

ទិវាសហគមន៍ខ្មែរ



CAMBODIAN COMMUNITY DAY

**BRING PEOPLE TOGETHER
PROMOTE CULTURE**

HELP BRING THE GLORY PAST TO THE PRESENT

ជួយលើកដំកើរនរាយធម៌ខ្មែរ



A festival of Cambodian Culture

**SUNDAY AUGUST 15, 2004
BEN BRENNAN PARK
5000 Duke Street, Alexandria, Virginia**

"PROUD TO BE A CAMBODIAN AND CAMBODIAN AMERICAN"

Sponsored by Alexandria Dept of Recreation, Parks and Cultural Activities

PROCLAMATION

WHEREAS, every year for the past 25 years, the Heritage of Cambodian Americans has been honored and celebrated in the Greater Washington Metropolitan area and in other parts of the United States; and

WHEREAS, the City of Alexandria is home to many Cambodians who are rich in their cultural heritage and are very successful in their professional lives; and

WHEREAS, this year, the Cambodian Community in the City of Alexandria and in the Greater Washington Metropolitan area, will celebrate its rich heritage and culture through various cultural activities, live performance of classical, folk and traditional dances, arts and crafts displays, traditional games, and ethnic food tasting; and

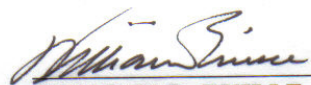
WHEREAS, the City of Alexandria is very proud of the rich and diverse cultural heritage of its Cambodian citizens, and recognizing their continuing contribution to the culture, education, arts, industries, community, civics life, the City of Alexandria joins the rest of the Commonwealth in celebrating Cambodian Community Day;

NOW, THEREFORE, I, WILLIAM D. EUILLE, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim August 15, 2004 as:

"CAMBODIAN COMMUNITY DAY"

in the City of Alexandria, and call upon all the residents of this great city to join me in recognizing the multiculturalism and diversity of the Cambodian American heritage.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 15th day of August 2004.


WILLIAM D. EUILLE **MAYOR**
On behalf of the City Council
of Alexandria, Virginia

ATTEST:


Jacqueline M. Henderson, CMC City Clerk



Cambodian Community Day, AUGUST 15, 2004

PROGRAM

Mistress of Ceremony: Sophia Tep

11:00 AM – 12:00 PM

Arts & Craft Exhibitions, friendship building and networking
Children popular and folk games
Cambodian Music CD: the Khmer modern music

12:00 PM – 12:55 PM

Cambodian Traditional Music: The Mohori Phirum Ensemble
Instructor: Master Ngek Chum; organized and led by Tevy Roth Veun

1:00 PM – 1:05 PM

Silence attention to salute our troops
Singing of the National Anthem
By Chandra Susan Chea, Derek Chhim, Paula Chhim
Samantha Ma, Brian Ma, Christian Holl

1:05 PM – 1:25 PM

Introduction
Welcome remarks by Cheryl Lawrence
Alexandria Dept of Recreation, Parks and Cultural Activities, Special Event Supervisor
Introduction of Guests and Remark by Ben Bao, Chairman of CCD Committee
Keynote speaker: Bill Euille, Mayor of Alexandria City
CCD 2004 Proclamation Presentation by the Mayor

1:25 PM – 1:40 PM

Cambodian Children Chorus
Performed by the Cambodian Children Association, Inc. (CCAI), led by Boramy Ngin

1:40 PM – 1:43 PM

Poem Recital (By Salang Bao)

1:43 PM – 2:43 PM

An afternoon of Cambodian Classical Dances and Traditional Music

Performed by Cambodian American Heritage, Inc
Robaim Phlet (the Fan Dance)
Robaim Suvann Machha (the Mermaid Dance)
Robaim Sek Sarika (the Parrot Dance)
Robaim Taunaitine (the Good Crops Dance)
Phleng Khmer (the young Cambodian Music Ensemble)
Robaim Khanseng Sneh (the Magic Scarf Dance)

2:43 PM – 2:45 PM

Closing remarks, by Reasmy Norin Vice-chair, CCD committee

Introduction of CCD committee and volunteers

2:45 PM – 5:45 PM

Live band, performed by Inderak Tevi band
Social Dances: Rom Vong, Rom Khbach, Saravann, Cha Cha

ខ្ញុំសូមគោរពលោកលោកស្រីនិងប្រិយមិត្តជាទីមេត្រី
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 សូមថ្លែងអំណរគុណដល់សន្តានចិត្តល្អរបស់លោកលោកស្រី។

Ladies and Gentlemen,
 My fellow Cambodians,

On behalf of the Cambodian Community Day Committee, I would like to sincerely thank for your present today. Please take a moment to salute our troops who defending freedom so that we can enjoy our lives here in America. This is another year of successful CCD festival and I truly believe that you will enjoy all activities and that you will find them educational. The CCD seeks to promote our culture, to raise the awareness of our cultural heritage, and to bridge our community to other communities. Consider yourself to be a role model for young Cambodian American. We need to teach them to love our origin and to value our heritage, customs and traditions. Many of us were born and raised back home in Cambodia. We have seen and witnessed our culture and traditions first-handed. Our kids do not have the same kind of experiences. If you don't teach them, they will forget our root. If you don't value our heritage, who will? A young Cambodian man in Paris, France, after graduating from college, went to visit Cambodia at the Angkor Wat and the vicinity of Siem Riep was amazed by the beauty and distinctive architects of many temples that are the icons of Cambodia wrote to his parents "you didn't even know what you are missing..." and urged them to appreciate "... your own heritage". If a young man is motivated to explore his origin, how about us? How about our own kids?

Again, thank you very much for supporting the CCD festival. Happy Cambodian Community Day!

Sincerely,



Ben Bao
 Cambodian Community Day, chairman



HOUSE OF REPRESENTATIVES
WASHINGTON, D. C. 20515

JAMES P. MORAN
8TH DISTRICT OF VIRGINIA

August 10, 2003

Cambodian Community Day
323 N. Henry Street
Alexandria, VA 22314

Dear Friends:

It is with great pleasure that I send greetings to you and all those participating in Cambodian Community Day. I am certain this day will be a successful event for all those attending.

