



JIMICSIYADA DARDAR- GELINTA MASKAXDA



MASHRUUCA
ETNIMU

HORUMARINTA CAAFIMAAD
MASKAXEEDKA DADKA
DUQOBAAYA EE AJNABIGA AH



JIMICSIYADA
DARDARGELINTA
MASKAXDA

Hagahan waxaa loo sameeyey mashruuca ETIMU, kaas oo loogu talagalay horumarinta caafimaad maskaxeedka dadka duqoobaaya ee ajnabiga ah. Mashruuca waxaa maalgeliyey RAY. Sii aqri: www.muistiasiantuntijat.fi/etnimu

DAABACAAD:

Urukka khaburada xasuusta ee Finnishka (Suomen muistiasiantuntijat ry)

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Kooxda wadashaqeyntu waxay si diiran uga mahadcelinayaan tababaraha xasuusta ee Istooniyaanka ah FIE Anu Jonuksi fikradaheeda.

TAXANAHA:

Daabacaadaha Suomen muistiasiantuntijat ry

ISSN 2343-2489

Julkaisu 9/2017

ISBN 978-952-7227-08-4 (nid)

ISBN 978-952-7227-07-7 (pdf)

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Jimicsiyada dardargelinta maskaxda.

Suomen muistiasiantuntijat ry, daabacaada 9/2017.

Helsinki: Paintek Pihlajamäki Oy, 2017.

Jimicsiyo farxad u leh dardargelinta maskaxda

Buug-hagehaan idinka ayaa la idiin qoray, hagayaasha kooxaha, kuwaas oo horumarinaaya nolosha dadka waayeelka ah ee Finland soo degay. Buug-hagehaan waxaa lagu soo aruuriyey 22 tababar ee iskuduwida iyo foojignaanta, kuwaas oo caawinaaya caafimaadka maskaxda horeyna u marinaaya isla shaqeynta maskaxda iyo murqaha. Maskaxduna waxay u baahantahay firfircooni.

Dhaqdhaqaaq iyo jimicsiga habba yaraadaanee waxay noqon karaan mid muhiim u ah tayada nolosha. Awooda lagu xakameeyo murqaha laguna hago dhaqdhaqaaqa hoos ayey u dhacdaa marka la duqoobo. Jimicsi joogto ah ayaan hoos ugu dhigi karnaa isbedelkaas.

Dhaqdhaqaaqa wuxuu xoojiyaa faya-qabka maanka wuxuuna taageeraa xusuusta. Way wanaagsan tahay in naftaada aad ku qasabtid wax aadan horey u sameyn. Xirfadaha cusub waxay maskaxda u furaan xiriiryo cusub. Foojignaanta oo kor loo qaadana waxay maskaxda ka caawisaa howl-maalmeedka.

Firfircoonida iyo xiriirka bulshada ayaa lagama maarmaan u ah shaqada maskaxda. Jimicsiyadaan waxaad ku sameyn kartaan koox ahaan ama keligaa gurigaaga. Markaad jimicsiga isla sameyneysiin waxaad ka helaysaa caawimaad qofka kale isla markaana wax isla qabashadu waxay keentaa qosol qofka u wanaagsan. Barashada dhaqdhaqaaq cusub waa lagu guuleystaa markuu jimicsigu xiiso leeyahay oo dhaqdhaqaaqa lagu celceliyo dhowr jeer.

Jimicsigaan waxaa loo diyaariyey in, laga bilaabo qeyb fudud loona gudbo tan adag. Heerar kala adag ayaa loo gudbaa iyadoo lagu siyaadinaayo dhaqaaqyo kala dhinac duwan iyo iyadoo lagu soo kordhinaayo qeybaha kale ee jirka, tusaale ahaan lugaha iyo gacmaha. Jimicsiga waxaa lagu sameyn karaa fadhi ama istaag. Isku daya inaad isla sameysaan jimicsiyo cusub.

Jimicsi farxad leh ayaan idiin rajeynaynaa

Siiri Jaakson, Eva Rönkkö iyo Urve Jaakkola

Xusuustu kuma dhamaato isticmaalka, ee waa bilcaksi!

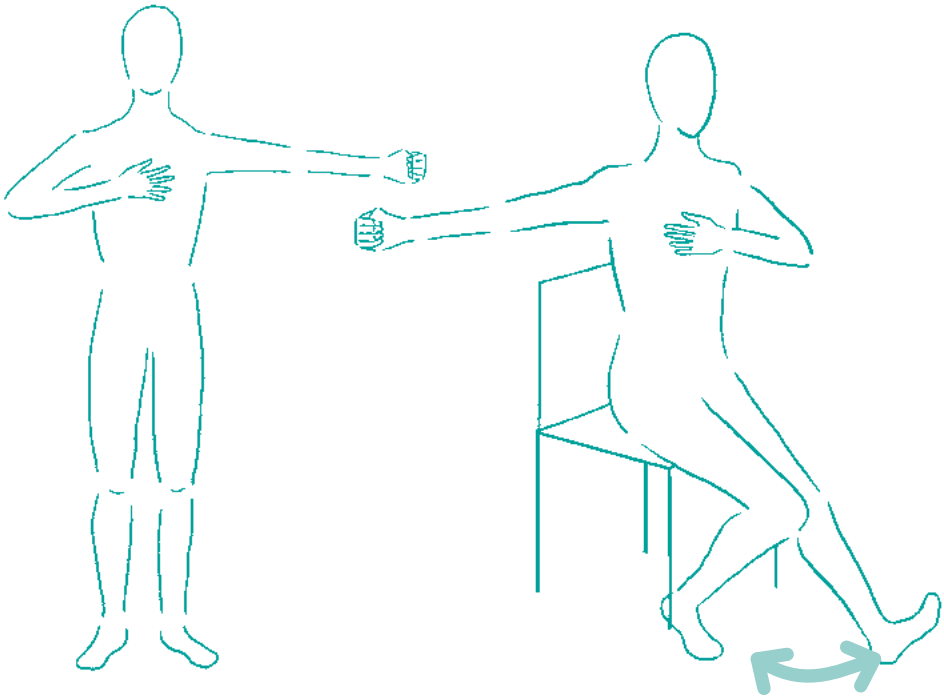
Fariimo caawinaaya jimicsiga:

- Samee hal dhaqaaq markiiba.
- Si yar ugu dar qeybaha adaga.
- U feejignow waxaad sameynaysid, dhaqdhaqaaqana xusuusnow.
- Jimicsiga waad ku guuleysaneysaa, markaad kor u hadashid.
- Dhib maleh haddaadan isla markii ku guulaysan. Waqtiga jimicsiga waad isku qosli kartaa!
- Guusha waxay u baahantahay celcelis, tababarkana wuxuu kaa dhigaa horyaal.
- Bed-bedal jimicsiga si aad u waafajisid dareenkaaga iyo baahidaada.

Ku socoto hageyaasha:

- Hubi dhaqdhaqaaqa islamarkaana baro intaadan kooxda u tegin.
- Ha sameeyaan markiiba hal dhaqaaq.
- Ku xisaabtan heerka kooxda iyo awoodooda. Dhaqaaqa waxaa lagu sameyn karaa fadhi ama istaag.
- Ku dhiiri geli xubnaha kooxda ka qeyb qaadashada. Qof walba ma aha inuu ku guulaysto, laakiin tababarka wuu wanaagsanyahay.
- Jimicsiga khasab ma aha inuu noqdo mid dhidid badan, qosolkuna qof walba ayuu u fiicanyahay!
- Xasaasi u ahow baahi-dhaqameedka kooxda. Kana faa'iideyso awooda qof walba.

Gacmaha oo dhinac la geeyo



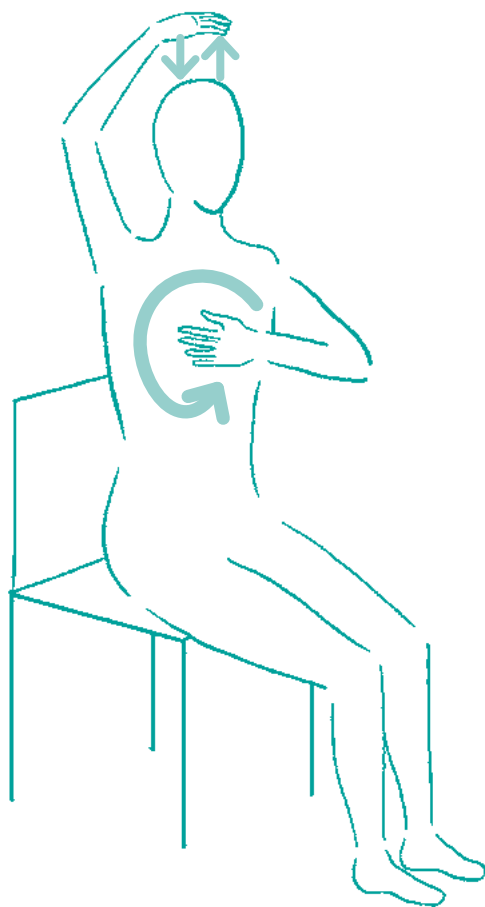
Jimicsiga waxaad ku sameeyn kartaa istaag ama fadhi.

