



BACI Upward College Program Participants - Entering College as the Groups Scholars with Indiana University Bloomington.

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BACI Celebrates Achievements of the Community

The Burmese American Community Institute (BACI) held its annual open house where a group of women and high school students were honored for their achievements.

More than ten refugee women were trained to become licensed home childcare service providers under the Institute's Microenterprise Development Project (CMED). Programs Associate Lian Sang praised the women for their commitment and passion for childcare.



Childcare Service Providers with BACI CMED Program Lian Sang

"As a person who has been very closely working with them [the women], I know how hard they have been working with the training modules and the love they have for our community and children," said Sang.

Thirty-five high school students who completed Study and Life Skills Training, part of the Institute's Upward College Program, were also honored. The Institute reported that 100 percent of high school seniors attending the college preparation program were admitted into colleges, including prestigious institutions such as Indiana University Bloomington.

"All achievement is a direct result of a team effort towards achieving our common goals, and for the good of our shared society. Many have played important and unique roles," said Elaisa Vahnje, BACI executive director.

"All community members including education and community leaders, let us build strong and self-sufficient community here," said Ro Dinga, Board Chair of BACI.



The Community Integration Guidebook, developed by the Burmese American Community Institute, was released at the Chin National Day celebration, and is now available in English. The contents of the book are being translated into Burmese and Chin as a component of one of the Institute's programs Inform, Navigate, and Direct You Program (INDY).

The topics include understanding American culture, property and garden care, how to be a good neighbor, cooking and home safety, fishing safety, online and physical safety, domestic violence, substance abuse, minor laws, the importance of good moral character as a citizen, mental health, personal health/hygiene, and the American Bill of Rights.

In line with the comprehensive and multifaceted approach in our effort to effectuate cultural and community integration educational process, we have started disseminating the information through the first of a series of educational presentations April 6th. We will continue the campaign throughout 2014 and beyond, collaboratively with the Chin Community of Indiana, local churches, and experts in each of the areas. Depending on the resource availability, copies of the guidebook will be made available to all the refugees in Central Indiana free of charge.



Pu Zapeng Sakhong (Founding Board Member), Elaisa Vahnje (ED), Jane A. Gehlhausen (Mayor Ballard Office), and San Hlei Thang, President of CCI at the Releasing the Book - at the Chin National Day celebration, February 22, 2014.

Hlawn Kip Tlem

[Editor's Note: Mai Hlawn Hlawn came to the United States in 2008, and was one of the first students to get involved with BACI college preparatory activities in 2011 and is the very first college student among the participants to come back and volunteer with BACI in summer 2012 and 2013. She graduated from Southport High School with honors in 2011 and is also a recipient of highly competitive scholarships Lily Endowment Community Scholarship and Asian & Pacific Islander American Scholarship. She is currently in her junior year at the University of Evansville, majoring in Accounting].

Q. Why did you get involved with BACI? Which programs did you participate in?

A. I wanted to know more about college in general and its admission process. I participated and helped BACI organize a college trip to IU Bloomington in 2011. Through that trip, I learned a lot about college options and what to expect in college in terms of academic requirements and college life. I also volunteered with BACI Summer Scholars Research Program in 2012 and interned in 2013.

Q. How do you think BACI helped prepare you for college?

A. Through the IU Bloomington trip, I learned how to choose a major, the admission process; the academic tests and the steps that I needed to take in order to get into college, and the general information and criteria for scholarships. Also, it gave me the opportunity to be exposed to a college campus environment. The information they shared was useful and important to prepare better for my college and helped me realize that public universities are too big for me.

Q. How did you overcome challenges in high school?

A. I focused on school and studied hard. Also, I set a short term goal that was realistic and attainable, and used all the resources that were available. For example, I participated in a program like BACI and an after-school program at SHS where teachers helped students on their homework, college, and scholarship applications. Also, I was not embarrassed or hesitant to ask my teachers, friends, and community to help me with my education.

Q. What are your education and career goals? Who do you want to become?

A. Short term goal - Getting a Bachelor degree.

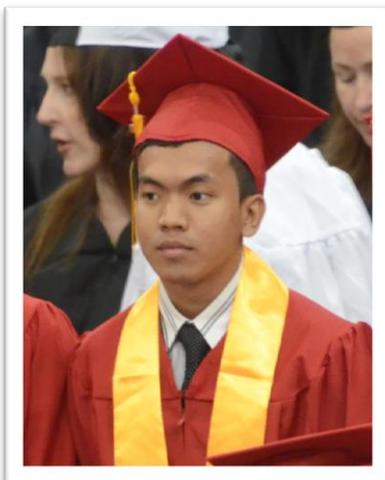
Q. We know that you have also volunteered with BACI in the past two summers. Can you please tell us about your experience?

A. During my internship with BACI, my responsibilities included but were not limited to tracking the cash flow for its programs, calculating and reconciling payroll, expenses and bank accounts, organizing the files of each program participant and staff member, the organization partners files, and helped prepare the organization's Fiscal year-end report. In addition, I was given the opportunity to adapt to all situations with flexibility. For instance, I would receive unexpected calls for help on filling out the application which usually diverted my attention for a period of time. The ability to refocus on my current task was a valuable learning experience and asset. Through this internship, not only did I have a chance to apply classroom accounting knowledge into real world situations, but also I developed my multitasking abilities. Moreover, I found the experience to be very rewarding and gratifying in many ways for the fact that I was able to give something back to my community through BACI.



