

ဖူး သံ နိပ် စိပ် ဖာ စိပ် နါ

A W A K E



ခိပ်ယာန့ဆာ်တံကူ်ဘ်ကူ်သ့လံာ်တယံ
တံနဲ်ကျဲဆူတံအိ်ဆိးလၢအယူာ်ကၢ

Environmental Education Poster Series
A Guide to Sustainable Living



K E S A N

Karen Environmental and Social Action Network

Living fence

What is living fence?

A LivingXX Fence is a fence made of living trees and shrubs. It is made from thorny or non-thorny plants, and can also be called a green fence, or hedge. A living fence can be anything from a simple row of trees to intermingling layers of plant species for a more decorative effect.

Living fence in practice:

- Select the plants that will compose the fence. Tall, deciduous shade, fruit trees, and small flowering shrubs can all be used to form living barriers.
- Plant tall trees for the fence first. Gently insert bare root young trees into the prepared trench. Cover the roots with soil and add water, then top dress the plantings with organic mulch.
- Backfill the holes and then water the plants well after planting to settle the soil around the roots. Do not add any fertilizer at planting and continue to water the plants regularly for the first season to establish the plants.

Benefits:

- It provides actual and preventive protection against human or animal disturbance and excessive environmental influences such as strong winds and extreme sunlight.
- It can add to the family's food intake and nutrition as well as providing numerous invaluable herbal medications.
- It provides precious resources for various purposes, such as construction and heating, to local communities, and contributes to their overall livelihood.
- It serves as a habitat and source of food for small wildlife, supporting ecological biodiversity.
- Requires little management once established, and is cheaper and more permanent than other fencing
- It looks beautiful (more beautiful than a regular fence).

ဂၢလၢအမူ

ဂၢလၢအမူစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

ဂၢတကလုၢ်အံၤမ့ၢ်ကရၢၢ်လၢတၢ်သ့ၣ်ထီၣ်အိၣ်ဖျိသ့ၣ်ဒီးတၢ်မ့ၢ်တၢ်ဘိလၢအမူတဖၣ်န့ၣ်လီၤ. တၢ်တ့ၢ်အိၣ်လၢသ့ၣ်လၢအဆၢၣ်အိၣ်သ့ၣ်အဆၢၣ်တအိၣ်ဘၣ်စ့ၢ်ကိးသ့ၣ်န့ၣ်လီၤ. တဘျီတခိၣ်တၢ်ကိးစ့ၢ်ကိးအိၣ်လၢဂၢလၢဟ့ၣ်, မ့တမ့ၢ် တၢ်ဖျိလၢဟ့ၣ်န့ၣ်လီၤ. ဂၢလၢအမူအံၤမ့ၢ်ဝဲတၢ်သ့ၣ်သ့ၣ်ထူၣ်အကလုၢ်ကလုၢ်လၢအကျိၤဖၣ်ဝဲဒီးတၢ်သ့ၣ်ကျဲၣ်ကျိၤယုၣ်အိၣ်ဒီးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်တကျိၤဘၣ်တကျိၤလၢအကဖျါယံၤဖျါလၢအဂီၢ်န့ၣ်လီၤ.

တၢ်သ့ၣ်ဂၢလၢအမူအကျိၤအကျဲ

- ယုထၢန့ၣ်သ့ၣ်ထူၣ်ဝဲဘိလၢအကထီၣ်ကရၢၢ်ကသ့, ကမ့ၢ်သ့ၣ်လၢ အထီ, ကထီၣ်တၢ်ကစ့, သ့ၣ်လၢအိၣ်ဒီးအသၣ်, ဒီးဖိအထူၣ်တဖၣ်ကထီၣ်ကရၢၢ်သ့န့ၣ်လီၤ.
- ကတၢ်ကတီၤဒီးန့ၣ်ကဖျိထီၣ်ယုၣ်တၢ်လီၤလၢနကသ့ၣ်လီၤတၢ်အဂီၢ်ဝဲသ့ၣ်လီၤဆိသ့ၣ်လၢအထီတဖၣ်, သ့ၣ်လီၤအထီၣ်က့ၤသ့ၣ်ထူၣ်ဖိလၢအဂီၢ်လီၤလံတဖၣ်တက့ၢ်. တဘၢက့ၤတၢ်မ့ၢ်တၢ်ဘိအဂီၢ်ခိၣ်ထံးဒီးဟီၣ်ခိၣ်, လူန့ၣ်အထံ, ဝံၤအလီၢ်ခံမၤဘၢက့ၤသ့ၣ်ထူၣ်တဖၣ်အခိၣ်ထံးလၢသ့ၣ်လုၢ်ဝဲလုၢ်အယုအုၣ်ကျဲၣ်တဖၣ်တက့ၢ်.
- တဘၣ်ဖၢန့ၣ်လီၤဟီၣ်ခိၣ်လၢတၢ်မ့ၢ်တၢ်ဘိအလီၤနီတမံၤဘၣ်, ထဲဖၣ်ဆဲးလူန့ၣ်အထံဘၣ်ဆၢဘၣ်ကတီၢ်ထီၣ်ဘိလၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်ကထီၣ်ဒိၣ်ထီၣ်အဂီၢ်တက့ၢ်.

တၢ်ဘျးဘၣ်ဖျိတဖၣ်:

- ဒီသအဲကလံၤအုတၢ်ဆူၣ်ဒီးကထီၣ်တၢ်ကစ့လၢပုၤကညီဒီးဆၣ်ဖိကိၢ်ဖိဒီးတၢ်မ့ၢ်တၢ်ဘိ, ဟံၣ်ယီတဖၣ်အဂီၢ်.
- ကထီၣ်စ့ၢ်ကိးတၢ်အိၣ်တၢ်အိၣ်လၢဟံၣ်ဖိယီဖိအဂီၢ်တကးဘၣ်ကသံၣ်သ့ၣ်ဂံၢ်ဝဲတဖၣ်စ့ၢ်ကိးအိၣ်ဝဲဖၣ်န့ၣ်လီၤ.
- ကထီၣ်ဝဲတၢ်ဘျးတၢ်ဖျိတဘျးမံၤဒ်အမ့ၢ်, တၢ်သ့ၣ်အဒုလၢတၢ်ဖိအိၣ်တ့ၤအိၣ်, အထူၣ်လၢတၢ်သ့ၣ်ထီၣ်ဘိထီၣ်ဒီးအဒီးအလုၢ်တဖၣ်ဒ်အမ့ၢ်တၢ်အိၣ်တၢ်အိၣ်န့ၣ်လီၤ.
- ကထီၣ်တၢ်အိၣ်တၢ်အိၣ်လၢထီၣ်ဖိလံၣ်ဖိ, တၢ်ဖိလံၣ်ဖိယၢ်တဖၣ်အဂီၢ်ဒီးမ့ၢ်စ့ၢ်ကိးတၢ်ဘျးတၢ်ဖျိလၢတၢ်မူတဝၢတဖၣ်အတၢ်လဲၤတရံးအသးအဂီၢ်န့ၣ်လီၤ.
- နကဘၣ်ထုးဂံၢ်ထုးဘါဒီးသုတၢ်ဆၢကတီၢ်ထဲတဘျီဖဲလၢနသ့ၣ်လီၤအိၣ်အဆၢကတီၢ်, အမဲၣ်ညါအပွၤဆဲးန့ၣ်ဒီးကျၢန့ၣ်ဒီးဂၢအဂၢတဖၣ်န့ၣ်လီၤ.
- နကွၢ်အိၣ်ဖျါယံၤလၢလီၤဟ့ၣ်ဒီးမ့ၢ်သ့ၣ်မ့ၢ်သးန့ၣ်လီၤ.





ဟံင်ဖီဖိတ်သုင်တုးကရါ

Home Gardening

What is home gardening?

Home gardening is an exciting and stress-busting activity. It brings a bounty of benefits like access to safe (chemical free), healthy and delicious food to the household for nutrition and food security, and also for additional income.

You can grow your own vegetables, fruit, herbs and flowers and don't have to spend money – it is cost saving. Your garden does not only add beauty to your surroundings but also helps in the reduction of carbon emissions.

Benefits:

- It can add to the family's food intake and nutrition as well as providing numerous invaluable herbal medications.
- It provides an opportunity to generate additional income for the household; in particular for women, children and the elderly.
- It strengthens relationships among households and community members, and provides a platform for individuals to unwind from day-to-day stress.
- It enhances the ecological biodiversity of the surroundings and serves as a source of food for livestock.
- It functions as an essential element in securing long-term fertile soil, and attracting beneficial insects and micro-organisms.

ဟံင်ဖီဖိတ်သုင်တုးကရါစံးတုးန့ၣ်မ့ၢ်တုးမနုၤလဲၣ်.

ဟံင်ဖီဖိတ်သုင်တုးကရါန့ၣ်မ့ၢ်တုးဟူးတုးဂဲၤတခါလၢအလီၤသုင်ပီၤသးဝးတကးဘၣ်, မၤလီၤစ့ၢ်ကွံာ်တုးသုင်ဘၣ် တံာ်တံာ်သးဘၣ်တံာ်တံာ်, တုးကီၢ်တုးဂီၤတဖၣ်ဒီးအိၣ်ဒုၣ်လၢနဟံင်ကပိာ်ကပၤန့ၣ်လီၤ. တုးမၤအံၤဟဲၣ်တုးဘျးတုး ဖျိၣ်အါမံၤဒ်အမ့ၢ်တုးဒီးတုးလၢနသုင်အီၤန့ၣ်ပူၤဖျးဒီးကစိတဖၣ်, ကဆိၣ်ဒီးအရီးကဝံၣ်ဒိၣ်ဝဲအမဲၣ်ညါကထီၣ်တုး ဘျးတုးဖျိၣ်လၢဟံင်ဖီဖိတ်တဖၣ်အဂီၢ်လၢအကဒီးန့ၣ်ဘၣ်တုးအိၣ်လၢအိၣ်ဒီးအထူးအစီ, အိၣ်ဒီးတုးအိၣ်တုးအီၤထီၣ်ဒီး ကမ့ၢ်စ့ၢ်ကီးတုးဟဲၣ်န့ၣ်အကျဲတဘိန့ၣ်လီၤ.

နသုင်နနီၢ်ကစၢ်အတုးမ့ၢ်တုးဘိ, တုးသုတုးသုၣ်, ကသံၣ်ကသီဒီးသံၣ်ဖိဖိတ်တဖၣ်အယိနတဘၣ်ပူၤအိၣ်ပူၤအီၤတုးသုၣ် တဖၣ်အံၤဒီးကမၤစ့ၢ်လီၤနတုးသုၣ်ကျိၣ်သုစ့ၢ်လၢကျဲတဘိန့ၣ်လီၤ. တမ့ၢ်ထဲလၢနကရါန့ၣ်ကမၤယံၤမၤလၢနဟံင်ကပိာ်ကပၤ ဘၣ်, ကမၤစ့ၢ်ကီးန့ၣ်သီးနကအိၣ်ဘၣ်တုးအိၣ်လၢအတုးဟ့ၣ်ဒီးကသံၣ်ကသီတဖၣ်န့ၣ်လီၤ.