- Gacantaada midig utaag dhinac iyagoo faraha laaban yihiin iyo gacanta bidixna saar xabadka iyagoo faraha furan yihiin.
- Bedel gacanta. Gacanta aad markasto dhinaca u taagaysid faraha ha u laabnaadeen sida feerka.

Adkee:

- Cirbahaaga kor qaad marba mid.
- Gacanta oo faraha laabanyihiin suulka hoos u dhig, marba gacan ku samee.

Gacan wareejis iyo sacab

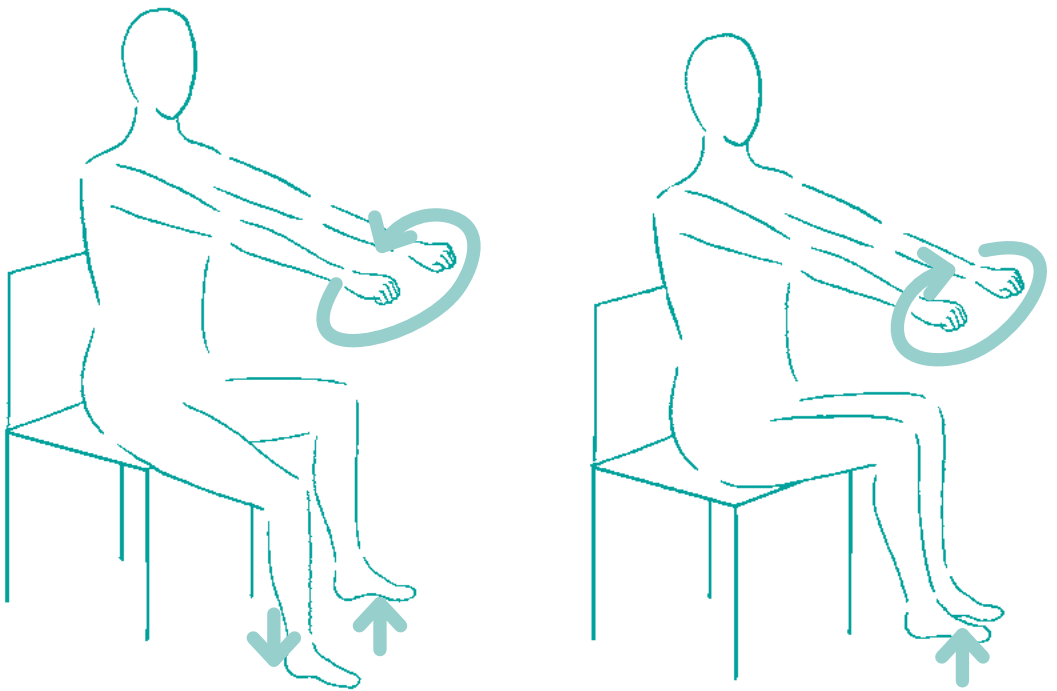


- Gacantaada midig ku sacab garaac madaxa.
- Dhaqaaqa kudar gacanta bidixda kuna samee wareeg xabadkaaga.
- Bedel gacanta, ku sacab garaac gacanta bidix tan midigtana samee wareeg.

Adkee:

- Isku mar kor u qaad jilbahaaga.

Wareejinta gacmaha ayagoo feer u duuban lugahana kor loo qaado



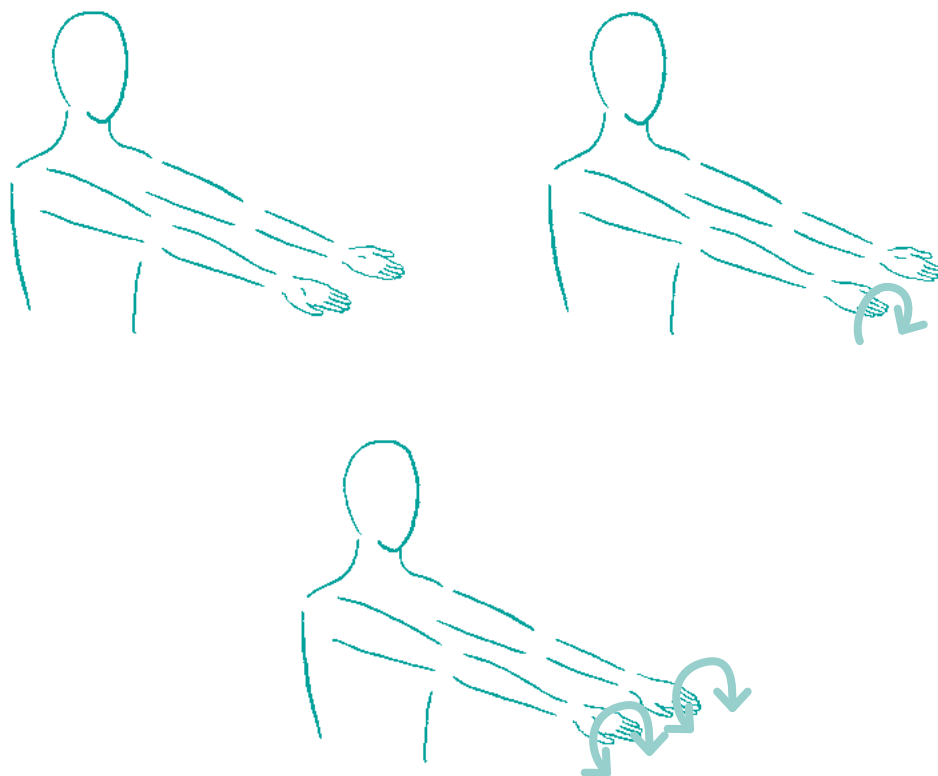
Samee adoo fadhiya jimicsiga.

- Laab farahaaga adigoo si toosan horay ugu taagaya gacmaha. u wareeji labada gacmood isku mar dhanka middig. Isla markaasna labada lugoodna ku gaardi.

Adkee:

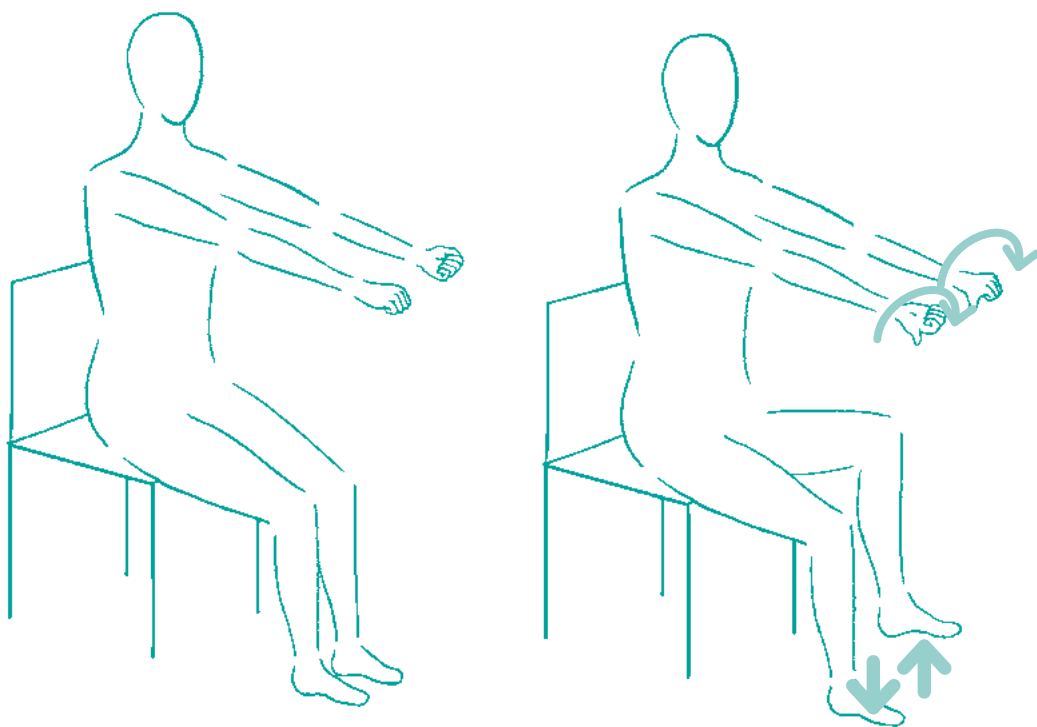
- Jilbahaaga isku mar kor u qaad, gacantoo feer ahaan u duubana bidix u wareeji.

