

# Opalogaeyaknik Tugukluknik C-mik Havaotikhanik

## MALIGOAKHAK



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PAUKTUUTIT  
INUIT WOMEN OF CANADA  
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IHOMAVIN HAVAOTIKHAGEAKNI  
TIGUKLUKNIK C-MIK ANEAGUNMIN?

*Uma makpigaam ikayokneagaatin opalogaeyageakni.*



Talvanetun titigaoyagaoyun talvatoak inuk piksakaktok talvani kungeaktitikavuktok.

Ikeyoktaoyaakni opalogaeyaknigagun havaotikhanik, una makpigaak apikotikaktok iliknin ukuniga aalatkenik inuyuhikni. Ilagin okaoehoyun hivitulaaktun ahenin. Pilaktun kanoklikaa ihomaknik, kiheani ikayutaoneaguna-khiyok aolaktigeaguvin “Nanminik Ihomakhutitka” uvalo “Okakatigilogo monaktiga.”

# Talvani Ilaoyun

## KAOYIMANIK

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## KAOYIMANIK

## Nanmiknik Ihomakhutitka

Aleoyun "Nanminik Ihomakhutin." Ukoa ihomagiyaoyun ikayutaoneagunakhiyun okageakni kinikheatilotin monaktikhaknik havaotikhaniklo.

### *Nanmiknik Ihomakhutitka*

1. Ihomakhutikaktoga apikhiyaamni piyomayamnik.
2. Ihomakhutikaktoga kigiyaamni ikayutinin ihoakotiniklunen ihageagiyaamnun ihoakotinin.
3. Ihomakhutikaktoga aheagun ihomayaamni.
4. Ihomakhutikaktoga okaohigiyaagani ikpigiyatka, nakukpata akugitpatalunen.
5. Ihomakhutikaktoga ihomaleogeamni hunamik ihomakun atoknikaktomik uvamnun.
6. Ihomakhutikaktoga okageamni uvamnik.
7. Ihomakhutikaktoga ikhiyaamni kamahugeamnilunen.
8. Ihomakhutikaktoga huk taematun ihomaleogutigiyaamnik okageakagitoga.
9. Ihomakhutikaktoga piteaktaoyaamni ihoaktomik.
10. Ihomakhutikaktoga aleahugeamni.
11. Ihomakhutikaktoga nahogiyaamni okateakniginik aalan inoen.
12. Ihomakhutikaktoga aalanik ikayotikageamni okaktigiyaaganilunen.
13. Ihomakhutikaktoga apikotikageamni keoyaologalo okaohiga atoklogo.
14. Ihomakhutikaktoga okageamni opalogaeginigiyaamnik.
15. Ihomakhutikaktoga piyaamni ayikotaenik hunaniklikaa saeniktamnik.
16. Ihomakhutikaktoga takoyaagani aneagutimnuna naonaepkotin.

## KAOYIMANIK

Okakatigiyaagani  
monaktigaESTHER AGLUKARK-POWELL RN  
Itjagatsak

**Aaleoyun apikutikhatin monaktiknun havaotinik.**

**Hunaovan atolaaktatka havaotikhan? Kanogaalok  
hivituneaka havaotikhatka?**

- ☐ Aokluknikmik aneagutikaguma, aktoknikakneaka  
havaotimnik?
- ☐ Ihomaloknaetpa atokhimaginageagani havaotitka  
aheni aneagutini?
- ☐ Honaovan aalan aktoknigin havaotim?
- ☐ Kanogileokneakigik aktonigin ihomalutigiyatka?

