

mingming aka no kamanomanok

a tao do pongso am, ya mataliknong pa o icicirawat da. manmek do kaneman, o ahahapan da sya am. mamimin o teyhesa ka vahey a yanan no mabcik, teymakdeng o mabcik ya.

o tao do pongso am, teymateneng sira ta o ahapen da parngen da am, apo do kahasan aka do keysakan. akman so mingming aka no kamanomanok a ahapen a ipanmek.

o mingming am amyan do kalilyan, a domket do zangaz, somkad o mahakey a mahap so seswat na a somwat sya, ori o ikaro no ahapen da mingming.

o mingming rana am, akmey mapangyangyalak a tao, ajimacimalag no kataotao na, ta o mingming am, akmey kakawin rana, no amyan so tao a ipisa pa mangey manwat so mingming am, masalit a makacita so mingming.

o kamanomanok am, amyan sira do keyngapngapan aka do kakakkawan, no mangey maneysavat o mavakes a mangangalang a mangpeh so gogolo am, aro mahap da kamanomanok, no rako a keysakan am, ori o ipakacita da so aro a kamanomanok, a isarey da sinavat da moli rana.

no manmek am, neymakdeng na o mingming a aka no kamanomanok a ahapen.

o mingming aka no kamanomanok am. akpehen a pangain do siri no vahey. meyratateng am, mangey sira do kahasan a manba so kayo a ipanmek da, no makaranes rana o kaneman am.

no apiya o kakawan am. mangey sira do panenmekan da, o mingming aka no kamanomanok am. ori o ameken da mabcik.

o icicirawat no tao do pongso am, ya tonazetazestes a yamavonas, ta da jiatenngi rana no kanakan aka no malalavayo a tao a ipanci o ciriciring no tao. tana icicirawat no tao do pongso am, ya akman sang, ta da jiatenngi rana peyvazain, ta da sazapen rana o icicirawat no dehdeh, a ya meydehdehdeh.

o akman sang a ciriciring no tao aka no icicirawat no tao am, jitavonasa, ta o ciriciring no tao aka no icicirawat no tao am, ya teyapiya, ya teymakdeng. ori o ikowyat ta kamo a amvangan so ciriciring no tao aka no icicirawat no tao do pongso.

碑礫貝與大岩螺

日常生活中，每家每戶都必須要有貝灰，製作貝灰的材料是用碑礫貝、大岩螺。碑礫貝固著在珊瑚礁上面，男人會潛水用起子棒把牠挖出來，才能夠拿到很多的碑礫貝。大岩螺是在潮間帶到淺海岩礁的地方生活，女人到海邊找螃蟹、貝殼時，就會找大岩螺，尤其是在退潮的時候，更容易發現。收集起來的碑礫貝和大岩螺會先堆放在家裡的角落，然後到山上砍木柴，10 月份選擇一個好天氣，到固定的地點，用碑礫貝和大岩螺製作貝灰。