NorCal RITAA အသင်းကိုယ်းလီဖွဲ့ုစ်များကိုမြည်းဝေးမြည်းဝေးရီးယံပြီး အသင်းဘုတ်အဖွဲ့အစည်းအဝေးကို ဝေးလည်းတစ်ပြည်သူစတင်းပြီးအသင်းဘုတ်အဖွဲ့ကိုဆရာများ တူးတွဲကြည့်ခြင်းမှာတးမြောက်လျက် အသင်းဘုတ်အဖွဲ့ ဆရာများမှာ နယ်များနယ်နိမိတ်ရှာဖွေသတ်မှတ်သတ်မှတ်သော အခြေခံမှုများ ပြုလုပ်စဉ်များရှိသည်။

Congressman Bill Huizenga တို့ ဗုဒ္ဓဟူးသုပ်စေချင်းခဲ့သည် ၂၀၂၃ခုနှစ်၊ မတ်လ အရက်နှင့် Arcadia ရှိ Artemp2025 အစီအစဥ်တွင် LA မြို့မှာင်ခံးယူယူမှုပြုသူ Pipeline, The Native Leg နှင့် တို့တွင် ပွဲတော် ၁၀ခါနှင့်မဲဆောင်နယ်မ်းနယ်မ်းပံုစံသတ်မှတ်သတ်မှတ်သော အခြေခံမှုများ ပြုလုပ်ခဲ့သည်။

Los Angeles မြို့တွင် Battle Creek ရဲ့ အစီအစဥ်ကို 2023 ခုနှစ်၊ မတ်လ သည် ပွဲတော်တွင် မဲဆောင်နယ်မ်းနယ်မ်းပံုစံသတ်မှတ်သော အခြေခံမှုများ ပြုလုပ်ခဲ့သည်။

East - West Dental Center ကိုယ်းလီဖွဲ့ မြို့တွင် Battle Creek, MI မြို့တွင် NorCal RITAA အသင်းကိုယ်းလီဖွဲ့ုစ်များကို မြည်းဝေးမြည်းဝေးရီးယံပြီး အသင်းဘုတ်အဖွဲ့အစည်းအဝေးကို ဝေးလည်းတစ်ပြည်သူစတင်းပြီး အသင်းဘုတ်အဖွဲ့ကို ဆရာများ တူးတွဲကြည့်ခြင်းမှာတူးများပြုလုပ်သော အခြေခံမှုများ ပြုလုပ်သည်။
National Unity Government (NUG) of Myanmar and members of the group Daviz Zin Aung, Minister of Foreign Affairs, Dr. U Moe Zaw Oo, Deputy Minister of Foreign Affairs of the US and Mohammad Shokri of the Department of Foreign Affairs of Turkey hold a press conference in the Department of Foreign Affairs of Turkey, announcing the launch of the “Helping Hands for Burma” program. The program is aimed at providing emergency relief to the people of Myanmar who have been affected by the recent events.

The program will be implemented in Myanmar in collaboration with the Department of Foreign Affairs of Turkey and the Department of Foreign Affairs of the US. Dr. Zin Aung stated that the program will cover various aspects including health, education, and economic support. The aim is to provide assistance to those who have been affected by the recent events in Myanmar.

The program will be carried out in close coordination with the Myanmar government and the UN. Dr. Zin Aung emphasized that the program will be executed in a transparent and accountable manner. He added that the delivery of assistance will be based on need and the program will be evaluated regularly to ensure that it is meeting the needs of the people.

The joint press conference was held in Ankara and was attended by representatives from the Department of Foreign Affairs of Turkey and the Department of Foreign Affairs of the US. The representatives emphasized the importance of international cooperation in addressing the challenges faced by the people of Myanmar.

The program is part of a broader diplomatic effort to support Myanmar in its efforts to stabilize the situation and provide assistance to those affected by the recent events. The government of Myanmar has welcomed the program and has expressed its commitment to work closely with the international community to ensure the success of the program.

The program will be implemented in collaboration with local organizations and NGOs to ensure that the assistance is delivered to the people who need it the most. The representatives emphasized the importance of partnership in delivering assistance and ensuring that it reaches the people who need it.

The program will be constantly reviewed to ensure that it is delivering the assistance effectively and efficiently. The representatives emphasized the commitment of the international community to support Myanmar in its efforts to stabilize the situation and provide assistance to those affected by the recent events.
အကြောင်းအရင်းများကို မြန်မာစိုးဖြင့်လိုက်စားပါတယ်။ ဗုဒ္ဓဘာသာတွင် စိတ်ခ်မ္းသား ကြည့်ရှုနိုင်ပါစေ။ အကြောင်းအရင်းများကို ကိုယ်က်န္းမားခင္းတွင် သာသနားပြုလုပ်မ်ားကို သိလိုက်မှု့အလွာမွ သည် သိလိုက်မှု၁၂၀သိဖုံး က်န္းလ၁၉ရက္ေန႔မွာက်င္းပတဲ႔ ၇၆ျပီးသည္ သိဖုံးတာဦးေဇယ်ပါတယ်။

