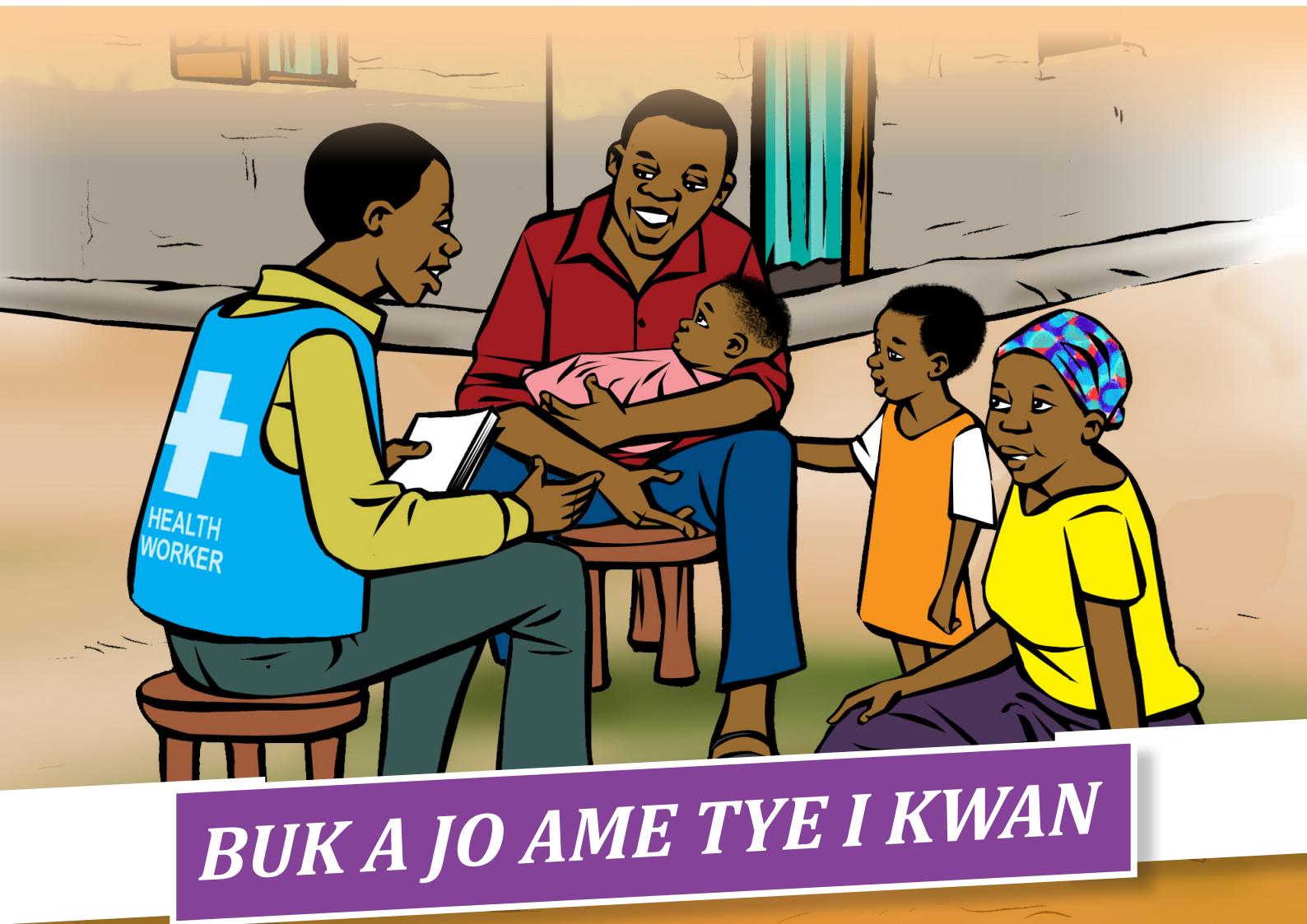


LOK I LWAK PI MIYO NGEC I MYERE



BUK A JO AME TYE I KWAN

USAID Regional Health Integration to Enhance Services, North-Lango (RHITES-N, Lango)