တုးဘျးတုးဖျိၣ်တဖၣ်

- ကဲထီၣ်ဟံင်ဖီဖိတ်အိၣ်အလီၤဒီးတဘျီယိကဒီးန့ၣ်ဘၣ်ကသံၣ်သုၣ်ဂံၢ်ဝဲတဖၣ်န့ၣ်လီၤ.
- မ့ၢ်ဝဲတုးခွဲးတုးယာ်တခါလၢဟံင်ဖီဖိတ်အတုးဟဲၣ်န့ၣ်အဂီၢ်.
- မၤဆုၣ်ထီၣ်စ့ၢ်ကီးတုးရဲၤလိာ်မုာ်လိာ်မၤသကိးတုးလၢဟံင်ဖျိၣ်ယိထၢဒီးပူၤဟံင်ကပိာ်ကပၤတဖၣ်ဒီးမ့ၢ်စ့ၢ်ကီးတုးလီၢ် တခါလၢပုၤကဟူးဂဲၤဒီးတမၤလၢာ်အတုးဆၢကတီၢ်တနံၤဘၣ်တနံၤလၢတုးအူကလံၤ, ဒီးတုးသးဘၣ်တံာ်တံာ်တဖၣ်န့ၣ် လီၤ.
- မၤဒိၣ်ထီၣ်လဲၣ်ထီၣ်စ့ၢ်ကီးပခိၣ်ပယၢတုးမူတတဖၣ်ဒီးကဲထီၣ်တုးအိၣ်တုးအီၤလၢတုးမူတတဖၣ်အဂီၢ် (ဒ်အမ့ၢ် ထီၣ်ဖိလံၣ်ဖိ, တုးဖိတ်ယာ်တဖၣ်)
- ကဲထီၣ်စ့ၢ်ကီးတုးမၤတခါလၢအယုာ်ကလၢဟီၣ်ခိၣ်တဖၣ်အိၣ်ထီၣ်ဒီးအထူးအစီ, ဒီးထူးန့ၣ်ဝဲတုးဖိလံၣ်ဖိယာ် (စီၤက ပုၤ, ကနဲ) ဒီးအဂုၤအဂၤတဖၣ်အသးန့ၣ်လီၤ.





နုဆာ်ဟီၣ်ချါ

Composting

What is composting

Compost is a natural way of making the soil more fertile and to help it hold water and nutrients. Compost can be made of almost anything natural that can rot. Bacteria, worms, fungi and other small living things break down the dead organic matter in compost.

Compost is an excellent source of food for plants – it is usually made from dead leaves, weeds, animal waste, manure, ash, cut grass, food waste and any other organic matter that can be broken down.

Composting in practice:

- A good mix is about one third green plants or manure to two thirds dry brown leaf or straw.
- The pile should not be allowed to become too wet, too dry or too cold.
- It is best to make the pile in a place away from direct sunlight.
- Well-made compost pile can get very hot in the center of the pile - this means it is quickly turning into soil. After a few weeks it starts to cool down.
- If the pile is turned over so that the materials on the outside are put in the middle of the pile, and what was in the middle of the pile is on the outside it will heat up again.
- It can be turned 3 or 4 times before it will no longer heat up.
- A few more weeks later the compost pile will be a much smaller pile of black, good smelling soil.
- If it becomes sticky and smells bad it means it is too wet and there is not enough dry brown leaf or straw in it.
- It is important not to put things in the pile that people have made, such as plastic, batteries, glass, rubber, pots and food tins. These things do not break down to become soil again and can cause dangerous cuts or other problems.

Benefit of Composting

- Composting is inexpensive - old straw, any animal manure, every dead leaf, branch, insect or creature as well as food that have started to smell bad can be made into what is called a “compost pile”.
- Compost makes very fertile black soil that nearly any useful plant can grow in well.
- Composting requires little effort.

နုဆာ်ဟီၣ်ချါန့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်

နုဆာ်ဟီၣ်ချါန့ၣ်မ့ၢ်နုဆာ်အကျဲလၢတၢ်ကဲထီၣ်ဟီၣ်ခိၣ်ဒ်သိးအစီကအိၣ်အါထီၣ်ဒီးကဖိၣ်ကျၢၤစၢၤထံဒီးတၢ်ဂံၢ်တၢ်ဘိတဖၣ်န့ၣ်လီၤ. နုဆာ်တၢ်မ့ၢ်တၢ်ဘိကိးကလုာ်ဒဲးလၢအအုၣ်ကျၢၣ်သ့ဒီးတၢ်အိၣ်အဆံၣ်တဖၣ်န့ၣ်တၢ်ဒုးအိၣ်ထီၣ်နုဆာ်ဟီၣ်ချါသ့န့ၣ်လီၤ. တၢ်အယၢ်, ထိးကလဲၣ်, တၢ်အုၣ်သံကျၢၣ်သံကျၢၣ်ထီၣ်အယၢ်တဖၣ်, ဒီးတၢ်ဖိလံၤဖိယၢ်ဆံးဆံးဖိတဖၣ်န့ၣ်မၤလီၤဘျဲးဝဲတၢ်မ့ၢ်တၢ်ဘိအယုၤ, အအုၣ်တဖၣ်ဆူဟီၣ်ချါန့ၣ်လီၤ.

နုဆာ်ဟီၣ်ချါမ့ၢ်ဝဲတၢ်ဂံၢ်တၢ်ဘိအဂ့ၢ်ဒိၣ်မးတခါလၢတၢ်သ့ၣ်တၢ်မ့ၢ်တၢ်ဘိအဂီၢ်, ဒီးအါတက့ၢ်တၢ်ဒုးအိၣ်ထီၣ်အီၤခိဖျိသ့ၣ်လၢယုထီ, နီၣ်တဖၣ်, ဆၣ်ဖိကီၢ်ဖိအအုၣ်အဆံၣ်, တၢ်အုၣ်တၢ်ကျၢၣ်, ဖၣ်ဆါ, တၢ်အိၣ်တၢ်အီၤအဆံၣ်ဒီးတၢ်အဂ့ၢ်အဂၤလၢအအုၣ်သံသ့တဖၣ်န့ၣ်လီၤ.

