



# ISBAHAYSIGA KULEYNTA NADIIFKA AH EE MINNESOTA

## QADARINTA

### Cid walba oo gobolkayaga joogtaa waxa ay mudan tahay:

- Tamar la isku halayn karo oo qiimo joogta ah oo aan dhamaanteen awoodno inaan bixino.
- Tamar amaan ah oo baa'bisa dikhowga hawada ee gudaha guryaha.
- Tamar nadiif ah oo gobolada Bartan-Galbeed laga soo saaray oo ka faa'iidayata casriyeynta Minnesota si ay u xakamayso dikhowga ayna wax uga qabato isbedelka cimiladda.
- Go'aan gaarid waadix ah, la heli karo, sinaana leh, is kolkaa cid walba oo reer Minnesotan ah ra'yigooda loo maqlo ayna iyagu naftooda u arki karaan aragtiyada la wdaago ee tamarta nadiifka ah ee mustaqbalka.
- Qorsheyn tamar ah oo casri ah casriyeynsana iyo kaabayaal dhaqaale oo mudnaanta siiya macmiladda iyo dadka reer Minnesotanka ah ee taariikhiyan la gacan bidixayn jiray.

## MUSKULADDA

Imminka, intooda badan guryaha iyo saraha Minnesota waxa ay ku tiirsan yihiin gaas dabiici ah oo dibada laga keeno oo kaarboon sii daaya kaa oo khatar geliya caafimaadkaya iyo cimiladda.

## XALKA

Dunidu waxa ay ka sii durkaysaa shidaalka bololka ku salaysan ee keenaya isbedelka cimiladda, waxa uuna is waydiinayaa xikmadda sii wadida in la keeno gaas aan amaan ahayn guryahayaga, ganacsiyada iyo goobaha shaqada. Gobolkayagu waxa uu xudun u yahay tamarta nadiifka ah iyo casriyeynta. Waana sababta in dadka reer Minnesotanka ahi ay isugu tagayaan, si loo hubiyo inaan dhamaanteen ka faa'iidno ka gudbida laga gubayo gaaska dabiiciga ah loona gubayo tamar amaan ah, jabanana – iyadoon loo aabe yeelayn jinsiyadayada, inta lacag ah ee bangiga noo taal ama meesha aan ku noolnahay.

## TALAABO

Wadajir ahaan, waxa aanu u abuuraynaa Minnesota ay cid walbaa ku kulayn karto, wax ku karsan karto ayna quwad koronto ku gelin karaan alaabtooda iyadoo la adeegsanayo tamar nadiif ah oo gobolada Bartan-Galbeed laga soo saaray. Waxa aan wadar ahaan u abuuraynaa aragtidayada ka dhaxaeysa dad jinsiyado ka soo kala jeeda, is-bahaysi reer Minnestanka ah oo gobolka oo ka jira.

### Waxa aanu samayn doonaa:

- Inaan joojino dikhowga guryahayaga, goobahayaga shaqada, aan xakamayno sii deynaha keena isbedelka cimiladda aana istaagino ku tiirsanaantayada shidaalka bololka ah.
- Ugu gudubno si sinaani ku dheehan tahay, ilo tamareed nadiif ah, jaban iyo kaabe dhaqaale, aana ka fogaano qaabkii hore ee wax loo sameyn jiray – iyo sidoo kale sicir bararka iyo suuqa aan deganayn ee la socoda iyaga.
- Aan kor u qaadno dadka reer Minnesotanka ah, rajooyinkooda, walaacyadooda, iyo sheekooyinkooda, gaar ahaan dadka reer Minnestanka ah ee ka soo jeeda beelaha aan aadka gacan qabadka u helin.