



CMAA LOWELL MAGAZINE

Edition 17 October 2004

ទិញរាល់ថ្ងៃសម្រាប់អ្នកខ្មែរនៅទូទាំង

**20 Years
of Success!
20th Anniversary
Celebration!**

ជោគជ័យ
បន្តរួម
គ្នាទៅ២០

Highlights in this issue:

គោលការណ៍បំរើសហគមន៍

Executive Director Message

The President's Note

វាចារនាយិកា

The Value of Health

Education at the CMAA

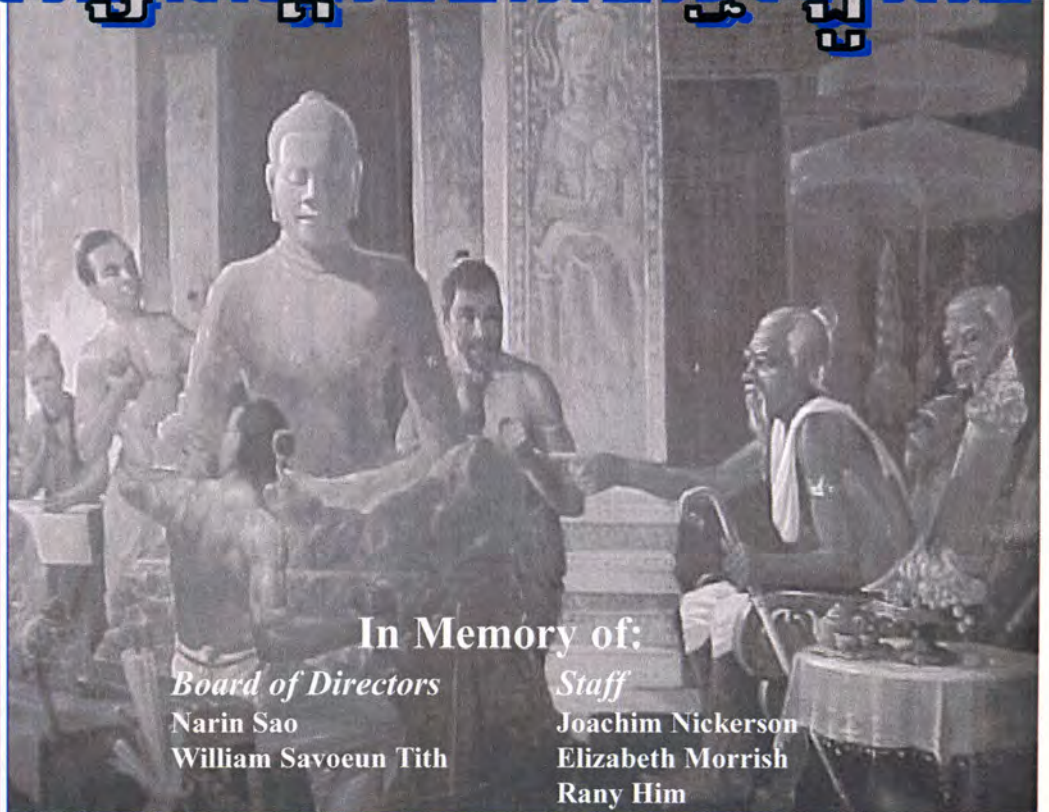
CMAA Current Programs

បុព្វស្មី.អីម.អេស.អេស!

A Dedicated Servant

Other News and Advertisements...

The 20th Anniversary is made possible by the following major sponsors: American Heritage Foundation, Asian American Bank, Lowell Community Health Center, HomePlace Reality, The Lowell Development and Finance Corp., UPS, Enterprise Bank, Banknorth, and GlobeCast.



In Memory of:

Board of Directors

Narin Sao

William Savoeun Tith

Staff

Joachim Nickerson

Elizabeth Morrish

Rany Him

CMAA would like to thank all current and previous funders, business owners and individuals who have been very supportive. We would especially like to thank the Courier Corporation for their generous donation of our building.

CMAA Current Funders:

Department of Mental Retardation

Lowell Community Health Center

Office of Refugee Resettlement

Freeman Foundation

Fay Foundation

Parker Foundation

Foundation M

Department of Transitional Assistance

Career Center of Lowell

City of Lowell Enterprise

Elder Services of Merrimack Valley

CMAA Previous Funders:

Department of Education

Department of Public Health

Massachusetts Cultural Council

Office for Refugee and Immigrant

Lowell Telecommunications Corporation

City of Lowell

Lichterman Lowenberg Foundation

Harvard Pilgrim

Red Auerbach Youth Foundation

Harvard Program in Refugee Trauma

Office of Child Care Services

Saturday, October 30, 2004

6:30pm - 12:00pm

**Khemara Restaurant
308 Westford Street
Lowell, Massachusetts**

SUCCESS STARTS HERE



ASIAN AMERICAN BANK

NEW IMMIGRANTS

IT'S A GREAT OPPORTUNITY TO BUY YOUR HOME!

អនិកជនថ្មី

នេះជាឱកាសដ៏ល្អសំរាប់ទិញផ្ទះថ្មី!

Asian American Bank has committed **\$20 million** to a new loan program to help new immigrants buy their own homes.

បណ្ណាញអាស៊ីអាមេរិកកំរិតខ្ពស់បានប្តូរធនាគារប្រាក់កម្ចី ២០លានដុល្លារសំរាប់ឱ្យអនិកជនថ្មីទិញផ្ទះដោយ

- ❖ **Discounted mortgage rates**
មានការប្រាក់ថោក ៗ
- ❖ **Free consultation at your convenience**
ជួយពិភាក្សានៅតាម ពេលវេលាដែលលោកអ្នកជំនេរ
- ❖ **24-hour turnaround time**
ផ្តល់បង្គើយតាមក្នុងពេល២៤ម៉ោង ៗ
- ❖ **All non-conforming loans serviced in-house**
ប្រាក់កម្ចីដែលមិនប្រើកម្មវិធីរដ្ឋនីតិកម្មក្នុងបណ្ណាញអាស៊ីអាមេរិក

Other Benefits ផលប្រយោជន៍ដទៃទៀត:

- Flexible underwriting មិនតឹងតែងក្នុងការឱ្យប្រាក់កម្ចី
- Low down payment programs available ជាក់ជោគតិច
- One-stop shopping referral network of real estate brokers, home inspection companies and lawyers
ជួយស្វែងរកបម្រើផ្គត់ផ្គង់: ខាងការទិញផ្ទះ ការពិនិត្យផ្ទះ និងមេធាវីជំនាញ ៗ
- Bilingual staff មានបុគ្គលិកទ្វេភាសា ៗ

BOSTON • ALLSTON/BROOKLINE • QUINCY

Contact Ricky Lam, Residential Mortgage Specialist

Tel: (617) 338-1706 Cell: (617) 835-4584

សូមទាក់ទងទៅលោក រិក ឡាំ តាមទូរស័ព្ទខាងលើនេះ

Loan program expires on October 31, 2004 or when the funds are fully committed.

