ᐃᖏᕐᕋᑎᑕᒐᖅ ᑭᓯᒥᑦ ᐱᔾᔪᑎᕐᑲᖅᑲ?

ᐊᑏ! ᓱᖓᓕᐊᖅᑐᕈᓐᓇᐃᓪᓕᓂᕐᒨᖕᒐᕐᒋᓚᖅ. ᐃᓕᓐᓂᑦ ᐃᓪᓗᒥᐅᖅᑎᓐᓂᓪᓗ ᐃᑲᔪᖅᑐᐃᕗᖅ ᐊᑦᑎᔾᔪᑎᑦᑎᓂᕐᒥᑦ ᓱᖓᓕᐊᑉ ᐳᔪᖓᓂᑦ ᐊᑯᓐᓇᓱᓐᓂᑦ. ᐃᑲᔪᖅᓱᖅᑕᐅᓂᐊᖅᐳᑎᑦ ᐊᒻᒪᓗ ᐃᓕᓐᓅᓕᖓᔪᒥᑦ ᐊᑐᐊᒐᖅᑲᕐᓗᑎᑦ ᐃᓕᓐᓄᑦ ᐃᑲᔪᕐᓂᖅᑲᕐᓗᓂ:

- **ᑐᑭᓯᒍᒃ:** ᓱᖓᓕᐊᖅᑐᕐᓂᓇᕙᑦᑕᕕᑦ ᖃᓄᐃᓐᓂᖓ, ᑭᓯᓄᓪᓗ ᓱᖓᓕᐊᖅᑐᕈᑎᖅᑲᐸᒻᒪᖔᖅᐱᑦ, ᓱᖓᓕᐊᓪᓗ ᐳᔪᖓ ᖃᓄᖅ ᐊᑦᑐᐃᕙᒻᒪᖔᑦ;
- **ᐱᔪᓐᓇᖅᓯᕚᓪᓕᓇᑦ:** ᐊᑦᑎᔾᔪᑎᐊᕐᓗᑎᑦ ᐊᔾᔨᒌᑎᑦ, ᒥᐊᓂᓇᔪᓐᓇᖅᓯᓗᑎᑦ ᓱᖓᓕᐊᖅᑐᕈᒪᒍᑎᑎᕙᑦᑕᑎᑦ;
- **ᑐᕌᒐᓕᐅᓇᑦ:** ᐃᑲᔪᖅᓱᖅᑕᐅᓗᑎᑦ ᖃᓂᑦᑐᒃᑯᑦ ᓯᕕᑐᔪᒃᑯᓪᓗ ᐊᑐᐊᒐᓕᐅᕐᓂᕐᒧᑦ ᐊᑦᑎᔾᔪᑎᑦᑎᓂᕐᒥᑦ ᓱᖓᓕᐊᑉ ᐳᔪᖓᓂᑦ ᐊᑯᓐᓇᓱᓐᓂᑦ, ᐸᕐᓇᒍᑎᓕᐅᕐᓂᕐᒧᑦ ᓯᕗᒧᑦᑎᐊᕈᑎᓄᑦ; ᐊᒻᒪᓗ
- **ᐃᓕᓪᓗᒋᑦ ᖃᐅᔨᒋᐊᕈᑎᓂᑦ ᐊᒻᒪᓗ ᐃᓱᒪᔾᔪᑎᓂᑦ:** ᐃᓕᒃᑭᑦ ᐊᔾᔨᒌᓐᓇᖕᒋᑦᑐᑦ ᐃᓱᒪᔾᔪᓰᑦ ᖃᓄᖅᑐᕈᑏᑦ ᐊᑦᑎᔾᔪᑎᑦᑎᓂᕐᒧᑦ ᓱᖓᓕᐊᑉ ᐳᔪᖓᓂᑦ ᐊᑯᓐᓇᓱᓐᓂᑦ. ᐃᑲᔪᖅᓱᖅᑕᐅᒋᑦ ᓂᕈᐊᖅᓯᓂᕐᒧᑦ ᓱᖓᓕᐊᖅᑐᕐᕕᒋᕙᓐᓂᐊᑕᓐᓂᑦ, ᐊᒻᒪᓗ ᖃᐅᔨᒋᐊᕈᑎᖃᕆᑦ ᖃᓄᖅ ᓱᖓᓕᐊᖅᑐᕈᓐᓇᐃᓪᓕᕙᓪᓕᐊᓂᕐᒥᑦ ᐊᒻᒪᓗ ᓱᖓᓕᐊᖅᑐᓂᕐᒥᑦ ᐅᖓᕙᖅᑎᑦᑎᓂᕐᒥᑦ.

ᓴᓇᔾᐅᔪᑦ ᐅᑯᓄᖓ EarthLore Communications

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᕕᑦ?

