ᑭᓲᖕᒪᑕ ᓄᓇᕗᒻᒥ ᓂᖀᑦ
ᐊᕕᒃᓯᒪᓂᖏᓐᓄ ᓇᓗᓇᐃᖅᓯᔾᔪᑏᑦ?

ᑕᒫᓂ ᓄᓇᕗᒻᒥ, ᓂᕆᕙᒃᑲᑦᑕ
ᐃᓄᓕᖅᑕᓂᒃ ᓂᐅᕕᕐᕕᖕᒥᔭᓂᒡᓗ.
ᓄᓇᕗᒻᒥ ᓂᕿᓄᑦ ᐊᕕᒃᓯᒪᓂᖏᓐᓄᑦ
ᓇᓗᓇᐃᖅᓯᔾᔪᑏᑦ ᑕᑯᑎᑦᑎᖕᒪᑕ ᓂᕿᓂᒃ
ᐊᔾᔨᒌᖏᑦᑐᐊᓗᖕᓂᒃ ᓂᕆᔪᓐᓇᖅᑕᕗᑦ
ᑎᒥᕗᑦ ᖃᓄᐃᖏᑦᑎᐊᖁᓪᓗᒍ!

ᐃᓄᓕᖅᑕᐃᑦ ᖃᓄᐃᓐᓇᖏᑦᑎᐊᖅᑐᑦ,
ᑭᓯᐊᓂᓕ ᓂᐅᕕᕐᕕᖕᒥᔭᐃᑦ ᑕᒪᐃᑕ
ᐱᐅᔪᐃᓐᓇᐅᖏᒻᒪᑕ. ᓄᓇᕗᒻᒥ ᓂᖀᑦ
ᐊᕕᒃᓯᒪᓂᖏᓐᓄ ᓇᓗᓇᐃᖅᓯᔾᔪᑏᑦ
ᐅᕙᑦᑎᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᖕᒪᑕ
ᓂᕿᓂᒃ ᓂᕈᐊᖅᓯᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ
ᓂᐅᕕᕐᕕᔭᓂᒃ.

ᓂᖀᑦ ᐊᔾᔨᒌᖏᑦᑐᑦ ᑎᒥᑦᑎᓐᓂᒃ
ᐊᒃᑐᐃᔪᓐᓇᕐᒪᑕ ᐊᔾᔨᒌᖏᑦᑐᓂᒃ.
ᑐᑭᓯᔪᓐᓇᖁᓪᓗᑕ ᑖᒃᑯᓂᖓ
ᐊᔾᔨᒌᖏᑦᑐᓂᒃ ᓂᕿᓂᒃ,
ᓄᓇᕗᒻᒥ ᓂᖀᑦ ᐊᕕᒃᓯᒪᓂᖏᓐᓄ
ᓇᓗᓇᐃᖅᓯᔾᔪᑏᑦ ᐊᕕᒃᓯᑎᑦᑎᖃᑦᑕᕐᒪᑦ
ᑎᓴᒪᐅᓕᖅᑲᖓᓪᓗᑎᒃ.

ᐸᓚᐅᒑᒃᓴᔭᐃᑦ

ᐊᓛᓯ, ᐃᕖᑦ, ᐃᕕᒃᓴᐃᓪᓗ
ᐸᓚᐅᒑᑦᓴᔭᓃᖖᒑᖅᐳᑦ.
ᐸᓚᐅᒑᑦᓴᔭᓂᑦ ᐸᓚᐅᒑᓕᐅᓲᖑᕗᒍᑦ,
ᓂᐊᖂᔭᓂᒃ, ᐅᓪᓛᖅᓯᐅᑎᓂᒃ,
ᐃᓇᓗᐊᖑᔭᓂᒃ, ᐊᓯᐊᓗᖏᓐᓂᒡᓗ!
ᐸᓚᐅᒑᑦᓴᔭᐃᓪᓗ ᓂᖀᓪᓗ ᓴᓇᓯᒪᔪᑦ
ᐸᓚᐅᒑᑦᓴᔭᐃᓪᓗ ᐆᒻᒪᕆᖕᓇᖅᑐᑦ
ᐱᓕᕆᐊᕆᕙᒃᑕᓕᕆᑎᓪᓗᑎ ᐅᓪᓘᑉ

ᐃᓗᐊᓂ, ᓲᕐᓗ ᐅᓪᓚᖕᓂᖅ, ᐱᖖᒍᐊᕐᓂᖅ,
ᒪᔪᕋᕐᓂᖅ, ᐊᒡᓛᑦ ᐃᓱᒪᓂᕐᒧᑦ ᐊᑑᑎᓕᒃ!