Q. Anything you want to tell the current high school students from Burma?

A. Focus on school and study hard. Try to use all the resources available. Also, try to accept who you are and don't be embarrassed or afraid to ask for help.



[Editor's Note: Solomon Thawng is one of the first students who participated in the Upward College Program, developed by BACI in Fall 2011. He is the first a few students who came to volunteer with the program. He graduated from Southport High School in 2013 with honors and is now volunteering with the BACI Upward College Program while attending IUPUI].

Name: Solomon Thawng

College & Year: IUPUI, Business Management, Freshman

Scholarship(s): Southport Alumni Scholarship and CICF scholarship.

Q. Why did you get involved with BACI? Which programs do you participate in?

A. I wanted to use my spare time wisely and effectively. I didn't want to just sit at home doing nothing productive. Instead, I wanted to learn more and improve in any way I could with the help of the BACI program. I participated in a summer research program and the Upward College Program from Fall 2011 to Spring 2013.

Q. How has BACI helped prepare you for college?

A. BACI helped us complete scholarship applications with deadline reminders, pushed us to apply for as many scholarships as we could, gave us community service opportunities, and provided recommendation letters for me.

Q. How did you overcome challenges in high school?

A. Going to school in the United States as a foreign student who knew little to no English was challenging. However, a person with many challenges develops strong character. Challenges made me stronger. I just tried harder than any other student. That's how everyone should overcome challenges, right?

Q. What are your education and career goals? Who do you want to become?

A. I want to be a successful entrepreneur who can give back to the community and the country one day. I want to make a difference in the world.

Q. Anything you want to tell the current high school students from Burma?

A. Challenges will come along the way. That is life. Your attitude will determine who you will become. One advice for the high school students is to dream big. You can be the best in your career.

2014 Upward College Summer Scholar Application

We are pleased to announce that the 2014 Upward College Summer Scholar Program Application has been released. The online application accessible from the link provided below:

<http://www.baci-indy.org/2014-upward-college-summer-scholar-application-form/1080.htm>

The admissions are selective: The student's commitment to the program, leadership potential, parents education, family income, grade level, interview etc. are some of the factors considered when admitting the students to this unique, innovative, and intensive academic research program. The application deadline is May 12, 2014. Should you have any question, please contact us at 317-731-5537 or email: info@baci-indy.org.



At BACI year round Upward College Program, we teach and engage with the students in Tutoring, Standardized Test Prep, Essay & Technical Writing, Leadership Development, Study & Life Skills Training, Field Trips, College Admissions & Scholarship Application Assistance and more. Application for academic year 2014-2015 will be released in July on our Facebook page and website www.baci-indy.org. You may also request a copy by email to info@baci-indy.org or telephone at 317-731-5537.

Essay Contest Winner: The Importance of Community Integration by Esther Sang: What is Community integration? When I saw that question I had no idea what it meant because I had never heard of it. As I searched for the word I still did not understand what it said. After looking up all kinds of meanings, it came to me that community is a group of people that stays in one place, a group of people who want to have a better life and have more opportunities and who are accepting of each other's culture from all around the world. Community integration is to bring people together regardless of who they are and where they come from. We have to learn how to appreciate one another and show not only respect but kindness and acceptance of one another.

As a Burmese student living in America, it is a blessing from God because as we all know this is the land of freedom, where there are many opportunities for everyone. As time goes on, I have to adapt to the American culture as much as I can, but at the same time not forgetting my own culture and where I come from. Sometimes it is hard because I did not speak English when I got here, and I know that I am not the only one who had a hard time adapting this culture. Not only was it hard for us teenagers but for our older adults and our parents as well. There are many hardships for the people who did not speak English and had to figure every little thing out on their own. Most of the time kids have to go with their parents as interpreters to translate for them. For example, last summer I volunteered with one of the nurses to go to the homes of Burmese residents and we talked about how to take care of mothers and babies during the first couple of weeks to help them stay healthy. Parents have the hardest time adapting to the American culture because of the language barriers because most parents grew up with little education. Helping our parents with translating was a huge transition for us because we did not speak English very well and we were still learning.

Cultural integration is when a group or individuals who came to another country become culturally dominated by another society: we all have to start from the bottom on our way up. In America, Burmese parents have to work in order to provide for their families. Most parents work in factories where there are mostly hands-on jobs since speaking English is not one of their best skills. On the other hand, in Burma some parents worked on farms, but most did manual labor jobs such as carpenters, or housekeeping. As for the kids here in the USA, we go to school, study, and do our house chores just like other American kids, but unlike many American kids, socializing with our friends is not one of our options unless our parents say so. Some students also have to balance school and work here in the USA, but back in Burma, most of the kids did not even get to go to school because they couldn't afford it. In Burma children have to work to support their family from a young age.

I am a college student at Kellogg Community College and one of the problems that I encounter is not knowing what direction to go, how to be successful, or where to get help. This is really depressing sometimes because I don't know every little detail about the system of education. For example, some of my American friends know what career field they want to follow or what studies they want to pursue and they know how to get there without any distraction because their parents can guide and mentor them. As for me, I have to struggle and find out on my own because I don't have anyone to guide me and tell what direction to go. Yes, my mom encourages me to focus and study hard, but if I don't know what is really going on at school it is hard for me to focus. Parents have high expectations for their children and want their children to do well in school so that they do not have to go through what they went through and also so they can support their parents and themselves in the future.

