



KHMER LOWELL

ខ្មែរ ឡូយ៉ែល

Edition 13 October 2000

CMAA Quarterly Magazine

Another Year
of Success
16th!

រោកស័យ
ឆ្នាំទី ១៦!

Highlights in this
issue:

16th Anniversary Dinner
& Banquet

The Great Success of
MSSP-ESP

Southeast Asian Water
Festival

Lowell Folk Festival

CMAA Programs
& Services...

ORR's CSE Program
Renewal for \$1.5M

Skills Training Graduation
Ceremony

And other News...

US Attorney General
Janet Reno visit to
CMAA

CMAA Board met with
Cambodian government
leaders

CMAA BOD election



US Attorney General Janet Reno visitation on September 7th. L-R: Saody Ouch, Sovann Kheam, Bunrith Lach, Paul Yin, AG Janet Reno, Danny Div, Samkhann Kheoun, and Vincent Un.

Meeting with HRH Prince Norodom Rannaridh, President of Cambodian National Assembly, September 3rd.



L-R: Mark E. Goldman, Vathana Ven, Sokhary Chau, Bunrith Lach, HRH Prince Norodom Rannaridh, Sarun Yin, Samkhann Khoeun, Sovann Kheam, and Vincent Un.



L-R: Hour Namhong, PM Hun Sen, Ambassador to UN Ouch Borith, and Ambassador to US Eng Roland



Mr. Bunrith Lach, President and Samkhann Khoeun, Executive Director made presentation to Prime Minister Hun Sen and requested for traditional racing boats and received donations to CMAA.



L-R: Mr. Veng Sreyvuth, Minister of Tourism, Dr. Thong Khon, Secretary of State, Mr. Sambath Fennell of Lowell, Mr. Bunrith Lach, Mr. Samkhann Khoeun, and Mr. Paul Yin



103 Market Street
Downtown Lowell

452-6121

ជាសមាជិកនៃ

បណ្តាញពេទ្យចាប់សរសៃ
និងអ៊ីដូស៊ីស

ក្រសួងពាណិជ្ជកម្ម
តំបន់ទ្វីបវ័ល

សមាគមពេទ្យចាប់
សរសៃអាមេរិកាំង

ជាអ្នកឧបត្ថម្ភ
សមាគមខ្មែរ CMAA



ពេទ្យចាប់សរសៃដើម្បី បណ្តាញកាយ

នៅពេលណាពេទ្យអ្នកត្រូវការ
ចាប់សរសៃបុគ្គលិករបស់
យើងនៅរង់ចាំបំរើជានិច្ច!

- ▶ បុគ្គលិកមានបទពិសោធន៍ខ្ពស់
- ▶ ទឹកនៃឱសថចំបុនល្អ
- ▶ មានអ្នកជួយបកប្រែ
- ▶ ងាយស្រួលដាក់ការណាត់ជួប
- ▶ អ្នកជម្ងឺចតឡានដោយឥតគិតថ្លៃ

យើងទទួលគ្រប់
កាតធានារ៉ាប់រងទាំងអស់

- ▶ គ្រោះថ្នាក់ចរាចរណ៍
- ▶ កាតធានារ៉ាប់រងមនុស្សចាស់ (មេឌីយែរ)
- ▶ កាតធានារ៉ាប់រងរដ្ឋ (មេឌីខេត/ម៉ាស់ហើល)
- ▶ គ្រោះថ្នាក់នៅកន្លែងធ្វើការ
- ▶ ការធានារ៉ាប់រងសុខភាពឯកជន

មានការណាត់ជួប
វេជ្ជបណ្ឌិតផ្សេងគ្នា

- ▶ វេជ្ជបណ្ឌិត ដារិត ថាម៉ាវេន
- ▶ វេជ្ជបណ្ឌិត ម៉ូដេសេ កាមែល



L-R: Samuth Kaom, CMAA Board, an unidentified person, Dr. David Pugatch, Dr. Pot, Dr. Kong Bun Navy, Dr. Soneath Pond and his wife, Mr. Chuck Sart, CMAA Board, and Att. Thomas Stylianos, CMAA Board at a Cambodian Women and HIV/AIDS forum, presented by the Lowell Community Health Center at CMAA on August 12th.

ATTORNEY ARTHUR J. SANTOS, JR.



មេធាវី

អាតិណ៍ បេ សានតូស

26 WEBBER ST.
LOWELL, MA 01851
(978) 454-0900

ការិយាល័យច្បាប់យើងខ្ញុំមានបទដ៏នាញក្នុងការជួយ
លោកអ្នកដូចតទៅ៖

- ▶ បង់ខាតមុខរបរ
- ▶ បញ្ឈប់ការរំខានពីក្រុមហ៊ុនក្រេឌិតកាត
- ▶ ទទួលជំនួយភ្លាមៗ
- ▶ ការពិគ្រោះគ្នាដោយឥតគិតថ្លៃ

TABLE OF CONTENTS

មាតិកាឡើង

Magazine Committee.....4
 Message from the Executive Director.....5
 CMAA's President's Note.....6
 វាចារនាមិកាទស្សនាវដ្តីខ្មែរឡើង.....៨
 Editor's Words.....8
 CMAA Staff and Board of Directors.....7

Community News

បុណ្យអុំទូកយើង.....៩
 ពិធីបុណ្យប្រជាប្រិយនៅទីក្រុងឡើង.....១០
 បុណ្យខួបសមាគមខ្មែរលើកទី១៦.....១២
 Light of Cambodian Children12
 The Great Success of MSSP at CMAA.....12
 CMAA Graduation Ceremony.....14
 នាទីសុខភាព.....១៥
 CMAA Capital Campaign.....19
 Children of War.....21
 Timeline for the Capital Campaign.....22

Readings for Pleasure

ធូហ្គាយស៊ីប.....២២
 ដើម្បីខ្មែររស់.....២៣
 ល្បែងប្រាជ្ញា ចម្លើយពីលេខមុន.....២៤

CMAA Programs and Services

CSE Program.....24
 Citizenship Assistance.....24
 Employment Services.....25
 កម្មវិធីរៀនភាសាអង់គ្លេស.....២៦
 Komar Day Care.....26
 កម្មវិធីយុវវ័យ.....២៧
 កម្មវិធីសុខភាពសហគមន៍ខ្មែរ.....២៨
 កម្មវិធីមនោរម្យជំនួយគ្រួសារ.....២៨

- ▶ **Bankruptcy**
- ▶ **Stop Harassing Creditor Calls**
- ▶ **Get Immediate Relief**
- ▶ **Free Consultation**

Khmer Lowell Magazine Commitee

Executive Director ឧបាយកម្មប្រតិបត្តិ
Samkhann C. Khoeun

Editor-in-Chief អគ្គនាយកនិពន្ធ
Margaret L. Tham

Khmer Associate Editors អ្នកនិពន្ធផ្នែកភាសាខ្មែរ
Sak Seang, Maridy You

English Associate Editors អ្នកនិពន្ធផ្នែកភាសាអង់គ្លេស
Thomas Stylianos, Chath pierSath

Production and Layout អ្នករៀបចំទំព័រ
Sothea Chiemroom, Boro euth B. Chen

Cambodian Font Typists អ្នកវាយបញ្ចូលអក្សរខ្មែរ
Ronnie Mouth, Boro euth B. Chen and Maridy You

Advertising & Marketing Managers អ្នកទទួលបន្ទុកទីផ្សារ និងផ្សព្វផ្សាយ
Paul Yin, Samuel Sok, Vincent Un, Bora Yi, Pov Ye

Legal Issues Editor អ្នកនិពន្ធផ្នែកសុខច្បាប់
Joseph H. Sexton

Health Issues Editor អ្នកនិពន្ធផ្នែកសុខភាព
Dr. Sovann Kheam

At large Community News Editors អ្នកនិពន្ធផ្នែកសហគមន៍
Pov Debra Ye, Bora Yi, Danny D. Div, & Thysan Sam

Khmer Lowell Magazine is a quarterly publication published by the 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. Your contribution such as articles, folk stories, modern fiction, poems, news, etc. are happily and gratefully welcomed. Please, limit the document to 1-3 (11x8) pages, and make sure to include the author's name, address, telephone, and signature of the responsible person.

Khmer Lowell Magazine committee reserves the right to publish an entire document and/or in part based on space and budget, and all those articles shall become the property of the Khmer Lowell Magazine.

Besides, we would like to ask for your good heart to help us by subscribing to, or advertising in the magazine. Your generosity is needed to help us continue in publishing this KL Magazine. The subscription rate is \$14.90 per year, including shipping and handling. Thank you!

ឧបាយកម្មប្រតិបត្តិ ត្រូវបានរៀបចំបោះពុម្ពឡើងដោយសមាគមខ្មែរ ប្រចាំក្រុងឡូវែល ជាដៀង រាល់ត្រីមាស។ អត្ថបទទាំងឡាយដែលបានបោះពុម្ពនៅលើទំព័រនីមួយៗនៃទស្សនាវដ្តីខ្មែរឡូវែល គឺបញ្ជាក់ ពីទស្សនកិច្ចនិងការយល់ឃើញរបស់អ្នកនិពន្ធ ឬក៏អ្នករៀបចំ ហើយមិនមែនបញ្ជាក់ពីទស្សនៈរបស់សមាគមខ្មែរ ឬក្រសួងជំនួយទាន ទេសមាគមខ្មែរឡើយ។

ជំនួយនិងវិភាគទានរបស់លោកអ្នក ទោះជាអត្ថបទ រឿងនិទានផ្សេងៗ ប្រលោមលោក កំណាព្យ ឬជាព័ត៌មានផ្សេងៗក្តី គឺយើងខ្ញុំទាំងអស់តែងតែស្វាគមន៍ និងសូមអរគុណជាដាច់ខាត។ ដោយទំព័រ មានចំនួនតិច យើងខ្ញុំសូមកំណត់ថាអត្ថបទ ត្រូវតែមានពី ១-៣ ទំព័រ ហើយត្រូវភ្ជាប់មកជាមួយនូវ ឈ្មោះអ្នកនិពន្ធ អាសយដ្ឋាន លេខទូរស័ព្ទ ព្រមទាំងហត្ថលេខារបស់អ្នកនិពន្ធផងដែរ។

ចំពោះអត្ថបទទាំងឡាយណាដែលយើងបាន ឬមិនបានបោះពុម្ពផ្សាយទាំងស្រុងក្តី (ដោយ អាស្រ័យទៅលើមតិរបស់អ្នករៀបចំកិច្ចការ) គឺត្រូវរាយការណ៍មុនរបស់ទស្សនាវដ្តីខ្មែរឡូវែលទាំងអស់។ យើងខ្ញុំសូមលោកអ្នកមេត្តាខិតខំអភិវឌ្ឍន៍ទោសជាមុនចំពោះការទុកស្មោះឱ្យយើងដោយអចេតនាទាំងឡាយណា ដែលកើតមានឡើងដោយកង្វះបច្ចេកទេស ទេព្យកោសល្យ ឬចោលខ្លួនផ្សេងៗ ជាដើម ។ ល។

សំរាប់ព័ត៌មានបន្ថែម ឬត្រូវការចង់ទាក់ទងផ្នែកពាណិជ្ជកម្មផ្សេងៗ សូមមេត្តាទាក់ទងលោក សុក្រ ស៊ាមព្យាល លោក ជឿមរួម សុផា លោក យីន ផល់ លោក ចិន បូរីត អ្នកនាង យី ពៅ អ្នកនាង យី បូរា អ្នកនាង មុត រុនី អ្នកនាង លី ថៃធី ឬ អ្នកស្រី ផេម ម៉ាហ្គាផែន ដោយផ្ទាល់ តាមរយៈទូរស័ព្ទ និងអាសយដ្ឋានដូចខាងក្រោមនេះ៖

សមាគមខ្មែរ - CMAA, Inc.
165 Jackson Street; Lowell, MA 01852
Tel: 978.454.4286; Fax: 978.454.1806
Email: cmaa@cmaalowell.org; www.cmaalowell.org

CONGRATULATIONS

CMAA

FOR YOUR CONTRIBUTION TO THE COMMUNITY

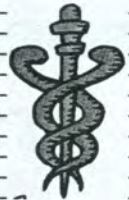
PRINCETON TECHNOLOGY CORPORATION
HUDSON, NH

WE NEED EXPERIENCED SOLDERERS &
ASSEMBLED PCB INSPECTORS

CONTACT US TO JOIN THE
PRINCETON FAMILY

TEL: 603-595-1987
FAX: 603-595-8277

Office Hours by Appointment



Sambath Keo, D.M.D.



252-254 ADELAIDE AVE.
PROVIDENCE, RI 02907
TEL. (401) 941-2600

(New Location)
704 MIDDLESEX STREET
LOWELL, MA 01851
TEL. (978) 441-9991

Executive Director Message

I would like to take this opportunity to extend our warm invitation to you and your loved ones to attend the agency's 16th Anniversary Celebration & Dinner Banquet to be held at Double Tree Hotel on the 21st of October 2000, from 7:00 PM to 12:00 mid-night. I would also like to welcome you again to another edition of the Khmer Lowell Magazine, a quarterly publication published by the Cambodian Mutual Assistance Association (CMAA) of Greater Lowell, Inc. Each and every issue, we try to share with our readers about the different activities that the CMAA has been working on and/or planning to do in the future.



Some important activities worth mentioning here are that the CMAA received, hosted and held meetings with a number of high profile and dignitary guests including the United States **Attorney General Janet Reno** on September 7th; the President of Cambodia's National Assembly, **Prince Norodom Ranariddh** on September 3rd; the Cambodia's **Prime Minister Hun Sen** on September 8th in New York; the Friends Without Borders on August 20th as well as other individuals and groups with different important projects benefiting to the CMAA and our community. In addition, I participated in testifying on behalf of the Cambodian American communities at a Town Hall Meeting as part of the **White House Initiative** on Asian Pacific American Islanders on September 18th, just to name a few here.

I am very pleased to share with you also that we have completed the renovation of the "Metta Health Center". The word Metta is derived from the Cambodian word for "loving kindness" which fits perfectly for this health center that will integrate both the traditional healing and also western methods of treatment, all combined to provide a full range of health and mental health services to cure sickness with a holistic approach touching the body, mind and spirit of any patient seeking alternative medicine. The Metta Center will be staffed by professional bilingual and bicultural medical specialists, traditional healers and also Western doctors, nurses and other health specialists. The Metta Center will be administered by the Lowell Community Health Center, a nonprofit community health center agency with combined experiences of more than thirty years in providing health care services to the Low-income community residents in Lowell area, particularly those of Southeast Asian refugee and immigrant backgrounds and also Lowell's large Hispanic community.

I am proud to say, our commitment to developing a Khmer National Arts and Cultural Center, the first of its kind outside of Cambodia, at the CMAA's 165 Jackson Street headquarters as an integral part of the overall transformation of the former Courier Corporation Mill building in the "One-stop" Center for social, cultural and economic development Center has been making more headway lately. After we made presentation to His Royal Highness Norodom Ranariddh during his royal visitation to Lowell in early September, the prince was very impressed with the CMAA's plan and His Royal Highness promised to help with Cambodian cultural artifacts including paintings, sculptures, and other items for this Arts and Cultural Center.

Other significant contribution to the CMAA and the Lowell's Cambodian community is the gift of two long traditional racing boats called *Touk Ngor* (ទូក ឆ្នាំង), or curved boat from Prime Minister Hun Sen of Cambodia for our *Bonn Oum Touk* (បុណ្យអូរតូក), or better known as the Southeast Asian Water Festival we have been organizing here in Lowell for past four years. And four additional boats will be also donated by the Lowell's Cambodian American businesses for this event as well. These six boats will be carefully and ritually built and made from Cambodia's virgin wood called *Taki* (តាក់តឹក) strictly followed the ancient formulas just like many traditional racing boats built in Cambodia for this kind of special occasion. Each boat is about 75 feet in length and four feet wide and can accommodate 40-45 rowers. The boat is colorfully decorated and spiritually named to give life to the boats to represent their village, temple, and community. For Lowell, it is our diverse community.

The CMAA and its Water Festival partners will be responsible for shipping these boats from Cambodia to Lowell, Massachusetts for its water festival on the Merrimack River at the Lowell National Historical Park. Of course, shipping these 75 foot-long boats will be a big challenge for us, but we are committed to do whatever we can to get them here in perfect condition for the races, enjoyment, and adoration.

The Boat Committee will be looking into raising enough funds to pay the cost of shipment and other related expenses in bringing these boats from Cambodia to America. We would like to invite you to be part of this cultural exchange and preservation of this unique Southeast Asian heritage by making contribution to the CMAA's Traditional Boat Shipment Fund. Please send your donation to CMAA—165 Jackson Street, Lowell, MA 01852. Please join us as we celebrate our agency's 16th Anniversary on the 21st of October 2000 at the Double Tree Hotel. And thank you for your continuous support. Our tasks would not be possible without your help.