ᓄᓇᓕᒻᒥᑦ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑭᒡᒐᖅᑐᐃᔨ ᐊᒋᕆᒍᒃ, ᓄᓇᓕᒻᒥᑦ ᓇᔾᔨᔪᓕᕆᓂᕐᒧᑦ ᓂᕐᑭᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐱᓕᕆᔨ ᐅᕙᓘᓐᓃᑦ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᒥᐊᓂᖅᓯᔨ ᑐᑭᓯᒋᐊᕐᕕᒋᒃᑲᓐᓂᕈᓐᓇᖅᑲᑎᑦ.

ᐅᕐᑳᓕᐅᑎᖓ: .....

ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᕌᕈᑎᖓ: .....

ᓱᒃᑲᔪᒃᑯᑦ: .....

520 – 1 Nicholas Street
Ottawa, ON K1N 7B7
ᐅᕐᑳᓕᐅᑎ: 613-238-3977
ᓱᒃᑲᔪᒃᑯᑦ: 613-238-1781

ᐸᐅᒃᑑᑎᑦ
PAUKTUUTIT
INUIT WOMEN OF CANADA
ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᓇᑕᒥ

www.pauktuutit.ca

ᐸᐅᒃᑑᑎᑦ Pauktuutit
ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᓇᑕᒥ INUIT WOMEN OF CANADA

ᐊᑏ!

ᐊᑦᑎᔾᔪᑎᑦᑎᓂᖅ ᐊᕙᑎᒥᑦ ᓱᖓᓕᐊᖅᑐᕐᓂᐅᕙᑦᑐᒥᑦ

ᐸᐅᒃᑑᑎᑦ
PAUKTUUTIT
INUIT WOMEN OF CANADA
ᐃᓄᐃᑦ ᐊᕐᓇᐃᑦ ᑲᓇᑕᒥ

ᐊᑐᐃᓐᓇᐅᓐᖓᓕᑎᑦ ᓱᖓᓕᐊᖅᑐᕈᓐᓇᐃᓪᓕᓂᕐᒧᑦ? ᖃᓄᐃᓐᖓᑦᑐᖅ!

ᖃᑐᕐᖓᑎᑦ ᓱᓕ ᓴᐳᑎᔪᓐᓇᖅᑕᑎᑦ ᓱᖓᓕᐊᑉ ᐳᔪᖓᑕ ᐅᓗᓇᐊᓇᕐᓂᖓᓂᑦ

ᑭᒃᑯᑦ ᐃᑲᔪᖅᓱᖅᑕᐅᔪᓐᓇᖅᑲᑦ ᐊᑏᒧᑦ?

ᑭᓇᑐᐃᓐᓇᑦᑎᐊᖅ ᐊᑐᕈᓐᓇᖅᑐᖅ ᐊᑏᒥᑦ!

ᐅᑯᓄᖓ ᑕᑯᖅᑯᔾᔭᐅᕐᑯᓗᐊᓐᖑᐊᖅᑐᖅ:

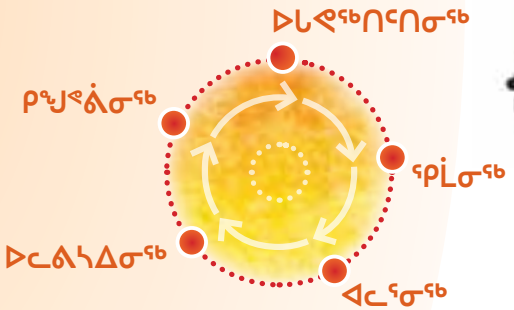
- ᐊᕐᓇᓄᑦ ᓱᒐᓕᐊᖅᑐᓲᓄᑦ;
- ᐊᕐᓇᓄᑦ ᐊᐃᑉᐸᓕᓐᓄᑦ ᓱᒐᓕᐊᖅᑐᓲᓂᑦ; ᐊᒻᒪᓗ
- ᐊᓇᐃᑦ ᐸᖅᑭᓱᑦ ᓱᕈᓱᕐᓂᑦ ᐊᕐᕌᒍᓕᓐᓂᑦ 6-ᒥᑦ ᐊᑖᓄᑦᓗ.

ᓱᒻᒪᑦ ᕿᑐᕐᖓᕋ ᓴᐳᑎᒋᐊᖅᑲᖅᑲᕋ ᓱᖓᓕᐊᑉ ᐳᔪᖓᓂᑦ?