កម្មវិធីប្រាក់កម្ចីនេះបញ្ចប់នៅថ្ងៃទី៣១ ខែតុលា ២០០៤ ឬពេលដែលមូលប្រាក់កម្ចី ។

All loans are subject to Asian American Bank's credit approval. The Bank reserves the right to modify this loan program at any time, without further notice. Other fees and restrictions may apply.

កម្មវិធីប្រាក់កម្ចីទាំងអស់យោងទៅតាមការយល់ព្រមពីធនាគារអាស៊ីអាមេរិកកំរិតខ្ពស់ ។ ធនាគាររក្សាសិទ្ធិកែប្រែកម្មវិធីប្រាក់កម្ចី

ប្រាក់កម្ចីនេះពេលណាក៏បានដោយមិនចាំបាច់ប្រាប់មុន ។ តម្លៃផ្សេងៗទៀតអាចមានផែមទៀត

ហើយធនាគារអាចដាក់កំហិតផ្សេងៗទៀតបាន ។





TABLE OF CONTENTS

មតិកាស៊ីង

Major Sponsors.....	1	Media.....	19
CMAA's Current and Previous Funders.....	1	20th Anniversary Program.....	20
Magazine Committee.....	4	A Dedicated Servant.....	21
គោលការណ៍បំរើសហគមន៍.....	៤		
Executive Director's Message.....	5		
A Message from the President.....	6		
CMAA Staff, Board of Directors, Advisory Boards.....	7		
វាចាសាធិការ (Editor-in-Chief's Note).....	៨		
The Value of Health.....	8-9		
Education at the CMAA.....	11		
សេចក្តីថ្លែងអំណរគុណនៃក្រុមអ្នកប្រតិបត្តិធម៌.....	១៥		
CMAA Current Programs/Projects.....	16-17		
កំណាព្យ បុព្វស៊ី.អឹម.អេ.អេ.....	១៩		
Raffle Donors.....	19		

CHELMSFORD

• • • TeleMedia

CHELMSFORD TELEMEDIA

75 Graniteville Road
Chelmsford, MA 01824
Voice: 978-251-5143
Fax: 978-251-5173
Website: www.chelmsfordtv.org

The ultimate destination for 5-star financial services.

Strong, local, and highly committed to our independence in order to serve you better.

Enterprise is the largest commercial bank headquartered in the Merrimack Valley.



Main Office, Mortgage Center,
Investment Management and Trust Group

Twelve* convenient locations...

- ◆ Andover
- ◆ Billerica
- ◆ Chelmsford
- ◆ Dracut
- ◆ DrumHill-Chelmsford
- ◆ Lowell Connector
- ◆ North Billerica
- ◆ Tewksbury
- ◆ Westford

* includes North Central Region: Fitchburg, Leominster

Member FDIC

CMAA Lowell Magazine Committee

Executive Director វង់សារ៉ាណក រ៉ូស
Vongsaranak Ros

Editor-in-Chief ផេលាឆាយ គេឌីណូ
Phala Chea, Ed.D

Khmer Associate Editors ផុកនិណូ ផ្នែកសាសនា
Sak Seang, Boroouth B. Chen

English Associate Editors ផុកនិណូ ផ្នែកសាសនា
Barbara Zippis Glass, Judith Dickerman-Nelson

Production and Layout ផុករ៉ូមម៉ូនីចធីនា
Boroouth B. Chen

Cambodian Font Typists ផុករ៉ូមម៉ូនីចធីនា
Ronnie Mouth, Boroouth B. Chen

Advertising & Marketing Managers ផុកនិណូ ផ្នែកសាសនា និង ផ្សព្វផ្សាយ
Sarah C. Uch, Ronnie Mouth, Barbara Zippis Glass,
Sovann Kheam, Karena Doung

Health Issues Editor ផុកនិណូ ផ្នែកសុខភាព
Barbara Zippis Glass, Sovann Kheam

At large Community News Editor ផុកនិណូ ផ្នែកសមាគម
Im Sok

គោលការណ៍បម្រើសហគមន៍

សមាគមខ្មែរប្រចាំទីក្រុងឡូអរ ដែលមានការប្តេជ្ញាចិត្តដ៏មុះមុត នៅក្នុងការបម្រើជួយកែប្រែ និងលើកស្ទួយជីវភាពរបស់សហគមន៍ខ្មែរ-អាមេរិកាំងនៅក្នុងសហគមន៍ឡូអរ ព្រមទាំងជនជាតិភាគតិចដទៃទៀតដើម្បីញ៉ាំងអោយស្ថានភាពរស់នៅមានលក្ខណៈកាន់តែប្រសើរឡើងតាមរយៈការអភិវឌ្ឍន៍លើវិស្វកម្មសេដ្ឋកិច្ច - 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.

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. 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. The CMAA Lowell Magazine committee reserves the right to publish an entire document and/or in part based on space and budget.

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!

ឧបសគ្គនៃ "សមាគមខ្មែរឡូអរ" ត្រូវបានរៀបចំបោះពុម្ពឡើងដោយសមាគមខ្មែរឡូអរ ប្រចាំក្រុងឡូអរ ដែលជាមជ្ឈមណ្ឌលសម្រាប់សហគមន៍ខ្មែរ និងសហគមន៍ដទៃទៀតនៅក្នុងសហគមន៍ឡូអរ និងសហគមន៍ដទៃទៀតនៅក្នុងសហគមន៍ខ្មែរ-អាមេរិកាំង។ អត្ថបទទាំងឡាយដែលបានបោះពុម្ពផ្សាយនេះ គឺជាផលិតផលនៃការចូលរួមរបស់អ្នកអនុវត្តន៍ខ្មែរឡូអរ គឺបញ្ជាក់ពីឧត្តមគតិភាពនៃអ្នកនិពន្ធ ឬក៏វិករ ហើយមិនមែនជាផលប្រយោជន៍របស់សមាគមខ្មែរ ឬក្រសួងជំនួយនានាដែលសមាគមខ្មែរឡូអរ។

ជំនួយនិងវិភាគទានរបស់លោកអ្នក ទោះជាអត្ថបទ រឿងនិទានផ្សេងៗ ប្រលោមលោក, កំណាព្យ ឬជាព័ត៌មានផ្សេងៗក្តី គឺយើងខ្ញុំទាំងអស់គ្រប់គ្នាស្វាគមន៍ និងសូមអរគុណជាដាច់ខាត។ ដោយទំព័រមានចំនួនតិច យើងខ្ញុំសូមកំរិតទំហំអត្ថបទ ត្រូវត្រឹមត្រូវពី ១-៣ ទំព័រ ហើយត្រូវភ្ជាប់មកជាមួយនូវឈ្មោះអ្នកនិពន្ធ, អាសយដ្ឋាន, លេខទូរស័ព្ទ ព្រមទាំងហត្ថលេខារបស់អ្នកនិពន្ធផងដែរ។

ចំពោះអត្ថបទទាំងឡាយណាដែលយើងបាន ឬមិនបានបោះពុម្ពផ្សាយទាំងស្រុងក្តី (ដោយអាស្រ័យទៅលើមតិរបស់អ្នករៀបចំកិច្ចការ) គឺត្រូវក្លាយជាកម្មសិទ្ធិរបស់ខ្មែរឡូអរ។ យើងខ្ញុំសូមលោកអ្នកមេត្តាទទួលយកទោសជាមុនចំពោះការខុសឆ្គងដោយចេតនាទាំងឡាយណាដែល កើតមានឡើងដោយកង្វះបច្ចេកទេស, ទេពកោសល្យ, ឬរចនាសម្ព័ន្ធផ្សេងៗ ជាដើម។ ល។

