



Survival-Chain

Welcome to the Wonderful World of Human Survival

Survival koutou, o koutou hapu, to koutou Hapori, te Planet, ko to koutou matua.

kia Survival:

1.Specie, 2.Habitat, 3.Community,
4.Family, 5.Individual, 6.Animals,
taonga 7.Personal.



Survival e Age:

1.Unborn, 2.Newborn, 3.Baby,
4.Child, 5.Juvenile, 6.Adult,
7.Senior.



Kei te tatari 1 Atua ki te whakarongo i a koe!

Survival inoi

Survival Day 11.1.7 N-ATM

aroha 1 Atua , Kaihanga o te ataahua tino Universe tou haehaa kaitiaki kaitiaki pono te nuinga (1st ingoa)

whakakoro mihi 'e koe mo te Survival o Arama ahau ki te āwhina i taku tinana, specie, hapori, ora ka hanga e ahau ora toku matua no.1 tautoko koa toku tautooraa ki ora hoki te kororia o 1 Atua me te pai o Arama



takina ana tēnei inoi kei i runga i te rā Survival ka ranei e tika ana!



Ko te **SurvivalChain** E 7 ngā hononga faufaa katoa mo te ora te tangata.

breathable AIR kahore reira whai koe meneti ki te ora.

e inumia ana **WATER** kahore ki te inu e kore koe e muri i te wiki!

EATABLE KAI hoki pūngao & pai te. No kai hemokai koe!

moe hoki re vitalizing. No moe mate koe!

CLIMATE Tuhinga mo te ora.

HYGIENE ki te pupuri i to tatou tinana hauora.



Haumarutanga ki te tiaki i te tutu. No haumarutanga kahore heke mai!



Panuku: 2, Herenga: 2 parau tatou: Tiakina te tinana tangata i ception vai noa tona mutunga. Ko te Survival-Chain ko te turanga ki te pupuri i tenei Tufakanga. **Whakakahore tetahi tangata enei faufaa he ora threaten- mau he hara ki a Arama, Anti 1 ATUA whakahauanga: MS R 7**

Threat He wera



I muri i te tangata kitea pehea ki te whakamahi i te ahi. kite te reira i tenei kia rite ki te manaaki.

kō atu Wood tahunga i ki tahunga wahie matatoka. Karaitiana English whakauru i te tau ahumahi tīmata te poke e ārahi e ki te huringa āhuarangi. **Ahi me te tahunga e inaianei he riri, he kanga.**

STOP Tuhinga NOW !!!

Kāti tahu: hikareti, waro, paru, paru, hau, hinu, konukarihi, rakau, ...



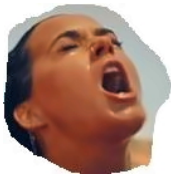
He wahi kino te nuinga o te tahunga ko, Auahi. I roto i ngā ahi i te nui

riri ki te hauora me te tahuti he paowa inhalation. I runga i te paowa tauine rahi maranga ake ki te phere aupururaa mutu wera rere ki Space. whakamahana Mata wai, mahana whenua mata, aua tio: Climate Change!



Hei ora i te hiahia te tinana tangata **Breathable Air.**

hanga te te manawa rangi tatou o haurehu (Te hauhā, hauota, te hāora, te mewaro) , Te wai me te poke (Puehu, papapūata, pua) . Me te manawa rangi tatou hauota tiketike, me te ihirangi hāora. He iti te hauhā me te ihirangi mewaro. ihirangi Water (Haumākū) Kei te hiahiatia, riro fiamālie haumākū nui me te take hauora. e kore e poke hiahiatia te tahu i ratou pūkahu.



Kia pehea te roa e taea e koe te pupuri koutou manawa? 4 Minutes, ka horomia koe mo te rangi. No rangi breathable ki horomia, mate koe! hohoro mate iwi i roto i ahi, kore te hau breathable.

whakamahia pupuri hau breathable te rite fakamamahi'i, me te patu o te tangata me te kararehe. brea- pupuri hau thable rite fakamamahi'i (Nohuanga wai) Kei te whakamahia e US Whakahaere, kaimahi US kāwanatanga, kaikirimana kāwanatanga, Tyrannies ke protec- Ted i te US. Whakamamae Ko te hara: **MS R7**



(Te tangata) , **MS R4** (kararehe) .

Pupuri rangi breathable ki patua he kōpeka (Au paitini paitini i roto i te ahi) ranei i te whaiaro (Whakamomori: pūtake ngongoa hauhā takiwa hau tao kai ranei) , kāwanatanga (Hau ruma, pa, fakamamahi'i) , ētahi atu (Kaimahi kino: garroting, tarona, ta'ota'o, iri) . Kāwanatanga patu taihara whiwhi, **MS R7** . kōpeka (Hauora me te haumaruru) , **MS R4** whaiaro (Puritia haepapa e 1 ATUA) .

Tangata tahu mea ko te riri matua ki 'rangi breathable.



E haamata te reira ki te takitahi e whakamahi ratou pūkorokoro rite te tumere ratou pūkahu rite tatari mō au paitini paitini me poke rangi. Mā te whakamahi i te tinana tangata rite tumere ko he mōrearea hauora nui, te tawai ki 1 Atua o hoahoa.

Paowa nei i te faatitira! He ati tangata! He pikaunga hapori!

Ma'unimaá he auau whanonga hairiiri nõ te hiahia mohio a. kumea ketia addicts ratou kihai nei i tango i te kino e te mahi ratou whanonga. Kino ki a ratou ano, te utuafare, hoa, hoa mahi me te hapori.

e kore e addicts whakapono e tuku ratou kia rite ki te roa rite e o ratou ngakau ki a te pupuri tahi to ratou oraraa. Addicts riro te riri ki a ratou ano, me te hapori. riro ratou te haavareraa, anti pāpori, hao, moepuku, tinihanga, siokita, me te ta'etokanga. Tenei ope te Shire (Hapori) ki te whakahaere i to ratou huru oraraa. Whāiti o ratou rangatiratanga, me tika.



piro kaipaipa i te mangai. piro ratou kakahu. piro ratou ake te ruma. Ko nga wahi katoa o ratou pungarehu. Ko nga wahi katoa o ratou kokiri. He mea whakarihariha ratou, paruparu, kerite takitahi. Mawehe ratou whakama ratou

Kaipaipa ko te mōrea hauora ki a ratou ano. tahuna ratou o ratou ngutu, niho, pae, mangai, korokoro, pūkorokoro me pūkahukahu, hoko mate, he pikaunga ki te hapori.

Kaipaipa he tango mangere maha pakaru paowa, me te whaiaro whakapangia sickies. Kia mau ratou haepapa!



Kaipaipa ko te mōrea hauora ki ētahi atu. Kei te pupuri kaipaipa hapu ratou e parauhia te. I muri i whanau enei hou e whiua ki te ora o ia take hauora. kia whai ratou deformities, hauā, .. e hāmenetia kaipaipa hapu, te whara te poho: **MS R3** .



paowa hāngū (Huaki) mamae iwi. Kaipaipa e hanga whiwhi paowa hāngū, **MS R3** . hinonga (Watea, whakangahau, mahi ..) e faati'a ai ifi whiwhi, **MS R3** utu utu. Kāwanatanga e tuku paowa e whakakapi, + **MS R7**

He mangere kaipaipa. tīmata ratou ahi: mau fare, tarutaru, ngahere. E puritia ratou fakamatala, **MS R4** me utu utu. te tukino ia ratou iwi, kararehe , **MS R5** patua ratou iwi, kararehe, **MS R6** .



I roto i te 1951 (Maramataka etene) i whakapumautia ai e he ora o paowa

he riri nui. pokapū Kāwanatanga me te Kāwanatanga, i taka e paowa nei tari kihai i e 'i kanga' (**Dereliction o ohipa**) ki te mahi, te tiaki i te hāpori. **haere ture ki muri te. Enei whiwhi hara,**

MS R7 .

Tetahi takitahi rōpū ranei, pakihi atu hinonga ranei e whakatairanga (**Bies kua akariro, pānuitanga, marketing**) , ka taea (**Mātua, ngā kaiako, te mahi, karapu, eateries, whakangahau wāhi, ...**) , hua (**Kaituku, kaiwhakanao, transporters, wholesalers, retailers**) , Hanga wātea 'e momi' a ifi oko ranei **MS R7** e kore e mea faufaa te reira he aha te 'momi' i roto. **Ko te mahi o te kai paipa ko te mōrea hauora.**

ZERO kātakí ki kai paipa!

