

Tshissiumatun

Umeni tshekuaana tekuaki tshi petaiek^u

- ◇ Ussishikaun mak anite tshe
pitaimek^u
- ◇ Uipitakauna
- ◇ Utukaikauna e minuati mak
pineuat
- ◇ Tipaipishimuan
- ◇ Massina nakana ka apashtati
- ◇ Ka pimuteuatshenanut kie ma
shashkuteun
- ◇ Iatapashtat e naikatishut
- ◇ Atamit umatshunishima
- ◇ Mitasha ka tshitaunueti
- ◇ Ka uitshiuuet e nenanut
(C-Pap)
- ◇ Kutaka :

Mashinatai etenitamin kie ma kutak tshekuan tshi uitshiuuet

*Ui natu-tshissenitamek^u tshe-
kuan kuetshimekut
akushishkuessat kie ui uitamuek^u
e apatannit tshi tshissenitakanit
tshekuannu anu tshi
nishtuapamakanit
tshikanishuau.*

*Ka atusseht anite ka ut-
shepikuakanit auen
akushiutshuapit*

**Tshikanish 75 kie ma anu
ka tatupipuneshit etat
anite ka utshepikuakanit
auen akushiutshuapit?**

**Iapatat tshi iashi-
tshissenitamek^u tshe
ishpish tat anite
akushiutshuapit**





Tshitshi uauitshiauau tshikanishuau tshe ish-pish tat akushiutshuapit.

Tshikanish 75 kie ma anu ka tatupipuneshit e unuitashinakanit anite nakana ka tat ekue unishik^u kie tshika tshissenitakushu uenishik^u, kie tshipa tshi shetshishiumatshu..

Ka atusseht anite e utshepikuakanit auen akushiutshuapit umenua ishi-ueutinamupanat eka tshi animut auen kie uanasse shi aitutishut:

- ◇ Shukushuk tshi pimutaiakanit.
- ◇ Tshi natshi-tetanakanit tetapuakanit at iakushit.
- ◇ Miam ishpish tshitshi miniakanit.
- ◇ Mitshetuait tshekuannu tshi uauitamuakanit.
- ◇ Tshi tanit auennua e nishtuapamat patukuiakanit akushiutshuapit.

Tshekuan tshipat tshi tutenau

- ◇ Shukushuk tshi natshi uapamukut uikanish kie ma kutaka auennua e itishuakannit. Tshika uitshiku uapamat auennua e nishtuapamat eka tshi unishik^u.
- ◇ Petauek^u utshekuanima, at eka mine-kash tat akutshiutshuapit (miam pate: *u s s i s h i k a u n a , u i p i t a k a u n a ,* utukaikauna e minuaniti, tipaipishimuan, umassina nakana ka tshikamutat kie e tshipuanit, ka pimuteuatshenanut kie ma shashkuteun).
- ◇ Tshissiumek^u tshek^u tshishtuakanit e tananut, tanite e tat, uauinamek^u uikanisha kie ma iashpanit tshekuan.
- ◇ Uauitshiek^u e aitutatishut (miam pate: e pimuteuatshet kapimuteuatshenanut kie ma e mitshishut, tshi uitshiakanit e minit.) Kuetshimek^u akushishkuess tan anu tshipa ishi-uauitshiauau tshikanishuau.

Menuat tshi tshissenitakanit

- ◇ Mamushtauek^u utshekuanima anite umiutit kie e minu-mashinatuakanit.
- ◇ Nakatemuek^u uitshuat ka shuniaunit tshekuannu (miam pate: tapisheuna) kie shunianu kanauenitak.
- ◇ Tshiuetauek^u unatukunima anite uitshit ka utinak.
- ◇ Takuannit tshekuannu tipan iaishi-inniut, uitamunan.