

ဖူး သံ နိပ် စိပ် မာ စိပ် နါ

ထူးထိပ်မုၢ်နံၤ, ၂၀၁၂ နံၣ်ထူးထိပ်မုၢ်နံၤ, ၂၀၁၂ နံၣ်

A W A K E



K E S A N

Karen Environmental and Social Action Network

ခိၣ်ဃၢန့ဆၢၣ်တၢ်ကူၣ်ဘၣ်ကူၣ်သ့လံာ်တယၢ်
တၢ်နဲၣ်ကျဲဆူတၢ်အိၣ်ဆိးလၢအယုာ်ကၢ
Environmental Education Poster Series
A Guide to Sustainable Living

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).

ဂၢၤလၢအမူ

ဂၢၤလၢအမူစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

ဂၢၤတကလုာ်အံၤမ့ၢ်ကရၢၢ်လၢတၢ်သ့ၣ်ထီၣ်အိၣ်ဖျိသ့ၣ်ဒီးတၢ်မ့ၢ်တၢ်ဘိလၢအမူတဖၣ်န့ၣ်လီၤ. တၢ်တ့ၢ်အိၣ်လၢသ့ၣ်လၢအဆၢၣ်အိၣ်သ့ၣ်အဆၢၣ်တအိၣ်ဘၣ်စ့ၢ်ကိးသ့ၣ်န့ၣ်လီၤ. တဘျီတခိၣ်တၢ်ကိးစ့ၢ်ကိးအိၣ်လၢဂၢၤလၢဟံ, မ့တမ့ၢ် တၢ်ဖျါလၢဟံန့ၣ်လီၤ. ဂၢၤလၢအမူအံၤမ့ၢ်ဝဲတၢ်သ့ၣ်သ့ၣ်ထူၣ်အကလုာ်ကလုာ်လၢအကျိၤဖၣ်ဝဲဒီးတၢ်သ့ၣ်ကျဲၣ်ကျိၤယုာ်အိၣ်ဒီးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်တကျိၤဘၣ်တကျိၤလၢအကဖျါယံၤဖျါလၢအဂီၢ်န့ၣ်လီၤ.

တၢ်သ့ၣ်ဂၢၤလၢအမူအကျိၤအကျဲ

- ယုထၢန့ၣ်သ့ၣ်ထူၣ်ဝဲဘိလၢအကဲထီၣ်ကရၢၢ်ကသ့, ကမ့ၢ်သ့ၣ်လၢ အထီ, ကဲထီၣ်တၢ်ကဒု, သ့ၣ်လၢအိၣ်ဒီးအသၣ်, ဒီးဖိအထူၣ်တဖၣ်ကဲထီၣ်ကရၢၢ်သ့န့ၣ်လီၤ.
- ကတဲာ်ကတီးဒီးန့ၣ်ကဖျါထီၣ်ယၢ်တၢ်လီၤလၢနကသ့ၣ်လီၤတၢ်အဂီၢ်ဝဲသ့ၣ်လီၤဆိသ့ၣ်လၢအထီတဖၣ်, သ့ၣ်လီၤအါထီၣ်က့ၤသ့ၣ်ထူၣ်ဖိလၢအဂီၢ်လီၤလံတဖၣ်တက့ၢ်. တၢ်ဘၢက့ၤတၢ်မ့ၢ်တၢ်ဘိအဂီၢ်ခိၣ်ထံးဒီးဟီၣ်ခိၣ်, လူန့ၣ်အထံ, ဝဲအလီၢ်ခံမၤဘၢက့ၤသ့ၣ်ထူၣ်တဖၣ်အခိၣ်ထံးလၢသ့ၣ်လၢဝဲလၢအယုအုၣ်ကျဲၣ်တဖၣ်တက့ၢ်.
- တဘၣ်ဖၢန့ၣ်လီၤဟီၣ်ချါလၢတၢ်မ့ၢ်တၢ်ဘိအလီၤနီတမံၤဘၣ်, ထဲဖၣ်ဆဲးလူန့ၣ်အထံဘၣ်ဆၢဘၣ်ကတီၢ်ထီၣ်ဘိလၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်ကဲထီၣ်ဒိၣ်ထီၣ်အဂီၢ်တက့ၢ်.

တၢ်ဘျးဘၣ်ဖျိတဖၣ်:

- ဒီသအဲကလံၤအူတၢ်ဆူၣ်ဒီးကဲထီၣ်တၢ်ကဒုလၢပုၤကညီဒီးဆၣ်ဖိကီၢ်ဖိဒီးတၢ်မ့ၢ်တၢ်ဘိ, ဟံၣ်ယီတဖၣ်အဂီၢ်.
- ကဲထီၣ်စ့ၢ်ကိးတၢ်အိၣ်တၢ်အိၣ်လၢဟံၣ်ဖိယီဖိအဂီၢ်တကးဘၣ်ကသံၣ်သ့ၣ်ဂံၢ်ဝဲတဖၣ်စ့ၢ်ကိးအိၣ်ဝဲဖၣ်န့ၣ်လီၤ.
- ကဲထီၣ်ဝဲတၢ်ဘျးတၢ်ဖျိတဘျးမံၤဒ်အမ့ၢ်, တၢ်သ့ၣ်သ့ၣ်အဒုလၢတၢ်ဖိအိၣ်တ့ၤအိၣ်, အထူၣ်လၢတၢ်သ့ၣ်ထီၣ်ဘိထီၣ်ဒီးအဒီးအလၢတဖၣ်ဒ်အမ့ၢ်တၢ်အိၣ်တၢ်အိၣ်န့ၣ်လီၤ.
- ကဲထီၣ်တၢ်အိၣ်တၢ်အိၣ်လၢထီၣ်ဖိလံၣ်ဖိ, တၢ်ဖိလံၣ်ယီတဖၣ်အဂီၢ်ဒီးမ့ၢ်စ့ၢ်ကိးတၢ်ဘျးတၢ်ဖျိလၢတၢ်မူတဝါတဖၣ်အတၢ်လဲၤတရံးအသးအဂီၢ်န့ၣ်လီၤ.
- နကဘၣ်ထုးဂံၢ်ထုးဘါဒီးသုတၢ်ဆၢကတီၢ်ထဲတဘျီဖဲလၢနသ့ၣ်လီၤအိၣ်အဆၢကတီၢ်, အမဲၣ်ညါအပွၤဆဲးန့ၣ်ဒီးကျၢန့ၣ်ဒီးဂၢၤအဂၢတဖၣ်န့ၣ်လီၤ.
- နကွၢ်အိၣ်ဖျါယံၤလၢလၢဟံၣ်ဒီးမ့ၢ်သ့ၣ်မ့ၢ်သးန့ၣ်လီၤ.