Takitahi whakaiti te wātea o te rangi breathable mā te tahu o te hau, paru, rakau, waro, te hinu mō te tunu

(**Ngā rorerore**) , Whakawera, te mana. **Mutu reira Na!**

Whakamahia te hiko hua e te kahore tahu. Pakaru, hua i roto i te raupatu, te whakangaromanga o te taputapu me te **MS R2**



PowerStations e wera (**Waro, hau, konukarihi, te hinu, ..**) ki te waihanga pūngao e tutakina, Taka. Whakapoke Owners, kua hāmenetia ngā, **MS R7** . He kati me hiri Coal me konukarihi maina. Mining Owners me ngā whiwhi, **MS R7** . **whakaputaina Energy** e tikanga tahunga kore.

He wera ki te neke kāinga, kore Ngata'anga waka motu! Gas, Oil i whakamahi tahunga kore. **Domestic waka kāinga kore i runga i Freeways** e whakakapia ki 'purumu Ruxmaniben!' tawhiti uta waka roa ko e Rail anake. Ko te whakamahi o te diesel, penehīni, LPG, pito!



whakapoke Whakangahau Ngata'anga!

I roto i te Air: Whakaatu Air, tūmataiti waka rangi nona (**Haruru, plane, jet, topatopa, wāhi rakau, ...**) .

I roto i, i raro i te wai: racing poti whai pūkaha, tūmataiti waka moana nona (**Fare cruiser, kaupuke ipu, waka topaki, faahee jet, speedboats** ,

poti, parahutihuti, ..).



I runga i te whenua: katoa 2, 3, 4, .. wira whai pūkaha: huringa, paihikara, buggies, SUV, waka hākinakina, limousines, waka papai. Car hōiho, stunts motokā. tereina Tāpoi. E hāmenetia ngā kaiwhakatairanga o whakapoke whakangahau me Providers o Waka mo whakapoke Entertainment, **MS R7**

Salon Nail waihanga au paitini paitini. Kaimahi kua manawa tiaki. kiritaki wahangu (**Patunga**) e kore te mahi. He tuwhera whānui Salons titi i roto i te Kete Centers. Ratou au paitini paitini awahi te taha e. Tuu ia ratou ki tūponotanga hauora. Rawa wahine hapu, whanau hou, asthmatics, kaumātua. Ki te mea kua kitea koe ki au paitini paitini kia whakawakia te Salon, me te Center Kete mō te utu.

Titi Salon Ko te mōrea hauora he polluter rangi. E titiro mai ratou e te iwi te hunga e ka mangere rawa ki te mahi i to ratou ake whao i rawa nui te moni. Tutakina ratou iho, whakakorehia ratou. rangatira hāmene i, whakahaere, **MS R7**



Ataahua Salon Ko te mōrea hauora he polluter rangi. E titiro mai ratou e te iwi te hunga e mangere rawa ki te mahi i to ratou hanga ki runga, i rawa nui te moni. Tutakina ratou iho, whakakorehia ratou. Rangatira, whakahaere, te tiki, **MS R7**

Kaikuti makawe nei te hanga e tutakina iho au paitini paitini, hāmenetia, **MS R7** Kaikuti makawe e kore e nei te hanga hau parahanga mahi tikanga.

capitalist (**Werau konihi apo**) Kawanatanga whakatenatena kāinga ki ngā māra horihori. taputapu kari whakamahi penehīni nekeneke rangatira Kāinga (**Blowers, shredders, kaitarai paraihe, kani, mowers, ..**) e whakapokea



(Rangi, haruru, te oneone) . Homeowners, Manufacturers, Retailers, whiwhi **MS R7** .
Kāwanatanga e tukua tenei poke e whakakapi, whiwhi **MS R7** .



E whakamahia insecticides waho i runga i hua, uru huarākau, ..
or Food pīsopé, uru huarākau e kua poke e ere no te tangata
ranei kararehe kohi. Pollu- Ted hua, tahuna te kai e te hapori (Shire)

kaihanga arumoni o whiwhi **MS R7** . Kāwanatanga e tukua tenei
poke e whakakapi, whiwhi **MS R7** .

whakamahia Roto insecticides, te patu i te pūnaha io.
hanga ratou pahara, poho, me te hou. Insecticides
mukākā Tangata me ngā pūnaha romahā mōkai. Kua
roto insecticides kore whakamahi.



whakapokea Military te rangi ki te waka, pahū,
A, N (Ngota, karihi) B (Koiora) C (Matū)
patu. Ko ratou he riri ki te tangata, te kararehe me te plantlife. E
hāmenetia Scientists e hanga enei patu, **MS R7** . E wahia
whakaurunga Production o enei patu, ka tahuna e te Shire.

Rangatira, kaiwhakahaere, whakahaere, kaiwhakahaere o enei
whakaurunga tiki, **MS R7** . Military e kua whakamahia ranei kei te
whakamahi e hāmenetia enei momo o patu, i te paetukutuku te o NCO
whakarunga, **MS R7** . Kāwanatanga e tuku whakakapi hanga rokiroki o
enei patu, me ranei te ka hāmenetia, **MS R7** .

Fireworks Ko te polluter nui. riro ratou ake noa nui atu
whakapoke. mau turu'i i runga i te huru rangi rangi
parahanga kia lin- manene hoki te ra. e mutu ai Matūriki
parahanga i runga wai whakapoke. Making ere te reira ki te
inu.

Fireworks Whakamutunga! whakakapi ratou rama Taiaho.



i Non-breathable Air koe 4 meneti ki ora!

Tetahi tangata, Organization ranei Kāwanatanga e whakakahore hau breathable ranei he take, me te
pānga o te rangi poke. E puritia fakamatala, kia pūmate rawa,

MS R7 . Tono Air breathable ko reira he 1 Atua tika i homai!

ZERO kātakí KI AIR i whakapoke !!!!!!!

Hei ora i te hiahia te tinana tangata e
inumia ana Water



60 +% o to tatou tinana ngā o te wai. Katoa pūtau i roto i to tatou tinana me te reira.

Water lubricates matou hononga, regulates to tatou pāmahana tinana me flushes to tatou ururua ...



Whātatahia kohu wai puka rūrūtia kōhauhau
te tō a Earth faaho'i te rūrūtia iho (**Taka ua**)
ki te mata. Ua ko te puna nui o te wai hou. Kei te whakamahia i
tēnei anake mo te inu, te whakarite kai, te tunu, horoi, akuaku
whaiaro, ...

He tangata e whakamahia ana ki te e taea ki te inu anake, te whakamahi i te reira no te faaineineraa kai. Ehara i muri, poke anake te, e hawata ana, waikawa, paitini, whakamātau kino, hei hongu kino. e kore kia mahue te horoi atu i roto i te ua ki te riro poke. Ehara i anake e titiro reira paruparu, he te wai kino, engari kia mukākā reira te kiri.



taka ua Cold rite whatu, te hukarere. piki Snow i runga i nga maunga tiketike, Arctic, me te Antarctic waihanga hou te wai rāhui. he ma Snow,



hukarere poke he hina pango noa. kitea te hukarere Black i roto i te Himalayas, kōpaka worldwide, Greenland, Arctic, Antarctica.

Communities hanga Faarii hou te wai. whakawhirinaki ēnei farii i runga i te ua te wai me te hukarere rewa ki te whakaki ratou. No te mea o te parahanga e hiahia ana enei wai maimoatanga i mua i te tangata ranei kararehe kōhi.



kia awa ki kaua hohonu atu i te pāpaku. te wai hohonu he mātao, te whakaiti te whakaetonga, pūkohu tupu rawa te momo paitini, me te infestation ngārara. E rāhuitia Water hākinakina ki mutu te tiana, paheke ana me te pooing ki te wai. Water mahi (Jet ski, motorboats ,..) whakapokea (Hinū, penehīni, waikawa pūhiko, ..) E rāhuitia ratou! okotahi: Park kaiārahi waka.

e kore e taea e te tangata te whakawhirinaki i runga i te hapori mahi i te reira tika. No maimoatanga, te maimoatanga wāhanga, maimoatanga he, tapahi utu, te pirau, whanonga taihara, .. Kei te hoko whakahauanga maimoatanga Home o te wai.

titau maimoatanga Home o te wai filtration. Ko reira ki te whakaiti: ateneke, papa kiripaka, māota, chloroform, pakeke pākawa waro, parahi, paru, waipatutaru, konganuku taimaha, mata, patukīrea, te waikura, ... i roto i te climates mahana hoki me ki kia kohuatia te wai tātari ki te tiaki ki te mate whakamate (Kaiao moroiti) .