សំរាប់ព័ត៌មានបន្ថែម ឬត្រូវការចង់ទាក់ទងផ្នែកពាណិជ្ជកម្មផ្សេងៗ សូមមេត្តាទាក់ទងលោក ចិន ឬលីត, អ្នកនាង មុត រ៉ូស, គី កញ្ញា អ៊ុច សារី, ឬ អ្នកស្រី បាបា ហ្វីប ហ្គាស ដោយផ្ទាល់ តាមរយៈទូរស័ព្ទ និងអាសយដ្ឋានដូចខាងក្រោមនេះ៖

សមាគមខ្មែរ - CMAA, Inc.
165 Jackson Street, Lowell, MA 01852
Tel: 978.596.1000; Fax: 978.454.1806
Email: cmaa@cmaalowell.org; www.cmaalowell.org

Salon at
Ashley PAIGE
DAY SPA

Allow yourself the
luxury of being
beautiful

(978) 250-9388

THE SHOPPES AT SUMMER STREET
CROSSING-7 SUMMER ST.
CHELMSFORD, MA 01824

EXECUTIVE DIRECTOR'S MESSAGE



If we look back twenty or twenty-five years ago, when we first arrived in the US from the long dangerous journey of escape from the Khmer Rouge's wrath, we all breathe a sigh of relief because we are in America now. We will not be tortured, starved, killed and separated from our loved ones again. At the same time, we felt some fear about our futures in this strange place. Many of us arrived with little but the clothes on our backs, with no knowledge of English language, American culture, no job skills and no one to point us in the right direction to get the help we needed to start our new lives.

In 1984, the CMAA was founded. With its focus on Cambodians helping Cambodians, the CMAA was a place where Cambodians could go and receive help from people who spoke their language, understood their culture, and shared their experiences. The CMAA was a place where one could go for help with renting an apartment, for English classes, for training in job skills that would help one get a new job. Over the years, the CMAA had many successes. It ran a daycare that allowed parents to work, in households where two incomes were needed to make ends meet. The CMAA offered English classes that allowed many newly-arrived Cambodians to communicate with their new neighbors; they helped with immigration issues that separated families; they ran classes and gave assistance for those seeking American citizenship; they provided family counseling for families under stress from the change in cultures; and they subsidized job placements that helped many get their first job. The CMAA ran one of the largest youth programs in Lowell, helping hundreds of youth to find their way between traditional Cambodian culture and the culture of their American classmates.

The CMAA became one of the leading forces in the preservation of traditional Cambodian culture. The CMAA brought the Water Festival to the banks of the Merrimack River. Today, this showcase for traditional music, dance and crafts draws tens of thousands of people from all over the globe. The youth program taught traditional dance and music to Cambodian youth to encourage the appreciation of their rich heritage.

Today, the Cambodian community in Lowell boasts many successful businesses and professional offices. A large number of Cambodians have purchased their own homes and are enjoying successful careers. Cambodian parents are now attending their children's college graduations. Many of these individual successes stem from the efforts of the CMAA.

All of these successes come from the sacrifices of the staff of the CMAA who worked long hours for less pay than many of their colleagues at other agencies. When finances were tight, many staff members did not get paid on time. The dedication of these staff members is an example for all of us.

Our work is not done. We face many challenges, especially after the 9/11 terrorist attacks on the World Trade Center Towers that created many negative sentiments towards immigrants and a floundering economy. These situations made it more difficult for us to achieve our goals. Nevertheless, the Board of Directors and staff are poised to overcome all obstacles in order to realize the CMAA's mission. We are focusing on our tasks of developing a strategic plan, growing our programs, investing in our board and staff developments, developing leaders within our community and within our youth, and working with our partners to complete the development of the 90,000 square foot historic mill building donated by Courier Corp. to the CMAA. I am very optimistic about the success of our community and of our organization.

Sincerely,

Vongsaranak Ros
Executive Director



do better biz

Congratulations from the Greater Lowell
Chamber of Commerce on your 20 years of
success.

Greater Lowell Chamber of Commerce
144 Merrimack St. Suite 203
Lowell, MA 01852
Website: www.glcc.biz



The President's Note



Dear Friends and Supporters,

It gives me great pleasure to warmly welcome you to the Cambodian Mutual Assistance Association (CMAA) of Greater Lowell's 20th Annual Celebration. Over the past 20 years, the Southeast Asian community has made great strides in the areas of business, economic development, education, social welfare, home ownership, as well as in the political arena. Today, we are proud that there is a Cambodian American City Councilor in Lowell, the Southeast Asian Water Festival is recognized nationally and internationally for its cultural contributions, and that the CMAA has made significant improvements in its infrastructure.

Established in 1984 by Cambodian refugees in an effort to assist our community members to attain self-sufficiency, the CMAA has become the largest Southeast Asian social service agency in Greater Lowell. We are grateful to the Courier Company for their kind donation of the Hamilton Building that now houses the CMAA. In a collaborative effort with the Boston-based Architectural Heritage Foundation, our building will undergo major development. We are also enthusiastic to be a partner in the City of Lowell's JAM Plan.

Federal, State and local budget cuts have deeply impacted the CMAA's programs. These cuts have come at a time when unemployment and poverty have increased in our community. Unfortunately, we have lost some valuable programs that would have been instrumental during these difficult times. Consequently, we had to continue providing essential services to our community with limited resources. The support of our funders, sponsors, partners and other key stakeholders enabled us to be a viable agency and to continue providing services. And therefore, we extend our sincere thanks to all who have supported the CMAA over the years.

Most recently, through the auspices of the Jericho Road Project and Sherbrooke Partners, the Board of Directors of the CMAA conducted an organizational assessment. This important initiative served as a guide toward systematic changes within the agency. These changes began with diversification of the Board of Directors, financial accountability, and improving daily operations. Currently, the CMAA has board members with diverse and relevant expertise who are positioned to lead the agency. In addition, our Executive Director has been a great advocate for the CMAA and an essential liaison with the public and private sector. Most importantly, the staff has been a core asset throughout the years. We are proud of their energy and selfless dedication, which is the foundation of the CMAA.

As we grow in strength and recognition, it is our sincere hope that we will continue to work together to achieve our objectives. On behalf of the Board of Directors, I would like to express my sincere thanks to all donors, sponsors, advertisers, and individuals who helped make this 20th Annual Celebration successful.

Sincerely,

Hai Cheng
Chairman
CMAA of Greater Lowell, Inc.

