



NAN EYYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

BOOK
4





Youth Capacity Building and Exchange Program Towards Sustainable Development and Conservation of Ifugao Rice Terraces: #Y4IRT Tawali

Series Authors: Inocencio E. Buot, Jr., Ph.D., Consuelo D. Habito, Ph.D, Marissa P. Bulong, Ph.D., Mark Anthony F. Rabena, Thaddeus P. Lawas, Ph.D., Elpidio Basilio, Jr., Ph.D., Romeo A. Gomez, Jr., Ph.D., Melanie S. Subilla, Aurora V. Lacaste, Francis Mark Dioscoro R. Fellizar, Eulalie D. Dulnuan, Joane V. Serrano, Ph.D., Sherry B. Marasigan, Ph.D. & Martina B. Labhat, Ph.D.

Series Translators: Florentina D. Dulnuan, Emilia B. Manglib, Julian P. Manglib & Josephine G. Pataueg

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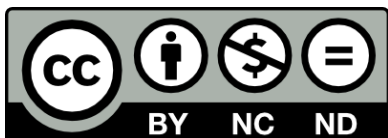


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CONTENTS

Table of Contents	iii
Book 4: Nan Eyyeh/Pangat, Nan Nitaguwah' Ya Nan Boltan Uh	1
Chapter 1: Culture and Nature	7
Chapter 2: Natural and Cultural Heritage	15
Chapter 3: Native/Indigenous Knowledge Systems	21
Chapter 4: Issues and Challenges	27
References	31
About the Book Authors	35
About the Translators	36
Acknowledgements	36

BOOK 4

NAN EYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

Book Authors: Joane V. Serrano, Ph.D., Sherry B. Marasigan, Ph.D. & Martina B. Labhat, Ph.D.

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Hay da'yu! Ha'oy hi Bugan! Apngahon da'yu hitun mikap-at an adal – Nan Eyyeh/Pangat, Nan Nitaguwah ya nan Boltan uh. Mitimpuyug ayun ha'on an manamak ituwen mikap-at an adal ta adalon tau pay di dakdakol inan Eyye/Pangat, Nan Nitaguwan/kaat ya Boltan ya hay kaatana hi nitaguwan di Immipugo.

Hituwen adal ya ibagbaga nay Eyye/Pangat, Nitaguwan/Ka'at, ya Boltan di Immipugo. Hituwen adal ya adalon tau di kaimmipugo an Pangat, pangulug, ya nan in'inat di aamod hidin nadne an nabolboltan hi nitaguwan ingganad uwani.

Da'yun uunga an Immipugo, kalina ya ibagbaga yu hi adol yu nu nape ta kahapulan an adalon nan Eyyen di Immipugo, Nitaguwan ya Boltan. Hituwey kanayon an ibagbagan di Immipugon uunga ya aggeda pay nainnilay niptok an hungbat.

Hituwen adalon ya humangona/hungbatana nan, ibagbagan di uunga an Immipugo.



Muden ta ahi tau ituluy, bidbidon tau nan ibagbagan di udum an uunga inan makalkali an Eyyeh/ Ka'ka'at di Immipugo ya nan makalkali an nabanobanong an payon di Immipugo.



"No planning needed. Day 1 of Rice Terraces done. The Ifugao aren't only master builders of these terraces, they're really nice people too." - @JCingcars

"I know I'm not Ifugao but I was really in tears looking at the genius of the rice terraces and felt so proud to be Filipino" - @Queen_Glorious



It was all just an elementary dream. #PostCardSurreal #sagada2017 @ Banaue Rice Terraces View..." - @JohnRapvinsky



#NaturePhotographyChallenge Day 2 of 7. I salute the all our agriculturists for doing their best to feed the Philippines. Let's promote Food Security for a healthier society. Hooray for the cultural and agricultural sustainability of the Nagacadan Rice Terraces!

I wanna go to Banaue Rice Terraces and wear an Ifugao costume. <3" - @arvirtous



Nagibbun nabidbid nan ibagbagan di uunga, andan adi ayu mun-am'amlong an Immipugo ayu? Dakdakol day ibba taun Pilipino an pinpinhod da tun Eyye/Ka'ka'at ya hantu an nabanobanong an payo. Hay udum ya tinigo dae nan nabanobanong an payo ya nomnommonda handi ya nan kaimmannongna. Hay post card ya libru di naniganda ya abu. Muden da'yu e ya tibo-tibon yu datuwe te wahtu dan kawadan tau.





Ta ahi tau ituluy, Oya
ipa'innila' di adol-u ida'yu.

Ha'oy hi Wigan! Aduwani
ya adalon tau mo nan
pinhod mu an maadal.



OBJECTIVES

Hi kagibbuwan tuwen maadal, ya mabalin mo an:

1. Maibaga tau nan kabalinan di ka'ka'at, Eyyeh/pangat ya Boltan;
2. Maibagam nan nunhihinatkon an niatan nan ka'at ya Eyyeh;
3. Punhahapitan nan aton di Immipugo hinan pangitultulluyan, pangipaptok ya nan pangipaboltanan hinan ka'at ya eyyen di Immipugo;
4. Nomnomon hi maphod an ngadan da diyen mahapi-hapit wenko nan mamahbal / mamakki datuwen an Eyyeh/pangat ya boltan tau an Immipugo;
5. Pohpohdon tau nan pakioh-ohhaan nan uunga an magitultuluy, pangipaptok ya pangipaboltanan hinan ka'kaat, Eyyeh di nabanobanong an payon di Immipugo.