Fakamanamana ki hou-wai

Maoro ka nui te tono mo te hou-wai te wātea o hou-wai.



Ka taea e ua poke meinga peita ki te kiri, te waikura o ngā hanganga parahi (Piriti) , Horo o kohatu, tauaki ai o rau me ētahi atu otaota, ritenga kiri, ..
Tirohia 'breathable Air' a 'Green Concept' i runga i tohutohu pehea ki te roto i Pollution.

Irrigation! Mā te manawa whenua mō te irrigation depletes awa raro o te wai tere atu i taea kapi i te reira. Hua i roto i te maroke ake i te Ecosystem katoa, me te hanga i te kaimahi o te wai māori. Te whenua pito irrigation wai. manawa whenua te whakamahi i te ture mō te irrigation ko te hara, **MS R7** . Kāwanatanga tuku Groundwater irrigation, he

whakakapi, hāmenetia, MS R7 .

Irrigation, te whakamahi i wai māori i awa, awa, roto, .. pōturi te rere o te wai. E akiaki ana tēnei katote evaporat-. Hua i roto i te tauraki! Tenei momo o te irrigation hua i mutu u'i. Whakamutua irrigation.



o arawai poke (Awa, awa, roto, ..) te hanga i tētahi kaimahi o te wai māori. ki tonu i te tāoke, pharmaceuticals, paihana wai Storm .. ture akiritia o ahumahi ururua, tāoke, paihana .. Whakapoke o arawai pito, e hāmenetia i whakapoke, takitahi MS R3 etahi katoa, MS R7 .

waimāori tāpiritanga

Ka whakamahia e Desalination te rota o te pūngao, utu nui. Te horomanga o te wai he pānga taiao kino, toia tau nui o ika, mātaimai, ratou hua, .. ki te pūnaha. he mea mahanga Nui mea te moana ki ngā mata i te mua o te hanganga horomanga. Chemical maimoatanga, te waikura, te hanga i tētahi tote mahana tukua nei te hoki ki te moana.



Desalination kua he ihirangi hanga boron tiketike mō te kounga o te wai iho. whakamahia tenei wai i roto i pāmu, Pāmu me hanga kai hua i roto i te taumata kai boron tiketike. Roa kai o ngā taumata boron tiketike he ora o.

wai ururua hangarua, whitinga parakaingaki roto i te maimoatanga tuatahi ki te tango i roto i totoka, e nekehia atu matūkai, tango whiriwhiringa te nuinga o te huakita me te huaketo.

Kei te ka takoha Water roto i te membrane ki te tango rāpoi ngota. Wharepaku ki tap ko te kōwhiringa o te parepare whakamutunga. e kore e Whakamātautau whakakitea tūponotanga hauora katoa.



wai pātara (Utu) he pai hoki te haere. ipu kirihou wai

matū tuku e riro mōrearea ina e painaina ake (Te ra, whakamahana) . Kaua e whakamahi i ipu kirihou mō te kai ranei inu. Kaua e puchase kai ranei inu i roto i ngā kirihou. karāhe (Kahore mata) ipu, e tūtohutia ipu. Kaua e whakamahi i straws kirihou rīnena ranei. Kaua e whakamahi i ngā ipu kirihou ki te tunu mahi kai ranei.

wai inu whakarehu

Hoki te wai inu momo kia whakarehu ai. Ko ore ētahi hā hauora he reira ki te kia karohia. kia mahi ki te wai whakarehu matao wera ranei.

e tika ana inu whakarehu: wāhanga Beef, Heihei wāhanga, Koukou, Tea, Coffee, Fruit, otaota, kakara, huawhenua.



ora o whakarehu inu, me te tāpiri ake: Alcohol, tae Artificial, Artificial hā, Artificial me reka tūturu, koropupū, cola, powhiri, Energy inu, wai rēmana, Decaffeinated kawhe, wai tapú-, te korotutu, Konutai ..



Ko pai te wai inu



Daily-mahi: Haere ake, he karaihe 0.2l o iti mātao, te wai tātari. I mua i kai katoa (Breakfast, Day Early paramanawa, Tina, Day Late paramanawa, Dinner) whai i te karaihe 0.2l o iti mātao, te wai tātari. Kia karaihe inu (Kahore kirihou) ki tonu i te 0.2l o te wai tātarihia i runga i ia tepu ro'i. Inu i roto i te po wa katoa i muri ia koutou tae mai i te wharepaku me te ka he korokoro maroke, inu okiokinga ina whiwhi ake i roto i te ata.

horomanga No-wai. E koe 4 ra ki ora!

Tetahi tangata, Organization, Kāwanatanga e whakakahore wai e inumia ana ranei he take, me te pānga o te wai poke. E fakamatala, **MS R7**

Tono wai e inumia ana ko reira he **1 Atua** tika i homai!

e tika ana inu whakarehu:

Coffee he inu te rangi whakaongaonga



Coffee rite te inu brewed i purapura pahuhu o coffeepplants.

Kei te hanga Coffee i maroke, tunua, purapura o te rakau kawhe, tupu i roto i te wera, climates mākū me te kōpae waenganui. He 2 momo: pīni Robusta i te hā kaha me te-tinana tonu. pīni Arabica tupu i te teitei teitei, i te hā ngawari me huru maitatai atu kakara.

Kia tangohia, maroke, kua tunua pīni kawhe i huri noa 200 ° C. Tenei taea te huka i roto i te pīni ki te caramelize me te hā o te kawhe ki te whakawhanake. Ko te roa e tunua ana nga pīni, te teitei te erature'ahi'ahi'oku, te mumura ka hei te tunu me te kaihoroi te hā, i roto i ROASTS marama whānui i te koi, hā atu waikawa, i ROASTS mumura i te hohonu, hā taonga io ranei. E kore te mea tika te tunu pouri, 'kaha'. Ko te kaha o te kapu o te kawhe, tei runga i te nui o te wai e tapiritia i te brewed te kawhe.



Me pēhea te ki te hanga i te kapu o te kawhe?

Me pēhea te ki te tiki i te tino i tou kapu tino o te kawhe.

1) Nui tīmata kawhe whakamātau ki te wai nui whakamātau. Ki te kore te mea e wātea ana te wai tātari, te whakamahi i te wai matao i te tap. Kia rere te reira mo te ruarua hēkona ki aerate i mua i te tāpiri i te reira ki te hopane.

2) Kia wai mai atu te whewhe (80 ° C) i mua i ringihia ki runga ki ki kawhe (Tonu maturuturu-tātari ranei) granules. Pokarekare wai tahuna ana granules me pānga o runga i te reka.

3) A, no te te whakamahi i te waiu (E kore e tūtohutia) , tāpiri i te reira ki te kapu i muri i te wai. Ki te te 1 tāpiri waiu, e kore ai te kawhe whakaranu rite te pai. Ka taea e te wai wera kōhua te waiu, te huri i te hā.

Note! reka (Huka horihori ranei) kawhe whakangaromanga!

e kore ko Decaffeinated kawhe ko te hauora-mōrea.

Whakamahia whiteners kore anake Dairy.

teuteu:

Brewing,

Inamata,

Maturuturu-Tātari Coffee; pēhikawhe (Mīhini)



Decaffeinated Coffee he Hauora-mōrea!

Decaffeination whakamahi i pōhara.

toenga whakarewa maha tere te puku.

Logic! Coffee kahore mate kawhe whakaaro o inu Coffee.

Kaua e whakamahi i Coffee kiri he mōrea Taiao!

Coffee kiri katoa 1 Piriona ko te kino taiao. e kore e pōpopo ratou. e kore e te hangarua ratou. **STOP! Production!** hāmene i,



MS R7 . STOP! Mā te ratou! Kopae i me te whakama!

Note! Ko te take o rawa nui paru katoa 1 atu ngā hua tuku. Ratou production 'Ngata'anga! pakaru, **MS R7 .**

Kopae i, whakama iwi e whakamahi 1 atu ngā hua tuku!

Me pēhea te ki te inu i te kapu o te kawhe?

Ki te tiki i te hā pai, kia reka whakamatao reira he bit atu tango nui slurps, kaua ki te sipping. slurps Big o tuku kawhe atu kakara. Hongi a te reka o reira, te rangi. He kawhe tautopenga te waiu:

pēhikawhe Ko te inu kukū brewed e akina te wai wera i raro i te pēhanga i roto i te kawhe miro hurihia. Whakaritea ki ētahi atu tikanga kawhe te kōpiro, pēhikawhe kua he ōritetanga nui, he kukū teitei o totoka rewa me pahuka i. Espresso Ko te turanga hoki atu inu: Cappuccino, Latte, Macchiato, Weesp, Americano, Gringo, Duo-pere, totorewa ko otaota. Mahi ki te ataata.