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.

ဟံင်ဖီဖိတင်သုင်တင်ဖျးကရါ

ဟံင်ဖီဖိတင်သုင်တင်ဖျးကရါစံးတင်န့ၣ်မ့ၢ်တင်မနုၤလဲၣ်.

ဟံင်ဖီဖိတင်သုင်တင်ဖျးကရါန့ၣ်မ့ၢ်တင်ဟူးတင်ဂဲၤတခါလၢအလီၤသုင်ပိၤသးဝးတကးဘၣ်, မၤလီၤစ့ၤကွံာ်တင်သုင်ဘၣ် တံာ်တံာ်သးဘၣ်တံာ်တံာ်, တၢ်ကိာ်တၢ်ဂီၤတဖၣ်ဒီးအိၣ်ဒၣ်လၢနဟံင်ကပိာ်ကပၤန့ၣ်လီၤ. တၢ်မၤအံၤဟဲၣ်တဲာ်ဘျးတၢ် ဖျိၣ်အါမံၤဒ်အမ့ၢ်တၢ်ဒီးတၢ်လၢနသုင်အီၤန့ၣ်ပူၤဖျးဒီးကံာ်စိတဖၣ်, ကဆိၣ်ဒီးအရိးကဝံၣ်ဒိၣ်ဝဲအမဲၣ်ညါကဲထီၣ်တၢ် ဘျးတၢ်ဖျိၣ်လၢဟံင်ဖီဖိတဖၣ်အဂီၢ်လၢအကဒီးန့ၣ်ဘၣ်တၢ်အိၣ်လၢအိၣ်ဒီးအထူးအစီ, အိၣ်ဒီးတၢ်အိၣ်တၢ်အီၤထီၣ်ဘိး ကမ့ၢ်စ့ၢ်ကိးတၢ်ဟဲၣ်န့ၣ်အကျဲတဘိန့ၣ်လီၤ.

နသုင်နနီၢ်ကစၢ်အတၢ်မ့ၢ်တၢ်ဘိ, တၢ်သုတၢ်သၣ်, ကသံၣ်ကသီဒီးသံၣ်ဖီဖိတဖၣ်အယိနတဘၣ်ပူၤအိၣ်ပူၤအီၤတၢ်သုင် တဖၣ်အံၤဒီးကမၤစ့ၤလီၤနတၢ်သုက့ၣ်သုစ့လၢကျဲတဘိန့ၣ်လီၤ. တမ့ၢ်ထဲလၢနကရါန့ၣ်ကမၤယံၤမၤလၢနဟံင်ကပိာ်ကပၤ ဘၣ်, ကမၤစ့ၤစ့ၢ်ကိးန့ၣ်သီးနကအိၣ်ဘၣ်တၢ်အိၣ်လၢအတဟ်ယုာ်ဒီးကသံၣ်ကသီတဖၣ်န့ၣ်လီၤ.

တၢ်ဘျးတၢ်ဖျိၣ်တဖၣ်

- ကဲထီၣ်ဟံင်ဖီဖိတၢ်အိၣ်အလီၤဒီးတဘျီယိကဒီးန့ၣ်ဘၣ်ကသံၣ်သုၣ်ဂံၢ်ဝဲတဖၣ်န့ၣ်လီၤ.
- မ့ၢ်ဝဲတၢ်ခွဲးတၢ်ယာ်တခါလၢဟံင်ဖီဖိအတၢ်ဟဲၣ်န့ၣ်အဂီၢ်.
- မၤဆုၣ်ထီၣ်စ့ၢ်ကိးတၢ်ရဲၤလိာ်မုာ်လိာ်မၤသကိးတၢ်လၢဟံင်ဖျိၣ်ယိထၢဒီးပူၤဟံင်ကပိာ်ကပၤတဖၣ်ဒီးမ့ၢ်စ့ၢ်ကိးတၢ်လီၢ် တခါလၢပူၤကဟူးဂဲၤဒီးတမၤလၢာ်အတၢ်ဆၢကတီၢ်တနံၤဘၣ်တနံၤလၢတၢ်အူကလံၤ, ဒီးတၢ်သးဘၣ်တံာ်တံာ်တဖၣ်န့ၣ် လီၤ.
- မၤဒိၣ်ထီၣ်လဲၢ်ထီၣ်စ့ၢ်ကိးပခိၣ်ပယၢတၢ်မူတတၢ်တဖၣ်ဒီးကဲထီၣ်တၢ်အိၣ်တၢ်အီၤလၢတၢ်မူတတၢ်တဖၣ်အဂီၢ် (ဒ်အမ့ၢ် ထီၣ်ဖိလံၣ်ဖိ, တၢ်ဖိတၢ်ယာ်တဖၣ်)
- ကဲထီၣ်စ့ၢ်ကိးတၢ်မၤတခါလၢအယုာ်ကလၢဟီၣ်ခိၣ်တဖၣ်အိၣ်ထီၣ်ဒီးအထူးအစီ, ဒီးထူးန့ၣ်ဝဲတၢ်ဖိလံၣ်ဖိယာ် (စီၤက ပူၤ, ကနဲ) ဒီးအဂူၤအကတဖၣ်အသးန့ၣ်လီၤ.