**Allalugit asingit apitsotet pitjutigillugu ânniasiuttaunik.**

Kaoyiyomayoga \_\_\_\_\_

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Kaoyiyomayoga \_\_\_\_\_

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## KAOYIMANIK

### Pikotitka opalogaekan?



#### Ikayogeagani pikotitin opalogaegeagani, apikhilotin:

- ☐ Aniknaetomik inuvikhakakik unageokhigeamni?
- ☐ Aaneakvileaktun hiniktakveaneneakik?
- ☐ Kanogaalok talvaneneakik?
- ☐ Ilagiyamnik aolaokatikakneakik?
- ☐ Ahinun nutkoma, ikayoktikhakakhimakneakik? Pikagitpan, humin ikayoktaoneakik nutkoma? (ila nikinik, atukavutinun akiligakhanik, taemaetonik)
- ☐ Kanok inoen hivayaotikun tohaktakhamnik kimaeneakan?
- ☐ Monakhilealakneakik?
- ☐ Kikitevikakik havaotitka niglaomayaagani?
- ☐ Nikikhalakik ihageagiligaagapkin?

#### Kanogileogeakakik huli opalogaeyageamni havaotikhamnik?

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#### Okakvikhan napaen inugeakpalaagitoni iglukpaen ilageagutikhalo ikayutin:

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## KAOYIMANIK

## Hunaovan manilikiyotinun ikayutitka?



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**Ataonetun apikutikhan ihomagiyakhan apigiyotikhatilunen olaskivikni havaktomun Ikayutiniklunen Kanatami ikayoktaoyaakni ihoakhakniganik manilikiyotinun ikayutikhan aolaktigeaktinagin havaotikhatin.**

### Humetpan atulaaktatka monaktaoyaamni? Kanok hivitoneakan monakhiyotitka?

- ☐ Kiya ikayokneakaga tukheateageamni manilikiyotitkan havaamilo ihomagiyaoyun?
- ☐ Havalimaetkoma, kanogileokneakik manikhapkeageamni?
- ☐ Humugaoneakik ikayoktaoyaamni akitoniginik piyotikaktonik havaotinun?
- ☐ Uktogeakakik ikayutikhageamni havaotitoktiloga?
- ☐ Havaagiyaga ukeom ilaenani havaagivakupko (ilaenani ukeom) honaolika nakunikhaoneaka atoligeagani havaotin?

### Tukhigeakakik hunamiklikaa atoligeaktinaga havaotinik?

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## HAKUGIKNIK

### Timiga opalogaeka?



**Aaleoyuni apikotikhan ihomagiyakhatin apikotikhatilunenn monaktiknunn ikayutaoyaagani timigiyan opalogaegeami havaotituligeaktinatin.**

**Hunaovan atulaaktatka havaotikhan? Kanogaalok hivitoneakan havaotituknikhaga?**

- ☐ Pikaka ahenik aneaktolikinikun ihomagiyakhan piyageakaktatka havaotituligeaktinaga?
- ☐ Kitun takoyaktogeakaktatka aalan monakhin? (ila, kiguhikiyi, elikiyi ilitokhaeyukhan)
- ☐ Namakpik aoga ilitokhaktaoyaagani kavluktaologalo?
- ☐ Kanok tiguga aneagineagaloaka?
- ☐ Nikeoyun (nigiloni nikiteanik)
- ☐ Kitun nikin nigiyageakaktatka nigigilogilunen?
- ☐ Ikaeyaknik (kanogaalok piyageakakik?)
- ☐ Atoktaelilogo taagak (kanok neokakneakik?)

**Titigaklogin aalan apikotigiyatin piyotikaktonik havaotikhaknik.**

Kaoyiyomayoga \_\_\_\_\_  
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## HAKUGIKNIK

**Ikpiknaknigiyamni opalogaekik?**

**Kanogileokakik ikpiknaknigiyamni opalogaegeamni  
havaotiloligeami?**

**Kanogileolaakik opalogaegeamni havaotitogeamni,  
ihomaalugitaamni, timigiyamni, ikpigiyamni, napatimnilo?**

- ☐ Okaogivigin ilanatka ilagiyatkalo havaotikhamnik pinealikniguma?
- ☐ Kanogitpa ihomagaa, namakpaa? Inikhakakik avaletomi ihomalageamni?
- ☐ Okaoyikhamnik piyageakakik? Agikniguma, humin pakitineakik?
- ☐ Kanogileokneakik ayoknakhikpan kuveanaekalo?
- ☐ Kanogileokneakik hinikluliguma?
- ☐ Piyotikakneakik ihoaktonik ihomaloknaktokaligaagan?
- ☐ Kanogileokneakik ayokhaliguma?

