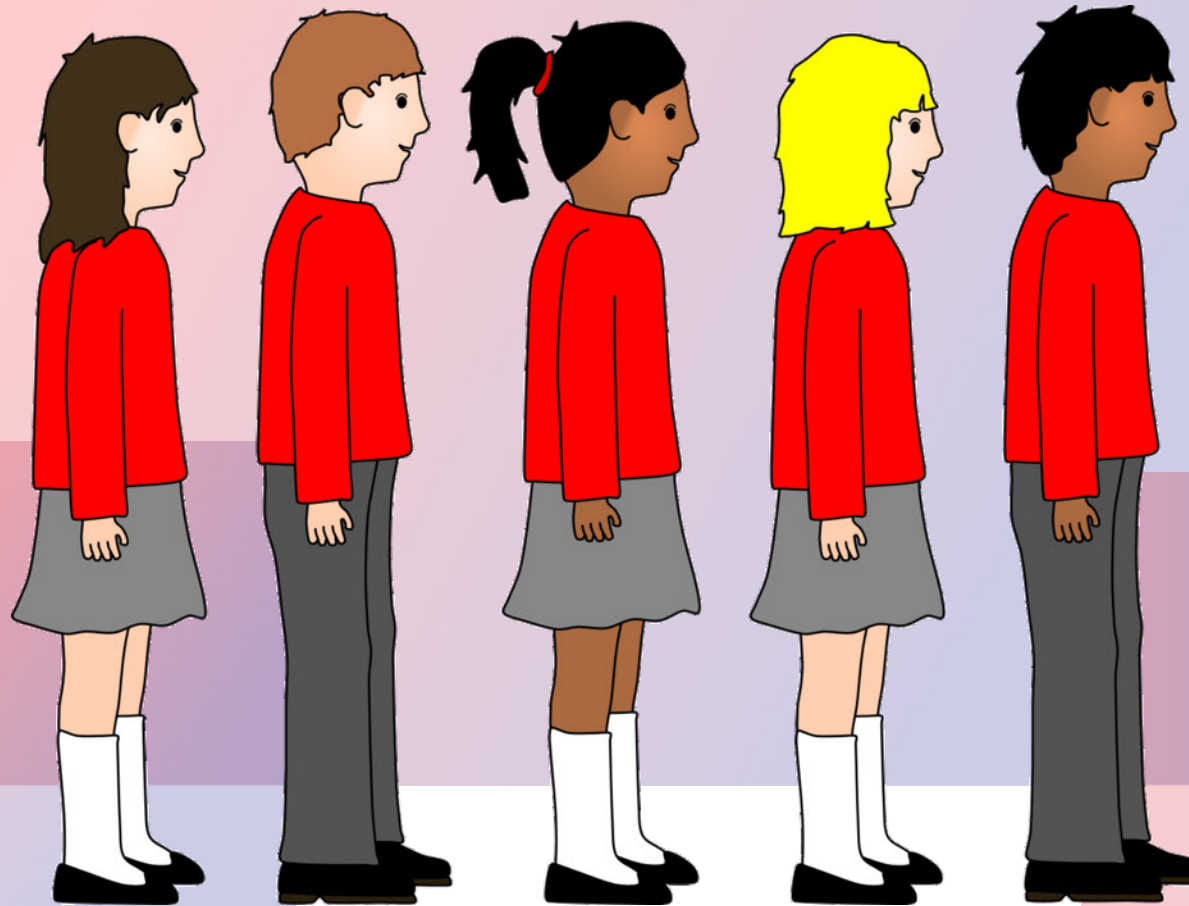


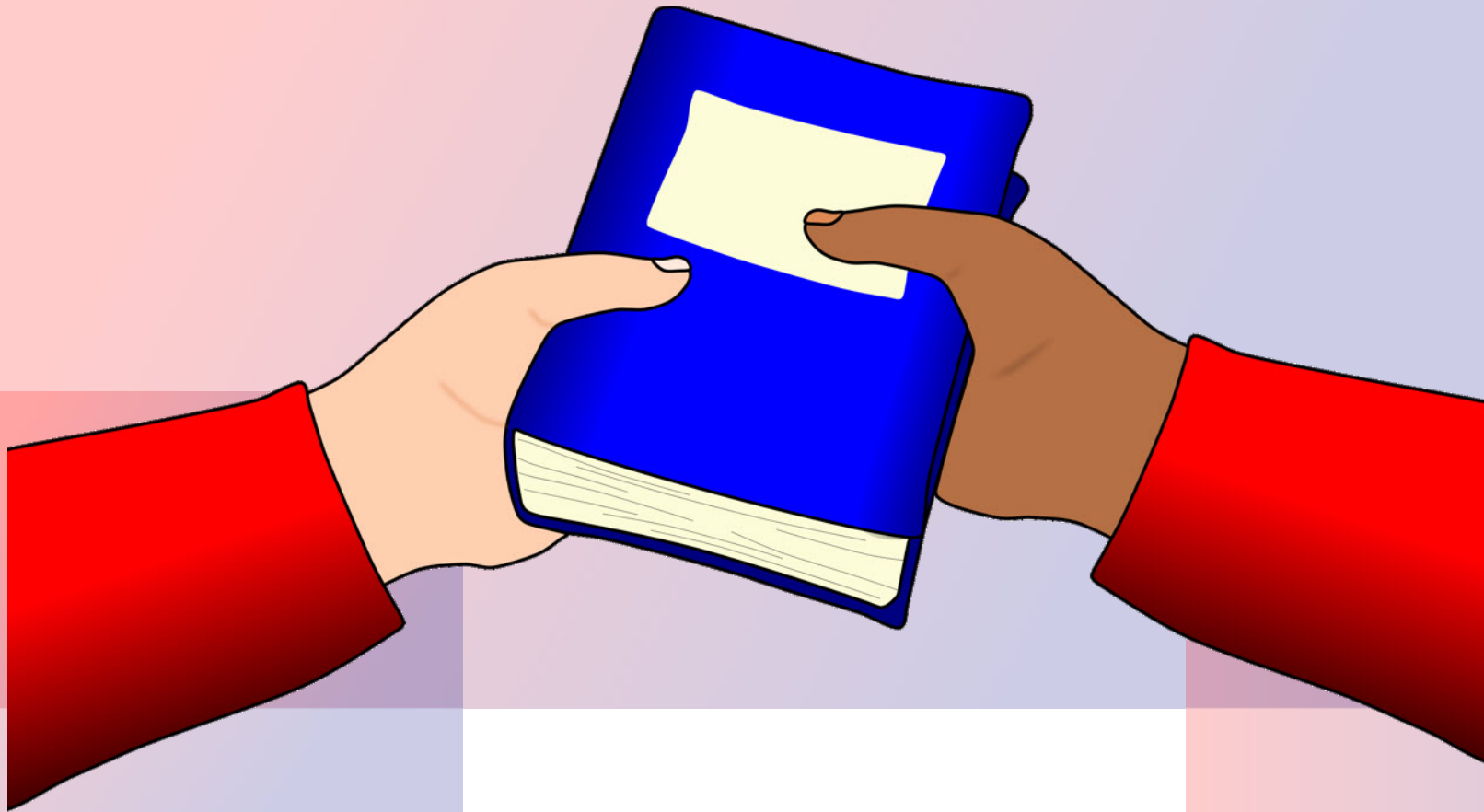
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gymryd tro

