



CMAA LOWELL MAGAZINE

Edition 18 November 2005

ទិវប្បតិវិធីឆ្នាំទី២១នៃសហគមន៍ខ្មែរជំរុញ



CMAA
21st Anniversary
Celebration!

រោងគ្រប់គ្រង
បណ្ណាញខ្មែរ
ឆ្នាំទី២១

Highlights in this issue:

- គោលការណ៍បំរើសហគមន៍
Executive Director Message
- The President's Note
វាចារនាយិកា
- សារលិខិតរបស់ចាស់ទុំយើង
Messages from the CMAA's
Young Parent Program.
- 21st Anniversary Program
- Other News and Advertisements...

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CMAA Current Funders:

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- Foundation M
- Department of Transitional Assistance
- United Way of Merrimack Valley

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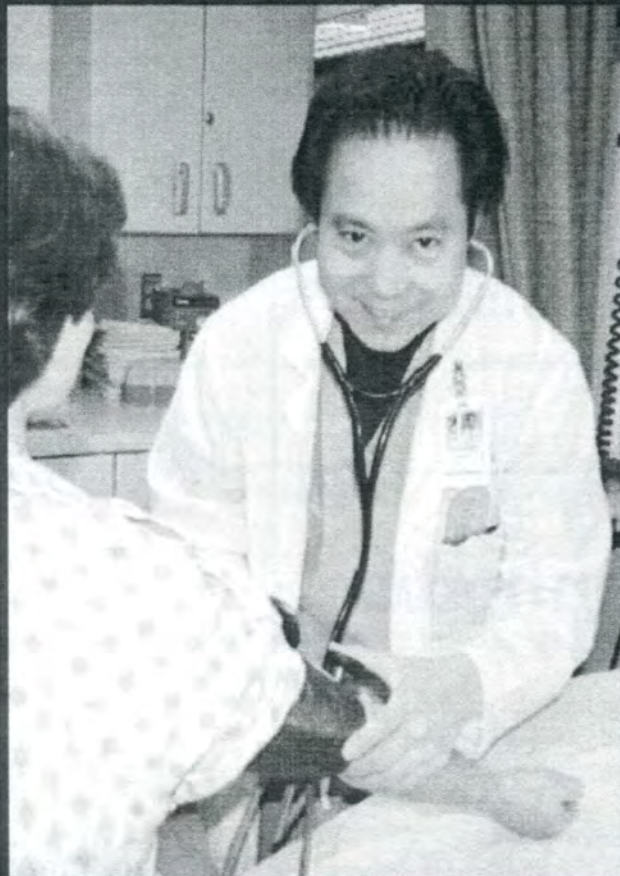
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Lowell General Hospital congratulates the Cambodian Mutual Assistance Association on their 21st Anniversary Celebration.

Lowell General Hospital



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Map of Cambodia



Community Teamwork, Inc.
congratulates

The Cambodian Mutual Assistance
Association of Greater Lowell
for
21 years
of providing programs and services
that improve the quality of
life of Cambodian-Americans
in Lowell

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Vongsaranak Ros

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Boro euth B. Chen

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Sovann Kheam, Karena Doung, Thy E. Chey, Hai Cheng, Thirith Hut, Joseph Sexton

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At large Community News Editor អ្នកនិពន្ធនៃសហគមន៍
Boro euth B. Chen

CMAA Lowell Magazine is an annual publication of Cambodian Mutual Assistance Association (CMAA) of Greater Lowell, Inc.

All articles published represent the views of the authors; they do not necessarily represent the views of the CMAA or its funders.

Besides, we would like to ask for your good heart to help us by advertising in the magazine. Your generosity is needed to help us continue in publishing this KL Magazine. Thank you!