STAFF - បុគ្គលិក



ADMINISTRATION - ផ្នែកគ្រប់គ្រងទូទៅ
Vongsaranak Ros, *Executive Director*
Thirith Hut, *Fiscal Manager*
Ronnie Mouth, *Office Manager/BookKeeper*
Holy Khut, *Network Administrator*

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

MONOROM FAMILY SUPPORT PROGRAM - ផ្នែកគាំទ្រស្នេហា
Boroeth B. Chen, *Program Coordinator*
Thy E. Chey, *Case Worker*

CAMBODIAN HEALTH PROMOTION PROJECT - ផ្នែកជំនួយសង្គមទូទៅ
Sarah C. Uch, *Health Promotion Coordinator*
Barbara Zipps Glass, *B.S., R.N., Program Nurse*

ELDERLY SERVICES PROGRAM - ផ្នែកជំនួយសេវាស្រុក
Im Sok, *Outreach Specialist*

EDUCATION DEPARTMENT - ផ្នែកអប់រំ
Judith Dickerman-Nelson, *Director*
Marion Best, *Instructor*
Holy Khut, *Computer Instructor*
Kerriane McDermott, *Instructor*
Kosal Suon, *Instructor*
Sak Seang, *Bus Driver*
Gina Moscato, *Administrative Assistant*

VOLUNTEERS - អ្នកជំនួយស្ម័គ្រចិត្ត
David Fofanah, Megan Kludt,
Reine El-Achkar, Sophea Meng,
Chhay Chhean, Rin Sok

CONSULTANTS - អ្នកជំនួយឯកទេស
Architectural Heritage Foundation, *Building Development*
Anstiss & Co., *P.C. Certified Public Accountants*
Louis S. Haskell, *Esp., Legal Counsel*

BOARD OF DIRECTORS - គណៈកម្មាធិការនាយក
 Hai Cheng, *President-Guidance LPS*
 Phala Chea, *Vice President-Administrator LPS*
 William Lipchitz, *Treasurer-Deputy Director*
 Stuart Santelmann, *Secretary-Assist. Director*
 Chuck Sart, *Board Member-Social Worker*
 Mehmed Ali, *Board Member-Coordinator, Lowell Nation Park*
 Sophyroth Sun, *Board Member-Recent grad. School of Law*
 Sovannara Neang, *Board Member-Paralegal*
 Lee Libbey, *Board Member-Legal Research*
 James J. Cook, *Board Member- ED, LDFC/Lowell Plan*
 Tooch Van, *Board Member-UML Community outreach Coord.*

CMAA's ADVISORY BOARD
ក្រុមប្រឹក្សាសមាគមខ្មែរ
Mr. Tem Chea
Dr. Sambath Keo
Mr. Vesn Nuon
Dr. Jeffery Gerson
Thomas Stylienos Jr., Esp.
Vanhan Un, Esq.
Chanrith Uong, Lowell City Councilor

KHEMARA RESTAURANT
ភោជនីយដ្ឋានខេមរា
Cambodian, Chinese, Lao and Thai Cuisines
 ភោជនីយដ្ឋានខ្មែរមានទទួលធ្វើម្ហូបការ ជប់លៀងបង្កក់ក្នុងនិងបុណ្យកំណើតក្នុង
Open 6 days a Week
Closed Tuesday
 308 Westford Street
 Lowell, MA 01851
Tel. (978) 452-4431


Reiki Unlimited
Evelyn Padma Morel
Reiki Master
 Usui Shiki Ryoho Method
 Classes
 Individual Treatments
 Location: Cambridge and Lowell
 978-937-0059


Barbara Zipps Glass
Feng Shui Coach
ក្រីហ្សុបស៊ីយ
 Phone: 978-957-8081
 Fax: 781-998-0328
 Email: bzg@verizon.net

EDITOR-IN-CHIEF'S NOTE



Welcome to CMAA Lowell Magazine! As the Editor-in-Chief for this special program book edition, I am pleased to provide you, the reader, with a variety of thoughtful and some powerful articles and advertisements brought to you by our various contributors and supporters. With the guidance of several members of our team, I am proud to introduce this special edition to you. I am also grateful for the opportunity to actively participate in all aspects of CMAA goals and aspirations, for I have always believed that it is through dedication and involvement in the community that we discover ourselves.

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 20th Anniversary celebration. To begin with, I would like to thank Brian B. Chen, the Associate Editor, who has devoted much time and energy to this endeavor; specifically, to the complete layout of the magazine. I would also like to thank Ronnie Mouth, Barbara Zipps Glass, Judith Dickerman-Nelson, Sarah Uch and other staff who have been especially helpful in collecting submissions, typing and editing this fine work. What great display of teamwork!

This special publication has the privilege of introducing agencies and businesses to the community. We are grateful to those who have contributed to the magazine, and we encourage others to use this as a resource.

I encourage all of you to take time to read and think about the impressive submissions provided in this special magazine. Please contact us with any comments, suggestions, or ideas that you have to help us grow and improve as an annual publication. I would love to hear from all of you, and I hope you find this program book helpful and insightful!

Happy Anniversary, CMAA! May you continue to prosper and achieve.

Phala Chea, Ed.D.

The Value of Health

By Barbara Zipps Glass, BS, R.N. of CMAA

The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or illness.

If we believe that this definition summarizes our well being, then we might want to ask ourselves, what value we put on health. Do we appreciate health as a positive feature of our lives?

We do not function in this world in the physical aspect alone. Health is more than our physical body. In understanding our health we need to understand how our emotions, feelings, beliefs and values play a role in both our health and our illness.

What role does knowledge play in our understanding of health? First, we need to be able to understand what information the medical provider is conveying to us. Next, knowledge allows us to have a clearer understanding of our health status, illness or disease, in order to ask questions and interpret the new information. Finally, this knowledge allows us to make a more informed decision in determining what type of treatment we feel is right for us and choose to pursue.

There are several ways to keep ourselves healthy.

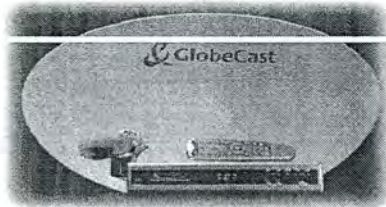
Awareness: Being aware of when something is feeling out of balance and understanding what our body is telling us.

Prevention: Use nutrition, exercise and activities, limit stress factors, practice stress management, and be aware of subtle physical changes.

The value of health page 9

Stay in touch

with two Cambodian-language channels !



GlobeCast WorldTV Home Satellite System



Your direct link to Cambodia:
a daily look at what's hot & happening in the social, political & entertainment scenes of Cambodia today.



Cambodia's national broadcaster.

GET BOTH CHANNELS FOR ONLY \$24.99 PER MONTH!
CTN Regular price: \$19.99/month



Contact local representatives **Vara Duong @ 978-569-3921** or **Saloeun Kong @ 978-996-7156** to take advantage of this special offer or

Call **1 888 988 5288**

www.globecastwvtv.com to Subscribe Today! www.ctncambodia.com

Continue from page 8

Treatment: Talk with medical providers and family; take your medications as prescribed; learn about your current health status, diseases and illnesses; understand your treatment options; balance rest and exercise; and eat a healthy, balanced diet.