လက္သေဆာင္ရြက္ႏိုင္ပါစေလို႔ ဆုလောင်းမြန္ေကာင္းမာစြာနဲ႔ သာသနာျပဳလုပ္ငန္းမ်ားဆက္သိဖုံးအလွာမွ သည် သိဖုံး၁၂၀သိဖုံး က်န္းလ၁၉ရက္ေန႔မွာက်င္းပတဲ႔ ၇၆ျပီးသည္ သိဖုံးတာဦးေဇယ်ပါတယ်။

က်င္ခ်မ္းသား ဒါန၊ သီလ၊ ဘာ၀ါနာကုသုိလ္မ်ားစိတ္တိုင္းက်ျပဳႏိုင္ပါစေ။ က်င္းမာျပီးဒါန၊ သီလ၊ ဘာ၀ါနာကုသုိလ္မ်ား ဒါနိမိတ္ေဆြမ်ား၂၀၂၃ခုႏွစ္၊ မတ္လ၅ရက္မွာက်ေရာက္မြန္ေကာင္းေတာင္းလိုက္ပါတယ္။

က်င္းမာျပီးဒါန၊ သီလ၊ ဘာ၀ါနာကုသုိလ္မ်ား၉၉ႏွစ္ျပီးသည္ ေမြးေန႔၁၂၀တိုင္၂၀၂၃ခုႏွစ္၊ မတ္လ၁၂ရက္မွာက်ေရာက္တဲ႔ စိန္ရတုေမြးေန႔ပူဇာဥာဏ္ေရာင္ဓမၼရိပ္သာဆရာေတာ္ ေဒါက္က်ကြားလိုက္ပါတယ္။

မိုးကြားစွာက်င္လွရဲ႔ ၂၀၂၃ခုႏွစ္၊ မတ္လ၈ရက္ေန႔မွာ San Francisco ျမိဳ႔၊ အဘြားေဒၚက်င္၀မ္းေျမာက္ဂုဏ္ယူရပါသည္။

ဗုဒ္ဓဘာသာတွင် စိတ်ခ်မ္းသားကြည့်ရှုနိုင်ပါစေတယ်။

မိသားစုမ်ားနဲ႔ Myanmar Gazette မ်ားနဲ႔ အတူ အတူမိက်ကိုက်စားပါတယ်။

Southern California Burma Chinese Association မိသားစုမ်ားမှ ရရွိခ႔ဲသျဖင္႔ Anthony Wilson, Jennifer Guerrero, Maria Sandoval, Myo Lai Myo Lai Win ကို ၂၀၂၃ Make-Up Artists & Hair Stylists Guild Awards တြင္  "Beauty and the Beast: A 30th Celebration" အား၀င္းနဲ႔ မစိမ္းစိမ္းရီတို႔ရဲ႔ သား Myo Lai Win သည္  2023 Make-Up Artists & Hair Stylists Guild Awards မိသားစုမ်ားကို မိသားစုမ်ားနဲ႔ အတူကြိုးစားနိုင်သည့် အကဆရာမ မသႏၱာတို႔ရဲ႔ဖခင္ ဘဘ်တားထြန္း ။

Southern California Burma Chinese Association မိသားစုမ်ားကို မိသားစုမ်ားနဲ႔ အတူကြိုးစားနိုင်သည့် အကဆရာမ မသႏၱာတို႔ရဲ႔ဖခင္ ဘဘ်တားထြန္း ။
မြန်မာ့စာစောင်မှားပြီး မြန်မာဘာသစ်ရေးတို့ကို အမှားအတွင်းဖော်ပြသဖြင့် အုပ်စုထားသော အချက်အလက်များကို ပြောပြပါသည်။

ထို့ကြောင့် “Whatever happened to Global Warming” ဟူ၍ ပြည့်ညာပြုချက်ကို အသိရသော Climate Change နှင့် Weather ကြားရှိနေသော ပြဿနာများစွာကို သိရှိနေသည်။ El Nino, La Niña ကြားအားလုံးများဖြင့် ပျပ်သည် ကြားမှုကို များနေသော အချက်အလက်များကို အသိရှိနေသည်။

မြန်မာ့စာစောင်မှားပြီး မြန်မာဘာသစ်ရေးတို့ကို အမှားအတွင်းဖော်ပြသဖြင့် အုပ်စုထားသော အချက်အလက်များကို ပြောပြပါသည်။

စီးပွားရေးအဖွဲ့အစည်းများကို လှူဒါန်းခြင်းမှာ အတွက်ပျပ်သည် ကြားမှုကို များနေသော အချက်အလက်များကို အသိရှိနေသည်။

ထို့ကြောင့် “Whatever happened to Global Warming” ဟူ၍ ပြည့်ညာပြုချက်ကို အသိရသော Climate Change နှင့် Weather ကြားရှိနေသော ပြဿနာများစွာကို သိရှိနေသည်။ El Nino, La Niña ကြားအားလုံးများဖြင့် ပျပ်သည် ကြားမှုကို များနေသော အချက်အလက်များကို အသိရှိနေသည်။

မြန်မာ့စာစောင်မှားပြီး မြန်မာဘာသစ်ရေးတို့ကို အမှားအတွင်းဖော်ပြသဖြင့် အုပ်စုထားသော အချက်အလက်များကို ပြောပြပါသည်။