Cambodian Community Day is an excellent opportunity to share the culture of Cambodia with your friends and neighbors throughout Northern Virginia. With entertainment provided by the Cambodian American Heritage Classical Dance Troupe, the Young Cambodian-American Pinpeat Classical Ensemble and the Anterak Tevy Live band, along with exhibits of traditional crafts, you will help develop a deeper understanding of your culture with those who attend this unique event.

I congratulate and thank all those who helped organize this important event. I wish you a successful Cambodian Community Day as you celebrate and share your culture.

Yours truly,

A handwritten signature in blue ink that reads "Jim Moran".

James P. Moran

August 10, 2004

Cambodian Community Day Committee
323 Henry Street
Alexandria, VA 22314

Dear Friends:

I would like to extend a warm greeting to you for this year's Cambodian Community Day in Alexandria, Virginia. It is important that we recognize the many positive contributions Cambodian Americans continue to make in our communities. As you gather with your friends and family, I hope you have the opportunity to reflect on your most cherished memories together.

Please accept my sincerest wishes for a successful event.

Sincerely,

Tom Davis,
Member of Congress

FACT ABOUT CAMBODIA

COUNTRY PROFILE

Source: Library of Congress web site <http://lcweb2.loc.gov/frd/cs/khtoc.html>



Short Form: Cambodia

Term for Citizens: Cambodians

Capital: Phnom Penh

Date of Independence: November 9, 1953

Size: Total area 181,040 square kilometers

Topography: Most salient topographical feature lacustrine plain formed by inundations of Tonle Sap (Great Lake), measuring about 2,590 square kilometers during dry season to about 24,605 square kilometers during rainy season. This densely populated plain devoted to wet rice cultivation constitutes heartland of Cambodia. Most (about 75 percent) of country lies at elevations of less than 100 meters above sea level, except for Cardamon Mountains (highest elevation 1,771 meters), their north-south extension to the east, Elephant Range (elevation range 500-1,000 meters) and steep escarpment of Dangrek Mountains (average elevation 500 meters) along northern border with Thailand.

Climate: Temperatures range from 10°C to 38°C. Tropical monsoons: southwest monsoon blowing inland in northeasterly direction brings moisture-laden winds from Gulf of Thailand/Indian Ocean from May to October with period of heaviest precipitation September-October; northeast monsoon blowing in southwesterly direction toward coast ushers in dry season, November to March, with period of least rainfall January-February.

Maritime claims: contiguous zone: 24 nm, continental shelf: 200 nm exclusive economic zone: 200 nm, territorial sea: 12 nm.

Elevation extremes: lowest point: Gulf of Thailand 0 m , highest point: Phnum Aoral 1,810

Natural resources: timber, gemstones, some iron ore, manganese, phosphates, hydropower potential

Population: In 1987 estimates vary from 6.3 to 7.3 million with possibly more than 500,000 Cambodians scattered in Thailand and abroad as refugees; average annual growth targeted at 2.3 percent; estimated urban population of more than 10 percent; estimated population density averages about 36 per square kilometer.

Ethnic Groups: Ethnically homogeneous, more than 90 percent Khmer.

Languages: National language Khmer, a member of Mon-Khmer subfamily of Austroasiatic language group.

Religion: Theravada Buddhism, suppressed by Khmer Rouge, revived but controlled under successor regime; wats (temples) and monks privately supported; wats administered by lay committees; Buddhist clergy or *sangha*; chairman (*prathean*) heads ecclesiastical hierarchy.

CAMBODIAN HERITAGE

Facts about Angkor Wat

Located in Northwestern Cambodia, Angkor was the Capital of the Ancient Khmer Empire. Today, it is a national symbol. The temples of Angkor are Cambodia's greatest tourist attraction, with over 1000 temples built between the 9th and 13th centuries. They spread out over some 40 miles around the vicinity of Siem Reap, 192 miles from the Cambodian capital, Phnom Penh. They were built out of bricks and stones between the 8th and 13th centuries.

Major Temples at Angkor:



ANGKOR WAT (picture on cover) is the most popular tourist attraction in Cambodia. It is a Cambodian icon that signifies the glory of Cambodia. It is regarded as the supreme masterpiece of Khmer architecture. It is a huge pyramid temple built by Suryavarman II between 1113 and 1150. It is surrounded by a moat 570 feet wide and about four miles long. The complex consists of five towers, which are presently shown on the Cambodian national flag. These towers are believed to represent the five peaks of Mount Meru, the Home of Gods and Center of the Hindu Universe.

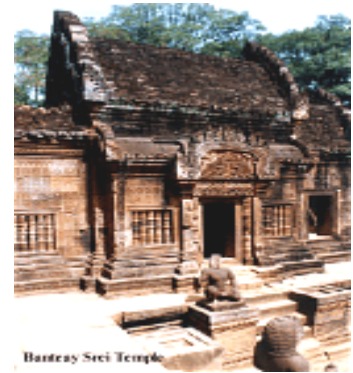
Angkor Wat features the longest continuous bas-relief in the world, which runs along the outer gallery walls, narrating stories from Hindu Mythology. The mass of bas-relief carving is of the highest quality and are the most brilliant Khmer arts. The carving always tells a story of some sorts. In this picture, it depicts a procession of the King and Queen and their concubines to the Royal Court.



Suryavarman II is depicted at the west wing of south gallery of bas-relief in Angkor Wat. He is shown enthroned in majesty talking with Brahmans of the courts, one of whom holds a manuscript in his hands, perhaps a list of army dignitaries marching past the king.



BANTEAI SREI (right) is a delicate and small, located 15 miles from Siem Reap. It was built by Jayavarman V in 968 AD. It has some very carvings in pink sandstone. The doorways surrounded by a double frame, made up of two small columns.



BAYON(left) is a massive complex temple built by Jayavarman VII, between 1181 and 1220. It features 3,936 feet of superb bas-relief carving and mysterious Buddha faces carved on the towers of the third level.