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- ☐ Kanok nutkagalakneakik? \_\_\_\_\_

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☐ Kanok nutkagalakneakik? \_\_\_\_\_

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☐ Kanogileolakik? \_\_\_\_\_

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## **Titigaklogin aalan apikotikhatin havaotik.**

Titigaklogin ikayulaktun: \_\_\_\_\_

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Titigaklogin kanok atogeagani ihaoktomik pigeagutin inuhikmi:

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## HAKUGIKNIK

## Ilagiyatka, ilanatka nunakatitkalo opalogaekan?



**Kanok agiklivaalikneakigin ikayoktigiyaatka havakatigen mamitigutini?**

**Ikayugeagani ilanagiyatin ilagiyatilo opalogaegeagani apigilotin:**

- ☐ Inoen monagiyun uvamnik kaoyimavan atoliknigiyamnik mamitigutinik?
- ☐ Okaotivitka ilagiyatka ilanagiyatkalo?
- ☐ Kiya ikayokneagaloakaga havaotitoliguma?
  - ☐ Kanogitonik ikayutikhanik pilaakan?
  - ☐ Kanok pipkakneagaloakigin hivonikhiyotikhanik?
  - ☐ Kaekataolakan takoyaktoeliguman monakhinik taktiniklunen?
  - ☐ Kina okakatigilaagaloakayuk takunigumik hunaniklikaa aalagugutimnik?
- ☐ Ilanagiyatka ilagiyatkalunen apikotikhakakan ihomalutininiklunen havaotimnik? Kaoyimavan ihoeliyutaolaktonik havaotinin?



- ☐ Kaogileolaakan ikayogeamni?
- ☐ Pikaka napatimni aheniklunen ikayutunik ihageaneaguna-  
khiyamnik?
- ☐ Kinalikaa okakatigiyageakakigu havaotiloligeaktinaga?

**Atoknikaktok okaohigiyaagani tohaktan ilagiyaknun.  
Ikayoktigiyageakaktatin havaotiloliguvin. Ilaani okagitpata  
kaoyiyatin ihoeliyotaolakman inum ikpiknigiyaani, namata-  
ani timimigulo aneagepkotini**

Ima okaotilaaktatin ilanagiyatin ilagiyatilo: Okaotilogin  
naonaeyaktaogavin aneagutikakmagaa Tigukluknik C-mik  
taemaeniganiklo. Okaotiteaklogin anealimagitun ikiyotinun,  
kuniktoenikulunen iloamekatigikpatalunen, ila unatoak aneagun  
heamayalaaktok aokun talvatoak kahaotikpata. Okaotilogin  
monagiyaolakniganik ilalo monaktaoneaknigiyaknik. Okaotilogin  
kuveahokneaknigiyaknik tukiheateakata ikayoklotilo inunigiyakni  
monaktaotilotin.

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## HAKUGIKNIK

**Ikayoktikhatka opalogaekan?**

**Ataanetun apikotin ihomagiyakhan apikotigiyakhatilunen monaktiknun ikayutaoyaagani ikayoktigiya<sup>ti</sup>in oplagaegeagani havaotitoligeaktinatin.**

**Ikayogeagani nunagiyakni ikayoktikhatin opalogaegeagani, apigilotin:**

- ☐ Hunanik ikayutini<sup>n</sup> nunagiyamni monaktitka pineakan?
- ☐ Hunanik ahenik ikayutini<sup>n</sup> pineakik kagitaoyakun hivayaotikulunen?
- ☐ Kina okakatigineagaloakigu ikayotaoyomaguma?
- ☐ Kina okakatigineagaloakigu ihomagiyamni<sup>k</sup> havaotiloliguma?
- ☐ Kina hivayakneagaloakigu opaloknaktokagaalaknikan?