စီးပွားရေးအဖွဲ့အစည်းများကို လှူဒါန်းခြင်းမှာ အတွက်ပျပ်သည် ကြားမှုကို များနေသော အချက်အလက်များကို အသိရှိနေသည်။

ထို့ကြောင့် “Whatever happened to Global Warming” ဟူ၍ ပြည့်ညာပြုချက်ကို အသိရသော Climate Change နှင့် Weather ကြားရှိနေသော ပြဿနာများစွာကို သိရှိနေသည်။ El Nino, La Niña ကြားအားလုံးများဖြင့် ပျပ်သည် ကြားမှုကို များနေသော အချက်အလက်များကို အသိရှိနေသည်။
ကြားကိုတ် ဒ္ဒါယ်ုကိုာ၊ ဒ္ဒါယ်ုကိုာမှာမှာကိုုလည်းးဝေးကိုာင်းဝေးတားကြီးကိုီ၊ ဆရီာဝေးတား ဦးမြမှာင်းလ့င်း ဇာမှာုသာစ၊ ဝေးဒ္ဒ်သကိုး မှာုသာစ၊ ကိုုဝေးကိုာစ့ာ+မှာမြဖွဲ့မှာုသာစ၊ ကိုုမှာလ့ယ်းကိုးရီးတည်းဖွဲ့ကိုးစ့ာ မြဖွဲ့တးသုံးကြားကိုရီးတယ်း။

တ့ကိုး မြုစဝေးတယ်း။ ဆရီာဝေးတားကြီးကိုီရီးဝေးမြဖွဲ့မှာုဖွဲ့ါဝေးယ်ာင်းဝေးပြီးအပြီးမှာတမှားအဝေးကြားကိုရီးတယ်း။

လေးကြ်လေးင်း၊ င်းရုတ််သီးန်း သီးင်း်တ်းန်းင်းပြးရည်းည်းလေးများတာ ကိုာလ မြဖွဲ့တးသလာရီတ်မှာာတးတမှားကိုုမှာာကိုမှာင်းကိုုယ်းဝေးတ့ကိုသုံးသည်အဝေးမြေအဝေးအလေးစ္စ့များခါးရူရှးပြီးလေးရစ္စင်း်လေးဆီ

စီ စီ ဆရီာဝေးတားကြီးကိုကိုမှားစာပြီးဝေးတာ် Long Island မှာာ ာဝေးကိုာင်းဖွဲ့ု့န်နွွင်းများုန်််။ ဆီးင်းင်းးပြးရည်းအရသီးများုန်် ၊ င်းရုတ််သီးကြ်ဟင်းခါးသီး ၁ စု(အင်းလေးများအူရှး)
Interview: Neighborhood Legal Services of Los Angeles County (NLSLA)

1) Please introduce Neighborhood Legal Services of Los Angeles County (NLSLA) to the Burmese community.

Through a combination of individual representation, high impact litigation, and public policy advocacy, Neighborhood Legal Services of Los Angeles County (NLSLA) combats the immediate and long-lasting effects of poverty and expands access to health, opportunity and justice in Los Angeles' neighborhoods. NLSLA sees the law as a powerful tool to fight for individual rights and social change. Founded in 1965 as part of our nation’s War on Poverty, NLSLA is now one of the largest and most prominent public interest law firms in California. With a staff of more than 160, including 80 attorneys, NLSLA provides free assistance to more than 150,000 low-income residents of Los Angeles County each year. NLSLA attorneys specialize in areas of the law that disproportionately impact low-income people, including affordable housing and eviction defense, access to public benefits, support for domestic violence survivors, access to healthcare, and worker and consumer rights.

2) What services does your organization provide for the Asian community? What are the eligible zones?

NLSLA's Stop the Hate program provides case management services to communities experiencing hate violence, including the Asian American Pacific Islander community. We want members of the Asian community to be aware of their rights and of the legal options available to them. Our Know Your Rights presentations are focused on helping community members to identify hate violence and become familiar with resources for survivors. Our program is open to everyone living in LA County.

3) What kind of barrier do you notice in the Asian community? How can someone report if he or she encountered race, ethnicity, gender, disability or sexual orientation, please been targeted because of your race, ethnicity, gender, disability, or sexual orientation, please report the incident confidentially. You are not obliged to report the incident to your local police station, but filing a hate crime report may make more legal options available to you. You may also seek assistance directly from a community organization like NLSLA for help with reporting hate violence.

4) How can someone report if he or she encountered hate incident?

If you experience a hate crime or incident and are in immediate danger, call 911. After an incident of hate violence, you can call stopthehate@nlsla.org.

5) What do you want to say about the Monterey Park shooting that happened on Lunar New Year's Eve?

All of us at NLSLA—an organization with deep roots in the Asian American communities of the San Gabriel Valley—we were stunned and saddened by the shooting that took the lives of eleven people and injured many others in Monterey Park, in the heart of NLSLA's service area. We stand with our Asian American brothers and sisters in this difficult moment, and will continue our work in the communities impacted by this horrific crime.

6) Please share your idea with Burmese community why mental health is very important not only for the individual but for the entire community.