Respectfully yours,

Samkhann C. Khoeun, Executive Director

The President's Note

This is an exciting time to be the President of the CMAA. This month, the CMAA will celebrate its 16th year of service to Lowell's Southeast Asian community. At times like this, we are inspired to look back over the past, and one cannot help but be amazed by the changes and progress in Lowell's Cambodian community over the last 16 years. Who would ever have imagined in 1984 that the year 2000 would bring a Cambodian-American city councilor in Lowell? Who would have foreseen that Cambodian-Americans would own many businesses, from markets to jewelry stores, to employment agencies? Who would have dreamed that there would be Cambodian lawyers, teachers, engineers and other professionals in such numbers? Looking at the CMAA itself, who would imagine that it would grow from a small group of people in a small office at the International Institute into a multi-million dollar a year building?

The Cambodian-American community of the CMAA be proud of. We have accomplished much in a short time. We cannot afford to rest on these accomplishments. There are still many challenges for us to face and overcome. While many Cambodian youth are going to college, and looking forward to careers, there are many more who are failing school. While there are many Cambodian business owners, and many more wage earners and professionals, there are still many people in our community who live below the poverty level. There are still many Cambodian-Americans who cannot speak English well enough to find work. There are still many families experiencing pain because of conflict between parents and children. There are still many people suffering from the trauma of many years of war and killing in Cambodia, still feeling the loss of loved ones to senseless violence.



Lowell and have much to We have accomplished much in a short time. We cannot afford to rest on these accomplishments. There are still many challenges and overcome. While many Cambodian youth are going to college, and looking forward to careers, there are many more who are failing school. While there are many Cambodian business owners, and many more wage earners

In the past few months, the CMAA has begun English classes funded by the Massachusetts Department of Education, which are open to anyone who wants to learn English. It has received a grant to begin a family strengthening program to help families in distress through a program that will understand and respect Cambodian culture and values. CMAA has expanded its computer and soldering classes to help more people have access to good jobs that will allow them to support themselves and their families. With the opening of the Metta Health Center, the CMAA has made important progress in turning its mill building into a true center for the community. We will continue to develop programs and projects to help our community become stronger and more successful. I hope that 16 years from now, we look back on the next few years, and the projects we are working on now, and say, "Who could have imagined that we could have accomplished that?"

STAFF - បុគ្គលិក

ADMINISTRATION - ផ្នែកគ្រប់គ្រងទូទៅ
 Samkhann C.Khoeun, *Executive Director*
 Sothea Chiemruom, *Deputy Director*
 Thirith Hut, *Fiscal Manager*
 Jenny Lee, *Accountant*
 Joseph Sexton, *Development Director*
 Ronnie Mouth, *Office Manager*
 Kanika Suthy, *Administrative Assistant*



AQUACULTURE PROJECT - ផ្នែកវប្បកម្ម
 Danny D. Div

CAMBODIAN COMMUNITY HEALTH 2010 - ផ្នែកសុខាភិបាល
 Sovann Kheam, *Community Health Educator*

CITIZENSHIP ASSISTANCE PROGRAM - ផ្នែកជំនួយចូលសញ្ជាតិ
 Samuel Sok, *Program Coordinator*
 Instructors: Ang Pheng, Bunrith Sath,
 Hong Net, Van Chey

COMMUNITY SERVICE EMPLOYMENT - ផ្នែកជំនួយការងារសង្គម
 Paul Yin, *Interim Director*
 Bora Yi, *Senior Case Manager/Job Developer*
 Ny Ma, *Understudy Case Manager*

COMPUTER LAB/TRAINING - ផ្នែកបណ្តុះបណ្តាលកុំព្យូទ័រ
 Prince Rollins, *Instructor*
 Holy Khut, *Network Administrator*

ELDERLY OUTREACH & ASSISTANCE - ផ្នែកជំនួយមនុស្សចាស់
 Chanbopha Hay

EMPLOYMENT SERVICES PROGRAM - ផ្នែកជំនួយការងារទូទៅ
 Margaret Lavyn Tham, *Program Director*
 Vincent Bona Un, *Job Developer/Case Manager*
 Debra Pov Ye, *Job Developer/Case Manager*

ENGLISH FOR EMPLOYMENT PROGRAM - ផ្នែកបណ្តុះបណ្តាលភាសាអង់គ្លេស
 Danny D. Div, *Program Coordinator/Teacher*
 Les Chisolm, *Volunteer/Tutor*

KOMAR DAY CARE CENTER - ផ្នែកថែទាំកូនក្មេង និង មន្ត្រីយុវសាលា
 Karen Stairs, *Program Director/Lead Teacher*
 Betty Borden, *Founding Director*
 Neda Nou, *Assistant Teacher*

MONOROM FAMILY SUPPORT PROGRAM - ផ្នែកជំនួយគ្រួសារ
 Brian B. Chen, *Program Director*
 Maridy J. You, *Case Worker*
 Thy Erica Chey, *Case Worker*

PROJECT BASICS - ផ្នែកជំនួយសង្គមទូទៅ
 Thysan Sam, *Program Coordinator*

YOUNG PARENT PROGRAM - ផ្នែកជំនួយយុវមាតាបិតា
 Judith Dickerman-Nelson, *Program Director*
 Catherine Martin-Loew, *GED Instructor*
 Sak Seang, *Bus Driver*

BOARD OF DIRECTORS - ក្រុមប្រឹក្សាដឹកនាំ

Bunrith Lach, *President*
 Chuck Sart, *Vice President*
 William Tith, *Treasurer*
 Sokhary Chau, *ABC Financial*
 Thomas Stylianos, Jr., *Secretary, Attorney at Law*
 Chanrithy Uong, *Lowell City Councilor*
 Chantha Bin, *Social Worker*
 Mark E. Goldman
 Sara Khun, *Legislative Assistant, Congressman Meehan*
 Samuth S. Koam, *Health Educator, LCHC*
 Ken Niceweiz, *Farmer/Associate Professor, Umass Amherst*
 Samnang Siv, *Researcher*
 Francis Dawson, *Liaison Officer for the VA*
 Chheang K. Ngor, *Senior Administrator*

YOUTH SERVICES PROGRAM - ផ្នែកជំនួយយុវជន
 Sayon Soeun, *Acting Program Director & Criminal Justice Coordinator*
 Arn Chorn-Pond, *Coordinator of Arts & Culture*
 Amy Fortner, *Employment & Education Coordinator*
 Sak Seang, *Khmer & Peer Leadership Instructor*
 Rany Him, *Traditional Dance Instructor*
 Phan Bin, *Traditional Music Instructor*
 Siphann Touch, *Art/Mural Instructor*
 Tony Roun, *Youth Advisor*

VOLUNTEERS - អ្នកជំនួយស្ម័គ្រចិត្ត
 Dan McNeil Denys Meung Janice Porkorski
 Lorraine Cordeiro Hai Chheng Andy L. Kim
 Samuel San Cheryl West Ammarith Oum

CONSULTANTS - អ្នកជំនួយឯកទេស
 Daniel Bumagin, *Building Development Manager*
 Michael Schaaf, *Financial Consultant*
 Donald Lang & Associates, *Architect*
 Walsh & Co., *Certified Public Accountant*
 LeMay Company, *Constructor*
 Muckel & Associates, *Historical Building Contractor*

George Murphy, Esp., *Legal Counsel*

CMAA's ADVISORY BOARD

ក្រុមប្រឹក្សាសម្របសម្រួល

Michael Ben Ho
Tem Chea
Venerable Sao Khon
Venerable Ly Vorn
Saly Pin-Riebe
Pere Pen
Susanne Beaton
James C. Dragon, Esq.
Sambath Keo, D.M.D.
Narong Hul
Vanthan Un, Esq.

The Editor's Word

This is the second time the Khmer Lowell Magazine (KLM) is honored as a special publication, because it is time to celebrate the 16th anniversary of our organization. The main goal is to dedicate this whole issue to our readers. We would like to provide as much information regarding our services to all communities so that they can learn more about the CMAA - as much as they like.

As the CMAA comes up to her "sweet 16" birthday, the KLM also comes to her 4th one. Before 1996, this newsletter was known as the Cambodian MAA Newsletter of Lowell. The reason we changed the name to Khmer Lowell is just to make it short so that it is easy to say and remember - from Cambodian to Khmer, and just take the words MAA Newsletter out and the word Lowell is still there. Also, the meaning and purpose in serving the community are still the same. *These two sisters, the CMAA and the KLM, hold hands together working with no complaints just for the community's sake.*

Unlike some newsletters or magazines that have their own workers, the KLM has no writers of its own. It comes to life because of the dedication and commitment of many busy CMAA staff and Board of Directors like Mr. Thomas Stylianos. Although they all have their own full-time working duties (more than 40 hours per week), they still take more time out of their own family putting in this work so that their community can benefit from it. Moreover, if we look at the list of the KLM Committee, we see that a few of them are no longer working at the CMAA, but they still contribute their own personal time to support this meaningful work.

Therefore, on behalf of the KLM Committee, I would like to take this good opportunity to give my hundred thanks from the bottom of my heart to all supporters (businesses, readers, and donors) in keeping this magazine as part of your business and your life.

With love and respect,

Margaret Tham, Editor In Chief



សមាគមខ្មែរមានជ័យយុវវ័យស្រី ពេលគឺជាដំណាក់កាលដ៏ស្រស់ស្អាត ដែលកំពុងតែពេញនិយម ពេញកម្លាំង និងពេញទៅដោយទឹកចិត្តក្លាហានមុត និងស្មោះត្រង់នៅក្នុងការស្ថាបនាវាសនារបស់ខ្លួន ឲ្យមានស្ម័គ្រចេះត្រចង់ឡើងជាងមុនទៅទៀត។ ប៉ុន្តែទោះជាយ៉ាងណាក៏ដោយ ក៏យុវតីមួយរូបនេះ នៅតែត្រូវការនូវឱវាទ ដ៏ថ្លៃថ្លាអំពីរៀមច្បងផ្សេងៗដែលធ្លាប់មានការពិសោធន៍នៅក្នុងអាកាសចរណ៍សង្គមដែរ។

យ៉ាងណាមិញ ទោះបីជាកុមារី **ទស្សនាវដ្តីខ្មែរឡវែល** យើងនេះទើបតែមានអាយុ៤ឆ្នាំក៏ដោយ ក៏នាងមានទឹកចិត្តស្នេហាសង្គមជាតិយ៉ាងប្រាលប្រជ្រាបមិនចាញ់រៀមច្បងដទៃទៀតដែរ។ កំពូលនារីទាំងពីរនាក់បងប្អូននេះគឺសមាគមខ្មែរឡវែល និងទស្សនាវដ្តីខ្មែរឡវែល បានកាន់ដៃគ្នាហើយ ក្តាប់យ៉ាងណែន តស៊ូយ៉ាងស្វិតស្វាញដើម្បីប្រយោជន៍រួមគ្នា គឺជួយសង្គមខ្មែរនៅទីក្រុងឡវែលឲ្យលោងដល់នូវវឌ្ឍនភាព ដ៏ស្របតាមសេចក្តីត្រូវការរបស់គ្រួសារនីមួយៗ។

មិនដូចជាទស្សនាវដ្តីប្រព្រឹត្តិប័ត្រខ្លះដែលមានបុគ្គលិកផ្ទាល់ដើម្បីធ្វើតែការងារមួយមុខនេះប៉ុណ្ណោះទេ ទស្សនាវដ្តីខ្មែរឡវែលយើងនេះគឺបានប្រសូត្រជារូបរាងឡើងក៏ដោយសារតែការលះបង់យ៉ាងប្តូរផ្តាច់របស់បុគ្គលិកសមាគមខ្មែរឡវែលនោះដែរ។ ថ្វីត្បិតតែពួកគេជាប់កិច្ចការយ៉ាងមហារញឹកដែលត្រូវប្រកប ទាំងយប់ទាំងថ្ងៃក៏ដោយ ក៏ពួកគេនៅតែខំមាត់ជួយលើយ៉ាងណាឲ្យទស្សនាវដ្តីនេះបានចេញផ្សាយទាន់ពេលវេលាដើម្បីបំពេញនូវសេចក្តីត្រូវការនិងកំសាន្តរបស់មិត្តអ្នកអាន។ មិនតែប៉ុណ្ណោះទៀតសោត អ្នកខ្លះដែលបានលាលែងពីណែនពីសមាគមទៅហើយនោះក៏ដោយ ក៏ពួកគេនៅតែស្ម័គ្រចិត្តជួយប្រោសជ្រុះកិច្ចការងារនៅក្នុងការតាក់តែងទស្សនាវដ្តីនេះដែរ។ នេះគឺជាសមាគមចិត្តដ៏ថ្លៃថ្លាខ្ពង់ខ្ពស់ គួរជាទីគោរពក្រៃលែង។

ដូច្នេះ នាងខ្ញុំសូមផ្ញើតម្កល់ដ៏ល្អនេះ ថ្លែងនូវអំណរគុណរយដឹងដល់ផ្តល់ឲ្យបានពិតប្រាកដដ៏ពិតប្រាកដ ចំពោះអស់លោក-លោកស្រីទោះជាពាលាជីវិតក្តី ភ្នាក់ងារក្រសួងឯកជនប្តូរដ្ឋកិច្ច ឬជាមិត្តអ្នកអានក្តី ដែលខិតខំជួយឧបត្ថម្ភយ៉ាងពេញទំហឹង ទាំងផ្លូវថវិកា ផ្លូវកាយនិងចិត្តចំពោះទស្សនាវដ្តីខ្មែរឡវែលយើង។

ដោយគោរពនិងស្រលាញ់រាប់អាន

ធម្ម ឡវីន ម៉ាហ្គារ៉េធ ធាយិកាទស្សនាវដ្តី

Community News

បុណ្យអុំទូកយើង

បុណ្យអុំទូកយើង គឺជាបុណ្យដែលយើងត្រូវដឹងរឿង ឬប្រវត្តិដើមឲ្យបាន ច្បាស់លាស់។ បើមិនដូច្នោះ វាអាចនឹងក្លាយទៅជាជឿនប្រដាប់ខុសពីការពិតតាមដំនិត ដ្បងៗខ្លួនមិនខាន។

ដើមឡើយ លោក សំខាន់ ខឿន ក្នុងនាមជានាយកប្រតិបត្តិសមាគមខ្មែរ តែងតែបានអញ្ជើញទៅចូលរួមប្រជុំក្នុងគណៈកម្មការបុណ្យអុំទូកប្រចាំឆ្នាំអាស៊ីភាគ អគ្នេយ៍រៀងរាល់ឆ្នាំខែម្តង។ គោលបំណងជាចម្បងនៃការប្រជុំគឺខំស្រាវជ្រាវរក មធ្យោបាយដ៏ស័ក្តិសិទ្ធិណាមួយដើម្បី ជួយកែលម្អសម្បូរមុខមាត់ទីក្រុងឡើយ តែមានសោភ័ណភាពស្រស់បំព្រងឡើង។ ឯសមាជិកអង្គប្រជុំដែលមានចម្រុះជាតិ សាសនាដូចជាជាតិខ្មែរ លាវ អាមេរិកាំង និង វៀតណាមជាដើមនោះ ក៏បានបញ្ចេញ យោបល់តាមការយល់ឃើញ ឬតាមប្រពៃណីយនៃជាតិសាសនាដ្បងៗខ្លួន។ នេះបាន សេចក្តីថា សមាជិក សមាជិកា ដែលទៅចូលរួមប្រជុំទាំងប៉ុន្មានគឺទៅប្រជុំ ទៅនិយាយ ក្នុងនាមតំណាងប្រពៃណី តំណាងជាតិសាសនាដ្បងៗ តែមិនមែនតំណាងឲ្យខ្លួនឯង ឬក៏ដើម្បីប្រយោជន៍ខ្លួនឯងនោះឡើយ។

យ៉ាងណាមិញ នៅក្នុងពេលប្រជុំនោះ លោក សំខាន់ បានបញ្ចេញយោបល់ ស្នើសុំឲ្យអង្គប្រជុំរៀបចំធ្វើបុណ្យអុំទូក នៅដងស្ទឹងមារីម៉ាកទីក្រុងឡើយយើងនេះ។ អង្គប្រជុំបានធ្វើការពិចារណា ហើយក៏សម្រេចយល់ព្រមទទួលយកគម្រោងការ បុណ្យអុំទូកដោយរីករាយ។ តើនេះជាគម្រោងការរបស់អ្នកណា? គឺជាគម្រោងការអង្គ ប្រជុំ។ តើអង្គប្រជុំបានគម្រោងការនេះពិណា? គឺបានពីខ្មែរ ព្រោះលោកសំខាន់ ខឿន បញ្ចេញយោបល់ក្នុងនាមសមាគមខ្មែរ ក្នុងនាមជាជនជាតិខ្មែរ។