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

နုဆာ်ဟီၣ်ချါန့ၣ်မ့ၢ်နုဆာ်အကျဲလၢတၢ်ကဲထီၣ်ဟီၣ်ခိၣ်ဒ်သိးအစီကအိၣ်အါထီၣ်ဒီးကဖီၣ်ကျၢၤစၢၤထံဒီးတၢ်ဂံၢ်တၢ်ဘိတဖၣ်န့ၣ်လီၤ. နုဆာ်တၢ်မ့ၢ်တၢ်ဘိကိးကလုာ်ဒဲးလၢအအုၣ်ကျၢၣ်သ့ဒီးတၢ်အိၣ်အဆွံတဖၣ်န့ၣ်တၢ်ဒုးအိၣ်ထီၣ်နုဆာ်ဟီၣ်ချါသ့န့ၣ်လီၤ. တၢ်အဃၢ်, ထိးကလဲၣ်, တၢ်အုၣ်သံကျၢၣ်သံကျၢၣ်ထီၣ်အဃၢ်တဖၣ်, ဒီးတၢ်ဖိလံၤဖိဃၢ်ဆံးဆံးဖိတဖၣ်န့ၣ်မၤလီၤဘျဲးဝဲတၢ်မ့ၢ်တၢ်ဘိအဃၢ်, အအုၣ်တဖၣ်ဆူဟီၣ်ချါန့ၣ်လီၤ.

နုဆာ်ဟီၣ်ချါမ့ၢ်ဝဲတၢ်ဂံၢ်တၢ်ဘိအဂ့ၤဒိၣ်မးတခါလၢတၢ်သုၣ်တၢ်မ့ၢ်တၢ်ဘိအဂီၢ်, ဒီးအါတက့ၢ်တၢ်ဒုးအိၣ်ထီၣ်အီၤခိဖျိသ့ၣ်လၢယုထီ, နီၣ်တဖၣ်, ဆၣ်ဖိကီၢ်ဖိအအုၣ်အဆၣ်, တၢ်အုၣ်တၢ်ကျၢၣ်, ဖၣ်ဆါ, တၢ်အိၣ်တၢ်အီၤအဆွံဒီးတၢ်အဂ့ၤအဂၤလၢအအုၣ်သံသ့တဖၣ်န့ၣ်လီၤ.

တၢ်မနုၤနုဆာ်ဟီၣ်ချါအကျဲ

- ကျဲအဂ့ၤကတၢၢ်လၢတၢ်မၤဟီၣ်ချါအဂီၢ်န့ၣ်လၢတၢ်ကျဲၣ်ကျိအပူၤ ကဘၣ်ဖၢန့ၣ်ဒီးသ့ၣ်လၢလၢအလါသၢပူတပူ မ့တမ့ၢ် နီၣ်, သ့ၣ်လၢဒီးလီၢ်ဘိလၢအဃၢ်သၢပူခံပူလၢနကျဲၣ်ကျိတၢ်ခဲလၢ်အဖိခိၣ်န့ၣ်လီၤ.
- တၢ်လီၢ်လၢနဟ်ပူၣ်ဃၣ်တၢ်မၤဟီၣ်ချါန့ၣ်ကဘၣ်မ့ၢ်တၢ်လီၢ်လၢတဘၣ်ဘၣ်စီၣ်, ယုထီ, မ့တမ့ၢ်ခုၣ်တလၢဘၣ်.
- ကဘၣ်ဟ်တၢ်လီၢ်လၢအတဘၣ်ဒီးမ့ၢ်ဆဲးလီၤလီၤလီၤအလီၢ်.
- ဟီၣ်ချါအပူၣ်လၢတၢ်မၤအီၤဂ့ၤဂ့ၤန့ၣ်အခၢၣ်သးကဘၣ်ကိၢ်သွး, ဒ်သိးကလီၤဘျဲးဒီးကဲထီၣ်ဟီၣ်ချါချဲချဲ အဂီၢ်န့ၣ်လီၤ. ဘၣ်ဆၣ်ဖဲဖျၢန့ၣ်အလီၢ်ခံန့ၣ်ကစးထီၣ်ခုၣ်လီၤက့ၤဝဲန့ၣ်လီၤ.
- ဖျၢန့ၣ်ဝဲအလီၢ်ခံန့ၣ်ကဘၣ်မၤကျဲၣ်ကျိကဒီးတၢ်အပူၣ်ဒ်သိးတၢ်လၢအအိၣ်လၢအဃၢ်တဖၣ်ကန့ၣ်လီၤအိၣ်လၢအခၢၣ်သးဒီးကကိၢ်ထီၣ်ကဒီးအသီတဘျီ.
- တၢ်ကဘၣ်မၤကျဲၣ်ကျိအီၤ ၃ တုၤလၢ ၄ဘျီ တုၤလၢအတကိၢ်သွးလၢဘၣ်န့ၣ်လီၤ.
- ဆဲးဟ်ကဒီးဖျၢန့ၣ်တုၤလၢတၢ်အပူၣ်အံၤဆဲးလီၤဒီးထီၣ်သ့ဒီးကကဲထီၣ်ဝဲဟီၣ်ချါလၢအတနၢအုၣ်လၢဘၣ်န့ၣ်လီၤ.
- တၢ်အပူၣ်မ့ၢ်ကကိၢ်လိၣ်အသးဒီးနၢမ့ၢ်တမ့ၢ်ဘၣ်န့ၣ်မ့ၢ်လၢအဘၣ်စီၣ်အါတလၢဒီးသ့ၣ်လၢယုတဖၣ်တလၢတပျဲဘၣ်အဃိလီၤ.
- တၢ်အရ့ဒိၣ်အဂၤတခါန့ၣ်တၢ်တဘၣ်ဖၢန့ၣ် ဖျးစတုး, ဒးခဲ, ပလီက့, ရီဘၣ် ဒီးတၢ်အိၣ်အတဖၣ်ဘၣ်. တၢ်သ့ၣ်တဖၣ်အံၤလီၤဘျဲးတသ့ဘၣ်ဒီးကဲထီၣ်တၢ်ကီၢ်တၢ်ခဲအကလုာ်ကလုာ်သ့ဝဲန့ၣ်လီၤ.

