᔫᖅ). ᐅᖃᐅᔾᔭᐅᕙᓚᐅᖅᐳᑦ ᑕᐃᒪᐃᑉᐸᒡᓗᓂ, ᕿᓚᒥᑯᓗᒃ ᐃᕐᓂᓯᖃᑦᑕᕋᔭᖅᑐᖅ.”

(ᐱᖅᑯᓯᑐᖃᖅᑎᒍᑦ ᐊᑐᕆᐊᓖᑦ ᓂᕕᐊᖅᓵᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 59, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐱᓇᓱᐊᕈᓯᖅ 4

ᐊᑐᖅᑯᔭᐅᓇᔭᖅᑐᖅ ᓱᒋᐳᖅᑐᕐᓂᕐᒧᑦ

ᓇᔾᔨᐊᖅ ᑕᑯᒃᓴᐅᓕᖅᐳᖅ ᐃᔨᓐᓇᒃᑯᑦ, ᐊᒻᒪᓗ ᓂᐊᕐᑯᖓ ᓇᓗᓇᕈᓐᓃᖅᐳᖅ ᑎᒥᖓᓂ.

ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᕐᓂᑰᔪᓂᑦ ᑕᑯᒃᓴᐅᑎᑦᑎᕗᖅ ᐅᓄᕐᓂᖅᓴᐃᑦ 80 ᐳᓴᓐᑦᒥᑦ ᐊᕐᓇᐃᑦ ᓄᓇᕗᒻᒥ ᐅᖃᖅᓯᒪᔪᐃᑦ ᓱᒋᐳᖅᑐᖃᑦᑕᕐᓂᕋᐃᓪᓗᑎᒃ ᓱᖓᐃᑎᓪᓗᒋᑦ. ᐊᑕᐅᓯᖅ ᖃᐅᔨᓴᕐᓂᐅᔪᖅ ᑕᑯᒃᓴᐅᑎᑦᑎᕗᖅ ᓱᒋᐳᖅᑐᖅᐸᙱᑦᑐᐃᑦ ᐊᒻᒪᓗ ᐊᕐᓇᐃᑦ ᓱᒋᐳᖅᑐᖃᑦᑕᖅᑐᐃᑦ 5-ᓂ ᑐᖓᓂ ᓯᒡᒐᓕᐊᓂᒃ ᓇᔾᔨᐊᖓᑕ ᖃᓄᐃᓐᓂᖓ ᓇᓕᒧᐸᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐱᐅᓂᖅᓴᐅᕗᑦ ᐊᓯᖏᓐᓂ ᑲᓇᑕᒥᐅᑕᐅᔪᓂᑦ, ᓱᒋᐳᖅᑐᖅᐸᒃᓗᓂ ᓯᖓᐃᓪᓗᓂ ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎᕗᖅ ᓄᑕᕋᓛᑦ ᐃᓅᓂᐊᖅᑐᖅ ᐃᓄᖅᓴᕐᓗᓂ, ᓯᐅᓯᓇᒃᑲᐅᓗᓂ. ᐊᓂᖅᑎᓇᓂᕐᒧᑦ ᐊᑲᐅᙱᓕᐅᕈᑎᖃᕐᓗᓂ. ᐊᓯᖏᓐᓂᓪᓗ.

ᐱᓇᓱᐊᕈᓯᖅ 5

"ᐃᕐᓂᓱᒃᓲᔨᑦ ᑐᑭᓯᐅᒪᓚᐅᖅᐳᑦ ᑎᒥᑐᐊᖑᖏᑦᑐᒥᑦ ᐊᑐᕆᐊᖃᕐᓇᕐᒪᑦ ᐃᕐᓂᓇᓱᐊᕐᓗᓂ. ᐃᓱᒪᒥᑦ ᐊᑐᕆᐊᖃᖅᐳᖅ ᐊᒻᒪᓗ ᑕᕐᓂᕐᒥᑦ ᐊᒻᒪᓗ ᑖᒃᑯᐊ ᐃᕐᓂᓱᒃᓲᔨᑦ ᖃᐅᔨᒪᓚᐅᖅᐳᑦ ᖃᓄᐃᓕᐅᕆᐊᒃᓴᖅ. ᐃᕐᓂᓱᒃᓲᔨᑦ ᐱᓕᕆᔪᓇᓚᐅᖅᐳᑦ ᑐᐊᕕᕐᓇᖅᑐᓂᑦ ᓱᕐᓗ ᐊᐅᓈᖅᑐᒥᑦ. ᐊᕐᓇᐃᑦ ᐊᐅᓚᐃᓇᕈᔪᖕᓂᖏᓐᓂᑦ ᐃᕐᓂᕙᓚᐅᖅᐳᑦ ᐊᐅᓚᓪᓗᑎᒃ. ᐊᕐᓇᐃᑦ ᐱᓕᕆᒃᑲᐅᓂᖅᓴᐅᓚᐅᖅᐳᑦ~~ᒫᓇᐅᔪᖅ ᐊᓈᓇᐅᔪᑦ ᓄᖅᑲᖓᓂᖅᓴᐅᓕᖅᐳᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᖏᑦ "ᕿᕋᑕᓂᖅᓴᐅᓕᖅᐳᑦ." ᐆᒃᑐᕋᕈᓇᖅᐳᑦ, ᐊᑐᖅᓗᑎᒃ ᐱᖏᑎᒻᒥᔪᒥᑦ ᓯᓕᖕᓂᓕᖏᑦ, ᖃᓄᑎᒋ ᐊᕐᓇᐅᑉ ᓂᐅᖏᑦ ᒪᒃᐱᓇᐊᖃᕐᒪᖔᑕ ᐃᕐᓂᓇᓱᐊᕐᓂᕐᒧᑦ.

ᒫᓇᐅᔪᖅ, ᐊᕐᓇᐃᑦ ᐃᕐᓂᓲᖑᓕᖅᐳᑦ ᐋᓐᓂᐊᕕᖏᑦ, ᓇᓪᓚᖓᒐᔪᒃᓗᑎᒃ ᑐᓄᐊᓂᑦ ᐊᒻᒪᓗ ᐃᕐᓂᓱᖕᓂᐊ ᐊᑯᓂᐅᓂᖅᓴᐅᓕᖅᓗᓂ. ᐊᒃᓱᕈᕐᓇᓚᐅᖅᐳᖅ ᐊᕐᓇᓄᑦ ᓱᖏᐅᔾᔨᓇᓱᐊᕐᓂᕐᒧᑦ ᐃᕐᓂᓇᓱᐊᕐᓂᕐᒧᑦ ᐋᓐᓂᐊᕕᖕᓂᑦ - ᓂᒡᓚᓱᒃᑐᐊᓘᔾᔭᖅᐳᖅ ᐊᒻᒪᓗ ᓇᒡᓕᖕᓂᖅᑲᖅᑰᔨᓇᑎᒃ.

ᐊᕐᓇᐃᑦ ᐊᖏᕋᖅᓯᖅᐸᓚᐅᖅᐳᑦ ᐊᒻᒪᓗ ᐊᑐᕐᓂᖅᓴᐅᓪᓗᑎᒃ ᑳᐱᒥᑦ ᓱᒡᒐᓕᐊᓂᓪᓗ."

(ᒫᑕ ᒍᓈᒡ, ᐊᖓᔪᖅᑳᖅ, <ᐅᒃᑑᑏᑦ ᐃᓄᐃᑦ ᐊᕐᓇᖏᑦ ᑲᓇᑕᒥ (ᑲᑎᒪᔾᔪᑎᕕᓃᑦ ᑎᑎᕋᕐᓂᑯᐃᑦ))

ᓇᔾᐊᖑᔪᖅ ᐊᖏᓂᖓ ᐃᕿᖅᑯᕕᑦ ᑯᑭᖓᑕ ᓯᓕᖕᓂᖓᑎᑐᑦ ᐊᖏᑎᒋᓕᖅᐳᖅ, ᐊᒻᒪᓗ ᖃᕋᓴᖓ ᓱᒃᑲᔪᐊᓗᖕᒥᑦ ᐱᕈᓕᖅᐳᖅ.

ᐱᓇᓱᐊᕈᓯᖅ 6

ᒫᓐᓇᐅᓕᖅᑐᖅ, ᐊᔪᖅᓇᐸᓗᒃᐸᖕᒪᑦ ᓄᑖᓂᒃ ᐃᓄᖕᓂᑦ ᑕᑯᔭᕆᐅᖅᓴᓂᕐᒥᑦ ᓄᑖᖑᑎᑦᓗᑎᑦ ᓄᓇᓕᖕᓄᑦ. ᐃᓅᖃᑎᖃᕐᓂᕐᒥᑦ ᐃᒥᐊᓗᖕᒧᑦ ᐅᓗᕆᐊᓇᖅᐳᖅ ᐱᕈᖅᐸᓪᓕᐊᔪᒧᑦ ᓄᑕᕋᓛᒃᓴᒧᑦ, ᐃᓕᖕᓄᓪᓘᓐᓃᑦ. ᓈᒻᒪᒃᑐᒥ ᐱᑕᖃᖕᒋᓚᖅ ᐅᓗᕆᐊᓇᖕᒋᑦᑐᒥᑦ ᐃᒥᐊᓗᖕᒥᑦ ᐃᒥᕆᐊᒃᓴᖅ ᓯᖕᒐᐃᓗᓂ. ᐃᒥᕐᔪᐊᖃᑦᑕᕐᓂᖅ, 5 ᐅᖕᒐᑖᓂ ᐃᒥᐊᓗᖕᒥ ᐃᒥᖃᑦᑕᕐᓂᖅ, ᐱᓗᐊᖅᑐᒥ ᐅᓗᕆᐊᓇᖅᐳᖅ ᐱᕈᖅᐸᓪᓕᐊᔪᒧᑦ ᓄᑕᕋᓛᒃᓴᒧᑦ ᐊᒻᒪᓗ ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎᕗᖅ ᐃᒥᐊᓗᖕᒧᑦ ᐃᒡᓕᐊᖅ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᕐᒥᑦ (FASD). FASD ᐋᖅᑭᒃᑕᐅᔪᓐᓇᖕᒋᓚᖅ. ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᕈᕕᑦ ᓄᖅᑲᕐᓂᕐᒧᑦ ᐃᒥᐊᓗᖕᒥᑦ, ᐅᖃᕐᑲᑎᖃᕆᐊᖃᖅᐳᑎᑦ ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᓄᓇᓕᖕᓂᑦ.

“ᐱᖅᑯᓯᑐᖃᖅᑎᒍᑦ, ᐊᖑᑏᑦ ᐊᕐᓇᐃᓪᓗ ᐊᔾᔨᒌᖕᒋᑦᑐᓂᑦ ᐱᔭᒃᓴᖃᓚᐅᖅᐳᑦ ᐊᑲᐅᓛᖑᓂᐊᖅᑐᒧᑦ ᐃᓚᒌᖕᓄᑦ ᐊᒻᒪᓗ ᓄᓇᓕᖕᓄᑦ.”

(ᐃᓚᒌᑦ ᐊᒻᒪᓗ ᐃᓚᖃᕐᓂᕐᒧᑦ, ᒪᒃᐱᖅᑐᒐᖅ 41, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕋᓱᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐊᑐᕐᑯᔭᐅᓇᔭᖅᑐᖅ

ᐃᓗᕐᓯᕈᑎᓂᒃ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᙱᑦᑐᒥᑦ

ᑕᓕᙱᑦ ᓂᐅᙱᑦᓗ ᓱᓕ ᐋᖅᑭᒃᐸᑦᓕᐊᕗᑦ. ᑮᓇᙱᒐ, ᓯᐅᑎᙱᑦ, ᐊᒻᒪᓗ ᐃᓅᙱᑦ ᐋᖅᑭᒃᐸᑦᓕᐊᓕᖅᐳᑦ.

ᐊᑕᐅᓯᑦᓗᐊᖅ 30-ᓂᑦ ᐃᓅᓵᖅᑐᓂᑦ ᐃᓅᓂᐊᖅᐳᖅ ᐱᒻᒪᕆᐅᔪᒥᑦ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᙱᓐᓂᓕᙱᑦ. ᐃᓗᕐᓯᕈᑎᓂᑦ ᐱᔾᔪᑎᓕᙱᓂᑦ ᐊᙱᒡᓕᒋᐊᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᐅᓗᕆᐊᓇᕈᑕᐅᔪᒥᑦ, ᐊᒻᒪᓗᑦᑕᐅᖅ ᐊᒃᑑᑎᖅᑲᕐᓂᕐᒧᑦ ᐃᒥᐊᓗᙱᒧᑦ, ᓱᐳᖅᑐᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐊᓯᙱᓐᓂᑦ ᐋᙱᔭᕐᓇᕈᑕᐅᔪᓄᑦ.

ᑕᐃᒪᐃᒻᒪᑦ ᖃᓄᐃᙱᑦᑎᐊᕋᓯᐊᕆᑦ.

“ᓯᙱᐃᑎᑦᓗᑕ, ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᕗᒍᑦ ᐊᑯᓂᐅᓗᐊᖅᑐᒥ ᓯᓂᖃᑦᑕᕐᑯᔭᐅᙱᕐᓗᑕ ᐊᒻᒪᓗ ᐃᓐᓇᙱᔅᓱᔭᑯᑖᓗᐊᙱᑦᓗᑕ. ᐊᓐᓄᕋᕈᕕᑦ, ᐃᒃᓯᕗᑐᐃᓐᓇᖅᐸᙱᑦᓗᑎᑦ.”
(ᑕᓚᕕᔅᒃᑯᑦ ᖁᙱᐊᖃᑕᐅᔪᒥᑦ, ᐅᖃᓕᒫᖅᑕᐅᓯᒪᔪᖅ ᓯᙱᐃᔪᓄᑦ ᑕᓚᕕᔅᒃᑯᑦ ᑕᑯᓐᓇᒐᒃᓴᐊᒃᑯᑦ, ᖃᓄᖅᑑᕐᓂᖅ - ᓇᓂᓯᓂᖅ ᓈᒻᒪᙱᓂᙱᓂ, ᖁᕕᐊᓇᖅᑐᒥ ᓄᓇᓕᙱᓂᑦ ᐊᓂᐊᕐᑎᓂᖅ ᐊᑲᐅᙱᔾᔪᑎᓂᒃ, Lᐃ 12, 2009)

ᐱᓇᓱᐊᕈᓯᖅ 7

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

ᐃᑯᓯᖕᒐ ᐊᒻᒪᓗ ᐊᒡᒐᐅᑎᖕᒋᑦ
ᓴᖅᑭᑉᐸᓪᓕᐊᓕᖅᐳᑦ.

ᓱᕋᐃᒐᔪᓲᖕᒍᕗᑦ ᐱᓇᓱᐊᕈᓲᑦ 8-ᖕᒍᓚᐅᖕᒋᑎᓪᓗᒋᑦ. ᐱᔾᔪᑕᐅᒐᔪᖕᓂᖅᐹᖕᒍᔪᖅ ᓱᕋᐃᓂᕐᒧᑦ ᐅᓇᐅᕗᖅ, ᐊᑲᐅᖕᒋᓕᐅᕈᑎᐅᔪᒥᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖕᒐᓄᑦ. ᓱᕋᐃᓂᖅ ᐱᑕᕐᑲᒐᔪᒃᐳᑦ ᐊᒻᒪᓗ ᓱᖕᒋᐅᓐᓇᖅᐳᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 8

“ᐊᕐᓇᖅ ᓯᖕᒐᐃᓕᕈᓐᓇᐃᔾᔨᓂᖕᒐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓯᖕᒐᐃᖕᒋᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᓂᐊᕐᓂᖕᒐᓄᑦ, ᑎᒍᐊᖅᓯᔪᖅ ᓄᑕᕋᓛᒥᑦ ᓇᓗᓇᐃᔭᐃᔪᓐᓇᕐᑯᓪᓗᒍ ᓯᖕᒐᐃᓕᕈᓐᓇᕐᑯᓪᓗᒍ.”
(ᐱᖅᑯᓯᑐᖅᑲᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᕐᓇᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 51, ᐃᓅᖅᑲᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᑕᑭᓂᖃᓕᖅᐳᖅ ᐊᑕᐅᓯᕐᒥᑦ ᐃᓐᓴᒥᑦ ᓂᐊᕐᑯᖓᓐᓂ ᐅᒃᐸᑎᖓᓄᑦ, ᐊᒻᒪᓗ ᓴᖅᑭᑉᐸᑦᓕᐊᓕᖅᐳᑦ ᐃᓄᒐᖕᒍᐊᖏᑦ.

ᑲᑎᖕᒐᔪᓂᑦ ᓯᖓᐃᔪᓄᑦ ᖃᐅᔨᓴᐃᓂᕐᒥᑦ ᐃᓚᖃᖅᐳᖅ ᑏᕕᖕᒍᔪᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᒃᑯᑦ, ᓂᐱᒃᑯᑦ ᐊᔾᔨᓕᐅᕆᓂᕐᒥᑦ ᐆᒃᑐᕋᐅᑎᐅᔪᒥᑦ, ᐊᒻᒪᓗ ᒪᕐᕉᖕᓂᑦ ᐊᐅᖏᖅᑕᐅᓂᒃᑯᑦ ᓇᓗᓇᐃᖅᓯᓲᖕᒍᕗᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᓐᓂᕐᒥᑦ ᓄᑕᕋᓛᖅᑖᕐᓂᐊᕐᓂᕐᒥᑦ ᐃᓄ ᐱᒋᐊᕐᓂᖓ ᓈᒪᔾᔪᑎᒥᑦ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᔪᖅᑲᖏᑦᑕᕆᐊᒃᓴᖓᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒃᐱᖕᓂᐊᔾᔪᑎᓂᑦ ᓱᓪᓗᑯᑖᖏᓐᓄᑦ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᙱᓐᓂᖓᓄᑦ.

ᐱᓇᓱᐊᕈᓯᕐᖅ 9

"(ᐱᖅᑯᓯᑐᕐᑲᑎᒍᑦ,) ᓲᕐᓗ ᓯᖓᐃᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᕐᓂᕐᓄᑦ ᒫᓐᓇᐅᔪᖅ, ᒪᒃᑯᒃᑐᐃᑦ ᐊᕐᓇᐃᑦ ᑐᓂᔭᐅᓲᖕᒍᕗᑦ ᑐᓴᒐᒃᓴᐅᔪᓂᑦ ᖃᓄᐃᓐᓂᐊᕐᓂᖏᓐᓄᑦ ᓯᖓᐃᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᐃᓕᓴᖅᓯᓂᕐᒧᑦ ᐃᕐᓂᓯᒃᐸᑦᓕᐊᓕᕐᓂᕐᒧᑦ."
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 9, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

ᐃᓄᒐᙳᐊᑦ ᐊᒻᒪᓗ ᐳᑐᒍᐃᑦ ᐊᕕᒃᑐᖅᐳᑦ,
ᐃᓱᐅᑉ ᓯᓈ ᐊᑦᓕᖏᑦ ᓴᖅᑭᑉᐳᑦ,
ᐊᒻᒪᓗ ᐆᒻᒪᑎᖓᑕ ᓱᒃᑲᓂᖓ 130-ᓂᑦ
ᑎᑦᓕᕐᓂᖅᑲᖅᐳᑦ ᒥᓂᑦᒥᑦ.

ᖃᓄᑎᒋ ᐅᕐᑯᒪᐃᓐᓂᖅᑲᓪᓗᐊᖅᐳᖓ?
ᐃᒪᐃᑉᐳᖅ...

	ᐃᒪᐃᕐᑯᔭᐅᓇᔭᖅᑐᖅ ᐅᕐᑯᒪᐃᓐᓂᕆᓪᓗᐊᖅᑕᖓ	
ᓱᖓᐃᓚᐅᙱᓐᓂᖓᓂ BMI-ᖓᑕ ᐱᐅᓂᖓ	kg (ᑭᓗᒍᓛᒻ)	lbs (ᐸᐅᓐᓴ)
ᐅᓄᖏᓐᓂᖅᓴᒥᑦ 18.5 30	12.5-ᒥ - 18-ᒧᑦ	28-ᒥ- 40 lbs
18.5 - 24.9	11.5-ᒥ - 16-ᒧᑦ	25-ᒥ- 35 lbs
25 - 29.9	7-ᒥ- 11.5-ᒧᑦ	15-ᒥ- 25 lbs
ᐅᖓᑖᓂ 30	5-ᒥ- 9-ᒧᑦ	11-ᒥ- 20 lbs

ᐱᓇᓱᐊᕈᓯᖅ 10

“ᐊᕐᓇᖅ ᐊᒃᔭᖅᓯᒍᓂ ᐅᕿᙱᑦᑐᒥ ᐅᔭᕋᖏᑦ ᐊᒪᐅᑎᖓᓂ, ᐱᕈᕋᔭᖅᐳᖅ ᐊᖏᔪᓂᒃ ᐅᕐᑯᒪᐃᑦᑐᓂᒃ ᓄᑕᕋᓛᖅᑕᖅᐸᒃᓗᓂ.”
(ᐱᖅᑯᓯᑐᖅᑲᑯᑦ ᐊᑐᕆᐊᓖᑦ ᓂᕕᐊᖅᓵᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 59, ᐃᓅᕐᑲᑎᑏᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᓈᑎᓇᕗᑦ
ᐊᓇᕐᓂᑦ ᐃᓕᖕᓄᑦ ᐊᕐᕌᖅᑎᒍᑦ.

ᐱᓇᓱᐊᕈᓱᖅ 11

ᐃᓱᒪᒥᒍᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓃᑦ.

ᓱᖕᒐᐃᑎᑦᓗᑎᑦ, ᐃᓱᒪᒋᔭᑎᑦ ᐃᒃᐱᒋᔭᑎᑦᓗ ᖁᑦᑎᒃᓱᕝᕙᑦᓕᖅᐳᑦ. ᐊᒥᓱᐃᑦ ᐊᕐᓇᐃᑦ ᓂᑲᑦᓗᖕᒐᓲᖕᒍᕗᑦ, ᐊᓱᖕᒋᑦᓗ ᓱᕗᕋᓂᖃᓲᖕᒍᑦᓗᑎᒃ (ᖁᕕᐊᓱᖕᓂᕐᒥᑦᔫᓐᓃᑦ). ᑭᓱᑐᐃᓐᓇᖅ ᐃᓱᒪᒋᔭᕐᓂᑦ, ᓱᖕᒋᐅᓐᓇᖅᐳᖅ. ᐃᖃᐃᓕᓴᐃᓐᓇᖅᐸᒡᓗᑎᑦ ᐊᒻᒪᓗ ᓂᕆᑦᑎᐊᖅᐸᒡᓗᑎᑦ ᐃᑲᔪᕐᓂᖃᕐᓂᐊᖅᐳᖅ ᐊᓱᔾᔨᖅᐸᑦᓕᐊᓂᐅᔪᓂᑦ ᖃᓄᐃᓐᓂᕐᓄᑦ.

“ᐊᕕᒃᓯᒪᔪᓂᒃ ᐅᖅᑯᐊᖑᔪᓂᑦ ᓇᓗᓇᐃᔭᐃᒐᔭᖅᐳᖅ ᐃᕐᓂᓱᖕᓃᑦ ᐸᒡᕕᓵᕆᔭᐅᙱᓐᓂᐅᔪᒥᑦ ᐊᖏᕋᕆᔭᐅᔪᒥᑦ ᐅᖅᑯᐊᖑᓂᐅᔪᒥᑦ. ᐊᓱᖕᒋᑦ ᐅᕐᖃᖅᐳᑦ ᐃᕐᓂᕝᕕᐅᔪᓂᑦ ᐃᒡᓗᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᕐᒪᐃᑦ ᒥᑭᑦᑐᑯᓘᕙᓚᐅᖅᐳᑦ ᐃᓂᒃᓴᖃᑐᐃᓐᓇᕐᓗᓂ ᐃᕐᓂᓱᒃᑐᓄᑦ ᐊᕐᓇᐅᔪᓄᑦ. ᑕᐃᒃᑯᐊ ᐃᑲᔪᖅᑐᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖃᐅᔾᔪᐃᔪᐃᑦ ᐹᒥᖃᑦᑕᓚᐅᖅᐳᑦ.”
(ᒫᑕ ᒍᓈᒡ, ᐊᖓᔪᖅᑳᖅ. ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᕐᓇᓄᑦ ᑲᓇᑕᒥ (ᑲᑎᒪᓂᕕᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ))

ᐃᒃᐱᒋᔭᑎᑦ ᓂᑲᑦᓗᖕᒐᓲᖕᓃᑦ ᐱᓗᐊᑑᔾᔭᑦᑕᓂ, ᐅᖃᐅᑎᑲᐅᑎᒋᓗᒋᑦ ᓄᓇᓕᖕᓂ ᐃᓗᐊᖅᓴᐃᔨᐅᔪᑦ.