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LOK I LWAK PI MIYO NGEC I MYERE

BUK A JO AME TYE I KWAN

**USAID Regional Health Integration to Enhance
Services, North-Lango (RHITES-N, Lango)**

Jami ocoo i yi buk

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Wiewie a Dongo

Tye tyenkop a pol apapat ame omio jo pe woto moo kony i dakatal, pi man, pire tek ni iryonete i myere myero kel miti i cuny jo wek owot onwong gini kony me dakatal. Purujek man, Rhites-N i Lango ame USAID en aye oculu pire kun tio kede gamente me Uganda cwako kwoyo kwo i yore opore ame yilo yotkom pi diyo cuny coo, mon, bulu kede otino wek olim gini dakatal pi nwongngo kony. Neno atut tye i kom yotkom toto kede atin, lagoro nywal, pii kede miyo jami bedo a cil, pit, maleria, aoola awio kede two jonyo.

Ootlwak i myere obedo jo ame pir gi tek i kubbu dakatale kede jo ame tye i myere. Omyere yee kop gi, ngeo gi bala owote kede jirani gi, kede dang ogeno kop ame ya i bot gi. Acalo ootlwak pi kop a kwako yotkom i myere, gin tic gi obedo:

- miyo ngec akwako kop me yotkom a pir gi tek
- kwero yee gobagoba yee gobagoba kede niang a nok
- tyekko pekki ame jo tye kede a kwako yotkom gi kede wot i dakatal pi nwongo kony
- diyo cuny jo me tutte pi gengngo twoe kede gwokko yotkom gi
- miyo jo ngeyo kwone kony me yotkom a papat kede diyo cuny gi me wot nwongo kony me dakatal
- cakko leyo tam
- ling te winyno kop a jo

Me bedo aotlwak a ber a tek myero ibedo i diro a ber me kubere i jo. Ka obedo lok i dano acelacel onyo lok i lwak i gurup, Lok i Lwak tye i ye leyo lok kun dano acelacel woro ngat ame tye alok kede, i beo i ling, winyo te nyamo tam kede.

Kwan-ni kede buk tello okwan bino miyi ngec kede diro oromo me lok a ber twatwal ikom lokko kwo pi yillo yotkom.

Oleggi wu gum i miyo ngec bot lwak i myere.

Ajenna me kwan

8:00 – 8:30	Coye kede matto cai
8:30 - 9:00	Dul Pwony me ACEL: Jollo Jo kede Nyutte
9:00 – 10:00	Dul Pwony me ARYO: Dul me ARYO: Kwo Opore pi Yotkom kede Jami ame Gengo Lokko a Kwo
10:00 – 10:30	WEO
10:30 – 12:00	Dul me ADEK: Lok i Lwak pi Lokko Kwo Gi
12:00 – 13:00	CEM ME I DYE CENG
13:00 – 14:00	Dul me ANGWEN: Jami ame Pir Gi Tek pi Kubere i Lwak i Yore ame Niangnge
14:00 – 15:30	Dul Pwony me ABIC: Cikokino Tekop me Kwo Opore Pi Yotkom i Myere
15:30 – 15:45	Tweyo Tere

Kade me leyo tam, Cale, Apeny me alara kede Ngec ame Anyammo Tam i ye

GIN ME ALUBA PI NYAMMO TAM KEDE DANO ACEL ONYO JO I GURUP KUN OTIO KEDE KADEX ME NYAMMO TAM:

1. Kob nga ibedo.
2. Nyut cal me acel (Cal #1) bot gurup . **NEN NI JO DUCU TYE ANENNO CAL-LO.**
3. Peny APENY ame tye iyoonge cal acelacel. Mii gurup nyam tam i ye. Mii dano acelacel kare me lok.
4. Tekki jo ducu otyeko oko kwan NGEC AME PIRE TEK i dul ame tye iyoonge cal-lo.
5. Ka itye i jami okene me miyo ngec leleo kede gurup.
6. Peny ka ngattoro amitto miyo tammere onyo ka ngattoro tye kede apenynyoro.
7. Ka kade okene me leyo tam tye, kob i ye ite lubbu citepe acel-lo.
8. Pwo jo ducu pi bino ite kwayo gi me temmo citep acelloro me konynyo otino gi kwan.

