ꯑꯦꯁ ꯁꯨꯃꯪꯒꯜ ꯁꯤꯡꯍ
ꯂꯧꯎꯁꯤꯡꯎꯒꯤ ꯀꯥꯈꯜ IMPHAL, MONDAY, APRIL 09, 2018 ꯅꯤꯡꯊꯧꯀꯥꯕ, ꯁꯖꯤꯕꯨꯒꯤ 24 ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3415 ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
2 HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ

...ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯆꯤꯊꯤ...

ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ ꯏꯊꯠꯁꯤꯡ
ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯕ ꯑꯦꯗꯤꯇꯔ,
ꯃꯍꯧꯁꯥꯒꯤ ꯐꯖꯕꯕꯨ ꯃꯤꯔꯥꯏꯔꯒ,
ꯈꯨꯠꯁꯦꯝꯒꯤ ꯐꯖꯕꯅ ꯃꯍꯨꯠ ꯁꯤꯟꯖꯤꯅꯕꯗ
ꯐꯖꯕꯒꯤ ꯂꯝ ꯌꯧꯕ ꯉꯝꯂꯣꯏ꯫ ꯃꯍꯧꯁꯥꯒꯤ
ꯐꯖꯕꯕꯨ ꯀꯥꯏꯍꯟꯗꯅ ꯊꯝꯂꯒ, ꯈꯨꯠꯁꯦꯝꯒꯤ
ꯃꯆꯜ ꯑꯣꯏꯅ ꯍꯥꯞꯆꯤꯜꯂꯕꯀꯥꯟꯗ
ꯐꯖꯕꯗ ꯃꯄꯨꯡ ꯐꯥꯕ ꯂꯝ ꯌꯧꯕ ꯍꯥꯏꯕꯗꯨ
ꯑꯣꯏꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯁꯦꯡꯕꯅꯤ ꯂꯣꯛꯇꯥꯛ
ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ ꯏꯊꯠꯁꯤꯡ ꯑꯅꯤꯒꯤ
ꯐꯖꯕꯁꯤꯕꯨ ꯂꯩꯀꯪ/ꯀꯪꯐꯥꯜꯅ ꯁꯝꯅꯍꯜꯂꯒ
ꯍꯦꯟꯒꯠꯂꯛꯀꯗ꯭ꯔ? ꯏꯄꯥꯛꯇ ꯇꯥꯎꯕꯒꯨꯝ
ꯎꯔꯤꯕ ꯊꯥꯡꯒ ꯆꯤꯡꯖꯥꯎ, ꯀꯔꯥꯡ ꯆꯤꯡ,
ꯁꯦꯟꯗ꯭ꯔ ꯑꯃꯗꯤ ꯑꯇꯩ ꯑꯇꯩ ꯆꯤꯡꯁꯤꯡ
ꯌꯦꯡꯕꯗ ꯀꯌꯥꯗ ꯅꯨꯡꯁꯤꯔꯤꯕ, ꯀꯌꯥꯗ
ꯐꯖꯔꯤꯕ ꯎꯕꯗ꯫ ꯀꯪꯐꯥꯜ ꯂꯝꯁꯥꯡ ꯑꯃꯅ
ꯁꯝꯖꯤꯟꯈꯤꯕꯗꯒꯤ ꯁꯦꯟꯗ꯭ꯔ ꯆꯤꯡ ꯐꯖꯕ
ꯃꯥꯡꯈꯤꯕ ꯅꯠꯇ꯭ꯔꯕ? ꯑꯣꯏꯍꯜꯂꯨ ꯑꯃꯨꯛ
ꯃꯍꯧꯁꯥꯒꯤ ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ
ꯏꯊꯠꯁꯤꯡ꯫ ꯁꯤꯡꯊꯥꯅꯔꯤ ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ, ꯄꯥꯠ
ꯃꯥꯒꯤ ꯃꯇꯤꯛ ꯃꯌꯥꯏꯕꯨ꯫ ꯁꯩꯁꯛꯂꯤ ꯏꯁꯩ ꯑꯣꯏ,
ꯁꯩꯊꯥꯔꯤ ꯁꯩꯔꯦꯡ ꯑꯣꯏ, ꯏꯅꯔꯤ ꯋꯥꯔꯤ ꯑꯣꯏ,
ꯂꯣꯏꯕ ꯈꯝꯕ ꯂꯩꯇꯅ꯫ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯤꯑꯣꯏꯆꯥ
ꯀꯌꯥꯅ ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠꯄꯨ ꯎꯖꯕ ꯐꯪꯖꯕꯗ
ꯑꯋꯥꯡꯕ ꯊꯥꯛꯇ ꯊꯥꯒꯠꯅꯩ, ꯐꯖꯕꯒꯤ ꯃꯇꯤꯛ
ꯃꯌꯥꯏ ꯁꯤꯡꯊꯥꯅꯩ꯫ ꯏꯟꯗꯤꯌꯥ ꯃ’ꯣꯜ ꯂꯩꯉꯥꯛꯀꯤ
ꯐꯝꯅꯥꯏꯕ ꯐꯝꯅꯥꯏꯕꯤꯁꯤꯡꯅ ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ
ꯃꯥꯕꯨ ꯎꯔꯒ ꯄꯨꯛꯅꯤꯡ ꯃꯀꯦ ꯂꯥꯝ, ꯋꯥꯈꯜ ꯂꯩꯌ

OE ꯆꯣꯡ, ꯃꯤꯠꯐꯝ vOtq ꯌꯥꯗꯅ ꯌꯦꯡ,
ꯐꯖꯕꯕꯨ ꯈꯪꯕꯤꯗꯨꯅ ꯁꯦꯝꯒꯠꯆꯅꯤꯡꯕꯒꯤ ꯋꯥꯍꯩ
ꯋꯥꯇꯥ ꯀꯌꯥ ꯇꯥꯛꯄꯤꯔꯤ ꯍꯥꯏꯕꯤꯔꯤ꯫ ꯑꯆꯧꯕ
ꯁꯦꯟꯐꯝ ꯀꯌꯥꯃꯁꯨ ꯀꯥꯏꯊꯣꯛꯄꯤꯔꯤ꯫

ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯐꯖꯅꯕ ꯑꯃꯁꯨꯡ
ꯃꯥꯂꯦꯝꯒꯤ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯂꯩꯕꯥꯛ ꯀꯌꯥꯗꯒꯤ
ꯂꯥꯛꯄ ꯂꯝꯀꯣꯏꯔꯛꯄꯁꯤꯡꯒꯤ ꯄꯨꯛꯅꯤꯡ
ꯑꯃꯁꯨꯡ ꯍꯛꯆꯥꯡ ꯑꯅꯤꯕꯨ ꯆꯤꯡꯁꯤꯟꯐꯝ
ꯑꯣꯏꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯑꯩꯒꯤ ꯋꯥꯈꯜ ꯑꯃꯁꯨꯡ
ꯃꯤꯠꯌꯦꯡ ꯑꯃꯠꯇꯪ ꯊꯝꯖꯒꯦ ꯃꯗꯨꯗꯤ
ꯃꯣꯏꯔꯥꯡꯒ ꯁꯦꯟꯗ꯭ꯔꯒ ꯁꯦꯟꯗ꯭ꯔ ꯆꯤꯡꯒ
ꯁꯝꯅꯕ ꯀꯪꯐꯥꯜ ꯂꯝꯁꯥꯡ ꯑꯁꯤꯒꯤ ꯃꯍꯨꯠꯇ,
ꯁꯥꯡꯂꯕ ꯃꯆꯨ-ꯃꯃꯦꯟꯅ ꯂꯩꯇꯦꯡꯕ ꯊꯣꯡ ꯑꯃ
ꯁꯥꯁꯤ꯫ ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯏꯙꯧ ꯂꯥꯏꯑꯣꯏꯈ꯭ꯔꯕ
ꯀꯣꯏꯔꯦꯡꯒꯤ ꯃꯤꯇꯝ ꯈꯤꯜꯂꯤꯕ ꯑꯗꯨꯒꯤ
ꯃꯅꯥꯛꯇꯒꯤ ꯁꯦꯟꯗ꯭ꯔ ꯆꯤꯡꯒꯤ ꯏꯊꯤꯡ ꯆꯤꯡꯒ
ꯇꯥꯏꯅꯕ ꯐꯖꯕ ꯊꯣꯡ ꯑꯃ ꯁꯦꯟꯗ꯭ꯔ ꯆꯤꯡꯐꯥꯎ
ꯁꯥꯡꯕ ꯁꯥꯁꯤ꯫ ꯀꯩꯕꯨꯜ ꯂꯝꯖꯥꯎꯔꯣꯝꯗꯒꯤ ꯆꯪꯂꯛꯄ
ꯊꯣꯡ ꯑꯃ ꯁꯥꯁꯤ, ꯀꯨꯝꯕꯤꯒ ꯆꯤꯡꯃꯩꯒ ꯇꯥꯏꯅꯕꯗ
ꯊꯣꯡ ꯑꯃ ꯁꯥꯁꯤ, ꯑꯇꯩ ꯑꯇꯩ ꯃꯍꯧꯁꯥꯒꯤ ꯂꯩꯖꯔꯝꯕ
ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ ꯏꯊꯠꯁꯤꯡꯒꯤ
ꯁꯛꯇꯝ ꯀꯥꯏꯍꯟꯗꯅ ꯊꯝꯁꯤ꯫ ꯏꯁꯤꯡꯒꯤ
ꯏꯆꯦꯜꯁꯨ ꯂꯩꯖꯕ, ꯂꯦꯝꯂꯩ ꯉꯥꯁꯤꯡꯅꯁꯨ ꯍꯔꯥꯎꯅ
ꯃꯥꯏꯀꯩ ꯊꯨꯡꯅ ꯆꯦꯟꯊꯣꯛ ꯆꯦꯟꯁꯤꯟ ꯁꯥꯟꯅꯖꯕ
ꯐꯪꯖꯕ, ꯄꯨꯋꯥꯔꯤꯒꯤ ꯋꯥꯔꯤ ꯁꯤꯡꯕꯨꯜ ꯀꯌꯥꯒꯤ
ꯃꯆꯥꯛ ꯑꯣꯏꯕꯁꯤꯡꯁꯨ ꯂꯦꯡꯗꯅ ꯍꯥꯟꯅꯒꯨꯝꯅ
ꯂꯩꯖꯕ, ꯑꯎꯕꯒꯤ ꯊꯝꯃꯣꯏꯕꯨꯁꯨ ꯁꯨꯝꯍꯠꯅꯤꯡꯉꯥꯏ
ꯑꯣꯏꯍꯟꯅꯕ ꯍꯣꯠꯅꯖꯍꯟꯅꯤꯡꯉꯤ꯫ ꯂꯣꯏꯅꯅ
ꯊꯥꯡꯒ ꯆꯤꯡꯒꯤ ꯆꯤꯡꯗꯣꯜꯗ ꯃꯥꯂꯦꯝꯒꯤ
ꯂꯝꯀꯣꯏꯔꯛꯄꯁꯤꯡꯅ ꯀꯥꯗꯨꯅ ꯑꯀꯣꯏꯕꯒꯤ
ꯁꯛꯇꯝ ꯎꯖꯕ ꯐꯪꯖꯅꯕ, ꯒꯤꯅꯤꯁ ꯕꯨꯛ ꯑꯣꯐ _

ꯥꯔꯜꯗ ꯔꯦꯀꯣꯔꯗꯇ ꯆꯟꯕ ꯌꯥꯕ ‘ꯇꯨꯔꯤꯁꯠ ꯇꯋꯥꯔ’

ꯑꯃꯁꯨ ꯁꯥꯍꯟꯖꯅꯤꯡꯏ, ꯀꯔꯥꯡ ꯆꯤꯡꯕꯨ ꯑꯉꯛꯄ
ꯃꯥꯂꯦꯝꯒꯤ ꯃꯔꯛꯇ ꯌꯥꯎꯕ ꯉꯝꯅꯕ ꯁꯦꯝꯒꯠ-

ꯁꯥꯒꯠꯆꯍꯟꯅꯤꯡꯏ ꯂꯝꯀꯣꯏꯕꯁꯤꯡꯒꯤ
ꯈꯣꯡꯗꯥꯐꯝ ꯑꯣꯏꯅꯕ꯫ ꯇꯨꯡꯒꯤ ꯃꯤꯔꯣꯜꯅ
ꯑꯅꯧꯕ ꯂꯩꯉꯥꯛꯄꯨ ꯀꯣꯇꯤ ꯀꯣꯇꯤꯔꯛ ꯍꯥꯟꯅ
ꯊꯥꯒꯠꯅꯕ ꯏꯊꯧ ꯇꯧꯔꯝꯁꯤ꯫ ꯂꯣꯛꯇꯥꯛ
ꯄꯥꯠ ꯃꯇꯝ ꯑꯃꯒꯤ ꯑꯍꯜꯂꯨꯞ ꯄꯥꯅꯥꯅ
ꯀꯣꯏꯁꯤꯜꯂꯒ ꯂꯩꯖꯕ ꯐꯖꯈ꯭ꯔꯕ ꯄꯥꯠ ꯑꯃꯅꯤ꯫