ᐊᑐᖅᑯᔭᐅᓇᔭᖅᑐᖅ

ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᐅᔪᓄᑦ

ᐃᒃᐱᖕᓂᐊᔾᔪᑎ ᑲᓱᖅᑕᖅᑕᖕᒪᖕ, ᐆᒻᒪᑎᖕᒪ, ᓂᐅᖕᒋᑦ ᑕᓕᖕᒋᑦ, ᐃᔨᖕᒋᑦ, ᐊᒻᒪᓗ ᓯᐅᑎᖕᒋᑦ ᐱᒻᒪᕆᐅᓂᖅᐸᖕᒐᓃᑉᐳᑦ ᐱᕙᓪᓕᐊᓂᖕᒐᓂ ᑕᒪᑐᒪᓂ ᑕᖅᑭᐅᔪᒥᑦ.

ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᐅᔪᓄᑦ ᑲᑎᖅᑲᑎᒋᓇᔭᖅᑕᑎᑦ ᑕᒪᑐᒪᓂ ᓯᖕᒐᐃᒋᔭᖅᓂᑦ

- ᐃᖅᓂᓱᒃᓲᔨᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᑦᑎᐊᖅᐳᖅ ᑐᓂᓯᓂᖅᒧᑦ ᐸᖅᑭᑦᑎᐊᖅᓂᖅᒧᑦ ᐊᖅᑎᒃᑐᒥ-ᐅᓗᓇᐊᓇᖅᓂᐅᔪᒥᑦ ᐊᖅᓇᓄᑦ ᓯᖕᒐᐃᑎᓪᓗᒋᑦ, ᐃᖅᓂᓂᖅᒧᑦ, ᐊᒻᒪᓗ ᓯᐅᓪᓕᖅᐹᒥ ᐱᓇᓱᐊᕈᓯᐅᔪᓂᑦ ᐃᖅᓂᓚᐅᖅᑎᓪᓗᒋᑦ. ᐃᖅᓂᓱᒃᓲᔨᑦ ᐸᐃᑉᐹᖅᐳᑦ ᐊᒻᒪᓗ ᑐᓂᓯᓱᖕᒐᐅᑦ ᐸᖅᑭᓂᖅᒧᑦ ᒪᓕᒃᑐᑎᒃ ᐊᕕᒃᑐᖅᓯᒪᔪᓂᑦ ᒪᓕᒋᐊᓕᖕᓂᑦ. ᐃᖅᓂᓱᒃᓲᔨᑦ ᑐᓂᓯᓱᖕᒐᐅᑦ ᐃᓅᓕᓴᐅᑎᒃᑰᖕᒋᑦᑐᖅ ᐃᖅᓂᓱᖕᓂᐅᔪᒥᑦ. ᐃᖅᓂᓱᒃᓲᔨᑦ ᐃᖅᓂᑎᑦᑎᔪᓐᓇᖅᐳᑦ ᐋᓐᓂᐊᕕᖕᒥᑦ ᐊᖕᒋᕐᕋᒥᓪᓗᓐᓃᑦ.

- ᐃᓚᒋᖕᓄᑦ ᓗᒃᑖᖅ ᐃᓅᓕᓴᐃᓂᖅᒧᑦ ᓗᒃᑖᖕᒐᐅᖅ ᐊᕐᕌᒍᓴᒃᑲᓐᓂᖅᓂᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᒥᑦ ᐱᔾᔪᑎᓪᓗᐊᑕᕐᒥᑦ ᐸᖅᑭᓂᖅᒧᑦ. ᐃᓚᒋᖕᓄᑦ ᓗᒃᑖᑦ ᑐᓂᓯᓱᖕᒐᐅᑦ ᐸᖅᑭᓂᖅᒥᑦ ᐃᓚᒋᓕᒫᓄᑦ ᐊᒻᒪᓗ ᑕᐃᒪᐃᓐᓂᖕᒐᓄᑦ ᐃᓅᓕᓴᐃᔪᓐᓇᖅᐳᖅ ᐃᓕᖕᓂᑦ ᓯᖕᒐᐃᑎᓪᓗᑎᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᖅᓂᑦ ᐃᓅᕋᓂᒃᐸᑦ. ᐱᐅᓗᐊᖅᑐᖅ, ᐃᓚᒋᖕᓄᑦ ᓗᒃᑖᑦ ᐃᒃᐱᒍᓱᑦᑎᐊᖅᐳᖅ ᖃᓄᐃᓐᓂᓕᒫᖅᓂᑦ ᐃᓚᒋᖕᓄᑦ ᖃᓄᐃᖕᒋᑦᑎᐊᖅᓂᖕᒐᓂ, ᐊᒻᒪᓗ ᓯᖕᒐᐃᓂᑐᐊᖅᓂᐅᖕᒋᑦᑐᖅ. ᐃᓚᒋᖕᓄᑦ ᓗᒃᑖᑦ ᐃᖅᓂᑎᑦᑎᓲᖕᒐᑦ ᓄᑕᕋᓛᖅᓂᑦ ᐋᓐᓂᐊᕕᓂᑦ.

- ᐄᔭᒐᓕᓇᔨ ᐋᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᖅᒧᑦ ᐸᖅᑭᓂᖅᒧᑦ ᐱᓕᓇᔨᒻᒪᓇᐅᖅᐳᖅ ᐊᔪᖕᒋᓐᓂᖅᑲᖅᓗᓂ ᐄᔨᒐᓂ ᐸᖅᓇᐃᓂᖅᒧᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 12

"ᑕᒪᐃᑎᒍᑦ, ᐃᖅᓂᓱᒃᓲᔨᑦ ᐃᓕᓐᓂᐊᓂᖅᑲᓇᐊᖅᑲᓚᐅᖅᐳᑦ, ᒪᑐᐃᖕᒐᓗᑎᒃ, ᓇᒡᓕᒍᓱᖕᓂᖅᑲᖅᓗᑎᒃ, ᐊᒻᒪᓗ ᓴᐃᒻᒪᖅᓴᐃᕙᒃᓗᑎᒃ ᐊᒻᒪᓗ ᐅᑯᓂᖕᒐ ᐊᔪᖕᒋᓐᓂᖅᑲᖅᓗᑎᒃ : ᖃᐅᔨᒪᓂᖅᑲᖅᓗᑎᒃ ᐊᖅᓇᐃᑦ ᑎᒥᖕᒋᓐᓂᑦ ᐃᓚᖅᑲᖅᓗᑎᒃ « ᑭᓱ ᐃᓗᐊᓃᑉᐸᑦ »; ᑭᐱᓱᔪᓐᓇᖅᓗᑎᒃ ᕿᓚᒃᓱᔪᓐᓇᖅᓗᑎᒃ ᒥᒃᓵᐊᒥᑦ; ᐊᔪᖕᒋᓐᓂᖅᑲᖅᓗᑎᒃ ᐃᓕᓴᐃᓂᖅᒧᑦ ᐊᖅᓇᓂᒃ ᐃᖅᓂᓱᒃᑐᓂᑦ, ᐅᖅᑲᐅᔾᔨᓗᓂᒋᑦ ᖃᓄᐃᓐᓂᐊᖅᒪᖕᒐᑕ, ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᑎᒥᒃᑯᓪᓗ ᐃᓗᐊᖅᓯᑎᓪᓗᓂᐅᒃ; ᖃᐅᔨᒪᓗᓂ ᐃᖅᓂᓱᒡᓗᓂ ᐃᓂᒋᔭᐅᓲᓂᑦ ᐊᑲᐅᓂᖅᐹᖕᒐᓂᖕᒋᓐᓂᑦ ᐃᖅᓂᑲᐅᖅᑐᖅᓇᖅᑐᓂᑦ, ᐊᒻᒪᓗ ᐊᔪᖕᒋᓐᓂᖅᑲᖅᓗᓂ ᐱᓕᓇᓂᖅᒧᑦ ᐊᑲᐅᖕᒋᓕᐅᕈᑕᐅᔪᓂᑦ."

(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 6, ᐃᓚᖕᒐ X ᓈᓴᐅᑖ 1, 1995)

- ᓯᖕᒐᐃᔪᓕᓇᔨ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᖅᒧᑦ ᓗᒃᑖᖕᒐᐅᖅ ᐊᒥᓱᐊᓗᖕᓂ ᐊᖅᑦᒐᓂ ᐃᓕᓐᓂᐊᓂᖅᑲᖅᓂᐅᕐᖅ ᐸᖅᑭᑦᑎᓂᖅᒧᑦ ᐊᖅᓇᓂᒃ ᓯᖕᒐᐃᑎᓪᓗᒋᑦ, ᐃᖅᓂᓱᖕᓂᖅᒧᑦ ᐊᒻᒪᓗ ᐃᖅᓂᓂᖅᒧᑦ, ᐊᒻᒪᓗ ᓯᕐᓪᓖᑦ ᐱᓇᓱᐊᕈᓯᐅᔪᓄᑦ ᐃᖅᓂᓚᐅᖅᑎᓪᓗᒋᑦ. ᓯᖕᒐᐃᔪᓕᓇᔨᑦ ᐃᓕᓐᓂᐊᖅᓂᖅᑲᖅᐳᑦ ᑲᒪᒋᔭᖅᑲᖅᓂᖅᒥᑦ ᖃᓄᐃᖕᒋᑦᑐᓄᑦ ᐊᒻᒪᓗ ᓇᓗᓇᖅᑐᓄᑦ ᓯᖕᒐᐃᓂᐅᔪᓂᑦ ᐊᒻᒪᓗ ᐃᖅᓂᓂᐅᔪᓂᑦ. ᓯᖕᒐᐃᔪᓕᓇᔨᑦ ᐃᖅᓂᑎᑦᑎᓲᖕᒐᑦ ᓄᑕᕋᓛᓂᑦ ᐋᓐᓂᐊᕕᐅᔪᓂᑦ, ᑕᐃᑲᓂ ᒫᓐᓇᑲᐅᑎᒋ ᐊᑐᐃᓐᓇᖃᖅᓂᖕᒐᓄᑦ ᐋᓐᓂᐊᓗᐊᖅᑕᐃᓕᓂᖅᒧᑦ ᐊᒻᒪᓗ ᐃᓅᓕᓴᖅᑕᐅᔭᓇᐊᖃᖅᖃᖅᑐᓄᑦ ᐱᔭᓇᐊᖃᖅᖃᖅᐸᑦ.

- ᐃᓗᐊᖅᓴᐃᔨᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᖅᒧᑦ ᐸᖅᑭᔨᐅᕐᖅ ᑐᓂᓯᓱᓂᒃ ᓈᒪᔪᒥᑦ ᐸᖅᑭᓂᐅᔪᒥᑦ ᐃᓕᖕᓄᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᖅᓄᑦ. ᐃᓗᐊᖅᓴᐃᔨᑦ ᐃᓚᐅᓂᖅᑲᓐᓇᖅᐳᑦ ᓇᐅᒃᑯᑐᐃᓐᓇᕐᑎᐊᖅ ᓯᖕᒐᐃᓂᖅᓄᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᖅᐱᑦ ᐸᖅᑭᔭᐅᓂᖕᒐᓄᑦ. ᑐᓂᓯᓱᖕᒐᐅᑦ ᑕᐃᒐᕐᒥᑦ ᐃᓕᖕᓄᑦ ᐊᒻᒪᓗ ᐊᓯᖕᒋᓐᓄᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᐅᔪᓄᑦ ᐃᓚᒋᒃᑐᓄᑦ. ᐃᓗᐊᖅᓴᐃᔨᑦ ᐃᓚᐅᓇᔭᖅᑐᒃᓴᐅᕐᐅᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᖅᒧᑦ ᐃᓕᖕᓂᑦ ᐸᖅᑭᔭᐅᔭᕆᐊᖃᖅᓂᐅᔪᓂᑦ ᓄᑕᕋᓛᕕᑦ ᐱᔭᕆᐊᖃᖅᑕᖕᒋᓐᓂᑦ.

- ᓗᒃᑕᒧᑦ ᐃᓗᐊᖅᓴᐃᔨᐅᔪᑦ ᐸᐃᑉᐹᖅᑖᖅᓯᒪᓪᓗᓂ ᐃᓗᐊᖅᓴᐃᔨᐅᕐᖅ ᖃᒃᑲᓐᓂᐊᒍᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᒥᑦ. ᓗᒃᑕᒧᑦ ᐃᓗᐊᖅᓴᐃᔨᐅᔪᑦ ᐱᓕᕆᔪᓐᓇᖅᐳᑦ ᐃᓚᖕᒋᓐᓂ ᓱᖅᑯᐃᖅᑕᐅᓂᖅᓂᑦ ᐊᒻᒪᓗ ᐃᓅᓕᓴᐃᓂᖅᒥᑦ ᐱᓕᕆᓂᐅᔪᓂᑦ ᑕᐃᔾᓱᒪᓂ ᓗᒃᑖᑐᐊᑦ ᐱᓕᕆᔪᓐᓇᓚᐅᖅᑕᖕᒋᓐᓂᑦ. ᐅᖕᒐᑎᒃᑲᓐᓂᐊᒍᑦ ᖃᐅᔨᒪᓂᖅᑲᖅᐳᑦ ᐊᒻᒪᓗ ᐃᓱᒪᓕᐅᕆᓂᖅᑲᖅᓗᑎᒃ ᐊᔪᖕᒋᓐᓂᖅᑲᖅᐳᑦ ᑐᕋᖕᒐᓂᓕᖕᓂᑦ ᖃᐅᔨᓴᐃᓂᖅᒧᑦ, ᓱᖅᑯᐃᖅᑕᐅᓂᖅᒧᑦ, ᐄᔭᒐᖅᑖᖅᑎᑦᑎᓂᖅᒧᑦ, ᐊᒻᒪᓗ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᖅᒧᑦ ᐃᑲᔪᖅᓱᐃᓂᖅᒧᑦ.

- ᐃᒃᐱᖕᓂᐊᔪᓐᓃᖅᑎᑦᑎᔨᑦ ᐃᓅᓕᓴᐃᓂᖅᒧᑦ ᐱᓕᕆᔨᒻᒪᓇᐅᖅᑦ ᐃᒃᐱᖕᓂᐊᔪᓐᓃᖅᑎᑦᑎᓲᑦ ᐅᓂᒃᓯᒪᔪᓄᑦ, ᐱᓚᒃᑕᐅᔭᓇᐊᖃᑲᓪᓚᒃᑯᕕᑦ ᐃᖅᓂᓱᖕᓂᖅᓂᑦ. ᑐᓴᕈᓐᓇᓇᕐᑎᑦᑕᐅᖅ ᓯᓂᒃᑎᑦᑕᐅᓂᖅᒧᑦ ᐃᒃᐱᖕᓂᐊᔪᓐᓃᕈᑎᒥᑦ ᑕᐃᔭᐅᔪᖅ "ᓯᓂᖕᓇᖅᑐᖅ." ᓯᓂᖅᔪᐊᖅᑎᓪᓗᑎᑦ ᐃᒃᐱᖕᓂᐊᔾᔭᖕᒋᓚᑎᑦ ᐋᓐᓂᐊᖅᓂᖅᒥᑦ.

- ᐃᓄᓕᓇᔨᑦ ᐱᒻᒪᓇᐅᓪᓗᑎᒃ ᐃᓚᒋᔭᐅᕐᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᖅᒧᑦ ᐸᖅᑭᔨᐅᔪᓂᑦ ᐊᒻᒪᓗ ᑐᓂᓯᓱᖕᒐᓪᓗᑎᒃ ᐃᑲᔪᖅᓱᐃᓂᖅᒥᑦ ᐱᓕᕆᓂᐅᔪᓂᒃ ᐃᓚᖅᑲᖅᓗᑎᒃ: ᐊᑐᓂ, ᐃᓚᒋᖕᓄᑦ, ᑲᑎᙵᓯᓄᓪᓗᓐᓃᑦ ᐃᓄᓱᓕᓇᓂᖅᒧᑦ, ᐅᓂᒃᓯᒪᔪᒧᑦ ᐊᒻᒪᓗ ᐃᓚᒋᖕᓄᑦ ᐃᓕᓐᓂᐊᖅᓂᖅᒧᑦ, ᑐᓴᒐᒃᓴᓂᒃ ᐱᔾᔪᑎᓕᖕᓂᑦ ᓄᓇᓕᖕᓂᑦ ᐃᑲᔪᕈᑕᐅᔪᓇᖅᑐᓂᑦ, ᐊᒻᒪᓗ ᑐᕋᖅᑎᑦᑎᓂᖅᒧᑦ ᓄᓇᓕᖕᓂᑦ ᑐᙵᕕᖕᓂᑦ ᐱᓕᕆᓂᐅᔪᓂᑦ. ᐃᓄᓕᓇᔨᑦ ᐊᔪᖕᒋᓐᓂᖅᑲᖅᓂᐅᔪᒥᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᕐᑦ ᐃᑲᔪᕆᐊᒃᓴᖅ ᓱᕈᓯᖅᓂᑦ ᐊᒻᒪᓗ ᐃᓚᒋᖕᓯᔪᓂᑦ ᐊᒃᓱᕈᓴᖅᑐᓂᑦᑐᓂᑦ.

ᓴᐅᓂᖅ ᐃᓇᖕᒋᓕᖅᐳᑦ ᖃᕐᑯᓛᒥᑦ. ᐊᒻᒪᓗᑦᑕᐅᖅ, ᓄᑦᕋᓛᒃᓴᖅ ᒪᑐᐃᖅᓯᔪᓐᓇᖅᓯᕗᖅ ᒪᑐᓯᔪᓐᓇᕐᓗᓂᓗ ᖃᓂᕐᒥᓂᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 13

ᓯᕗᑦᓕᕐᒥ ᐋᓐᓂᐊᕕᖕᒧᑦ ᐅᐸᒃᑐᕐᓂᕐᓂᑦ, ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᖅᑭᔨᒋᔭᐃᑦ ᐊᐱᕆᓂᐊᖅᐸᑎᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᓂᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᖃᖅᑕᕐᓂᑯᕕᑦ ᖃᓄᐃᑉᐸᒃᑕᕐᓂᑯᖕᓂᑦ, ᐃᓚᕕᑦ ᐋᓐᓂᐊᖃᖅᑕᕐᓂᑯᖕᒋᓐᓂᑦ ᖃᓄᐃᑉᐸᒃᑕᕐᓂᑯᖕᒋᓂᑦ, ᐊᒻᒪᓗ ᐃᒻᒪᖃ ᐃᖅᑲᓇᐃᔭᕐᓂᑦ ᓇᓗᓇᐃᔭᐃᓇᓱᐊᕐᓗᓂ ᐅᓗᕆᐊᓇᖅᑐᖃᕐᒪᖔᑦ ᓯᖓᐃᒋᔭᕐᓄᑦ.

ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᖅᑭᔨᒋᔭᐃᑦ ᐃᒪᐃᓐᓂᐊᕆᕗᖅ:

- ᐃᑎᕈᕐᓂᑦ ᐊᒻᒪᓗ ᐊᐅᖕᓂᑦ ᖃᐅᔨᓴᐃᓂᐊᖅᐳᖅ ᓇᓗᓇᐃᕋᓱᐊᕐᓂᕐᒧᑦ ᓯᖓᐃᓂᕐᓂᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓴᕐᓗᓂ ᖃᓄᐃᑦᑐᐃᓐᓇᓂ ᖃᓄᐃᓐᓂᐅᔪᓂᑦ ᐊᒃᑑᑎᔪᓐᓇᖅᑐᒥ ᓯᖓᐃᔭᕐᓂᑦ

- ᐊᑯᐊᒃᑯᑦ ᖃᐅᔨᓴᕐᓗᓂ ᓇᓗᓇᐃᖅᓯᓂᕐᒧᑦ ᓯᖓᐃᓂᕐᓂᑦ, ᖃᐅᔨᓴᕐᓗᓂ ᕿᓕᖅᓯᓐᓇᕐᓂᑦ, ᐊᒻᒪᓗ ᖃᐅᔨᓴᐃᓗᓂ ᐊᑯᐊᖅ ᓴᐅᓂᖕᒋᓐᓂ, ᖁᕐᖃᕐᒥᑦ ᐊᒻᒪᓗ ᐃᑦᓕᐊᑉ ᐹᖓᓂ

- ᐃᒡᓕᐊᑉ ᐹᖓᓂᑦ ᐊᓚᖅᓯᓂᖃᕐᓗᓂ ᐊᑯᐊᖅ ᖃᐅᔨᓴᖅᑕᐅᑎᓪᓗᒍ, ᐃᑦᓕᐊᑉ ᐹᖓ ᐋᖅᑭᑦᑎᐊᖅᓯᒪᒐᓗᐊᕐᒪᖔ, ᐊᒻᒪᓗ ᐊᑦᓚᖅᓯᐊᕐᔪᒡᓗᓂ ᐊᒻᒪᑎᓐᓂᖃᖕᒋᒃᑲᓗᐊᕐᒪᖔᑦ

- ᑕᑭᓃᑦ ᐆᒃᑐᕐᓗᒍ ᐊᒻᒪᓗ ᐅᕐᑯᒪᐃᓐᓂᐊᖅᑕᐅᓗᑎᑦ

- ᓇᕿᓪᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᕿᓛᕐᓗᒍ ᓈᑦ ᐃᒃᐱᒋᓇᓱᐊᕐᓗᒍ ᐃᒡᓕᐊᖅᐱᑦ ᖄᖓᓂ

- ᐊᐅᑉ ᓯᖑᔭᕐᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᓗᓂ

ᐸᐅᕐᖕᒐᖅᑐᕐᓂᖅᓴᐅᓇᓱᒃᐸᒡᓗᑎᑦ, ᐱᕈᖅᑐᕕᓂᕐᓂᑦ ᓲᕐᓇᖅᑐᓂᑦ ᐊᒻᒪᓗ ᐱᕈᖅᑐᕕᓂᕐᓂᑦ. ᐳᐃᒍᖅᑕᐃᓕᒃᑭᑦ ᓂᕐᑮᑦ, ᐃᖃᓗᕐ, ᑎᖕᒥᐊᑦ, ᒪᓐᓃᑦ ᐊᒻᒪᓗ ᓂᓕᕐᓇᖅᑐᐃᑦ ᓴᖕᒋᔪᓂᑦ ᓄᑭᖃᕐᑯᒧᑦ ᐊᒻᒪᓗ ᓴᐅᓂᑦᑎᐊᓇᖕᓂᕐᒧᑦ.

ᓄᑕᕋᓛᒃᓴᐃᑦ ᑕᑭᓂᖃᓕᖅᐳᖅ ᐱᖓᓱᑦ
ᐃᓐᓯᔅᓗᐊᒥᑦ. ᓱᓚᑖᓃᑦᑐᑦ ᐅᓱᖓ ᐊᒻᒪᓕᖓᓗᓐᓃᑦ
ᐋᖅᑭᒃᓯᒪᑦᑎᐊᓕᖅᐳᑦ ᐊᒻᒪᓗ ᓇᓗᓇᐃᕈᓐᓇᖅᓯᕗᖅ
ᓄᑕᕋᓛᒃᓴᐃᑦ ᐊᖑᑕᐅᖓᖕᒐ ᐊᕐᓇᐅᖓᖕᒐᓪᓗᓐᓃᑦ.