ᓂᖀᑦ ᓴᓇᓯᒪᔪᑦ ᐃᓚᐅᖅᓯᒪᖏᑦᑐᓂᒃ
ᐸᓚᐅᒑᑦᓴᔭᓂᒃ, ᓲᕐᓗ ᑲᔪᑦ
ᓂᐊᖂᔭᐃᑦ, ᑲᔪᑦ ᐊᓛᓰᑦ, ᐃᕕᒃᓴᐃᑦ
ᓂᕈᐊᒐᑦᓴᑦᑎᐊᕙᐅᕗᑦ.

ᓂᖀᑦ
ᐊᕕᒃᓯᒪᓂᖏᑦ

ᑎᑎᕋᖅᑐᖅ ᑲᐃᑦᓕᓐ ᑐᕌᒻᑉᓖ

ᐱᕈᖅᑐᕕᓃᑦ ᓰᕐᓇᖏᑦᑐᑦ
ᓰᕐᓇᖅᑐᓪᓗ

ᐃᓚᖏᑦ ᐃᓄᓕᖅᑕᐃ ᑎᒥᒧᑦ
ᐊᑑᑎᓕᖕᓂᒃ ᐱᑕᖃᖅᐳᑦ ᓇᓂᔭᐅᓲᓂᒃ
ᐱᕈᖅᑐᕕᓂᕐᓂ ᓰᕐᓇᖏᑦᑐᓂ
ᓰᕐᓇᖅᑐᓂᓪᓗ ᐱᑕᖃᓲᓂᒃ
ᓂᐅᕕᕐᕕᔭᓃᑉᐸᒃᑐᓂ. ᓂᖀᑦ ᓲᕐᓗ
ᒪᒃᑖᓂ, ᓂᕿᓪᓚᑦᑖᓂ, ᑯᐊᓐᓂᕐᓂ,
ᐸᐅᕐᖓᓂ ᑎᒥᒧᑦ ᐊᑑᑎᓖᓐᓇᐅᕗᑦ.

ᐃᓄᓕᖅᑕᓂᒃ ᓂᕆᖃᑦᑕᖏᒃᑯᕕᑦ

ᖃᐅᑕᒫᑦ, ᑕᐃᒪ
ᓂᕆᖃᑦᑕᕆᐊᖃᓪᓚᕆᒃᐳᑎᑦ
ᓂᐅᕕᕐᕕᔭᓂ ᐱᕈᖅᑐᕕᓂᕐᓂᒃ
ᓰᕐᓇᖏᑦᑐᓂᒃ ᓰᕐᓇᖅᑐᓂᒡᓗ.
ᐱᕈᖅᑐᕕᓃᑦ ᓰᕐᓇᖏᑦᑐᑦ ᓰᕐᓇᖅᑐᓪᓗ
ᐊᑑᑎᓖᑦ ᐅᕕᓂᖕᓄᑦ ᐃᔨᖕᓄᓪᓗ;
ᕙᐃᑕᒥᓐᓕᒻᒪᕆᐊᓘᕗᑦ ᐊᓯᖏᓐᓂᒡᓗ
ᑎᒥᒧᑦ ᐊᑑᑎᓕᖕᓂᒃ ᑎᒥᖕᓂ
ᒪᒥᑎᑦᑎᑎᐊᕈᓐᓇᖅᑐᓂᒃ.

Book details
Level: 13

Text type: Non-fiction
Subjects/themes: The four food groups, healthy examples from
each group, country food as a healthy food choice
Key features: Pamphlet with headings, bulleted lists, colourful
photographs and illustrations

Uqalimaariuqsaniq | Level 13

Uqalimaariuqsaniq is an Inuktitut reading program
developed in Nunavut. This program is based on
language-acquisition research from around the world.
Uqalimaariuqsaniq is a sequential and progressive
Inuktitut reading program that supports students in
their development from emergent to fluent readers.