The temple of Preah keo (left) is one of the earliest in the plains north of great Lake. Dedicated to god Siva, it was completed in 879. It consists of six brick towers on a low tiered pyramid.



Angkor Thom (above) is the **inner royal city**, built by the end of the 12th century during the reign of King **Jayavarman VII**, shortly after Angkor had been conquered and burnt down by the **Chams**. This inner royal city was built as a quadrangle and bordered by a 100-metres-wide moat and an 8-metres-high wall. Angkor Thom is **geometrically** oriented: it covers an area which is an exact quadrangle; the sides of this quadrangle run exactly in North-South and East-West direction. A gate opens exactly in the middle of each wall, connecting, through a bridge over the moat, the royal city with the outside. Exactly in the center of Angkor Thom are the temple grounds of the **Bayon**.

The temple grounds have puzzled archaeologists because they do not fit the Hindu religion as does Angkor Wat. Therefore it is assumed that King Jayavarman VII introduced **elements of the Buddhist faith** into the religious system of Angkor, though it is assumed they were lost after his death.

The **palace area** of Angkor Thom is located directly to the North of the Bayon. Its basic features were laid out during the reign of King **Suryavarman I**, 150 years before the construction of Angkor Thom. From the center of the palace complex rose the **Heavenly Palace**, Phimeanakas. The king of the Khmer always used to spend the first part of each night in the uppermost part of this Heavenly Palace, where according to legend he had sexual intercourse with the **sun queen**.

Facts about Preah Vihear



Preah Vihear Temple is located in Northern part of Cambodia, in the province of Preah Vihear and is about 625 km from the capital city of Phnom Penh. It is situated in a pleasant environment with an attractive countryside slightly east of the mid section of the Dongrek Mountains, overlooking Cambodia some 600 meters below, from the edge of a giant cliff and is about 625 meters above sea level. This main 11th century temple site was a dispute between Cambodia and Thailand. An International Court ruled in 1962 awarded the ownership to Cambodia. Based on the Franco-Siamese Treaty of 1904 and 1907, the line of frontier between Cambodia and Thai along the Dongrak Mountains, justice at Hague officially found that

Preah Vihear Temple is situated inside Cambodia territory. Without a doubt, the temple has the most remarkable setting of all the Khmer architects anywhere in Cambodia.

Suryavarman II (1113 – 1150), the main architect of most Khmer temples during his reign, wanted to increase prestige and the natural beauty of Khmer temples, changed the original small sanctuary into one of the greatest Khmer temples of all times. The result was the finest carving statues that depicted the highest standard and unique Khmer architecture.

The temple has four levels and four courtyards. Palace Building was the King's residence when he came to pay homage to the mighty God. The two wings were the shelters for the pilgrims. The main temple is used for the high-ranking supreme divinities.



The front stone stairway is a main passage on the North side. The stairway is 8 meters wide and 78 meters long. The first flight has 162 steps. The first landing is a large stone statue. Another 54 flight of steps 4 meters wide and 27 meters long leads up to the second landing. It is also decorated with stone statue.

The Nagaraj Courtyard is a stone-paved, 7 meters wide by 31.8 meters long leads up to the first level. The Stairs are in the form of seven-headed snakes called "Ngu Suang " facing North towards the temple.

TOURISM

Ancient temples, empty beaches, mighty rivers, remote forests ... and (outside Angkor) only a handful of tourists. But the word is out - Cambodia has emerged from the decades of war and isolation and is well and truly back on the South-East Asian travel map. The successor-state of the mighty Khmer Empire, which ruled much of what is now Vietnam, Laos and Thailand, Cambodia boasts a rich culture, a weathered French-era capital and impressive natural scenery. The peace is young but the country is slowly attracting the tourism currently sweeping Vietnam.

Ankor Wat/Siem Riep Vicinity

The ancient temples of Angkor, historic buildings, Southeast Asian culture and jungle scenery are among the chief attractions of Cambodia. Adventurous travelers interested in Southeast Asian history (both ancient and modern) will enjoy Cambodia. For accommodation, contact info@angkorhotels.org. Tour and travel arrangement: <http://www.carpe-diem-travel-cambodia.com>

Wat Preah Keo (Silver Pagoda)

Located just next to the Royal Palace, this is the most famous pagoda in Phnom Penh. It was built in 1962 to replace an earlier wooden temple. The name comes from the 5281 tiles of silver, each weighing a little above one kilogram, that cover the floor. The altar houses a life sized Buddha, made of 90 kilograms of pure gold and covered with 9,584 diamonds, the largest being 25 karats. **Admission:** USD2 (included in the ticket to the Royal Palace). Cameras are USD2 extra and videos USD5. Flash cameras are prohibited.

Riverfront

The evening stroll along the Tonle Sap riverfront is an institution among Phnom Penhois, particularly in the hot season when the cool evening breeze blows in over the water from the east. Sisowath Quay, which was "beautified" in 1997 with funds from the Asian Development Bank, is a bustling promenade and home to many international style bars and restaurants, many of them set in restored colonial villas dating back to the 19th century. The riverfront is also a focus for the city's major festivals such as Khmer New Year in April and the Water Festival in November.