တၢ်ဘျုးတၢ်ဖိၣ်တဖၣ်

- နုဆာ်ဟီၣ်ချါန့ၣ်အဃၢ်တဖၣ်ဘၣ်, လီၢ်ဘိ, ဆၣ်ဖိကီၢ်ဖိအအုၣ်, သ့ၣ်လၢယု, သ့ၣ်ဒုယု, တၢ်ဖိလံၤဖိဃၢ်ဒီးတၢ်အိၣ်တၢ်အီၤအဆၣ်ဘိတဖၣ်အံၤခဲလၢ်န့ၣ်နဟ်ဖိၣ်ဒုးကဲထီၣ်အီၤလၢ ဟီၣ်ချါအပူၣ်သ့ဝဲ
- နုဆာ်ဟီၣ်ချါဒုးအိၣ်ထီၣ်ဟီၣ်ခိၣ်အလွဲၤသုလၢအိၣ်ဒီးအစီအမဲၣ်ညါတၢ်သုၣ်တၢ်မ့ၢ်တၢ်ဘိကိးကလုာ်ဒဲးဃၣ်ဃၣ်သ့ဝဲန့ၣ်လီၤ.
- နုဆာ်ဟီၣ်ချါန့ၣ်သ့ၣ်တၢ်ပိးတၢ်လီၤ, တၢ်လီၢ်တၢ်ကျဲၣ်ဒီးဂံၢ်ဘါထဲတစဲးဖိလၢတၢ်မၤအီၤအဂီၢ်လီၤ.





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.

နီၣ်ဘျၣ်ကျၢ်ဘၢ

နီၣ်ဘျၣ်ကျၢ်ဘၢစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

နီၣ်ဘျၣ်မ့ၢ်တၢ်ဖိတၢ်လံၤတၢ်ပီးတၢ်လီၤတဖၣ်လၢတၢ်ဟံၣ်လီၤကးဘၢဝဲဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်လၢကကၢယၢ်ဝဲထံသဝံထီၣ်ကွံာ်တဖၣ်ဒီးမၤဂ့ၤထီၣ်ဟီၣ်ခိၣ်အကံၢ်အစီတဖၣ်န့ၣ်လီၤ. နီၣ်ဘျၣ်ကျၢ်ဘၢန့ၣ်မ့ၢ်ဝဲတၢ်မၤတခါလၢအဘၣ်ဘျးဘၣ်ဖျိၣ်ဒိၣ်ကတၢၢ်လၢပုၤကီးဂၤဒီးမၤဝဲသ့လၢသ့ၣ်ထူၣ်ဝၣ်ဘိ, တၢ်ဒီးတၢ်လၢတဖၣ်ကမဲထီၣ်ဂ့ၤဂ့ၤအဂီၢ်န့ၣ်လီၤ. နီၣ်ဘျၣ်မၤစၢၤဝဲဒၣ်ဒ်သီးဟီၣ်ခိၣ်သုတယုၤထီတဂ့ၤ, မၤစၢၤလီၤနီၣ်အတၢ်ဒိၣ်ထီၣ်ဒီးမၤဂ့ၤထီၣ်ဝဲဟီၣ်ခိၣ်န့ၣ်လီၤ. တၢ်ကြးမၤနီၣ်ဘျၣ်ဘၣ်လီၤဘၣ်စးမ့ၢ်လၢတၢ်ကးဘၢတၢ်မ့ၢ်တၢ်ဘိခိၣ်ထံးမ့ၢ်တီၣ်တလၢမ့တမ့ၢ်တၢ်သုတၢ်ဖိတၢ်လံၤမ့ၢ်ကမၣ်န့ၣ်ကထီၣ်တၢ်ဘၣ်ယီၤလၢတၢ်ထူၣ်တၢ်ဘိတဖၣ်အဂီၢ်သ့ဝဲန့ၣ်လီၤ.

တၢ်မၤအီၤအကျး

- ဟံၣ်လီၤသ့ၣ်ဘျၣ်, သ့ၣ်ကမ့ၢ်, လွဲးကမ့ၢ်, နီၣ်ယုထီ, လီၤဘိဒီးသ့ၣ်လၢဝၣ်လၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်အခိၣ်ထံးမ့တမ့ၢ်ဝးတရံးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်လၢကမၤဂ့ၤထီၣ်ဒီးဒီသဖၢဟီၣ်ခိၣ်မဲၣ်ဖံးခိၣ်.
- ဟံၣ်လီၤအီၤတီၣ်ဒၣ်ထဲ ၂-၄ စုမုၢ်ဒိၣ်.
- လူဘၣ်စီၣ်အီၤဒီးထံအလိၣ်အသိး.