Cappuccino: te whakarite i te kakano, te pāmahana o te waiu, ko te taahiraa nui te nuinga. koromamao Milk te mai rānei mau hau rawa iti mirumiru hoatu reira he kakano velvety

(Pahuka i) . Kei te hoatu te pere o pēhikawhe ki te kapu, kua tapiritia waiu wera, pahuka, i haaati ki 2hm te pahuka i matotoru, oti ki te tauhiuhinga o whenua hinamona.



latte: wera ake te waiu kore pahuka. Kei te hoatu te pere o pēhikawhe ki te kapu. Kei kore pahuka. Whakakiiia kapu te tāpiri waiu Hot, i haaati ki te tauhiuhinga o te kōukou raw.

Macchiato: wera ake te waiu te hoatu te pere o pēhikawhe. Whakakiiia kapu 2/3 ki te waiu. Tāpiri i te pere o pēhikawhe. Top ki rau Peppermint.

Weesp: kia kōukou wera raw. Whakakī kapu 1/2 ki te kōukou wera. Tāpiri i te pere o pēhikawhe. Runga ake ki te waiu & waiu pahuka. Tāpiri i te tauhiuhinga o te kōukou raw.



totorewa: 1 te pere o te SSO espre- i te kikini o concen- wai Mandarin vakai'f. Tāpiri i te pere o wera kōukou raw Top ki te waiu, pahuka wera. Tāpiri i te tauhiuhinga o whenua hinamona.

Tāpitaota: Whakakī kapu 1/2 ki tea Peppermint wera. Tāpiri i te pere o pēhikawhe. Top ki te waiu, pahuka wera. Whakaoti ki te tauhiuhinga o whenua hinamona.

Gringo: Whakakī kapu 1/2 ki te wai wera. Tāpiri 2 matā o pēhikawhe. I te tihi tauhiuhinga Aropi.

Americano: Kei te hoatu te pere o pēhikawhe ki te kapu. tāpiri te wai Hot te.



Duo-koperea: Tāpiri 2 matā o pēhikawhe. te wai ka wera.

Cocoa he inu te rangi whakaongaonga



rakau te kōukou tupu i roto i te wera, ngā wāhi pāūrū ua. He kiri hua o reira. Roto i te pākākano i reira he purapura (Pīni) . Kua tahuri pīni kōukou ki kōukou pata me te paura.



Teuteu Hot Cocoa:

1 punetēpu paura koukou,
1 kapu: soy wai, waiu koati atu te waiu miraka kore ranei. 1 tīpune
wāhanga vanilla, Pīthono o hinamona, Pīthono o Aropi.

Whakakotahitia ngā kai i roto i te kohua reo me te mahana i runga i te wera iti reo, whisking
noa e huhuka me wera.

tea he inu te rangi whakaongaonga



Camellia te whakato matomato. rau o te reira mau, me te hoatu tukatuka tatou Tea. He mangu
matomato ranei Basic Teas. kia whakarehu ai ratou ranei sented.



Kaitiaki Guardian faaineineraa tea: tuu wewete tukatuka rau tea ki
te infuser tea. Hoatu infuser ki kapu karaihe. wai Kohuatia, mutu
te whewhe, ka pupu tūnga (80 ° C) ringihia ki kapu karaihe. Kia
pai !

(He) Just rite nga tūnga pokarekarenga ringihia ki runga ki tea pango.

I muri i te 1 meneti te pororaru infuser 3 ngā wā. I muri i tetahi atu tango
meneti. E inu, tāpiri ranei tetahi wai citrus mo te hā, ranei kia whakamatao reira,
whakamātao me te inu. e kore e Whakatūpato whakapokea ki reka, whiteners (Horihori
tūturu me ranei) .



(B) 10 hēkona i muri i te tūnga e rere ana ringihia ki runga ki tea matomato. Oho
infuser 3 ngā wā. I muri i te 1 meneti tango. E inu, tāpiri ranei tetahi wai hua
karihi mō te hā, ranei kia whakamatao reira, whakamātao me te inu. e kore e
Whakatūpato whakapokea ki reka, whiteners (Horihori tūturu me ranei) .



Herbal faaineineraa tea purapura, ka wewete ai aki wahi purapura ki te infuser. Hoatu infuser ki
kapu karaihe. wai Kohuatia, mutu te whewhe. Just rite te



tūnga pokarekarenga ringihia ki runga purapura. I muri i te 1 meneti te pororaru infuser 3 ngā wā. I muri i tetahi atu 7 meneti tango.

E inu, ranei kia whakamatao reira, whakamātao me te inu. e kore e Whakatūpato whakapokea ki reka, whiteners (Horihori tūturu me ranei) .

rau otaota
faaineineraa tea.

Ko te taua rite
matomato-tea.



faaineineraa tea pakiaka
otaota, pakiaka chopp.

Whakapaia te taua rite
tea pango.

Mā te whakamahi i te ngaruiti, ka malu'aki mai hopoi te putea tea i te rongo.

nekehia Tango tūtohu i tī hanga tino maitai tino te. whakamahi te nuinga o tūtohu pepa mangumangu cheap, discoloring wai, pokanoa ki te hā.

Hoatu te wai wera i roto i te kapu tea> tāpiri i tō kōwhiringa o Tea putea > wera i roto i te ngaruiti mō te 30 hēkona i te hawhe te kaha (400-500 Watts) > Kia silica reira i roto i te ngaruiti mō te meneti > tangohia i te reira i roto i > pārekareka ki!

Ko pai te wai inu (kia whakarehu ai)



Tātari Water hoki
Health pai !!!

Hei ora i te hiahia te tangata-tinana Eatable Food

Kei te kai wāhanga o te mahi o ia ra. Kia pehea te hauora e tatou me pehea te roa o te ora tatou. Kua he rota ki te mahi ki to tatou peu kai. No kai hemokai koe!

Whangaia 5 wa he ra:

'Breakfast, ngā wai, otaota, kakara, Honey, Coffee, ..

Early Day-paramanawa, ngā wai, Fruit, otaota, Tea, ..

tina, ngā wai, huamata, hua manu, Coffee, ..

Late Day-paramanawa, ngā wai, nati, Berries, kakara, Cocoa, ..

Dinner '. ngā wai, kaupapa Dinner, Tea ranei kawhe .. Vegetables.

7 Foods e kia kainga ra: Fungi (Mushroom) , Grains (Ōti, he parei, pi, kānga, rai, quinoa, raihi, rai, Sorghum, witi) , Hot

Chilies, Riki (Parauri, matomato, whero me, puna, chives, kāriki, rīki) , Ley Pars-, Sweet Capsicum, Vegetables (Apareka, pini, broccoli, kareparāoa, kāreti, pī, tupu, ..)



Me ki te whai i te kaupapa Dinner wiki-ra katoa: hei tauira Day 1: Vegetables
Day 2: Poultry Day 3: kararehe whāngote hebedoma: ngārara Day 5: kaimoana
Weekend: Nati me Seeds Funday: pepeke

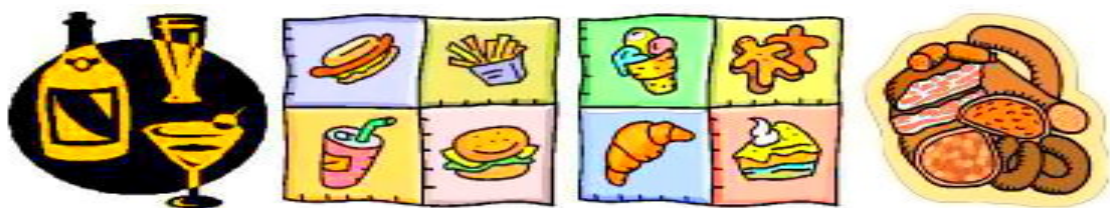
DietNo No ' s: sweetners horihori, Hangaia-kai, whakarerekētia iranga kai, tāpiri huahuka.



huahuka te take matua o Diabetes, mōmona (I Carlisle People) . Ko reira kino ranei mai te reira i roto i Sugar Fruit ranei. Tāpiri huahuka i roto i censing parau o te inu kai ranei ko te hauora-mōrearea. Processing, tufaki, hoko o tenei momo o te inu kai ranei he whanonga taihara riro te reira: **MS**

R6 . okotahi: Te hokotai, Berries, Fruit, Honey, Vegetables.