တၢ်မနုၤနုဆာ်ဟီၣ်ချါအကျဲ

- ကျဲအဂ့ၢ်ကတၢ်လၢတၢ်ကမၤဟီၣ်ချါအဂီၢ်န့ၣ်လၢတၢ်ကျၢၣ်ကျိအပူၤ ကဘၣ်ဖၢန့ၣ်ဒီးသ့ၣ်လၢလၢအလါသၢပူတပူ မ့တမ့ၢ် နီၣ်, သ့ၣ်လၢဒီးလီၢ်ဘိလၢအယုသၢပူသံပူလၢနကျၢၣ်ကျိတၢ်ခဲလၢအဖိခိၣ်န့ၣ်လီၤ.
- တၢ်လီၢ်လၢနဟ်ပူၣ်ယၢ်တၢ်ကမၤဟီၣ်ချါန့ၣ်ကဘၣ်မ့ၢ်တၢ်လီၢ်လၢတဘၣ်ဘၣ်စီၣ်, ယုထီ, မ့တမ့ၢ်ခုၣ်တလၢဘၣ်.
- ကဘၣ်ဟ်တၢ်လီၢ်လၢအတဘၣ်ဒီးမ့ၢ်ဆဲးလီၤလီၤအလီၢ်.
- ဟီၣ်ချါအပူၣ်လၢတၢ်မၤအီၤဂ့ၢ်ဂ့ၢ်န့ၣ်အခါသးကဘၣ်ကိၢ်သ့, ဒ်သိးကလီၤဘျဲးဒီးကဲထီၣ်ဟီၣ်ချါချၢ အဂီၢ်န့ၣ်လီၤ. ဘၣ်ဆၣ်ဖဲဖျၢန့ၣ်အလီၢ်ခဲန့ၣ်ကစးထီၣ်ခုၣ်လီၤက့ၤဝဲန့ၣ်လီၤ.
- ဖျၢန့ၣ်ဝဲအလီၢ်ခဲန့ၣ်ကဘၣ်မၤကျၢၣ်ကျိကဒီးတၢ်အပူၣ်ဒ်သိးတၢ်လၢအအိၣ်လၢအယၢ်တဖၣ်ကန့ၣ်လီၤအိၣ်လၢအခါသးဒီးကကိၢ်ထီၣ်ကဒီးအသီတဘျီ.
- တၢ်ကဘၣ်မၤကျၢၣ်ကျိအီၤ ၃ တုၤလၢ ၄ဘျီ တုၤလၢအတကိၢ်သ့လၢဘၣ်န့ၣ်လီၤ.
- ဆဲးဟ်ကဒီးဖျၢန့ၣ်တုၤလၢတၢ်အပူၣ်အံၤဆဲးလီၤဒီးထီၣ်သ့ဒီးကကဲထီၣ်ဝဲဟီၣ်ချါလၢအတနၢအုၣ်လၢဘၣ်န့ၣ်လီၤ.
- တၢ်အပူၣ်မ့ၢ်ကကိၢ်လိၣ်အသးဒီးနၢမ့ၢ်တမ့ၢ်ဘၣ်န့ၣ်မ့ၢ်လၢအဘၣ်စီၣ်အါတလၢဒီးသ့ၣ်လၢယုတဖၣ်တလၢတပျဲဘၣ်အယီၤလီၤ.
- တၢ်အဂ့ၢ်ဒိၣ်အဂၤတခါန့ၣ်တၢ်တဘၣ်ဖၢန့ၣ် ဖျးစတုး, ဒးခဲ, ပလီက့, ရီဘၣ် ဒီးတၢ်အိၣ်အတဖၣ်ဘၣ်. တၢ်သ့ၣ်တဖၣ်အံၤလီၤဘျဲးတသ့ဘၣ်ဒီးကဲထီၣ်တၢ်ကီၢ်တၢ်ခဲအကလုာ်ကလုာ်သ့ဝဲန့ၣ်လီၤ.

တၢ်ဘျဲးတၢ်ဖိၣ်တဖၣ်

- နုဆာ်ဟီၣ်ချါန့ၣ်အပူၤတဖၣ်ဘၣ်, လီၢ်ဘိ, ဆၣ်ဖိကီၢ်ဖိအအုၣ်, သ့ၣ်လၢယု, သ့ၣ်ဒုယု, တၢ်ဖိလံၤဖိယၢ်ဒီးတၢ်အိၣ်တၢ်အီၤအဆံၣ်ဘိတဖၣ်အံၤခဲလၢန့ၣ်နဟ်ဖိၣ်ဒုးကဲထီၣ်အီၤလၢ ဟီၣ်ချါအပူၣ်သ့ဝဲ
- နုဆာ်ဟီၣ်ချါဒုးအိၣ်ထီၣ်ဟီၣ်ခိၣ်အလွၢ်သုလၢအိၣ်ဒီးအစီအမဲာ်ညါတၢ်သ့ၣ်တၢ်မ့ၢ်တၢ်ဘိကိးကလုာ်ဒဲးယၢ်ယၢ်သ့ဝဲန့ၣ်လီၤ.
- နုဆာ်ဟီၣ်ချါန့ၣ်သ့ၣ်တၢ်ပိးတၢ်လီၤ, တၢ်လီၢ်တၢ်ကျဲးဒီးဂံၢ်ဘိထဲတစဲးဖိလၢတၢ်ကမၤအီၤအဂီၢ်လီၤ.





Mulching

What is mulching?

Mulches are materials placed over the soil surface to maintain moisture and improve soil conditions. Mulching is one of the most beneficial things a home owner can do for the health of a tree. Mulch can reduce water loss from the soil, minimize weed competition, and improve soil structure. Mulch must be applied properly; if it is too deep or if the wrong material is used, it can actually cause significant harm to trees and other landscape plants.

Mulching in practice: spread wet bark, woodchips, sawdust, straw and leaves around or over the plants to enrich and insulate the soil.

Benefits:

- Helps maintain soil moisture. Evaporation is reduced, and the need for watering can be minimized.
- Helps control weeds.
- Mulch serves as nature's insulating blanket. Mulch keeps soils warmer in the winter and cooler in the summer. Maintains a more even soil temperature
- A layer of mulch can inhibit certain plant diseases.
- Protects the soil from erosion
- Reduces compaction from the impact of heavy rains
- Mulch can give planting beds a uniform, well-cared-for look.

နီၣ်ဘဲၣ်ကျၢ်ဘၢ

နီၣ်ဘဲၣ်ကျၢ်ဘၢဖိတၢ်လံၤတၢ်ပိးတၢ်လီၤတဖၣ်လၢတၢ်ဟံၣ်လီၤကးဘၢဝဲဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်လၢကကၢယၢ်ဝဲထံသဝံထီၣ်