တၢ်ဘျးတၢ်ဖျိၣ်တဖၣ်

- မ့ၢ်တၢ်မၤစၢၤလၢတၢ်ကတီၤဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်စုၣ်စီၣ်, ထံသဝံထီၣ်ကွံာ်သ့ၣ်တဖၣ်စၢၤလီၤဒီးတလိၣ်လူဘၣ်စီၣ်ထံခဲအံၤခဲအံၤဘၣ်.
- မၤစၢၤတၢ်မ့ၢ်တၢ်ဘိအတၢ်ဒိၣ်ထီၣ်တဖၣ်ဒီးသဖၢတၢ်မ့ၢ်တၢ်ဘိအဂံၢ်လၢတၢ်ကိၢ်ဆဲးဆါတဖၣ်.
- တၢ်မၤဘၢတၢ်မ့ၢ်တၢ်ဘိအခိၣ်ထံးဒီးသ့ၣ်လၢဝၣ်လၢအအုၣ်အကျၢ်တဖၣ်န့ၣ်လီၤကဲၣ်ဒ်သီးန့ၣ်ဆၢတၢ်ဒီသဖၢအယၢ်လုးတဘျၣ်န့ၣ်လီၤ. ကၢယၢ်ဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ကလၢဝဲလၢတၢ်ခုၣ်အဆၢကတီၢ်ဒီးဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ခုၣ်ဝဲလၢတၢ်ကိၢ်အဆၢကတီၢ်န့ၣ်လီၤ. ကၢယၢ်ဝဲဟီၣ်ခိၣ်မဲၣ်ဖံးခိၣ်အတၢ်ကိၢ်တၢ်ခုၣ်န့ၣ်လီၤ.
- တၢ်မၤဘၢတၢ်မ့ၢ်တၢ်ဘိအခိၣ်ထံးမၤစၢၤလီၤစ့ၢ်ကီးတၢ်မ့ၢ်တၢ်ဘိအတၢ်ဆါတနီၤန့ၣ်လီၤ.
- ဒီသဖၢဟီၣ်ခိၣ်အမဲၣ်ဖံးခိၣ်ဒ်သီးသုတလၢ်တဂ့ၤန့ၣ်လီၤ.
- ဒီသဖၢတၢ်မ့ၢ်တၢ်ဘိတဖၣ်ဝဲလၢမူခိၣ်စူၤဖးဒိၣ်အခါ.
- တၢ်သ့ၣ်တၢ်ဖျးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်အိၣ်ဝဲလၢအကျိၤအဂ့ၢ်အဝီၤဒီးဖျါယံဖျါလၢ.





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

တၢ်ပၤဆှၢကတဲၣ်ကတီၤထံကွၢ်ခံ

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.

ထံကွၢ်ခံန့ၣ်မ့ၢ်တၢ်လီၤလၢထံကျိၣ်ဖိတဖၣ်ဟဲယွၤလီၤကတၢၢ်ဒီးပၢ်ဖျိၣ်ထီၣ်အသးဒီးယွၤလီၤဝဲတပူၤယီၤဆူထံကျိၣ်လၢအဒိၣ်ထီၣ်တစဲးအပူၤဒ်ပစံးတၢ်အသိးထံကျိၣ်. နီၣ်ဒီးပိၣ်လဲၣ်တဖၣ်အပူၤန့ၣ်လီၤ.

ခိဖျိလၢထံကွၢ်ခံတၢ်လီၤတတီၤဒီးတတီၤဘျးစဲလိာ်အသး. ဒီးတၢ်တဝံတပျီၣ်တၢ်ဘၣ်အဘၣ်သီလၢဟီၣ်ခိၣ်အဖိခိၣ်တဖၣ်ယွၤလီၤန့ၣ်ဆူထံကျိၣ်ထံကွၢ်, နီၣ်ဒီးပိၣ်လဲၣ်ပိၣ်တြီၤတဖၣ်အပူၤအယီၤထံကျိၣ်တဖၣ်တကဆွဲကဆိၣ်အကြးဝဲဘၣ်ဝဲလၢအခိၣ်ထံးအသိးဘၣ်. လၢတၢ်န့ၣ်အယီၤပထံကွၢ်ခံတဖၣ်အဒိၣ်မ့ၢ်ဂ့ၤ, အဆံးမ့ၢ်ဂ့ၤ, ပကြးကွၢ်ထွဲဒီးကတဲၣ်ကတီၤအီၤန့ၣ်လီၤ.

ထံကွၢ်ခံလၢအကၢအဓိ:

- ဒီသအထံကျိၣ်ထံကွၢ် (ကၢၢ်တလၢ်ဘၣ်, ဟီၣ်ခိၣ်ကပံာ်တဖၣ်ဘၣ်စီၣ်ဒီးတၢ်အိၣ်ဖျါလါဟ့)
- ကွၢ်ထွဲ သ့ၣ်ပျံၤ, တၢ်မုၢ်တၢ်ဘိဒီးဆၣ်ဖိကီၢ်ဖိတဖၣ်
- ဟီၣ်ခိၣ်ကပံာ်တဖၣ်အိၣ်ဒီးအထူးအစီ
- ဘၣ်ဘျးပုၤတဝါလၢအနီၢ်ကစၢ်ကွၢ်ထွဲလီၤအသး (ဒ်အမ့ၢ်, လုၢ်အိၣ်သးသမူလၢတၢ်သ့ၣ်တၢ်ဖျး, တၢ်ဘုၣ်အိၣ်ဘုၣ်အီ)

တၢ်ဘျးတၢ်ဖျိၣ်တနီၤလၢတၢ်ကွၢ်ထွဲဒီသအထံကွၢ်ခံ:

- ဒီးန့ၢ်ဘၣ်ထံလၢအကဆီၣ်လၢထံကမ္ဘၢတဖၣ်ဒီးထံအယာ်တဖၣ်အပူၤ
- ဝဲလၢတၢ်ကီၢ်ခါအဆၢကတီၢ်ဒ်လဲၣ်ဒီးန့ၢ်ဘၣ်ထံလၢတၢ်သ့ၣ်တၢ်ဖျးဒီးတၢ်မုၢ်တၢ်ဘိတဖၣ်အဂီၢ်
- သ့ၣ်ပျံၤလၢအအိၣ်ကၢအိၣ်ခိးဒီးယုၢ်ကၢ
- တၢ်လုၢ်အိၣ်သးသမူလၢအယုၢ်ကၢ
- ပုၤတဝါလၢအကၢခိးယုၢ်ကၢ