រឿងកំប្លែងខ្លីៗ

ក្បាលដូចគ្នា

កាលពីពេលកន្លងមកថ្មីៗនេះ មានឧបាសិកាម្នាក់រស់នៅក្បែរជើងវត្តមួយ។ ថ្ងៃមួយលោកយាយបានអញ្ជើញទៅវត្តដើម្បីធ្វើបុណ្យប្រកេនចង្ហាន់លោកតាមលក្ខណៈប្រពៃណីយខ្មែរ។ លុះដល់ពេលបន្ទាប់ពីពិធីបុណ្យចប់សព្វគ្រប់រួចហើយ លោកយាយឧបាសិកាត្រូវត្រឡប់ទៅផ្ទះវិញ។ បុន្តែគាត់ត្រូវការអោយកូនស្រីរបស់គាត់បើកឡានពីផ្ទះ មកទទួលយកគាត់ពីវត្តទៅផ្ទះវិញ។ គាត់ក៏បាននិយាយទៅកាន់ព្រះសង្ឃមួយអង្គនៅក្បែរនោះថា៖ “ព្រះគេជំគុណ ខ្ញុំកូនស្រីស្រីខ្ញុំកូនស្រីចូលបានទេ?”។ លោកឆ្លើយតបទៅវិញភ្លាមថា៖ “ព! បាន។ តើក្បាលកូនញោមយ៉ាងម្តេចដែរ?”។ លោកយាយក៏ឆ្លើយតបទៅវិញថា៖ “ក្បាលកូនកូនណាក៏ដូចក្បាលគេជំគុណដែរ”។ នៅពេលនោះព្រះសង្ឃលោកភ្ញាក់ខ្លួនព្រឹត លើកដៃស្ទាបព្រះគេសលោក រួចហើយមានសង្ឃដីកាថា៖ “ក្បាលកូនញោមដូចក្បាលអាត្មាដែរ?”។ លោកយាយឆ្លើយតបវិញថា៖ “ដូចគ្នាអញ្ចឹង”។ ព្រះសង្ឃលោកកាន់តែឆ្ងល់ខ្លាំងឡើង “អ្នក! ចុះនាងកោរសក់ពីអង្គាល? តើមានរឿងអ្វីហ្នឹង?”។ លោកយាយឆ្លើយតបវិញថា “ទេគេជំគុណ! នាងមានកោរសក់ឯណា?”។ “អ្នក! ចុះម្តេចក៏ថា ក្បាលកូនញោមដូចក្បាលអាត្មាដែរ?”។ នៅពេលនោះឧបាសិកាក្មេងម្នាក់ដែលរស់នៅស្រុកអាមេរិកយូរហើយ ហើយអង្គុយនៅក្បែរនោះទ្រាំមិនបានដោយឃើញមានការស្តាប់គ្នាមិនបានដូច្នោះក៏លូកសំដីអារកាត់ថា៖ “គេជំគុណ អោយ “អាត្មា” សូមទោសដោយហ៊ាននិយាយកាត់គេជំគុណ។ លោកយាយចង់និយាយថា ក្បាលលេខគេលេខទេតើ?”។ “អូហ! អញ្ចឹងទេ? “កូនណា” នែ! អាត្មាខំតែយល់ច្រឡំ”។ បន្ទាប់មកគេទាំងអស់គ្នាផ្ទុះសំណើចលានរំពងធ្វើអោយអ្នកនៅជិតនោះឆ្ងល់គ្រប់គ្នា។

The Cambodian Poetry Corner

The following poem excerpts were written by Poet Krom Ngoy in 19th century. The exact date is not known. Krom Ngoy was born in 1865 in Kombol commune, then Phnom Penh, currently, Ang Snuol district, province of Kandal, Cambodia. His real name is Uk Ou. At the age of 21, he had completed a religious study at the Institute of Study for Buddhism and became an outspoken against the laziness of the people in the Cambodian society. He died in 1936 at the age of 71. His works generally criticize lazy, ignorant and poor people who do not take advantage of resources vastly available in Cambodia to make their life better. The poem excerpts below emphasize the cause and effect of laziness, ignorance and poverty. He states that laziness causes ignorance and ignorance causes poverty. He also points out that people is poor because they are ignorant. They are ignorant because they are lazy. His works have been widely respected by all Cambodian.

កំណាព្យដកស្រង់ចេញមួយវគ្គៗពីបណ្ណាំក្រមង៉ុយ

- | | | | |
|--|--|--|--|
| ១) កុំខ្ជិលកុំល្ងង់ពេក
រៀនគ្រប់សព្វធម៌អាចិ | ខំរៀនលេខរៀនអក្ខរា
ប្រាជ្ញាផ្សំនឹងគំនិត។ | ៤) មនុស្សក្រហេតុពីខ្ជិល
ម្យ៉ាងខ្សត់ពីព្រោះខ្សោយ | មិនរមិលមើលមុខក្រោយ
ញឹកខាងអោយរង្វើលរក។ |
| ២) មនុស្សល្ងង់មិនឆ្លើលភ្ញាក់
មានរូបគ្មានអ្វីអាង | ដូចភ្នែកខ្វាក់ទាំងសងខាង
សាងទាបថោកកើតមកខ្មៅ។ | ៥) ម្យ៉ាងក្រពីព្រោះល្ងង់
ទិញថ្លៃទៅលក់ថោក | ជួញលិចលង់មិនលែលក
ចេះតែយកមិនគិតយល់។ |
| ៣) អ្នកល្ងង់កើតពីខ្ជិល
គួរកូនចៅសិក្សា | ឥតមន្ទិលរឿងធម៌អាចិ
រៀនអក្ខរាទាំងបុរសស្រី។ | ៦) តំណពីថ្ងៃនេះ
កូនណាមិនស្វាធាយ | រៀនតិរិះកុំរាយមាយ
មិនរលាយរលត់ទុក្ខ។ |

ពាក្យម៉ែផ្ទេរឲ្យកូន (ក, ខ, គ, ឃ...)
ដោយ អ្នកស្រី ឱ កេត ម៉ែន (នាមនើម កេត ម៉ែន)