ကွံာ်တဖၣ်ဒီးမၤဂ့ၤထီၣ်ဟီၣ်ခိၣ်အကံၢ်အစီတဖၣ်န့ၣ်လီၤ. နီၣ်ဘဲၣ်ကျၢ်ဘၢန့ၣ်မ့ၢ်ဝဲတၢ်မၤတခါလၢအဘၣ်ဘျးဘၣ်ဖျိၣ်ဒီၣ်ကတၢ်လၢပုၤကိးဂၤဒီးမၤဝဲသ့လၢသ့ၣ်ထူၣ်ဝၣ်ဘိ, တၢ်ဒီးတၢ်လၢတဖၣ်ကမဲထီၣ်ဂ့ၤဂ့ၤအဂီၢ်န့ၣ်လီၤ. နီၣ်ဘဲၣ်မၤစၢဝဲဒၣ်ဒ်သိးဟီၣ်ခိၣ်သုတယုထီၣ်တဂ့ၤ, မၤစၢလီၤနီၣ်အတၢ်ဒီၣ်ထီၣ်ဒီးမၤဂ့ၤထီၣ်ဝဲဟီၣ်ခိၣ်န့ၣ်လီၤ. တၢ်ကြးမၤနီၣ်ဘဲၣ်ဘၣ်လီၢ်ဘၣ်စးမ့ၢ်လၢတၢ်ကးဘၢတၢ်မ့ၢ်တၢ်ဘိခိၣ်ထံးမ့ၢ်တီၣ်တလၢမ့ၢ်တၢ်သုတဖိတၢ်လံၤမ့ၢ်ကမၣ်န့ၣ်ကထီၣ်တၢ်ဘၣ်ယီၣ်လၢတၢ်ထူၣ်တၢ်ဘိတဖၣ်အဂီၢ်သ့ဝဲန့ၣ်လီၤ.

တၢ်မၤအီၤအကျး

- ဟံၣ်လီၤသ့ၣ်ဘၣ်, သ့ၣ်ကမ့ၢ်, လွှးကမ့ၢ်, နီၣ်ယုထီ, လီၢ်ဘိဒီးသ့ၣ်လၢဝၣ်လၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်အခိၣ်ထံးမ့ၢ်တၢ်ဝဲတရံးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်လၢကမၤဂ့ၤထီၣ်ဒီးဒီသဖၢဟီၣ်ခိၣ်မဲၣ်ဖံးခိၣ်.
- ဟံၣ်လီၤအီၤတီၣ်ဒၣ်ထဲ ၂-၄ စုမ့ၢ်ဒီၣ်.
- လူဘၣ်စီၣ်အီၤဒီးထံအလိၣ်အသိး.

တၢ်ဘျးတၢ်ဖျိၣ်တဖၣ်

- မ့ၢ်တၢ်မၤစၢလၢတၢ်ကတီၤဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်စ့ၣ်စီၣ်, ထံသဝံထီၣ်ကွံာ်သ့ၣ်တဖၣ်စ့ၤလီၤဒီးတလိၣ်လူဘၣ်စီၣ်ထံခဲအံၤခဲအံၤဘၣ်.
- မၤစၢတၢ်မ့ၢ်တၢ်ဘိအတၢ်ဒီၣ်ထီၣ်တဖၣ်ဒီးသဖၢတၢ်မ့ၢ်တၢ်ဘိအဂံၢ်လၢတၢ်ကိၢ်ဆဲးဆါတဖၣ်.
- တၢ်မၤဘၢတၢ်မ့ၢ်တၢ်ဘိအခိၣ်ထံးဒီးသ့ၣ်လၢဝၣ်လၢအအုၣ်အကျၢ်တဖၣ်န့ၣ်လီၤကံၢ်ဒ်သိးန့ၣ်ဆၢတၢ်ဒီသဖၢအယၢ်လုးတဘျီန့ၣ်လီၤ. ကၢယၢ်ဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ကလၢဝဲလၢတၢ်ခုၣ်အဆၢကတီၢ်ဒီးဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ခုၣ်ဝဲလၢတၢ်ကိၢ်အဆၢကတီၢ်န့ၣ်လီၤ. ကၢယၢ်ဝဲဟီၣ်ခိၣ်မဲၣ်ဖံးခိၣ်အတၢ်ကိၢ်တၢ်ခုၣ်န့ၣ်လီၤ.
- တၢ်မၤဘၢတၢ်မ့ၢ်တၢ်ဘိအခိၣ်ထံးမၤစၢလီၤစ့ၢ်ကိးတၢ်မ့ၢ်တၢ်ဘိအတၢ်ဆါတနီၤန့ၣ်လီၤ.
- ဒီသဖၢဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ဒ်သိးသုတလၢ်တဂ့ၤန့ၣ်လီၤ.
- ဒီသဖၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်ဝဲလၢမ့ၢ်ခိၣ်စ့ၤဖးဒီၣ်အခါ.
- တၢ်သ့ၣ်တၢ်ဖျးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်အိၣ်ဝဲလၢအကျိၤအဂ့ၢ်အဝီၤဖျါယံဖျါလၢ.





Calendar : 2012

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

တၢ်ပၤဆၢကတၢၢ်ကတီၤထံကွၢ်ခံ

Watershed Management

What is watershed?

A watershed describes the area of land that contains a common set of streams/ rivers that all drain into a single larger body of water, such as a larger river, lake or ocean.

Through our interconnected watersheds, pollution from the land can make its way into lakes and oceans. In this way, pollution can be distributed far away from its original source. That is why it is important to take care of and sustainably manage our small and large watersheds.

A healthy watershed:

- Protects water supplies
- Nurtures forests, plants and wildlife
- Keeps soil fertile
- **Supports self-reliant communities**

Some benefits of protecting a watershed are:

- More and cleaner water in wells and springs
- Better crop yields, even during dry times
- Healthier forests
- Healthier livestock
- Healthier communities

Large and sudden changes to a watershed such as clearing trees and brush, dumping waste, building roads, houses and dams can damage the watershed and its water resources. This can lead to health problems, hunger, migration and natural disasters (landslides, flooding, etc).

ထံကွၢ်ခံစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

ထံကွၢ်ခံန့ၣ်မ့ၢ်တၢ်လီၤလၢထံကျိဖိတဖၣ်ဟဲယွၤလီၤကတၢၢ်ဒီးပၤဖျိၣ်ထီၣ်အသးဒီးယွၤလီၤဝဲတပူၤယီၤဆူထံကျိလၢအဒိၣ်ထီၣ်တစးအပူၤဒ်ပစံးတၢ်အသိးထံကျိ, နီၣ်ဒီးပိၣ်လဲၣ်တဖၣ်အပူၤန့ၣ်လီၤ.

