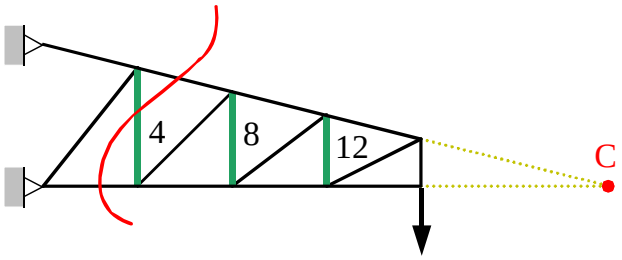
Remarks: See §9.3.1, page 337 till 351.
and example 2 on page 341

Answers:

$N^{(4)} = +10$ kN
$N^{(8)} = +12,5$ kN
$N^{(12)} = +100/6$ kN $= +16,67$ kN



Remarks:

Apply the method of sections and calculate the moment equilibrium about C of the part right of the cut. You can find the forces in members (8) and (12) in a similar way.