တၢ်ဆိတလဲလၢအအိၣ်ထီၣ်လၢထံကွၢ်ခံအဟီၣ်ကဝီၤဒ်အမ့ၢ်, တၢ်ကျိၣ်လီၤပျီၣ်သ့ၣ်ဒီးတၢ်မုၢ်တၢ်ဘိ, တၢ်တၢ်လီၤတၢ်ကမ့ၢ်ကမ့ၢ်, တုထီၣ်ကျဲမုၢ်ကျဲဘိ, ဟံၣ်ယီၤတဖၣ်ဒီးထံတမၢ်တဖၣ်န့ၣ်မၤဟးဂီၤကွံာ်ဝဲထံကွၢ်ခံဒီးထံကျိၣ်အတၢ်အိၣ်ယၢၤတဖၣ်န့ၣ်လီၤ. တၢ်သ့ၣ်တဖၣ်အံၤဒုးအိၣ်ထီၣ်ဝဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်ကီၢ်, တၢ်သၣ်ဝံလီၤဒီး, တၢ်သုးလီၤသုးကျဲဒီးန့ၣ်ဆၢၣ်တၢ်တတၢ်တနီၤတဖၣ်(ကၢၢ်လၢ, ထံဒိၣ်ယိၣ်ယွၤဒီးတၢ်အဂူၤအဂၤအါမး) 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

တၢ်အပၣ်ကီၤန့ၢ်မူခိၣ်စူၤထံ

တၢ်အပၣ်ကီၤန့ၢ်မူခိၣ်စူၤထံစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

တၢ်အပၣ်ကီၤန့ၢ်မူခိၣ်စူၤထံန့ၣ်မ့ၢ်ဝဲကျဲတဘိလၢတၢ်ပၣ်ကီၤန့ၢ်မူခိၣ်ထံလၢအါတက့ၢ်အဟဲစူၤလီၤလၢဟံၣ်ခိၣ်ဒုးအဖီခိၣ်ဒီးမူခိၣ်စူၤထံလၢအဟဲစူၤယွၤလီၤဝဲတဖၣ်န့ၣ်လီၤ.

တၢ်အပၣ်ကီၤန့ၢ်မူခိၣ်စူၤထံအကျဲး

- မၤန့ၢ်တၢ်အတဖၣ်လၢကအန့ၢ်ထံလၢဟံၣ်ခိၣ်ဒုး
- ချဲၣ်န့ၢ်တၢ်ပူၤလၢကအယၢ်ထံ
- ချဲၣ်န့ၢ်ယၢ်တၢ်ပူၤလၢထံကျိကပၤဒီးအယၢ်ထံဖဲတၢ်စူၤထံဒိၣ်အဆၢကတီၢ်
- ကဝဲၣ်ကတီၢ်ဒီးအယၢ်ထံဒ်တၢ်ကဝဲၣ်ကတီၢ်ထံကွၢ်ခံအကျိအကျဲ

တၢ်ဘျးဘၣ်ဖိၣ်တဖၣ်း

- ထံအကဆီၣ်လၢတၢ်ဖီအိၣ်တ့ၤအိၣ်, လုၢ်ထံ, သ့ကဆီၣ်တၢ်ဖီခွဲးဖီ, လူတၢ်မုၢ်တၢ်ဘိအထံဒီးဒုးလုၢ်ဆၣ်ဖီကီၢ်ဖီအထံအဂီၢ်
- မၤစူၤလီၤမူခိၣ်စူၤထံယွၤလီၤဒီးဟီၣ်ခိၣ်လၢ, ကၢ်လၢ
- ပဒီဖိၣ်ပၣ်ထံဒီးမၤစၢပှၤဖဲလၢတၢ်ယုထီဒီးထံတလၢတလီၢ်အဆၢကတီၢ်
- တၢ်လၢၢ်ဘျၣ်လၢၢ်စူၤစူၤဒီးညီလၢပကတုထီၣ်ဒီးသူအီၤ





ထံကျိနံ့ကော်လ်

Riverbank Erosion

What is riverbank erosion?

Erosion is the way soil and rock are worn away or carried away by water or wind. Erosion is a natural process but too much erosion can have negative impacts. River bank erosion occurs when the banks (or slopes) of rivers wash away into the river.

River bank erosion can be caused by flooding, bad/poor land use, bad farming practices, logging, clearing of river bank vegetation, and poorly managed sand and gravel extraction.

Riverbank Erosion control in practice:

Vegetation (native tree, willows, grass)

- Bundles of cuttings tied together
- Placed in shallow trenches parallel to the bank
- Partially buried and staked in place
- Creates log-like structure that will quickly root, grow and provide plant cover
- Holds soil in place to protect stream bank from erosion

Sacks

- Filled with soil or sand-cement mixture
- Primarily used for emergency work during floods
- Protects stream banks when proper riprap isn't available

Benefits of riverbank erosion control:

Vegetation

- Provides slope with protective vegetative covering
- Creates good plant coverage and soil stability
- Least expensive of riverbank protection measures
- Improves habitat

Sacks

- Allow placement on steep slopes
- Use locally available materials
- Creates smooth boundary and more aesthetic

ထံကျိနံ့ကော်လ်မှတ်မနုလဲ

ကော်လ်နုမှတ်မနုလဲဟီၣ်ခိၣ်မဲၣ်ဖဲခိၣ်လၢအဘၣ်စိၣ်ကွံၣ် မ့တမ့ၢ်တၢ်အိၣ်ကွံၣ်အီၤလၢထံဒီးကလံၤန့ၣ်လီၤ. ကော်လ်နုမှတ်မနုဆၢၣ်အတၢ်ဟဲကဲထီၣ်အသးဘၣ်ဆၢၣ်ကော်လ်မှတ်မနုအါတလၢန့ၣ်ကဲထီၣ်ဝဲတၢ်ကီၢ်တၢ်ခဲ, တၢ်ဘၣ်ဒိဘၣ်ထံးအါမးလီၤ. ထံကျိနံ့ကော်လ်ဟဲကဲထီၣ်အသးအခါဖဲကော် (ဟီၣ်ခိၣ်) လၢထံကျိနံ့တဖၣ်ထံအိၣ်ကွးကွံၣ်အီၤဆူထံကျိပူအဆၢကတီၢ်န့ၣ်လီၤ.

