**jkJheo; bJh fNg;**

**Bkb eh fbnkT[Dk j?**

* nokwdkfJe jkJhfezr i[Zs/ iK jkJhfezr p{N. tkNogo{c i[Zsh Bwh tkbhnK jkbsK bJh uzrh ofjzdh j?.
* d' i'V/ i[okpK d/ orV s/ fx;oB B{z xNkT[d/ jB. fJZe gsbh w[bkfJw nzdo{Bh i[okp w[Ve/ d/ gkDh B{z ;'yD ns/ fJZe pkjoh w'Nh i[okp w[bkfJw s/ rZd/dko gfjB'. ;{sh i[okpK Bk gfjB'. fJZe tkX{ i'Vk i[okpK dk Bkb oZy', i/eo fes/ s[jkv/ g?o frZb/ j' ikD.
* eZgfVnK dhnK sfjnK, skgwkB ns/ s[jkvhnK rshthfXnK d/ pdbkU nB{;ko. f;zE?fNe s[jkB{z ;{sh eZgfVnK d/ w[ekpb/ tZX ;[Zek oydk j?. j?N, ;ekoc ns/ d;skB/ mzv/ w";w ftZu pj[s wjZst oyd/ jB, ns/ g?e ftZu pj[s finkdk irQk Bjh\_ b?\_d/.
* po;ksh i?eN, g'Bu' ns/ po;ksh g?ANK. gbk;fNe dk p?r e?wo/, ;?b c'B ns/ j'o ;wkB dh whAj s'A oZfynk bJh.
* ;{oih j?N, X[Zg tkbhnK n?BeK. pkjoh uwVh s/ ;B;eohB tos'. fJj ;wMdko ns/ fXnkB oZyD:'r rZbK f;nkb ftuZ th bkGdkfJe jB .
* ghD tkbk gkDh. xZN' xZN fJZe bhNol d' s'A fszB bhNo row fdBK bJh. jkJhe s'A gfjbK, jkJhe d"okB s/ pknd ftZu th fJ; dh tos'A eo'.
* bzu (d[gfjo dk ykDk ), ;B?e;, ns/ p?r nkgD/ e{V/ eoeN B{z ;KGD bJh.
* nokwdkfJe g?e.
* ;hNh, o/vhU iK ;?b c'B, f;rBb G/iD iK wdd wzrD bJh.
* fBZih c;N J/v feZN (w[ZYbh ;jkfJsk feZN) fi; ftZu p?Av J/via, SkfbnK B{z o'eD ns/ fJ; d/ fJbkia bJh ;wkB.
* jkJhfezr g'b(;). g'b s[jkB{z fsbeth\_ iawhB T[go ;zGbD ftZu wdd eod/ jB. d' g'bK dh tos'A gjkVhnK dh T[sokJh t/b/ s[jkvh fgZm ns/ bZsK d/ i'Vk T[go xZN Gko gkT[D ftZu wdd eod/ jB.
* w"i{dk No/b nrtkJh feskp ftu'\_ ;pzXs No/b dk Be;ak. No/bK d/ pdbkU ORTA d/ No/b Nke ;wKuko ftZu SZgd/ jB.
* ezgk;. fJ; dh tos'A pko/ s[;hA ikDekoh gqkgs eo'.
* ;?b{bo c'B ngksekbh jkbksK t/b/ pj[s jh bkGdkfJe j?.
* ehN GikT[D tkbh dtkJh wJh s'A i[bkJh sZe io{oh j? .
* i/eo s[;hA e?wok b? e/ nkT[\_d/ j' sK feogk nkgDhnK c'N'nK ORTA Bkb tzv'A i' fe ;wkuko fuZmhnK, t?p ;kJhN, nrtkJh feskp ns/ ;bkJhv ;'an ftZu fdykJhnK ik ;eD.

**fwZsoK iK gfotko Bkb jkJhfezr**

* fe;/ ;w{j Bkb uVkJh uVBk ;[oZfyns j?, fJZeb/ Bjh. fJZem/ oj'.
* ;w/A, w";w ns/ nkgD/ ;G s'A ewi'o w?\_po dhnK :'rsktK nB{;ko jh o;s/ dh gbkfBzr eo'.
* fe;/ B{z dZ; e/ ikU fe s[;h\_ feZE/ ik oj/ j', s[jkv/ Bkb e"D j?, ns/ s[;h\_ eZd sZe tkg; nkUr/.
* w}p{s p?NohnK tkbh S'Nh cb?;a bkJhN, i/eo jB/ok j'D s'­\_ pknd s[jkv/ pkjo ofjD dh ;zGktBk j?.
* fe;/ nfijh irQk s/ mfjo' i' o;s/ s'A\_ gk;/ j't/ ns/ fi; Bkb iawhB d/ wkbeK bJh w[;afeb yVh Bk j't/.