កក្កដា	ខខ្ញុំផ្ទេរ	ស្តាប់ម៉ែណាថ្ងៃ	ម៉ែចាស់ណាស់ហើយ	កូនអើយគ្មានអ្វី	ធនធានប្រពៃ	ទុកឲ្យថ្ងៃទេ។
គគ្រៃលែលក	យឃើញពន្លក	ម៉ែរកម៉ែរេ	រាវរកសម្តី	ស្តីប្រាប់មាសស្នេហា	កូនអើយគ្មានគ្នា	ថែកុំរើថែល្មោះ។
ងងាកច្រៀកច្រៀត	ចចេះស្គាល់ញាតិ	ស្គាល់ជាតិកុំមោះ	ស្គាល់ឈាមកំណើត	កើតចិត្តស្រណោះ	តាំងចិត្តសប្បុរស	សង្គ្រោះអ្នកខ្សត់។
ឆឆាកជីវិត	ជជាការពិត	កម្មតតកំណត់	វាលវង្គ្គសង្សារ	វាលមហាទុរគតិ	ជាសេដ្ឋីបុត្រ	គង់ផុតជីវិត។
ឈឈានទៅរក	ញញាតិមកជ្រក	ពន្លករិះគិត	អ្នកមានថែខ្សត់	ដូចសំពត់បិត	ពុំខ្លាចខ្លាច	បាំងជិតពីក្រៅ។
ដដុះកុសល	បប៉ានមង្គល	កុំឆ្ងល់ណាពៅ	ពាក្យចាស់អង្វែរ	អ្នកប្រាជ្ញថែខ្លា	បើលង់សំពៅ	ត្រូវពឹងសំប៉ាន។
ទទាបកុំតោង	ធធំដង្ហែង	ភ្នំខ្ពស់ប្រមាណ	ប្រឹងស្រវាខិប	លោភលន់ហួសប្រាណ	បាក់កមិនខាន	បានក្តីវិតក។
ននែបុត្រថ្លៃ	បបើដើរព្រៃ	មានបីប្រាកដ	ស្រដីមានបួន	តាមក្បួនកំណត់	ឈើកោងរលឹពុំខ្លា	ខ្លាត់ប្រាត់ឲ្យស្ងាម។
ផផឹកទឹកស្រី	ពពះជំពប់	មាត់ខ្សែល្បឿន	កុំសំឡឹងកាក	នាំប្រាសនិរាស្ត	អស់ញាតិអស់ទាស	ទាសទាស។
ភភពគ្រប់កិច្ច	មមើលកុំភ្លេច	កំណើតអាត្មា	កើតមកជាមនុស្ស	មើលឆ្លុះកិច្ចការ	ឆ្ងាយជិតផងណា	ប្រាថ្នាសម្រេច។
យយោងបុរស	រៀបឲ្យអស់	មិនមានកែគេច	សំណាបយោងដី	ស្របយោងគ្រប់ល្បិច	ប្តីមិនលង់លិច	ភ្ញីតប្រពន្ធល្អ។
លលាក់បាំងអី	វិលវែងដី	វិលឥតឈប់ឈរ	ម្តងគេម្តងដង	ជាតិល្បែងវង្វែក	សូមប្រាប់តៗ	ចររៀបឲ្យឆ្ងាយ។
សស្ងៀងសារសព្វ	ហាហើបមាត់ប្រាប់	សូមកុំគិតងាយ	គ្រលាស់អណ្តាត	ជាអាទិ៍រៀងអាយ	សុខទុក្ខទាំងឡាយ	ត្រាយដោយអណ្តាត។
ឡឡប់តប់តិន	អអើតមើលសិន	មើលដោយសង្វាត	សូមត្រាប់កុកសាប	វាងវែមារយាទ	កុកសចោលម្សៀត	មិនចេះប្រែប្រាណ។
ម៉ែស្លេះត្រឹមណោះ	ពាក្យម៉ែចាំចេះ	ជួនកូនកល្យាណ	ស្តាប់ហើយរិះគិត	គំនិតកើតមាន	គាន់បានជាស្ពាន	ឆ្លងស្ពានអប្រិយ។
ម៉ែស្រែកកោកៗ	មិនសឹកត្រដោក	ផ្អែតពោះក្របី	តក់ៗសម្រក់	បំពង់បួស្សី	គង់នឹងមានថ្ងៃ	ពោរពេញមិនខាន។
តែបើអ្នកៗ	ទោះបីប្រឹងត្រង	មិនអាចពេញបាស	មានតែសម្តី	ចង់ដៃកូនអាន	យូររយាបនាងរៀន	គាន់ដានខ្ពស់ទាប។
ទោះមិនជួបផ្ទាល់	ពាក្យម៉ែដែលផ្តល់	នោរសរៀងរាប	កូនអើយកាយស្លាប់	ក៏ពាក្យមិនសាប	តាក់តែងកំណាព្យ	កាព្យជាប់អមត។

FACTS ABOUT CAMBODIAN NEW YEAR

ប្រវត្តិឆ្នាំថ្មីខ្មែរ

The Cambodian New Year, April 14-16, is one of the major celebrations in Cambodian culture. It is based on the lunar calendar, and is celebrated in mid-April at the end of the harvest. It is a time for farmers to enjoy the fruits of their labor and relax before the rainy season begins. Astrologers determine the exact time and date of the celebration by calculating the movement of the lunar calendar for the arrival of the new Tevada (Angel).

Each Tevada is believed to be escorted by his/her own favorite animal protector, such as the tiger, rabbit, or horse. Cambodian spends the entire month of April in preparation for the celebration, cleaning and decorating their houses with clothes and flowers. The clean house and new clothes represent a new beginning. The celebration lasts for three days. During this time, people take time off from work to spend time visiting family and friends, as well as the temples. Buddhism plays a major role in many of the celebration's activities. Each of the three days has a name and activities attached to it.

Day one is called Maha Sahgrant. It is the entry into the New Year. At the Buddhist temple and at home, Cambodian people gather for a special reception for the arrival of the Tevada, signaled by the sounding of a drum or bell. Throughout the day, people participate in ceremonies and games. One of the activities is building small sand mountains symbolizing the five-peaked summit of Mount Meru. Mount Meru is the mythical Hindu mountain that is considered to be the center of the universe and home of the gods, and is also symbolized by the architecture of Angkor Wat. Each piece of sand that is added to the mountains is believed to produce more health and happiness in people's lives. During Maha Sahgrant, people also bring food for the monks and pray with them.

Day two is called Vana Bat. It is also a time for more praying. This day is a day to show consideration to elders. Children give gifts to parents, grandparents, and teachers out of respect. It is also a time to serve. Cambodians offer charity to the less fortunate, participate in service activities, and forgive others for misdeeds that may have been done to them. The people continue to add to their sand mountains.