ឈាយកម្រុសិមគ្គី "សហគមន៍ខ្មែរ" ត្រូវបានរៀបចំបោះពុម្ពឡើងដោយសហគមន៍ខ្មែរក្រុងឡូវែល ជា រៀងរាល់ឆ្នាំ។ អត្ថបទទាំងឡាយដែលបានបោះពុម្ពនៅលើទំព័រនីមួយៗនៃទស្សនាវដ្តីខ្មែរឡូវែល គឺបញ្ជាក់ ពីឧត្តមគតិពិតៗនៃអ្នកនិពន្ធ ឬកវីករ ហើយមិនមែនបញ្ជាក់ពីទស្សនៈរបស់សហគមន៍ខ្មែរ ឬក្រសួងជំនួយនានា ដែលសហគមន៍ខ្មែរឡើយ។

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Email: cmaa@cmaalowell.org; www.cmaalowell.org

គោលការណ៍បម្រើសហគមន៍

សហគមន៍ខ្មែរប្រចាំទីក្រុងឡូវែលមានការប្តេជ្ញាចិត្តដ៏មុះមុត នៅក្នុងការបម្រើជួយកែប្រែ និងលើកស្ទួយជីវភាព របស់សហគមន៍ខ្មែរ-អាមេរិកាំងនៅក្នុងសហគមន៍ ឡូវែល ព្រមទាំងជនជាតិភាគតិចដទៃទៀតដើម្បី ញ៉ាំងអោយស្ថានភាពរបស់នោះមានលក្ខណៈកាន់តែ ប្រសើរឡើងតាមរយៈការអភិវឌ្ឍន៍លើវិស្វ័យអប់រំ -វប្បធម៌-សង្គម-សហគមន៍ និងសេដ្ឋកិច្ច ។/

CMAA MISSION

The CMAA is dedicated to improving the quality of life for the Cambodian-American community of greater Lowell and other ethnic minorities through educational, cultural, social, community and economic development efforts.



Special Thanks to the following Media for their support!

"Voice of CMAA -Thinking Out Loud Radio" WUML 91.5 FM, Every Friday at 11:00AM-12:00PM, Hosted by Brian B.

Chen, Ang Pheng, Sak Seang

"Voice of Cambodian Children Radio" WUML 91.5 FM, Every Sunday from 1:00PM-5:PM, Hosted by Sidney Liang and others

"Voice of Cambodian American in New England" WCAP 980 AM, Every Tuesday and Thursday from 10:00PM-12:00AM, Hosted by Buntha S. Krouch

"Koun Khmer Show" Live Show on LTC Channel 8, every Monday from 8:00PM-9:00PM, Hosted by Buntha S. Krouch and Sophea Chum, C: (978) 804-1175

"Khmer Sentimental Show" Live Show on LTC Channel 8, every Wednesday from 8:00PM-9:00PM, Hosted by Bunrith E. Sart and Sor Lakhena

EXECUTIVE DIRECTOR'S MESSAGE



As we wrap up the 20th year of service to our community and enter into the 21st year, I would like to thank our past and present funders, staff, volunteers, Board of Directors, Advisory Board members and the Cambodian business community for their contributions to the success of our organization. For the last twenty years, CMAA has provided important programs such Job training, ESL classes, Young Parents education, Citizenship classes, Youth outreach and organized many cultural celebrations. These are vital programs for many people in our community looking to improve the quality of their lives.

It is not easy to find resources to put these programs together but it is because many great people fought hard and believed in the mission of our organization that we have been successful for the past twenty years. I would like to dedicate this year's annual celebration to our past and present funders and those who served this agency in any capacity.

Because of the effects of 9/11, the war on terror, the war in Iraq, natural disasters, and high energy prices coupled with slow recovery in our economy, the business of serving the "underserved" is extremely challenging. Program funding is being cut at all levels, putting our poorest community members' greater risk.

As bleak as the funding situation is, I am optimistic that CMAA will find ways to continue to offer programs vital to the lives of our community members. Earlier this year we successfully completed a joint staff and Board of Directors' planning retreat. With the help of the Jericho Road Foundation, we are working with consultants from Sherbrooke Partners and Ms. Wee Nee to develop a strategic plan that will create a blueprint for future programs and ensure the success of the CMAA.