In the Burmese culture, we don't like to ask for help, and are afraid to ask about anything. This is the case especially at school where I don't understand why we are afraid to talk to our peers and teachers. Let's say I don't understand something that we learned in class, I would be afraid to ask my teacher in front of my classmates. I believe I need to overcome being afraid of asking for help and that I need to come out of my comfort zone. This goes out to all Burmese students as well. I think Burmese and American students should come together, and help to achieve community integration: American students could help us by being mentors, and then both Americans and Burmese students could learn about one another, which would bring us together to be a part of one community. We can set an example to our parents and we will be able to help our own children more if we understand more about the American culture and become a more integrated community.

Even though we live in American and want to understand the culture and be a part of it, we must also embrace our own culture and our heritage. We all have different kinds of unique ways to embrace and be proud of our culture and celebrate it. One example is that we should celebrate our holidays such as Chin National Day, or Dawn Pui. These traditions and celebrations will remind us of where we came from and help us keep our pride in our culture for our younger generations.

ACHIEVE THE AMERICAN DREAM Free Information Session

Learn steps to...
Apply for Green Card and Become a US Citizen
Let the experts tell you how!

Like the previous years, BACI has started this year's Green Card and Naturalization information sessions, and the first two-hour presentation by the USICS was held at the Institute's Center on April 5 where more than 50 refugees attended. This series is implemented in collaborative partnership with Citizenship and Residency Alliance of Greater Indianapolis.

BACI continues to run the English, Citizenship, and Civic instruction in partnership with Central Nine. The classes are held at BACI Center every **Wednesday and Friday from 9:00am to 12:00noon**. Refugees and all permanent residents are eligible to take the classes FREE. Call 317-731-5537 to register.

Affordable Care Act aka Obamacare Presentation Held, the Marketplace Workshops Hosted

BACI hosted the Affordable Care Act (ACA) Workshop jointly organized by our partners CCI and churches. With the help of tens of volunteers from BACI and the community, the navigators from the Windrose Health Network and Eskenazi Health provided one-on-one application assistance. About 300 individuals and families benefited from the three consecutive workshops in the past three months. This followed an educational ACA presentation held earlier this year.



BACI Recognized with an "Outstanding Achievement Award" for its Service



Photo: Pu San Hlei Thang, President of CCI, presenting the Award to Pu Elaisa Vahnne, Executive Director of BACI, joined by Board of Directors and Executive Members of CCI at the Chin National Celebration on February 22, 2014.

The Burmese American Community Institute were recognized for their positive attitude, service, and assistance provided to the community members in an effort to help build a thriving, self-sufficient, and integrated community. "We are humbled and honored by this recognition," said the Institute's Director. Since its inception, BACI has assisted more than 1,000 individuals through its various programs and special projects.



Photo: CCI Board of Directors and EC Members with Sen. Brent Waltz

Daniel T. Moriarty, Trustee of Perry Township, was also recognized for the assistance he provided to the Burmese and Chin community in the Township. The awardees this year with different categories include the Chin Media Groups, the Chin Youth Organization, and the recent college graduates for their academic achievements. The awards were presented by the Chin Community of Indiana.

Julie Mawi

[Editor's Note: Julie Mawi, one of BACI Childcare Microenterprise Development Program participants, is now running her "Chin Suh" Daycare as a Childcare Service Provider, serving eight children. She also combined her Daycare with Home-based After School Tutoring sessions, in which fifteen students are currently enrolled. The following text is what she had to say at the BACI Open House in January 2013.]

As a refugee from Burma, I was resettled in San Antonio, Texas and lived there for three years. One month after my arrival, I was fortunate enough to get a job. I worked as a tutor and interpreter at a school. My job gave me a chance to interact and look after school kids on a daily basis, especially the refugee kids from Burma. I moved to Indianapolis in 2012 and started working as a teaching aid at Glens Valley Elementary school. Through my work experience at schools, churches, and with neighbors during the past four or five years, I have clearly seen the need for the childcare in our community.

It was perfect timing when I found out that BACI was starting to assist women in our community to become licensed childcare service providers. I immediately enrolled in the program. The training and education I have gained has not only gotten me the license that is necessary to operate a childcare service, but it has also given me confidence that I can provide the most appropriate and best quality childcare service.



Photo (Left: L-R): State Senator Brent Waltz, Labaya Lulu(CMED), Julie Mawi(CMED), Mawi Mawi(CMED), Lt. Governor Sue Ellsperman, and Lal Mawi(CMED) during the meet and greet recognizing the efforts of the CMED women who have shown exemplary dedication and resolve to provide a welcoming and educational environment for their community. Photo(Right): Julie Mawi and the Children at her Daycare.



Photo: The Children at Chin Suh Daycare operated and run by Julie Mawi.

The training includes CPR, safety, first aid, early childcare development, paths to quality, and much more. I am now well prepared and ready to help our community by providing childcare services so that not only are our children provided with age-appropriate educational development services in a safe environment, but also the parents will be able to work and earn money as well. I am grateful and happy for myself because I can help my community in this way.

Why do you think Childcare is important for your community?