Department of Education,
Government of Nunavut
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ᑎᓴᒪᑦ ᓂᖅᑮᑦ ᐊᕕᒃᑕᐅᓯᒪᓂᖏᑦ
ᐅᑯᐊᖑᕗᑦ:

• ᐱᕈᖅᑐᕕᓃᑦ ᓰᕐᓇᖏᑦᑐᑦ ᓰᕐᓇᖅᑐᓪᓗ

• ᐸᓚᐅᒑᑦᓴᔭᐃᑦ

• ᐃᒻᒧᐃᑦ ᑭᖑᕝᕕᐅᑎᔪᓐᓇᖅᑐᓪᓗ

• ᓂᖀᑦ ᑭᖑᕝᕕᐅᑎᔪᓐᓇᖅᑐᓪᓗ

1 2 3 4

ᐃᒥᖅ

ᐃᒥᖅ ᐱᐅᓂᖅᐹᑦᑎᐊᖑᕗᖅ
ᐃᒥᕈᑦᑎᓪᓗᑎᑦ. ᑎᒦᑦ
ᐃᒦᓐᓇᐸᓗᑦᑎᐊᖑᒻᒪᑦ, ᐃᒥᖅ ᑎᒥᕕᑦ
ᐱᔭᕆᐊᓕᖓᓂᒃ ᐱᑎᑦᑎᕙᒃᐳᖅ.
ᐃᒥᑲᑕᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ ᐅᓪᓗᓕᒫᖅ.

ᐃᒻᒧᒃᑕᐅᖅ ᐃᒥᖃᑦᑕᕆᐊᖃᕆᕗᖅ ᑎᒥᒧᑦ
ᐊᑑᑎᓕᖕᓂᒃ ᐱᑕᓕᐊᓘᖕᒪᑦ.

ᐃᒥᒐᖅ ᐊᒻᒪ
ᐱᕈᖅᑐᕕᓃᑦ ᐃᒥᒐᐃᑦ
ᐊᑑᑎᖃᑦᑎᐊᖏᖅᑐᑦ
ᖃᓄᐃᖕᒋᑦᑎᐊᕐᓂᕐᒧᑦ.
ᑖᒃᑯᐊ ᓱᑲᒃᑭᐊᓘᖕᒪᑕ
ᐊᓯᖏᓐᓂᒡᓗ ᑎᒥᕕᑦ
ᐱᔭᕆᐊᖃᖖᒋᑕᖏᓐᓂᒃ
ᑭᒍᑎᖕᓄᓪᓗ ᓴᐅᓂᕐᓄᓪᓗ
ᐱᐅᔾᔪᑎᖃᖏᑦᑐᑦ.

ᖃᐅᔨᒪᕕᑦ?

7

ᐃᒻᒧᒃ ᑭᖑᕕᐅᑎᔪᓐᓇᖅᑐᓪᓗ

ᐃᒻᒧᒃ ᓂᖀᓪᓗ ᐃᒻᒧᓂᒃ ᓴᓇᓯᒪᔪᑦ,
ᓲᕐᓗ ᓰᓯᑦ, ᔫᒐᓪᓗ, ᑎᒥᒧᑦ
ᐊᑑᑎᓕᓪᓚᕆᐊᓘᕗᑦ ᑭᒍᑎᖕᓂᒃ
ᓴᐅᓂᕐᓂᒡᓗ ᑎᓯᔫᑎᑦᑎᔪᑦ. ᓱᕈᓰᑦ
ᐱᕈᖅᐸᓪᓕᐊᔪᑦ ᐊᕐᓇᐃᓪᓗ ᓇᔾᔨᔪᑦ
ᖃᐅᑕᒫᑦ ᐃᒻᒧᒃᑐᖃᑦᑕᕆᐊᖃᖅᐳᑦ
ᐃᒻᒧᖕᓃᖖᒑᖅᑐᓂᒡᓗ.

ᐃᓄᓕᖅᑕᐃᑦ ᓴᐅᓃᑦ ᐸᑏᑦ,
ᐃᖃᓘᑦ ᓂᐊᖁᖏᑕ ᖃᔪᖏᑦ
ᑕᐃᒫᑦᓴᐃᓐᓇᖅᑕᐅᖅ ᐊᑑᑎᖃᕆᕗᑦ.