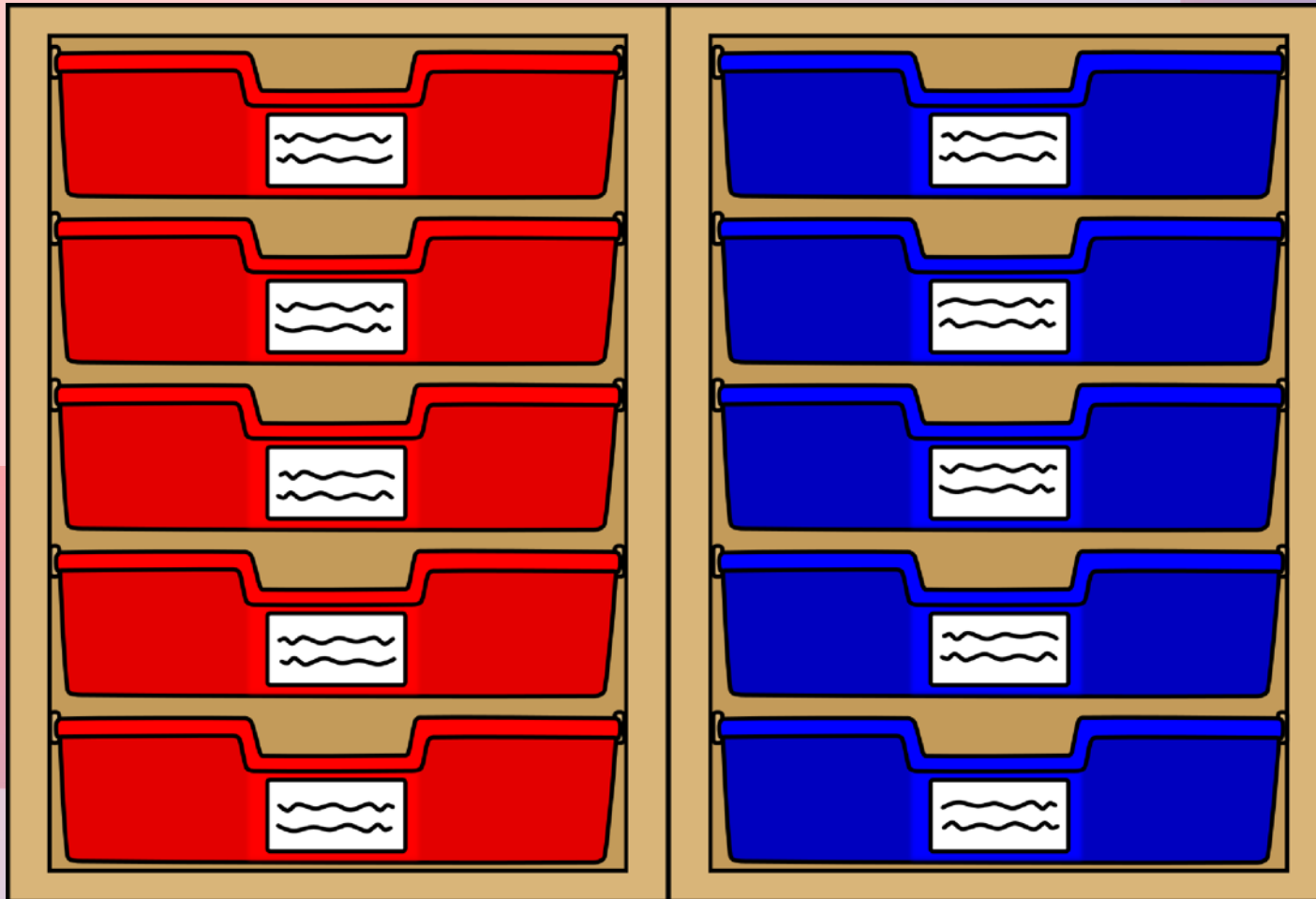


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rannu gyda eraill

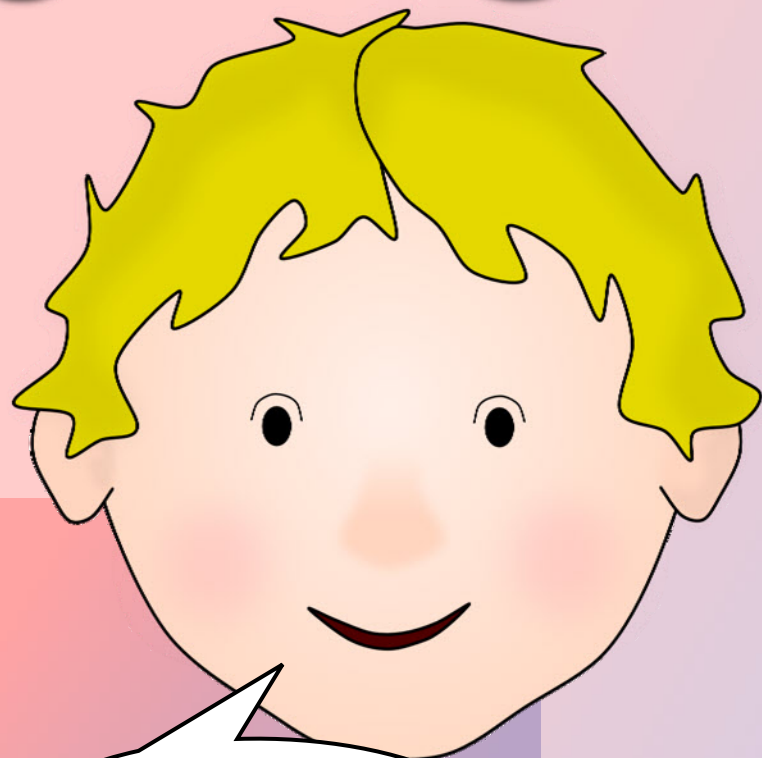


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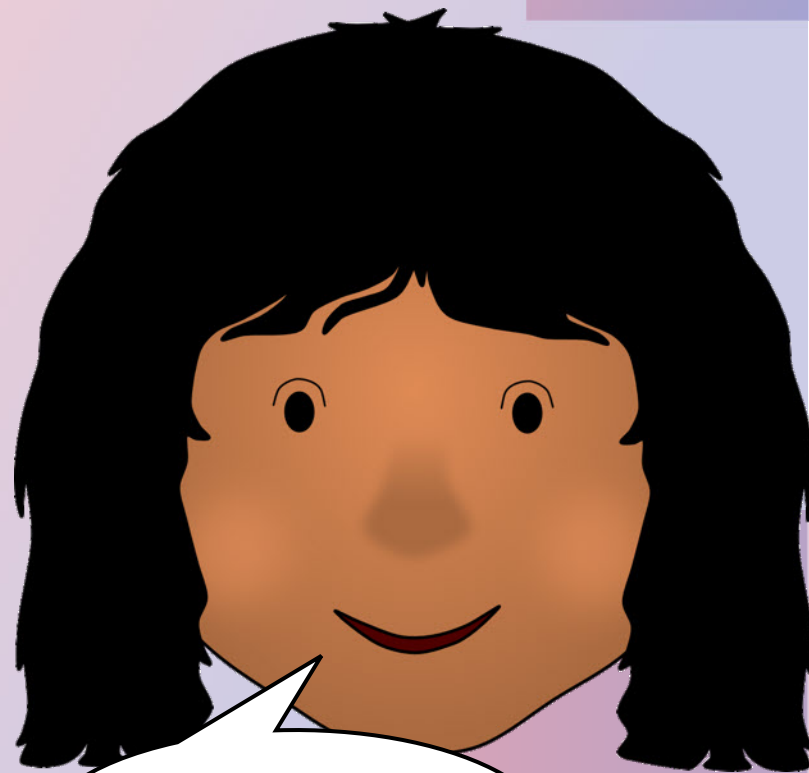