BOOK 4

NAN EYYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

CHAPTER 1: EYYEH/PANGAT YA AM-IN AN MATIGO NUNDOLAAN



Hi kagibbuwan tun adalon, ya mabalin mo an:

1. Ibaga nan kibalinan di kaat di Immipugo;
2. Ibaga nan dakol an umatan di kaat ya eyyen di Immipugo.



Nan mamangulun adalon ya hapitonay Eyyeh/pangat ya Kaat di nitaguwan di Immipugo.

Ta ahi tau ituluy tun adalon tau ya wada han aton tau nian.

Mamangulun adalon (Learning Activity 1)

Pinhod u an l’ohha tau di punnomnom ya nun tiggo-tiggo ayu hitun pun-adalan tau. Ngaday matigo yu? Wenno hidi nunhituwan yu. Humawwang ayu dola ya nuntiggo-tiggo ayu, ngaday matigo yu? Mabalín an midattan ayu himpulun minu tu an muntiggo-tiggo hitun nunlikkodan.

Ihawwang yu di papel ya puntudok yu ta itudok yu di himpulun matigo yu nunlinikkodan yu.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Mamangulun adalon (Learning Activity 1)

Ngaday punnomnom yu hinan intudok yu, nu ngadan di kiatana hinan eyyeh/pangat di Immipugo?

Aduwani punhahapitan tau nu ngaday eyyeh/pangat kaat di Immipugo.

Eyyeh/Pangat: Kalyon Edward B. Taylor di hay pangat di tatagun nabolboltan. An nalpu aammod handi ta ingganad uwani. Nigappat/Nid'um di punnomnom, pangulug, mapmaphod an pangapya/ at'atton (art), uldin (law), maphod an pangat (morals), ya annamin an mabalin an maat ya pange-eh an inadal di tagu an ohan nibilang hi ibbanan tatagu.

Kalyon Bronslow Malinowski, hay Eyyeh/pangat ya naboltaboltan an matigo ya adi matigo an nid'um idatuwe. Kinalin Robert Redfield, annamin dadiye ya nid'um inadan mapmaphod an kinapkapyada ya pangat di tatagu. Hituwe di kapkaphodan an umatan di eyyeh/pangat an nun-adalan ya punkakainnawatan. Hi Radcliffe Brown ya pangipaphod hi eyyen nabolboltan ta inggana aduwani.

Ta maawatan tau nan inadal tau, tigon tau nan video panggep hi eyyeh/pangat.



Major Elements that Define Culture
<https://bit.ly/3fi0M7L>

Mikadwan Adalon (Learning Activity 2)

Nan mihaynod an aton yu, kapyaan yu ha dakol an pun-adalan ta ipatibo yu inan video wenno powerpoint an ibagbagana nan kibalinan di eyyeh/pangat hinan punnomnom di Immipugo.

Kaat (nature) kalyon Arias-Maldonado (2015) nan nomnom ya kaat ya nawada mo tuwali an agge nalpu tagu. Agge nalpu ninomnom ya inat di tatagu.

<https://freindoftheearth.uk/nature/importance-nature>.

Nagibbu an binidbid ya tinibo yu nan video hinan kalitau, ngay maibagayu hinan eyyeh/pangat ya kaat.

Kaat ya

Eyyeh/Pangat ya

Kaat ya Eyyeh/Pangat oya nun-unnud gapuna hi

Hay udum an wadah nomnom yu mahmahan hinan kaat di Eyyeh/Pangat

Nagibbun inhummangan tau na Kaat ya Eyyeh/Pangat, adalon tau nu ngadan dadiye nan makalkali an Eyyeh/Pangat ya wadan da'yu di munnomnom an nan Eyyeh/Pangat ya adi maptok. Ot ipatna taun tigon nu ngadan da nan Eyyeh/Pangat di Immipugo.

Datuwe nan Eyyeh/Pangat di Immipugo an at-aton di bimmoble:



Pangat

Etuwen adal, mabidbid hinan Chapter 8 – Ifugao Rituals of the Ifugao Indigenous Knowledge (IK) Workbook by Ifugao State University. Hituwen mabidbid ya ibagbaga na hanan nunhihinatkon an Pangat di kabobboblen di lpugaw. Immaptigo da nan Pangat an anat-aton da aduwanin timpu ya nan maphod an adal nalpu hinan Pangat. Pakabbigbigon yu nan Eyye/Pangat di ohan boble ya anat-aton da an makitkittagu nitaguanada, namam-a hi kaphod di adol, kalpuwan di pihhu, pulitika ya kalmuhan di pakihabalan, pakipayohan, pakimogmogon. Mabigbig yun tu nan waday Eyyeh/Pangat an numpaddung hi at-aton di udum an boble ya munhihin-natkon bo udum an boble.