Mea atu No ki: **Tetahi e kei:** Huahuka, kūhuka, Sugar; Pihikete, Cakes, Parakuihi-Cereal, Chocolates, Fruit-wai, Ice-cream, rare, Jam, wairanu tōmato, Lemonades (Cola, Energy, ..) Marmalade, patahua-tutaki, ranu, Wine ...



Hangaia-kai Ko tote rawa he maha rawa korotutu, maha he hinuhinu rawa me he huka i tāpiritia hanga ere i te reira no te koha i te tangata, mōkai me te kararehe. **kai hangaia ko te pēhanga causeof nui toto, tanumia o pera me mōmona (I Carlisle People) . Processing, tufaki, hoko o te kai hangaia he whanonga taihara e hinaaro nei hāmene. MS R6**

Mea atu **No** ki: waiu Dairy, tīhi miraka, kai nohopuku,
ham, hamipeka, te harāmi, ...

hangaia: Taro, Meat; Pizza, Hōtiti,

tukatuka: Fruit, Hupa, Vegetables ...



GM Food Ko te aha te iwi mau pau. fīmata te reira i katoa rite ira whakarerekētia (Engineered) uri (GM Crop) . GM Crop no o te rere

-i runga i ketia pānga te mekameka kai katoa. C reating irakētanga e hanga Diseases hou, Life whakawehi Global Mala 'i te mau melo katoa o te mekameka kai! **Me te tangata!** ka waiho hei iwi atu mate, mate teina, atu deformities, pēpi atu mate, atu whakatahe ... E huri DNA tangata.

GM Food Survival Threat: Alfalfa, tamaiti kai, pēkana, te taro, te witi, pata kai parakuihi, kanōra, hua, ham, mātiarīni, kai, rīwai, te papaya, pī, heihei, raihi, hōtiti, meatia, tōmato, witi, zucchini, ...

Demand i te hapori kai anoi. **KORE** : Alcohol, whakarerekē ira, waipatutaru, Insectisides, kai Hangaia, tāpiri Tote, tāpiri huka (horihori tūturu ranei), ...

Tetahi tangata, Organization, Kāwanatanga e whakakahore kai eatable ranei he take, me te pānga o te kai poke (GM) . E fakamatala, **MS R7**

Tono kai eatable ko reira he **1 Atua** tika i homai!



10.2.7.Blubber ra
C-GKalendar Kaupapa Day Fun

12.1.7. hauora pai ra
C-GKalendar Kaupapa Day Fun

E kore e nui te kai koe te tiki mate!

No kai hemokai koe!

Hei ora i te hiahia te tangata-tinana **moe**

1/3 o te rā kua haamau'a no takoto iho, wahi o tenei tura'ii te moe.



hiahiatia moe te hoki ora o te tangata-tino. kia meatia e 7 haora. Hapa o ahu moe ki te mate, engari i muri i anake te tauwhiro tino mamae i roto i te whārua, me te matekai me nga wairangi.

Ki te whiwhi reka te whakaoranga moe me kia te ruma moenga rite pouri rite taea. He ngaro o te haruru roto, o waho, ko te pau. Shire whakatinana Night-pou rāhui.

Note! Ko reira noa ki te whai 2 moe ki te whati i roto i-i waenganui i. 1 moe kei pā ana ki 3.5 haora ki te ake ki te 1.5 haora i matao aru e te moe 3.5 haora.



I roto i te mea kiano i matao moe 1.5 haora. People tiki ake, haere wharepaku, ... I mua i takoto hoki iho te mahi i nga mahi te po-wā, me te whai i te karaihe o te wai.

Ko te hunga e kore e e whiwhi ake, inoi, tai'o, Tuhituhi, faaipoipo kōrerorero, mate (I roto i te mea kiano i matao moe e atu mārū pai iwi i hapu) , ...

mahi TIME - NIGHT

Ko reira noa ki te whai 2 moe ki te whati i roto i-i waenganui i. Kia whiwhi ake koutou (Hei tauira ki te haere ki te wharepaku) , I runga i hoki mai noho i runga i mata o te moenga, inu etahi wai. Mahi i te mahi e whai ake nei (E mahi mahi katoa i noho i runga i turi mata pokohiwi o te moenga whānui motu) . wā katoa e koe te tiki ake te mahi i te mahi rerekē.

1 Mahi: A tuu i te kapu * o koutou ringa ki te waho o koutou turi. ringa Press roto me turi waho, mau 7 hēkona

(Ite koe mānukanuka i roto i ringa, waewae, pokohiwi) . Kia wātea, tangohia te manawa, kahore tukuru, Homai he wai, pai takoto iho, moe. * Whakamahi rerekētanga ringa .

2 Mahi: ringa hanga * tuu ia ratou ki te roto o koutou turi. Press ringa waho & turi roto, mau 7 hēkona (Ite koe mānukanuka i roto i ringa, waewae & puku) . Kia wātea, tangohia te manawa, kahore tukuru, Homai he wai, pai takoto iho, moe. * Whakamahi rerekētanga kapu papatahi .

3 Mahi: ringa Bend (90%) i tahuri taumata pouaka mau paroita i mahue te ringa ngatahitia ake piko maihao, tahuri ringa matau whakararo piko maihao.

maihao Interlock kikī. Na wahia ringa i roto i te huarahi i te ritenga, mau 7 hēkona (Ite koe mānukanuka i roto i maihao, ringa, uma) . Kia wātea, tangohia te manawa, kahore tukuru, Homai he wai, pai takoto iho, moe.

3 Mahi: ringa Bend (90%) i tahuri taumata pouaka mau paroita i mahue te ringa ngatahitia ake piko maihao, tahuri ringa matau whakararo piko maihao. maihao Interlock kikī. Na wahia ringa i roto i te huarahi i te ritenga, mau 7 hēkona (Ite koe mānukanuka i roto i maihao, ringa, uma) . Kia wātea, tangohia te manawa, kahore tukuru, Homai he wai, pai takoto iho, moe.

4 Mahi: ringa Bend (90%) i te taumata pouaka tahuri mahue ringa ngatahitia ake mau paroita, tahuri ringa matau ki te ringa. Place ringa ki te ringa, me te pēhi i raro i te taua wa press ringa tuwhera whakarunga, mau 7 hēkona. Whakamuri, mau 7 hēkona (Ite koe mānukanuka i roto i te ringa, ringa, kaki, uma) . Kia wātea, tangohia te manawa, me te Homai o te wai, pai takoto iho, moe. Kāore he tukuru.

Iwi ki te hoki kukū tāpiri i tenei mahi ki ia mahi: A tuu i ringa i runga i turi. Honga piko upoko hoki hoki ka toka mua i waho ngaro whakapā ki turi (Ite koe mānukanuka i roto i ringa, hoki, puku) . Kia wātea, pai tango te manawa, 7repeats, Homai he wai, takoto ki raro, moe.

Note! People e noho i te rota i roto i te ra-wā. E ki te mahi 1 o nga mahi wā po i roto i te hurihanga i nga 2 haora.

te reira i to outou tinana! Kia mau Whakauru reira!

He hiahiatanga i mua i takoto ki raro ki te moe.

E tika ana kia pouri, kia waiho ai po. Ki te whiwhi reka te whakaoranga moe me kia te whare moenga rite pouri rite taea. He ngaro o te haruru roto, o waho, ko te pau 'Shire' Me whakatinana 'Night-pou rāhui'.

kia 1 haora i haere mai i te kai whakamutunga. Brush niho me horoi tinana katoa i mua i te haere ki te moenga. Koropiko 'moe-pure'.

Kei te tatari 1 Atua ki te whakarongo i a koe!

moe inoi

aroha **1 Atua** , Kaihanga o te ataahua tino Universe Tiakina ahau, ina au e ahau tino whakaraerae ahau Pare i whakaaro rarahi, me te kino

Kia whai rere ahau, te whakaora me te whakaora moe Do kore kia
āwangawanga whakapōrearea aku moe, me te moe kia ahau mahara
anake te moe reka hoki te kororia o **1GOD** me te pai o Arama



whakamahia tēnei inoi e i mua i te haere ki moe!



Whai inu-karaihe (**Kahore kirihou**) ki tonu i te 0.2l o te wai tātarihia
(**Tetahi mea tāpiri**) i runga i ia tepu ro'i. Katoa te po i mua i te haere ki te moenga hoatu karaihe i
runga i te tepu ro'i. **Note!** Inu i roto i te po wa katoa i muri ia koutou tae mai i te wharepaku me te
ka he korokoro maroke, inu okiokinga ina whiwhi ake i roto i te ata.