The final day is called Loeung Sack. On this day, the monks bless the sand mountain. This is also the day for the cleansing of Buddha statues. The people wash their Buddha statues with perfumed water. At home, children give bath to their parents. This is thought to be a kind deed that will bring good luck, long life, happiness and progress. The bathing also symbolizes hope for sufficient rainfall for the rice harvest. At this final day, the Cambodian people and government offer a special memory service for the memory of fallen compatriots for the defense of the country.

In the United States, the Cambodian New Year Celebration usually lasts for two days. Many of the same ceremonies and activities are planned for and participated in. Even thousands of miles from the homeland they fled, Cambodian Americans continue to honor and preserve their cultural heritage by sharing it with their children and new friends in the US.

An afternoon of Cambodian Cultural Activities

Classical Dance and Music

By the Cambodian American Heritage, Inc. (CAHI).

Coordinator/President: Sareoum Tes
 Classical Dance teachers: Sam-Oeun Tes Devi Yim Sovanny Chun Neary Eath, Bonavay Chhim
 Folk dance teachers: Mr. Seychan Ouk Sochietah Ung

1. **Robaim Bang Phlet (the Fan Dance)**

Elegantly costumed, our dancers perform the Robaim Phlett or Fan Dance. The delicate and graceful movements of the performers are enhanced with brightly colored fans. The lyrics to the dance express the hope and desire for peace, prosperity and good health, common to all celebrations welcoming a new year.

Featured Performers:

Master Dancer Neary Eath Instructor Bonavy Chhim Instructor Linda Kung Tavy Chao Amrong Chey
 Visal Duong Suteera Nagavajara Maytinee Pramawat Kalyaney Sokhon Natalie Tan

2. **Robaim Suvann Machha (the mermaid Dance)**

Suvann Machha is an excerpt from the Ramayana story depicting Hanuman(white monkey) and Suvann Machcha (Mermaid). In this scene, Hanuma and his army of monkeys construct an enormous causeway with rocks and stones across the sea to the island of Lanka. The purpose is to launch a military attack on the Kingdom of Ravana (King of giants) in order to secure Sita (Rama's wife) who has been abducted by Ravan. The mermaid Suvann Machcha and her army of fish constantly destroy the causeway. Finally, Hanuman intervenes and is successful in courting the mermaid.

3. **Robaim Sek Sarika (the Parrots Dance)**

The Sek Sarika, or Parrot Dance, is choreographed for intermediate students. Khmer classical ballet is an intricate array of body movements and hand gestures all intended to tell a story and imitate the characteristics of Khmer deities, human beings or creatures from the natural world or the realm of magic. Like other instructional pieces, the students learn the fundamentals of the Cambodian ballet and the manner in which the subject matter is imitated and expressed... in this case, the characteristics of parrots and parakeets native to Cambodia. While simple in style, it is nonetheless a charming dance, enjoyed by both student performers and their audiences.

Featured Performers:

Susan Chea Paula Chea Mary Rachana Chhon Angel-Laura Hak Samantha Kung Lynna Lam Saahira Dan Sipo Srey-Julia Rajchana Um TepTohVatey

4. **Robaim Taunaitine (The Good Crops Dance)**

As a predominantly agrarian country, Cambodia's rural population has long understood the importance of being in harmony with nature. As a result, important rituals involving planting and harvesting have arisen recognizing the power of nature and its impact on people inhabiting the land who rely upon it for sustenance. The Good Crops Dance, is based upon the traditions of the Phnong people in Cambodia's Mondolkiri and Ratanakiri provinces on its northeastern frontier, in a region bordering Laos and Vietnam. It represents an amalgam of growing and harvesting rituals passed down over centuries.

Featured Performers:

Master Dancer Neary Eath, Tavy Chao Kalyaney Sokhon, Amrong Chey, Suteera Nagavajara, Maytinee Pramawat, Master Dancer Sochietah Ung, Patrick Chuong, Peourado Hang, Puthiwadh Huot, Epine Ly, Rafine Ly

5. **Phleng Khmer**

Indispensable to the dance is the musical accompaniment provided by an ensemble of gifted Cambodian master musicians and their students, playing a variety of authentic, traditional Cambodian instruments. The Pinpeat (Youth) Ensemble: Master Chum Ngek, Instructor Visal Um, Srey Julia Rajchana Um, Beau Um, Rama Chao, Sophy Yuth, Kenneth Yuth, Daravatey Sokhon

6. **Robaim Khanseng Sneh (The Magic Scarf Dance)**

Master teachers of Cambodia's Royal University of Fine Arts have painstakingly archived the folk dances of Cambodia's rural population, each centered upon the customs that give each province its own special identity. This dance is representative of the Cham people, descendants of the ancient kingdom of Champa, a once-powerful nation-state in Southeast Asia, encompassing parts of present-day Cambodia. By custom, the Cham women rarely venture from the home. On those occasions when they do go out, particularly in daylight hours, they use scarves to cover their faces from inquisitive glances. The Cham also hold strong beliefs in magic and spells, particularly in courtship. In this dance, the female dancers use their scarves to weave a spell over their male counterparts.

Featured Performers:

Tavy Chao Master Dancer Sochietah Ung, Visal Duong Patrick Chuong
Linda Kung Peourado Hang, Kalyaney Sokhon Puthiwadh Huot, Natalie Tan Rafine Ly

The Mohori Music Ensemble

By the Mohori Phirum Ensemble

Instructed by Master Ngek Chum
Led and Organized by Tevy Roth Veun
Compiled songs by Michel Chhor

The Phleng Mohori Ensemble

Phleng Mohori is an orchestra. Mohori musicians use different type of fiddles, recorder (Khloy), dulcimer and banjo, Roneat and drums. The music is suitable for an entertainment in social and traditional events. Songs and lyrics of Mhoree music normally depict the beauty of nature, the confession of love or the teasing between man and woman.

