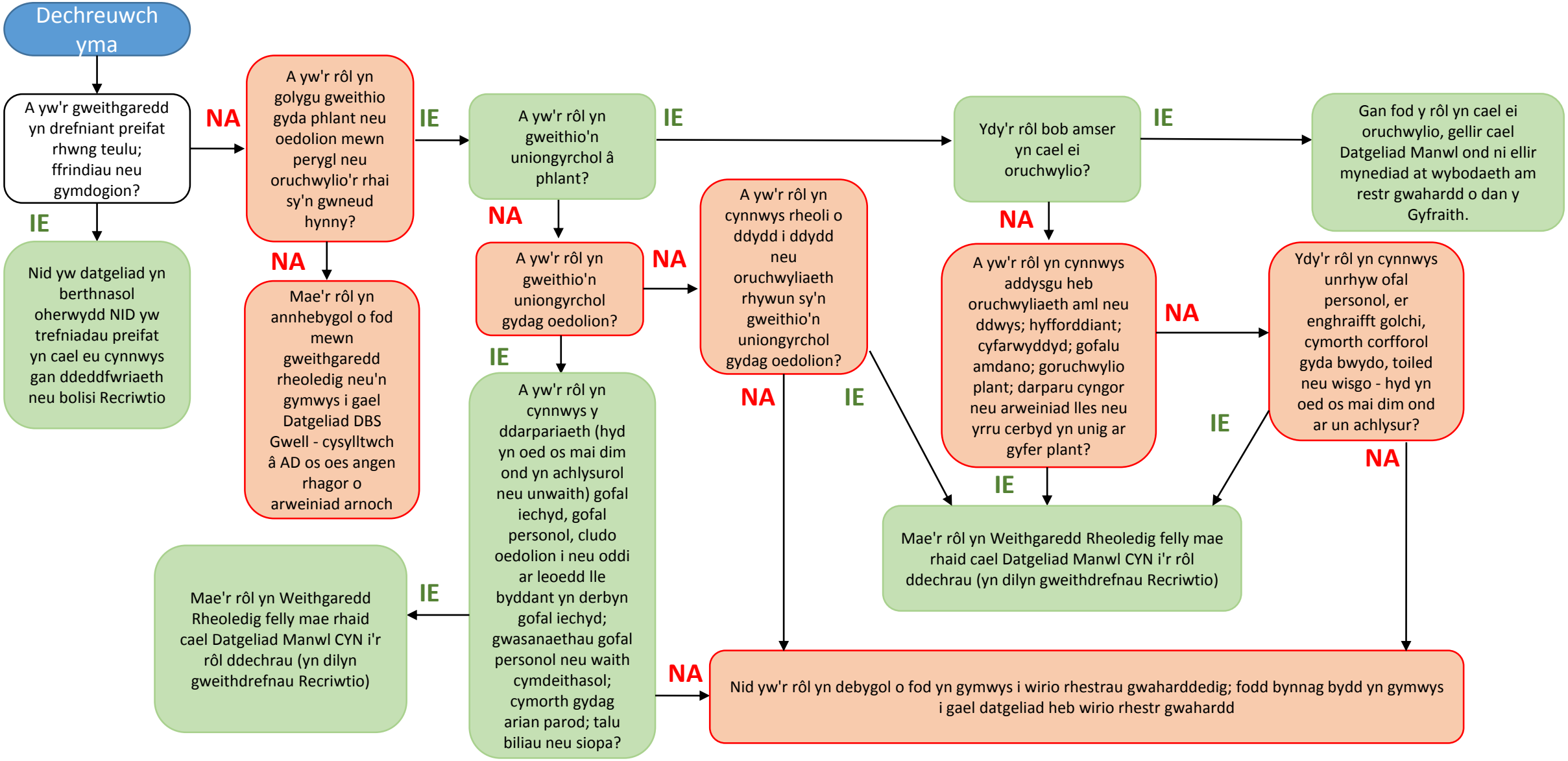Siart Llif Gwneud Penderfyniadau Gweithgaredd Rheoledig