ᐃᒻᒧᑦ ᐱᐅᓯᒋᐊᖅᓯᒪᔪᖅ ᓱᐊᐃ
ᐃᒻᒧᒃ ᕙᐃᑕᒥᓐ D-ᖃᖅᑐᑦ.
ᕙᐃᑕᒥᓐ D ᐊᑑᑎᖃᓗᐊᖖᒍᐊᖅᐳᑦ
ᐅᑭᐅᖅᑕᖅᑐᒥᐅᑕᓄᑦ. ᐃᓄᓕᖅᑕᐃᑦ
ᓲᕐᓗ ᒪᒃᑖᑦ ᐃᖃᓗᐃᓪᓗ ᕙᐃᑕᒥᓐ
D-ᑖᕐᕕᒃᓴᐅᒋᕗᑦ. ᖃᐅᑕᒫᑦ
ᓂᕆᓇᓱᐊᖃᑦᑕᕐᓂᐊᖅᐳᑎᑦ ᕙᐃᑕᒥᓐ
D-ᓕᖕᓂᒃ.

ᓂᖀᑦ ᑭᖑᕝᕕᐅᑎᔪᓐᓇᖅᑐᓪᓗ

ᓂᖀᑦ ᑭᖑᕝᕕᐅᑎᔪᓐᓇᖅᑐᓪᓗ
ᑎᒥᒧᑦ ᐃᑲᔫᑎᓖᓐᓇᐅᕗᑦ, ᓄᑭᓂᒃ
ᓴᖖᒋᔫᑎᑦᑎᓲᑦ. ᓂᐅᕕᐊᕕᓂᕐᓂᒃ
ᓂᖀᑦ ᒥᑭᓛᖑᕙᒃᐳᑦ ᓂᕆᔭᐅᕙᒃᑐᓂᒃ.
ᓂᕿ ᓂᐅᕕᐊᕆᕙᒃᑕᓯ ᐆᒪᔫᑉ
ᓄᑭᑐᐊᕆᕙᒃᐸᐃᑦ. ᑕᐃᒫᒃ ᑕᕝᕙ ᓂᕿᓂᒃ
ᓂᐅᕕᐊᕕᓂᕐᓂᒃ ᓂᕆᓂᐊᕌᖓᔅᓯ
ᐊᓯᖏᑦ ᓂᕿᓄᑦ ᐊᕕᒃᓯᒪᔪᓃᙶᖅᑐᑦ
ᐃᓚᓕᐅᑎᖃᑦᑕᕆᐊᖃᖅᐳᑦ.

ᓂᖀᑦ ᐃᓚᓯᒪᔪᑦ ᓂᖀᓪᓗ
ᐸᓚᐅᒑᖅᑎᖅᓯᒪᔪᑦ ᑕᕆᐅᓕᐊᓘᕙᒃᐳᑦ
ᑎᒥᒧᓪᓗ ᐊᑑᑎᖃᖏᑦᑐᓂᒃ
ᐅᖅᓱᓂᒃ. ᓂᖀᑦ ᐃᓚᐅᖅᓯᒪᔪᑦ
ᐃᓚᖃᖅᐸᒃᐳᑦ ᐸᓘᓇᓂᒃ ᐅᓲᔭᓂᓪᓗ.
ᓂᖀᑦ ᐸᓚᐅᒑᖅᑎᖅᓯᒪᔪᑦ
ᓲᓗ ᐊᕿᒡᒋᕕᓃᑦ ᐊᒡᒍᖅᓯᒪᔪᑦ.
ᓂᕈᐊᖅᓯᓇᓱᒡᔫᒥᕙᖕᓂᐊᖅᐳᓯ ᓂᕿᓂᒃ
ᐆᒪᔫᑉ ᓄᑭᖃᕐᓂᖏᓐᓂᒃ.