គម្រោងការរួមគ្នាមានហើយ តែត្រូវរាំងស្ទះព្រោះអង្គប្រជុំរកទូក ឯ មិនបាន។ អ្នកស្រី Cheryl West ជាសមាជិកអង្គប្រជុំមួយរូប បានទាក់ទងទៅកញ្ញា ចិន្តា សុស ហើយកញ្ញា ចិន្តា សុស ក៏បាននាំ អ្នកស្រី Cheryl West ទៅជួបលោក សាំង ស័ក្តិ នៅវត្តត្រែតនាម ដើម្បីទៅទាក់ទងព្រះសង្ឃតិបតិ សៅ យន និងបានចូលប្រជុំ ក្នុងគណៈកម្មការនាចុងឆ្នាំ ១៩៩៦។ ក្រោយមក អង្គប្រជុំក៏បានសម្រេចឲ្យលោក ស័ក្តិជួយទាក់ទងយកទូក ឯ មួយគូពីប្រទេសកម្ពុជា ហើយគាត់ក៏យល់ព្រមថានឹងចាប់ ផ្តើមធ្វើការនេះនៅខែមេសាឆ្នាំ ១៩៩៧។ ជាអកុសល គ្រាន់តែ គម្រោងការបុណ្យអុំទូក យើងលេចឡើងបានត្រឹមនេះ លោក សោម ធរេត ដែលជាសមាជិកសកម្មមួយរូបក៏ បានទទួលមរណៈភាពលាចាកលោកនេះទៅដោយបន្ទាល់នូវភាពសោកស្តាយជាទីបំ ផុត។

នៅខែមីនា ឆ្នាំ ១៩៩៧ លោក ប្រាក់ ព្រំ និង លោក អ៊ុក ម៉ៅ ដែលជា ប្រធាន និងអនុប្រធានគណៈកម្មការមន្ត្រីសាសនាប្រចាំព្រះរាជាណាចក្រកម្ពុជាក៏ បានអញ្ជើញមកចូលរួមក្នុងមហាសន្និបាតសហគមន៍ព្រះសង្ឃខ្មែរលើកទី៤។ បន្ទាប់ ពីលោកបានប្រាប់អំពីគម្រោងការបុណ្យអុំទូករបស់យើងនេះ ហើយលោកទាំងពីរមាន ការចាប់អារម្មណ៍យ៉ាងខ្លាំង ហើយក៏សន្យាថានឹងជួយដោះស្រាយរឿងនេះឲ្យទាល់តែ បានដល់ទិសដៅ។ ពេលត្រឡប់ទៅដល់ស្រុកវិញ លោក អ៊ុក ម៉ៅ ខំទាក់ទងជាមួយ ក្រសួងរាជការអំពីគម្រោងការបុណ្យអុំទូកយើងយ៉ាងល្អិតល្អន់។ បន្ទាប់ពីក្រសួងរាជការ ទាំងនោះស្ថាប័ននាំការនូវជំនិតនេះហើយ លោកអ៊ុក ម៉ៅក៏ចាប់ផ្តើមធ្វើដំណើរទៅ រកជាងធ្វើទូក-ឯជាមួយកូនប្រុសគាត់។ គ្រាន់តែចេញទៅរកមិនទាន់បានប៉ុន្មានផង កូន ប្រុសគាត់ក៏ត្រូវបានឃាតករមិនស្គាល់មុខ បាញ់ប្រហារជីវិតទៅ។ លោកអ៊ុក ម៉ៅ ក៏រៀប ចំធ្វើបុណ្យឲ្យកូនទាំងប្រញាប់ប្រញាប់ ហើយខំបន្តរកជាង ធ្វើទូក-ឯទៀត។

នេះហើយជាប្រវត្តិដើមនៃបុណ្យអុំទូកយើងដែលយើងត្រូវដឹងឲ្យច្បាស់ថា មិនមែន ជាជឿនកើតឡើងដោយឯកឯងទេ តែជាការកើតឡើងដោយការធ្វើពលិកម្ម កម្លាំងកាយនិងចិត្ត រហូតដល់អាបុរិសទៀតផង។ ជាដំបូង ពេលលោក អ៊ុក-ម៉ៅ

រកជាងធ្វើទូកបានហើយនោះ គាត់ត្រូវទៅកាប់ឈើលើខ្នងភ្នំគីរីមិយូដែលជាកន្លែងប្រកប ដោយព្រះថ្នាក់ទៀត។ តែក្រោយមកដោយជាងនោះឡើងថ្លៃ គាត់ក៏ប្តូរទៅរកជាង ម្នាក់ទៀតឈ្មោះ ស៊ិន អ៊ុយ នៅស្រុក ពោះធំ ខេត្តកណ្តាល។ ធ្វើទូកបានហើយ គាត់ក៏ប្រមូលឧបករណ៍ផ្សេងៗទៅទុកនៅក្នុងវត្តបុរាណវត្តី ក្រុងភ្នំពេញ ដើម្បីរៀប បញ្ជូនចេញ។ ឯព្រះសង្ឃតិបតិ សៅ-យន លោក សំខាន់-ខឿន និងលោក សាំង ស័ក្តិ ក៏បានខំនាំគ្នា ទាក់ទងជាមួយក្រសួងវប្បធម៌ រហូតដល់ ម៉ោង ៣ ម៉ោង៤ រៀប រួចទើបបានសម្រេច។

នៅថ្ងៃទី២៩ មិថុនា ឆ្នាំ១៩៩៧ គេក៏បានដឹកទូកចេញពីវត្តបុរាណវត្តីចេញ ទៅផែកំពង់សោម។ តែមិនដឹងជាហេតុអ្វី ក៏ស្រាប់តែគេយកទូកនោះទៅដាក់ឯបន្ទាយ ទាហានដែលពោរពេញទៅដោយគ្រាប់រំសេវទេវិញ។ ជាអកុសល នៅថ្ងៃទី៥-៦ កក្កដា ក៏មានផ្ទុះអាវុធដោយអំពើរដ្ឋប្រហារ។ នៅពេលនោះ លោក អ៊ុក-ម៉ៅ និងអ្នកជំនួយការ ឯទៀតមានការព្រួយបារម្ភណាស់ ព្រោះទូកទាំងពីរកំពុងបិទនៅក្នុងកន្លែងផ្ទុះ អាវុធនោះដែរ។ ពេលស្ងប់អាវុធហើយ ពួកគេក៏នាំគ្នាទៅមើល។ ពេលឃើញថាមិន មានខ្ទេចអ្វីទេនោះ ទើបគេសប្បាយឡើងវិញ ហើយក៏នាំគ្នាដឹកទូកនោះចេញទៅកំពង់ផែ កំពង់សោមតែម្តង។ ពេលទៅដល់ហើយ ទូកដឹកសំនុំនោះត្រូវស្លាក់នៅទីនោះចំនួន ១០ថ្ងៃទៀត គឺរហូតដល់ថ្ងៃទី២២ កក្កដា ទើបចាប់ដឹកចេញពីកំពង់ផែកំពង់សោម តាម កប៉ាល់ទឹកមកទីក្រុង ឡើយ រដ្ឋម៉ាស៊ីនស្រាបៀបស្រាបៀប សហរដ្ឋអាមេរិកនេះ។

បុណ្យអុំទូកយើងលើកទី១ គឺធ្វើនៅថ្ងៃសៅរ៍ ទី២៣ ខែសីហា ឆ្នាំ១៩៩៧។ ដោយគិតរឹងដឹងច្បាស់ថា ទូកមកពីកម្ពុជាគឺដឹកមកមិនទាន់ទេនោះ លោក សំខាន់ ខឿន ក៏បានស្នើសុំរកជួលទូកមកមួយគូពីប្រទេស ថៃ ដែលមានតំលៃ២.៣០០ដុល្លា មកប្រណាំងសិនដើម្បីឲ្យកម្ពុជាមិនបាត់បុណ្យអុំទូកយើងលើកទី១នោះវាសោះកម្រោះពេក។ កន្លងផុតទៅបាន៤ថ្ងៃ ទើបទូកយើងនោះមកដល់កំពង់ផែ បសស្តែង ហើយត្រូវស្លាក់នៅ ទីនោះដោយមានការត្រួតពិនិត្យពីក្រសួងមានសមត្ថកិច្ច រហូតដល់ថ្ងៃទី១២ ខែកញ្ញា ឆ្នាំ ១៩៩៧ ទើបទូក-ឯ យើងបានមកដល់មណ្ឌលសមាគមខ្មែរដែលមាន អស់យដ្ឋានទៅ អគារលេខ១២៥ វិទ្យាសាស្ត្រ ទីក្រុងឡើយ រដ្ឋម៉ាស៊ីនស្រាបៀប ដណ្តើមម៉ោង១ និង៥៦នាទី រសៀល ដោយរថយន្តទំនិញហៅថា Tractor Trailer។

ក្រោយពីបាននាំគ្នារៀបចំទូកដាក់ទូកក្នុងមណ្ឌលរួចរាល់ហើយ លោក សំខាន់-ខឿន បានអញ្ជើញទៅជួបថ្វាយបង្គំព្រះសង្ឃតិបតិ សៅ-យន ដើម្បីគិតគូរ ព្រឹសដើសពេលវេលាធ្វើពិធីប្រសិទ្ធិនាមបូជាដោះស្រាយ ទូក។ កិច្ចពិភាក្សាក៏បាន សម្រេចយកថ្ងៃព្រហស្បតិ៍ទី២៣ តុលា ឆ្នាំ១៩៩៧ នៅក្នុងមណ្ឌលសមាគមខ្មែរ ផ្ទាល់តែម្តង។ នៅពេលនោះដែរ ព្រះសង្ឃតិបតិ សៅ-យន ក៏បានរៀបចំជា កន្លែងដើម្បីធ្វើពិធីប្រសិទ្ធិនាមបូជាមួយលោក និន-បូរីស រហូតដល់ម៉ោងពីរ១០យប់ គឺត្រូវជាកញ្ជីរមាត់ ហើយឡើងរឹងដើររឹងរឹងអស់ ត្បិតកាលនោះ គឺនៅក្នុងអគារមិនទាន់មាន បើកកំនៅនៅឡើយទេ។ លោក សំខាន់-ខឿន បានទាក់ទងអញ្ជើញភ្ញៀវកិត្តិយសជា មុន្នីតាមក្រសួងនានា។ ឯលោក សាំង-ស័ក្តិ ក៏ខំសាកសួរលោក-អ្នកឯទៀតៗ



(តទៅទំព័រទី១០)

ដើម្បីជួយដាក់ឈ្មោះ ហើយដែលមានដូចតទៅនេះ ៖

- ១-នាគរាជមានប្តីឆ្មារី ២-សក់ក្រអូប
- ៣-អារុណនារីប្តី ៤-មហាវិជ័យ
- ៥-ហនុមាន ៦-មច្ចុមហារិសិល
- ៧-សុវណ្ណមន្ត្រី ៨-មហាវិជ័យ
- ៩-កំហែងប្តី ១០-បុណ្យមានប្តី

លុះប្រមូលឈ្មោះទូកបានហើយ លោកស័ក្តិក៏ជ្រើសរកវិធីដ៏សមរម្យឈ្មោះ ពីរចេញពីចំណោម ឈ្មោះទាំងដប់ខាងលើនេះ។ ដើម្បីឲ្យបានស័ក្តិសមការជ្រើស ដ៏សមរម្យឈ្មោះទូកបានឈរលើ កត្តាសំខាន់និងចាំបាច់ ៥យ៉ាងដូចតទៅនេះ ៖

- ១-ត្រូវយកតែឈ្មោះណាដែលស្របនឹងទូកដែលបានឆ្លងផុតពីគ្រោះថ្នាក់ដោយអរុណ។
- ២-ត្រូវរកឈ្មោះប្រុសមួយស្រីមួយជាគូនឹងគ្នា។
- ៣-ដាក់ឈ្មោះទូកនៅថ្ងៃព្រហស្បតិ៍ ត្រូវតែរកឈ្មោះណាដែលឆ្លើមឡើងដោយអក្សរ ប.ផ.ព.ភ.ម.។
- ៤-យកតែឈ្មោះណាដែលជនជាតិបរទេសងាយយល់ន័យ។

ដូច្នេះឈ្មោះទូកទាំងពីរចុងក្រោយក៏ត្រូវបានជ្រើសដ៏សមរម្យជាលក្ខណៈដោយ សរសេរឈ្មោះ រួចម្តងដាក់ចូលក្នុងចុង ហើយលូកចាប់តាមបែបប្រាជ្ញា។ អ្នកស្រី Cheryl West លូកចាប់យកឈ្មោះ មហាវិជ័យ «Mahavichey=Great Victory» ជាឈ្មោះប្រុស ត្រូវបានទៅលើទូកមួយដែលមានរាងស្តួម ឯឈ្មោះបុណ្យមានប្តី «bophamearith=Glorious Flower» ជាឈ្មោះស្រី ត្រូវបានទៅលើទូកមួយ ដែលមានរាងតាត។

ដាក់ឈ្មោះរួចហើយ គេក៏តម្កល់ទូកទុកក្នុងមណ្ឌលសមាគមខ្មែរហ្វូត ដល់ថ្ងៃទី២២ ខែសីហា ឆ្នាំ១៩៩៤ ត្រូវជាថ្ងៃធ្វើបុណ្យអុំទូកលើកទី២ ទើបលោកស័ក្តិ និងលោកអាចារ្យ **មុត សុខ** នាំគ្នាជ្រុបចំពិធីអញ្ជើញ មហាវិជ័យនិងបុណ្យមានប្តី យ៉ាងត្រឹមត្រូវដើម្បីយកទៅប្រណាំង។ តែការនេះ មិនមែនយកទៅងាយៗ ដូចគេយក ទូកទៅបង់សំណាញ់នោះទេ។ ព្រោះអ្វី? ព្រោះទូកទាំងពីរនេះបានមកដោយសារការធ្វើ ពលិកម្មដ៏ធំធេងសំបើមណាស់។

បុណ្យអុំទូកយើងទាំងពីរលើកខាងលើនេះ មានឈ្មោះល្បីស្តុសសាយ ទៅសព្វទិសា ដែលបានធ្វើឲ្យជនានុជនកោតសរសើរព្រៃលែង។ មិនតែប៉ុណ្ណោះ បុណ្យនេះក៏បានធ្វើឲ្យក្រុងឡឺណូវែលបានក្លាយទៅជាទីក្រុងលេខ១ ហៅថា All America City កាលពីថ្ងៃទី២២ ខែមិថុនា ឆ្នាំ១៩៩៤ នោះទៀតផង។ នៅថ្ងៃសៅរ៍ ទី២១ ខែសីហា ឆ្នាំ១៩៩៤ គឺជាថ្ងៃបុណ្យអុំទូកលើកទី៣ ដោយប្រើទូកខ្មែរយើងទាំងពីរដែលមានស្រាប់ ហើយនោះ។ នៅថ្ងៃទី១៩ ខែសីហា ឆ្នាំ២០០០ គឺជាថ្ងៃបុណ្យអុំទូកលើកទី៤ដោយ មានទូកខ្មែរយើង២ និងទូកលាវ២។

នោះមានទូកប៉ុន្មាននិងបុណ្យអុំទូកលើកទីប៉ុន្មានក៏ដោយ ក៏សមាគមខ្មែរយើង តែងតែបានចាត់ចែងរៀបចំ ធ្វើបុណ្យអុំទូកយើងនេះ យ៉ាងសកម្មនិងប្រុងប្រយ័ត្ន ដែលធ្វើសប្បុរសឡើយ។ ជាពិសេស គឺយើងបានប្រកាសផ្សាយ ដំណឹងគ្រប់ទិសទី បណ្តាលឲ្យមានជនានុជនចូលរួមរាប់ម៉ឺននាក់ និងនិមន្តព្រះសង្ឃស្ត្រីប្រុសស្រីសាសនា ខ្មែរជាព្រះអធិបតីតាមបែបព្រះពុទ្ធសាសនា ដែលនៅក្នុងនោះក៏មានសម្តេចព្រះមហា ហោសនន្ទោបាននិមន្តចូលរួមធ្វើធម្មយាត្រាជាគម្រោងស្តីភាពដែរ។

នេះហើយជារយៗខ្លួនភាពនៃបុណ្យអុំទូកយើង ដែលយើងត្រូវតែទទួល ស្គាល់ថាជារបស់នៃខ្លួនយើងទៅអនាគត ដោយកំណត់ច្បាស់លាស់ថាទោះចម្រើន ឬមិន ចម្រើនក៏អាស្រ័យលើយើងដែរ។ **សូមកុំបីមានគំនិតអញ្ជូនិយម ហើយយករឿង ផ្ទាល់ខ្លួនមកលាយឲ្យឲ្យច្របូលយោជន៍សង្គមជាតិ ឲ្យសោះ។**