A ani i 1 Goldtone peihana karaihe (**1 anake hoki rearua**) kei roto concoction otaota (**Kakara
therapie**) i runga i te matapihi tepu ro'i taha !

I roto i te ata i muri i te 7 haora o te moe:

Haere ake, he karaihe o te wai tātari, haere wharepaku, mahi 'Daily-Fit (**Exerci- ses**) ',
Koropiko' Daily-pure ', horoi mata, ringa, kai te kai, kia kakahu. Tirohia koutou 'Mahere'.
Na to koutou rite mo te ora-wheako.

A, no te kakahu haere waho, kakahu tiaki me te matenga, o kanohi me te tiaki waewae.

Pupuri moe he fakamamahi'i! e kore te mea e manakohia ana 'akau rite uiui
taputapu. E puritia haepapa katoatia: **MS R7**

Tono ngaro o te haruru waho i te po (**Po-pou rāhui**) ! Ko te tika hapori! **Kaitiaki Guardian
whakamahi: CGNAs BS-1 (Paerewa moenga) !**

NIGHT - pou rāhui

kihai i hangaia te tinana tangata ki te kia pō. tukinotia ana tangata ratou kaha roro ki te
waihanga i tētahi āhua noho pō. e kore he painga ki te hauora pai tenei āhua. hiahitia te
po-hora te mo te hauora pai.

He 7 haora Night-hora i 14-21 haora (**22- 6 haora, 24 haora Pagan- karaka**) He
whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te
poke, tiaki o kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga, te akiaki i
whakarea.

mahi tangata (He kati katoa) kore ai whaiaro whawhati tata iti. No pūngao ko ki te kia whakamahia anake mo te ohore whakawera ranei! whakaaetia 1 teihana reo irirangi rongo tūmatanui kua tahuri atu whakangahau katoa te atu! No waihangatanga, tari, toa ranei he ki te mahi whakamahi pūngao ranei!

Ka taea e Homes whakamahi whakawera (Kākahu mahana) , meangiti (Te marama kākahu) i roto i te tino rangi.



Me po-hora ki kia whakahauanga. Hoki te puna te o te tinana tangata, me te Habitat rohe. He Shire whakaū Night-Rāhui roto Shire Rehabilitation **MS R1 E** haere hunga hara tukuru i runga ki Porowini Rehabilitation **MS R3**

Po-Rāhui ki **SAVEPLANETEARTH !!**

CLIMATE Tuhinga mo te ora.

hiahiatia tiaki Climate te ki te tiaki i te tinana tangata, te kararehe, mōkai, production kai. tiaki Climate: tiaki kakahu utu, me te mā whakaruru haumaruru utu!

kakahu paruru- Kei te hiahiatia ki te te tiaki i te tinana tangata i te āhuarangi, mate me te parahanga. Me kakahu paruru ki te kia'a fiamālie, whai hua (Tiaki ki tino rangi) me te utu.

Kei o matenga uhi, kakahu, tōkena, hū kakahu paruru!

Head Kei te tiaki o pōtae pūāhuru, beanie, K-kameta, tiaki kanohi, potae. pōtae pūāhuru (Beanie) , K-kameta i s whenu atu o huruhuru te miro ranei, huruhuru (Kahore he muka waihanga) uru. Taea e tetahi te tae tauira ranei.



Eye-tiaki, me te tiaki potae hoatu UV. Ko te

visor he tītaha niao ki a ake tonu, me te iho, unbreakable, hig- hly Aotea ātete, poraka UV hihi, e kore fogging ake, huri anó

(Mumura / mama, mama / mumura hoki) . Ko te potae he hoki hiako rite kaki kaitiaki. Kei te mau tonu Eye me tiaki matenga waho.

kakahu paruru- Kei te hiahiatia ki te te tiaki i te tinana tangata i te āhuarangi, mate me te parahanga. Ko te wāhanga tinana matua tiakina e te kakahu paruru he kiri me waewae. Ko nga wa katoa kakahu tiaki waho tawhito.

kakahu paruru- : Coverall (Ki te autahu'araa) ranei hanga 2-wahi i roto i a te harakeke, Cotton, Wool, he ranunga o te miro / huruhuru ranei (Kahore he muka waihanga) tetahi tae / tauira. Ranei kia whai i te kaki t-shirt, e whakapehapeha * ringa me waewae kati i ringa me nga pona (Tauira tohu) . * Ringa whakakake me waewae tukua tuke / turi hononga ki te neke noa hoki hangaia e te roto rangi mana āhuarangi mō te kiri, me te tinana.

hanga Clothing te roto o muka māori: hiako kararehe, te weu, te hiraka, miro huruhuru ranei. e kore e muka horihori whakamahia mō te kakahu kiri tangata pa. Production o muka horihori mō pito kakahu.



He hāneanea kakahu paruru, roa tonu, whakaritea, utu huatau (Tapanga kaihoahoa) Kei te overpriced kakahu paruru, wā poto, impractically .. E kore e manakohia!

Me tiaki i Climate me patoto waewae. He kiri, Waewae me nga pona i te mōrea. Kei te tiaki waewae o Tōkena me Boots. kakahu ngā wā katoa te tiaki waewae ina ihupuku waho.

E hanga tōkena i o Cotton, Wool, he ranunga o te miro, me te huruhuru (Kahore ō) tetahi tae tetahi tauira. kia hipokina tōkena Waewae ki runga ki te 7cm runga ake ponapona.

Boots i hiako o runga paruru, hiako ngohengohe roto (Kahore ō) kapu hiako rapa ranei. Boots tiaki Waewae ake ki te 7cm runga ake ponapona. hū waihanga pupū ake waewae kohua ia ratou. e kore koe e taea e haere.



tiaki ringa (**Karapu**) E mau rite fie! E hanga karapu i hiako, miro, huruhuru, he ranunga o te miro, me te huruhuru o (**Kahore ō**) tetahi tae tetahi tauira.



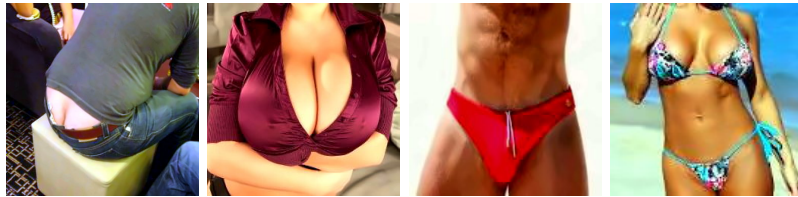
APE:

tapanga Designer he wahi elitist o taonga kaikiri. E overpriced tapanga Designer. I whakaputahia e mahi pononga. Hanga hoki te pai whakakake atu Bing snub- te aro rawakore, me te rawakore. Mawehe iwi e kakahu enei.



tapanga Kaihoahoa! Iwi nei te wahi Designer tapanga! Toa e hoko tapanga Designer! **protec overpriced kakahu e rave'a maori!** kakahu paruru Impractically huatau! hanga kakahu paruru i roto i o muka artificial-! **Whakama, APE** iwi e kata manene utu ratou ki te whai horoi titiro kakahu i roto i, kua pūtake pipiripia me rua i hanga i roto i a ratou.

waehere kākahu trashy Kāore:



Kia mohio te tangata trashy e he trashy ratou.

Mawehe kakahu waihanga, hū. Whakamutua hanga o kakahu waihanga, hū. **ō ture kaihanga whiwhi, MS R6 .**



Tiakina tou whakamahi tinana tiaki waho kakahu!

Te tangata i te 1 Atua hoatu tika ki **hygienicaffordablesecure whakaruru (hass) !** kua he fatongia ki te tuku i tona taupori Kāwanatanga ki mā whakaruru haumaruru utu! **tukua Shelter e 'Shire'** (Kāwanatanga ā-Rohe) . Wāhanga o Shire-whakamahere. **KĀINGA !!**

Hoki ki te Shire homai mā whakaruru haumaruru utu katoa here kore Whenua me te rerenga kāinga (**Tūmataiti puritia**) E whakawhiti ki reira. ki tonu rawa Pty whakawhiti vahine te ki te iwi manene, me te mau utuafare i runga i ngā rārangi tatari. whare Maha-whare moenga ki hiahia 1 anake noho ki te tango i roto i te tahi atu-noho. Ko te whanonga anti-pāpori Kāore mō te 1

tangata he ka atu 1 moenga.



katoa 'hass Ko 'noho reti. Nāwai horihori kari tal ornamen-, e whakakapi i te hapori
whare cluster- kāinga tu noa. Tautau whakaratohia noho reti e te 'Shire'.