**ORTA ;w{j Bkb jkJhfezr**

* jkJhe dh ft;Ekos ikDekoh bJh ORTA d/ No/b Nke w?rihB ftu'A jkJhfezr pko/ wjZstg{oD ikDekoh gqkgs eo' . Sgh j'Jh d{oh, rsh, ns/ o;fsnK w[skfpe fsnkoh eo' . ORTA dh gfoGk;ak nB{;ko, j"bh rsh dk wsbp 2-3 feb'whNo gqsh xzNk j?. wZXw rsh wsbp 3-4 feb'whNo gqsh xzNk j?. s/ia wsbp 4-5 feb'whNo gqsh xzNk j?. pj[s s/ia wsbp 5 feb'whNo iK tZX gqsh xzNk j?.
* ;w/A\_ s'A\_ gfjbK nkr{ s' ikDekoh bt' i/eo s[jkvk fJjBK pko/ e'Jh gq;aB j? L- w[;afebK pko/, ;w/\_A, o[eD tkb/ ;EkB, eh fbnkJhJ/, fwbD dk ;EkB, eko ;aNb, e[Zs/ B{z fbnkT[D pko/ nkfd.
* nkgD/ Bkb fe;/ d/ Bk ns/ N?bhc'B dh ikDekoh fbnkU sK i' s[jkv/ r[zw iK iywh j'D dh ;{uBk nkr{ d/ ;e/.
* fwbD tkbh irQk bJh y[Zb/ ;w/A\_ ns/ fBoXkfos ;w/A s'A gfjbK gj[zu'.
* e'Jh th ekoK d/ nZr/ fgZS/ ikD bJh i' fe fe;/ t/b/ io{oh j[zdk j? bJh tkX{ s/b nkgD/ tjhebK ftuZ oZy'.
* jkJhe nkr{ ns/ ;thg dhnK jdkfJsK dh gkbDk eo'.
* ;w{j d/ Bkb oj' - nkr{ d/ fgZS/ ns/ ;thg d/ nZr/ oj'.
* jkJhe nkr{ ns/ ;thg B{z nkgDhnK w[;afebK pko/ s[ozs dZ;'.
* ed/ th nkr{ iK ;thg B{z dZ;/ fpBk ;w{j ~ Bk SZv'.
* i/eo s[;h\_ pkEo{w ikD bJh o[eDk j? sK nkr{ B{z dZ;'. i/eo s[;h\_ nkr{ s'\_ d{o j', sK nkgD/ fe;/ d';s, iK g?e iK i?eN ~ No/b d/ B/V/ fB;akBh d/ s"o s/ SZv' sK i' ;thg B{z s[jkv/ No/b s'A\_ d{o j'D dh ikDekoh fwb ;e/. ;thg s[jkvh B/V/ jh T[vhe eo/rk. g?e B{z T[; fd;ak tZb oy' fi; fd;ak tZb s[;h\_ jkJhfezr eo oj/ ;h, sK fe i/eo s[jhv/ tkg; nkT[D s/ e'Jh Bk fwb/ sK s[;h\_ G[b Bk ikU fe s[;h\_ fe; fd;ak tZb jkJhfezr eo oj/ j'. fJ; B{z T[; irQk tZb oy' fiXo s[;h\_ rJ/ j' sK i' ;w{j B{z gsk bZr ;e/ fe s[;h\_ fe; fd;ak tZb rJ/ j', sK fe ro[g ikD ;e/ fe No/b d/ fe; gk;/ tZb s[jkB{z bZGDk j?, i/eo s[;hA tkg; Bk w[V'.

Bt/A\_ nkT[D tkfbnK dk U[e foi No/b n?;';hJ/;aB jw/;ak nrtkJh jkJhe; ftZu ;akfwb j'D ~ ih nkfJnk efjzdh j?. n;h\_ eJh fe;w d/ ;w{j jkJhe; dk nk:'iB eod/ jK - S'NhnK iK bzphnK, j"bh iK s/ia, ;wsb iK gjkVh tkbhnK. n;h\_ ;kok ;kb jcs/ d/ nkyho iK jcs/ d/ fdBK ftuZ ns/ 200 s'A tZX jkJhe; fJZe ;kb ftZu nk:'fis eod/ jK . ;', fJ;bJh s[;hA nkgD/ tk;s/ :ehBh s"o s/ ;jh jkJhe bZG ;ed/ j'. s[;hA Bt/A\_ ;[zdo ;EkB s/ irQk, wkfjo nkr{nK s'\_ ikDekoh, d';skBk b'eK Bkb w/bi'b ns/ jo soQK dh wdd bJh i' s[;h\_ ukj[zd/ j', gqkgs eo ;ed/ j'.

ORTA d/ w?\_po fswkjh No/b Nke nypko ftZu ;kohnK jkJhe; d/ ;w/\_ pko/ ikDekoh gqkgs eo ;ed/ jB. s[;h\_ ;kvhnK nkT[D tkbhnK jkJhe; pko/ ikDekoh ;kvh t?p;kJhN www.oakridgestrail.org iK c'B BzpoK 905-833-600$ 1-877-319-0285 s/ nkgDk ;[B/jk SZv e/ th gqkgs eo ;ed/ j'.