Female vocalist: *Mohory Nak*
Male vocalist: *Son Sin Kay Ek Ponlork Le*

Musicians	Instruments
Master Ngek Chum	Khloy (Flute)
Tevy Roth Veun	Roneat Ek (Treble Xylophone or high-pitched xylophone)
Amro Veun	Sampho (Double-Headed Hand drum)
Michel Chhor	Takay (Floor-zither)
Sodina Chhor	Ching (Hand cymbals)
Son Sin	Tro Soa (High-pitched two strings fiddle)
Sok Nuo	Khim (Hammer dulcimer)
Kuon Hann	Tro Ou (Low-pitched two strings fiddle)
Kay Ek	Sko Dai (Single-Headed Hand drum)
Ponlork Le	Banjo
Boran Tum	Roneat Thong (Bass xylophone)

Cambodian folk games

Coordinator: Komarbond Holl

1. Leak Kansegn (The Hidden Towel game)

Children sit on the ground forming a circle. One kid (the thrower) with a towel walks around the circle, while others sing. He/she will find an opportunity to drop the towel behind someone's back (the sitter). If the sitter realizes that the towel is behind his/her back, he/she has to get up and chases the thrower who will then run to avoid being hit by the towel. He/she then will take the sitting place being vacant by the sitter. The sitting becomes a thrower and the thrower becomes the sitter and this will go on and on. There is no winner or loser.

2. Bos Angkoun (The Throwing Angkoun Nuts game)

The angkunh is a fruit that grows on trees found in the provinces of Stung Treng and Kratie. It is round with two flat sides and a diameter of about six centimeters. When ripe, it has a hard skin and turns the color of mahogany.

The game of angkunh requires several players with two mixed teams of young boys and girls. Each participant takes turn to throw the fruit, frizbee or free style, into the opponent's area- a triangle made from three angkunh stuck into the ground. A goal is scored when a player knocks over all the angkunhs or when an angkunh lands in the triangle. The victor wins the right to gently tap the loser's bent knee with the two flat sides of the fruit-the sound of which is a source of much amusement.

Source From: <http://www.khmerkampongspeu.org/index.htm>

3. Tort Seiy (The Foot-Feather game)

Usually, it is a man game. Men form a circle. One person throws the Seiy and the other returns it using foot. The Seiy could be bouncing up in air for while before somebody misses it. There is no winner or loser.

4. Lot Bao (The Rice Bag Racing)

Participants put both feet in the sack and begin hopping toward the finish line.

5. Chaul Chhoung (The Throwing Krama and Sing a Song game)

"Hit me again with that song of love"

The most versatile of traditional Cambodian garments, the krama, (a multi-colored rectangular piece of woven cotton) is employed this time to create the game of Cha-ol Chhoung. A krama is rolled into a coconut-sized ball, with one length left free. This is to allow the players to take the ball and swing it around and then release it high into the air towards the opposition's half. There are two teams-boys versus the girls. The game begins with one of the boys throwing the ball into the air. The girls must catch the ball before it touches the ground. On catching it, she must throw it straight back at the boys- with the aim of hitting one of them. If a boy is hit, he must go into the girls' camp and sing a song.

At half time, the teams are reversed with the boys doing the catching and the girls doing the throwing and singing.

A game of Cha-ol Chhoung always draws a large audience keen to hear the humorously improvised songs. Teasing each other over who he/she was they intended to hit with the ball and woo with their lyrical talents.

An old song lyric of Cha-ol Chhoung

The Boy:

I throw the Chhoung and I aim at my lover, be very careful, my dear that my Chhoung doesn't touch the ground.

The Girl

Throw it to me and don't worry. If the Chhoung touches the ground, I will sing for you.

The Boy

Here is the Chhoung, Be careful or you will sing even twice. If you catch the Chhoung, wait for a while. To throw it back, wait for our union consummated.

I look to the South and I see banana trees in flower. Escorted with thirty of his friends, he comes to ask for

the young girl's hand. The father says no, but the mother says yes.
 She gives him her daughter, wanting to eat pig heads (wedding offerings).
 I look to the South and I see distinctly some coconut trees. Would you please tell the beautiful girl I am not
 to take a husband.

Source From: <http://www.khmerkampongspou.org/index.htm>

6. Teagn Prot (Tug-o-War)

Participants make up two teams and form two opposing lines. A long rope is used which each team member holds on to. A line is drawn on the ground or a stake is placed to indicate the midpoint. The middle of the rope is placed across the line or at the stake. One team tries to "tug" the opposing team across the line or beyond the stake.

Southeast Asian American Statistical Profile

(Courtesy of Southeast Asia Resource Action Center)

(SEARAC 2004)

<http://www.searac.org>

US Census 2000

Asian American Populations
 All Reports of Membership in Asian Groups (1)
 Population

<u>Chinese, Except Taiwanese</u>	<u>2,734,841</u>	<u>Taiwanese</u>	<u>144,795</u>
<u>Filipino</u>	<u>2,364,815</u>	<u>Indonesian</u>	<u>63,073</u>
<u>Asian Indian</u>	<u>1,898,828</u>	<u>Bangladeshi</u>	<u>57,412</u>
<u>Korean</u>	<u>1,228,427</u>	<u>Sri Lankan</u>	<u>24,587</u>
<u>Vietnamese</u>	<u>1,223,736</u>	<u>Malaysian</u>	<u>18,566</u>
<u>Japanese</u>	<u>1,148,932</u>	<u>Burmese</u>	<u>16,720</u>
<u>Other Asian, not specified</u>	<u>369,430</u>	<u>Okinawan</u>	<u>10,599</u>
<u>Cambodian</u>	<u>206,052</u>	<u>Nepalese</u>	<u>9,399</u>
<u>Pakistani</u>	<u>204,309</u>	<u>Singaporean</u>	<u>2,394</u>
<u>Laotian</u>	<u>198,203</u>	<u>Indo Chinese</u>	<u>199</u>
<u>Hmong</u>	<u>186,310</u>	<u>Iwo Jiman</u>	<u>78</u>
<u>Thai</u>	<u>150,283</u>	<u>Maldivian</u>	<u>51</u>