ᐳᓯ ᒃᑦ ᐊᓇᕐᕕᒋᕙᒃᑕᖓᓂ
ᐊᓯᔾᔨᕐᑲᑦᑕᕈᓐᓃᑦ.
ᐊᓇᕐᕕᒋᕙᒃᑕᖓ ᐃᓗᓕᖅᑲᕐᒪᑦ
ᐃᓚᐅᕈᑎᒃᓴᓂ ᓱᔪᐃᔪᓐᓇᖅᑐᒥ
ᓄᑕᕋᓛᒃᓴᕐᓂᑦ ᓱᐳᒻᒥᔾᔪᑎᒃᓴᖏᑦ
ᓱᓕ ᐋᖅᑭᐊᓂᙱᒻᒪᑕ

ᐱᓇᓱᐊᕈᓯᕐᖅ 14

ᐊᓇᕈᓐᓇᐃᑦᓕᓂᕐᒧᑦ ᐃᑲᔪᕋᓱᐊᕐᓂᕐᒧᑦ
ᐃᒥᕐᑲᑦᑕᕕᒡᔪᐊᕆᑦ. ᐊᑐᖅᐸᙱᑦᓗᑎᑦ
ᐊᓇᕈᑎᐅᔪᓂᑦ ᓱᖓᐃᑎᑦᓗᑎᑦ.

ᓄᑕᕋᓛᒃᓴᕕᑦ ᐆᒻᒪᑎᖓ ᐃᖏᕋᑎᑦᑎᕗᖅ
ᐊᐅᖕᒥᑦ 24 ᓛᑕᐸᓗᖕᓂᑦ ᐅᓪᓗᑕᒫᑦ

ᐱᓇᓱᐊᕈᓯᖅ 15

ᐃᓕᓐᓂᐊᕈᕕᑦ ᓱᓕ, ᐅᑯᐊ ᐃᑲᔪᕈᑎᒃᓴᐅᔪᑦ ᐃᓕᓐᓂᐊᕋᓂᒐᓱᐊᕐᓂᕐᒧᑦ ᓯᖓᐃᑎᓪᓗᑎᑦ. ᐃᓅᓯᖅ ᐱᓕᕆᒃᑲᓐᓂᐅᔭᕐᓂᐊᓕᖅᐳᖅ, ᑭᓯᐊᓂ ᐊᔪᖕᒋᑦᑐᑎᑦ, ᓯᕗᓂᖕᓂᑦ ᑕᐃᒪᐃᑦᑐᕐᑲᕐᓂᑰᕗᖅ.

- ᐃᓂᒃᓴᓕᐅᕐᓗᑎᑦ ᐅᖃᕐᑲᑎᕐᑲᕆᐊᖅᑐᕐᓗᑎᑦ ᐃᓅᓯᓕᕆᔨᐅᔪᒧᑦ ᐅᖃᕐᑲᑎᒋᔭᖅᑐᕐᓗᒍ ᖃᓄᐃᑦᑐᕐᓇᕐᒪᖔᖅᐱᑦ ᐃᓕᓐᓂᐊᕐᕕᒋᔭᕐᓂᑦ. ᐸᕐᓇᐃᔭᕆᐊᕐᑲᑐᐃᓐᓇᕋᕕᑦ ᐃᓕᓐᓂᐊᕐᓂᐅᔪᓂᑦ ᐃᓚᐅᖏᑦᑕᕆᐊᕐᑲᕈᕕᑦ ᖃᐅᔨᓴᖅᑕᐅᔭᕆᐊᕐᑲᕐᓂᕐᓄᑦ ᐋᓐᓂᐊᕕᖕᒥᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᕐᓂᕕᒃᓴᕐᑲᕈᕕᑦ ᐃᓕᓐᓂᐊᕐᓇᐅᑎᓪᓗᒍ ᐃᓗᐊᓂ.

- ᐅᕐᑲᐅᑎᓗᒋᑦ ᐃᓕᓴᐃᔨᑎᑦ ᖃᐅᔨᒪᓕᑐᐊᕈᕕᑦ ᐃᓕᓐᓂᐊᕐᓂᕐᒥᑦ ᐅᐸᒍᓐᓇᔾᖏᒃᑯᕕᑦ

- ᐃᓕᓐᓂᐊᕐᕖᑦ ᐃᓗᐊᖅᓴᐃᔨᕐᑲᕈᓂ, ᐅᐸᒍᓐᓇᕋᓱᐊᕐᓂᐊᖅᐸᐃᑦ ᖃᖓᑐᐃᓐᓇᒃᑯᑦ ᐅᕐᑲᕐᑲᑎᒋᓗᒍ ᑎᒥᕕᑦ ᐊᒻᒪᓗ ᐃᓱᒪᕕᑦ ᖃᓄᐃᖏᑦᑎᐊᕐᑯᓪᓗᒋᑦ.

- ᐅᕐᑲᕐᑲᑎᕐᑲᖅᐸᒡᓗᑎᑦ ᐊᓯᖏᓐᓂᑦ ᐊᓈᓇᐅᔪᓂᑦ ᖃᐅᔨᓇᓱᐊᕐᓗᑎᑦ ᖃᓄᖅ ᐃᓕᓐᓂᐊᖏᓐᓇᕈᓐᓇᓚᐅᕐᓂᖏᓐᓂ ᐊᖑᒻᒪᑎᓪᓗᑎᒃ ᓯᖓᐃᑎᓪᓗᒋᑦ ᐊᒻᒪᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᒻᒪᕆᒃᑐᑎᒃ.

“ᐊᕐᓇᐃᑦ ᓱᕗᕋᑎᑕᐅᔭᕆᐊᕐᑲᖏᑦᑎᐊᖅᑐᑦ ᓯᖓᐃᑎᓪᓗᒋᑦ ᓯᖓᐃᑦᑎᐊᓂᕐᑲᕐᓂᐊᕐᒪᑕ.”
(ᐱᖅᑯᓯᑐᕐᑲᒃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᕐᓇᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 51, ᐃᓅᕐᑲᑎᑏᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᑦᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᕕᑦ ᐃᓗᖕᒋᑦ ᐊᐅᓚᖃᑦᑕᓯᕗᑦ
ᐊᒻᒪᓗ ᑯᑭᖕᒋᑦ ᐱᕈᖅᐸᓪᓕᐊᓯᕗᑦ.

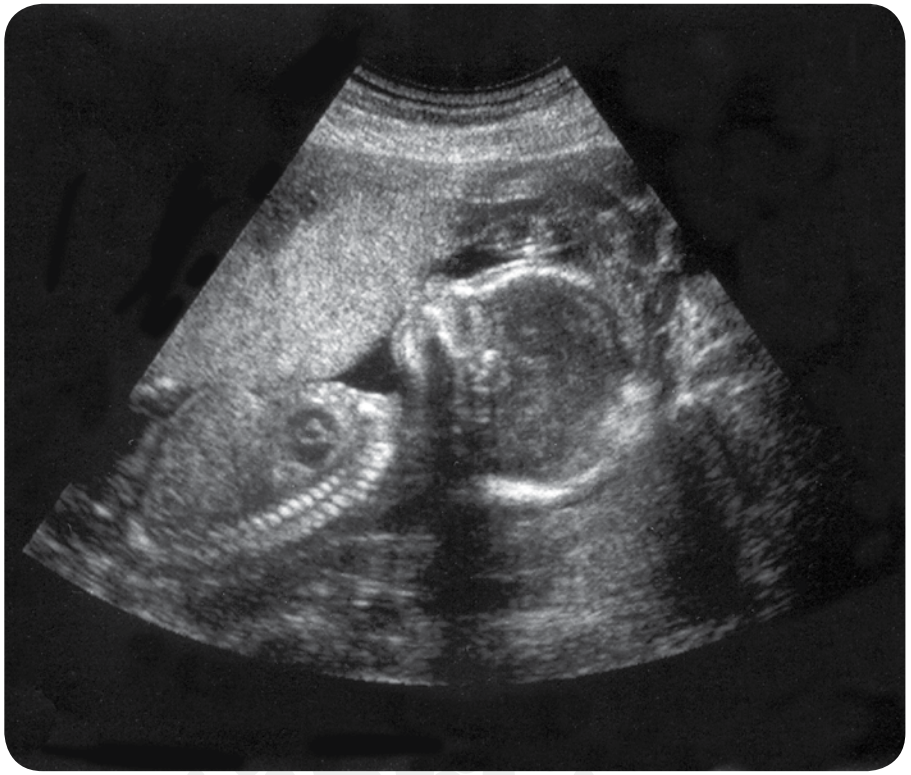
ᐱᓇᓱᐊᕈᓯᖅ 16

ᓱᐅᖅᑐᖅᑕᐅᔪᑦ ᐊᓯᖕᓂᑦ ᐳᔪᖓ
ᐱᐅᙱᑎᒋᕗᖅ ᓱᐅᖅᑐᕐᓂᖅᑎᑐᑦ.
ᓱᐅᖅᑐᖅᑏᑦ ᖃᓂᒋᔭᕐᓂᑦ
ᓄᖅᑲᕐᑯᕙᒃᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓯᓚᒧᑦ
ᓱᐅᖅᑐᕆᐊᕐᑯᕙᒃᓗᒋᑦ.

“ᐃᓄᑐᖃᐃᑦ ᐅᖃᐅᓯᖃᖅᓯᒪᕗᑦ ᐊᑕᐅᓯᕐᒥᑦ
ᐅᓄᕐᓂᖅᓴᓂᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑎᖃᕐᓂᕐᒥᑦ
ᐃᓚᒋᔭᐅᒐᔪᒃᑐᒥᑦ.”
[ᒫᒃᑕ ᒍᓈᒃ, ᐊᖓᔪᖅᑳᖅ. ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᕐᓇᓄᑦ ᑲᓇᑕᒥ
(ᑲᑎᒪᓂᕕᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ)]

ᐊᑐᖅᑯᔭᐅᓇᔭᖅᑐᖅ
ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᒃᑯᑦ

ᓄᑦᕋᓛᒃᓴᐃᑦ ᐊᐅᓚᖃᑦᑕᓕᖅᐳᖅ ᐃᒡᓕᐊᕐᓂᑦ ᐊᒻᒪᓗ ᐊᒃᑐᖅᓯᕙᓕᖅᓱᓂ ᐳᑐᒍᓂ ᐊᒻᒪᓗ ᑮᓇᓂ.



“ᓯᖓᐃᔪᖅ ᐊᕐᓇᖅ ᓄᑦᕋᓛᒃᓴᓂ ᐊᐅᓚᑏᓐᓇᕆᐊᖃᖅᐸ ᓂᐱᕐᓚᕐᓂᐊᕐᒪᑦ ᐃᒡᓕᐊᖓᓄᑦ.”
(ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᕐᓇᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 51, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕋᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐱᓇᓱᐊᕈᓯᖅ 17

ᑭᓱᕙ ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᐊᒻᒪᓗ ᖃᓄᐃᒻᒪᑦ ᑕᐃᒪᐃᑕᐅᔭᕆᐊᖃᖅᐳᖓ?

ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᐊᑐᓲᖕᒍᕗᖅ ᓂᐱᓂᒃ ᐃᖏᕋᓂᐅᔪᓂᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᓄᑦᕋᓛᒃᓴᕐᓂᑦ ᐃᒡᓕᐊᕐᓃᑦᑐᒥᑦ, ᐊᒻᒪᓗ ᑕᑯᒃᓴᐅᑎᑦᑎᓪᓗᓂ ᑕᐅᑐᒐᒃᓴᒥᑦ ᑕᓚᕕᓴᒃᑯᑦ, ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᖁᕕᐊᓇᖅᑐᒻᒪᕆᐅᕗᖅ ᓄᑦᕋᓛᒃᓴᐃᑦ ᑕᑯᔭᕆᐅᕐᓂᐊᕋᕕᐅᒃ. ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᓇᓗᓇᐃᕈᑕᐅᓲᖕᒍᕗᖅ ᖃᓄᑎᒋᐅᓕᕐᒪᖔᑦ ᓄᑦᕋᓛᒃᓴᐃᑦ, ᖃᐅᔨᓴᐃᓗᓂ ᑎᓪᓕᕐᓂᖓᓂ ᐆᒻᒪᑎᖓᓂ, ᐊᒻᒪᓗ ᖃᓄᐃᓕᖓᓂᕐᔫᑎᑦᖃᖕᒋᒃᑲᓗᐊᕐᒪᖔᑦ ᓂᐊᕐᑯᖓᓂ ᐊᒻᒪᓗ ᕿᒥᕐᓗᖓᓂ. ᑕᒪᓐᓇ ᐱᓕᕆᓂᐅᔪᖅ ᓇᓗᓇᐃᔭᐃᔪᓐᓇᕆᕗᖅ ᒪᕿᓕᐊᓂᑦ ᐊᒻᒪᓗ ᓇᓗᓇᐃᑦᑎᐊᕐᓂᕐᒧᑦ ᐃᓂᒋᓪᓚᕆᒃᑕᖓᓂ ᐊᕐᕋᖓᓂ. ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᐊᑕᐅᓲᖅᑕᐅᑐᐃᓐᓇᒐᔪᒃᑐᖅ ᓯᖓᐃᔪᓄᑦ, ᐱᓇᓱᐊᕈᓯᓂᑦ 16-ᒥ 20-ᒧᑦ, ᑭᓯᐊᓂᑦᑕᐅᖅ ᐃᓛᓐᓂᒃᑯᑦ ᓯᖓᐃᔾᔨᔭᓕᖅᑎᓪᓗᒋᑦ ᓄᑦᕋᓛᒃᓴᖅ ᐱᕈᖅᐸᓪᓕᐊᑦᑎᐊᕋᓗᐊᕐᒪᖔᑦ. ᑏᕕᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᐱᓕᕆᐊᖑᒐᔪᒍᓐᓇᖅᑐᖅ ᓯᖓᐃᓂᕐᓂᑦ ᐱᔭᕆᐊᖃᖅᐸᑦ.

ᓄᑕᕋᓛᒃᓴᕕᑦ ᑭᒍᑎᒃᓴᖏᑦ ᓴᖅᑭᑉᐳᑦ.

ᐃᓱᒪᒃᓴᖅᓯᐅᕆᐊᖃᓕᖅ ᐳᑎᑦ ᓄᑕᕋᓛᒃᓴᕕᑦ ᐊᑎᒃᓴᖏᓐᓂᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 18

ᐱᖅᑯᓯᑐᖅᑲᒃᑯᑦ, ᐃᖅᓂᓱᒃᓲᔅ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᓂᓱᖕᓂᕐᒧᑦ ᐃᑲᔪᖅᑎ ᐱᓕᕆᓂᖅᑲᖅᐸᓚᐅᖅᐳᖅ ᐱᒻᒪᕆᐅᔪᒥ ᐊᑦᑎᖅᓯᓂᕐᒥᑦ ᐃᓅᕋᑖᖅᑐᒥ.
(ᐃᓄᐃᑦ ᑐᑦᑕᕋᕕᖓᑦ. ᖃᐅᔨᓴᐃᓂᖅ ᐊᑐᒐᕐᓂᑦ ᐱᐅᓂᖅᐹᒧᑦ ᓯᖓᐃᔪᓄᑦ ᐸᖅᑭᕆᓂᕐᒥᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓄᑦ ᐊᒻᒪᓗ ᐃᓄᖕᓄᑦ ᓄᓇᓕᖕᓂᑦ. ᑭᖑᓪᓕᖅᐹᖅ ᐅᖃᐅᓯᒃᓴᑦ ᐃᓄᐃᑦ ᐊᕐᓇᖏᓐᓄᑦ ᐱᔭᕆᐊᖃᖅᑕᖏᓐᓄᑦ ᖃᐅᔨᓴᐃᓂᕐᒧᑦ, 2004)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐊᒫᒪᖃᑦᑕᓕᖅᐳᖅ
ᐊᒻᒪᓗ ᐃᓱᔪᓐᓇᖅᓯᓪᓗᓂ.

ᐃᓗᐊᖏᓐᓇᕋᓱᒃᐸᒋᑦ.
ᐊᑐᖅᐸᖏᓪᓗᑎᑦ ᐊᓐᓄᕌᓂᑦ
ᐊᒃᑐᐊᓗᐊᖅᑐᓂᑦ. ᑭᓱᑐᐃᓐᓇᒥᑦ
ᐊᑐᖅᑕᕐᓂᑦ, ᐃᕝᕕᑦᓗ ᐱᕈᖅᐸᓪᓕᐊᔪᖅ
ᓄᑕᕋᓛᒃᓴᓪᓗ ᐱᐅᔪᒻᒪᕆᐅᓂᐊᖅᐳᓯ.

ᐱᓇᓱᐊᕈᓯᖅ 19

“ᐊᕐᓇᖅ ᑐᓄᖕᒐᔪᓂᑦ ᐊᓐᓄᕌᖅᓯᒪᒃᐸᑦ,
ᓄᑕᕋᓛᒃᓴᖏᑦ ᐃᓅᖃᑦᑕᕋᔭᖅᐳᑦ ᑭᖑᐸᐱᖕᒐᔪᕐᒥᑦ.”
(ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᓂᕕᐊᖅᓵᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ
59, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ
ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ
ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᕐᓄᑦ ᐊᕐᓇᓄᑦ, ᒪᓐᓂᖅᑲᐅᑎᖕᒋᑦ ᐃᓗᓕᖅᑲᖅᐳᑦ ᒪᓐᓂᖕᓂᑦ, ᐃᒡᓕᐊᖓ ᐋᖅᑭᒃᓯᒪᓕᖅᐳᖅ, ᐊᒻᒪᓗ ᖁᖅᑲᖓ ᐋᖅᑭᒃᐸᓪᓕᐊᓕᖅᐳᖅ.

ᐱᓇᓱᐊᕈᓯᖅ 20

ᐃᓄᑑᔾᔨᓗᑎᑦ ᐊᖓᔪᖅᑳᒃᓴᐅᒍᕕᑦ, ᐃᓄᑑᙱᓚᑎᑦ. ᐊᒥᓱᐃᑦ ᐊᕐᓇᐃᑦ ᐸᕐᓇᒃᓯᒪᓇᑎᒃ ᓯᖓᐃᓕᓲᖕᒍᕗᑦ ᐃᑲᔪᖅᓯᖅᑕᐅᓇᑎᒃ ᐊᑖᑕᒋᔭᐅᔪᓂᑦ. ᐃᓄᑑᔾᔨᓂᐊᕋᓗᐊᕈᕕᑦ ᐊᖓᔪᖅᑳᖕᒍᓗᑎᑦ ᐋᒃᑲᓘᓐᓃᑦ, ᐃᓱᒪᒃᓴᖅᓯᐅᓇᑦᑎᐊᓇᑦ ᑮᓇᐅᔭᐅᑉ ᒥᒃᓵᓄᑦ ᖁᑐᙱᖅᑖᓚᐅᙱᓐᓂᕐᓂᑦ. ᖃᓄᑐᐃᓐᓇᖅ ᑮᓇᐅᔭᖅᑲᕐᓂᓇᔭᐃᑦ, ᐊᔪᕐᓇᙱᓚᖅ. ᑮᓇᐅᔭᑦ ᐊᒃᓱᕈᕐᓇᖅᐸᑦ, ᐱᓕᕆᓂᖅᑲᖅᑐᑦ ᐊᑐᐃᓐᓇᐅᔪᓂᑦ ᓄᓇᓕᖕᓂᑦ. ᓯᖓᐃᑎᓪᓗᑎᑦ ᖃᐅᔨᒋᐊᒃᑭᑦ ᐸᕐᓇᓯᒪᓂᖅᓴᐅᔪᓐᓇᕐᓂᐊᕋᕕᑦ ᑭᖑᓂᐊᒍᑦ ᐊᑐᕆᐊᖅᑲᕐᓂᐊᕈᕕᒋᑦ. ᖃᐅᔨᒪᒋᐊᕆᑦ ᓇᒥ ᖁᑐᙱᒃᓴᐃᓪᓗ ᐊᖏᕋᖅᑲᕐᓂᐊᕐᒪᖔᔅᓯ. ᖃᐅᔨᒪᙱᒃᑯᕕᑦ, ᐅᖅᑲᖅᑎᒋᒃᑭᑦ ᐃᓚᑎᑦ ᐱᖅᑲᓐᓇᕆᔭᑎᓪᓗ ᓂᕈᐊᒐᒃᓴᕐᓂᑦ ᒫᓐᓇ. ᐃᖅᑲᐅᒪᒋᑦ, ᑲᑎᖅᑲᑎᖅᑲᕐᓂᖅ ᐊᓱᖏᓐᓂ ᐊᓈᓇᐅᔪᓂᑦ ᐊᔾᔨᐸᓗᖕᓂᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᓂᑦ ᐊᑐᖅᑐᓂᑦ ᐃᑲᔪᕐᓂᖅᑲᕕᒃᔪᐊᕐᓂᐊᖅᐳᖅ.

“ᐱᖅᑯᓯᑐᖅᑲᒃᑯᑦ, ᓄᑕᕋᓛᖅ ᑲᒪᒋᔭᐅᔭᕆᐊᖅᑲᓚᐅᖅᐳᖅ ᓄᓇᓕᓕᒫᓂᑦ.”
(ᐃᓚᒌᑦ ᐊᒻᒪᓗ ᐃᓚᖅᑲᕐᓂᕐᒥᑦ, ᒪᒃᐱᖅᑐᒐᖅ 39, ᐃᓅᖅᑲᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐊᑐᕐᑯᔭᐅᓇᔭᖅᑐᖅ
ᓄᑕᕋᓛᒃᓴᕕᑦ ᑐᑭᕐᓂᕆᔭᖕᒋᓐᓂᑦ

ᓄᑕᕋᓛᒃᓴᕕᑦ ᑎᐱᓂᑦ ᐆᑉᐸᕈᑎᖕᒋᑦ ᐱᕙᓪᓕᐊᓯᕗᑦ.

ᑕᒪᑐᒪᓂ, ᖃᐅᔨᓴᖃᑦᑕᓪᓗᐊᓕᖅᑕᑎᑦ ᓄᑕᕋᓛᒃᓴᕕᑦ ᑐᑭᕐᓂᕆᔭᖕᒋᓐᓂᑦ ᐅᓄᕐᓂᖕᒋᓐᓂᑦ, ᐊᐅᓚᓂᖕᒋᑦ, ᐊᒃᓴᒃᑑᓂᖕᒋᑦ, ᐊᒻᒪᓗ ᐊᒃᑐᒃᑑᓪᓚᖕᓂᖕᒋᑦ ᖃᖕᒐᑐᐃᓐᓇᑦᑎᐊᖅ.

ᖃᖕᒐ? ᓂᕈᐊᕆᑦ ᑕᕝᕙᓂᑦᑕᐃᓐᓇᖅ ᖃᐅᑕᒫᑦ ᑐᑭᕐᓂᖕᒐᑕ ᓇᐃᓴᐃᓂᕐᒥᑦ. ᐱᓕᕆᖃᑦᑕᓪᓗᐊᖅᑕᐃᑦ ᓄᑕᕋᓛᒃᓴᐃᑦ ᐊᐅᓚᒃᑲᐅᓂᕆᓛᖕᒐᓂ.

ᖃᓄᖅ? ᐱᒋᐊᕐᓗᑎᑦ ᐃᓗᐊᖅᑐᒥᑦ ᐃᓂᒋᔭᕐᓂᑦ, ᐃᒃᓯᕚᕐᓗᑎᖅᑲᐃ ᑐᓄᒧᑦ ᑕᖃᐃᖅᓯᕐᕕᖃᑦᑎᐊᖅᑐᒥ, ᐅᕝᕙᓘᓐᓃᑦ ᓇᓚᓗᑎᑦ ᓴᓂᒻᒧᑦ. ᑎᑎᕋᕐᓗᒋᑦ ᐱᒋᐊᕐᕕᖕᓂᑦ ᑎᑎᕋᕐᕕᒃᓴᒧᑦ. ᑎᑎᕐᓗᒍ ᓄᑕᕋᓛᒃᓴᐃᑦ ᐊᐅᓚᑐᐊᕋᖕᒐᑦ. ᑎᑎᐊᓂᒃᑯᕕᐅᒃ 10-ᖕᒍᔪᓂᑦ ᐊᐅᓚᓂᐅᔪᓂᑦ, ᑎᑎᕐᓗᒍ ᖃᔅᓯᒧᐊᕐᓂᖕᒐᓂ. ᐱᐅᓗᐊᕋᔭᖅᑐᖅ, ᐃᒃᐱᒍᓱᖕᓂᖃᕈᕕᑦ 10-ᖕᒍᔪᓂᑦ ᐊᐅᓚᓂᐅᔪᓂᑦ ᐃᑲᕋᑦ ᒪᕐᕉᖕᓂᑦ.