JAMI AME PIR GI TEK PI PWONY A BER

1. Bed timmo. Bed Timmo. Bed Timmo. Bed ame iyubere pi pwonynyo guruppi me acel. Tem me tic i jo i paco onyo owote me pwonynyo kite me tic i cale ame pwod pe i cako wot nyammo tam i gurup.
2. Mi jo i gurup kare me lok. Pe ilok gurup dok meg. Neno me acoba tye me miyo jo nyammo tam. Peny ibedo lok keni kun gin oling owinynyo.
3. Ka nyammo tam otero cawa a lac, tem wayo tam a jo dwoggo ikom kwena ame pire tek i cal ite kobo i cal okene.
4. Yub gneccoro keken ame pe tye ateten onyo lok gobagoba moro keken ame okobo i cawa me nyammo tam.

1. Kad me Leyo tam ikom Lire a Coo i Dakatal Abongo Dic

Apeny me anyama

- *Ngo ame itamo ni tye atimere i cal-li?*
- *Pi ngo lon-ni tye abwonyo?*
- *Pi ngo loca okene-ca yie pe yom?*
- *Pi ngo pire tek me coo i lire i dakatal?*
- *Yin itamo ni pi ngo omio coo pe yee lire i dakatal?*
- *Ingeo kan ame myero iwot i ye me lire i dakatal?*

Ngec ame pir gi tek

- ➔ Lire abongo dic i dakatal yot twatwal tekki ngat ame atimmo obedo adiro me yotkom ame opwonyo.
- ➔ Pire tek pien gengo kobbo twoe ame kobo i mit bala two jonyo.
- ➔ Akadi kono bed ni ilire oko, myero pwod itii kede kondom tekki irwatte i butu.
- ➔ Wotti i dakatal obedo gin me imung kede mii igwoko komi pi kare me kwo ni alutu.
- ➔ Lire abongo dic i dakatal pe balo rwatte ni i butu i yore moro keken kede dang pe dwoko gupu ni me i coo cen.
- ➔ Gwok komi kede kom jo ame imaro.....wot i ____ dakatal pi lire.

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#1 kad me leyo lok

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Poro yore me lire i dakatal

- ➔ Lire pe obedo nekko man coo. I lire ongolo ka pok del wi man ento pe ongolo man alutu.
- ➔ Lire coo kony i dwokko ping rwom me nwongngo two kede liro wi mani dang mio lwokko a cil bedo a yot.
- ➔ Lire pe gengo kuddi two jonyo kede twoe mogo a kobo i butu, myero iruk kondom me gengngó twoe magi.

2. Kade me leyo tam ikom lire a coo abongo dic idakatal

Apeny me anyama

- *Yin itamo ni ngo ame tye atimere i cal-li?*
- *Yin itamo ni pi ngo omio aootlwak tye alok i dako-ni kede cware?*
- *Pi ngo pire tek me coo i lire?*
- *Pi ngo pire tek bot mon ni cog gi myero lire?*
- *Itamo ni icoo romo lire pien onyamo tam gin i cege ni en myero lire?*

Ngec ame pir gi tek

- Lire a coo i dakatala abongo dic yot twatwal tekki ngat ame otimo obedo adiro me yotkom ame opwonyo.
- Pire tek pien gengo kobo a twoe a kobo i mit bala two jonyo.
- Mon cwako lire pien konyo i dwokko ping nwongngo two i yi akina gi kede cog gi kede dang ber pi cilkom.
- Akadi ilire oko i dakatal, myero pwod itii kede kondom tekki irwatte i butu.
- Wotti i dakatal obedo gin me imung kede dang gwoki pi kwo ni alutu.
- Lire a coo abongo dic i dakatal pe balo rwanne ni i butu i yore moro keken kede dang pe dwoko gupu ni me icoo ping.
- Gwok komi kede kom jo ame imaro.....wot i ____ dakatal pi lire.

