



ZHEMGANG MONTHLY

FROM STEPS TO LEAPS

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CONTENTS

Page 2 - Bhutan Bird Festival Day 1

Page 3 - German Ambassador Visit
- Dangkhar Menchu Revived

Page 4 - Community for Health

Page 5 - Words of Wisdom

Page 6 - Panbang Youth Cooperative

Page 7 - Bhutan Bird Festival Day 2

Page 8 - Bhutan Bird Festival Day 3

Page 9 - Letter to Human

Page 10 - Save Forest to Save Birds

- Untouched Natural
Beauty of Zhemgang

- Newsletter team

Month That Was

1st - Coronation Day



11th-13th - Bhutan Bird Festival



19th - Descending Day of Lord Buddha



20th - Trong ECCD Graduation



29th - Ngangla Trong Lama instated



21st - Influenza vaccination campaign



Upcoming Events

Dec 17 - 112th National Day.



On this joyous and auspicious occasion of the celebration of 112th National Day, we the Rabdhey, civil servants, business community and the people of

KHENGRIG NAMSUM

would like to join the Nation in offering our heartfelt felicitation and humble prayers for the everlasting peace and prosperity in the Kingdom.

We solemnly rededicate our service to the Tsa-Wa-Sum.



HAPPY

National Day!

GLIMSES OF BHUTAN BIRD FESTIVAL - DAY 1



DONATIONS FROM PRO BHUTAN- GERMANY



Pro Bhutan, Germany Executive Chairman Herald N Nestroy handed over to Zhemgang CS geysers, drinking water dispensers, and 430 desks for boarding students sponsored by 300 children of an elementary school in Munch, Germany last week. Sonamthang CS received two generators and 18 air conditioners for classrooms. The equipment altogether costs nu 4.8 million.

DHANGKHAR MENCHU REVIVED

Dhangkhar Menchu (medicinal water) facility located at eight kilometers from Zhemgang on Trongsa-Zhemgang secondary highway was revived jointly by Dzongkhag administration, Zhemgang Forest Division and Dhangkhar Community Forest Management Group at the cost of Nu. 0.50 million.

The revived facility was inaugurated by His Excellency Prime Minister Dr. Lotay Tshering along the sidelines of Bhutan Bird Festival. In olden days, Menchu therapy was used to treat many illnesses when there were no modern medicines. Menchus are believed to be blessed with sacred healing effects by Buddhas and Bodhisattvas which not only cure diseases but also heals inner, outer and secret defilements. Besides, healing purposes, our people use Menchu for recreation and relaxation.

Dhangkhar Menchu is believed for healing diseases such as gastric, piles, body and joint aches, headache and skin diseases.

Contributed by Dasha Lobzang Dorji, Dzongdag



Community Development for Health

Health Assistants working in various health centers under Zhemgang Dzongkhag were trained about the CDH from 23rd to 30th of December 2019. The workshops were conducted successfully in four teams; two teams deployed in both Upper Kheng and Lower Kheng respectively. The health assistants were trained to further brief the general public in the remaining clusters of their jurisdiction and at the same time train the public of the selected clusters. A total of 19 HAs participated in the ToT and a total of 12 clusters were covered during the training. Clusters namely Buli under Nangkor Gewog, Lower Shingkhar and Lower Wamling under Shingkhar Gewog were covered by Group A. Nyakhar under Nangkor Gewog and Wadang and Gonphai under Bardo Gewog were covered by Group B. Bjoka under Bjoka Gewog and Lingmapong and Lamtang under Goshing Gewog were covered by Group C. Lastly, Kagtong, Lower Sonamthang and Marangduet under Ngangla Gewog were covered by Group D. The training covered about 500 households in the two regions. It was conducted with an aim to improve Sanitation and Hygiene in the rural areas of Zhemgang and was organized by the officials representing Public Health Engineering Division, Department of Public Health, Ministry of Health, Thimphu with financial and technical support from SNV, Thimphu. Pour flush toilet is the only toilet that is considered to be an improved toilet among those different kinds of toilets being used by the Bhutanese populace. The training stressed more on to constructing a pour flush toilet. The whole community is at risk when there's minimal sanitation and hygiene in the vicinity. Therefore, the target is to make the community aware about the sanitation and safe hygiene practices. The achievement of which is both a collective responsibility and benefit for all. Understanding of sanitation as a public health issue is essential for achieving progress. In recognition of the importance of sanitation and hygiene in reducing overall related disease burden, health sector is increasing its focus on giving access to improved sanitation and hygiene practices through the RSAHP. The new approach in the CDH used is subsidy free and is based on mobilizing community action through demand creation for sanitation. The Training of Trainers on CDH is the third stage of planned activities in the hallmark of Rural Sanitation and Hygiene Program.