ခိဖျိလၢထံကွၢ်ခံတၢ်လီၤတတီၤဒီးတတီၤဘျးစဲလိာ်အသး, ဒီးတၢ်တဝံတပျီၣ်တၢ်ဘၣ်အဘၣ်သီလၢဟီၣ်ခိၣ်အဖိခိၣ်တဖၣ်ယွၤလီၤန့ၣ်ဆူထံကျိထံကွၢ်, နီၣ်ဒီးပိၣ်လဲၣ်ပိၣ်တြီၤတဖၣ်အပူၤအယိထံကျိတဖၣ်တကဆဲၣ်ကဆိၣ်အကြးဝဲဘၣ်ဝဲလၢအခိၣ်ထံးအသိးဘၣ်. လၢတၢ်န့ၣ်အယိပထံကွၢ်ခံတဖၣ်အဒိၣ်မ့ၢ်ဂ့ၤ, အဆံးမ့ၢ်ဂ့ၤ, ပကြးကွၢ်ထွဲဒီးကတၢၢ်ကတီၤအီၤန့ၣ်လီၤ.

ထံကွၢ်ခံလၢအကၢအခိး

- ဒီးသအထံကျိထံကွၢ် (ကၢၢ်တလၢဘၣ်, ဟီၣ်ခိၣ်ကပံာ်တဖၣ်ဘၣ်စီၣ်ဒီးတၢ်အိၣ်ဖျါလါဟ့)
- ကွၢ်ထွဲ သ့ၣ်ပျၢ်, တၢ်မ့ၢ်တၢ်ဘိဒီးဆၣ်ဖိကီၢ်ဖိတဖၣ်
- ဟီၣ်ခိၣ်ကပံာ်တဖၣ်အိၣ်ဒီးအထူးအစီ
- ဘၣ်ဘျးပုၤတဝါလၢအနီၢ်ကစၢ်ကွၢ်ထွဲလီၤအသး (ဒ်အမ့ၢ်, လုၢ်အိၣ်သးသမူလၢတၢ်သ့ၣ်တၢ်ဖျး, တၢ်ဘၣ်အိၣ်ဘၣ်အီ)

တၢ်ဘျးတၢ်ဖျိၣ်တနီၤလၢတၢ်ကွၢ်ထွဲဒီးသအထံကွၢ်ခံ

- ဒီးန့ၢ်ဘၣ်ထံလၢအကဆီၣ်လၢထံကမ္ဘၢတဖၣ်ဒီးထံဖၢလၢတဖၣ်အပူၤ
- ဝဲလၢတၢ်ကီၢ်ခါအဆၢကတီၢ်ဒၣ်လဲၣ်ဒီးန့ၢ်ဘၣ်ထံလၢတၢ်သ့ၣ်တၢ်ဖျးဒီးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်အဂီၢ်
- သ့ၣ်ပျၢ်လၢအအိၣ်ကၢအိၣ်ခိးဒီးယုၢ်ကၢ
- တၢ်လုၢ်အိၣ်သးသမူလၢအယုၢ်ကၢ
- ပုၤတဝါလၢအကၢခိးယုၢ်ကၢ

တၢ်ဆီတလဲလၢအအိၣ်ထီၣ်လၢထံကွၢ်ခံအဟီၣ်ကဝီၤအမ့ၢ်, တၢ်ကျိလီၤပျီၣ်သ့ၣ်ဒီးတၢ်မ့ၢ်တၢ်ဘိ, တၢ်တၢ်လီၤတၢ်ကမ့ၢ်ကမ့ၢ်, တ့ထီၣ်ကျဲမ့ၢ်ကျဲဘိ, ဟံၣ်ယီၤတဖၣ်ဒီးထံတမၢ်တဖၣ်န့ၣ်မဟးဂီၤကွၢ်ဝဲထံကွၢ်ခံဒီးထံကျိအတၢ်အိၣ်ယၢတဖၣ်န့ၣ်လီၤ. တၢ်သ့ၣ်တဖၣ်အံၤဒုးအိၣ်ထီၣ်ဝဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်ကီ, တၢ်သ့ၣ်ဝံလီၤဒိ, တၢ်သုးလီၤသုးကျဲဒီးန့ၣ်ဆၢတၢ်တတၢ်တနီၤတဖၣ်(ကၢၢ်လၢ, ထံဒိၣ်ယိၣ်ယွၤဒီးတၢ်အဂူၤအကအါမး) န့ၣ်လီၤ.





Rainwater Harvesting

What is Rainwater Harvesting?

Rainwater harvesting is a way of saving the rainwater which would normally flow off a roof and rain where it falls.

Rainwater harvesting in practice:

- Collecting runoff from rooftops.
- Collecting runoff from local/small watersheds
- Collecting seasonal floodwaters from local streams
- Conserving/Collecting water through watershed management

Benefits:

- Clean water for cooking, bathing, washing and watering of plants and animals
- Reduces run-off and erosion
- Increases water security in times of drought or water scarcity
- Low cost and simple to build and operate

တၢ်အပၢ်ကီၤန့ၢ်မူခိၣ်စူၤထံ

တၢ်အပၢ်ကီၤန့ၢ်မူခိၣ်စူၤထံစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

တၢ်အပၢ်ကီၤန့ၢ်မူခိၣ်စူၤထံန့ၣ်မ့ၢ်ဝဲကျဲတဘိလၢတၢ်ပၢ်ကီၤန့ၢ်မူခိၣ်ထံလၢအါတက့ၢ်အဟဲစူၤလီၤလၢဟံၣ်ခိၣ်ဒုးအဖီခိၣ်ဒီးမူခိၣ်စူၤထံလၢအဟဲစူၤယွၤလီၤဝဲတဖၣ်န့ၣ်လီၤ.