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#2 kad me leyo lok




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3. Kad me Leyo tam ikom Lire Abongo Dic i Dakatal

Apeny me anyama

- *Itamo ni ngo ame tye atimere i yi cal-li?*
- *Itamo ni loni tye aparo ngo?*
- *Pi ngo pire tek me coo i lire?*
- *Itamo ni cege tye amito ni en lire?*
- *Itamo ni lire a loni bino yomo yi onywalere dang?*
- *Itamo ni icoo man romo lire?*

Ngec ame pir gi tek

- ➔ Lire a coo i dakatala abongo dic yot twatwal tekki ngat ame otimo obedo ngat ame opwonyo kede adiro me liro jo.
- ➔ Pire tek pien gengo kobo atwoe a kobo kede mit bala two jonyo.
- ➔ Mon cwako lire pien konyo i dwokko ping nwongngo two i yi akina gi kede cog gi kede dang ber pi cilkom.
- ➔ Akadi bed ni ilire oko i dakatal, myero pwod itii kede kondom tekki irwatte i butu.
- ➔ Wotti i dakatal obedo gin me imung kede dang gwoki pi swo ni alutu.
- ➔ Lire a coo abongo dic i dakatal pe balo rwatte ni i butu i yore moro keken kede dang pe dwoko gupu ni me icoo ping.
- ➔ Gwok komi kede kom jo ame imaro.....wot i _____ dakatal pi lire.

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#3 kad me leyo lok

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4. Kad me Leyo tam kede Jo Onyomereame Olimmo Dakatal pi Kop me Yac kede Pimmo Kuddi Two Jonyo

Apeny me anyama

- *Itamo ni ngo ame tye atimere i yi cal-li?*
- *Ber awot i dakatal obedo ngo bot dako i kare me yac?*
- *Pi ngo i coo myero wot kede cege i dakatal?*
- *Naci okobbi dako-ni kede cware ni ngo?*

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#4 kad me leyo lok

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Ngec ame pir gi tek

- ➔ Mon a yac myero lim dakatal tyeno angwen i kare me yac gi.
- ➔ En kede cware myero yubere me nywallo atin i dakatal onyo kan ame adiro me yotkom opwonyo tye i ye.
- ➔ Mon a yac myero pim kuddi two jonyo i kom gi kede myero cak mwonynyo yat cutucutu

Ngec okene a dwong

- ➔ Coo myero gwok cente pi nenne ni mon obedo a kom gi yot i kare me yac kede nywal.
- ➔ Mon myero cam cem ame gwoko yotkom gi, but i te tannarua pi gengngo two atipa, kede dang myero lim dakatal i ngwen pi bedo a kom gi yotkom i kare me yac kede nywal.
- ➔ Ka dako tye i kuddi two jonyo, myero cak mwonynyo yat cutucutu pi gengngo kobbo kuddi two jonyo i kom atin i yic.
- ➔ Ka i coo tye i kuddi two jonyo, en myero cak mwonynyo yat kede te tic i kondom ka tye arwatte i butu i cege pi gengngo kobbo kuddi two jonyo ikom dako kede atin i yic.

5. Kad me Leyo tam ikom Cimmotok

Apeny me anyama

- *Ngo ame yin itamo ni tye atimere i yi cal-li?*
- *Yin itamo ni ngo omie tye ocung/ awot kene?*
- *Itamo ni cunye tye awinynyo ni ngo?*
- *Ngo ame myero jo i myere tim me lokko kodi lok ikom jo-ni?*