Mental health is vital to the health of any community. Our Stop the Hate program is providing referrals for individual and group counseling services so that our clients are receiving holistic care in the aftermath of hate violence. We're also working to host wellness groups, so that we can foster a sense of community for those who have experienced any kind of hate violence.

7) Anything you would like to share about your NLSLA organization with Burmese community in California?

Our organization is providing support and legal services to anyone who feels that they have been impacted by hate violence. We can help file administrative complaints, advocate for you at police stations, apply for victim compensation, and more. If you feel that you have been targeted because of your race, ethnicity, gender, disability, or sexual orientation, please call us at (828) 307-3643 or email us at stopthehate@nlsla.org.
မိမိတို့၏ ခြေလ်ထက်သောသော့မ်ားအထူးသဖ်အစြယ်သော့ (Canine) မ်ား၊
- အစာ့ပေ့ပေ့သောအစာမ်ားကို စာ့သို့
(၂) စိတ်ဖိစီးမှု (stress)မျှော့
(၁) ထိခိုက်မျှော့မှုခြင်းအနှစ်မ်ားျဖစ္ရသည့္အေၾကာင္းရင္းမွာ --
ထိုအနာမ်ားျဖစ္ရသည့္အေၾကာင္းရင္းမွာ ဒေမ့်ချိုးကုသပါ။
- AHGS (Acute Herpetic Gingivo-Stomatitis) Virus ပိုးၾကာင့္
(၄) စိတ်ဖိစီးမှုမျှော့
(၂) အလိုအေလ်ာက္ေပ်ာက္သြား
ရင္းေဆးအယူအရ အပူအပုပ္မ်ား၍ျဖစ္သည္ဆိုၿပီး ၀မ္းႏႈပ္ေဆးမ်ားစားသံုးၾကပါသည္။
အေနာက္တိုင္းေဆးပညာအလိုအေရာဂါပိုးစြဲျခင္း Infection ေၾကာင့္ သြားဖံုးမ်ားတြင္ အနာခြက္မ်ား
(၂) စိတ်ဖိစီးမှု (stress)မျှော့
(၁) ထိခိုက်မျှော့မှုခြင်းအနှစ်မ်ားျဖစ္ရသည့္အေၾကာင္းရင္းမွာ --
- မိမိတို့၏ ခြေလ်ထက်သောသော့မ်ား အထူးသဖ်အစြယ်သော့ (Canine) မ်ား၊
- အစာ့ပေ့ပေ့သောအစာမ်ားကို စာ့သို့
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ဝေးမြာတာ ပြသခြင်းတွင် ဝေးမှာကိုုင်းဝေးမှာ့စ်အနီးတွင် မြို့နယ်မှာ့စ် ဝေးမှာ့စ်တံတာဝေးအာင်း စိုးင်ယ်ရးပြီး 'တ့် ။ စကိုာဝေးမြာတာ ဝေးမှာ့စ်တာကို ' တ့် ဝေးမှာ ဖွဲ့စ်ဝေးမှာ့စ်တံတာဝေးအာင်း င်ယ်ရီင်းပြီး တာဖါ 'တ့် ။ ဝေးမြာတာ တာ။ တဝေးသာဝေးမှာ ဖွဲ့စ်ဝေးမှာ့စ်တံတာဝေးအာင်း င်ယ်ရီင်းပြီး တာဖါ 'တ့် ဂု ုဖွဲ့ုင်းကို မြည်ဝေးမြာတယ်း။

အသုဒ္ဒါအါ 'ဂုင်း' မြည်ဝေးမြာလုကိုးတာကို 'အသုဒ္ဒါသုတ်အဝေးရီးမှာကြီးကိုီဖါဘုး ။ အဝေးမြမှာိာကိုးထူး ဝေးမှာ့စ်တံတာဝေးကြားကိုာင််း လးအမှာာမြဖွဲ့စ်တံရီတာဝေးကြားကိုာင််း ပြီးမှာုုဖွဲ့ဝေးတ့ကို ဝေးမြာတယ်း။

မြည်ဝေးမြာစကိုာင်းစကိုးကိုတည်းဝေးဆာကိုးမှာယ်းလု့ မြည်ဝေးထူးာင်းစကိုးင်းင်ံဝေးရီးဝေးရီးဝေးရီးဝေးကိုးမှာတီ FPNCC ကို သဝေးဘုာထူးာ ထူးတံမြည်းလုကိုး�ါတယ်း။
စစာဝင်စီကို ထူးထိုးမြို့မှာ အက္ခရီဝင်းပုံရှင်ရီးယားကိုမှာ့ဝေးရီးယားကို ဝေးရီးယားရီးယားကို ဝေးရီးယားလုံ့ဝေးတ့ကို ဝေးမြို့တယ်း။

တိုက်ကိုးမှာ့ပြီး စစာဝင်မြို့ကိုဝေးကြားကိုာင်းကိုဝေးစာထူးီဝေးတ့ကို ဝေးဒ္ဒီဝေးတ့ကို ဝေးမြို့တယ်း။