I believe that education is the most important factor for the development of our community. The more educated individuals we have within our community, the stronger it will be. In order to accomplish this, we must focus on our children. However, as a refugee child in a new country with a new culture and language, there are challenges that wait ahead of them. They are not easily adapted to the US education system because of language and culture differences. Our children really need, but are lacking, teachers in our community who are of our own and can act as a bridge to the children's successful integration into the US education system. Therefore, I strongly encourage the youth and women of this community to become teachers or childcare service providers for the betterment and development of our community. I hope I may serve as a model for women in our community by sharing my good deeds and the success stories of my business with the community.

Childcare Upadi Thar cu Indiana State Governor Mike Pence nih Minthutnak A tuah Lai

Indiana State Governor a simi Mike Pence nih Indiana State chung ah license ngei mi lawng nih midang hngakchia zoh khenh khawh ding mi upadi (bill) cu min ka thut cang lai tiah March 14 ni, 2014 ni ah a chim.

“Kan dawtmi hngakchia hna tluk in tuanvo kan ngeih mi hi a um ti lo tiah ka ruah, cun kan hnu thla hrawng ah ngaihciat lung nuam lo dingmi thawngpang kan theih mi hna cu, kan za tein a kan intuar ter dih.” Tiah a Pence nih cun a chim rih.

Nai ah thil cang mi hna cu hngakchia zohkhenhnak hmun ah hngakchia cheukhat cu a kik tuk ruang ah a thimi an um, cun nau ihkhun a kik mi ruang ah a thimi hna, le biakinn chung tipil innak tikhur ah a tla I, a thimi hna an um. Kum 2009 thawk in hngakchia 31 cu hngakchia zoh khenhnak hmun ah an thi i, cu tin a thimi hna lak in 21 cu license ngei lo mi hna nih tuah mi ‘illegal day cares’ hna ah a thimi an si tiah Indianapolis Star nih an hlathlainak ah an hmuh.

Hngakchia zohkhenh tu hna nih kumkhat ah suimilam 12 chung cawwnak ‘training’ an ngei peng lai. Nikhat ah lent e celhnak can, rawl le changreu einak can, ti dinnak cang hna cu a caan khiah piak an si lai. License ngei lo mi hna nih tuah mi hngakchia zohkhenhnak hmun DayCare hna nih mah bantuk hin amah caan le ning cang tein thil tuah ding an dai thlang, I hngakchia umpi sawh sawh in an umpi hna.

Cucaah, Indiana State in upadi thiam sang hna nih an zohfian cikcek hnu ah thil an chuahpi mi cu Indiana State hruaitu hna nih Indiana cozah zungpi Statehouse ah, fehter ding caah vote thlaknak cu March 12, 2014 nih ah an rak tuah. Vote 75-21 in teinak an hmuh. Cun Indiana in ramkhel lei hruaitu Senate nih fehternak an tuah khawh ding ca zong ah vote 40-6 in teinak an hmuh tho tho. Cu tin Indiana State upadi thiamsang le ramkhel hruaitu hna nih rian an tuan I, fehternak an tuah mi cu Indiana State governor simi Mike Pence nih minthutnak tuah in fehternak a ngeih dingmi kong cu thei a si. (Ref. *Indy Star*)

Childcare Min Le Address: Kan Community caah tiah Nau Zohkhehnak a thawk cangmi le tuandeuh ah athawk hnga dingmi hna an min le an address atang lei ah hin hmuh khawh an si. License cu Cozah nih apekmi hna an si. An sinah telephone in chawnh in Nua chiah man, a caan, a hmun kong fiang deuh in hal khawh a si lai.

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Lt. Governor Sue Ellspermann Visit our Community

April 10, 2014 ah khan Indiana State Lt. Governor Nu Sue Ellspermann cu Chin ralzam tambik khuasaknak Indianapolis khua a ummi Kawlram ralzam pawl a leng hna tiah Global Chin News nih thawng a thei.

Burmese American Community Institute (BACI) nih a tuahmi Educational Programs ah a kaimi Nau Zohkhehnak a tuahmi Nu lei le siangngakchiah pawl an i zuamnak le hlawntlinnak theihpi le thazaang pek dingin in cu i tonnak i a rak rat hnawnchan cu a si, tiah thawng kan thei.



Governor Nu cu BACI Board of Directors member a simi Pi Nguncer Bualteng nih BACI aiawh in Chin thuum laksawng a pek.

Hi bantukin USA State Lt. Governor nih Chin ralzaam hna an hlawhtling ruangah a len hna le a ton hna hi a voikhatnak a si lai tiah zumh a si.

Cu i tonnak cun Senator Brent Waltz le upa dang cheukhat an tel pi khawh hna. Nu lei ni upadi ning tein, certificate le license ngeibuu tein Nau Zokhehnak an tuah cang i, BACI bawmhmi siangngakchiah tampi cu Scholarship tlamtling tein an hmu i, University akaimi mi zong an tam cang ti thawng kan thei.