Sincerely,

Vongsaranak Ros
Executive Director

The President's Note



It gives me great pleasure to warmly welcome you to the Cambodian Mutual Assistance Association (CMAA) of Greater Lowell, Inc., 21st Annual Celebration. This is another successful year for the CMAA. Among our many accomplishments is the achievement of fiscal transparency, board development, strategic planning, new partnerships, and programmatic restructuring.

The Southeast Asian community continues to thrive and contribute to the economic and social development of Greater Lowell. Our community members have opened new and expanded existing businesses, purchased homes, pursued ambitious educational and career goals, and improved their quality of life. We have also achieved a milestone in the political arena. I would like to take this opportunity to express our sincere thanks to former City Councilor Rithy Uong for his remarkable advocacy and extensive services to the communities of Lowell.

This year the CMAA held its first Advisory Board meeting. Beginning in 2005, the Advisory Board will meet on a quarterly basis. The Advisory Board is instrumental in strengthening the CMAA and guiding us on the development of the organization. In addition, the CMAA Board of Directors completed a full year of development activities led by Mr. Welles Hatch, a volunteer from the Jericho Road Project. As a result, we are pleased to report that we have made significant improvements in the functioning of the Board of Directors. With assistance from the Jericho Road Project the CMAA is now moving towards Strategic Planning, which will position the organization for future growth. A comprehensive strategic plan will also ensure that the organization meets the needs of our community.

The CMAA faces some difficult challenges as we work to address issues related to building development. With delays in building development, the structure continues to deteriorate. Subsequently, the cost of operating and maintaining the CMAA building continues to rise. The CMAA Board of Directors and Executive Director are fully engaged in addressing this issue and building development will be the top priority for the organization in the coming year.

Federal, State, and local budget constraints deeply impact the CMAA's programs. Securing funding for key programs is a challenge and the CMAA is currently seeking a grant-writer to assist the agency in bringing in funds. Nevertheless, the organization does have some new initiatives this year and is committed to providing essential services to its clientele, many of who are unemployed or underemployed. We extend our deepest appreciation to our funders, sponsors, partners, and other key stakeholders whose support has enabled us to provide these services.


On a final note, this year has been difficult for many of our fellow citizens in Louisiana, Mississippi, Alabama, and New Hampshire. There have been some devastating events throughout the world, especially the Tsunami and recent earthquake in Asia. For many of our community members, such loss is reminiscent of our own losses during the Cambodian genocide. The CMAA Board of Directors and staff extend our sympathies to those affected by these tragic events.

As the CMAA grow in strength and recognition, it is our sincere hope that we continue to work together to reach our goals. On behalf of the Board of Directors, I would like to express my sincere thanks to all the donors, sponsors, and individuals who helped make this 21st Annual Celebration successful.

Sincerely,

Hai Cheng, M. Ed, C.A.G.S.
President

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EDITOR-IN-CHIEF'S NOTE

Welcome to Cambodian Mutual Assistance Association's 21th Anniversary Program Book! It is a pleasure and an honor to have been given the opportunity to serve as the Editor-in-Chief for this special program book again this year. It is also a formidable challenge, but one that is made easier by the help of our very distinguished staff members. Together, we aim to provide the readership with comprehensive articles and advertisements submitted by our various contributors and supporters.

A Program Book of this nature is a collective enterprise, one that is made possible through the efforts of contributors, reviewers, designers and editors, and also through the support of other CMAA staff and Board members. There are several individuals whom I would like to personally thank for their own commitment to this publication and to the planning and organizing of CMAA 21th Anniversary celebration. To begin with, I would like to thank Brian Chen who has devoted much time and energy to completing the entire layout of the program book. I would also like to thank Ronnie Mouth, who has been especially helpful in collecting submissions for this fine work.

I encourage all of you to take time to read and think about the impressive submissions provided in this special edition. The CMAA Program Book targets a diverse population — all of whom are beginning to develop their tastes for reading and using the CMAA Program Book as a community resource.

To those who submitted articles and advertisements, I hope you found your work with CMAA staff a beneficial experience. To all of our regular advertisers, thank you for being a part of our team effort. I appreciate your interest and look forward to working with you again next year. To all of our readers, please contact us if you have comments, suggestions or ideas for future growth and improvement.