Cofiwch

fod yn gwrtais



Os gwelwch
yn dda...



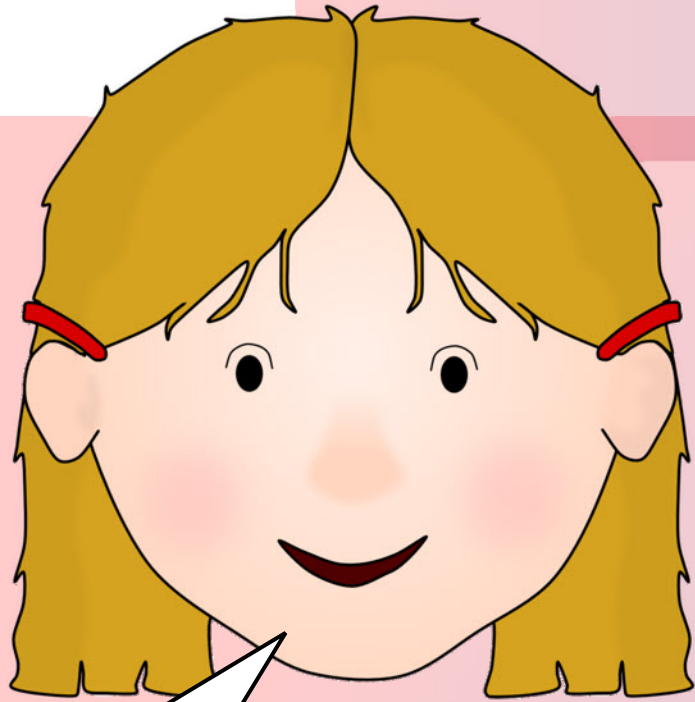
Diolch



Cofiwch

godi eich

llaw



Helo

Cofiwch

ddefnyddio
llais tu mewn



Cofiwch

**gerdded,
dim rhedeg**