ដោយ សំភ័ក្តិ

ពិធីបុណ្យប្រជាប្រិយនោះនឹងត្រូវបានបំភ្លេច

ដោយសំភ័ក្តិ

ពិធីបុណ្យប្រជាប្រិយ គឺជាបុណ្យប្រពៃណីមួយដែលតែងតែប្រារព្ធឡើងជារៀងរាល់ថ្ងៃសៅរ៍-អាទិត្យ នាដំណាច់ខែកក្កដានៅក្នុងបរិវេណសាលាក្រុងឡឺណូវែល។ បុណ្យនេះមាន សារៈសំខាន់ណាស់ក្នុងការរចនាសម្ព័ន្ធចងមិត្តភាពរវាងជាតិសាសន៍នីមួយៗ ដែលមានវប្បធម៌ខុសគ្នា។

នៅឆ្នាំ២០០០នេះ ពិធីបុណ្យប្រជាប្រិយបានចាប់ផ្តើមនៅថ្ងៃសៅរ៍-អាទិត្យ ២៤-៣០ ខែ កក្កដា។ ជារៀងរាល់ពេល ឲ្យតែជិតដល់ថ្ងៃកំណត់ហើយ គឺគេចំណាំ ឃើញមានការរៀបចំនៅក្នុងបរិវេណសាលាក្រុងឡឺណូវែលដូចជាដាក់រនាំងមិនឲ្យដើរហើរ លើកន្លែងហាមឃាត់ សង់រនាំងធំល្មមសំរាប់ត្រីក្រវី រៀបចំកៅអីពិមុខរោងសំរាប់ទស្សនិកជនព្រមទាំងតម្កើង គូបលក់គ្រឿងឧបដោយបរិយាកាសរបៀបរបបរយដ៏មានសណ្តាប់ ធ្លាប់ជាដើម។ ចំណែកនៅសមាគមខ្មែរណោះវិញ ក៏មានការរៀបចំរៀបចំកម្លាំងទិញម្ហូប អាហារអាស័យ និងរបស់ប្រើប្រាស់គ្រប់ទុកជាស្រេចហើយដែរ។

លុះដល់ថ្ងៃបុណ្យហើយបុគ្គលិកនិងអ្នកជំនួយទាំងអស់បានមកជួបជុំគ្នានៅ មណ្ឌលសមាគមខ្មែរណោះម៉ោង ៨ និង ៤៥ នាទីព្រឹក ដើម្បីដឹកជញ្ជូនម្ហូបអាហាររបស់ របរទៅសាលាក្រុង។ ពេលនេះទើបយើងមើលឃើញថា មានវិទ្ធិខ្លះត្រូវបានបិទ មិនឲ្យរថយន្ត ចេញចូលព្រោះនៅតាមដងវិថីទាំងនេះក៏មានតម្កើងគូបលក់ទំនិញជាហូរ ហែរដែរ។ ឯក្រុមប្តីលីសិវិញក៏ខំយាមរក្សាការពារសន្តិសុខជាសព្វធានាពេញគុណជាទីកក កញ្ចប់ដែរ។

យើងនាំគ្នារៀបចំការដាក់លក់តាមមុខការរៀបចំខ្លួន។ ចំណែកឯនៅតាមគូបលក់ខាង យើងក៏រៀបចំដាក់តាមចំណង់ចំណូលចិត្តនិងតាមប្រពៃណីរបស់គេរៀបចំខ្លួនដែរ។ មាន កូនរថយន្តតូចមួយដឹកទឹកកកដាក់តាមគូបលក់មានការខ្វះខាតឡើយ។ ការរៀបចំ ចេះតែប្រព្រឹត្តទៅបា បណ្តើរដោយរីករាយ។ យើងសង្កេតឃើញលោក ចក់ សារី , យាម ទិត, ចូម៉ាស ស្ទីលីយ៉ាណូស និង កញ្ញា សារី គុណ ជាគណៈកម្មាធិការនាយកក៏បាន ចូលរួមជួយរៀបចំនិងលក់ម្ហូបអាហារនេះដែរ។ យើងលក់សាច់គោតម្លាក់ និងស្លាប មានរាំង, បាយគា, មីតា ព្រមទាំងអាស័យដ្ឋានទឹកក្រូច, ទឹកដូង, ទឹកស្អែកជាដើម ដែលសុទ្ធតែទទួលលើកដុំផ្សារ លក់ម្ហូបនិងអាចនិយដ្ឋាននានា។

លោក សំខាន់ ខៀន, សុផា ជៀមរួម និង លោក ធីរិត ហួត ជាអ្នកទទួលបន្ទុក ចាត់ចែង និងចល័តការទូទៅ។ លោក ហួត ភ្នាក់, ផល យិន, សុវណ្ណ និង ធីសាន សម ជាអ្នក ដឹកជញ្ជូនម្ហូបបន្ថែម។ អ្នកស្រី នីដា ទូ, ផី ជ័យ, ម៉ាហ្គាដិត ធម្ម, ច័ន្ទបុត្រា ហ៊ី, សុភី ធាម, ចិន្តា សុស, ពៅ យ៉េ, វ៉ានី មុត, ចេន្ទី លី, សុភក្រ្ត រាង, ចណ្ណា ដា, ចណ្ណា ម៉ាំង, ធីម ខៀវ, ថា យក់, សុភណ្ណ ធាម, សុភា ធាម, សារី យក់, សុខៀន ក្រូច ព្រមទាំងបងនិងក្មួយស្រី៣នាក់ទើបមកពីរដ្ឋកាលីហ្វ័រនីញ៉ាជាអ្នកលក់។ លោក ហ្គាស៊ីហ្វ សិចតុន, ឆេវី ទ្រុត, សាមល់ សុខ, បូរីត ធីន, សាយណ្ណ សៀន និង ដេន្ទី ឌីវី ជាអ្នករាំងសាច់។ ចំណែកខ្លួននិងកុមារ ឬទីស័ក្តិ ជាអ្នកជញ្ជូនសាច់រាំងពីជើងក្រានៅ ឲ្យអ្នកលក់។ អ្នកធ្វើការទាំងអស់គ្នាគួរឲ្យជាប់មួកជាចាំបាច់។

ម៉ោងជិត ១០ ហើយយើងក៏រៀបចំរាល់ហើយដែរ។ ជនានុជនប្រុសស្រី ចាស់ក្មេងក៏បានមកដល់ចម្រើនឡើងៗជាបន្តបន្ទាប់។ យើងចាប់ផ្តើមរាំងសាច់យ៉ាង ប្រញាប់ប្រញាល់។ សម្រក់ខ្លាញ់ឆេវីឆេវីនិងក្លិនឈ្ងុយនៃសាច់រាំងរបស់យើង បាន ធ្វើឲ្យអ្នកដំណើរកោតសរសើរមិនដាច់ស្នាម។ ខ្លះថាល្ងាយណាស់ ខ្លះថាចូលចិត្ត ណាស់។ល។គ្រាន់តែសាច់ឆ្អិនខ្ញុំយកទៅដាក់មិនទាំងបានប្តីប្តីនោះក៏ស្រាប់តែចិញ្ចឹមសំ ហើយនៅសល់អ្នកទិញតម្រង់ជួរចាំយ៉ាងវែងទៀតផង ម្តងនេះទាំងអ្នកលក់ទាំងអ្នក

Light of Cambodian Children (LCC) is established on the universal concepts of peace, love, compassion, justice, and forgiveness. LCC has a unique quality in that every member volunteers his or her time. As a non-profit and non-governmental organization, we hope to bridge the generation gap within Khmer families so we can start the healing process in the aftermath of civil strife. In addition to providing humanitarian relief for children in Cambodia, we will build a future based on non-violence, caring, and understanding among Khmer descendants. We believe that education is an essential part of that healing process, thus we support and strongly encourage Khmer descendants to pursue and complete higher education.

In furtherance of our mission, on August 12, 2000 Light of Cambodian Children set a new standard for reaching out to the next generation of Cambodian Americans. Light of Cambodian Children on that Saturday night awarded two individuals two hundred fifty (\$250.00) dollar scholarships that will go toward their educational expense.

Out of many deserving applicants, two were chosen to be our first Cambodian American Scholarship LCC's Scholars. Congratulations!! The recipients were Savuth Phann and Sokunna Thay. Both recipients are recent high school graduates from Massachusetts. Savuth Phann graduated from Lowell High School and he will be attending the University of Massachusetts at Lowell in the fall, while Sokunna Thay, a graduate of Cathedral High School will enter her freshman year at Emerson College in September.

This unprecedented event culminated from many efforts in encouraging our youth to reach their potential as an individual. Through our scholarship, we will promote and encourage Cambodian youth to set high goals for their education and to attain those goals. Light of Cambodian Children will do our part by reaching out to our youth to educate them as well as by serving as a motivating force for our next generation. Besides celebrating our first Scholarship Awards, LCC had a chance to recognize many individuals recognized as role models by our youth. These individuals were chosen by nominations from youth throughout New England area.

This is our first time in creating and awarding scholarship. Many of our members are very hopeful that we can increase both the number of recipients and the dollar amount in coming years. Through intensive, vigorous fundraising and support from individuals, Cambodian American Scholarship will definitely become a fixture of our organization. Light of Cambodian Children will be not only a place where our next generation get scholarship money, but another resource for Cambodian youth.

As a Chairperson for Cambodian American Scholarship, I would like to take this opportunity to thank all the individuals, companies, and agencies that made our scholarship possible. Thank you for making a difference in our youths' lives. Your time and donations go a long way for our youth.

Deborah Pov Ye
Chairperson of Cambodian American Scholarship Committee

The Great Success of MSSP at CMAA

Funded by the Office of Refugee Resettlement (ORR) via the Massachusetts Office for Refugees and Immigrants (MORI), after two years of hard work, the Massachusetts Self-Sufficiency Program (MSSP) has ended its mission very successfully.

The MSSP focuses on many important services helping refugees to reach self-sufficiency. It is the combination of two programs, the Employment Services Program for adults and the Youth Services Program for at risk youth. These services include, but are not limited to, enrollment in ESL and or native language class, support services, employment placement, and obtaining self-sufficiency.

The staff has worked very hard regardless of bad time or weather; they work day and night, weekends and holidays, and hot or cold. They always take turns to be with the training classes held on Tuesday and Thursday nights and almost all day on Saturday.

Outreaching to the community and other community services providers is also done without any complaint. Whenever a cultural event is held, like Cambodian New Year, Water Festival, or Folk Festival — and mostly they fall on holidays and weekends — the MSSP staff is always there passing out brochures or flyers to people. The staff attends as many public meetings and trainings as possible regardless of where they are held — temples, churches, restaurants, schools, or even on public streets. The local public media like Lowell Telecommunications Corporation (LTC), Media One, and the Cambodian media (CLPTV, CCN, KLTC, KCN) are the right hand of the MSSP in terms of spreading the word about the services to the community.

Following are just some examples of successful activities of the project. Keep in mind that there are two more months to go before the project year is ended — so, more numbers should be added onto each outcome. Most of the areas of the program are outstanding in terms of reaching the goals. For the whole two year project, the goal for enrollment is 430, and the outcome is already 653; the job placement goal is 128, and the outcome is 312; obtaining self-sufficiency is 76, and the outcome is 122. With our assistance, some of those employed clients even earn more than \$18.00 per hour with full benefits.

However, the main concern area in the project is to help in reducing/ terminating people from public assistance (the goal is 96, and the outcome is 45). About 100 clients who were placed in employment by the MSSP were just one short step away from public assistance programs such as Welfare, Mass Health, or Food Stamp; without our help, they would be in need of these services.

Moreover, besides receiving needed services such as legal, education, medical, and many more for their families and them-



MARGARET THAM
Director
Employment Services Program

selves, the MSSP clients also receive job skills training which is really in demand at the present time. From October 1998 to July 2000, about 100 clients were enrolled in the computer and electronics/soldering class; 82 had been exposed to the training, and 79 of them were awarded a certificate of achievement or perfect attendance. Right after they finished their classes (and some were still in the middle of their training) many of them already have job offers paying from \$11.00 to \$15.00 per hour.

Now, there are about 85 names on the waiting list for the next training. They had been called for a screening test, just to see how much they can read and write English; 56 showed up for the testing because some of them either moved out of the state, got a job, or their phone was disconnected. According to the plan, in the middle of September 2000, another 30 to 50 clients will be enrolled in the next training cycle. Hopefully, in the beginning of the 2001's, in answering the need of the community in job skills training, more classes will be added. Then, more students will be enrolled and class size is reduced so that the quality of learning could be better.



VINCENT B. UN
Job Developer/Case Manager
Employment Services Program

While the activities of the project make the MSSP a successful program in the state, they also elevate the status of the CMAA among private sectors, with companies ranging from manufacturing to secretarial. Through our program and especially in terms of employment services, the CMAA is one of the leading agencies attracting many companies to seek our services while at the same time attracting Cambodians from all walks of life. This in turn puts CMAA on the national map as well as earning respect from local employment agencies.

Last but certainly not least, the MSSP has become a regular program in terms of training clients regarding rules and regulations of a safe working environment. The collaboration with the Merrimack Valley Project (MVP) has been as successful as the MSSP organization itself.

Therefore, on behalf of our MSSP clients, I would like to give many thanks to the funding provider and also to all hard working ESP and YSP staffs at the CMAA.



Congratulations!
MSSP-ESP Staff

Margaret L. Tham
Vincent B. Un
Debra P. Ye



DEBRA P. YE
Case Manager/Job Developer
Employment Services Program

CMAA Graduation Ceremony

On August 12, 2000, CMAA threw a celebration for our graduates who had recently finished their training in computer, electronics, and citizenship. This is the second time of the year that our Cambodian community, Laotian, and Vietnamese community come together to support this job skill training education. Moreover, the ceremony was honored by many more people like the Employment Service(ESP) and the Citizenship program (CAP) funding provider, CMAA Board of Directors, CMAA staffs, teachers, graduates, and their friends and family. There were about 150 people who came to congratulate those 108 graduates.

The above participants included Mr. Tony Chavez—ORI Deputy Director, Bunrith Lach—CMAA Chairman, Chuck Sar—CMAA Vice President, Thomas Styllianos—Secretary of B.O.D., Chantha Bin—B.O.D, Samuth Korm—B.O.D., Samkhann Khoeun—CMAA Executive Director, Renay Martin—UPS Employment Supervisor. We would like to apologize to the rest of the good hearted people who attended the party at that time for being unable to list your name here, like the representative from the Vocational School of Greater Lowell, CMAA B.O.D., and other friends. However, your presence at that special moment was very important and will live long in our hearts, especially in those 108 young and old, males and females, Cambodians, Laotians, and Vietnamese students.

Among them, 42 were from the ESP; 22 from the soldering class and 20 from the computer class. Although 9 students were not awarded due to their inability in passing the test, they deserve a certificate of attendance because they came to the class regularly and they did well on the class exercise. Six students were acknowledged as outstanding students.

Since it was held on Saturday, and some of the graduates had to work, only about 2/3 of the graduates could attend. However, it was a lovely ceremony with about 200 people participating. Certificates and gifts were given to the students and instructors after the special guests' speeches were done.

The best thing out of the training is that many graduates have received employment right away and with a good salary; for people who are already employed do have good opportunity in bringing themselves up. They get pay at least \$11.00 per hour; some of them even get up to \$14.00 it depends on their past experience. So far, we know that four people have started their job the rest of them are still hard to reach since they work different shifts. Some of them are people who receive public assistance programs.

Most of our graduates are much older, ages 24 and up. They usually don't speak or write English much; that is why they like to learn. The CMAA program offers them a great opportunity in learning and improving themselves, their family, and their community as well. So, just seeing them walk up the stage and getting their certificate, it shows that they are really dedicated to the education. Although they did not say in words, they still could not hide their emotion at that time their eyes were full of tears of joy and were so bright while their face really full of happiness when

they received their certificate, or when they talked to their friends and family. Some even have their pictures taken with teachers and staffs, so that they can keep the photo as their souvenir of the great occasion they had with the CMAA. Coordinated by Samuel Sok, Margaret Tham, Thysan Sam, and hosted by Margaret Tham, this CMAA special event was written down deeply in the graduates' heart as well in the participants'. It enhances the existed good relationship of the CMAA and the other communities.

The CMAA wishes well to all the past and present graduates, to people who attempt in improving their life conditions, and also to ones who are in need of changing themselves through education.