Kagibbuan di punbidbidan, etuwen chapter, humangon yu nan Part 1 inan ma'-maat hi Chapter VIII – Ifugao Rituals of the Ifugao Indigenous Knowledge (IK) Workbook.

Tayo ya Ay-ayam

Etwen adalon, bidbidon yu nan Chapter IX – Dances (tayo) and Festivals (Ay-ayam) of the Ifugao Indigenous Knowledge (IK) Workbook by Ifugao State University. Etuwen chapter ibagbagana nan nunhihinatkon an tayo an mipatpatigo nu waday ay-ayam ya nan gamigam dan manayo. Etuwen maadal (chapter) ipaneknek na an nan tayon di Immipugo ya maimatunan nu tayon di Ay-ayam o ya Eyyen tayo. Dinnuy-a inan Tuwali an at-aton di tatagud Hungduan, Lagawe, ya Hingyon; Henanga an tayon di Mayoyao ya Pagaddut an tayon di Kiangan.

Etuwen adal, punhahapitan tau nan Henanga an tayon di Mayoyao.

Mikatlun Adal (Learning Activity 3)

Inila' an wadamoy naadal yu ya inila yu an tayo hinan kawadan yun nunboblayan yu. Aduwani nagibbun binidbid yuy Chapter IX – Dances and Festivals of Ifugao Indigenous Knowledge (IK) Workbook ya binidbid yu nan Henanga an tayo, batang yu po an mangituddu etuwen tayo hinan nunboblayan yu. Ituddu yu nan tayo ya nan mi-unnudan hi gamigan da.

Kaynan lahlahtu an waday pinhod nan ibaga, athidi go an ngaday ibagbagan nan intayo yu.

Ag-agguwo ya Kankanta

Etuwen makalkali, ya mabuya yu nan nangiexplikalanda nan kaimportante nan Ag-agguwo ya kankanta an imbingay Mrs. Lydia M. De Castro, oha bon Mittulu, hiya bo ya nalaing hi Eyyeh/Pangat di Immipugo, ohan mangipang-pangulu hi boble da ya ohan mangipang-panguloh hi simba-an ya Munisipyu dad Kiangan.



Mrs. De Castro's portrait in Ifugao traditional costume. Photo by the Youth for Ifugao Rice Terraces Project. Used with permission.

Video Interview: Ifugao Chants and Songs
<https://bit.ly/3hkZDwC>

Mikap-at an Adal (Learning Activity 4)

Nagibbun dingngol tau nan imbagbagan nan nangibingay hi laing na panggep etuwen Ag-agguwo ya Kankanta, aduwani po ya mumpili ayu hi kumpulmi an linya nan kanta wenno Ag-agguwo an niunnud hinan kaboblasyon yu.

Kinapkapya

Etuwen adal, tigon yu nan nalpuwan da:

1. Paot (carving) – Kahummanganon nan munvideo nan ohan I-hungduan an makapaot
2. Mun-abol – Kahummanganon nan i-Banaue an mumpun-abol
3. Muntuping – Kahummanganon nan ISMTP Graduates hi Stone Walling nadan mumpuntuping

Video Interview: Ifugao Wood Carving
<https://bit.ly/2QdjbqB>

Video Interview: Ifugao Weaving
<https://bit.ly/31gARYM>

Video Interview: Stone Walling in the Ifugao Rice Terraces
<https://bit.ly/3gjcQEP>

Mikaliman Adal (Learning Activity 5)

Da'yu ngay po? Mabalín an mangídat ayu la-íng yu etuwen inadal yu inan kakadwa yu? On inila yun munpaot? Mun-abol? Muntuping?

Makmakkan ya Idhan, Punhaang di Immipugo

Wada go di ihda ya makmakkan an punhaang di Immipugo. Datuwe nan: Binakle, Inutom, Pinal-it, ya Pinunnnog.

Mikan-om an Adal (Learning Activity 6)

Hay punnomnom idatuwen ibagbaga:

1. On tinamtama' datuwen ihdan haang di Immipugo?

2. On datuwen ihda ya mihanahhaang hi nunhituwan?

3. On mabalin datuwen ihda ya mipakan hi minangili (tourists) ituwen boble? Ngay punnomnom mu idatuwe?

4. On pinhod u pay an ihaang hituwen punhaang di Immipugo taomman di waday natkon/udum (modern) an punhaang hi ihda?

5. On datuwen ihda wenno makan ya mabalin an balbaliwan di pangihaang ta wada pay di maphod an tamtamna? Nu om, ngay aton?

BOOK 4

NAN EYYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

CHAPTER 2:KAAT YA EYYEN BOLTAN



Kagibbuwan tuwen adal, mabalin an:

1. Maibaga nan nadutuk an kibalinan di Kaat ya Eyyen boltan;
2. Pakaaddalon ya pakammahmahan di Kaat ya Eyyen Boltan ki-un-nudan hi pangipaptok ta maphod ya nal-ot di ki-atan da.