Contributed by ADHO, Health Sector

Words of Wisdom from Golden Throne

12th Convocation of the Royal University of Bhutan



Medical discoveries are being made each year, technological advancements, engineering marvels, and now social media and the Internet, are changing the world that we live in, and they continue to shape the way we communicate with each other, the way we learn, the way we run our offices, conduct businesses, and even entertain ourselves. So these are exciting times. For a small country like ours, such advancements hold a lot of promise. We can use technology to help achieve our national objectives. But at the same time, I worry. As I said before, there is a lot of uncertainty in the world today. New difficulties arise one after the other. To mention a few: the world is faced with resource constraints, as the world population continues to grow. Our small landlocked, mountainous country sits between these two populous and powerful countries. Over the years, Bhutanese have steered our country with great skill, intelligence, and a deep sense of responsibility, and have given us a peaceful, harmonious, and sovereign nation. Bhutan is blessed—our waters are holy, and our land sacred. Known in ancient times as the Southern Land of Medicinal Herbs, our country has been not only fertile and bountiful, but the land of medicines and healing. Bhutan is Baeyul—hidden paradise—blessed by Ugyen Guru Rinpoche, and consolidated by Zhabdrung Ngawang Namgyel. As you inherit this country, and take on your responsibilities, I would like you to remember three things: We are the guardians of the peace and unity in our country. Our true strength comes from the peace in our land and harmony amongst our people. We must preserve this with sincerity and dedication. It is our responsibility to preserve our distinct culture and national identity. We must not lose this uniqueness so that we are always able to proudly say “We are Bhutanese”. The wealth of our country is our human resources.

Our future will invariably be shaped by the talent and skills, disposition for hard work, commitment, and dedicated service of our young generations. In conclusion, I would like to share my own observation. We have five extraordinary qualities that define us as Bhutanese. These are five extraordinary qualities that you possess. *Tha* *Damtshi* or unwavering loyalty, is a natural and instinctive trait. Bhutanese are Sincere. We have integrity. No matter what we do, there is a degree of sincerity that is worthy of praise. We are Mindful. We are always mindful of our duties, responsibilities, obligations, and wellbeing - not just our own wellbeing but the wellbeing of everyone. We Bhutanese are very Astute. That is why we have been able to build a country like Bhutan. We have worked with great ingenuity, perception, and wisdom. We have the intelligence and skills to be able to strengthen our country. We are clear minded and competent people. We are Resilient. We are well-tempered and strong, not afraid of suffering, not averse to hardship, ready to face problems and risks. Since time immemorial we have not been overcome nor destroyed. We have had the resilience to withstand the biggest challenges and threats. We do not just live in the present but are aware of the future.

We care, not just for this generation, but for different eras and generations to come. We understand that whatever we have has to be Timeless. We realise that we are impermanent, that our children will inherit what we leave behind, and our country will be there for all times to come. The acronym for these extraordinary qualities of the Bhutanese people - Sincerity, Mindfulness, Astuteness, Resilience, and Timelessness - is SMART. Bhutan has always been a smart nation. That is why we must continue to build smart institutions, and that is why it is imperative that our people remain smart. We must nurture these wonderful qualities and remember every day, how they have defined us as a nation and as a people. We must remember that these qualities will help us navigate the 21st century and build an even better place. Our country has an extremely bright future and that future is in your hands.