Graduation Ceremony for students who have completed Basic Computer Skills, Soldering, and Citizenship & Civic Education, August 2000

នាទី សុខភាព

សុខភាពនៃក្រពេញនោម របស់បុរស

ទោះជាវាងាយក៏ដោយ ការវិនិច្ឆ័យរបស់អ្នកក៏ដោយ អ្នកអាចប្រឈមមុខនឹងភាពក្រោះថ្នាក់ បើសិនជាអ្នកគ្រាន់តែយកចិត្តទុកដាក់តែ អាការៈខាងក្រៅ ហើយបំភ្លេចរឿងអ្វីៗនៅខាងក្នុង។ នៅពេលណា ដែលអ្នកកាន់តែចាស់ទៅៗ វាជាសារៈសំខាន់បំផុតនូវការប្រុងប្រយ័ត្ន ទៅលើសុខភាពនៃក្រពេញនោមរបស់អ្នក។ ចំណុចដែលសំខាន់នោះ អ្នកត្រូវតែទៅមន្ទីរពេទ្យហើយធ្វើការពិនិត្យជារៀងរាល់ឆ្នាំនៅពេលអ្នក មានអាយុពី ៤០ ឆ្នាំឡើងទៅ និងពិនិត្យមើលឈាម (PSA) ក្រោយពី អាយុលើសពី ៥០ ឆ្នាំឡើងទៅ។

បើរោគមហារីកត្រូវបានរកឃើញ ការរកឃើញទាន់ពេលវេលា នោះនឹងអាចជួយអ្នកអោយមានជីវិតយូរដូចដែលអ្នកធ្លាប់តែមាន ស្រេចហើយនោះ។ អ្នកមានបំណងចំពោះខ្លួនឯងដើម្បីថែរក្សារាង កាយឱ្យមានភាពរឹងមាំទាំងសុខភាពខាងក្នុងនិងខាងក្រៅ។

សំរាប់ព័ត៌មានបន្ថែម ស្តីអំពីរោគមហារីកក្រពេញនោម សូមទាក់ទង ជាមួយ គ្រូពេទ្យប្រចាំគ្រួសាររបស់លោកអ្នក ឬក៏ខ្ញុំបាទ:

Munty M. Pot
LCHC
15-17 Warren Street, Lowell, MA 01852
(978) 934-0164, Ext. 210
MuntyPO@lchealth.org



Meditation Sessions
 Every Sunday
 4:00pm to 6:00pm
 CMAA
 167 Jackson Street, 3rd Floor
 Take the elevator
 Lowell, MA 01852
 For more information,
 please call Tom Stygar at (800) 308-3700

វិធានការពារជម្ងឺស្ទះឈាមក្នុងខួរក្បាល - STROKE (តពីភាគមុន)

តាមការស្រាវជ្រាវផ្នែកវេជ្ជសាស្ត្របានឲ្យដឹងថា មនុស្សប្រុសកើត ជម្ងឺ Stroke ច្រើនជាងស្ត្រី ដោយមានសមាមាត្រ ៣/១។ Stroke ច្រើនកើតនៅមនុស្សវ័យចំណាស់លើសពីអាយុ ៥០ ឆ្នាំ ហើយមានវិធានការ ដូចខាងក្រោមនេះ ៖

- ១- ឈប់ពិសារបារី
- ២- ត្រូវពិនិត្យសម្ពាធឈាម ជម្ងឺទឹកនោមផ្អែម បរិមណខ្លាញ់ ដែលលើសក្នុងឈាម។
- ៣- ត្រូវពិសារថ្នាំអាស៊ីរីន Aspirin ៦៥Omg ក្នុងមួយថ្ងៃ។
- ៤- ឈប់ពិសាស្រា ឬគ្រឿងស្រវឹងផ្សេងៗ។
- ៥- ត្រូវហាត់ប្រាណឲ្យបានទៀងទាត់។
- ៦- ត្រូវពិនិត្យនិងរក្សាទម្ងន់ (កុំឲ្យឡើងទម្ងន់)។

ការឈប់ពិសាបារី និងគ្រឿងស្រវឹងផ្សេងៗ

ពុំមានន័យថាលោក-អ្នកត្រូវឈប់ភ្លាមៗតែម្តងនោះទេ។ លោក-អ្នកអាច កាត់បន្ថយបន្តិចម្តងៗ ហើយគឺដោយលោក-អ្នកយល់យ៉ាងច្បាស់ថា ការ ឈប់ពិសាបារី គ្រឿងស្រវឹងផ្សេងៗគឺដើម្បីសុខុមាលភាពរបស់លោក-អ្នក ផ្ទាល់ខ្លួន ពុំមែនដើម្បីប្រយោជន៍នៃនរណាម្នាក់ផ្សេងទៀតឡើយ។

ការឈប់ពិសាបារី មិនត្រឹមតែជួយការពារមិនឲ្យកើតជម្ងឺនេះប៉ុណ្ណោះទេ តែគឺអាចជួយការពារជម្ងឺទាំងឡាយផ្សេងទៀតដូចជាជម្ងឺរលាកសួត រលាកទង សួត ។ល។

លើសពីនេះទៅទៀតការឈប់ពិសាបារី គ្រឿងស្រវឹងផ្សេងៗ អាចជួយសន្សំថវិកាដល់គ្រួសារលោក-អ្នកផងដែរ។

ពិនិត្យសម្ពាធឈាម ជម្ងឺទឹកនោមផ្អែម និង ពិនិត្យបរិមណ ខ្លាញ់ ដែលលើសនៅក្នុងឈាម គឺជាកត្តាយ៉ាងសំខាន់ដើម្បីការពារជម្ងឺនេះ ព្រោះអ្នកវិទ្យាសាស្ត្រផ្នែកវេជ្ជសាស្ត្របានឲ្យដឹងថា ជម្ងឺលើសឈាមពុំមាន រោគសញ្ញាអ្វីច្រើនឲ្យអ្នកដឹងចាប់អារម្មណ៍ឡើយ។ ដូច្នេះបើសម្ពាធឈាម ឡើងខ្លាំងអាចបណ្តាលឲ្យកើតជម្ងឺ Stroke យ៉ាងឆាប់រហ័សបំផុត ហើយ ថែមទាំងបន្តរូបទុកនូវផលវិបាកដ៏ច្រើនលើសលប់ដែលយើងពុំអាចគិតដល់។

ហាត់ប្រាណឲ្យបានទៀងទាត់

ការហាត់ប្រាណពុំមានន័យថាយើងត្រូវទៅហាត់នៅមណ្ឌលហាត់ប្រាណរៀងរាល់ ថ្ងៃនោះទេ។ ការដើរឬរត់ឲ្យបានច្រើនរៀងរាល់ថ្ងៃមិនថាព្រឹកឬល្ងាចឡើយ ព្រមទាំងធ្វើបាត់កម្មផ្សេងៗក៏រាប់បញ្ចូលក្នុងការហាត់ប្រាណដែរ។ ដូច្នេះ ពេលព្រលឹម ភ្នាក់ពិតលោក លោក-អ្នកត្រូវតែដើរឬរត់ ៤-៥ ជុំផ្ទះ ហើយ លោក-អ្នកដឹក ដង្ហើមចេញនិងស្រូបដង្ហើមចូលឲ្យវែងៗ ហើយឲ្យបានច្រើន ដង លោក-អ្នកធ្វើដូចនេះរៀងរាល់ព្រឹក បន្ទាប់ពីពេលនោះមក លោក-អ្នក ប្រៀបធៀបសុខភាពរបស់លោក-អ្នក ពេលដែលលោក-អ្នកមិនដែលហាត់ ប្រាណជាមួយ និងពេលដែលលោកអ្នកធ្វើការហាត់ប្រាណទៀងទាត់ លោក- អ្នកនឹងឃើញសុខភាពកើនឡើងខ្ពស់ពីពេលមុន។

ដកស្រង់ពី 5 Minute clinical consultation ដោយ
ហេន សុវណ្ណ



FAY McCABE

F U N E R A L D I R E C T O R S

ផ្ទះដឹកលំសោល

FRANK McCABE

105 Moore St.

Lowell, MA 01852

☎ (508) 459-9222



យើងខ្ញុំមានទទួលបានជោគជ័យ

- ① រៀបចំបុណ្យបង្សកុល សូត្រមន្ត តាមប្រពៃណីខ្មែរ នៅនឹងកន្លែង។
- ② សំរួលក្នុងការទិញក្តារ កោដិ និងទឹកនៃងបញ្ចុះសព ឬបូជាសព។
- ③ មន្ទីរធ្វើបុណ្យស្អាតចាត់ ព្រមទាំងកន្លែងចតឡានធំទូលាយ។
- ④ ទទួលដឹកជញ្ជូនសព ឬធាតុគ្រប់ទីកន្លែង ក្នុងនិងក្រៅប្រទេស។
- ⑤ ទទួលលាបមុខធ្វើមេកអាបំ រៀបចំសពអ្នកដែលចែកឋានទៅ ដោយយកចិត្តទុកដាក់។
- ⑥ មានរៀបចំក្បួនដង្ហែរសពដោយផ្តល់ជូននូវរថយន្តបី ១-សំរាប់ដឹកសព ២-សំរាប់ដឹកផ្ការ និងលីម៉ូស៊ីន ៣-សំរាប់ដឹកគ្រួសារ។ល។

16th Anniversary Dinner & Banquet

Saturday, October 21, 2000
Doubletree Hotel - Lowell

Event Program

- 6:30p.m. Cocktail - Cash bar
- 7:30p.m. Welcoming Remarks by Mr. Bunrith Lach, President of CMAA
- 7:35p.m. Guest Speakers
Honorable Steve Panagiatakos, State Senator
- 7:45p.m. Dinner
Cultural Entertainment by CMAA Friendship Dance Troupe
- 8:30p.m. Community Achievement Award Presentation
Mr. Andrew C. Bailey, Esq., Kirkpatrick & Lockhart LLP
Mr. Donald Washburn, MASSBANK
Ms. Monica Am, Amara Fashion & Boutique
Ms. Maly Thai, Pailin Supermarket
Mr. Srun Sry, Battambang Market
Mr. Samoeun Lek, Asia World Enterprise, Inc.
Mr. Kanara Loeu, Safeway Insurance Agency
- 9:00p.m. Closing Remarks by Samkhann C. Khoeun, Executive Director of CMAA
- 9:05p.m. Dancing with H2O (KoungKear) Band, with Special Appearance by
Ms. Chhorm Nimol and Mr. San Phannit, Popular singers from Cambodia
- 12:00p.m. Program concludes

Sponsor in part by: Lowell Community Health Center and Fleet Bank



SUPERWASH LAUNDROMAT

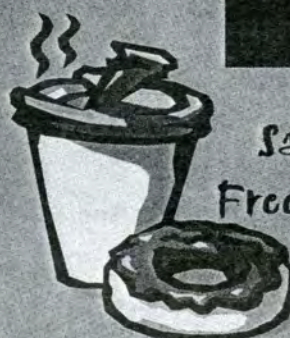
646 Chelmsford Street * Lowell, Massachusetts
(between Walgreen's and Cross Point Towers)

(978) 453-5057

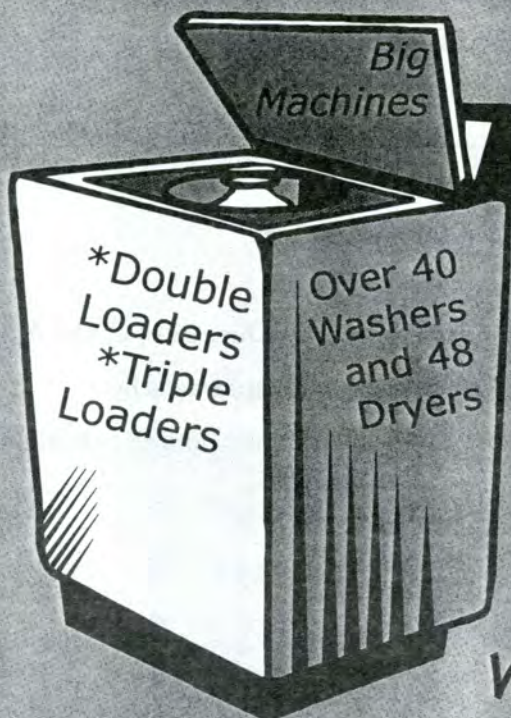


Fully Attended

Sat. - Sun. : 6am to 12 midnight
Mon. - Fri. : 7am to 12 midnight



Saturday and Sunday
Free Coffee + Donuts!



- *Good Parking
- *Well Lit at Night
- *Very Clean
- *All Brand New Equipment
- *Cable Television



Free Coffee Everyday!

*Wash, Dry, & Fold Service
\$.55/lb. Monday-Saturday*

Big Specials Every Tues., Wed., and Thurs.
\$.50 off all washes





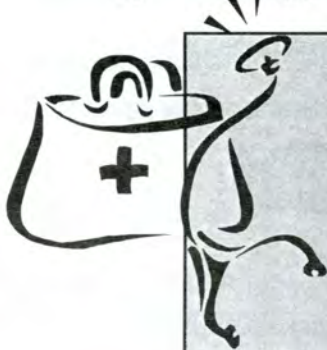
សេចក្តីជូនដំណឹង

វេជ្ជបណ្ឌិត ថាម៉ារិន មានបើក៖



១. មន្ទីរពេទ្យពិនិត្យរោគ ដើម្បីបំពេញ
សំណុំរឿងអន្តោប្រវេសន៍ ដែលតាំងនៅក្នុងឡវែល
♦ សូមទូរស័ព្ទមកលេខខាងក្រោម ដើម្បីធ្វើការណាត់ជួប។

២. ការិយាល័យផ្នែកធានារ៉ាប់រង
ខាងពាណិជ្ជកម្ម និងផ្នែកថវិកា។
♦ សូមអញ្ជើញទូរស័ព្ទ ដើម្បីធ្វើការប៉ាន់ប្រមាណមើល។



Lowell Walk-In Medical Center
Dr. Tamaren, M.D.
 A Certified INS Civil Surgeon
 1230 Bridge Street * Lowell, MA 01850
 978.235.8600

A Capital Campaign

The Southeast Asian Family & Youth Center

មជ្ឈមណ្ឌលសំរាប់គ្រួសារ និង យុវជន

The Cambodian Mutual Assistance Association (CMAA) of Greater Lowell, Inc. is in the midst of conducting a capital campaign to raise \$1.5 million to support the physical development of the Southeast Asian Family and Youth Center, scheduled for completion by June 2001. When completed, the center will be able to serve as many as 5,000 individuals and family members a year through its various social, educational, cultural, and recreational activities.

The proposed Southeast Asian Family and Youth Center will be located on the second and third floors in the former Courier Corporation building at 165 Jackson Street in Lowell. The Courier Corporation generously donated its former headquarters building, with over 90,000 square feet of floor space and worth approximately one million dollars, to the CMAA in August 1997. The center will be occupying about 20,000 square feet in the unusable space of the Mills building. Therefore, the much needed work will go into an infrastructure improvement and construction of a new service core that will include a passenger elevator, stairway, lobby, entrance, new roof as well as office space and a performance stage for traditional dance rehearsal, after-school youth program activities and for community social and cultural gatherings.

The Family and Youth Center project has been and will be involving many youth, families, volunteers, CMAA's staff and board members, elected officials, governmental officials and representatives from various funding agencies and foundations who are committed to working together over a period of 18 months to make plans, carry out those plans to raise enough funding, and to complete their ideal Center for the Southeast Asian American community in the Greater Lowell.

The Family and Youth Center will empower the Southeast Asian youth, young parents, parents, adolescents with development disabilities, and the elders to build positive self-esteem, learn a new language and vocational skills that would lead them to achieve self-sufficiency in their newly adopted country—America. In addition, the center will be a pivotal point in helping to foster and strengthen good relationships, fill the intergenerational gap between family members and build a strong and healthy community.

Statement of Needs for Lowell's Cambodian-American Community

Lowell has the second largest Cambodian population in the United States, numbering 30,000. The largest Cambodian community is in Long Beach, California, with an estimated number of 60,000. Many of the Cambodian residents of Lowell are refugees who fled from war-torn Cambodia and now live in poverty in the United States.

In April 1975, the Maoist communist Khmer Rouge regime led by Pol Pot, evacuated the cities and systematically killed over two million people—a quarter of the population—especially targeting the wealthy, educated, or professional people. Doctors, nurses, clergy, teachers, business owners, artisans, city dwellers and even those who wore glasses were singled out for execution since they were seen as bourgeois or contaminated with Western influence.

The Khmer Rouge maintained control by mass public torture, executions, and dismantling the social order of Cambodia. Men, women, and children were sent to labor camps and forced to do strenuous work. Famine and disease became epidemic while medicine and medical care were non-existent.

When the Khmer Rouge regime was overthrown in early 1979, thousands of Cambodians fled on foot to refugee camps on the Thai border, where they waited for up to twelve years to be resettled in a third country.

Upon arriving in the United States in late 1979 and early 1980's, either alone or in decimated families, the Cambodian refugees were generally resettled in economically disadvantaged inner city areas such as Lowell's Acre and Highland neighborhoods. Negotiating their way amidst gangs, drugs, urban violence, inadequate housing, and poor schools, many felt they had been transported from one war zone to another.

Moreover, these refugees were among the least prepared to adapt to such an environment. Not only were they suffering from post-traumatic stress disorder and physical ailments which resulted from their ordeal, but they tended to be from rural backgrounds, with little or no education, frequently illiterate even in their own language.

