



HCMD'S Newsletter

Together we can make a difference in our community.

Important News / Lug Ceeb Toom

Western Hemisphere Travel Initiative (WHTI)

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Many of us love to visit Canada once, twice, or more a year. Some of us visit Canada for the tourist attractions while others have families in Canada.

Currently, you can cross the border to and from Canada with a birth certificate, green card, or prove of citizenship. A new law has passed with new requirements to cross the border to and from Canada.

Effective June 1, 2009 – you will need a passport or an equivalent document such as the NEXUS Card, US Passport Card, or an Enhanced Driver's License (EDL) to cross the border to and from Canada whether you travel by air, land, or sea. You may run into delay or other problems at the border if you do not have the correct information. For more information please go to www.getyouhome.gov

Peb coob leeg coob tus nyiam hla dej mus rau sab Canada, tsis hais mus siab tej caw los yog mus siab kwv tij neej tsaj.

Tabsis no mas yog koj yuav hla dej mus rau sab Canada, koj yauv tsum muaj daim ntawn yug, npab ntsuab, los yog koj diam xam xa xwb.

Pib hnub **tim 1 lub 6 hlis xyoo 2009** no, txoj cai tau loov lawm. Yog koj yuav hla mus rau Canada koj yauv tsum muaj diam passport los yog daim NEXUS Card, US Passport Card, los yog daim Enhanced ntawv tsav tsheb. Tsis hais yog koj yuav mus saum fuab cua, mus hauv av, los yog mus hauv dej. Yog koj tsi muaj cov ntaub ntawv raws li hais saum no koj yuav khuab rau tom caim teb. Thov hu rau HCMD yog koj muaj lus noog.

Senior Editor: Choua Kue

Submitted By: Tia Vang

Digital Conversion

Yog mej leej twg tseem saib TV le yaav tag lug kws yog siv tug "Antenna" nyob rua sau mej lub ruv tsev ce txij nub tim 12 lub 6 hlis xyoo 2009 nuav mej lub TV yuav tsi pum dluab los yog mej lub TV yuav siv tsi tau le lawm rua qhov txij nub tim 12 lub 6 hlis ntuj xyoo 2009 nuav xwb ce cov TV nyob thoob lub teb chaws nuav yuav hloov moog ua "Digital Signal" lawm xwb. Yog le ntawm mej yuav tau npaaj ua raws le nraag nuav mej lub TV txhaj le yuav pum dluab. Yog mej txuas "Cable" los yog yuav lub "Converter Box" mas mej txha le pum dluab huv TV lawm xwb.

Yog mej tsi txuas "Cable" es mej yuav yuav lub "Converter Box" nua ce Lab Thab Npaas luas muaj kej paab mej xws le yog luas muaj "\$40.00 coupons" yuav paab rua suavdlawg yuav lub "Converter Box" nuav. Luas yuav pib muab txij le nub tim 1 lub 1 hlis ntuj xyoo 2009 nuav moog txug nub tim 31 lub 3 hlis ntuj xyoo 2009 nuav. Txuj kev paab nuav mej yuav sau ntawv moog thov rua huv "Internet" los tau, hu xuv tooj los tau los yog xaa dlaim "coupon" moog rua luas los tau. Yog mej leej twg xaa "coupon" moog nuas ces tsis pub dlhau nub tim 31 lub 3 hlis ntuj xyoo 2009 nuav.

Cov chaw nyob muaj raws le nraag nuav: Moog thov online: www.DTV2009.gov Hu xuv tooj moog thov: **1-888-DTV-2009** (1-888-388-2009) Xaa ntawv moog thov: **PO Box 2000 Portland, OR 97208**

Health Information

Diabetic Nerve Pain: 10 Foot Care Tips to Protect Yourself

Reviewed by [Brunilda Nazario, MD](#) on August 29, 2008

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Website: <http://diabetes.webmd.com/peripheral-neuropathy-8/foot-care>

Diabetes can mean double trouble for your feet. First, diabetes can reduce blood flow to your feet, depriving your feet of oxygen and nutrients. This makes it more difficult for blisters, sores, and cuts to heal. And second, the diabetic nerve damage called peripheral neuropathy can cause numbness in your feet. When you can't feel cuts and blisters, you're more likely to get sores and infections.

If you don't notice or treat the sores, they can become deeply infected, and lead to amputation. A sad reality: having a toe, foot, or lower leg surgically removed is 10 times more likely in people with diabetes.