Tigon yu nan ipatpatigon nan video inan Kaat di Boltan ya Eyyen di Boltan:



Natural Heritage
<https://bit.ly/32XUEwn>



Cultural Heritage
<https://bit.ly/3kl3swA>

Kaat an Boltan

Hituwen video ya ibagbaga na nan kibalinan di kaat an boltan an hituwe nan hinna-hinnatkon an usal ta makabaddang an mangipaphod hi nunkitanom, ammayo/aggayam ya pangipaptok hi nunlinikkodan, boltan an nalpu aammod. Ingganad uwani ta mipaboltan hinadan mangalin munkatanudan. Hituwen video ya kalkalyona go di udum an pungkali ya punnomnom an mid-um hitun kaat an boltan.

Eyyen Boltan

Hituwen video ya ibagbaganay kibalinan di Eyyen boltan an kinapkapyan naabulut an nahamad ya adi mahannotan te hituwe ya imbibiayag di tatagu an binolboltan di nunkalah-un natanudan an magun-ud tun mangalin matanudan, Eyyeh/Pangat an boltan ya bongbongkalona hanan mipanggep hi eyyen di pangapya bale, monnumento, dayyu'ung nabanobanong an payo ya mabalin bo nadan ah-apon di aammod, nan panapit da, eyyen anat-atton da ya nan laing di ohan udum an tatagu.

Natigtigo an kinapkapyan di mamangulu an aammod ya waday ongal an nunbaliwan da gapu nan kadakol di minangili (tourists) tun boble tau. Ohan ongal an punnomnoman ya adi hannotan, punnananongon nan maphod an eyyeh/pangat an boltan tuwen tatagu. Mabalin an tun eyyeh/pangat an boltan aduwani ya ad-adiyon tun mangalin munkatanudan mu adi annamin ya mamaid te wadada met go di udum an nunkatanudan an ipapati dan unudon.

Mikapitun Adal (Learning Activity 7)

Nagibbuyu en tinigo nan video, aton yu nan Cultural Mapping.

Hay kalyon Pilai (2013) ya hi Rashid (2015) an imbagbagan Lee (n,d) na en Cultural Mapping ya maphod di napanuhana an pangimatun, pangitudok, panangilahin ya pun-adal hi maphod hi ohan boblen kalpuan datuwen ka'kaat. Nabalol ya importante an eyye/pangat an nalpu hi pala'u an na'-naat, ya hay nalpuh kataguan da, umat hi makan, luta, bale, payo (economic), nan paki'ki'atan da wennu paki'ki'ayan da ibba dan tagu (social), ya nan kina-importanten kad-an, mahapul an ikapya yu ha mapa an mipatigo ha maphod di kiwahitan datuweh nan Munisipyu yu. Te nadan tugon yu an ma'at:

1. Kapyon yu ha Pangi-inggohan

Nomnomon yuh maphod hituwen mapping exercise yu. Tigon yu maphod nan kipogpogana nan aton yun mangi-at ya nan usalon yu ituwen mapping, nan kitulongana, ya nan aton yu mangi-at hinan data an amungon yu, l-ohha yuh nan munisipyu yuh tuwen kipogpogan nan mapping yu. Usalon yuy wada ida yun punnomnomnom yu nan pangi-at ta madadawo ya ma-ag-agah tuwen mapping yu. Bagaan yuy gagayyum yu ya iiba yu ta bumaddang dan dahyu.

2. Ka'kaat di Mapping

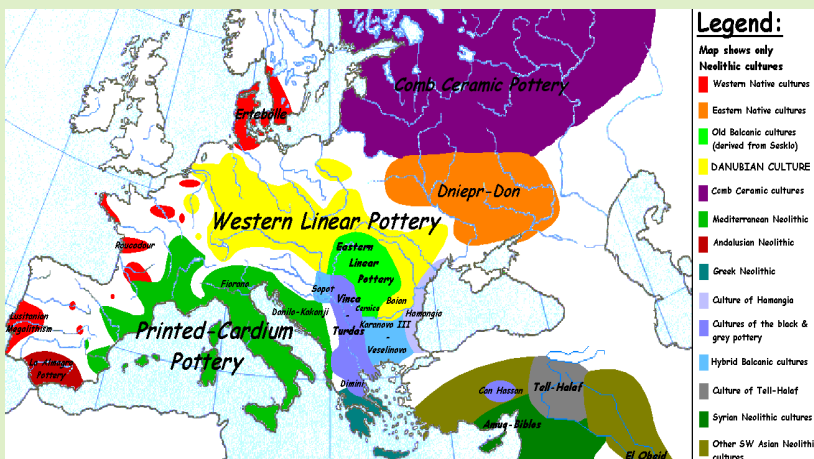
Kagibbuan di maphod an planu yu ituwen cultural mapping, mabalin mo an aton yu nan ka'kaat tuwen mapping. Potkon yu datuwen maphod an usal an wada mo nan udum an bohle nah munisipyu yu. Dana-en maphod an usalon (assets) ya mabalin an ohha-ohha-on an hiyah diyen adi mahannohannotan wenu mabalin an mahanno-hannotan (tangible and intangible assets).