These challenges continue to affect the Cambodian American community today. According to the U.S. 1990 Census: 26% of Cambodian families in Lowell are headed by a single mother. The average size of a Cambodian family is 5.03 persons. Only 46% of Cambodian men and 22.6% of Cambodian women over the age of 25 have completed high school. The average per capital income for Cambodian population is \$6,250, and 49% of Cambodian families live below the established poverty level, constituting the second most economically disadvantaged Asian American group.

Cambodians came to Lowell to build a new life. Despite their social and linguistic isolation, many were able to find work in Greater Lowell's factories. Factory work was ideal, as it required only technical ability or manual labor; fluency in English might not be necessary. Cambodians got together and built two temples – one located in North Chelmsford and one on Cambridge Street in Lowell. In 1984, the Cambodian community leaders came together to establish the Cambodian Mutual Assistance Association of Greater Lowell, Inc., whose mission is to assist Cambodians and Southeast Asians to achieve self-sufficiency in their newly adopted country—America, while at the same time trying to promote and preserve their native cultural heritage.

Programs and Services to be housed in the proposed Southeast Asian Family and Youth Center

- § The Monorom Family Support Services Program provides comprehensive services to families that have children with developmental disabilities. The program name came from the Khmer word "Monorom" which means "peace or harmony", which reflects the program's origins as a respite care services. Services available include Case management, translation, and transportation to assist families in accessing other services providers, crisis intervention, counseling services, special education and advocacy; parent support group to assist parents of disabled children in coping with the unique stresses and difficulties of caring for children with special needs; American sign language classes for those whose principal language is Khmer; and social and recreational programs for disabled children, including traditional Cambodian dance troupe which integrates disabled and non-disabled children.
- § Youth Services Program offers a safe and supportive environment and an alternative to gang involvement for the "at-risk" and gang-involved youth between the ages of 10-22. Program activities include peer leadership development, Khmer language instruction, Cambodian traditional dances, music and arts classes; employment training and placement, health education and training; computer training, and homework club; sports and recreational activities, summer camp. The youth have been involved in numerous activities including an annual Water Festival, Khmer New Year, Lowell Folk Festival, and other special events throughout the year. Over 400 youth are enrolled in this program.
- § Young Parents Program aims at reducing welfare dependency among young parents, ages 14 – 21, who have not achieved a high school diploma or its equivalent. YPP espouses a model of employability development to successfully prepare an individual to obtain a job as quickly as possible in the primary labor market. CMAA's YPP attends to the whole person, recognizing that basic educational and job specific skills are important to young parents in the acquisition of and advancement in the work environment. More than 50 young parents have been enrolled in this program.

§ The Elderly Outreach & Assistance offers older Cambodian Americans transportation, family and psychological support, translation, hospital visit, citizenship education, case management, health education, emergency assistance, crisis intervention, cultural and religious activities, exercise and recreational activities. Traditionally, elders are part of the extended family, which provides for their needs. As a result of the war, the Killing Fields under the Maoist communist regime, the refugee episode, disruption and dislocation of families that accompanied them, many elderly Cambodian refugees do not have surviving children, or may have been unable to locate and reunite with their surviving children or relatives. In Lowell, Cambodian senior citizens are often isolated. They often do not speak English. They have limited access to social services because of language and cultural barriers.

Objectives, Goals & Measurements

1. To conduct a capital campaign with a goal of raising \$2.5 million to support toward development of the Southeast Asian Family and Youth Center at the CMAA's headquarter building on 165 Jackson St.
2. To construct a service core that includes a fire rate stair, an ADA compliant elevator, lobbies, wheelchair lift/ramp, and an entranceway at a point 432 feet from the East end of the building at 165 Jackson St.
3. To renovate and obtain occupancy permits for approximately 20,000 square feet of second and third floor space for use as the Southeast Asian Family and Youth Center that include performance stage and multifunction facilities.
4. To serve 500 at-risk youth, 250 children/adolescents with development disabilities and their families, and 350 elders in the Southeast Asian Family and Youth Center.
5. To provide multi-function facilities to the Southeast Asian community in Greater Lowell at an affordable cost serving up to 7,500 people a year. At least 75% of the persons served in the Southeast Asian Family and Youth Center will be low-income families.

Key Personnel

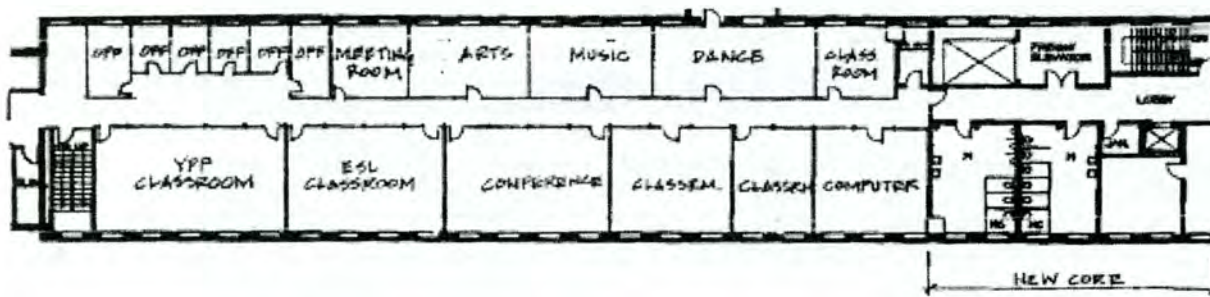
The CMAA will use outside consultants for the capital campaign, fund raising, legal services, building development, architectural designs, engineering, and construction of the family and youth center. In addition, CMAA will put into good use its own management team that consists of an executive director, Mr. Samkhann C. Khoeun, who brings a history of successful administration of community organization to CMAA; a fiscal manager, Mr. Thirith Hut, who holds an accounting degree from Northeastern University; a development director, Mr. Joseph Sexton, who is a graduate of the University of Massachusetts at Lowell and Suffolk University Law School; plus staff members from the CMAA's Youth Services, the Monorom Family Support Services, the Elderly Outreach Program, the Young Parents Program and also the youth, clients and its dedicated volunteers. Also, the CMAA's board of directors, who represent a broad variety of professions, will bring an important array of experience and training to the CMAA's policy-making, leadership body, and community relations and connections.

Kick-Off for Capital Campaign

Thus far, the CMAA's Youth Services Program has raised about \$25,000 in gross income from the "Children of War and Theatre Play", held on March 4, 2000 and which featured Ms. Yolanda King, the daughter of the civic right leader Martin Luther King, Jr. The event was the CMAA's kick-off and was made possible by the generous contribution of the River Arts Repertory and the Children of War organization. The play brought several hundreds of people to Lowell Memorial Auditorium to support the capital campaign initiative of the youth and family members.



SEARAC Focus Group at CMAA, August 2000



Proposed Second floor plan: Youth Center

Timeline for the Capital Campaign and the Family & Youth Center

- January 2000 * Planning that involved youth, family members, staff, volunteers and board members
- February 2000 * Prepare proposal to City of Lowell under its Consolidated Plan—CDBG
- March 4, 2000 * Kick-off event with “Children of War Theatre and Film Project” at Lowell Memorial Auditorium
- April 8, 2000 * Khmer New Year Festival – Tsongas Arena
- May 2000 * Capital Campaign – In progress
- June 2000 * Capital Campaign – Ongoing
- July 2000 * Capital Campaign – Ongoing
* Starting new fiscal year
- August 2000 * 4th Annual Water Festival
- Sept - Oct * Finalizing on design and construction plans
- Nov 2000 * Bidding & selecting constructing company
* CMAA’s 16th Anniversary Celebration,
- Dec 2000 * Starting on demolition
- Jan 2001 * Construction begins
- Feb – April * Construction continues & furnishing the Family & Youth Center
- May 2001 * Construction complete
- June 2001 * Permit & Occupancy

How YOU can support the CMAA Capital Campaign?

If you are interested in supporting the fundraising efforts for the development of the Southeast Asian Family and Youth Center, you can send donations to:

**CMAA's Capital Campaign
C/o Southeast Asian Family & Youth Center
165 Jackson Street; Lowell, MA 01852**

For further information, please contact the CMAA's Executive Director, Samkhann C. Khoeun at (978) 454-4286, or Email: skhoeun@cmaalowell.org

Yes, I want to reserve advertising space(s) in the Khmer Lowell Magazine.

I would like my advertisement to be...

| Size | Price | Our Ad is : |
|--------------------------|--------------|---|
| _____ Back Cover | \$ 250.00 | _____ a camera-ready copy |
| _____ Inside Back Cover | \$ 175.00 | _____ an enclosed typed copy. I understand that a |
| _____ Inside Front Cover | \$ 150.00 | camera-ready copy will be translated and |
| _____ Full Page | \$ 100.00 | designed for an additional cost of \$75.00 |
| _____ Half Page | \$ 75.00 | _____ not ready yet, but will be sent by _____. |
| _____ Quarter Page | \$ 50.00 | (date) |
| _____ Business Card | \$ 30.00 | TOTAL PAYMENT ENCLOSED: |
| | | \$ _____ X _____ quarter (s) = _____ |

Business/Org. : _____

Contact Person : _____

Address : _____

City : _____

State/Zip : _____

Phone : (____) _____

Please make checks payable to :
Cambodian Mutual Assistance Association
ATTN: Khmer Lowell Magazine
165 Jackson Street, Lowell, MA 01852
Tel: (978) 454-4286 Fax: (978) 454-1806

Readings for Pleasure

ឆ្លុយាយស្លឹម Two guys sleep

កាលពីដើមឡើយ នៅពេលដែលមហាសមុទ្រអត់ទឹកនិង ប៉ាស៊ីហ្វិក នៅជាដីគោកគាំងនៅឡើយនោះ ពួកខ្មែរយើងក៏នៅអាចបើកឡាន ទៅមកចុះឡើងលេងពីស្រុកខ្មែរមកស្រុកអាមេរិកដែរ។

នៅថ្ងៃមួយនោះ មានមនុស្សប្រុសពីរនាក់ គឺម្នាក់ឈ្មោះនាយជួរ និងម្នាក់ ឈ្មោះនាយផ្អែម ដោយអង្វែកពេកពួកគេក៏សុំច្បាប់កូនៗដើម្បីបើក ឡានដើរលេង។ គេបើកពីស្រុកខ្មែរមកដល់រដ្ឋកាលីហ្វ័រញ៉ា ហើយក៏ ចេញពីក្រុងស្តុកតុន ទៅ សាត់ហូហ្សូ ទៀត។

ជាអកុសល ដោយមិនចេះច្បាប់ចរាចរណ៍ស្រុកអាមេរិកនោះ ពេលបើក ឡានមកដល់ពាក់កណ្តាលផ្លូវ ពួកគេក៏ទទួលគ្រោះថ្នាក់បុកឡានគេ ឡើងក្រឡាប់ផ្តាច់ផ្លូវ។ ពេលដែលពួកគេកំពុងតែរើខ្លួនតតេះតតះ ចេញពីក្នុងឡាននោះ ប៉ូលីសក៏មកដល់ហើយសួរថា៖

- Can you speak English?
- នាយជួរក៏ឆ្លើយទាំងក្រអឺតក្រអឺម ត្រវាត់ដៃជើងចុះឡើងថា៖
- Yes, I don't know how to speak English?
- ប៉ូលីស
- Can you tell me about the accident? Or what happened?
- នាយជួរក៏ពោលរៀបរាប់បណ្តើរ យកជាយោងរដ្ឋតលាមនៅនឹងដៃបណ្តើរថា៖
- Okay, yes,... you know... I know how to speak English a little bit. Okay, you know... I tell you the true story, you know... one car go, and you know... one car come... ប៉ុងប៉ុងប៉ុង ឆ្លុយាយស្លឹម (Two guys sleep មានន័យថា អ្នកទាំងពីរសន្លប់បាត់ស្មារតី)។

សរសេរឡើងវិញដោយកញ្ញា ហ៊ី-ច័ន្ទបុព្វតា

ដើម្បីខ្មែររស់

រស់ក្នុងសង្គម ករណីយកិច្ចធំ គឺជាតិខេមរា កុំមើលបំណាំ និយមនាគ្នា ខ្មែរអើយជួយគ្នា លើកស្ទួយជួយគ្នា។

ជាតិខ្មែរខ្ពង់ខ្ពស់ បុព្វបុរស បានកសាងឡើង ហ្វូណានអង្គរ មហារុងរឿង ជួយថែជាតិយើង ឲ្យបានគង់វង្ស។

កម្លាំងគំនិត ជួយគូរជួយគិត យើងជួយទ្រទ្រង់ កុំឲ្យបរទេស ជៀលខ្មែរខ្មោល្លង់ ទុកជាតិលិចលង់ ដូចចាមចំប៉ា។

វោយ អ.គ.វ (កវីអ្នកមាននេះមិនទាន់ចង់បញ្ចេញឈ្មោះពិតនៅឡើយទេ)

ល្ងង់ប្រាជ្ញា ចម្លើយពីលេខមុន

(សង្ខេបរឿង៖ តាចាស់ម្នាក់ចង់យកកូនចិញ្ចឹមខ្លួនមកធ្វើជាប្រពន្ធ។ គាត់បានលួចដាក់ កាក់ពណ៌ខ្មៅពីរនៅក្នុងបំពង់ ហើយក៏ធ្វើលក្ខន្តនឹងនាងសុភា ព្រមទាំងប្រកាសប្រាប់អ្នក ស្រុកថា បើសុភាចាប់បានកាក់ពណ៌ខ្មៅ នោះនាងត្រូវតែធ្វើជាប្រពន្ធគាត់។ ដូច្នេះតើសុភាត្រូវធ្វើយ៉ាងណាដើម្បីឲ្យនាងបាន រួចខ្លួនផងនិងកុំឲ្យនាងខ្មាសគេថាគាត់ដាក់កាក់ខ្មៅពីរបន្តនោះផង? (សូមសាកឆ្លើយសិន ចាំអានចម្លើយនេះជាក្រោយ។)

នាងសុភាលូកដៃចាប់យកកាក់នោះក្តាប់ជាប់នៅក្នុងដៃ លើកឡើងលើហើយ និយាយថា៖


- នាងខ្ញុំខ្មាសគេណាស់។ នាងខ្ញុំចាប់យកបានកាក់ហើយតែមិនដឹងជាខ្មៅ ឬក៏សទេ។ ហេតុនេះដើម្បីឲ្យដឹងច្បាស់សូមលោក-អ្នកចាក់កាក់ដែល នៅក្នុងបំពង់មើលចុះ។
- ១-បើលោក-អ្នកឃើញកាក់សបានន័យថា នាងខ្ញុំយកកាក់ខ្មៅទៅហើយ។
- ២-តែបើឃើញកាក់ខ្មៅ គឺនាងខ្ញុំយកកាក់សទៅហើយ ព្រោះថាកាក់មាន តែពីរពណ៌ដូចដែលលោកតាបានជំរាបអស់លោករួចមកហើយ។
- ពេលចាប់កាក់រួច នាងសុភាក៏រត់ចូលបន្ទប់នាងបាត់ទៅ។ ឯអ្នកស្រុកក៏ចាក់ បំពង់នោះមើល ហើយក៏ឃើញកាក់ពណ៌ខ្មៅនៅក្នុងនោះមួយ។ ពួកគេក៏ជឿថា នាងសុភាចាប់យកបានកាក់សទៅបាត់ហើយ។ ឯតាចាស់គំនិតក្មេងព្រើល នោះក៏រកហាមមាត់ប្រកែកមិនរួចដែរ ដោយគាត់ត្រូវចាញ់បញ្ហានាងសុភាវិញ នោះ។

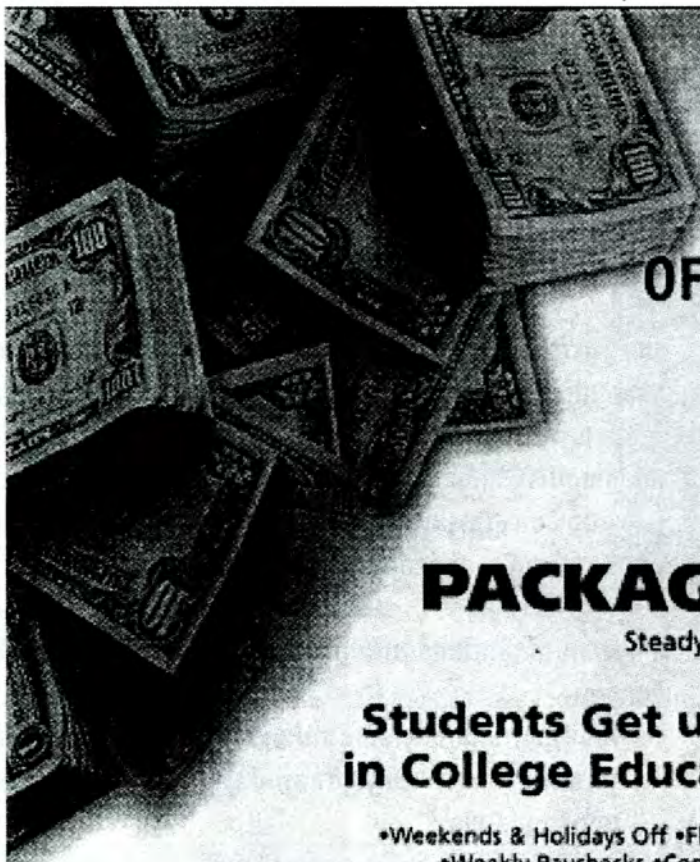
រៀបរៀងឡើងវិញដោយលោក សាំង-ស័ក្តិ

Konstantin V. Amirzadov, D.M.D.