ထံကျိနံ့ကော်လ်န့ၣ်ဟဲကဲထီၣ်အသးခိဖျိ ထံဒိၣ်ယိၣ်ယူၤ, တၢ်သူဟီၣ်ခိၣ်လၢထံကျိနံ့တဘၣ်လီၢ်ဘၣ်စး, တၢ်သူတၢ်ဖျးလၢအကျိအကျဲတဘၣ်, တၢ်ကူၣ်သ့ၣ်ကူၣ်ဝၣ်, တၢ်ကျိလီၤပျီကွံၣ်ထံကျိနံ့, ဒီးတၢ်ကွးန့ၣ်မဲးတဖၣ်အါတလၢကွံၣ်အယိန့ၣ်လီၤ.

တၢ်ဒိသအထံကျိနံ့ကော်လ်

တၢ်သူတၢ်မှတ်တၢ်ဘိ (သ့ၣ်ကလုၣ်လၢယုထံၣ်န့ၣ်ညီဖဲတၢ်လီၢ်ကဝီၤ, ဂံၢ်ထံမုၢ်ကလုၣ်, ဒီးနီၣ်လၢအဂံၢ်ထီ)

- စၢကဒိၣ်ထီၣ်သ့ၣ်အဒုတဖၣ်တကဒိၣ်ဖိတကဒိၣ်ဖိ
- သ့ၣ်လီၤအီၤယိၣ်ယိၣ်တကျိတကျိလၢထံနံၤထံး
- ဖျးန့ၣ်အတီၤပတီၢ်လၢနကသ့ၣ်လီၤအီၤအဂီၢ်ဒ်သိးကမဲထီၣ်ဒီးအဂံၢ်ကလီၤချ့ချ့ လၢဒိၣ်ထီၣ်ဒီးမဲထီၣ်ပျဲထံကၢ်နံၤ
- န့ၣ်တံၢ်န့ၣ်ဟီၣ်ခိၣ်အလီၢ်တပတီၢ်တပတီၢ်လၢနသ့ၣ်တၢ်အလီၢ်ဒ်သိးဟီၣ်ခိၣ်သုတလီၤတၢ်ဒီးလၢကွံၣ်တဂ့ၤအဂီၢ်

မဲး/ဟီၣ်ခိၣ်အထၢၣ်

- အနုၢ် ဟီၣ်ခိၣ်မ့တမ့ၢ် မဲး လၢတၢ်ထၢၣ်ပူၤ
- အါတက့ၢ်တၢ်သူအီၤလၢတၢ်လိၣ်ဒိၣ်ဖဲ ထံဒိၣ်အဆၢကတီၢ်
- ဒိသအထံကျိနံ့ဖဲလၢလၢတဖၣ်တအိၣ်အဆၢကတီၢ်

တၢ်ဘျးတၢ်ဖိၣ်တဖၣ်

တၢ်သူတၢ်မှတ်တၢ်ဘိ (သ့ၣ်ကလုၣ်လၢယုထံၣ်န့ၣ်ညီဖဲတၢ်လီၢ်ကဝီၤ, ဂံၢ်ထံမုၢ်ကလုၣ်, ဒီးနီၣ်လၢအဂံၢ်ထီ)

- တၢ်မှတ်တၢ်ဘိတဖၣ်မဲထီၣ်ဝဲဖဲလၢတၢ်လီၢ်လီၤဘံအလီၢ်
- န့ၣ်မဲထီၣ်ဒီးမၤပျဲတၢ်မှတ်တၢ်ဘိအမဲၣ်ညါ ဟီၣ်ခိၣ်အမဲၣ်ဖဲခိၣ်ကျဲၤဝဲ
- မ့ၢ်တၢ်ဒိသအထံကျိနံ့အကျဲလၢတၢ်လၢၣ်ဘျးလၢၣ်စုၤလၢၣ်စုၤကတၢ်
- မၤဂ့ၤထီၣ်စ့ၢ်ကိးဆၢၣ်ဖိကီၢ်ဖိ, တၢ်ဖိတၢ်ယၢ်အလီၢ်အကျဲ

မဲး/ဟီၣ်ခိၣ်အထၢၣ်

- မၤပျဲတၢ်လီၢ်လၢအလီၤဘံဒိၣ်တဖၣ်
- သူလီၢ်ကဝီၤတၢ်ဖိတၢ်လံၤလၢတၢ်ယုဘၣ်ညီ
- မၤပျဲတၢ်အန့ၣ်တဖၣ်ယုယုပူၤပူၤဒီးထံၣ်ကွံၣ်ဖျါသ့





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.