Datuwen maphod da naen wada mon maphod an usal yu an nabalol (important) umat hi an namin an wadah nunlinikkodan yu, umat hi muyong, papayo, ad lagud wenu nan dibdib (environment), tatagu, nabalol an nitudok an mangipa-innilah ngadan man diye, ya ngadan man diyen mausal an apiton di tatagu, umat hi page, gahhilang, bung-bungnga'an ya hay udum pay. Nan mabalin an mahannohannotan mo nabalol bo (intangible but important) umat hi eyyeh/pangat, pammati, kimatuwan, ya at-atton di tatagu pay, umat hi hongga, dangli, punboboddangan (practices).

Ilatuwen pangatan yu nan maping di adi mahannohannotan ya mabalin an mahannohannotan (tangible and intangible) an mausal ya mabalin an i-at yuh data recording, latlatuwon yu, videowon yu, usalon yu audio recording ya hay udum pay an mabalin an usalon yu an madadawo.

3. Kakapyaan di Cultural Map

Tibon yu han ohan mangipatibo cultural map. Mabalin an kopyahon yu wenu ing-inghon yu wenu nangamung ayuh nan madadawoh an pangi-at yu an malpuh punnomnom yu. Impoltante ya siguladuwon yu an nan kul-itan ya ka-ohha-ohhaon da na-en cultural items magiton maphod inan mapa yu. Maphod boy ihaad yu nan la'latun lina'la-la'tu yu nan nanga-nangayan yu. Mabalin an mangapya ayuh linya nan nalpuan na lina'latu yu.



Middle European neolithic cultural map.

Photo retrieved from https://commons.wikimedia.org/wiki/File:European_Middle_Neolithic.gif

Wahtu da han aton yu pay an mid-um hinan cultural mapping:

1. **E ayu makihum-hummangan inan mung-ka-a-am-amma ya mungka-in-inna (elders) inan ka'at di nitaguwan da.** Datuwe nan mabalin an ibaga yu:
 - Ngaday kaat di nitaguwan yu tun imme-immen tawon?
 - Ngaday nipahiwa na nan kaat di nitaguan aduwani?
 - Mabalin an ibagam ha ongal an mipahiwana handi?
 - Nu mabalin pay ya ngadan day na'naat handi an pinhod yun bangunon bo wennu punnanongon?
2. **Humanganon yu bo nadan mungngunuh gubelnu tun barangay, munisipyu, wennu hay provinsiya (LGU's), ya nan adi mungngunuh gubelnu, umat hi senior citizens, ya Women's Organization (NGO's), ya Private Sector (PO's) nu ngaday aton da an mangipaunnonong hinan dati an eyyen noboltan?**
 - Ngadan day oldin ya pamagbaga an kipaayan datuwen LGU's, NGO's, PO's hi mangipunnanonong idatuwen dati an eyyen naboltan?
 - Ngaday nipogpogan datuwen oldin ya pamabaga aduwani?
 - Ngadan da pay di udum an programan ipadpadalan datuwen LGU's, NGO's, ya PO's mipanggep hi dati an eyyen naboltan?
 - Ngadan day makaphod an pangisiguradu an at-atton datuwen mangipasiguraduh makaphod an ingngunuan di Immipugo ya munnanong?
 - Ngadan day planu da an makaboddang hi pun-nanongan di dati ya naboltan an eyye/kaat?
 - Ngadan day manomnom yun pangi-at datuwen LGU's ya nan udum an ngadan ta pohdon day tatagun waday luta da ya nungkabanong an payo da ta umunod da uldin datuwen LGU's?
3. **Bagaan yuy minangili malpuh udum an boble ya hitun boble ta'ud Pilipinas ta nape ta hatun boble taun kad-an di nabanobanong an payoy pinhod dan umaliyan.** Datuwe mabalin an ibagbaga yu:

Minangili tau hitu Pilipinas:

- Nape ta pinhod yun umalin maniboh tun boble mi'd Ipugaw. Ad Banawe, ad Hingyon, ad Hungduan, ad Mayoyao oya ad Kiangan?
- Ngadandi pinhod yun adalon nu umali ayu hitud Ipugaw? On impatna yun am-in nan pinhod yun maat?
- Daanay kabob-bole tu'd Ifugao di eyu tinibo?
- Ngaday boble pinpinhod yu ahan an nangayan? Te nape?

Minangilin mapluh udum an boble:

- Nape ta pinhod yun umalin maniboh tun boble mi'dIpugaw. Ad Banawe, ad Hingyon, ad Hungduan, ad Mayoyao oya ad Kiangan?
- Nape ta pinili yuh ad ifugao yaden dakol di udum an maphod an matigoh tuh ad Pilipinas?
- Daanay boble an eyu tinigoh tu'd Ifugao?
- Daanay boble tu'd Ifugao di pinpinhod yun e tinnigo? Te nape?

Hay oha bon ma’maat ituwen maadal ya ap-apput/ a-ab-bakan hi punla’latu (Photo Contest).