ꯄꯥꯠ ꯑꯁꯤꯕꯨ ꯀꯣꯏꯁꯤꯜꯂꯤꯕ ꯂꯝꯗꯝꯁꯤꯡ
ꯑꯗꯨꯗꯤ ꯅꯝꯕꯣꯜ, ꯑꯣꯏꯅꯥꯝ, ꯂꯝꯃꯥꯡꯗꯣꯡ, ꯅꯥꯆꯧ,
ꯄꯣꯠꯁꯪꯕꯝ, ꯅꯤꯊꯧꯈꯣꯡ, ꯐꯨꯕꯥꯜꯂꯥ, ꯁꯨꯅꯨꯁꯤꯐꯥꯏ,
ꯃꯣꯏꯔꯥꯡ, ꯀꯨꯝꯕꯤ, ꯐꯧꯒꯥꯛꯆꯥꯎ, ꯊꯣꯡꯉꯥꯝ,
ꯍꯌꯦꯟ ꯍꯪꯒꯨꯟ, ꯃꯌꯥꯡ ꯏꯝꯐꯥꯜ ꯑꯃꯁꯨꯡ _

ꯥꯡꯒꯣꯏꯅꯤ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯂꯦꯝꯖꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯔꯤꯕ
ꯀꯪꯂꯩꯄꯥꯛ (ꯃꯅꯤꯄꯨꯔ) ꯑꯁꯤꯒꯤ ꯆꯤꯡꯅ
ꯀꯣꯏꯁꯤꯜꯂꯒ ꯂꯩꯖꯕ ꯑꯃꯁꯨꯡ ꯏꯄꯥꯛꯌꯥꯏꯗ

TFG ꯀꯌꯥꯁꯨ ꯂꯩꯖꯕ ꯂꯥꯏ ꯋꯥꯔꯤꯒꯤ ꯍꯧꯔꯛꯐꯝꯁꯨ
ꯑꯣꯏꯖꯔꯤꯕ ꯄꯥꯠꯅꯤ ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ꯫ ꯑꯋꯥꯡ
ꯅꯣꯡꯄꯣꯛ ꯂꯝꯗꯝꯒꯤ ꯑꯣꯏꯅꯁꯨ ꯑꯃꯠꯇ
ꯉꯥꯏꯖꯕ ꯄꯥꯠꯁꯨ ꯑꯣꯏꯕ ꯃꯔꯝꯅ ꯃꯥꯂꯦꯝꯗ
ꯃꯃꯤꯡꯇ ꯅꯠꯇꯅ ꯃꯁꯛ ꯎꯠꯊꯣꯛꯇꯨꯅ ꯃꯁꯛ
ꯇꯥꯛꯁꯤ꯫ ‘ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ
ꯏꯊꯠꯁꯤꯡ’ ꯃꯁꯤꯡ ꯊꯤꯗꯣꯛꯇꯨꯅ ꯃꯀꯍꯧꯁꯥꯒꯤ
ꯍꯥꯟꯅꯒꯤ ꯁꯛꯇꯝ ꯀꯥꯏꯍꯟꯗꯅ ꯊꯝꯁꯤ꯫

ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔꯒꯤ ꯆꯍꯤ
ꯂꯤꯁꯤꯡ ꯑꯅꯤ ꯍꯦꯟꯕꯒꯤ ꯄꯨꯋꯥꯔꯤ ꯉꯥꯛꯁꯦꯟꯕꯗ
ꯂꯣꯛꯇꯥꯛ ꯄꯥꯠ ꯑꯃꯁꯨꯡ ꯃꯥꯒꯤ ꯏꯊꯠꯁꯤꯡꯕꯨ ꯃꯌ
ꯦꯛ ꯁꯦꯡꯅ ꯊꯝꯕꯤꯔꯝꯃꯨ ꯍꯥꯏꯖꯔꯤ꯫ ꯈꯨꯔꯨꯝꯖꯔꯤ꯫

ꯑꯗꯣꯝꯒꯤ - ꯈꯥꯡꯉꯦꯝꯕꯝ
ꯁ꯭ꯌꯥꯝꯀꯤꯁꯣꯔ, ꯀꯨꯝꯕꯤ
ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯆꯍꯤ ꯑꯃꯗ ꯉꯥ ꯀꯤꯂꯣꯒ꯭ꯔꯥꯝ 18.8 ꯆꯥꯒꯗꯕꯅꯤ
ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡ ꯐꯕ ꯍꯥꯏꯕꯁꯤ, ꯍꯛꯆꯥꯡꯒꯤ ꯐꯤꯚꯝ,
ꯄꯨꯛꯅꯤꯡ ꯋꯥꯈꯜ ꯑꯃꯗꯤ ꯈꯨꯟꯅꯥꯏꯒꯤ ꯐꯤꯚꯝꯗ ꯑꯐꯕ ꯑꯣꯏꯔꯕ
ꯃꯇꯝꯗꯇ ꯑꯣꯏꯔꯛꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯑꯍꯨꯝ ꯑꯁꯤꯕꯨꯅ ꯍꯦꯜꯊ
ꯇ꯭ꯔꯥꯏꯡꯒꯜ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯍꯛꯆꯥꯡ ꯐꯅ ꯊꯝꯅꯅꯕꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ
ꯄꯥꯝꯕꯩ ꯑꯃꯗꯤ ꯃꯆꯤ ꯑꯣꯏꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕ ꯍꯥꯏꯕꯗꯤ ꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟꯠ
ꯐꯖꯅ ꯌꯥꯎꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕ ꯑꯁꯤꯅꯤ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯅ ꯀꯌꯥꯝ
ꯌꯥꯝꯅ ꯃꯊꯧ ꯇꯥꯕꯒꯦ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟꯠ ꯑꯁꯤ ꯃꯈꯜ
ꯑꯅꯤ ꯊꯣꯛꯅ ꯈꯥꯏꯗꯣꯛꯄ ꯌꯥꯏ꯫

1) ꯃꯦꯀ꯭ꯔꯣꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟꯠ ꯍꯥꯏꯕꯗꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯈꯔ
ꯌꯥꯝꯅ ꯃꯊꯧ ꯇꯥꯕ ꯃꯈꯜꯁꯤꯡꯅꯤ꯫

2) ꯃꯥꯏꯀ꯭ꯔꯣꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟ ꯍꯥꯏꯕꯗꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯃꯊꯧ
ꯇꯥꯕꯒꯤ ꯆꯥꯡ ꯅꯦꯝꯕ ꯃꯈꯜꯁꯤꯡꯅꯤ꯫

ꯀꯥꯔꯕꯣꯍꯥꯏꯗ꯭ꯔꯦꯠ, ꯐꯦꯠ ꯑꯃꯗꯤ ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡ ꯑꯁꯤ
ꯃꯥꯏꯀ꯭ꯔꯣꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟꯠꯅꯤ꯫ ꯀꯦꯜꯁꯤꯌꯝ, ꯁꯣꯗꯤꯌꯝ, ꯀ꯭ꯂꯣꯔꯥꯏꯗ,
ꯃꯦꯒ꯭ꯅꯥꯁꯤꯌꯝ ꯑꯃꯁꯨꯡ ꯄꯣꯇꯥꯁꯤꯌꯝꯒ ꯂꯣꯏꯅꯅ ꯐꯣꯁꯐꯔꯁ ꯑꯃꯁꯨꯡ
ꯁꯜꯐꯔꯕꯨ ꯀꯔꯤꯒꯨꯝꯕ ꯀꯥꯟꯗ ꯃꯥꯏꯀ꯭ꯔꯣꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯠ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫

ꯚꯤꯇꯥꯃꯤꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯅꯔꯦꯜꯗꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯗ
ꯃꯊꯧꯗꯤ ꯇꯥꯏ ꯑꯗꯨꯕꯨ ꯌꯥꯝꯅ ꯌꯥꯝꯗꯕ ꯆꯥꯡ ꯃꯊꯧ ꯇꯥꯕ ꯑꯣꯏꯕ ꯃꯔꯝꯅ
ꯃꯥꯏꯀ꯭ꯔꯣꯅ꯭ꯌꯨꯇ꯭ꯔꯦꯟꯠ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫

ꯍꯦꯜꯊ ꯐꯨꯗ ꯍꯥꯏꯕꯁꯤ ꯀꯔꯤꯒꯨꯝꯕ ꯆꯤꯟꯖꯥꯛ ꯑꯃꯅ ꯑꯩꯈꯣꯏꯒꯤ
ꯍꯛꯆꯥꯡ ꯐꯍꯟꯅꯅꯕ ꯑꯈꯟꯅꯕ ꯃꯆꯥꯛ ꯌꯥꯎꯕ ꯑꯗꯨꯕꯨꯅꯤ꯫ ꯈꯨꯗꯝ
ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯒꯦꯍꯨ, ꯁꯪꯒꯣꯝ ꯑꯐꯝꯕ ꯑꯃꯗꯤ ꯃꯇꯣꯟ ꯊꯣꯛꯂꯕ
ꯍꯋꯥꯏ (ꯑꯜꯐꯥꯜꯐꯥ) ꯑꯁꯤꯅꯆꯤꯡꯕ ꯑꯁꯤꯅꯤ꯫

ꯃꯆꯤ ꯑꯣꯏꯕ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯆꯥꯡ ꯋꯥꯠꯅ ꯆꯥꯕ, ꯃꯆꯤ ꯑꯣꯏꯕ
ꯆꯤꯟꯖꯥꯛ ꯃꯈꯜ ꯁꯨꯅ ꯆꯥꯗꯕ ꯑꯃꯁꯨꯡ ꯆꯔꯥ ꯍꯦꯟꯕ ꯑꯁꯤꯗꯒꯤ
ꯊꯣꯔꯛꯄ ꯃꯤꯁꯤ-ꯃꯤꯅꯥꯁꯤꯡ ꯑꯁꯤꯅ ꯆꯥꯎꯈꯠꯂꯛꯂꯤꯕ ꯑꯃꯗꯤ
ꯆꯥꯎꯈꯠꯇ꯭ꯔꯤꯕ ꯂꯩꯕꯥꯛꯁꯤꯡꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯁꯃꯁ꯭ꯌꯥꯅꯤ꯫

ꯑꯉꯥꯡꯁꯤꯡꯕꯨ ꯃꯊꯧ ꯇꯥꯕ ꯆꯤꯟꯖꯥꯛ ꯁꯨꯅ ꯄꯤꯖꯗꯕꯗꯒꯤ ꯃꯔꯥꯁꯃꯁ
ꯍꯥꯏꯕꯗꯤ ꯃꯇꯝ ꯁꯥꯡꯅ ꯀꯦꯂꯣꯔꯤꯁ ꯋꯥꯠꯂꯛꯄꯗꯒꯤ ꯊꯣꯛꯂꯛꯄ
ꯑꯃꯁꯨꯡ ꯀ꯭ꯋꯤꯁꯤꯑꯣꯔꯀꯔ (Kwashiorkar) ꯍꯥꯏꯕꯗꯤ
ꯃꯇꯝ ꯁꯥꯡꯅ ꯄ꯭ꯔꯣꯇꯤꯟ ꯋꯥꯠꯂꯛꯄꯗꯒꯤ ꯊꯣꯛꯂꯛꯄ ꯂꯥꯏꯅꯥꯁꯤꯡ
ꯑꯁꯤ ꯑꯣꯏꯍꯜꯂꯛꯏ꯫ ꯇꯧꯏꯒꯨꯝꯕꯁꯨꯡ ꯉꯥ ꯑꯁꯤ ꯑꯦꯅꯤꯃꯦꯜ
ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯌꯥꯝꯅ ꯍꯣꯡꯕ ꯃꯈꯜ ꯑꯃ ꯑꯣꯏꯕ
ꯃꯔꯝꯅ ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯃꯁꯨꯡ ꯀꯦꯂꯣꯔꯤ ꯋꯥꯠꯄꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡꯗꯒꯤ
ꯉꯥꯛꯊꯣꯛꯅꯕ ꯑꯆꯧꯕ ꯄꯥꯝꯕꯩ ꯑꯃ ꯑꯣꯏꯔꯤ꯫

ꯃꯥꯂꯦꯝꯒꯤ ꯂꯩꯃꯥꯏꯒꯤ ꯁꯔꯨꯛ ꯃꯔꯤ ꯊꯣꯛꯄꯒꯤ ꯑꯍꯨꯝꯗꯤ
ꯏꯁꯤꯡꯅ ꯀꯣꯏꯁꯤꯟꯕ ꯃꯔꯝꯅ ꯃꯩꯍꯧꯔꯣꯜꯗꯒꯤ ꯉꯥ ꯑꯁꯤ ꯃꯥꯂꯦꯝꯒꯤ
ꯃꯐꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯃꯤꯑꯣꯏꯕꯒ ꯇꯠꯅ-ꯊꯥꯅꯕ ꯌꯥꯗ꯭ꯔꯕ ꯆꯤꯟꯖꯥꯛ ꯑꯃ
ꯑꯣꯏꯔꯛꯂꯤ꯫