တၢ်အပၢ်ကီၤန့ၢ်မူခိၣ်စူၤထံအကျဲး

- မၤန့ၢ်တၢ်အတဖၣ်လၢကအန့ၢ်ထံလၢဟံၣ်ခိၣ်ဒုး
- ချဲန့ၢ်တၢ်ပူၤလၢကအယၢ်ထံ
- ချဲန့ၢ်ယၢ်တၢ်ပူၤလၢထံကျိကပၤဒီးအယၢ်ထံဖဲတၢ်စူၤထံဒိၣ်အဆၢကတီၢ်
- ကဝဲၣ်ကတီၢ်ဒီးအယၢ်ထံဒ်တၢ်ကဝဲၣ်ကတီၢ်ထံကွၢ်ခံအကျိအကျဲ

တၢ်ဘျူးဘၣ်ဖိၣ်တဖၣ်း

- ထံအကဆိၣ်လၢတၢ်ဖီအိၣ်တ့ၤအိၣ်, လုၢ်ထံ, သ့ကဆိၣ်တၢ်ဖီခွဲးဖိ, လူတၢ်မုၢ်တၢ်ဘိအထံဒီးဒုးလုၢ်ဆၣ်ဖိကီၢ်ဖိအထံအဂီၢ်
- မၤစူၤလီၤမူခိၣ်စူၤထံယွၤလီၤဒီးဟီၣ်ခိၣ်လၢ, ကၢ်လၢ
- ပဒီဖိၣ်ဟံၣ်ထံဒီးမၤစၢပုၤဖဲလၢတၢ်ယုၤထီဒီးထံတလၢတလီၢ်အဆၢကတီၢ်
- တၢ်လၢ်ဘျဲၣ်လၢ်စူၤစူၤဒီးညီလၢပကတုထီၣ်ဒီးသ့အိၤ







Slope Erosion

What is slope erosion?

When a raindrop falls it is usually absorbed into the pore spaces of the soil. However, when these pore spaces become saturated (full) the raindrops will either stand on the surface as a puddle or flow downhill. As the water flows downhill it will carry with it soil particles and other material. This is the start of erosion. The heavier the rainfall, the more water will run off and the more force it will have to move material. The steeper the slope, the faster the runoff flow and the more force it will have to move material. The less vegetative (plant) cover and leaf material on the ground, the more open the soil will be to the flowing runoff water.

Slope erosion control in practice:

- Plant vegetation with very dense root networks, such as bamboo, various types of grasses have very dense root networks or willows, on the slope.
- Plant vegetation with strong deep roots on the slope.
- Refrain from cutting or burning slope-stabilizing plants.
- Ensure slope-stabilizing plants are not covered by other plants.
- Maintain irrigation canals.

Benefits of slope erosion control

- Protect the wild plants that grow on the slope from being destroyed.
- To have plants cover the ground and hold the soil in place with their roots is the cheapest and best way to stop erosion and landslides.
- Strong roots networks plants are good at keeping the soil from falling, sliding or being washed away by water.
- Foster the growth of vegetation, reduce evaporation, insulate the soil, and suppress weed growth.
- Provide a suitable microclimate for seed germination.
- May increase infiltration.

တၢ်ဘၢလီၤကၢၢ်လၢၤ

တၢ်ဘၢလီၤကၢၢ်လၢၤမ့ၢ်တၢ်မနုၤလၢၤ

ဖဲလၢမူခိၣ်စူလီၤအဆၢကတီၢ်န့ၣ်ညီၣ်န့ၣ်ယုၤန့ၣ်လီၤဝဲဆူဟီၣ်ခိၣ်အလီၤဆၢၣ်အပူၤတဖၣ်န့ၣ်လီၤ. ဖဲလၢတၢ်ပူၤတဖၣ်အံၤပျဲးဒီးမူခိၣ်စူထံအဆၢကတီၢ်န့ၣ်ကကဲထီၣ်ဒီးတၢ်လီၤကလိာ်အလီၤလၢအပျဲးဒီးထံမ့ၢ်တဖၣ်ကဆဲးယုၤလီၤဆူကစၢ်ကပၤလီၤန့ၣ်လီၤ. ဖဲထံယုၤလီၤဝဲလၢကစၢ်ကပၤလီၤအဆၢကတီၢ်န့ၣ်ကအိၣ်စိာ်ကွံာ်ဝဲဟီၣ်ခိၣ်တဖၣ်ဒီးတၢ်အဂုၤအဂၢၢ်အမ့ၢ်လၢဖိလုဖိဒီးတၢ်မ့ၢ်တၢ်ဘၢတဖၣ်လီၤ. အဝဲအံၤမ့ၢ်ကၢၢ်လၢၤစးထီၣ်အသးန့ၣ်လီၤ. မူခိၣ်စူဒီးဒိၣ်န့ၣ်ထံတဖၣ်ကယုၤလီၤဒီးဆူၣ်ဒီးကစိာ်ကွံာ်တၢ်ဒီးအါလီၤ. တၢ်လီၤဘၢဒီးဒိၣ်ထံကယုၤလီၤဒီးချ့ဒီးကစိာ်ကွံာ်တၢ်ဒီးချ့စ့ၢ်ကီးလီၤ. တၢ်မ့ၢ်တၢ်ဘၢ, သ့ၣ်ထူၣ်ဝဲဘိမဲထီၣ်မ့ၢ်စူဒီးလၢဖိလုဖိ, နီၣ်ဖိမံဖိဒီးသ့ၣ်လၢဝဲလၢဟီၣ်ခိၣ်အမဲာ်ဖံးခိၣ်မ့ၢ်စူန့ၣ်, ဟီၣ်ခိၣ်အမဲာ်ဖံးခိၣ်တဖၣ်ကယုၤလီၤကွံာ်ဒီးထံဒီးအါန့ၣ်လီၤ.