Magodwa-godwa ayuh grupo ta la’latuwan yuy kawad-an di inila yun mangipatibo maphod dati ya kaat ya eyen boltan. I upload yu da tuwe lina’latu yu nan facebook an grupo ya ha’adan yuh caption (heading or chapter title) di honohhan la’latu. Hanadan miun ad-adal (trainies) ya mabalin da an muncomental inadan an la’latun ni-upload. Hanadan mangabak ya piliyon/ ibagan nadan munhuwet (judges).

Hay naudin ma’maat ituwen maadal ya nan kapyon yu an action plan.

Hay action plan e ya nan makalkali an pinhod yun maat/magibbu ohan timpu. Gapuh nan inat yun damdamag (interviews) ya nan nat nattigo yun da’yun mumpangilog / id-um yu di maphod an pangipaptok hinan nawada tuwali ya eyye/ka’kaat an boltan hitu’d lpugaw. Idadaan yu ha action plan yu an ipatigo yu/idad yu nan kad-an yun barangay/munisipyu (LGU’s).

Target Audience: Community members						
Goal	Community members have access to activities, programs and initiatives to increase their physical activity.					
Objectives	To increase the number of community members participating in the challenge and using active transport to and from their houses					
Action Step What needs to be done?	Agency/ Person Responsible Who should take action to complete the step?	Place of Activity Where will the action step take place?	Duration	Resources Required What do you need in order to complete this step?	Potential Hazards Are there any potential challenges that may impede completion? How will you overcome time?	Desired Outcomes Was this step successfully completed? Were any new steps identified in the process?
Provide bike racks in safe, convenient locations	[Insert name of youth]		[Insert start and end date]	Budget to purchase bike racks		Installed bike racks; Increase in community members participating; Reports on physical activity increase
Map out walking routes	[Insert name of youth]		[Insert start and end date]	Walking routes in school; maps		

BOOK 4

NAN EYYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

CHAPTER 3:PUNNOMNOM AN ADAL TUN TATAGUN IMMIPUGO



Hi kagibbuwan tuwen adalon ya mabalin mo an:

1. Maibaga yu nu ngadan nan pinhod nan ibaga ono kalyon inan pun nomnom nadan tatagu an Immipugo;
2. Mahapul an pohdon nan Pangieyye da handi boble ya nan aton an makitattagu;
3. Pohdon nan maphod an punnomnom nadan tatagu ya nan pangat da ta adi mapakki nan maphod an eyye da idiyen boble;
4. Pilihon nan mahapul nan tatagu an ipaphod an pangat ta adi matalak nan pangipaptok da nan binoltan da.

Ituwen maadal ya bidbidon yu nan kinapyan di UNESCO an napanguluwan hi "Nomnom di tatagu ta adi matalak di Pangat da ta makitattagu da". Utalon yu nan link hinad da'ul: http://www.sdnbd.org/sdi/issues/indigenouknowledge/indigenouknowledge_sustainability.pdf

Hituwen resource ya humangonay kibalinan di punnomnom ya nan aton ta adi iwaklin nan pangat ta makitattagu ta. Nape importante ya ngadan datuwen tatagu?

Nan UNESCO ya ibagana an:

"An datuwe nan pangat/nomnom di tatagu hinan ohan boble an intuddu di a-ammod da din nadne an datuwe ya maid ka-ing-ingo nah udum an boble. Datuwen pangat/nomnom ya nalpuh hi nunbobléyan, nalpu hi tatagu, ya hi eyyeh ya nan pangat di a-amma hidin nadne an nipaboltan hinan imbabale da ya hinan a-apapu da. An namin nan maphod an pangat, intanuddu da di ka'at inan pangipaptok hi nan binoltan, pangipaptok hi makan, pangipaptok hi nitaguwan ya adol (health care), ya nan pangipaptok hi adal/nun-adalan ya dakol pay di udum an maphod an aton ta kumudukdul di nun kibobléyan."

Nan mabidbid ya itanuddu na nu ngadan dadiye an Indigenous People (1993) nan United Nations ya ibagbagana datuwe:

"Datuwe nan tatagu ya boble an ugge na invade ya ugge na colonalized di udum an boble. An nan papangat da ya datuwe nan ina-inat di aammod da pay handi nande an hiyay pangitig-an di udum an tatagu hi kataguwan di Immipugo. An inggana aduwani ya hituwen umumme an timpu ya mai-innila di kataguwan di Immipugo gapu hinan eyyeh/pangat ya nan oldin an binoltan hinan aammod handin nadne an inggana aduwan ya hiyay ma'maunnud ya atton nan tatagu."

Kalyon di United Nations, an hitun hinumiliyan ya umen 370 million (dakkodakkol) di Indigenous People, ya tu dan Immipugo di oha an makali an Indigenous hituh Pilipinas an ume hi 10-20% di bilang na hitu Cordillera.

Waday opat an ka-at, an us-usaron di Indigenous an tataguy nomnom da an makitattagu. Hituwe ya nibasar hinan UNESCO resource "Living by Indigenous Knowledge".