Wareejinta calaacasha



- Gacmahoo fidsan horay keen, calaacashana kor u jeedi
- Markaan dhaho midig, gacanta midig hoos u jeedi.
- Markaan dhaho bidix, gacanta bidix hoos u jeedi.
- Markaan dhaho labada, u gedi labada calaacalood siday markaas ahaayeen dhanka ka duwan.

Feerka/tantoomada oo la wareejiyo

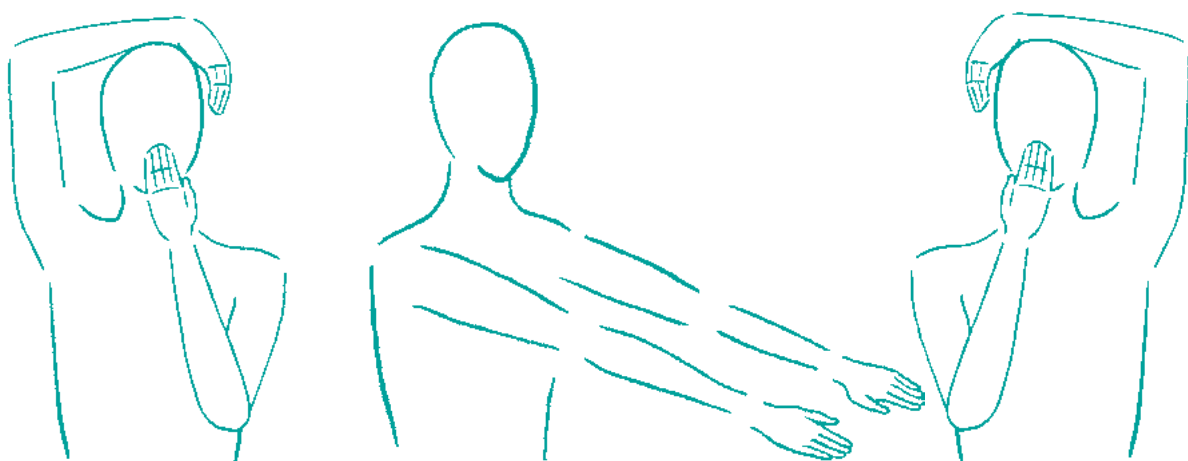


- Toosi gacmahaaga iyagoo feer u duuban, gacanta kale dhinaca kale u wareeji.
- Markaad gacanta feerka u duuban midig u leexisid, u soo saar suulka banaanka.
- Markaad gacanta feerka u duuban bidix u leexisid, suulashana ha soo saarin.

Adkee:

- Lugaha ku gaardi, markaad gedinaysid gacanta feerka.

Taabashada sankaa iyo dhegaha



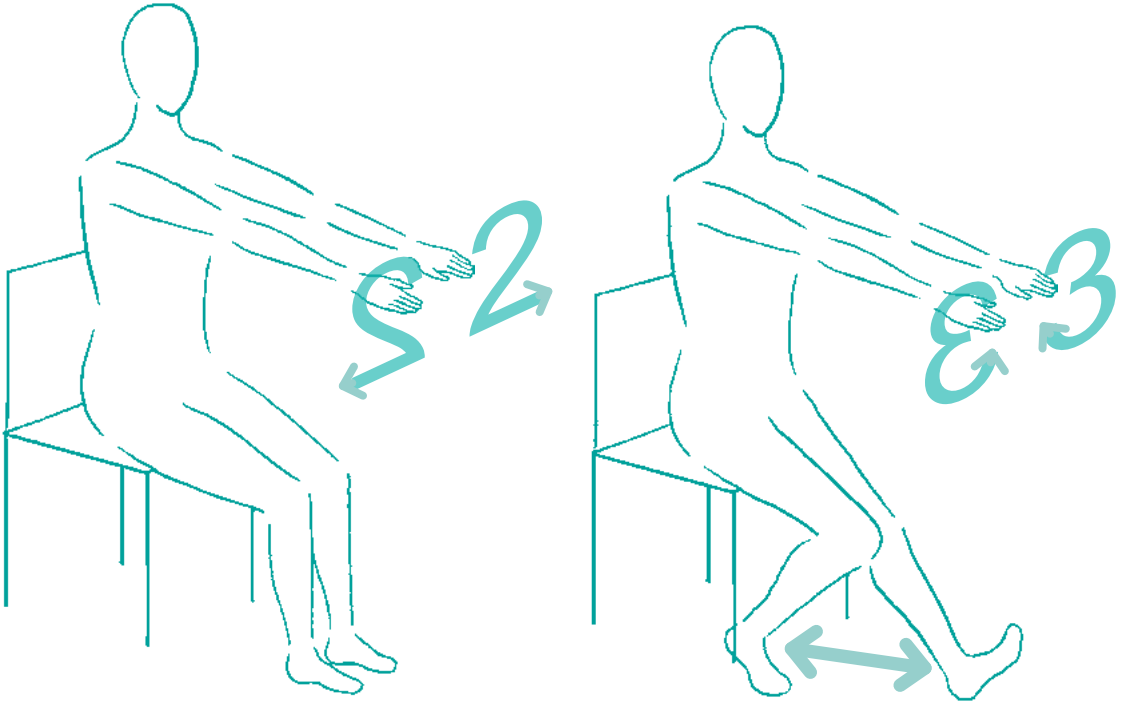
Gacantaada midig ku soo wareegi madaxa korkiisa kuna taabo dhegta bidix iyo gacantaada bidixna ku taabo sankaa.

- Gacmahaaga horay u taag iyagoo toosan.
- Gacantaada bidix ku soo wareegi madaxa korkiisa kuna taabo dhegta midig iyo gacantaada midigna ku taabo sankaa.

Adkee:

- Samee jimicsigaan adoo u soconaaya (horay iyo gadaal).