ᐃᓄᓕᖅᑕᐃᑦ ᑖᒃᑯᓄᖓ ᐊᒡᒍᖅᓯᒪᔪᓄᑦ
ᓈᒻᒪᒃᑎᐊᖅᐳᑦ! ᑎᒥᑦᑎᓐᓄᑦ

ᐊᑑᑎᖃᕈᓐᓇᑦᑎᐊᖅᑐᓂᒃ ᐃᓄᓕᖅᑕᓂᑦ,
ᐆᒪᔪᕕᓂᕐᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ
ᐊᔾᔨᒌᖏᑦᑐᓂᒃ ᐱᐅᓂᖅᐸᐅᕗᖅ.

ᓂᖅᑎᐅᑦᑎᐊᕐᓂᖅ
ᖃᓄᐃᖏᑦᑎᐊᕐᓇᖅᑐᓂᒃ

ᐃᓄᓕᖅᑕᓂᒃ ᓂᕆᖃᑦᑕᑦᑎᐊᕈᕕᑦ,
ᐆᒪᔪᕕᓂᕐᓂᒃ ᐊᔾᔨᒌᖏᑦᑐᓂᒃ
ᓱᑯᑦᑎᑐᐃᓐᓇᖏᓐᓂᒃ, ᑎᒥᒧᑦ
ᐊᑑᑎᓕᒃᑐᓪᓚᕆᒃᐸᒃᑐᑎᑦ!

ᓂᐅᕕᕐᕕᔭᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅᓴᐅᒍᕕᑦ,
ᓂᕆᖃᓯᐅᔾᔨᓇᓱᐊᖃᑦᑕᕆᑦ ᐱᖓᓱᓂᒃ
ᓂᖀᑦ ᐊᕕᒃᑕᐅᓯᒪᓂᖏᓐᓃᖖᒑᖅᑐᓂᒃ
ᓂᕆᓂᑕᒫᑦ. ᑎᓴᒪᓃᖖᒑᖅᐸᑕ
ᐱᐅᓂᖅᓴᒻᒪᕆᒃ!

ᐅᕝᕙ ᐅᑯᐊ ᐆᒃᑑᑕᐅᔪᑦ
ᓂᕿᑦᑎᐊᕙᐃᑦ

ᓂᐅᕕᕐᕕᔭᓃᖖᒑᖅᑐᑦ:

• ᒪᓐᓂᒃ ᐃᖑᓚᓯᒪᔪᖅ, ᑲᔪᖅ ᓂᐊᖂᔭᖅ
ᐆᑕᖅᓯᒪᔪᖅ, ᐱᕈᖅᑐᕕᓂᖅ
ᓰᕐᓇᖅᑐᖅ, ᐃᒻᒧᑦ ᐃᒥᐅᒻᒦᑦᑐᖅ

• ᐃᑭᐊᕐᒥᓕᒃ ᐊᕐᑭᒡᒋᕐᔪᐊᕕᓂᖅ

ᓰᓯᓕ ᓂᐊᖂᔭᖅ ᑲᔪᖅ, ᐅᑲᓕᐅᑉ
ᓂᕿᖏᑦ ᖁᐱᓯᒪᐅᖅᑐ

• ᐃᓇᓗᐊᖑᔭ ᑲᔪᖅ ᑐᒫᑐᓕᒃ ᐊᒻᒪ
ᓰᓯ, ᐊᒻᒪ ᐳᕌᑲᓕ

ᓂᕐᒪᓗᒐᒃᓴᐃᑦ

ᐃᓚᖏᑦ, ᓲᕐᓗ ᐃᒥᒐᖅ,
ᐆᒻᒪᕆᒃᓴᐅᑎᓖᑦ ᐃᒥᒐᐃᑦ,
ᐸᑏᑏᑦ, ᐅᖁᒻᒥᐊᒐᐃᑦ,
ᑯᑯᐃᓪᓗ, ᓱᑲᖃᓗᐊᖅᑐᑦ
ᑕᕆᐅᖃᓗᐊᖅᑐᓪᓘᓐᓃᑦ
ᑎᒥᒧᑦ ᐊᑑᑎᖃᖏᑦᑐᑦ.
ᑖᒃᑯᐊ
ᓂᕐᒪᓗᒃᑎᐊᕙᐅᖏᑐᑦ
ᓂᕈᐊᒐᑦᓴᑦᑎᐊᕙᐅᖏᑦᑐᑦ.

ᖃᐅᔨᒪᕕᑦ?