BACI cu Chin le Kawlram ralzam pawl fimthiamnak lei in an tthanchoh khawhnak ding caah bawmchanh ding le chimrelpiak ding in kum 2011 ah rak dirmi buu a si. (Cr. Global Chin News)

Our 2014 Corporate Sponsor:



Green Card, Citizenship Bawmnak le Mirang Ca Cawnnak

Ni kum kan tuah tawn bantuk in, Green Card le American Citizen Sawknak kong cawnpiknak hna cu tukum zong ah BACI ah tuah thawk than a si cang. April ni 5, 2014 ni ah mah cu cawnpiknak cu tuah a si i, minung 50 reng lo nih Green Card le Citizenship sawk ningcang hna cu an cawn. USCIS nih cawn piaknak cu BACI center ah tuah a si. BACI le Citizenship and Residency Alliance of Greater Indianapolis riantuantti in tuahmi a si.

Mirang ca cawnnak, Citizenship Sawk le Interview tuah tikah aherhmi American Nunphung, Cozah, Tuanbia hna cawnpiknak cu BACI le Central Nine riantuan ti in tuah a si. **Cawn Nithum (Wednesday) le Cawn Ninga (Friday)** hna ah mah cu cawnnak class pawl cu tuah a si. Refugee le Green Card ngei ciah mi hna kai duhmi vialte kai khawh a si. Kai na duh ve ah cun, [317-731-5537](tel:317-731-5537) ah hin au law, min i pek khawh a si.

University / College Kai Na Duh Nain Tuah Dan le Application Tuah Ding Lam Ah Bawm Na Tul Pang Maw?

Kan lo bawm thei dingmi cu

- Kawlram i degree ngah zo mi nih US ram sung ummi University, College, Community College phun phun ah admission hmuh thei ding ah a tulmi bawmhna.
- Scholarship, Grants, Loan le Financial Aids dang dang phun phun sawknak ding hrang ah bawmhna.
- College admission standardized test: TOFEL, GRE, LSAT, GMAT, ACT tivek test tuahnak ding hrang ah tulmi kan lo sim thei ding.

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NAU HNUK DINH LIO MI HNA CAAH THEIHAWK THA

Nau Hnuk Dinternak Caah Thil Biapi Panga

➤ Hngakchia a chuah ka ah nu taksa he tonghter peng ding

Vui hmasa bik nau hnuk dinter mi hi hmai lei caan ah nau nih hnuk a duh ding caah a biapi ngai mi caan a si. Hrin khawh ka bawhkeuh hna cu a nu pawchung in a chuah ka suimilam pakhat chung hrawng i an i thang peng. Mah cu caan te cu hngakchia le a nu then lo in, hnuk dinter ah atha bik. Nurse te nih nau pawng thlai ding, mit zoh ding, le a dang sichunh ding ti bantuk hna kha tlawmpal hngahter chung i, nau hnuk din hnu lawng ah tuahter ding a si.

Cu hnu cun, hngakchia a rawl taam tik paoh ah nikhat ah tlawmbik vui 8 in vui 12 tiang hi nau hnuk dinter ding si.

➤ Nau he akhan pakhat ah umtti

Sizung nan um chung ah hngakchia le a nu cu hmun khat te ah an um ti peng ah a tha. Cu ti cun, hngakchia a rawl tammi kha a nu nih a theih khawh lai. Nau chuak ka hna cu nikhat, suimilam 24 chung ah ah vui 8 in vui 12 tiang zarh ze maw zat chung hnuk dinh an hau.

➤ Adang thil dinh ding hrial

Nau nih an herh bikmi cu nangmah kha na si. Nau a chuah hnu suimilam 24 chung ah, a nu hnuk nak in a dang a herh deuhmi hngakchia an um theng lo. Palang in dinter mi nauhnuk hna cu a chuah rang, i cun palang-hnukpar zong nih hngakchia kha a buaibaiter khawh i, nu hnuk dinh ding caah a har ter chin.

➤ Nau hnuk ttuh le dawpding thil hna hman thumh deuh

Nau a rawl taam tiah na theih ah cun, nuhnuk kha pek ding a si. Nau hnuk din khawh in, a din than hlan tiang zong a nu nih a pom peng i, a taksa he nau a tonghter peng ah cun a tha. Cun, nau sibawi nih nau hnukttuh(pacifier) hman a thathnak an chimh hna lai.

Nain, nau nih a nu hnuk tha tein a din khawh hlan lo chung cu hnukthuh(pacifier) pek lo ding si.

Nau puan in tom lengmang mi hngakchia hna cu nu hnuk hlam caan an an hlam lo tiah hlathlainak (research) an tuahnak ah an hmuh. Nau chuah ka ah a nu hnuk a din lengmang ah cun, a nu hnuk zong tam deuh a chuak lai i, nau zong vui tam deuh le tlamtling ngai in a nu hnuk a din khawh lai.

➤ Bomhnak kawl

Thil na ruah ning bantuk a si lo, tahchunhnak ah a nu hnuk hna a phing, tibantuk a si ahcun sizung ah i zohter cawlh awk a si. Si bawi te nih, zeitindah nau hnuk dinter ding ah zeitindah nau hnuk dinter lio ah pom ding

ti bantuk hna an nin chimh lai. In na phak tik zong ah nau hnuk dinternak he pentlai in a bawmtu bu le a thiam mi hn akha ze tin dah nau hnuk dinter ah a tha bik timi hal hna.