ᖃᖕᒐ ᐋᓐᓂᐊᕐᑲᖅᑕᐃᓕᒪᑎᑦᑎᔨᒧᑦ ᐸᖅᑭᔨᐅᔪᒥᑦ ᐅᕐᑲᕐᑲᑎᕐᑲᓇᐊᕐᑲᖅᐱᑦ?

ᐃᒃᐱᒍᓱᖕᓂᕐᑲᙱᒃᑯᕕᑦ 10-ᓂᑦ ᐊᐅᓚᓂᐅᔪᓂᑦ ᐃᑲᕋᓂ ᒪᕐᕉᖕᓂ, ᐆᒃᑐᒃᑲᓐᓂᓇᑦ. ᓱᓕ ᐃᒃᐱᒍᓱᖕᓂᕐᑲᙱᒃᑯᕕᑦ 10-ᓂ ᐃᑲᕋᓂ ᒪᕐᕉᖕᓂᑦ, ᐅᕐᑲᐅᑎᒍᒃ ᐋᓐᓂᐊᕐᑲᖅᑕᐃᓕᒪᑎᑦᑎᔨᒧᑦ ᐸᖅᑭᔨᐅᔪᒥᑦ . ᐊᒻᒪᓗᑦᑕᐅᖅ, ᐅᔾᔨᓇᒍᕕᑦ ᐊᓯᔾᔨᕐᓂᕐᔪᐊᖑᔪᒥᑦ ᓄᑕᕋᓛᒃᓴᕕᑦ ᑐᑭᕐᓂᕆᔭᖕᒐᑕ ᐅᓄᕐᓂᖕᒋᓐᓂᑦ ᐊᑐᕐᓂᖕᒐᓂᑦ ᐅᑦᓗᓂ ᐱᖕᒐᓱᓂᑦ ᑎᓴᒪᓄᑦ, ᐅᕐᑲᐅᑎᒍᒃ ᐋᓐᓂᐊᕐᑲᖅᑕᐃᓕᒪᑎᑦᑎᔨᒧᑦ ᐸᖅᑭᔨᐅᔪᒥᑦ. ᑎᒦᑦ ᖃᐅᔨᒪᓂᖅᐸᓇᒐᕕᐅᒃ. ᖃᓄᐃᑦᑐᖃᕐᒪᖕᒐᑦ ᐃᒃᐱᒍᓱᒃᑯᕕᑦ, ᐅᖃᓗᒋᑦ ᐋᓐᓂᐊᕐᑲᖅᑕᐃᓕᒪᑎᑦᑎᔨᒧᑦ ᐸᖅᑭᔨᐅᔪᒥᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 21

"ᒥᑕᐅᑎᖃᖃᑦᑕᕐᓂᖅ ᑭᓇᑐᐃᓐᓇᒥᑦ ᐱᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᓄᑕᕋᓛᖅᑖᕐᓂᕐᒥᑦ ᐊᔾᔨᓕᖕᒥᑦ ᐃᓄᖕᒥᑦ ᒥᑕᐅᑎᒋᖃᑦᑕᕐᓂᑯᖕᓂᑦ."
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 9, ᐃᓚᖕᒐ X, ᓈᓴᐅᑖ 1, 1995)

	ᐱᒋᐊᕐᕕᒃ	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	ᐃᓱᓕᕝᕕᐊ	ᐃᑲᕋᐃᑦ ᒪᕐᕉᖕᓂ ᑐᖕᒐᓂ
ᓇᒡᒐᔭᐅ	6:04pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	6:51pm	ᐃ
ᐊᐃᑉᐹ	6:12pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	7:19pm	ᐃ
ᐱᖕᒐᔪᐊᑦ	5:53pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	6:43pm	ᐃ
ᕿᑎᖅᑰᑦ													
ᐅᓪᓗᑐᐃᓐᓇᖅ													
ᓯᕙᑖᕐᕕᒃ													
ᓈᑦᑎᖕᒍᔭᖅ													

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐅᕐᑯᒪᐃᓐᓂᕐᑲᓕᖅᐳᖅ
1 ᐸᐅᓐᒐᓚᖕᒥᑦ

ᑎᑎᕋᖅᑲᑦᑕᖅᐸᓪᓕᐊᒋᑦ.
ᖃᓄᑐᐃᓐᓇᑦᑎᐊᖑᔪᓐᓇᖅᑐᖅ.
ᐱᐅᔪᒻᒪᕆᐅᕗᖅ ᑎᑎᕋᓕᒻᒪᒃᓴᕐᓗᑎᑦ
ᑎᑎᖅᓯᕙᒃᓗᑎᑦ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᓂᐅᔪᓂᑦ
ᐃᒃᐱᒋᔭᕐᓂᑦ, ᓄᑕᕋᓛᒃᓴᕕᑦ
ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂ ᖃᐅᔨᒪᓂᐊᕆᕕᑦ.
ᐊᐱᖅᑯᑎᖃᐅᕕᒃᔪᐊᓛᖅᑐᖅ
ᐱᕈᖅᐸᓪᓕᐊᓕᕈᓂ.

ᐱᓇᓱᐊᕈᓯᖅ 22

“ᐊᕐᓇᐃᑦ ᓯᖓᐃᔪᑦ ᑐᒃᑑᑉ ᐆᒻᒪᑎᖓᓂ
ᓂᕆᔭᕆᐊᖃᖅᐸᓚᐅᙱᑦ ᓄᑕᕋᓛᒃᓴᖓ
ᐆᒻᒪᑎᑦᑎᐊᕆᒍᓐᓇᕐᑯᓪᓗᒍ ᐃᓅᓯᓕᒫᖓᓂ.”
(ᐱᖅᑯᓯᑐᖅᑲᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᕐᓇᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 51, ᐃᓅᖃᑎᒌᑦ
ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ,
ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᑐᓵᔪᓐᓇᖅᓯᕗᖅ ᓂᐱᖕᓂᑦ,
ᐊᒻᒪᓗ ᐊᓯᓂᒃ ᓂᐱᓂᒃ ᑎᒥᖕᓂᙱᖅᑐᓂᑦ.

ᓯᖓᐃᒍᕕᑦ ᒪᕿᓕᐊᓂ ᐱᖓᓱᓂᒡᔫᓐᓃᑦ,
ᐃᕝᕕᑦᓗ ᕿᑐᙱᒃᓴᑎᑦᓗ
ᖃᒃᑲᓐᓂᐊᒍᑦ ᐱᔭᕆᐊᖃᕐᓂᐊᖅᐳᓯ,
ᑲᒪᒋᔭᐅᑦᑎᐊᕆᐊᖃᖅᐳᑎᑦ ᓂᕆᑦᑎᐊᕐᓂᕐᒧᑦ,
ᐊᐅᑉ ᖁᕝᕙᓯᓗᐊᖅᑕᐃᓕᒪᓂᕐᒥᑦ,
ᐊᒻᒪᓗ ᖃᐅᔨᓴᐃᓂᕐᒥᑦ ᓄᑕᕋᓛᑉ
ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂ.

ᐱᓇᓱᐊᕈᓯᖅ 23

“ᑎᒍᒥᐊᕈᕕᑦ ᓂᕿᒥᑦ ᐃᒡᓗᒃᑐᑦ ᐊᒡᒐᖕᓂᑦ,
ᒪᕿᓕᐊᖅᑖᕐᓂᐊᖅᐳᑎᑦ.”
(ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᓂᕕᐊᖅᓵᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 59, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

ᓄᑕᕋᓛᒃᓴᕕᑦ ᑮᓇᖓᓃᑦᑐᑦ
ᓴᖅᑭᑉᐸᑦᓕᐊᕗᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 24

ᖃᓄᐃᙱᑦᑐᑦ ᑎᒥᒧᑦ ᖃᓄᐃᓐᓂᐅᔪᑦ ᑎᒦᑦ ᐃᒃᐱᒍᓱᙵᓂᐅᔪᑦ ᒫᓐᓇ ᖃᓂᑦᑐᒥᓪᓗᓐᓃᑦ:

- ᑕᖃᖓᓂᖅ
- ᐊᓇᕈᓐᓇᐃᓪᓕᓂᖅ
- ᓲᖃᑦᑕᕐᓂᖅ
- ᓂᓪᓚᓗᖕᓂᖅ (ᐳᓪᓚᒃᓯᒪᓂᖅ)
- ᓱᕐᓗᒃᑯᑦ ᐊᐅᖕᓂᖅ
- ᐃᒃᑮᑦ ᐊᐅᖕᓂᖅ
- ᓂᕆᔪᒪᒃᑲᓐᓂᐅᔭᕐᓂᖅ
- ᖃᑎᕐᓗᖕᓂᖅ
- ᐃᓯᖓᑎᑦ ᐋᓐᓂᐊᕐᓂᖅ
- ᓱᖕᒋᑎᑦ ᐳᕕᑦᑐᑦ
- ᖃᐅᓪᓗᖅᑕᒥ ᖁᖃᕐᒥ ᐊᓂᐊᑦᑎᓂᖅ
- ᑕᓯᓯᒪᓂᕐᒧᑦ ᐃᓂᑦ
- ᐊᓂᕐᓂᕆᓴᕋᐃᓐᓂᖅ
- ᐳᐃᒍᖅᓴᕋᐃᓐᓂᖅ
- ᓂᐅᑉ ᑕᖃᖕᒋᑦ ᐳᓪᓕᖅᑐᑦ
- ᐅᕕᓂᒃ ᑲᓚᖓ ᐊᓯᔾᔨᕐᓂᖅ

ᑭᓯᐊᓂ **ᐊᓕᐊᓇᐃᓐᓂᐊᖅᑐᖅ**
ᐊᑐᓚᐅᕋᕕᐅᒃ ᐱᐅᔪᒻᒪᕆᐊᓗᒃ ᓄᑕᕋᓛᑯᓗᒃ
ᐃᓅᓛᖅᑐᒥ ᖃᔅᓯᒐᓴᓂᒃ ᑕᖅᑭᓂᑦ.

“ᑎᒍᐊᕐᓂᖅ ᐱᒻᒪᕆᐅᖃᑕᐅᕗᖅ ᐱᖅᑯᓯᕐᒥᑦ. ᐊᓈᓇᑦᑎᐊᖑᔪᑦ ᑎᒍᐊᖅᐸᓚᐅᖅᐳᑦ ᓯᕗᓪᓕᖅᐹᒥ ᐃᕐᖑᑕᒥᓂᑦ ᐊᖓᔪᒃᓱᖅᐹᖓᑕ ᕿᑐᙵᒥᓂᑦ.”
(ᐃᓚᒋᖕᓂᖅ ᐃᓚᖃᕐᓂᕐᒥᓪᓗ, ᒪᒃᐱᖅᑐᒐᖅ 41, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕋᓱᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᐊᑐᕐᑯᔭᐅᓇᔭᖅᑐᖅ

ᓇᔾᔨᐊᖑᓂᖓᑕ ᑎᒥᖓᑕ ᓱᑲᕐᑲᓗᐊᓲᒥᑦ ᖃᐅᔨᓴᐃᓂᕐᒥᑦ

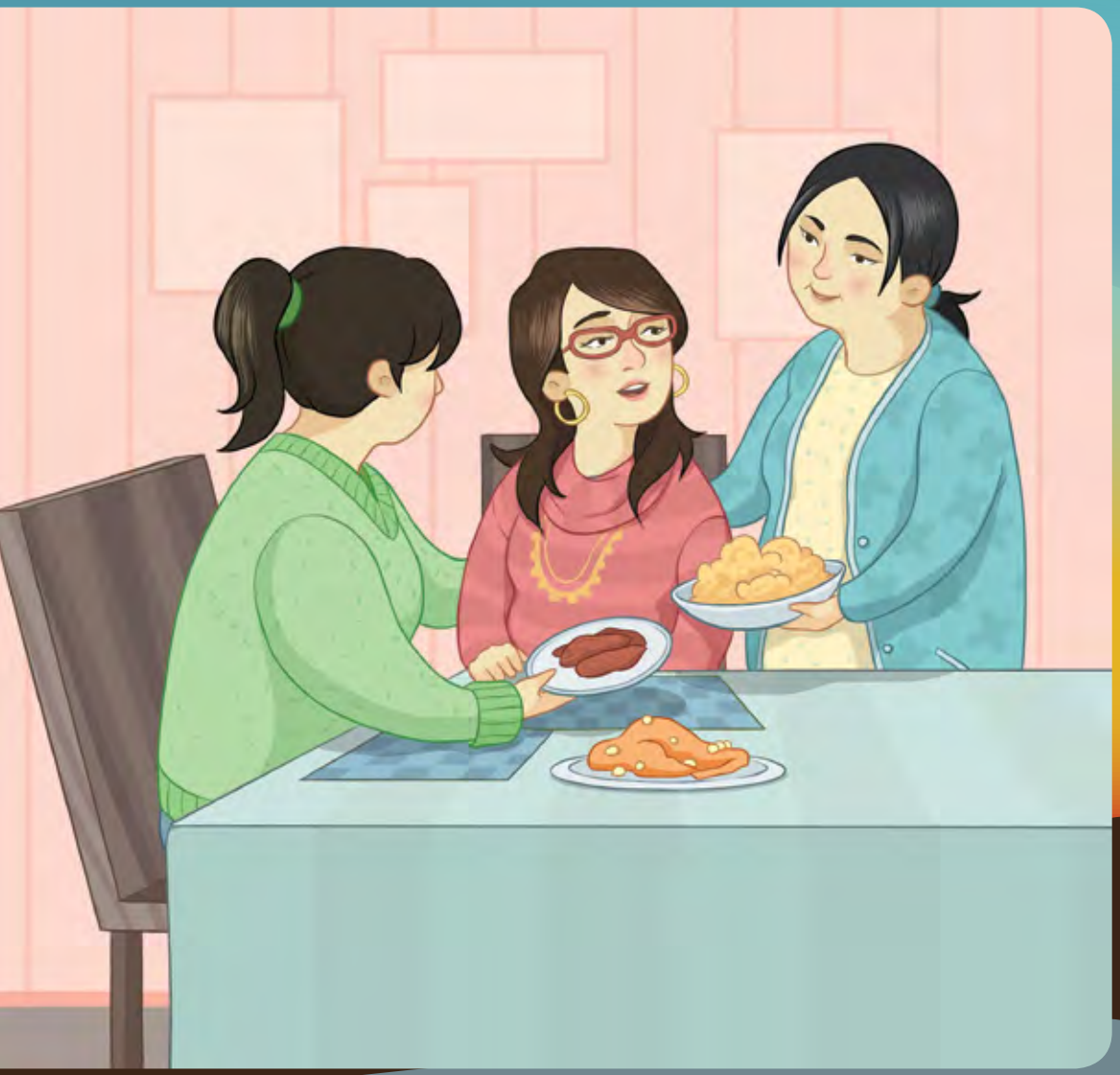
ᓄᑕᕋᓛᒃᓴᐃᑦ ᐅᕿᙱᓐᓂᖃᒐᓚᓕᖅᐳᖅ 1.5 ᐸᐅᓐᓴᓂ, ᐊᒻᒪᓗ ᐊᓂᖅᑎᕆᓂᕐᒧᑦ ᓂᐱᖃᕐᓂᕐᒧᑦ ᐊᐅᓚᖃᑦᑕᓕᖅᐳᖅ, ᓄᑕᕋᓛᑉ ᐳᕙᙱᓐᓂ ᓱᓕ ᐊᓂᕐᓂᖃᙱᒃᑲᓗᐊᖅᑎᑦᓗᒍ.

ᕿᑎᐊᓂ 24-ᒥ 28-ᒧᑦ ᐱᓇᓱᐊᕈᓯᐅᔪᓂᑦ, ᓇᔾᔨᐊᖑᓂᖓᑕ ᑎᒥᖓᑕ ᓱᑲᕐᑲᓗᐊᓲᒥᑦ ᖃᐅᔨᓴᐃᓂᖃᑐᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ. ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᐅᑉ ᐸᖅᑭᔨᖓᑕ ᐃᓱᒪᒍᓂ ᖁᑦᑎᖕᓂᖅᓴᒥᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᓐᓂᕐᓂᑦ, ᖃᐅᔨᓴᖅᓯᕐᑯᔨᑐᐃᓐᓇᕆᐊᓕᒃ ᐱᓇᓱᐊᕈᓯᕐᓂᑦ 13-ᒐᓚᖕᒥ. ᖃᐅᔨᓴᐃᓂᕐᒥᑦ, ᐃᒥᖅᑎᑕᐅᓂᐊᖅᐳᑎᑦ ᖁᑦᑎᒃᑐᒥ-ᓱᑲᓕᖕᒥᑦ ᐃᒥᕐᒥᑦ, ᐊᒻᒪᓗ ᐃᑲᕐᕋᖅ ᐊᑕᐅᓯᖅ ᐊᓂᒍᖅᐸᑦ, ᐊᐅᙱᖅᑕᐅᓗᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᓗᓂ. ᖃᐅᔨᓴᕐᓂᐅᔪᖅ ᑭᒡᓕᐅᑦᑎᓯᒪᓂᐅᒍᓂ ᐱᖃᕐᓂᓕᖕᒥᑦ ᓇᔾᔨᐊᖑᓂᖓᑕ ᑎᒥᖓᑕ ᓱᑲᕐᑲᓗᐊᓲᒥᑦ , ᖃᓂᒃᑯᑦ ᐊᐅᑉ ᓱᑲᖓᑕ ᓱᑦᑕᒃᓯᒪᔪᕐᒥᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᐊᖅᐳᑎᑦ ᑐᑭᓯᑦᑎᐊᕋᓱᐊᕐᓗᑎᒃ ᖃᓄᐃᓐᓂᐅᔪᒥᑦ. ᖃᓂᒃᑯᑦ ᐊᐅᑉ ᓱᑲᖓᑕ ᓱᑦᑕᒃᓯᒪᔪᕐᒥᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ ᐃᓚᖃᖅᐳᖅ ᓂᕆᑦᑕᐃᓕᒪᓂᕐᒥᑦ ᐃᑲᕐᕋᓄᑦ ᑎᓴᒪᓂᑦ 8-ᓄ, ᑕᐃᑲᓂ ᐊᐅᒃᐱᑦ ᓱᑲᖓ ᖃᐅᔨᓴᖅᑕᐅᓂᐊᖅᐳᖅ. ᑐᓂᔭᐅᒃᑲᓐᓂᕐᓂᐊᖅᐳᑎᑦ ᐃᑲᕐᕋᐃᑦ ᒪᕐᕉᒃ ᐊᓂᒍᖅᐸᑕ. ᐱᖃᕐᓂᕋᐃᒃᐸᑦ ᓇᔾᔨᐊᖑᓂᖓᑕ ᑎᒥᖓᑕ ᓱᑲᕐᑲᓗᐊᓲᒥᑦ, ᑕᑯᔭᕆᐊᖃᕐᓂᐊᖅᐳᑎᑦ ᕿᓕᖅᓯᓇᓕᕆᔨᒥᑦ ᑲᒪᒋᑦᑎᐊᖃᕐᓂᕐᒧᑦ ᐋᓐᓂᐊᕐᓇᕐᓂᑦ ᓯᖓᐃᓂᕐᓂᑦ.

“ᓂᒡᓕᓇᖅᑐᐃᑦ ᐊᒻᒪᓗ ᖁᐊᑦ ᓂᕐᑮᑦ ᐃᑲᔪᓲᖑᕗᑦ ᓲᖅᑐᓄᑦ.”
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

ᐱᓇᓱᐊᕈᓯᖅ 25

ᐃᒃᐱᒋᓂᐊᖅᑕᒃᓴᕆᓕᖅᐸᐃᑦ ᓄᑕᕋᓛᒃᓴᕕᑦ ᐊᐅᓕᓂᖓ ᒫᓐᓇᐅᓕᖅᑐᖅ, ᐊᒻᒪᓗ ᖃᐅᔨᒪᕙᒃᑐᑎᑦ ᐃᖅᑯᒪᓕᕐᖓᑦ.



ᒪᕿᖓᓂ ᐱᖓᔪᖓᓐᓂᓗ ᐱᖓᓱᑦ ᑕᖅᑭᕆᓕᖅᑕᖏᓐᓂᑦ, ᓂᕆᓂᖅᓴᐅᒃᑲᓐᓂᕆᐊᖃᖅᐳᑎᑦ ᐃᑲᔪᖅᓯᕐᓗᒍ ᓄᑕᕋᓛᒃᓴᐃᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓄᑦ. ᐱᐅᒍᖃᑦᑕᖅᑕᐃᓕᒋᑦ ᕙᐃᑕᒥᓐ D-ᒥᑦ ᐃᑲᔪᕈᑎᐅᔪᓂᑦ ᐊᒻᒪᓗ ᑲᑎᙵᔪᓂᑦ ᕙᐃᑕᒥᓐᓂᑦ (ᐃᓚᖃᕐᓗᒍ 0.4 ᒥᓗᒍᕐᒥ ᕗᓕᒃ ᐋᓯᑦᒥᑦ)

ᐱᓇᓱᐊᕈᓯᖅ 26

ᐃᓯᒐᑎᑦ ᐊᒻᒪᓗ ᓯᖕᒋᑎᑦ ᐳᕕᓕᕈᓐᓇᖅᐳᑦ ᒫᓐᓇᐸᓗᒃ. ᐃᓯᒐᑎᑦ ᖁᒻᒧᒃᓯᒪᑎᓐᓇᓱᐊᖅᐸᒃᓗᒋᑦ ᖃᖓᑐᐃᓐᓇᓕᒫᖅ. ᓂᐅᑎᑦ ᖁᒻᒥᐸᐸᙱᑦᓗᒋᑦ. ᐊᑐᖅᐸᒃᓗᑎᑦ ᖃᓱᖓᔪᓂᑦ ᐊᓐᓄᕐᓂᑦ, ᑕᖃᐃᖅᓯᑦᑎᐊᖅᐸᒃᓗᑎᑦ ᐊᒻᒪᓗ ᐃᖃᐃᓕᓴᖅᐸᒃᓗᑎᑦ.

ᐊᑐᕐᑯᔭᐅᓇᔭᖅᑐᖅ

ᐸᕐᓇᐃᓂᕐᒧᑦ ᐃᕐᓂᕐᓂᒧᑦ ᐋᓐᓂᐊᕕᖕᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕐᓂᓱᒃᓲᕝᕕᖕᒥᑦ

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐅᔾᔨᕈᓱᓕᖅᐳᖅ ᖃᐅᒪᔪᒥᑦ ᑖᖅᑐᒥᓪᓗ.