May this New Year bring you great wisdom, health and prosperity!

Phala Chea, Ed.D.

STAFF - បុគ្គលិក



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
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 បំផុត ។ យើងខ្ញុំនឹងខំបំរើលោកអ្នកដោយមេត្រីភាព ។
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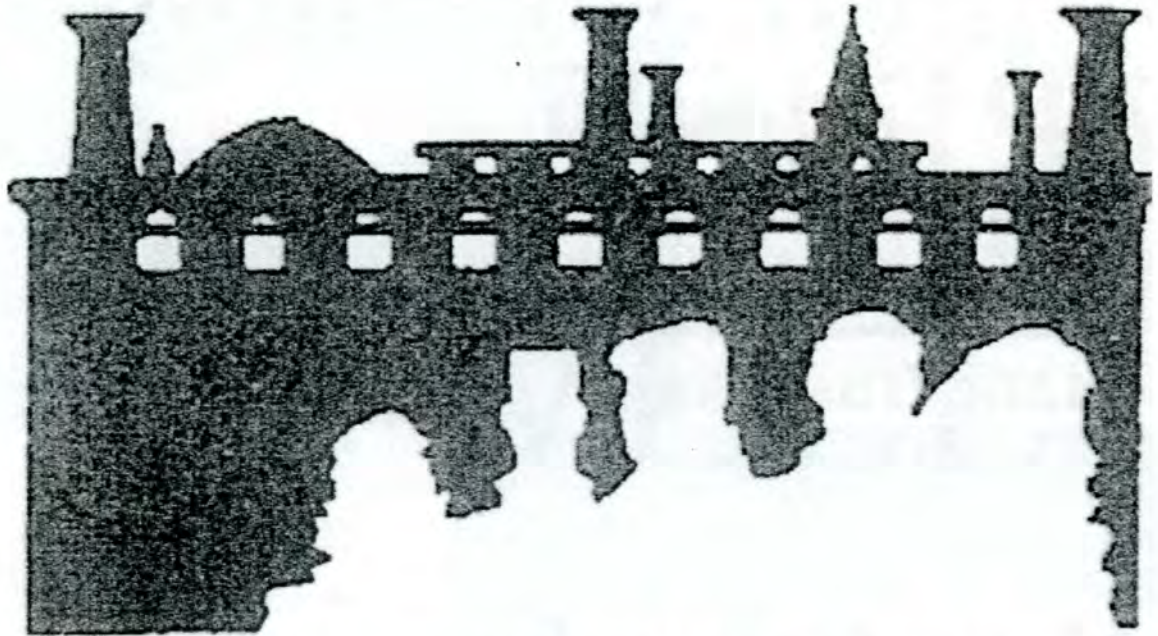
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ដើម្បីជួយបំបាត់ទុក្ខកង្វល់ខ្លះៗ ពិក្ខុវិក្ខុ ។ ជម្ងឺនៅស្រុកនេះវាមិនអាចពឹងលើថ្នាំពេទ្យមួយរបរភាគ រយបានទេ លុះត្រាតែយើងចេះជួយរក្សាសុខភាពខ្លួនយើងដូចជា ការហាត់ប្រាណ, ការបរិភោគចំណីអាហារដែលធ្វើឲ្យមានសុខភាព ល្អ ហើយការយល់ដឹងពីសុខភាពផ្ទាល់ខ្លួនរបស់យើង ដើម្បីកាត់ បន្ថយកុំឲ្យកូនចៅពិបាកក្នុងការប្រកបការងារចិញ្ចឹមជីវិតរបស់គេ។ ខ្ញុំសប្បាយចិត្តដែលបានមកជួបជុំចាស់ៗខ្មែររៀនរាល់អាទិត្យ ដើម្បី ពិភាក្សាគ្នាពីរឿងបញ្ហាសុខភាព ហើយនិងស្វែងរកដំណោះស្រាយ ដើម្បីជួយឲ្យយើងមានសុខភាពល្អប្រសើរឡើងវិញ និងមានភាពគួរ ស្រាលក្នុងចិត្ត ។ មិនតែប៉ុណ្ណោះខ្ញុំក៏យល់ថា ការមករៀនខាងសុខ ភាព និងការមកជួបជុំគ្នានេះ វាអាចធ្វើឲ្យខ្ញុំមានភាពសប្បាយរីក រាយក្នុងចិត្ត បំបាត់នូវភាពកង្វល់ទាំងឡាយថែមទៀត ។