Katoa kāhui noho i 3 taumata o kaimahi + 1 taumata Glasshouse
Te whenua Taumata, Taumata 1, Taumata 2, Glasshouse kari (Ka taea e kaimahi tupu
otaota) . Kei noho Kāhui o wae kotahi (1 ruma) , Wae tokorua (2 ruma) , Wae whānau (3 ruma
..) . founga ngāue ko'eni whakahauanga (Tūnga whānau, tau) tonu.

katoa 'hass Ko 'noho reti. reti Weekly Ko 14% o te moni wiki matotoru o te riihi.
haehae kaimahi Maha ko 14% o takoki moni wiki matotoru o kaimahi. Hei taura \$ 100
moni wiki matotoru, haea \$ 14. \$ 1000 matotoru moni wiki, haea \$ 140.

Shire kai hiko, wai ki iti rā (Free) / (Utu ka) tapahia mōrahi atu whakamahinga. homai
ano hoki Shire horoi hapori, tiaki, recreation, ururua, tango parakaingaki.

tika riihi Takitahi te ki 1 ruma ora hapori. I tau 63 i iritihia fer te ki tūranga noho (Whakahauanga)
. Single 1 ruma ten- whakamahinga popokorua i runga i wharepaku hapori taua taumata
/ ua whare. I te taumata whenua horoi / pati.

Malí (1 HE, 1 OIA) kaimahi i 2 ruma: ora / moe / kitchenette me wharepaku / Maturuturu.
Share horoi / pati i te taumata whenua.

Nuku (Whakahauanga) ki te kōwae whānau ina tae tamariki. riro te tokorua kotahi,
whakawhitinga (Whakahauanga) ki te kōwae kotahi.

kaimahi Family i 2 ruma (Ora / moe / kitchenette me wharepaku / ua) . Share horoi / pati i te
taumata raro + 1 ruma mō ia 2 tamariki. I muri i te tamaiti whakamutunga neke i roto i (Na roto i te
tau 18 whakahauanga) . whakawhiti Malí (Whakahauanga) ki te hono i ora.

tukua iti kāinga tautau: Aquarium, terrarium, kuri iti. Kaua e tukua Cats, Wildlife, kararehe kāinga, tetahi e te mea nui atu i te kuri iti, kahore he tupuranga. Mea e te hunga i te riri ki kaimahi me te noho.



Note! Kaimahi ki hinengaro, tinana, hauātanga fakasekisuale, ora i roto i wharau motuhake whakaratohia e te Kāwanatanga Porowini.

Shire whare kāhui hapori faatupu hiahia katoa tangata! He wahi ki te tīmata me te tupu i te utuafare.

Tautoko Ngā Cluster Housing. Tō Home!

YourCommunity!

GOOD HYGIENE mo te hauora pai.

tīmata akuaku pai ki te ma, me te noho pai. Clean me whakapaipai tīmata ki ahua whaiaro, pā ki te kāinga, ako me te mahi. Clean me whakapaipai pā hoki ki te whakaaro, me te whakaaroaro.



He 'mahi Daily' ngā ma'á. Horoi ringa i muri i nga haerenga wharepaku me te aroaro o nga kai. Horoia mata i mua i nga kai. Brush niho me horoi tinana katoa i mua i te haere ki te moenga. shaves ia i te iti rawa e rua wiki katoa. makawe Horoi kotahi te wiki. Kaitiaki Guardian haere Fakataha ma (Niho pania, makawe heru, horoi tinana katoa) , Makawe kanohi heua (HE) , Mau ma, taputapu tau (Upoko ki koromatua) .

I muri whiwhi ake i roto i te ata te mau melo atoa o te utuafare i te pae tino ahei hanga ratou moenga. haapii te mau metua tamariki pehea ki te. Te whakaoti akuaku ata. Ko te wa ki te kia kakahu, maka ana i runga i te whakatakotoria i roto i rite (Ahiahi i mua) taputapu i te tangata whakaritea ki kākahu. horoia katoa ipu breakfast rokiroki te aroaro o refilling me tapaina

(Ihirangi, te rā whakakī) . I muri breakfast rohe kai ma. Hoki oko ki te rokiroki. ipu Dirty, kua hoatu oko i roto i te totohu. Ko te tangata he rite ki te tīmata ratou mahi dailly inaiane (Te kāinga, kura, mahi, tūao) .

ipu katoa i te tapanga ihirangi. whai hoki ipu kai te rā whakakī. Rokiroki ipu neatly ka mau. **Dangerous (Paihana, tāoke) E penapena humarie ipu (Tamaiti me te tohu kuare) .**



Kaua e waiho ngā tūemi kāore (**Oko, taputapu, taonga tākaro**) taputapu ake taonga, papa, wāhi mahi.

I muri i te whakamahinga tangohia ake tūemi hoatu ratou i roto i te rokiroki tau (**Tapanga**) . tūemi Store tonu te i roto i te wahi kotahi. He ngāwari ki te kitea ka ratou.

I mua i te haere ki te moenga. Whakapaia a tahora te taputapu whakamahere koe ki te kakahu i muri ra. **Fao tetahi peke ki ngā tūemi e kua āta whakamaheretia ki te kia tangohia me ka mahue i roto i te ata.**

E rongoa nei koutou taiao ma, me te noho pai. whakaiti: **D UST (Pai hoki to koutou pūnaha respiratory) , M kaiao icro (Huakita, ironiki, huaketo) iti iho mate, mate, ahau nsects (Ngau, ngā torongū, wero) iti iho mate, rashes, V ermin (Kiore, kiore, papata) , Iti kapa paru, horapa o kaiao moroiti, iti urutā whiu.**

Mā te whakamahi i te hātea waipatu kaha ranei faarahi koutou tupono o te whiwhi ma'i mate pūkahu kahu taunutia. Whakamahia te kaihoroi mata tūturu:

Mix, 1 kapu warorua o houa, 1/2 te kapu winika ma, tāpiri i te tahi pata o te hinu faufaa. E titauhia te reira tāpiri kaha te punetēpu o te tote.

Me ki matihe! Matihe ki to koutou kēkē. Mahi disease kore horapa.

Kaua e kihi i runga i te ngutu. Kihi fastes whakawhiti mate. he ihu o hei utu horoitanga.

Kaua e ruru ringa! Te kore kakahu koe karapu.

E pā ana Hygiene ki whakaaro. Moepuku, siokitá, whakarihariha, tutu, whakaaro he whakaaro kino ki te kia karohia. **Te whakatinana i whakaaro kino arata'i ki te kawenga takohanga!**

Kua heke huringa Climate kounga rangi. More, ahi nui (**Ngahere, ngahere, wildfires**) ! **kāinga Human (Waro, paru, hau, hinu, rakau) , taputapu (Waro, paru, hau, hinu, konukarihi) , waka (Waro, hau, hinu) tahu! kua ki te whakaaro te whakamahi i tiaki manawa He hapori!**

taputapu waho romahā paruru (**Rpe**) e tūtohu!

E tauanga Rpe e te pai o ratou tiaki ki matūriki. E whakamahia P2 kopare. Hei tiaki, e rite rawa kopare piri (E heua pahau atu) !

Whare whakamahi purifiers rangi! Ka whakamahia e tēnei gadget te tātari HEPA. Puritia tatau me matapihi katoa katia.

Te tangata te whakaputa rawa nui paru, ururua! hanga tenei te mōrea hauora nui. Hangaia e te reira i poke e tomo te mekameka hapori kai. He iwi ki te whakaiti hoko o taonga faufaa kore, mau fare rahi lotokolo, whakaiti mahi leisuretime (Ngā mano nui, hākinakina, sic mu-, ..) !

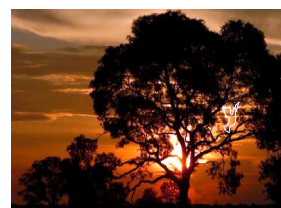
He whakahauanga Immunizaton! Iwi kahore e ārainga mate nei e te riri ki te hapori! E kano ratou, ka pūmate rawa, **MS R4**

mana'o Haumarū he aha te tika tangata i te hapori.

E te tika ki te ite anake i roto i to ratou whare te iwi. E ratou he tika ki te ongo'i anake i ako me te mahi. Ko te aha i hanga ariā te 'kaitiaki Guardian Kopae i Violence' te wātea (Kite Ch7, 1Church) hoki hingaia implemen- i roto i nga Shire .