1. Nan punpati/pammati inan pangibilang itun luta

Hinan dakkol an Indigenous an tatagu mibilang di Immipugo. Nan luta di pangalan hi punbiyagan. Ka-at hinan eyyeh/pangat ya nan pammati wenna pangulug ya nitimpuyug hinan luta. Hitu ad Ipigaw, nan nalpuwan di eyyeh/pangat ya na kataguwan da ya nipananong hinan Ifugao Rice Terraces. Hay pangidonan da hi nitaguwan da ya nan binoltan da inan a-ammod da. An ad uwani ya nan pananud da hinan mitamuwan da. An hinan mitun'ud ya hay pangidinolan da hinan imbabale da ya a-apapu da.

Inan Immipugo, namam a inadan nunkanomnoman an lallakay ya nun ka-ininna ya nakapatteg di pangibilang da hi an amin an wada hitu tap-on di luta, kay nan duduntug, wangwang, ad lagud, ammayu, nunkitanom, babatu, an namin an mun ay-ayyam hitun luta ya tun tatagu o ya nunhuhu-up di panapulan idatuwen wada'tu luta. Nan kahapulan (materials) ya nan pangulug/pammati ya ni-ohha, ya nan amin an waday biyag na ya waday immannung an maibaga idatuwe. Nan nun-oohhaan nan tatagu inan luluta ya namaid inan minangili (city dwellers) te ugge da innila di kahapulan datuwe ya ugge da innila an ipaptok kinali iwalong da ya loktat ya nama'id.

Hinan Ipugaw, nan nabanobanong an payo ya bokon lang hiyay pangal-an da hi pananud da. Naen papayo ya naboboltan nanipud hinan a-ammod handin nadne ya pati kitaguwan ya nakapya gapu hinan kaat an panangikapya hina an Rice Terraces. Ida'yun uungan Immipugo ya mahapul an maawatan yu di kaimportanten nan binoltan yun payo te hay kapakiyana ya kapakiyan metlang di adol yu. Te nan payo ya ongal di ibaddang nah tatagu.

2. Nan kaat an pun-agah/pungkaan hi hakit

"Hi udum an nunboblasyon, indigenous an boble ya milahin day luta, timpu, tanom, ya udum an animal gapu nah kataguwan da. Waday pangalin di Indigenous an tatagu inan udum an tanon ya insects an ugge pay nainnillaan di botanists and entomologists".

Hitud Ipugaw, wada da boy Indigenous an tanom an mamausal hi agah. Waday manomnomyu, ngadan dadiye?

3. Kaat inan Pangipanannong hi kahapulan

Nan imme an timpu, timmataguy Immipugo gapu hinan ugge da namakpakiyan hinan ecosystem. Inusal da nan nomnom da hinan luluta, timpu, ya nan amin an matigo nah nunbobleyan da (environment) an adi mapaki ngem ta hay punnanongon da ya nan pangipaptok da. Ngay tawon, ya nahannotan di punliyak di tatagu (agricultural practices) an waday ad-adi maphod hi idat na bokon lang hi nun bobleyan (environment) pati inan pangat (culturally) ya nan punhamakan hi utalon (economically).

Ngadan dadiye nan nahannotan an punliyak di tatagu an waday ad-adi idat na hinan nun bobleyan (environment)?

4. Hay pun-nanongon hi pun-o-ohha-an di tatagu

"Nan pun-oh-ohhaan hiyay oha an rason nu nape nu-nanong di Pangat di nunboblasyon. Nnan eh pun-anupan ya nan pun-oh-ohhaan inan makan ya gapu hinan punboddang di iibba, ya nan punluku eh inan iibba ya dilikadu inan nunbobleyan. Inan an amin an pangat/eyyeh, nadan linalaki ya binabai ya mun'ingngo di eda kataguwan; nu e adi mun'ingngo di eda ki-atan, nan ne oldin di aamma di makulug an maunud wanno nan pangat an punhuhummanganan di kadakdaklan an tatagu an hiyay mangidat hi kiphodan di nunbobleyan."

Hituwe ya makulug/immannung hitu ad Ipugaw.

Mika-walu an Adalon (Learning Activity 8)

Hituwen aton yu ya piliyon di oha inan hahapiton yu: Pun-aga (health and medicine), punlini nunhituwan (sanitation), hay pangipunnanong hi pangalan hi kanon (resource management), ya pangipaptok hi punliyak ya punhabal (agriculture).

Bagaan yu nadan nunka-am-am-ma (elders) idi ye an boble inan napili an adalon.