Ngec ame pire gi tek

- ➔ Jo ame mwonyo yen me two jonyo romo bedo a kwo a kom gi yot, romo nyom kede tic pi dongngo myere.
- ➔ Jo ame tye amwonynyo yen me two jonyo kobo ni owote gi pe dong loko ked gi onyo jo kwano anii ikom gi.
- ➔ Kodi tim magi mio cuny gi winyo ni yi jo okwero gi oko ote cakko bedo ken gi ken gi. Jo okene yi gi wang a tek te kwero gammo yat oko, onyo kwero dang mwonynyo yat oko. Man mio kom jo ame tye i kuddi two jonyo bedo a lit.
- ➔ Mwonynyo yen me kuddi two jonyo mio kom jo bedo a yot. Mii jo ame tye amwonynyo yen cwak ite dang nyutti gi mara.

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#5 kad me leyo lok



6. Kad me Leyo tam
ikom Mwonyonyo
Yat Aoola Awio
kede Lubbu Kite me
Mwonyonyo Yat

Apeny me anyama

- *Itamo ni ngo ame tye atimere i yi cal-li?*
 - *Itamo ni pi ngo en oweko mwonynyo yat nino i nino oko?*
 - *Yin ineno/itamo ni ngo otimere ikare ame dano-ni oweko mwonynyo yat?*
 - *Ngo ame yin myero itimmo me mwonynyo yat nino ducu?*

Ngec ame pir gi tek

- ➔ Aoola awio obedo two ame mako iwuku.
 - ➔ Aoola awio obedo two ame kobo oyotoyot kede dang yaa i kom dano acel te kobo i kom dano okene.
 - ➔ Aoola awio cang. Tye kede yen ame cango ento mito mwonynyo yet nino ducu pi mwaka acel.
 - ➔ Yen aoola awio tye me nono kede dang tye i dakatale a pol.
 - ➔ Romo bedo a tek me mwonynyo yat pi mwaka acel, dwongngere wok tekki i cako winynyo a ber oko ento winy gin ame dakatalli okobo.
 - ➔ Ka ngattoro i paco wu tye kede aola awio, nen ni owoto gini me nwongngo yen amwonya ote medde gini i mwonynyo yen gi abongo keng.

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7. Kad me Leyo tam pi Kony me dakatal iyoonge nywal

Apeny me anyama

- *Ngo ame tye atimere i yi cal me acel? Pi ngo dako-ni tye i dakatal kede atinnere ame onywalo nyen?*
- *Ngo ame tye atimere i cal me aryo? Pi ngo pire tek me dotto atinni?*
- *Ngo ame tye atimere i cale aryo me agikki magi? Pi ngo dako-ni tye alok i cware? En tye akobbi naci ni ngo?*

Ngec ame pir gi tek

- ➔ Wot i dakatal pi kony kit ame adiro me yotkom okobo kede iyoonge nywallo atin?
- ➔ Dot atinni i yi cawa me acel ame onywale i ye ite pitte kede cak kor keken (abongo miyo dek onyo pii amata) pi dwete a romo abicel.
- ➔ Iyoonge dako inywallo atin, myero ti kede yen me gengngo yac me kare-ni, akadi ni ngo, pi dwete 24 pi gengngo yac me atura.
- ➔ Wot i dakatal pi ngec ikom yen me kare-ni pi gengngo yac.

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#7 kad me leyo lok

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8. Kad me Leyo tam pi Yotkom Atin

Apeny me anyama

- *Ngo ame tye atimere i yi cal-li?*
- *Pi ngo pire tek me tero atinni i dakatal?*

Ngec ame pir gi tek

- ➔ Nge kit ame anyut me two atipa nen kede ite wot i pimmo kede moyo kony me dakatal pi otino a tino oyotoyot.
- ➔ Mii otino a tino yat cado oyotoyot tekki ineno ka anyuttere itap.
- ➔ Nge pekki ame atin tye kede(bala lyeto, myelkom, oolo a tek, ka pe tye awot) ite wot nwongngó kony me dakatal oyotoyot.
- ➔ Gwer otino pi gengngó twoe i makko gi.