ᐱᓇᓱᐊᕈᓯᖅ 27

ᐳᖅᑲᐃᓪᓗᐊᖅᑐᑎᑦ ᐅᑯᓂᖓ:

- ᐃᕐᓂᓂᐊᕐᓂᕐᓄᑦ ᐸᕐᓇᐅᑎ, ᓴᓇᓐᓂᕈᕕᑦ
- ᐊᔾᔨᓕᖕᒥᑦ ᐃᓅᓂᕐᓄᑦ ᓇᓗᓇᐃᒃᑯᑕᖕᓂᑦ, ᐋᓐᓂᐊᕐᑲᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐊᐅᒃᑕᔫᑦ
- ᐃᒡᒐᑎᑦ ᐃᔾᒧᑦ ᐳᖅᑕᐅᓲᓄᓪᓗᓐᓃᑦ ᑕᐅᑐᑦᑎᐊᕈᑎᓂᑦ, ᐊᑐᖅᐸᒃᑯᕕᑦ
- ᐅᐊᓴᕈᑎᑎᑦ
- ᐃᓗᐊᖅᑐᒥᑦ ᓯᓂᒍᑎᒥᑦ, ᑲᒥᓪᓛᕈᑎᓂᓪᓗ
- ᑭᓱᑐᐃᓐᓇᒥᑦ ᖃᓱᖓᔾᔪᑎᒋᔪᓐᓇᕋᔭᖅᑕᕐᓂ, ᓱᕐᓗ ᑐᓴᕐᓈᒐᒃᓴᓂᑦ, ᐊᒻᒪᓗ ᓂᔾᔭᔾᔪᑎᒥᑦ, ᖃᓱᓴᐃᓂᕐᒧᑦ ᐅᖅᓱᖅ, ᐸᑦᑕᐃᑦ, ᐋᖅᑭᒃᓱᒐᑦ, ᐅᖃᓕᒫᒐᒃᓴᐃᑦ, ᕿᑐᙵᕐᓂᑦ ᐊᔾᔨᑦ
- ᐊᔾᔨᓕᐅᕈᑎ\ᐊᐅᓚᔪᒧᑦ ᐊᔾᔨᓕᐅᕈᑎ, ᐊᔾᔨᒃᓴᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔾᔨᒧᑦ ᑐᖅᑲᐃᕕᖕᒥᑦ, ᐹᑐᓖᑦ ᐊᒻᒪᓗ ᓴᙱᒃᑎᓴᐅᑎᒥᑦ
- ᓂᕆᓂᐊᖅᑕᕐᓂᑦ ᐃᕐᓂᐊᓂᒃᑯᕕᑦ
- ᐅᖅᑰᔪᓂᑦ ᐊᓕᖅᓯᓂᑦ, ᐊᒫᒪᒃᑎᔾᔪᑎᓂ ᐃᕕᐊᖕᒋᓕᓴᕐᓂᑦ, ᐊᒻᒪᓗ ᖃᕐᓕᑲᓪᓚᒃᑲᓐᓂᕐᓂᑦ
- ᐃᓗᐊᖅᑐᓂᑦ ᐊᓐᓄᕐᓂᑦ ᐃᓕᖕᓄᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᕐᓄᑦ ᐊᖏᕐᕋᐅᓕᕈᕕᑦ
- ᐅᓕᒍᑎᒃᓴᒥᑦ ᕿᐱᖕᒥᑦ ᓄᑕᕋᓛᕐᒧᑦ
- ᓄᑕᕋᓛᕐᒧᑦ ᓄᓇᓯᐅᒻᒥ ᐃᒃᓯᕙᐅᑕᕐᒥᑦ, ᐱᔭᕆᐊᖃᖅᐸᑦ

ᐃᕐᓂᓂᕐᒧᑦ ᐃᓂᒋᔭᐃᑦ, ᓱᕐᓗ, ᓲᖅᑯᖓᓂᐅᔪᓐᓂᒐᔪᓚᐅᖅᐳᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᕐᑯᕕᖓᓗᓂ ᐊᒻᒪᓗ ᓇᑦᓚᖓᖏᑦᓗᓂ.

ᓄᑕᕋᓛᒃᓴᐃᑦ ᖃᑦᑐᕐᑭᐊᖃᑦᑕᓕᖅᐳᖅ.

ᐱᓇᓱᐊᕈᓯᖅ 28

ᐋᓐᓂᐊᕐᓇᕈᓐᓃᕐᓇᖅᑐᓂᑦ ᐃᑲᔪᕈᑏᑦ ᐃᕐᓂᓱᙵᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᕐᓂᓂᕐᒧᑦ:

ᒫᓐᓇᐅᓕᖅᑐᖅ ᐃᓕᓐᓂᐊᕆᐊᖃᓕᖅᐳᑎᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᑦ ᐋᓐᓂᐊᕐᓇᕈᓐᓃᕐᓇᖅᑐᓂᑦ ᐃᑲᔫᑎᒃᓴᐅᔪᓂᑦ ᐃᕐᓂᓱᓕᕈᕕᑦ ᐊᔪᕐᓂᐊᕈᕕᑦ ᐃᓅᓕᓴᐅᑎᕐᑲᙱᑦᑐᒃᑯᑦ ᐃᕐᓂᓱᒋᐊᒃᓴᖅ. ᐃᓅᓕᓴᐅᑎᕐᑲᙱᑦᑐᓂᑦ ᐱᓕᕆᓂᐅᔪᑦ ᐃᓚᕐᑲᖅᐳᑦ ᐊᓯᔾᔨᓂᕐᒥᑦ ᐋᖅᑭᒃᓯᒪᓂᕐᓂᑦ. ᐊᔾᔨᒌᙱᑦᑐᓂᑦ ᐊᐅᓚᓂᓕᙵᓂᑦ, ᐆᓇᔪᒃᑐᒥ ᐅᕕᓂᙵᓂᐊᕐᓗᑎᑦ ᓴᐅᕙᕐᓗᑎᓪᓗᓐᓃᑦ, ᐊᑐᕐᓗᑎᑦ ᐃᕐᓂᓱᙵᓂᕐᒧᑦ ᐊᖅᓴᕐᒥᑦ, ᖃᓱᓴᐃᓂᕐᒥᑦ ᐅᕙᕙᓗᓐᓃᑦ ᐊᔾᔨᒌᙱᑦᑐᓂ ᐊᓂᖅᑎᕆᓂᐅᔪᓂᑦ. ᑲᐱᔭᐅᓗᓂ ᐋᓐᓂᐊᕈᓐᓃᕐᓇᖅᑐᕐᑲᖅᐳᖅ, ᓱᕐᓗ ᒧᐊᕕᓐ, ᑐᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᐃᕐᓂᓱᙵᓂᓕᒫᕐᓂᑦ, ᓇᐃᑐᕆᔅ ᐋᒃᓴᐃᑦ, ᐳᑦᓚᐅᔪᖅ ᓂᐅᖅᑕᐅᓱᖅ ᑮᓇᐸᐸᒃᑯᑦ. ᐊᑐᖅᑕᐅᒐᔪᒃᑐᖅ ᑲᐱᔭᐅᓂᖅ ᐋᓐᓂᐊᕐᓇᙱᑦᑐᒥᑦ ᑐᓄᒃᑯᑦ ᐊᑦᑎᙱᓂᖅᓴᒃᑯᑦ ᑲᐱᔭᐅᑦᓗᓂ ᐃᓅᓕᓴᐅᑎ ᐃᒃᐱᙱᓂᐊᔪᓐᓃᖅᑎᑦᑎᓱᕐᒥᑦ ᐋᓐᓂᐊᕐᓂᐅᔪᒥᑦ.

“ᐊᔪᖅᐸᓚᐅᕋᒪ ᐊᓂᑎᑦᑎᔭᕆᐊᒃᓴᖅ ᐊᕐᕌᖓᓂ. ᐅᕐᑲᐅᔾᔭᐅᓚᐅᖅᑐᖓ ᐊᒡᒐᒐ ᖃᓂᓐᓄᐊᕐᓗᒍ ᒥᕆᐊᕋᓱᐊᕐᓗᖓ, ᑕᐃᒪᐃᑐᐊᕋᒪ, ᐊᕐᕌᖓ ᐊᓂᕗᖅ.”
(ᒫᑎᓚᐃ ᐃᕙᓗ (ᓴᓂᕋᔭᒃ), ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 5, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐃᒃᐱᒋᔪᓐᓇᖅᐸᐃᑦ
ᓂᕆᔨᒐᖅᑎᑦᑐᒍ.

ᐱᓇᓱᐊᕈᓯᖅ 29

ᐊᐱᕆᑐᑎᑦ ᑭᓇᑐᐃᓐᓇᒥᒃ ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᓯᒪᔪᒥᑦ ᓄᑕᕋᓛᖏᓐᓂᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᐅᒃ ᒥᒃᓵᓄᑦ.

ᐃᕕᐊᖏᕐᒥᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᖅ ᐊᔪᖏᓐᓂᖅᑲᖅᐳᖅ ᓄᑕᕋᓛᓂᒃ ᑐᕐᑯᔭᓐᓂᖏᓐᓂ, ᑲᑕᒃᑎᑦᑎᕝᕙᖅᓱᓂ ᒪᒥᔪᐃᑦᑐᓂᒃ ᐋᓐᓂᐊᕐᓇᐅᔪᓂᑦ, ᐱᐅᓯᑎᑦᑎᕝᕙᖅᓱᕐᓂᕐᒧᑦ ᓴᐳᒻᒥᔾᔪᑎᓂᒃ, ᐊᒻᒪᓗ ᓴᖏᒃᑎᑦᑎᓂᕐᒧᑦ ᐊᓈᓇᐅᔪᒥᑦ-ᓄᑕᕋᓛᒥᑦ ᑲᑎᖕᒐᑦᑎᐊᕐᓂᕐᒧᑦ. ᑭᓯᐊᓂᑦᑕᐅᖅ, ᒫᓐᓇᐸᓗᔪᒃᑯᑦ, ᐃᓄᐃᑦ ᓄᓇᕗᒻᒥ ᐱᒋᐊᖅᑎᑦᑎᖏᓐᓂᖅᓴᐅᓕᖅᐳᑦ ᐃᕕᐊᖏᕐᒥ ᐊᒫᒪᒃᑎᑦᑎᓂᕐᒥ ᑲᓇᑕᒥᐅᑕᑦ ᖃᓂᒋᔾᔭᓂ.

ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᖅ ᐊᑐᕐᑯᔭᐅᓲᖑᕗᖅ ᓯᕗᓪᓕᕐᒥ ᑕᖅᑭᓄᑦ 6-ᓄᑦ ᐃᓅᓯᖓᓂ ᐊᒻᒪᓗ ᐅᖓᑖᓄᑦ ᐃᓚᓕᐅᔾᔨᓗᑎᒃ ᓂᕆᑎᑦᑎᓂᕐᒥᑦ ᓂᕿᓂᒃ ᐱᒋᐊᕐᓗᑎᒃ ᑕᖅᑭᓂᒃ 6-ᓂᑦ. ᐃᕕᐊᖏᐅᑉ ᐃᒻᒧᖓ ᐊᑭᕐᑲᙱᑦᑐᖅ ᐊᒻᒪᓗ ᐊᑐᑐᐃᓐᓇᕆᐊᖅᑲᑐᐃᓐᓇᖅᓱᓂ ᓈᒻᒪᑦᑎᐊᖅᑐᒥ ᐆᓇᕐᓂᖓᓂ 24 ᐃᑲᕐᕋᓂ ᖃᐅᑕᒫᑦ. ᕿᓂᕆᑦ ᐃᑲᔪᕈᓇᖅᑐᒥ ᐱᔭᕆᐊᖃᕈᕕᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᓂᕐᒧᑦ ᐊᒫᒪᕈᐅᖅᓴᓂᕐᒥᑦ, ᓯᕗᓪᓕᕐᒥ ᐊᔪᕐᓇᒐᓚᖓᑦ.

ᐱᖅᑯᓯᑐᖃᑯᑦ, ᐃᓄᐃᑦ ᓱᕈᓰᑦ ᐃᕕᐊᖏᕐᒧᑦ ᐊᒫᒪᒃᑎᑕᐅᕙᓚᐅᖅᐳᑦ ᐊᑯᓂᐸᓗᒃ, ᐃᓛᓐᓂᒃᑯᑦ ᐊᕐᕋᒍᖃᓕᖅᓱᑎᒃ ᐱᖓᓱᓂᑦ ᑕᓪᓕᒪᓄᑦ. “ᐊᒫᒪᒃᑎᑦᑎᔪᐃᑦ ᐊᓈᓇᐅᔪᑦ ᓂᕆᑎᑕᐅᕙᓚᐅᖅᐳᑦ ᑐᒃᑑᑉ ᐆᔪᖓᓂ, ᐊᐅᖕᒧᑦ ᓴᓇᓯᒪᔪᒥᑦ, ᐊᒻᒪᓗ ᐃᓛᓐᓂᒃᑯᑦ ᐃᖃᓗᒃ ᐆᔪᓕᐊᕆᓯᒪᔪᒥᑦ ᖃᔪᖓᓂ ᐃᒻᒧᓕᐅᕈᑕᐅᓪᓗᓂ.”
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 5, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐲᔭᐃᕝᕕᐊᕗᖅ ᓚᓄᒍᔪᒥᑦ, ᒥᖅᑰᔭᖅᑐᖅ ᓄᔭᐃᑦ ᐅᖅᑰᔪᑎᒋᔭᖕᒐ, ᒫᓐᓇᐅᓕᖅᑐᖅ ᐊᐅᓚᑦᑎᔪᓐᓇᖅᓯᖕᒪᑦ ᐅᖅᑰᓂᖕᒐᓂ.

ᐱᓇᓱᐊᕈᓯᖅ 30

ᐃᖃᓗᖕᒥᑦ ᐆᔪᖅ

ᐱᖓᓱᑦ ᐊᓗᑎᕐᔪᐊᑦ ᐸᑕ ᒫᔾᔪᓛᓐᓗᓐᓃᑦ
ᐊᑕᐅᓯᖅ ᐊᓐᔾᐊᓐ, ᐊᒡᒍᖅᓯᒪᔪᖅ
ᒪᕿᒃ ᐱᖓᓱᑦᓗᓐᓃᑦ ᓴᓗᓇ ᐊᒡᒍᖅᓯᒪᔪᖅ (ᐱᔪᒪᒍᕕᑦ)
ᒪᕿᒃ ᐱᖓᓱᑦᓗᓐᓃᑦ ᑭᐊᕋᑦ, ᖃᖕᒋᔭᖅᓯᒪᔪᑦ
ᐊᒻᒪᓗ ᐊᒡᒍᖅᓯᒪᔪᑦ
ᐸᑏᑏᑦ ᖃᖕᒋᔭᖅᓯᒪᔪᑦ
ᐊᒻᒪᓗ ᐊᒡᒍᖅᓯᒪᔪᑦ
ᐊᓗᑎᕋᓛᑉ ᓇᑉᐸᖓ ᑕᐃᒻ (ᐱᔪᒪᒍᕕᑦ)
ᒪᕿᖕᓂ ᐅᕐᑯᒪᐃᓐᓂᓕᖕᒥᑦ ᐃᖃᓗᒃ ᐃᑦᓗᑕᖅᓯᒪᔪᑦ
(ᐅᕕᓂᖃᙱᑦᓗᓂ ᓴᐅᓂᖃᕐᓇᓂᓗ). ᐊᒡᒍᖅᓯᒪᓗᑎᒃ
ᑕᒧᐊᔭᒃᓴᐅᔪᓂᑦ
ᐊᑕᐅᓯᖅ ᖃᑦᑕᖅ ᐃᒻᒧᒃ
ᑕᓇᐅᖅ ᐸᐸᓗ

ᐊᐅᒃᑎᑦᓗᒍ ᐸᑕ ᐊᖏᔪᐊᓗᖕᒥᑦ ᖃᑦᑕᕐᒥᑦ ᐅᕿᙱᑦᑐᒥᑦ ᕿᑎᖅᐸᓯᐊᓃᑎᑦᓗᒍ ᐃᒐ. ᓵᑦᑑᔭᕐᓗᒋᑦ ᐊᓐᔾᐊᓐ,ᓴᓗᓇ, ᑭᐊᕋᑦ 5 ᒥᓂᕐᒥᑦ. ᐃᓚᒃᑭᑦ ᐸᑏᑏᑦ ᐊᒻᒪᓗ ᓵᑦᑑᔭᐃᓐᓇᕐᓗᒋᑦ 5 ᒥᓂᑦᑲᓐᓂᕐᒥᑦ ᐃᖑᓚᖅᐸᒡᓗᒍ ᒥᓂᑦᓕᒫᒥᒐᓚᒃ. ᐃᓚᓗᒍ ᑕᐃᒻ ᐊᒻᒪᓗ ᓈᒻᒪᒃᑐᒥ ᐃᒪᕐᒥᑦ ᐃᓗᐊᓃᑦᑐᓕᒫᑦ ᐅᓕᖕᓂᐊᕐᓗᒋᑦ ᐊᑕᐅᓯᕐᒥᑦ ᒪᕿᖕᓂᓕᓐᓃᑦ ᐃᓐᓯᒥᑦ. ᒪᑐᓗᒍ ᖃᑦᑕᐅᑉ ᒪᑐᖕᒐᓄᑦ ᐊᒻᒪᓗ ᖃᓛᖅᑎᓕᓗᒍ, ᐊᓱᐃᓛᒃ ᖃᒥᒋᐊᕐᓗᒍ ᕿᑎᐸᓗᐊᓄᑦᑕᐊᕋᑎᓛᖕᒐᓄᑦ 15 ᒥᓂᑦᐸᓗᖕᒥᑦ, ᐸᑏᑏᑦ ᐊᕿᑦᓕᒃᐸᑕ. ᐃᓚᓗᒍ ᐃᒻᒧᒃ ᐊᒻᒪᓗ ᐃᖃᓗᒃ, ᐊᒻᒪᓗ ᐆᓇᖅᓯᑎᒃᑲᓐᓂᕐᓗᒍ 15 ᒥᓂᑦᑲᓐᓂᕐᒥᑦ ᖃᓛᖅᑎᙱᑦᓗᒍ. ᐆᓇᖅᓯᑦᑎᐊᖅᐸᑦ ᐃᓚᓗᒍ ᑕᓇᐅᕐᒥᑦ ᐸᐸᒥᑦᓗ.

ᑮᓇᐅᔭᓂᒃ ᑲᒪᑦᑎᐊᕋᓱᐊᕐᓂᕐᓄᑦ ᐃᓅᓯᕐᒧᑦ ᓄᑕᕋᓛᖅᑖᓴᒧᑦ.

ᓄᑕᕋᓛᒃᓴᐃᑦ ᑯᓪᓗᒥᓂᒃ ᐊᒫᒪᒍᓐᓇᖅᓯᕗᖅ,
ᐅᕝᕙᓘᓐᓃᑦ ᕿᐊᕙᓕᕐᓗᓂ.

ᐱᓇᓱᐊᕈᓯᖅ 31

ᐊᒥᓱᑎᑐᑦ ᓯᖕᒐᐃᔪᓂᑦ ᐊᕐᓇᓂᑦ,
ᐃᓱᒪᔪᒃᓴᐅᓕᖅᐳᑎᑦ ᐃᓂᒃᓴᒥᑦ ᓄᑕᕋᓛᒃᓴᒥᑦ,
ᐃᒡᓗ ᐸᖕᒥᐅᕋᓗᐊᖅᑎᓪᓗᒍ. ᑖᒃᑯᐊ ᐃᓱᒪᓂᐅᔪᑦ
ᑕᐃᔭᐅᕗᑦ "ᐃᕙᓂᕐᒥᑦ". ᐊᐱᕆᓗᑎᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᓂᕐᒥᑦ ᓈᑦᑎᔭᕆᐊᖃᕈᕕᑦ
ᐅᕐᑭᙱᑦᑐᓂᑦ ᐃᒡᓗᒥᐅᑕᓂᒃ.

"ᐃᑲᔪᕆᐊᖃᖃᑦᑕᓚᐅᖅᐳᒍᑦ ᐃᒃᐱᒍᓱᒃᓗᑕ, ᑭᓇᑐᐃᓐᓇᖅ
ᐊᒡᒐᖅᑯᖅᑐᔪᒥᑦ ᐱᔪᓐᓇᓚᐅᙱᓚᖅ, ᑕᐃᓐᓇᑐᐊᖅ
ᐊᒡᒐᑭᓛᖅ ᐃᒃᐱᒍᓱᒃᑎᑕᐅᕙᓚᐅᖅᐳᑦ ᑭᓯᐊᓂ
ᐱᔭᕆᐊᖃᓪᓚᕆᒃᐸᑦ, ᐊᓯᐊᒍᑦ ᐊᔪᖅᓇᑦᑎᐊᕋᖕᒐᑦ.
ᐃᒃᐱᒍᓱᖕᓂᐅᔪᖅ ᐊᒡᒐᑭᓛᒧᑦ ᐱᓕᕆᐊᖑᕙᓚᐅᖅᐳᖅ
ᓄᑕᕋᓛᒃᓴᖅ ᐋᖅᑭᑦᑎᐊᕆᐊᖃᕐᓂᖅᐸᑦ ᐃᕐᓂᓂᕐᒧᑦ,
ᐊᓈᓇᐅᔪᖅ ᐃᓱᒪᒋᓐᓇᐅᔭᖅᓗᒍ. ᑕᓕᖕᒐ,
ᓈᖕᒐ ᐊᓯᖕᒐᓂᓪᓘᓐᓃᑦ ᐊᓂᔪᖅᑲᓯᑲᓪᓚᒃᐸᑦ
ᐊᓂᖅᑳᓪᓗᐊᙱᑦᑐᒥ, ᓈᑕᐅᔪᓐᓇᕐᓗᓂ ᐊᒻᒪᓗ
ᐋᖅᑭᒋᐊᑦᑎᐊᖅᑕᐅᒃᑲᓐᓂᕐᓗᓂ ᐃᕐᓂᓱᒃᓲᕈᒧᑦ
ᐊᒡᒐᑭᓛᖕᒍᔪᒧᑦ ᑕᐃᑲᓃᑦᑐᓂᑦ."
(ᓈᓐᓯ ᐱᒥᒃ (ᓇᐃᓐ) (ᓱᕙᒎᖅ, ᒪᒃᐱᖅᑐᒐᖅ 5, ᐃᓚᖕᒐ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᒃᓴᕕᑦ ᐊᐅᓚᓂᖏᑦ ᐱᒋᐊᓪᓚᖕᓂᐊᖅᐳᑦ ᑕᒪᑐᒪᓂ ᐱᓇᓱᐊᕈᓯᐅᔪᒥᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 32

ᐃᓱᒪᓐᓂᕈᕕᑦ. ᑭᓯᐊᓂ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᒧᑦ ᐱᓕᕆᔨ ᐅᖃᐅᑎᓯᒪᒃᐹᑎᑦ ᐊᓯᐊᓂ, ᐃ, ᖃᓄᐃᙱᑦᑐᖅ ᐊᐃᑉᐸᖃᖅᓂᕐᒥᑦ ᓯᖓᐃᑎᓪᓗᑎᑦ. ᐱᔪᒪᓂᖅᓴᐅᔪᓐᓇᖅᐳᑎᑦ ᐋᒃᑲᔫᓐᓃᑦ ᐊᔾᔨᒌᙱᑦᑐᓂ ᓯᖓᐃᓂᖅᓂᑦ.

ᓈᓚᒍᒪᓕᖅᐲᑦ ᑐᓴᖅᓂᕆᔭᖅᓃᑦ?

“ᐃᖅᓂᓂᖅ ᐊᒻᒪᓗ ᐱᕈᖅᓴᐃᓂᖅ ᐱᒻᒪᕆᐅᓂᖅᐹᖑᖅᑕᐅᕗᑦ ᐃᓕᖅᑯᓯᑦᑎᓐᓂ - ᑕᒪᓐᓇ ᐅᑎᖅᑎᑦᑕᕆᐊᖃᖅᑕᕗᑦ ᐊᒻᒪᓗ ᓴᙱᑏᓐᓇᕐᓗᒍ ᐱᓕᕆᓂᐅᔪᓂᑦ. ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐃᖅᓂᓱᒃᓲᔨᓂᑦ ᐅᑎᖅᑯᕙᕗᑦ. ᑲᑎᖅᓱᖅᓯᒪᔪᐃᑦ ᖃᐅᔨᒪᓂᐅᔪᑦ ᐸᖅᑭᔭᐅᔭᕆᐊᓖᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᑎᑕᐅᓗᑎᒃ ᐊᓯᖏᓐᓄᑦ.”

(ᒫᑕ ᒍᓈᒃ, ᐊᖓᔪᖅᑳᖅ. ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᖃᓄᑦ ᑲᓇᑕᒥ (ᑲᑎᒪᓂᕕᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ))

ᐊᑐᕐᑯᔭᐅᓇᔭᖅᑐᖅ
ᐱᒻᒪᕆᐅᓂᖓᓂ
ᐃᒪᖅᑐᖅᑕᕐᔪᐊᕐᓂᕐᒥᑦ

ᓄᑦᕋᓛᒃᓴᐃᑦ ᓴᐳᒻᒥᔾᔪᑎᒃᓴᒥᓂᒃ
ᐱᕝᕙᓪᓕᐊᑎᑦᑎᓕᖅᐳᖅ

ᐃᒪᕐᒥᑦ ᐃᒥᒐᔪᒡᓗᑎᑦ. ᐃᒪᖅ ᑐᓂᓯᓲᖑᕗᖅ ᐆᒪᑦᑎᐊᕆᓐᓇᖅᑐᓂᑦ ᓄᑦᕋᓛᒃᓴᕐᓄᖅ, ᐊᒻᒪᓗ ᐊᓇᐃᔭᐃᓪᓗᓂ ᓄᑦᕋᓛᒃᓴᕐᓂᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 33

ᐱᖅᑯᓯᑐᕐᑲᒃᑯᑦ, ᒪᒃᑯᒃᑐᐃᑦ ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᐊᒻᒪᓗ ᓂᕕᐊᖅᓵᑦ ᐃᓚᐅᓇᔭᖅᐳᑦ ᐃᕐᓂᔪᕐᑲᖅᑎᓪᓗᒍ ᐃᓕᖅᑯᓯᑐᐃᓐᓇᐅᓂᖓᓄᑦ ᖃᐅᑕᒫᑦ ᐃᓅᓯᐅᔪᒥᑦ. ᐊᕐᓇᐃᑦ ᐱᕈᖅᐸᓚᐅᖅᐳᑦ ᑐᓵᕙᒃᓗᑎᑦ ᐅᓂᒃᑳᖅᑐᐊᓂᑦ ᐃᕐᓂᓂᕐᒥᑦ. ᑖᒃᑯᓇᑎᒍᑦ ᐅᓂᒃᑳᖅᑐᐊᖑᔪᓂᑦ, ᖃᐅᔨᒪᓂᖅ ᐃᓕᔾᔪᑕᐅᕙᓚᐅᖅᐳᑦ.
(ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᑐᔾᔨᖅᑲᑎᑏᖕᒋᑦ. ᐃᓅᓱᒃᑐᓂ ᓯᖓᐃᓃᑦ ᐃᓄᐃᑦ ᓄᓇᓕᖕᒋᓐᓂᑦ, ᐱᔾᔪᑕᐅᔪᑦ ᐊᒻᒪᓗ ᐃᓱᒪᒋᔭᐅᔪᑦ. 2004.)