Lambarada gacanta

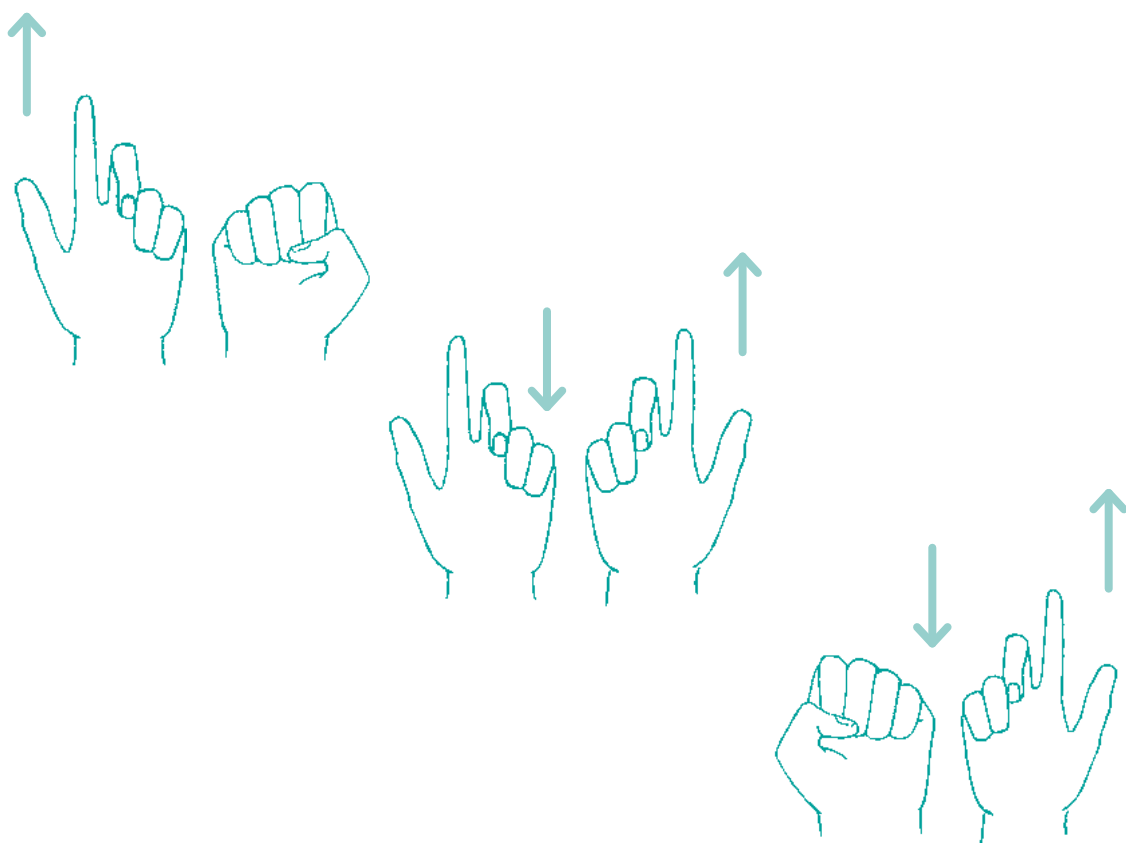


- Gacantaada oo toosan ku qor tirooyinka.
- 1,2, 3, 4, 5, 6, 7, 8, 9, iyo 10 iyo mida kale gacantaada midig ku sawir kadib tan bidix waxay sameynaysaa mid lamid ah oo sawir muraayadeed oo kale ah.

Adkee:

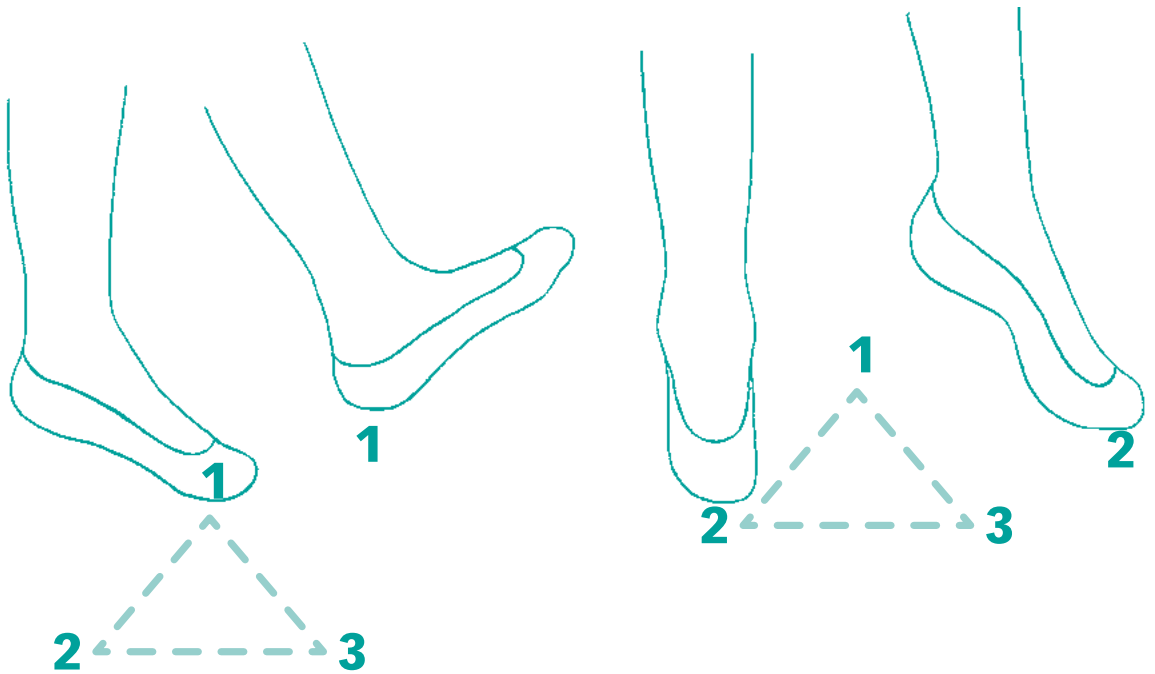
- Waxaad kalood ku dartaa sawirida tirooyinka inay lugahaaga horay iyo gadaal u dhaqaaqaan.

Faraha xir kadib fur



- Labada gacmood si fudud feer ugu duub, gacantoo kor u jeeda.
- U fur feerka bidix farahiisa mid-mid, laga bilaabo suulka.
- U fur feerka midig farahiisa mid-mid, laga bilaabo suulka. Isla markiina mid-mid u xir faraha gacanta bidix adigoo ka bilaabaaya far yareyda.
- Sii wad furitaanka faraha isku marka ah suulkana lagabilaabayoo iyo xiritaankooda oo far yareyda laga bilaabayoo.

Lugaha oo xawaaro kala duwan



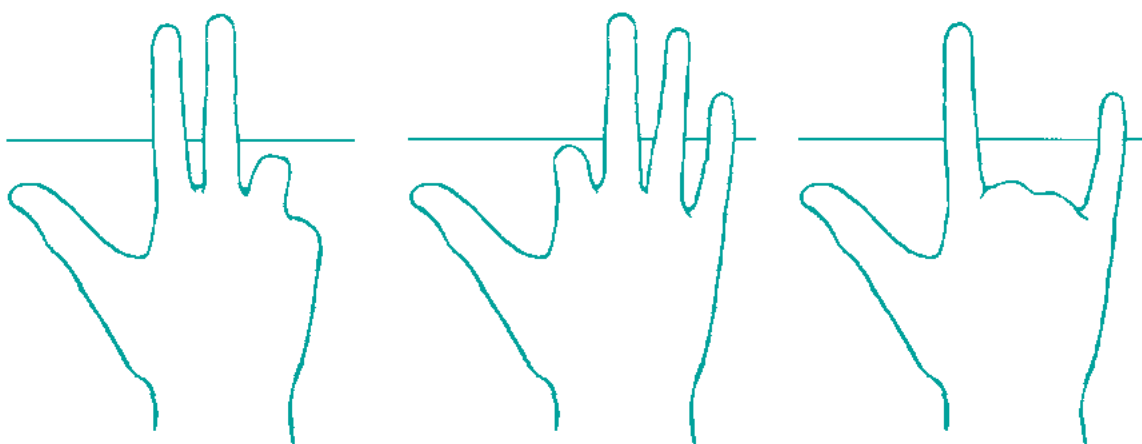
Samee Jimicsi adoo fadhiya.

- Lugta bidix dhulka ku samee saddex xagal(1,2,3)
- Lugta midig waxaad ku taabataa dhulka marna faraha marna ciribta(1, 2)

Adkee:

- Ku dar dhaqdhaqaaq walba ee gacmaha.

Faraha miiska saar



Jimicsiga ku samee miiska.

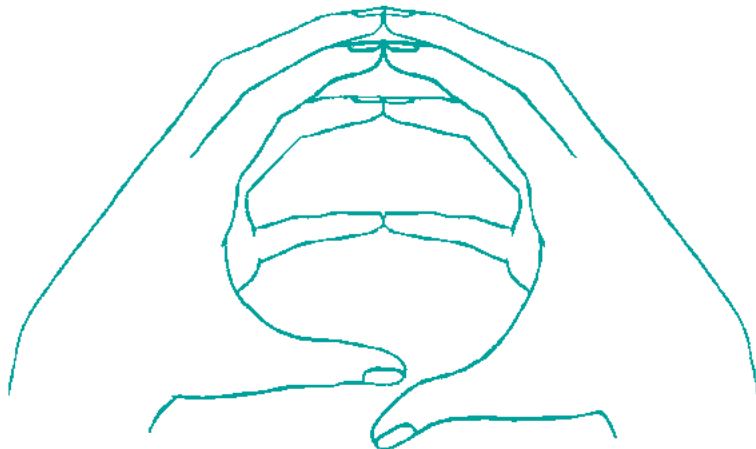
Ku bed bedel miiska geeskiisa faraha si dhaqso ah:

- farta hore iyo mida dhexe
- farta dhexe, farta ku xigta faryareyda(Faadumo) iyo faryareyda
- farta hore iyo faryareyda
- si isku mid ah usii samee

Adkee:

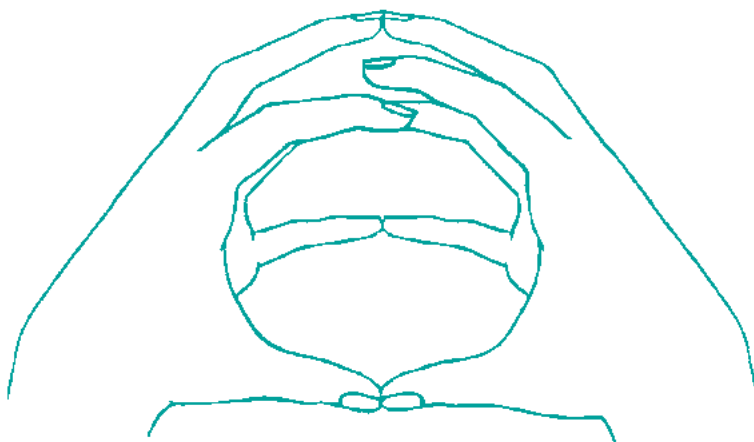
- Ku samee jimicsiga labada gacmood.