ꯁꯥ ꯉꯥꯗ ꯌꯥꯎꯕ ꯄ꯭ꯔꯣꯇꯤꯟꯅ ꯄꯥꯝꯕꯤꯗ ꯌꯥꯎꯕ ꯄ꯭ꯔꯣꯇꯤꯅꯗꯒꯤ
ꯍꯦꯟꯅ ꯐꯩ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯁꯥꯁꯤꯡꯒꯤ ꯄ꯭ꯔꯣꯇꯤꯟꯗꯒꯤꯁꯨ
ꯉꯥꯗꯒꯤ ꯐꯪꯕ ꯄ꯭ꯔꯣꯇꯤꯟꯅ ꯍꯦꯟꯅ ꯐꯩ꯫ ꯆꯥꯎꯈꯠꯂꯕ ꯂꯩꯕꯥꯛꯁꯤꯡꯗ
ꯉꯥꯕꯨ ꯍꯦꯜꯊ ꯐꯨꯗ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯔꯝꯗꯤ ꯉꯥꯗ
ꯄꯣꯂꯤꯑꯟꯁꯦꯆꯨꯔꯦꯇꯦꯗ ꯐꯦꯇꯤ ꯑꯁꯤꯗ (Polyunsaturated

Fatty Acid) (PUFA) ajki skTe (W-3 PUFA) \kBq,
ꯃꯁꯤꯒꯤ ꯃꯅꯨꯡ ꯑꯣꯃꯦꯒ -ꯊ꯭ꯔꯤ ꯌꯥꯎꯕ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯚꯤꯇꯤꯃꯥꯟ
ꯑꯃꯁꯨꯡ ꯃꯤꯅꯔꯦꯜꯁꯤꯡ ꯃꯥꯔ ꯀꯥꯏꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯁꯤꯡ ꯑꯁꯤꯅꯅꯤ꯫

ꯑꯣꯃꯦꯒꯥ- ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯁꯤ ꯁꯃꯨꯗ꯭ꯔꯗ ꯂꯩꯕ ꯉꯥꯗ
ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯁꯤꯗ ꯑꯁꯤ
ꯊꯃꯣꯏꯒꯤꯗꯃꯛꯇ ꯌꯥꯝꯅ ꯀꯥꯟꯅꯕ ꯃꯔꯝꯅ ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛ
ꯆꯥꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯏꯁꯀꯤꯃꯣꯁꯁꯤꯡꯅ ꯊꯃꯣꯏꯒꯤ ꯑꯣꯏꯕ ꯂꯥꯏꯅꯥ
ꯅꯥꯗꯕ, ꯖꯄꯥꯟꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯄꯨꯟꯁꯤ ꯅꯨꯡꯁꯥꯡꯅ ꯍꯤꯡꯂꯤꯕꯒꯤ
ꯃꯔꯝꯁꯤꯡ ꯑꯁꯤ ꯉꯥ ꯆꯥꯕꯒ ꯃꯔꯤ ꯌꯥꯝꯅ ꯂꯩꯅꯩ꯫ ꯉꯥ ꯆꯥꯕꯒꯤ ꯀꯥꯟꯅꯕꯁꯤ
ꯌꯥꯝꯅ ꯀꯟꯅ ꯊꯤꯖꯤꯜꯂꯤ ꯑꯃꯗꯤ ꯃꯤꯆꯝ ꯃꯤꯌꯥꯝꯅ ꯈꯪꯕꯒꯤ ꯆꯥꯡꯁꯨ ꯌꯥꯝꯅ
ꯊꯨꯅ ꯍꯦꯟꯒꯠꯂꯛꯂꯤ꯫ ꯉꯥ ꯆꯥꯕꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯎꯟꯁꯥ ꯐꯖꯅ ꯊꯝꯕꯗꯁꯨ
ꯑꯆꯧꯕ ꯊꯧꯗꯥꯡ ꯂꯧꯏ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯂꯥꯏꯅꯥ ꯀꯌꯥ ꯍꯥꯏꯕꯗꯤ ꯋꯥꯈꯜ
ꯂꯥꯏꯅ, ꯃꯤꯠ ꯎꯔꯛꯇꯕꯅꯆꯤꯡꯕ ꯂꯥꯏꯅꯥꯁꯤꯡꯕꯨ ꯐꯍꯟꯕꯗꯁꯨ ꯑꯆꯧꯕ
ꯊꯧꯗꯥꯡ ꯂꯧꯏ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯆꯌꯣꯜ ꯑꯃꯗ ꯉꯥ ꯑꯁꯤ ꯌꯥꯝꯗ꯭ꯔꯕꯗ
ꯑꯅꯤꯔꯛꯇꯒꯤ ꯑꯍꯨꯝꯂꯛ ꯐꯥꯎꯕꯗꯤ ꯆꯥꯒꯗꯕꯅꯤ꯫

ꯉꯥꯗ ꯌꯥꯎꯕ ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯁꯤ ꯆꯥꯗ 15 ꯗꯒꯤ 20 ꯐꯥꯎꯕꯅꯤ꯫

ꯐꯦꯠꯅ ꯆꯥꯗ 5 ꯗꯒꯤ 20 ꯐꯥꯎꯕꯅꯤ꯫ ꯏꯁꯤꯡ ꯃꯅꯅꯤꯜꯒꯤ ꯆꯥꯡꯅ ꯆꯥꯗ 60
ꯗꯒꯤ 80 ꯐꯥꯎꯕꯅꯤ꯫ ꯉꯥꯗ ꯌꯥꯎꯕ ꯎꯠꯀꯤ ꯁꯔꯨꯛꯅ ꯆꯥꯗ 0.5 ꯗꯒꯤ 2
ꯐꯥꯎꯕꯅꯤ꯫ ꯑꯇꯣꯞꯄ ꯚꯤꯇꯥꯃꯤꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯅꯔꯦꯜ ꯀꯌꯥ ꯑꯃꯁꯨꯡ \

ꯥꯎꯏ ꯑꯗꯨꯕꯨ ꯀꯥꯔꯕꯣꯍꯥꯏꯗ꯭ꯔꯦꯠꯀꯤ ꯆꯥꯡꯗꯤ ꯌꯥꯝꯅ ꯅꯦꯝꯅ ꯌꯥꯎꯏ ꯑꯃꯗꯤ
ꯚꯤꯇꯥꯃꯤꯟ ꯁꯤ ꯌꯥꯎꯗꯦ꯫ ꯉꯥ ꯍꯤꯡꯅ ꯆꯥꯕ ꯃꯇꯝꯗꯗꯤ ꯚꯤꯇꯥꯃꯤꯟ ꯁꯤ
ꯑꯁꯤ ꯌꯥꯝꯅ ꯅꯦꯝꯕ ꯆꯥꯡꯗ ꯌꯥꯎꯏ꯫ ꯚꯤꯇꯥꯃꯤꯟꯁꯤꯡ ꯃꯔꯨ ꯑꯣꯏꯅ ꯕꯤ
ꯀꯝꯄ꯭ꯂꯦꯛꯁ, ꯚꯤꯇꯥꯃꯤꯟ ꯑꯦ ꯑꯃꯁꯨꯡ ꯗꯤ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ
ꯑꯃꯗꯤ ꯃꯤꯅꯔꯦꯜꯁꯤꯡ ꯍꯥꯏꯕꯗꯤ ꯀꯦꯜꯁꯤꯌꯝ, ꯐꯣꯁꯐꯔꯁ, ꯑꯥꯏꯔꯟ,
ꯀꯣꯞꯄꯔ ꯑꯃꯁꯨꯡ ꯇ꯭ꯔꯦꯁ ꯏꯂꯤꯃꯦꯟꯠꯁꯤꯡ ꯍꯥꯏꯕꯗꯤ ꯁꯦꯂꯦꯅꯤꯌꯝ
ꯑꯃꯁꯨꯡ ꯖꯤꯡꯛ ꯌꯥꯎꯏ꯫ ꯁꯃꯨꯗ꯭ꯔꯒꯤ ꯉꯥ ꯑꯣꯏꯔꯕꯗ ꯑꯥꯏꯑꯣꯗꯤꯟ
ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯏ꯫ ꯉꯥꯗꯤ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯕꯗꯁꯨ ꯌꯥꯝꯅ ꯂꯥꯏꯅ ꯇꯝꯕ
ꯉꯝꯃꯤ꯫ ꯃꯔꯝꯁꯤꯡ ꯑꯁꯤꯅ ꯉꯥ ꯆꯥꯕꯅ ꯑꯇꯣꯞꯄ ꯁꯥ ꯆꯥꯕꯗꯒꯤ
ꯀꯥꯟꯅꯕ ꯍꯦꯜꯂꯤꯕꯅꯤ꯫ ꯄꯟꯕ ꯌꯥꯕ ꯑꯃꯅ, ꯏꯁꯦꯟꯁꯤꯑꯦꯜ ꯑꯦꯃꯤꯅꯣ
ꯑꯦꯁꯤꯗ ꯅꯤꯄꯥꯜꯃꯛ ꯉꯥꯗ ꯌꯥꯎꯏ꯫ ꯁꯜꯐꯔ ꯌꯥꯎꯕ ꯑꯦꯃꯤꯅꯣ ꯑꯦꯁꯤꯗ

okTqrg lysine, methionine [aKbi cysteine \kBjg!

ꯐꯦꯇꯤ ꯑꯁꯤꯗ ꯑꯁꯤ ꯃꯔꯨ ꯑꯣꯏꯅ ꯃꯈꯜ ꯑꯍꯨꯝ ꯊꯣꯛꯅ
ꯈꯥꯏꯗꯣꯛꯄ ꯌꯥꯏ꯫ 1) Saturated Fatty ꯝꯖꯡꯛꯀ (ꯈꯊꯝꯀ) 2)

Monosaturated Fatty Acids (MUFAs) [aKbi 3)

Poly unsaturated Fatty Acids (PUFAs) eg!

ꯑꯍꯥꯟꯕꯒꯤ ꯃꯈꯜ ꯑꯅꯤ ꯑꯁꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯅ
ꯁꯨꯡꯖꯕ ꯉꯝꯃꯤ꯫ ꯇꯧꯏꯒꯨꯝꯕꯁꯨꯡ ꯑꯍꯨꯝꯁꯨꯕ ꯃꯈꯜ ꯍꯥꯏꯕꯗꯤ ꯐꯦꯇꯤ
ꯑꯟꯁꯦꯆꯨꯔꯦꯇꯦꯗ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯁꯤꯗꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯗ
ꯁꯨꯡꯖꯕ ꯉꯝꯗꯕ ꯃꯔꯝꯅ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯒꯗꯕ ꯆꯤꯟꯖꯥꯛꯇ ꯌꯥꯎꯍꯟꯕ
ꯃꯊꯧ ꯇꯥꯏ꯫

ꯑꯦꯟ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯅꯠꯇ꯭ꯔꯒ ꯗꯕ꯭ꯂꯤꯌꯨ (ꯑꯣꯃꯦꯒ)-

ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯍꯥꯏꯔꯒ ꯈꯪꯅꯔꯤꯕ ꯐꯦꯇꯤ ꯑꯁꯤꯗ ꯑꯁꯤ ꯄꯣꯂꯤ
ꯑꯟꯁꯦꯆꯨꯔꯦꯇꯦꯗ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗꯀꯤ ꯃꯈꯜ ꯑꯃꯅꯤ꯫ ꯃꯁꯤꯗ
ꯀꯥꯔꯕꯣꯟ-ꯀꯥꯔꯕꯣꯟ ꯗꯕꯜ ꯕꯣꯟ ꯑꯁꯤ ꯑꯟ-ꯊ꯭ꯔꯤ ꯄꯣꯖꯤꯁꯟꯗ \

ꯥꯎꯏ꯫

ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗꯀꯤ ꯀꯥꯟꯅꯕꯁꯤꯡ:

ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯍꯥꯏꯔꯤꯕ ꯄꯣꯠꯁꯛ ꯑꯁꯤ
ꯃꯤꯑꯣꯏꯕꯒꯤꯗꯃꯛ ꯏꯁ꯭ꯋꯣꯔꯅ ꯊꯥꯕꯤꯔꯛꯂꯕ ꯈꯨꯗꯣꯜ ꯑꯃꯅꯤ꯫

ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯃꯊꯧꯁꯤꯡꯁꯤ ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ
ꯑꯦꯁꯤꯗ ꯆꯥꯕꯅ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯐꯒꯠꯍꯜꯂꯤ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯌꯥꯝꯅ
ꯃꯔꯨ ꯑꯣꯏꯕ ꯑꯣꯔꯒꯥꯟ ꯑꯃ ꯑꯣꯏꯔꯕ ꯕ꯭ꯔꯦꯟꯒꯤ ꯃꯊꯧ ꯐꯒꯠꯍꯜꯂꯤ꯫