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#8 kad me leyo lok

ANTENATAL CARE UNIT

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9. Kade me leyo tam ikom gwokko pii kede ping bedo a cil

Apeny me anyama

- *Dako-ni tye atimmo ngo i yi cale magi?*
- *Pi ngo en tye aloggo cinge?*
- *Pi ngo pire tek me loggo cing ame pwod pe i yubu cem?*

Ngec ame pire gi tek

- ➔ Log cingi i cabun kede pii, dwongngere wok ka iloko nappi onyo ka atin onyongo?
- ➔ Log cingi ame pwod pe iyubu cem onyo icemo.
- ➔ Loggo cing gengo two ikobo ikom jo i paco ni

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#9 kad me leyo lok

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Gi keboron ying jami me atima pi kite me lok i lwak

LOK I LWAK PI YILLO KWO OPORE PI YOTKOM

Lok i lwak i yore ame gin te niang a ber cakere kede: ling mot; nytuttu woro; miyo leyo lok wot a ber; tic i leb ame niangngo yot kede miyo ngec ame tiyo yot. Lub citepe magi me konynyo jo i gwokko kom gi a ber ote wot moyo kony me dakatal ame yii gi tye amitto.

1. Raa ngec ame tye ateni

- Jol dano i mara ite miye bedo ame tye agonya
- Keboro tyenkop ame omie en olimi
- Peny kop a kwako kwo opore pi yotkom
- Ti kede apeny ame ogamo agonya kede keboro agam pi nwongngo en ame tye ateni. Ling itii ite winynyo a ber
- Penye ikom tutte mere me lokko kwo i kare okato a ngec
- Nyut pekki ame gengo lokko kwo

2. Mok yee ikom citepe ame oromo lubbu pi lokko kwo

- Kobbi jo yore okene ame romo lokko kwo wek otem gini
- Kobbi gi ber a yore okene magi me lokko kwo
- Mok ite coyo ping jami ame timmo yot me wek otem gini ame pwod pe dok ilimo gi
- Mii jami mogo me cuppuru lokko kwo ite cwallo gi kan okene pi nwongngo jami mogo ame okobo ni ber pi cikokino lokko kwo

3. Rot yoo tam onyamo ite cikokino kop me lokko kwo i yi alimo acelacel

- Peny gi a kwako tutte gi i lokko kwo.
- Keboro pekki ame okemo tutte gi ilokko kwo
- Coo ping alokaloka a beco i kwo ame tye anen onyo cikokino te yore me meddo tutte onyo temmo yore okene me lokko kwo
- Mok gin okene me atima ite coyo ping citepe ame alubbu
- Tii kede yore me lok ryoryo, kun beo i lok dog kede kubere a bongo tic i lok dog
- Jol i yore opore
- Nyut woro
- Nen kit ame en tye akubere i dulkome okene kede, kop kede jami mogo ame romo nen ame “pe okobo,” bala winy me cwiny kede para
- Pen apeny ame ogamo agonya ite ling mot winynyo agam
- Tii kede leb ame niangngo yot ite nwoyo kop okene me moko ni oniang
- Tii kede jami ame cupuru kede cikokino te tam a beco ame omio

Papara me aponga pi keboror Diro me lok i Lwak ame Kwan pwod pe ocakere

NINO DWE _____

1. Anaka kong ibedo i kwan me lok i lwak ame dong itio-ni?

_____EE _____ PE

Ka EE, ibedo kede kare me ketto i tic gin opwonyo i dog ticci?

_____EE _____ PE

2. Itye igenno ngo i kwan-ni? _____

3. Tye kagi mogo i kite me lok i lwak ame itye imitto niangngo a ber onyo imitto bedo timmo i kwan-ni? (Gwet en ame imitto ducu)

_____ kite me kubere kede jo i myere na

_____ ling winynyo

_____ tic i leb a yot

_____ kite me tic i lok ryoryo

_____ jami tic a nen kede mogo me cupuru tic

_____ mogo okene _____

4. Tye kop okene a kwako yotkom ame inwongo nyammo kede jo i myere tek twatwal a loo mogo okene oko? _____EE _____ PE

5. I kare-ni dang iloko kede jo me lokko kwo gi i yore opore pi yotkom?

_____EE _____ PE

Apwoyo

KEBORO DIRO ME KWAN I LOK I LWAK-PAPARA ME APONGA IYOOONGE KWAN PI KEBORO NIANG

Nino Dwe _____

Gwet agam opore ite miyo tyenkop pi agammi.