Diabetic peripheral neuropathy can also cause sharp pain in your feet. You may become excruciatingly sensitive to the lightest touch, like the sheets on your bed.

Fortunately, a little TLC goes a long way in preventing foot problems from diabetes.

10 Tips to Protect Your Feet

Foot Care Tip 1. Check both feet daily.

Look over both feet carefully every day, and be sure you check between all of your toes. Blisters and infections can start between your toes, and with diabetic neuropathy, you may not feel them until they've become irritated or infected. If a physical challenge keeps you from checking your own feet, ask a family member to help.

Foot Care Tip 2. Wash with warm - not hot - water.

Wash both of your feet briefly each day with warm - not hot - water. You may not be able to feel heat with your feet, so test the water with your hands first. Avoid soaking too long in water, since waterlogged sores have a harder time healing. Dry your feet right away, and remember to dry gently between all of your toes.

Foot Care Tip 3. Make sure your shoes fit well.

It's an investment worth making. Even the slightest rubbing or misfit shoe can cause a blister that turns into a sore that becomes infected and never heals. Buy better-fitting shoes, or try different socks, even at the most minor signs of redness or irritation, since you may not be able to feel when it's getting worse. Before buying or putting on the shoes check your shoes for rough seams, sharp edges or other objects that could hurt your feet. And break your shoes in gradually.

Foot Care Tip 4. Skip the barefoot look.

Always wear shoes or slippers. Always wear socks with your shoes, since leather, plastics, and manmade shoe materials can irritate your skin and quickly bring on blisters. While you might prefer the look of hose, nylon knee-highs, or thin socks, you may find that these don't give your toes or heels enough protection. Wear thicker socks to pad your feet and cushion any calluses or sore spots.

Foot Care Tip 5. Speak up.

Nerve damage can be unpredictable. Tell your doctor about any changes in sensation in your toes, feet, or legs. Speak up if you notice pain, tingling, a pins-and-needles feeling, numbness, or any other unusual signs - even if it seems trivial to you. There's nothing small-potatoes about a potential foot amputation.

Foot Care Tip 6. Stay soft - but dry.

Your skin may be dry and cracked because of high glucose levels, and cracked skin means it's easier for bacteria to get under your skin and harder for infections to heal. Use a small amount of skin lotion daily, but be sure your feet feel dry - not damp or sticky - afterwards. Try not to get the lotion in between your toes. Keep your toenails trimmed and filed smooth to avoid ingrown toenails. You may find it easier to trim your nails after using lotion, when your cuticles are softer. Use a pumice stone after showering or bathing to softly file corns or calluses.

Health Information / Article

Continue..

Foot Care Tip 7. Try non-impact exercise.

Swimming, cycling, yoga, and tai chi are increasingly popular ways to exercise - with minimal impact on your feet. Talk with your doctor before starting an exercise program.

Foot Care Tip 8. Fix bunions, corns, and hammertoes.

If your big toe slants sharply in toward your other toes, with a big bump on the knuckle of your big toe, you've got a classic bunion. Corns are spots of thick, rough skin, where the tissue builds up on toes constantly barraged by too much rubbing or pressure. A buckled-under toe, called a hammertoe, can result from muscle weakness caused by diabetic nerve damage. All of these make it hard to fit shoes comfortably. But a good podiatrist can help you fix these problems and take better care of your feet.

Foot Care Tip 9. Consider fitted orthotics.

A podiatrist can also fit you with shoe inserts called orthotics to support your feet if you have diabetic nerve pain or the muscles have become weak from nerve damage. If pain or weakness is so severe that it's too painful or even impossible to walk, a foot brace or orthopedic shoes might help. A podiatrist is your best source for these devices.

Foot Care Tip 10. Control your blood sugar.

The best treatment for nerve pain, ultimately, is to manage your diabetes well. In fact, a major study by the American Diabetes Association in 2006 showed that strict blood glucose control with intensive insulin therapy lowered the chances of having symptoms of peripheral neuropathy - tingling, burning, and pain - by 64%. While you can't control whether or not you get diabetic nerve pain, you can help control your glucose levels with diet, exercise, and medications if you need them.

Your feet are your source of independence - or at least its foundation. Give your feet a little tenderness, a little loving care, each day. And be sure to have your doctor take a good look at your feet during each of your diabetes checkups, in case you missed anything.