5 6 8 9 10

ᓂᕆᖃᑎᒌᖃᑦᑕᕐᓂᖅ
ᐊᑑᑎᖃᑦᑎᐊᖅᐳᖅ!

ᓂᕆᖃᑎᖃᖃᑦᑕᕐᓂᖅ ᐃᓚᔮᓐᓂᒃ,
ᐱᖃᑎᖕᓂᒃ, ᓄᓇᖅᑲᑎᖕᓂᓪᓗ
ᐃᓅᑦᑎᐊᕐᓂᕐᒧᑦ ᐊᑑᑎᖃᑦᑎᐊᖅᐳᖅ
ᐊᒻᒪ ᐃᓄᐃᑦ ᖃᐅᔨᒪᓂᖏᑕ
ᐃᓚᒋᕙᐅᒃ.

ᑕᓚᕖᓴᓗᐊᖅᑕᐃᓕᖃᑦᑕᕆᑦ, ᐱᖖᒍᐊᕈᑎ,
ᖃᕋᓴᐅᔭᒦᓪᓗᑎᓪᓗ ᓂᕆᓗᑎᑦ.
ᐅᖃᓪᓚᖃᑎᖃᖃᑦᑕᕈᓐᓇᖅᑐᑎᑦ
ᐱᖃᑎᖕᓂᒃ ᐱᖃᑎᒋᓗᒋᓪᓗ. ᐃᓐᓇᕐᓂᒃ
ᐃᓕᕝᕕᒃᓴᑦᑎᐊᕙᐅᓲᖑᒋᕗᖅ
ᓂᕆᔾᔪᓯᐅᓚᐅᖅᑐᓂᒃ. ᐳᓛᖅᑐᓂᒃ
ᐃᓚᓕᐅᔾᔨᑦᑎᐊᓲᖑᕗᖅ.

ᒪᒪᖅᑐᖅ!

ᓂᕐᒪᓗᒐᓂᒃ ᓂᕈᐊᖅᓯᑦᑎᐊᕐᓂᖅ

ᓂᕆᓐᓇᐅᑉ ᐊᑯᓐᓂᖏᓐᓂᒃ

ᑳᓕᕈᕕᑦ, ᖃᓄᐃᖏᑦᑎᐊᕐᒥᔪᖅ
ᓂᕐᒪᓗᒡᓗᓂ. ᓂᕐᒪᓗᖕᓂᐊᕌᖓᕕᑦ
ᐃᓄᓕᖅᑕᓃᖖᒑᖅᑐᓂᒃ
ᓂᕈᐊᖅᓯᒋᐊᖅᐸᒡᓗᑎᑦ, ᐱᕈᖅᑐᕕᓂᕐᓂᒃ
ᓰᕐᓇᖏᑦᑐᓂᒃ, ᐱᕈᖅᑐᕕᓂᕐᓂᒃ
ᓰᕐᓇᖅᑐᓂᒃ, ᐃᒻᒧᖕᓃᖖᒑᖅᑐᓂᒡᓘᓐᓃᑦ
ᑎᒦᑦ ᐆᒻᒪᕆᒃᓯᓂᐊᕐᒪᑦ ᐊᑑᑎᓕᖕᓂᓪᓗ
ᐱᓗᓂ. ᓂᕐᒪᓗᖕᓂᐊᖅᑕᑎᑦ ᐊᕕᒃᓯᒪᔪᓂᒃ
ᒪᕐᕉᖕᓃᖖᒑᕈᓐᓇᖅᐳᑦ.

ᐅᕝᕙ ᐅᑯᐊ ᐆᒃᑑᑕᐅᔪᑦ
ᓂᕐᒪᓗᒃᑎᐊᕙᑦ:

• ᐃᑭᐊᕐᒥᓕᐅᑉ ᐊᕝᕚ ᓂᕿᓕᒃ

• ᐅᑲᓕᐅᑉ ᓂᕿᖏᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐋᐳ ᓰᓯᓕ

• ᓂᐊᖂᔭᖅ ᐆᑕᖅᓯᒪᔪᖅ
ᒪᕐᕋᐅᔮᖅᑐᓕᒃ

• ᔫᒍᑦ ᐸᐅᕐᖓᓕᒃ