ព្រះបរមរាជវាំង
NEW PAILIN JEWELRY



Diamond Gem Stones Fine Jewelry
Wholesales Retail Exchange
Repair & Custom Design

706 Middlesex St. Bus. (978) 937-5885
Lowell, MA 01851 Fax. (978) 937-5838
Open 9:30 AM to 6:00 PM

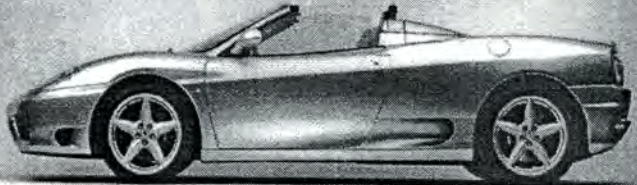




ANGKOR WAT REALTY
 704 Middlesex St. Lowell, MA 01851
 www.angkorwatrealty.com
 Money Var Realtor
 mony@angkorwatrealty.com
 Office: 978-596-0028
 Fax 978-452-1741
 Cell: 978-580-9542


Mony Var Insurance Agency
 Auto • Business • Home




Money Var Owner | Broker
 monyvar2003@yahoo.com
 704 Middlesex St. • Lowell, MA 01851 • Tel 978-452-1390 • Fax 978-452-1741



ANGKOR WAT REALTY



Mony Var Insurance Agency




KHMER ANGKOR MARKET
 Fresh market
 Open 7 days a Week
 37 Branch Street
 Lowell MA 01851
 Tel. (978)934-0819
 Cell:(978)580-1094
 Fax:(978)970-0783

ផ្សារ ខ្មែរអង្គរ




ផ្សារ ខ្មែរអង្គរ យើងខ្ញុំមានលក់
 គ្រឿងឧបត្ថម្ភសេវាសម្រាប់ការលក់ទំនិញផ្សេងៗទៀត
 ដែលមានគុណភាពខ្ពស់ ហើយនិងមានលក់បន្ត ផ្លែឈើ ត្រី
 លាច់ ក្តាម គ្រប់ៗទៀតផង ។ សូមឆន់ច្រើន! សូមឆន់ច្រើន!
 ផ្សារ ខ្មែរអង្គរ មានទំនិញលក់ជូនលោកអ្នកមានតម្លៃថោក
 បំផុត ។ យើងខ្ញុំនឹងបំរើលោកអ្នកដោយមេត្តាភ័យ ។

សូមឆន់គុណ

明宮酒家
 អាជីវកម្ម មេគង្គ

MEKONG RESTAURANT
 Authentic Chinese, Cambodian, and Vietnamese Guisines

378 BROADWAY STREET Bus. (978) 441-6353
 LOWELL, MA 01854 (978) 580-1053

Margo Mam Thach
 និសាស ខ្មែរ



HOMEPACE REALTY
 692 Middlesex St., 2nd Floor
 Lowell, MA 01851
 Cell: 978.804.5047
 Fax: 978-937-2101

Website: www.HomePlaceRealtyInc.com
 Email: MergolmamThach@aol.com

Realtor
 Speaks: Khmer, French and Malay



Education at the CMAA

by Judith Dickerman-Nelson: Education Director

The Cambodian Mutual Assistance Association was formed twenty years ago to assist new refugees to the Lowell area. The programs of this agency have helped many as they've made their home here. The education department has been a cornerstone of this assistance association, and our anniversary provides an opportunity to reflect on our growth.

On any given day at the CMAA, one can find educational activities going on. We have a variety of classes taking place Monday through Saturday, and the range of activities is great. From computer classes to Khmer classes, from English classes for speakers of other languages to traditional dance classes, from GED classes to music classes—the options go on.

Our computer teacher, Holy Khut, teaches two classes: computer class level I and computer class level II. In these classes, Mr. Khut introduces students to computers, and in level one he introduces keyboard typing, computer hardware, Windows, and Microsoft Word. In level two, Mr. Khut goes deeper into Microsoft Word, and teaches students about cover letters and resumes; additionally, the teacher introduces the Internet and how to use search engines.

We have literacy classes that focus on reading comprehension and writing skills. Here our teacher Marion Best leads students in activities that strengthen their written communication skills. Ms. Best assists the students with critical thinking skills, as well, and these skills will help our students as they move into the work world.

One of our longest running programs at the CMAA is the Young Parent Program. This is an alternative education program for young parents between the ages of fourteen and twenty-one who have dropped out of school. The program helps students prepare for the GED test by studying the five subjects of that test. Additionally, this program focuses on life skills, including parenting issues and work-readiness. The aim of the Young Parent Program is to help the young parents move towards self-sufficiency, and it is our belief that an education and a job will take them there. Kerriane McDermott and Marion Best teach in this program, providing classes and personal support. Our bus driver for this program has been Sak Seang. Ms. McDermott has been driving while Mr. Seang has been sick. We appreciate her willingness to jump in and drive!

In addition to the Young Parent Program, we have had GED classes for anyone interested in gaining a high school equivalency diploma. We've had young students who have recently dropped out of high school, and we've had older students who left high school a long time ago. The various ages represented remind us that it is never too late to learn.

The CMAA is also the site of a satellite program for Lowell Adult Education (LAE). As a satellite of LAE, we are able to offer English classes for speakers of other languages (ESOL). We have a morning class and an evening class taught by Mr. Kosal Suon. Mr. Suon assists students in language acquisition, and the classes are lively and informative. The CMAA enjoys its collaboration with Lowell Adult Education and appreciates the opportunity to serve students who need to learn English.

In the past, the CMAA had a youth program that featured peer leaders and dance instruction. Although that particular program has closed, the agency—always seeking to improve—has begun another program. On Saturday mornings, a new dance troupe practices traditional Cambodian dance to the sounds of traditional music. The Bayon Fine Arts Troupe is the newest addition to the CMAA and with its dance instruction and music instruction seeks to instill a love and respect of Cambodian culture. Additionally, there are Khmer language classes taking place on Saturdays and students are learning the Cambodian alphabet.

The Education Department has grown over the past twenty years, and we are grateful to the many funders who recognize the importance of education. I would like to take this time to thank the Department of Transitional Assistance, the Greater Lowell Workforce Investment Board, the City of Lowell Enterprise Community, United Way, the Freeman Foundation, the Fay Foundation, Foundation M, the Department of Education, and all others who have supported us in the past. We look forward to your continued support as we move forward.

In addition to our funders, the education department has collaborated with a number of agencies over the years. Thank-you to the Department of Health, Alternative House, Women's Services, WIC, the Mental Health Association of Greater Lowell, Early Intervention, and so many others. We have benefited from the workshops and information you have shared freely with our students. Over the years, there have been many who have helped the education department, and I may have forgotten to name all of those who have been of assistance. Please forgive me and know that we appreciate all that people have done to make certain that the CMAA's mission to improve lives through education continues to be met.

**The Lowell Development and
Financial Corporation**

Congratulates

the

**Cambodian Mutual
Assistance Association**

on your

20th

Anniversary Celebration!

Best wishes for continued success.

School has started!

- ◆ Are the school hours right for your family?
- ◆ Is the new teacher right for your child?
- ◆ If the answer is "I'm not sure", then come visit us at Lowell Community Charter Public School.



*Enroll now for limited openings in some grades.
Call or visit us today.*

Lowell Community Charter Public

Lowell's Free
Public Elementary & Middle School of Choice
206 Jackson Street, Lowell, MA 01852

Call Rida Eng 978-323-0800 X215
For application

GREAT RATES • LEGENDARY SERVICE

Bank Here!