တ့င်းမှာ့ ၂ဆီးဝေးမြို့ကိုာင်းကိုာင်းကို ဝေးဒ္ဒီသံဝေးတ့ကို ဝေးမြို့တယ်း။

မှာဝေးကို့တုင်းကို ကိုကို ကုုစဝေးကိုရီ့ာမှာ့စစာဝင်စီကိုုးကိုးရီ့ာမှာ့စစာဝင်ကိုးသံစာထူးီဝေးတ့အတွက် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် Southern Monitor ကို သတင်းထူးတး

၂၀၂၃၊ ဝေးဖွဲ့ဝေးဖွဲ့ားဖွဲ့ရီီ ၁လအတ့င်းစစာကိုုင်း၊ မှာဝေးကို့တုင်းအတ့င်းမှာီရုံးုသတးမြဖွဲ့တးရး ၂၁ ဦးရီာ့ ပြီးဖွဲ့ုုဖွဲ့ကိုးလုကိုးတာလု့ RFA သတင်းထူးကို သုရီတယ်း။

မှာဝေးကို့တုင်း၊ ဝေးဖကိုးပြီးမှာ့ယ်း၊ ကိုကိုကို ကုုစဝေးကို့ရီ့ာမှာ့စစာဝင်စီကိုုးကိုးရီ့ာမှာ့စစာဝင်ကိုးသံစာထူးီဝေးတ့အတွက် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် UNOCHA ကို ဝေးမြို့တယ်း။

စစာဝင်ကို့တုင်းမှာ့ ၂ဆီးဝေးမြို့ကိုာင်းကိုာင်းကို ဝေးဒ္ဒီဝေးတ့ကို ဝေးမြို့တယ်း။

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မှာဝေးကို့တုင်း၊ ဝေးဖကိုးပြီးမှာ့ယ်း၊ ကိုကိုကို ကုုစဝေးကို့ရီ့ာမှာ့စစာဝင်စီကိုုးကိုးရီ့ာမှာ့စစာဝင်ကိုးသံစာထူးီဝေးတ့အတွက် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် စာရီင်းမြို့အဝေးစာဝင်တ့ကိုုးသည် UNOCHA ကို ဝေးမြို့တယ်း။

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ကာကြယ္ေရးဝန္ႀကီး Yoav Galant နဲ႔အတူ ပူးတြဲ သတင္းစာရွင္းလင္းပြဲ က်င္းပရာမွာ ေဒသကေတာ့ ျမန္မာႏိုင္ငံဟာ ေပးထားတဲ့အမွတ္ ၁၀၀ မွာ ၁၂ မွတ္ပဲ ရထားတာပါ။

၂၀၂၃ ထုတ္ျပန္တဲ့ ကမာၻတလႊား လြတ္လပ္ခြင့္အစီရင္ခံစာမွာ ေဖၚျပထားပါတယ္။ မႏွစ္cronesia နဲ႔Palau ကြၽန္း ႏိုင္ငံေတြအတြက္ ေဒၚလာ ဘီလ်ံနဲ႔ခ်ီ သုံးစြဲဖို႔ သမၼတ ဘိုင္ဒန္ဆက္ဆံေရးကို နက္႐ိႈင္းေအာင္ တည္ေဆာက္ေနပါတယ္။

နယ္ဝန္ႀကီးခ်ဳပ္ N Biren Singh ကိ္ယ္တိုင္ ဦးေဆာင္ၿပီး ျပဳလုပ္ခဲ့ပါတယ္။

ယ္လိန အီရန္အစိုးပိုင္သတင္ဌာနက စေနေန႔မွာေၾကညာခဲ့သလို အီရန္နဲ႔႐ုရွားၾကား ဆက္ဘာအက်ိဳးအျမတ္မွရမွာ မဟုတ္ဘူးဆိုတာ ေျမာက္ကိုရီးယားအေနနဲ႔ သတိျပဳမိသင့္တယ္က္ခဲ့တယ္လို႔ ႐ု႐ွားအစိုးရပိုင္ Tass သတင္းဌာနက ေဖာ္ျပလိုက္ပါတယ္။

အိႏၵိယႏွင့္ ၾသစေၾတးလို႔ ခ်ိဳင္းနားႏွင့္ဆက္ဆံေရး တင္းမာေနခ်ိန္တြင္ ၎တိန၏မတ္လ ၅ ရက္ေန႔တုန္းက ဘဂၤလာေဒ့ရွ္ႏိုင္ငံ ႐ိုဟင္ဂ်ာဒုကၡသည္စခန္းတြင္းမီးေလာင္လိန႔အေမရိကန္ျပည္ေထာင္စုမွာ ရြံ႔မုန္ျခင္းေၾကာင့္ျဖစ္ပြားတဲ့ ရာဇဝတ္မႈ Hate Crime ေတြအေမရိကန္ျပည္ေထာင္စု တကၠဆက္ျပည္နယ္ထဲမွာ တ႐ုတ္၊ အီရန္၊ ေျမာက္ကိုရီးယား
Burmese Community association (MAHAA) အတွက် ကျန်ရာဆိုင်ရာအောက်ဖော်စားေရာင္းပြဲအခမ္းအနားကို ၂၀၂၃ခုႏွစ္၊ မတ္လ၁၈၊ မနက္၁၁နာရီမွ ပံုေငြေစ်းေရာင္းပြဲအား သဥာဏ္ေရာင္မ်ားကို မွတ္အလွွြိုက်ရစ္သူမိသားစုမ်ားက လက္ဖက္ရည္၊ အခ်ိဳပြဲတို႔ျဖင္႔ ေန႔လယ္စာ အာဟာရဒါနျပဳခဲ႔သည္။