People from Cambodia, Lao, and Vietnam Naturalized as U.S. Citizens Between 1987-2001

Cambodia	Lao	Vietnamese	Total
62,475	84,180	489,911	636,566

Source: Statistical Yearbook of INS (Fiscal Years 1986-2001) and www.ins.gov

Percentages of Foreign-Born People

Naturalized as U.S Citizens

Populations	Females	Males
Total U.S.	43.0	37.6
All Asians	50.6	49.0
Cambodian	42.7	49.1
Hmong	29.7	33.3
Laotian	46.3	49.7
Vietnamese	55.9	60.4

People Reporting Southeast Asian Heritage
Born in the United States

Population	Number
Cambodian	69,207
Hmong	83,357
Laotian	68,715
Vietnamese	332,361
Total	553,820



Acknowledgement

We wish to thank the City of Alexandria, Dept of Parks, Recreation and Cultural Activities, all CCD 2004 committee, volunteers and their families; individual and group organization sponsors; business advertisers, professional and non-profit communities, all artistic performers and musicians, all Cambodians, Americans who comes and support us today. The CCD preparation is the hard work of people who involved all year round. We appreciate for all the contributions and donations which made the CCD possible.

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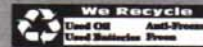


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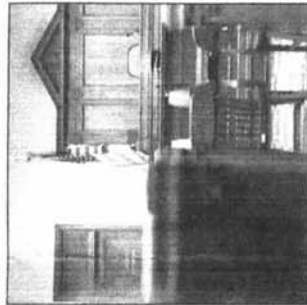
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FIRM BIOGRAPHY

The Law Offices of Yuvora Nong, LLC is a general practice law firm, with particular emphasis on Immigration issues and Personal Injury. Attorney Yuvora Nong is an experienced attorney who is licensed in Virginia, Washington D.C. and Florida. He has the skills and experience necessary to provide you with professional and personable service in a variety of matters. As a litigator, Mr. Nong has represented the interests of both large insurance companies, as well as individuals, involving complex and difficult issues.



Mr. Nong also currently serves as Counsel for the Royal Embassy of Cambodia and is also a Board Member of the Cambodian American Network Council (CANC) and the Asian Pacific American Legal Resource Center (APALRC). As a member of the Board of CANC, he oversees the By-Laws Committee and is able to assist and provide insight into all matters currently affecting Cambodians. As a member of the Board of APALRC, Mr. Nong stays current on legal issues that affect all Asians and is afforded the resources to help those who may not be able to help themselves.

The Law Offices of Yuvora Nong, LLC handles matters of Immigration law and can assist in bringing friends, family or other loved ones from overseas, either for temporary or permanent stays. We handle cases concerning Naturalizations, Asylum, Student Visas, Relative Petitions, Labor Certifications, Tourist Visas and Investor Visas, among other areas.

The Law Offices of Yuvora Nong, LLC is pleased to be here for your needs. We have the tools, knowledge and resources to assist

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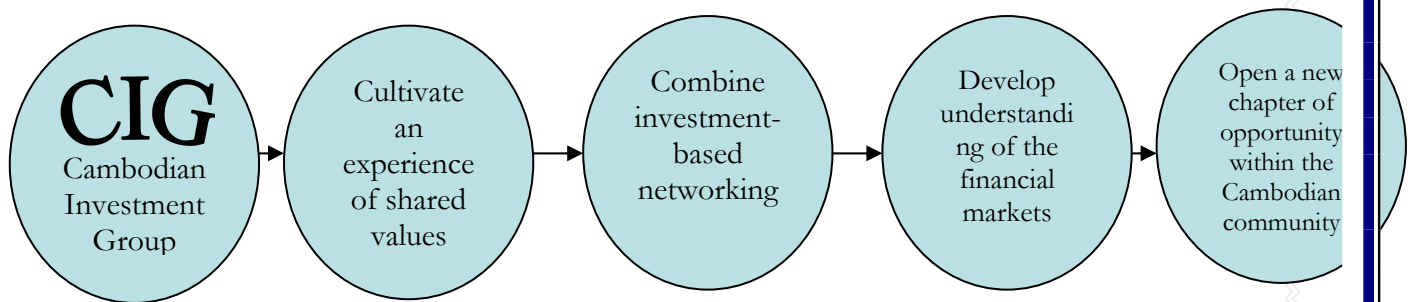
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CIG wishes to thank Mr. and Mrs. Ben Bao and the other CCD volunteers for their generosity of spirit and commitment to celebrate the beauty of the Cambodian culture on this day with the Cambodian community as well as the broader community. CIG recognizes and applauds your efforts to preserve the richness of Cambodian culture and arts, and to promote unity and pride among Cambodians. We are also grateful to the City of Alexandria for their continued support and promotion of this special day.

CIG's vision ... To promote investment and network linkages among Cambodian professionals and entrepreneurs across the United States, Cambodia, and abroad.



CIG is equally dedicated to providing grants for qualified Cambodian students and support to the Cambodian Community.

To learn more about CIG, please contact::
Ti Duong (301) 987-7756 ti111@yahoo.com
Or visit our website at:
<http://members.cox.net/cigllc>

Cambodian American National Council (CANC)

Wishes to congratulate Chairman Ben Bao and the Cambodian Community Day Committee, along with the Cambodian Americans in the greater Washington, DC area for showcasing the Cambodian community and cultures to the general American public!

We, the Cambodian Americans across the USA, are very proud of your community service.

CANC is in the process of establishing a national office for the Cambodian Americans in Washington, DC. I would like to ask every one of you for your help and monetary contribution. Please help us reach our goals. Thank you.

Vi Hoi, President

Email: vi@CANCweb.org

Website: www.CANCweb.org

Yahoo! Group:
<http://groups.yahoo.com/group/CambodianAmerican/messages>

Happy Cambodian Community Day !!!!!
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Congratulations to the Cambodian Community Day on your 6th celebration and bringing Cambodian community together!

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