Gacanta ka dhig banooni farahana wareeji



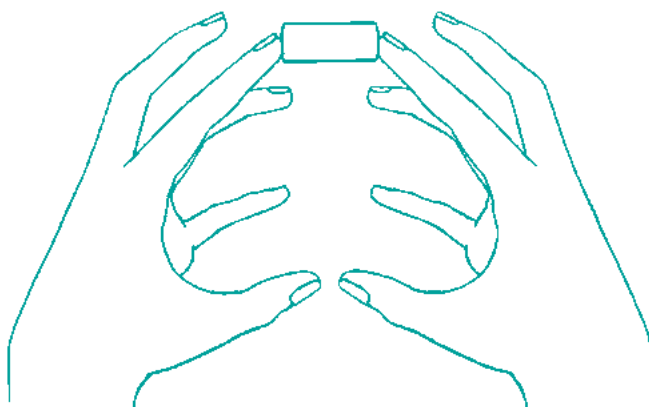
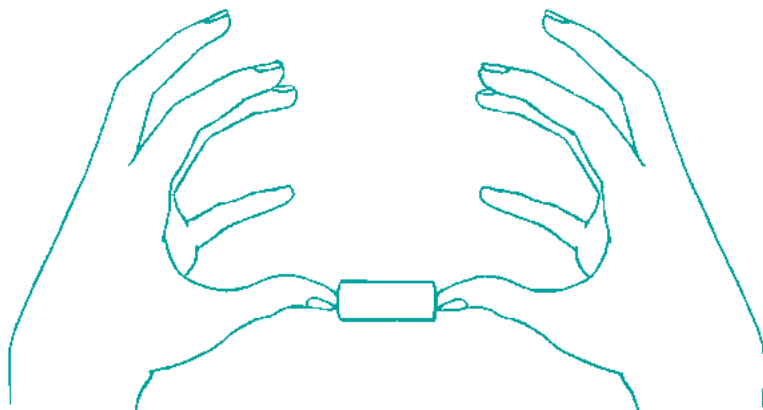
Waad sameyn kartaa jimicsiga adoo fadhiya ama taagan.

- Ka samee gacanta banooni suulashana isku kor wareeji, kadib u bedel dhinaca kale.



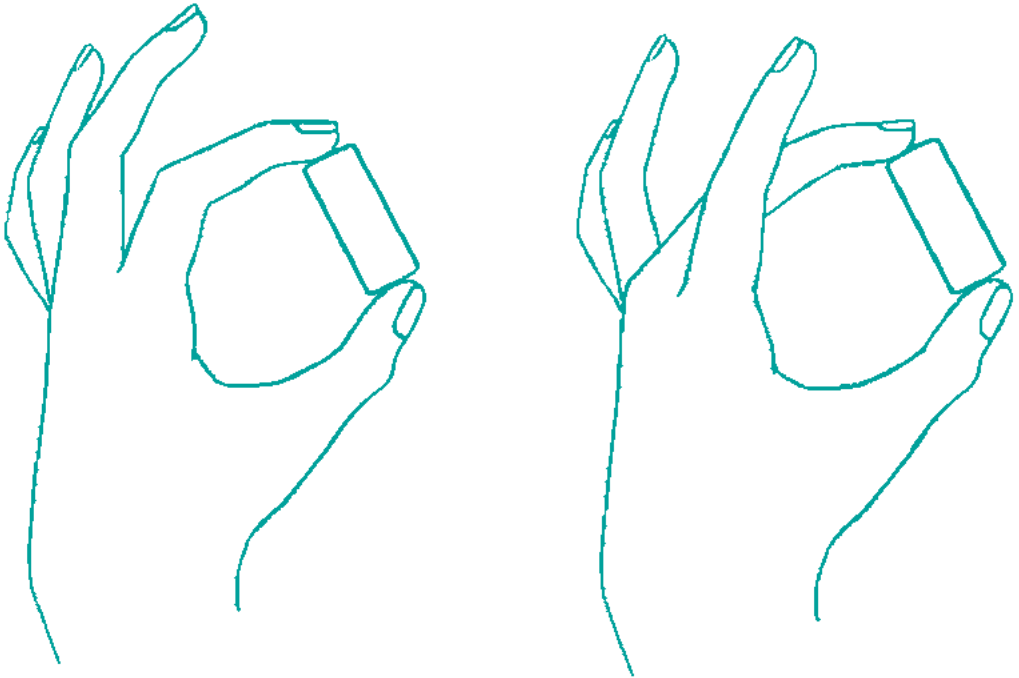
- Isku kor wareeji faraha hore , u bedel dhinac kale.
- Isku kor wareeji faraha dhexe, u bedel dhinac kale.
- Isku kor wareeji faraha ku xigta faryareeyda, u bedel dhinac kale.
- Isku kor wareeji faryareyada, u bedel dhinac kale.

Furka oo lagu dhaqaajinaayo labo farood



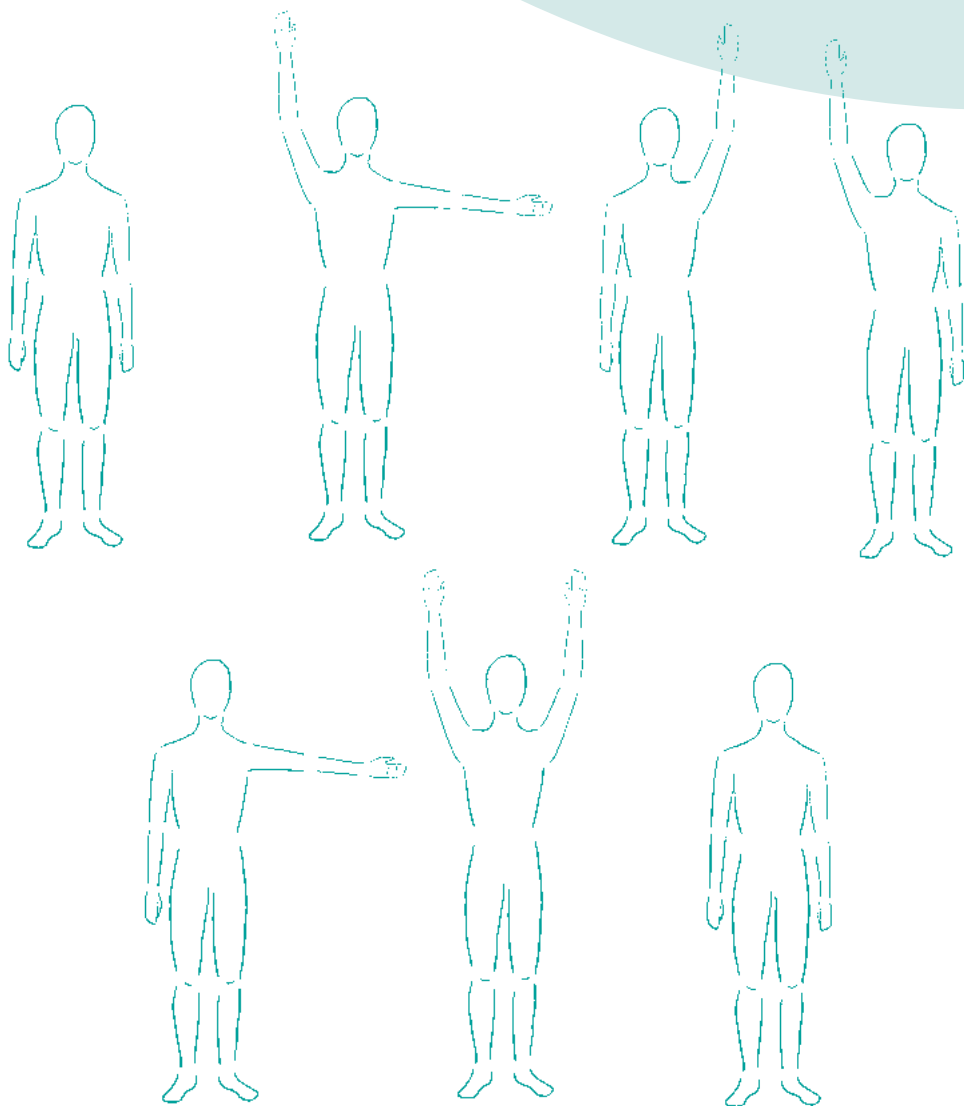
- Dhig furka labada suul dhexdooda, kuna hay.
- U durji furka faraha hore dhexdooda.
- U durji furka far-dhaxaadka dhexdooda.
- U durji furka faraha faadumo dhexdooda.
- U durji furka faraha faryareyda dhexdooda.
- Ku soo celi furka wadadii hore.