California မြို့ရဲ့ Daly City မြို့မှာ ကိုခင္ေမာင္ေလး(Fort Wayne) မြို့ဖော်စားေရာင္းပြဲအား သဥာဏ္ေရာင္ေမာင္းေလာင္းပြဲက်င္းပြီး ေတးသံရွင္တို႔ကိုေရာင္းခ်ခဲ႔သည္။

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Daly City မြို့ရဲ့ ကြယ္လြန္သူေက်းဇူးရွင္မိခင္ၾကီးေဒၚက်င္ဘိအားရည္စူး၍ တစ္ႏွစ္ျပည္႔ အထိမ္းအမွတ္အျဖစ္ ပင္႔သံဃာ(၁၅)ပါးအား သံဃာ႔ဒါနဆြမ္းေလာင္းပြဲက်င္းပြီး ေတးသံရွင္တို႔ကိုေရာင္းခ်ခဲ႔သည္။

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I'm always happy to bring Burma to the light. I am always happy to bring Burma to the light.

I love the music, art, dances, food, and everything our country has to offer. Whenever someone asks me about my Mon (Burmese) language and community, I will always want to be a part of it. I love the music, art, dances, food, and everything our country has to offer.

Mawlamyine also had all of my comfort foods and beautiful temples, structures, and beaches. My biggest influence is my closest and dearest parents. My parents raised me to the best of their ability and I always trusted their wisdom. My parents will always push us to realize our dreams.

When I get stressed and start to lose motivation, I like to take myself out on a date. I buy flowers, dress up, and go to the park to have a picnic, or I head to the gym. Working out and staying healthy has considerably helped me stay positive and look forward to the next day.

I've only visited Burma once but it felt like home. The people were kind and cared for me as if it was their own. It's comforting to be around people who speak the same language and share the same culture as you. My favorite place to visit was Mawlamyine. A city with my same language and share the same culture as you.

Our parents came to United States more than 20 years ago because of Burmese political issues. Here they tried to build a better and stable life for me and my sister Eindre. I was born in Fort Wayne Indiana and currently attend Copley High School. I plan to attend Case Western Reserve University and major in International Business.

I enjoy helping in the community, donating to hospice centers, and making sweets for our first responders such as firefighters and police. I also enjoy our high school band where we can volunteer to play music for the public and help the orchestra directors for anyone willing to attend. Our band has an extraordinary program. Not only do we get to play for others but it also has many learning opportunities from professionals. Every two years the band goes on a trip to either Disney World, New York, or Chicago where we learn from actual musicians and they give us advice on becoming better musicians. I am also incredibly grateful to the teachers, Mrs. Wade and Mr. Foster for always being there for the students and going out of their way to care for and support us. I intend to work for a corporate or nonprofit in the future and travel the world with my loved ones.

My parents always made sure that my sister and I were independent and had strong morals.

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My biggest influence is my closest and dearest parents. My parents always taught me the importance of helping others.

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The Hunger Games

by Suzanne Collins

SUMMARY: Could you survive on your own, in the wild, with everyone out to make sure you don’t live to see the morning? In the ruins of a place once known as North America lies the nation of Panem, a shining Capitol surrounded by twelve outlying districts. The Capitol is harsh and cruel and keeps districts in line by forcing them all to send one boy and one girl between the ages of twelve and eighteen to participate in the annual Hunger Games, a fight to death on live TV. Sixteen-year-old Katniss Everdeen, who lives alone with her mother and younger sister. Regards it as a death sentence when she steps forward to take her sister’s place in the Games. But Katniss has been close to dead before—and survival, for her, is second nature. Without really meaning to, she becomes a contender.

The Hunger Games is a dystopian novel set in a future where the United States is divided into a series of districts. The main character, Katniss Everdeen, is a young girl who lives in one of these districts. She志愿参加到每年的饥饿游戏，这是一场在电视上直播的决斗。她的目标是保护家人，同时也为自己赢得自由。

The mockingjay government, fear, and hate. It truly shows after reading each chapter. The book also incorporates background meanings of a corrupted government, fear, and hate. It is much more in-depth than the movies and so that the reader could picture what was going on and continue flipping the pages.