ᑎᒥᐅᑉ ᐊᐅᓚᔾᔪᑎᓕᒫᖕᒋᑦ ᐃᓂᒋᔾᔭᓕᖅᐳᑦ ᐊᒻᒪᓗ ᑕᒪᕐᒥᒐᓚᐃᑦ ᐱᓕᕆᔾᔪᑎᐅᔪᑦ ᐋᖅᑭᒃᓯᒪᑦᑎᐊᓕᖅᐳᑦ, ᑭᓯᐊᓂ ᓱᓕ ᐳᕙᖕᒋᑦ ᐱᕈᐊᓂᒃᓯᒪᙱᓚᑦ.

ᐅᖃᖃᑎᖃᕆᑦ ᐊᓯᖏᓐᓄᑦ ᐊᓈᓇᐅᔪᓂᑦ ᐊᑐᖅᓂᑯᖕᒋᓐᓂᑦ ᓯᖓᐃᑎᓪᓗᒋᑦ, ᐃᖅᓂᓱᖕᓂᕐᒥᑦ ᐊᒻᒪᓗ ᐃᖅᓂᓂᕐᒥᑦ. ᐅᔾᔨᕆᓂᐊᖅᐳᑎᑦ ᕿᓚᒥᑯᓗᒃ ᓯᖓᐃᓂᓕᒫᑦ ᐊᔾᔨᐅᙱᑦᑐᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 34

(ᐊᑕᐅᓯᖅ ᐊᖃᖅ)"(ᒥᑦᑎᒪᑕᓕᖕᒥᐅᑕᖅ) ᐅᓂᒃᑳᓚᐅᖅᐳᖅ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓂᖓᓄᑦ ᐊᓈᓇᖓᑕ ᐊᖁᕕᖓᓂᒃᑯᑦ ᐃᖅᓂᓇᓱᐊᖅᓂᕐᒧᑦ ᐃᓗᐊᖅᓂᖅᓴᐅᖅᑯᓪᓗᓂᐅᒃ ᓯᕗᓪᓕᕐᒥ ᐃᖅᓂᓇᓱᐊᖅᑎᓪᓗᒍ." (ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 9, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᒃᓴᐃᑦ ᑕᑭᓂᖃᓕᖅᐳᖅ
20 ᐃᓐᓯᓂᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 35

ᑕᒪᑐᒪᓂ ᐱᓇᓱᐊᕈᓯᐅᔪᓂᑦ 35-ᒥᑦ 40-ᒧᑦ ᓯᖓᐃᓂᕐᓂᑦ, ᖃᐅᔨᓴᖅᑕᐅᑐᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ ᑲᑎᖕᒐᔪᓂᑦ 8 ᓴᙱᔪᓂᑦ ᖁᐱᕐᕆᓐᓂᐅᔪᒥᑦ. ᑖᒃᑯᐊ ᐊᒻᒪᑎᕐᓃᑦ ᐱᑕᖃᒐᔪᓛᖑᕗᑦ ᐃᓅᓱᕐᒥᑦ-ᐅᓗᕆᐊᓇᕐᓂᖅᐹᖑᖃᑕᐅᓪᓗᓂ ᐊᒻᒪᑎᕐᓂᐅᓪᓗᓂ ᐃᓅᓵᖅᑐᓄᑦ ᓄᑕᕋᓛᓄᑦ. ᓯᖓᐃᔪᑦ ᐊᕐᓇᐃᑦ ᐱᖃᖅᑐᑦ ᑲᑎᖕᒐᔪᓄᑦ 8 ᓴᙱᔪᓂᑦ ᖁᐱᕐᕆᓐᓂᐅᔪᒥᑦ ᒪᒥᓴᐅᑎᓂᒃ ᐃᓅᓕᓴᖅᑕᐅᓲᖑᕗᑦ ᐃᕐᓂᓱᓕᖅᑎᓪᓗᒋᑦ. ᑲᑎᖕᒐᔪᓄᑦ 8 ᓴᙱᔪᓂᑦ ᖁᐱᕐᕆᓐᓂᐅᔪᒥᑦ ᖃᐅᔨᓴᐃᓂᖅ ᐊᔪᕐᓇᙱᑦᑐᑯᓗᕗᑦ ᐋᓐᓂᕐᓇᕋᓂᓗ. ᓗᒃᑖᖅ ᐅᓚᐸᓯᐊᕐᔪᙱᓂᐊᖅᐳᖅ ᖁᕐᖃᕐᒥᑦ ᐊᒻᒪᓗ ᐃᑎᖕᒐᓐᓂ ᖃᐅᔨᓴᐃᓂᕐᒧᑦ ᖁᐱᕈᓂᐅᔪᒧᑦ.

ᓯᖓᐃᔪᑦ ᐊᕐᓇᐃᑦ ᐅᓪᓗᒃᑯᑦ ᓯᓂᖃᑕᓪᓗᐊᖏᓚᑦ ᓱᒃᑲᐃᒐᓕᕆᐊᕐᓚᕐᓂᐊᕐᒪᑕ ᐃᕐᓂᓱᖕᓂᖓ.
(ᐃᓄᐃᑦ ᑐᑦᑕᕐᕕᖓᑦ. ᖃᐅᔨᓴᐃᓂᖅ ᐊᑐᖅᑕᐅᓲᓂᑦ ᐱᐅᓂᖅᐹᒧᑦ ᓯᖓᐃᔪᓂᑦ ᐸᖅᑭᓂᕐᒧᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓄᑦ ᐊᒻᒪᓗ ᐃᓄᖕᓂ ᓄᓇᓕᐅᔪᓂᑦ: ᑭᖑᓪᓕᖅᐹᖅ ᐅᖃᐅᓯᒃᓴᐃᑦ ᐃᓄᐃᑦ ᐊᕐᓇᐅᔪᓄᑦ ᐱᔭᕆᐊᖃᖅᑕᖕᒋᓐᓂ ᖃᐅᔨᓴᐃᓂᐅᔪᒥᑦ. 2004)

ᓄᑕᕋᓛᒧᑦ ᑐᖅᑯᐊᓪᓚᒍᑕᐅᓂᖅ
ᓇᓗᓇᐃᖅᓯᔾᔪᑏᑦ
(SIDS) 6-ᖓᕆᖅᓱᖅᓱᓂ
ᖁᑦᑎᖕᓂᖅᓴᐅᓚᐅᖅᐳᖅ ᓄᓇᕗᒻᒥ
ᑲᓇᑕᓕᒫᒥᑦ, ᑕᐃᒫᒃ ᐱᒻᒪᕆᐅᕗᖅ
ᐃᓕᓐᓂᐊᑦᑎᐊᕆᐊᒃᓴᖅ
ᓯᓂᓕᖅᑎᑦᑎᓂᕐᒥᑦ. ᓯᓂᓕᕆᑦ!

ᐱᓇᓱᐊᕈᓯᖅ 36

ᐱᖅᑯᓯᑐᖅᑲᒃᑯᑦ, ᓄᑲᑉᐱᐊᖑᔪᖅ
ᑐᓂᓯᔭᕆᐊᖅᑲᖅᑕᓚᐅᖅᐳᖅ ᓯᕗᓪᓕᖅᐸᒥ
ᐊᖑᓇᓱᒃᑕᒥᓂᑦ ᐃᓄᖕᒧᑦ ᐃᑲᔪᓚᐅᖅᑐᒥᑦ
ᐃᖅᓂᐊᖑᓕᖅᑎᓪᓗᒍ, ᐊᖅᓇᐃᑦ
ᑐᓂᓯᔭᕆᐊᖅᑲᖅᐳᑎᒃ ᓯᕗᓪᓕᖅᐸᖅ
ᒥᖅᓱᖅᑕᖓᓂ ᓄᕕᖅᓴᖅᑕᖓᓂᓪᓘᓐᓃᑦ.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

ᓄᑕᕋᓛᒃᓴᐃᑦ ᐃᓱᒪᒋᔭᐅᓕᖅᐳᖅ ‘ᐃᓅᕝᕕᒃᓴᒥᓄᑦ ᑎᑭᓐᓂᖓᓄᑦ’. ᐱᓇᓱᐊᕈᓯᐅᓂᐊᖅᑐᓄᑦ ᑎᑭᑉᐸᑦᓕᐊᔪᓄᑦ, ᓄᑕᕋᓛᒃᓴᐃᑦ ᐊᑐᖃᑦᑕᕐᓂᐊᖅᐳᖅ ᐊᔪᕈᓐᓃᓵᖅᑕᖏᓐᓂᑦ, ᓲᕐᓗ ᓂᐅᕐᓂᕐᒥᑦ ᐊᒻᒪᓗ ᐊᓂᖅᑎᓇᓂᕐᒥᑦ ᐳᐸᑉ ᐃᒪᖓᓐᓂ.

ᐱᓇᓱᐊᕈᓯᖅ 37

ᐃᕐᓂᓱᒃᐸᑦᓕᐊᓂᕐᒥᑦ ᓇᓗᓇᐃᔭᐅᑏᑦ:

ᐃᕐᓂᕝᕕᒃᓴᐃᑦ 40-ᖓᓂ ᐱᓇᓱᐊᕈᓯᐅᔪᒥᑦ ᓯᖓᐃᓂᕐᓄᑦ ᑎᑭᓪᓗᐊᖅᐳᖅ. ᑭᓯᐊᓂ, 4%-ᑐᐃᓐᓇᐃᑦ ᐊᕐᓇᐃᑦ ᐃᕐᓂᓲᖑᕗᑦ ᐃᕐᓂᕝᕕᒃᓴᖏᓐᓂᑦ. ᐊᕐᓇᐃᑦ ᐃᕐᓂᒐᔪᒃᐳᑦ ᓄᑕᕋᓛᒥᓂᑦ ᐱᓇᓱᐊᕈᓲᑦ ᒪᕐᕉᒃ ᑐᖓᓂ ᐅᖓᑖᓄᓪᓗᓐᓃᑦ ᐃᕐᓂᕝᕕᒃᓴᒥᓂᑦ. ᖃᐅᔨᒪᓂᐊᖅᐳᑎᑦ ᓇᓗᓇᐃᔭᐅᑎᐅᔪᑦ ᐃᕐᓂᓱᒃᐸᑦᓕᐊᓂᕐᓂᑦ ᐅᑯᓂᖓ: ᐊᓯᐅᔨᓂᖅ ᐃᑦᓕᐊᑉ ᐃᐱᓂᖓᑕ ᓯᒥᖓᓂ, ᐊᐅᖕᒥ ᓄᕙᐅᔾᖅᑑᑦᓗᓂ ᓯᒥᒃ ᐃᒡᓕᐊᕐᓂᑦ ᓯᒥᒃᓯᓯᒪᓲᖑᔪᖅ ᐃᑦᓕᐊᑉ ᐹᖓᓂ. ᓱᒃᑲᐃᑦᑐᒥ ᑯᕕᕋᔭᕐᓂᐅᔪᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑯᕕᕐᔪᐊᖅᑐᒥ ᐃᒪᕐᒥᑦ ᖁᕐᑲᕐᓂᑦ ᓴᙱᔪᐊᓗᖕᒥᑦ ᓯᑦᓕᒪᓂᕐᒥᑦ ᖃᓂᒡᓕᕙᑦᓕᐊᔪᓂᑦ ᐊᑯᓂᐅᓂᖅᓴᐅᕙᒡᓗᑎᒃ ᐃᕐᓂᓱᒃᐸᑦᓕᐊᓗᓂ

“ᑕᒪᒃᑭᐸᓗᖕᓂ ᐊᕕᒃᑐᖅᓯᒪᔪᓂᑦ ᐃᓄᑐᖃᐃᑦ ᐅᓂᒃᑳᖅᓯᒪᕗᑦ ᖃᓂᑏᖕᓂᐅᔪᓂᑦ ᐱᖃᓐᓇᓈᖕᓂᐅᔪᒥᑦ ᐃᕐᓂᓱᒃᓲᔨᐅᔪᒥᑦ ᐊᒻᒪᓗ ᓄᑕᕋᕐᒥᑦ ᐃᑲᔪᓚᐅᖅᑕᒥᓂᑦ ᐃᓅᓕᖅᑎᑦᓗᒍ. ᐃᓕᖅᑯᓯᒃᑯᑦ ᐱᒻᒪᕆᐅᕗᖅ ᖃᐅᔨᒪᓗᓂ ᓴᓇᔨᖓᓂ, ᐊᕐᓇᕐᑯᑎᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᓴᓇᔨᒥᓂᒃ.”
(ᒫᑕ ᒍᓈᒃ, ᐊᖓᔪᖅᑳᖅ. ᐸᐅᒃᑑᑎᑦ ᐃᓄᐃᑦ ᐊᕐᓇᓄᑦ ᑲᓇᑕᒥ (ᑲᑎᒪᓂᕝᕕᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ))

ᐊᑐᖅᑯᔭᐅᓇᔭᖅᑐᖅ
ᐃᖅᓂᓱᖕᓂᕐᒥᑦ
ᐊᒻᒪᓗ ᐃᖅᓂᓂᕐᒧᑦ

ᓄᑦᕋᓛᒃᓴᕕᑦ ᐳᕙᖕᒋᑦ ᐱᕈᖅᐸᓪᓕᐊᖕᒋᓐᓇᖅᐳᑦ. ᐳᕙᐅᑉ ᐃᒪᒃᓴᖓᓂ ᓴᓇᔭᐅᕙᓪᓕᐊᕗᖅ ᐳᕙᖕᒋᑦ ᓂᐱᔾᔭᖕᒋᒻᒪᑕ ᐃᒻᒥᖕᓄᑦ ᐃᖅᓂᐊᖑᐊᓂᒃᑯᓂ.

ᐱᒋᐊᖅᓂᖓ 1 ᐃᖅᓂᓱᖕᓂᕐᒥᑦ ᐊᒻᒪᓗ ᐃᖅᓂᓂᕐᒧᑦ

ᐱᒋᐊᖅᓂᓇᔭᖓ ᐊᑯᓂᐅᑎᒋᔪᓐᓇᖅᐳᖅ ᐃᑲᕋᓂᒃ 20-ᓄᑦ. ᐃᖅᓂᓱᖕᓂᐅᔪᖅ ᐱᒋᐊᕈᓐᓇᖅᐳᖅ ᓱᓪᓕᒪᓂᖅᓂᑦ 5-ᒥ 20 ᒥᓂᑦᓄᑦ ᐊᒻᒪᓗ ᐊᑯᓂᐅᑎᒋᓗᑎᒃ 30-ᒥᑦ 60 ᓴᑲᓐᓄᑦ. ᐃᖅᓂᓱᖕᓂᓕᒫᑦ ᐊᔾᔨᒌᙱᓕᑦ, ᑭᓯᐊᓂ, ᐊᒻᒪᓗ ᐃᓚᖕᒋᑦ ᐊᖅᓇᐃᑦ ᐅᔾᔨᕈᓱᔾᔭᖕᒋᑦᑐᑦ ᐃᖅᓂᓱᓕᖅᓂᒋᓐᓂ ᑭᓯᐊᓂ ᓯᓪᓕᒪᓂᖕᒋᑦ ᖃᓂᑦᑐᑯᓗᓕᕈᑎᒃ, 5 ᒥᓂᑦᓂ ᖃᓂᒌᒃᑎᒋᓗᑎᒃ. ᓯᓪᓕᒪᓃᑦ ᓴᙱᒃᑎᐸᐸᓪᓕᐊᓂᐊᖅᐳᑦ, ᐊᑯᓂᐅᓂᖅᓴᐅᓗᑎᒃ, ᐱᑕᖃᒐᔪᖕᓂᖅᓴᐅᓗᑎᒃ, ᐊᒻᒪᓗ ᐊᐅᓚᑦᑎᐊᓂᖅᓴᐅᓗᑎᒃ. ᐱᒋᐊᓕᓵᖅᓂᖓᒍᑦ, ᐃᓪᓕᐊᑉ ᐹᖓ ᒪᑐᐃᖅᓂᖃᖅᓂᐊᖅᐳᖅ 3 ᓴᓐᑕᒦᑕᒥᑦ. ᓯᓪᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᖅᓂᖃᓲᖕᒍᕗᑦ ᓈᒃᑯᑦ. ᐃᒡᓕᐊᖅ ᑎᓯᒡᓕᕗᖅ ᐊᒻᒪᓗ ᓱᑲᕐᓗᓂ ᐊᒃᓱᐊᓗᒃ, ᑕᐃᒪᐃᓚᐅᑲᒃᓗᓂ ᖃᔅᓯᒐᓚᖕᓂ ᓴᑲᓐᖕᒍᔪᓂᑦ ᐊᓱᐃᓛᒃ ᖃᓱᓪᓗᓂ. ᐃᑲᕋᒐᓴᖕᓂᑦ ᐊᓂᒍᖅᐸᑦ ᐃᖕᒋᕋᕙᓪᓕᐊᔪᒥᑦ ᐃᖅᓂᓱᓕᖅᓂᐊᖅᐳᑎᑦ, ᓯᓪᓕᒪᓂᖅᒥᑦ ᓴᙱᒃᑎᐅᓂᖅᓴᐅᓗᑎᒃ ᐊᒻᒪᓗ ᐊᐅᓚᑦᑎᐊᓂᖅᓴᐅᓗᑎᒃ. ᐱᒋᐊᓕᓴᖅᓂᖓᒍᑦ, ᐃᓪᓕᐊᑉ ᐹᖓ ᒪᑐᐃᖅᓂᖃᖅᓂᐊᖅᐳᖅ 3 ᓴᓐᑕᒦᑕᒥᑦ. ᓯᓪᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᖅᓂᖃᓲᖕᒍᕗᑦ ᓈᒃᑯᑦ. ᐃᒡᓕᐊᖅ ᑎᓯᒡᓕᕗᖅ ᐊᒻᒪᓗ ᓱᑲᕐᓗᓂ ᐊᒃᓱᐊᓗᒃ, ᑕᐃᒪᐃᓚᐅᑲᒃᓗᓂ ᖃᔅᓯᒐᓚᖕᓂ ᓴᑲᓐᖕᒍᔪᓂᑦ ᐊᓱᐃᓛᒃ ᖃᓱᓪᓗᓂ. ᐃᑲᕋᒐᓴᖕᓂᑦ ᐊᓂᒍᖅᐸᑦ ᐃᖕᒋᕋᕙᓪᓕᐊᔪᒥᑦ ᐃᖅᓂᓱᖕᓂᐅᔪᒥᑦ, ᓯᓪᓕᒪᓂᐅᔪᑦ ᓴᙱᒃᑎᒃᑲᓐᓂᖅᓂᐊᖅᐳᑦ ᐊᒻᒪᓗ ᐅᓄᖅᓂᖅᓴᐅᓗᑎᒃ, ᒪᖅᑮᖕᓂ ᐱᖕᒐᓱᓄᑦ ᒥᓂᑦᓂᑦ ᑕᐃᒪᐃᐸᐸᒡᓗᑎᒃ. ᐃᖕᒋᕋᕙᓪᓕᐊᔪᒥᑦ ᐃᖅᓂᓱᖕᓂᐅᔪᒥᑦ, ᓯᓪᓕᒪᓂᐅᔪᑦ ᓴᙱᒃᑎᒃᑲᓐᓂᖅᓂᐊᖅᐳᑦ ᐊᒻᒪᓗ ᐅᓄᖅᓂᖅᓴᐅᓗᑎᒃ, ᒪᖅᑮᖕᓂ ᐱᖕᒐᓱᓄᑦ ᒥᓂᑦᓂᑦ ᑕᐃᒪᐃᐸᐸᒡᓗᑎᒃ. ᐃᖕᒋᕋᕙᓪᓕᐊᔪᒥᑦ ᐃᖅᓂᓱᖕᓂᐅᔪᒥᑦ, ᓯᓪᓕᒪᓂᐅᔪᑦ ᓴᙱᒃᑎᒃᑲᓐᓂᖅᓂᐊᖅᐳᑦ ᐊᒻᒪᓗ ᐅᓄᖅᓂᖅᓴᐅᓗᑎᒃ. ᐱᖕᒋᕋᕙᓪᓕᐊᔪᒥᑦ ᐃᖅᓂᓱᖕᓂᐅᔪᒥᑦ, ᐃᓪᓕᐊᑉ ᐹᖓ ᒪᒃᐱᖅᐸᓪᓕᐊᖕᒋᓐᓇᖅᓂᐊᖅᐳᖅ, 8 ᓴᓐᑎᒦᑐᒧᑦ. ᓄᑦᕋᓛᑉ ᓂᐊᖅᑯᖓ ᐊᑦᑎᒃᓯᕙᓪᓕᐊᓂᐊᖅᐳᖅ ᐊᑯᐊᖅᓄᑦ. ᐃᓂᐊᓅᖅᐸᓪᓕᐊᓂᖓᓂ ᐱᓕᕆᓂᖓᓂ, ᐃᓪᓕᐊᑉ ᐹᖓ ᒪᑐᐃᖅᓂᐊᖅᐳᖅ 8-ᒥᑦ 10-ᒧᑦ ᓴᓐᑕᒦᑕᒧᑦ, ᐊᖕᒪᓗᑭᑉ ᕿᑎᖓᒍᑦ ᑐᑭᒧᐊᖓᓂᕆᕙᐅᒃ ᓄᑦᕋᓛᑉ ᓂᐊᖅᑯᖓ ᐊᓂᒍᕆᐊᖅᑲᖅᑐᖅ ᐃᖅᓂᓂᕐᒧᑦ ᓱᓪᓗᑯᑖᒃᑯᕆᐊᖅᑲᖅᓂᖓᒍᑦ. ᑕᐃᑲᓂ, ᓯᓪᓕᒪᓂᑎᑦ ᓴᙱᒃᑎᔪᒻᒪᕆᐅᓂᐊᖅᐳᑦ, ᒪᖅᑮᖕᓂ ᐱᖕᒐᓱᓄᑦ ᒥᓂᑦᓂ ᖃᓂᒌᒃᑎᒋᓗᑎᒃ. ᓯᓪᓕᒪᓃᑦ 60 ᓴᑲᓐᓄᑦ ᑎᑭᑦᑐᓐᓇᖅᐳᑦ ᐅᖓᑖᓄᓪᓗᓐᓃᑦ.