Compiled by Dechen Pema Yangden

Panbang Youth Cooperative (PYC) in Pursuit of Tomorrow's Agriculturist



Under the LGKRA 1 (Gainful employment created and local economy enhanced) Dzongkhag has targeted to establish 20 new CSMIs (farm) within the period of the 12 Five Year Plan. So far, the Dzongkhag has established seven farm enterprises:

1. Panbang Youth Cooperative
2. Layer farm in Berti
3. Layer farm in Kulamti
4. Piggery farm in Berti
5. Broiler farm
6. Livestock Farmers' Group in Panbang
7. Kikhar Women Vegetable Group.

Panbang Youth Cooperative (PYC) is one of the them who will be pursuing integrated horticulture dairy farming. The Co-operative was formed by 15 educated youths comprising of 10 males and 5 females.

PYC has three broad integrated agriculture dairy plans with essential services set-up in Panbang town. Under the Agriculture Sector, they are gearing towards producing winter chilli, tomato, pineapple, watermelon, nursery, ginger and turmeric. Under Livestock, they will be establishing commercial dairy, poultry, fishery and piggery farms. Other than the farm enterprises, PYC has already established saloon, cobbler and laundry services. PYC is also planning to set-up Photoshop and printing house in Panbang.

PYC is in pursuit of 'Tomorrow's Agriculturist'.

Contributed by Thinley Jamtsho

Bhutan Bird Festival - Day 2



Letter to Human from White Bellied Heron

Position: 1st

Dear human,

I humbly share how beautiful our mother planet has nurtured us in providing life force for our survival. Our mother earth was so compassionate in providing equal share of love, shelter and food to all beings. But then, those are only memories to be cherished now.

My house once tall, beautiful and secured has been cut down by you human being to meet your unlimited desire of greed. Now, am homeless, my family is being laid bared naked in an open area risking the danger of predator.

My feeding habitat once serene and intact is now blocked by many bridges & transmission lines to make your living comfortable. But, I cried in agony when I am being hit hard by those obstacles during my fight. Many of my family have been killed by those blockages.

The pain and the suffering that I faced due to your materialism insatiability are indeed killing me. Let me share you that what you called development to create your happiness has killed many of my races with so much pain and suffering. I am now only left with hundreds not even thousand in the world. My race is coming to an end if you don't show your compassion and contentment for your greed.

My humble and earnest request to you human beings, please help me to live in this beautiful mother earth. Save me from your manmade disaster, am at your mercy for my survival. I wanted to live a happy life like you all. I have never harmed you in any ways for your survival, then why are you ignoring my plea?. This is the time I am in need for your support before it becomes too late. If my appeal is not heard today, my extinction from this beautiful mother earth is for sure in the coming days. My race may remain in the portrait if actions for my survival are not taken care today.

It is never late to act today than sorry for tomorrow.

Yours in living harmony

(White Bellied Heron)

Written by - Tashi Tshering Wangchuk, Class: X, Zhemgang CS

Position: 2nd

Dear human,

Long ago, the world was such a beautiful place to live in. At that time our life was so beautiful. We were filled with contentment and we often cried in joy, enjoying the life in a way we always wished. We were happy and peaceful that time because the nature and environment were caring and favorable to us. We had enough food and shelter, enough for our survival. That time we enjoyed the scenery of river flowing beautifully, the gentle breeze and the beauty of nature. We would fly high up in the sky enjoying the fresh air. Caring nature, excess to food and comfortable shelter, not only made us feel emotionally better but it also contributed to the state of physical wellbeing. So we felt like an utopian in a utopia. Alas! That was our past life. Imagine how memorable it was?