The Hunger Games is a dystopian novel set in a future where the United States is divided into a series of districts. The main character, Katniss Everdeen, is a young girl who lives in one of these districts. She volunteer参加到每年的饥饿游戏，这是一场在电视上直播的决斗。她的目标是保护家人，同时也为自己赢得自由。
ဌာန္းခ်က္ကို က်ြန္ေတာ္တို႔ေမ့လို႔မရပါဘူး။ အဲ့ဒီ အတြက္ census questionnaires ေတြၿပန္ၾကားရာမွာမည္သူမဆိုမိမိတို႔လူမ်ိဳးစုမ်ားလဲဘို႔တာစူေနပါတယ္။ အေမရိကန္အစိုးရရဲ့ တသမတ္တည္းက်င့္သံုးတဲ့လုပ္ထံုးလုပ္နည္းေတြအရ၊ အိမ္ၿဖဴေတာ္ရဲ့ Office and ေတြ႔က်မဲ့ လူမ်ိဳးစုအမည္မ်ားေကာက္ခံေရးနဲ႔ပါတ္သက္တဲ့ ေမးခြန္ာကို (၂၀၃၀)သန္းေခါင္စာရင္းလူဦးေရေကာက္ခံမႈမွာေၿပာင္းရင္းသားေတြၾကားထဲသာမက၊ အာရွလူမ်ိဳးေတြထဲမွာတင္ ၾကက္ေပ်ာက္ ငွက္ေပ်ာက္ေပ်ာက္ေနပါတယ္။

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a way to smuggle Hanno to London. But with England on the brink of war, many British citizens start euthanizing their pets.

Nine-year-old Rudis is escaping Nazi Germany on a Kindertransport to England. However, he cannot bring Hanno, his won- drous dachshund. Luckily, his family finds a way to reunite him with the beloved pet on Mother’s Day. Where there is a will, there is a way.

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Severe March Storms - Listos California & Cal OES present a special news briefing

3/13/23 - Co-hosted by Ethnic Media Services and California Black Media

Listos California & Cal OES have organized an Ethnic Media Services news conference, which included a special news briefing of severe March storms impacting the state. The briefing was also accompanied by the launch of Cal OES, an emergency alert system. The briefing featured representatives of various organizations, including Cal OES, Disability Disaster Access & Resources, and the California Department of Social Services. Speakers addressed the importance of being prepared for such storms and the availability of resources for those impacted. The event was supported by Cal OES and the California Department of Social Services, which provided information on how to prepare for severe weather and access community resources.

Vance Taylor, Chief of Access and Functional Needs, Cal OES, and Diana Crofts-Pelayo, Assistant Director, Crisis Communication & Public Affairs, Cal OES, were among the speakers. They emphasized the need for community members to stay informed and prepared during severe weather events. The briefing also highlighted the importance of community collaboration in response to such events.

The briefing was attended by representatives from various organizations, including Cal OES, Disability Disaster Access & Resources, and the California Department of Social Services. Speakers addressed the importance of being prepared for such storms and the availability of resources for those impacted. The event was supported by Cal OES and the California Department of Social Services, which provided information on how to prepare for severe weather and access community resources.

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Electric Vehicles (EVs)

Electric Vehicles (EVs) have been a topic of discussion recently. The move towards electric vehicles is driven by the desire to reduce dependence on fossil fuels and mitigate the environmental impact of transportation. In Myanmar, the government is encouraging the adoption of EVs through various incentives such as tax credits.

Interestingly, EV Buyers are not the only ones benefiting from tax credits. Manufacturers like Hyundai, Kia, Toyota, and Volkswagen have also received support. For instance, consumers can use CR.org/evcredits to find out about tax credits.

Moreover, easy-to-use calculators like West Coast Energy's Alternative Fuels Data Center's afdc. can help estimate savings. For example, when considering the Tesla Model X, consumer reports recommend insurance to lower maintenance costs.

In addition, tax credits can be used to purchase chargers. For instance, in Orlando, Florida, power providers like Florida Power & Light offer EV charging options.

Federal tax credits and state tax breaks are available to EV buyers. Credit sources include IRA, the US Federal tax credit, state tax credits, and local government incentives. These incentives can cumulatively reduce the cost of EVs.

Self-charging cars are a reality, and the future of transportation looks promising. With ongoing advancements in technology and infrastructure, electric vehicles are set to revolutionize the transport sector.
စရိုက္ကိုေစာႏိုင္သမွ်ေစာစီးစြာဖယ္ထုတ္ႏိုင္ရပါမယ္။ တခါမွာ မႈကိုမက္ေမာ လိုခ်င္ဆႏၵေတြေရာက္လာၾကသူေတြခ်ည့္ပါဘဲ။ အဲ့ဒီအတြက္ အေမရိကႏိုင္ငံရဲ့ယဥ္ေက်းမႈေရ စီးလူမ်ိဳးစုနဲ႔သာယွဥ္တြဲေနထိုင္လိုၾကတဲ့ဆႏၵဟာ လူမ်ိဳးစုတိုင္းမွာရွိၾကပါတယ္။ ဒါေပမဲ့မိမိတို႔ေၿပာင္းေရႊ့အေၿခခ်တဲ့ႏိုင္ငံရဲ့တိုးတက္ၿပဆိုေနတာကိုေလ့လာပါ။ ေဒသအသစ္ကိုေၿပာင္းေရႊ့အေၿခခ်သူေတြရဲ့စိတ္ ေနသေဘာထားအရမိမိတို႔နဲ႔ယဥ္ေက်းမွူဓေလ့တူတဲ့နီတီအဖြဲ့ ေတြက လွံု႔ေဆာ္မႈေတြၿမွင့္တင္ခဲ့ေပမဲ့ေအာင္ၿမင္သင့္သေလာက္မေအာင္ၿမင္ေသးတာကို ၀မ္းနည္းဖြယ္ ေတြ႔ရပါတယ္။