Furka ku dhaqaaji hal gacan faraheeda



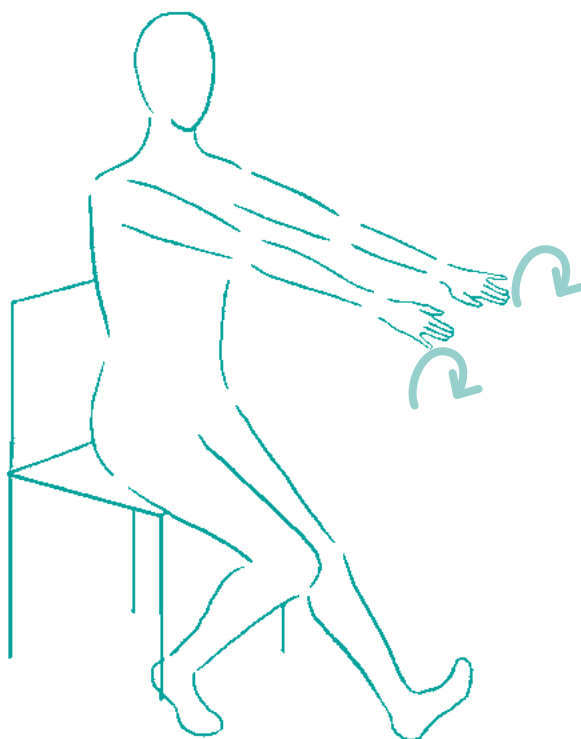
- Kuqabo furka farta iyo suulka dhexdooda.
- Ku bedel furka farta dhexe iyo suulka dhexdooda.
- Ku bedel furka farta faadumo iyo suulka dhexdooda.
- Ku bedel furka faryareyda iyo suulka dhexdooda.
- Ku soo celi furka wadadii hore kuna cel-celi.

Gacmaha si kala duwan u kala qaad



- U dhaqaaji gacanta bidix kori yo hoos (1, 2).
- Gacanta midigna u dhaqaaji isla markaas dhinaca geeska, kori yo hoos (1, 2, 3).
- Isku bed-bedel dhaqdhaqaaqa gacmaha.

Wareejinta faraha



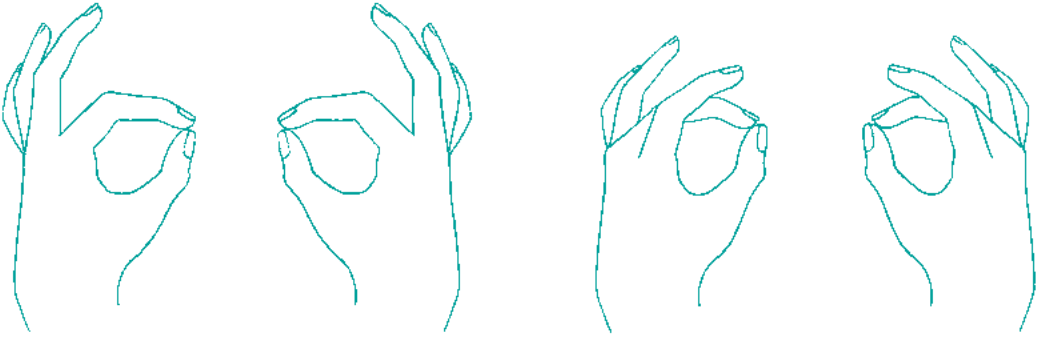
Gacmaha horay u taag.

- Far yareyda ku samee wareeg.
- Wadajir ugu samee faryareyda iyo farta faadumo wareeg.
- Ku sii dar far dhexaadka kuna same wareeg saddexda far.
- ku sii dar farta hore kuna same wareeg afarta far.
- Suulasha ha dhaqaajinin waqtiga jimicsiga oo dhan.

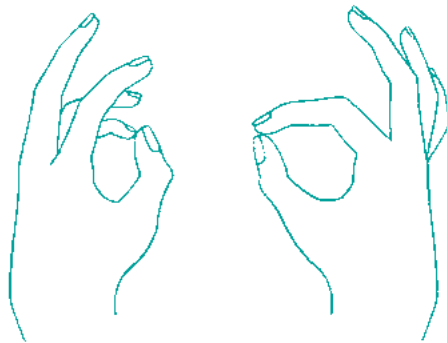
Adkee:

- Ku dar lugaha dhaqaaqooda adigoo u wada horey iyo gadaal.

Isku qabashada faraha



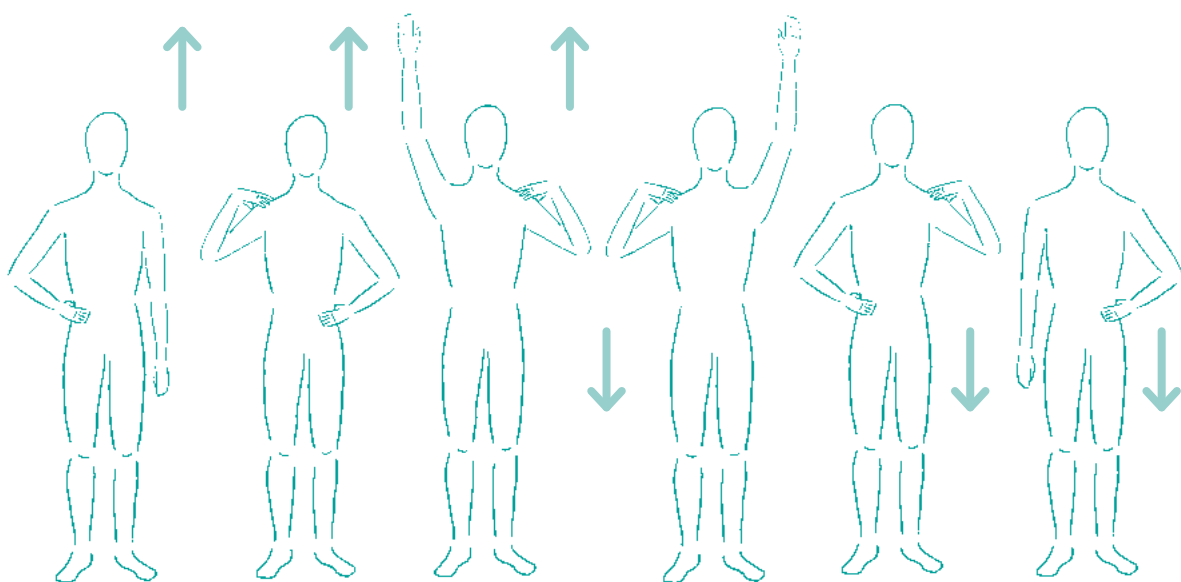
- Isku taabo suulka iyo farta hore afkooda.
- Ku taabo suulka farta dhexe.
- Ku taabo suulka farta faadumo.
- Ku taabo suulka faryareyda.