Lowell Family Dental Practice

133 Market Street
Lowell, MA 01852
Tel. (978) 458-1179
Fax. (978) 454-7367





WHY SPEND **\$23,000**
OF YOUR **OWN MONEY**
FOR **COLLEGE**
WHEN THERE'S **UPS**

PACKAGE HANDLERS

Steady, Part-Time Jobs

Students Get up to **\$23,000***
in College Education Assistance.



- Weekends & Holidays Off •Flexible Schedule for Students
- Weekly Paychecks •Competitive Hourly Wages
- Monthly Attendance Bonuses •Medical/Life Insurance Benefits
- Paid Vacation •401K
- Payroll Deducted Stock Purchase Plan •Must be 17 years or older
- Transportation Provided for Select Locations/Shifts

COUSINS AND FRIENDS OF UPS EMPLOYEES ENCOURAGED TO APPLY

APPLY AT THE LOWELL CAREER CENTER

18 John Street

Call 978-441-3400 For Office Hours

COME IN FOR A TOUR

Mon @ 1PM & 3:30PM

Tues @ 1PM, 3:30PM & 6:30PM

Wed @ 1PM & 3:30PM

Thurs @ 1PM, 3:30PM & 6:30PM

Fri @ 1PM

Sat from 9:00AM - NOON

**UPS
EMPLOYMENT OPPORTUNITIES
1 (978) 441-3400
RENY MARTIN**

OR CALL UPS EMPLOYMENT AT: 978-441-3400

United Parcel Service

90 Brick Kiln Rd • Chelmsford

(Take Route 3 to exit 29 toward Billerica. 1/4 mile on left is Brick Kiln Rd.,
1/2 mile on right is UPS Employment Building.)

www.upsjobs.com

Equal Opportunity Employer

*UPS Earn & Learn Program guidelines apply.



CMAA Programs and Services

**COMMUNITY
SERVICE
EMPLOYMENT
PROGRAM**

FY2001 AND BEYOND

The Community Service Employment Program (CSE) was first introduced in May 1998 by the Office of Refugee Resettlement in Washington D.C. as a program announcement called "request for applications for projects to provide Community Service Employment opportunities for refugees who have experienced long-term difficulties in assimilation".

As broad as this statement is, it opens many new opportunities for the Southeast Asian population, especially the Cambodian Community of greater Lowell. In the first year grant the CMAA was awarded \$623,000 for refugee assistance followed by a \$1,500,000 grant for fiscal year 2000. The CSE program for the first year provided the impetus for a true set of guidelines for those affected by unemployment, low levels of work readiness. Refugees are also affected by an inadequate supply of jobs for their skill level and some may have been impacted by job exclusion.

The Community Service Employment program is sponsored by a grant from the Office of Refugee Resettlement, and is maintained by the Cambodian Mutual Assistance Association of Greater Lowell. In the first year, CSE was able to service 115 clients who came to the center. Of these 115 intakes, 42 were placed in subsidized employment through the program.

In the fiscal year 2000, the CSE program increased the outcome by placing 62 refugees in the CSE program while taking in over 89 new clients. The Community Service Employment program is now entering its third year with another \$1.5M continuation grant to assist additional refugees with subsidized placement.

WALSH & CO.


ACCOUNTANTS AND CONSULTANTS

**Auditors and Advisors
to
Nonprofit Organizations**

ONE ELM SQUARE; ANDOVER, MA 01810
978-474-4667 781-729-7067
(FAX) 978-474-4343

Citizenship Assistance

**Exercise your freedom.
Help yourselves, your family,
and community.
Be a US citizen!
Register to Vote!**



Citizenship Class

To seek help in obtaining citizenship, contact Samuel Sok at 978.454.4286, ext. 42

ជោគជ័យកម្មវិធីជំនួយការងារ

ដោយបានទទួលថវិការមកពីក្រសួងជនភៀសខ្លួនតាមរយៈក្រសួងជនភៀសខ្លួននិងជនអន្តោប្រវេសន៍នៃរដ្ឋម៉ាសាឈូសិតកាលពីឆ្នាំ១៩៨៤នោះមក សមាគមខ្មែរក៏មានលទ្ធភាពអាចបង្កើតជាកម្មវិធីជំនួយហៅថា កម្មវិធីជំនួយការងារ ។

កម្មវិធីនេះគឺមានគោលបំណងជួយស្ត្រីនិងឧបត្ថម្ភគ្រួសារជនភៀសខ្លួនគ្រប់ជាតិសាសន៍ឲ្យមានស្ថេរភាពនិងសមត្ថភាពជាម្ចាស់ការលើខ្លួនឯងបាន ពោលគឺជួយណែនាំផ្លូវឲ្យគេអាចជួយខ្លួនឯងបានទៅអនាគត។ កម្មវិធីនេះមានផ្តល់ជាជំនួយគ្រប់បែបយ៉ាងដែលគ្រួសារនិមួយៗត្រូវការ គឺដូចជា ជួយបង្ហាត់របៀបសរសេរប្រវត្តិការងារ ជួយផ្តល់ជាព័ត៌មានគ្រួសារៗអំពីក្រសួងរដ្ឋប្បវេណីជនភៀសខ្លួន ដូចជាពេទ្យ វិស័យហិរញ្ញវត្ថុ និង ឧស្សាហកម្មក្រុមហ៊ុននានាជាដើម។ សំខាន់ជាងគឺទាំងអស់នោះ គឺយើងមានបង្រៀនជាចំណេះសំរាប់បុគ្គលនិមួយៗពង្រឹងនូវអាជីវកម្មរបស់ខ្លួន គឺមានបង្រៀនជា កំពូល ផ្សារខ្សែដៃកត្តា និង អង់គ្លេស។

នៅក្នុងរយៈពេលពីរឆ្នាំដែល កម្មវិធីជំនួយការងារ នេះត្រូវបំពេញសេវាកម្មរបស់ខ្លួននោះ (ពីខែតុលា ១៩៨៤-កញ្ញា ២០០០) ជោគជ័យដ៏ត្រចះត្រចង់ក៏បានលេចឡើងយ៉ាងគួរឲ្យពេញចិត្ត។ ឧទាហរណ៍ខ្លះៗនោះគឺមិនទាន់ទាំងដល់ពីរឆ្នាំផងនោះ (នៅខែឧសភា) យើងបានទទួលចុះឈ្មោះអតិថិជនចំនួន៦៥៣នាក់ ហើយបានជួយការងារជូនពួកគេចំនួន៣១២នាក់ ដោយជួយឲ្យគេបានទទួលការងារនៅ តាមការិយាល័យរដ្ឋប្បវេណីជនភៀសខ្លួន និងតាមរោងឧស្សាហកម្មផ្សេងៗនៅក្នុងនិងក្រៅទីក្រុងឡូរីស។ បើចង់ប្រាប់ព័ត៌មានខ្លះៗបន្ថែមទៀត សូមអានទំព័រដែល បរិយាយអំពីការចែករង្វាន់ដល់សិស្ស និងទំព័រដែលរៀបរាប់អំពីកម្មវិធីនេះជាភាសាខ្មែរនិងអង់គ្លេស។

តាងនាមបុគ្គលិកម្នាក់នៃកម្មវិធីនេះ នាងខ្ញុំសូមថ្លែងនូវអំណរគុណយ៉ាងប្រាកដប្រជាចំពោះបុគ្គលិកទាំងពីររូប (គឺ កញ្ញា យេ-លា និងលោក អ៊ិន-បូណា) ដែលបានធ្វើពិធីប្រគល់ប្តូរផ្តល់ជួយគាំទ្រកម្មវិធីនេះ និងជាពិសេសគឺចំពោះបង-ប្អូនដែលជាអតិថិជននៅក្នុងសហគមន៍នានាដូចជា សហគមន៍ខ្មែរ-លាវ-និងយួន ដែលរស់នៅទីក្រុងឡូរីស ឡូរីស វ្យុន វ្យុន ។ល។ ដែលបានផ្តល់នូវទំនុកចិត្តរបស់បង-ប្អូនអនុញ្ញាតឲ្យយើងខ្ញុំទាំងអស់អាចមានឱកាសទទួលបានជួយបំប៉ន- ប្តូរទាំងនោះបាន។ នៅពេលនេះ ទោះបីជា កម្មវិធីជំនួយការងារ នេះត្រូវបញ្ចប់សេវាកម្មរបស់ខ្លួនហើយក៏ដោយ ក៏យើងខ្ញុំទាំងអស់នៅតែខិតខំបំរើសហគមន៍ខ្មែរនិងជាតិដទៃទៀតទៅតាមពេលវេលានិងកិច្ចការដែលតម្រូវឲ្យនោះយ៉ាងពេញទំហឹង។

ដោយ ធម្ម-ម៉ាហ្គាដេត



Can You Afford To Buy The House Of Your Dreams?

Call Us And Find Out!



Keri DeRosa
Mortgage Origination Officer
(781) 942-8145
Pager (781) 226-8424



Pere Pen
Mortgage Originator
(978) 446-9333
Pager (978) 859-0664



We Make Mortgages Happen!



កម្មវិធីរៀនភាសាអង់គ្លេស គឺសំរាប់អ្នកជូនដំបូង។

គោលបំណងរបស់កម្មវិធីនេះគឺដើម្បីជួយលោកអ្នកឲ្យមានភាពច្នៃស្រាលក្នុងការរស់នៅក្នុងសង្គម ហើយជួយលោកអ្នកជូននិងយល់ភាសា អង់គ្លេសដែលប្រើការនៅកន្លែងធ្វើការ។

កម្មវិធីភាសាអង់គ្លេសអាចជួយលោកអ្នក៖

- ★ ជូននិយាយភាសាអង់គ្លេសក្នុង កន្លែងធ្វើការ
- ★ ងាយស្រួលរកការងារធ្វើ
- ★ លើកស្ទួយជីវភាពគ្រួសារ
- ★ គ្រូបង្គោលមុនពេលចូលធ្វើការ



សូមទូរស័ព្ទមកក្រុម Danny Div នៅសមាគមខ្មែរ, ៤៥៤-៤២៨៦

KOMAR DAY CARE CENTER

The Komar Day Care Center is licensed by the Office for Child Care Services to care for 24 children ages 2.9 to 7 years of age.

We offer a happy, safe and nurturing environment for the children who attend Komar Day Care Center. The following meals are provided: breakfast, morning snack and afternoon snack. Our staff is made up of very dedicated teachers and teacher assistants with over 20 years experience in the field of Early Childhood Education. Staff members attend college, trainings and workshops to keep up to date with the educational needs of the children in their care.

The children have a variety of activities to do during the day to help them develop the social, emotional and educational skills needed for their futures. Our new curriculum was developed to foster growth in language and literacy. We look forward to an exciting year of learning for the children.

The staff works closely with families and outside resources to make sure that each child's needs are met.

We are members of the Lowell Community Partnership. This partnership is directed by the City Of Lowell School Department.

We take pride in the fact that we work closely with other programs within the CMAA and our community to offer childcare to the parents of these programs.

ACTIVITIES OF YOUTH IN THE PAST THREE MONTHS

To better increase and promote education and to help reduce crises among youth in public places, staff of Youth Service Program of CMAA has done the following tasks:

Education

On June 25-27 of 2000, Sayon Soeun, and Amy Fortner provided leadership training to peer leaders and other technical education to many youth. This was done to make students have a closer relationship, understand each other better, and to train peer leaders to lead others in studying and being involved in other sports as part of the "Future Stars Summer Camp".

June 28, 2000 was the opening day for the CMAA "Future Star Summer Sports Camp" that was held at the Butler School. This program was organized by Sayon Soeun—Acting Director of YSP, Arn Chorn-Pond, Amy Fortner, and other YSP staffs. Helpers included CMAA youth and older individuals. There were more than 100 youth from Lowell, age 6-13 years, who participated in the program. Mr. Matthew Wolf, Joshua Hannan and the counselors introduced many fun games and sports for the future star participants. Some of the activities consisted of playing sports, going on field trips and having guest speakers come in. On July 28, which was the closing date for the program, many guests were invited to participate in the ceremony of giving out certificates to youth. Guests included were venerable Sao Khon, Mouth, Song, and Samkhann Khoeun, Executive Director of CMAA.

On August 4-6, 2000 Mr. Sayon Soeun, Arn Chorn-Pond, and Ms. Sophy Theam led 40 youth to the White Mountains of New Hampshire for CMAA's annual camping trip. The camping trip included activities such as fishing, mountain climbing, cooking out on campfires, and just relaxing in the wilderness. Before going on the trip, food, snacks, and camping gears were purchased and organized. Permission slips were also signed and received properly. In addition to the CMAA's bus, additional vans were rented to accommodate the trip.

Besides, our youth studied and contributed to the community as follows:

- 1)- Studying Khmer language every Saturday from 9-11am.
 - 2)- Studying Khmer language for the summer, Monday to Friday from 9-10am.
 - 3)- Practicing traditional dance everyday from 5-7pm.
 - 4)- Participating in selling food during the Lowell folks festival of July 29-30, 2000.
 - 5)- Participating in traditional dance, rap, and modern dances during the Southeast Asian Water Festival of the August 19, 2000.
- Continued Education.
- 6)- In year 2000, seven CMAA youth successfully completed High School and continue their education in colleges/universities or other institutions.

CONGRATUATIONS TO THESE SEVEN YOUTH !!!

- Sophath Pheang**—attending Brandeis University.
- Champe Pang**—attending Middlesex Community College.
- Phea Kim**—attending Middlesex Community College.
- Savuth Phan**—attending Middlesex Community College.
- Ann-marie Kim**—attending Umass Lowell.
- Hieng Chhay**—attending Umass Lowell.
- Vinny Moun**—joining the Marines.

សកម្មភាពយុវវ័យបីខែកន្លង

ដើម្បីពង្រីកការអប់រំឲ្យបានតែឆ្នៃលាយ និងដើម្បីជាមធ្យោបាយជួយកាត់បន្ថយវិបត្តិយុវវ័យនៅតាមទីសាធារណៈឲ្យកាន់តែល្អឡើងជាបណ្តើរៗនោះ នាយៈបីខែកន្លងទៅនេះ បុគ្គលិកសមាគម ខ្មែរទទួលបន្ទុកកិច្ចការយុវវ័យបានដឹកនាំធ្វើការងារមួយចំនួនដូចតទៅ៖