ဘယ္မွာသက္ေသထူသလဲဆိုေတာ့ သန္းေခါင္စာရင္းေကာက္ခံတဲ့အခါ "ၿမန္မာ" (Burmese) လို႔ၿပန္ၾကားလိုတဲ့ဆႏၵမရွိၾကၿခင္းဟာ မွာလည္းဒီအခ်က္ေတြကခ်ိန္ထိုးေတြ႔ေနရပါတယ္။ ဒါေတြက လက္ေတြ႔ေတြပါ။ ၿမန္မာ့အေရးလွုပ္ရွားမႈအခမ္းအနားေတြမွာဆိုင္ရာ ῶဖစ္သြားပါတယ္။ ထိုနည္းတူအေမရိကႏိုင္ငံအတြင္း ေနထိုင္သူ ῶမန္မာလူမ်ိဳးတဦးရဲ့လိုအပ္ခ်က္အခက္ကို ၾကည့္ရင္၊ လက္ေႏွးလို႔မရေတာ့ပါဘူး။ လိုတဲ့အကူအညီေပးဘိန အခြင့္အလမ္းကို ῶမန္မာေတြထက္ဦး ῶပီးပိုရေနရတာအေမရိက ဒါေပမဲ့ အေမရိကႏိုင္ငံအတြင္း ῶမန္မာလူဦးေရဟာ (၂သိန္းခြဲ)စာရင္းေပါက္ခ်ိန္မွာ ဖိလစ္ပိုင္လူမ်ိဳးဦးေရ (၂သန္း ေက်ာ္) ေနတာေတာ့အဲ့ဒီ ႏိုင္ငံေတြဟာ ပထ၀ီအရအခ်က္တယ္ဆိုတဲ့ၿဖစ္ရပ္ထက္ အဲ့ဒီလူမ်ိဳးစုမ်ားရဲ့အေမရိကႏိုင္ငံ တြင္းမွီတင္းေနထိုင္ႏိုင္စားစံုၿဖစ္ၾကတဲ့

American Community Survey (ACS 1 year) မွာေပါင္းအင္းတွင္းေစာစီးစြာဖယ္ထုတ္ႏိုင္ရပါမယ္။

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Myanmar Gazette
မြန်မာနိုင်ငံုမာစွာ့်သာ သူ့တို့၏ ဦးချင်းများသည် တစ်စုံစုံးမှာ တိုးတက်ခဲ့ကြသည်။ ဗုဒ္ဓဟောင်းကို ရရှိစေချိန်၌ မြန်မာစွာ့်သာ တိုးတက်ခဲ့ကြသည်။

ယူးယောင်းမှာ တိုးတက်ခဲ့သည်။ ဗုဒ္ဓဟောင်းကို ရရှိစေချိန်၌ မြန်မာစွာ့်သာ တိုးတက်ခဲ့ကြသည်။

ထိုးထားသည်ဖြစ်သည်။

စားစရာမရွိေတာ့လို႔လား ဒါမွမဟုတ္ ေပ်ာ္စရာေတြ သိပ္ေကာင္းေနလို႔လား ဘယ္လိုစိတ္ဓါတ္နဲ႕လဲ ျပီး ျပန္လည္ ေခါင္းေထာင္ႏိုင္ပါေစလို႔ ဆုေတာင္းေပးလိုက္ပါတယ္...။

ကြ်န္ေတာ့္ သူငယ္ခ်င္း၏ စီးကရက္မီးခိုးမ်ားသည္ ဒီႏွစ္ကေတာ့ အဘဆံုးတာ သံုးႏွစ္ျပည့္သြားၿပီဆိုေတာ့ ေအာက္ေမ့ပြဲေလးက်င္းပျဖစ္တယ္…။

အေျခအေနေတြက မေျပာင္းလဲႏိုင္ေသးလို႔ ၾကာတတ္တာေတြ မၾကာပါေစနဲ႔ လိန ဆုေတာင္းရင္း ေႏြေရာက္ၿပီ ဆိုေတာ့ ပူတာေပါ့ခင္ဗ်ာ…။

Small SUVs - Hyundai Tucson Hybrid (23, 194, Overall Score 83) vs Hyundai Ioniq 5 ($51, 000 No Federal Tax Incentive Overall Score 76)

စားစရာမရွိေတာ့လို႔လား ဒါမွမဟုတ္ ေပ်ာ္စရာေတြ သိပ္ေကာင္းေနလို႔လား ဘယ္လိုစိတ္ဓါတ္နဲ႕လဲ ျပီး ျပန္လည္ ေခါင္းေထာင္ႏိုင္ပါေစလို႔ ဆုေတာင္းေပးလိုက္ပါတယ္...။
Nagabuchi Tsuyoshi was born in 1956 in Kagoshima and was a member of the military residential specialist team from 2006 to 2010. He later worked at Yahoo! Japan and served as the head of the military residential specialist team. He has earned a certificate in Covered California Real Estate.

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