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မိခင်နို့တိုက်ကျွေးသော မိသားစုများ၏ သိသင့်သိထိုက်သည့် အချက်အလက်များ။

မိမိရင်သွေးငယ်အား အောင်မြင်စွာ နို့တိုက်နိုင်ရန် အချက် (၅) ချက်။

> မွေးဖွားပြီးချင်း ပထမဆုံး အသားချင်းကပ် နို့တိုက်ရန်။

မွေးဖွားပြီးချင်း ပထမဆုံး နို့တိုက်ပေးခြင်းသည် နောင်နို့ကောင်းမွန်စွာ တိုက်နိုင်ရန် လမ်းခင်းပေးပါသည်။ ကလေးများသည် မွေးဖွားပြီးချင်း မကြာခင်ကနီးပြီး တစ်နာရီခန့် နို့ဆိုရန် အဆင့်သင့်ဖြစ်လေ့ရှိကြသည်။ ထိုအချိန်ကို ကောင်းစွာအသုံးပြုလျက် သူနာပြုဆရာ/ဆရာမ လုပ်လေ့လုပ်ထ ရှိသော ပေါင်ချိန်ခြင်း၊ မျက်စိစစ်ဆေးခြင်း၊ တစ်ခြားသော ဆေးထိုးမှုများ မပြုလုပ်မီ မိမိ၏ ရင်သွေးအား နို့တိုက်ရန် တောင်းဆိုပါ။ ထိုနောက် မိမိရင်သွေးကို တစ်နေ့တွင် ၈ ကြိမ်မှ ၁၂ ကြိမ်တိုင် ရင်သွေးငယ်အား လိုသလို နို့တိုက်ပေးနိုင်ပါသည်။

> မိမိရင်သွေး နှင့်အတူ အခန်းတစ်ခန်းတည်းတွင် အတူနေရန်။

ဆေးရုံးတက်နေချိန်တွင် အချိန်ရှိသည်နှင့်အမျှ မိမိ၏ ရင်သွေးငယ် နှင့်အတူ နေလျက် ကလေးငယ်၏ နို့ဆာလောင်မှု၊ အရိပ်လကကာ နှင့် အကျင့်များကို ကောင်းမွန်စွာ နားလည်နိုင်ဖို့ရန် ကြိုးစားပါ။ မွေးဖွားပြီးနောက် အပတ်ပေါင်းများစွာ ကလေးငယ်များသည် တစ်နေ့တွင် ၈ ကြိမ်မှ ၁၂ ကြိမ်တိုင် နို့တိုက်ရန် လိုအပ်ပါသည်။

> မိခင်နို့မှ လွဲ၍ အခြားနို့တိုက်ခြင်းများကို ရှောင်ပါ။

မိမိရင်သွေး၏ အလိုအပ်ဆုံးသော သူသည် သင်ဖြစ်သည်။ မီးဖွားပြီး ၂၄ နာရီအတွင်း၌ ရင်သွေးငယ်၏ အလိုအပ်ဆုံးသည် မိခင်နို့သာဖြစ်သည်။ ကလေးငယ်အား မိမိနို့တိုက်ကျွေးရန် မကြာခင် တောင်းဆိုပါ။ အခြားသော နို့ပူး၏ နို့သီးခေါင်းနှင့် နို့စီးဆင်းခြင်း မတူမှုများသည် ရင်သွေးငယ်ချင်းကို ခေါင်းရှုပ်စေပြီး နောင် နို့တိုက်ရာတွင် အခက်အခဲ ဖြစ်စေနိုင်ပါသည်။

> ကော်နိုသီးခေါင်း နှင့် ကလေးနီးခြုံပေးခြင်း တို့ကို လျော့သုံးပါ။

မိမိရင်သွေး ဝိုက်ဆာသည့် အချိန်တိုင်းတွင် မိမိနို့ကို တိုက်ကျွေးပါ။ နို့မတိုက်မီ အချိန်တွင် အရေးပြားနှင့် ထိတွေ့ကိုင်သွယ်ပေးခြင်းကို ပြုလုပ်ပေးပါ။

မိမိနို့တိုက်သည် အကျင့်ကို ကောင်းမွန်စွာ သုံးစွဲပြီးသည့် နောက်ပိုင်းတွင်မူ မိမိ၏ ကလေးဆရာဝန်မှ ကော်နိုသီးခေါင်းကို အသုံးပြုရန် အကြံပေးနိုင်ပါသည်။

နီးခြုံပေးထားသော ကလေးများသည် နို့တိုက်ရာတွင် မကြာခင် အိမ်ရာမနီး တတ်ကြောင်းကို သုသေသနမှ ဖော်ပြထားသည်။ မီးဖွားပြီး မကြာခင်က မိမိရင်သွေးကို နို့တိုက်ကျွေးခြင်းသည် မိမိ၏ နို့ရည်ကို ပိုမိုများပျားစေပြီး မိမိ၏ရင်သွေးလဲ လုံလောက်စွာ နို့ရည်ခံစား ခွင့်ရသွားမည်ဖြစ်သည်။