Messages from the CMAA's Young Parent Program

One student says: The Young Parents Program at the CMAA is a program for young parents who have not finished school yet and are looking to get a GED. This program means a lot to me because it has improved my life. There are a lot of young mothers in my class who have dropped out of high school and are now coming here for an education. Most of us need to be here also to get benefits from welfare. For me, this program was a chance to start over and make sure I got an education. It also helps me with parenting my child. We're able to relate with each other with many things because most of us are in the same situation. This program means so much to me because it has not only helped me to almost get my GED (this student has passed four of her tests and just has one more to go) but, I now have a job that I've been working at for a year. The Young Parents Program at the CMAA has given me a lot of opportunities, and I am thankful to have come here. It certainly changed my life for the better.

Another student says: The Young Parents Program at the CMAA on Jackson Street in Lowell is a program for young adults from 14 to 21 who are on welfare and trying to get their diplomas. This is a great school for me because when you need one on one attention from the teacher, they can give it to you. In other schools, they just handed us packets of work and expect us to do it without knowing any of the work. Another thing is when I have family issues or problems at home there are very good people to talk to and to ask for advice on what I can do to solve that problem. And that is what the CMAA is all about.

Another student says: The CMAA means a lot to me. The teachers are very nice. Judith helps us with our problems. Marion and Judith teach us our work. So far I see that this school is the only school that provide us transportation. I made new friends here. Sometime we talk about our experience with our baby or kids.

Judith Dickerman-Nelson, the YPP Director/Teacher and Marion Best, the Teacher say:

We enjoy working with our students each day. They come here, trying to make a better life for themselves and their children, sometimes struggling with very difficult situations. But they keep trying, and they work hard every day. We feel honored to have the opportunity to share part of their lives and to touch their lives in a positive way.

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- ធ្វើ Re-entry Permit "ធ្វើល្បឿនក្នុងរយៈពេល១ឬ២អាទិត្យបាន"
- ធ្វើ Green Card និងលិខិតឆ្លងដែនខ្មែរដែលហួសថ្ងៃកំណត់
- ធ្វើទិដ្ឋការ (Visa) សម្រាប់ទៅប្រទេសខ្មែរ ចិន អូស្ត្រាលី លាវ ថៃ សិង្ហបុរី និងវៀតណាម
- ធ្វើសំបុត្រធានាយកប្រពន្ធ ឬប្តីមកពីប្រទេសក្រៅ
- លក់កាតទូរស័ព្ទសម្រាប់ក្នុងនិងក្រៅប្រទេស
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21st ANNIVERSARY PROGRAM

កម្មវិធីនៃបុណ្យខួបឆ្នាំទី ២១

Master of Ceremony:
Ms. Melody Suong
Mr. Tooch Van

- 6:00-6:30PM Board Elections.....ការបោះឆ្នោតជ្រើសរើសគណៈកម្មាធិការនាយក
- 6:30-7:15PM Cocktails and Networking.....ការជួបជុំនិងសំណេះសំណាលគ្នា
- 7:15-7:30PM Speaker: Mr. Vongsaranak Ros.....សុន្ទរកថាដោយលោក វង់ រស់
- 7:30-7:45PM Speaker: Mr. Hai Cheng.....សុន្ទរកថាដោយលោក ហៃ ឆេង
- 8:00PM-12:00AM Dinner, Recognition/Award, Raffles, Dancing and Entertainment by the Saolin Band.....ពិសារភោជនាហារ ការទទួលស្គាល់នូវភាពល្បីល្បាញ/រង្វាន់លើកទឹកចិត្ត រង្វាន់អនុស្សាវរីយ៍និងរាំកំសាន្តជាមួយ ក្រុមតន្ត្រីសៅលិន ដោយមានកញ្ញា សូ សុភ័ក្រ្ត ដែលជា តារាចម្រៀងដ៏ល្បីប្រចាំតំបន់ នូវអឺរ៉ាស៊ី ចូលរួមផង ។ ក្នុង

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CURRENT PROGRAMS/ PROJECTS:

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- 1) **REACH 2010 Program-** overall focus is to identify and implement effective and sustainable ways to improve health status of Cambodians in the Greater Lowell area and eliminate health status disparities in areas of cardiovascular disease and diabetes.