For more information, please consult with your physician or you can visit www.webmd.com

General Vang Pao's Trial is scheduled for May 11, 2009

Posted by SOF Editor on March 20th, 2009

The next hearing is scheduled for May 11th at 11:30 am in Sacramento, CA.

The Defense made a motion to dismiss the case for "outrageous Government Conduct". Federal Judge Damrell set a Hearing on that motion for May 11th at 11:30 am. The Government has until some time in April to respond and they will file their opposition to the motion at the hearing in May.

The Defense hopes that the case will be dismissed on May 11th. But if it is not dismissed, Judge Damrell will set a date for trial as well as other dates.

Finally, the Defense has also sent the motion to dismiss to the US Department of Justice in DC and hopes for their support in dismissing this case.

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We would like to thank those who had supported us in the past. Your contributions are greatly appreciated, and we hope that you will continue to support us in the future.

If you would like to sponsor the HCMD's newsletter, please contact: Yong Chue Kue at (313) 647-4263

We would like your thoughts and suggestion for our newsletter! Please contact us at email:

hcmd_newsletter@hmongdetroit.org

Article

Too Much Red Meat Shortens Life

By Rose Hoban

<http://www.voanews.com/lao/2009-04-04-voa7.cfm>

Washington

04/04/2009



Doctors have known for millennia that there's a relationship between diet and health - some things you eat make you sick and others help you stay healthy. Now researchers exploring the relationship between eating meat and health find that eating some kinds of meat can actually shorten your life.

Previous studies have found that people who eat large amounts of red meat are more likely to develop colon cancer and cardiovascular disease. So, researcher Rashmi Sinha from the U.S. National Cancer Institute says she wanted to know more about meat and its relationship to premature death.

Meat is a very important part of our diets and people have been interested in the relationship of different types of diets, of different components of the diet and disease.

Sinha looked at data from a very large decade-long study of older adults. Researchers asked about half a million adults in their 50s and 60s about their habits and lifestyle, along with information on things like height, weight and family history of disease. Subjects also answered detailed questionnaires about their diet.

We looked at red meat, which included beef and pork, white meat which is poultry and fish, and processed meat which included cold cuts and luncheon meats, hotdogs, bacon, sausage... basically processed meat, both white and red meat. After looking at ten years of data, Sinha found that people who ate the most processed and red meats - about a hundred grams a day - had a higher likelihood of dying compared to those who ate the average amount of these products. Sinha says she looked primarily at deaths from heart disease and cancer.

For red meat, there was an increased risk of around 31 percent of total mortality in men and 36 percent in women. And people who ate more white meats, Sinha says they actually had a *decreased* risk of death. She says she's not sure what it is about processed and red meats that made them contribute to premature death, but she says it would probably be better to eat less of them. She also noted that the negative effect of meat was small in comparison to some other factors, such as cigarette smoking.

Submitted by: Bee Vang

General Vang Pao's Trial is scheduled for May 11, 2009

Cont...

Those involved in this case need your help. There is presently a letter writing campaign going on. Letters are being written to Attorney General Eric Holder and US Attorney Lawrence Brown (addresses below) asking to throw this case out because it was a "sting operation." Then one copy of every letter mailed in is being sent to Vaming Xiong, the Director of the American-Hmong Ad Hoc Committee of Sacramento (address also below). Then on the day of the Hearing (5/11/09), there will be a huge rally at the State Capitol Building in Sacramento and a march to the courthouse...where Vaming and others will present copies of all the letters to the Prosecutor. Please help by writing letters and getting others to do the same...these men are our Brothers-in-Arms and deserve better treatment from America. Here are the addresses

WRITE LETTERS TO:

- 1 US Attorney General Eric Holder, Dept of Justice, 950 Pennsylvania Ave NW, Wash DC, 20530-0001
2. Lawrence G. Brown, US Attorney, Eastern Dist of CA, 501 "I" St, Suite 1-100, Sacramento, CA 95814

MAIL ONE COPY OF EACH LETTER TO:

Vaming Xiong, Dir. American-Hmong Ad Hoc Committee of Sacto., PO Box 231730, Sacramento, CA 95823-0412

Submitted by: Nao Tou Vang

Announcement / Events

Attention Class of 2009 Graduates !

HMONG COMMUNITY OF METRO-DETROIT, INC.

is hosting our

Annual Graduation Ceremony

for the class of 2009

on

Saturday, June 20, 2009

Call to sign-up today!