ᐱᓇᓱᐊᕈᓯᖅ 38

ᐱᒋᐊᖅᓂᖓ 2 ᐃᖅᓂᓱᖕᓂᖅ ᐊᒻᒪᓗ ᐃᖅᓂᓂᕐᒥᑦ

ᑕᒪᓐᓇ "ᐊᓂᑎᑦᑎᓇᓱᐊᖅᓂᕐᒧ" ᐱᓂᐅᕗᖅ ᓄᑦᕋᓛᖅ ᐃᓅᓗᓂ! ᑕᒪᓐᓇ ᖁᕕᐊᓇᖅᑐᐊᓗᒃ, ᐊᑯᓂᐅᑎᒋᓲᖕᒍᕗᖅ 20 ᒥᓂᕐᒥᑦ ᐃᑲᕋᓄᑦ ᒪᕿᖕᓄᑦ. ᑕᒪᑐᒪᓂ ᐱᓕᕆᓂᐅᔪᒥᑦ, ᓴᙱᒃᑎᔪᐊᓗᖕᓂ ᐊᒻᒪᓗ ᐱᑕᖃᒐᔪᒃᑐᓂᑦ ᓯᓪᓕᒪᓂᖃᖅᓂᐊᖅᐳᑎᑦ, ᐊᑕᐅᓯᕐᒥᑦ ᐱᖓᓱᓄᑦ ᒥᓂᑦ ᐊᓂᒍᕋᖓᑕ. ᐃᓚᖕᒋᑦ ᐊᖅᓇᐃᑦ ᑖᔅᓱᒥᖓ ᐱᓂᐅᔪᒥᑦ ᐃᖅᓂᓱᖕᓂᕐᒥᑦ ᐊᔪᖅᓇᙱᓐᓂᖅᓴᐅᑎᖕᒋᑦ ᐊᐅᓚᑦᑕᓇᐊᒃᓴᖅ ᐊᔾᔨᐅᓇᔪᓐᓇᖅᓱᖕᒪᑕ, ᐃᓗᐊᖅᓱᕙᓪᓕᖅᓇᐅᖕᒪᑦ ᐋᓐᓂᐊᖅᓂᐅᔪᒥᑦ. ᐃᒃᐱᒋᓕᕈᕕᐅᒃ ᐊᓂᑎᑦᑎᔭᓇᐊᖅᑲᖅᓂᐊᓗᒃ, ᐊᓂᖅᓃᑦ ᓄᖅᑲᖅᑎᓪᓗᒍ ᐊᒻᒪᓗ ᓱᖑᒃᑯᒡᓗᑎᑦ ᓲᖅᓗ ᐊᓇᕋᓱᐊᖅᓗᑎᑦ ᐊᖕᒋᔪᐊᓗᖕᒥᑦ. ᒪᓕᒃᓗᒍ ᑎᒥᕕᑦ ᖃᓄᐃᓕᐅᖅᑯᔭᖓᓂ. ᓄᖅᑲᖅᑯᔭᐅᓂᐊᖅᐳᑎᑦ ᓯᖑᒡᓗᖕᓂᖅᒥᑦ. ᓄᑦᕋᓛᑉ ᓂᐊᖅᑯᖓᓂ ᐃᒻᒥᓂᒃ ᓈᒻᒪᒋᔭᒥᓂᑦ ᑕᓱᓴᐃᓂᖅᒥᑦ ᖁᖅᑲᖅᓂᑦ ᐊᒻᒪᓗ ᐃᓅᕝᕕᒋᓂᐊᖅᑕᖓᒍᑦ. ᓗᒃᑖᖅ ᐃᖅᓂᓱᒃᓲᔾᔨᓐᓂᑦ ᑐᕋᖅᑎᕋᔭᖅᓂᐊᖅᐹ ᓄᑦᕋᓛᑉ ᓂᐊᖅᑯᖓᓂ ᐃᖅᓂᕕᐅᔪᒃᑯᑦ, ᒪᓕᒃᑕᐅᓗᓂ ᑐᐃᒥᑦ ᐊᑕᐅᓯᕐᒥᑦ ᐊᒻᒪᓗ ᐊᐃᑉᐸᖓᓂ. ᑎᒥᖓ ᕿᓚᒥᐊᓗᒃ ᒪᓕᓱᖑᕗᖅ.

ᐱᓕᕆᓂᐅᔪᖅ 3 ᐃᖅᓂᓱᖕᓂᖅ ᐊᒻᒪᓗ ᐃᖅᓂᓂᖅ

ᐱᖓᔪᖓᑦ ᐱᓕᕆᓂᐅᔪᖅ ᐃᖅᓂᓱᖕᓂᕐᒥ ᐊᓂᑎᑦᑎᓂᐅᕗᖅ ᐊᖅᑮᕐᒥᑦ. ᓄᑦᕋᓛᖅᑲᓕᕋᕕᑦ ᑎᒍᒥᐊᖅᑕᖅᓂᑦ, ᐅᔾᔪᕈᓱᖕᒋᑐᐃᓐᓇᕆᐊᖅᑲᖅᐳᑎᑦ ᐊᖅᑮᖓ ᐊᓂᕙᓪᓕᐊᓂᖓᓂ. ᐊᖅᑮᖓ ᐊᓂᒐᔪᒃᐳᖅ ᐋᓐᓂᐊᖅᓇᖕᒋᑦᑐᓂ ᓯᓪᓕᒪᓂᐅᔪᓂᑦ. ᒥᖅᓱᖅᑕᐅᔭᕆᐊᖅᑲᕈᕕᑦ ᐊᓕᖕᓂᕈᕕᑦ ᐅᕝᕙᓗᓐᓂᑦ ᓱᑦᑕᖅᑕᐅᓐᓂᕈᕕᑦ, ᐃᒃᐱᖕᓂᐊᖕᒋᔭᕆᒍᒧᑦ ᑲᐱᔭᐅᓂᐊᖅᐳᑎᑦ ᓗᒃᑖᖅ ᒥᖅᓱᕈᓐᓇᖅᓂᐊᖅᒪᑦ. ᓄᑦᕋᓛᑦ ᑎᒍᒥᐊᕈᓐᓇᖅᑕᐃᑦ ᒥᖅᓱᖅᑕᐅᓂᖅᓂᑦ, ᐱᔪᒪᒍᕕᑦ.

"...ᓱᕈᓲᑦ ᐊᑦᑎᖅᑕᐅᕙᓚᐅᖅᐳᑦ ᐃᓚᒋᔭᕕᓂᕐᒥᑦ ᐃᓅᔪᓐᓃᖅᓯᒪᔪᓂᑦ ᐃᓚᖕᒋᓐᓂ ᐃᖅᑲᐅᒪᔭᐅᓂᐊᖅᒪᑕ. ᐊᒻᒪᓗ ᑲᕙᓕᖕᒐᓂᖓ ᑐᖅᑯᖓᔪᒧᑦ ᐃᓚᒥᓄᑦ ᐊᓯᐅᓇᔭᖅᐳᖅ ᓄᑦᕋᕐᒥᑦ ᐊᑦᑎᖅᑕᐅᔪᖅᑲᖅᐸᑦ..."
(ᐊᑏᑦ ᐊᒻᒪᓗ ᐊᑦᑎᖅᓯᓂᖅ, ᒪᒃᐱᖅᑐᒐᖅ 42, ᐃᓅᖅᑲᑎᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᑦ ᐅᕿᙵᒋᓕᖅᐸᓪᓕᐊᖏᓐᓇᖅᐳᖅ

ᐃᕕᐊᖏᑎᑦ, ᐊᖏᒡᓕᕙᓪᓕᐊᓚᐅᖅᑐᑦ ᓯᖓᐃᑎᓪᓗᑎᑦ, ᐃᒻᒥᖅᐳᑦ ᑕᖅᓴᖅᑲᙵᑦᑐᒥ ᐃᒪᕐᒥᑦ ᑕᐃᔭᐅᔪᒥᑦ ᐃᒻᒧᒃᓴᒥᑦ ᓯᕗᓪᓕᖅᐹᒥ ᐅᓪᓗᓂᑦ ᐃᕐᓂᓚᐅᕐᓗᓂ. ᐃᒻᒧᒃᓴᖅ ᐃᓗᓕᖅᑲᖅᐳᖅ ᓈᒻᒪᒍᑎᓂᒃ ᑎᒥᒧᑦ ᐊᒻᒪᓗ ᐃᓚᐅᕈᑎᒃᓴᓂᒃ ᐃᕕᐊᖏᐅᑉ ᐃᒻᒧᖓᓂ ᐱᖃᕐᓂᖅᓴᐅᓪᓗᓂ, ᑭᓯᐊᓂ ᓱᑲᕐᑲᙵᓐᓂᖅᓴᐅᓪᓗᓂ ᐊᒻᒪᓗ ᐅᖅᓱᕐᑲᙵᓐᓂᖅᓴᐅᓪᓗᓂ. ᐃᒻᒧᒃᓴᖅ ᐃᓗᓕᖅᑲᕆᕗᖅ ᑎᒥᐅᑉ ᓴᐳᓐᓂᐊᖅᑎᖏᓐᓂᑦ ᓴᐳᔾᔨᒋᑦ ᐃᓅᓵᖅᑐᒧᑦ ᓄᑕᕋᓛᕐᓄᑦ ᐋᓐᓂᐊᕐᓇᐅᔪᓄᑦ. ᐃᓅᓵᖅᑐᖅ ᓄᑕᕋᓛᑦ ᐃᒻᒧᒃᓴᖅᑐᕆᐊᕐᑲᖅᐳᖅ ᓯᕗᓪᓕᓂᒃ ᐅᓪᓗᓂᒃ ᐃᓅᓯᕆᔭᒥᓂᑦ. ᐊᓯᐃᓛᒃ ᐃᒻᒧᒃᓴᖅ ᐃᓇᖏᖅᑕᐅᕗᖅ ᐃᒻᒧᓪᓚᑦᑖᒥ.

ᐱᓇᓱᐊᕈᓯᖅ 39

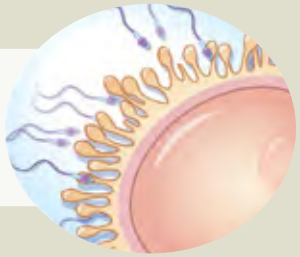
"ᐅᖃᐅᓯᑐᖃᖅ ᐃᕐᓂᓱᖕᓂᕐᒧᑦ ᐅᓇᐅᓚᐅᖅᐳᖅ 'ᐃᓱᒪᒃᓴᖅᓯᐅᕐᓂᕐᒥᑦ'."
(ᐊᑭᓂᑭ ᕐᑯᒪᓗᒃ, ᐅᖃᓕᒫᖅᑕᐅᔪᖅ ᓯᖓᐃᓂᕐᒧᑦ ᑕᓚᕕᓴᒃᑯᑦ ᑕᑯᓐᓇᒐᒃᓴᐅᔪᒥᑦ, ᖃᓄᖅᑑᕐᓂᖅ-ᓇᓂᓯᓂᖅ ᓇᓕᒧᑦᑐᒥᑦ ᐱᓕᕆᐊᖑᔪᒥᑦ, ᒪᐃ 12, 2009)

800-ᒐᓚᖕᓂ
ᐃᕐᓂᓂᖅᑲᓱᖕᒍᕗᑦ
ᓄᓇᕗᒻᒥ ᐊᕐᕌᒍᑕᒫᑦ.

ᓄᑕᕋᓛᑦ
ᐃᓚᒋᔭᐅᕗᖅ,
ᑕᐃᒫᒃ ᐃᓕᖕᓂ
ᓇᒡᓕᒋᒋᑦ ᐊᒻᒪᓗ
ᓄᑕᕋᓛᑯᓗᖕᓂᑦ
ᐱᒻᒪᕆᐅᒐᔅᔪ ᐊᒻᒪᓗ
ᐱᒃᑯᓇᖅᓱᔪ.

“ᒪᒃᑯᖕᓂᖅᓴᐅᑎᓪᓗᖕᒐ, ᐅᖃᖅᐸᓚᐅᖅᓯᒪᔪᑦ ᓄᑕᕋᓛᖅ ᑎᑭᑉᐳᖅ ᐃᒪᓐᓇᐅᙱᑦᑐᖅ ᓄᑕᕋᓛᖅ ᐃᓅᕗᖅ. ᐊᓱᐃᓛᒃ ᖁᕕᐊᓲᑎᒋᓕᖅᓱᑎᒍᑦ ᓄᑕᕋᓛᖅ ᑎᑭᓐᓂᖕᒐᓂᑦ. ᒫᓐᓇᓕᓵᖅ ᐅᖃᖅᑲᑦᑕᓕᓚᐅᖅᐳᒍᑦ ᓄᑕᕋᓛᖅ ᐅᓅᓂᖕᒐᓂ. ᐃᓄᐃᑦ ᖁᕕᐊᓲᑎᖅᖅᐸᓚᐅᖅᐳᑦ ᐃᓅᑎᓪᓗᒋᑦ ᓄᑕᕋᓛᓂᒃ, ᑎᑭᓐᓂᖕᒐᓄᑦ ᓄᑕᕋᓛᖅ ᑎᒍᑎᓪᓗᓂᐅᒃ ᓄᑕᕋᓛᑯᓗᑉ ᐊᒡᒐᒥᒍᑦ. ᑕᒪᓐᓇ ᐊᑐᕋᓱᓲᕆᔭᕗᑦ. ᓄᑕᕋᓛᖅ ᑎᑭᑦᑐᖅ ᓄᓇᓕᖕᓄᑦ, ᑐᙵᓱᒃᑎᓐᓇᓱᐊᓲᕆᕙᕗᑦ.”
(ᐊᑭᓂᑭ ᖁᒪᓗᒃ, ᐅᖃᓕᒫᖅᑕᐅᔪᖅ ᓱᖕᒐᐃᓂᖅᒧᑦ ᑕᓚᕖᓴᒃᑯᑦ ᑕᑯᓐᓇᒐᒃᓴᐅᔪᒥᑦ, ᖃᓄᖅᑑᕐᓂᖅ-ᓇᓂᓱᓂᖅ ᓇᓕᒧᑦᑐᒥᑦ ᐱᓕᕆᐊᖑᔪᒥᑦ, ᒪᐃ 12, 2009)

ᐱᓇᓱᐊᕈᓱᖅ 40



ᑕᖅᑭᖅ 1

ᖁᕕᐊᓇᖅ, ᐊᑖᑕᙵᕐᓂᐊᓕᖅᐳᑎᑦ!

ᐃᖅᑲᐅᒪᓂᐊᖅᐳᑎᑦ ᑕᖅᑭᒐᓴᓂᒃ 9-ᓂᑦ ᐅᓗᕆᐊᓇᙱᑦᑐᒦᑦᑕᕆᐊᖃᕐᓂᐊᖅᐳᖅ ᑕᒪᒃᑮᓄᑦ ᐊᓈᓇᐅᔪᒧᑦ ᐊᒻᒪᓗ ᓄᑕᕋᓛᒃᓴᒧᑦ. ᐃᑲᔪᖅᓯᕆᐊᒃᑭᑦ ᑕᒪᕐᒥᒃ ᖃᓄᑐᐃᓐᓇᑦᑎᐊᖅ ᐊᔪᙱᓐᓂᕐᓂᑦ.

“ᐅᐃᒋᔭᐅᔪᖅ ᐊᑐᕆᐊᓕᖓ ᐱᖅᑯᓯᑐᖃᒃᑯᑦ ᐊᔾᔨᒌᒃᐸᓚᐅᙱᓚᑦ ᐱᑕᖃᖅᐳᓂ ᑭᓯᐊᓂ ᐃᓚᐅᓇᓂ, ᐃᑲᔪᖅᓯᐃᓂᕐᒧᑦ ᓄᓕᐊᖓᑕ ᑐᓄᖓᓂ ᓂᐅᖏᓐᓂᑦᔫᓐᓃᑦ ᐃᕐᓂᓯᒃᑎᑦᓗᒍ, ᑐᓂᓯᓂᕐᒥᑦ ᐊᔪᙱᓐᓂᓕᖏᑦ ᐃᑲᔪᖅᑐᐃᓂᕐᒧᑦ. ᐃᓛᓐᓂᓚᐅᓯᖓᖅ, ᐅᐃᒋᔭᐅᔪᖅ ᐊᖑᓇᓱᒃᑎᑦᓗᒍ ᐅᕝᕙᔫᓐᓃᑦ ᐊᓃᕐᑯᔭᐅᑦᓗᓂ ᑭᓯᐊᓂ ᓄᑕᕋᓛᖅ ᐃᓈᒐᒥ. ᑭᓯᐊᓂ, ᑐᓂᓯᔾᔨᐅᓚᐅᖅᐳᖅ ᐱᒻᒪᕆᐅᔪᒥ ᑎᒥᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᐃᑲᔪᖅᓯᐃᓂᒃᑯᑦ”.
(ᓱᕙᒎᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

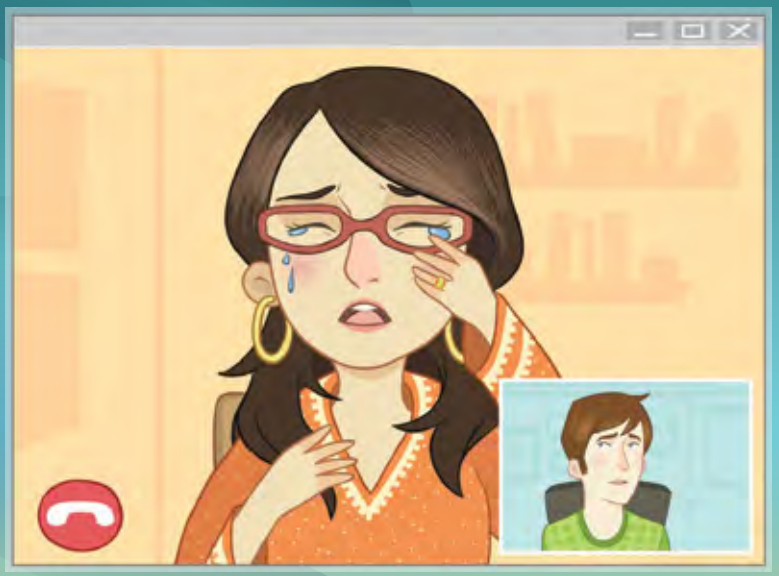
ᐊᒥᓱᐃᑦ ᓇᔾᔨᐊᖅ ᐃᓗᑦᓯᖅᑖᙱᑦ ᑎᒥᙱᑦ ᐃᓚᙱᑦ ᐋᖅᑭᒃᐸᓪᓕᐊᕗᑦ ᐃᓚᖃᖅᓗᑎᒃ ᒪᓐᓂᖃᐅᑎᓂᑦ ᐊᕐᓇᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒡᓕᒃᓴᓂᑦ ᐊᖑᑎᓄᑦ.

ᐊᐃᑉᐸᓈᙱᓄᑦ ᐃᑲᔪᖅᓯᕐᓂᖅ, ᓂᑲᓪᓗᙱᓂᖅ, ᐊᒻᒪᓗ ᑮᓇᐅᔭᓕᐅᕐᓂᖅ ᑐᓂᓯᔪᐃᓐᓇᐅᔪᓐᓇᖅᐳᑦ ᓱᐳᖅᑐᕈᒪᓂᕐᒥᑦ ᓱᙱᐃᑎᓪᓗᒍ.
ᓴᖅᑭᔾᕐᕕᐅᓂᙱ ᓱᐳᖅᑐᕐᓂᕐᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᖅᑭᔾᕐᕕᐅᓂᖅ ᐊᓯᙱᓐᓄᑦ ᓱᐳᖅᑐᖅᑐᓂᑦ ᓱᔪᐃᑐᐃᓐᓇᕆᐊᖃᖅᐳᖅ ᓄᑕᕋᓛᒃᓴᒧᑦ.

ᑕᖅᑭᖅ 2

"ᐃᕐᓂᔪᖃᖅᑎᓪᓗᒍ ᐊᙱᕐᕋᒥ ᓄᓇᒥᓪᓘᓐᓃᑦ, ᐅᐃᒋᔭᐅᔪᑦ, ᐊᙱᔪᖅᑳᕆᔭᐅᔪᑦ ᐊᒻᒪᓗ ᓴᑭᒋᔭᐅᔪᑦ ᐱᒻᒪᕆᐅᔪᓂᑦ ᐊᑐᕐᓂᖃᖅᑕᑕᐅᖅᐳᑦ ᐃᕐᓂᓱᙱᓂᐅᔪᒥᑦ."
(ᓱᕙᒎᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᙱᒐ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᑉ ᐃᒃᐱᖕᓂᐊᔾᔪᑏᑦ ᑲᓱᖅᑕᕐᕕᖕᒐ, ᐆᒻᒪᑎᖕᒐ, ᓂᐅᖕᒋᑦ ᑕᓕᖕᒋᑦ, ᐃᔨᖕᒋᑦ ᐊᒻᒪᓗ ᓯᐅᑎᖕᒋᑦ ᐱᒻᒪᕆᐅᓂᖕᒐᓃᑉᐳᑦ ᐱᕙᓪᓕᐊᓂᖕᒋᓐᓂᑦ ᑕᒪᑐᒪᓂ ᑕᖅᑭᐅᔪᒥᑦ.



ᐊᐃᑉᐸᖅᐱᖅ ᖃᓄᐃᓐᓂᕆᔭᖕᒋᑦ ᐊᓯᔾᔨᒃᑲᓪᓚᒃᐸᒃᑐᑎᒃ ᐊᒃᓱᕈᕐᓇᖅᑑᓂᖕᒋᓐᓂᑦ ᑐᑭᓯᔭᕆᐊᒃᓴᖅ. ᖃᓄᐃᓐᓂᕆᔭᖕᒋᑦ ᐊᓯᔾᔨᒃᑲᓪᓚᒃᐸᒃᑐᑎᒃ ᐱᔾᔪᑕᐅᑐᐃᓐᓂᕆᐊᓖᑦ ᑎᒥᐅᑉ ᐊᐅᓚᔭᔭᐃᔨᓂᒃ ᐱᑕᖃᒃᑲᓐᓂᐅᔭᕐᓂᖕᒐᓂ ᓴᖅᑭᓲᓂᒃ ᓯᖕᒐᐃᑎᓪᓗᒍ, ᐱᓗᐊᖅᑐᒥ ᓯᕗᓪᓕᕐᒥᑦ ᑕᖅᑮᑦ ᐱᖕᒐᓱᓂᑦ. ᐃᓱᒪᓱᑦ ᐊᓯᔾᔨᕐᓂᐅᔪᑦ ᐊᒻᒪᓗ ᐱᔭᕆᐊᖃᖅᑕᖕᒋᑦ ᐊᑐᕆᐊᓕᖕᒋᓐᓂᑦ ᓯᖕᒐᐃᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐊᖕᒐᔪᒃᑳᖑᓛᕐᓂᖕᒋᓐᓂᑦ ᐃᓚᓕᐅᔾᔨᔪᓐᓇᕆᕗᑦ ᖃᓄᐃᓐᓂᕆᔭᖕᒋᑕ ᐊᓯᔾᔨᖃᑦᑕᕐᓂᖕᒋᓐᓂᑦ. ᑕᐃᒪᐃᒍᓐᓇᕆᕗᑎᑦ ᐃᓱᒫᓗᖕᒥᓗᑎᑦ ᐃᓛᓐᓂᒃᑯᑦ ᑖᒃᑯᓄᖕᒐᑦᑕᐃᓐᓇᖅ ᐱᔾᔪᑕᐅᔪᓂᑦ ᐊᒻᒪᓗ ᐅᖃᖅᑲᑎᖅᑲᕈᒪᓗᑎᑦ. ᓂᙵᒐᓱᒃᐸᙱᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑲᐅᒃᓴᖃᑦᑕᙱᓪᓗᑎᑦ ᐊᐃᑉᐸᖅᓄᑦ ᖃᓄᐃᓕᑲᓪᓚᒃᑯᓂ ᐃᓱᒫᓗᖕᓂᖅᒥᑦ. ᑐᑭᓯᐅᒪᖕᒑᖅᓗᑎᑦ ᐊᒻᒪᓗ ᓴᐃᒻᒪᖅᓴᐃᖕᒑᖅᓗᑎᑦ. ᐊᒻᒪᓗ ᖃᐊᓱᙱᒃᐸᑦ ᖃᐊᑎᑐᐃᓐᓇᖅᓗᒍ.