တၢ်ဒီသဒၢတၢ်ဘၢပၤလီၤ

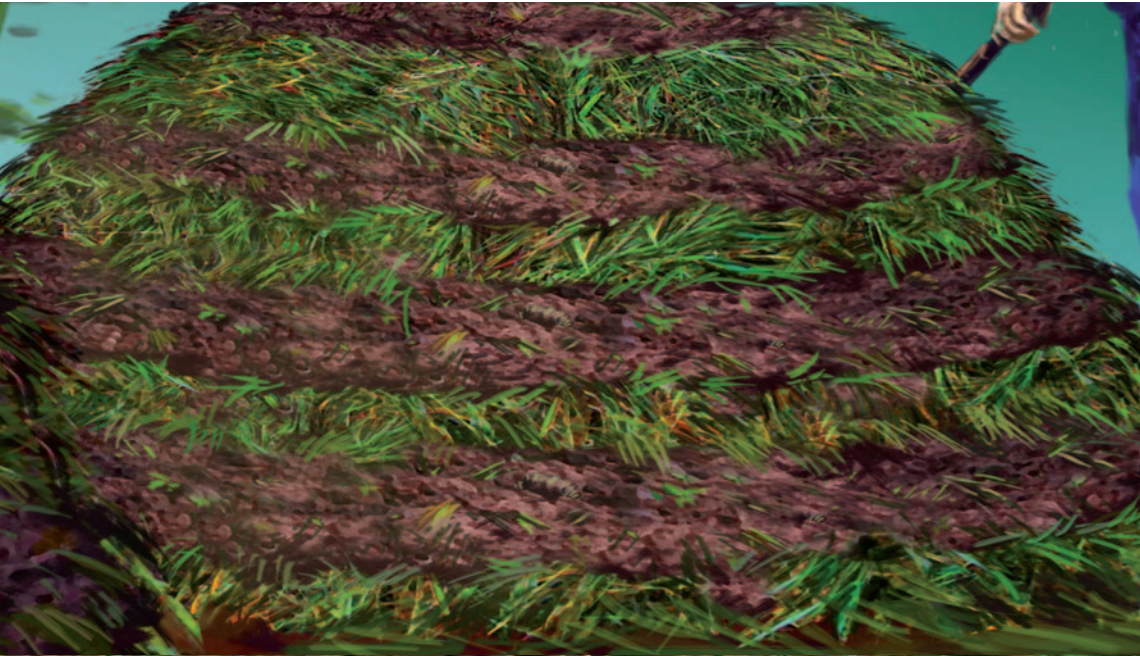
- သ့ၣ်တၢ်မ့ၢ်တၢ်ဘၢလၢအဂံၢ်တီၣ်ဒီးထီၣ်ဘျးစဲလိာ်အသး အမ့ၢ် ဝဲ, နီၣ်အလုာ်ဒီးဂံၢ်ထံမ့ၢ်တဖၣ်လၢတၢ်ဘၢပၤလီၤ
- သ့ၣ်တၢ်မ့ၢ်တၢ်ဘၢလၢအဂံၢ်ထီၣ်ဒီးကျၢၤတဖၣ်လၢတၢ်ဘၢပၤလီၤ
- တဘၣ်ဒွဲၣ်အူဒီးကျိကွံာ်တၢ်မ့ၢ်တၢ်ဘၢလၢအသးသမူကတဖၣ်ဘၣ်
- သ့ၣ်အီၤလၢအဂုၤအဂၢၢ်ဒီးတၢ်မ့ၢ်တၢ်ဘၢလၢအသးသမူကတဖၣ်န့ၣ်တၢ်မ့ၢ်တၢ်ဘၢအဂၢၢ်သုတဒိၣ်ဘၢအီၤတဂူ
- ကွၢ်ထွဲကတဲာ်ကတီၢ်စ့ၢ်ကီးထံယုၤအကျိၤလၢတၢ်ဘၢပၤလီၤ

တၢ်ဘျးတၢ်ဖိၣ်တဖၣ်

- ဒီသဒၢတၢ်မ့ၢ်တၢ်ဘၢအမံၤလၢအမဲထီၣ်လၢတၢ်ဘၢပၤလီၤတဖၣ်ဒ်သိးသုတယုၤဟးဂီၢ်ကွံာ်
- တၢ်သ့ၣ်လီၤတၢ်မ့ၢ်တၢ်ဘၢလၢအိၣ်ဒီးအဂံၢ်လၢအကျၢၤတဖၣ်ဒ်သိးကဖီၣ်ကျၢၤဟီၣ်ခိၣ်ညၣ်လၢတၢ်ဘၢပၤလီၤန့ၣ်မ့ၢ်ကျဲလၢအပျဲးဘၣ်ကတၢ်ဒီးအဂုၤကတၢ်လၢကပတုာ်ကွံာ်ဟီၣ်ခိၣ်လၢတဖၣ်န့ၣ်လီၤ.
- တၢ်မ့ၢ်တၢ်ဘၢလၢအဂံၢ်ကျၢၤဒီးဘျးစဲလိာ်အသးတဖၣ်န့ၣ်ဖိၣ်ကျၢၤယၢၣ်ဒီးဒီသဒၢဟီၣ်ခိၣ်မဲာ်ဖံးခိၣ်ဒ်သိးသုတလီၤတသြး, လီၤယုၤကွံာ်ဖဲထံယုၤလီၤအခါ.
- တၢ်သ့ၣ်ကွၢ်ဒိၣ်ထီၣ်တၢ်မ့ၢ်တၢ်ဘၢန့ၣ်မၤစူလီၤဝဲထံသဝံထီၣ်ကွံာ်, ဒီသဒၢဟီၣ်ခိၣ်မဲာ်ဖံးခိၣ်ဒီး ဖိၣ်ကျၢၤယၢၣ်နီၣ်အတၢ်ဒိၣ်ထီၣ်န့ၣ်လီၤ.
- ကဲထီၣ်တၢ်အိၣ်သးအဂုၤလၢတၢ်ချံတၢ်သ့ၣ်တဖၣ်ကမဲထီၣ်ဖးထီၣ်.
- တၢ်လီၤလၢအလီၤဖျိလီၤတသြးတဖၣ်ဂုၤထီၣ်







ဖူးသံနီၣ်စီၣ်မဲၣ်စီၣ်နီၣ်
 စီၣ်ဃၢၤန့ၣ်ဆၢၣ်တၢ်ကူၣ်ဘၣ်ကူၣ်သ့ၣ်လိာ်တယၢ်
 တၢ်နဲၣ်ကျဲၣ်ဆူတၢ်အိၣ်ဆိးလၢအယုာ်ကၢ

ဘၣ်တၢ်သးကျဲၣ်ထူးထီၣ်အီၤလၢ
 ကညီဖိစီၣ်ဃၢၤဒီးပုၤဂ့ၢ်ဝီတၢ်မၤပုၤဘျးစဲ



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 Romeo Pacana
 Steve Thompson
 ပုၤတုတၢ်ဂီၤ – Piya Natheerithirong