1. Inwongo jami ame opwonyo i kwan man tye me kony?

Pe konyo

Konyo kittoro

Konyo twatwal

Timber imii tyenkop pi agammi _____

2. Itamo ni jami opwonyo onwongo tye a cil ame niangngo yot?

Pe niangere atwal

Niangere kittoro

niangngo

yot twatwal

Mi tyenkop pi agammi _____

3. Itamo ni apwony opwonyo a ber?

Pe a ber

Ber i dyere i dyere

Ber a tek

Mi tyenkop pi agammi _____

4. Gin acel ame apwonyo tin obedo... _____

5. Gin acel ame pwod atye akalakala i ye obedo... _____

6. Tam ango ame yin iromi miyo pi yubbu pwonyere-ni? _____

7. Dul pwony mene ame inwongo nyen boti? _____

Tic me tuku alea ame omedo

**Tuku alea me pwonynyo ling mot ite winynyo kop a ber
(Dakika 30)**

COC PI APWONY

Tic-ci tye me pwonynyo diro me lok i gurup a jo a papat ame okwan awot nwongng*i* myere. Kobbi okwan yer owote gi. Dano acel abedo dano me myere en okene te bedo aootlwak *i* myere. Kobbi jo ame omakere aryoaryo me yero kodi gurup a jo mene ame gin omitto lok ked gi kede ikom penkop ango:

- Icoo/dako ame ocako tic *i* yat aoola awio
- Nyako a tidi ame oyac pi tyeno me acel
- Mon ame tye kede otino onywalo nyen
- Icoo, ame pe amitto ni cege tii kede yat gengng*yac*
- Jarawee ame itye ikobbe kop ikom kondom onyo lire abongo dic *i* dakatal

Apwony akobbo ni:

Wan owot pwonynyo diro *i* lok *i* lwak kun beo *i* tuku alea. Yer awotti ite yero kodi gurup a jo ame irwatte ked *gi* kede peko me yotkom ame inyammo wunu *i* yi akina en ame opwonyo. Dano acel abedo aootlwak *i* myere en okene te bedo dano me myere. Tuk tuku alea pi dakika a romo 10 kun itio kede diro me lok *i* lwak ame ipwonyo tin. Tekki ityeko, lokere wunu ite dok yero awotti okene dok ite tukku tuku alea-ni pi dakika 10 okene.

(Tekki tuku alwea magi otum) ter dakika moro a nok me nyammo tam ikom leyo lok ame obedo tye: diro mene ame okonyo twatwal, ngo ame wii owl kede, inyamo tam pi kare a rom kwene?)

Catibiket me tyekko Kwan

CATIBIKET ME TYEKKO KWAN

CATIBIKET ME TYEKKO KWAN-NI OMIO BOT

Man moko ni _____ otyeko a ber twatwal kwan me nino acel
ame dul oculu pire obedo Minicituri a Bwoo kop me Yotkom kede purujek a
USAID ame olwongo ni Rhites-N, Lango:

KITE ME LOK I LWAK PI MIYO NGEC I MYERE

Nino Dwe _____

Rhites- N, Lango _____



CATIBIKET ME TYEKKO KWAN

CATIBIKET ME TYEKKO KWAN-NI OMIO BOT

Man moko ni _____ otyeko a ber twatwal kwan me nino acel
ame dul oculu pire obedo Minicituri a Bwoo kop me Yotkom kede purujek a
USAID ame olwongo ni Rhites-N, Lango:

KITE ME LOKI LWAK PI MIYO NGECI MYERE

Nino Dwe _____

Rhites- N, Lango _____



