

Qoyska sharafta leh,

Hambalyo! Soo dhaweynta ilmo cusub oo qoyskaaga kusoo biira waa mid ka mid ah waaya-aragnimada ugu xiisaha badan uguna adag, oo ay ka buuxaan rajooyin, riyooyn, iyo caqabado. Waxaan aad ugu faraxsanahay inaan safarkan kula wadaagno!

Hadda, waxaad baratay in ilmahaaga uu leeyahay farqi maqalka. (Qaar ka mid ah dadka waxay isticmaali karaan ereyga maqal lumis.) Maskaxda cajiibka ah ee caruurta yaryar iyo ilamaha waxay baranayaan maalin walba. Caruurta yaryar iyo ilamaha leh farqiga maqalka, sanadaha ugu horreeya ee nolosha waa waqti aad muhiim u ah oo lagu horumarinayo luqadda iyo isgaarsiinta, xiriirada bulshada, iyo xirfadaha hore ee horseedi doona barashada dambe ee dugsiga iyo wixii ka dambeeya. Waxaa jira dad badan oo ku taageeri kara safarkaaga: xubnaha qoyska iyo asxaabta, bulshadaada, qoysaska kale ee caruurta leh farqi maqalka, dadka dhegaha la' ama dhegaha adag, xubnaha bulshada diinta, iyo xirfadlayaasha caafimaadka iyo waxbarashada, iyo kuwo kale. Anaguna halkan ayaan u joognaa si aan kuugu caawino adiga iyo ilmahaaga marka aad wada koraysaan.

Help Me Grow Minnesota Waa nidaam tixraac ah oo bixiya macluumaad iyo agabyo loogu talagalay qoysaska marka ilmahaagu korayo oo baranaya, isla markaana ku xira taageero iyo adeegyo si toos ah marka aad qabto welwel ama walwal ku saabsan horumarka ilmahaaga. Adeegyadaas, oo laga yaabo in lagu magacaabo adeegyada faragelinta hore, waa bilaash dhammaan caruurta iyo qoysaska u qalma iyada oo loo marayo degmooyinka dugsiyada dadweynaha ee maxalliga ah iyo iskaashatooyinka guud ee ka jira Minnesota iyo 11-ka Qowmiyadood ee Isir-raaca oo wadaaga dhulka nala, iyadoon loo eegin dakhliga qoyska ama xaaladda socdaalka.

Dhakhtarkaaga maqalka iyo dhakhtarka carruurta ayaa sharcigu ku amrayaa inay xiriir la sameeyaan dhammaan ilamaha iyo caruurta yaryar ee leh farqi maqalka ama welwel kale oo ku saabsan horumarkooda, iyo qoysaskooda, si ay ugu xirmaan adeegyada faragelinta hore iyo adeegyada waxbarashada gaarka ah ee dugsiga hore. Waxaad sidoo kale si toos ah ugu xiriiri kartaa adeegyada ilmahaaga iyo qoyskaaga adiga oo internetka ka dhex raadinaya ama wicitaan telefoon ah. Fiiri agabkan internetka ah ee loogu talagalay qoysaska: [Help Me Grow MN \(www.helpmegrowmn.org\)](http://www.helpmegrowmn.org).

Foomamka internetka waxaa hadda laga heli karaa luqadaha soo socda:

- [Hmong \(www.helpmegrowmn.org/HMG/Refer/referhmoob/index.html\)](http://www.helpmegrowmn.org/HMG/Refer/referhmoob/index.html)
- [Soomaali \(www.helpmegrowmn.org/HMG/Refer/refersomali/index.html\)](http://www.helpmegrowmn.org/HMG/Refer/refersomali/index.html)
- [Isbaanish \(www.helpmegrowmn.org/HMG/Refer/referespanol/index.html\)](http://www.helpmegrowmn.org/HMG/Refer/referespanol/index.html)
- [Ingiriis \(www.helpmegrowmn.org/HMG/Refer/index.html\)](http://www.helpmegrowmn.org/HMG/Refer/index.html)

Waxaad sidoo kale wici kartaa Help Me Grow Minnesota Si toos ah uga wac **1-866-693-GROW (4769)** Si aad ula hadasho qof nool. Turjubaanada ayaa diyaar u ah luqad kasta.

Xirfadlayaal ka socda degmadaada dugsiga ama iskaashatadaada ayaa kula soo xiriiri doona ka dib marka xiriirkaan la sameeyo, caadi ahaan toddobaad ama laba todobaad gudahood. Dadkan waxay tababar yihiin waxayna u heellan yihiin inay ku taageeraan adiga iyo ilmahaaga ama caruurtaada yaryar iyadoon lagu siinayo macluumaadka, agabyada, iyo adeegyada gaarka ah ee aad u baahan karto si aad uga caawiso ilmahaaga inuu koro oo barto.

Haddii aad rabto macluumaad dheeri ah ama aad qabto su'aalo ku saabsan adeegyada taageerada hore ee ilmahaaga ama caruurtaada yaryar iyo qoyskaaga, fadlan si xor ah noogu soo xiriir toos. Waxaan u heellanahay inaan ku taageerno adiga iyo ilmahaaga dhammaan siyaabaha aan awoodno.

Ku raaxayso maalmahan iyo toddobaadyadan hore ee ogaanshaha! Waxaan ku dhiirrigelineynaa inaad sii wadato isdhexgalka iyo isgaarsiinta sida ugu badan ee aad awoodid si aad u caawiso helitaanka luqadda laga bilaabo bilowga.

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