TOPIC 1: PANGIPAPTOK HI KIPHODAN DI ADOL YA NAN PUN-AGA (Health and Medicine)

1. Aga inan udum an dogo ya na nagod

Ngadan day udum (example) an aton ta maka-an di dogo wenna nan pun-aga hi nagod:

Daanay pangalan (resources), Nu holok, ngadan di aton da:

2. Nadan aton an pamate nan lalog, toma ya ballangiyen ya nan udum pay an kumalat

Ngadan day udum (example) an aton an mamate idatuwen kumalat ya mamaki nitanom:

Ngadan day usalon da:

TOPIC 2: PUNLINIHAN (Sanitation)

1. Nan pangiwilihan hi lugit/ginalut

Ngadan day udum (example) an aton an kahaadan/pangiwilihan hi lugit/ginalut:

Nan usalon dan umat hi holok:

2. Hay pangipapatok hi adol

Ngadan da pay di udum (example) an aton an pangipaptok hi adol:

Ngadan day usalon da:

3. Punlinih Liting

Ngadan day udum (example) an punlinih hi liting:

Ngadan nay usalon da:

TOPIC 3: ANGIPAPTOK HINAN KALPUWAN DI MAUSAL/KAHAPULAN (Resource Management)

1. *Nadan paniyon adi da aton hi ammayu ya nan nunkitanom*

Ngadan nadan udum (example) an pangat:
Ngadan nan usalon da an holok/bungan di kaiw:

2. *Hay pangipaptok inan mumuyung*

Ngaday udum (example) an pangat:
Ngadan nan usalon da:

3. *Itugun inan muntanom da ka-iw*

Ngadan nadan umat hi udum (example) an pangat:
Ngadan nan usalon da:

TOPIC 4: HAY PUNLIYAK/PUNHABAL INAN LUTA (Agriculture)

1. *Pangipaptok ta munnanong nan maphod an luta*

Ngadan nadan udum (example) an pangat:
Nan usalon dan Ka-at ot inan holok:

2. *Nan aton ta mun-nanong an adi mapaki di tanom ya mitanom*

Ngadan nadan udum (example) an pangat:
Ngadan nan usalon da:

3. *Nan pamate/pun pama'id inan mamaki/mangan hi nitanom ta adi mabigi*

Ngadan nadan udum (example) an pangat:
Ngadan nan usalon da:

4. *Pangipaptok hi ammayu*

Ngadan nadan udum (example) an pangat:
Ngadan nan usalon da:

Mikahiyam an Adalon (Learning Activity 9)

Mundadammu ayu inan papaddung yu an uungan nalpu hi ad Kiangnan, Banawe, ya Hungduan. Mangapya ayu hi ipatigo yu an drama (role play) an ipatigo nan paminhod (Appreciation) hinan eyyen di Immipugo. Itudok yu di pangitig-an yu (script) an iunud yu hinan nitudok hinad da'ul.

BOOK 4

NAN EYYEH/PANGAT, NAN NITAGUWAH' YA NAN BOLTAN UH

CHAPTER 4: NAN NOMNOM/MAKALKALIN DI TATAGU AN IMMANNUNG, ADI IMMANNUNG WENNO LEGAL



Hi kagibbuwan tuwen maadal ya mahapul an:

1. Paka-addalon yu nan inadal yun adi mamati inan eyye itun binoltan tun tatagud lpugaw;
2. Maawatan yu maphod nan inadal yun di kaimportanten di bimmaddangan nan uunga hi pangipainnila (promotion), panangipaptok (protection), ya nan pangat ta adi miwalong nan maphod an pangat itun binoltan an nabanobanong an payo.

Mikahimpulu an Adalon (Learning Activity 10)

Nan panigo yu, ngadanon yuy lima an kanayun an agge pinhod di aammod yu wenno probleman gumapu inan punbalbaliwan an ma'ma'at inan nunbobbyan (environment) hitud Ipugaw.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Nan panigo yu, ngadanon yuy lima an kanayun an agge pinhod di aamod yu wenno probleman gumapu inan punbalbaliwan an ma'ma'at inan eyye/pangat (culture and practices) hitud Ipugaw.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Dahyun u-ungan Immipugo on innila yu datuwen problema tun a-ammod yu? Ngay aton yun mangibaga?

Dahyun u-ungan Immipugo ngadan nan liman pobleman mipanggep inan pangat/eyye an inbingay yu hinan gagayyum yu?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Nape problema datuwe? Ngaday at-atton yu ta maka-an/mama'id datuwen problema? Nape? Ngay aton yu?

On manomnom yu din nakali/naibaga (comments) an nabidbid hidin hopap tuwen maadal. Handi nagibbun binidbid yu, tinigo yu nan tinigtigo yu nan nipalpuhan tuwen naadal, on abuluton yu datuwen imbaga da?

Ibangngad yu inan nakali/nibagan (comments) di udum an tatagu inan Ifugao Rice Terraces.

An namin nan inadal yu nahaphapit/nakalkali ituwen naadal, ngaday nalpu ida'yu an nomnom (comments) ya hay abuluton yu nu adi yu abuluton mipanggep hi ka'ka-at eyye ya boltan?



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To Mr. Ramon Dinali, Mr. Donato Ogay, Ms. Jennilyn Illag, Mr. Pedro Addug, Mr. Rolando Addug, Mr. Job Punghan, and Mr. Magellan Illag of Brgy. Batad, Banaue;

To the staff, trainees, and alumni of the Ifugao Satoyama Meister Training Program; and,

To our translators Ms. Josephine G. Pataueg, Ms. Rebecca W. Bumahit, Mr. Gregorio Umingli, Mrs. Florentina D. Dulnuan, Mrs. Emilia B. Manglib, Mr. Julian P. Manglib and Ms. Raynalyn Pepe.