> အကူအညီတောင်းခံရယူပါ။

အကယ်၍ မိမိနို့တိုက်ရာတွင် အဆင်မပြေခြင်း (သို့) မိမိနို့သီးတွင် အနာအဆာ ဖြစ်နေပါက ဆေးရုံမှ နို့နှင့် ပက်သက်၍ ကျွမ်းကျင်သူအား တွေ့ဆုံ ဆွေးနွေးပါ။ ထို ကျွမ်းကျင်သူမှ မိမိ၏ နို့တိုက်ခြင်းကို အကဲခတ်၍ ကလေးနို့တိုက်ရာ၌ လိုအပ်ချက်များကို အကြံပေးနိုင်ပါသည်။ အိမ်ပြန်ရောက်ပြီးသည့် နောက်ပိုင်းတွင် ကလေးနို့တိုက်ခြင်းနှင့် ပက်သက်၍ ကူညီတောက်ပုံသည့် အဖွဲ့အစည်းများ (သို့) နို့ရည်နှင့် ပက်သက်၍ အကြံပေးနိုင်သူမှ အကူအညီကို ရယူပါ။

ကိုးကားချက်များ။* ###

Nutrition Class Offered by Franciscan St. Francis Health hosted at BACI

Place: BACI Center; 4925 Shelby Street, SUITE 200
Indianapolis, IN 46227
Date: June 17, July 15, and Aug 12
Time: 9-10am Underweight Nutrition;
10-11am Overweight Nutrition

Contact:

Abigail Emerick
Franciscan St. Francis Outpatient Nutrition Services
Ph: [317-528-7540](tel:317-528-7540)

OR

Lian Sang
Burmese American Community Institute
Ph: [317-731-5537](tel:317-731-5537)

အင်ဒီယားနား ပြည်နယ် ကာဗနာ မိုက်ပဲန်စ် (Mike Pence) မှ နေ့ကလေးထိန်း ကျောင်း ဆိုင်ရာ ပြင်ဆင် ပြဋ္ဌာန်းချက် ဥပဒေ ကို လက်မှတ်ရေးထိုးတော့မည်။

နေ့ကလေးထိန်းကျောင်း ဆိုင်ရာ ပြင်ဆင် ပြဋ္ဌာန်းချက် ဥပဒေ ကို လက်မှတ်ရေးထိုး တော့မည် ဖြစ်ကြောင်းကို အင်ဒီယားနား ပြည်နယ် ကာဗနာ မိုက်ပဲန်စ် (Mike Pence) မှ ယနေ့ မတ်လ ၁၄ ရက် ၂၀၁၄ နေ့တွင် ပြောကြား သွားသည်။

ထို နေ့ကလေးထိန်းကျောင်း ဆိုင်ရာ ပြင်ဆင် ပြဋ္ဌာန်းချက် ဥပဒေ တွင် လိုင်စင်ရ သည့် သူများ ကသာ နေ့ကလေး ထိန်း ကျောင်း ဖွင့်ခွင့် ရရန် နှင့် အခြား သတ်မှတ်ချက် အသေးစိတ်များ ပါရှိမည် ဖြစ်သည်။

လွန်ခဲ့သည့် ၂ နှစ်ခန့်မှ စပြီး အင်ဒီယားနား ပြည်နယ် ရှိ ဥပဒေ ပညာရှင် များက နေ့ကလေး ထိန်းကျောင်း နှင့် ပတ်သက်ပြီး ရင်ဆိုင်တွေ့ကြုံ ခဲ့ရသည့် အရာများ ကို အကျိုးထိရောက် စွာ ဖြေရှင်း နိုင်ရေး အတွက် ဥပဒေ မူစနစ် များ ချမှတ် နိုင်ရန် ကြိုးစား ခဲ့ကြသည်။

စတား သတင်း ဌာနမှ လေ့လာတွေ့ရှိ ချက်အရ ၂၀၀၉ နှစ် မှ စပြီး ကလေး ၃၁ ဦး တို့သည် နေ့ကလေးထိန်းသည့် နေရာ တွင် အသက်ဆုံးပါးခဲ့ကြကြောင်း၊ ထိုကဲ့သို့ သေဆုံးသည့် သူများ အနက် ၂၁ ဦးတို့သည် လိုင်စင် မရှိသည့် သူများ၏ နေ့ကလေးထိန်း သည့် နေရာများ တွင် ဖြစ်ကြောင်း စသည်ဖြင့် တွေ့ရှိ ခဲ့ကြသည်။

တရားဝင် ကလေးထိန်းသည့် နေရာများ အနေဖြင့်၊ ကလေးများ ကစားချိန်၊ စားသောက်ချိန်၊ ရေသောက်ချိန် နှင့် အနားယူချိန်များ စသည် ဖြင့် စနစ်တကျ လုပ်ကိုင် ရမည် ဖြစ်သည်။ လိုင်စင်မဲ့ ကလေးထိန်းသည့် သူများ သည် ထိုကဲ့သို့ စနစ်တကျ ဆောင်ရွက် ခြင်းမျိုးမရှိ ပဲ ကလေးကို ထိန်းရုံ မျှထိန်း လေ့ရှိ ကြသည်။