Koomhum Hmong Community of Metro-Detroit, Inc. yuav rov qaab ua ib lub koob tsheej rua cov tub txhai hluas kws yuav kawm ntawv tav rua xyoo 2009 nuav. Yog mej cov ua namtxiv kws muaj cov tub los yog txhai kws yuav kawm ntawv tav es xaav koom peb koomhum nua ces thov mej hu xuv tooj tau rua Paaj Ntxawg Kwm tau raws le ntawm nuav.

Contact information:

Panger Kue, Education Chair Sue Lee, Co-Chair
Phone: 810-305-2591 Phone: 586-480-5600

Class of 2008 was sponsored by The Skillman Foundation

June 13 & 14, 2009 Hmong Michigan Soccer Tournament

Bishop Gallagher Athlete Complex
36301 Utica Road
Fraser, MI 48036

The Hmong Community of Metro-Detroit, Inc., Hmong American Community, Inc. of Lansing and Great Lake Hmong Association, Inc. are hosting our annual soccer tournament on **June 13 & 14, 2009**.

Come and join our summer soccer tournament. There will be lots of food and fun for everyone!!!

Teams: If your team would like to participate in this event, please contact Hue Yang at 517-488-4565.

Vendors: Please contact Cha Cheng at (248) 895-2418 or email: fishingwithcha@hotmail.com to register.

Update on General Vang Pao's Case.

On Monday, May 11, a federal judge rejected the requested made by the defense attorneys to dismiss the charges against the 11 Vietnam War veterans. The charges include violating the federal Neutrality Act by plotting a violent overthrow of Laos' communist government.

The Defense attorneys argues that the statement are not supported by the wiretap recording and the prosecutors are having a hard time translating more then 30,000 pages of evidence and transcripts of the wiretap into English.

U.S. District Judge Frank C. Damrell Jr. stated that he could not grant the motion to dismiss the case based on the record. Also, he did not have enough evidence to dismiss the indictments on misconduct grounds, but he said that the defendant can try once more. If convicted, he can face life in prison.

General Vang Pao's next court date is schedule for **October 2009**

Community Information / Jobs

Food Drive for those in need:

We would like to announce to everyone that Our Lady of Good Counsel Church has a food drive program for those in need. If anyone needs this food program, please bring your driver license or Michigan ID to the office. The registration will begin on Monday of every week and you will be given a voucher. You can pickup the foods on Wednesday or Thursday depending on your voucher. It doesn't matter where you live in Michigan; you can still qualify for the program.

The below is the location

Our Lady of Good Counsel Church

17142 Rowe Street

Detroit, MI 48205

Lus Tshaj Xo

Thov tshaj xo rau ib tsoom niamtxiv kwjtij neejtsa sawv daw. Nyob rau hauv lub tsev teev ntuj hu ua Our Lady of Good Counsel tau muaj ib qhov chaw uas muaj zaubmov pub rau sawv daw. Yog nej leej twg xav tau no ce thov mus sau npe tau rau hnuv Monday txhua lub lis tiam ce lawv yuav muaj daim ntaubntawv nqa zaubmov rau nej saib yog hnuv Wednesday los yog hnuv Thursday.

Ntaubntawv uas nej yuav qa nrog nej tuaj sau npe ce yog nej daim ntawv tsav tsheb los yog nej muaj Michigan ID los yeej tau ib yam. Txaws yog nej yuav nyob Lansing, Pontiac, Saginaw, Warren thaib Detroit los yeej tuaj qa tau tib sis.

Chaw nyob muaj raw li ntawm no

Our Lady of Good Counsel Church

17142 Rowe Street

Detroit, MI 48205

Submitted by: Tia Vang

Jobs (Haujlwm)

The Detroit Zoo is hiring for summer jobs. You can find more information as well as an application on <http://www.detroitzoo.org/>

2010 is around the corner and it's time for the U.S. Census Bureau to count every person in the United States. They are hiring for the following positions in Detroit: 1-866-861-2010 or www.census.gov/detroit for more information. Their phone is always busy because many people are calling so it would be best to go online. *****You must be a U.S. Citizen and at least 18 years old to apply*****

Field Staff

Enumerator - \$11.50-16.50 per hour (goes home to home collecting census data) Crew Leader - \$12.25-18.00 per hour
Crew Leader Assistant - \$10.75-16.50 per hour Field Operations Supervisor - \$13.75-19.50 per hour

(All these positions are available for Michigan, Ohio, and West Virginia) More positions are available, go online to get more information

This year Michigan Work! is offering a youth summer job programs where youth ages 14-24 can get a summer job. This program is a first come first serve so anyone in this age group should call your local Michigan Works! and apply for the job as soon as possible. This program is designed to help youth with low-income. If you need more information please call your local Michigan Works!