ᓱᖓᓕᐊᑉ ᐳᔪᖓ ᐅᓗᓇᐊᓐᖑᐊᖅᑐᖅ ᓱᕈᓱᕐᓄᑦ. ᐃᒪᐃᑎᑦᑎᒍᓐᓇᖅᑯᖅ:

- ᓱᑦᑕᐃᓐᓂᖅᓴᐅᔪᓐᓇᖅᑐᓂ
- ᐅᖅᑲᓇᐅᖅᓴᖓᕈᓐᓇᖅᑐᖅ
- ᐱᕈᖅᐸᓪᓕᐊᓂᖓ ᑭᖑᕙᓱᒍᓐᓇᖅᑐᖅ
- ᐃᓗᓗᒍᓐᓇᖅᑐᖅ
- ᓱᐅᓱᓇᒐᔪᒍᓐᓇᖅᑐᖅ
- ᐊᓂᖅᑎᓇᔾᔪᑎᒃᑯᑦ ᖃᓂᒻᒪᒃᑖᕐᓂᖅ, ᓱᕐᓗ ᐊᓂᖅᓵᖅᑐᕈᑎᖏᑦ ᒥᑭᓪᓕᓱᒪᔪᑦ, ᐳᕝᕕᓇᓂᖅ, ᐊᓂᖅᓵᖅᑐᕈᑎᖏᑦᑎᒍᑦ ᖃᓂᒻᒪᒃᑖᕐᓂᖅ (RSV) ᐊᒻᒪᓗ ᐳᕙᒥᒍᑦ ᐃᒻᒪᒃᓯᒪᔪᖅ ᓄᕙᒥᒃ
- ᐊᓂᖅᑎᓇᔾᔪᑎᒃᑯᑦ ᖃᓂᒻᒪᒃᑖᕐᓂᖅ, ᓱᕐᓗ ᐊᓂᖅᓵᖅᑐᕈᑎᖏᑦ ᒥᑭᓪᓕᓱᒪᔪᑦ, ᐳᕝᕕᓇᓂᖅ, ᐊᓂᖅᓵᖅᑐᕈᑎᖏᑦᑎᒍᑦ ᖃᓂᒻᒪᒃᑖᕐᓂᖅ (RSV) ᐊᒻᒪᓗ ᐳᕙᒥᒍᑦ ᐃᒻᒪᒃᓯᒪᔪᖅ ᓄᕙᒥᒃ
- ᓱᕐᓗᓱᐅᓂᕐᒥᑦ ᐋᖅᑭᑦᑕᐅᔪᓐᓇᖅᑎᑦᑐᖅᑲᕐᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐅᒃᑯᑦ ᐸᑎᒃᑯᑦᓗᑭᐊᖅ ᐋᖅᑭᑦᑕᐅᔪᓐᓇᖅᑎᑦᑐᖅᑲᕐᓂᖅ
- ᑐᕐᑯᒍᓐᓇᖅᑐᓂ ᐊᕐᕋᒍᖓᑕ ᓯᕗᑦᓕᖅᐸᖓᓂᑦ, ᐱᓗᐊᖅᑐᒥᑦ ᓱᓂᕝᕕᒻᒥᑦ ᐃᐱᓗᓂ
- ᓱᓂᕝᕕᒻᒥᑦ ᑐᕐᑯᓗᓂ (ᖃᐅᔨᒪᔭᐅᔪᖅ ᓱᓂᕝᕕᒻᒥᑦ ᐃᐱᔪᒥᓂᐅᒋᐊᖅ). ᓱᓂᕝᕕᒻᒥᑦ ᑐᕐᑯᔪᓐᓇᕐᓃᑦ ᖁᕝᕙᓯᒍᓐᓇᖅᑯᖅ ᓱᕈᓱᖅ ᓱᖓᓕᐊᑉ ᐳᔪᖓᑕ ᐊᑯᓐᓇᖓᓃᑉᐸᑉᐸᑦ

ᖃᐅᔨᒪᒋᐊᕈᑎᔅᓴᑦ

...ᐊᑦᑎᔅᓯᑎᑦᑎᓂᕐᒧᑦ ᓱᖓᓕᐊᑉ ᐳᔪᖓᓂᑦ ᐊᑯᓐᓇᑎᓐᓂᑦ

- ᐱᐅᕗᖅ ᓱᖓᓕᐊᖅᑐᓇᐊᖅ ᐃᒐᓛᑉ ᓵᖓᓂᑦ ᒪᑐᐃᖓᔪᒥᑦ ᐅᖓᑎᓐᓃᑦᑐᖃᕐᓗᓂ ᐊᓄᕐᓗᖅᑎᑦᑎᔾᔪᑎᒥᑦ ᓱᓕᒻᒧᐊᕐᑯᓪᓗᒍ ᐳᔪᖅ;
- ᐃᓪᓗᕕᓪᓗ ᐊᓃᕋᔭᕝᕕᖓᓂᑦ ᓱᖓᓕᐊᖅᑐᓇᐊᖅ ᐱᐅᓂᖅᓴᐅᕗᖅ, ᐱᖃᕈᕕᑦ; ᐊᒻᒪᓗ
- ᐱᐅᓂᖅᐸᐅᕗᖅ ᓱᓕᒥ ᓱᖓᓕᐊᖅᑐᓇᐊᖓ.