တၢ်ဘံလီၤကၢၢ်လၢ

တၢ်ဘံလီၤကၢၢ်လၢမ့ၢ်တၢ်မနုၤလဲၣ်

ဖဲလၢမူခိၣ်စူၤလီၤအဆၢကတီၢ်န့ၣ်ညီၣ်န့ၣ်ယွၤန့ၣ်လီၤဝဲဆူၤဟီၣ်ခိၣ်အလီၤဆၢၣ်အပူၤတဖၣ်န့ၣ်လီၤ. ဖဲလၢတၢ်ပူၤတဖၣ်အံၤပွဲၤဒီးမူခိၣ်စူၤထံအဆၢကတီၢ်န့ၣ်ကကဲထီၣ်ဒီးတၢ်လီၤကလီၢ်အလီၤလၢအပွဲၤဒီးထံမ့ၢ်တဖၣ်ကဆဲးယွၤလီၤဆူၤကစၢ်ကပၤလီၤန့ၣ်လီၤ. ဖဲထံယွၤလီၤဝဲလၢကစၢ်ကပၤလီၤအဆၢကတီၢ်န့ၣ်ကအိၣ်စိၣ်ကွံာ်ဝဲဟီၣ်ခိၣ်တဖၣ်ဒီးတၢ်အဂူၤအဂၢၢ်အမ့ၢ်လၢဖိလုဖိဒီးတၢ်မ့ၢ်တၢ်ဘိတဖၣ်လီၤ. အဝဲအံၤမ့ၢ်ကၢၢ်လၢစးထီၣ်အသးန့ၣ်လီၤ. မူခိၣ်စူၤဒီးန့ၣ်ထံတဖၣ်ကယွၤလီၤဒီးဆူၣ်ဒီးကစိၣ်ကွံာ်တၢ်ဒီးအါလီၤ. တၢ်လီၤဘံဒီးနီၣ်ဖိမံၤဖိဒီးသ့ၣ်လၢဝၣ်လၢဟီၣ်ခိၣ်အမဲာ်ဖံးခိၣ်မ့ၢ်စူၤန့ၣ်, ဟီၣ်ခိၣ်အမဲာ်ဖံးခိၣ်တဖၣ်ကယွၤလီၤကွံာ်ဒီးထံဒီးအါန့ၣ်လီၤ.

တၢ်ဒီသဒၢတၢ်ဘံပၤလီၤ

- သ့ၣ်တၢ်မ့ၢ်တၢ်ဘိလၢအဂံၢ်တီၣ်ဒီးထီၣ်ဘျးဝဲလီၢ်အသး အမ့ၢ် ဝၣ်, နီၣ်အလုၢ်ဒီးဂံၢ်ထံမ့ၢ်တဖၣ်လၢတၢ်ဘံပၤလီၤ
- သ့ၣ်တၢ်မ့ၢ်တၢ်ဘိလၢအဂံၢ်ထီၣ်ဒီးကျၢၤတဖၣ်လၢတၢ်ဘံပၤလီၤ
- တဘၣ်ဒွဲၣ်အူၤဒီးကျိၣ်ကွံာ်တၢ်မ့ၢ်တၢ်ဘိလၢအသးသမူကတဖၣ်ဘၣ်
- သ့ၣ်အီၤလၢအဂ့ၢ်အဂ့ၢ်ဒ်သီးတၢ်မ့ၢ်တၢ်ဘိလၢအသးသမူကတဖၣ်န့ၣ်တၢ်မ့ၢ်တၢ်ဘိအဂၤသုတဒိၣ်ဘၢအီၤတဂူၤ
- ကွၢ်ထွဲကတဲာ်ကတီၢ်စ့ၢ်ကီးထံယွၤအကျိၣ်လၢတၢ်ဘံပၤလီၤ

တၢ်ဘျးတၢ်ဖိၣ်တဖၣ်

- ဒီသဒၢတၢ်မ့ၢ်တၢ်ဘိအမံၤလၢအမဲထီၣ်လၢတၢ်ဘံပၤလီၤတဖၣ်ဒ်သီးသုတယွၤပးဂီၤကွံာ်
- တၢ်သ့ၣ်လီၤတၢ်မ့ၢ်တၢ်ဘိလၢအိၣ်ဒီးအဂံၢ်လၢအကျၢၤတဖၣ်ဒ်သီးကဖီၣ်ကျၢၤဟီၣ်ခိၣ်ညၣ်လၢတၢ်ဘံပၤလီၤန့ၣ်မ့ၢ်ကျဲလၢအပွၤဘၣ်ကတၢ်ဒီးအဂူၤကတၢ်လၢကပတုာ်ကွံာ်ဟီၣ်ခိၣ်လၢတဖၣ်န့ၣ်လီၤ.
- တၢ်မ့ၢ်တၢ်ဘိလၢအဂံၢ်ကျၢၤဒီးဘျးဝဲလီၢ်အသးတဖၣ်န့ၣ်ဖိၣ်ကျၢၤယၣ်ဒီးဒီသဒၢဟီၣ်ခိၣ်မဲာ်ဖံးခိၣ်ဒ်သီးသုတလီၤတသြး, လီၤယွၤကွံာ်ဖဲထံယွၤလီၤအခါ.
- တၢ်သ့ၣ်ကွၢ်ဒိၣ်ထီၣ်တၢ်မ့ၢ်တၢ်ဘိန့ၣ်မၤစူၤလီၤဝဲထံသဝံထီၣ်ကွံာ်, ဒီသဒၢဟီၣ်ခိၣ်မဲာ်ဖံးခိၣ်ဒီး ဖိၣ်ကျၢၤယၣ်နီၣ်အတၢ်ဒိၣ်ထီၣ်န့ၣ်လီၤ.
- ကဲထီၣ်တၢ်အိၣ်သးအဂူၤလၢတၢ်ချံတၢ်သုတဖၣ်ကမဲထီၣ်ဖးထီၣ်.
- တၢ်လီၤလၢအလီၤဖျိလီၤတသြးတဖၣ်ဂူၤထီၣ်







ဖူးသံနီၣ်စီၣ်မဲၣ်စီၣ်နီၣ်
ခိၣ်ဃၢၤန့ၣ်ဆၢၣ်တၢ်ကူၣ်ဘၣ်ကူၣ်သ့လံာ်တယၢ်
တၢ်နဲၣ်ကျဲၣ်ဆူတၢ်အိၣ်ဆိးလၢအယုၣ်ကၢ

ဘၣ်တၢ်သုးကျဲၣ်ထုးထီၣ်အိၣ်လၢ
ကညီဖိခိၣ်ဃၢၤဒီးပှၢၤဂ့ၢ်ဝီတၢ်မၤပှၢ်ဘျးစဲ


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