Adkee:

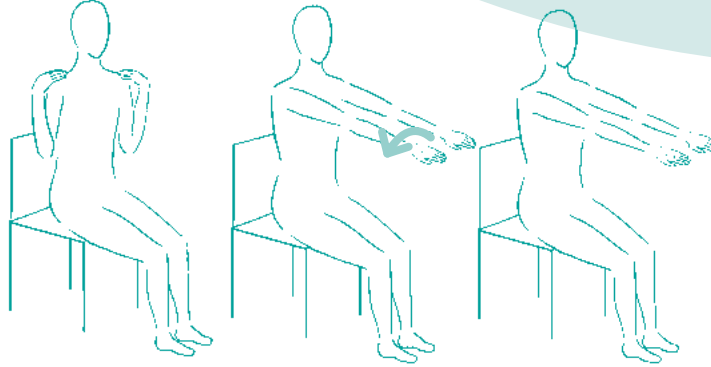
- Kasoo bilow dhanka kale, inaad gacanta midig suulkeeda ku taabatid faryareyda iyo gacanta bidix suulkeeda farta hore.
- Sii wad adigoo taabanaaya faraha oo dhan.

Gacmaha midba mar kor uqaad



- Ku bilow adigoo taagan ama fadhiya, gacmahana hoos u dejisan iyagoo toosan.
- Gacanta bidix ku qabo miskaha.
- Ku qabo marka xigga gacanta bidix garabka, gacanta midigna miskaha ku qabo.
- Kor u qaad gacanta bidix tan midigna garabka saar.
- Gacmaha hoos u soo deji iyadoo gacanta bidix u dhaqaaqayso horay tan midigna daba socoto.

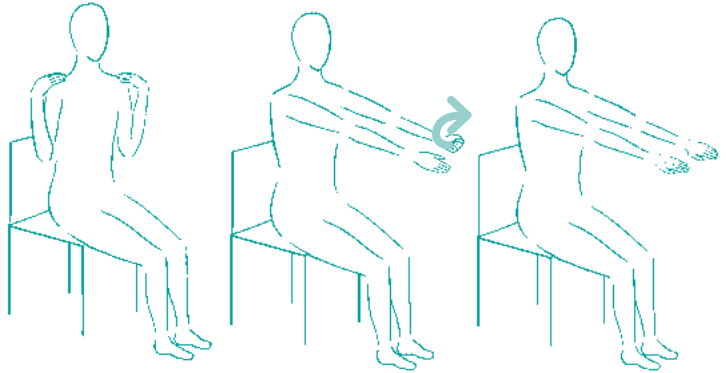
Gacmaha toosintooda iyo gedintooda



- Si toos ah u fariiso kuna taabo gacmahaaga garbaha.
- Gacmaha saaran garabka si toos ah u fidi kadibna cududka gacmaha u ged- gedi kor iyo hoos.
- Ku taabo gacmaha garbaha kadib gacmaha horay u toosi, calaacasha kor u jeedi.

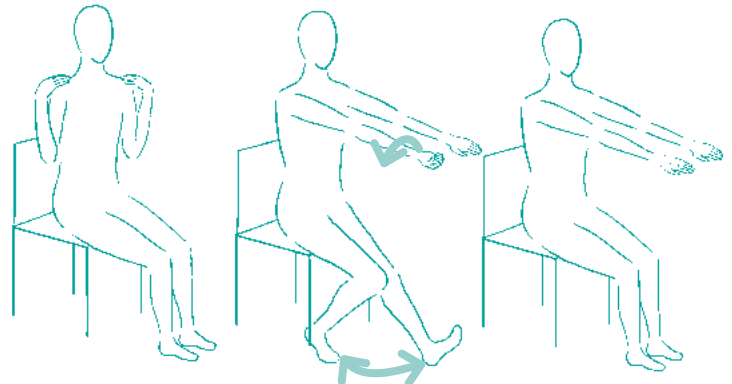
Adkee:

- Gaganta kor loo qaaday oo wareegsan isku xir (feer ka dhig).
- Ku taabo horey ciribtaada midba mar.

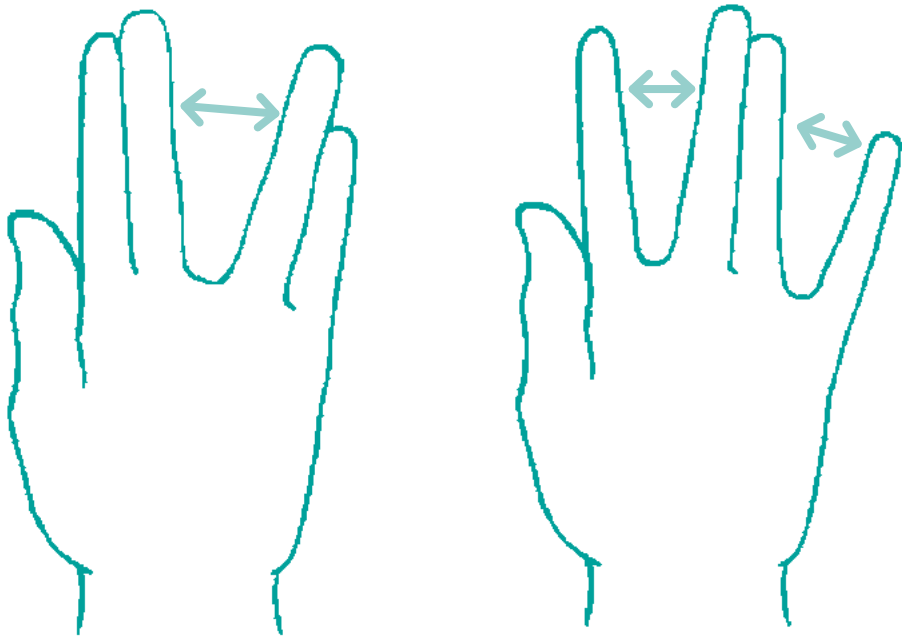


Sii adkee jimicsiga:

- Ku taabo horey ciribtaada midba mar.

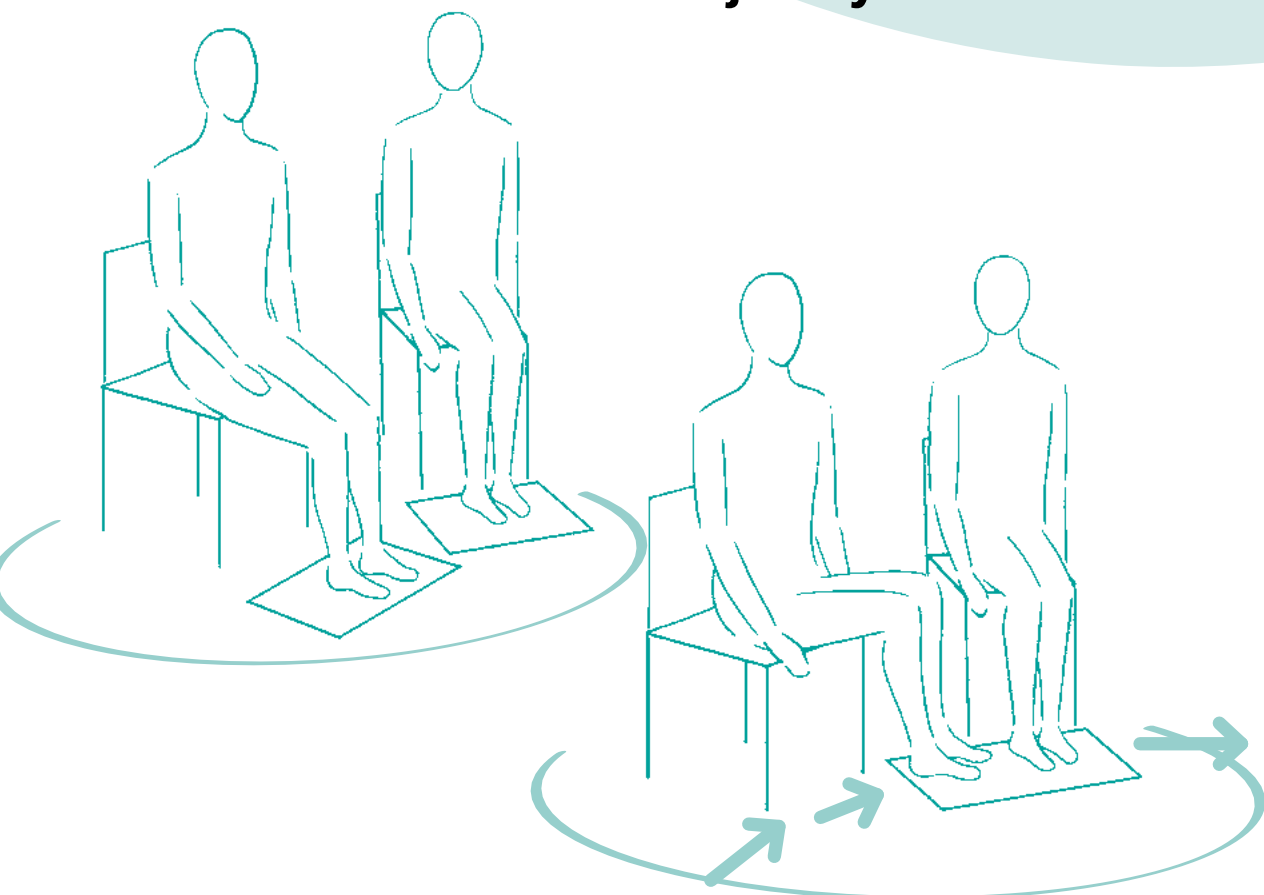


Furida faraha



- Ka fur faraha dhexda.
- Ka fur faraha geesaha.
- Suulkana ha dhaqaajinin.