Now, the world has become worse than hell. We have to live in suffering. It is all due to you only who have made our living very challenging. If you had not come to this world, we might be enjoying what we have enjoyed before? Your presence here in the world is disease to us. We have no food and shelter. How can we exist without this? Do you survive without food and shelter? I guess not, so please think and protect our life too.

With an emerging developmental activities and accelerating of population, it directly or indirectly destroys our habitat ultimately destroying our precious earth. Moreover, in the process of development, I could notice many factories and industries being constructed in every hook and corner of the world. From there unlimited waste are generated and eventually you deposit all those waste into ocean, water and lake which leads to water pollution. As a result, aquatic life are affected and can only starves as our food (fish) diminishes.

Additionally, in the way of constructing roads and supply ting electricity, I have noticed you are cutting umpteen trees, thus making us homeless. I have seen you destroying our food, thus starving us. I have seen you damaging our shelter, thus making us bear the scorching sun heat. We have done no crime, yet we are punished; living in such a horrific place created by you. Don't you feel guilty about yourself? Please think.

I have seen my brothers, sister, friends and my families crying for help. Many are complaining about lack of fresh clean air. The complaint are reduced not because we have got enough food and shelter but, because we have become less in number day by day. Now, I could no longer stand by watching my friends and families floating in a pool of bloody ocean. We are endangered species living in endangered earth and we are on the brink of extinction. We are living in the hell of your making. Please be in our shoes. It is my humble request please; remember we don't require your permission to live in the world. We are given the right to live together on earth with you. It is not only you who dies because of thirst and hunger. Hunt us with cameras not with guns. Every act of kindness towards nature is charity. So save trees, save the planet and save us.

With prayers,

White Bellied Heron

Written by Chimi Dorji, Class: X Yebilaptsa CS

Position: 3rd

Dear human,

Long ago, the sky was clear, nature was marvelous and we flew over the tallest oaks and hunted through the river banks but suddenly, we started crying for help. The world around me and my family was changing. The tallest oaks and the shortest grasses all turned into the sites for civilization the changing world seemed unsafe to me and my family. So, we migrated from place to place for survival. Time passed by and one time, we reached to a place which seemed to be the only place where our survival can be guaranteed since it had the trees above which we flew, the rivers beside which we mostly fed ourselves.

Days turned into weeks, weeks turned into months and months turned into years and we could still survive with full pride and protection. But suddenly what happened to us in the earlier place happened again. People started surrounding us, some even from a distance would start flashing their torches on us. It was what people called 'camera'. May be we were so unique or maybe it was just an interest to photograph our pictures. But do you know what! Those flashlight were so troublesome to us. Sometimes, it would sound so irritating that it could even let us to death. And sometimes, it would appear like a predator which came hunting for us. So again, we migrated to another suitable place. The place now is a tranquil one. One day, I and my family stood along the river banks as usual and the dirt's started blocking our sight blinding us. Then, a giant animal like thing would appear which people call a 'Machine'. People were constructing roads in their place. This place too was unsafe. So again, we moved on to another place.

The place seemed better, since it had our home, sweet home. But one day, strange thing appeared. It was what people call a 'Dam'. People were starting to construct a hydropower generation. By then, we were so tired that we could no more search for another place to survive. So, few of my siblings died out of hunger and thirst. I felt really sorry. Three of us had nowhere to live. Since people gradually developed their place without having the thought of us. You were so greedy. I lost my siblings all because of you! What took you so long to realize that you are getting late and it will be too late to wait for a few more years to conserve our bird's species? Was it really difficult to realize that conservation is not only about saving a particular species but also it is all about respecting the nature? You have been for sure leading in efforts to conserve us but all were in vain. Nothing was successful because you kept on increasing the developmental activities thereby destroying our home.