ᓈᓚᒃᓗᒋᑦ ᐃᒃᐱᒋᔭᖕᒋᓐᓂᑦ ᐊᒻᒪᓗ ᖃᒃᓵᒍᑎᒋᔭᖕᒋᓐᓂᑦ. ᖃᐅᔨᒪᒋᑦ, ᐊᒻᒪᓗ ᐃᑲᔪᖅᑕᐅᔪᒪᓂᐊᖅᐳᑎᑦ, ᑕᑯᒃᓴᐅᔪᖃᖅᐸᑦ ᓂᑲᓪᓗᖕᒐᖅᑯᔨᒍᓂ, ᑕᒪᒃᑮᓄᑦ ᐊᐃᑉᐸᕐᓄᑦ ᐃᓕᖕᓄᓪᓗ:

- ᐊᐅᓚᑦᑎᔪᓐᓇᖅᑑᔭᕈᓐᓃᕈᓂ
- ᓂᕆᐅᖕᓇᙱᑦᑐᒥ ᖁᕝᕕᐅᓯᑲᓪᓚᖃᑦᑕᕐᓂᖅ
- ᐃᒃᐱᒍᓱᖕᓂᖅ ᓄᒫᓱᖕᓂᕐᒥᑦ, ᓂᑲᓪᓗᖕᓂᕐᒥᑦ, ᑕᖃᓇᖅᑐᒥ ᓂᙵᐅᒪᓂᕐᒥᑦ, ᐊᒻᒪᓗ ᖃᐊᓱᑲᓪᓚᖃᑦᑕᕐᓂᕐᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᐱᓕᖅᓯᒪᓂᐅᔪᒥᑦ.

ᑕᖃᕐᖃ 3

“ᐊᖑᑎ ᐃᓚᒋᓪᓗ ᐱᖃᕈᑎᒃ ᐱᐅᔪᓂᒃ, ᐃᓇᐸᔪᓂᒃ ᐊᓐᓄᕐᓂᑦ ᓴᓇᓱᒪᔪᓂᒃ ᖃᓯᑦᑎᐊᕙᖕᓂᑦ, ᑐᑭᖃᖅᐳᖅ ᐊᖑᓇᓱᒃᑎᑦᑎᐊᕙᐅᓂᖕᒐᓂ ᐊᒻᒪᓗ ᐸᖅᑭᔨᑦᑎᐊᕙᐅᓂᖕᒐᓂ ᐃᓚᒥᓄᑦ.”

(ᔫᓐ ᐊᑐᐊᑦ, ᒪᒃᐱᖅᑐᒐᖅ 54, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᑦᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᖅ ᐋᖅᑭᒃᓯᒪᑦᑎᐊᓕᖅᐳᖅ
ᑕᖅᑭᐅᑉ ᐃᓱᖕᒐᓂ.

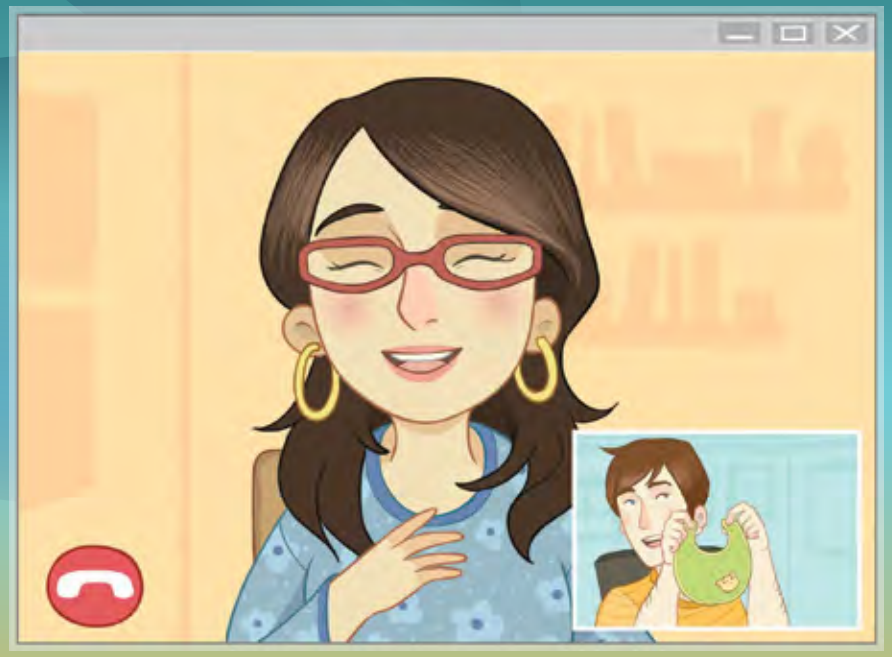
ᐊᔪᕐᓇᙱᑉᐸᑦ, ᐊᐃᑉᐸᕕᑦ ᐅᐸᒡᕕᒃᓴᖕᒐᓄᑦ ᐃᓚᐅᓇᓱᒃᑕᑦᑕᕆᑦ. ᐊᓕᐊᓇᐃᒋᓂᐊᖅᑕᐃᑦ ᓈᓚᖕᓂᕐᒥᑦ ᓄᑕᕋᓛᒃᓴᕕᑦ ᐆᒻᒪᑎᖕᒐᓂᒃ ᑎᑦᓕᕐᓂᖕᒐᓂ. ᐊᔭᐅᓈᓐᓇᖅᐸᒡᓗᒍ ᓂᕆᕐᑯᓗᒍ ᐊᐃᑉᐸᐃᑦ, ᓂᕐᑭᑦᑎᐊᕙᖕᓂᑦ ᓂᕆᒃᑕᑦᑕᕐᓂᕐᒥᑦ, ᓯᓂᖕᓂᒃᑕᑦᑎᐊᖅᐸᖕᓂᕐᒥᑦ, ᐃᖅᑲᐃᓕᓴᕐᓂᕐᒥᑦ, ᐊᒻᒪᓗ ᓯᒡᒐᓕᐊᖅᑐᖅᐸᙱᑦᓗᓂ, ᐋᖕᒐᔾᔭᕐᓇᖅᑐᓂᑦ ᒥᓗᒃᓯᕙᙱᑦᓗᓂ (ᐊᓯᖕᒋᓐᓂ ᓱᐳᖅᑐᖅᑐᓂᑦ ᐳᔪᖕᒐᓐᓂᑦᑕᐅᖅ) ᐊᒻᒪᓗ ᐃᒥᐊᓗᒃᑕᐃᓕᓂᕐᒥᑦ.

ᑕᖅᑭᕐᑲ 4

“ᐊᖑᑏᑦ ᐅᖅᑲᐅᔾᔭᐅᕙᓚᐅᖅᐳᑦ ᐃᓯᑲᐅᖅᑐᕐᑯᔭᐅᕙᖕᓂᖕᒋᓐᓂᑦ ᐃᒡᓗᑉ ᐹᖕᒐᒍᑦ, ᑐᐱᕐᒥᑦ ᖃᕐᒪᕐᒧᑦᓗᓐᓃᑦ ᓄᓕᐊᖕᒐ ᓱᒃᑲᔪᒥᑦ ᐃᕐᓂᓱᖕᓂᖃᕐᓂᐊᕐᒪᑦ.”
(ᐱᖅᑯᓯᑐᖃᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᖑᑎᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 55, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕋᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕋᓛᒃᓴᖅ ᓄᔭᖅᑖᓕᖅᐳᖅ

ᓯᖓᐃᓂᖅ ᐱᐅᓂᖅᓴᐅᓕᖅᐳᖅ ᐊᑐᕐᓂᖓᓂ ᐃᓚᐅᓂᖃᖅᑎᓪᓗᓂ ᐊᒻᒪᓗ ᐃᑲᔪᖅᓱᐃᓂᕐᒥᑦ ᓄᑕᕋᓛᑉ ᐊᑖᑕᖓᓂ; ᐊᑖᑕᖓ ᐃᑲᔪᖃᑕᐅᖃᑦᑕᕈᓂ ᐊᖓᔪᖅᑲᖑᓂᕐᒥᑦ ᐱᔭᕆᐊᓕᖕᒋᓐᓂᑦ ᐃᒡᓗᒥᐅᑕᖃᑎᒋᙱᒃᑲᓗᐊᕈᓂᐅᒃ ᐊᓈᓇᒋᔭᐅᔪᖅ.



ᑕᖃᕐᖃ 5

"ᐊᖑᑏᑦ ᐱᙳᐊᖃᑎᖃᖃᑦᑕᓚᐅᖅᐳᑦ ᐃᕐᓂᕐᒥᓂᑦ ᐱᕙᓪᓕᐊᑎᑦᑎᓐᓇᖅᑐᓂᑦ ᐊᖑᓇᓱᖕᓂᕐᒥᑦ ᐊᔪᙱᓐᓂᐅᔪᓂᑦ."

(ᐱᖅᑯᓯᑐᖃᖅᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᖑᑎᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 56, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓱᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

"ᓄᑲᑉᐱᐊᑯᓗᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑖᑕᙳᓴᖅᑐᑦ ᐊᒫᕐᑯᔭᐅᕙᓚᐅᖅᐳᑦ ᓄᑕᕋᓛᓂᑦ ᕿᓚᓗᒐᕈᓐᓇᕐᓂᐊᕐᒪᑕ ᖃᖓᑐᐃᓐᓇᖅ."

(ᕿᓚᓗᒐᐃᑦ, ᒪᒃᐱᖅᑐᒐᖅ 129, ᐃᓅᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᕐᓱᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᑕᒪᑐᒪ ᑕᖅᑭᐅᑉ ᐃᓱᖓᓂ, ᓄᑕᕋᓛᒃᓴᖅ ᑕᑭᓂᖃᓕᖅᐳᖅ 12 ᐃᓐᓯᔅᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᒐᓪᓗᐊᒥᑦ ᑕᑭᓂᓕᖕᒥᑦ.

ᓄᑕᕋᓛᒃᓴᑦ ᐅᖃᓪᓚᖃᑎᒋᖃᑦᑕᕈᒃ.

ᐃᓕᖕᓂᑦ
ᑐᓵᔪᓐᓇᖅᓯᔪᖅ.

“ᓈᐱᒃᑲ ᐊᖃᕐᔪᐊᖅ (ᓴᓂᕋᔭᒃ) ᐃᖅᑲᐅᒪᕗᖅ ᐅᐃᖕᒐ ᑲᒪᕐᑎᐊᖅᐸᓚᐅᖅᐳᖅ ᓂᕆᕐᑎᐊᖃᑦᑕᕋᓗᐊᕐᒪᖔᑦ ᐊᒻᒪᓗ “ᐊᖑᓇᓱᒃᐸᒃᓗᓂ ᐱᔪᒪᔭᖕᒋᓐᓂᑦ.”
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᖕᒐ X, ᓈᓴᐅᑖ 1, 1995)

ᑕᕋᑭᕋᒃ 6

ᑕᑯᔪᓐᓇᖅᓯᓂᐊᖅᐳᑎᑦ ᓄᑕᕋᓛᒃᓴᕐᓂᑦ ᐊᐅᓚᔪᒥᑦ ᑕᒪᑐᒪᓂ ᑕᖅᑭᐅᔪᒥᑦ.

ᐊᐃᑉᐸᖅᐱᑦ ᐃᓅᓯᖕᒐᓂ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᑕᐃᓕᒪᑎᑦᑎᑦᑎᐊᕆᐊᕈᒃ ᐊᔪᕐᓇᙱᑉᐸᑦ. ᐱᓕᕆᔾᕆᐊᓕᙵᓂᑦ ᐱᓕᕆᒃᑲᓐᓂᖅᐸᒡᓗᑎᑦ ᑕᖅᑲᐃᖅᓯᕈᓐᓇᕐᓂᐊᕐᒪᑦ, ᐊᒻᒪᓗ ᐊᑐᐃᓐᓇᐅᕙᒡᓗᑎᑦ ᖃᓄᐃᑉᐸᙵᓂᙵᓄᑦ ᐃᑲᔪᖅᓯᕐᓂᕐᒧᑦ.

ᑕᖅᑭᕐᑲ 7

“ᐊᑖᑕᐅᔪᐃᑦ ᐅᖅᑲᖅᑎᖅᑲᖅᑕᖅᐳᑦ ᓄᓕᐊᕐᒥᓄᑦ ᖃᓄᐃᓕᐅᕆᐊᓚᐅᙱᓐᓂᙵᓂ ᐱᔾᔪᑎᓕᙵᓂᑦ ᕿᑐᙱᒐᒥᓂᑦ.”
(ᐱᖅᑯᓯᑐᖅᑲᑯᑦ ᐊᑐᕆᐊᓖᑦ ᐊᖑᑎᓄᑦ, ᒪᒃᐱᖅᑐᒐᖅ 57, ᐃᓅᖅᑎᒌᑦ ᐃᓕᓐᓂᐊᕈᑎᒃᓴᓂᑦ, ᓄᓇᑦᓯᐊᖅ ᐃᓕᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ, ᐃᓕᖅᑯᓯᓕᕆᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑐᓕᕆᓂᖅ, 1996)

ᓄᑕᕐᓚᒃᓴᐅᑉ ᖃᕋᓴᖓ ᐱᕈᕐᔪᐊᕐᓂᖃᖅᐳᖅ ᑕᒪᑐᒪᓂ ᑕᖅᑭᐅᔪᒥᑦ. ᐊᒻᒪᓗᑦᑕᐅᖅ, ᐅᕕᓂᖓ ᐃᒧᓪᓗᒃᓯᒪᓕᖅᐳᖅ.

ᓯᖓᐃᑎᓪᓗᒍ ᐊᐃᑉᐸᐃᑦ ᑲᒪᒋᔭᐅᒃᑲᒻᒪᕆᐅᕗᖅ, ᐊᒻᒪᓗ ᐃᒃᓯᓐᓇᑰᖅᑰᔨᓕᖅᓱᑎᑦ. ᑖᒃᑯᐊ ᐃᒃᐱᒍᓱᖕᓃᑦ ᐱᕈᕈᓐᓇᖅᑎᑕᐅᙱᒃᑯᑎᒃ, ᖃᐸᒍᓱᖕᓂᕐᒥᑦ ᐊᒻᒪᓗ ᓯᖕᓇᓂᕐᒥᑦ ᓴᖅᑭᑦᑐᖃᕈᓐᓇᖅᐳᖅ. ᐱᐅᓂᖅᐹᒍᔪᖅ ᐃᒃᐱᒋᔭᕐᓂᑦ ᐋᖅᑭᒃᓯᔭᕆᐊᒃᓴᖅ ᐃᓚᐅᖃᑕᐅᓂᒃᑯᑦ ᓯᖓᐃᓂᐅᔪᒥᑦ. ᐃᓚᖓ ᐃᓚᒋᔭᖓ ᐅᐸᖃᑕᐅᕙᓪᓗᓂ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᔨᐅᑉ ᐸᖅᑭᔨᖓᓄᑦ ᐅᐸᖃᑦᑕᕐᓂᐅᔪᒥᑦ, ᓂᕆᑦᑎᐊᖃᑦᑕᕐᓂᕐᒥᑦ, ᐊᒻᒪᓗ ᐃᖃᐃᓕᓴᖃᑎᒋᕙᓪᓗᒍ ᐊᐃᑉᐸᐃᑦ. ᐊᒻᒪᓗᑦᑕᐅᖅ, ᐊᐃᑉᐸᐃᑦ ᐅᖃᖃᑎᒋᓗᒍ ᖃᓄᖅ ᐃᒃᐱᒍᓱᖕᒪᖔᖅᐱᑦ ᐊᒻᒪᓗ ᐅᖃᓪᓚᖃᑦᑕᕐᓂᖅ ᒪᑐᐃᖓᑏᓐᓇᕐᓗᒍ.

ᑕᖅᑭᕐᖃ 8

"ᐊᖑᑏᑦ ᓂᑲᒋᔭᐅᕙᓚᐅᙱᒻᒪᑕ ᐃᕐᓂᓱᖕᓂᐅᑉ ᖃᐅᔨᒪᓂᐅᔪᒥᑦ. ᐃᓕᑦᑎᕙᓚᐅᖅᐳᑦ ᑕᐅᑐᒃᓗᑎᒃ ᐊᓈᓇᒥᓂᑦ, ᓄᓕᐊᕐᒥᓂᑦ, ᐊᒻᒪᓗ ᐸᓂᖕᒥᓂᑦ ᐃᕐᓂᑎᑦᓗᒋᑦ."
(ᓱᕙᒍᖅ, ᒪᒃᐱᖅᑐᒐᖅ 8, ᐃᓚᖓ X, ᓈᓴᐅᑖ 1, 1995)

ᓄᑕᕋᓛᒃᓴᕕᑦ ᐳᕙᖕᒋᑦ ᐱᕈᑦᑎᐊᖅᓯᒪᓕᖅᐳᑦ ᐊᒻᒪᓗ ᐊᓂᕐᓂᕐᒧᑦ ᐸᕐᓇᒃᓯᒪᓕᖅᐳᑎᒃ. ᓄᑕᕋᓛᒃᓴᖅ ᐊᑦᑎᒃᓯᕙᓪᓕᐊᓂᐊᓕᖅᐳᖅ ᐊᐃᑉᐸᖅᐱᑦ ᓈᖓᓂ ᐸᕐᓇᓕᕐᓗᓂ ᐃᕐᓂᐊᖑᓂᐊᕐᓂᖓᓂ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐊᐃᑉᐸᕐᓂᑦ ᑭᓯᒥᑦ ᐊᑑᑎᖃᕐᓂᐊᕐᒪᖔᖅᐱᑦ ᐃᕐᓂᓱᖕᓂᕐᓂᑦ, ᐊᒻᒪᓗ ᑭᖑᓂᐊᒍᑦ. ᐃᑲᔪᖅᓯᕐᓗᒍ ᐊᐃᑉᐸᐃᑦ ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᕐᒧᑦ ᐱᐅᓂᖅᐹᖑᖕᒪᑦ ᓄᑕᕋᓛᕐᓄᑦ. ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐊᑖᑕᐅᔪᓄᑦ ᖃᓄᖅ ᐃᑲᔪᖅᓯᖃᑦᑕᕐᒪᖔᑕ ᐊᐃᑉᐸᖏᓐᓂᑦ ᓄᑕᕋᖅᑖᓴᒧᑦ. ᐱᓗᐊᖅᑐᒥᖅᑲᐃ, ᖁᕕᐊᒋᒍᒃ ᕿᑐᙵᖅᑖᑯᓗᐃᕐ!

ᓄᑕᕋᓛᑉ ᐅᖓᓕᖅᐸᓪᓕᐊᓂᖓ ᐊᓈᓇᒥᓄᑦ ᐊᑖᑕᒥᓄᓪᓗ ᐱᒋᐊᑲᐅᑎᒋᕗᖅ.

ᑕᕋᑲᕋᑲ 9

ᑐᓂᓯᔨᐅᖃᑕᐅᔪᑦ

ᑐᓂᓯᔨᐅᖃᑕᐅᓂᖅᐸᑦ

ᐊᒫᓐᑕ ᔨ. ᓴᐳᑦ, ᓗᒃᑖᖅ, ᑐᕋᖓᓂᓕᒃ ᖃᐅᔨᓴᕐᓂᕐᒥᑦ, ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃ ᖃᓂᒪᔪᓄᑦ ᓄᑕᖅᑲᓄᑦ

ᕋᔅ ᐊᐊᑐᕆᖕᑎᓐ, ᓗᒃᑖᖅ, CPsych, ᑲᒪᓕ, ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃ ᖃᓂᒪᔪᓄᑦ

ᓄᑕᖅᑲᓄᑦᐃᓕᓴᐃᔨᓄᑦᐃᑲᔪᖅᑎ,ᐱᓕᕆᕝᕕᓂᒃ ᓱᕈᓯᓕᕆᕝᕕᖕᒥᑦ, ᔫᓂᕗᓯᑎᒥᑦ ᑐᕋᓐᑐᒥᑦ

ᐃᓄᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐅᖃᐅᔾᔪᐃᔨᐅᔪᑦ ᑲᑎᒪᔨᑦ (ᑕᐃᔭᐅᓯᒪᔪᑦ ᑎᑎᖅᑲᑎᒍᑦ ᓯᕗᓪᓕᐅᓂᖕᒋᓐᓄᑦ):

ᐋᓂ ᐱᐅᑲᓐ, ᑎᑎᕋᖅᑎ/ᑐᓵᔨ, ᓄᓇᕗᒻᒥ ᒐᕙᒪᒃᑯᖕᒋᑦ

ᐸᓪᓗᓛᖅ ᕗᐊᑦ, ᐋᓐᓂᐊᕕᖕᓂ ᐃᓗᐊᖅᓴᐃᔨᓄᑦ ᐃᓕᓴᐃᔨ

ᓲᓚ ᐳᑭᐊᒃ ᓚᒻᓴᑕᓐ, ᐃᓱᒪᒥᖅᑐᐃᔨ, ᖁᓪᓖᑦ ᓄᓇᕗᒻᒥ ᐃᓕᓴᕆᔭᐅᓯᒪᔪᓂᑦ ᐊᕐᓇᓄᑦ ᑲᑎᒪᔨᑦ

ᔨᐊᕈᑏᓐ ᐋᔅᐳᐊᓐ, ᓗᒃᑖᖅ, ᐊᖓᔪᖅᑳᖕᒐᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᑲᒪᔨ, ᐊᖓᔪᖅᑳᖕᒐᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᑲᒪᔨ

ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ, ᓄᓇᕗᒻᒥ ᒐᕙᒪᒃᑯᖕᒋᑦ

ᓴᓇᔭᐅᓂᖓᓄᑦ ᐊᒻᒪᓗ ᑎᑎᕋᖅᑕᐅᓂᖓᓄᑦ ᑐᓂᓯᔨᐅᔪᑦ:

ᔨᓐᓇ ᓇᐅᓪᔨᒃ, MA, ᓴᓇᔭᐅᓂᕐᒧᑦ ᐱᓕᕆᔨᒻᒪᕆᒃ, ᐃᑎᑎᕋᖅᑕᐅᓂᕐᒧᑦ ᓇᖕᒥᓂᖃᕐᓂᕐᒧᑦ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᕐᒧᑦ

ᔭᓇᕗ ᐳᓪᒃ, HBSc, MScBMC, ᐃᓅᓕᓴᐃᓂᕐᒧᑦ ᓯᐊᒻᒪᖅᑎᑦᓯᓂᕐᒧᑦ ᓴᓇᓂᕐᒧᑦ ᐊᐅᓚᑦᑎᔨ, ᓄᑕᖅᑲᐃᑦ

ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃ ᖃᓂᒪᔪᓄᑦ ᓄᑕᖅᑲᓄᑦ

ᓴᓕ ᓯᐊᓐ, HBSc, MScBMC, ᐃᓅᓕᓴᐃᓂᕐᒧᑦ ᑎᑎᕋᐅᔭᖅᑎ, ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃᖃᓂᒪᔪᓄᑦ ᓄᑕᖅᑲᓄᑦ

ᓵᓂᑲ ᒥᐅᓯᐅᑦ, HBA, MScBMC, ᐃᓅᓕᓴᐃᓂᕐᒧᑦ ᑎᑎᕋᐅᔭᖅᑎ, ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃᖃᓂᒪᔪᓄᑦᓄᑕᖅᑲᓄᑦ

ᑲᑕᓇ ᓯᒥᑦ, ᓄᑖᓂᒃ ᓯᐊᒻᒪᖅᑎᑦᓯᓂᕐᒧᑦ ᐋᖅᑭᒃᓯᐃᔨ, ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃ ᖃᓂᒪᔪᓄᑦᓄᑕᖅᑲᓄᑦ

ᐊᓯᖕᒋᑦ ᑐᓂᓯᔨᐅᔪᑦ:

ᒍᐃᓐ ᐄᐃᓕ, ᐃᓱᒪᒥᖅᑐᐃᔨ ᖃᐅᔨᒋᐊᖅᑎᓂᑦ/ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᖃᐅᔨᓴᐃᓂᖅ ᐱᓕᕆᔨᓄᑦ

ᑐᓴᐅᒪᖃᑦᑕᐅᑎᖃᑎᒌᒍᑏᑦ (AHRN)

ᒥᔅᑎ ᒫᓕᑦ, ᐱᓕᕆᓂᐅᔪᓄᑦ ᐊᐅᓚᑦᑎᔨ, ᓄᓇᕗᒻᒥ ᒐᕙᒪᒃᑯᖕᒋᑦ

ᑮᓇᐅᔭᓂᒃ ᑐᓂᓯᔨᐅᔪᑦ:

ᐃᓄᓕᒫᓄᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐱᓕᕆᔨᐅᔪᑦ ᑲᓇᑕᒥ

ᓄᑕᖅᑲᐃᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒥᑦ, ᐋᓐᓂᐊᕐᕕᒃ ᖃᓂᒪᔪᓄᑦ ᓄᑕᖅᑲᓄᑦ