Wadashaqeyn joornaalka la war-wareejinaayo 1



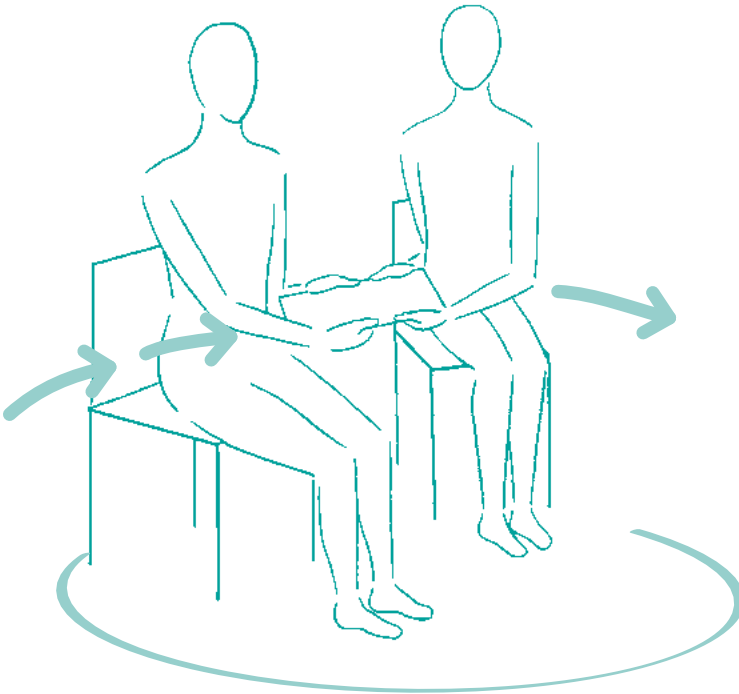
Jimicsiga 1: Si wareeg ah u fariista, qofwalbana lugihiisa hoosteeda uu yaalo joornaal.

- Adigoo labada lug isku haayo u riix joornaalka qofka ku ag fadhiya.
- Qofka ku ag fadhiyo uga qaad joornaalka lugtaada bidix kuna sii dhiib lugtaada midig.
- Markuu hagaha sabciyo, bedela joornaalka dhankuu u socday. Ka bilaaba dhanka midig loona bedelo dhanka bidix kadibna dhanka kale.

Adkee:

- Si isku mid ah u sabciya.

Wadashaqeyn joornaalka la war-wareejinaayo 2



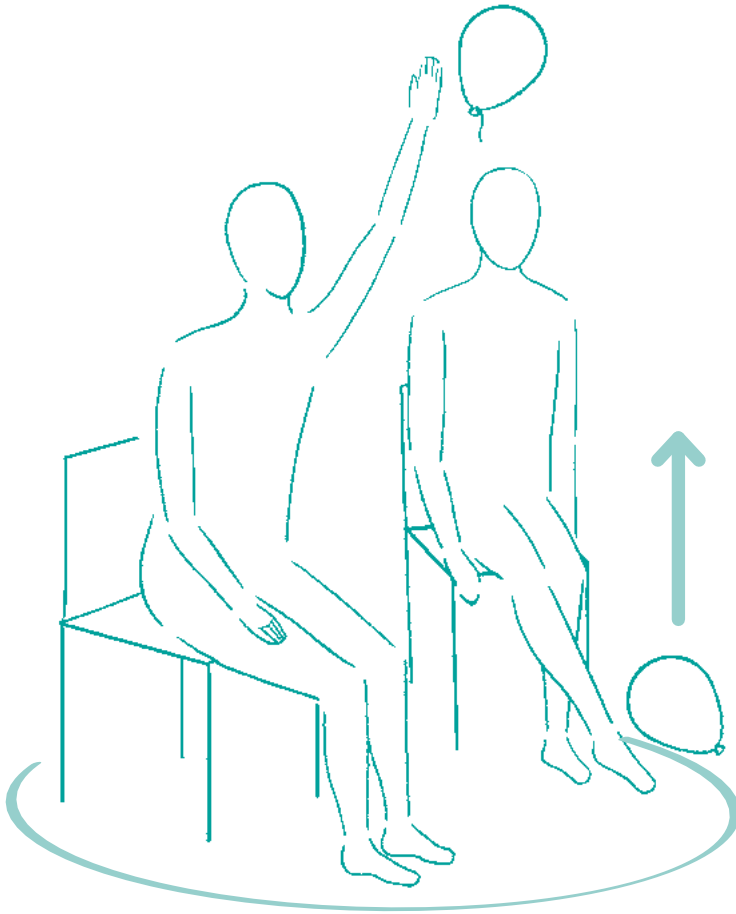
Jimicsiga 2: Si wareeg ah u fariista, isagoo qof walba gacanta ku hayo joornaal.

- U dhiib qofka dhankaaga midig fadhiyo joornaalka.
- Markuu hagaha sacbiyo, bedel joornaalka dhankuu u socdo.

Adkee:

- Ku dar dhaqdhaqaaqa lugaha
 - lugaha marka hore horey iyo gadaal u dhaqdhaqaaqi
 - midba mar horay iyo gadaal.
- Joornaalka ku wareeji gacanta dhanka midig iyo ku wareeji lugaha dhanka bidix, bedel dhankuu u socdo.

Fadhiga wareega ee buufinka lagu dhaqdaqaajinaayo.



- Si wareeg ah u fariista, buufinka gacmaha keliya ayaa lagu taaban karaa, kana ilaaliya inuu dhulka taabto.
- Buufinka waxaa lagu dhaqdaqaajinaa lugaha oo keliya.

Adkee:

- Tirada buufinada badiya.

Farxad ka qaata jimicsiga idinkoo dhan

Lea (72 sano) waxaan idinku dhiirigelinayaa jimicsiga, sabatoo ah waxaa laga helaa farxad iyo niyad wanaagsan. Si xoog ah ma fiicna inaad jimicsiga u sameyso, inkastoo ay wanaagsan tahay in la raaco tilmaamaha jimicsiga.

Waxaa muhiim ah in jimicsiga si tartiib ah loo bilaabo kadibna xawaaraha loo kordhiyo tartiib tartiib. Dhaq-dhaqaaqyada ama jimicsiga mar walba laguma guulaysto, laakiin ha ka niyad-jabin. "Haddii dhaqdhaqaaqa uu isla markiiba lagu guuleysan, waxaa wanaagsan in la isku dayo ugu yaraan 10 jeer. Haddii intaas ka dib aad sameyn weysid, waxaa wanaagsan in aad jimicsi kale sameysid, kadib isku daydid mar kale. Markii aad dhaqaaqa jimicsiga ku guuleysatid waxaa wanaagsan inaad ugu yaraan shan jeer oo isku xigta si sax ah u sameysid, markaas ayaad ka faa'iideysan kartaa."

Lea waxay aaminsantahay in foajignaanta ay wanaagsan tahay. Isla waqtigaas ma fiicna in arimo kale la sameeyo. "Jimicisiyda oo dhan si fiican uguma guuleysan, laakiin micna maleh. Jimicsiga faraha sidii loogu talagalay uma sameyn, maxaa yeelay way igu adkeyd. Laakiin, aniga dhaqaaqa faraha ee fudud waan isku dayey, markaas dhaqaaq wanaagsan ayuuna ahaa." Lea markaas way qososhay.

Lea caruurteeda iyo kuwa ay ayeeyada u tahay farxad ayay u aheyd arintaan, kuwaas oo jimicsiga ka qeyb qaatay.



Hagahan waxaa loo sameeyey mashruuca ETIMU, kaas oo loogu talagalay horumarinta caafimaad maskaxeedka dadka duqoobaaya ee ajnabiga ah.



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