We could have survived in more numbers if you slashed those desires off your mind set. Those five poisons filled over you in such a way that you only thought about yourself. How impossible it had been for us to find another suitable region to survive. Long ago, you fed yourself with the fresh and nutritious plants and we too did. We quenched our thirst by the water which existed clean and recovered injuries with natural herbs. But as time passed, all those beautiful nature turned into hell-like place for us. It was kind of punishment to us though we did nothings to you.

But still then, let me tell you before I too leave this world. You are not late. You can create changes now. My last message is "You must work towards improving the conservation status of not only our species but all other various existing species" With my message in your mind, please! I beg you. Think of yourself after everything on earth is exhausted by your greediness. Everything would come to an end. Even you! There won't be life on earth. So please! Save us! Protect us now!

Yours

White Bellied Heron

Written by Tshering Yangden

SAVE FOREST TO SAVE BIRDS

Position: 1st

As saying, the chirping of birds is not for me, but for entire human kind. So birds are most beautiful animal on the earth. It flies with the change of colour and size that they have. Bird are warm-blooded egg-laying creatures. They have the abilities to attract the tourist and they are a special kind of animal species with species character.

In our Bhutan we have approximately 700 species of birds recorded. As we know many birds was extinct over many years. There are major threat that affect our birds, as we know many birds also nest in logged forest or even in degraded forest, though nesting are usually affected by human disturbances and thus unsuccessful.

It includes habitat loss and degradation due to shifting cultivation and logging. Cutting and burning of forest also pose a serious ecological impact on biodiversity as well as soil and water conservation which ultimately led to habitat loss and soil degradation. Cultivation like (tseree) cultivation will have impact on birds by reducing their habitat size and destroying their foods tree diversity. Clearing or conversion of land for cardamom will not only destroy the nesting and feeding tree species, but also create habitat fragmentation that would pose great threat in reduction of bird's population and other wildlife animals.

Also in the course of these constructions activities like building of roads and power of transmission corridors in the forest will probably led to bird's habitat and fragmentation and may be at risk of colliding with power line when in flight. Increase in illegal activities (hunting, logging) and other factors will contribute in reduction of bird's population in the areas. Heavy grazing have come under increasing pressure because many of the forested land are now being converted for cultivation and migrating to construct new houses, it clearly indicates that human is the main source of pressure on surrounding natural forest and also cause damage to native tree population that most birds depends on nesting and feeding.

As we know birds are a restricted species that required suitable forest for their survival and clearing these forest by the above activities would definitely threaten the bird's survival. So it is crucial for all of us to ensure long term protection and plant more trees, as a literate person we should give appropriate awareness program because birds are like a source of income in our country, which attracts the tourist for birding. After that our government gets incentive in the form of revenue, which helps to develop economically and convert that revenue to protect our birds in the future. As stated in slogans on saving Bird "It is not the man who dies out of thirst, birds too"

Written by
Jigme Dechen, Class:viii
Fingtibi LSS

UNTOUCHED NATURAL BEAUTY OF ZHEMGANG

Position: 1st

Created in heaven
A place which teaches more than just to stay
The beauty what we believed was in paradise
The floras and faunas in vast saven

Silhouettes of giant tree dances,
To the flute played by the breeze
And in it manages the birds to stay by chances

Spring amicably
Let the floras diffuse the fume of it.
The summer sun that warmth's the heart
Of residents of Zhemgang gently.

From dusk till dawn
And the twilight, you would want to pause the moment
And stay as you own it.

In fall, the fall of leaves which makes you realize?
Season is beautiful in any forms it takes in precise.
The sites of snowcapped mountains give the freezing cry
Every bit of Zhemgang blessed by deity Dorji Rabten
The breeze that soothes your mind
And heals your heart with joy

The showpiece of kingdom, the Royal Manas Park
The masher in river, Rhinoceros unicorns
And hornbill and lots untied creatures
A place where every being would love even in dark.
The nature which is untouched,
The beauty which remained untouched till now
Will go beyond untouched for eternity.
Though the ecstasy you get in Zhemgang
Touches you much.

Written by
Sangita Chhetri

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