កម្មវិធីសុខភាពសហគមន៍ខ្មែរ២០១០



គោលការណ៍របស់កម្មវិធីគឺធ្វើឲ្យមានការយល់ដឹងថែមទៀតអំពីបញ្ហាសុខភាពដែលទាក់ទងនឹងជម្ងឺបេះដូងនិងជម្ងឺទឹកនោមផ្អែមចំពោះប្រជាជនខ្មែរដែលរស់នៅក្រុងឡូរីស។

ដែលរស់នៅក្រុងឡូរីស។

- 2) **Cambodian Health Promotion-** teaches participants how to communicate better with their health care providers and provides information on treating and preventing specific illnesses such as diabetes, cardiovascular disease, cholesterol, and high blood pressure.

កម្មវិធីអប់រំសុខភាព



បង្រៀនអ្នកកម្មវិធីរបៀបទាក់ទងជាមួយវេជ្ជបណ្ឌិតឲ្យបានប្រសើរឡើងនិងផ្តល់ឲ្យនូវព័ត៌មានស្តីអំពីការព្យាបាលជម្ងឺ និងការការពារជម្ងឺជាក់លាក់ណាមួយដូចជាជម្ងឺទឹកនោមផ្អែម ជម្ងឺបេះដូង ជម្ងឺខ្លាញ់នៅក្នុងសរសៃឈាមនិងជម្ងឺលើសឈាម។

លាក់ណាមួយដូចជាជម្ងឺទឹកនោមផ្អែម ជម្ងឺបេះដូង ជម្ងឺខ្លាញ់នៅក្នុងសរសៃឈាមនិងជម្ងឺលើសឈាម។

- 3) **Harvard Program Refugee Trauma-** provides mental health screenings and health promotion services in partnership with the Harvard Refugee Trauma Project, an internationally recognized project that assists survivors of genocide living in the US and Cambodia.



- 4) **Education Department-** The CMAA's Education department offers the Young Parent Program, a GED prep program for young parents between the ages of 14 and 21; ESOL classes for people who want to learn English are offered. We are a stellite of Lowell Adult Education.



កម្មវិធីសិក្សាអប់រំ

រួមមានកម្មវិធីយុវមាតា កម្មវិធីហ្គីអិលឌី សំរាប់យុវមាតា ដែលមានអាយុរវាង១៤-២១ ឆ្នាំ និងថ្នាក់ហ្គីអិលឌី សំរាប់មនុស្សទូទៅប្រាថ្នាចង់ប្រឡង បានហ្គីអិលឌី, មានថ្នាក់កុំព្យូទ័រ កម្រិតទី១ និង ទី២, ថ្នាក់ភាសា ដែលរៀនអាន និងសរសេរ ហើយនិងថ្នាក់ អ៊ីអេសអិល សំរាប់អ្នកដែលចង់រៀនភាសាអង់គ្លេស។

- 5) **Monbrom Family Support-** to provide the Cambodian-American families whose members have a disability with culturally sensitive and linguistically appropriate respite and family support.



កម្មវិធីមនោរម្យជំនួយគ្រួសារ

គឺមានតួនាទីជួយគ្រួសារខ្មែរណាដែលមានកូនពិការផ្នែកសតិប្រាជ្ញាដែលរស់នៅក្នុងឡូរីសនូវការបំរើគ្រួសារខ្មែរដោយបុគ្គលិកខ្មែរ។



Any question/information regarding CMAA's projects/programs please contact:

(978) 596-1000

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