ꯍꯥꯏꯔꯤꯕ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯁꯤ ꯆꯥꯕꯅ ꯊꯣꯞꯀꯤ ꯆꯥꯎꯕꯒꯤ ꯆꯥꯡ
ꯍꯦꯟꯒꯠꯍꯟꯗꯨꯅ ꯋꯥꯈꯜ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯄꯨꯛꯅꯤꯡꯒꯤ ꯑꯋꯥꯕꯁꯨ ꯐꯍꯟꯕ
ꯉꯝꯃꯤ ꯑꯃꯗꯤ ꯑꯍꯜ ꯑꯣꯏꯁꯤꯜꯂꯛꯄꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡ ꯍꯥꯏꯕꯗꯤ
ꯀꯥꯎꯒꯟꯕ, ꯇꯣꯡꯁꯥ ꯁꯣꯜꯂꯛꯄꯒꯤ ꯂꯥꯏꯅꯥ ꯑꯃꯗꯤ ꯇꯥꯡ ꯆꯤꯛꯄꯕꯨꯁꯨ
ꯐꯍꯟꯕ ꯉꯝꯃꯤ꯫ Prostrate ꯑꯃꯁꯨꯡ ꯕ꯭ꯔꯦꯁꯠ ꯀꯦꯟꯁꯔꯗꯒꯤꯁꯨ
ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ꯫ ꯏ ꯑꯃꯁꯨꯡ ꯊꯃꯣꯏꯒꯤ ꯃꯄꯥꯡꯒꯜ
ꯀꯟꯈꯠꯍꯟꯗꯨꯅ ꯍꯛꯆꯥꯡ ꯐꯅ ꯊꯝꯕꯗꯁꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫

Eicosapentaenoie acid (EPA) [aKbi

Decosahexaenoie ꯃꯖꯡꯛ (DHA) ꯑꯁꯤ ꯑꯣꯃꯦꯒꯥ -ꯊ꯭ꯔꯤꯒꯤ
ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯣꯂꯤꯑꯟꯁꯦꯆꯨꯔꯦꯇꯦꯗ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗꯅꯤ꯫ ꯏ ꯄꯤ
ꯑꯦ ꯑꯃꯁꯨꯡ ꯑꯩꯆ ꯑꯦ ꯑꯁꯤ ꯂꯥꯏꯅꯥ ꯀꯌꯥꯕꯨ ꯐꯍꯟꯕ ꯉꯝꯕꯒꯤ ꯃꯒꯨꯟ
ꯆꯦꯜꯂꯤ꯫ ꯂꯥꯏꯅꯥ ꯈꯔꯒꯤ ꯃꯃꯤꯡ ꯄꯜꯂꯕꯗ Arthroselerosis,

Cancer, Rheumatoid Arthritis, Sporiasis [aKbi

ꯑꯍꯜ ꯑꯣꯏꯁꯤꯜꯛꯄꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡꯅꯤ꯫

ꯑꯣꯃꯦꯒ-ꯁꯤꯛꯁ (ꯑꯦꯟ-6) ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗꯁ ꯑꯃꯁꯨꯡ
ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤꯒꯨꯝꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯀꯌꯥꯠꯁꯤꯡꯕꯨ ꯃꯊꯧ
ꯐꯖꯅ ꯇꯧꯍꯟꯕꯗ ꯑꯆꯧꯕ ꯊꯧꯗꯥꯡ ꯂꯧꯏ꯫ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯔꯤꯕ ꯆꯤꯟꯖꯥꯛꯇ
ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤꯒꯤ ꯆꯥꯡ ꯍꯦꯟꯒꯠꯄ ꯑꯗꯨꯒ ꯑꯣꯃꯦꯒ-6 ꯀꯤ ꯆꯥꯡꯅ
ꯍꯟꯊꯕ ꯇꯥꯔꯕꯗꯤ ꯂꯥꯏꯅꯥ ꯀꯌꯥ ꯅꯥꯍꯟꯗꯕ ꯑꯃꯁꯨꯡ ꯐꯍꯟꯕ ꯉꯝꯒꯅꯤ꯫

ꯀꯔꯤꯒꯨꯝꯕ ꯑꯦꯟ-6ꯅ ꯑꯦꯟ-3 ꯗꯒꯤ ꯍꯦꯟꯕ ꯇꯥꯔꯕꯗꯤ ꯂꯥꯏꯅꯥ
ꯀꯌꯥ ꯑꯃꯗꯤ ꯗꯤꯄ꯭ꯔꯦꯁꯟꯅ ꯅꯥꯔꯛꯄ ꯌꯥꯏ꯫ ꯃꯣꯔꯗꯟ ꯋꯦꯁꯇ꯭ꯔꯟ
ꯗꯥꯏꯠꯇ ꯌꯥꯎꯕ ꯑꯦꯟ-6 ꯑꯃꯗꯤ ꯑꯦꯟ -3 ꯒꯤ ꯆꯥꯡ ꯑꯁꯤ 10:1 ꯅꯤ꯫

ꯀꯔꯤꯒꯨꯝꯕꯀꯥꯟꯗ 30:1 ꯌꯧꯏ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯆꯤꯟꯖꯥꯛꯇ ꯌꯥꯎꯒꯗꯕ ꯆꯞ
ꯆꯥꯕ ꯆꯥꯡꯗꯤ 4:1 ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯗꯒꯤ ꯍꯟꯊꯒꯗꯕꯅꯤ꯫ ꯍꯧꯖꯤꯛꯇꯤ
ꯀꯔꯤꯒꯨꯝꯕ ꯄ꯭ꯔꯗꯛꯁꯟ ꯈꯔ ꯑꯣꯃꯦꯒ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯦꯁꯤꯗ
ꯍꯥꯞꯆꯤꯟꯗꯨꯅ ꯃꯃꯜ ꯋꯥꯡꯅ ꯌꯣꯟꯅꯔꯛꯂꯦ꯫ ꯁꯥ- ꯎꯆꯦꯛꯁꯤꯡꯒꯤ
ꯃꯆꯤꯟꯖꯥꯇ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯇꯤ ꯑꯁꯤꯗ ꯑꯁꯤ ꯌꯥꯎꯍꯟꯈꯤꯗꯨꯅ
ꯁꯪꯒꯣꯝ ꯑꯃꯗꯤ ꯌꯦꯔꯨꯝꯁꯤꯡꯗ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯌꯥꯎꯍꯟꯕ ꯌꯥꯏ꯫

ꯑꯄꯤꯛꯄ ꯉꯥꯁꯤꯡ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯃꯨꯀꯥꯉꯥꯗ
ꯚꯤꯇꯥꯃꯤꯟ ꯑꯦ ꯑꯁꯤ ꯑꯇꯣꯞꯄ ꯉꯥꯁꯤꯡꯗꯒꯤ ꯍꯦꯟꯅ ꯌꯥꯎꯏ꯫ ꯉꯥꯗ
ꯑꯥꯏꯔꯟ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯍꯦꯃꯣꯒ꯭ꯂꯣꯕꯤꯟ ꯁꯨꯡꯕꯗ ꯃꯇꯦꯡ
ꯄꯥꯡꯏ, ꯑꯦꯅꯤꯃꯤꯌꯥꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯏ ꯑꯃꯗꯤ ꯇꯝꯕꯤꯕꯗ ꯈꯪꯒꯟꯗꯕ
ꯑꯉꯥꯡꯁꯤꯡꯕꯨ ꯇꯝꯕꯤꯕꯗ ꯈꯔ ꯊꯨꯅ ꯈꯪꯍꯟꯕ ꯉꯝꯃꯤ꯫ ꯔꯦꯗ ꯃꯤꯠꯇ
ꯌꯥꯎꯕ ꯑꯥꯏꯔꯟꯒꯤ ꯆꯥꯡ ꯑꯁꯤ ꯉꯥꯗ ꯌꯥꯎꯕ ꯑꯥꯏꯔꯟꯒꯤ ꯆꯥꯡꯗꯒꯤ
ꯍꯦꯜꯂꯤ꯫ ꯇꯧꯏꯒꯨꯝꯕꯁꯨꯡ ꯉꯥꯗ ꯌꯥꯎꯕ ꯑꯥꯏꯔꯟ ꯑꯁꯤ ꯍꯛꯆꯥꯡꯗ
ꯐꯖꯅ ꯆꯨꯞꯁꯤꯟꯕ ꯉꯝꯃꯤ꯫ ꯉꯥꯗ ꯀꯦꯜꯁꯤꯌꯝ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ
ꯃꯔꯝꯅ ꯁꯔꯨ ꯄꯥꯊꯕ ꯑꯃꯗꯤ ꯁꯔꯨ ꯊꯣꯠꯇꯣꯛꯄꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡꯕꯨ
ꯐꯍꯟꯕ ꯉꯝꯃꯤ꯫ ꯉꯥꯗ ꯖꯤꯡꯛ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯉꯥ ꯆꯥꯕꯅ
ꯆꯥꯎꯖꯜ ꯊꯤꯕ ꯑꯉꯥꯡꯁꯤꯡꯕꯨ ꯐꯖꯅ ꯃꯄꯨꯡ ꯃꯔꯩ ꯐꯥꯍꯟꯕ ꯉꯝꯃꯤ꯫

ꯎꯟꯁꯥꯕꯨ ꯐꯖꯅ ꯊꯝꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ ꯑꯃꯁꯨꯡ KA ꯀꯦꯟꯕꯒꯤ
ꯂꯥꯏꯅꯥꯕꯨ ꯐꯍꯟꯕ ꯉꯝꯃꯤ꯫ ꯁꯃꯨꯗ꯭ꯔꯗ ꯐꯪꯕ ꯉꯥꯁꯤꯡꯗ ꯑꯥꯏꯑꯣꯗꯤꯟ
ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯉꯥ ꯆꯥꯕꯅ ꯒꯣꯏꯇꯔꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ
ꯉꯝꯃꯤ꯫ ꯁꯦꯂꯦꯅꯌꯝ ꯑꯁꯤ ꯉꯥꯗ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯉꯥ ꯆꯥꯕꯅ ꯀꯦꯟꯁꯔ
ꯅꯥꯗꯅꯕꯒꯤ ꯃꯆꯥꯛ ꯑꯃ ꯑꯣꯏꯍꯜꯂꯤ꯫ ꯃꯤꯔꯣꯟꯕꯤ ꯅꯨꯄꯤꯁꯤꯡꯅ ꯆꯌ