ထိုသို့တရားဝင် ကလေးထိန်းရေး ဆိုင်ရာ မူဝါဒ ဥပဒေများကို ချမှတ် နိုင်ရေး အတွက် အင်ဒီယားနား ပြည်နယ် လွှတ်တော်မှ အမတ်များ က မတ်လ ၁၂ ရက် ၂၀၁၄ ခုနှစ်တွင် မဲပေးခဲ့ကြ ရာ နိုင်မဲ ၇၅ - ရှုံး ၂၁ မဲဖြင့် အတည်ပြုနိုင်ခဲ့ကြသည်။ အင်ဒီယားနား ပြည်နယ် စီးနိတ် အထက်လွှတ်တော် တွင် ၄၀ - ၆ မဲဖြင့် သိသိ သာသာ မဲပေး အတည် ပြုနိုင် ခဲ့ကြပြီး ဖြစ်သည်။ ထို ကဲ့သို့ အတည်ပြုချက် ရယူပြီး နောက် တွင် အင်ဒီယားနား ပြည်နယ် ကာဗနာ မိုက်ပဲန်စ် (Mike Pence) မှ အတည်ပြု လက်မှတ်ထိုးမည် ဖြစ်သည်။ (Ref. Indy Star)

သင့်သားသမီးများကို (ဥပဒေ၊ ယဉ်ကျေးမှုနှင့် ဘာသာစကား အရ သင့်တော်လျောက်ပတ်စွာ သင်ကြား တတ်မြောက်ထားသော) လိုင်စင်ရ အဆင့်မြင့်ကျမ်းကျင် ကလေးထိမ်း ဝန်ဆောင်မှုပေးနိုင်သူများထံ အပ်နှံရန်အတွက် အောက်ပါ ဖုန်းနံပါတ်များထံ ကျေးဇူးပြု ဆက်သွယ်ပါ။

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Tel: 317-889-1345; or 317-550-7472



Photo Above: Participants at English & Citizenship Instruction Class, implemented in partnership with Central Nine Career Center and Civic and Culture Education Program at BACI. All refugee and permanent residents are eligible to take the classes FREE. Call 317-731-5537 to register.

Engagement with the University Students from Burma/Myanmar

(IUB Office of International Development)

Hosted by the Burmese American Community Institute
(BACI)

April 26 - 27, 2014

Indianapolis, IN, USA

*Thanks to our sponsors: The Mayor Office - City of Indianapolis,
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of**

**The Nina Mason Pulliam Charitable Trust,
The Clowes Fund, Inc., The Indianapolis Foundation,
an affiliate of CICF, Lily Endowment Inc.,
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The City of Indianapolis, PNC Bank, Chin Churches,
Local Businesses and many Individual Donors.**

At BACI, we maintain a high standard of accountability and transparency with the use of grants and gifts our donors entrust to us. We are always trying to keep our overhead rate low. In the past year, we used 95 percent of our total operating expenses towards programs that directly benefit students and community.

The Burmese American Community Institute is exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code of the United States. Any contributions to BACI are deductible under section 170 of the Code.

Call to Submit Your Story!

All high school and college students from Burma in the US are invited to submit their stories to enter the Story Telling Competition.

The story should be 500-800 words, typed in a word file. Please submit it to mystory@baci-indy.org.

The winners will be announced and the prize will be awarded on World Refugee Day, June 20, 2014.

Emily Ngunhlei Sung, The first Place Winner of Essay Competition on "The Importance of Volunteerism and Community Service". The Contest was organized in conjunction with World Refugee Day in 2013.



World Refugee Day - June 20, 2014

In collaborative partnership with Indy Parks and Recreation, Immigrant & Refugee Service Corps, CYO and others, BACI will engage in Volunteer and Community Service at Indy Urban Acres Farm in the form of the "Giving Back to the Community" Project on World Refugee Day 2014.

Music, games, food, and other fun factors are included. Everyone is invited and welcome to participate. Please contact us at info@baci-indy.org; or 317-731-5537.

CBCUSA Youth Conference & Workshops

July 3 - 5, 2014; at Bethel College (1001 Bethel Circle, Mishawaka, IN 46545). Contact: 513-600-8815; 414-335-3536; 317-474-8834; 317-693-0854

Experts and Resource persons will present and discuss the following topics:

Education & Democratic Society, Racism in America Today, Immigrant for Next Generation, Daily Spiritual Bread, Music & Christian Life, Counseling, Marriage and Family, Media & Social Network, American Baptist Church History, USA, Leadership and Discipleship.

Board of Directors of the Burmese American Community Institute at the Organization's Open House January 20, 2014.



BACI Board of Directors: Dr. Ro Dinga (Chairman), Hre Mang, Rev. (Vice Chairman), Bonnie Kane (Secretary), Lian Cin (Treasurer), Van Tuah Piang, Dr. Andrew Ngun Cung Lian, Yaza Swe, Dr. Fengyi Kuo, *Professor at IUPUI*, U Jeru, Nguncer Bualteng, Thang Mang, Rev., Robert Biak Cung, Rev., Fiorella (Fio) Gambetta-Gibson, *Vice president, Multicultural Business Development – IN, PNC CENTER*, Christina Clark, *Attorney at Law*

BACI Board of Advisors

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Leslie Lenkowsky, Clinical Professor of Public Affairs and Philanthropic Studies at Indiana University
David Williams, John S. Hastings Professor of Law and Director, Center for Constitutional Democracy, Indiana University Bloomington

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Annual Youth & College Summit

Colleges, universities, organizations and community members are cordially invited to attend Annual Youth and College Summit to be held on Saturday, July 26, 2014, from 9:00am to 5:00pm at BACI Center. At the event, the summer scholars will present their research findings with policy and solution recommendations on issues that are facing our society. This forum is designed for all the stakeholders to experience, share, and learn more about the challenges and opportunities in our communities with the philosophy of two ways street engagement and its reciprocal benefits.