Lowell • Chelmsford • Dracut • Tyngsboro

Open an account today!

JDCU

Jeanne D'Arc Credit Union



"Experience a Better Way of Banking"

JDCU.com or (978) 452-5001



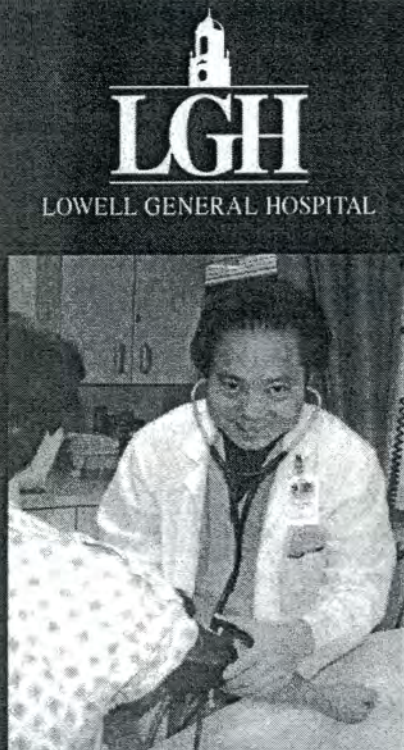
Right In Your Own Backyard!



Banknorth Massachusetts

**Banknorth support the
CMAA and proud to be
a sponsor of their 20th
Anniversary Celebration**

*Lowell General
Hospital
congratulates
the Cambodian
Mutual Assistance
Association
on their
20th Anniversary
Celebration.*



*Lowell General
Hospital
សូមសម្តែងនូវ
សេចក្តីអបអរ
សាទរចំពោះ
សមាគមខ្មែរ
នូវបុណ្យខួប
ឆ្នាំទី២០នេះ។*

295 Varnum Ave. • Lowell, MA • 01854 • 978-937-6000 • www.lowellgeneral.org

CURRENT PROGRAMS/ PROJECTS:

កម្មវិធីរបស់សហគមន៍ខ្មែរដែលមានសញ្ជាតិខ្មែរនេះ

- 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



គោលការណ៍របស់កម្មវិធីគឺធ្វើឲ្យមានការយល់ដឹងថែមទៀតអំពីបញ្ហាសុខភាពដែលទាក់ទងនឹងជម្ងឺបេះដូងនិងជម្ងឺទឹកនោមផ្អែមចំពោះប្រជាជនខ្មែរ

ដែលរស់នៅក្រុងឡូវែល។

- 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



បង្រៀនអ្នកកម្មវិធីអប់រំរបៀបទាក់ទងជាមួយវេជ្ជបណ្ឌិតឲ្យបានប្រសើរឡើងនិងផ្តល់ឲ្យនូវព័ត៌មានស្តីអំពីការព្យាបាលជម្ងឺ 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.

កម្មវិធីជនភៀសខ្លួនដែលប៉ះទង្គិចខាងចិត្តរាមណ៍

ផ្តល់ជំនួយក្នុងការស្នង់មើលជម្ងឺចិត្តរាមណ៍និងសេវាអប់រំសុខភាពដែលសហការណ៍ជាមួយកម្មវិធីជនភៀសខ្លួនដែលប៉ះទង្គិចខាងចិត្តរាមណ៍ (ជាកម្មវិធីដែលគេទទួលស្គាល់ខ្លួនអន្តរជាតិ) ក្នុងការជួយជនរងគ្រោះនៃបនប្រល័យពូជសាសន៍ ដែលរស់នៅក្នុងប្រទេសអាមេរិក និងប្រទេសកម្ពុជា។

- 4) **Elderly Services Program-** provides our elderly clients with direct services such as transportation to their doctor's office, language interpretation, and assistance applying for health benefits. We also link them to education classes offered at the CMAA and our partner agencies.



ផ្តល់ជំនួយដល់ចាស់ទុំខ្មែរនូវការបំរើដូចជាយានជំនិះទៅការិយាល័យវេជ្ជបណ្ឌិត បកប្រែភាសាជួយដាក់ពាក្យសុំជំនួយផ្នែកសុខភាព ។ យើងក៏មានការតភ្ជាប់ជាមួយបណ្តាញអប់រំផ្សេងៗទៀតផង ។

education classes offered at the CMAA and our partner agencies.

កម្មវិធីមនុស្សចាស់

ផ្តល់ជំនួយដល់ចាស់ទុំខ្មែរនូវការបំរើដូចជាយានជំនិះទៅការិយាល័យវេជ្ជបណ្ឌិត បកប្រែភាសាជួយដាក់ពាក្យសុំជំនួយផ្នែកសុខភាព ។ យើងក៏មានការតភ្ជាប់ជាមួយបណ្តាញអប់រំផ្សេងៗទៀតផង ។



- 5) **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; GED classes for anyone interested in preparing for the GED; computer classes, both level I and level II;



literacy classes focusing on reading and writing; and ESOL classes for people who want to learn English.

literacy classes focusing on reading and writing; and ESOL classes for people who want to learn English.

កម្មវិធីសិក្សាអប់រំ

រួមមានកម្មវិធីយុវមាតា កម្មវិធីហ្វឹរឌី សំរាប់យុវមាតាដែលមានអាយុរវាង១៤-២១ឆ្នាំ និងថ្នាក់ហ្វឹរឌី សំរាប់មនុស្សទូទៅប្រាថ្នាចង់ប្រឡងបានហ្វឹរឌី, មានថ្នាក់កុំព្យូទ័រកម្រិតទី១ និង ទី២, ថ្នាក់ភាសា



ដែលរៀនអាន និងសរសេរ ហើយនិងថ្នាក់ អ៊ីវេនរូ អិល សំរាប់អ្នកដែលចង់រៀនភាសាអង់គ្លេស។

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



កម្មវិធីមនោរម្យជំនួយគ្រួសារ គឺមានគ្នាទិដ្ឋយគ្រួសារខ្មែរណា ដែលមានកូនពិការផ្នែកសតិប្រាជ្ញា ដែលរស់នៅទីក្រុងឡូរីស្ទូនការ បំរើគ្រួសារខ្មែរដោយបុគ្គលិកខ្មែរ។



Any question/information regarding CMAA's projects/programs please contact: (978) 596-1000 សម្រាប់ព័ត៌មានបន្ថែមសូមមេត្តាទាក់ទងសមាគមខ្មែរ ដែលមានលេខ (៩៧៨) ៥៩៦-១០០០

Cambodian Arts Education Program is now recruiting students of all ages who are interested in learning to:

1. Read and write in Khmer
2. Perform classical, folk and popular/modern dances
3. Act in plays
4. Play modern/traditional musical instruments

Learn and preserve the Cambodian culture from the masters for only \$25.00 per quarter. We also have our very own Bayon Fine Arts Troupe and Bayon Band under this program.