OM ꯑꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯉꯥꯒꯤ ꯑꯦꯟꯖꯥꯡ ꯑꯃꯨꯛꯇꯪ ꯑꯣꯏꯔꯕꯁꯨ ꯆꯥꯔꯕꯗꯤ
ꯑꯉꯥꯡꯒꯤ ꯑꯔꯨꯝꯕ ꯋꯥꯠꯄꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯂꯩꯍꯟꯗꯦ ꯑꯃꯗꯤ ꯉꯥ ꯐꯖꯅ
ꯆꯥꯔꯕꯗꯤ ꯊꯥ ꯁꯨꯗꯅ ꯄꯣꯛꯄꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ꯫ ꯃꯊꯛꯇ
ꯄꯟꯖꯈ꯭ꯔꯤꯕ ꯃꯔꯝꯁꯤꯡ ꯑꯁꯤ ꯂꯩꯕꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯑꯣꯏꯅ ꯃꯤꯑꯣꯏ
ꯑꯃꯅ ꯆꯍꯤ ꯑꯃꯗ ꯉꯥ ꯀꯤꯂꯣꯒ꯭ꯔꯥꯝ 18.8 ꯆꯥꯒꯗꯕꯅꯤ
ꯁꯤꯇꯤ ꯃꯅꯨꯡꯗ ꯗꯨꯀꯥꯟ ꯂꯨꯠ ꯇꯧꯕꯗꯥ. ꯌꯨꯝꯅꯥꯝ ꯕꯦꯗꯖꯤꯠ ꯁꯤꯡꯍ
ꯃꯤꯌꯥꯝꯅ ꯊꯥꯖꯅꯕ ꯄꯨꯂꯤꯁꯅ ꯍꯣꯠꯅꯐꯝ ꯊꯣꯛꯏ
ꯂꯩꯕꯥꯛ ꯑꯃꯗ ꯅꯠꯇ꯭ꯔꯒ ꯁ꯭ꯇꯦꯠ ꯑꯃꯗ ꯄꯨꯂꯤꯁꯅ ꯀ꯭ꯔꯥꯏꯝ ꯈꯨꯗꯤꯡꯃꯛ ꯊꯣꯛꯍꯟꯗꯕ ꯍꯥꯏꯕꯁꯤꯃꯗꯤ ꯀꯩꯗꯧꯉꯩꯗ ꯑꯣꯏꯊꯣꯛꯇꯕ ꯋꯥꯐꯝ ꯑꯣꯏꯒꯅꯤ꯫ ꯇꯧꯕꯗꯗꯤ ꯄꯨꯂꯤꯁꯇ ꯄꯤꯔꯤꯕ
ꯃꯇꯝ ꯆꯥꯅ ꯊꯣꯔꯛꯀꯗꯕ ꯈꯨꯗꯣꯡꯊꯤꯕꯁꯤꯡ ꯂꯥꯛꯁꯤꯟꯍꯧꯕ, ꯄꯥꯝꯗꯕ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯊꯣꯛꯍꯟꯗꯕ
ꯑꯃꯁꯨꯡ ꯋꯥꯌꯦꯜꯁꯪꯗ ꯃꯔꯥꯜ ꯂꯩꯕꯁꯤꯡ ꯆꯩꯔꯥꯛ ꯄꯤꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯄ꯭ꯔꯣꯖꯤꯀ꯭ꯌꯨꯁꯟꯒꯤ ꯑꯆꯧꯕ
ꯊꯧꯗꯥꯡ ꯂꯧꯕ ꯍꯥꯏꯕ ꯋꯥꯐꯝ ꯑꯁꯤꯗ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯅ ꯀꯌꯥꯃꯨꯛ ꯌꯥꯝꯅ ꯊꯃꯣꯏ ꯁꯦꯡꯅ ꯊꯕꯛ
ꯇꯧꯔꯤꯕꯒꯦ ꯍꯥꯏꯕꯁꯤ ꯋꯥꯍꯪ ꯑꯣꯏꯗꯨꯅ ꯂꯥꯛꯂꯤ꯫ ꯃꯇꯝ ꯑꯃꯗ ꯊꯧꯅꯥ ꯐꯕ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁ,
ꯍꯩ-ꯁꯤꯡꯕꯗ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁ ꯑꯃꯁꯨꯡ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟꯒꯤ ꯂꯝꯗ ꯈꯨꯃꯥꯡ ꯆꯥꯎꯁꯤꯟꯅ
ꯊꯕꯛ ꯇꯧꯔꯝꯕ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯅ ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯂꯩꯈꯥ ꯇꯥꯔꯛꯂꯤꯕ ꯑꯁꯤꯒꯤ ꯃꯔꯝ ꯄꯨꯂꯤꯁ
ꯄꯥꯔꯁꯅꯦꯜ ꯂꯧꯕꯗ ꯄꯔꯝ ꯆꯨꯝꯂꯛꯇꯕꯗꯒꯤꯅꯤ ꯍꯥꯏꯅꯔꯤꯕꯁꯤ ꯄꯨꯂꯤꯁꯀꯤ ꯑꯣꯏꯅꯗꯤ ꯂꯥꯏꯕꯛ
ꯊꯤꯕꯅꯤ꯫ ꯃꯇꯝ ꯑꯃꯗ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯅ ꯏꯝꯐꯥꯜꯒꯤ ꯃꯔꯨꯑꯣꯏꯕ ꯃꯐꯝ ꯑꯃꯗ ꯊꯧꯗꯣꯛ
ꯋꯥꯊꯣꯛ ꯑꯃ ꯊꯣꯔꯛꯄꯗ ꯃꯤꯅꯤꯠ 15ꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯐꯝ ꯑꯗꯨ ꯌꯧꯕ ꯉꯝꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯏꯔꯥꯡ
ꯑꯗꯨ ꯃꯇꯝ ꯆꯥꯅ ꯂꯥꯛꯁꯤꯟꯕ ꯉꯝꯒꯅꯤ ꯍꯥꯏꯔꯝꯕꯗꯨ ꯍꯧꯖꯤꯛꯇꯤ ꯄꯨꯡ 1 ꯐꯥꯔꯕ ꯐꯥꯎꯕꯗ ꯃꯐꯝꯗꯨ
ꯌꯧꯅ ꯆꯪꯁꯤꯟꯅꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯃꯥꯡꯈꯤꯕꯗꯧꯅ ꯇꯧꯔꯦ꯫ ꯃꯁꯤꯃꯛꯅ ꯇꯥꯛꯂꯤꯕꯗꯤ ꯃꯅꯤꯄꯨꯔ
ꯄꯨꯂꯤꯁꯀꯤ ꯃꯣꯔꯦꯜ ꯑꯃꯁꯨꯡ ꯃꯊꯧ ꯃꯥꯡꯈ꯭ꯔꯦ, ꯄꯨꯂꯤꯁꯀꯤ ꯃꯆꯠ ꯂꯩꯇ꯭ꯔꯦ ꯍꯥꯏꯅ ꯂꯧꯕꯗ ꯀꯔꯤ
ꯑꯔꯥꯟꯕ ꯂꯩꯒꯗꯒꯦ? ꯕꯣꯂꯤꯋꯨꯗ ꯐꯤꯂꯝꯒꯤ ꯃꯇꯧꯒꯨꯝꯅ ꯏꯔꯥꯡ ꯊꯣꯛꯈ꯭ꯔꯕ ꯇꯨꯡꯗ ꯄꯨꯂꯤꯁ \

ꯧꯁꯤꯜꯂꯛꯄꯒꯤ ꯃꯇꯧꯒꯨꯝꯅ ꯍꯧꯖꯤꯛꯁꯨ ꯄꯨꯂꯤꯁ ꯄꯥꯔꯁꯅꯦꯜꯁꯤꯡ ꯍꯩꯅꯤꯡꯗꯅ ꯊꯧꯗꯣꯛ ꯊꯣꯛꯐꯝꯗ
ꯍꯦꯛ ꯍꯦꯛ ꯂꯥꯛꯄ ꯎꯔꯤ꯫ ꯃꯈꯣꯏꯅ ꯇꯧꯔꯤꯕꯗꯨ ꯃꯤꯌꯥꯝꯒꯤ ꯊꯕꯛꯅꯤ ꯑꯃꯁꯨꯡ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯒꯤ
ꯂꯣ ꯉꯥꯛꯂꯤꯕꯅꯤ ꯍꯥꯏꯕ ꯀꯥꯎꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯑꯌꯨꯛ ꯅꯨꯡꯊꯤꯜ ꯅꯨꯃꯤꯗꯥꯡ ꯍꯥꯏꯕ ꯊꯤꯗꯅ ꯃꯤꯌꯥꯝꯒꯤ
ꯄꯨꯟꯁꯤ ꯑꯃꯁꯨꯡ ꯂꯟ ꯊꯨꯝ ꯉꯥꯛꯅꯕ ꯃꯇꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯊꯧꯔꯥꯡ ꯇꯧꯗꯨꯅ ꯂꯩꯒꯗꯕ ꯄꯨꯂꯤꯁ
ꯄꯥꯔꯁꯅꯦꯜꯁꯤꯡꯅ ꯃꯊꯧ ꯀꯥꯎꯊꯣꯛꯈꯤꯕ ꯍꯥꯏꯕꯁꯤꯃꯛ ꯃꯤꯌꯥꯃꯒꯤ ꯑꯣꯏꯅ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯤ
ꯍꯥꯏꯗꯕ ꯉꯝꯂꯣꯏ꯫ ꯁꯤꯀꯨꯔꯤꯇꯤ ꯖꯣꯟ ꯑꯣꯏꯅ ꯂꯩꯔꯤꯕ ꯏꯝꯐꯥꯜ ꯁꯤꯇꯤ ꯃꯅꯨꯡ ꯍꯥꯏꯕꯁꯤ ꯂꯂꯣꯟ
ꯏꯇꯤꯛꯀꯤ ꯊꯕꯛ ꯊꯧꯔꯝꯁꯤꯡꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯂꯩꯕ ꯃꯐꯝ ꯑꯣꯏꯕꯅ ꯃꯐꯝꯁꯤꯡ
ꯑꯁꯤ ꯁꯥꯐꯕ ꯃꯐꯝ ꯑꯣꯏꯍꯟꯅꯕ ꯍꯣꯠꯅꯕ ꯍꯥꯏꯕꯁꯤ ꯄꯨꯂꯤꯁꯀꯤ ꯊꯧꯗꯥꯡꯅꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯊꯧꯗꯥꯡ
ꯑꯁꯤ ꯄꯥꯡꯊꯣꯛꯅꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯇꯨꯝꯕ, ꯆꯥꯕ ꯍꯥꯏꯕꯨꯗ ꯇꯨꯡꯑꯣꯏꯅꯒꯗꯕꯅꯤ꯫ ꯀꯔꯝ ꯀꯔꯝꯕ
ꯃꯐꯝꯗ ꯄꯨꯂꯤꯁ ꯄꯥꯔꯁꯅꯦꯜꯁꯤꯡꯅ ꯃꯊꯧ ꯇꯧꯍꯟꯒꯅꯤ, ꯀꯔꯝꯕ ꯃꯐꯝꯗ ꯄꯨꯂꯤꯁ ꯄꯦꯀꯦꯠ
ꯊꯝꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯐꯝꯗ ꯄꯨꯂꯤꯁꯅ ꯃꯤꯌꯥꯝ ꯆꯦꯛ ꯇꯧꯒꯅꯤ ꯍꯥꯏꯕꯅꯆꯤꯡꯕ ꯃꯥꯡꯖꯧꯅꯅ
ꯌꯥꯠꯊꯣꯛꯄ ꯊꯧꯔꯥꯡ ꯑꯃ ꯂꯩꯒꯗꯕꯅꯤ꯫ ꯊꯧꯔꯥꯡ ꯑꯗꯨ ꯊꯕꯛꯇ ꯑꯣꯟꯊꯣꯛꯄꯗ ꯂꯩꯔꯤꯕ ꯑꯍꯣꯕꯁꯤꯡ
ꯑꯗꯨ ꯃꯀꯣꯛ ꯊꯣꯡꯕ ꯄꯨꯂꯤꯁ ꯑꯣꯐꯤꯁꯥꯔꯁꯤꯡꯅ ꯌꯦꯡꯁꯤꯟꯐꯝ ꯊꯣꯛꯄꯅꯤ꯫ ꯃꯁꯤ ꯄꯨꯝꯅꯃꯛ
ꯌꯦꯡꯂꯨꯔꯒꯗꯤ ꯏꯍꯣꯗ ꯍꯣꯕꯗꯧꯅ ꯎꯔꯦ꯫ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯌꯦꯜꯍꯧꯃꯤꯁꯤꯡ ꯀꯟꯅꯕ ꯏꯟꯅꯔ ꯂꯥꯏꯟ
ꯄꯥꯔꯃꯤꯠ ꯆꯠꯅꯍꯜꯂꯨ ꯍꯥꯏꯕ ꯑꯀꯟꯕ ꯈꯣꯡꯖꯪ ꯂꯩꯔꯤꯉꯩꯒꯤ ꯆꯩꯔꯛꯇ ꯃꯌꯥꯡ 9 ꯅ ꯁꯥꯕ ꯈꯨꯠꯄꯨ
ꯑꯃꯅ ꯍꯧꯈꯤꯕ ꯃꯥꯔꯆ 30ꯒꯤ ꯑꯌꯨꯛ ꯑꯉꯟꯕꯗ ꯔꯤꯝꯁ ꯔꯣꯗꯇ ꯂꯩꯕ ꯁ꯭ꯃꯥꯔꯠ ꯃꯦꯗꯤꯀꯣꯒꯤ
ꯊꯣꯡ ꯐꯛꯀꯥꯏꯗꯨꯅ ꯆꯪꯂꯒ ꯂꯨꯄꯥ ꯂꯥꯈ 5 ꯔꯣꯝꯒꯤ ꯁꯦꯟꯐꯝ ꯍꯨꯔꯥꯜꯂꯒ ꯄꯨꯈ꯭ꯔꯦ꯫ ꯃꯌꯥꯡ 9ꯒꯤ ꯈꯨꯠꯄꯨ
ꯑꯗꯨꯅ ꯗꯨꯀꯥꯟ ꯑꯗꯨ ꯐꯛꯅꯅꯕ ꯍꯣꯠꯅꯕ ꯑꯃꯁꯨꯡ ꯃꯅꯨꯡꯗ ꯆꯪꯂꯒ ꯒꯣꯗ꯭ꯔꯦꯖ ꯐꯛꯀꯥꯏꯔꯒ ꯁꯦꯜ
ꯄꯨꯈꯤꯕꯒꯤ ꯑꯌꯥꯝꯕ ꯁꯛꯇꯝ ꯃꯅꯥꯛ ꯑꯗꯨꯋꯥꯏꯗ ꯈꯤꯟꯕ ꯁꯤ ꯁꯤ ꯇꯤ ꯚꯤ ꯀꯦꯃꯦꯔꯥꯅ ꯔꯦꯀꯣꯔꯗ
ꯇꯧꯔꯝꯈꯤ꯫ ꯃꯈꯣꯏꯅ ꯗꯨꯀꯥꯟ ꯐꯛꯄ ꯑꯃꯁꯨꯡ ꯍꯨꯔꯥꯟꯕ ꯆꯪꯕꯒꯤ ꯊꯧꯗꯧ ꯑꯗꯨ ꯑꯌꯨꯛꯀꯤ ꯄꯨꯡ
4.30 ꯔꯣꯝ ꯇꯥꯕꯗꯅꯤ ꯍꯥꯏꯅ ꯔꯦꯀꯣꯔꯗ ꯇꯧꯔꯤ꯫ ꯅꯣꯡ ꯉꯥꯜꯂꯛꯂꯕ ꯃꯇꯝꯗ ꯊꯣꯛꯄ ꯊꯧꯗꯣꯛꯅꯤ꯫

ꯃꯤ ꯆꯤꯛꯄꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯧꯔꯒ ꯃꯌꯥꯡ 9 ꯑꯗꯨꯅ ꯗꯨꯀꯥꯟ ꯑꯗꯨꯒꯤ ꯃꯃꯥꯡꯗ ꯕꯦꯛꯇ ꯍꯥꯞꯂꯒ
ꯄꯨꯔꯛꯄ ꯈꯨꯠꯂꯥꯏꯁꯤꯡ ꯊꯝꯂꯒ ꯉꯥꯏꯍꯥꯛ ꯄꯨꯜꯂꯞ ꯇꯥꯁꯤꯜꯂꯒ ꯂꯩꯕ ꯎꯈꯤ꯫ ꯃꯈꯣꯏꯒꯤ
ꯃꯅꯨꯡꯗꯒꯤ ꯑꯅꯤꯅ ꯃꯣꯟꯄꯥꯛ ꯐꯤꯗꯛ ꯃꯥꯟꯕ ꯐꯤ ꯑꯅꯤ ꯄꯨꯊꯣꯛꯂꯒ ꯃꯈꯣꯏꯅ ꯇꯧꯔꯤꯕꯗꯨ ꯃꯤ
ꯎꯗꯅꯕ ꯄꯨꯡꯀꯣꯏ ꯀꯣꯏꯅ ꯈꯥꯖꯤꯜꯂꯒ ꯊꯝꯈꯤ꯫ ꯄꯨꯡꯀꯣꯏ ꯀꯣꯏꯅ ꯈꯥꯖꯤꯜꯂꯒ ꯊꯝꯂꯤꯕ ꯃꯐꯝ
ꯑꯗꯨꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯈꯣꯏ ꯂꯩꯔꯒ ꯗꯨꯀꯥꯟ ꯑꯗꯨ ꯐꯛꯈꯤꯕꯅꯤ꯫ ꯄꯨꯡꯈꯥꯏ ꯑꯃꯔꯣꯝꯒꯤ ꯑꯣꯄꯔꯦꯁꯟ
ꯑꯗꯨ ꯂꯣꯏꯔꯝꯂꯕ ꯇꯨꯡꯗ ꯑꯀꯤꯕ ꯑꯃꯠꯇ ꯌꯥꯎꯗꯅ ꯃꯈꯣꯏ 9 ꯃꯊꯪ ꯃꯊꯪ ꯅꯥꯒꯥꯃꯄꯥꯜꯂꯣꯝꯗ ꯈꯣꯡꯅ
ꯆꯠꯈꯤꯕ ꯎꯈꯤ꯫ ꯊꯧꯗꯣꯛ ꯑꯗꯨ ꯑꯌꯨꯛꯀꯤ ꯄꯨꯡ 10 ꯑꯗꯨꯋꯥꯏꯗ ꯈꯪꯅꯔꯛꯄꯗꯒꯤ ꯃꯅꯤꯄꯨꯔ
ꯄꯨꯂꯤꯁꯇ ꯗꯨꯀꯥꯟ ꯐꯛꯀꯥꯏꯔꯒ ꯁꯦꯜ ꯂꯧꯈ꯭ꯔꯦ ꯍꯥꯏꯅ ꯁ꯭ꯃꯥꯔꯠ ꯃꯦꯗꯤꯀꯣꯒꯤ ꯀꯥꯡꯕꯨꯅ ꯄꯥꯎ
ꯄꯤꯈꯤ꯫ ꯑꯗꯨꯕꯨ, ꯃꯇꯝ ꯆꯥꯅ ꯄꯨꯂꯤꯁ ꯄꯥꯔꯁꯅꯦꯜꯁꯤꯡ ꯃꯐꯝ ꯑꯗꯨꯗ ꯂꯥꯛꯈꯤꯗꯦ꯫ ꯃꯁꯤꯃꯛꯅ
ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯍꯨꯔꯥꯟꯕꯁꯤꯡ ꯑꯗꯨ ꯐꯥꯅꯅꯕ ꯊꯕꯛ ꯂꯧꯈꯠꯄꯗ ꯈꯨꯃꯥꯡ ꯆꯥꯎꯁꯤꯟꯅ ꯊꯕꯛ ꯇꯧꯕ
ꯉꯝꯈꯤꯗꯦ꯫ ꯊꯧꯗꯣꯛ ꯑꯁꯤ ꯊꯣꯛꯈꯤꯕ ꯅꯨꯃꯤꯠ 10 ꯅꯤ ꯍꯧꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ, ꯉꯁꯤ ꯐꯥꯎꯕ ꯃꯔꯥꯜ ꯂꯩꯕ
ꯃꯤꯑꯣꯏꯁꯡꯤꯡ ꯑꯗꯨ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯅ ꯐꯥꯒꯠꯄ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯌꯥꯝꯅ ꯉꯛꯄ ꯊꯧꯗꯣꯛ ꯑꯃꯅ
ꯄꯨꯂꯤꯁꯅ ꯃꯔꯥꯜ ꯂꯩꯕ ꯃꯤ ꯐꯥꯅꯅꯕꯒꯤꯗꯃꯛ ꯀ꯭ꯔꯥꯏꯝꯁꯤꯡ ꯑꯗꯨꯗ ꯆꯦꯟꯅꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ
ꯄꯥꯎ ꯄꯤꯕ ꯉꯝꯕ ꯃꯤꯑꯣꯏꯗ ꯁꯦꯜꯒꯤ ꯃꯅꯥ ꯄꯤꯒꯅꯤ ꯍꯥꯏꯅ ꯂꯥꯎꯊꯣꯛꯐꯝ ꯊꯣꯛꯄꯗ ꯗꯨꯀꯥꯟ
ꯐꯝꯂꯤꯕ ꯀꯥꯡꯕꯨꯅ ꯑꯣꯏꯅ ꯋꯥꯟꯇꯦꯗ ꯂꯥꯎꯊꯣꯛꯂꯦ꯫ ꯃꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯅ ꯃꯊꯧ ꯃꯁꯛ
ꯈꯪꯗꯕꯗꯒꯤ ꯏꯀꯥꯏꯕ ꯄꯤꯕꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯔꯕꯁꯨ ꯌꯥꯏ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄꯟꯖꯅꯤꯡꯕ ꯋꯥꯐꯝꯗꯤ ꯃꯌ
ꯥꯡꯁꯤꯡ ꯑꯗꯨꯅ ꯀꯔꯤꯒꯤꯗꯃꯛ ꯁꯂꯥꯏ ꯍꯣꯜꯗꯤꯡꯁ ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯂꯤꯃꯤꯇꯦꯗꯅ ꯆꯂꯥꯏꯕ ꯁ꯭ꯃꯥꯔꯠ
ꯃꯦꯗꯤꯀꯣꯗ ꯂꯨꯠ ꯇꯧꯔꯤꯕꯅꯣ ꯍꯥꯏꯕꯁꯤ꯫ ꯀꯝꯄꯦꯅꯤ ꯑꯁꯤꯒꯤ ꯊꯕꯛ ꯊꯧꯔꯝꯁꯤꯡ ꯌꯦꯡꯁꯤꯟꯅꯕ
ꯃꯌꯥꯡ ꯑꯦꯖꯦꯟꯁꯤꯁꯤꯡꯅ ꯁ꯭ꯃꯥꯔꯠ ꯃꯦꯗꯤꯀꯣꯒꯤ ꯑꯣꯐꯤꯁ ꯑꯗꯨꯗꯒꯤ ꯆꯦ ꯆꯥꯡ ꯍꯨꯕ ꯂꯥꯛꯈꯤꯕ꯭ꯔ
ꯅꯠꯇ꯭ꯔꯒ ꯇꯁꯦꯡꯅꯃꯛ ꯁꯦꯜ ꯍꯨꯔꯥꯟꯕ ꯂꯥꯛꯈꯤꯕ꯭ꯔ ꯍꯥꯏꯕꯗꯨ ꯀꯨꯞꯅ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ
ꯂꯩꯒꯅꯤ꯫ ꯃꯔꯥꯜ ꯂꯩꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯐꯥꯕ ꯍꯥꯏꯕꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁꯀꯤ ꯇꯉꯥꯏꯃꯛ ꯐꯗꯕ
ꯊꯧꯗꯥꯡꯅꯤ꯫ ꯃꯈꯣꯏꯕꯨ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕ ꯐꯥꯕ ꯉꯝꯗꯕ ꯑꯃꯁꯨꯡ ꯃꯈꯣꯏꯕꯨ ꯈꯣꯡꯒꯨꯜ ꯂꯤꯕꯒꯤ ꯊꯕꯛ
ꯃꯉꯝ ꯁꯥꯟꯗꯕ ꯍꯥꯏꯕꯁꯤ ꯃꯤꯌꯥꯝꯅ ꯄꯦꯟꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯗꯦ꯫

ꯑꯑꯣꯟ ꯄꯣꯠꯊꯥ ꯁꯤꯖꯤꯟꯅꯔꯕꯗꯤ ꯁꯦꯟꯗꯣꯡ ꯌꯥꯝꯅ ꯂꯩꯒꯅꯤ
ꯀ꯭ꯔꯣꯞ ꯔꯣꯇꯦꯁꯟ (ꯑꯑꯣꯟ ꯄꯣꯠꯊꯥ) ꯍꯥꯏꯒꯗ꯭ꯔ, ꯏꯟꯇꯔ-ꯀ꯭ꯔꯣꯄꯤꯡ (ꯃꯈꯜ ꯑꯅꯤ ꯄꯨꯟꯅ
ꯊꯥꯃꯤꯟꯅꯕ) ꯁꯨ ꯍꯥꯏꯕ ꯌꯥꯕ, ꯔꯤꯂꯦ ꯀ꯭ꯔꯣꯄꯤꯡ (ꯑꯃ ꯂꯣꯛꯂꯝꯗꯥꯏꯗ ꯑꯃ ꯊꯥꯖꯤꯟꯕ) ꯃꯑꯣꯡꯁꯨ ꯌꯥꯎꯕ, ꯃꯅꯥ-

ꯃꯁꯤꯡ ꯊꯥꯕꯒꯤ ꯃꯥꯏ ꯄꯥꯛꯂꯕ ꯃꯑꯣꯡ ꯑꯃꯒꯤ ꯃꯔꯝꯗ ꯉꯁꯤꯗꯤ ꯆꯥꯅꯅꯕ ꯃꯐꯝ ꯂꯩꯔꯕꯗꯤ ꯄꯥꯡꯊꯣꯛꯄꯤꯅꯕ
ꯃꯗꯨꯒꯤ ꯃꯔꯝꯗ ꯈꯔ ꯈꯪꯃꯤꯟꯅꯁꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯃꯑꯣꯡ ꯑꯁꯤ ꯑꯔꯥꯏꯕ ꯊꯕꯛ ꯑꯃꯗꯤ ꯑꯣꯏꯔꯕꯁꯨ
ꯄꯨꯊꯣꯛꯇꯨꯅ ꯍꯧꯗꯣꯛꯄ ꯑꯃꯗꯤ ꯆꯪꯏ, ꯊꯦꯡꯅꯔꯨꯕ ꯑꯐꯕ ꯃꯑꯣꯡ ꯑꯃ ꯃꯤꯌꯥꯝꯗ ꯄꯨꯊꯣꯛꯆꯕꯒꯤ ꯋꯥꯅꯤ꯫

ꯉꯁꯤꯒꯤ ꯇꯣꯄꯤꯛꯇ ꯄꯟꯖꯔꯤꯕ ꯑꯁꯤ ꯐꯧ, ꯑꯥꯂꯨ ꯑꯃꯁꯨꯡ ꯃꯥꯏꯔꯦꯟ ꯂꯧꯐꯝ ꯑꯃꯠꯗ ꯃꯇꯝ ꯈꯖꯤꯛ ꯈꯖꯤꯛ
ꯈꯦꯟꯅꯔꯒ ꯊꯥꯕꯒꯤ ꯃꯑꯣꯡꯅꯤ꯫ ꯃꯥꯏꯔꯦꯜ ꯆꯥꯔꯥ ꯁꯦꯝꯕꯒꯤ ꯆꯞꯆꯥꯕ ꯃꯇꯝꯗꯤ ꯑꯣꯛꯇꯣꯕꯔ ꯊꯥꯅꯤ꯫ ꯐꯧꯁꯨ
ꯃꯨꯟꯕ ꯃꯇꯝꯅꯤ ꯑꯣꯛꯇꯣꯕꯔ ꯊꯥ ꯑꯁꯤ꯫

ꯃꯥꯏꯔꯦꯟ ꯆꯥꯔꯥ ꯁꯦꯝꯕꯒꯤ ꯃꯑꯣꯡ:

ꯃꯑꯣꯡ ꯈꯔ ꯊꯝꯖꯒꯦ꯫ ꯑꯐꯪꯕ ꯄꯣꯠ ꯈꯔ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯍꯥꯏꯕꯗꯤ ꯄ꯭ꯂꯥꯁꯇꯤꯛ ꯆꯦꯈꯥꯎ ꯔꯕ
ꯗꯤꯁꯄꯣꯁꯤꯕꯜ ꯒ꯭ꯂꯥꯁ ꯃꯌꯥꯝ ꯑꯣꯏꯅ ꯆꯥꯎꯕ ꯅꯠꯇꯗ꯭ꯔꯒ ꯆꯥꯔꯥ ꯍꯨꯟꯅꯕ ꯇ꯭ꯔꯦ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯃꯥꯏꯔꯦꯟ
ꯆꯥꯔ ꯁꯦꯝꯕ ꯌꯥꯏ꯫ ꯐꯧ ꯂꯣꯛꯂꯕ ꯃꯇꯨꯡꯗ ꯃꯐꯝꯗꯨ ꯅꯤꯡꯊꯤꯅ ꯈꯣꯏꯗꯣꯛꯇꯨꯅ ꯃꯔꯝ ꯆꯨꯝꯅ ꯑꯥꯂꯨ ꯊꯥꯕ ꯌꯥꯏ꯫