១. កាលពីថ្ងៃទី ២៥-២៧ ខែ មិថុនា ឆ្នាំ ២០០០ លោក សាយវ័ន្ត សៀន កញ្ញា សុភី ឆាម និង អេមី ហ្វ្រែដ្រិក បានហ្វឹកហ្វឺនក្រុមមិត្តដឹកនាំគម្រោង (Peer Leader) និងយុវសិក្សាបច្ចេកទេសវិជ្ជាជីវៈច្រើននាក់ទៀត។ នេះគឺជាការមួយធ្វើឡើងដើម្បីឲ្យសិស្សានុសិស្សមានភាពស្និទ្ធស្នាលនិងយោគយល់គ្នាទៅវិញទៅមក និងដើម្បីហ្វឹកហ្វឺនយុវវ័យគម្រោងទៅដឹកនាំយុវវ័យទៀតៗនៅក្នុងការសិក្សានិងលេងល្បែងផ្សេងៗនៅពេលរដូវក្តៅខាងមុខនេះ ដែលហៅថា Future Star Summer Camp នោះ។
២. កាលពីថ្ងៃទី ២៨ ខែ មិថុនា ដល់ថ្ងៃទី ២៩ ខែ កក្កដា ឆ្នាំ ២០០០ នេះ មានបើកការសិក្សានិងការដឹកនាំនៅសាលាបាត់ដំបង។ កម្មវិធីនេះបានរៀបចំឡើងដោយលោក សាយវ័ន្ត សៀន ជានាយកបណ្តោះអាសន្ននៃកម្មវិធីយុវវ័យនៃសមាគមខ្មែរ និងបុគ្គលិកដទៃទៀតដូចជា៖ លោក អាន ចនធន កញ្ញា អេមី ហ្វ្រែដ្រិក ព្រមទាំងបុគ្គលិកជំនួយជាច្រើនរូបទៀតផងដែរ។ នៅក្នុងសកម្មភាពនោះ គឺមានយុវវ័យពីទីក្រុងឡូជីស ជាង១០០នាក់ចូលរួម ចាប់តាំងពីអាយុ ៦ឆ្នាំ ដល់ ១៧ឆ្នាំ។ ឯលោកម៉ាតូ វ៉ុស (Matthew Wolf) ដែលជាអ្នកដឹកនាំដែរនោះ ក៏បាននាំមកនូវល្បែងកំសាន្តនិងកីឡាកាយសម្ព័ន្ធ ដ៏គួរជាទីរីករាយជាច្រើនសម្រាប់វ័យយុវវ័យដែលរួមបញ្ចូលទាំងការនាំដើរកំសាន្តដែលហៅថា Field Trip នោះផង។ នៅថ្ងៃបញ្ចប់កម្មវិធី គេបានអញ្ជើញភ្ញៀវកិត្តិយសជាច្រើនរូបមកចូលរួមចែកសញ្ញាបត្រដល់យុវវ័យដោយមានព្រះសង្ឃនិមន្តចូលរួមក្នុងពិធីនោះផង។
៣. កាលពីថ្ងៃទី ៥-៦ ខែសីហា ឆ្នាំ ២០០០ លោកសាយវ័ន្ត សៀន លោក អាន ចនធន កញ្ញា សុភី ឆាម និង អេមី ហ្វ្រែដ្រិក បានដឹកនាំយុវវ័យចំនួន៤០ នាក់ទៅរដ្ឋនូវហែមហ្ស័រ ដើម្បីដើរលេងកំសាន្តប្រចាំឆ្នាំហៅថា CMAA's Annual Camping។ ដំណើរនេះគឺទៅទិះទួក ស្ទូចត្រី និងឡើងភ្នំ។ មុននឹងទៅគឺសុទ្ធតែបានរៀបចំវិញ្ញូបអាហារ ទំ ចំណី ប្រដាប់ប្រើប្រាស់ ហើយនិងមានការអនុញ្ញាតិយល់ព្រមពីមាតា-បិតា គ្រឹមត្រូវ។ រីឯការដឹកនាំពិញ្ញូទៅមកគឺប្រព្រឹត្តទៅដោយជួលរថយន្តបន្ថែម និងរថយន្តសមាគមខ្មែរយើងមានមួយស្រាប់។
៤. ក្រៅពីនេះ យុវវ័យយើងនៅបានសិក្សានិងបំពេញកិច្ចការជូនសង្គមជាច្រើនទៀត ដូចជា៖
- ក. សិក្សាអក្សរខ្មែររៀនរាល់ថ្ងៃសៅរ៍ ពីម៉ោង ៩ ដល់ ១១ព្រឹក។
- ខ. សិក្សាអក្សរខ្មែរពេញមួយវិស្សមកាលពីថ្ងៃចន្ទដល់ថ្ងៃសុក្រ ពីម៉ោង៩-១០ ព្រឹក។

(តទៅតំបន់ទី២៨)

គ. ហ្វឹកហ្វឺនរបាំប្រជាប្រិយរៀនរាល់ថ្ងៃធ្វើការពីម៉ោង ៥ ដល់ម៉ោង ៦ល្ងាច។

ឃ. បានចូលរួមជួយលក់ម្ហូបអាហារក្នុងពិធីបុណ្យប្រជាប្រិយ នៅសាលាក្រុងឡឺដីល កាលពីថ្ងៃទី ២៤-៣០កក្កដា ឆ្នាំ ២០០០។

ង. បានចូលរួមសម្តែងរបាំបុណ្យខ្មែរ របាំទំនើបយុវវ័យសម័យហៅថា Rap និង សម្តែងរឿងខ្លីៗផងក្នុងពិធីបុណ្យអុំទូកកាលពីថ្ងៃទី ១៤ ខែ សីហា ឆ្នាំ ២០០០ កន្លងទៅនេះ។

ខ. បន្តវិជ្ជា

នៅក្នុងឆ្នាំ២០០០នេះ មានយុវវ័យនៃសមាគមខ្មែរចំនួន៦នាក់ បានបញ្ចប់ការសិក្សានៅ Lowell High School ហើយបានបន្តទៅសិក្សានៅមហាវិទ្យាល័យនានាទៀត។ យុវសិក្សាទាំងនោះគឺ៖

- ១. សុផាត ភាង ភោទប្រុស ទៅមហាវិទ្យាល័យមីឌឌស៊ីតា
- ២. ចំប៉ី ប៉ាំង ភោទប្រុស ទៅមហាវិទ្យាល័យមីឌឌស៊ីតា
- ៣. សារុត ធាន ភោទប្រុស ទៅមហាវិទ្យាល័យមីឌឌស៊ីតា
- ៤. អាន់មារី គឹម ភោទស្រី ទៅសកលវិទ្យាល័យឡឺដីល។
- ៥. ហាំង ឆៃ ភោទប្រុស ទៅសកលវិទ្យាល័យឡឺដីល។
- ៦. ភា គឹម ភោទប្រុស ទៅមហាវិទ្យាល័យមីឌឌស៊ីតា

សមាគមខ្មែរឡឺដីលសូមជូនពរសព្វសាធុការឲ្យយុវវ័យជាទំពាំងស្នងឬស្សីពាំងអស់នេះបានសម្រេចកិច្ចការរបស់ខ្លួនដើម្បីឧត្តមប្រយោជន៍ជាតិ និងគ្រួសារដោយជោគជ័យកុំបីខានឡើយ!!!

Lowell, MA, Sunday, July 30, 2000

It was a gloomy day when my two younger sisters and I stepped out of the car of a friend who dropped us off in front of City Hall. It was about noontime. There was not a sign of the sun in the sky as it was fully cloud-covered. Nonetheless, the Plaza at City Hall was bustling with activities. There were people walking around, vendors trying to attract customers, children with their parents and siblings, and music playing from somewhere. This was the scene of the Lowell Folk Festival 2000.

At the CMAA booth where I spent all of my time that day were filled with staff, members of the board and young volunteers calling out for people to come and purchase the lemongrass-flavored beef sticks, freshly grilled chicken wings, lomein, fried rice, crab rangoons, and egg rolls on sale. Everything was laid out on two adjacent tables under a tent. Just behind the servers were the treasurer of the Board, Mr. William Tith and a Youth Services Program staff, Mr. Seang Sak, who were keeping track of the cash flow.

About ten feet away from the tent were three or four CMAA men tending to the grill. Some had their hands burnt from the high heat of the flames, but all were good sports until the very end of the day. Even when at about 1:30 in the afternoon, the sky began to pour rain as if someone was very upset and decided to drench humanity with pails and pails of water.

I happened to enjoy rain, so while everyone was cuddling underneath the tent, I walked and ran to Sothea's van to bring back about 30 yards of plastic film to go around the entire tent. Lucky my hair were in to tight braids. Otherwise I would have probably resembled a drenched dark sheep dog!

After the plastic was put up, the servers were calling out to the people in the rain to come in, be sheltered, and of course to have some warm food as well. This worked pretty well, especially when we let our customers stay sheltered in our tent as they were eating.

by Sophy Theam

កម្មវិធីសុខភាពសហគមន៍ខ្មែរ

សមាគមខ្មែរក្រុងឡឺដីល មានកម្មវិធីជាច្រើនសំរាប់ជួយដល់ប្រជាជនខ្មែររស់នៅក្នុងសហគមន៍។ ក្នុងចំណោមកម្មវិធីទាំងនោះ មានកម្មវិធីមួយជួយផ្នែកសុខាភិបាលដែលមានឈ្មោះថា សុខភាពសហគមន៍ខ្មែរ។

កម្មវិធីសុខភាពសហគមន៍ខ្មែរ គឺជួយសហគមន៍ខ្មែរឲ្យបានល្អផ្នែកសុខភាព។ កម្មវិធីសុខភាពសហគមន៍ខ្មែរ បានជួយនិងជួយប្រជាជនខ្មែរទូទៅនៅក្នុងសហគមន៍ចំនួន៤៥៦ នាក់ហើយនៅក្នុងឆ្នាំនេះ គឺបានសាកសួរ និងប្តូរយោបល់គ្នាទៅវិញទៅមកដូចជា តើត្រូវធ្វើយ៉ាងណា ដើម្បីសម្រួលឲ្យមានលក្ខណៈល្អជូនដល់ប្រជាជនទូទៅនៅក្នុងសហគមន៍ខ្មែរយើង។

កម្មវិធីសុខភាពសហគមន៍ខ្មែរ មានកម្មវិធីបំរើផ្សេងៗដូចជា៖

- ◆ ជួយពន្យល់ប្រជាជនខ្មែរទូទៅអំពីជម្ងឺរាគ្មានដង្ហើមដង្ហើម
- ◆ ស្រាវជ្រាវព័ត៌មានថ្មីៗអំពីជម្ងឺ
- ◆ រៀបចំជាសិក្ខាសាលាចំនួន ១៤ ក្រុមនៅក្នុងសហគមន៍ខ្មែរដើម្បីផ្លាស់ប្តូរមតិយោបល់ និងស្វែងរកភាពល្អប្រសើរផ្នែកសុខភាពនៅក្នុងសហគមន៍។
- ◆ ទំនាក់ទំនងរកឃានជំនះដល់ប្រជាជនដែលពុំអាចមានមធ្យោបាយធ្វើដំណើរដោយខ្លួនឯងបាន នៅក្នុងពេលទៅពិនិត្យសុខភាព។
- ◆ ជួយទំនាក់ទំនងទៅកន្លែងផ្សេងៗដែលទាក់ទងនឹងសុខភាព គោលបំណងកែច្នៃនិងការធ្វើយ៉ាងណាឲ្យប្រជាជនខ្មែរទូទៅអាចរស់នៅក្នុងសហគមន៍ដោយសុខភាពបរិបូណ៌បាន។

នាពេលថ្មីៗនេះ កម្មវិធីសុខភាពខ្មែរ បានធ្វើសកម្មភាពរបស់ខ្លួនយ៉ាងមហាហ្វឹកផ្នែក វាស់លាយជូនប្រជាជនទូទៅនៅក្នុងសហគមន៍ដោយឥតគិតថ្លៃ។ កម្មវិធីវាស់លាយគឺមានជំរាបជូនដូចខាងក្រោមនេះ៖

- សមាគមខ្មែរ ថ្ងៃ ចន្ទ ដល់ថ្ងៃសុក្រ ពីម៉ោង ៨:៣០ ព្រឹក-៥:០០ ល្ងាច
- វត្តព្រៃគុករនាម ថ្ងៃ សុក្រ ពីម៉ោង ៥:០០ ល្ងាច-៧:០០ ល្ងាច
- វត្តព្រៃទ្រូចក្រ ថ្ងៃព្រហស្បតិ៍ ពីម៉ោង ៨:៣០ ព្រឹក-១០:៣០ ព្រឹក

សំរាប់ព័ត៌មានបន្ថែម សូមទាក់ទងមក៖

លោក យាម សុវណ្ណ ទូរស័ព្ទលេខ (៨៧៩) ៤៥៤-៤២៩៦ លេខបន្ត ១៤
ទូរស័ព្ទលេខ ៥៥៤១
១១៦៤ លេខបន្ត ២០៤



“កម្មវិធីមណោរម្យជំនួយគ្រួសារខ្មែរ”

Monorom Field Trips to the Beach

Monorom is a unique family support program that provides such great services to meet the needs of Cambodian families who have children with disabilities and their family members. It provides services such as case management, crisis intervention, counseling, special education advocacy, transportation, translation and interpretation, information and referrals and more.

This past summer Monorom had organized three successful fun cookout field trips to Hampton Beach State Park and Pawturkaway State Park in New Hampshire.



The kids were excited and had been looking forward to these field Trips for a year. There were average about 25 kids and parents jointed the trips with very happy faces and some of them had written short comments that expressed their feelings about the field trips as following:

“From all of the three trips I like Hampton Beach. I like



Hampton Beach because you can catch crabs and starfish. What I don't like about Hampton Beach water, the water was salty. I like it when the waves come because I sit down the waves come and splash me over. In Hampton Beach there were two persons giving out the ice cream. The ice cream flavor was vanilla and it was tasty. Hampton Beach is the best beach I ever went to.”

By Monica Heng

“What I like about the field trip was when we got to swim in the Hampton Beach but I like the other field trip to the little beach because water wasn't that much cold, and it wasn't too deep for us. I kind of don't like that beach because Chinda and I lost our ring in it. But I liked it anyways because it was fun.”

By Lina Mann

“The field trip that was my favorite would be to the Hampton Beach. We went there twice this year. We went with the people in CMAA. We had a very fun time there. If it wasn't for them we wouldn't have a very great time during the summer. So thank you everyone who help and brought us to go and have a very great time!!”

By Sena Heng

“My first field trip was going to the Hampton Beach it was cool and Ny gave me his clam I kept it for three days until it died and it was fun when everybody swam and the food tasted good too. When it was our second time going to Hampton Beach when everybody went swimming the water was colder than our first fieldtrip. When we went to the beach and when I swam again I swam farther than last time. When I swam the second time then I got tired then I wanted to catch some crabs but it as too long to walk so I went back. I went to ask Ming Thy if we could play game with the ball. Everyone wanted to play Dodgeball. We played for a long time then we had to go home.”

By Sophanny Trate

“This was the first day of my life to go to the beach with CMAA. It was really fun that I went to the beach with them I had fun there. Almost every Monday I always go to the beach with CMAA. But now were not going to the beach no more because its gonna be school so we can't go any more. Well now I think I finish writing this letter.”

By Merry Lam

Monorom staff will keep up with good works and build good relationship with kids with and without disabilities forever.

កម្មវិធីជំនួយមនុស្សចាស់

ជាកម្មវិធីមួយរបស់សមាគមខ្មែរប្រចាំក្រុងឡឺវែល។ កម្មវិធីនេះគឺសំរាប់ជួយបំរើសេចក្តីត្រូវ ការនិងជួយសម្រួលនូវភាពតានតឹងដល់លោកអ៊ី ប្រុស-អ៊ីស្រីដែលមានអាយុចាប់ពី ៦០ឆ្នាំឡើងទៅ។ បើអស់លោក-អ្នកចង់ជ្រាបព័ត៌មានបន្ថែម ទៀតសូម ទូរស័ព្ទមក(៨៧៨) ៤៥៤-៤២៨៦ លេខបន្ត២៣។

សូមអរគុណ។

ដំណឹងសំខាន់ៗ

DOLAN FUNERAL HOME, INC.

106 MIDDLESEX ST.
CHELMSFORD

- SERVING ALL FAITHS
- ADVANCED FUNERAL PLANNING AVAILABLE

**TRADITIONAL OR
CREMATION SERVICES**

251-4041

www.dolanfuneralhome.com

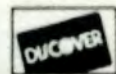
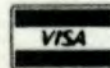


DIRECTORS

JAMES F. DOLAN

JAMES F. DOLAN II

INDEPENDENTLY FAMILY
OWNED & OPERATED



THOMAS STYLIANOS

Attorney at Law

ការិយាល័យមេឃេធាវី

មេធាវី ចំហៀង ស្ទីលីអាណុស

ការិយាល័យច្បាប់យើងខ្ញុំមានបទដ៏នាព្យជួយលោកអ្នក ដូចតទៅ៖

- ▶ ផ្នែកពន្ធដារ
- ▶ បង់ខាតមុខរបរ
- ▶ ការទាមទារប្រាក់ជំនួយកូនចៅ
- ▶ ការជួយសំរួលផ្នែកលែងលះគ្នា
- ▶ ការជួយទាមទារកេរ្តិ៍មរតក
- ▶ ការជួយតវ៉ាផ្នែកច្បាប់សិក្សា
- ▶ ការជួយសំរួលផ្នែកឧក្រិដ្ឋកម្ម
- ▶ * គ្រោះថ្នាក់ផ្សេងៗ
- ▶ * គ្រោះថ្នាក់ចរាចរណ៍
- ▶ គ្រោះថ្នាក់នៅកន្លែងធ្វើការ
- ▶ * ការព្យាបាលជម្ងឺ
- ▶ * ការប្រកាន់ពូជសាសន៍
- ▶ * សុំប្រាក់ជំនាប្រាក់ពិការ
- ▶ INCOME TAX
- ▶ BANKRUPTCY
- ▶ CHILD SUPPORT
- ▶ DIVORCE
- ▶ WILLS & ESTATE
- ▶ SCHOOL LAW
- ▶ CRIMINAL DEFENSE
- ▶ * INJURIES
- ▶ * AUTO ACCIDENT
- ▶ SLIP & FALL AT WORK
- ▶ * MEDICAL TREATMENT
- ▶ * DISCRIMINATION LAW
- ▶ * SOCIAL SECURITY



| | |
|---|--|
| <p>226 CENTRAL STREET LOWELL, MA 01852 Tel: (978) 459-5000</p> | <p>NO FEE unless we collect money for you! KHMER SPEAKING STAFF FREE initial consultation WEEKEND & EVENING HOURS HOSPITAL VISITS</p> |
|---|--|