Instantly Access Client Information
Manage & Grow Relationships
Stay on top of your Schedule
Improve your Bottom Line

<p>Training & Customization Data Conversion Integration & Synchronization Tech Support & Sales Product Demos</p>	<p>Don Glass Act Certified Consultant Act Premier Trainer Phone 800 675-4342</p>
--	--

PHNOM PENH INTERNATIONAL TRAVEL SERVICES

ក្រុមហ៊ុនទេសចរណ៍ភ្នំពេញ

21 Branch Street, Suite 1
Lowell, MA 01851
Tel: (978) 970-5999
Fax: (978)-970-5599

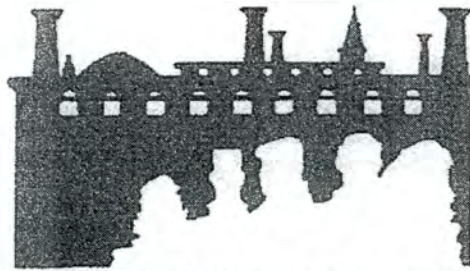


109 Lafayette Street #C-5
New York, NY 10013
Tel: (212) 219-2547
Fax: (212) 431-8293

ក្រុមហ៊ុនទេសចរណ៍យើងខ្ញុំមានធ្វើសេវាដូចខាងក្រោមនេះ

- លក់សំបុត្រយន្តហោះសម្រាប់ក្នុងនិងក្រៅប្រទេស
- ធ្វើ Re-entry Permit "ធ្វើល្បីក្នុងរយៈពេល១ឬ២អាទិត្យបាន"
- ធ្វើ Green Card និងលិខិតឆ្លងដែនខ្មែរដែលហួសថ្ងៃកំណត់
- ធ្វើទិដ្ឋការ (Visa) សម្រាប់ទៅប្រទេសខ្មែរ ចិន អូស្ត្រាលី លាវ ថៃ សិង្ហបុរី និងវៀតណាម
- ធ្វើសំបុត្រធានាយកប្រពន្ធ ឬប្តីមកពីប្រទេសក្រៅ
- លក់កាតទូរស័ព្ទសម្រាប់ក្នុងនិងក្រៅប្រទេស
- ជួយបំពេញសំណុំរឿងចូលសញ្ជាតិអាមេរិកាំងនិងធ្វើ I-94
- ទទួលធ្វើប្រាក់ទៅក្នុងពេញនិងបាត់តំបង

យើងខ្ញុំរង់ចាំបំរើអ្នកទេសចរណ៍



CONWAY

INSURANCE AGENCY

ក្រុមហ៊ុនធានារ៉ាប់រង ខនវេ

Philip Sopheap Muth

Office Manager

P.O. Box 1744

77 E. Merrimack Street

Lowell, MA 01853

Tel: 978-454-5054

Fax: 978-453-2480

www.conwayinsurance.com



*Celebrating 40 Years
of Building
Communities -
Changing Lives*

Congratulations to the CMAA

on Your

20th Anniversary

Community Teamwork, Inc.

167 Dutton Street, Lowell, MA 01852,

(978) 459-0551, www.comteam.org

បុព្វស៊ី.អីម.អេ.អេ

ជូនជាចំណងជើងដល់សមាគមខ្មែរក្នុងឱកាសបុព្វបុត្រ
ឆ្នាំទី២០ (១៩៨៤-២០០៤)

រសៀលជ្រៀលជ្រែក្បែរជើងភ្នំ
មេឃមីស្រទុំសត្វយំឆ្លើយ
ជំនោររសាត់ជាត់តំកើយ
ស្រណោះត្រាណាត្រើយខ្លិនបុព្វ ។



ស៊ី.អីម.អេ.អេ កែវព្រលឹង
នៅជាប់តែនឹងដួងចិត្ត
យើងបានសាងក្បួនជូនវាសនា
ស្នាមអនុស្សាវរីញាថ្មីៗ ។

ឱ! បុព្វស៊ី.អីម.អេ.អេ
សំបូរមន្តស្នេហាចិត្តកក្កើ
សម្លេងពីរោះមានឈ្មោះល្បី
នៅលើលោកកក្កើស្នង ។

បើបានជួបហើយចង់ជួបទៀត
មិនដែលចង់ឃ្លាតពីនួនល្អង
ព្រោះតែបុព្វស្រសកន្លង
សប្តាសូមជូនថ្នាក់ថ្មីមែ ។

បុព្វស៊ី.អីម. ម្ចាស់ដួងចិត្ត
អេ.អេ. មាសស្និទ្ធតតបែកបែរ
ពីថ្ងៃនេះទៅនៅតែស្នេហា
សមាគមខ្មែរឡើយអើយ ។

ដោយលោក ស-ស៊ីក្តី

Special thanks to the following raffles donors for our 20th Anniversary Celebration:

1. Keith Sor-Gift certificate for chiropractic evaluation for 10 people.
2. Louis Haskell-Certificate for "How to get Rich"
3. CMAA's Board of Directors-Free Khmer lesson for 6 months
4. Paige Day Spa Salon-\$200.00 Gift certificate
5. Plaza Liquors-Bottle of wine
6. Barbara Zipp's Glass-Two hour Feng Shui (Hong Suy) consult for your home or business
7. Dr. Chetra Keo-T-shirts, back support
8. Khemara Restaurant-Dinner certificate for 2 people
10. Buntha S. Krouch, Koun Khmer Show-DVDs
11. CMAA's Staff-Additional raffles



Special Thanks to the following Media for their support!

"Voice of CMAA -Thinking Out Loud Radio" WUML 91.5 FM, Every Monday at 11:00AM, Hosted by Brian B. Chen and Sovann Kheam

"Voice of Cambodian Children Radio" WUML 91.5 FM, Every Sunday from 1:00PM-10: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

20th ANNIVERSARY PROGRAM

កម្មវិធីនៃបុណ្យប្រគល់ឆ្នាំ ២០

Master of Ceremony:

Ms. Sarah Uch

Ms. Barbara Zipps Glass

Mr. Sovannndara Neang

6:30-7:00PM	Cocktails and Networking.....	ការជួបជុំនិងសំណេះសំណាលគ្នា
7:00-7:15PM	Blessing Dance by the Angkor Dance Troupe.....	របាំជូនពរដោយក្រុមរបាំអង្គរ
7:15-7:25PM	Speaker: Mr. Vongsaranak Ros.....	សុន្ទរកថាដោយលោក វង់ រស់
7:25-7:35PM	Tivear Propei Dance by Bayon Fine Arts Dance Troupe.....	របាំទិវាប្រពៃដោយក្រុមរបាំបាយ័ន
7:35-7:40PM	Homroang Dance by Bayon Fine Arts Dance Troupe.....	របាំហោមរោងដោយក្រុមរបាំបាយ័ន
7:40-7:50PM	Speaker: Mr. Hai Cheng.....	សុន្ទរកថាដោយលោក ហៃ ឆេង
7:45-7:50PM	Poem by Mr. Sak Seang.....	កំណាព្យដោយលោកសាក់សេង
7:50-8:00PM	Key Note Speaker: Mr. Rithy Vong.....	សុន្ទរកថាដោយលោក រិទ្ធី វង់
8:00PM-12:00AM	Dinner, Recognition/Award, Raffles, Dancing and Entertainment by the Bayon Fine Arts Band.....	ពិសារភោជនាហារ ការទទួលស្គាល់/រង្វាន់លើកទឹកចិត្ត រង្វាន់អនុស្សាវរីយ៍និងទំនំសាន្តជាមួយក្រុមតន្ត្រីបាយ័ន ដោយមានកញ្ញា សូ សុភក្រ ដែលជាតារាចម្រៀង ដ៏ល្បីប្រចាំតំបន់ នូវអឺរ៉ាស៊ី ចូលរួមផង ។