**Kituvaan ikayoktikhatka havakatigen?**

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## IHMATUNIK

### Ihomaaleokik?



Hunanik iniktigakhamnik pineakik atoktakhamnik  
ilagiyatkalo havaotiloliguma? Taya ihoaknikhaova  
havaotitoligeamni?

**Ikayutaoyaagani nunagiyakni ikayoktin havakatigen  
opalogaeeagani, apigilotin:**

- ☐ Havaotitukhimaginakneakik?
- ☐ Tunikhineakik malguknik tatikheotikni havaotitogeamni?
- ☐ Humin upgeagutikhamnik pineakik havaotitukhimag-  
inageamni?

**Ayokhaliguma, hunanik okaoyineagaloakik uvamnik huk  
havaotitulikmagaa?**

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## IHOMATUNIK

## Taya pivikhak ihoaka?



**Ikayutaoyaagani nunagiyakni ikayoktikhatin opalogaageagani, apigilotin:**

- ☐ Opalogaekik? Penageanikpik?
- ☐ Ilagiyatka kaoyipaktaovan? Opalogaekan?
- ☐ Timiga opalogaeka?
- ☐ Okaoyiyukhamnik pikakik?
- ☐ Opalogaeyakik nutaamni?
- ☐ Havaakakik ikayoktikhamnik piyageakaknigiyamnik (ila monagiyaagani nutakan)?
- ☐ Ilagiyaga aolaekatigineakigu?
- ☐ Ilagiyatka uvagalo ihoakhineakigitu inuhik havaotitokniklo?
- ☐ Kiguvageakakigu havaotitoknikhaga hivigitugaloamik?

**Hunalikaa aalagukneaka uvamni atoktukhani tatikheotini ikitoneogaloak?**

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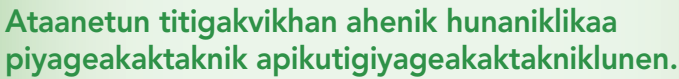


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**Pikaka ahenik hunanik-  
likaa apikotigiyakham-  
nik piyageakaktam-  
niklunen?**

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Una ihoakun ihoakhaktaohimayok ihoakunmin hanayaohimayomin Ilaoyonin Tigukluknik C-mik Monagiyotinun Havaamin. Pilimagitkaloakman ikayuteagitpata inoen aktoktaoyun tigukluknik C-min, ikayoktin kivgaktoktilo Nunakakaktonin Itkiliknin, Kavlonaakanin Inoenaelo timigiyaenin humilikaa Kanatamin.

Hivuli makpigaak pihimayok ikayoktigivlogin: Kanatami Nunakakaktun Aokluknikmik Havakatigen, Pauktutit-kon Inoen Aknan Kanatami, Chee Manuk Nunakaktak-tun Havaami, Nunakakaktun Itkilgin Aneaktaelinikun Atanikteoyin, Nunakakaktun Monakhin Katimayin Kanatami, Red Road Aokluknikun Kupilgiyotiniiklo Havakatigen, Tamaeta Inoen Nahogiyun, Ontario-mi Nunakakaktun Kupilgiyotilikinikun Atuligumayaenik, Kamloops-mi Nunakakaktun Ilanagen Timigiyaan, Yuusnewas Inulgamen Nunakakaktun Havaaganin ikayutiniiklo Iihakpaalikvikmin British Columbia-mi BC-milo Iglukpak Aneagutiniik Monagiyaagani, manikhaakhalo Kitunilikaa Aneaktaelinikun Havakveoyomin Kanatami

Inoen ilaleogilaknigin inikhimayaan Kanatami Inoen Aokluknikmik Kupilgiyotiniiklo Havakatigenin (CIHAN-kon) havaamilo ihomakhakheoktin kamiteoyok.

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