ꯑꯥꯂꯨ ꯊꯥꯔꯤꯕ ꯃꯐꯝꯗꯨꯃꯛꯇꯗ ꯍꯥꯟꯅ ꯆꯥꯔꯥ ꯁꯦꯝꯗꯨꯅ ꯊꯃꯂꯕ ꯃꯥꯏꯔꯦꯟ ꯆꯥꯔꯥ ꯃꯑꯣꯡ ꯆꯨꯝꯅ ꯊꯥꯖꯤꯟꯗꯨꯆ ꯆꯍꯤ
ꯑꯃꯗꯤ ꯂꯧꯎ ꯄꯣꯊꯣꯛ ꯑꯍꯨꯝꯒꯤ ꯀꯥꯟꯅꯕ ꯐꯪꯕ ꯌꯥꯏ꯫ ꯊꯧꯑꯣꯡ ꯑꯁꯤ ꯄꯥꯏꯈꯠꯄꯅ ꯂꯧꯎ-ꯁꯤꯡꯎ ꯇꯧꯔꯤꯕ
ꯏꯆꯤꯜ-ꯏꯅꯥꯎꯁꯤꯡꯒꯤ ꯄꯣꯠ-ꯆꯩ ꯊꯥꯕꯒꯤ ꯁꯦꯟꯗꯣꯡ ꯍꯦꯟꯅ ꯐꯪꯍꯟꯕ ꯉꯝꯒꯅꯤ꯫

ꯊꯥꯅꯤꯡꯕ ꯐꯧ ꯃꯈꯜ ꯑꯃ ꯊꯥꯗꯨꯅ ꯐꯧ ꯑꯗꯨ ꯑꯣꯛꯇꯣꯕꯔ, ꯅꯕꯦꯝꯕꯔ ꯃꯅꯨꯡꯗ ꯂꯣꯛꯂꯕ ꯃꯇꯨꯡꯗ ꯂꯧꯐꯝ
ꯑꯗꯨ ꯅꯤꯡꯊꯤꯅ ꯁꯦꯝ ꯁꯥꯔꯒ ꯑꯥꯂꯨ ꯊꯥꯕ ꯌꯥꯔꯦ꯫ ꯃꯅꯤꯄꯨꯔꯗ ꯊꯥꯅꯔꯤꯕ ꯑꯥꯂꯨ ꯃꯑꯣꯡ ꯑꯁꯤ ꯃꯥꯅ ꯃꯥꯅ ꯈꯟꯖꯕ
ꯃꯑꯣꯡꯗ ꯑꯗꯨꯃꯛ ꯊꯥꯔꯝꯕ ꯊꯦꯡꯅꯩ꯫ ꯃꯐꯝ ꯈꯔꯗꯅ ꯐꯩꯗꯣꯝ ꯄꯤꯛꯅ ꯄꯤꯛꯅ ꯍꯥꯏꯕꯗꯤ ꯄꯥꯛꯄꯒꯤ ꯆꯥꯡ
ꯋꯥꯠꯅ ꯁꯦꯝꯂꯝꯕ ꯊꯦꯡꯅꯩ꯫ ꯆꯨꯔꯤꯗ ꯏꯁꯤꯡ ꯆꯟꯕ ꯃꯇꯝꯗ ꯐꯩꯗꯣꯝꯒꯤ ꯃꯌꯥꯏꯗ ꯏꯁꯤꯡ ꯌꯥꯎꯕ ꯉꯝꯂꯣꯏ
ꯈꯟꯕꯗꯒꯤ ꯄꯤꯛꯍꯟꯕꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯊꯃꯂꯛꯏ꯫ ꯑꯗꯨꯕꯨ ꯏꯁꯤꯡ ꯆꯟꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯃꯐꯝꯗ
ꯆꯨꯔꯤꯒꯤ ꯑꯋꯥꯡꯕꯒꯤ ꯇꯪꯈꯥꯏ ꯈꯔ ꯍꯦꯟꯅ ꯊꯝꯨꯅ ꯏꯁꯤꯡ ꯆꯟꯕ ꯃꯇꯝꯗ ꯐꯩꯗꯣꯝ ꯄꯥꯛꯅ ꯁꯦꯝꯂꯕꯁꯨ ꯄꯥꯝꯕꯤ
ꯈꯨꯗꯤꯡꯃꯛ ꯏꯁꯤꯡ ꯅꯤꯡꯊꯤꯅ ꯐꯪꯕ ꯑꯗꯨꯃꯛ ZAT! ꯃꯐꯝ ꯈꯔꯗꯅ ꯀꯥꯡꯂꯣꯟ ꯆꯨꯝꯅ ꯑꯗꯨꯃꯛ ꯊꯥꯔꯝꯕ
ꯊꯦꯡꯅꯩ꯫ ꯐꯩꯗꯣꯝ ꯄꯤꯛꯅ ꯁꯦꯝꯕꯒꯤ ꯃꯥꯡꯖꯕ ꯀꯌꯥ ꯑꯃ ꯂꯩ꯫ ꯃꯈꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯐꯩꯗꯣꯝ ꯁꯦꯝꯕꯗ ꯁꯦꯜ
ꯍꯦꯟꯅ ꯆꯪꯕ, ꯄꯥꯡꯒꯜ, ꯍꯦꯟꯅ ꯋꯥꯕ, ꯂꯣꯏꯅꯅ ꯆꯨꯔꯤꯗ ꯂꯝ ꯌꯥꯝꯅ ꯃꯥꯡꯗꯨꯅ ꯄꯣꯠꯊꯣꯛ ꯍꯟꯊꯕ ꯑꯁꯤꯅꯤ꯫

ꯑꯥꯂꯨꯒꯤ ꯆꯥꯔ ꯈꯟꯕ:

ꯑꯐꯕ ꯃꯁꯛ ꯈꯪꯂꯕ, ꯂꯝꯗꯝꯁꯤꯒꯤꯕꯨ ꯑꯣꯏꯔꯣ, ꯃꯄꯥꯜ ꯂꯝꯒꯤꯕꯨ ꯑꯣꯏꯔꯣ, ꯑꯥꯂꯨ ꯆꯥꯔ ꯑꯐꯕ ꯈꯟꯕ
ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯂꯥꯏꯅ ꯇꯤꯜꯅꯥ ꯆꯦꯟꯗꯕ, ꯆꯥꯎꯕꯒꯤ ꯆꯥꯡ ꯆꯥꯕ, ꯄꯪꯆꯥꯎꯁꯨ ꯆꯥꯎꯗꯕ, ꯄꯪꯄꯤꯛꯁꯨ
ꯄꯤꯛꯇꯕ ꯈꯟꯒꯗꯕꯅꯤ꯫ ꯈꯔ ꯍꯦꯟꯅ ꯆꯥꯎꯔꯒꯅ ꯈꯔ ꯂꯟꯊꯣꯛꯅ ꯊꯥꯕꯤꯒꯅꯤ꯫ ꯈꯔ ꯄꯤꯛꯂꯒꯅ ꯈꯔ
ꯀꯨꯡꯁꯤꯟꯅ ꯊꯥꯕꯤꯒꯅꯤ꯫ ꯃꯁꯤ ꯃꯌꯥꯝꯅ ꯍꯥꯏꯅꯕ ꯑꯂꯨ ꯊꯥꯕꯒꯤ ꯑꯔꯟ-ꯑꯈꯨꯒꯤ ꯆꯥꯡꯗ ꯌꯦꯡꯂꯒ ꯊꯝꯖꯕꯅꯤ꯫

ꯒ꯭ꯔꯥꯝ 40-50 ꯂꯨꯝꯕ ꯃꯥꯒꯤ ꯗꯥꯏꯃꯤꯇꯔꯅ (ꯑꯊꯥꯕ) 25-55 ꯂꯡꯂꯡ ꯑꯣꯏꯕ ꯆꯥꯔꯥꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯆꯥꯟꯅꯕ
ꯆꯥꯡꯅꯤ꯫ ꯗꯥꯏꯃꯤꯇꯔꯅ 35-45 ꯂꯡꯂꯡ ꯑꯣꯏꯕ ꯆꯥꯔꯅ ꯄꯔꯦꯡꯒ ꯄꯔꯦꯡꯒ ꯖꯅ ꯂꯡ 60 ꯑꯗꯨꯒ ꯄꯔꯦꯡꯒꯤ
ꯃꯅꯨꯡꯗ ꯄꯥꯝꯕꯤꯒ ꯄꯥꯝꯕꯤꯒ ꯖꯅ ꯂꯡ 20 ꯂꯥꯞꯅ ꯊꯥꯁꯤ꯫ ꯑꯁꯨꯝꯅ ꯊꯥꯕꯁꯤꯅ ꯄꯔꯤ ꯑꯃꯗ ꯑꯥꯂꯨ ꯄꯥꯝꯕꯤ
83,000 ꯆꯟꯕ ꯉꯝꯃꯤ꯫ ꯈꯖꯤꯛꯇꯪ ꯆꯥꯎꯈꯠꯄ ꯗꯥꯏꯃꯤꯇꯔꯅ 35-45 ꯂꯡꯂꯡ ꯑꯣꯏꯕꯁꯤꯡꯅ ꯖꯅ.ꯂꯡ.

60ꯒ25 (ꯄꯔꯦꯡꯒ ꯄꯦꯡꯒ, ꯄꯥꯝꯕꯤꯒ ꯄꯥꯝꯕꯤꯒ) ꯂꯥꯞꯅꯍꯟꯗꯨꯅ ꯑꯂꯨ ꯄꯥꯝꯕꯤ 67,000 ꯊꯥꯕ ꯆꯜꯂꯤ꯫ ꯀꯥ
ꯍꯦꯟꯅ ꯆꯥꯎꯕ ꯑꯥꯂꯨ ꯑꯣꯏꯔꯕꯗꯤ ꯈꯥꯏꯗꯣꯛꯂꯒ ꯊꯥꯕꯁꯨ ꯌꯥꯏ꯫ ꯈꯣꯏꯗꯣꯛꯄ ꯃꯇꯝꯗ ꯃꯆꯦꯠ ꯑꯃꯃꯝꯗ
ꯃꯃꯤꯠ ꯑꯃꯃꯝ ꯌꯥꯎꯅꯕ ꯍꯣꯠꯅꯒꯅꯤ꯫ ꯊꯥꯒꯗꯕ ꯅꯨꯃꯤꯠ 7-10 ꯅꯤ ꯋꯥꯠꯂꯤꯉꯩꯗ ꯈꯥꯏꯗꯣꯛꯂꯒ ꯂꯃ"ꯖꯍꯚꯅꯨ
ꯍꯥꯏꯔꯤꯕ ꯍꯤꯗꯛ ꯑꯗꯨ ꯏꯁꯤꯡ ꯂꯤꯇꯔ ꯑꯃꯗ ꯒ꯭ꯔꯥꯝ ꯑꯅꯤ ꯑꯅꯤ ꯌꯥꯜꯂꯒ ꯁꯦꯝꯕ ꯃꯍꯤꯗ ꯃꯤꯅꯤꯠ 10
ꯇꯤꯡꯂꯒ ꯎꯔꯨꯝꯗ ꯀꯪꯍꯟꯗꯨꯅ ꯊꯝꯂꯒ ꯃꯇꯨꯡꯗ ꯊꯥꯕ ꯌꯥꯔꯦ꯫ ꯐꯩꯗꯣꯝꯒꯤ ꯑꯄꯥꯛꯄ ꯑꯁꯤ ꯃꯤꯇꯔ ꯑꯃꯗꯒꯤ
ꯑꯃ-ꯃꯈꯣꯏ ꯑꯣꯏꯍꯟꯕ ꯌꯥꯏ꯫ ꯃꯤꯇꯔ ꯑꯃ ꯄꯥꯛꯂꯒꯅ ꯄꯔꯦꯡ ꯃꯉꯥ ꯑꯗꯨꯒ ꯑꯃꯃꯈꯥꯏ ꯑꯣꯏꯔꯒꯅ
ꯄꯔꯦꯡ ꯇꯔꯦꯠ-ꯅꯤꯄꯥꯟ ꯆꯥꯟꯕ ꯌꯥꯏ꯫ ꯃꯁꯤ ꯃꯃꯥꯡꯗ ꯊꯝꯖꯈꯤꯕꯒꯨꯝ ꯑꯂꯨꯒꯤ ꯆꯥꯎꯕꯒꯤ ꯃꯈꯥ ꯄꯣꯟꯒꯅꯤ꯫

ꯐꯩꯗꯣꯝ ꯑꯅꯤꯒꯤ ꯃꯔꯛꯇ ꯐꯨꯠ ꯑꯃ ꯄꯥꯛꯄ ꯐꯨꯠꯈꯥꯏꯗꯒꯤ ꯏꯟꯆꯤ ꯅꯤꯄꯥꯟꯃꯨꯛ ꯂꯥꯎꯕ ꯎꯔꯤ ꯁꯦꯝꯕꯤꯒꯅꯤ꯫

ꯍꯥꯔ ꯍꯥꯞꯄ:

ꯊꯥꯔꯝꯗꯥꯏꯗ ꯀꯥꯡꯂꯨꯜꯗ ꯑꯣꯏꯅ ꯌꯨꯔꯤꯌꯥ ꯁꯔꯨꯛ 2 ꯁꯨꯄꯔ ꯁꯔꯨꯛ 3 ꯄꯣꯇꯥꯁ ꯁꯔꯨꯛ 1 (ꯈꯨꯗꯣꯡꯆꯥꯒꯗꯕ
ꯄꯥꯇ꯭ꯔ) ꯑꯃꯗ ꯑꯣꯟꯕꯤꯗꯨꯅ ꯅꯤꯡꯊꯤꯅ ꯌꯥꯟꯅꯔꯒ ꯈꯨꯗꯣꯜ ꯃꯉꯥꯅ ꯄꯥꯏꯕꯗ ꯌꯥꯎꯔꯛꯄ ꯆꯥꯡꯗ ꯍꯥꯞꯂꯒ ꯂꯩꯕꯥꯛ
ꯏꯟꯆꯤ ꯑꯃ ꯊꯥꯅ ꯀꯨꯞꯁꯤꯜꯂꯒ ꯃꯊꯛꯇ ꯑꯥꯂꯨ ꯊꯝꯗꯨꯅ ꯂꯩꯕꯥꯛ ꯈꯣꯞꯆꯤꯟꯗꯨꯅ ꯊꯥꯕ ꯌꯥꯏ꯫ ꯑꯂꯨꯅ ꯐꯨꯠꯈꯥꯏ
ꯑꯃ ꯋꯥꯡꯥꯂꯄ ꯃꯇꯝꯗ ꯂꯩꯕꯥꯛ ꯈꯣꯞꯆꯤꯟꯕ ꯑꯥꯤ ꯋꯥꯔꯕꯁꯨ ꯋꯥꯅ ꯇꯧꯕꯤꯒꯗꯕꯅꯤ꯫ ꯂꯩꯕꯥꯛ ꯈꯣꯞꯆꯤꯟꯗ꯭ꯔꯤꯉꯩꯗ
ꯃꯈꯣꯡꯒꯤ ꯈꯔ ꯂꯥꯎꯊꯣꯛꯅ ꯌꯨꯔꯤꯌꯥ ꯄꯥꯔꯄꯅ ꯍꯥꯞꯄ ꯐꯩ꯫ ꯉꯝꯂꯕꯗꯤ ꯁꯟꯊꯤ ꯁꯡꯌꯨꯡꯒꯤ ꯍꯥꯔꯗꯤ ꯊꯥꯒꯗꯕ
ꯊꯥ ꯃꯈꯥꯏ ꯑꯃꯗꯒꯤ ꯇꯥꯗꯅ ꯋꯥꯠꯂꯤꯉꯩꯗ ꯈꯔ ꯃꯥꯡꯖꯧꯅꯅ ꯍꯥꯞꯇꯨꯅ ꯈꯣꯏꯖꯤꯟꯕꯤꯍꯧꯒꯗꯕꯅꯤ꯫ ꯑꯅꯤꯔꯛ ꯁꯨꯕ
ꯑꯣꯏꯅ ꯃꯈꯣꯡ ꯈꯣꯞꯆꯤꯟꯕꯅ ꯄꯥꯜꯂꯛꯄ ꯑꯂꯨ ꯌꯥꯝꯅ ꯁꯥꯠꯊꯤꯕ ꯄꯣꯇꯦꯇꯣ ꯇ꯭ꯌꯨꯕꯔ ꯃꯣꯊ ꯍꯥꯏꯔꯤꯕ ꯇꯤꯜ
ꯑꯗꯨꯗꯒꯤ ꯐꯅ ꯌꯥꯝꯅ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ ꯂꯣꯏꯅꯅ ꯑꯥꯂꯨ ꯑꯁꯡꯕ ꯌꯥꯎꯔꯛꯄꯗꯒꯤꯁꯨ ꯀꯟꯕ ꯉꯝꯃꯤ꯫

ꯈꯪꯖꯤꯟꯕ ꯌꯥꯕ ꯑꯃꯅ ꯑꯂꯨ ꯑꯁꯪꯕ ꯍꯨꯅꯤ꯫

ꯏꯁꯤꯡ ꯆꯟꯕ: ꯑꯂꯨ ꯊꯥꯔꯕ ꯃꯇꯨꯡꯗ ꯆꯨꯔꯤꯒꯤ ꯑꯋꯥꯡꯕꯒꯤ ꯇꯪꯉꯥꯏ ꯈꯔ ꯍꯦꯟꯅ ꯏꯁꯤꯡ ꯊꯥꯖꯤꯟꯕꯤꯒꯅꯤ꯫

ꯀꯧꯗꯧꯉꯩꯗꯁꯨ ꯆꯨꯔꯤꯒꯤ ꯑꯋꯥꯡꯕꯗꯒꯤ ꯍꯦꯟꯒꯠꯅ ꯐꯩꯗꯣꯝ ꯊꯨꯝꯅꯕ ꯏꯁꯤꯡ ꯆꯟꯕꯤꯔꯣꯏꯗꯕꯅꯤ꯫ ꯅꯣꯡꯒꯤ
ꯐꯤꯚꯝꯒꯤ ꯃꯇꯨꯡ TEE ꯏꯁꯤꯡ ꯇꯣꯏꯅ ꯆꯟꯕꯤꯕ ꯀꯥꯟꯅꯩ꯫ ꯀꯥꯟꯅꯩ ꯍꯥꯏꯗꯨꯅꯁꯨ ꯁꯦꯜ ꯇꯨꯝꯒꯤ ꯐꯤꯚꯝꯁꯨ \

ꯦꯡꯕꯤꯒꯅꯤ꯫ ꯀꯥ ꯍꯦꯟꯅ ꯁꯦꯜ ꯆꯪꯈ꯭ꯔꯕꯁꯨ ꯁꯦꯟꯗꯣꯛ ꯍꯟꯊꯔꯛꯀꯗꯧꯔꯤꯕꯅꯤ꯫

ꯃꯥꯏꯔꯦꯟ ꯊꯥꯕ:

ꯍꯥꯟꯅ ꯁꯦꯝꯗꯨꯅ ꯊꯝꯂꯕ ꯃꯥꯏꯔꯦꯟ ꯆꯥꯔꯥꯁꯤꯡ ꯑꯗꯨ ꯃꯤꯇꯔ 1-5-3 ꯂꯥꯞꯅ ꯐꯩꯗꯣꯝꯒꯤ ꯃꯇꯥꯏ ꯊꯪꯕ
ꯑꯥꯂꯨꯒꯤ ꯄꯔꯦꯡꯗ ꯑꯥꯂꯨ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯛꯇ ꯑꯍꯥꯡꯕ ꯌꯦꯡꯗꯨꯅ ꯊꯥꯖꯤꯟꯕ ꯌꯥꯔꯦ꯫

ꯑꯥꯂꯨ ꯇꯟꯕ ꯌꯥꯔꯛꯂꯕ ꯃꯇꯝꯗ ꯃꯥꯏꯔꯦꯟ ꯃꯔꯤ ꯈꯔꯥ ꯁꯟꯗꯣꯛꯔꯛꯄ ꯎꯒꯅꯤ꯫ ꯃꯔꯤ ꯑꯗꯨ
ꯁꯦꯟꯅꯕꯤꯗꯅꯨ ꯐꯩꯗꯣꯝꯒꯤ ꯃꯇꯥꯏ ꯑꯣꯏꯔꯞꯅ ꯆꯠꯊꯅꯕ ꯍꯣꯠꯅꯒꯅꯤ꯫

ꯑꯥꯂꯨ ꯇꯥꯟꯕ:

ꯑꯥꯂꯨ ꯃꯅꯥꯅ ꯈꯔ ꯋꯥꯎꯊꯣꯔꯛꯄ ꯃꯇꯝꯗ ꯂꯣꯛꯀꯗꯕ ꯇꯔꯥꯅꯤꯃꯨꯛ ꯋꯥꯠꯂꯤꯉꯩꯗ ꯃꯅꯥꯁꯤꯡ ꯑꯗꯨ ꯃꯔꯨꯒ
ꯂꯣꯏꯅꯅ ꯂꯩꯃꯥꯏꯗꯒꯤ ꯏꯟꯆꯤ 2-3 ꯈꯥꯛꯂꯒ ꯀꯛꯊꯠꯄꯤꯒꯅꯤ꯫ ꯃꯁꯤ ꯌꯥꯝꯅ ꯀꯥꯟꯅꯕ ꯊꯧꯔꯝ ꯑꯃꯅꯤ꯫

ꯃꯁꯤꯅ ꯑꯥꯂꯨ ꯃꯀꯨ ꯀꯟꯁꯤꯟꯍꯟꯗꯨꯅ ꯑꯥꯂꯨ ꯇꯥꯟꯕ ꯃꯇꯝꯗ ꯃꯁꯥ ꯁꯣꯛꯍꯟꯗꯦ꯫ ꯈꯔ ꯀꯨꯏꯅ ꯂꯤꯗꯨꯅ ꯊꯝꯕ,
ꯀꯩꯊꯦꯜꯗ ꯄꯨꯊꯣꯛꯄ ꯄꯨꯁꯤꯟ ꯇꯧꯕꯗ ꯃꯀꯨ ꯁꯣꯛꯇꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯀꯛꯊꯠꯂꯕ ꯃꯅꯥꯁꯤꯡ
ꯑꯗꯨ ꯑꯂꯨ ꯐꯩꯗꯣꯝ ꯃꯊꯛꯇ ꯑꯗꯨꯃꯛ ꯊꯝꯕꯤꯗꯨꯅ ꯍꯥꯔ ꯑꯣꯟꯈꯤꯅꯕ ꯍꯣꯠꯅꯒꯅꯤ꯫ ꯑꯥꯂꯨ ꯇꯥꯟꯕ ꯃꯇꯝꯗ ꯂꯩꯕꯥꯛ
ꯍꯣꯝꯍꯟꯗꯨꯅ ꯃꯥꯏꯔꯦꯟꯒꯤ ꯃꯈꯣꯡ ꯁꯣꯝꯕꯒꯨꯝ ꯊꯣꯛꯇꯨꯅ ꯅꯥꯄꯤ ꯍꯧꯕꯗꯒꯤ ꯀꯜꯂꯤ, ꯃꯥꯏꯔꯦꯟ ꯐꯍꯜꯂꯤ꯫ ꯑꯂꯨ
ꯇꯥꯟꯕ ꯂꯣꯏꯔꯒ ꯃꯇꯨꯡꯗ ꯃꯥꯏꯔꯦꯟ ꯃꯔꯤꯁꯤꯡ ꯁꯟꯗꯣꯔꯛꯇꯨꯅ ꯂꯧꯐꯝ ꯁꯤꯟꯕ ꯊꯨꯡꯅ ꯆꯠꯊꯨꯅ ꯃꯥꯏꯔꯦꯟ
ꯄꯥꯟꯕ ꯎꯔꯒꯅꯤ꯫ ꯃꯥꯏꯔꯦꯟ ꯍꯦꯛꯄ ꯂꯣꯏꯔꯕ ꯃꯇꯝꯗ ꯃꯥꯏꯔꯦꯟ ꯃꯔꯤꯁꯤꯡ ꯑꯗꯨꯅ ꯑꯃꯨꯛ ꯍꯥꯔ ꯑꯣꯏꯗꯨꯅ
ꯃꯊꯪꯗ ꯊꯥꯔꯛꯀꯗꯕ ꯐꯧ ꯐꯍꯜꯂꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯂꯧꯐꯝ ꯑꯁꯤꯗ ꯍꯧꯖꯤꯛ ꯃꯌꯥꯝꯅ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯍꯥꯏꯅꯔꯤꯕ
ꯑꯦꯁ ꯑꯦꯔ ꯑꯥꯏ (ꯁꯤꯁꯇꯝ ꯑꯣꯐ ꯔꯥꯏꯁ ꯏꯟꯇꯦꯁꯤꯐꯤꯀꯦꯁꯟ) ꯃꯑꯣꯡꯗ ꯐꯧ ꯊꯥꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯆꯥꯟꯅꯕ
ꯑꯃꯁꯨꯡ ꯑꯣꯏꯍꯜꯂꯤ꯫

ꯑꯁꯨꯝꯅ ꯍꯥꯏꯔꯤꯕ ꯑꯑꯣꯟ ꯄꯣꯠꯊꯥ ꯑꯁꯤ ꯄꯥꯡꯊꯣꯛꯄ ꯌꯥꯕ ꯃꯐꯝꯁꯤꯡꯗ ꯂꯧꯎ ꯄꯥꯊꯥꯞ ꯑꯁꯤ
ꯁꯤꯖꯤꯟꯅꯔꯕꯗꯤ ꯁꯦꯟꯗꯣꯡ ꯌꯥꯝꯅ ꯂꯩꯒꯅꯤ꯫