LOUIS L. PINN INSURANCE AGENCY

ការិយាល័យធានារ៉ាប់រង

1519 Middlesex St. 2nd Floor PHONE: (978) 452-4748
 Lowell, MA 01851 FAX: (978) 452-4754

A Dedicated Servant

By Judith Dickerman-Nelson



Rany Him was born on March 2, 1966, and she died on September 13, 2004. She died much too young, and her life was much too short. But during this short time she touched many people in many ways. I met Rany for the first time in 1995 at the Cambodian Mutual Assistance Association (CMAA). This was when the CMAA was located on 125 Perry Street. Rany performed many duties for the CMAA, then. I got to know her well, as one of her jobs was working as the recruiter for the Young Parent Program (YPP). As the director of the YPP, I was Rany's immediate supervisor. She also worked as the Coordinator of the Citizenship Program.

Working with Rany, I had the opportunity to see her every day. What I remember most is Rany's smile and sweet voice. She always smiled, and she always had something good to say, a compliment that made you happy. Looking back, now, I imagine Rany must have had a personal motto that she would say something nice to everyone she met, because every day she did.

At anniversary parties and New Year's celebrations, I would often see Rany dancing the Rom vong. She would teach me how to hold and move my hands, how to move gracefully around the room. Rany was a wonderful teacher, and this is the role many people remember her in. She worked with the children of the CMAA's Monorom program, teaching traditional Cambodian dance to children with Down's Syndrome and other disabilities. Rany had patience, and I remember watching her adjusting a young dancer's hands so that they would have the proper form. In the afternoons and early evenings, Rany would work with the youth, teaching the young men and women the Coconut dance or the Pestle dance. Most recently, she was working with the Bayon Dance Troupe, and I know she was thrilled when Paula Chea and Sovandara Neang went to see her in the hospital. They brought a picture of the kids performing at the Water Festival and a card signed by the troupe.

Rany took her teaching job very seriously, as she was passing on knowledge of Cambodian dance that was almost lost during the Khmer Rouge. By passing on her own knowledge of dance, she made certain that this tradition of intricate, beautiful dance would live on. I remember watching the young dance troupe performing at various events and seeing Rany watching too, like a proud mother observing her children.

Rany worked for the CMAA while raising her own young children. She and I would speak about our families, and I know she loved hers deeply. Like many mothers, she juggled the demands of being a mother, a wife, and a worker. And despite the demands of her busy life, Rany always put on a happy face. I loved to hear her laugh and to see her joking with friends.

In 1998, Rany left the CMAA to work at the Department of Transitional Assistance. We were all sad to see her leave, but since my program works closely with DTA, I would still see Rany regularly. Additionally, Rany continued to come to the CMAA to teach dance. She volunteered her time, generously giving of herself so others would know the beauty of Cambodian dance. So we honor Rany's memory by remembering her beautiful spirit, by remembering to always say something nice to people we meet, and by remembering traditional Cambodian dance.

UPS Salutes The Cambodian Mutual Assistance Association for 20 Years of Community Support!

**UPS IS NOW HIRING PART-TIME PACKAGE HANDLERS
AT OUR CHELMSFORD FACILITY**

(Must be able to lift parcels weighing up to 70 lbs.)

UPS OFFERS YOU AN INCREDIBLE BENEFITS PACKAGE AND EDUCATIONAL PACKAGE!

**GREAT STARTING WEEKLY PAY • MEDICAL & DENTAL INSURANCE
HOLIDAYS OFF • 401(K) • PAID VACATIONS
UPS BONUS PROGRAM • AND MUCH MORE!!!**

**The UPS
EARN &
LEARN
Program**

You can get up to **\$23,000***
for College Education Assistance!!!
*UPS Earn & Learn Program Guidelines Apply.



APPLY ONLINE:

www.upsjobs.com

FOR MORE INFO: 978-441-3400

UPS • 90 BRICK KILN ROAD • CHELMSFORD, MA

An Equal Opportunity Employer

UPS, the UPS trademark and the color brown are registered trademarks of United Parcel Service of America, Inc. All rights reserved.



Quality Healthcare By Choice, not by Chance

Medical Transportation To:

- Dialysis Appointment
- Radiation Therapy
- Doctor's Visits
- Physical Therapy
- Hospital Discharges



Ambulance and Wheelchair Van

24 – Hour Service

Lowell

978-441-9999

www.trinityems.com

សម្ព័ន្ធនាគារសុខភាពសហគមន៍កម្ពុជា ២០

ក្នុងការបម្រើសង្គមច្រើន



មណ្ឌលសុខភាពសហគមន៍ក្រុងឡូឡែល

Lowell Community Health Center
585-597 Merrimack Street
Lowell, MA 01854
Phone: (978) 937-9700
Fax: (978) 970-0057

Metta Health Center
មណ្ឌលមេត្តាសុខភាព
Phone: (978) 441-1700
Fax: (978) 454-1681

Cambodian Community Health 2010
សុខភាពសហគមន៍ខ្មែរ 2010
Phone: (978) 746-7829
Fax: (978) 937-3918

Reaksmeay Sangkhim: Cambodian HIV/AIDS Prevention and Education Program
កម្មវិធីរស្មីសង្ឃឹម: កម្មវិធីខ្មែរអប់រំ និងការពារអេដស៍អាយវីអេដស៍
Phone: (978) 937-9448
Fax: (978) 970-2225

Congratulations on 20 years of serving Cambodian community

HOMEPPLACE[®] REALTY INC.

ក្រុមហ៊ុនជំនួយខាងទិញលក់ផ្ទះ

**Are You Looking To BUY A HOME or
SELL A HOUSE IN MA, NH OR RI?**

WE CAN ASSIST YOU WITH ALL YOUR REAL ESTATE NEEDS.

RESIDENTIAL - INVESTMENT PROPERTY - COMMERCIAL - RENTAL

សូមទាក់ទងក្រុមហ៊ុនយើងខ្ញុំកុំខានតាមទូរស័ព្ទ ឬអាសយដ្ឋាននៅខាងក្រោមនេះ ។
ក្រុមហ៊ុនយើងខ្ញុំនឹងខិតខំបំរើលោកអ្នកក្នុងការរកទិញលក់ផ្ទះ ជួលផ្ទះ ដាក់ផ្ទះជួល ជំនួញខាងផ្ទះ
ឬអ្វីផ្សេងៗទៀតអស់ពីសមត្ថភាព ។ល។

Residential

Property Management



Investment Property



Rental / Leasing



Condominium



Commercial



Chelmsford Office
7 Summer St.
Chelmsford, MA 01824

978-256-8033 / Fax 978-256-6906

Lowell Office
692 Middlesex St.
Lowell, MA 01851

978-454-7700 / Fax 978-454-7702

Hours:

MONDAY – FRIDAY: 9:00 A.M. – 6:00 P.M.

SATURDAY & SUNDAY: 10:00 A.M. – 4:00 P.M. OR BY APPOINTMENT