Shire whakarato ratonga Sentinel. Sentinel hapai i iti ki te kaitiaki mōrearea me te tautiaki mau ohipa waenganui. I, atu ohipa ranei ka pūrongo te tūtei anti- whanonga pāpori (Hara, pollution, mahi tūkino) me te pūrongo i tetahi take hauora kotahitanga me te haumarū comm-. ka hopu Sentinel hoki ka mohio pakaru pakaru me te mahi hoki i te hara. Na ka karanga tona teihana mo ki he ope tiki ake te hopukina.

Shire whakarato i tētahi 7 haora te po hora whakahauanga i 14-21 haora (CG Klock) . Hoki hauora pai, whakaiti i roto i te kohi pūngao, iti parahanga me te tiaki o te kararehe. Whakaitinga i roto i te hara, te utu ki te kāwanatanga, te akiaki i whakarea.



tauturu i te iwi o ratou hoa ina i raro i whakaeke. Kaimahi te āwhina hoa kaimahi. tauturu i Educators me ngā pūkenga tahi e te tahi. whāinga katoa Shire o ko ki te hei utu tutu.

Kei te āwhina ngā kaimahi ratonga Emergency Ture-uruhi. Na roto i te mataara o pakaru o Ture, Ture i runga i atu mahi ranei. **kia ratou**

whai ki te hanga o te hopu harangotengote. kia kia huaina TS reservist ki te tauturu.

He he hapori free tutu ko te Matau me Fatongia. tangata katoa e te tika ki te ite anake. tangata katoa e te hopoi'a ki te awhina te iwi e whai inflickted runga ratou tutu. E kore e mahi na, **MS R2 !**

Iwi e tukua te tutu tutu, mataaratanga, **MS R2 !** Iwi e whakatenatena (**Manawanui i runga i, te tauturu**) , Oho, tutu, te Pare iwi tutu i hopu, **MS R3 !** E pā ana hoki tenei ki te whawhai, hākinakina whakapā!

Kei te tatari 1 Atua ki te whakarongo i a koe!

Victims o hara inoi

OMANI Manatu - ra 2. 4. 7.

aroha **1 Atua** , Kaihanga o te ataahua tino Universe tou haehaa kaitiaki kaitiaki pono te nuinga (**1st ingoa**)

Ui ki te noho i te mamae, me te mamae o ngā pāpurenga o pāpurenga hara Āwhina o te hara whiwhi whakawa me te utu fafau ahau ki te tauturu whiua hara tonu ani i whiua e te kino kei roto i te ora me te Mo'ui Hili lá hoki te kororia o **1 Atua** me te pai o Arama



whakamahia ana tēnei inoi kei i runga i Victims o Day Crime (CG Kalender)!



tīmata te mahi nanakia ki te poho o. taiao tutu faatupu i te pensity tei ki te tutu mo te toenga o te ora. Ko te keno ki te tutu me te keu ki te tahuri tutu. **pāngia e: Alcohol, te riri, te wehi, te pēhanga peer-, whakapā-hākinakina, whawhai-hākinakina, kuware, whakaitinga, ro'ohia hinengaro taonga, hapa o aumaiui, whakapataritari, ataata tutu, tutu ataata-tākaro, ...**



kitea tētahi poho ki mātua, ka waha e memeha haere tahi i te tahi. Ako e he reira pai ki te whakatupu kino i-waha a ka rave i te reira i muri mai i roto i te ora. He poho kitea ki te māmā e kino ia i te pae tino i te papa. **whanau hou ka OIA muri i roto i te ora mau tūkinu tinana e HE. whanau hou ka whakaaro HE te reira pai ki te kino ia OIA.**

Fefeka memeha, maia, kei te etahi tūtahi whakaweti.

Whakaweti tīmata ki intimitation taea whanake i te reira ki te huaki. **houtamaki o**

te nuinga o karapotia ratou ki individuals wehi taitaiā.

tutu isthethreat

StopViolence startat kāinga

riri waho (Atu Porowini, Space) Kei te whawha e hōia.
e Military kore ake whakamahi ranei A, N (Ngota, karihi) B (Koiora) C
(Matū) patu. weapons whakamahinga Military stun e herehere (E kore e whakamamaetia, patu) !
Whakamahinga a pā ture CG Space.

E kore e te haporī ite anake (Waranga, ngā pānga taha) te whakamahi i rmaceuticals Pha-
'! Ko te Ko te maimoatanga utu seprimitive. Ko te maimoatanga parepare whakamutunga
uticals Pharmace- '. Kopae i tiaki hauora practioners e whakahau Pharmaceuticals anake
' . He kuare pirau ratou "rata". Tono kia akiritia ratou.

Note! Piri ki kaitiaki tohutohu kaitiaki kai me mahi e whai ake nei, te whakaiti mau
ma'i i te 80% +.

E rave rahi mau taata i roto i te mohio haporī whakatumā i te tangata ki te hauātanga. He 3
momo o hauātanga: hauātanga Mental, hauātanga tinana, hauātanga fakasekisuale .

hauātanga Mental

Kau mataotaó e whakaatu nga tohu o, 'Mental hauātanga'. ... E arotakea e te komiti (Ngā,
ma'ii, ngā mātua) . Ki te kitea e E ua tonohia ki, 'MDQC' whakawhiua (Mental
Hauātanga Taratahi Pūhui) . Hoki ratou ake tiaki, me te tiaki i te tahi atu mau tamarii.

hauātanga tinana

Kau mataotaó e whakaatu nga tohu o, 'hauātanga ā-tinana'. ... E arotakea e te komiti (Ngā,
ma'ii, ngā mātua) . Ki te kitea e E ua tonohia ki, 'PDQC' whakawhiua (Tinana
Hauātanga Taratahi Pūhui) . Hoki ratou ake tiaki, me te tiaki i te tahi atu mau tamarii.

hauātanga fakasekisuale

Kau mataotaó e whakaatu nga tohu o, 'hauātanga Fakasekisuale' (Child molesting, taua ira, ira
tangata raruraru) . E arotakea e te komiti (Ngā, ma'ii, ngā mātua) . Ki te kitea e whakawhihi ki,
'SDQC' whakawhiua (Fakasekisuale)

Hauātanga Taratahi Pūhui) . Hoki ratou ake tiaki, me te tiaki i te tahi atu mau tamarii.

tautoko Life

He Tangata taea ki te hanga i te hanawiti, ka kai i te reira i teie nei ranei i roto i te heke mai taea foresee-. Kia hiahia ki te invoke te **1 Atua** tukanga mahi whakatau (Ora mate ranei) . tangata katoa e te tika ki te whakakahore maimoatanga, kai, inu. Whakakahore i te tangata tenei tika he whakamamae, he hara, **MS R7** .

1 Atua o hoahoa kei e mea katoa i roto i te Tinana Universe he timatanga me te mutunga, tae atu i te tangata-tinana. titauraa aroha tangata e maka ana i te mutunga ki te mamae. Kore 'āwenewene roa' te ora. Āwenewene te haafifi ora roa ki **1 Atua** hoahoa 's.

tanumia ora

Ki te karo i te tanumia ora, fakamomofi ko te pau. e kore e hiahiatia ana anake tahu tūpāpaku ki te wewete i te wairua, engari ano mo te take hauora. Ko te tamā raa ahi crema- whakangaro huakita mōrearea, wheori, ngārara ngā torongū me harore e kia noho i te tinana. **Note!** Graveyards Ko te mōrea hauora, he ururua o whenua. Kei te rere kaunihera i o whenua mo graveyards.

whakapangia Whaiaro patu

whakapangia Whaiaro patu (Euthanasia, whakamomori) Ko te tohu o te ngakau ngoikore, he wairua ngoikore. Ko te ora-wheako mo te Varua. He Ētahi atu tangata e kore e ki te pokanoa te kore i reira he he ati ki ētahi atu. **1 ATUA** Ka hapai i tenei i runga i ra whakawa. Te āwhina i te tangata ki te whaiaro whakapangia he patu he manakohia rite te roa rite te marae hāngai whakaae e reira ko te hiahia mate. riro uaua atu he fakamamahi'i. Whakamutua te reira!

Note! hoatu te tangata e mate ana kararehe i roto o ratou mamae. Heoi hapa ratou aroha mo to ratou ake ahua.

Mutu ora ki te tura ko te tika tangata.

pōti

Kei te tautoko te iwi Kāwanatanga pōtitia noa na roto i te pōti i roto i ns electio-. E kore pōti kia hua i roto i Radicals tango i runga i te Kāwanatanga, me te whakau i te tukino (Tuku tōrangapū ranei) . E nekehia atu pūmate rawa akiaki ia, **MS R7** . 'Tautoko 2 anake momo o te kāwanatanga,' Universe kaitiaki kaitiaki Province ' (Kawanatanga) a 'Shire' (Rohe) .