In Macomb County/St. Claire: 586-741-9606.

Oakland County: Ferndale 248-545-0222
Troy 248-823-5101

Pontiac 248-276-1777
Waterford 248-682-3417

Wayne County-Detroit: Detroit's Work Place North 313-873-7321 Detroit's Work Place South 313-962-9675

Food for Thoughts!

Kaeng Phet Curry

Ingredients:

1 lb of pork	2 tablespoon red curry paste	1 cup of coconut milk
1 tablespoon garlic	1 teaspoon accent	1 teaspoon salt
1 tablespoon fish sauce	1 cup of water	1 whole yellow onion
3-6 green lemon leaves	1 lemon grass	½ cup of green onion
½ cup chopped cilantro	2 tablespoon vegetable oil	



Preparation

Cut pork into thin slice of 1-2 inches long. Chop the yellow onion, garlic, green onion and cilantro. Fry the yellow onion, garlic and red curry for 1 minute. Then add the meat and cook for 3 minutes before adding the water and coconut milk and the rest of the ingredients except the green onion and cilantro. Cook for 10 minutes or until the meat is fully cook. Turn off the stove and add the green onion and cilantro.

Ua tsaug rua ob tug namtsev kws tau siv sijhawm lug qha kev ua noj nuav pub rua peb tau kawm. Yog mej leej twg xaav qha kev ua noj rua suavdlawg nua ces, hu rua HCMD. Tug xuvtooj yog 313-647-4263 los sau ntawv tuaj rua hcmd_newsletter@hmongdetroit.org

Jobs (Haujlwm) cont..

No Worker Left Behind Program

If you loss your job then it's time for you to get train for a different job. Michigan Works! has a program called "No Worker Left Behind or (NWLB)" where they can help you get an education for the high demand jobs. ****There is tuition assistance for those that qualify****

Who is qualified for this program? You are qualified if you are:

- Currently unemployed, or
- Received a notice of termination or layoff from employment, or
- Whose family income is \$40,000 or less per year.

At least 18 years old, must not have graduated from high school in the last two years and must not be full-time college students. (Individuals who have graduated from high school in the last two years may qualify for Michigan Promise. You may get more information on the Michigan Promise at www.michigan.gov/mistudentaid.)

The starting point for determining eligibility and completing the assessment for No Worker Left Behind is your local Michigan Works! Agency office. If you do not know where the nearest office is located you may contact Michigan Works! at 1-800-285-WORK (9675) or visit their website at www.michiganworks.org.

Tuition assistance is capped at \$5,000 per year for two years, for a total of \$10,000 per person.

Participants must pursue an associate's degree or occupational certificate in 1) a high demand field, 2) emerging industry, or 3) entrepreneurship program. However, bachelor's degree completion and even master's programs are allowable if the educational program meets all other core criteria (two years or less needed; will lead to job in high demand, emerging sector, or entrepreneurial endeavor; etc). Local Michigan Works! Service Centers will be able to help participants identify high demand occupations in their region.

Jobs Search was submitted by Nikki Vue



Hmong Community of Metro-Detroit, Inc.

(A Non-Profit Organization)

P.O. Box 290

Eastpointe, MI 48021

Together, we can make a difference in our community!

JUNE 2009						
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Upcoming Events!

- ☞ **May 25** - Memorial Day
- ☞ **June 1** - Western Hemisphere Travel Initiative takes effect
- ☞ **June 12** - Digital Conversion takes effect
- ☞ **June 13 & 14** - Michigan Soccer Tournament
- ☞ **June 20** - HCMD's Class of 2009 Graduation
- ☞ **July 4** - Happy 4th of July
- ☞ **July 25** - HCMD's 2nd Annual Scrimmage
- ☞ **August 8 & 9** - Michigan Soccer tournament
- ☞ **August 22** - HCMD's Picnic - Stoney Creek

We're on the web, come visit us at www.hmongdetroit.org